



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
- 9 Race reports and results
- 17 Club kit
- 20 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

Dulwich Runners Picnic

Come along and join us for a summer picnic in Dulwich Park on Sat 22nd July from 1-4pm.

Meet opposite the cafe in the park on the grass area. Bring along a picnic and a blanket. Refreshments available from the cafe.

Join us also for Park Run on Sat 22nd July @Dulwich Park 9 am. Bring your bar code.

See you there - Michelle

'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
Jul 6	Assembly League	Sutcliffe Park
7	Mark Hayes mile	Dulwich College track
14	Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
15	Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park

Club Championship Races 2023

Remaining events

- 14 July Golden Stag Mile (alt. club champsmile event), Friday 14 July. Bookings open 1 June. <https://meets.rosterathletics.com/public/competitions/details/about?id=16697> S
- 15 July Elmore 7 L <https://register.enthuse.com/ps/event/SLHElmore72023>
- 3 Sep Big Half L <https://www.thebighalf.co.uk/the-events/how-to-enter>

Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).
 4 events to qualify, including at least one from each distance category.

No suitable trail races so we chose the Elmore 7, undulating course of rural lanes and minor roads.
 If Brockwell parkrun is off we'll choose another date
 Difficult to find a suitable 10k, one option is the Vitality 10k but no date set and high entry cost.
 Sri Chinmoy series of 5km races at Battersea Park in 2023 scheduled for 13 & 27 June, 18 July & 8 August. Any of these are eligible, but 13 June is recommended.

Golden Stag Mile race is 1 day before the Elmore 7 which isnt ideal if people want to run both club champs events.
 The Golden Stag Mile still counts to the Club Champs as an alternative to the Tracksmith Mile for anyone who cant make the date or get a place.
 Updates on events with dates to be confirmed will be issued as soon as details known

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

Mark Hayes Mile, 7 July

We now have 30 entries for the series of mile races at Dulwich College track this Friday evening. Unless there's a last minute rush there are likely to be 3 races with the first (7 mins+) starting at 7.30, the second (6-7 mins) at 7.45 and the final one (sub 6 mins) at 7.55. Please be there in good time to collect numbers and warm up, if possible 30 mins before your race. Donations by card to Cancer Research. Drinks afterwards at Alleyns Head.

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.

Dulwich Runners Club Championships 2023

▪ Edition 4 - June and July events



Parkrun (SHORT CATEGORY)
 Brockwell Parkrun, @brockwell Park
Saturday 1 July, 9am
 Just remember to bring your Parkrun barcode!

<https://www.parkrun.org.uk/brockwell/>



1 mile (SHORT CATEGORY)
 Golden Stag Mile, Finsbury Park
Friday 14 July, 6.45pm
 Alternative to the Tracksmith Mile held in June

<https://tinyurl.com/y5e4hv9z>



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

<https://tinyurl.com/3d88n59e>



5 Km (SHORT CATEGORY)
 Sri Chinmoy Summer Series, Battersea Park **Tuesday 27 June, 18 July or 8 August 2023, 7.00pm**
 Entry closes 3 days before. Alternatives to the Speedy Steeds race are 23 June

<https://tinyurl.com/223tyvtr>

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

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

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

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.

At Dulwich College track and fields over the summer, some hill sessions September and hopefully back at Crystal Palace track for winter if floodlights fixed (alternative arrangements if not).

Training focused on 1 mile & 5k ahead of remaining club champs races, Mark Hayes Mile and the Assembly League, moving to more of a 5k focus later in July. Sessions suitable for anyone who regularly runs several times a week and whilst there is 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 any last-minute adjustments, sessions for the next few weeks are:

11 July

Field - reversing direction each time: 4 mins (90 secs recovery), 3 mins (90 secs recovery), 2 mins (60 secs recovery), 1 min (60 secs), 2 mins (60 secs), 3 mins (90 secs), 4 mins. The 3&4 min efforts should be around 5-10k effort, 1&2 min efforts at 3-5k effort.

Track - 3*225m @1m pace + v.slow jog recovery for 75m

Note: Golden Stag mile on the Friday

18 July

Field - 4 mins @10k effort + 90 secs recovery

4*2:30 mins @5k effort (diagonally across field) + 90 secs recovery.

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

25 July

Field - 2*4 mins @10k effort with two short whistle bursts + 90 secs recovery,

Track - 3*3:00 mins @3k pace + 2 mins recovery

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: ebepri1@yahoo.co.uk

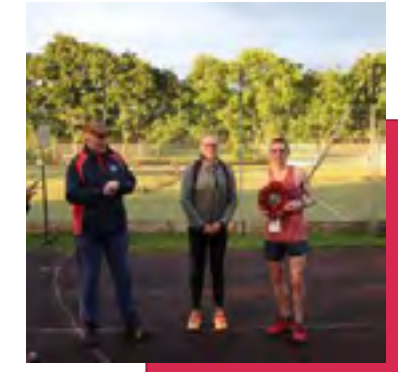
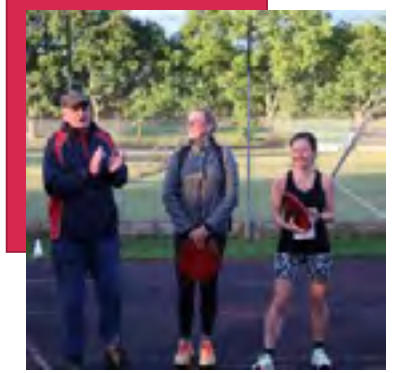
Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

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

Mark Hayes Mile 2023

- Friday 7 July, 7.30pm
- Dulwich College Track
- A series of seeded races starting with the slowest race in memory of Mark Hayes, a former Dulwich Runners Mile Champion. Trophies are up for grabs with Ed Chuck and Yvette Dore the current champions.
- Please contact Mike Mann by 5 July if you would like to take part with either recent or estimated times for the mile or parkrun (not personal bests) – mcmann90@yahoo.co.uk
- Afterwards we will make our way to the Alleyns Head pub for some light refreshments
- <https://www.dulwichrunners.org.uk/mark-hayes-mile> includes a report from last year and YouTube footage!
- We will be taking donations for Cancer Research on the night.



Assembly League

What is the Assembly league ?

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

All dates and venues TBC - all on Thursdays

May 4: Victoria Park - June 1: Crystal Palace - July 6: Sutcliffe Park - Aug 3: Victoria Park - Sept 7: Beckenham Place Park

Rules

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

- Individual champion is the runner with the most points.

Awards

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

History

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



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

July 23 Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20 Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Masters International Championships

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

Thursday 6th July 2023

Cambridge Harriers is pleased to welcome competitors, officials and supporters to Sutcliffe Park, Eltham, for the third race in this years Assembly League.

1/1

Location

The start and finish will be close to Sutcliffe Park Sports Centre, within Sutcliffe Park Nature Reserve. Access is from the corner of Kidbrooke Park Road and Eltham Road (A210), Eltham, SE9 5LW. Excellent transport links by bus from Lewisham, Lee, Blackheath and Eltham (178, 122 and 321). Nearest rail stations are Kidbrooke (1.5km), Eltham (1.7km) or Lee (1.7km). For those cycling, there are cycle racks outside the sports centre.

Parking

There is limited parking within Sutcliffe Park (32 cars) and some local street parking. Please note Sutcliffe Park is within the ULEZ for some petrol and diesel vehicles.

Toilets and Changing Facilities

Toilets will be available within the sports centre. Use of changing rooms and shower facilities will be chargeable.

Course

The race will be over three (3) laps of the Nature Reserve plus the start and finish section.

Parkrun, BMC and Open Meetings

If you enjoy running in Sutcliffe Park, there is a regular Parkrun, which has featured in the UK top ten as one of the fastest local courses. Cambridge Harriers promotes British Milers Club and Open Track Meetings throughout the summer. The next events are Wednesday 19th July and 16th August and include 800m, 1500m and 5000m races.

Post Race Refreshments

The Depot in Pegler Square, close to Kidbrooke Station, is the nearest pub to Sutcliffe Park.



START

FINISH

Guide to Track events



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

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

Events

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

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

Competitive and easily accessible meetings include those hosted by:

Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.

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

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <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:

Golden Stag Mile (alt. club champs mile event), Friday 14 July. Bookings open 1 June. <https://meets.rosterathletics.com/public/competitions/details/about?id=16697>

Tracksmith London Twilight 5000s Race 1: 20 July, Stratford Olympic warm up track <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k/>

Finsbury Park 5000s: 21 July. open for booking on 9 June <https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/>

Blackheath & Bromley Open - 27 July (entries close 24 July) - incl. the Mile <https://entry4sports.co.uk/#/> Scroll down to event

Cambridge Harriers - 19 July & 16 August. Entries close 4 days in advance.

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

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

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

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

Shoes

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

It is always worth checking and the Tracksmith Mile Organisers has told us that any shoe is fine for times greater than 5 minutes. Having said that 'spikes' will generally be better providing a more responsive connection with the track and should

County Championships

Kent Masters T&F Championships TBC

Kent 3000m and 10000m, 28 June, Dartford (entries close 24 June) <http://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 will be focusing more on 3/5 & 10k pace work once the middle-distance races are over in mid-July.

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. The Elmore 7 on Saturday 15 July can substitute for a tempo run that week but do keep the following day's long run fairly light in terms of both distance and intensity.

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 will be the Southern road relays (hopefully in Crystal Palace on 24 September, or possibly a week earlier). 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](#).



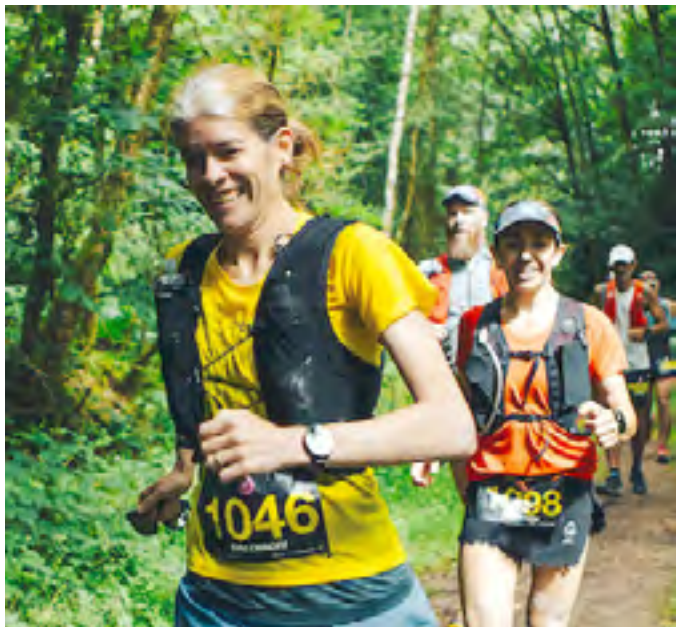
Put a spring back in your stride with a Sports Massage.

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.

Serpent Trail 50 km



Helen Shannon writes: A lot changed between signing up for the Serpent Trail 50 km back in the depths of winter and finally running this past Saturday. I was initially meant to set out for this adventure with three fellow runners, who one by one dropped out due to various niggles. I was initially in the wave for "First-time ultra runners" who were "wanting a more relaxed experience" (ha!), but thankfully Laura Vincent convinced me to switch to the competitive wave barely a week before. I was also initially expecting a scorcher of a day, with a blistering 27°C showing in the 14-day forecast, but as the event neared this was replaced by a much more bearable 22°C, occasional gusty winds and maybe even rain!

Hurray! And so I set off, solo, cool and wondering if I would now be racing rather than relaxing.

Part of the UK Golden Trail National Series, the Serpent Trail long-distance path winds its way from Haslemere to Petersfield, with the 50 km starting in Petworth. It claims to be one of the most beautiful trails in the UK, and they're not wrong – the bracken-rich forests with spongy woodland carpets underfoot and flowering gorse and heathland were like nothing I've ever ran through before, an almost Jurassic landscape. And then there was the sand. Both Eugene Cross and Andrea Ceccolini, seasoned Serpenters from previous years, had warned me about the dreaded sand. Thankfully, the drizzle the day before had dampened and flattened it somewhat, but it was still like trying to run through jelly on the flat, and useless even attempting

to run when going uphill. No wonder it was the ankles to cramp first come kilometre 45!

True to form, I started out too fast, too excited and too full of adrenaline to do anything but. This was spurred along by spotting friends spectating around 10 km in – one of my fastest out of the 50 as a result. Chatting to fellow runners along the way helped to keep things steady, along with classic "runner's maths" (OK, that's 1/3 complete, only 7 km until halfway, then I will celebrate 50% with Lucozade, etc.) and the stunning landscape. It seemed that every time I was flagging, the woods would open up to a sweeping vista of bright purple heather and I could reset and remember to smile.

Marshalls filled the route with cow bells and words of encouragement, and the checkpoints were amazing – so grateful to all the volunteers who filled up my water bottles once I'd lost all dexterity beyond putting one foot in front of the other, and who made sure we tapped our "dibber" timing chip correctly. There was no way around it, the last 10 km were pretty brutal. Despite constantly trying to tell my body that it was only 10 km – less than the average Wednesday club run – my stomach was having none of it, protesting in stitches and cramps at the thought of any more chews or artificial electrolytes. But it was checking the watch and realising that if I just kept running I'd be able to get sub-5 hours that kept everything moving, to the point of being able to speed up for the last 2 km (although the number of stiles in the last 5 km was nothing short of cruel).

Round the last corner and the finish line was finally in sight, and I was able to do one of those "sprint finishes" where at the time you feel like you're crushing it on a track race but in reality you look like a hobbling mountain goat. So excited on crossing the line, I initially forgot to dib my timing chip, and the finish line attendant also had to remind me to stop my watch – that's never happened before!

After a medal, hugs from family and friends and some crumbs of Quavers from my youngest daughter, I could finally take it all in. Results were immediate thanks to the dibber – a time of 4:56 hours, 12th woman (out of 223) and 3rd FV40 (out of 87). An amazing race that I can't wait to do again, but next time with more bananas!



Lairig Ghru Hill Race

June 2023



First things first – what and where is the Lairig Ghru? Well, it is an ancient drovers' pass around 21 miles in length which takes you between the second and third highest mountains in the UK (Ben Macdui and Braeriach) in the Cairngorm Mountain range

The race itself was first run in 1975 and involves running from the Police Station at Braemar to the Police Station at Aviemore, which takes the distance up to nearly 27 miles and is therefore technically an ultramarathon. From an athletic standpoint it's not super-difficult, with the first half of the race taking you gradually uphill to a maximum elevation of 908m (728m elevation gain) and then the second half of the race taking you back down again.

I had always wanted to walk the Lairig Ghru pass because of the epic scenery and the challenging nature of the route. It can be walked in one day but then, unless you stay overnight and walk back, it is a 60 miles trip by road to get back to the start and there is no public transport. Most people hike and wild camp along the way. When I heard about this race, and the fact that they lay on coaches to take runners back to the start, I couldn't wait to sign up.

Entries open in March and usually sell out within hours as they have a limit of 250 runners. Organisers say "Runners should typically be capable of a sub 4hr road marathon and be confident of completing the race in 6hrs". I was sitting in front of my computer as entries opened and was thrilled to get a place. I then booked a B&B in Braemar and made my travel plans. If you travel via Aberdeen, I can recommend the 201 bus from Aberdeen to Braemar as it runs through "Royal Deeside" the whole way and, for £13.30, it's a sightseers' bargain (as well as a residents' lifeline).



What makes the race a challenge is the terrain. After a relatively easy ten miles gently uphill from Braemar village, you have to wade through a small river, clamber up some very steep steps cut into the rock and onto a narrow, rocky path that twists and turns through the mountainous terrain. This leads to a boulder field (with no obvious path) which is several miles long and takes you to the highest point of the race at seventeen miles. The next four miles are downhill but, once again, on treacherous, narrow, rocky paths. Just like the start, the final six miles are



on easier terrain, finishing on tarmac in Aviemore. The route is unmarked but there are two checkpoints, including a cut-off point at 8.5 miles which has to be reached within 90 minutes. Due to the potentially extreme weather that can be experienced at any time of year, runners have to take:

- Full waterproof body cover (taped seams)
- Hat and gloves
- A whistle
- A paper map and compass
- Food (at least 500 kCalories) and liquid (water can be topped up from mountain streams)

As someone who lives in London and has only run road marathons, this was a very different experience! So, how did I get on? To be honest, I only wanted to do the race for the scenery and overall experience, so my objectives were to enjoy the race, reach the first checkpoint before the cutoff time and finish in one piece, in under six hours. My plan was simply to run as far as the river crossing at ten miles (beating the 90 minute cutoff en route), walk/jog the next ten miles through the difficult sections and run as much of the last six miles as I could.

Weather on the day started hot and humid but I had no trouble averaging 8'30" miles to the river crossing. I then did try running on the rocky trails but with mixed results – where the path was relatively clear, it was OK but, as the race went on and my legs became tired, I kept tripping on rocks and stubbing my toes. I didn't actually fall over, but was careering around off balance the whole time, which was slightly scary. When I got to the boulder field, a storm passed over us and it was a case of putting on my rain jacket and slowly and carefully stepping from rock to rock.

The risk of spraining an ankle and having to be stretched down by Mountain Rescue was uppermost in my mind! Once off the boulder field, running downhill was even more terrifying and I felt like an out of control drunk, just trying to stay upright. Eventually, at 22 miles, I reached a very pleasant gravelly path through the Rothiemurchus Forest and I was able to run properly again. I ran each of the last five miles faster than the one before (which is new territory for me in a marathon), and my last mile was around 8'15".

My finishing time was 5 hours 18 minutes, which was two hours behind the winner but absolutely fine as far as I was concerned and there was a third of the field still behind me. There were home-made cakes and other food and drink available at the finish, by which time the rain was pouring down.

All told, it was a great adventure and very enjoyable, albeit scary at times. The terrain is not something that can be found in the south of England so it would be hard to train for properly if you live in London, so don't expect to compete with the locals. The race is very well-organised and they have three tail-walkers to deal with any casualties, as well as a Mountain Rescue team stationed at the high point of the race. - Steve Smythe (the elder)

Completing Leadership in Running Fitness qualification



Alicja Furmanczyk writes: Massive thank you to our coach Tom Poynton as well as the 7 lucky runners who after Brockwell Parkrun last Saturday volunteered to run a bit more and agreed be filmed so that I could complete the final requirements for the England Athletics qualification, Leadership in Running Fitness.



The qualification is the first step on the EA coaching journey and whilst the majority of studying is done in your own time and virtually, there is a requirement to submit videos of two sessions showing how a new 'run leader' can apply theory into practice. The sessions are to be done under supervision of

a qualified coach (thanks again Tom!) and should consist of a warm up and a short structured training session. In our practice we focused on good running posture - I hope one thing that everyone can remember is the ballon clue I kept mentioning throughout. Massive thanks to all the runners who did a great job imagining the ballon holding them up and maintaining a nice tall posture: Michelle Lennon, James Gordon, Lucy Pickering, Lee Wild, Midge Cameron, Robert Tokarski and Cameron Timmis.

If you are interested in studying towards the qualification please speak to Tom Poynton - personally I only considered this course after I saw Tom advertised it last year in one of the weekly Shorts, but I wouldn't look back. I truly enjoyed all the learning and the knowledge gained throughout and I absolutely loved delivering the sessions to Dulwich Runners on Saturday - the pictures can't lie! I'd be happy to chat to anyone who would like to find out how studying for this qualification looked like from my own recent experience.

Kent County Championship 10,000m

Three DRs made the trip to Dartford last Wednesday (28th June) to compete in the Kent County Championships over 10,000m. A humid day, with temperature in the low 20s / high teens, conditions were hardly perfect, but the race was excellently organised, and marshalled. After enjoying watching the 3K, including a strong performance from Clare Elms, we lined up ready to take on the notoriously tricky 25 lap distance.

I (Jack Ramm) set off with the intention of racing for the win, rather than worrying about timings. For that reason, when the race set off slow, with about a mile at 82s laps, I decided to stick in the pack to wait and see if anybody would make a move. After about 2.5 - 3K, a runner from Tunbridge Wells started stretching out the field, and I went with him, sticking resolutely in second as the laps counted down. I waited until the midpoint, before going around on the back straight so that I'd hit the 5K mark at the front - we went through halfway in about 17:00 and it was a solo time trial not soon after. I rounded things out with a 15:40 second half and was very happy to take the win. Having not raced 10,000m before, my 32:40 was a technical PB, too.

Just behind me was Clare Norris who writes: "After a badly paced track 5k last week,

where my first mile was crazy fast and then backwards from there, I was determined to pace this race better. Fortunately Ebe had entered these Kent champs in the open category, so his metronomic pacing kept me in check for the first half. Running too wide for fear of getting tangled in legs and feet, I definitely felt inexperienced on the track. But with time, the field spread out and found some rhythm, only fading a little with 5 laps to go. Nonetheless, a track 10K PB for me - annoyingly just 2 seconds outside my road PB."

DR number 3 was aforementioned club Chair Ebe Prill. Having snatched the DR v60 record in the 10,000m the week before, where he had been the only runner to show up, Ebe was looking to dip under 42 minutes in Dartford with a little bit of competition. Things started well enough, with a solid first 5K of 21:10. Unfortunately, the heat and humidity started to work against just a mile or so later. Ebe slogged out his 7th and 8th Km before rallying in the closing laps, clawing back the seconds. Whilst he didn't shave any more time from his club record, his solid run gave him first v60 at Kent Champs and is hardly to be sniffed at.

Ebe's victory left us 3/3, with each DR having won their category. Can't ask for fairer than that! I'd highly recommend the champs

for any runner eligible. Whilst this year was perhaps not the fastest edition, it was well organised, with fancy timing chips and screens telling you how you were getting on, and a sensibly policed shoe policy.

Many thanks, too, to Steve S for cheering us on and giving sound advice on race tactics during the warmup.

Steve Smythe adds...

Making his 10,000m debut, Jack Ramm eased around the first half following the pace in 16:55 before accelerating to 75 second laps on the second half and run a minute plus quicker over the second half to win by well over half a minute in 32:42.11. Clare Norris set a track PB just short of her road best in 42:37.45 to be first W45 and Ebe was first M60 in 42:58.84 but failed in his quest to improve his M60 club record.

In very much a solo run, second-claimer Clare Elms won the Kent senior 3000m gold medal (though trailing a pair of juniors) and though way off what she will hope to run later in season it was still a UK age 59 outdoor best of 10:49.44 and won her senior gold by over 40 seconds.

Clare already the oldest senior cross country winner at 47 became the least youngest 3000m winner in Kent county history

Club champs Brockwell Parkrun

1 July

We had the largest turnout yet for this year's club championship in a sea of red and blue vests at last Saturday's Brockwell parkrun.

54 current first claim members made it into the results table below, with a majority cross section featuring in the post-race group pic above (apologies to all missing).

Conditions were thankfully cooler than in the week before and made for some fast(er) running and several course PBs. 340 ran altogether, with our club claiming the first eight positions of the top ten.

Andy Bond achieved the M45 course record at this parkrun, and so did Michelle Lennon as W55. Congratulations to both and well run all! Individual awards see below, the captains awards tbc.

Ebe Prill

	Pos	Name	AG	Time	AG Res	
	1st M	1	Aaron Wilson	M SEN	16:06	80.6%
	2nd M	2	Jack Ramon	M SEN	16:09	80.7%
	3rd M	3	James Dazeley	M SEN	16:12	79.9%
Overall Winner	4	Andy Bond	M V45	16:21	89.3%	
	5	Theo Gitters	M SEN	16:48	76.6%	
1st M V40	6	Tom South	M V45	16:51	85.3%	
AG M Winner	7	Adrian Russell	M V45	17:03	83.1%	
	8	Sean Condon	M SEN	17:07	75.2%	
	12	James Blackwood	M U23	17:48	72.2%	
	13	Jack Leafe	M SEN	18:03	71.2%	
	15	James Burrows	M V40	18:32	74.7%	
	17	Shane Donlon	M V40	18:49	72.3%	
1st M V50	20	Grzegorz Galezia	M V50	19:01	79.2%	
	22	Andrew Scott	M V40	19:03	72.0%	
	23	Timothy Bowen	M V35	19:10	70.4%	
1st M V60+	24	Tony Tuohy	M V60	19:13	83.3%	
	25	Harry Lawson	M SEN	19:22	66.3%	
	26	Jonathan Whittaker	M V40	19:22	71.8%	
	29	Rupert Winlaw	M V50	19:27	76.7%	
	32	Jonny Hough	M V45	19:32	72.5%	
	34	Austin Laylee	M SEN	19:37	65.5%	
	37	Matthew Ahluwalia	M SEN	20:01	64.8%	
	39	Justin Siderfin	M V50	20:09	73.0%	
	40	John Kazantzis	M V50	20:12	75.3%	
	46	Lee Wild	M V50	20:36	72.6%	
	47	Eberhard Prill	M V60	20:38	77.7%	
	52	Robert Tokarski	M V45	21:12	66.7%	
	58	Ross Rook	M V40	21:26	64.3%	

1st W	65	Michelle Lennon	W V55	21:40	81.7%
	69	Miles Gaathorp	M V45	21:53	66.8%
2nd W	70	Laura Vincent	W V40	21:56	69.3%
	73	Edward Smyth	M V40	22:02	62.3%
	83	Cameron Timmis	M V50	22:30	66.3%
	89	Stephen Trowell	M V55	22:38	67.6%
3rd W	102	Catherine Bugless	W V40	23:01	67.5%
1st W V50	120	Lucy Pickering	W V55	23:48	75.8%
	122	Lloyd Collier	M V50	23:50	61.7%
	126	Tommaso Bendoni	M SEN	23:54	63.8%
	141	Mike Mann	M V70	24:26	76.7%
1st W V40	145	Eleanor Simmons	W V45	24:32	64.1%
	148	Kate Styles	W V40	24:39	62.2%
	150	James Gordon	M SEN	24:42	52.5%
	158	Dave West	M V60	24:54	66.5%
	159	Clare Norris	W V45	24:54	63.8%
	164	Barrie John Nicholls	M V65	25:09	68.8%
1st W V60+	182	Ros Taber	W V70	26:13	84.9%
	205	Joseph Brady	M V88	26:46	57.8%
	207	Paul N Keating	M V55	26:53	57.3%
	218	Michael Dodds	M V60	27:13	60.8%
	231	Andrew Murray	M V70	27:57	62.6%
AG W Winner	233	Clare Wyngard	W V60	27:59	68.1%
	247	Lindsey Annable	W V55	28:29	61.5%
	269	Peter Jackson	M V70	29:32	59.2%
	337	Susan Vernon	W V75	45:14	52.5%



Bob Graham Round

30th June and 1st July 2023

Michael Williams, Ben Smith and Alex Loftus

Pacers: Gower Tan, Ed Simmons, Hugh Balfour, Jon Phillips, Eugene Cross, Mark Foster

Road Support: Ed Martin

Clockwise Round – Total time 23 hours and 15 minutes. Departed 1915. Returned 1830.

Michael writes: Taking inspiration from XC Captain Alex's attempt with his brother on the BGR a couple of years ago, Ben Smith, Alex and I decided to try another attempt. We were fairly 'hefted' to the Lakeland terrain by spending time there on holidays & reccyng the route so we had a general idea what to expect. Describing it as an Ultra Run fails to capture what qualities the BGR really demands; it's a non-stop 24 hour expedition with complex route finding, scrambling, steep descending and moving over rocky terrain for hours and hours with tired legs and heads. To win access to the coveted Bob Graham Club you must climb 42 fells, starting and finishing in the middle of Keswick market square in under 24 hours & have witnesses on every summit.

Step forward our heroic DR pacers Gower Tan, Ed Simmons, Hugh Balfour, Jon Phillips, Eugene Cross & Mark Foster to join us on each leg for witnessing and moral support. Ben's brother-in-law Ed Martin graciously volunteered to do roadside support.



Weather forecast for strong winds & rain through Friday night into Saturday morning wasn't ideal. Setting off with some trepidation at 7.15pm with cheers from Alex's parents, we made our way up the broad track of Skiddaw into the clag. Skipping through heather over to Great Calva and a slippery descent to Mungrisdale Common, Gower properly stacked it across a wet boulder straight into the river Caldew. Slightly shaken, we pressed over the top of Blencathra and down-climbed Halls Fell. It's a tricky descent on a warm summer's day; but descending with fading light in heavy rain felt lethal.

Down in Threlkeld, we changed into something warmer and more waterproof. Hugh Balfour & Ed Simmons joined us for Leg 2 across the Dodds and Helvellyn. The rain was really coming down now as we submitted Clough Head in 40mph gusts with visibility down to a few metres. I reminded myself this was all part of the Type II fun as we slid down Seat Sandal to meet the car at Dunmail Raise. Dawn was breaking and we were all freezing wet so another full change of clothes was needed before Leg 3 up Steel Fell accompanied by Jon Philips.

We'd lost time from our 22 hour target schedule, but with some wiggle room we were still on for 23 hours. The crux of the Bob Graham is legs 3 and 4, but 12 hours in whilst climbing Bowfell I was fading from the pace of Ben & Alex & hit a low point. As my legs struggled to maintain any sort of pace towards Great End, my foot slipped off a boulder and smacked my knee hard which pushed my mood further downwards.

We summited Scafell Pike via Scafell by the intimidating Lord's Rake & the West Wall traverse without drama, then raced down the scree descent to Wasdale. Approaching a leg stop, it's best to mentally line up all the jobs to prepare; refill bottles, ditch any wrappers, grab some more gels, eat a boiled egg, gulp some soup, inhale a pot noodle, change socks & shoes.. then go.

Jon looked like he'd only done a couple of laps of Dulwich Park; he was more than keen to carry on Leg 4. Eugene Cross was chomping at the bit with fresh legs and raring to go. The climb up Yewbarrow and onto Red Pike is a massive slog & I was again off the pace. There were only the big climbs of Pillar, Kirkfell and Great Gable with a few smaller fells left, but Keswick still felt hours away.

Arriving at Honister, we were joined by Mark Foster & Gower again for the final run in to Keswick. After grovelling up Dale Head, Hindscarth and Robinson & dropping down to the final road section into Keswick, we changed into road shoes and marginally upped the pace all the way to Moot Hall.

Finally arriving back in Keswick, we put the hammer down and skipped up the steps of Moot Hall to finish the Bob Graham in 23hrs, 15 mins. The relief I felt to finally finish



was totally overwhelming. This feeling was amplified by the amazing support we all had along the way by our Dulwich Runner support crew, close friends and family. It was without doubt the hardest outing I've ever done, and was considerably tougher than what I imagined it ever would be. Three days later I'm still completely wrecked, and processing the adventure we went through. It's a cliché to say never again.. but once the DOMs have subsided, who knows?

Ben writes: Sometimes ignorance is bliss, but as we started the long slog up Skiddaw, our first peak and England's sixth highest, I was all too aware what we were letting ourselves in for. The forecast had worsened during the week and the rain and wind was due to strengthen in the evening, through the night and then into the next day. Having done a lot of my reccyng of the route in winter/spring I knew this crazy thing we were trying to do would be even harder than we had anticipated. But I also knew we would be able to draw on the energy and good humour of our team of DR pacers who had so generously come all the way to the Lake district to support us.

It was Gower who led us out on leg 1, bravely taking on not only the crazy weather and a pretty sketchy river crossing but also some of the most technical terrain of the round down a steep exposed ridge – an enjoyable scramble in good conditions but a pretty treacherous proposition in fading light, 40mph winds and horizontal rain. At the start of leg 2 Gower handed over to Ed and Hugh and while I was mentally bracing myself for what was to come, they both looked like there was nowhere they'd rather be! Their energy and positivity carried us through a horrendous night where we could at



times barely see each other just a few feet ahead.

Leg 2 ended with hints of dawn through the clouds, and we picked up Jon ready to guide us through the longest and toughest stretch of the round, taking us up and over the highest and roughest ground in England. The weather was still poor but with slightly better visibility at times we were able to enjoy the occasional glimpse of our spectacular surroundings. We were moving solidly but after the night had slipped from our planned schedule so knew we couldn't relax in any way, and when Eugene joined us for leg 4 he set about trying to up the pace, all the while clearly enjoying the fact that the weather had improved somewhat for his shift! He and Jon (who'd carried on utterly unphased from leg 3) got us to the final road crossing relatively safe in the knowledge that if we just kept putting one tired foot in front of the other, we'd get back to Keswick in under 24hrs.

Both Jon and Eugene carried on with us for the final leg as we were also joined by Mark and Gower, so, it was almost the whole team who ran with us back to Keswick with 45 mins to spare, and then everyone joined us for fish and chips and a pint. I can't thank everyone who supported us enough - all our pacers and our one-man road support crew Ed Martin (hopefully soon to join DR!) who selflessly drove all over the lakes on no sleep for 24 hours. And of course, to Michael and Alex, we've been preparing for this together for what seems like a lifetime and it meant so much to be able to finish together. The Bob Graham round is a pretty special thing. Not just the mountains and the feeling of covering that much ground, but the traditions and ethos that means you do it with people, they help you and then hopefully you help them in years to come. I really hope us doing it this weekend has inspired other Dulwich runners to think about making an attempt at some point, and if they do, I'll be there to help out!

Alex writes: Back in September 2021, my brother and I attempted the Bob

Graham. After a very long night and day, we staggered back into Keswick in 26 hours, resolving not to try it again. We'd had a shot, and while it hadn't quite worked out, we'd had amazing adventures and that was surely enough. But then new plans began hatching - a Dulwich Runners' attempt. This time we planned properly (thanks Ben and Michael!), recced well, trained hard, drew on the amazing support of the club, and suddenly it all felt manageable. As we sat at The Dulwich Woodhouse in mid-June, our only remaining concern was the heat and maybe a bit of sunburn. Fast forward a couple of weeks and we were clinging to Hall's Fell Ridge in a howling gale, lashing rain and imminent darkness.

We'd set off from Keswick in what felt like humid conditions. And although the mountain weather forecast mentioned something about winds blowing people over, this seemed a ridiculously pessimistic prospect (how could you be blown over?!). But sure enough, by the top of Skiddaw, with jackets now on, already freezing from the initial soaking, we were in the midst of cold, wet grimness. And, would you believe it, being blown over. While Leg 1 actually passed pretty smoothly - Gower kept us to pace, the terrain was still quite springy and runnable from a dry June, and the summits cleared at times - by the time we hit Hall's Fell Ridge the round was already feeling much more serious. With the light fading, the scramble down was trickier than I remembered. Cold hands on wet rock were not a good combination, and I felt stupidly exposed in shorts and trainers on a scramble down a big mountain in the dark.

A change of clothes at Threlkeld made a difference but it also ate into the time buffer we had: a 5 minute stop turned into 17 minutes. Gower handed over the baton to Ed Simmons and Hugh, and we were soon heading back up into the tempest. I think we'd written something in our "call for pacers" about a full moon and the sun rising on Fairfield. Instead, Leg 2 was a brutal battle against wind, rain and darkness, only made bearable by the warmth, generosity and support of Ed and Hugh. By the top of Seat Sandal, there was at least the vaguest intimation of morning, and perhaps even a slight sense that the rain might be letting up. Down below at Dunmail Raise, the glow of Ed's road support drew us in for rice pudding, coffee, and a handover to Jon Phillips - our solid anchor support for the next three hard, long legs.

The ascent of Steel Fell is one of several big steep climbs on the round, but good company made it a whole lot easier. By the top, with the sun coming up, I started to feel cheerier again, only to cough and then start retching, vowing to avoid coffee at the

next stop. The terrain after the initial steep ascent turns more undulating over several of the Langdale Pikes and, while it felt manageable, Ben and Michael noticed we were beginning to slip from our schedule. We stepped the pace up again through some of the biggest, rockiest peaks - Bow Fell, Scafell Pike, Scafell, and up one of the major scrambles, Lord's Rake, before the wondrous scree run down to Wasdale for boiled potatoes and pot noodles.

Eugene joined us for Leg 4, while Jon - who had now assumed a kind of sheep dog role of herding up any lost runners in our group - agreed to stay on. Eugene's fresh legs took us up Yewbarrow in really good time. Having lost time over Leg 3, we were suddenly making a bit of a dent in the schedule once again. It felt hard work though, and some of the big climbs - Great Gable in particular - seemed purgatorial. Local lore has it that if you can make it to the summit of Gable, the round should be doable. Having blown several road marathons in the last mile, I wasn't entirely



convinced; but the next few peaks, the stop at Honister, and the final three summits on Leg 5 really did fly by. I don't think Mark stopped chatting for a second on the ascent of Dale Head, which was exactly what was needed, as was his Kendal Mint Cake (thanks Mark!).

After changing into bouncy shoes at Newlands Church, the last 5 miles started to take on the feel of the most brilliant Wednesday night Club Run (although perhaps "running" in my case is something of an exaggeration) as more and more club members joined us. With 45 minutes to spare, we hit Keswick at the same time that emotions - rather embarrassingly - hit me. Staggering up the steps of the Moot Hall with family, the most amazing friends from the Club, and a fair few Keswickians and tourists cheering, I felt pretty overwhelmed. Before I completely fell apart, a kind barman from The Round pub appeared with a free pint. Chips from The Keswickian, and a smashing evening (pints of Loweswater Gold) in the Youth Hostel made for the best possible end. A massive, massive thanks to Ben, Michael, Ed, Gower, Ed, Hugh, Jon, Eugene and Mark for making it all both possible and fun at the same time. I look forward to supporting on the next DR attempt.



Michael Gower Alex Ed G. Ed S. Mark Eugene Hugh

Bewl 15 (and a bit)

2/7/23

Ange Norris writes: What a great DR turnout! Not quite up to the numbers at Saturday's parkrun but 11 ladies (10 running and 1 cycled round to support) and 1 man were there (although nobody realised Mols was there until after, hence why she's not in the photo).

The weather was almost perfect – not too anything really, although it was a tad warm when running across the dam in full sunshine and a bit windy in places but I've run this race before in blistering heat so can't complain today.

Diversions on the A21 caused a few mild stressful moments but parking was easy and portaloos plentiful so we were all gathered in time in a red and blue huddle on the startline.

The race does a loop around Bewl Water until about 10 miles where it diverts away along (or rather up) small country lanes, before descending back to the reservoir then the last ¾ mile, which retraces the steps of the beginning, back up to the start/finish. And I do mean up! It is mainly a trail run, with all the right ingredients of grass, compact rutty earth, tree roots, undulations and fantastic views across the reservoir.

It was Ola's first time doing this race, and in fact her first long race in a while. She started off conservatively enjoying the company of Laura and Eleanor, the great scenery and friendly marshals. She smiled her way round and said after that it was a fantastic race, ticked all the boxes of what she loves about running and will definitely be a regular race in her calendar.

Laura entered just a day or so before and ran it as a training run. She got all that she wanted - an enjoyable Sunday run with company, plus cake and beer to round it off.

It was Clare N's second time racing the Bewl 15 and it didn't disappoint. She had asked her two boys to help with her playlist and some dodgy choices kept her amused on some of the longer sections (Shaggy...Kill Bill...Anne Marie...Harry Styles- gratefully also including some of the classics...Kiss the Rain...Leyla ...John Cougar..) Kate Bush was required but amiss. Because those hills with 4 miles to go really don't get easier. But she knew she was in good shape, and had thought through her fuelling much better too-so it was good for her to get a result to confirm it! Although when the initial results were published there was a mistake and instead of 1:56:21 she had a time of 2:30! This meant she missed out on being presented with the first W45 award. Midge, Eleanor and Steph were all newbies and enthused as much as everyone about the course, the scenery and the cakes.

Jo last ran here a few years ago when, in the same hat as this year, she chatted to her fellow competitor Kelly Holmes. She had a great run again and like everyone else, thoroughly enjoyed herself.

Michelle made a late call on Friday to run due to her painful hip so was another one just happy to be there and run.

Personally, I was just really pleased to be there and was also treating it as a long Sunday run (longer than I've done since last year) but ... several things contrived to make me start faster than I intended to – 1. Just putting on a number makes a difference; 2. Dylan, who said he was going to run with me, was alternately acting like he would rather run ahead then holding back and chatting; 3. We were chatting with Richard Craig-McFeely, who was there with Sue Cooper, both now running for Tonbridge Wells Harriers. The pace wasn't unrealistic though – the legs tired but survived.

Dylan gave up trying to go slowly at about half way and consequently finished 11 minutes ahead of me. As Christina cycled past us with cheery words of encouragement, she was the carrot that he went off in pursuit of. At his current state of fitness and lack of long runs, an 8 mile warm up followed by seeing how he could do for 7 miles of increased effort was spot on. I spent the rest of the race within several meters of Richard which spurred us both on, especially at the end when we broke into a finishing sprint together.

The post race highlight is definitely chilling out on the grass with delicious cakes and beer, all free. The brass band were playing as we finished but stopped for the presentations. Dulwich ladies featured well, enough to have a shout out on some random runner's Strava a couple of days later. Ola won 1st W55, Ange 1st W60 and Clare should have been presented with the W45.

Results

Clare Norris	1.56.21
Dylan Wymer	1.57.05
Ange Norris	2.08.57
Ola Balme	2.11.09
Michelle Lennon	2.13.46
Laura Vincent	2.16.38
Eleanor Simmons	2.18.14
Mols Pearce	2.20.28
Steph Lundon	2.24.02
Midge Cameron	2.32.20
Jo Shelton-Pereda	2.33.28

Christina Dimitrov – first class cycling supporter. She may also have run if she hadn't just run a marathon around Mont Blanc.

Sri Chimnoy Dashing Dear 5k

27 June

Cooler temperatures than for the first race in the series which led to generally better times with first two women beating the course record.- Graham Laylee

Ben Howe	15:32
Ade Russell	16:09
Tim Bowen	16:30 (16:44 13 June)
Buzz Shephard	16:54
Tony Tuohy	18:04 (1st M60) (18:20 13 June)
Grzegorz Galezia	18:33
Austin Laylee	18:44 (PB) (19:16 13 June)
Yvette Dore	20:57 (2nd F50)
Graham Laylee	23:12 (23:34 on 13 June)

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Wimbledon Common

506 ran
Pos Gen
433 148 Stephanie Burchill 34:23

Brockwell

340 ran
Pos Gen
1 1 Aaron Wilson 16:06
3 2 James Dazeley 16:12
4 3 Andy Bond 16:21
6 5 Thomas South 16:51
7 6 Adrian Russell 17:03
12 11 James Blackwood 17:48
15 14 James Burrows 18:32
17 15 Shane Donlon 18:49
20 18 Grzegorz Galezia 19:01
22 19 Andrew Scott 19:03
23 20 Timothy Bowen 19:10
24 21 Tony Tuohy 19:13
25 22 Harry Lawson 19:22
26 23 Jonathan Whittaker 19:22
29 26 Rupert Winlaw 19:27
32 29 Jonny Hough 19:32
34 30 Austin Laylee 19:37
37 33 Matthew Ahluwalia 20:01
39 35 Justin Siderfin 20:09
40 36 John Kazantzis 20:12
42 1 Chloe Wilkinson 20:13
46 41 Lee Wild 20:36
47 42 Ebe Prill 20:38
52 46 Robert Tokarski 21:12
58 51 Ross Rook 21:26
65 4 Michelle Lennon 21:40
69 60 Miles Gawthorp 21:53
70 5 Laura Vincent 21:56
73 63 Edward Smyth 22:02
83 70 Cameron Timmis 22:30
85 8 Klara Saville 22:33
89 75 Stephen Trowell 22:38
102 10 Catherine Buglass 23:01
120 14 Lucy Pickering 23:48
122 96 Lloyd Collier 23:50
125 97 Tommaso Bendoni 23:54
141 107 Michael Mann 24:26
145 21 Eleanor Simmons 24:32
148 22 Katie Styles 24:39
150 113 James Gordon 24:42
159 25 Clare Norris 24:54
158 119 Dave West 24:54
164 122 Barrie John Nicholls 25:09
192 42 Ros Tabor 26:13
205 141 Joseph Brady 26:46

207 143 Paul Keating 26:53
215 148 Michael Dodds 27:13
231 155 Andy Murray 27:57
233 56 Clare Elizabeth 27:59
247 63 Lindsey Annable 28:29
269 167 Peter Jackson 29:32
337 123 Susan Vernon 45:14

Beckenham Place

290 ran
Pos Gen
224 77 Claire Barnard 32:31

Ashford

234 ran
Pos Gen
14 2 Kim Hainsworth 19:56

Crystal Palace

334 ran
Pos Gen
30 27 Paul Hodge 22:42
37 2 Laura Denison 23:01
176 126 Matthew Trueman 28:36
196 136 Paul Hilton 29:16
217 54 Belinda Cottrill 30:04
302 168 Bob Bell 38:39
304 109 Chris Bell 39:02

Riddlesdown

168 ran
Pos Gen
132 88 James Wicks 35:52

Medina I.O.W.

286 ran
Pos Gen
243 135 Steve Wehrle 2nd cl 38:44

Roundhay

336 ran
Pos Gen
72 57 Tom Childs 24:41

Dulwich

494 ran
Pos Gen
4 4 Fred Bungay 16:14
17 15 Harrison Minter 18:04
63 52 James Brown 20:28
183 153 Paul Vivash 24:15

281 209 Andrew Inglis 26:48

Hilly Fields

220 ran
Pos Gen
3 3 Joe Farrington-Douglas 19:05
25 22 Murray Humphrey 21:53

Hillsborough

492 ran
Pos Gen
114 17 Becca Schulleri 23:34

Ormeau

402 ran
Pos Gen
77 57 Jamie Robinson-Nicol 23:44

Maidenhead

299 ran
Pos Gen
21 20 Hugh French 22:53

Hastings

358 ran
Pos Gen
59 50 Nicholas Brown 23:03

Clapham Common

792 ran
Pos Gen
39 33 Joe Sheppard 19:51
349 245 Ian Sesnan 26:28

Centennial

310 ran
Pos Gen
7 6 Tim R Taylor 19:01

Sutcliffe

180 ran
Pos Gen
99 23 Claire Steward 27:44

Charlton

144 ran
Pos Gen
34 33 Stephen Smythe 22:48

DULWICH RUNNERS KIT

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

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



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



Crop tops - £25



Beast from the East !

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



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



Socks only £5

! 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



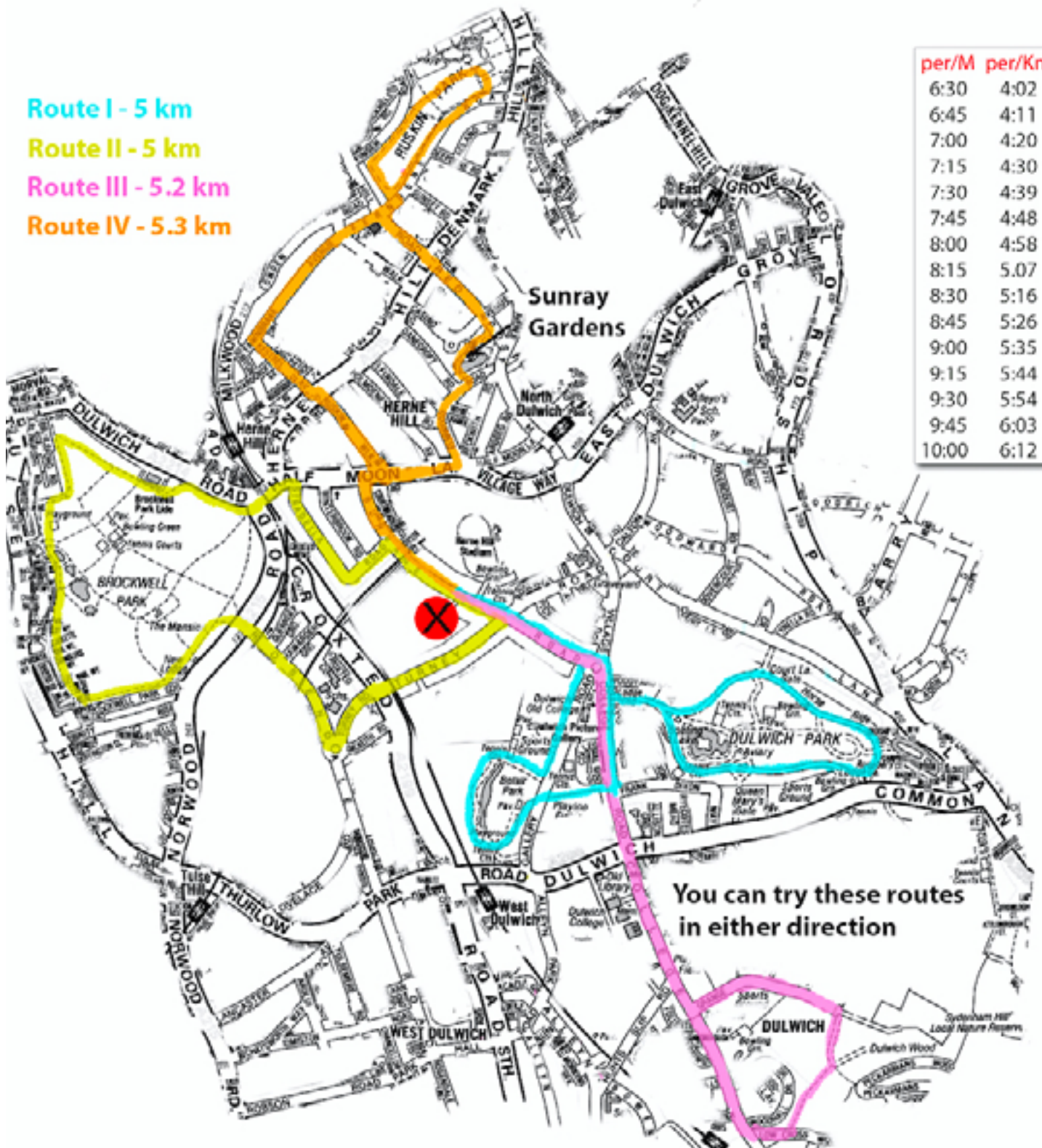
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer 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

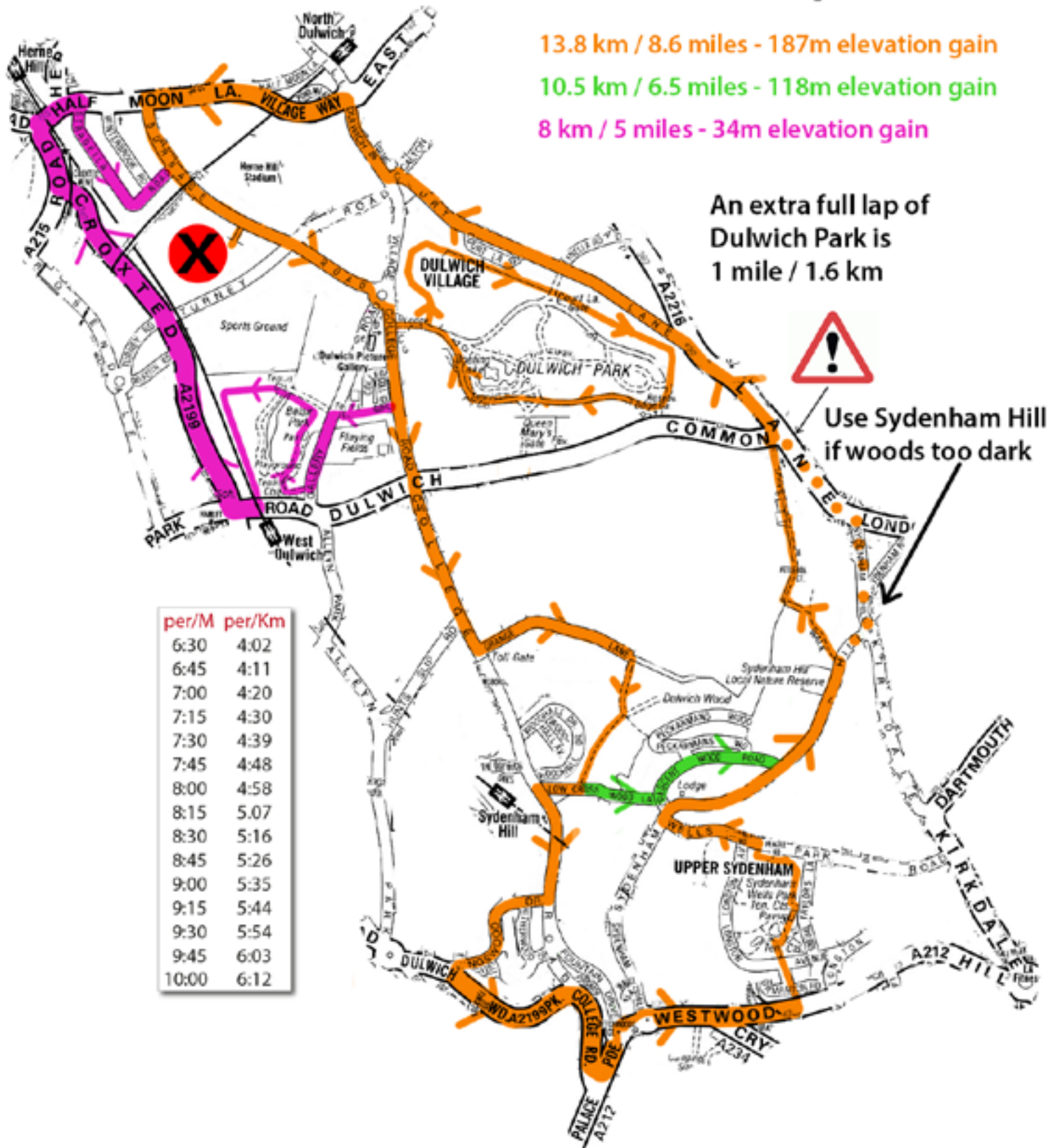
You can try these routes in either direction

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