



## These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk)

### DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

## In your SHORTS this week !

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

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

Like us on Facebook @dulwichrunners

Connect with us:



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

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

To be added to the WhatsApp group - contact Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 'Wear your club vest Wednesday' makes a return

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



If you need a club vest or other club kit: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## \*\*\*2023/24 membership\*\*\*

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

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

Bank details will be on the renewal form.

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

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

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

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

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

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 3	Big Half - L	Central London
7	Assembly League 7.15pm start	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

## Assembly League, Beckenham

7 September - 7.15pm start

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

## SEAA 6/4/3 stage road relays

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

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

## 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 [tomlawrence@me.com](mailto:tomlawrence@me.com), [n.reddaway@gmail.com](mailto:n.reddaway@gmail.com) & [andrewcatton2@aol.com](mailto: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](mailto:vernonrun@aol.com) to confirm your attendance. We'll be collecting for the British Heart foundation in Ron's memory. Many thanks. - Chris and Sue Vernon

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

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

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

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

## 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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
photos by Laura Vincent

### Surrey League

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

### Distance

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



### Scoring

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

competition where the second 5 and 10 runners respectively score.

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

### Surrey League entry

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

### Other Races

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

# Dulwich Runners Cross Country (XC) Fixtures 2023/24

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

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

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

## Surrey League XC

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

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

## Ladies' venues

TBC  
TBC  
TBC  
TBC

## Mens' venues

Richmond Park  
Mitcham Common  
TBC  
TBC

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

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

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

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



# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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

**time you run** - Contactless payments only

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

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

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

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

## Tuesday hill training Sept. possibly into Oct.

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

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

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

Sessions will vary week by week, but expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If you are returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

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

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

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

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

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

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

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

# Autumn training update

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

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

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

Wednesday 13th September.

For those planning a spring marathon next year the period between now and Christmas is a great time to build your overall fitness and taking the opportunities offered by the club for training and racing so that you are faster and stronger by the time you start the more specific training period. In this period long runs should be around 90-105 minutes, possibly slightly longer if feeling strong, all at a nice easy conversational pace, avoiding any temptation to race others, at least for now. Otherwise you don't really need a detailed training plan for this period, but instead to get the miles in, varying the distance, pace and terrain to avoid monotony and to widen the range of stimuli and to build up gradually to avoid injury or being too tired to train the next day.

But whilst a typical week will vary from one person to another, you could be looking at something like the following between now and Christmas:

Monday – rest day or a 40-60 minute easy pace run

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-half marathon pace as part of a longer run)

Sunday – long run at a nice easy pace

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

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

## English Fell Racing championships 2023

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

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

## Masters International Championships

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

03 Dec - British Masters 5k Road Champs - London

## 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.

# 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.

# Dulwich Runners annual 'Hash House Brewery Run'

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

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

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

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

Soft drinks also available at all venues

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



## Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

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

## 10% off on Sportsshoes.com for the club

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

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

## Dulwich Runners Book Swap

### The last Wednesday of each month

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

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

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



## Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 [app.dulwichrunners.org.uk](mailto:app.dulwichrunners.org.uk)

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



Feedback and requests [Andrea Ceccolini](#)  
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

## Dulwich Runners

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

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

For more details - 07506 554004



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

## Budapest Mass Race 5.75k

27.08.23

We were in Budapest watching the World Athletics Championships and Asics now sponsor a mass run after one of the marathons. We were supposed to complete a 10k loop of the men's marathon course but there was no change forecast in the mid thirties heat we had been experiencing, so our 'race' was reduced to a 'run' of 5.75k up and down a wide avenue, missing out crossing the Danube and a tunnel section.

The men's marathon went ahead at 7am and we watched the latter stages in 30+ degrees heat, a win for Uganda's Commonwealth champion Kiplangat and the final runner not too much slower. We sat in shade in the nearby park, spotting Paul Mottram, and then filed into our start area, a carpeted loop overlooked by fearsome warrior statues at 'Heroes Square', next to a big screen and temporary grandstands set up for the marathon. Splashing ourselves with water we set off in strong sunshine, a bit worried about the number of runners behind us (total field 4,000) but it



turned out that some were held at the start to avoid congestion. It seemed most were heeding the advice just to jog and only a few fitter ones were racing. The route was a wide avenue with stylish mansions. We were well supported either side, many having got up early to watch the marathon. Fortunately the second k was in shade and steady running was manageable,



with a little weaving about to overtake now and then, although mostly we were overtaken. After 2.5k we hit a main road junction, going out and back for a few hundred meters before heading back on the avenue and eventually to the finish area.

Paul Mottram (ex DR) 29.02  
Lewis Laylee (HHH) 32.25 (started late)  
Graham Laylee ? 35.48 gun time (started late)  
Ros Tabor 2 w70 33.44  
Andy Murray 34.47

The World Athletics Championships had fantastic performances and atmosphere. The stadium was newly-built, by the Danube just south of the city, with a fanzone outside also used for medal ceremonies. It was exciting cheering on the Brits to 10 medals and watching all the other performances, including a great winning last triple jump by Rojas in front of us. The stadium had a good inside and outside concourse above the lower seats, although we couldn't access the home straight area and the warm-up track was not viewable. Budapest has a very scenic riverfront and many grand buildings as well as interesting backstreet areas and parks. Following an initial storm that delayed the champs an hour the first Saturday it was then continually hot, about 34 each day and 25 plus overnight. **Andy Murray**

## IRONMAN Copenhagen 2023

Lloyd Collier writes: There really aren't many life experiences that compare to Ironman. It's something that almost anyone can accomplish if they are able put the training time and effort in, but at the same time is so extreme and demanding that it's beyond most's ability to even consider.

However, and as Ironman themselves say: Anything is Possible. I tell people who've no idea what's involved that you have to be able to swim front crawl in the sea with 2,000 people climbing on your back for 80-90 minutes, and then go on a 5-6-7 hour bike ride while somehow eating enough to then "run" a marathon immediately afterwards. Absolutely bonkers.

In fact, while you have to be bloody-minded and persistent what you don't have to be is "fast". The swim cutoff is a leisurely 2:20 and swim + bike 9:30 which still leaves 6:30 for a long slow jog/plod to get under the 16:00 limit around midnight.

I can't compare to other long distance triathlons brands as I've only done Ironman but a hugely important element of the joy of Ironman [aside from that lovely tattoo] is the city-centre venue with laps for the run and the field size. There were thousands of supporters out on the course all day yelling and screaming encouragement, holding power-up signs, giving high fives, blasting tunes and urging the runners on. There is a symbiotic relationship between the competitors and supporters where both whip each other into a frenzy of endorphins. Just like London.

My favourite sign this year read "Pain is just the French word for Bread" which made laugh 8 times on the run when I passed it in both directions!

Here it is by the numbers.

5,400. Miles cycled in training this year IRL. (None of that indoor nonsense for me!)

2,500 Field.

1,937 Finishers.

£700 Entry fee.

436 Miles run this year.

357 Days prior entered.

£175. Purchase in India of (last set in the world of) Scott's bespoke tri-bars for my 2017 bike.

£174. Cost of P&P and {Brexit dividend} import duties..

140.6. Distance covered on the day.



94. Ks swam this year.

59. Minutes quicker than last time.

£30. Purchase of airtag to ensure safe arrival of bike.

28. Weeks off work to train given serendipitously timed redundancy.

10.59 Target time

9 team-mates.

8 pack and repacks prior to leaving home.

7 Pepperamis eaten.

6sq cm's of flesh lost.

5 pro toilet breaks [turns out it's really rather easy to pee on the bike. Far easier than it is to get the smell out of your shoes & socks afterwards].

4 laps on the run.

3 days before I got my legs back.

2 days before starting to plan for next time and how much faster I can go.

And

1 day of swearing Never Again. but as Sean Connery once memorably said.. "never say Never Again".

11:14 finish time. It was all going swimmingly until my stomach stopped playing ball on the last lap of the run and I lost 15 minutes thru walking/ on the toilet. Get involved team, I can't say enough what a life-changing experience it is.

With a wonderful thank you to all who motivate me, spur me on and encourage me. And of course Suzannah Kinsella for putting up with all my craziness and being my Number 1 Spectathlete.

### Aberdeen

321 Ran			
Pos	Gen		
16	15	Alex Loftus	19:09

### Old Deer Park

153 Ran			
Pos	Gen		
56	47	Barrie John Nicholls	25:58
65	11	Lindsey Annable	26:53

### Brockwell , Herne Hill

380 Ran			
Pos	Gen		
1	1	Edward Chuck	16:52
3	3	Joe Hallsworth	17:14
5	5	Jon Phillips	17:44
35	33	John Kazantzis	20:02
49	45	Mark Foster	21:11
66	60	Stephen Trowell	22:08
81	73	Sean Cordon	23:02
92	8	Lucy Pickering	23:12
122	105	Michael Mann	24:11
136	11	Izzy Pickles	24:41
279	79	Sharon Erdman	29:55

### Havant

236 Ran			
Pos	Gen		
35	33	Dan Hill	23:19

### Beckenham Place

326 Ran			
Pos	Gen		
154	28	Claire Barnard	27:12

### Milton Keynes

575 Ran			
Pos	Gen		
13	11	Joe Sheppard	19:28

### Shipley Country

138 Ran			
Pos	Gen		
1	1	Andy Bond	16:59

### Crystal Palace

323 Ran			
Pos	Gen		
37	34	Paul Hodge	22:23
72	8	Jennifer Gridley	23:52
138	27	Belinda Cottrill	26:41

### Valentines

284 Ran			
Pos	Gen		
34	31	Tommaso Bondoni	23:13

### Riddlesdown

167 Ran			
Pos	Gen		
18	17	James Wicks	22:08

### Wythenshawe

183 Ran			
Pos	Gen		
1	1	Aaron Wilson	17:36
29	3	Alexandra McClelland	23:25

### Ayr

101 Ran			
Pos	Gen		
19	17	Alistair Clarke	24:12

### Dulwich

476 Ran			
Pos	Gen		
10	9	James Blackwood	17:06
27	24	Timothy Bowen	18:29
31	28	Alastair Low-Macrae	18:40
59	50	James Brown	19:47
63	53	Gower Tan	19:55
75	62	Robert Tokarski	20:25
94	79	Austin Laylee	21:02
106	90	Rob Mayes	21:30
122	101	Ajay Khandelwal	21:53
130	107	Paul Vivash	22:03
133	18	Polly Warrack	22:09
146	22	Laura Vincent	22:29
206	160	Rob Fawn	24:35
209	31	Eleanor Simmons	24:41
462	273	Fazlur Rahman	42:11

### Hilly Fields

217 Ran			
Pos	Gen		
47	6	Yvette Dore	23:24
73	13	Emma Ibell	24:50

### Burgess

541 Ran			
Pos	Gen		
83	8	Michelle Lennon	21:26
128	19	Shoko Okamura	22:52
254	187	Michael Dodds	26:34
307	67	Clare Wyngard	27:52
506	191	Susan Vernon	45:24
538	288	Chris Vernon	70:32

### Orpington

201 Ran			
Pos	Gen		
103	86	Colin Frith	27:31

### Barking

134 Ran			
Pos	Gen		
29	26	Dave West	25:12
42	36	Paul Keating	26:30

### Alice Holt

257 Ran			
Pos	Gen		
26	26	Matthew Wright	22:36

### Queen Elizabeth

140 Ran			
Pos	Gen		

2	2	Dylan Wymer	19:11
28	4	Ange Norris	24:50

### Lanhydrock

228 Ran			
Pos	Gen		
131	89	Paul Hilton	33:19

### Bognor Regis

286 Ran			
Pos	Gen		
25	24	Alex Haylett	22:08

### Peckham Rye

252 Ran			
Pos	Gen		
10	8	Justin Siderfin	19:46

### Folkestone

369 Ran			
Pos	Gen		
37	33	Miles Gawthorp	21:56

### Dartford Heath

62 Ran			
Pos	Gen		
8	8	Michael Fullilove	22:40

### Crosby

205 Ran			
Pos	Gen		
6	6	Matthew Ahluwalia	19:55

### Frédéric Back

87 Ran			
Pos	Gen		
17	15	Jamie Robinson-Nicol	22:40

### Hasenheide

176 Ran			
Pos	Gen		
32	28	Ebe Prill	21:36

### Centennial

376 Ran			
Pos	Gen		
10	9	Tim R Taylor	18:33

### Kingdom

100 Ran			
Pos	Gen		
50	35	Peter Jackson	30:41

### Grove Fields

164 Ran			
Pos	Gen		
126	39	Elizabeth Begley	34:27

### Llanishen Park

123 Ran			
Pos	Gen		
7	7	Lee Wild	20:57

# DULWICH RUNNERS KIT

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



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



Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**Crop tops - £25**



### **Beast from the East !**

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



**Socks only £5**



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

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map A

All routes clockwise

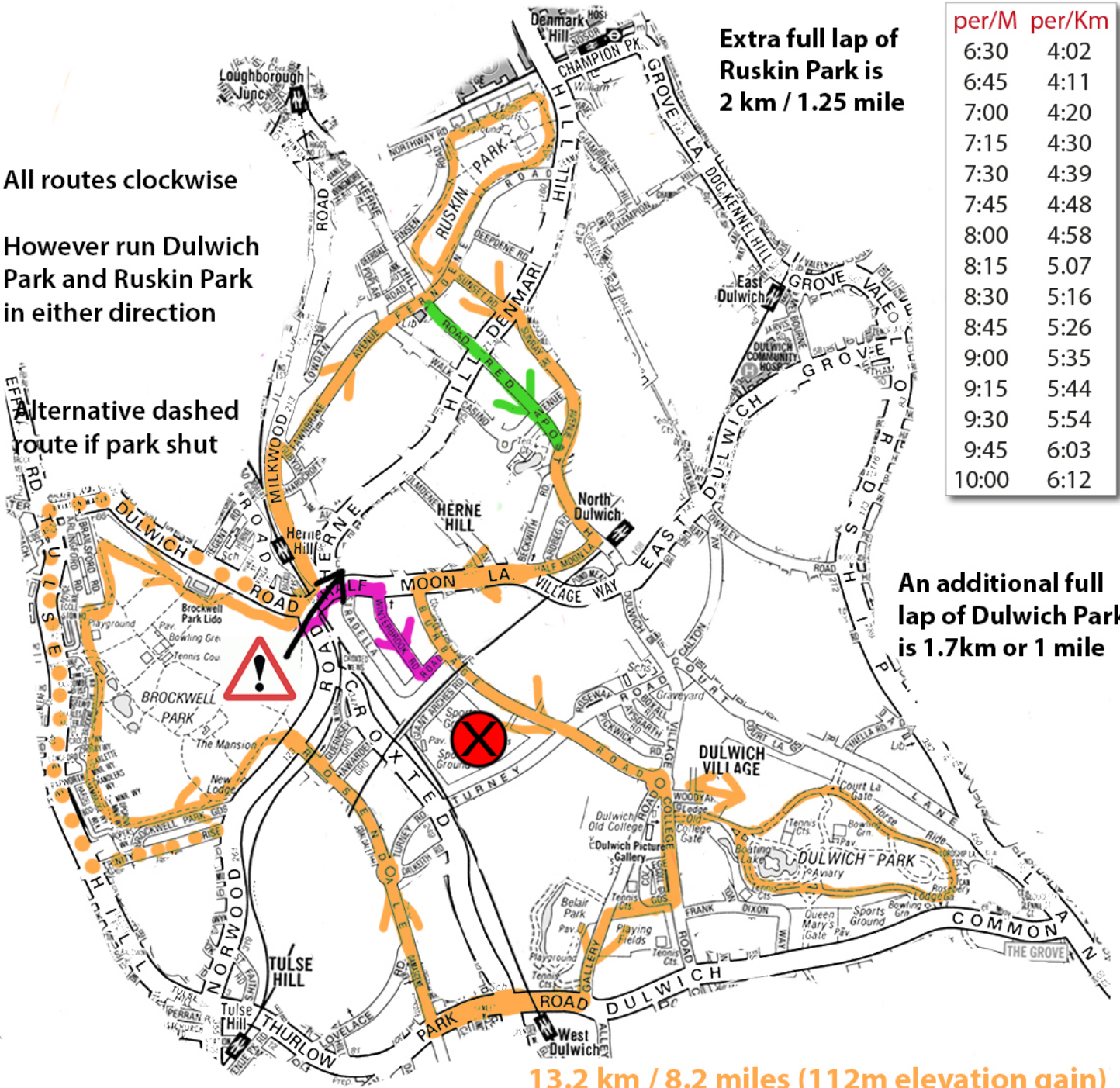
However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut

Extra full lap of Ruskin Park is 2 km / 1.25 mile

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

An additional full lap of Dulwich Park is 1.7km or 1 mile



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

13.2 km / 8.2 miles (112m elevation gain)

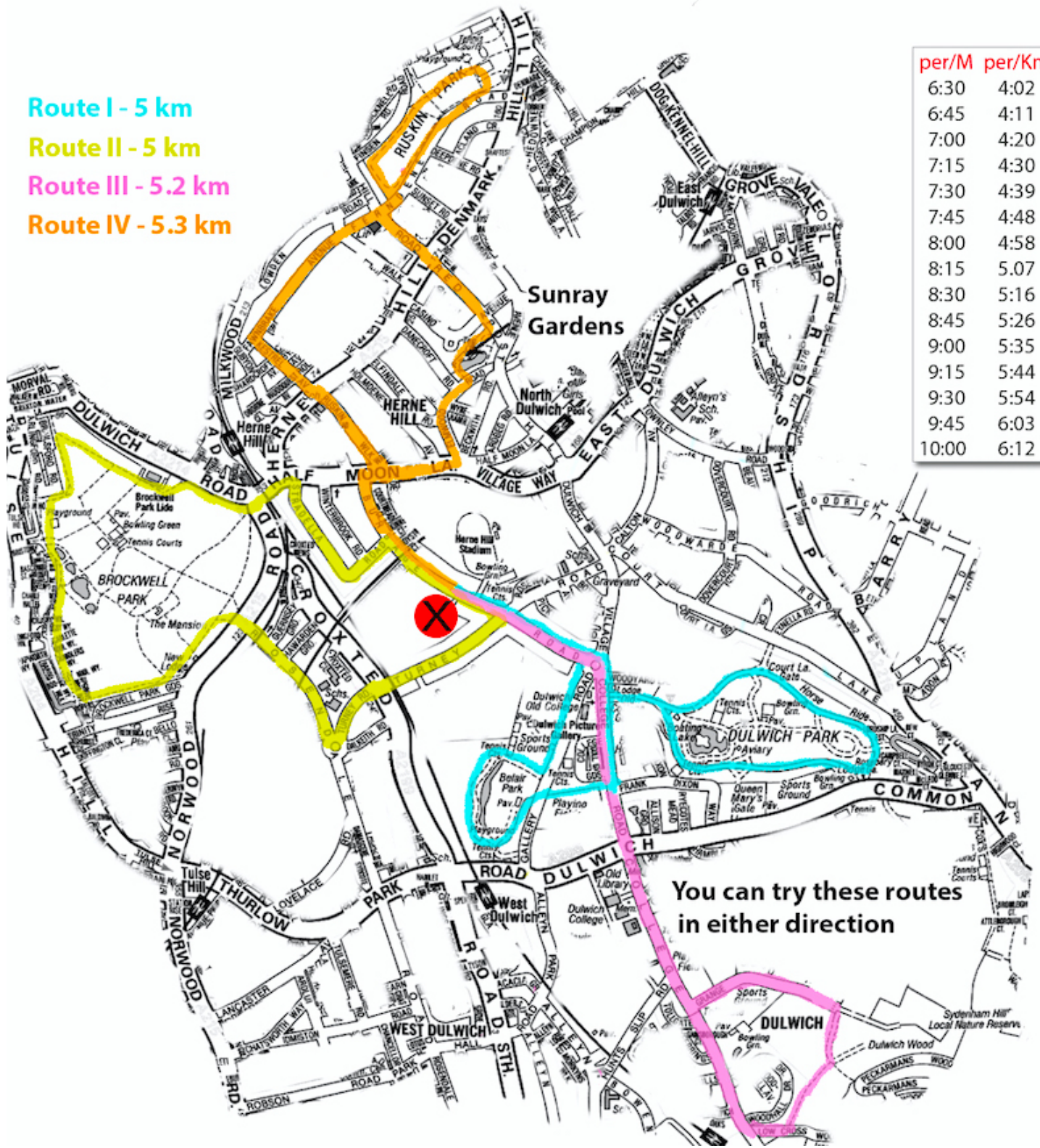
11.0 km / 6.8 miles (91m elevation gain)

8.6 km / 5.4 miles (61m elevation gain)

# 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