



These are your SHORTS

Please send any reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

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 (see page 7)

In your SHORTS this week !

- 1 General notices
- 4 Fixtures
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- 12 Club kit
- 14 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, 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:



2023/24 membership renewals Due April 1st

All current members will have received by email a renewal request form.
(If you can't find it check your junk/spam folders.)

Please do not reply to the email unless to request changes to your details or to not renew.

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.)

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.

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

London Marathon Sunday 23rd April runners and supporters

Here is everyone entered for Sunday with the Bibs given on the TCS LM website. Start and wave mentioned if you told us.

A great field of runners and hopefully support to match. Many plan to spectate at The Highway (around mile 13.5/22), where you can watch both ways. Other popular spots are around Tower Bridge, after the Blackfriars Underpass (mile 24), along the Embankment and earlier on in the race at Jamaica Rd/Bermondsay station (mile 11.5).

Post race pub - we can all meet at the usual place - The Sanctuary House, 33 Tothill Street, SW1H 9LA The Sanctuary House Hotel | Hotels in Westminster Come and celebrate what I'm sure will be some fantastic runs. It is a short walk from the finish line. Everyone is welcome.

See you all around and good luck to all running! - Ebe & Ange

For those not running the marathon on Sunday and want to run up and support our club members, myself and Alex Loftus will be leaving Dulwich Park at 8am for a 13 mile run, that takes up to the half mark (we will be stopping at the Costa Coffee on the North Side of Tower Bridge for refuelling (arriving approx 9.30am) before a short walk to the halfway mark on the highway.

Arriving at that stage, we will arrive in time to see the wheelchair athletes go through, before the elite women arrive and then the mass start.

Then it's a short walk to mile 22/23 mark at the Blackfriars Underpass. - Will post a route on Facebook if you want to join us.

Dulwich Runners entered for London Marathon 23 April 2023

34 1st claim DRs (7 women, 27 men)

Surname	First name	Age Group	Bib	Start	Wave
Allard	Francesca	W19-39	1021		
Archer	Robert	M50-54	36718		
Barlow	Christina	W45-49	33506		
Bishton	Olivia	W45-49	9160		
Bowen	Timothy	M18-39	1024		
Chadwick (Ex DR)	Kev	M40-44	40525	Green	1
Coates	Arthur	M18-39	34090		
Cooper	Oliver	M18-39	41643		
Cordon	Sean	M18-39	33336	Blue	
Cross	Eugene	M40-44	32545	Blue	
Dazeley	James	M18-39	1566		
Donlon	Shane	M40-44	42185	Green	1
Elms (2nd claim)	Clare	W55-59	1502		
Epson	Marjorie	W60-64	9425		
Finnie	Graeme	M18-39	30607		
Galezia	Grzegorz	M50-54	32437		
Hallsworth	Joe	M18-39	1661		
Howe	Benjamin	M18-39	1289		
Impey	Nick	M40-44	1518		
Inglis	Andrew	M45-49	2547		
Lawson	Harry	M18-39	40461		
Laylee	Austin	M18-39	6108	Yellow	2
Lennon	Michelle	W55-59	8956		
Norris	Ange	W60-64	33196		
O'Sullivan	Dominic	M45-49	40698	not running due to injury	
Phillips	Jon	M18-39	1255		
Prill	Eberhard	M60-64	3225	Yellow	2
Roloff	Sara	W40-44	1351		
Shakhli	Tom	M40-44	5605	Yellow	1
Smith	Ben	M40-44	58174	Blue	
Smythe	Stephen	M65-69	43695		
Smythe	Steve	M65-69	6106		
Tan	Gower	M50-54	34520	Blue	
Tokarski	Robert	M45-49	41719		
Willis	Josh	M18-39	34519		
Wright	Matthew	M18-39	31316	Blue	4

'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

DULWICH RUNNERS AC

ANNUAL GENERAL MEETING:

Wednesday 19 April 2023, 8.45pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.45pm on Wednesday 19 April.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 14 April to be sure of inclusion. Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2022 AGM are available on the club website here <https://www.dulwichrunners.org.uk/agm> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are **four roles with known vacancies - Honorary President; General Member x 2; and Joint Women's Captain** - and the Committee would especially encourage members to stand for or consider suitable nominations for these positions.

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see brief descriptions below, or speak to the person currently in the role. It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Nominations for any role should be sent to Yvette by Wednesday 12 April to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Known nominations to date

Joint Women's Captains: Katie Smith

General Member: Jack Ramm, Gower Tan

Honorary President: Barrie Nicholls

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Outgoing Committee Members 2022

Committee Post	Present holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Andrea Ceccolini	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	No
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Alex Loftus	Yes
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Tom Poynton	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	No
General Member	Ryan Duncanson	No
Non-committee posts		
Honorary President	Chris Vernon	No
Welfare Officer	Mark Foster	Yes
Kit Person	Ros Tabor	Yes

Dulwich Runners AC - Committee Roles 2023

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President is nominated by the Club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

DULWICH RUNNERS 2023 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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Apr 23	London Marathon (or alternative) - L	London or alt.
May 17	Beckenham Team Relays	Beckenham place Park
Jun 1	Assembly League	tbc
May 4	Assembly League	Victoria Park tbc
Jun 3	Tracksmith Mile - S	Tooting Bec
	13 Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
	14 Dino Dash Relays - 7.30pm	Crystal Palace Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	6 Assembly League	tbc
	14 Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
	15 Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park tbc
Sep 3	Big Half - L	Central London
	7 Assembly League	Beckenham Place Park tbc

NOTE: All Assembly League dates and venues to be confirmed

Dulwich Runners Midsummer Relays' the evening of Wednesday 21st June

This is a great club event in our summer calendar, save the date. More details to follow but we will want runners and volunteers. If you're interested in being part of the organising team, please contact Ange - dulwichchair@gmail.com

Club Championship Races 2023

- 4 March Sri Chinmoy 10k, Battersea Park L
- 18 March Victoria Park 5 miles S
- 23 April London Marathon (or alternative) L
- 3 June Tracksmith Mile Race S
- 13 June Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298>
- 1 July Brockwell parkrun S
- 14 July Golden Stag Mile (alternative to June 3 Tracksmith Mile club champs race) S
- 15 July Elmore 7 L <https://register.enthouse.com/ps/event/SLHElmore72023>
- 3 Sep Big Half L As in previous years we hope to receive discounted community places although these cannot be guaranteed. <https://www.thebighalf.co.uk/the-events/how-to-enter>

Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).

4 events to qualify, including at least one from each distance category.

No suitable trail races so we chose the Elmore 7, undulating course of rural lanes and minor roads.

If Brockwell parkrun is off we'll choose another date

Difficult to find a suitable 10k, one option is the Vitality 10k but no date set and high entry cost.

Sri Chinmoy series of 5km races at Battersea Park in 2023 scheduled for 13 & 27 June, 18 July & 8 August. Any of these are eligible, but 13 June is recommended.

Golden Stag Mile race is 1 day before the Elmore 7 which isnt ideal if people want to run both club champs events. The Golden Stag Mile still counts to the Club Champs as an alternative to the Tracksmith Mile for anyone who cant make the date or get a place.

Updates on events with dates to be confirmed will be issued as soon as details known

2023 Club Championship rules have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories. Rules & races here: <https://www.dulwichrunners.org.uk/club-championships>
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

Big Half entries

The entries for this are open with prices as follows -

Full price is £54 for EA registered and there is a discount price of £46 for residents of Greenwich, Lewisham, Southwark and Tower Hamlets.

As in previous years, we are applying for some community places which will be £10 each. We should know by the end of April if we have been successful or not.

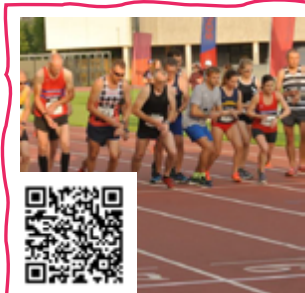
Dino Dash Relays

Wednesday 14 June at 7.30pm.

Team captains will be in touch. <https://crystalpalacefunrunners.co.uk/dino-dash> for more details

Dulwich Runners Club Championships 2023

- Edition 3 – Elmore 7 Plus Others now Available to Enter!



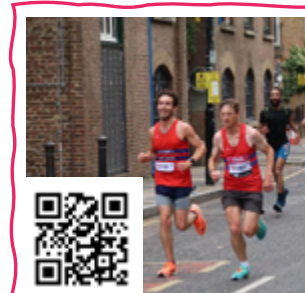
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



5 Km (SHORT CATEGORY)
 Speedy Steeds 5K, Battersea Park
Tuesday 13 June 2023, 7.00pm
 Entry closes 3 days before.
 Or any others in the Sri Chinmoy summer series on 27 June, 18 July or 8 August



Elmore 7M (LONG CATEGORY)
 Chipstead, Surrey
Saturday 15 July 2023 (2pm)
 Entry open.
 Organised by South London Harriers.
 All runners receive free entry into the Chipstead Flower Show.



Big Half (LONG CATEGORY)
 Tower Bridge, London
Sunday 3 September 2023 (am)
 Standard Price Entries open.
 We hope to receive discounted community places although these cannot be guaranteed.

<https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith2/>

<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>

<https://register.enthouse.com/ps/event/SLHElmore72023>

<https://www.thebighalf.co.uk/the-events/how-to-enter>



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

Assembly League

What is the Assembly league ?

- A summer evening race series that ran every year from 1975 to 2019 with a partial return 2022 and full season of 6 races is planned for 2023.
- Races free to enter, no need to book in advance, men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular, all first and second claim members encouraged to take part whatever your standard or ability
- Just turn up on the evening with a club vest and we'll give you a number to pin on your vest. Club vests can be bought from Ros Tabor on a Wednesday evening.
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham uses the parkrun course, mixture of surfaces so consider this in your shoe choice.
- After each race organisers normally have a bar for food and drink.

All dates and venues TBC - all on Thursdays

May 4: Victoria Park - June 1: Venue TBC - July 6: Venue TBC Aug 3: Victoria Park - Sept 7: Beckenham Place Park

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.

- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

- Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019



Beckenham Team Relay - Wednesday 17th May 2023 @ 19.30

Entries not yet open but check here in April: <http://www.beckenhamrunning.co.uk/races/relay>
queries: races@beckenhamrunning.co.uk

Guide to Track events



Even though we aren't a traditional "track club" many members take part in a variety of track events over the spring and summer, with the Mark Hayes Mile and Club Mile Champs longstanding staples of the calendar. We've also a comprehensive set of club records for the various age groups

and distances. Even if you don't think you're a track runner, the shorter distances can help improve speed and finish for road events. With that in mind we thought we'd give you some more information about what open track events are available to enter and what shoes to wear.

Events

Many of the historic track based London clubs organise track and field meets from April to September open to members of all clubs and even unattached runners. These generally cater for all ages and abilities. Common distances that you might like include 400 metres, 800 metres, 1500 metres and 5000 metres. The Mile (1609

metres), 3000 metres and 10000 metres are less common but very popular. Most events now need to be entered in advance from the club's respective website or race entry websites, the most commonly used being <https://data.opentrack.run/en-gb/x/> and <https://entry4sports.co.uk/#/>

Competitive and easily accessible meetings include those hosted by:

Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.
Blackheath & Bromley (Norman Park) - including the "So Clean Mile"
Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham)
Dartford Harriers (Central Park)
Hercules Wimbledon (Wimbledon Park - note this is a very worn running track which isn't great for joints and muscles) including the Dave Clarke Mile
Herne Hill Harriers (Tooting Bec Track, near Streatham) including the Stan Allen Miles
Highgate Harriers (Parliament Hill Fields, near Kentish Town) including the Night of the 10000 PBs
Kent AC (Ladywell)
Newham and Essex Beagles (Stratford Olympic Warm up Track).

Both Blackheath and Herne Hill Harriers have recently relaid tracks which are better for your joints and fast times!

Some open evenings available for bookings:

Blackheath & Bromley Open: Monday 24 April - Entries close 20 April - https://entry4sports.co.uk/#/ scroll down to their event. They have a series of summer open events with the following one on 25 May
Highgate Harriers Early Season Open Evening: Wednesday 26 April - Entries close 23 April - https://data.opentrack.run/en-gb/x/2023/GBR/highear23/
Kent AC Coronation Games (including the Gunpowder Mile): Sunday 7 May - Entries close 1 May - https://data.opentrack.run/en-gb/x/2023/GBR/kent-ac-open/
Cambridge Harriers / BMC Open: Wednesday 24 May - Entries close 20 May. Cambridge Harriers full schedule of open events is available for bookings. - https://entry4sports.co.uk/#/ scroll down to their events
Newham & Essex Beagles Open: Monday 29 May - Entries close 26 May. https://entry4sports.co.uk/#/ scroll down to their events
Herc Wimbo 1500m Night - Wednesday 31 May - SOLD OUT

We'll endeavour to update this list every couple of weeks.

Veterans AC (VAC) also host meetings only open to VAC members (aged 35+). A number of Dulwich Runners also compete for VAC with their super cheap second claim membership. Please visit <http://www.vetsac.org.uk/> for more details of their events.

Shoes

Many road shoes manufactured nowadays with high stack height may be unsuitable for track competition but traditional racing flats (e.g. ASICS DS Racer, Saucony Fastwitch) will be fine. While World Athletics has set out shoe requirements (World Athletics | Book of Rules | Official Documents - see Table C2.1A) that official events are supposed to follow there remains an element of discretion with officials more likely to be flexible for slower pace heats and less formal competitions.

It is always worth checking and the Tracksmith Mile Organisers has told us that any shoe is fine for times greater than 5 minutes. Having said that 'spikes' will generally be better providing a more responsive connection with the track and should lead to slightly faster times. Not all spikes are suitable for all track events.

County Championships

Kent Senior T&F Championships 13-14 May, Norman Park - entries close 21 April http://www.kcaa.org.uk/track-field.htm
Kent Masters T&F Championships TBC
Surrey Senior T&F Championships May 2023
Surrey Masters T&F Championships June 2023

Shoes suitable for all out pace in the 400m won't be very good for the 1500m or 5000m as you will want more support for your Achilles and ankle. As with all shoes get the opinion of a suitable running shop. Some cross country shoes can be used if they give you sufficient heel support. You'll also need screw in spikes these are much smaller than cross country spikes. Max permitted is 6mm but normally runners go for 3mm to 5mm. As with any new shoe don't try them out for the first time at a race meet - build up training in them beforehand.

Want to know more - Please speak to Jonathan Whittaker or Mike Mann or your club captains who will be happy to help.

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 interval training at Crystal Palace

From 18th April start 7:00pm, warm-ups, drills - main session start 7:10pm. To book a slot at the track register (or re-activate) with Crystal Palace arena - details at: [https:// www.dulwichrunners.org.uk/tuesday](https://www.dulwichrunners.org.uk/tuesday) and then book a slot at: <https://bookings.better.org.uk/location/crystal-palaceleisure-centre/athleticsgrp>

We'll be focusing on the 1 mile and 5k club champs races over the summer, reducing the volume a bit but upping the intensity, the sessions should also benefit those targeting longer distances.

For Tuesday 2nd May we will be doing - 1600m@5k + 2*800m @3k + 2-3*400m@1m

In a few week's time we should be at Dulwich College track & fields for spring and summer - details to follow . First time at these sessions please let me know in advance so I can provide more of an explanation of what's involved..

Any questions on any of the above let me know - happy to provide advice . First time at these sessions let me know in advance so I can provide more of an explanation of what's involved.. Tom Poynton (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 led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola 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

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

Longer & steady - 9am 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

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

May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Masters International Championships

16 Apr - British Masters 10k Road Champs - Grangemouth	20 Aug British Masters 10 Mile Road Champs Prudhoe
20 May - British Masters Open Road Relays - Birmingham	08 Oct - British Masters Marathon Champs - Chester
04 Jun - British Masters 1 Mile Road Champs - Edinburgh	Oct? British Masters 1/2M Champs Gravesend
25 Jun British Masters 30km Multi-Terrain Champs Gravesend	03 Dec - British Masters 5k Road Champs - London

Marathon recovery

Many congratulations to all of you who have already completed a spring marathon, and good luck to those about to do so. Enjoy the celebrations! Running 26.2 miles is a hard arduous thing to do: if you are lucky you might bounce back to normal fairly quickly but you do need to allow your body time to recover and avoid returning too soon to regular focused training. Mentally, you might also want a break and to think about and to do other activities. It's well worth being patient and avoiding rushing back into structured training too soon and then have weeks of little niggles that get in the way of more sustained training as your next target race approaches.

So you might want to have a week or two of no running, with some gentle walking and low-intensity non-weight bearing exercise such as swimming or cycling, perhaps a massage too, and then gradually returning to running, with some easy runs, a few strides to re-

familiarise yourself with faster running but without over-loading yourself, and keeping any runs to a maximum of an hour or slightly longer until a fortnight after your race, after which you could gradually increase your training over a few weeks and then return to interval training after perhaps a month or so. But be flexible and don't feel guilty if you need or want a longer break, particularly if you missed a chunk of training, you really "emptied the tank" (much more so than normal or expected), if this was your first marathon or if you are older than most. Nothing magical happens to your body after two weeks or four weeks, it's a gradual process and your return to training should respect that, so monitor how you feel and not be a slave to a schedule or the club's training sessions.

Once you've recovered then there are lots of great races to do over the summer months, in particular several club championship races and the Assembly

League (for which I hope as many races as possible take place). Your marathon training should serve you well here and our Tuesday track sessions should add in some extra speed. Varying your training stimulus and target races should also avoid monotony and thereby overtraining, even if these aren't massive priorities for you.

I know that many of you will be planning an autumn half or full marathon, and our Tuesday sessions over the summer should help you get in shape for these. Anyone planning to run Berlin on 24 September will have plenty of time to race a mile in June and early July before their training focus shifts to something more specific. I'll provide some more full and half marathon focused advice closer to the time but do get in touch if you have any questions or want any specific advice.

Tom Poynton tpoynton@hotmail.com
Coach in Running Fitness

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 April is - **UIJAQ6** - valid until 3rd of May 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. Please make sure to select United Kingdom in your shipping address to apply the promotion code without errors

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 Barry Graham 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.

Bob Graham Round (30th June)

pacers / support needed!

As some of you know, three DRs (Michael Williams, Ben Smith and Alex Loftus) are planning an attempt on the Bob Graham Round (BGR) this Summer. The BGR is one of three classic sub-24 hour mountain challenges in the UK, the other two being the Ramsey Round in Scotland and the Paddy Buckley Round in Wales. It dates back to June 1932, when Keswick hotelier Bob Graham broke the Lakeland 24-hour record by crossing 42 fells in the Lake District, over 66 miles with 27,000ft of ascent. (Everest is 29,035ft, just for scale). To be officially ratified in the 'Bob Graham 24-hour Club', you must complete it in under 24-hours, and each runner must be accompanied by a witness on each summit.



The route crosses roads at 4 distinct points so it's broken down into five distinct legs and we're hoping to have a team of pacers taking turns to join us on each leg. This is not only to verify that we've actually reached each summit but – more importantly – to help make sure the three of us are on course, running at a steady pace and are still sane, fed and watered! This is where we're hoping that other DRs might be willing to join us for a leg or two. Although it might seem a somewhat selfish request, we'd also hope it might be a beautiful night & day for running in the Lakes. In the reciprocal spirit of the BGR, we'll also return the favour when anyone else is keen to do the same.

We've now set a tentative, weather-dependent date of June 30th, and there should be at least a couple of cars going up from Dulwich. If, nearer the time, the forecast doesn't look optimal, we'll aim for the weekend after (7th-8th July), with the same scheduled departure of 7:15pm from the Moot Hall in Keswick. On the basis of a 23-hour round (the schedule is likely to change quite a bit!) this would mean rough timings for each leg as follows:

- Leg 1. Keswick to Threlkeld: Depart 1915. Arrive 2301.
- Leg 2. Threlkeld to Dunmail Raise: Depart 2316. Arrive 0342
- Leg 3. Dunmail Raise to Wasdale: Depart 0357. Arrive 0949
- Leg 4. Wasdale to Honister: Depart 1009. Arrive 1508
- Leg 5. Honister to Keswick: Depart 1522. Arrive 1818

The 1st of July should dawn at around 3-ish near to the summit of Fairfield, with some of the most beautiful views on this island.

There are likely to be at least a couple of cars going up from Dulwich. If anyone is able to offer any help in our attempt – whether as a pacer or road support – please do write to us on:

asmithcalledben@gmail.com
mikathlon@gmail.com
alexloftus75@gmail.com

Celebrating 250 parkruns Saturday 22nd April

I am running my 250th parkrun on Saturday at Fulham Palace. I'd be pleased to see fellow DRs at the event. Barrie John Nicholls

Dulwich Runners Book Swap

The last Wednesday of each month - Next date - 26th April

Thanks to those who brought books along last week. 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 are unlikely to re-read them, bring them along to the club house on Wednesday 26th April.

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"

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

Wimbledon Common

367 Ran
Pos Gen
283 86 Stephanie Burchill 34:31

Banstead Woods

223 Ran
Pos Gen
12 11 Tony Tuohy 20:07

Richmond

382 Ran
Pos Gen
150 114 Barrie John Nicholls 26:27
251 83 Lindsey Annable 30:35

Bromley

596 Ran
Pos Gen
140 121 Colin Frith 23:44
437 289 Peter Jackson 30:48

Albert , Melbourne

642 Ran
Pos Gen
451 161 Nicola Stevenson 32:28

Brockwell , Herne Hill

352 Ran
Pos Gen
40 35 Stephen Trowell 21:43
60 51 Mark Foster 22:32
67 8 Ola Balme 23:04
73 10 Lucy Pickering 23:19
96 76 Michael Mann 23:53
125 93 Graham Laylee 25:13
135 99 Ryan Duncanson 25:34
203 58 Sharon Erdman 27:49

Beckenham Place

261 Ran
Pos Gen
1 1 Andy Bond 17:19
116 18 Claire Barnard 27:18

Moors Valley

560 Ran
Pos Gen
212 166 Michael Dodds 27:54
239 47 Clare Wyngard 28:25

Crystal Palace

374 Ran
Pos Gen
35 3 Yvette Dore 22:07
50 7 Belinda Cottrill 23:08
54 8 Polly Warrack 23:15
55 9 Kay Sheedy 23:16

75 59 Dave West 24:01
80 12 Eleanor Simmons 24:14
162 34 Joanne Shelton Pereda 27:06
197 45 Claire Steward 28:07
201 135 Paul Keating 28:10
277 161 Paul Hilton 31:25
329 177 Bob Bell 35:12

Southport

286 Ran
Pos Gen
29 4 Charlotte Sanderson 22:36

Riddlesdown

96 Ran
Pos Gen
17 14 James Wicks 25:06

Dulwich

575 Ran
Pos Gen
4 4 Andrew Inglis 16:02
6 6 Joe Hallsworth 16:06
7 7 Jon Phillips 16:24
30 29 Timothy Bowen 17:26
47 40 Harry Bennett 18:21
48 41 Harrison Minter 18:24
59 47 Andrew Scott 19:28
77 63 Lloyd Collier 20:08
85 9 Michelle Lennon 20:23
86 71 Grzegorz Galezia 20:24
110 89 Ebe Prill 20:56
143 118 Rob Mayes 21:57
146 120 Austin Laylee 22:04
157 20 Izzy Pickles 22:23
215 164 Ajay Khandelwal 23:39
217 166 Tom Shakhli 23:41

Netley Abbey

261 Ran
Pos Gen
6 6 Tommaso Bondoni 19:45

Gladstone

225 Ran
Pos Gen
26 3 Becca Schulleri 22:18

Burgess

515 Ran
Pos Gen
29 26 Charles Lound 19:44
65 50 Hugh Balfour 21:36
214 42 Ros Tabor 26:03

Flatts Lane

31 Ran
Pos Gen

1 1 Dylan Wymer 21:21
12 4 Ange Norris 30:29

Peckham Rye

289 Ran
Pos Gen
1 1 Barnaby Day 16:31
10 10 Joe Farrington-Douglas 19:22
17 17 Mark Callaghan 20:17
32 30 Lee Wild 21:15
48 3 Emma Ibell 21:59
154 38 Harriet Roddy 26:30

Hastings

374 Ran
Pos Gen
84 69 Nicholas Brown 24:12

Haga

242 Ran
Pos Gen
36 31 Paul Collyer 19:53

Cirencester

164 Ran
Pos Gen
12 10 Steven Kendall 22:02

Felixstowe

282 Ran
Pos Gen
17 17 Matthew Wright 20:47

Catford

179 Ran
Pos Gen
31 31 Stephen Smythe 22:05

Kingdom

91 Ran
Pos Gen
13 3 Kim Hainsworth 22:37

Thomas Mills

49 Ran
Pos Gen
3 2 Justin Siderfin 22:08

Ifield Mill Pond

228 Ran
Pos Gen
5 5 Jonathan Whittaker 19:33

Sutcliffe

216 Ran
Pos Gen
36 30 Michael Fullilove 22:15

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

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



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



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

Socks only £5



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



**! 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



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map C

13.9 km / 8.6 miles - 127m gain

11.1 km / 6.9 miles - 101m gain

8.1 km / 5.1 miles - 53m gain

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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

Take entrance by green chain signpost

