



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
- 5 Fixtures
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- 9 Race reports and results
- 15 Club kit
- 17 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

*** 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



Join us for pizza evening and awards after the club run on 1.5.24 @8.30pm Pizza £7.00 Payment by zettle at the clubhouse Place your order on the list at the clubhouse (Meat or Veg) Last orders must be in by 29.4.24.

If unable to attend club then email dulwichrunnerssocialsec@gmail.com



'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

and the

Social 1st mile

There was a proposal at the AGM from members that we have a 'Social 1st mile' on a Wednesday night club run. This will enable us all to get to know members who are different speeds to us.

It was agreed to do this on the first Wednesday of each month; the same evening as 'Wear you club vest'.

We will begin this week - Wednesday 1st May

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

Annual General Meeting 2024 Round Up

(Out-going) Club Secretary, Yvette Dore, writes: Many thanks to everyone who attended the Dulwich Runners AGM 2024 which took place downstairs at the Edward Alwyn Club after the Club Run on Wednesday 24 April.

The meeting was attended by 35 members, which is on par with previous years.

Ange and Ebe shared chairing responsibilities, with Ange delivering the Chair's report covering the Club highlights of the year, including our achievements on road and cross country, numerous new Club records, the brilliant work and support of our coaches, and our much-loved social events. You can read the report in full below.

During the meeting, the Club's General Committee members for the coming year were formally nominated and voted into their roles, including two new Committee members. Laura Vincent was newly appointed as Joint Women's Captain, and Catherine Buglass was newly appointed as Club Secretary.

Thanks were extended to out-going Joint Women's Captain Kay Sheedy and Club Secretary Yvette Dore for their great support and contribution to the Club and Committee over the years.

Ros Tabor and Graham Laylee were awarded with Dulwich Runners' Life Membership in recognition of their exceptional service to the Club.

Your new Dulwich Runners AC General Committee is:

Committee Role	Who
Joint Chairs	Ebe Prill & Ange Norris
Treasurer	Andrea Ceccolini
Club Secretary	Catherine Buglass
Joint Women's Captains	Katie Smith & Laura Vincent
Joint Men's Captains	Ed Chuck & Alex Loftus
Membership Secretary & Shorts' Editor	Barry Graham
Social Secretary	Michelle Lennon
Welfare Officer	Tom Poynton
Publicity Secretary	Jonathan Whittaker
General Members	Mike Mann, Jack Ramm and Gower Tan
Non-committee Roles	
Honorary President	Barrie Nicholls
Welfare Office	Mark Foster
Kit Person	Ros Tabor

AGM 2024 - Welcome and Chair's Report delivered by Ange Norris

Welcome to our AGM. I'm going to start off by giving a roundup of the last 12 months. It actually takes me a while to write this since 1. so much has happened but 2. looking back over the year reminds me of so many great moments and reasons to be a Dulwich runner.

I'm always amazed and impressed at the amount and variety of events our members do and that variety is a strength of the club as a constant source of inspiration to others. The stats make impressive reading but it's the hearing about and understanding of what's gone into all the achievements, sharing the training, the build-up, the post event celebrations – it's what makes being a Dulwich Runner so rewarding and so much fun.

This has really been the case over the last couple of weeks with marathon fever. We had 36 run in London plus others at Manchester, Brighton, Boston, Vienna and Blackpool and there probably have been just as many supporting. In London it's the first time in the club's history that 4 men have finished in sub 2.30 plus another 7 sub 2.45. That was not all though, as there were 16 PBs throughout.

In the Club Champs we had 150 members take part in at least one race and 42 completed with at least 4 events, which is up on last year. A decision was made, as part of our aim to be more sustainable, to donate £5 per person who completed the champs to charity rather than give out medals. However, some members have since expressed disappointment at not receiving a medal. After a discussion, this year there will be an option to choose to receive a medal or to donate to charity.

The number completing the Ken Crooks Cross Country champs was also up on last year with 25 men and 14 women.

The strength of the men's team has been proven both on the road and in cross country. In Surrey League, having achieved a 2nd year in Div 1, their aim was to finish as high up the table as possible. Another 'highest ever in Club history' was achieved with 4th position and 1st and 2nd in the individual rankings. Other XC bling won included 2nd team at both SEAA XC relays and London XC champs.

The women also competed in Div 1 in Surrey League but will be challenging in Div 2 next year. However, XC enthusiasm is spreading and the team has grown with several new members this year. With training and dedication we will grow in strength next year.

On the road the men's team bettered their finish position from last year at the SEAA 12 stage road relays, finishing 12th. This qualified them for the Nationals, but unfortunately we were unable to field a team due to many of our men about to run a marathon.

Assembly League was well supported and both men's and women's A and B teams placed 2nd at the end of the season, plus we had several individual age group medallists. More members ran Assembly League and we hosted the race at Crystal Palace. There was positive feedback, so thanks to everyone involved in organising that, both in advance and on the day. After the first Assembly League fixture this year the men were 1st team and the women 2nd, so let's keep that going.

Our own Mid-Summer Relays were again a sold-out event with 80 children and 100 relay teams, including 9 Dulwich Runner teams. It has become a key club event with so many members being involved. The success of an event can be judged by whether people return and past participants are already contacting us to enquire about entering this year. Thanks so much to the core organising team, all the volunteers on the day, the runners and supporters.

The diversity of events that members enter seems to grow – several race both indoor and outdoor track races, (even long jump, although I believe that's never to be repeated), many enjoy a range of distances over the trails and we have keen fell runners and ultra runners. We also have a group of keen triathletes.

Many of our masters race regularly in age group races from locally to internationally, including qualifying for the British and Irish Masters XC.

We had 2 teams in the Green Belt Relay for the first time for several years, with several rookies who are keen to return.

Once again it has been a year of many club records being set, both overall and in age groups. Take a look at the DR app for all the details but to summarize -

For the women – records were set by Clare Norris, Kay Sheedy, Chris Bell and Sue Vernon.

For the men – this was the year that we all got excited as the marathon record set in 1991 was broken, by 2 people! Nick Impey ran 2.24.43 at Chicago and Aaron Wilson ran under the 1991 record but 12 seconds slower than Nick at Valencia.

Other records were set by Ed Chuck, Max Milavie, Andy Bond, Tony Tuohy, Ebe Prill, Mike Mann, Steve Smythe and a new V80 record was set by Chris Vernon.

It has to be emphasised here that all these records plus the results and progress of all at the club, is a result of our training sessions. The value of the help and support of our coaches – Tom Poynton, Katie Styles and Mark Callaghan, cannot be underestimated and I want to thank them for all the time and effort they put into the training sessions.

Membership remains consistent with previous years, ending at 300 with an approx. ratio of 2:1 men to women.

We had various socials including a quiz evening, a summer picnic (held in the club house due to the soggy British weather) the ever popular brewery run and the Christmas Drinks and Awards night.

This year we have had some post Wednesday evening run talks which is something we would like to continue. If anyone has a suggestion of a topic they would like covered, do let us know.

As previously mentioned, we have donated to charity. We gave £225 to both the Running Charity and The Saint Matthew's Project. The latter is a local charity and we are also giving them 2 free team places in the Mid-Summer Relays.

July was the end of an era as our Club Founder, Ron Searle, died. We celebrated his life in an appropriate way by having a group run at Dulwich parkrun followed by refreshments at the club house. It was attended by current members and some ex members who travelled many miles to be there.

To conclude, it's been a busy year with many highlights that this report probably does not do justice to as I want to finish before you've all left.

I want to express thanks to every member of the Committee who spend their time making sure our club runs smoothly. It is thanks to them that we have taken part in so many events and social occasions. However, I never think that we should be complacent. The Committee are here to organise but we need to know what members want out of the club. So – do tell us. If you have any ideas talk to any committee member. The success of a club is not just the results but the community, the friendships and the mutual support.

I'm going to end with a quote from Captain, Ed Chuck, that he wrote in a XC write up. 'The support and the experience of the people in the club shows you that you can do things you wouldn't have thought possible.'

The following Committee members are standing down – Yvette who has been Club Secretary for the last 10 years and Kay who has been Joint Women's Captain. Let's show our thanks to them plus all the other Committee members

Hi I'm Laura and I've been a member of Dulwich Runners for almost exactly ten years. I've finally been shamed into contributing in some way and am looking forward to being bad cop to Katie Smith's good cop as co-captain. Personal running loves include trails, fells, talking people into trying XC, running while wearing a wetsuit and completing the whole of the Cornish coastal footpath. I am easily led, and to that end find myself over committed and under prepared with the Greenbelt Relay, Man Vs Horse and Scilly 60% fun run upcoming and all under the span of a month. Come and say hi at Tuesdays and Wednesdays - I'm there whenever I can.



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 & Laura Vincent dulwichladiescaptain@gmail.com

Road/Misc. **Club Champs** **Assembly league** **Cross country** **Track**

Date		Event	Venue
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
	12	Dino Dash team relays	Crystal Palace 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	Mark Hayes Mile	Dulwich College
	23	Sri Chimnoy 5km Summer Series Race 4	Battersea Park
Aug	1	Assembly League Race 5	Victoria Park
Sep	1	Big Half Marathon (read notice below)	Tower Bridge
	5	Assembly League Race 6	Beckenham Place Park
	29	Middlesex 10km	Victoria Park

Big Half - Club Champs

Update – please read

As many of you have already heard, the Big Half has taken us by surprise by already selling out much earlier than last year. We've allocated all our community places and getting more is unlikely as the website states that they are sold out too.

Since many members have not yet entered, the committee have looked into choosing an alternative around the same time. Although the idea of the Club Champs is to have a single race that we participate in together, we have decided to include 3 extra halves having considered date and distance to travel. To confirm – the Club Championships would still include a maximum of 2 possible half marathons – Paddock Wood + the

Big Half or one of the alternatives.
 The alternatives chosen are -

Dorney Lake - 1st September

<https://www.runthrough.co.uk/event/run-dorney-5k-10k-half-marathon-september-2024/>

Open for entries £26 or group booking £140

Battersea Half - 7th September

<https://www.runthrough.co.uk/event/battersea-park-half-marathon-september-2024/>

Open for entries £35 or £160 for 6 people

Surrey Half - 8th September

<https://www.runthrough.co.uk/event/surrey-half-september-2024/>

Open for entries £36 or £180 for 6 people

Dino Dash Relays

back for 2024 on the evening of Wednesday 12 June in Crystal Palace Park.

Registration opening shortly - places limited so please save the date in your diaries and encourage members of your club to get involved. CPFR will share the registration page as soon as it is available.

For information or contact cpfunrunners@googlemail.com

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 - Dulwich College Track

Speed and endurance sessions at Dulwich College Track.

Tuesday 7 May
4*3 mins @ 5k pace, 90 secs recovery, around edge of playing field. 4*2:00 mins @ 3k pace, 90 secs rec., on track.

4*2:30 mins @ alternating 3&5k pace, 90 secs rec., on track.

Tuesday 14 May
5 mins @ 10k pace around edge of field, regroup to starting point. 2*3 mins @ 5k pace around edge of playing field, 90 secs rec.

Tuesday 21 May
4*2:30 mins @ 5k pace, diagonally across playing field, 90 secs recovery. 3*2 mins @ 3k pace on track, 90 secs rec.

Tuesday 28 May
Relay event - format to be unveiled closer to the time

Questions or feedback 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

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: ebepri1@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

Dulwich Runners Club Championships

2024

<i>London Marathon or alt. (L)</i>	<i>Until mid December</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Sri Chinmoy 5k summer series (S)</i>	<i>25 Jun (our main date), 11 June, 9 & 23 July (alt dates)</i>
<i>Mark Hayes Mile (S)</i>	<i>12 July</i>
<i>Late Summer 1/2M (L)</i>	
- <i>Big Half</i>	<i>1 Sept. (SOLD OUT)</i>
- <i>Run Dorney 1/2M</i>	<i>1 September</i>
- <i>Battersea Park 1/2M</i>	<i>7 September</i>
- <i>Surrey 1/2M, Woking</i>	<i>8 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

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!



Dulwich Park
SE21

MIDSUMMER RELAYS AND CHILDREN'S FUN MILE

Children's race (age 4-14): £2 entry on day only
Relay Race (3x 1 mile): £15 in advance,
£18 on the day (subject to availability)

www.dulwichrunners.org.uk @dulwichrunners



SCAN ME TO ENTER



Hi everyone. The Dulwich Runners Midsummers Relays is now live on Open Track.

Please have a think about your teams (men's, women's and mixed). Ange is always good at getting people without a team together. We have sold out in recent years so don't leave until the last minute!

Also Alice Williams will be keen to get a number of volunteers to help with the smooth running of both the children's and relay race. Further details to come.

Open track link <https://data.opentrack.run/en-gb/x/2024/GBR/dr-midsummer-relays/>

Dulwich Runners Club Championships 2024

June and July events



Eltham Park 5 Mile (SHORT CATEGORY)

Eltham Park South, SE9 1AG
Sunday 16 June 11am

Entry open. Also 1 mile family fun run.
<https://www.eventbrite.co.uk/e/the-eltham-park-5-and-family-fun-run-2024-tickets-771864376127>



5 Km (SHORT CATEGORY)

Sri Chinmoy Summer Series, Battersea Park
Tuesday 25 June (Dashing Deer) is our main date, but you can also do 11 June, 9 July or 23 July. All races 7.00pm

Entry open. Closes 3 days before.
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>



1 mile (SHORT CATEGORY)

Mark Hayes Mile, Dulwich College Sports Ground, College Rd

Friday 12 July, Evening

Free to enter. Mike Mann will provide further details in June.

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.



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.

Boston UK Marathon 2024

(Collated by Harriet) For Katie it was her debut marathon, for me a debut on the road, Andrea and Rob both had PBs to chase. Not to be deterred by the weather we all knew what we had to do. The warning to try and stick to the middle of the roads, as there were already some 3-inch-deep puddles was somewhat concerning to hear on the start line. There was no let-up in the rain, the whole way round the course. Those puddles got bigger, with icy cold lakes covering the road entirely in some places; making it more of a steeplechase/sailing event than a road race. The wind was always tough, however when turning the corner for the last 5 miles, we were hit with a wall of headwind.

Andrea – A PB by 4 minutes!! I was going for sub 3:20, which seemed impossible in those conditions. My pace was better than expected in the first half (1:38) but I had already slowed down a bit so I knew it was going to be tight. Harriet caught up with me at 33km so we ran together for 2-3km until I thought it was a bit too fast for me, and she went ahead but always in sight. I knew my margin for sub 3:20 was very slim so had to really push the last km. It was nice to see Tom (who ran the 10km) and Katie near the finish cheering us in.

Katie – I set out to do a 3:10, very ambitious for a first marathon but I like a challenge! Rather than warming up by doing drills and running I sat in a car with Rob and Andrea wearing a disposable pac a mac and Andrea sporting a TK max carrier bag as a jacket. Despite anticipating a 3:10 was off the table in true unique surge style I set out a pace which would earn me a 3:08. I managed to cling to this for 36km with music keeping me going. The wall of wind hit at 36km, I dropped my gel, decided I couldn't pick it up with cold numb hands. My music stopped working and couldn't use my hands to press the button to restart it. My legs also stopped working at this point and I realised that this was the bonk that everyone talks about. I had to make peace that 3:10 was gone and 3:15 was my new target. I trudged to the end praying for it to be over and it was at 3:14. First marathon complete – but is it my last?

Harriet – I told most people that I wanted 3:30/3:25 but I always

had a secret goal of 3:20 that scared me a bit, but I felt confident in my training. I set out and ran consistently trying to pretend the deluge wasn't happening, I felt generally pretty good most the way and felt quietly confident. The cold really set in, and I couldn't use my hands to open my gels after the 3rd one. Game face (grimace) on I ploughed onwards. I am a tall person, which is not beneficial for a headwind. Tom South said don't forget to save something for the last 6 miles, and I felt like I did, I was pushing the hardest I could, but the wind was preventing my splits getting any faster. I am very pleased with my time. I did something that scared me a bit, and I am proud of myself for it; a tear was shed before and after the race.

Rob – I'm pleased with my time although if it wasn't for monsoon season in the kingdom of cabbages and turnips, we all may have had better pbs and a nicer time. It was a character-building experience for sure. Tom S's training plan worked very well for me and that was a key to the confidence on the day. I was happy with how the first 22miles went and with the rest I was at the mercy of the wind. In all, a unique race experience for a variety of reasons and it has left some tales to tell. Next stop 3:15!

Tom (10k) – Compared to the heroic performances above with PBs all round, my race was something of a comedy of errors. Illness and injury plagued my preparation, but the biggest threat came on Friday. Wondering why my number hadn't arrived in the post, I realised that I had forgotten to register. Fortunately, there was still half an hour until the deadline. On the morning of the race, I got to the startline five minutes early. Two minutes before the appointed start time, I was the only runner there. Just as I began to think no one else was taking it seriously, a marshal kindly pointed out that the 10k start line was in a different part of the town. I legged it over there and went through the startline at pace. Trailing the fun runners and sumo suits, I steadily made my way through the pack. From there the race was rather uneventful and I cantered in to a respectable 43:50, which I was pleased with considering I had been ill all week.

I think what we managed to achieve on Sunday was incredible, true Dulwich Runner grit. Through the chattering teeth and shivers we all managed to have a smile and a very soggy hug. Fortunately, none of us had hypothermia unlike some others. On a drier day would be a very pleasant run!

Delusional smiles pre-race start!



	Position	Category Pos	Chip Time
Katie Smith	116 th	1 st (4 th Female)	3:14:33
Harriet Roddy	144 th	1 st (7 th Female)	3:19:13
Andrea Ceccolini	145 th	2 nd	3:19:16
Robert Tokarski	168 th	24 th	3:24:27

Madrid Marathon

28th April 2024

Joanne Shelton Pereda writes I didn't know there was a wet and windy marathon in nearby (ish) Boston so I entered the Madrid Marathon instead and prayed for a little sunshine with gentle breeze. The 30 thousand or so people who ran either the 10k, 1/2 Marathon or Marathon were not disappointed. Although my sunburned shoulders are regretting choice today.

After almost five years of trundling along with a returning hip and back injury I had a two month spell of not feeling too bad so I decided to give another marathon a go. My main goal was to get through the training and complete the distance without injury. Bonus goal was to get as close to 4 hours as I could.

The race started off in waves and I soon realised I was close to a couple of 4 hour pacers. Now the route isn't flat and actually have a negative net elevation, however there are a lot of ups and downs especially during the first half or the marathon route, so I thought I'd be in safe hands with the very energetic pacers. However it felt we were getting a bit carried away with the downhill and continuing the fast pace on the early uphill. It's my own fault though as should have stuck with my own 9min mile pace.

As we were nearing the half way point we ran into one of Madrids

main plaza's called Sól. It was here we said our goodbyes to the half marathoners as they turned right to head in the direction of the finish and the rest of us quietly turned left wondering why we were running a marathon!. We were now on our own and heading towards a park area behind the Palace. It was around this time I finally realised I was going way too quick (a bonkers 1:56 at halfway) so I slowed down and let the pacers run away.

By mile 18 my legs weren't having fun anymore. There were still a few ups and downs to go but I just had to keep moving. We came around the Atoche train station with only a mile to go and as we turned the corner I could see a white inflatable arch in the distance. I put in final effort only to wonder as I got closer that people were still running beyond the archway. It wasn't the finish!!!! I've no idea why the arch was there. It wasn't like a flamme rouge as soon afterwards I could see the actual finish 500 meters ahead. So I put in another effort and finally crossed the finish line. I cried when I got my medal and again when I was given two bananas. I just about held it together as someone took a photo of me with my medal. A mixture of relief and joy and what ifs. I finished in 04:07:47.

Huge thanks for the support from those who've also been training for a spring marathon this year and to the Tuesday track coaches. You are all amazing. Also thanks to those I've run with on Wednesday nights. Next up GBR!! I finished 5,483rd out of 10,975 marathoners and I was 518th out of 1,700 women.

London Marathon

Steve Smythe writes Congratulations to the Dulwich men at London - by far and away the best ever Dulwich men's performance with 4 at 2:28 or faster and 10 inside 2:45. There have been many London's in the past where no Dulwich men broke 2:45.

They have still have to go some way though to match the Dulwich women though who medalled many times in the British Team champs competition in the marathon and provided quite a few age group victories. Clare Elms (twice W50 winner and W45/50 record-holder), Alison Fletcher (14th overall and fourth Brit in 2002), Ros Tabor and Claire Steward and Ange Norris have all won London age groups and between them they hold all the W35 to W70 club marathon records.

The other women's record though is Shona McIntosh's senior mark of 2:40:06 set in 2015. Now a mum, and back in Scotland and no longer a member, Shona got back to marathon training this year and did a highly respectable 2:46:22 with a much faster 82:05 second half) and she passed on her congratulations for the Dulwich performances this year.

Clearly it doesn't really deserve a mention but just for the record, I did the opposite to Shona and ran 25 minutes slower on the second half. The only notable thing about the run (though obviously not that notable) was that it was my 41st successive London and 43rd London in total and as I go way back before

even London, my 49th successive year of marathoning.

As it was even too slow for a M65 good for age next year it might be my last.

While I still hold the M55, M60 and M65 club records (Charlie took my M40, M45 and M50 marks) it might be a shock to know that the person now one of the club's very slowest once did run a sub 2:30 but so long ago it was before all our current crop of top marathoners were born and when shoes resembled plimsolls rather than springs.

Apparently a few people spotted me even though i was well over 20,000 places lower than the inaugural marathon but I saw very few DR's on the course with most probably going home to watch the highlights.

I did spot the other Steve Smythe though (the elder - only time I am ever known as the younger) who gave me a shout. We were the only two Smythe's entered and as I have repeatedly bored people with, we are both Stephen James Smythe M65 of Dulwich Runners from the London Borough of Greenwich and he lives in the road I previously lived in.

Sadly, injury stopped him running and until he got injured he was in excellent shape and would have been way ahead of me after we both by chance ran 3:37 last year.

I have officially retired now (from work and most running-related things) so it is possible I may start training again having pretty much retired from training recently) so may have more time now to run but also to get injured.

Serpentine Last Friday 5k Hyde Park

26 April

The 6 members who ran this month were relieved that the weather finally brightened up into the best conditions of the week. Sunny, cool and still. - Ros Tabor

Ian Lilley.	19:58
Katie Styles.	21:28
Graham Laylee.	23:02
Andy Murray	25:55
Ros Tabor.	26:29
Gary Budinger.	26:51

Project 20

MURDEROUS CLUB RIVALS SKIRMISH AT 30,000 FEET

Ajay writes: The sacred grove of Dulwich Runners has been teaming with new life and fecundity. The recent Marathon surge has been something to behold.

Ed Chuck has been in touch DAILY to try and get me to name check him. I have been advised to watch BABY REINDEER to understand this phenomenon. Good time Ed, REALLY GOOD TIME. But not exactly PODIUM. Top 10, I would mention him, DEFINITELY.

What you say, YOU WON? Not exactly true is that? I was watching the TV and they said a guy called Munyao won it?

I bumped into lustrous black haired Terry. He runs down my road at 7.45 most Wednesdays in his Ultra Running way. I met him at Gower's excellent pub-run-event (HIGHLY RECOMMENDED). After a few drinks I said

"You look like Nick Cave." He told me in fact he had actually dated a woman whose ex was, yes, Nick Cave. He talked about injuries, and a dream to run the COMRADES. I said, did you read SHORTS? We discussed the marathon SPLITS. What happened to JACKR? He was ahead at 30 KM. He had the KNIFE in the back and front of ED. But he couldn't quite plunge it into his heart! I am looking forward to finding out more about what happened there.

Possibly ED integrated my impromptu running clinic advice and danced his way to the end? Or maybe Jack couldn't bear to see ED's face crumple and cry? Who knows, but what a terrific rivalry to behold.

=====

Park run was good and recent training has paid off with a 97 second improvement (this week) against last week. It does make you think how inept I have been up to this point. But I can confirm based on my experiment that actually running does make you a better runner.

Everyone in SE21 is microdosing as they stare the end of days in the face. But LSD (LONG STEADY DISTANCE) has long been the rocket fuel of Dulwich Runners. The only thing is if you stop running, I think you have 1 maybe 2 week maximum, and then it's curtains.

What was the cause of Death doctor? Well we think a lack of mileage could be the culprit. And he was definitely in danger as he was spending a lot of time with NON RUNNERS. So I am trying my best to keep it up as the novelty is wearing off already. Limiting my contact with the dreaded NON RUNNING PEOPLE. I joined the Tuesday day time interval group, and that helped get me out today.

>>>>>>>

I bumped into legend Michael Williams this week on an early morning training run. I stopped in front of him and examined his torso. Has he had BOTOX on his six pack I wondered? No love handles there! While I was chatting with him I breathed and puffed my chest out to emulate his action man body. Mimicry, osmosis, perhaps I could introject his six pack by just hanging out with him? As soon as I left I breathed out and my body flopped back into its natural jelly-like pose. Damn I hadn't quite got it right. Michael once carried my bike to a pub after I had a puncture and got there before me! More tragic was the fact that I wasn't even running, I had borrowed his bike. That was a sporting career low. At my last and only Ultra he fed me water so gently and patiently, I felt like I was a little baby again, and he was my

mother. OK enough! This should be PAID for content. FAR too intimate and revealing for SHORTS. I didn't of course say any of this to him as I was too busy breathing in hard and looking like a REAL runner. I said, "What's the next Race Michael?" "North Downs 50...I think the record is there for the taking....in 3 weeks."

I had the pleasure of lunch with Lloyd, ex editor of SHORTS.

I said, "Lloyd do you read SHORTS?" "Well only the copies I EDITED. Those were the BEST. It's not the same nowadays. There are all these BLOODY RUNNERS WHO ARE FASTER THAN ME. I don't want to read about them. Luckily I have had all the back copies from when I was SUPREME EDITOR AND COMMANDER LAMINATED and you can often find me reading them in the SHED along with my LEGO set."

===

I saw Tom South running out of Brockwell Park on Sunday. It is always a lucky week if I see Mr South in full flight

Chris Lawrence swore on his life to me after park run that he was hanging up his running shoes. He looked a little bit SAD if you ask me. Even a bit BROKEN. So, what do I see 24 hours later. I'm getting a run in Dulwich Park finishing about 7pm and Mr Lawrence pops up all perky and going for it. It seem runners can't let it go. And I could see, having gone full circle, Chris was secretly planning his next crazy mission. I also saw Chris Loziou and my dog went for him, as I think he knows Chris hasn't paid his subs and is sadly no longer a member of the club...

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

447 Ran			
Pos	Gen		
139	103	Barrie John Nicholls	25:37
158	39	Lindsey Annable	26:21

Bromley

762 Ran			
Pos	Gen		
437	301	Peter Jackson	29:40
643	375	Steve Wehrle 2nd cl.	35:37

Harrow

270 Ran			
Pos	Gen		
31	3	Katie Styles	22:25

Brockwell , Herne Hill

433 Ran			
Pos	Gen		
21	21	Nick Wood	20:12
46	2	Klara Saville	21:42
47	3	Nicola Richmond	21:45
53	48	Stephen Trowell	21:59
56	4	Ola Balme	22:03
105	90	Cameron Timmis	23:40
138	109	Michael Mann	24:45
324	116	Sharon Erdman	30:38

Beckenham Place

236 Ran			
Pos	Gen		
2	2	Joe Farrington-Douglas	20:47
130	26	Claire Barnard	29:44

Crystal Palace

448 Ran			
Pos	Gen		
20	20	Eugene Cross	20:38
43	1	Lin Skinner	21:45
60	2	Laura Denison	22:38
75	70	Paul Hodge	22:53
89	7	Yvette Dore	23:34
152	18	Eleanor Simmons	25:47
291	72	Belinda Cottrill	29:46
322	85	Claire Steward	31:02
331	221	Paul Hilton	31:17
358	230	Bob Bell	32:27

403	135	Chris Bell	37:06
441	163	Jo Quantrill 2nd cl.	49:36

Gunnersbury

607 Ran			
Pos	Gen		
188	150	Dave West	25:32

Riddlesdown

123 Ran			
Pos	Gen		
44	37	James Wicks	27:22

Wycombe Rye

346 Ran			
Pos	Gen		
10	10	John Kazantzis	21:15

Dulwich

636 Ran			
Pos	Gen		
5	5	Andy Bond	16:58
6	6	James Blackwood	17:13
26	23	Alastair Low-Macrae	18:39
27	24	James Brown	18:43
74	65	Chris Lawrence	20:03
91	79	Rupert Winlaw	20:42
103	90	Rob Fawn	21:13
143	12	Polly Low-Macrae	22:28
153	125	Kees Kuijlaars	22:46
194	152	Ajay Khandelwal	23:28
197	25	Naomi Crowther	23:32
206	28	Victoria Holdom	23:46
421	271	Tom Barker	28:08
617	330	Fazlur Rahman	39:35

Burgess

737 Ran			
Pos	Gen		
66	3	Michelle Lennon	20:47
338	75	Ros Tabor	27:04
443	277	Andy Murray	28:51
541	320	Brett Winch	31:09

Southwark

478 Ran			
Pos	Gen		
87	77	Lee Wild	23:08

Preston Park , Brighton

685 Ran			
Pos	Gen		
1	1	Thomas South	16:58

Victoria , Glasgow

499 Ran			
Pos	Gen		
22	21	Jonny Hough	19:14

Great Lines , Medway

337 Ran			
Pos	Gen		
5	5	Wayne Lashley	19:23

Peckham Rye

368 Ran			
Pos	Gen		
5	5	Mark Callaghan	19:12
21	19	Garry Meehan	20:24
27	1	Gracie Ingledew	21:03

Tooting Common

675 Ran			
Pos	Gen		
213	154	Ian Sesnan	26:08

Clapham Common

1044 Ran			
Pos	Gen		
903	429	Joe Sheppard	34:24

Higginson , Marlow

251 Ran			
Pos	Gen		
17	17	Justin Siderfin	20:44

Sutcliffe

302 Ran			
Pos	Gen		
43	40	Michael Fullilove	21:33

Charlton

157 Ran			
Pos	Gen		
16	16	Dan Hill	21:20
38	36	Stephen Smythe	24:04



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. Bendoni	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

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	

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.

Sportsshoes.com 10% off for the club

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

The monthly code will 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"



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:

olabalme1@gmail.com

DULWICH RUNNERS KIT

**Socks REDUCED from £5 -
small 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



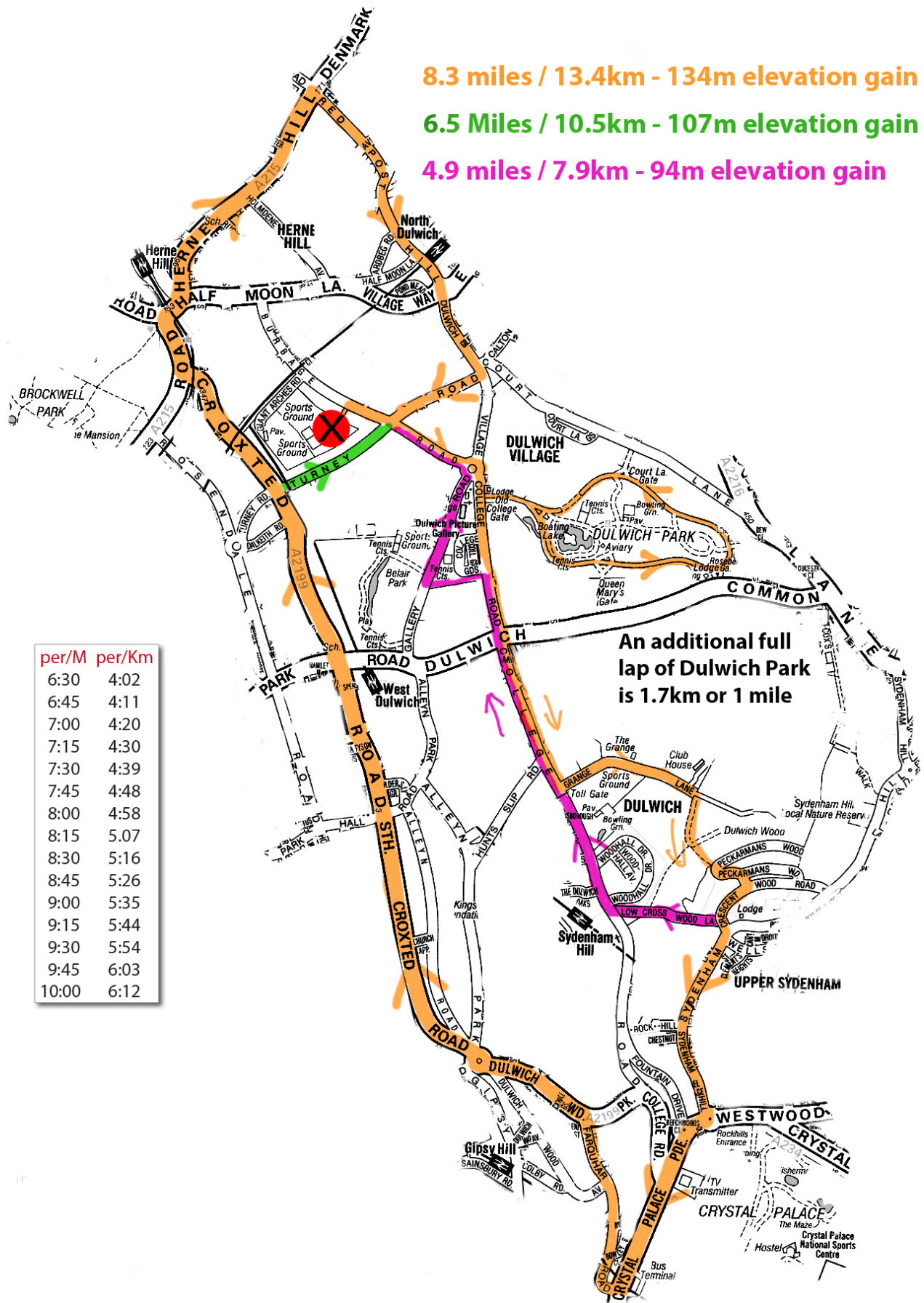
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map D

8.3 miles / 13.4km - 134m elevation gain

6.5 Miles / 10.5km - 107m elevation gain

4.9 miles / 7.9km - 94m elevation gain



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

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

Dulwich Runners Summer 5km routes

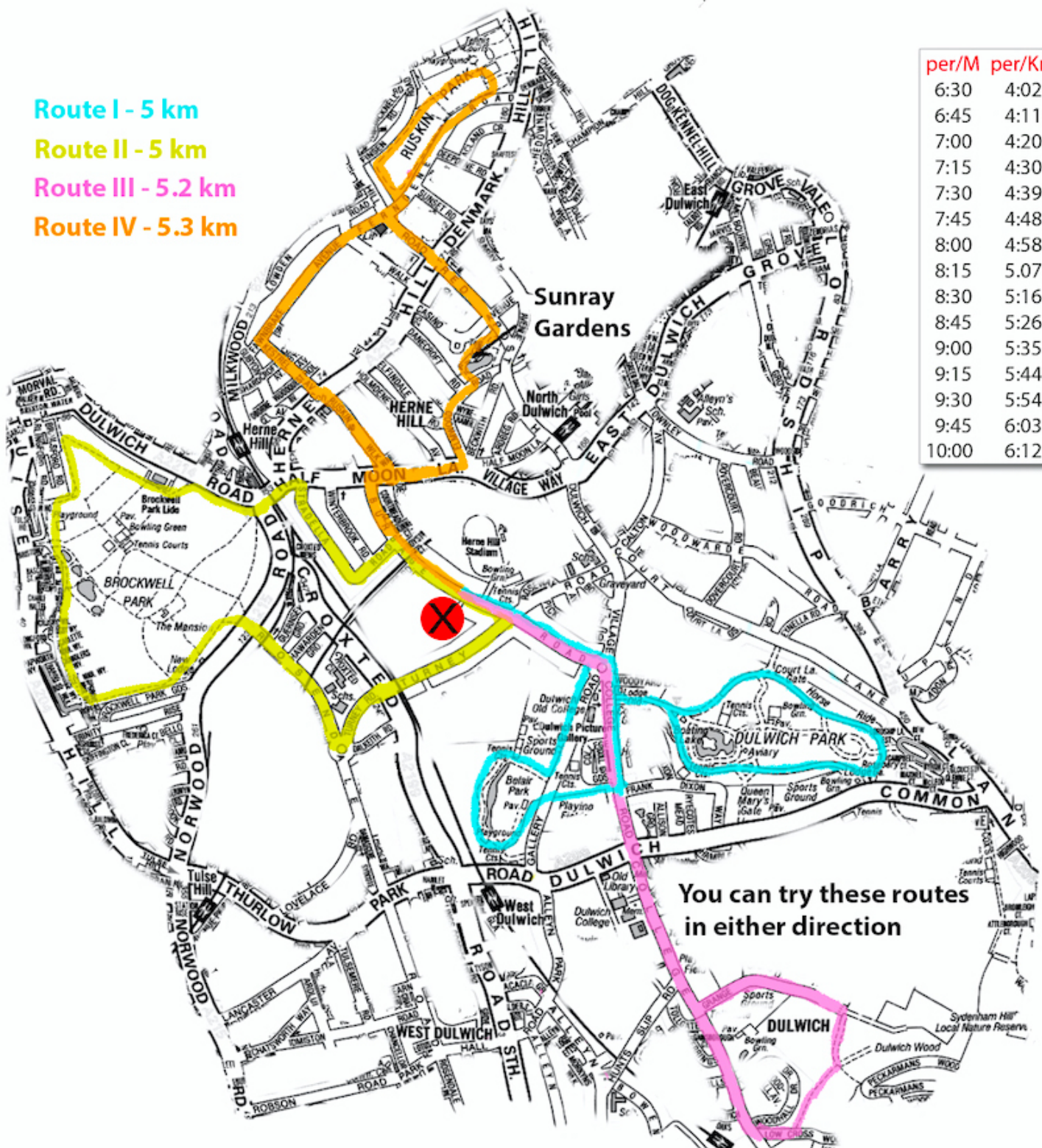
Route I - 5 km

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