



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
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- 8 Race reports and results
- 10 Club kit
- 13 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.
Facebook and WhatsApp are also widely used.

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

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

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

'Wear your club vest Wednesday' makes a return

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



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

2023/24 membership

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

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

Bank details will be on the renewal form.

Full 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 EA reg is £17 and can only be arranged through your 1st claim club.

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

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

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

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

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Aug 3	Assembly League	Victoria Park
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park
23	SEAA 6/4/3 stage road relays	Aldershot

Club Championship Races 2023

Remaining event

3 Sep Big Half L <https://www.thebighalf.co.uk/the-events/how-to-enter>

SEAA 6/4/3 stage road relays

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

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

Bob Bell's 500th parkrun Crystal Palace 5th August 2023.

Having started on 9th October 2010 and run in 37 different locations over 8 countries I have finally reached 500 runs. I'll be celebrating this at Crystal Palace on 5th August 2023.

All welcome to join me.

RUN FOR RON - SAVE THE DATE

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap.

We will then adjourn to the Clubhouse in Burbage Road for breakfast. This will be a time when we can share our memories of Mr Searle. So we know how many we will be catering for, please would you email vernonrun@aol.com to confirm your attendance and wanting food. We will be collecting for the British Heart foundation in Ron's memory.

A Justgiving page is being set up. - Chris and Sue Vernon

parkrun pacing

10 of us took part in pacing at Brockwell parkrun on 24 June with everyone finishing close to their predicted times. Our pacing efforts seemed to be appreciated by those taking part and it is an easy and effective way of promoting the club. We would like to provide pacers at other local parkruns, starting with Burgess parkrun later in the summer, so watch this space.

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

Start 7:00pm, warm-ups and drills, main session start 7:10pm. £2:00 per session, contactless payment start of each session.

Dulwich College track and fields until end of August, hill sessions September - back at Crystal Palace track for winter. Floodlights fixed soon and we'll know more about timings in the next few weeks - any delay we'll make other arrangements.

Tuesday training late July and August focused on around 5k pace. Suitable for anyone who regularly runs several times a week and whilst no minimum standard novice runners would probably be better off building an aerobic base through steady runs of 40-60 minutes. If new to the sessions, feel free to do just some of the session or to miss out some of the intervals and you could also prepare with some fartlek sessions in advance. Subject to last-minute adjustments, sessions for the next few weeks are:

8 August

Field - 5 mins @10k effort with two short whistle bursts (around field), 90 secs recovery, 2*3:00 mins @5k effort (diagonally across field) + 90 secs recovery. - Track - 2*3:00 mins @3k pace + 2 mins recovery.

Track - 4*2:00 mins @3k pace + 90 secs recovery.

22 August

Field - 2*3:00mins @ 5k effort + 90 secs recovery
Track - 3*3:00mins @3k effort + 2 mins recovery

15 August

Field - 2*4mins @between 5-10k effort (around field, reversing direction each time), 90 secs recovery, 2*2:30 mins @5k effort (diagonally across field) + 90 secs recovery.

29 August

Field - 4*3:30mins @ 10k effort + 90 secs recovery
Track - 2*2:30mins @3k effort + 90 secs recovery
Note: Big Half on Sunday

Questions or advice on any of the above particularly if you are new to these sessions. 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

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

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.

What is the Assembly league ?

- 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 of shoe choice.
- After each race organisers normally have a bar for food and drink.
- 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



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

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

20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester

Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

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:

Blackheath & Bromley (Norman Park) - including the "So Clean Mile"

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <https://entry4sports.co.uk/#/> scroll down for details

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:

Hercules Wimbledon 5000m festival, Sat 5/08, 4.15pm, Wimbledon Pk (only times sub 20mins) <https://data.opentrack.run/en-gb/x/2023/GBR/herc500023/>

Cambridge Harriers - 16/08. Entries close 4 days in advance.

Kingston Summer Open - Sunday 20/08, Kingsmeadow - incl 3000m <https://data.opentrack.run/en-gb/x/2023/GBR/kingston-open-2/>

Blackheath and Bromley Open - Monday 21 Aug. Entries close 18 Aug.

Epsom and Ewell Matilda's Mad Miles - Thur 24/08, 7pm, Harrier Centre, West Ewell <https://eandeharriers.weebly.com/harriers-events.html>

Tracksmith London Twilight 5000 Race 2: 30/08 Battersea Park <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/>

SLH Endurance Open - Tues 5/09, 7pm, Woodcote High School - 1500m and 5000m <https://data.opentrack.run/en-gb/x/2023/GBR/slhchamps/>

Stan Allen Miles 6/09, Tooting Bec <https://data.opentrack.run/en-gb/x/2023/GBR/stanallenmiles/>

Vets Track and Field Champs - Sat 9/09, Finsbury Park (likely to be open to all aged 35 and over) <https://data.opentrack.run/en-gb/x/2023/GBR/vactfc23/>

Vets AC 10000m - Wed 13/09, 5.50pm (first race), Battersea Park - open to all aged 35 and above <https://data.opentrack.run/en-gb/x/2023/GBR/vet10ktr23/>

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

County Championships

Kent Masters T&F Championships TBC

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 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.

Big Half Training 3rd September 2023

The Big Half on Sunday 3rd September is a club champs race and therefore a target race for many of you. So I thought it would be useful to set out some suggestions that I hope helps at least some of you (this could result in a PB, or it could get you injured: who knows?!). If you are also targeting an autumn marathon, then a focus on the half still works if your marathon is a couple of months later, although if anything less then the priority has to be the marathon training. My aim is to cover the broad spectrum of experience, abilities, aspirations and weekly training loads across the club but do get in touch if you have any specific questions or advice on how to tailor it to suit you.

The half-marathon needs a bit less time to focus on than a full marathon as the demands of that distance aren't as different from the 5-10k focus most club runners will have over the course of a year. So something like 6-8 weeks should be fine if you are already running well over a range of distances.

Most people find that including some sort of running at about 10 mile pace in the c6-8 weeks before a half-marathon works well. Essentially, we're talking 5k pace plus c25-40 seconds per mile (less for the speedier runner, more for the less-speedy), so slightly slower than what you'd do at a Tuesday interval session, but not by too much and avoid any temptation to try to turn it into a 5k pace session.

If you are new to this, then start with something relatively light and gradually build up. This can be done through longer reps (a mile or more with recovery of about a couple of minutes), or a single run. Some people prefer one or the other, but alternating between the two can also work well.

For example you could start with a single run of 3m, gradually building up by a mile or so each week to say 6-7m. Or you could do longer intervals, starting at 3*1m with about 2 minutes recovery, then 3*2k, 3*1.5m, 3*3k, 3*2m, 3*4k & 3*2.5m (if you don't mind mixing up imperial and metric measurements!). All of these runs should start and finish with some gentle easy running and ideally some of the drills we do on Tuesdays.

Wednesday club runs can often be used for this if you can get the recovery right from the previous day's session – alternatively they can be a really valuable time on feet conversational run. Or you could do these on a Thursday and Friday if you need a bit more recovery time, which can often be a factor for veteran runners. Using Parkrun is another option, ignoring any temptation to race it "full on", adding on a bit more running before or after to get the target distance.

You may find though that doing this and an interval session plus a long run is too much – you could instead do three harder sessions a fortnight plus a long run each week.

Wherever you run these sessions, please do so safely – somewhere traffic-free such as a park would be great, as stopping for traffic can really affect your running, and you don't want to be tempted to take silly risks when crossing a road. Somewhere flat is ideal, but if there are some undulations, a bit of rough ground or bad weather then that should still work so long as you keep the effort constant and adjust your speed accordingly. There are loads of good places to do this, not least the main carriageway in Dulwich Park.

It would be great to get people to run these sessions together. Responses to last autumn's coaching survey included some suggestions for additional sessions to cover tempo sessions and whilst I don't think these need a coach to be there I can help organise, advise further if needed and even turn up occasionally.

The Tuesday sessions will continue to provide the speed and strength you need to do well in a half-marathon and we are focusing more on 3/5 & 10k pace work now that the main middle-distance races are over.

Long runs thankfully don't need to be as lengthy as for marathon training, but I would recommend regularly going over 13.1m at a mainly easy and steady pace – perhaps top out at about 17m or 2:15 hours, whichever comes first. You could throw in some faster segments closer to the time, particularly if you are at the faster end of the spectrum, but be wary of repeating in them what you've already done in the week. And as always, build up gradually and don't suddenly impose a training load that your body isn't used to.

So, something like: 9 July 90-100 minutes easy pace; 16 July 90-110 minutes easy pace; 23 July 100-115 minutes easy pace; 30 July 105-120 minutes easy pace; 6 August 105-120 minutes easy pace; 13 August – 110-135 minutes mainly easy pace but with 2*1m @half marathon (HM) pace; 20 August – 110-135 minutes mainly easy pace but with 3*1 mile at HM pace; 27 August 90-120 minutes easy pace but with 2*1m at HM pace.

The easy and steady runs should also continue, in whatever volume works for you, although I would definitely recommend shifting the emphasis to easy-paced running given the extra running at about 10m pace and the increased distance of the long runs.

A tune-up race in this period is popular but not essential, and in any event the race calendar is largely empty in late July and August.

It's well worth having a few easier days before the Big Half so that you feel fresh, perhaps making any mid-week running easier than usual. The next key race after that will be the Southern road relays in Aldershot on 23 September. You should then have enough time to recover and do a couple more speed sessions to prepare, and use the fitness built up to do well then. Tom Poynton – Coach in Running Fitness – tpoynton@hotmail.com

Physiotherapy services

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

10% off on Sportsshoes.com for the club

With a monthly code. Please don't share outside of Dulwich Runners.

The new code for the month of June is - **CSXEP2** - valid until 3rd of August 2023' - giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50. Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

Dulwich Runners Book Swap


The last Wednesday of each month

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


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

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





 **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](#).



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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

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

James Herriot Trail Race

8.75M (14,1km) 1157 ft (353m) ascent

Castle Bolton overlooking Wensleydale was a beautiful location for what I thought would be one of the least challenging races in the FRA Handbook. I was right about the beauty, wrong about the challenge. Very wrong.

The basic problem was the wind. It was quite hard work walking from the car to the registration tent which stayed upright throughout – they are obviously used to gales in Yorkshire and know how to peg down a tent. While registering, I was confidently assured that I would be the only Dulwich Runner taking part. Wrong again. I was just chatting to Darren Fishwick, a bit of a fell running celeb whom I seem to meet at every race I do, when who should heave into view but Eleanor Simmons! Like me she was on holiday nearby.

The start was notable for its lack of announcements and a real gun to get us off. The first quarter of a mile were past the castle and through the village before a long climb onto the moor. This was all runnable and I overtook a dozen or more runners. The wind speed however was increasing as we climbed and threatened to rip off my race number.

Eventually we reached to top and turned into the wind on a track which continued to climb gently for about two miles. But with 40mph headwind it was more like a continuation of the initial climb. There was a big group of London Front Runners doing the race and I ran beside one of them across the moor which helped to keep me going.

Run Through 'Chase the Sun' 5k, Battersea Park

Wednesday 26 June

Ebe writes: This event came about unexpectedly for me as a race challenge issued by Paul Devine. Many here will know him from his many years with our club before his second child meant moving to a bigger place further South. We had about a hundred races together in his dozen years with Dulwich. The head to head count was (and will stay) quite comprehensively in his favour at something like 73:25. But I had my moments over the years when he wasn't at his training best or seriously hungover. Against a fully race fit Paul, who is 16 years my junior, I don't stand a chance, as his excellent PBs can attest, but right now he hadn't run much for quite a while. His training regime consisted of playing football, doing junior parkruns with his eldest and a month long training build-up. As he replied in typical Paul fashion to my inquiry if he definitely would turn up for the race: "Yes ... Not wasting 4 weeks of 20 miles a week of running :)". In reply I threatened him with a fast start and some especially choice German swear words if he came charging past. He said he looked forward to that (not the fast start :).

Tim Bowen also made the chip timed start-line together with us, and his wife Lauren was entered for the 10k race that started just behind us along the same course. Normally I wouldn't enter a 5k for £26 but I have to admit that the race infrastructure was impressive and the atmosphere fun and motivational for the majority of participants. Less fun maybe was the weather, and 'chasing the sun' proved either ironic or too literal as the heavens opened once we had huddled together at the start. I found it mostly refreshing and certainly easier to race in than the hotter conditions in previous weeks. My ideal race is a 5k in 10 degrees Celsius along a perfectly flat straight line on smooth tarmac. Come to think of it, that would be my perfect marathon too. I'm a truck basically, close to break-down and hating any gear shifts. So Battersea Park with two flat laps and eight corners in total is as good as it gets. The week before I had managed 20:24 in warmer conditions along pretty much the same course in the Sri Chinmoy 'Silver Starling' 5k. Better than the 20:44 in hot weather a few weeks earlier but a long way off even last year's best here. This time I felt better rested and ready.



After a couple of miles relief arrived in the form of a fast descent, where the LFR guy got away from me. Another steeper climb followed where everyone walked. After that it was fast downhill, then about two and a half miles on the flat with the wind now



pushing us along, but I had to dig deep keep going at about a 7.30 pace to keep with the group in front of me. I managed it and was chuffed to get under 80 minutes. As Gower would say "not too shabby".

In the meantime, Eleanor had an excellent run, which would have been significantly quicker had she not stopped to take photos. I can't blame her as the views were wonderful and the advantage of running on fairly even trail is that we could take in the view as well – when not engaged in a life and death struggle with the wind!

Winner 59:31 (2022 record time 50:42)
58 Hugh Balfour 78:35 (4 M60)
76 Eleanor Simmons 82.46
205 finished

Paul had brought a mate along, both looking for something around 20 minutes. The race was definitely on and my escape plan was going out hard from the go. Like in the old days with Paul when we were both pushing it along the first mile. The first few hundred metres brought me right behind Tim and then past him. That couldn't be right. Am I totally overdoing it? Past Tim? No way! The great man let on though that he

had some tightness in his glutes and hadn't really started yet. So I carried on, feeling rather good and was reassured by a not completely bonkers first k split of 3:51 min. No Paul and mate on my shoulder yet. I will lose some time from here on in but try to keep it steady. That worked and the two laps in the rain passed surprisingly quickly (mentally I mean).

Tim came past after he had warmed up to the thing and finished well ahead in 17:37 but otherwise I stayed in the flow, even making up a few places on the final kilometre. The race clock for some reason showed 19:40 when I came to the finish, giving me a brief moment of surprised elation. Was it that good? No, it wasn't. The clock for

some reason of its own had just stopped at that mark. But it wasn't bad either, a tantalising 20:01 chip time in the end. Crucially though I stayed ahead of Paul and friend, both finishing around 25 sec later in pretty decent times for the limited amount of training. In fact this was Paul's best 5k since 2021, and a good reason to celebrate the comeback with a few pints afterwards. My score improved to 26:73 making the inevitable rematch our # 100! I'll keep you posted.

18. Tim Bowen 17:37 chip
53. Ebe Prill 20:01 chip (1. M60)
60. Paul Devine 20:27 chip
295 ran, first in 15:17

Hyde Park Serpentine Last Friday 5k

28 July

Andrew Scott	19:13
Ros Tabor	25:32
Andy Murray	27:16

Banstead Woods

201 Ran
Pos Gen
58 8 Teresa Northey 25:11

Bromley

628 Ran
Pos Gen
365 266 Peter Jackson 30:08
540 336 Steve Wehrle 2nd cl 36:22

Grovelands , Enfield

186 Ran
Pos Gen
7 5 Jonathan Whittaker 19:46

Beckenham Place

311 Ran
Pos Gen
17 17 Ross Rook 20:51
235 69 Claire Barnard 32:00

Ashford

278 Ran
Pos Gen
23 1 Kim Hainsworth 20:36

Shipley Country

180 Ran
Pos Gen
2 2 Dylan Wymer 19:06
37 4 Ange Norris 24:58

Highbury Fields

522 Ran
Pos Gen
29 26 Max Catterall 19:45

Milton Country

311 Ran
Pos Gen
48 43 Dan Hill 23:27
283 160 Matthew Wright 39:17

Royal Tunbridge Wells

209 Ran
Pos Gen
4 4 Lloyd Collier 19:26

Crystal Palace

321 Ran
Pos Gen
40 4 Laura Denison 22:20
61 35 Matthew Trueman 23:40
74 7 Jennifer Gridley 24:25
153 88 Michael Dodds 27:05
160 24 Joanne Pereda 27:13
222 55 Clare Wyngard 30:17
265 125 Bob Bell 32:55
294 102 Chris Bell 37:19

Wanstead Flats

270 Ran
Pos Gen
84 74 Dave West 26:07
118 96 Paul Keating 27:35
143 29 Claire Steward 28:38

Riddlesdown

172 Ran
Pos Gen
23 21 James Wicks 23:17

Eastville

516 Ran
Pos Gen
131 97 Jamie Robinson-Nicol 24:44

Dulwich

639 Ran
Pos Gen
50 42 Alex Loftus 18:44
59 5 Polly Warrack 18:57
82 68 Mark Callaghan 19:32
90 72 James Brown 19:50
101 81 Ebe Prill 20:02
116 94 John Kazantzis 20:20
175 24 Laura Vincent 21:54
192 150 Stephen Trowell 22:17
200 157 Ajay Khandelwal 22:28
202 159 Paul Vivash 22:30
223 30 Lucy Mordaunt 23:09
278 208 Rob Fawn 24:16
279 209 Gower Tan 24:16

Hilly Fields

194 Ran
Pos Gen
9 9 Andrew Scott 20:21
16 14 Ryan Duncanson 21:14

Burgess

493 Ran
Pos Gen
132 106 Michael Mann 24:01
135 107 James Gordon 24:07
480 197 Susan Vernon 48:38

Orpington

163 Ran
Pos Gen
1 1 Andy Bond 16:46

Southwark

450 Ran
Pos Gen
52 45 Lee Wild 21:17
176 135 Gary Budinger 25:49
202 38 Ros Tabor 26:29
326 100 Stephanie Burchill 30:53

Pegwell Bay

248 Ran

Pos Gen
2 2 Tom Shakhli 17:10

Fulham Palace

437 Ran
Pos Gen
192 139 Barrie John Nicholls 25:50
247 49 Lindsey Annable 27:41

Parke

160 Ran
Pos Gen
27 24 Mark Foster 24:30

Peckham Rye

286 Ran
Pos Gen
2 2 James Blackwood 17:04
38 36 Sean Cordon 21:52

Penrhyn

223 Ran
Pos Gen
4 4 Harry Lawson 18:25

Tooting Common

512 Ran
Pos Gen
22 21 Austin Laylee 20:20
177 132 Ian Sesnan 25:39

Küchenholz

43 Ran
Pos Gen
10 9 Ed Gibson 23:17

Mole Valley

234 Ran
Pos Gen
4 4 Jon Phillips 20:32

Centennial

343 Ran
Pos Gen
9 9 Tim R Taylor 18:42

Kew Woods

69 Ran
Pos Gen
4 2 Nicola Richmond 22:41

Uckfield

96 Ran
Pos Gen
1 1 Aaron Wilson 16:57

Central , Plymouth

312 Ran
Pos Gen
48 41 Paul Hodge 23:47

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



Beast from the East !

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



Socks only £5



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



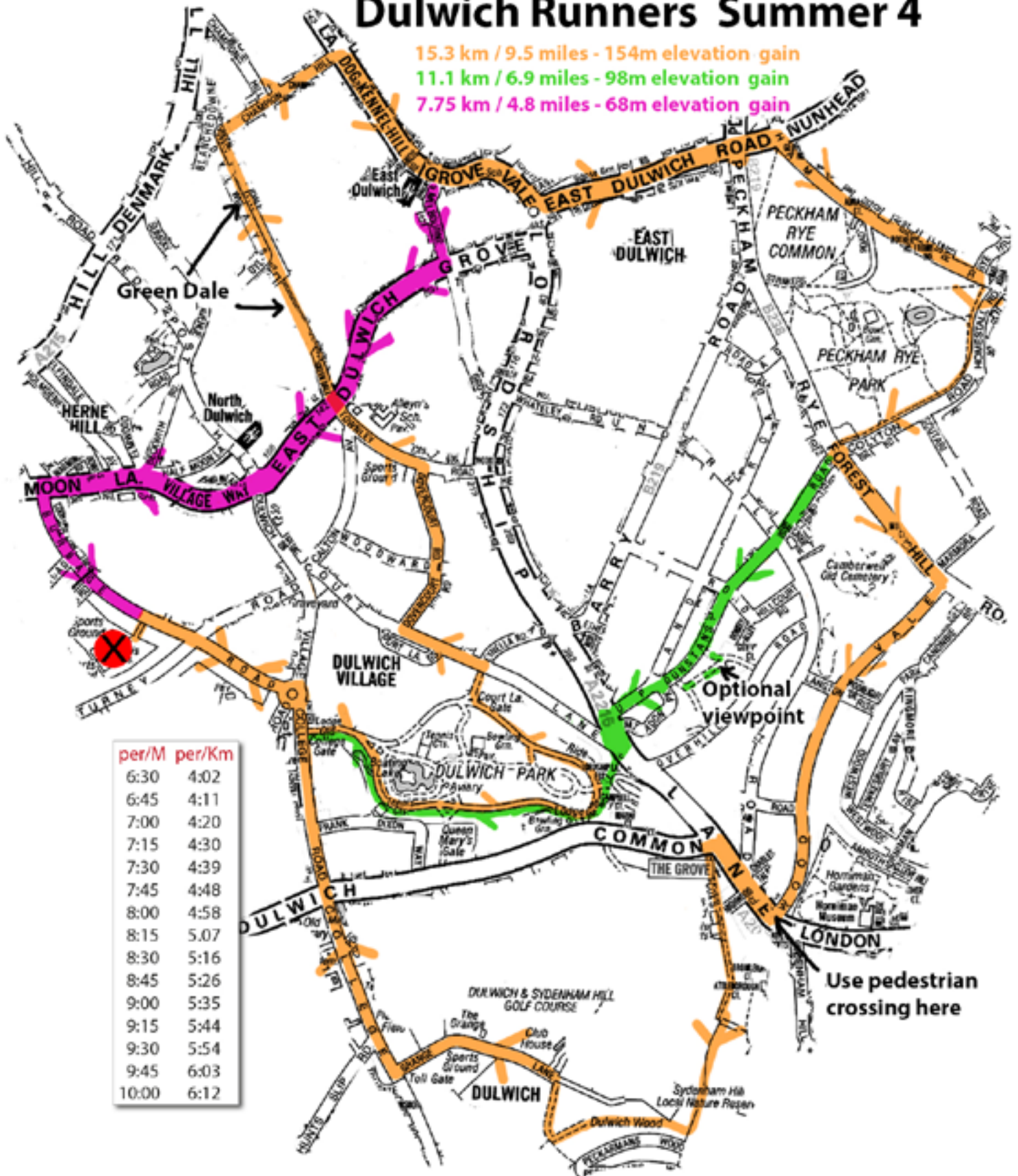
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 4

15.3 km / 9.5 miles - 154m elevation gain

11.1 km / 6.9 miles - 98m elevation gain

7.75 km / 4.8 miles - 68m elevation gain

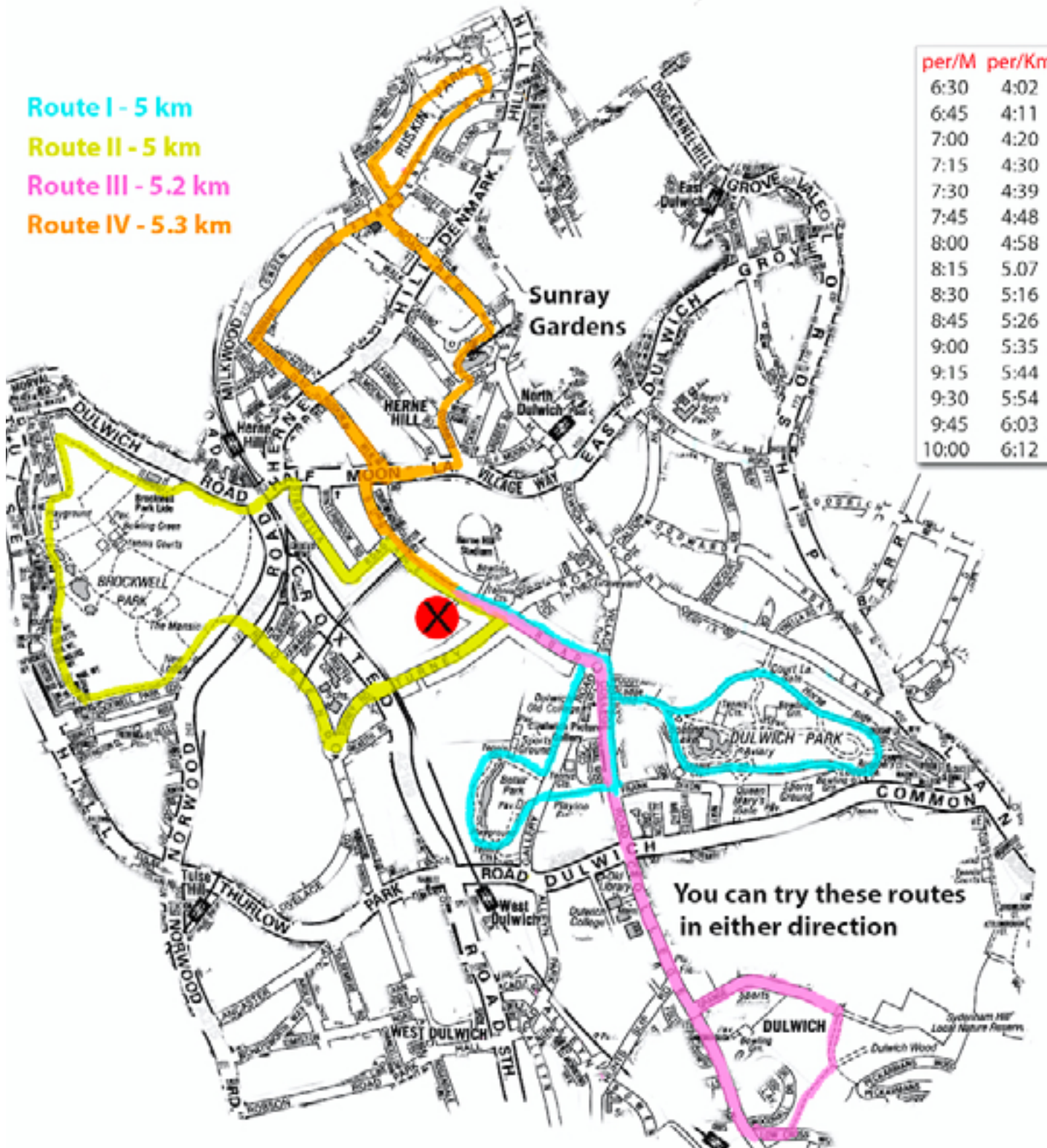


per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

Use pedestrian crossing here

Dulwich Runners Summer 5km routes

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



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

You can try these routes in either direction