



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
- 6 Club runs & training
- 9 Race reports and results
- 14 Club kit
- 16 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

Now overdue

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

'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

Annual General Meeting 2023 Round Up

Yvette Dore, Club Secretary, writes: Many thanks to everyone who attended the Dulwich Runners AGM 2023 which took place downstairs at the Edward Alweyn Club after the Club Run on Wednesday 19 April.

With 50 members present, numbers were much increased on last year's AGM when just under 30 members attended.

Ange and Ebe delivered the Chair's Report covering the achievements and highlights of the year which included a return to the full format of the Club Champs; 33 new Club Records set; a sold-out Midsummer Relays event; numerous social occasions; and initiatives to improve sustainability.

During the meeting, the Club's General Committee members for the coming year were formally nominated and voted into their roles, including four new Committee members, with Katie Smith appointed to Joint Women's Captain; Jack Ramm and Gower Tan appointed to two General Member Roles; and Barrie Nicholls appointed as Honorary President.

Thanks were extended to out-going Joint Women's Captain Ola Balme, General Members Eleanor Simmons and Ryan Duncanson, and Honorary President Chris

Vernon, for their great support and contribution to the Club and Committee over the years.

Inclusivity of slower runners was raised as an item of AOB by Dave West, which was welcomed by the AGM, and prompted a productive discussion which will be considered further at the next Committee meeting.

Your new Dulwich Runners AC General Committee is:

Committee Role	Who
Joint Chairs	Ebe Prill & Ange Norris
Treasurer	Andrea Ceccolini
Secretary	Yvette Dore
Joint Women's Captains	Katie Smith & Kay Sheedy
Joint Men's Captains	Ed Chuck & Alex Loftus
Membership Sec. & Shorts' Editor	Barry Graham
Social Secretary	Michelle Lennon
Welfare Officer	Tom Poynton
Publicity Secretary	Jonathan Whittaker
General Members	Mike Mann, Jack Ramm and Gower Tan
Non-committee Roles	
Honorary President	Barrie Nicholls
Welfare Office	Mark Foster
Kit Person	Ros Tabor

A note from the co-chairs – Ange Norris and Ebe Prill

An AGM can be a time to reflect and also to look forward. Looking back over the past 12 months is thoroughly enjoyable, with memories of many Dulwich Runner events – races, socials, training. This time last year we stated that the club has been an important part of our lives and we have both benefited hugely from it. This aim is the same for all members. To be as inclusive as possible regardless of ability and running goals remains core to everything we do. We wish every member to enjoy the club and are always around to listen to any comment or suggestion you may have. You can talk to us at regular training sessions, or email us at dulwichchair@gmail.com

This year we have 4 members who have been newly appointed.
Barrie John Nicholls, Honorary President

I joined Dulwich Runners in 1995 to train for my first London Marathon. Ten London marathons later, plus one in Berlin and one in New York I can truly say the club has supported me all aspects of my training as well as introduced me to a great circle of likeminded friends.

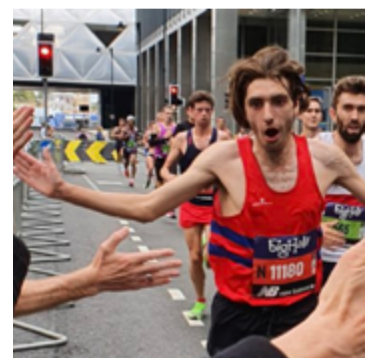
When not running I am often to be found in front of a film camera working as a featured artist for many major movies and TV shows, not to mention doubling for Bill Nighy on occasion.

The club has given me so much and it's now time for me to give something back. It'll be an honour to serve as President. I am passionate about welcoming new members to Dulwich Runners and ensuring members be they new or existing, faster or not so fast all feel appreciated and part of the club.



Jack Ramm – General Committee member

I think my path into running was fairly typical: after a somewhat dissolute period, I decided to try to get into better shape before I turned 30. Since then, running, and the club, have become significant parts of my life. When I joined, I had no interest in competing or training; I just wanted some people around to go running with a couple of times a week. But the first time I did cross country, something clicked – I relished being part of a team. Coming from a decidedly non-sporty background has meant that I always aim to be friendly and approachable, particularly to those starting out. I see my role on the committee as a "general member" as an extension of this. So, if you don't know me and you see me on Tuesdays and Wednesdays, do introduce yourself and feel free to raise any concerns or feedback that you have with me. People from the club that I haven't met have also gotten in touch with me in the past over Strava, so please feel free to do that, too!



Katie Smith – Co ladies' Captain

Hi, I'm Katie Smith - the new ladies' captain. I've been in the club for about 3 years now and have enjoyed my first experiences of a whole host of races from cross country to relays and road races at the club. I hadn't run any races at all before I joined the club and was very nervous but now, I get excited to run them as everyone is very supportive. The fact that I develop a real passion for getting muddy and cold at cross country was very surprising! I enjoy the Wednesday night social runs and don't often miss one so you'll often see me there. When I'm not running, I work as a specialist nurse in palliative care, have 3 children and also spend time in gym strength training.



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
May	4 Assembly League 3.5M 7.30pm start	Victoria Park
	17 Beckenham Team Relays	Beckenham place Park
Jun	1 Assembly League 5K 7.30pm start	Crystal Palace
	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.enthus.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.

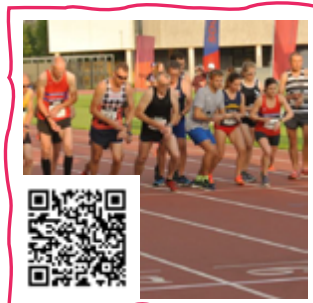
Dino Dash Relays

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!



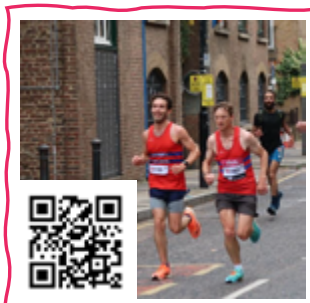
1 mile (SHORT CATEGORY)
 Tracksmith Mile, Tooting Track
Saturday 3 June 2023, 2.00pm
 Likely to sell out well in advance.
 The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.



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.enthus.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: Crystal Palace - 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:

- 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.

Shoes suitable for all out pace in the 400m won't

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 T&F champs entries - close May 4
[Surrey Track & Field Champs 13/05/2023](#)
- Surrey Senior T&F Championships May 2023
- Surrey Masters T&F Championships June 2023 (cancelled)

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> and then book a slot at: <https://bookings.better.org.uk/location/crystal-palaceleisure-centre/athleticsgrp>

Focus is the 1 mile and 5k club champs races, reducing the volume a bit but upping the intensity, the sessions should also benefit those targeting longer distances.

We will be at Crystal Palace on 2 May, session details to be confirmed and will be at Dulwich College track and playing fields on 9 May and throughout the summer, further details will be sent out closer to the time?

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: ebepriill@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](#)
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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@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

London Marathon

Sunday 23. April 2023

Ebe Prill writes: Here an overview and results table to get something in Shorts in time. There will be lengthier individual reports and summaries I assume.

The field: A bigger group of DRs on the start line than last year and a very good turnout it was! Also the wave starts were far better organised this year and I didn't hear about the congestion problems that beset many club runners last year. My run certainly felt free of these issues.

The conditions: Wet, with drizzle setting in a good 30 min before the start, and rain mostly in the first two hours but not really an issue for most and cool enough to be favourable to quick times. As the elites and many fast PBs showed.

The support: Amazing as always with a great many of you along the course and cheering enthusiastically! Thanks and apologies to everyone I totally blanked on the last miles in my pain bubble. No energy to even give a thumbs up. It does help nonetheless!

The performances: Stellar! Not since the 1980s/90s had we three men under 2:30, a full six under 2:40, nine under 2:50 and thirteen sub3 hours, including our fastest woman, newcomer Francesca Allard who obliterated her previous best of 3:12:19 (Manchester 2022) with a brilliant 2:57:28!

Nick Impey ran the second fastest marathon in recent decades in our club (and the third fastest ever) in 2:26:41, not much off Jack Ramm's 2:26:03 from Manchester last year. And improving his own M40 clubrecord from Valencia 2022 by a minute! In the top 60 overall and 7th M40 to boot. Too many other great runs and memorable stories to do justice here, just have a look at the results table and the category placings to get an idea. Well done all!

My own two cents worth:

Took a shot at the M60 club record of 3:09:25 and went down in flames. Halfway in 94:22 on target felt comfortable, then wheels came really off on last 3 miles. Nothing left in the tank and had cramping issues in calves and even upper body on final mile while trying to work my arms. Generally slowing from mile 21 or so. Still happy with the time, 13 min faster than last year and not much off my 2021 time when I wasn't pushing for sub 3:10 and had a far more even run. 13th marathon and 9th London. Cramping was gone within a few minutes of walking after the finish. Lovely time in the pub afterwards with a great crew of DRs.



A classic marathon mood day: from hope to pain to euphoria!

Dulwich Runners Results London Marathon 23 April 2023

30 DRs ran (5 women, 25 men)

Surname	First name	Age Group	Place (Overall)	Place (Gender)	Place (Cat.)	Halfway	Finish (chip)
Impey	Nick	M40-44	57	57	7	01:13:35	02:26:41
Hallsworth	Joe	M18-39	104	104	90	01:14:30	02:29:00
Dazeley	James	M18-39	108	108	94	01:14:44	02:29:05
Howe	Benjamin	M18-39	272	270	220	01:17:23	02:34:38
Bowen	Timothy	M18-39	335	329	257	01:17:24	02:36:13
Phillips	Jon	M18-39	564	556	405	01:17:36	02:39:24
Donlon	Shane	M40-44	1193	1159	226	01:23:13	02:47:29
Lawson	Harry	M18-39	1288	1252	826	01:23:23	02:48:23
Shakhli	Tom	M40-44	1405	1365	270	01:25:03	02:49:24
Cross	Eugene	M40-44	1767	1695	350	01:25:30	02:52:43
Allard	Francesca	W19-39	2451	132	97	01:27:54	02:57:28
Willis	Josh	M18-39	2660	2503	1436	01:29:20	02:58:28
Tan	Gower	M50-54	2665	2508	142	01:29:20	02:58:30
Finnie	Graeme	M18-39	3259	3030	1660	01:29:10	03:02:07
Cooper	Oliver	M18-39	5067	4460	2282	01:37:18	03:13:52
Prill	Eberhard	M60-64	5356	4686	40	01:34:22	03:15:17
Lennon	Michelle	W55-59	5887	790	8	01:36:21	03:18:09
Roloff	Sara	W40-44	6363	926	161	01:39:51	03:20:38
Archer	Robert	M50-54	7246	6078	601	01:37:20	03:25:09
Cordon	Sean	M18-39	7534	6286	3131	01:45:04	03:26:22
Wright	Matthew	M18-39	7823	6469	3223	01:43:51	03:27:30
Bishton	Olivia	W45-49	8823	1616	206	*01:44:57	03:30:43
Smythe, the young	Stephen	M65-69	10505	8292	34	01:44:36	03:37:11
Smythe, the elder	Steve	M65-69	10635	8376	36	01:45:24	03:37:42
Laylee	Austin	M18-39	10799	8482	4192	01:37:00	03:38:13
Tokarski	Robert	M45-49	12815	9776	1388	01:46:13	03:45:00
Epson	Marjorie	W60-64	15972	4096	49	01:52:55	03:54:29
Coates	Arthur	M18-39	19922	14362	6933	01:54:56	04:05:39
Smith	Ben	M40-44	34839	22664	3760	01:58:49	04:57:40
Galezia	Grzegorz	M50-54	Best	Cooked	Mummy	01:29:33	**04:57:41
						* best guess	**unofficial. Read G's report

London Marathon 2023

Steve Smythe writes : If you joined Dulwich Runners after May 2012, you might have been confused to see two Steve Smythes listed in the start list for Dulwich Runners in last week's Shorts. There really are two of us, and I am the older one (by just under two years).

We have known each other for over 40 years since bumping into each other while running in Shooters Hill woods. We share the exact same name (including middle name), I live in the same road that younger SS used to live in and even now, we live only a little over a mile away from each other - over in the Greenwich area. I joined Dulwich Runners around, 1990 I think, and Steve joined a bit later.

This is my London Marathon 2023 race report. I was running past younger Steve's house early in February and he came past me on his bike. I told him I had a place in this year's marathon. I haven't run it since breaking the club V55 record in 2012. Since then, I have had some health problems and had surgery for prostate cancer in 2019. Steve has also had health problems and he told me he was running it too so we thought it would be fun to have another head-to-head,

'A quick round up of Nohtaram Nodnol 2023

Also known as the Reverse London Marathon. Runners meet at Trafalgar Square from midnight onwards, for me it was a 2am start. Groups of similar ability runners make their way to the Mall to get as close to the finish line as possible.

After exchanging pleasantries with the security team, myself and another runner set off following the London Marathon course. Navigation was easy at first, Central London is familiar as is the route past Tower Bridge but as we entered Canary Wharf we strayed off course. Following the blue line in the dark and rain was not as easy as I'd hoped but the absence of crowd barriers quickly alerted us to our mistake. Back on track and through Canary Wharf running on the blue line now as there

like the olden days.

I was on the Yellow start and Steve was on the Green start. I ran the first four miles with a friend but decided they were going a bit fast for my current level of fitness, so I let them go ahead and I dropped back the pace by around 20 seconds a mile. Because Steve started several minutes before me, I had no idea that he was ahead of me on the road. I would have been hard for anyone in Dulwich Runners to spot because I was running in a charity vest. From four miles to around 20, I plodded along fairly steadily, considering my early too-fast pace. Then it started to get painful but I was keen to break four hours and hopefully get a GFA place next year so I just got my head down and kept going all the way to the finish, albeit increasingly slowly. It was only in the last mile that it dawned on me that I was actually on for a sub 3:40. This was when I went past a man being carried away on a stretcher and a collapsed woman lying in the road in front of me, with paramedics running to treat her. I hope they were both OK.

I was pleased with my time of 3:37:42 but still had no idea where Steve was. Turns out that we finished on almost the same time (he beat me by 31 seconds) on different starts, without having seen each other once and having run both halves of the race within a minute of each other. Incredible! It's so funny that I can't be disappointed and Steve thoroughly deserves the new club V65 record.

Well done Steve Smythe!

is barely any traffic at 3am in Canary Wharf. As you'd imagine all the course infrastructure is in place, which makes for an exciting run, knowing in a few hours the elites and the masses would be running the other way. I thought I'd only see a few other runners but there were quite a lot running the traditional direction and we passed several groups also doing the reverse.

The spirit was jovial and the pace easy. We stopped at Tower Bridge for some photos before crossing the river. My running buddy was feeling the pace and told me to push on so I got to stretch my legs a little with only another stop for photos at Cutty Sark. Coming into Greenwich the sun was rising, I passed a lot of walkers, a good number of whom were in fancy dress. My Virtual London Marathon app told me I had completed the distance as I arrived at Shooters Hill and my race was done.

About a quarter of the way in I was questioning why I'd decided to run a marathon (this is not unusual for me) at 2am and what I was getting from it but by the time the sun came up I was loving it. If you fancy a different marathon experience, this could be one for you.' - **Miles Gawthorp**

The Curse of the Mummy

23 April 2023



Before....

It didn't exactly go according to plan. London was my 50th marathon so I wanted to make it somewhat special. The idea of trying to beat a Guinness World Record in some category seemed quite appropriate. I applied for several options, but in my preferred choice - Spartan armour - the GWR wanted to classify me as a Roman soldier. Other applications were still in processing. The mummy was the one that got approved first so I went for it.

Designing the costume was a bit of a challenge - it had to comply with the requirements, be lightweight and comfortable, and stay in one piece for 26 miles. I realized that I would get hot, so over the last few weeks before the race I trained in warm clothes. But obviously the main factor was the weather - strong sun or rain could thwart everything.

The weather forecast for Sunday said "rain", so after doing a trial run in my face-paint make-up on a rainy day I learnt that the rain would leave my face in a big black and white mess. So I went for a more durable solution - wall emulsion. It stayed on pretty well but was probably an effective sweat blocker.

The plan for the day was to start at my PB pace (4:06-ish) and see what happens. I was probably slightly too greedy, trying to kill two birds at one stone - run in a challenging costume and improve my PR. Keeping the pace was not difficult as, naturally, the support I got in my outfit was amazing. Apart from standard "Look, it's a mummy!" or "Go mummy" exclamations, the next two most popular shouts were in the "Oh my god!" and "That's nuts!" category,

which in hindsight I fully appreciate. Things were going fine until 35 km when I started tiring. I thought it was pretty normal at this stage but soon I was got into trance-like state. I stopped didn't absorb much of what was around me - I just focused on ticking off kilometres, which somehow were very far apart. Somewhere around the Embankment (as I learnt later), I started to wobble and my legs gave in. I fell but got up and tried to get going, but this was not to be. The next thing I remember were some voices above me, and strange busyness all around my body - somebody was holding my legs up, somebody else inserting things into my ear, another person attaching some machinery to my chest and to my fingers. Somebody else was wiping my face with a wet wipe. For some reason they were very keen to talk to me and were very happy to hear me saying a few words.

They kept checking my heart rate, glucose levels, temperature, which was 41 - slightly above the national average. I had no idea where I was - for some reason I thought I was near Dulwich Park and I was close to home. When after some time I started to realize what happened, the first sober thought was - "I didn't pause my watch!" -



And during the race soon before the collapse

but I was not able to make the effort to do that. I could hardly lift my arm, my jaw was stiffening and I had excruciating cramps in my calves. After some time the paramedics decided to move me to a sling and carry me to the medical tent somewhere that seemed very far away. I was handed over to another crew of medics. I was given some gels, some cherry coke (which I normally hate, but then it tasted like ambrosia). This has revived me a bit and soon I was allowed to sit down and take time to recover in a warm ambulance under close supervision of medical staff.

All my clothes were cut to pieces, except for my leggings, which were in two thirds OK.

I asked where I was and how far it was to the finish line. It was only 2 miles so I started thinking about the exit strategy. In

all my running career I have never pulled out of a race (once I DNFed because the ultra mountain race was suspended and then cancelled due to a tempest) so I didn't want to make a precedent. Unfortunately the medics who cut up all my painstakingly prepared costume also cut up and discarded my number with the chip. But I wanted to finish the race anyway. I asked if it's OK if I jog to the finish and, to my surprise, the doctor in charge said yes.

I was a pitiful sight - remains of smudged paint on my face, naked torso, tattered remains of leggings, space blanket over my shoulders. But the crowds were amazing! Even better than when I was wearing the full mummy outfit. They really kept me going, I managed to respond to high-fiving hands and devoured dozens of sweats and gummy bears offered by children slightly perplexed by my looks. Absorbing the unrivalled support all along the last kms I finally made it to the finish line!

To recap, there were a few things that went wrong. The first was that, according to the doctors, the bandages were blocking my blood circulation. Also, the costume prevented my normal profuse sweating that has led to overheating the body. Another thing to put the blame on is the rain, which made the costume quite heavy. And, last not least, I think I was immaturely overambitious with my goals.

Anyway it was all a very novel experience :) But I didn't achieve what I set out to do, so unfortunately the mummy will have to return, in one incarnation or another.

Grzegorz Galezia

P.S. One undeniably good thing about this race was that I ran for CANCER RESEARCH UK! Dulwich Runners and my friends have been very generous! Thank you all for your big hearts!!!

I DNFed, but my unofficial time of crossing the line is: 4:57:41, although at km35 the predicted finish time was 3:08:05.



and after...

Friday Night Under The Lights 5km

Friday 21st April

Tom South writes: In what might be seen as shocking news to some, some long run called the London marathon wasn't the only race in town over the past weekend. Four Dulwich Runners fancied a crack at a fast 5km at Battersea Park. The Friday Night Under The Light Series, sets a tough qualifying time to secure an entry, with a limited entry. Combined with a course in Battersea Park, which is known as a fast course, this always attracts top quality runners, in three races. The five runners who fancied a crack at a fast time were Andy Bond, Ade Russell, Alex Winchester Tom South in the first wave of the night, with Polly Warrick Low in the second wave. Friday evening bought perfect conditions, no wind, sunny and dry.

In the first wave went the four guys. For Alex, it was a case to see where he was after a recent bout with Covid. For Ade and Andy it was to improve from their previous efforts this year. For myself, I wasn't sure where I was with my 5km form was, and was aiming for a time in the low 16's, with a plan to be sensible in the first km and then aim to pick up the pace.

Once the start gun their was a frantic fast start down the central avenue towards the bandstand. I managed to stick to my plan, so by the end of the central straight was approx. 50 metres down on the pack that Ade and Andy were in. As the race progressed, I managed to catch up Ade at the 3km mark and managed to go past him and push on, while Andy had moved through the field nicely as well. Approaching the final turn, there as a notable pick up in pace as people pushed for a time, and for myself I realized a time of sub 16 was on the cards.



Alex - Andy - Tom - Ade

Leading the Dulwich Runners men in was Andy, who put his normal kick in over the last 200m (one rival was heard to comment at the end thought he had a chance to beat Andy, without knowing that Andy had such a good kick), to some home in a seasons best. Next in was Tom in a new PB by seconds behind in a seasons back. Not far behind, who had a tough race, but still put in a stella performance, two weeks past Covid.

Unfortunately with Polly's race starting two minutes after ours, we didn't get the chance to watch her, but on the video taken by Michelle Lennon, she looked really strong and posted a new PB.

Andy Bond – 15:38 (seasons Best)

Tom South – 15:57 (personal Best)

Ade Russell – 16:02 (seasons Best)

Alex Winchester – 16:17 (seasons best)

Polly Warrick -17:34 (personals best)

Rotterdam marathon

James Burrows writes: Having last ran a marathon back in 2019, then trained for the 2020 London Marathon with the cancellation that followed, I thought it was high time I got myself into shape and hopefully get another good-for-age qualification time to run London again. I chose Rotterdam Marathon to closely coincide with those training for London, and having ran it back in 2015 I knew it was a good course and a nice city break away.

After selling my partner Clare on the idea, with offers to visit her family who live nearby, we headed off on the Thursday aboard the Eurostar.

We found plenty of lovely restaurants for carb loading in the days beforehand, and tried a few local swimming pools for some easy exercise.

My training had a few blips along way, with some injury and illness knocking my confidence a little, so I arrived at the start line with a slightly more conservative plan of not aiming for a PB - i'd just be happy to get under 2.55 and as far under the 3.05 qualification time as I could muster.



The start goes straight out onto the Erasmusbrug suspension bridge lined with spectators cheering, so i had to try hard to manage my pace with the adrenalin flowing - all too easy to go out hard. I soon settled into a good rhythm and the km's started to flow by. The support was great around the course with cheering, live bands and DJ's pumping out the dutch trance music!

The course does a big figure 8 loop, so coming back over the bridge I saw Clare cheering and headed into the final 12k loop around the Kralingse Lake and park. I still felt unusually good at this stage, still comfortable with my 4.05 pace, so i thought I'd try pushing my pace a little faster. I ran a few kms at 3.57 pace, but with a water station and trying to eat a thick gel to contend with too, i soon found myself struggling with the faster pace so backed off again to save myself for final push at the finish. The crowd was great coming back into the city centre and with every runner having their name on their number, i got lots of encouragement by name. I was also overtaking lots of other runners by this stage which always feels good. Despite starting to feel the distance, I managed a final fast finish - Crossing the line in 2.51:45. A much better result than I expected and an enjoyable race throughout.

We followed up the race with some post-race drinks and food at Vessel 11 - an old Lightship in the docks with a band singing sea shanties for a great post-race atmosphere.

2.51:45 - 735 of 16,837

Banstead Woods

195 ran
Pos Gen
6 6 Tony Tuohy 20:02

Bromley

642 ran
Pos Gen
120 105 Dave West 22:56
393 292 Peter Jackson 29:18

Brockwell , Herne Hill

402 ran
Pos Gen
51 49 Stephen Trowell 21:25
56 54 Lee Wild 21:41
69 3 Catherine Buglass 22:02
186 37 Ros Tabor 26:30
208 47 Sharon Erdman 27:13

Beckenham Place

303 ran
Pos Gen
17 16 Sam Jenkins 21:01
111 89 Eugene Cross 25:53
156 33 Claire Barnard 27:57

Crystal Palace

348 ran
Pos Gen
23 3 Yvette Dore 21:23
44 5 Belinda Cottrill 22:27
47 6 Emma Ibell 22:36
168 122 Paul Hodge 27:40
185 37 Clare Wyngard 28:20
228 65 Polly Warrack 29:58
311 112 Chris Bell 37:01
312 173 Bob Bell 37:16

South Norwood

144 ran
Pos Gen
21 1 Laura Vincent 22:48
102 28 Carys Morgan 30:12

Riddlesdown

112 ran
Pos Gen
21 20 James Wicks 23:02

Medina I.O.W.

230 ran
Pos Gen
38 2 Lucy Pickering 24:34

Eden Project

155 ran
Pos Gen

40 8 Katie Prior 25:09

Eastville

538 ran
Pos Gen
55 46 Jamie Robinson-Nicol 22:13

Dulwich

498 ran
Pos Gen
11 10 Alastair Low-Macrae 17:35
24 21 Tom Barker 18:32
26 22 Chris Beardsall 18:40
98 82 Ryan Duncanson 21:31
136 18 Naomi Crowther 22:53
207 163 James Gordon 24:39
307 81 Claire Steward 27:44
492 273 Chris Lawrence 50:44

Gladstone

243 ran
Pos Gen
24 2 Becca Schulleri 20:56

Shrewsbury

540 ran
Pos Gen
37 31 James Auger 21:10

Fulham Palace

567 ran
Pos Gen
65 52 Hugh Balfour 21:45
241 163 Barrie John Nicholls 26:44
374 120 Lindsey Annable 29:50
375 121 Ange Norris 29:51
552 225 Susan Vernon 53:21
565 276 Chris Vernon 01:14:46

Peckham Rye

299 ran
Pos Gen
8 8 Wander Rutgers 18:49
11 11 Mark Callaghan 19:21
25 23 Justin Siderfin 20:45
45 6 Ola Balme 22:04

Folkestone

331 ran
Pos Gen
13 1 Kim Hainsworth 20:29

Hartstown

84 ran
Pos Gen
10 10 Chris Cooper 22:26

Hastings

338 ran
Pos Gen
1 1 Fred Bungay 16:46

Hove Promenade

516 ran
Pos Gen
184 142 Nicholas Brown 24:30

Worthing

480 ran
Pos Gen
219 173 Gary Budinger 26:43

Poolbeg

169 ran
Pos Gen
17 15 Terence Baker 20:58

Victoria Dock

699 ran
Pos Gen
171 143 Colin Frith 24:00

Foots Cray Meadows

23 ran
Pos Gen
19 14 Michael Fullilove 34:10

Bethlem Royal Hospital

46 ran
Pos Gen
1 1 Andy Bond 18:13

Sutcliffe

228 ran
Pos Gen
151 48 Stephanie Burchill 30:22

Torvean

205 ran
Pos Gen
17 15 Jonathan Whittaker 20:37

Charlton

260 ran
Pos Gen
74 61 Stephen Smythe 24:29

Lordship Recreation Ground

157 ran
Pos Gen
3 3 Tommaso Bendoni 18:29

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

