



## These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto: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
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- 13 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto: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 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 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](mailto:barry@bg1.co.uk)

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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 7	Assembly League 7.15pm start	Beckenham Place Park
23	SEAA 6/4/3 stage road relays	Aldershot

## Assembly League, Beckenham

7 September - 7.15pm start

The final Assembly League race of the summer at Beckenham Place Park on 7 September has now been confirmed. This will use the regular largely off road parkrun course. Note the earlier start time of 7.15. Please arrive 30 minutes before the start to collect your numbers from the race HQ on Foxgrove Road

## SEAA 6/4/3 stage road relays

Save the date - will be at Aldershot on Saturday 23rd September.

Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

## Run For Ron - Save The Date & Justgiving Page For Ron

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. This will be a time when we can share our memories of Mr Searle. We will then adjourn to the Clubhouse in Burbage Road for breakfast. So we know how many we will be catering for, please would you email [vernonrun@aol.com](mailto:vernonrun@aol.com) to confirm your attendance. We'll be collecting for the British Heart foundation in Ron's memory. Many thanks. - Chris and Sue Vernon

We have now set up a JustGiving page in Ron's memory for the British Heart Foundation. We hope many of you will make a donation, however small. We look forward to seeing many of you in Dulwich Park on 30th September for the Dulwich Parkrun, and then for brekkie at the clubhouse in Burbage Road.

Please remember to let us know if you will be joining us so we can cater for everyone.

You can donate to the JustGiving page by clicking here: <https://www.justgiving.com/fundraising/SearleRun>

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to British Heart Foundation, so it's the most efficient way to give - saving time and cutting costs for the charity.

## Pacing At Burgess Parkrun, 7 October

The organisers of Burgess parkrun have now accepted our offer to provide pacers at their parkrun on 7 October. We are looking for pacers covering the range of 18 to 35 minutes finish times, so those able to volunteer should contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) In future we intend to provide pacers at other local parkruns.

## 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.

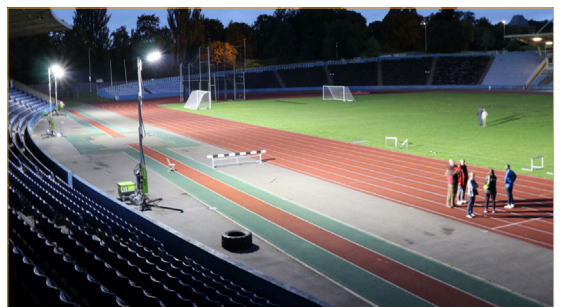
Format still being agreed with the park but probably one mass start 5 mile race.

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

## Crystal Palace update

Temporary floodlights expected to be operational early October, so we should be holding our Tuesday sessions there from 10th October, will confirm closer to the time. Parts of the track being repaired with a deep clean of the whole track winter or early next summer, improvements to stadium drainage, indoor track and changing facilities. Might be occasions when work makes the track unavailable but we will update you as soon as we can.

Tom - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)





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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto: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 our men compete in Division 1 and women in Division 2. 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



# Dulwich Runners Cross Country (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. We'll be hosting a Q&A talk Wednesday 13 September 8.30pm after the club run to tell you more about XC.

Or speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information.

Races with trophy 🏆 icons feature the 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

🏆	<b>14 October</b>	Race 1
🏆	<b>11 November</b>	Race 2
🏆	<b>13 January</b>	Race 3
🏆	<b>10 February</b>	Race 4

[www.surreyleague.org](http://www.surreyleague.org)

## Ladies' venues

TBC  
TBC  
TBC  
TBC

## Mens' venues

Richmond Park  
Mitcham Common  
TBC  
TBC

## Other popular fixtures (Ladies and 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
🏆 <b>18 November</b>	London Championships	Parliament Hill
🏆 <b>25 November</b>	South of Thames 1	Beckenham Place Park
2 December	Kent Masters	TBC
9 December	SEAA Masters	Oxford
🏆 <b>16 December</b>	South of Thames 2	Lloyd Park
6 January	Kent Senior Championships	TBC
7 January	Surrey Senior Championships	Denbies Vineyard
20 January	Veterans AC Championships	Wimbledon Common
🏆 <b>27 January</b>	South of England Championships	Beckenham Place Park
24 February	England National Championships	TBC

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.



# 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. possibly into Oct.

7pm every Tuesday in September - Low Cross Wood Lane (opposite Sydenham Hill station, College Road).

Do at least 5-10 minutes of gentle jogging before we start at 7:00pm with warm-ups and drills and then the main session and finish about 7:45-7:50pm or so. Session is free. Arrive ready to run - it usually safe to leave any jackets or water bottles etc.

We will be running up and down a well-lit traffic-free path – please leaveroom for pedestrians to pass.

Sessions will vary week by week, but expect 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.

We will be here every Tuesday in September, and depending on when the floodlights are ready at Crystal Palace track, we may end up being here into October too, although we should be back at the track by the end of October and will provide an update when we know more.

Any questions, comments or feedback. Tom (Coach in Running Fitness) [tpoynton@hotmail.com](mailto: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](mailto: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](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

Runs start at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: [ebepri1@yahoo.co.uk](mailto:ebepri1@yahoo.co.uk)

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 9am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# Autumn training update

Tuesday training moves to Low Cross Wood Lane on the traffic-free footpath through the woods opposite Sydenham Hill station – details elsewhere in Shorts. All September possibly into October, (until we go to Crystal Palace track once the floodlights are in use.) Hill sessions are good preparation for the cross-country season, as well as being a useful component of a more general period of training.

If running the Big Half on 3rd September consider replacing the first hill session two days later with a short easy run but to race the final Assembly League on Thursday 7th if possible.

September and October see a number of road races, not least the Road Relays (which are worth doing) but the cross-country season starts soon so please find out more after our club run on

Wednesday 13th September.

For those planning a spring marathon next year the period between now and Christmas is a great time to build your overall fitness and taking the opportunities offered by the club for training and racing so that you are faster and stronger by the time you start the more specific training period. In this period long runs should be around 90-105 minutes, possibly slightly longer if 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, but instead to get the miles in, varying the 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-half marathon pace as part of a longer run)

Sunday – long run at a nice easy pace

There is a bit of a danger of making every week too similar, so that you do too much of some training and not enough of others, so you could for example alternate your Wednesday club runs between longer and shorter, vary the pace of parkruns, or make some of your longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training.

I've made no suggestions here about strength and conditioning work, pilates or yoga, as I think the amount and type needed varies so much from one person to the next but these are all really important to building a stronger and more resilient body so please do consider what works for you on this.

## English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster [Markafos@gmail.com](mailto:Markafos@gmail.com)

Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

## Masters International Championships

08 Oct - British Masters Marathon Champs - Chester  
Oct? British Masters 1/2M Champs Gravesend

03 Dec - British Masters 5k Road Champs - London



## Mark Hayes 1961-2003

‘Today marks the 20th anniversary of the death of Mark Hayes from cancer. On 12th September 2003 around 30 Dulwich Runners joined a large congregation for his funeral at Petham parish church near Canterbury where Mark, his French wife, Karine Brissy Hayes, and their three very young daughters had recently moved. There were tributes from 4 speakers including one from Clare Wyngard on behalf of Dulwich Runners. For members of the club a couple of decades later who may be very familiar with the name due to his annual eponymous mile race but not the person behind it then the first few paragraphs of Clare’s address that day will hopefully be of interest.

I knew Mark must have been really poorly when he told me he didn’t win the Daddy’s Race at Josephine’s school sports day this summer. Like a lot of his dear friends here today, that is how I met Mark - that tall, handsome man - nearly 14 years ago through our love of running at Dulwich Runners. Mark was a very good club runner, particularly at the ‘shorter’ long distance events, 10ks and the like. He had great natural talent and a smooth graceful, almost effortless style. Think of a very tall Seb Coe and you won’t be too far from the truth. In fact he looked so easy that it was almost irritating for those of us, myself

included, whose style resembled some sort of struggle with a large invisible octopus. It was only because of that charm, which others have already spoken of, that we forgave him for making it all look so easy.

In distance running to be very, very good you need to have a fair helping of natural talent but also the single mindedness to follow it through to the almost total exclusion of everything else. Mark was so talented that he could probably have scaled those heights if he’d really wanted to but because he had so many other things going on in his life, and different ones at different times, it wasn’t something he was prepared to do.

I always felt that for Mark running was simply a very important compartment of his life that he did well and found easy but it never became more than that. At his peak he consistently finished well up in the field of local road races, including our very own Dulwich 10k, and he won our club mile event on at least one occasion. But he didn’t particularly dwell on his achievements here – when he finished he’d simply pack the old running lark away to be taken out again some time soon and he’d be looking for other things to take up his huge energies. As much as anything else running was just a very good way of meeting a wide variety of people.  
Mike Dodds

## Dulwich Runners annual ‘Hash House Brewery Run’

Sat 16 Sept, 2.00pm - 5.30pm (and onwards for those still standing)

By popular request, we will reverse the run this year! Start 2.00pm at Brick Brewery taproom (Blenheim Grove, SE15 4QL) concluding at Gipsy Hill Brewery taproom (160 Hamilton Road, SE27 9SF)

Details of all venues, timings and replacement for Canopy Brewery (now closed) to be revealed

All paces catered for with total distance ~10k over several hours

Soft drinks also available at all venues

Any questions to: [dulwichrunnerssocialsec@gmail.com](mailto:dulwichrunnerssocialsec@gmail.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.

The new code for the month of June is - **CSXEP2** - valid until 3rd of August 2023 - 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](mailto:app.dulwichrunners.org.uk)

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

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](#).

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## 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](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## Tracksmith 5000m Millennium stadium

### Battersea park

Clare Norris writes: Often for me, 5000m on the track can feel quite intimidating, but the US sportswear brand Tracksmith certainly had a more inclusive feel. Music and pizza vans, a physio stand and encouraging spectators onto lane 5 to cheer even the slowest racers made for a relaxed atmosphere. I was in the first heat but the compere was no less animated than for the faster races later on. There were 6 pacers in my race alone from 21 minutes (which I went with) up to a 27 minute pacer. I would certainly encourage anyone from the club who wanted to give a track 5000 a try to look out for these races next season.

Jack Ramm writes:

When I arrived at London Marathon Community Track in Stratford, site of the first edition of the Tracksmith 5000 four weeks ago, I was greeted by bemused Newham and Essex Beagles athletes cooling down after their track session. Having checked my emails and realised I was in the wrong place, I sprinted through Westfield and got on the tube, hoping I could still make the start. Thankfully, when I arrived in Battersea, things were running a little late, and I managed to catch both my breath and DR Aaron Wilson running in Race 8.

At the gun, I settled into last place. My preference is always to start out slow and ease in, but after a slightly-too-pedestrian first K of 3:02ish, I was concerned the group I was in was leaving

too much to do. As we went past the crowd at 1400, I hit the front of this pack I was in with a view to dragging us back on schedule.

On the start line, I had talked about sharing the load up front with a runner from Kent AC who was looking for 14:50, and, starting to tire at 3.5K, I called out to see if anybody fancied taking it on. Expecting my friend from Kent AC to come steaming past, I was surprised when nobody responded. I was just starting to think it might be a lonely slog to the finish when the cavalry arrived. A runner I didn't know, who had been spat out the back of the faster group and subsumed into our own, hit the front and kicked on. I shall be forever grateful.

Inside the last 800, and feeling ok, I thought there was some outside possibility of running a PB. I got myself back in front with 600 to go and put my head down. I tend to think going early is a good way to buy time, but it usually means you'll get outsprinted. Sure enough the runner I had been working with rocketed past as we approached the final bend. He was well clear going into the straight, but in the dying seconds, the door suddenly opened, and I went past. I think he may have let me through purposefully – his second noble act of the evening. Either way, I finished a whisker in front of him, home and dry in 14:49. A track PB, my first time sub 15 since my ankle fracture, and an indicator of fitness ahead of the Big Half (if I can recover in time!).

Jack Ramm	14:49.07	86.9%	M SEN
Aaron Wilson	15:25.52	83.2%	M SEN
Tommaso Bendoni	17:48.35	71.2%	M SEN
Edward Smyth	20:40.26	65.7%	M V40
Clare Norris	20:43.29		



## LG Göttingen Bahnserie 3000m

### Tuesday 29 August

While in my home town in Germany I took part in a track meet organised in the main stadium by the local athletics club LG Göttingen.

I ran the 3000m in the slower of two heats aiming for a time of 12 minutes or slightly quicker. Conditions were good, the hot weather had cooled down a bit in the evening and any wind had died down.

After a fairly quick first 200m the race settled and I moved ahead of the group I had started with. From there I kept position in midfield and ran consistent lap times. The final lap saw me almost catch the runner ahead and I was pleased to string

together three kilometres at sub-4 min pace.

Jasper, who some will remember from our trip to Slovakia in 2019 and the Čergov trail race, came second in the faster heat in a strong 9:42.07, while Volker was race organiser on the day and didn't run himself.

The meeting was well attended by clubs from the wider region and saw an excellent 800m race won in 1:49.65 by a U23. The evening finished with a lovely trackside BBQ celebrating the 60 year anniversary of the merger of the athletics sections of three clubs into the LG (Leichtathletikgemeinschaft; one of these endless German words :). And rather uncharacteristic for German BBQs, the majority of beer consumed was alcohol free and there were vegan sausages!

8 Ebe Prill 11:47.22  
14 ran in heat 2

link to results: <https://ergebnisse.leichtathletik.de/Competitions/Details/10498>



# Big Half

3 September 2023

Ebe writes: The London half marathon was one of our club championship races and saw the best turnout this year yet with 79 Dulwich Runners taking part in a field of more than 15,000 participants on the well established course. A table of results and the individual awards will be published once available in our DR app and on Po10. Meanwhile everyone who hasn't done so yet can satisfy their curiosity by searching the advanced results section here: <https://results.thebighalf.co.uk/2023>

Mind you that several of our runners (at time of publication) have to be found under the club option Garstang RC. One of these web mysteries as none of them moved to this club in Lancashire to my knowledge.

Anyway, I think we never had three men finishing under 70 minutes and Ed Chuck (1:08:32), Jack Ramm (1:08:39) and Nick Impey (1:09:42) have a decent shot of a podium place in the team competition (if it's best three like in the London marathon). Also much commented on even on the BBC was the prominent display of Dulwich vests in the tv footage of the leading elite women. There were nice shots of Ed and Jack racing side by side just ahead of the eventual winner Calli Thackery and the next group of DRs surrounded second placed Rose Harvey at some point, prompting the commentator to pronounce our club as "Dull Witch Runners".

Despite the increasingly hot and sunny conditions there were many many

excellent performances and PBs. I only mention our first female finisher and club captain Katie Smith who ran a PB of 1:28:33, smashing her previous best by 10 minutes!

My own race went to plan and was consistent enough on the day to be mainly enjoyable. The goal was to run around 95 minutes and place first DR in my age group since Tony wasn't competing. The sight of Mike Fullilove coming towards me on the dog leg in Canary Wharf gave me a bit of extra motivation as I know him as a fierce age group competitor and excellent runner in many races over the years, some in his favour, some in mine. He was several hundred metres ahead with an earlier start but wasn't fully fit this year struggling with achilles issues. Since I generally managed to move through the field I was quite optimistic and eventually overtook him around mile 10 in Rotherhithe. Otherwise I ran mostly between DR vests (I had started with Steve Davies, Chris Cooper and Chris Nunn towards the back of wave B, but they had moved ahead fairly early in the race, too quick for my pace plan).

The final straight miles towards the finish at Cutty Sark were in the full sun and no doubt many like me found them quite hard work. I was happy to see the finish line and pleased with 95:06, 9th M60 overall (out of 241) and first DR M60. The time was my third fastest of the six Big Halves I've done since 2018 (and that's all of them so far) and it made me realise that a) I do love their t-shirts (a long sleeve one this time) and b) I never specifically trained for a half marathon. They either were bench mark races in the marathon build-up (the faster ones) or came after a summer break (the slower ones). Maybe it's time to find out

what can be the best ones? This one wasn't too bad though and also thanks to the great support along the course. Thanks to all DRs cheering us on!

Claire Steward adds...Sixth time at The Big Half and even slower than my very slow time last year! In mitigation I got my entry at the end of July, then spent nearly three weeks in August aboard a ship in the Canadian Arctic; rough seas meant that I only managed a couple of 5-mile runs on a treadmill on calmer days. Two runs on my return home confirmed that 13 miles was going to feel hard.

The start did not go well. While some of our speedy runners had already finished my scheduled start time of 09:40 was further delayed. No longer able to get directly into start pens we were held back and walked at snails' pace to the start with the over-jolly commentator/DJ delighting in describing us as the 'hung-over, over-sleeping, late arriving, final wave'. Thanks for that.

Once we were on our way, the first ten miles ticked by steadily but the temperature was increasing and by midday was sweltering so I was reduced to jog/walk pace and very happy to cross the finish line, just one second within my predicted 2hrs 15 mins. I got my hands on the (allegedly) very last XS tee shirt, and finally went to join friends for a well-earned drink.

Great to see so many DRs featuring on the TV coverage, and listen to Hannah England babbling about so many Dulwich men travelling to 'the Big Smoke' and then running round together when they could be doing that at home. Bonkers! Results show I was fourth FV70, so maybe not to shabby after all.

## Thames River Relay

Ange Norris writes: Apologies to everyone at the Big Half for not supporting you. I would have loved to have witnessed all the great runs – but this event unfortunately clashes every year and I've organised teams for Riddlesdown parkrun for about 9 years. This year we were low on numbers. Last week I managed to find 3 DRs not running the Big Half and Harriet, Tom and Becca joined us.

The River Relay is a marathon distance run in 5 stages along the Thames from Dorney Lake to Kingston. The first stage is a mass start, then it's a true baton relay so further stages are more spread out. It's a low key event organised by Stragglers for everyone – from clubs to groups of friends, so it attracts a range of level of runner. With the stages varying from 4.4 m to 6.5m, it's very doable for parkrunners.

Each stage is fairly straightforward – just follow the river, although there are a few bridges to cross. So, despite no signage and very few marshals, nobody got lost. The terrain is largely rough underfoot and twisty in places. The miles could be spent boat and people watching as both the river and towpath were fairly busy on the sunny Sunday. In early September we normally have decent weather and Sunday didn't disappoint – the early mist cleared to bright sun.

Harriet had a great run on stage 3, running from Staines to Shepperton. (6.5m, 48:35) Tom took the baton from her and



ran stage 4 (4.9m, 37:45). He was off and away a few minutes before me as I ran stage 4 in team 2 (39:42). We both ended our stage in Hurst Park, just west of Hampton Court, where I passed the baton to Becca for her to complete the glory leg to Kingston. (5.2m, 46:10)

We then all sat in the sun, had a picnic and listened to the prize giving. All the proceeds from this event go to charity. Each team nominates a charity and competes to determine how much their charity receives.

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

1385 Ran  
Pos Gen  
1242 478 Anna  
Sloan 38:19

## Banstead Woods

211 Ran  
Pos Gen  
62 11 Ange Norris 25:23  
67 13 Teresa Northey 25:38

## Bromley

547 Ran  
Pos Gen  
332 254 Peter Jackson 29:22

## Old Deer Park

168 Ran  
Pos Gen  
161 59 Lindsey Annable 53:12

## Brockwell

389 Ran  
Pos Gen  
41 31 Mark Foster 21:27  
60 9 Polly Warrack 22:15  
72 11 Nicola Richmond 22:32  
85 14 Katie Styles 22:55  
86 15 Becca Schulleri 22:57  
99 69 William Hooper 23:27  
149 103 Graham Laylee 25:10  
162 115 Andrew Inglis 25:31  
181 42 Lucy Clapp 26:06

## Beckenham Place

350 Ran  
Pos Gen  
296 180 Steve Wehrle 2nd cl. 37:44

## Crystal Palace

358 Ran  
Pos Gen  
102 79 Matthew Trueman 25:48  
160 24 Belinda Cottrill 27:38

## South Norwood

140 Ran  
Pos Gen  
31 2 Carys Morgan 25:20

## Riddlesdown

215 Ran  
Pos Gen  
1 1 Jay Lidbetter 17:18  
20 20 James Wicks 21:50  
21 1 Phyllis Flynn 21:55

## Eden Project

352 Ran  
Pos Gen  
3 3 Jon Phillips 16:55

## Dulwich

532 Ran  
Pos Gen  
1 1 James Dazeley 15:42  
99 81 James Auger 21:07  
117 94 Rupert Winlaw 21:42  
123 100 Sam Crump 21:54  
126 102 Paul Vivash 22:02  
127 103 Rob Fawn 22:04  
139 113 Alistair Clarke 22:41  
243 185 Lee Wild 25:28  
285 208 James Gordon 26:30  
295 215 Michael Dodds 26:43  
528 187 Claire Steward 53:48

## Hilly Fields

250 Ran  
Pos Gen  
56 49 Murray Humphrey 24:27  
74 10 Shoko Okamura 25:34

## Burgess

531 Ran  
Pos Gen  
8 1 Kay Sheedy 17:59  
26 25 Matthew Ahluwalia 19:36  
424 145 Stephanie Burchill 31:51

## Southwark

579 Ran  
Pos Gen  
229 175 Paul Keating 26:07  
280 204 Gary Budinger 26:59

## Shorne Woods

258 Ran  
Pos Gen  
9 7 Matthew Wright 21:01

22 20 Grant Kennedy 23:00

## Cleethorpes

215 Ran  
Pos Gen  
64 51 Colin Frith 25:46

## Peckham Rye

314 Ran  
Pos Gen  
7 7 James Brown 19:13  
23 2 Michelle Lennon 21:23  
46 37 Dan Hill 22:27

## Hastings

343 Ran  
Pos Gen  
16 2 Kim Hainsworth 19:54

## Tooting Common

644 Ran  
Pos Gen  
164 124 Michael Mann 24:27  
218 155 Ian Sesnan 25:49

## Foots Cray Meadows

45 Ran  
Pos Gen  
1 1 Andy Bond 19:10

## Walmer & Deal

275 Ran  
Pos Gen  
129 30 Clare Wyngard 28:16

## Sutcliffe

191 Ran  
Pos Gen  
15 15 Michael Fullilove 21:16  
22 22 Ross Rook 21:36

## Charlton

183 Ran  
Pos Gen  
32 27 Stephen Smythe 22:39

## Blaise Castle

334 Ran  
Pos Gen  
27 24 Jamie Robinson-Nicol 22:22



# 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](mailto: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](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top



# Dulwich Runners Summer Map B

All routes go anti-clockwise

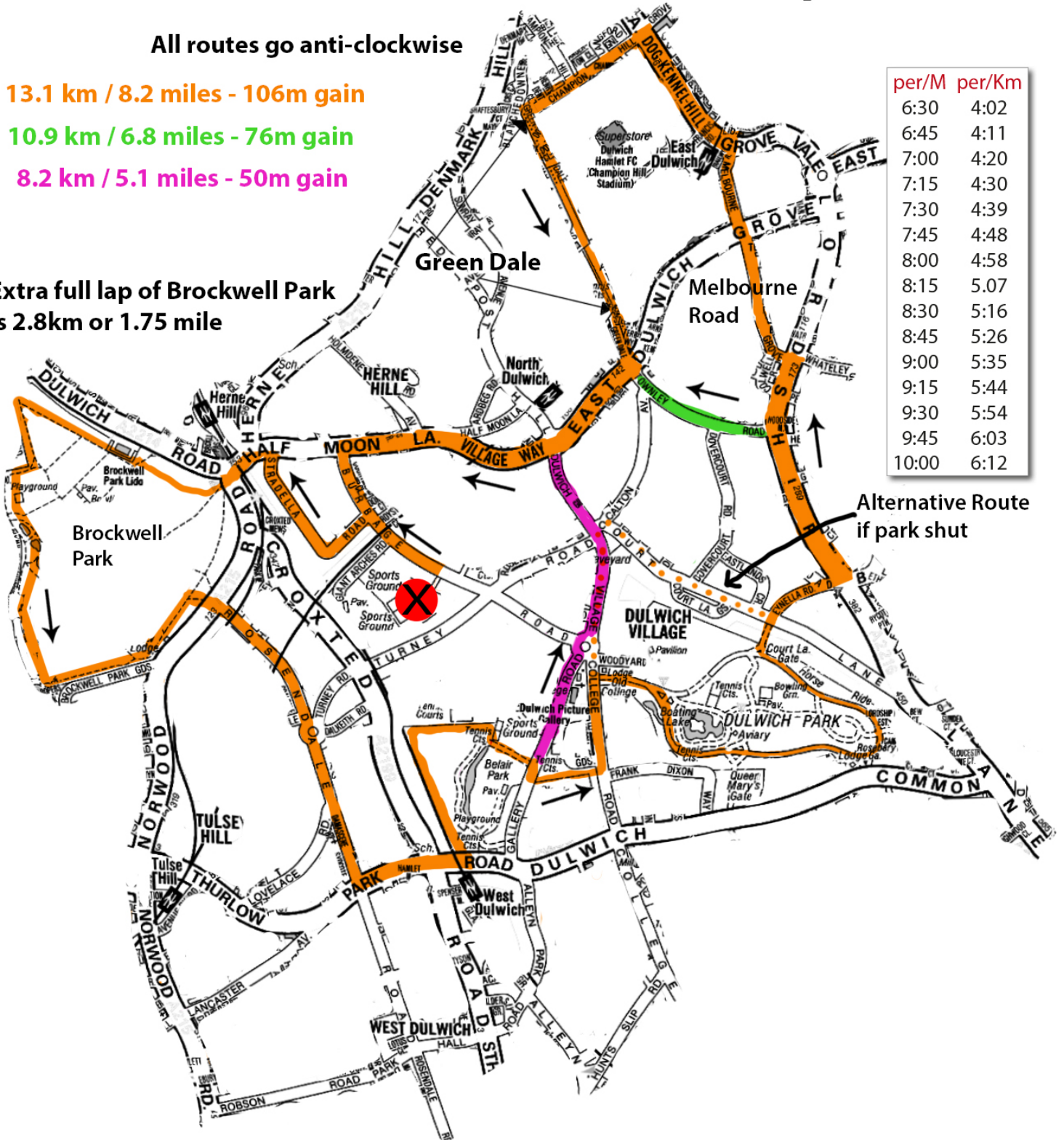
13.1 km / 8.2 miles - 106m gain

10.9 km / 6.8 miles - 76m gain

8.2 km / 5.1 miles - 50m gain

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

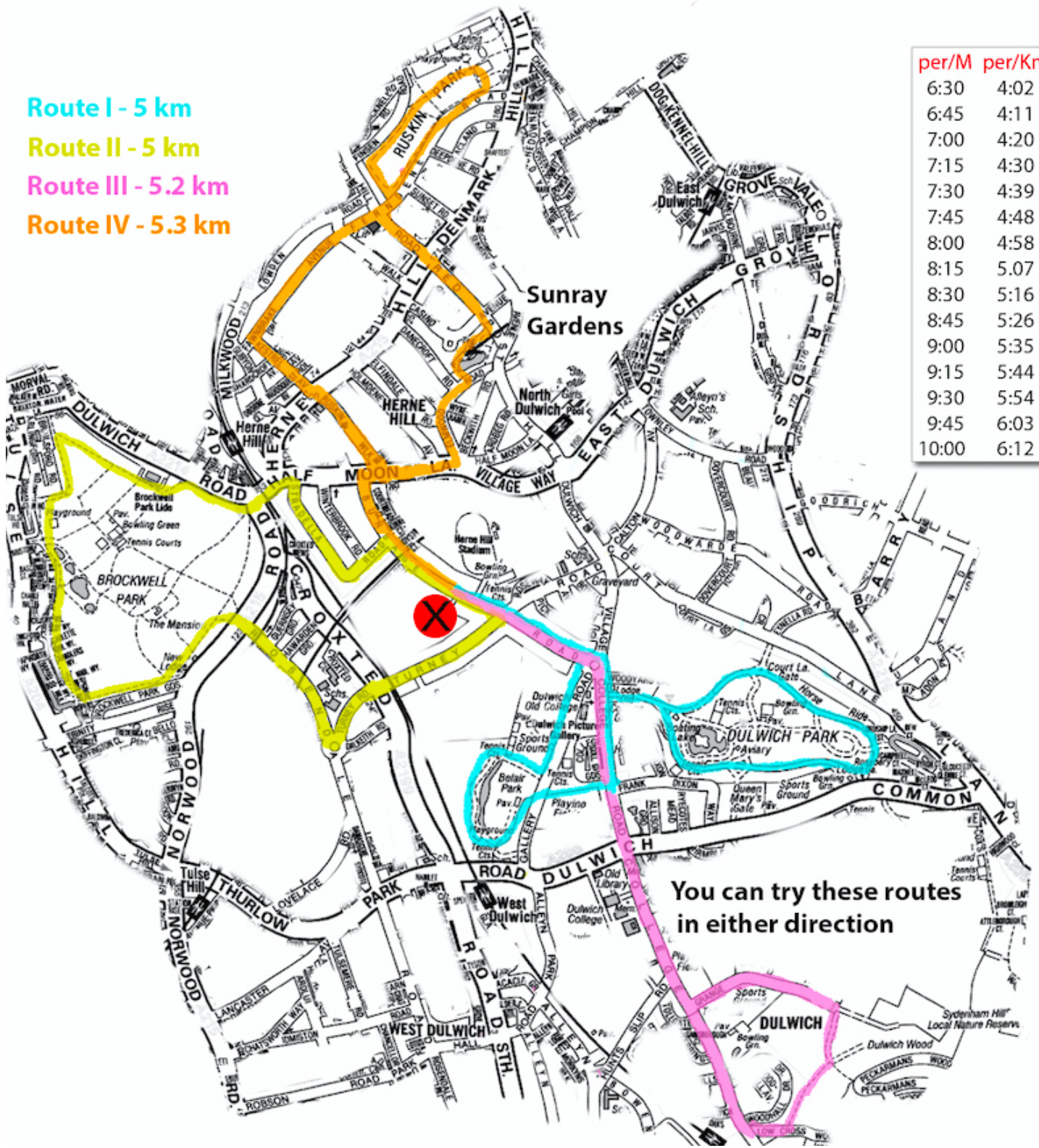
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



# Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 km

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



You can try these routes in either direction