



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
- 5 Club runs & training
- 9 Race reports and results
- 12 Club kit
- 14 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 club info on races, training events etc 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 AC AGM - Save the Date - Wednesday 24 April 2024

The 2024 Dulwich Runners AC AGM will take place on Wednesday 24 April, at the Alleyns Club House after the Club Run. Further information will be in Shorts in the coming weeks. In the meantime, please do save the date.

*** 2024/25 Renewals - April 1 ***

Yes its that time of the year !....I have sent you your email renewal requests. Please do not reply to the email unless to advise me of any changes to your details.

If you are not a paid up member you cannot compete in any races or events 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)

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

1st claim £49 includes EA reg. £19 - without EA reg. £30 - 2nd claim £30

EA reg and can only be arranged through your 1st claim club

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

Pizza Night and "Beer Medal" Presentations Wednesday 1st May



Save the date and come along on the first of May after the club run from 8:30pm at the clubhouse upstairs bar for socialising over

a) Pizza! and b) presentation of the individual awards for two of our club champs races this year, the Paddock Wood Half 3. March and the Dulwich parkrun 16 March.

Medalists see under club championships in our Drastic app or via <https://app.dulwichrunners.org.uk/>

Beer medals are a choice of a bottle/can of either beer, alcohol-free beer or prosecco. More details to follow.



'Wear your club vest Wednesday'

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

Socks **REDUCED** from £5
size small - only £1 a pair !



After several years at the old price we have had to increase club vest prices to £23

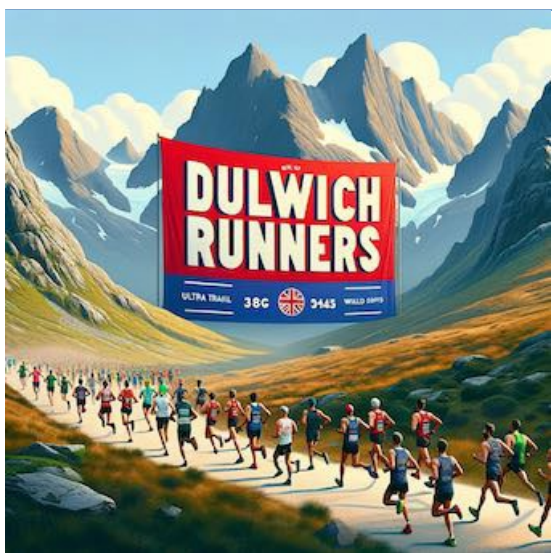
DULWICH RUNNERS 2024/25 FIXTURES

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

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

Road/Misc. Club Champs Assembly league Cross country Track

Date		Event	Venue
Apr	4	Assembly League Race 1	Beckenham Place Park
	6	National 6/12 Stage Road Relays	Sutton Park, Birmingham
	21	London Marathon	Blackheath
May	2	Assembly League Race 2	Victoria Park
	18 to 19	Green Belt Relay	Around London
	25	BMAF Open Road Relays (Masters 35+)	Kirkby Mallory, Leicestershire
Jun	6	Assembly League Race 3	Crystal Palace / Sutcliffe Park
	11	Sri Chimnoy 5km Summer Series Race 1	Battersea Park
	16	Eltham 5	Eltham Park
	19	Dulwich Runners Midsummer Relays	Dulwich Park
	25	Sri Chimnoy 5km Summer Series Race 2	Battersea Park
Jul	4	Assembly League Race 4	Crystal Palace / Sutcliffe Park
	9	Sri Chimnoy 5km Summer Series Race 3	Battersea Park
	12 or 19	Mark Hayes Mile	Dulwich College
	23	Sri Chimnoy 5km Summer Series Race 4	Battersea Park
Aug	1	Assembly League Race 5	Victoria Park
Sep	5	Assembly League Race 6	Beckenham Place Park
	1	Big Half Marathon	Tower Bridge
	29	Middlesex 10km	Victoria Park



On **Wednesday 27 March from 8:45pm** Cecco and Gower will give a presentation about Ultra-trail running covering the following topics:

- From road running to trail, mountain and ultra-endurance running
- Main domestic and international races and circuits
- How to get started
- Possible progress
- Training, avoiding injury and mental strategies
- Required kit, nutrition and hydration
- Q&A and some resources

Dulwich Podium 5k 20 April - marshals wanted!

The organisers of the Dulwich Podium 5k have asked me if any Dulwich Runners would be able to help marshalling this event. There are 5 races including 2 for elite men and women . The whole event is expected to last for about 2 hours, starting at 3pm.

It will be an exciting afternoon- already some of our faster runners have entered. There may be £20 shoe vouchers given as a thank you. If you can help please can you contact me.Thanks. Ros ros.tabor49@gmail.com

Dulwich Runners Club Championships 2024

Paddock Wood Half Marathon (L)	3 March
Dulwich Parkrun (S)	16 March
London Marathon or alt. (L)	21 April
Sri Chimnoy 5k summer series (S)	11&25 Jun, 9&23 July
Eltham 5 Mile (Trail) (S)	16 June
Mark Hayes Mile (S)	12 or 19 July (TBC)
Big Half Marathon (L)	1 September
Middlesex 10km (L)	29 September

Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.



The evening of Wednesday 19th June 2024

This is a great club event in our summer calendar, so please save the date. More details to follow but we will want both runners and volunteers. If interested in being on the organising team: Ange dulwichchair@gmail.com

Assembly League

What is the Assembly league ?

- A summer evening race series that first ran in 1975.
- Dulwich have enjoyed a lot of individual and team medal success with the men champions in 2019
- Races free to enter, no need to book in advance, men and women run together. Runners sign in on the evening when they pick up their race number.
- 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. For the April date trail or fell shoes are likely to be helpful given recent heavy rain
- After each race organisers normally have a bar for food and drink.
- You can follow the Assembly League on Facebook

Apr 4: Beckenham Place - May 2: Victoria Pk - June 6: Crystal Palace Pk - July 4: Sutcliffe Pk - Aug 1: Victoria Pk - Sept 5: Beckenham Place

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.



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 Evening Speed - Crystal Palace Track

Arrive ready for a 7pm start. Group training focussed on getting faster over 5-10k. You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday> You need to reactivate your Crystal Palace membership on your apps and pay online. Repairs to indoor track start Wednesday 13 March for 3-4 weeks - there's a safe route to outdoor track. Further repairs to outdoor track date unknown. Hopefully after our last session there 16 April with first session at Dulwich College a week later.

Questions or feedback Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive. All members using the track must: give others plenty of space when overtaking or moving off the track.

- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

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

8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Contact Ola Balme - olabalme1@gmail.com

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

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

Longer & steady - 08.45am 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

A spring marathon training plan

– late March - April update

The long run on Sunday 31st March is really about the last time for your longest of long runs, with a shorter run the following Sunday that gets even shorter a week later.

As it takes 10-12 days for a training session to have a positive effect, it makes sense to have a last hard session around the middle of the penultimate week. After that I have suggested reducing the volume but not intensity of the sessions, so that you get to the start line feeling refreshed and ready to go. It might take a while for this tapering to have an effect so don't panic if you're a bit tired a few days before, and resist any temptation to fill this extra free time with more activities.

Questions contact: Tom Poynton tpoynton@hotmail.com

Mon 25 March – Sun 31 March

Tues interval session, Wed 60 min easy-steady club run, Sun long run 2:45-3:00h, mainly at easy pace, but with 3m at marathon pace, 2m easy, 3m at marathon pace and 1m faster than marathon pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in week.

Mon 1 – Sun 7 April

Tues easy run, Wed club run, Sun long run for c1:45h a bit slower than marathon pace. Otherwise two, preferably three easy runs for 40-60min elsewhere in week.

Mon 8 – Sun 14 April

Last "proper" Tues interval session, Wed club run, Sat you could possibly do a Parkrun at controlled 10k effort, Sun long run for c75mins, mostly at slightly slower than marathon pace. Otherwise one, possibly two easy runs for 40-60mins elsewhere in week.

Mon 15 – Sun 21 April

Tues interval session is a LOT shorter than usual – you could do these either at track the club session, or elsewhere e.g. Dulwich Park - 3 or 4 x1k at marathon pace. Otherwise keep your runs short (30-40 mins max) at easy pace with a few strides and feel free to take a day or two extra off.

If you would like to join a long run group

ahead of the spring half and full marathons, add your details to this spreadsheet. Our current groups are working well, but always room for more people and we would like to see if we can create a new group, in particular for those running 9:00-9:30 minute mile pace.

<https://docs.google.com/spreadsheets/d/1Vqu6i000I0D34R2ZzThnzpEvNU90id3ZCezx7Ef8Ig/edit#gid=0>



It's no secret that Dulwich Runners love Parkrun!

In 2023 DR members recorded over **3,000 results** in over 80 different parkrun venues around the world - this was over 2/3 of all officially recorded results from our club.

Version 1.5 of the DR App has been released and offers a more detailed view of parkrun results, focusing on our club members only.

Use the new menu "**Parkrun Records**" to see how many times we've run on a given venue, and who recorded the best result every year, or the "all time" best

Parkrun Records					
	ALL	2024	2023	2022	2021
Banstead Woods [259]	17:03 T. Bowen	20:42 T. Tuohy	19:47 T. Tuohy	19:44 T. Tuohy	20:40 T. Tuohy
Beckenham Place [417]	16:11 T. Bowen	21:10 R. Rook	16:56 A. Bond	17:16 A. Bond	17:25 A. Bond
Bexley [130]	16:57 A. Bond	28:47 T. Bondoni	21:09 R. Rook	21:35 J. Leafe	
Brockwell [2008]	16:06 A. Wilson	16:52 A. Wilson	16:06 A. Wilson	16:32 E. Chuck	16:28 T. Bowen
Bromley [743]	16:12 A. Bond	29:14 P. Jackson	17:21 J. Willis	17:21 K. Chadwick	18:30 K. Chadwick
Burgess [732]	15:57 B. Howe	20:42 F. Vernon	16:08 A. Bond	15:58 A. Bond	15:57 B. Howe
Catford [124]	16:20 A. Bond	19:50 M. Ahluwalia	17:11 A. Bond	17:51 A. Wilson	17:27 A. Bond
Clapham Common [117]	16:37 N. Impey	19:09 H. Minter	16:37 N. Impey	18:04 S. Donlon	17:37 S. Donlon
Crystal Palace [2085]	16:37 A. Bond	19:42 M. Williams	16:41 A. Bond	16:47 B. Howe	17:10 H. Stobart
Dulwich [3933]	15:02 E. Chuck	15:02 E. Chuck	15:21 J. Dazeley	15:40 A. Wilson	15:03 E. Chuck
Greenwich [150]	16:34 A. Bond		20:54 J. Siderfin	18:13 K. Chadwick	21:00 M. Fullilove
Hilly Fields [407]	16:43 A. Bond	21:16 M. Humphrey	16:43 A. Bond	17:43 A. Russell	17:32 A. Bond
Lloyd [135]	16:56 E. Chuck	18:51 W. Lashley	17:27 B. Howe	19:18 W. Lashley	28:33 J. Wicks

Main events only

Gender: Women

Age Group: V40-45

- ALL
- V35
- V35-40
- V40
- V40-45
- V45
- V45-50

Banstead Woods [1]	26:23 C. Buglass	26:23 C. Buglass	
Beckenham Place [22]	21:58 L. Vincent	24:22 L. Vincent	21:58 L. Vincent
Bedgebury Pinetum [12]	21:16 K. Hainsworth	23:02 K. Hainsworth	21:54 K. Hainsworth
Bethlem Royal Hospital [2]	23:36 L. Vincent		
Bexley [4]	20:31 C. Oliver		
Blandford [1]	34:21 C. Buglass	34:21 C. Buglass	
Bognor Regis [1]	29:29 C. Lilley		
Bramhall Park [1]	19:34 A. Pickup		
Brockenhurst [3]	21:20 K. Styles	21:20 K. Styles	

You can filter by age group for additional insights, and you can show "main events only" (the ones with at least 100 results across all age groups, or at least 10 results in a given age group) or all events, if you are curious to see who ran in less popular venues.

Closed Age Groups

Version 1.5 also adds "closed age groups" in the filters: for instance, while V50 includes everyone from the age of 50, V50-55 only includes 50 to 55 year olds. Closed age group filters can be used on all types of events, and they are the same we use to maintain the club records in our [club stats](#).

While results are downloaded daily from [The Power of 10](#) and parkrun websites, if you notice some results are missing, let us know, so we can ensure they're captured in the system and, if applicable, in the club record files.

App Roadmap

The parkrun functionality will soon be extended as follows:

- By clicking on any cell of the grid, you will see a full leaderboard of "best results" from all DR members who have run on a given venue on the selected year or "all time" (filtered by age group, if one is selected)
- The individual runners page will include the runner's own "matrix" of best parkrun results organised by venue and by year, with the possibility to see the list of results on a given year and venue, sorted by time.

Questions? Suggestions? Please let Cecco know!

Visit www.drastic.com or app.dulwichrunners.org.uk and download iOS or Android App.

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.

Masters Champs

15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal

13-25 Aug 2024 World Masters Track & Field - Gothenburg, Sweden

Sportshoes.com 10% off for the club

10% off on [Sportshoes.com](https://www.sportshoes.com) for the club

The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

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.





v1  **Dulwich Runners**

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







 app.dulwichrunners.org.uk

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

 Download on the App Store

 GET IT ON Google play

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](#).

Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

10% discount to club members

Ola is an experienced Sports massage therapist & club runner

To find out more and book an appointment:

olabalne1@gmail.com

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.

Rome Marathon

Sunday 17 March 2024

Gower Tan writes: In recent years, I've planned an 'early season' marathon, using it as part of a training block ahead of London. My biggest challenge is resisting the urge to race it flat out, although that is no different to running long runs too fast (guilty). Last year, Seville (mid-Feb) worked well, and I paced it to perfection, finishing as planned in exactly 3hrs20 and went on to nail my long-awaited sub3, two months later in London.

Scanning marathons taking place early in the year (Marrakesh looks favourable for '25), I opted for Rome. I hadn't been there for years, the entry fee was reasonable despite my procrastination leaving it until mid-November to book, and flight options were plentiful. Accommodation is always pricey in Rome, but I landed a great Airbnb for 3 nights in the city centre, 20 mins walk to the Colosseum, 10 mins to central station.

Pre-race communication was plentiful, and most logistics were good with only a few minor downsides. The Expo is located about 10k from the city centre, at Palazzo dei Congressi which was a bit of a schlep. It's an enormous complex of buildings, accessible by public transport albeit with a bit of walking required. If I run it again, I'd go straight there from the airport, as it's in the same direction. Rome traffic is worse than London, but the train and underground are decent. The Expo itself was quick when I picked up my bib on Friday evening, but I heard the queues were lengthy on Saturday. On the plus side, everyone got a nice 'laptop style' backpack to use as their finisher bag.

Saturday was mostly spent touring, including the stunning Basilica of

Saint Mary Major, Victor Emmanuel II Monument and of course the Colosseum! An added bonus for all registered participants in the Rome Marathon plus one accompanying person is free entry to the Capitoline Museum System, from Thu to the following Tue – about 20 museums around the city. Sadly, I didn't have time to visit, but a nice addition.



The weather forecast was favourable, and all boded well. Sam Walker was also running, and we met up in the start pen, the stunning backdrop of the Colosseum ahead and surrounded by historical monuments. Sam was targeting ~3:05, but nursing an injury which hadn't completely gone, so was unsure how his race would pan out. I had planned on a conservative 3:15 - 3:20, incl. a faster final 10-12k, confident following my Paddock Wood half PB.

The unknown was the cobblestones. I'd read dozens of reports and spoken to several DRs and other running friends who had run Rome. Assessments ranged from "don't worry, there are hardly any..." to sarcastic "good luck with those..." Curiously, there is no mention at all of cobbles in the official literature.... rather, they sell the dream (which in fairness, it largely is):

A unique route in the world, starting from the Imperial Forums with the passage in front of the Colosseum, the Arch of Constantine, you will gaze upon the Palatine and Circus Maximus, you will feel the breeze of the

Lungotevere and then you will pass in front of St. Peter's Basilica, Castel Sant'Angelo, Foro Italico, Piazza del Popolo, Piazza di Spagna with the famous steps of Trinità dei Monti, Piazza Navona, the steps of Santa Maria in Aracoeli and the Campidoglio, the Theater of Marcellus, you will run next to the Circus Maximus, the last km with the Arch of Constantine and the Colosseum again in front, the final meters with the finish line again at the Imperial Forums

My post-race assessment: it truly is stunning, flat course (tiny, short hills); great support throughout, even the Pope came out to cheer; loads of decent water points (it was hot); but yes, it's Rome..... There was at least 6k of cobblestones (maybe 7k), interspersed throughout the entire course. I personally struggle with any bumps and prefer a plain hill where I can maintain a steady cadence. Still, they made it interesting, and every course has its pros and cons!! If you want a PB course, Rome isn't the one. If you want stunning backdrops and historical sites on the route, run Rome!

My race was pretty uneventful and went broadly as planned - a bit fast early on and I couldn't push the final 10k as hard as intended, the aforementioned cobblestones continually breaking my stride. Nevertheless, a negative split and felt strong to the end, so filmed the iconic final kilometre! Sam went out determined and hard, and although his injury caught up with him at around 30k, he finished well. Like me, he is building for London. A final downside was the long wait to get my bag back; like London, they use lorries to store them but given the course is a loop, they don't move. Despite all the bags being numbered, any numerical ordering appeared non-existent, so I ended up climbing in the lorry to hunt and recover it!

Some obligatory post-race beers in a nearby café went down especially well in the midday sunshine, as we both reflected on our respective Gladiatorial achievements.



Gower Tan: 3:07:22 Overall: 432 M50: 13
Sam Walker: 3:13:46 Overall: wasn't showing but around 590
Winner Asbel Rutto (KEN): 2:06:24 ~16,000 ran

Hastings Half Marathon

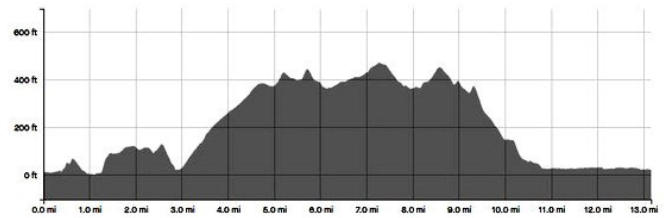
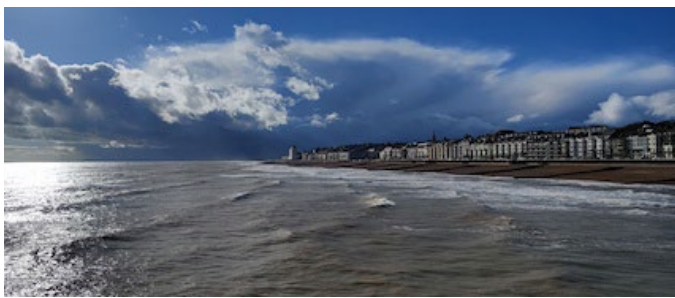
March 24

A Weekend at the Seaside

Dave West writes: The Hastings Half Marathon used to be a regular fixture for many Dulwich Runners, but seems to have fallen out of favour recently. Two of the age records are still held by club members, Don Adie (1:48 in the M75) and Clare Elms (1:19 in the F45). Nevertheless, it's a great choice for a spring race for those not seeking an all-out PB given that it has nearly 1000ft of elevation, mostly in the first five miles of the race. 2024 is the 40th Anniversary of the inaugural event with the course largely unaltered over the years, bar a few minor tweaks. As such, it takes over the whole town with support from the local council, closed roads, live music at various points and a large proportion of the population either taking part or at the roadside loudly supporting and offering goodies throughout the single lap course. I doubt that there's a jelly baby or orange left in Hastings' shops!

I first ran here in 1987 and became a regular for the next few years (best time @ 1:26), having family connections in the area. But had not returned since 2007, when I ran in 1:31 on tired legs as part of my London Marathon training, just a week after the Thanet 20. Returning for the 40th edition of the race in my 40th year of taking up running seemed apposite.

The weather over the whole weekend was mixed, with rain and hailstones at one point, although dry for Hastings Parkrun on Saturday. The out and back course (with the return leg mirroring the end of the half marathon) was however a distinct challenge with a strong 20mph headwind to the finish. However, come the day of the big race, the wind had dropped a little and it was chilly, but sunny. Around 2600 runners left the traditional start at St Leonards, with the first mini-cliffs scaled within the first half mile past West St Leonards Station. Subsequent inclines are slightly more gradual, but relentless until the 5-mile point, where it undulates for the next 4 miles before plunging down narrow lanes to the coast and a long flat section by the sea,



more often than not with that strong westerly headwind. It's a course that rewards patience over the early miles, fell running skills to make up for lost time on those downhills and sailing skills to tack into the wind over the last 3 miles.

After indifferent training and struggles with long runs, I had low expectations. But I'd had a great weekend in Hastings, so just set out to enjoy the day expecting to be well outside the 2 hours I'd run in the Big Half in late 2023. Those early hills felt like a plod and a 4th mile in 10:22 didn't augur well. But cresting the worst of the hills a mile later, my legs felt trashed then subsequently seemed to recover a little. Before long, I was running much better and passing people, reaching halfway in 62:30. After 8½ miles it was time to unlock the Wednesday night training down Sydenham Hill with a 10th mile in 8:14; transformed into a carbon-plated, gel fuelled but slightly geriatric lunatic, I was having great fun down narrow streets though having to swerve frequently to avoid both people and potholes. Always a highlight for some of us, I was still much slower than 2007 when I'd run the same mile in 6:10 and been passed at speed by Joe Brady!

Finally, I hit the coast fully expecting a headwind and for the wheels to come off given the lack of endurance training, but I still felt strong and, miracle of miracles, a sub 2 was now not out of the question. A 57:54 second half wasn't quite enough in the end, but the time is really irrelevant. I'd run faster than the mostly-flat Big Half and my last mile today was 11 seconds faster than I'd managed over the same parcours at parkrun yesterday! Most importantly, I'd enjoyed the sensation of feeling like I was racing for the first time in ages, no doubt aided by carbon shoes, but, with my PB years a hazy memory, something to savour.

Although I didn't see them on the day, there were three Dulwich Runners at the event.



170	Rob Mayes	1:35:54
1079	Dave West	2:00:24 (M65)
1172	Tim Jones	2:00:25 (M60)

1st M 66:48, 1st F 81:13. Last finisher 4:47:03, 2587 finished.

Project 20 (number ...whose counting?)

Ajay Khandelwal writes: Ok, so Chris L is a NICE guy. A GOOD chap. I admit it, even if his 17.34 park run rankles, given his limited talents. Yes, I am jealous, envious. You know once I used to run marathons alongside Yvette D. We were like best friends. But since my times have dropped I've been blocked from the whatsapp group. Apparently its reserved for "fast runners", or those with "potential" or a "serious desire to improve". Apparently I no longer meet any of those criteria. I get the cold shoulder at social functions. When I bump into Emma I at the crisp and wine counter at the local supermarket she looks right through me even though I thought we were running buddies.

I get it. There is a lot of difference between a 25 minute park runner and a 21 m runner. Hey, but just remember I am human

too. I wonder is there an unwritten club rule that you can only associate with runners with the same VO2 max, or similar lactate acid thresholds? Or maybe its written in an obscure section of the club rules!

I need to get back into the inner circle, the secret whatsapp groups. This week I haven't run much but have been engaged in a retreat in the new forest. The famous sport psychiatrist Steve Peters wasn't available, so I took a friend from the tennis club, and gave myself a total mental makeover to shift my mind set from bitter, twisted and slow, to elite, floating and fast. Reader, I am a new man. The fire is burning with in, the match has been ignited. Watch this space. Project 20 has began in earnest. And Chris L is a LOVELY man !

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.

Banstead Woods

211 Ran
Pos Gen
15 14 Tony Tuohy 20:54

Bromley

726 Ran
Pos Gen
8 8 Daniel Mann 18:08
10 1 Maeve Kenny 18:14
590 341 Steve Wehrle 2nd cl 36:06

Old Deer Park

143 Ran
Pos Gen
54 47 Barrie John Nicholls 26:16
59 9 Lindsey Annable 26:44

Brockwell , Herne Hill

466 Ran
Pos Gen
19 18 Shane Donlon 19:58
47 2 Nicola Richmond 21:48
50 44 Stephen Trowell 21:54
56 5 Ola Balme 22:04
86 11 Klara Saville 23:19
151 112 Graham Laylee 24:59
196 43 Lucy Clapp 26:11
361 124 Sharon Erdman 30:37

Rosliston

179 Ran
Pos Gen
13 2 Polly Low-Macrae 23:03

Crystal Palace

452 Ran
Pos Gen
69 8 Yvette Dore 23:29
112 15 Jo Quantrill 24:43
128 18 Eleanor Simmons 25:01
145 25 Joanne Shelton Pereda 25:36
238 162 Michael Dodds 28:26
324 202 Paul Hilton 31:42
361 217 Bob Bell 33:24

396 146 Chris Bell 36:47

South Norwood

146 Ran
Pos Gen
16 2 Christina Dimitrov 23:21
44 11 Carys Morgan 25:19

Riddlesdown

270 Ran
Pos Gen
149 45 Ange Norris 32:12

Dulwich

666 Ran
Pos Gen
91 77 Rob Fawn 19:58
117 95 Matthew Ahluwalia 20:21
144 17 Michelle Lennon 21:03
161 133 Ryan Duncanson 21:39
169 19 Katie Thompson 21:48
313 49 Sara Roloff 24:53
314 242 Gower Tan 24:54
653 353 Fazlur Rahman 40:58

Southwark

539 Ran
Pos Gen
251 180 Lee Wild 27:14
285 194 Paul Keating 28:08

Bognor Regis

358 Ran
Pos Gen
1 1 Andy Bond 17:14

Peckham Rye

405 Ran
Pos Gen
2 2 James Blackwood 17:11
6 6 James Brown 18:37
8 8 Joe Farrington-Douglas 18:47
237 56 Claire Steward 28:39

Hastings

288 Ran
Pos Gen
82 62 Dave West 26:31

Tooting Common

543 Ran
Pos Gen
6 5 John Kazantzis 20:04
166 120 Ian Sesnan 26:12

Clapham Common

927 Ran
Pos Gen
192 156 Hugh French 24:04

Catford

196 Ran
Pos Gen
3 3 Mark Callaghan 19:21

Sutcliffe

298 Ran
Pos Gen
102 83 Michael Fullilove 24:57

Chippenham, Monmouth

122 Ran
Pos Gen
4 4 Harry Lawson 20:55

Zegerplas

24 Ran
Pos Gen
3 2 James Wicks 21:59

DULWICH RUNNERS KIT

**Socks REDUCED from £5 -
now only £1 a pair!**



Vests	£23 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



Crop tops - £25

Beast from the East!

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



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



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



! 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



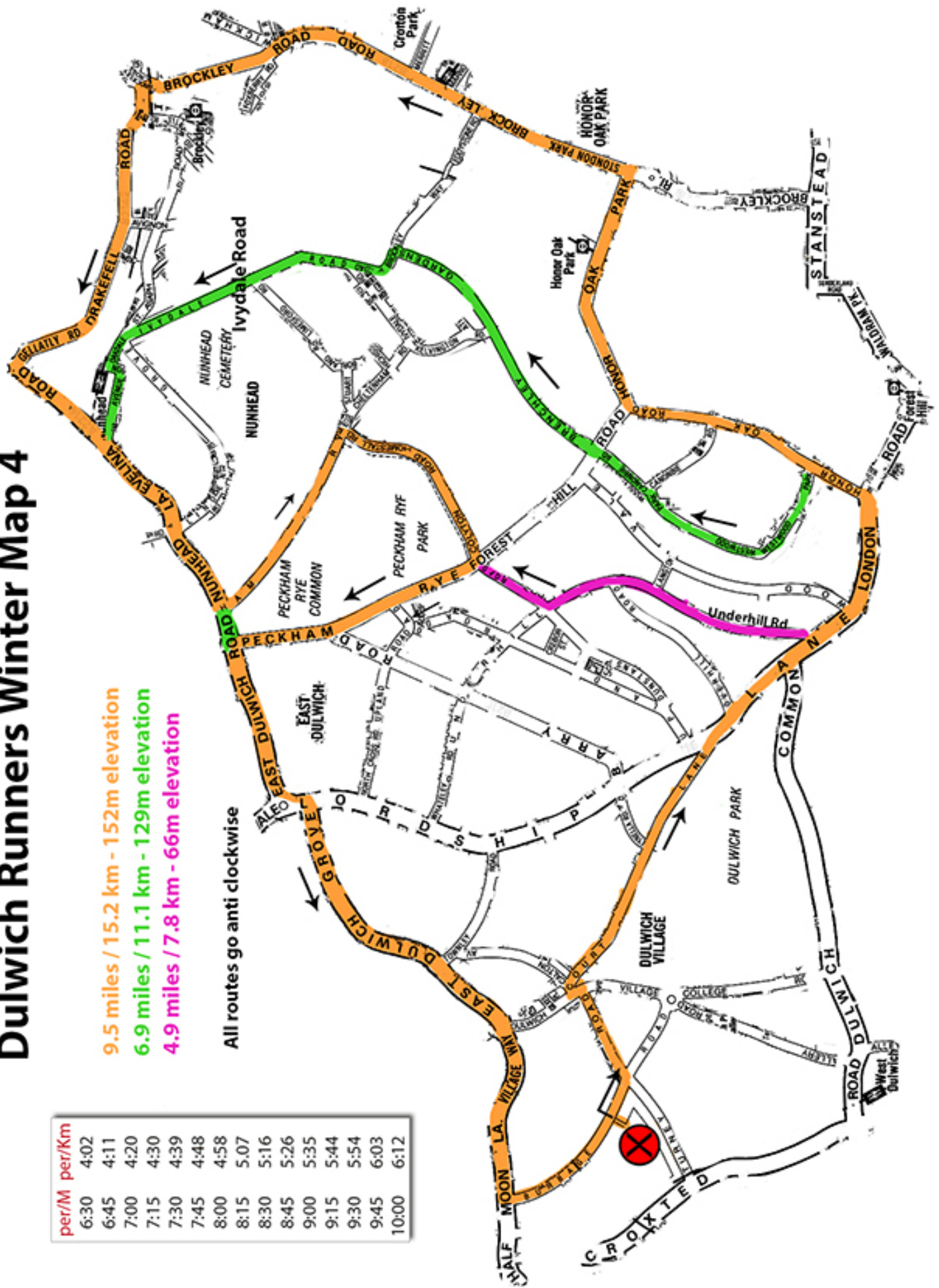
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 4

- 9.5 miles / 15.2 km - 152m elevation
- 6.9 miles / 11.1 km - 129m elevation
- 4.9 miles / 7.8 km - 66m elevation

All routes go anti clockwise

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



Dulwich Runners Winter 5km routes

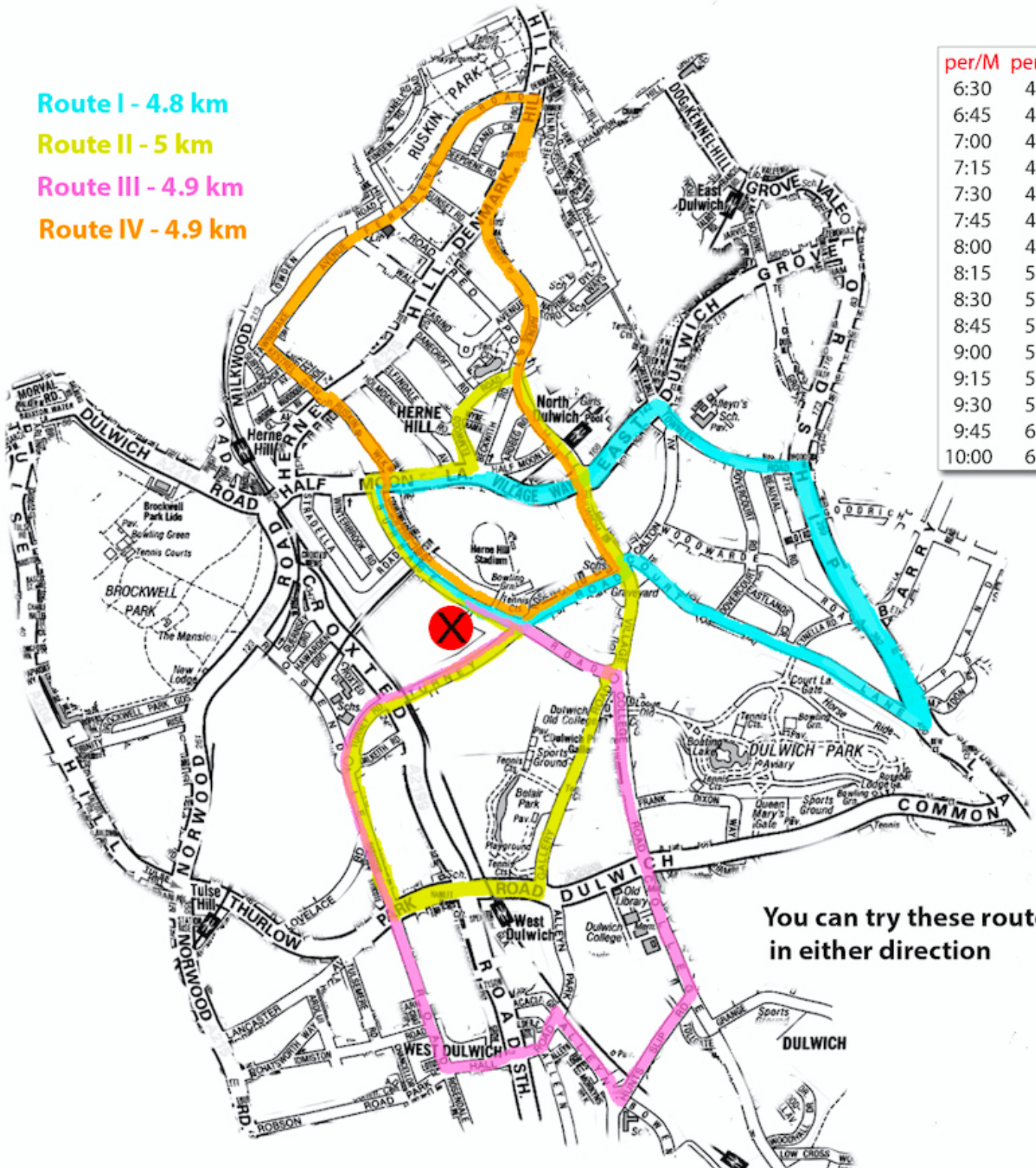
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 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