



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
- 8 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 information is always in here.
Facebook and WhatsApp are also widely used.

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

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

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

'Wear your club vest Wednesday' makes a return

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



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

2023/24 membership

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

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

Bank details will be on the renewal form.

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

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

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

DULWICH RUNNERS 2023/24 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

Dulwich Runners Cross Coutry (XC) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. We'll be hosting a Q&A talk Wednesday 13 September 8.30pm after the club run to tell you more about XC. Or speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information.

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

Surrey League XC		Ladies' venues	Mens' venues
🏆 14 October	Race 1	Epsom Downs	Richmond Park
🏆 11 November	Race 2	TBC	Mitcham Common
🏆 13 January	Race 3	Oxshott Woods	Wimbledon Common
🏆 10 February	Race 4	Lloyd Park	TBC

www.surreyleague.org

Other popular fixtures (Ladies and Men run at the same venue)		
21 October	SEAA Relays	Wormwood Scrubs
28 October	Surrey Masters	Nonsuch Park
28 October	British Masters Relays	Long Eaton, Derbyshire
🏆 18 November	London Championships	Parliament Hill
🏆 25 November	South of Thames 1	Beckenham Place Park
2 December	Kent Masters	Central Park, Dartford
9 December	SEAA Masters	Oxford
🏆 16 December	South of Thames 2	Lloyd Park
6 January	Kent Senior Championships	Brands Hatch
7 January	Surrey Senior Championships	Denbies Vineyard
20 January	Veterans AC Championships	Wimbledon Common
🏆 27 January	South of England Championships	Beckenham Place Park
24 February	England National Championships	Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>
Further race details on will appear in the Shorts Newsletter each week.



Vets fixtures

Saturday October 14 - English Masters Cross-Country Team selection races, Markeaton Park, Derbyshire
Anyone looking for a place in the England Masters team in the British and Irish Masters International at Tollcross Park in Glasgow would probably need to run this event.

Saturday October 28 - British Masters Cross-Country Relays, Long Eaton
Though a long way up this is easy to get to - a fast and flat course of around 3km
M35 and M45 5 Stages - M55 4 stages M65/M75/W35/W45/W55/W65 3 stages

Saturday November 19 - BMAF Road Relay Championships, Melton Mowbray
Traditionally we have done well but this year instead of Sutton Park in May we have Melton Mowbray in November.
If everyone (or at least most) of the potential A team runners turned out we could do very well in the M35s, M45s, M65s and W55s especially at both Long Eaton and Melton Mowbray.

Sunday December 3 - BMAF 5km Championships, Battersea Park
Fast 5km course and local.

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

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

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

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

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

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

Pacing At Burgess Parkrun, 7 October

Thanks to those of you who have put yourselves forward to pace at Burgess parkrun on 7 October. We are still short of volunteers so if you are available please get in touch. We are looking to cover the range from 20 mins or below up to 35 mins. Some of the emails in my inbox in mid September have mysteriously disappeared so if you contacted me by email please do so again. No problem with Whats App messages. - Mike Mann mcmann90@yahoo.co.uk

Inter Financial Services AA Cross Country

15th November 2023

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

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

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

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

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

Crystal Palace update

Temporary floodlights (until redevelopment of the site) now in place - GLA said the track closing w/c 2 October for repairs. Should take 15-20 working days weather dependent, will update when reopening. Looking at early November return, later than I would have liked but at least we will have proper floodlights and an improved track. Tom - tpoynton@hotmail.com





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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



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

Surrey League

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

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

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

Other Races

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

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday hill training Sept. - Oct.

7pm every Tuesday in September and October - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 mins of gentle jogging before we start at 7:00pm with warm-ups and drills ,then main session, finish 7:45-7:50pm or so. Session free of charge. Arrive ready to run - it should be safe to leave jackets or bottles etc. We will be running up and down a well-lit traffic-free path – please keep enough room for any pedestrians to pass.

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

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

Autumn training update

Tuesday training now at Low Cross Wood Lane, traffic-free path through the woods opposite Sydenham Hill station – all September, early October, then to Crystal Palace track when floodlights are in use. Hill sessions are good preparation for the cross-country season, and a useful component of a more general period of training.

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

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

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

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-1/2M pace as part of a longer run)

Sunday – long run at a nice easy pace

To not make each week too similar you could alternate Wednesday club runs between longer and shorter, vary the pace of parkruns, or some longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training. There are no suggestions about strength and conditioning work, pilates or yoga, as the amount and type needed varies from person to person but these are all really important to building a stronger more resilient body so consider what works for you.

Masters Championships

Oct? British Masters 1/2M Champs Gravesend

08 Oct British Masters Marathon Champs - Chester

14 Oct England Masters Cross Country Team Selection Race (for Nov international) -Derby

28 Oct British Masters Cross Country Relays - Long Eaton (team entry)

11 Nov British & Irish Masters Cross Country International (selected team entry) - Glasgow

19 Nov British Masters Open Road Relays - Mallory Park (team entry)

03 Dec British Masters 5k Road Champs - Battersea Park

30 Dec British Masters 10 Mile Road Champs– Buntingford

16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.

17 - 24 Mar 2024 European Masters Athletics Champs Indoor – Torun, Poland

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

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

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.
code for September is - **EIUEE8 valid to 3/10/23**- 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.





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](#).

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.

Dorney triathlon

Sunday 24th September 2023

Clare Norris writes: It seemed to be a racing weekend for Dulwich, from the Vitality 10k all the way to Berlin! Not to let the side down, Kay and I ventured to Eton Dorney for our first Olympic distance triathlon and a bit of an end of season hoorah. Neither one of us having done specific triathlon training, we tried not to be put off by all the super kits and carbon bikes.

Fortunately our legs spoke louder than any kit and we got stuck in for the long haul. A mile swim in a cold lake nearly gave Kay a panic attack but we fought the weeds and tried to think of more exotic climes. 8 laps on the bike with a nasty cross wind does make you question your life choices and I felt grateful for my 8 strips of masking tape that I methodically transferred from one handlebar to the other. I pushed hard on the bike knowing that every 30 seconds I could gain on Kay would mean further for her to catch me on the run. So with a fast T2 I had about 3 minutes gain and it was just a question of how long I could hang on for.

I managed to stay ahead until 6km and then I heard her familiar light footfall behind me. So Kay finished 9th female overall and me 10th, 50 seconds behind. I felt pleased with a 10k time just under 44 minutes which last season I'd have been happy with in a 10k road race. But boy we were rather delirious after, part euphoria and part electrolyte chaos. Nothing that a coffee and a good natter didn't fix!

Kay Sheedy writes: Clare and I travelled to Dorney Lake to take on our first Olympic distance triathlon together. I was feeling

slightly underprepared after not managing to fit much swim and bike training in recently and was still quite fatigued after a disappointing run at the Copenhagen half marathon the week before. The racing conditions today were much more pleasant, nice and cool with the water temperature a fresh feeling 18 degrees Celsius. 64 ladies set off together on the 2 lap 1500m swim course and after a minor moment of panic at the start, I got into a good rhythm and was very happy with my swim time overall, being around 4 minutes faster than I

had hoped for. Onto the bike, and I was swiftly overtaken by Clare who had a storming bike leg and had disappeared off far into the distance after the first lap, leaving me trailing by a good 3 minutes at the end of the 8 lap course.

Lastly was the 10km run, and after a solid first 3km, running at below 4min/km pace, everything suddenly turned to jelly and both quad and hamstring muscles were cramping so badly. The final 2km were done through gritted teeth but I was determined to stay on two feet and finish the race. Clare had a strong 10km and finished very shortly after, also placing in the top 10.

Overall it was an amazing experience, but definitely a steep learning curve. The plan next year is to hopefully step up to 70.3

distance, so much more training will be required for this.

Results

Swim 31:22

T1 3:19

Bike 1:25.24

T2 1:57

Run 39:51

Overall 2:41:55, 66/243, 9th female, 1st W35-39

country several hours and a deluge after Ros's race, losing out on a team medal by another Brit's late withdrawal. Races continue until Sunday 1 Oct. - **Andy Murray**

W70 1500m 23 Sep

3 bronze Ros Tabor 7:04.67 (+:55,+45 on 1st/2nd)

W70 XC c5.2Km 24 Sep

3 bronze Ros Tabor 28:48 (+3:26..+1:04 on 1st/2nd), member of silver medal-winning GB team

W70 5,000m 25 Sep

5 Ros Tabor 27:17.29

M45 XC c 7k 24 Sep

11 Ade Russell 25:09 (2:21 behind 1st)

European Masters track & field Champs, Pescara, Italy

Just a brief report on the first four days, more to come next week.

Ros has had a busy time, with three races in three days, medalling and running to form for the first two, although mainly behind fast Germans, but fading a bit for the last one. Ade was making his international masters debut - cross



South of England M60 Relays Aldershot

September 23

Steve Smythe writes: For the first time since 2015 the Championships returned to Aldershot - it's a fantastic venue even if the 6km course had barely a stretch of flat running in it. There was a great atmosphere and presume the event will now remain here.

M60 3 x 6km

While the performances were nowhere near as good as those of the senior men's, the advantages of getting old (counter balanced by the ever embarrassingly slow times) was illustrated by a M60 team picking up silver medals and had we got a full healthy squad we would have won comfortably though the other leading teams were even more affected by injuries and athletes targetting individual race titles than we were.

Tony has still been setting records since turning 60 but is far from happy with his form but still ran the quickest M60 leg but only by a few seconds and was helped by a faster M60 running in the M50 race and another from South London taking it easy to save him himself for the Vitality 10000 the next day.

Ebe had a steady race about on par with recent 5kms as did Steve Smythe who lost the lead albeit 8 minutes down on his best time well back in the middle of the last century.

Neville had an injury and actually withdrew from the team midweek but when told there was no one else who could do, he bravely ran and though well down on his previous capabilities it was enough to gain us silver medals by quite a margin.

1 Tony Tuohy 23:13

1 Ebe Prill 25:09

2 Steve Smythe 27:26

2 Neville Webb 29:48

M60: 1 SLH 1:43:12; 2 Dulw 1:45:35; 3 Kent 1:48:01; 4 Herne Hill 1:54:45; 5 Soton 1:59:13

Men and younger vets

The men medalled at Crystal Palace last year but nearly all the top teams were in Aldershot running the non championships race running a rival event and this was a much better performance with a stunning club debut by Max Milarvie. He does have a 29:22 10,000m PB though!"

The rest of the team all ran exceptionally well to get us to 12th and easily qualify for the Nationals. There were also some fast times in the B team led by Rob Armstrong's 19:26 and Max Bloor's 19:30 to show at the moment the club is by far and away the strongest in the men even if our women who have challenged for medals here in the past couldn't get a single runner out this year.

The M40 vets were missing their top runners from last year but still finished a fine seventh.

A team: 12th

4 Max Milarvie	17:53
16 Nick Impey	19:18
18 Aaron Wilson	19:16
14 Jack Ramm	18:38
17 Joe Hallsworth	19:35
12 Ed Chuck	18:25

M40 A : 7th

6 Tom Shakhli	20:59
5 Ben Smith	21:05
7 Wayne Lashley	22:31
7 Eugene Cross	21:48

M40 B: 13th

19 Chris Beardsall	24:25
14 Alex Loftus	22:43
14 James Burrows	23:47
13 Shane Donlon	22:09

B Team: 50th

81 Tim Bowen	20:27
62 Max Bloor	19:30
58 Fred Bungay	19:56
57 Theo Gittens	20:41
53 James Blackwood	20:38
50 Rob Armstrong	19:26

Second claimer Clare Elms added to her medal collection here but this time in the colours of Kent AC and she ran 23:02 for the bronze medal winning women vets team and though very unhappy with her run, a few months before she turned 60, she was still quicker than all the M60 men here. Lewis Laylee ran 18:33 for Herne Hill.

Vitality Westminster mile

23rd September 2023

Lindsey Annable writes: Billed as the world's most iconic mile race, we had entered this some time ago. The event was celebrating its 10th anniversary and we have done every one since 2013 - no pressure to keep it up then! Times have waned over the years but the course is still as stunning as ever. It starts in the Mall and finishes in front of Buckingham Palace using the infrastructure for the Westminster 10000m the following day.

Green Park was quite serene when we arrived and bathed in beautiful clear blue skies and bright sunshine. We dropped our bags off early and did a quick warm up before heading to the start. Years ago the mile start was always crowded but parkrun has probably stolen runners from the event, so for once we had a clear run. We both were running tired. At the risk of sounding like a stuck record, Barrie had still been clocking monstrous hours on his feet on film set. I'd been grappling with post Covid fatigue for three weeks now so really wasn't expecting anything from



my run. Barrie amazingly produced a season's best as did I, although for me that is not saying a lot given my criminally slow pace earlier this year. I was pleased to see a 7 on the gantry as I rounded the corner so mustering as much speed as possible, I managed to cross the line just before it ticked over to 8. Still much improvement required but at least heading in the right direction.

Afterwards we had a mooch around the event exhibition, mindful it would be far busier on the Sunday. Vitality were offering free smoothies after the event but you had to work for them, pedalling on a bike to power the smoothie maker in 'the race to produce the smoothest smoothie'. The jury is out on who won - Barrie got an '8 out of 10' from the event staff and I had an 'excellent'. I think that just edges it. Let's face it I need to beat him at something. We then had a go at a football agility exercise where you stood in the centre of a circle that had lights in it. As the lights randomly illuminated, you had to kick the ball at them to score a point. A tad difficult to explain but we were back to the usual hierarchy of results Barrie 16, Me 12. Then again Barrie did play a lot of football in his younger years so a thoroughly unfair competition!

Barrie John Nicholls 7:20 (2nd in age category)

Lindsey Annable 7:59

VETS AC 10,000m Champs

Battersea, September 13

Winning the fastest overall race (race C), Andy Bond set a high quality club M50 record holding 80 second-pace most of the way with a 66 final circuit. It took a minute off of Tony Tuohy's ten-year-old mark from 2013 and was also a VAC Championships M50 record.

Clare Norris was second in the first race, breaking clear of Ed Smyth over the second half and took W45 bronze and might have fared better had she ran in the next race where two runners in her age group ran 42 minutes.

Steve Smythe set a low quality M65 mark around 15 minutes down on his 44 year-old PB. The previous 'record' was set by Don Adie in 2005 with 49:42.70 though he was 78 then so it remains a high quality M75 mark. Don is now 96 and we believe still with us. - **Steve Smythe**

Vitality London 10000m

24th September 2023

Lindsey Annable writes: We were back at the Mall for more running 'fun' as we attempted the double of both events (another run, sleep, repeat couple of days). The contrast with the relative calm of the mile event couldn't have been more stark as hordes of runners flooded into Green Park, many turning up far earlier than instructed. That seemed to be a bit of a theme, but more on that later.

I was in the wave behind Barrie but found out Claire S and Jo were also in my wave. In the masses, it was impossible to spot even the bright red of the DR vest and looking at the results there were far more club members taking part than I saw.

The start merited no other description than chaotic. Swathes of runners were gathering by the narrow entrance to the Mall and the poor marshals were battling to slow the stem of people trying to get through, using the world's smallest loudhailer to bark out instructions. It was not helped by many runners in much later waves standing there early and trying to push in. The organisers really need to address this.



Claire Steward adds: I first did this race in 2015 (when it was the BUPA 10,000) and was second FV60 (48:12). In three subsequent events I placed first or second FV60 / 65 and last year I was first FV70, so despite current form I had something to try to live up to.

The start area in Green Park was a bit shambolic with no helpful signs indicating baggage drop or toilets, and there were hundreds of unfortunate entrants who had not received their race packs waiting in lines for replacements, some subsequently reported waiting for up to two hours. I had arrived in plenty of time and found Joanne and ex-DR Kaylee and we managed to get

The Mall felt like an oasis of calm after the crush and I was able to do a few strides and take part in the final warm up routine put on by the event. As I was doing so I turned and looked across the Mall only to see Barrie in the wrong wave. He'd been told it didn't matter which wave he went in. When he asked to go back into the correct and faster wave, they wouldn't let him even though that wave hadn't departed. Madness! I started near to the front of my wave having experienced so many people overestimating their abilities in the past and getting boxed in behind them. I'd decided to take it steady and not look at my watch at all as I'd struggled with a 6 mile run in the week which felt like running through treacle.

Despite all the start hiccups, I thoroughly enjoyed the run and spotted a few DRs at various points on the course. Thanks to spectators Colin and (I believe) Polly for their shouts of encouragement. At about 2km I noticed Barrie ahead of me which was bizarre as I hadn't seen him going past. Then I was overtaken by Jo who glided past looking strong and gave me a cheery hello. It was lovely to run past so many familiar landmarks of London too.

When I finally finished I saw Barrie and Jo waiting for me and we were soon joined by Claire who'd obviously started further back than me. Finally former member Kaylee Coxall joined us for the obligatory photo shoot.

The consensus was that it was a 'lovely run but chaotic at the start'. Jo was pleased with her run as was Claire who was well up on current parkrun form. Barrie had no idea how he'd run as he hadn't timed himself but had worked hard as he wanted to beat the time of a friend we were seeing later. In fact he was only a second slower than last year. I think he has been doing some sneaky training runs round the film set.

Dave reported he had a run of two halves, feeling rubbish at the start, but gradually speeding up to post a negative split of some 75 seconds. That was despite a family evading the marshals and crossing the Strand right in front of him, looking the other way. He apparently swerved to avoid the adults but demolished the child

through the hoards onto the relative calm of the Mall, and then we were off. With many of our runners starting in earlier waves, I was able to spot several of them in the contraflow sections ahead of me. I kept a steady pace and was happy with my effort. The results show that I was first FV70 but there are four numbers in the category with 'Detail Pending', where runners who had to take part with replacement numbers being asked to contact SportSystems to fill in the blanks.

At the finish I was met by Joanne, Kaylee, Barrie and Lindsey and we paused for a group photo then a few of us made our way to The Clarence where we found some

1r3 Andy Bond 33:11.82 (1M50) (M50 club record)
2r1 Clare Norris 43:03.01 (3W45)
3r1 Edward Smyth 43:58.78
6r1 Steve Smythe 46:58.13 (3M65) (M65 club record)

Friday Night 5km Under The Lights

Battersea, September 15

Steve Smythe writes: Clare, feeling a little dizzy, just missed her UK age best by a second but still scored over 100per-cent on age-grading. Aaron and Joe were close to their PB's.

7r1 Jack Brotchie (2nd claim) 15:35
13r1 Aaron Wilson 15:38
28r1 Joe Hailsworth 15:45
62r1 Tom Shakhli 16:39
62r2 Clare Elms (2nd claim) 18:05



(quote unquote). Dave survived and posted his fastest Kms in the 9th and 10th km. No reports about the child so we assume all okay!

Claire and Jo headed off to join other DRs for post-race refreshments of an alcoholic nature, I assume, but we had to head home as we were meeting up with Bob Anderson and his wife for dinner. Bob is no other than the founder of Runners World who we met in 2019 when Barrie (uncharacteristically?) had a burn up with him at the end of the 10,000, trying to beat a fellow grey top. They have kept in touch ever since and Bob vowed to come back and podium in his age category.

Like all international runners Bob had to pick up his number on the day so he got caught in the never-ending queue with others who were replacing lost numbers. He thought his hopes of achieving a good result had been dashed as he inexplicably got bumped down to wave 10, the walkers' wave, despite training hard to target 49 minutes. Understandably he was hugely slowed down and frustrated by having to weave in and out of walkers. All the exasperations were forgotten as we had a delightful meal and chatted all things running and athletics and Biden and Trump among many other topics (well, you just have to get the insider view on what our friends across the pond think). Whilst some way off his target, we were pleased to see later that Bob topped his age group. We are also happy to report the Barrie vs. Bob head to head is now 1:1. Let's see if there is a rematch!

of our speedy menfolk already rehydrating (congrats to Andy Bond on another club record!).

Everyone I've spoken to seemed happy with their performances, Graham said he always runs well at this event, and no doubt some of us will be back again next year.

Selected results below:

	Winner Jack Rowe	28:13
1841	Graham Laylee	46:28
3629	Joanne Shelton Pereda	51:39
3730	Barrie Nicholls	51:56
4076	Dave West	52:50
5140	Claire Steward	55:38
5394	Lindsey Annable	56:15

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.

Richmond

430 Ran
Pos Gen
107 14 Katie Prior 24:18

Roundshaw Downs

136 Ran
Pos Gen
10 2 Laura Vincent 22:00
30 5 Ange Norris 24:25

Bromley

508 Ran
Pos Gen
273 207 Peter Jackson 29:00

Harrow

280 Ran
Pos Gen
51 46 Stephen Williams 24:11

Eastbourne

255 Ran
Pos Gen
26 25 Ian Lilley 23:20

Brockwell ,

373 Ran

Pos Gen

48 43 Stephen Trowell 21:33
59 50 Sean Cordon 22:03
72 9 Ola Balme 22:45
83 65 Simon Burnett 23:08
86 68 William Hooper 23:19
102 16 Lucy Pickering 24:00
286 90 Sharon Erdman 29:51

Crystal Palace

415 Ran
Pos Gen
36 5 Laura Denison 22:10
139 112 Colin Frith 25:57
168 128 Michael Dodds 26:43
170 130 Matthew Trueman 26:45

174 133 Dave West 26:49
192 42 Belinda Cottrill 27:04
257 73 Clare Wyngard 29:25
259 75 Claire Steward 29:26
264 76 Clare Norris 29:39
296 188 Paul Hilton 30:38
297 189 Paul Keating 30:39
301 98 Joanne Shelton Pereda 30:52
307 192 Bob Bell 31:09
376 138 Chris Bell 36:48

Northampton

328 Ran
Pos Gen
22 20 Hugh Balfour 21:47

South Norwood

131 Ran
Pos Gen
37 5 Carys Morgan 25:27

Riddlesdown

138 Ran

Pos Gen

9 7 James Wicks 21:39

Dulwich

524 Ran
Pos Gen
9 9 Andrew Inglis 17:33
43 40 Ryan Duncanson 19:38
74 69 Rob Fawn 20:32
75 70 Gower Tan 20:32
91 5 Michelle Lennon 21:06
97 8 Alexandra McClelland 21:12
118 11 Alice Williams 21:32
123 106 Olivier Montfort 21:39
133 113 Paul Vivash 22:02
155 131 Hugh French 22:49
179 22 Christiana Campbell 23:20
199 159 Lloyd Collier 23:51
512 278 Fazlur Rahman 41:01

Hilly Fields

239 Ran

Pos Gen
169 115 Andrew Scott 29:34

Orpington

171 Ran
Pos Gen
138 91 Steve Wehrle 36:32

Southwark

471 Ran
Pos Gen
1 1 Andy Bond 17:26
71 59 Lee Wild 21:52
194 142 Ian Sesnan 25:18

Peckham Rye

347 Ran
Pos Gen
33 31 James Brown 21:06

Hastings

364 Ran
Pos Gen
58 51 Nicholas Brown 22:59

Tooting Common

626 Ran
Pos Gen
19 17 John Kazantzis 19:51

Hazelwood

124 Ran
Pos Gen
47 7 Jenny Bomers 27:30

Somerdale Pavilion

188 Ran
Pos Gen
13 13 Terence Baker 20:32

Sutcliffe

194 Ran
Pos Gen
20 19 Justin Siderfin 20:35

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



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



Socks only £5



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top

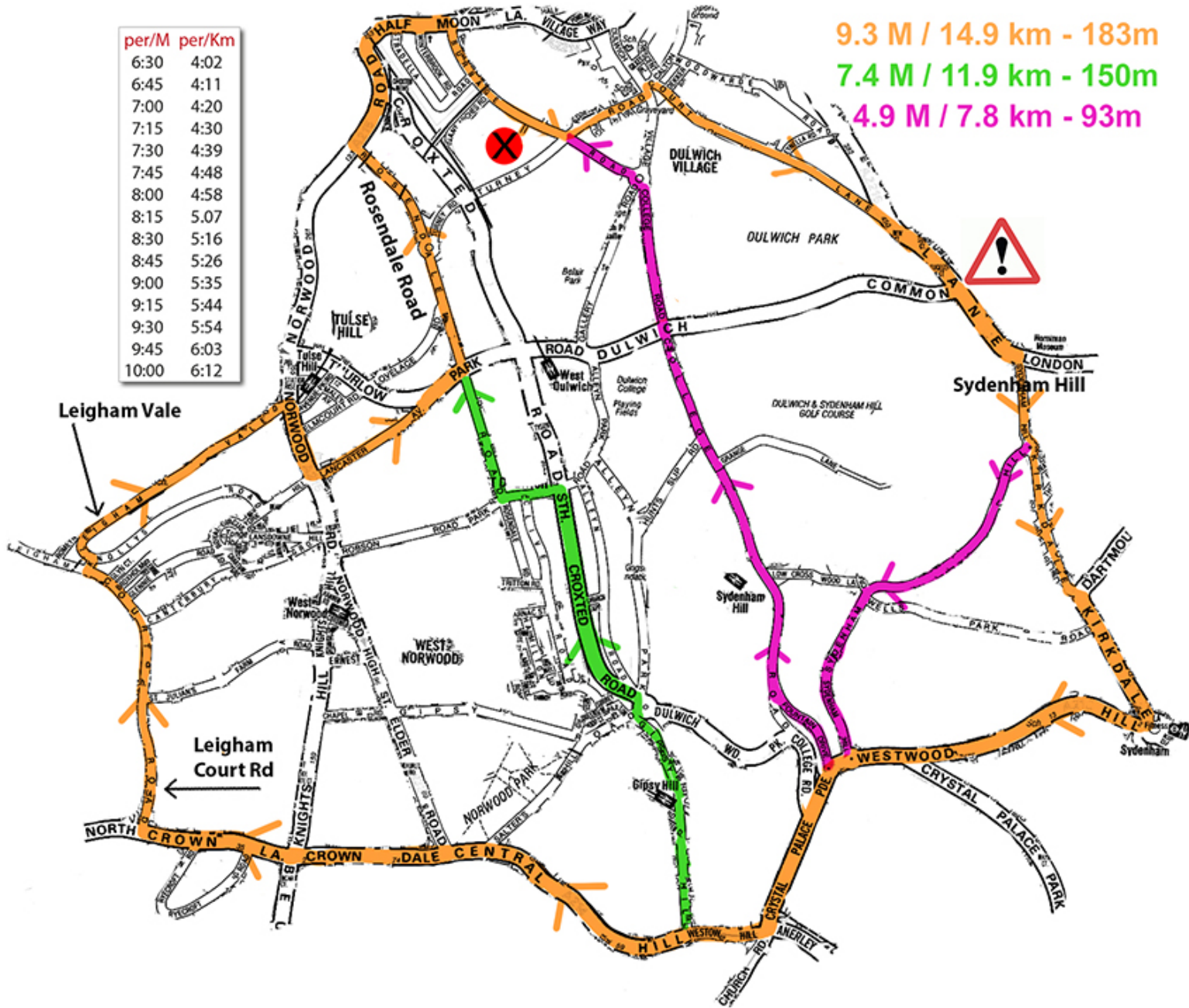
Dulwich Runners Winter Map 3

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

9.3 M / 14.9 km - 183m

7.4 M / 11.9 km - 150m

4.9 M / 7.8 km - 93m



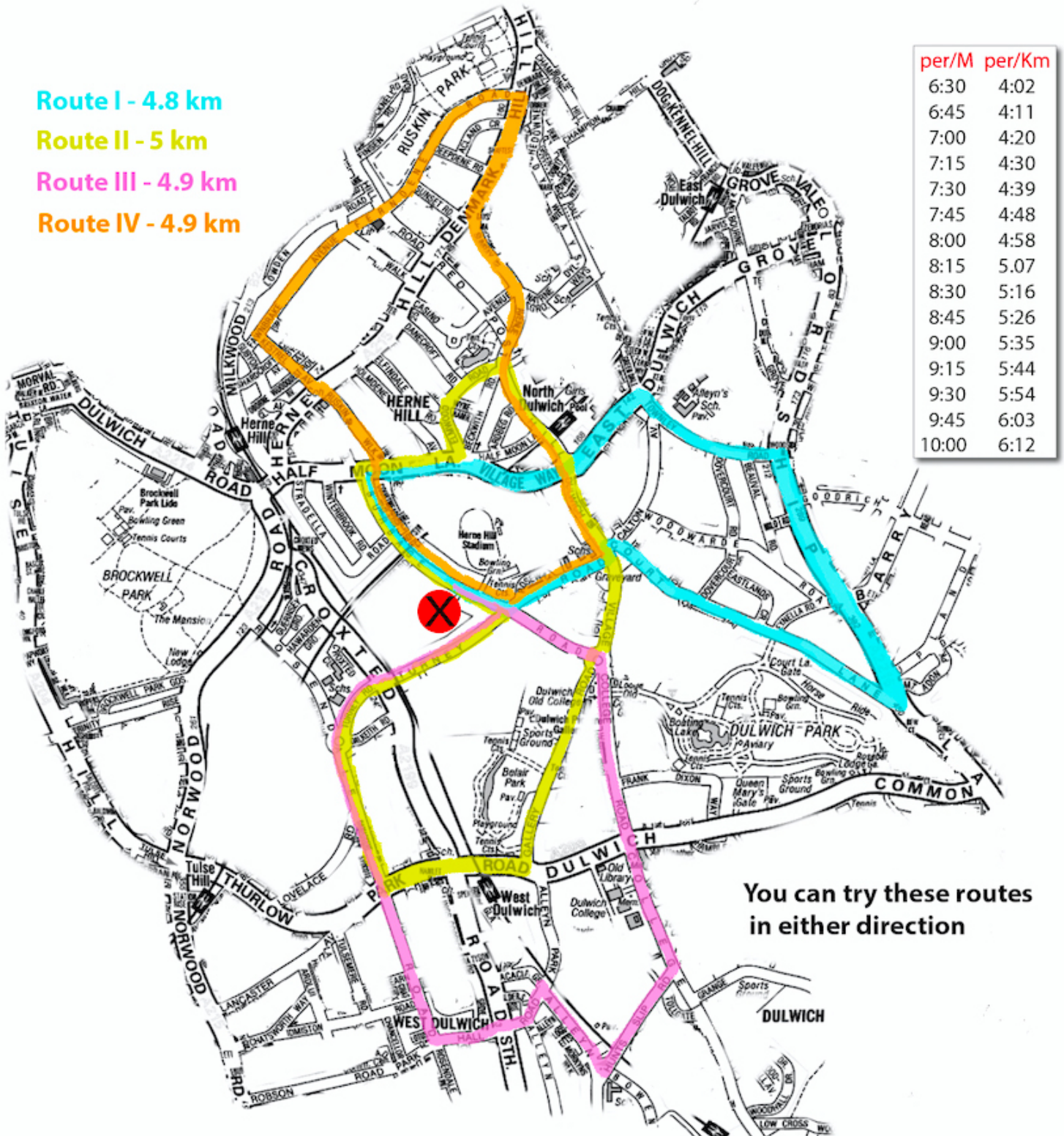
Dulwich Runners Winter 5km routes

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