



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
- 3 Club runs & training
- 8 Race reports and results
- 10 Club kit
- 12 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
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>

Post Big Half Pub - Richard 1st

Venue for rehydration and post race analysis.

We have reserved a space at the back end of the evening garden for all Dulwich Runners and supporters. It's booked from 11 a.m. but they're open from 10 a.m. Do come along if you can.

Richard 1st Pub

52/54 Royal Hill, Greenwich, SE10 8RT

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.

Inter Financial Services AA Cross Country

15th November 2023

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

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

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

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

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

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

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

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

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

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

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

My 300th parkrun

Woohoo. On Saturday 26th August I will be running/walking my 300th parkrun and would love you all to join me at Burgess Park. I look forward to seeing as many of you as possible. We can then all share a coffee (or something) at the tennis club cafe. 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.



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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



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

Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures during the season details can be found in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. This season our men compete in Division 1 and women in Division 2. You need to be EA registered to compete in the Surrey League and most other events.

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

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

Other Races

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

Dulwich Runners Cross Country (XC) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. We'll be hosting a Q&A talk Wednesday 13 September 8.30pm after the club run to tell you more about XC.

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

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

Surrey League XC

🏆 14 October	Race 1
🏆 11 November	Race 2
🏆 13 January	Race 3
🏆 10 February	Race 4

www.surreyleague.org

Ladies' venues

TBC
TBC
TBC
TBC

Mens' venues

Richmond Park
Mitcham Common
TBC
TBC

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

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

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

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



Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday 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 in order to get much benefit from the sessions.

Please contact me in advance at tpoynton@hotmail.com if you would like to come along for the first time and/ or if you have any particular needs I should be aware of.

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

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

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

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

Masters International Championships

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

03 Dec - British Masters 5k Road Champs - London

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:

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 responsive connection with the track and should

County Championships

Kent Masters eligible athletes - county masters champs weekend 16/17 Sept, Medway Park track Gillingham. Entries close 24 Aug. details/how to enter <http://www.kcaa.org.uk/track-field.htm>

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

Dulwich Runners annual 'Hash House Brewery Run'

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

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

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

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

Soft drinks also available at all venues

Any questions to: dulwichrunnerssocialsec@gmail.com



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.

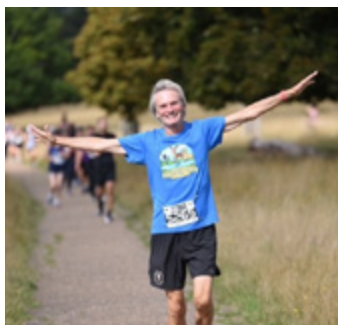
For more details - 07506 554004

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.

Richmond Half Marathon

12th August 2023

Lindsey Annable writes:
Barrie was keen to get a half marathon in as part of his training for the Big Half. The need was particularly pressing as he was about to embark on a six week as a double and stand-in for Bill Nighy on a new major film; a role which involves



Happy it's the final lap

long 12 hour days and a lot of time on your feet. Hence he opted for this race organised by Run Through as it was before the filming started.

It was a bit of a gamble as he had a sore throat and cold, courtesy of my good self. It had been raging though our hotel in Scotland and I caught it whilst we were away on holiday. It was a particularly tough cold so Barrie resolved to jog the half and just log the mileage.

As he was picking up his number, we bumped into Theresa Northey who was also there as part of her Berlin marathon training. Not to spoil the party she'd also had a cold in the week and had only entered the race last minute hoping she could get round.

Anyone who has done Richmond parkrun knows what a hard course it is, so this half was not to be sniffed at as it was virtually the parkrun course four times over. That meant four times up to a brutal hill up to Richmond gate. Whilst there is a downhill it hardly seems to compensate for the gradient of the uphill. The race organisers had to make the distance up by adding a

small squiggle by Sheen gate car park. Of course this included an obligatory up and downhill for good measure.

On the whole it was well organised with a pre-race warm up, albeit a bit odd in my view, lots of marshals and plenty of post-race goodies. Run Through had also laid out massage rollers for post-race recovery and blankets for picnics or general recovery too.

I opted to do a 6 mile training run at a very leisurely pace as I was still feeling less than 100%. I incorporated a lap of the course to support Barrie and Theresa although was miffed to be told by the lead bike 'you are getting in the way' even though I kept to the side of the course. Charming!

Theresa had hoped for around 1hr 45 but the lingering effects of the cold, warm conditions when the sun was out and the hill put paid to that. She did still manage a sub 2 and topped her age group category.

Barrie took it easier and was pleased just to get round. On balance it was a wise choice to enter as a week into the doubling work it's proving an exhausting schedule. Well run to both! Other runners by comparison were dropping like flies in the heat keeping St. John's very busy.

164 Theresa Northey 1.59.13 (Gun time)
245 Barrie John Nicholls 2.23.29 (Gun time)



Job done!

Bushy

1343 Ran			
Pos	Gen		
17	1	Heather Murphy	18:04
1175	441	Anna Sloan	37:32

Finsbury

412 Ran			
Pos	Gen		
383	205	Steve Wehrle 2nd cl.	38:58

Bromley

564 Ran			
Pos	Gen		
389	276	Colin Frith	31:22

Aberdeen

213 Ran			
Pos	Gen		
127	24	Lindsey Annable	28:11

Hackney Marshes

356 Ran			
Pos	Gen		
189	139	Paul Keating	26:56
191	141	Dave West	27:00

Brockwell , Herne Hill

330 Ran			
Pos	Gen		
46	40	Robert Tokarski	21:39
49	43	Stephen Trowell	21:56
61	6	Klara Saville	22:39
69	7	Catherine Buglass	22:58
140	26	Lucy Clapp	26:16

Canterbury

122 Ran			
Pos	Gen		
11	1	Kim Hainsworth	21:01

Shepton Mallet

137 Ran			
Pos	Gen		
1	1	Andrew Inglis	17:50

Eastleigh

231 Ran			
Pos	Gen		
15	14	Tommaso Bendoni	21:03

Crystal Palace

361 Ran			
Pos	Gen		
49	42	Paul Hodge	22:52
53	3	Yvette Dore	22:59
70	60	Matthew Trueman	23:49
143	19	Joanne Shelton Pereda	27:01
154	22	Belinda Cottrill	27:31
212	141	Michael Dodds	29:00
213	48	Clare Wyngard	29:02
268	173	Bob Bell	32:12

323	110	Chris Bell	37:36
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Whitstable

389 Ran			
Pos	Gen		
1	1	Edward Chuck	16:23

South Norwood

142 Ran			
Pos	Gen		
29	3	Alexandra McClelland	23:51

Riddlesdown

153 Ran			
Pos	Gen		
11	11	James Wicks	22:44
101	23	Ange Norris	32:53

Amager Strandpark

140 Ran			
Pos	Gen		
89	53	Lloyd Collier	29:37

Dulwich

562 Ran			
Pos	Gen		
4	4	Aaron Wilson	16:52
15	14	Shane Boyce	17:42
16	15	Jon Phillips	17:42
41	38	Murray Humphrey	19:14
65	3	Katie Smith	19:45
103	5	Clare Norris	20:53
160	135	Paul Vivash	22:40
163	138	Rob Fawn	22:42
166	141	Austin Laylee	22:45

Barking

145 Ran			
Pos	Gen		
1	1	Andy Bond	16:33

Upton Court

194 Ran			
Pos	Gen		
10	10	Jonathan Whittaker	19:10

Southwark

511 Ran			
Pos	Gen		
75	57	Hugh Balfour	22:12

Fulham Palace

476 Ran			
Pos	Gen		
219	155	Barrie John Nicholls	27:16

Peckham Rye

356 Ran			
Pos	Gen		
8	6	Mark Callaghan	19:15
48	40	Lee Wild	22:06
54	6	Michelle Lennon	22:26

Hastings

394 Ran			
Pos	Gen		
86	73	Nicholas Brown	24:09

Crosby

219 Ran			
Pos	Gen		
25	23	Dan Hill	23:59

Tooting Common

596 Ran			
Pos	Gen		
22	19	John Kazantzis	20:04
201	145	Ian Sesnan	25:41

Clapham Common

836 Ran			
Pos	Gen		
343	68	Shoko Okamura	26:35
611	339	Peter Jackson	30:44

Macclesfield

214 Ran			
Pos	Gen		
6	6	Alex Loftus	19:34

Westpark

113 Ran			
Pos	Gen		
1	1	James Blackwood	17:06

Kiessee

39 Ran			
Pos	Gen		
6	5	Ebe Prill	20:30

Alvaston

217 Ran			
Pos	Gen		
26	23	Huw Russell	22:01

Peel

364 Ran			
Pos	Gen		
39	35	James Brown	20:56

Grove Fields

151 Ran			
Pos	Gen		
122	37	Elizabeth Begley	36:12

Holyrood

629 Ran			
Pos	Gen		
167	28	Katie Prior	24:52

Thornham Walks

124 Ran			
Pos	Gen		
1	1	Justin Siderfin	21:21

DULWICH RUNNERS KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-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



Buffs-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 Map 7

13.8 km / 8.6 miles - 187m elevation gain

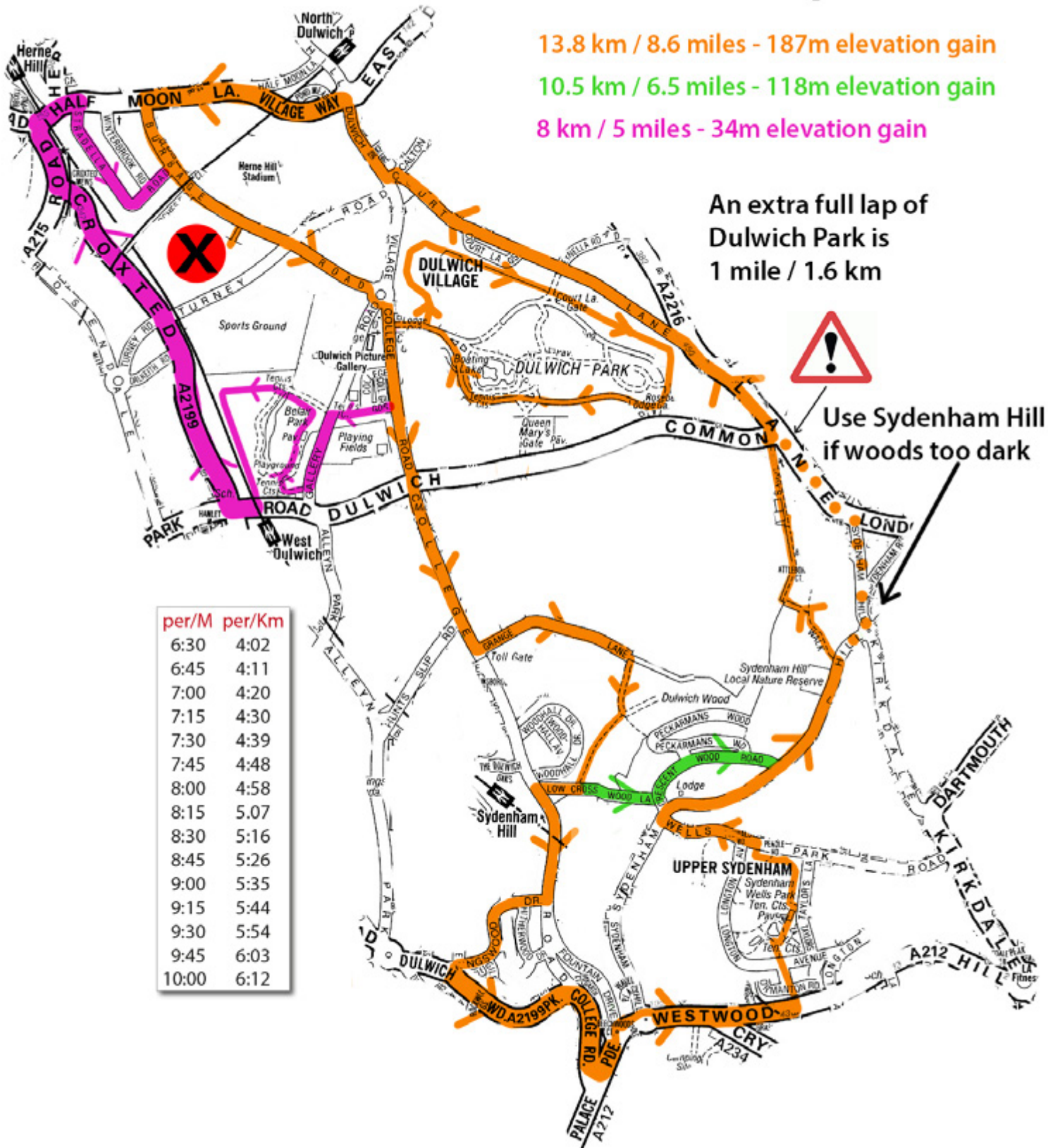
10.5 km / 6.5 miles - 118m elevation gain

8 km / 5 miles - 34m elevation gain

An extra full lap of
Dulwich Park is
1 mile / 1.6 km



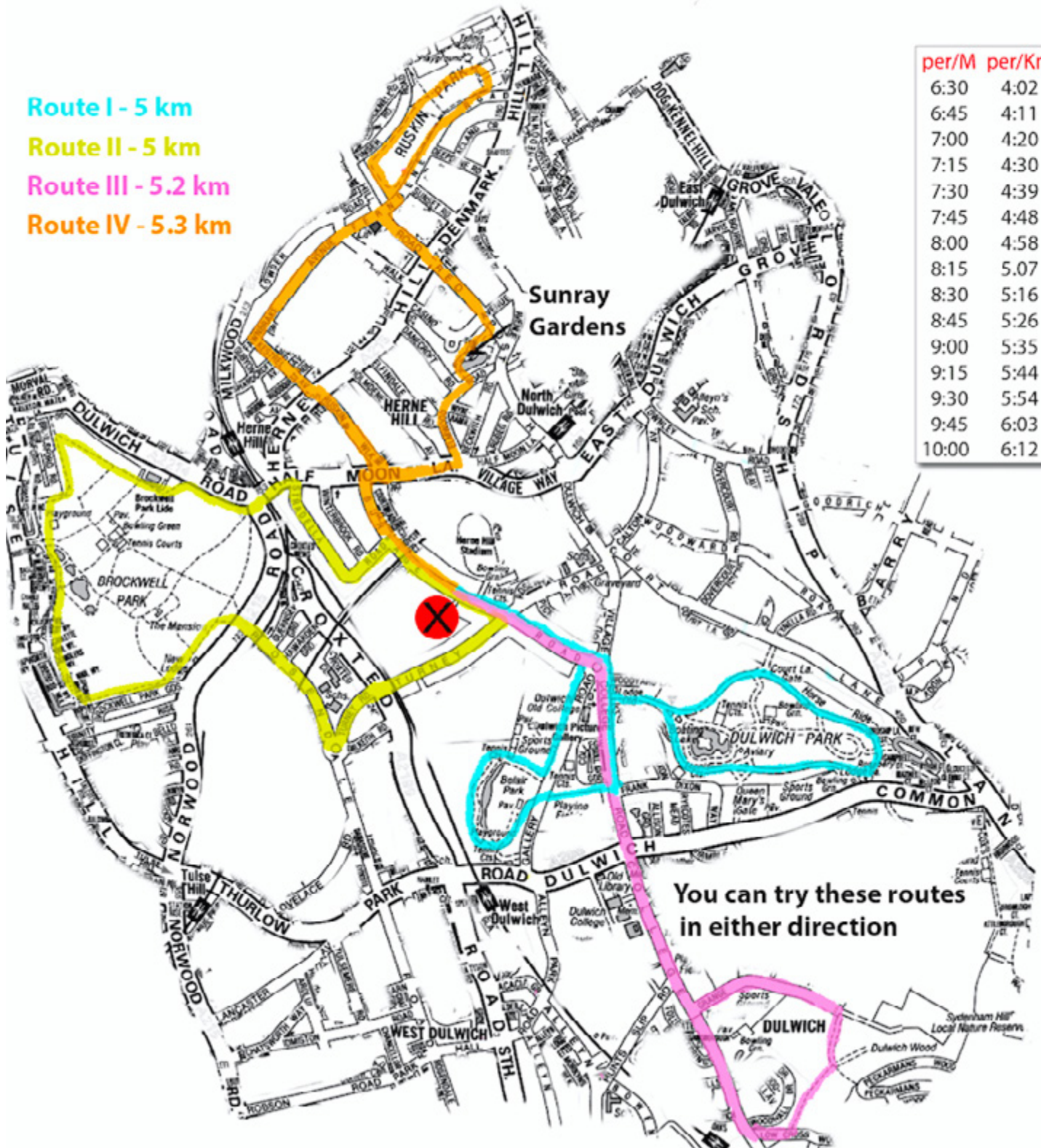
Use Sydenham Hill
if woods too dark



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

Dulwich Runners Summer 5km routes

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



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

You can try these routes in either direction