



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 12 Club kit
- 14 Wednesday night maps.

Feel free to send in any race reports, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.

Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run on the first Wednesday only of each month and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit: ros.tabor49@gmail.com

2023/24 membership

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

Bank details will be on the renewal form.

Full year April 1 to March 31 - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

October 1 to March 31 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

EA reg is £17 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (same applies to EA reg.)

Any membership queries contact: barry@bg1.co.uk

DULWICH RUNNERS 2023/24 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Dulwich Runners Cross Coutry (XC) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information. Men and ladies will run in Division 1

Races with trophy 🏆 icon feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

Surrey League XC

- 🏆 **14 October** Division 1 Race1
- 🏆 **11 November** Division1 Race2
- 🏆 **13 January** Division1 Race3
- 🏆 **10 February** Division1 Race4

www.surreyleague.org

Ladies & Men run at the same venue

- Richmond Park
- Mitcham Common
- Wimbledon Common
- TBC

Other popular fixtures (Ladies & Men run at the same venue)

- | | | |
|----------------------|--------------------------------|--------------------------|
| 21 October | SEAA Relays | Wormwood Scrubs |
| 28 October | Surrey Masters | Nonsuch Park |
| 28 October | British Masters Relays | Long Eaton, Derbyshire |
| 🏆 18 November | London Championships | Parliament Hill |
| 🏆 25 November | South of Thames 1 | Beckenham Place Park |
| 2 December | Kent Masters | Central Park, Dartford |
| 9 December | SEAA Masters | Oxford |
| 🏆 16 December | South of Thames 2 | Lloyd Park |
| 6 January | Kent Senior Championships | Brands Hatch |
| 7 January | Surrey Senior Championships | Denbies Vineyard |
| 20 January | Veterans AC Championships | Wimbledon Common |
| 🏆 27 January | South of England Championships | Beckenham Place Park |
| 24 February | England National Championships | Weston Pk, Staffordshire |

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



Vets fixtures

Saturday October 14 - English Masters Cross-Country Team selection races, Markeaton Park, Derbyshire
Anyone looking for a place in the England Masters team in the British and Irish Masters International at Tollcross Park in Glasgow would probably need to run this event.

Saturday October 28 - British Masters Cross-Country Relays, Long Eaton
Though a long way up this is easy to get to - a fast and flat course of around 3km
M35 and M45 5 Stages - M55 4 stages M65/M75/W35/W45/W55/W65 3 stages

Saturday November 19 - BMAF Road Relay Championships, Melton Mowbray
Traditionally we have done well but this year instead of Sutton Park in May we have Melton Mowbray in November.
If everyone (or at least most) of the potential A team runners turned out we could do very well in the M35s, M45s, M65s and W55s especially at both Long Eaton and Melton Mowbray.

Sunday December 3 - BMAF 5km Championships, Battersea Park
Fast 5km course and local.



and National champs plus other events for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from mid October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Crooke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully to ensure that you don't miss out.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, though don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes, as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on poorly drained courses eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2023/24 Ken Crooke XC Championships

For the 2023/24 cross country season, the champs races will consist of the 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 4 events, including 2 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories. Those, mostly 60+, competing for Vets AC in Div 4 at different venues will be included.

Qualifying races are the 4 Surrey League races, London champs, the 2 South of Thames races and South of England champs.

Further information contact your captains at:



dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com
photos by Laura Vincent

Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures during the season details can be found in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. This season both our men and women compete in Division 1. You need to be EA registered to compete in the Surrey League and most other events.

Distance

Men's Surrey League races are around 8km. Women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.



Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in both the women's and men's Surrey League there is now a B team

competition where the second 5 and 10 runners respectively score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 7pm to sign in pay & sort out which group you'll run with.

Usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday hill training Sept. - Oct.

7pm every Tuesday in September and October - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 mins of gentle jogging before we start at 7:00pm with warm-ups and drills ,then main session, finish 7:45-7:50pm or so. Session free of charge. Arrive ready to run - it should be safe to leave jackets or bottles etc. We will be running up and down a well-lit traffic-free path – please keep enough room for any pedestrians to pass.

Exact session will vary week by week, but expect a series of reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If you are returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session. Questions, comments or feedback. Tom (Coach in Running Fitness) tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am . Contact Ebe: ebepriill@yahoo.co.uk

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

If interested in any of these runs check in advance with the respective contacts

Autumn training update

Tuesday training now at Low Cross Wood Lane, traffic-free path through the woods opposite Sydenham Hill station – all September, early October, then to Crystal Palace track when floodlights are in use. Hill sessions are good preparation for the cross-country season, and a useful component of a more general period of training.

If planning a marathon next spring, between now and Christmas is a time to build overall fitness, making the most of the club training and racing so you're faster and stronger by the time you start the more specific training period. This period your long runs should be around 90-105 mins, slightly longer if you are feeling strong, all at a nice easy conversational pace, avoiding any temptation to race others, at least for now. Otherwise you don't really need a detailed training plan for this period, instead to get the miles in, varying distance, pace and terrain to avoid monotony and to widen the range of stimuli and to build up

gradually to avoid injury or being too tired to train the next day. But whilst a typical week will vary from one person to another, you could be looking at something like the following between now and Christmas:

Monday – rest day or a 40-60 minute easy pace run

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-1/2M pace as part of a longer run)

Sunday – long run at a nice easy pace

To not make each week too similar try to alternate Wednesday club runs between longer and shorter, vary the pace of parkruns, or some longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training. There's no suggestions about strength and conditioning work, pilates or yoga, as the amount and type needed varies from person to person but these are all really important to building a stronger more resilient body so consider what works for you.

Masters Championships

Oct? British Masters 1/2M Champs Gravesend

08 Oct British Masters Marathon Champs - Chester

14 Oct England Masters Cross Country Team Selection Race (for Nov international) -Derby

28 Oct British Masters Cross Country Relays - Long Eaton (team entry)

11 Nov British & Irish Masters Cross Country International (selected team entry) - Glasgow

19 Nov British Masters Open Road Relays - Mallory Park (team entry)

03 Dec British Masters 5k Road Champs - Battersea Park

30 Dec British Masters 10 Mile Road Champs– Buntingford

16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.

17 - 24 Mar 2024 European Masters Athletics Champs Indoor – Torun, Poland

15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal

13-25 Aug 2024 World Masters Track & Field Champs -Gothenburg, Sweden

Pacing At Burgess Parkrun, 7 October

We still need 20 mins or below up to 35 mins. if available please get in touch Some of the emails in my inbox in mid September have mysteriously disappeared, if you contacted me then please do so again. No problem with Whats App messages. - Mike Mann mcmann90@yahoo.co.uk

Inter Financial Services AA Cross Country

15th November 2023

The Inter Financial Services Cross Country has been going for well over 100 years in one form or another.

It's open to anybody working in finance, which makes it a pretty broad church.

Provisionally this years championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

Format still being agreed with the park but probably one mass start 5 mile race.

To enter as an individual or team contact Tom Neil or Andrew tomwlawrence@me.com, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

Crystal Palace update

Temporary floodlights now in place - the track closing w/c 2 October for repairs. Expected 15-20 working days weather dependent, will update when ready. Looking at early November return, later than I would have liked but at least we will have proper floodlights and an improved track. Tom - tpoynton@hotmail.com



Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/> Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

10% off on Sportsshoes.com for the club

With a monthly code. Please don't share outside of Dulwich Runners.
code for September is - **DQHZI9 valid to 3/11/23**- giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50.
Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

Dulwich Runners Book Swap


The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.


If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.





v1  **Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:









 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"

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Feedback and requests **Andrea Ceccolini**
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.
For more details - 07506 554004

Want your race results and reports in SHORTS ? please email them to barry@bg1.co.uk
All road, xc, fell, tri and track results etc, are welcome.

Berlin Marathon 2023

Tom South writes: Myself and Alex Winchester both decided this as our target marathon in 2023, back in October 2022, when we knew we both had a qualifying time to enter, (myself with my 2021 marathon times, and Alex from his London Marathon Time from October 2022). Initial discussions were both to train and aim for a 2:35 marathon, which would have been a minute improvement on my PB and 8 minutes for Alex.

Fast forward to June 2023 and the training plan was in place, with Dorney lake Half marathon in August 2023 as our target Half Marathon. With Alex living in Notting Hill and myself living in Camberwell, we were able to train together on a Thursday evening at Battersea Park for our tempo sessions, and meeting on Sundays for a long run, and the big marathon paced sessions. The big advantage of doing tempo sessions together was that it would help running together on marathon day and know we could work and communicate with each other to help prepare for race day and keep ourselves honest.

Then disaster struck for me on July 26th, five and half weeks before race when my Planta Facitus flared up on an easy run, which left me hardly able to walk. I managed to get an emergency appointed with my physio on Friday, who confirmed the worse and set me a rehabilitation programme, with no guarantee I would be fit for race day and resigned myself to not running. While Alex was continuing to have a great training block, I spent two weeks doing rehab exercises before I could do some short bike rides and some swimming.

Come September 3rd, 3 weeks from race day, under my physios instructions, was allowed to try a three to four mile run, and managed to run 5km, which felt hard, with the heart rate shocking high. As the foot held, up and after a Monday morning physio session, I was allowed to do a slow build up of miles to see how the foot and heart rate reacted. By The Wednesday

with two and half weeks to go, the foot needed a rest. Two weeks out and after two days off running attempted a parkrun as something bit speedier, which felt fine. Then on a Sunday two weeks out, tried my first long run, and it was a struggle to do do 23km in 1:45, and the endurance had all gone, the heart rate rocketed to almost 190, and the Start line seemed a long way off, and I was to be a NS.

Then I managed to do three key sessions which gave a confidence to reach the start line, but not the confidence I would be able to complete the course. A tempo session with Alex alternating every km, no where near the pace I was doing 7 weeks previously, a faster Parkrun, and managed to complete 2 hours, more comfortably than the week before. My plan to get a PB, was out of the window, and still hadn't decided whether I wanted to run and enjoy it, or just go out and enjoy spectating.

I prepared as I would normally in a week of the marathon, with the caffeine detox, beetroot shots, the carb depletion, and fitted in two runs before flying to Berlin on the Thursday, and committed to run for enjoyment, and not worry about a time. After visiting the EXPO I had agreed to meet at the Gregor 'the mummy' for a shake out run. Before I met him, I ran a faster 5km to try the foot, and for the first time felt confident I could get round the course. It was good to catch up with 'the mummy' and discuss his race plans, and his target time, while enjoying the atmosphere as runners from around the world doing their shake out runs around the Tiergarten.

The Friday and Saturday, were spent relaxing, enjoying the atmosphere, and catching up with family and friends who had flown out to support myself and Alex, as well as running friends from around the country.

Race day arrived, with perfect conditions. Over much needed Caffeine and bagels, discussed race plans with Alex, and to confirm what he need, as he arrived in berlin in great shape. At this stage, I had committed myself to any race plan, and opted to go out at 4:25 per km and see where it took me and how long I could hold it. Alex's race plan was to go own at 3:40 or a bit slower, then aim to pick up

the pace in the second half.

Making the short walk from the hotel to the holding area, we were both delighted in the cool conditions and very light. Once we had go our bearings, we went through our pre race rituals, before heading to the starting area. Even though both in Wave A behind the elites, we went our separate ways, as I went to the back of the pen, so not to be suckered in to going to fast.

The first 10km I was slight inside where I wanted to be in terms of pace, and going through at 4:20 per km. At this stage as it was feeling comfortable I decided to stick with this pace and a tad bit faster (schoolboy error 101 of marathon, feeling comfortable in early part of the race and picking up the pace). But kept reminding myself, I was here to enjoy the marathon and wasn't chasing a time.

At this stage I was really enjoying the marathon course, so much more than I ever enjoyed the London marathon course. There were no potholes or speed humps to negotiate, no different starts merging together, no fast descents to sucker you in, no narrow points or choke point, and lovely gentle turns.

Feeling relaxed at half way, I checked my watch and noticed I had gone through in 1:30:25, and though the foot and body felt good, was worried I had over cooked it already and would blow up due to lack of training due to injury. I made a mental note to myself to keep a closer check on my splits and keep it sensible to stop myself from blowing up.

At the 30km, I was still feeling good, and the competitive instinct within me and decided to commit to go for a sub 3 marathon. Muscle memory kicked in, and gradually picked up the pace. I was getting lots of confidence I was starting to over take people, who were fading or had over cooked the first 30k of the race. Reaching Potsdamer Platz, again feeling strong, and with no complaints from the foot, decided to see if I could pick up the pace to 4:00 per km. What I really enjoyed about the last 4km, there were no horrible parts like you get in London like the Blackfriars underpass, or the slight gradual climb up all the way up the Embankment to Big Ben. Also another plus for me, was

the slight runs you do as you make your way to towards the home straight.

With just over 1km the course turns left and the historic Brandenburg Gate appears. Here I started quite emotional, due to the fact up a week before I was sure I would make the start line, let alone still feeling good within myself to get this far due to missing pretty much six weeks of training, and only being very lightly trained.

Once through the gates, its about 500m to the finish, and I picked up the pace again, dropping down to 3:50km and with the chariots of fire theme music being played over the loudspeakers I felt the best i've ever felt in the final stretch of a marathon.

Crossing the line, it was amazing to hear the Womans World Record had been destroyed, and my thoughts moved on to clubmates and friends and hoping they had achieved their goals for the day. With a Erdinger AF in hand, bumped into Josh Willis, who had achieved a massive PB, and achieved his goal. Once I had got my kit bag and taken race shoes off, is when that my foot throbbing.

Moving around to the meet and greet area, met up with Alex, and was delighted to hear he got 2;35 a 7 minute PB, with a strong performance. Having a chat with him, Alex had a bit of wobble at around the 35km mark, when he felt his calf tightening up, but after adjusting how his right foot was landing over the next Km, managed to sort himself out. Like Josh, got the result he deserved from consistent training block, and a well executed race sticking to his pace. Over post race refreshments, we tracked 'the mummy' as he broke the world record for that category by two minutes, while Teresa Northey had a good solid race.

After a quick shower, it was back out for more drinks and soak up the atmosphere by the River Spree, before heading to the 'hip' part of Berlin to catch up with Gregor and Josh over more beers (still AF for me and Alex). Over several drinks, it was good to share our memories of the day and our experiences, and how much we all preferred the course to London.

On Monday as the others head off, had a good catch up with Teresa, taking in the

sights that Berlin has to offer, as well as the numerous cafes and beer gardens in the Tiergarten.

Overall, apart from it being slightly chaotic getting into the starting pens, we all agreed we would all run Berlin again, and definitely would choose it over London as we all felt it's a better course. The atmosphere on course is just as good as well.

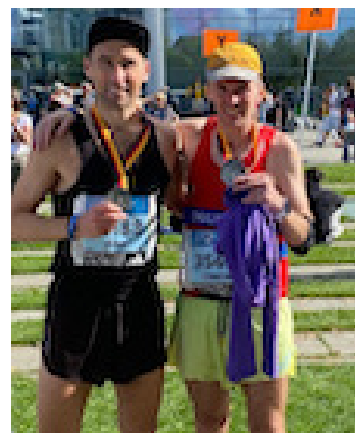
On reflection writing this two days on the event, I am glad I decided to run it and managed to get round in one piece and go under 3hrs comfortably. With hindsight, I could of probably of pushed it harder and gone under 2:55, but would the foot of held up? Who knows, I was certainly feeling it a few hours after the race, but then who doesn't have a few sore muscles after a marathon? Considering I was in a dark place a month ago and had serious doubts about even running, I am delighted to have got round without damaging myself further. But I will be back in Berlin next year to have another crack at a time in the 2hrs 30's mark.



Alex



Tom - Grzegorz



Alex Winchester	Josh Willis	Tom South	Grzegorz Galezia	Tereasa Northey
2:35:58 7min pb	2:47:34 PB	2:57:23	3:15:27	4:09:37
5km splits	5km splits as follows	5km splits	5km splits	
5km 18:39	5km 20:07	5km 21:36	5km 23:16	
10km 18:29	10km 19:50	10km 21:37	10km 23:01	
15km 18:35	15km 19:48	15km 21:24	15km 23:03	
20km 18:29	20km 19:39	20km 21:10	20km 23:01	
25km 18:23	25km 19:46	25Km 21:10	25km 23:07	
30km 18:22	30km 19:51	30Km 20:52	30km 23:15	
35km 18:21	35km 19:44	35Km 20:31	35km 23:17	
40km 18:47	40km 20:08	40km 20:23	40km 23:42	
1 st HM 1:18:11	1 st HM 1:23:42	1 st HM 1:30:25	1 st HM 1:37:21	1 st 2:01:37
2 nd HM 1:17:47	2 nd Hm 1:23:52	2 nd HM 1:26:58	2 nd HM 1:38:42	2 nd 2:08:02
(Neg split 27secs)		(neg split 3m 27s)		

Berlin Marathon - Return of the Mummy

24 September 2023



Grzegorz Galezia writes: As you probably remember, I set out to celebrate my 50th marathon in London this spring with something special. Things didn't exactly go according to plan so, like in a good blockbuster, the Mummy had to return. This time in Berlin - the fastest course in the world. The line-up was really exciting - Kipchoge, Assefa and the Mummy - all keen to break world records.

I've learnt some lessons from the spectacular failure in London. The first thing was the costume. This time my neighbour sewed the bandages onto a base layer ahead of time so I didn't have to apply them on the day and tie them tight enough so that they don't come apart during the race. The second improvement was the face paint. As much as I like the white wall emulsion for its durability, I had to let it go in favour of standard face paint that was less durable but allowed my face to actually breathe and sweat. Last but not least, I decided to curb my ambitions to just breaking the Guinness world record (3:17), not my PB (2:55).

I arrived in Germany on Thursday to have enough time to absorb the city, acclimatize and enjoy the stay at my friend's lovely old flat in East Berlin.

On the first day I went for a shakeout run around Tiergarten with Tom, followed by pasta at the Markthalle. The next day, after some casual sightseeing, I collected my bib at the Tempelhof Airport expo and in the evening went to the Hall of Fame by the Branderburg Gate to meet the best marathoners in history. The show was spectacular - cold sparklers, dramatic music, BMW limousines delivering the top runners to the red carpet. Just like in Hollywood. The organizers were very good at building up the tension. When the Goat arrived the crowd went crazy. This modest guy is by all means an idol of the running community. After the gala I met with Josh to do some more carb loading, washing it down with lovely German pilsner.

On Saturday Josh and I took part in the breakfast run, attended by a few thousand runners. The run ended at the monumental Olympic Stadium with an actual abundant breakfast of pretzels, croissants, fruit and hot and cold drinks.

After another carbloading exercise with my friend in one of the numerous Italian restaurants among the thousands of eating out establishments in Berlin, I had an early night to be well rested for the big day.

On the day of the race my plan was clear: set out at the 3:15 marathon pace and stick to it. The weather forecast was great - some 14 degrees and overcast sky. But unfortunately very soon the clouds disappeared and the temperature jumped to over 20. Despite the usual lazy summer I wasn't concerned about my fitness, but at the back of my head I was worried that my body would again play a trick on me and shut down due to overheating. Normally, I finish a marathon 5 kilos lighter. That means that I sweat out 5 litres of liquid. If your body is wrapped up head to toe in bandages, the perspiration just doesn't work. So at every pit stop I poured a few cups of cold water on my head and shoulders and open up the head bandages on one of my ears to cool the head down. Despite that, every time I put my hands down - sweat would pour down my sleeves. The same with my legs, I very soon heard the familiar sound of water/sweat sloshing in my shoes. The atmosphere along the course was great and the time passed relatively quickly.

I had one weaker point around 28k when I felt too hot, but luckily it soon passed with a few cups of water poured on my head. Towards the end I caught up with the 3:15 pacer so I knew I was on target. Although the section past the Branderburg Gate (400-500 meters) felt incredibly long.

As soon as I crossed the finish line the Guinness adjudicators were waving at me beaming. Before I had a chance to get hold of some water they snatched me to check the costume, take the official pictures, and record a few sound bites. Only then was I allowed to gulp down the alcohol free Erdinger and recover lying on the grass in soothing sunshine. After an hour or so I proceeded to my apartment to quickly replenish my proteins with proper Wurst and weissbier, have a shower and hit the town to celebrate. First with my friend and then with Josh, Tom and the rest of the Dulwich crew. So the mission has been finally accomplished, although I was ready to continue the Mummy saga for at least as long as Rocky.

Now it is the time to regroup and start preparing making plans for next year, which will (almost) definitely not include a mummy.



3:15:57 - official Guinness World Record in the "Fastest marathon dressed as a mummy (male)" category



European Masters track and Field Champs, Pescara Italy

These masters championships followed the Worlds in Finland last year and Europeans in 2019.

Pescara has a long beachfront and the weather was mainly sunny after beginning overcast until a storm on the first Sunday. Shorter races and some field events were in the town's football/athletics stadium; distance and many throws were held at two tracks each about 15k away, Cross country was in a park near the stadium. Ros had a busy time, starting with three races in three days, medalling in the first two, and also in her final race.



Ade was making his international masters debut, getting a team medal in the road 10k. - **Andy Murray**

W70 1500m 23 Sep

Ros was up against two previous winners at this and other distances, Alison Bourgeois - GB born but now living and running for Switzerland - and Margret Goettner (Germany), so had to let these two go ahead and race for third. Steady running saw Ros holding third a few metres ahead of Carolyn Gale (GB), who would be a rival in several races to come. Although the gap behind closed slightly in lap 2, Ros's steady pace for the rest of the race pulled her safely to 3rd, 7 seconds ahead of fourth. **3 bronze Ros Tabor 7:04.67**

W70 XC c5.2Km 24 Sep

Cross country races were held in a park, a flat course amongst pine trees and around a lake. This time Ros had Goettner and another German distance runner with faster recent bests, so again was racing for third place in age group. Running with the leading w75 runner from Italy Ros was able to safely hold third, 35 seconds up on Gale and several Germans behind her, GB were second w70 team behind Germany. **3 bronze Ros Tabor 28:48**, member of silver medal-winning GB team

M45 XC c 7k 24 Sep

There was a torrential downpour after the first two races, for older age groups. This left very splashy conditions for Ade's race.

11 Ade Russell 25:09

W70 5,000m 25 Sep

Ros was again against faster runners, Goettner (GER) and Kenny of Ireland. Initially in third place, Ros was low on energy in her third race in three days and

soon overtaken by Gale, who had targeted this as her best chance of a medal. Gale's bold running took her 150m ahead of Ros but needing a few brief walk recoveries, where the gap went down to 100m. Ros faded slightly towards the end and was overtaken by a German she had headed off in cross country, **5 Ros Tabor 27:17.29**

M45 5,000m 26 Sep

Ade Russell dnf

10k Road 28 Sep

10k road was held for all age groups at 4pm on a warm day on roads near the stadium and seafront.

10m45 Ade Russell 35:14, bronze medal as member of GB m35 team placed 3rd



W70 800m 29 Sep

This time Ros had Bourgeois and a fast Swede ahead of her, with Gale and a Finn rivalling her for third on recent times. Ros was in good form this time, holding third easily and leaving her rivals four and seven seconds behind at the end.

3 bronze Ros Tabor 3:27.01

Last Friday 5k Hyde Park

29 September

Ebe writes: Three Dulwich Runners turned up for the September race in fine Autumn weather along the two lap B course (nowadays the main route, as the old A course once round the Serpentine couldn't be used for years; shame really, I liked it much better).

I also delivered some pairs of old trainers that had kindly been donated at our clubnight for a project helping refugees to take up running.

This monthly race organised by Serpentine Running Club always attracts quite a competitive field and this time my age group M60-65 for some reason was the next numerous after the Senior men, double the number of the M50s. Suffering from a recent aggravation of a long-standing hamstring tendon niggle I had to take it easier especially on the various inclines along this course, helped by initially following one of the M60s I know from previous races to start relatively easy but then increasing the pace throughout. I wondered how long I would manage to stay with him and the answer was for about a mile. At least it kept my splits more evenly than usual and didn't aggravate the niggle. I was happy to run just under 20:30 on this undulating course, faster than last year here. Even though that was only good enough for placing 10th among 21 M60-65s.

Gary Budinger had a good comeback run after his recent knee surgery, not finishing much slower than in March here, and to his surprise faster than in April. His bandaged knee was holding up fine he said after the race. And his cheerfulness didn't suffer either.

Lindsey Annable, coming in soon after Gary, had a strong run, her quickest 5k this year and close to her parkrun best. The weather was too nice to not sit together with a coffee



afterwards and celebrate running in general and still being able to run in particular.

95 Eberhard Prill 20:28 (10. M60/21)
185 Gary Budinger 26:51 (18. M60/21)
193/40. Lindsey Annable 27:18 (5. F55/6)
225 ran

Crystal Palace 5k Canter

3 October

This month's Canter, 2 laps of the park, took place in sunny breezy conditions.

Hugh Balfour 22:49
Mike Mann 24:24
Dave West 25:18
Belinda Bell 26:26
Paul Keating 26:50
Claire Steward 29:49
Mike Dodds 31:16
Bob Bell 31:16

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Bushy

1466 Ran
Pos Gen
350 48 Shoko Okamura 23:49

Old Deer Park

198 Ran
Pos Gen
38 6 Katie Prior 24:11

Brockwell

414 Ran
Pos Gen
2 2 Lewis Laylee 16:36
31 28 Austin Laylee 20:25
41 1 Alexandra McClelland 21:06
57 48 Stephen Trowell 21:58
92 76 Hugh French 23:14
134 102 James Gordon 24:26
163 23 Lucy Clapp 25:30

Beckenham Place

351 Ran
Pos Gen
1 1 Andy Bond 16:56
14 13 Rob Mayes 20:43
32 2 Laura Vincent 21:58
135 104 Murray Humphrey 26:08

Nonsuch

803 Ran
Pos Gen
79 70 Robert Tokarski 21:29

Crystal Palace

387 Ran
Pos Gen
39 1 Laura Denison 21:51
52 46 Martin Double 22:18
385 209 Matthew Trueman 77:25

Gunnersbury

609 Ran
Pos Gen
156 126 Tommaso Bendoni 24:39

Mile End

445 Ran
Pos Gen
1 1 Matt Wood 16:06
123 13 Harriet Roddy 23:05

Dulwich

689 Ran
Pos Gen
5 4 James Dazeley 15:51
59 55 Tom Shakhli 19:25
72 66 James Brown 19:42
73 67 Rob Fawn 19:48
78 72 Ryan Duncanson 19:58
86 79 Dominic O'Sullivan 20:11
111 95 Gower Tan 20:52
112 96 Rob Hollands 20:53
120 10 Michelle Lennon 21:02
146 118 Chris Lawrence 21:44
161 22 Polly Warrack 22:10
167 128 Stephen Davies 22:19
207 152 Ian Lilley 23:13
242 174 Lloyd Collier 24:13
244 43 Yvette Dore 24:23
258 46 Emma Ibell 24:48
307 210 Michael Mann 26:02
321 76 Marjorie Epson 26:16
322 77 Ange Norris 26:17
323 217 Dylan Wymer 26:17
355 230 Stephen Williams 26:53
387 246 Paul Keating 27:34
394 104 Clare Wyngard 27:42
395 252 Michael Dodds 27:43
423 118 Belinda Cottrill 28:25
483 285 Stephen Smythe 30:04
516 170 Lindsey Annable 31:18
529 300 Ian Sesnan 32:04
582 316 Ebe Prill 34:49
622 239 Chris Bell 38:03
648 329 Colin Frith 41:01
651 330 Paul Hilton 41:27
652 331 Bob Bell 41:27
667 334 Fazlur Rahman 45:54
670 335 Steve Wehrle 45:56
669 271 Susan Vernon 45:56
686 341 Peter Jackson 59:20
688 342 Chris Vernon 01:10

Hilly Fields

250 Ran
Pos Gen
2 2 Adrian Russell 17:41
7 6 Alex Loftus 19:27

Burgess

608 Ran
Pos Gen
323 73 Claire Steward 27:04

Southwark

520 Ran
Pos Gen
60 52 Lee Wild 21:18

Clair

149 Ran
Pos Gen
20 19 Alistair Clarke 22:34

Osterley

273 Ran
Pos Gen
63 49 Dave West 24:53

Peckham Rye

382 Ran
Pos Gen
130 95 Garry Meehan 25:11

Folkestone

292 Ran
Pos Gen
219 143 Miles Gawthorp 31:22

Mole Valley

281 Ran
Pos Gen
13 10 Jon Phillips 20:32

Higginson , Marlow

197 Ran
Pos Gen
25 23 Justin Siderfin 22:06

DULWICH RUNNERS KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Bufs-snoods £6 each



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer – Both styles are a bargain £15.



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Crop tops - £25



Beast from the East!
It's always on the way!.. be prepared..get yourself a bobble hat £15



Socks only £5



Bufs-snoods - only £6
An ideal face covering!

! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 4

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All routes go anti clockwise

9.8 miles / 15.8 km - 152m elevation

6.5 miles / 10.4 km - 87m elevation

4.9 miles / 7.8 km - 66m elevation



Follow Grierson, Buckthorne and Holdenby Roads (cycle route signs) in Honor Oak Park

Ashby, Vulcan, Vesta and Kitto Roads follow the quiet road cycle route to Nunhead to help with wayfinding

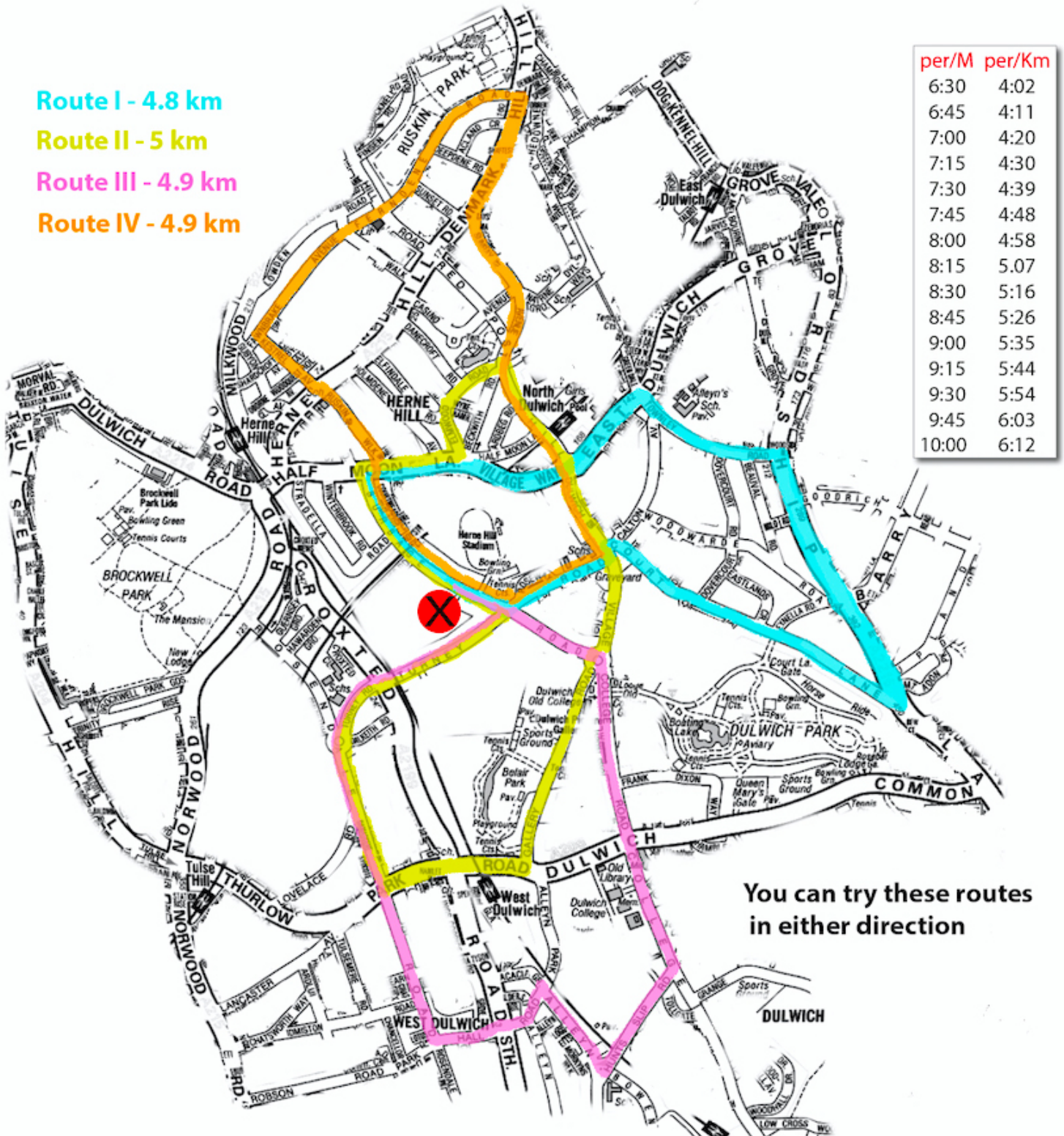
Dulwich Runners Winter 5km routes

Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km



You can try these routes in either direction