



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

Dulwich Runners Committee Meeting Notice – Wednesday 15 May 2024

The first meeting of the new Dulwich Runners General Committee, as voted in at the recent AGM, will take place on Wednesday 15 May at 8.30pm after the Club Run. The Committee will be discussing areas raised at the AGM. Any additional items you'd like to add to the agenda for the Committee to discuss, please submit them to secretary@dulwichrunners.org.uk by midday on Tuesday 14 May.

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

***** There are still a number of you that have not renewed *****

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

It was proposed 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 your club vest'.

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 & Laura Vincent dulwichladiescaptain@gmail.com

Road/Misc. Club Champs Assembly league Cross country Track

Date		Event	Venue
May 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
	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	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

Assembly League

We are co-hosting the next Assembly League fixture at the parkrun course at Crystal Palace on 6 June with Crystal Palace Fun Runners. Volunteers needed for marshalling and the finish, if you're not planning to run because of injuries, upcoming or recent races yet, our help would be much appreciated. If you can help out contact me. mcmann90@yahoo.co.uk

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

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 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 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 Chimnroy 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 includes a 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 Chimnroy 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 Road

Friday 12 July, Evening

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

Summer Running Routes in Dulwich and Sydenham Hill Woods in 2024

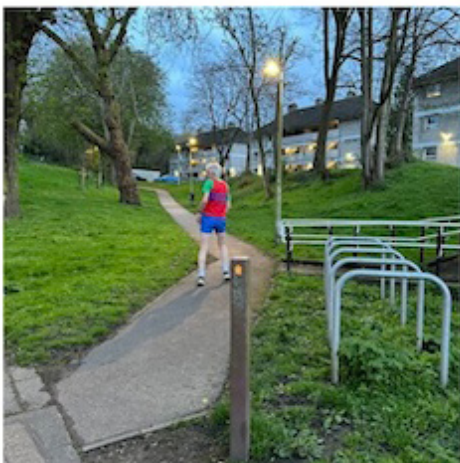
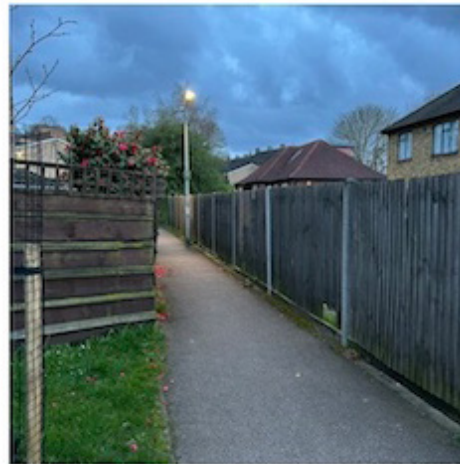
As some of you may know Cox's Walk is closed until at least October 2024 between the A205 South Circular and the old railway footbridge (made famous by Camille Pissaro in his painting in the Courtauld gallery). This is to enable Southwark Council to renew the bridge which in recent years has become unsafe. Work is currently suspended because of the bird nesting season but the path is still closed because of safety reasons.

As a result we have modified Summer Maps 1 to 7 this year to still allow you to enjoy the woods through a different entrance.

All runs using the woods from the Dulwich/Forest Hill direction will use the green chain path from the junction of the A205 and Sydenham Hill (see picture 1 and 2), near the Horniman Museum. This takes you through the housing estate (known as Lapse Wood Walk) on the site of the former Lordship Lane station. There is a clear path through the estate with green chain signposts from this road junction. There are some steps but it is mainly a good uphill path with lights (see picture 3) even when the tarmac becomes a dirt path (see picture 4). When you reach the fork junction with Cox's Walk (east) (see picture 5) all runs take the right hand fork down a few steps, taking you past the closed footbridge and then on to a nicely relaid footpath through the woods.

As you run along this path you will see a couple of different forks. Summer Maps 1, 2, 5 and 6 keep left to take you up to Crescent Wood Road where you exit the woods. Maps 3 and 4 require you to take a right hand fork at the 'long log' (see photo 6) where you take the path to the old railway line and then over the top of the old tunnel mouth where you exit on to Crescent Wood Road. Map 7 as it involves a downhill run from Upper Sydenham doesn't enter the woods over this stretch given the various steps.

Strava file links and updated directions on the club website at: <https://www.dulwichrunners.org.uk/wednesday-night-routes>



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.

Assembly league race 2 Victoria Park

2/5/24

Race 2 and despite the greater travelling distance, we fielded a greater mob - 28 runners, up from 22 at Beckenham. The total number of runners was up too with greater strength throughout. Provisional results are listed below and don't include team placings but having studied all the results, I believe the following to be true. Many of the Dulwich names who regularly feature at the top of the results lists were missing but the strength of the men's team is such that they finished top of the table again, ahead of Highgate Harriers and Cambridge Harriers. Victoria Park Harriers were out in numbers and won the ladies race with Kent in second and our ladies in third.

Several people sent me their thoughts on their races which I have included. Thank you to them.

The A team was made up of Dylan, Andy, Theo and Fabien, Andy was pleased with his run as, although slower than previous AL runs at Victoria Park, it was quicker than recent parkrun times. Fabien, making his debut here at 16 years old, was running with the front group until he got a stitch at 4k. Warren, also making

his debut at AL, (but not 16 years old) had a great run. Next to finish was Joe F-D, followed by Jonathan. Quote Jonathan, 'Lightly trained after an enforced two week break following a minor operation and then spending the next week cycling and walking around West Somerset and North Devon. Started off quite well but saw numerous people sail past. Finally got into a group of similar pace featuring Kent AC's Claire Oxlade and Kev Chadwick. Eastbound straight was punishing in the headwind. As per usual on this course the extra 600m is a bonus and increased my pace to pick up a few places. My 4th best time out of 7 runs at Victoria Park Assembly League for Dulwich and Petts Wood Runners.' The second 16 year old was Toby Bond (note the surname), who thought he'd be able to achieve 22.30 so was delighted with 21.35.

First DR lady home was Michelle in another great run, followed by an excellent run by Grace in her first AL race. Rosie was not far behind and then the fast finishing Yvette completed the ladies' team. Olivia, showing her post marathon strength, was just 2 seconds behind. Sam, another newbie to AL and under 20, ran well followed by Katie Styles and Ebe, the latter following a training plan and doing a tempo session. Quote Ebe, 'Coming back from months of hamstring injury I treated the run as a motivational tempo session for the upcoming Man v. Horse trail race in June. I enjoyed the occasion as mostly* over the years and was happy to record only my second slowest time on this unchanged 3.5 mile course. *The mostly comes from the havoc ensuing in the aftermath of two of these races in Vicky Park, one rather comical, one less so. The comical one consisted in losing my house keys in the changing room when I was due

to travel to Wales the next morning for the Welsh Castle Relays with the club. My wife of course was away in Canada for a week and no spare keys anywhere. On the plus side I had running shoes and a sweaty vest. I kipped on the couch of my running mate Jozef, borrowed his duffle coat and had a great long weekend. To add to the happy outcome, a very friendly and generous member of VPH&THAC cycled through driving rain to meet me on my way back at Liverpool station with my found set of keys, saving me more sofa surfing or breaking down the door.

The less happy other occasion was crashing my bike on the ride back from the race, breaking several bones and spending quality time in King's hospital. The AL match two months after that was my slowest time in Vicky Park, in case anyone wonders.'

Another Dr having a strong debut run, Katie Thompson, was next to cross the line followed by Justin who is a club stalwart. Quote Katie, 'This was my first Assembly League outing and I was a little nervous going in to it, but it was great to see others there in the iconic Dulwich Runners vests



and to warm up together as a team. I wasn't sure how I'd feel in the race less than two weeks after London and was a bit worried about how to pace a 5.6k as opposed to a 5, but just hoped that if I set off to run a 5k I'd be able to hang on... I felt pretty strong, and despite a bit of a dip between 4 and 5k as was a bit fatigued, I managed to rally and up my pace nicely for the last 600m. All that work at Crystal Palace over the winter has clearly paid off! (Thanks Tom, Mark & Katie!) The whole event had a great atmosphere, loads of good support and I loved being cheered on by random evening park goers. It was also great to get to know more Dulwich Runners and I'm really looking forward to the next Assembly League race!'

100m out a bystander would have thought that Ange was going to be next across the line, but that would have been because they hadn't spotted the speeding Lucy P who, giving some words of encouragement, went whooshing past.

Graham had a strong run to finish next, being chased all the way by Mike. Quote Mike, 'I have lost count of the number of Assembly League races I've done at Victoria Park over many years and for the most part have been pleased with my performances. However the pancake flat course is unrelenting requiring a good deal of concentration and pace judgement. I started off quickly in an attempt to track Graham but he gradually pulled away from me later on as I found it difficult to

change gear in the final stages. Although initially somewhat disappointed, upon checking last year's times, it was around 15 secs slower than last May when I was in decent form but faster than my August run.'

Sophie and Midge, both always smiling, looked good all the way - see what Dave, who came in next, says about Midge.

Quote Dave, 'Over the last 30-odd years I've been running the league, this is possibly the only course that remains unchanged and one of the fastest in still conditions. Now much easier to get to by public transport with the creation of the Overground and decent cycle routes, reflected in an excellent turnout for the club. Also notable for the fact that we can still be very competitive in the team competition whilst missing many of our very fastest runners; something that hasn't been the case until recently. I ran 27 minutes in the corresponding fixture last year, followed by 29 in the later one, reflecting a nose-dive in form over the last 12 months and also my struggles with focus on "fast" flat courses for my entire running life. Give me a few hills and mud

any day! Nevertheless, my time in 2024 was on a par with my latest parkrun form (which is slowly improving) so happy with that. Good to see Midge in great form come past late on. Despite running my fastest km of the race, I could do nothing to stay with her.'

Andy just beat Ros this time, but she had him

in her sights, and Paul was not far behind. Well done to everyone. It was a lovely evening seeing you all. The next one at Crystal Palace is closer to home so please put 6th June in your diaries.

The post run photo has most people but some had to make a hasty exit; off to vote.

Assembly League 2024, Match #2, May 2nd

Victoria Park, 3.5M

results compiled by Ebe from first draft of official results

28 DRs ran (12F, 16M)

Pos	Name	Time	Age Group
5	Dylan Wymer	17:59	MSen (20-39)
8	Andy Bond	18:22	M50
10	Theo Gittens	18:32	MSen
17	Fabien Whitelock	18:48	MU20
67	Warren Keefe	20:42	M45
73	Joe Farrington-Douglas	20:49	M45
93	Jonathan Whittaker	21:25	M40
99	Toby Bond	21:35	MU20
141	Michelle Lennon	23:10	F55
147	Grace Ingledew	23:20	FSen (20-34)
152	Rosie Murton	23:37	FSen
157	Yvette Dore	23:54	F50
158	Olivia Bishton	23:56	F45
162	Sam Fender	24:06	MU20
167	Katie Styles	24:22	F40
172	Eberhard Prill	24:32	M60
188	Katie Thompson	25:06	F40
204	Justin Siderfin	25:50	M55
205	Lucy Pickering	25:57	F55
206	Ange Norris	26:00	F60
209	Graham Laylee	26:03	M65
215	Mike Mann	26:22	M70
232	Sophie Sentence	27:10	FSen
254	Midge Cameron	28:26	F55
257	Dave West	28:39	M65
264	Andy Murray	29:33	M70
265	Ros Tabor	29:55	F70
276	Paul Keating	31:21	M55

285 ran, 1st Male Lewis Laylee (MSen; for SEAC) in 17:38
1st Female Bryony Proctor (F35; for Kent) in 19:57

Ted Pepper 10k

(Aka Much Floundering In The Mud)

6 May

I've not done this race for a few years and my memory is of firm, partly rutted ground. This year's race can be best described as a mudfest. Apart from the first 2k and final 1k in Norman Park, the remaining middle section consisted of unrelenting mud and large puddles. The steady rain early on eased off somewhat around midway. Fortunately the 4 of us taking part were experienced cross country runners, and in one case a fell runner, and managed to negotiate the tricky conditions reasonably confidently and without mishap.

Having done some initial exploration of the course I decided to switch to trail shoes but unfortunately a lace snapped minutes before the start and I was stuck with road shoes. This would have been a disaster over hills but on this flat course,

I managed to get away with it somehow. However some took tumbles including one runner who appeared to dislocate a shoulder.

Star performer was Ola who not only finished 1st W55 but overall winner. Experienced fell runner Mark Foster revelled in the muddy conditions. Carys Morgan and I exchanged places a few times early on but she pulled ahead of me shortly after the midway point.

Carys adds.. Great to see some familiar faces at the start of the Ted Pepper 10k. With recent runs and weather being so muddy I opted for trail shoes and was glad of these early on whilst exiting the track area on the first tight turn. Mike reassured me that it was going to get a whole lot worse and proved correct as we exited Norman Park through the gate (which was thankfully open this year).

I had a moment at 8k where I followed the person in front but wasn't sure we were going the right way as there were no markers and the marshals seemed to be shouting at people further ahead. But all seemed good and I was glad to finish at

what seemed to be about the same time the rain did. Well done to Ola and to Mark who wasn't far behind and a big well done to Mike, I am not sure how he managed it in trainers and came back in one piece!

Ola adds.. The annual event is held in memory of Ted Pepper, a Blackheath & Bromley athlete who sadly died whilst running the Three Peaks in 1978.

There were 4 of us flying the Dulwich flag at this year's Ted Pepper race. We were all excited and enthusiastic to be on the start line despite the drizzle and grey sky.

My most relaxed and enjoyable race for a long time. We had mud glorious mud fest. The running surface and conditions were perfect. I was happy with my run and felt wonderful; the beauty of trail running is that it can't be compared to a road race. We had support from Colin and Sue, Martin and family.

Ola Balme 48:16 1st woman, 1st W55
Mark Foster 49:18
Carys Morgan 51:02 2nd W45
Mike Mann 51:22 2nd M75

Bannister Miles Iffley Road, Oxford

6th May 2024

Dave West writes: Three minutes, fifty-nine and a bit seconds past six in the evening of the last May Bank Holiday marked the 70th anniversary of a 25-year-old former Oxford student, wearing the number 41 on his chest, crossing the finish line after four laps of the 440-yard cinder track in Iffley Road. The race was the 9th of 13 events, part of a meeting between the AAAs and Oxford University where performances had been hampered by rain and 25mph gusty winds all afternoon. With all eyes on the flag on top of the tower of St John's church, still visible today.



That man was Roger Bannister who had spent the morning, out of the limelight, at St Mary's Hospital, Paddington where he was a Junior Houseman, but that particular day he went to the laboratory to sharpen his black leather racing spikes to fine needles on a grindstone and rubbed graphite on them to reduce the amount of ash they would collect whilst running. The shoes themselves were custom-made to a design by a Manchester-based fell runner

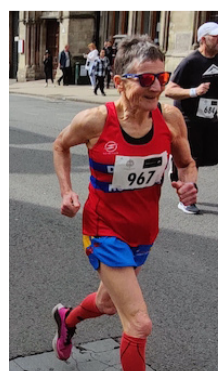
which reduced the weight from 170g to 110g. The super-shoes of their age? To further aid the record, the groundsman had double rolled the inside lane of the track (with strict instructions for others to keep off), so that the cinders were as smooth as they could be.

Bannister was well rested having not run at all for 5 days and with a total of just over 11 miles in the two weeks prior to that (mostly three-quarter mile time trials), plus three days climbing in Scotland with Chris Brasher thrown in for good measure. But he was nervous and nearly called the attempt off due to the weather.

At 5:15pm on the day of the race, there was another heavy downpour in Oxford and strong winds, but after that it seemed to calm down, the flag on the tower of the church dropped and the world record attempt was on. The first pacemaker was Chris Brasher, later to find fame as the co-founder of the London Marathon and whose son Hugh is now Race Director. 440 yards were passed in 57.5 seconds and Chris would continue leading to the half mile in 1:58 with Bannister on his heels. Chris Chataway then took over reaching three quarters of a mile in 3 minutes 0.7 seconds and continued for another half lap before Bannister hit the front for the first time and finally crossed the

line exhausted, but in a new world record for the mile. The first man to run under 4 minutes for the distance.

My own efforts over the mile have been less auspicious. Whilst times over longer distances suggested that a sub-5 was possible, a 5:09 in a low-key club event in Dulwich Park in the 1990s was as good as it got. In those days the Friday night track session at Crystal Palace was only for the very fastest in the club and super



shoes weren't even a twinkle in the Niketown firmament. A few years later, Steve Smythe wrote a ground-breaking piece for Runners World that demonstrated

how track training could work for all abilities and we now live in more enlightened times.

My more recent attempts over a mile have largely resulted in times similar to the sort of pace I used to average for a whole 10 miles on a Wednesday club night back in the 1990s. However, Oxford seemed like a good place to be for this particular anniversary. Unlike Roger, I'd spent my Saturday in Essex at a parkrun over the Olympic mountain bike course registering a higher SSS on Po10/Run Britain than the infamous Lullingstone. So not exactly rested but I'd had a good time.

The Bannister Mile event consists of a series of community mile races through the city ending outside the famous track. A fairly shambolic process for issuing race numbers didn't augur well, but 1069 participants eventually completed their mile in small waves of about 100, 10-minutes apart with very mixed abilities in each one. Starting by St Aldate's, the course is slightly uphill for the first 440 yards, marginally downhill along the High Street for the next half mile with the finish visible along the gradual incline of Iffley Road as you crest Magdalen Bridge. Despite major roads being closed to traffic and various stories appearing in local and national media, there seemed to be little actual awareness in Oxford itself so support was largely confined to runners returning along the route to collect their belongings. For me anyway, it was very much a solo run but in perfect conditions with much worse forecast for the afternoon.



Ros Tabor and Andy Murray set off 10 minutes before me and enjoyed their runs. Ros crossing the line in 7:44 (1st W70 by a big margin) and Andy 7:51, 3rd in his age M70 category. Dave was similarly 3rd in his M65 age category in 7:32, but ahead of 8th placer Craig Masback from the US, a 3:52 man in his prime with 30 sub-4s to his credit (small things keep me going!) The current world record holder, Hicham El Guerrouj, ran 6:39 in wave 1; some way off his 3:43.13 from 1999 but a respectable result at age 49, apparently run with his family!

But the day didn't end there. In very wet and blustery conditions reminiscent of 1954, there were 25 BMC organised mile races on the track to enjoy ending with four men under the magic mark in the final race, timed to coincide with Bannister's race anniversary. Earlier in the afternoon Clare Elms was 4th in 5:30.88 against mixed age competition. Possibly a British age record in far from ideal conditions.

With at least six former or current mile world record holders and numerous other former international runners present, it was a good way to mark the occasion and the road mile may become an annual event.

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.

Bromley

836 Ran
Pos Gen
799 459 Peter Jackson 44:48

Hadleigh , Essex

131 Ran
Pos Gen
41 35 Dave West 28:40

Old Deer Park

154 Ran
Pos Gen
52 6 Lindsey Annable 26:35

Brockwell

439 Ran
Pos Gen
9 8 Austin Laylee 18:42
12 10 Shane Donlon 19:00
18 16 Jonny Hough 19:42
52 2 Michelle Lennon 21:10
56 3 Nicola Richmond 21:31
65 54 Stephen Trowell 21:45
73 7 Ola Balme 21:58
87 71 Mark Foster 22:35
136 111 Graham Laylee 24:32
143 15 Jo Quantrill 24:41
216 42 Rachel Griffiths 27:15
232 162 Andy Murray 27:39
270 65 Claire Steward 28:56
310 91 Sharon Erdman 30:11

Crystal Palace

427 Ran
Pos Gen
118 13 Eleanor Simmons 25:37
124 98 Ebe Prill 25:41
327 208 Bob Bell 32:43
386 126 Chris Bell 38:01

Strathclyde

477 Ran
Pos Gen
5 5 Andrew Inglis 17:29

Riddlesdown

126 Ran
Pos Gen
26 24 James Wicks 25:52

Abingdon

369 Ran
Pos Gen
2 2 Peter Juggins 17:53

Dulwich

663 Ran
Pos Gen
2 1 James Dazeley 15:48
8 7 James Blackwood 16:19
19 18 Alastair Low-Macrae 17:29
23 21 James Brown 17:40
30 27 Rob Fawn 17:56
59 53 Nick Wood 19:13
89 78 Ben Smith 19:54
97 10 Olivia Bishton 20:10
123 106 Rupert Winlaw 20:50
135 117 Chris Lawrence 21:08
157 131 Olivier Montfort 21:46
219 33 Izzy Pickles 22:57
244 191 Ajay Khandelwal 23:29
284 218 Hugh French 24:15
294 54 Victoria Holdom 24:30
310 60 Polly Low-Macrae 24:44
311 61 Alexandra McClelland 24:45
632 351 Fazlur Rahman 36:46

Hilly Fields

281 Ran
Pos Gen
171 43 Philippa Goodhew 29:10

Burgess

724 Ran
Pos Gen
322 238 Harry Lawson 26:20

Huntingdon

301 Ran
Pos Gen
247 86 Klara Saville 37:49

Southwark

534 Ran
Pos Gen
288 194 Paul Keating 28:13

Peckham Rye

388 Ran
Pos Gen
1 1 Andy Bond 16:44
20 17 Garry Meehan 20:23
42 37 Mark Callaghan 21:34

Chichester

264 Ran
Pos Gen
4 4 Joe Farrington-Douglas 18:53
110 82 Michael Dodds 27:47
119 24 Clare Wyngard 28:08

Folkestone

450 Ran
Pos Gen
30 5 Kim Hainsworth 20:46

Wyre Forest

223 Ran
Pos Gen
78 66 Gary Budinger 29:35

Leicester Victoria

432 Ran
Pos Gen
143 21 Marjorie Epton 26:02

Tooting Common

684 Ran
Pos Gen
232 161 Ian Sesnan 26:43

Worthing

621 Ran
Pos Gen
232 186 Joseph Brady 26:51

Catford

192 Ran
Pos Gen
63 56 Lloyd Collier 25:10

Alstervorland

113 Ran
Pos Gen
37 32 Stephen Williams 25:27

Land's End

101 Ran
Pos Gen
36 26 Lee Wild 28:16

Sutcliffe

286 Ran
Pos Gen
64 57 Michael Fullilove 23:26

Charlton

180 Ran
Pos Gen
34 32 Stephen Smythe 23:17

Wakehurst

464 Ran
Pos Gen
396 218 Steve Wehrle 2nd cl. 37:44



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

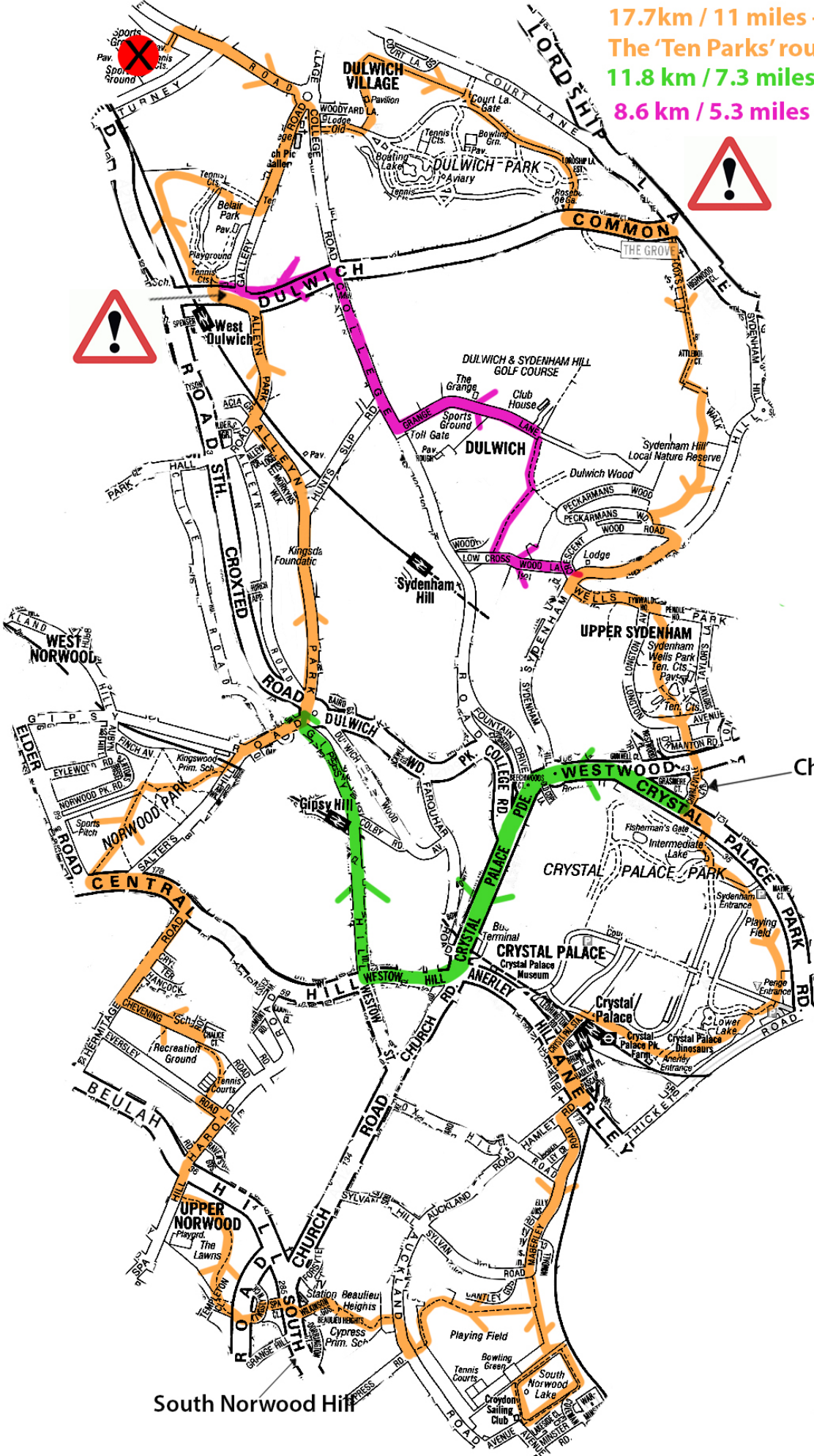
Dulwich Runners Summer Map 1

17.7km / 11 miles - 265m gain

The 'Ten Parks' route

11.8 km / 7.3 miles - 159m gain

8.6 km / 5.3 miles - 106m gain



Charleville circus

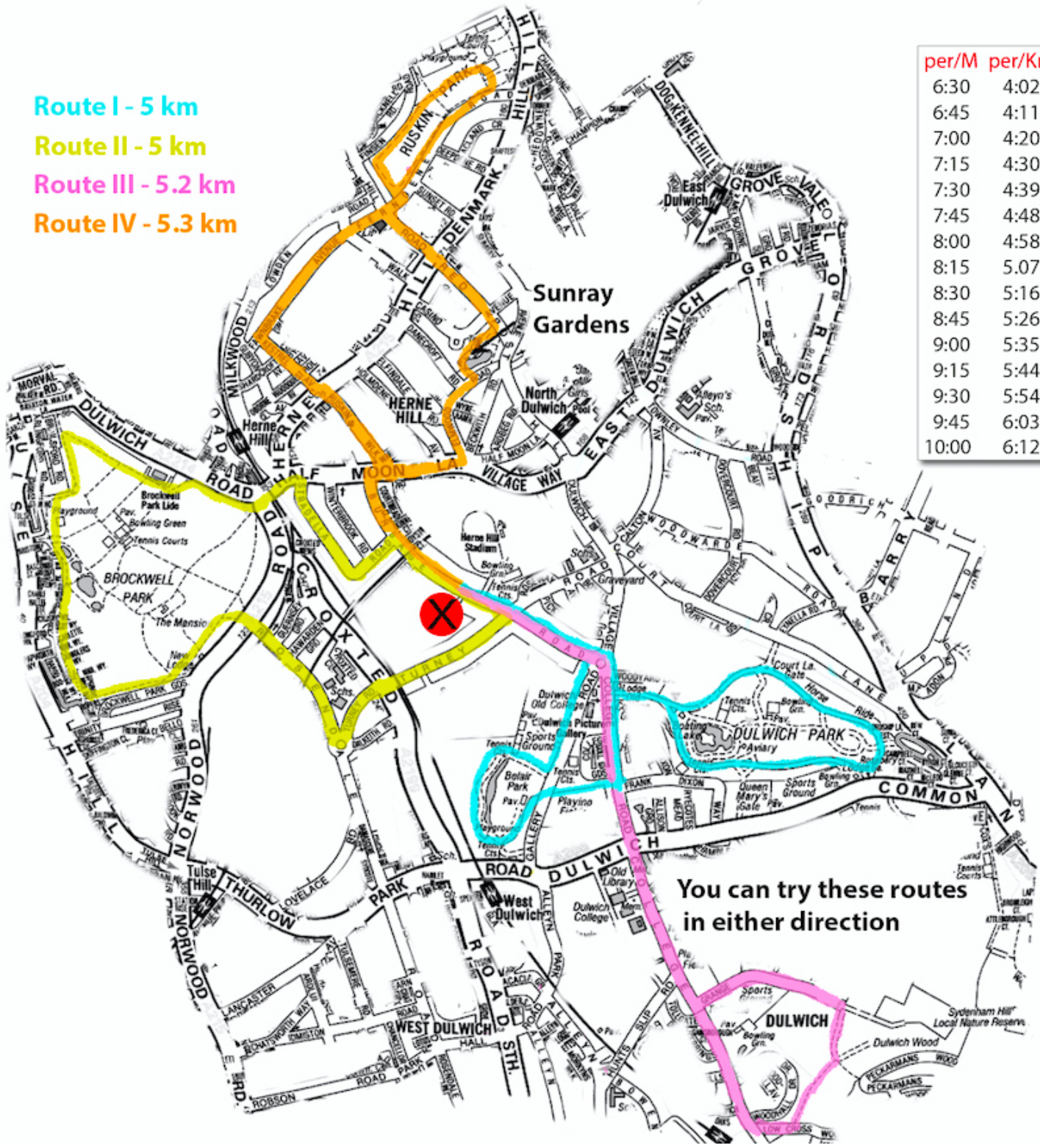
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

South Norwood Hill

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