



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
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- 8 Race reports and results
- 11 Club kit
- 13 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 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)*

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

A: Full year April 1 to March 31 - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

B: 6 months October 1 to March 31 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

If joining now see A above, remainder of this year will carry over to end of next March 31 - 2025

EA reg is £17 and can only be arranged through your 1st claim club

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

Dulwich Runners Committee Meeting Notice, Wednesday 21 February 2024

Club Secretary Yvette Dore writes:

The Dulwich Runners General Committee will next meet on Wednesday 21 February at 8.30pm after the Club Run.

If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me:

yvette.dore@hotmail.co.uk

by midday on Tuesday 20 February.

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



DULWICH RUNNERS 2024/25 FIXTURES

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

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

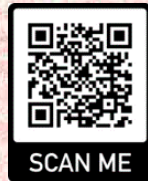
Dulwich Runners Cross Country (Xc) Fixtures 2024

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. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information.

Other popular fixtures (Ladies & Men run at the same venue)

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.



Dulwich Runners Club Championships 2024

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chimnoy 5km summer series (S)</i>	<i>11 & 25 June, 9 & 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</i>
<i>Big Half Marathon (L)</i>	<i>1 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!

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

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

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

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

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

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday Evening Speed - Crystal Palace Track

Arrive ready for a 7pm start. Group training focussed on getting faster over 5-10k. You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday> You need to reactivate your Crystal Palace membership on your apps and pay online.

Tuesday 20 Feb: Pyramid 400m/800m/1200m/1600m/1200m/800m/400m, longer reps at 10k pace with 90 sec recovery, shorter reps at 5k pace with 60 sec recovery.

Tuesday 27 Feb: 1600m @10k with 90 sec recovery and 4-5*800m @5k with 60 sec recovery.

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

Track etiquette

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

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

Crystal Palace update

GLA Programme Manager working on this says there will soon be a cleaning machine for regular clean up of goose mess. Work still to be done assessed shortly and will advise time scale for completion. More work to be done for track certification so races can be held there. Let me know if anything specific you'd like me to raise with them. Tom Poynton

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: ebepriil@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

Strength for Endurance webinar

Here's the recording of the webinar -

<https://vimeo.com/911325877/39d3e56ba0?share=copy>

They also have offered us a 25% discount until the end of February on their 14 week individualised training program.

If is interested you can have a free consultation call. Use this link - <https://www.strengthforendurance.com/sfe-contact-form>

Train with Strength For Endurance Ltd

14 Week Individualised Training Program

Partnership Offer - 25% Discount for February

Our SFE 360 Coaching Service has been designed to consider all aspects of an endurance athlete's life. From injury to peak performance we look to provide you with all the tools necessary to live an injury free, successful and active lifestyle.

- Integration of Strength & Conditioning, Physiotherapy & Run/Triathlon Coaching
- Baseline Screening - Movement Analysis, Bodyweight Strength Testing, Maximal Strength Testing
- Run Gait Analysis
- Physiotherapy consultation for any current injuries
- Nutritional Evaluation to address individual energy requirements
- Facilitation of blood analysis and hormonal testing
- Individualised S&C programming (2-3 sessions per week)
- Clear guidance and integration of how to manage all training, recovery and competition to maximise results
- Daily accountability, coach support and feedback
- Weekly LIVE Coach Check Ins (Q&A)
- Unlimited access to the online SFE Training Lab with extensive learning resources
- Interaction & support with like minded athletes in our SFE Online Community.

Club Champs event - Paddock Wood 1/2M

Sunday 3rd March 2024

This is now open for entries with 40 club members entered already..

What the organisers say - A fast, flat accurate course on roads through the hop fields and orchards of Kent. Ideal as a warm up for the Spring Marathons. Kent's largest half marathon with excellent facilities including ample parking, race pacing team for following times (1.20, 1.30, 1.40, 1.50, 2.00, 2.15 and 2.30), local train station, supervised baggage store, refreshments, physiotherapist, results on the internet and via text immediately after event and full first aid cover. Regularly voted amongst the best races in Runners World Top 100. Start & Finish Chip Timing..

Many club members have run this course before and it is popular.

Early entry is recommended.. <https://www.paddockwoodhalfmarathon.co.uk/>

Note – start time is 9.30 am which means travelling by train isn't possible. We can either all car share or, if there is sufficient demand, look into hiring a mini bus or coach. A mini bus would also need a driver. (Let us know if you are able to do this.)

Please let us know how you would like to travel there so we can book a vehicle if necessary. Email Ange and Ebe - dulwichchair@gmail.com

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

Did you know that Dulwich Runners members are eligible for a 10% discount Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Masters Champs

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 -Gothenburg, Sweden

Sportshoes.com 10% off for the club

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

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

Dulwich Runners Book Swap

The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction.

Even if you don't have any, come and browse and borrow one.



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

Spring 2024 marathon training plan

late January/ February update

As we get a bit closer to race day the training gradually starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recover properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 minutes, with a warm-up and cool-down taking this to about an hour in total,

possibly by incorporating Parkrun into your run although you could do this on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and do less of these so that you keep some speed but preserve some energy for other sessions. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle – there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

Any questions contact: Tom Poynton tpoynton@hotmail.com

Mon 12 – Sun 18 Feb

Tues interval session, Wed 60 min easy-steady club run, Sun long run 2:30-2:45h easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in week.

Mon 19 – Sun 25 Feb

Tuesday easy run, 75 minute Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in week.

If you would like to join a long run group

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

<https://docs.google.com/spreadsheets/d/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8Ig/edit#gid=0>

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.

Surrey Cross Country League 2023/24

A word from the club chairs:

What a finale and what a season! We like to congratulate our men's team on the best performance in our club's history in this demanding and high quality competition. Well done on a fourth place in Division 1 after all four matches! In the past a mere promotion to the top flight was seen as a great success. And usually we were resigned to go down to Div.2 again the very next season. Such is the level of competition with the big guns of the London area clubs (not restricted to Surrey).

Now we stayed in Div.1 the second season in a row, improving on a 7th place finish last year and scoring ahead of much larger track and field clubs. Our leading two runners, Max Milarvie and

team captain Ed Chuck became also the leading two men overall in the league. Congratulations to both on that achievement as well! It is a team effort and achievement from and by all turning out in the club vest. Long may it continue!

Our women sadly had to say goodbye to Div.1 this time (and for now) but finished on a high with their best score of the season, well done on that as well!

A proper celebration together with the Ken Croke Awards for our cross country championships will be held at the clubhouse on a clubnight in the near future, watch this space.
Ange & Ebe

Surrey CC League, Div.1 men, match 4 (8k), West Horsley Place

10. Feb. 2024

Ed Chuck writes: With safety from relegation seeming likely after the first two fixtures, and certain after the third, the target for this final fixture was to see how high up in the league we could finish. Just 30/40 points separated us from Herne Hill and Guildford, with Kent a little further away but not totally out of sight.

The setting was West Horsley Place – a new location for the league. Set in the grounds of a Grade I listed Manor House, the location was on the more genteel end of Surrey League fixtures locations (c.f. Mitcham Common!), but was similar in some ways to recent settings for the National XC. The only thing missing was a hill, but with the ground heavy following the week's rain, this course still posed a proper XC challenge.

While being competitive as a club at the sharp end of the league remains a distant dream given the strength of Hercules Wimbeldon and Belgrave, on an individual level Max Milarvie was ranked first going into the final fixture (a few points ahead of league legend Andy Coley-Maud), and behind them I had my own scrap for 3rd a few points ahead of Kent's Max Nichols.

As our Max had run the Armagh 5k (taking the club record in 14:28) some 40 hours before, he must have been somewhat relieved when Guildford's chair announced on the start line that Andy was injured and sadly unable to run (although given his competitive instincts, Max probably would

have relished the challenge.) This meant that like some sort of bionic formula 1 car, if he could avoid a first corner tangle, and any prangs along the way, then the title was his for the taking. Similarly I learned that Max Nichols was away, and with Coley-Maud not running, I also just needed to get round (reasonably) to finish 2nd.

Guildford had stepped up in hosting this fixture (given that they hosted one last year), and they created a route which was surprisingly varied and fun given the lack of elevation available. The only drawback to the route was the start, which was narrow and then turned quite quickly, which led to bunching and slowing. Max had got himself clear at the start and was behind Dylan Evans (Belgrave) and Sam Bramwell (HH) as we exited the field in front of the manor house, and off round the estate.

I had got a bit bunched up behind, as had Jack, and from my perspective the pace felt quick on the firmer ground over the first kilometre or two. Then followed running through fields which were muddy, soft, and in parts sloshy, and the pace of everyone dropped (to something quite a bit slower than marathon pace.) As the field trudged through the mire, Max had settled into 2nd, some way behind Dylan Evans, but clear of traffic behind having burned off Sam Bramwell. I was behind a long train of Belgrave Runners (they ended with 6 of the first 13 finishers!), who were slowly coming back to me having set off a little hot.

The course twisted and turned back on itself

(although so focussed on footing, I could only tell this from the extent that the route had already been churned up), and from my perspective everything held steady over the middle kilometres. The route planners had cunningly saved the only incline for the final 600 metres back round the starting field, and as we turned into the field I had finally caught up with the final Belgrave runner I could latch on to (Sam Gebreselassie), for a fun little tussle home for 4th.

Ahead, Max had stayed clear of any drama in 2nd, ensuring top 3 finishes at all races for the season (2,3,2,2), and confirming him as league Champ. I wrote before the relays in the autumn that Max joining us was akin to Middlesborough signing Juninho, but given he finished top of the tree maybe he's Kevin Phillips (although I think I'd prefer to stay cast as Bryan Robson rather than Peter Reid.)

A few spots back Jack had got ahead of a train of strong runners (including last year's league champ Freddie Slemeck) to finish in 12th, despite suffering from a cold and a lack of pro plus, and Aaron was 4th home, casually sandwiched among some fellow 2.2x marathon runners. Max Bloor went off a bit hard but still claimed some decent scalps (inc 2.17 marathoner Nick Bowker). Run of the day was from Ed Gibson, finishing as 6th scorer in 60th, some 80 places higher than the previous run out. Club marathon record holder Nick Impey had his first (and last) XC race for the year (following injury), and finished just ahead of

Rob Armstrong – again returning from injury! Clearly everyone should have a watch of the S&C session the club put on last week!

Final scoring spots went to Ade who finished a few places in front of Jon (both of whom had much stronger performances than fixture 3), who closed out our scoring at 82 – which was our lowest for the year, and resulted in us finishing 3rd on the day, which I think is a club high. Overall in the league we finished 100 points clear of Guildford and Herne Hill to finish 4th (which for the men is certainly a club high) and some 160 back from Kent in 3rd. Relegation was a distant 800 points away.

While finishing upper middle of the league might seem insignificant, given the size of the club (Clapham have some 1,300 members compared to our 300 odd), and our lack of a junior section (which is stark difference to the clubs around us, as evidenced by our average members' age hovering around the v45 mark), this is something that we should be proud of. Clearly signing the equivalent of Kevin Philipps before the start of the season helps, but of our 16 scorers over the year I would class 10 as "home grown" runners which the club has developed, and it's been

immensely pleasing to see the progress that's been made.

Aside from the scorers Murray Humphrey (who this time out had by far his strongest league performance to date), Jack Leafe and Justin Siderfin showed great commitment to the league in completing all fixtures, and many other chaps completed 3 of the 4. With our relatively small size, it is this commitment that means that we can be competitive (and which will see our runners continue to develop.)

The race ended on a poignant note, with Hugh Balfour coming to the line in his final race as a DR before his move away. Back in the mists of time my first ever run with the club was with Hugh on a Wednesday evening sometime in the autumn of 2009. I remember being completely dropped by him going up Dog Kennel Hill... not that the two were linked, but it was 7 years before I came back to the club! As Hugh disappeared off in the distance I remember thinking "how on earth is he doing this???" The answer is of course, time, patience, dedication, and in no small measure the support and experience of the club, with people who show you that you can do things you wouldn't have thought possible.

Pos	Name	Cat.	Time
2	Max Milarvie	SEN	26:29
4	Edward Chuck	V35	26:59
12	Jack Ramm	V35	27:30
31	Aaron Wilson	SEN	28:06
37	Max Bloor	SEN	28:19
60	Ed Gibson	SEN	29:14
64	Nick Impey	V40	29:25
65	Rob Armstrong	SEN	29:33
93	Adrian Russell	V45	30:35
96	Jon Phillips	V35	30:38
119	Dylan Wymer	SEN	31:08
140	Alastair Low-Macrae	SEN	31:46
145	Murray Humphrey	SEN	32:02
150	Jack Leafe	SEN	32:06
182	James Burrows	V40	33:03
184	Tim Bowen	V40	33:12
196	Alex Loftus	V45	33:27
223	Gower Tan	V50	34:14
237	Tom Mountain	SEN	34:57
257	Justin Siderfin	V50	36:37
258	Andrew Scott	V40	36:40
268	Andrea Ceccolini	V55	37:48
280	Hugh Balfour	V65	40:02

287 ran, first in 25:48 - Dulwich men third A-team (10 scorers) behind Bel, H/W, ahead of Kent, THH, G&G, HHH, SLH, C/C, Ran.

Match	H/W	BEL	KEN	DUL	G&G	HHH	SLH	THH	C/C	RAN
Match 1	255	253	466	439	480	430	550	647	662	868
Match 2	161	344	337	424	468	426	663	746	612	869
Match 3	157	315	351	515	446	545	635	562	666	858
Match 4	241	191	492	429	522	537	559	496	676	907
Points	814	1103	1646	1807	1916	1938	2407	2451	2616	3502
Position	1	2	3	4	5	6	7	8	9	10

Leading Individuals (Overall)

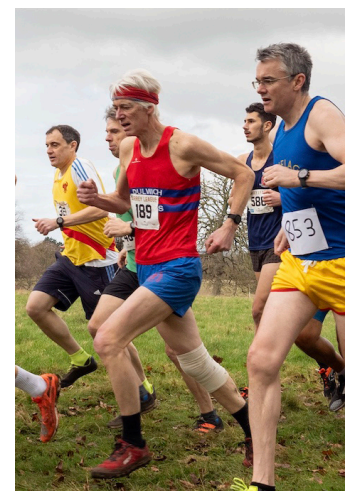
Name	Club	Total	Positions
Max Milarvie	DUL	9	[2, 3, 2, 2]
Edward Chuck (V35)	DUL	30	[10, 4, 12, 4]
Henry Silverstein	H/W	53	[14, 10, 20, 9]
James Stockings	H/W	54	[27, 14, 10, 3]
Henry Hart	BEL	64	[19, 16, 16, 13]



Max Bloor



Tim Bowen and Jon Phillips (r.)



Hugh Balfour



James Burrows and Alex Loftus (r.)



Ed Chuck



Max Milarvie

Surrey League Race 4 ladies' race

West Horsley Place

10. Feb. 2024

Ange Norris writes: We knew before the start that whatever happened here we couldn't save ourselves from relegation. But that didn't deter us and all 11 ladies' ran hard, resulting in our best result of the season.

As it was a new course, we were unsure of the conditions. I had checked out the area the previous weekend but had assumed, wrongly, that the race would keep mainly to the paths. Based on this, I had thought the course would be flat and boring. It was flat, but certainly not boring! We had mud and bogs to rival those at Lloyd Park. After much rain in the preceding days the fields were waterlogged, making the going squelchy. Woe betide anyone who didn't do their laces up well.

Despite the conditions, our team had strong runs with our top finishers achieving their highest places of the season. It was great to see both xc regulars there, plus another new member, Amanda, trying out the mud for the first time. We had excellent support from the men plus thanks to Bernard for making the effort to make the trip to support both men and women.

We may be in division 2 next year but our team of xc ladies' has grown this year and we look forward to proudly wearing our red and blue vests then. Bring it on!

Pos	Name	Cat.	Time
46	Helen Shannon	V40	36:44
61	Rosie Murton	SEN	37:47
72	Katie Smith	V40	38:15
84	Katie Styles	V40	38:59
100	Laura Vincent	V40	40:00
101	Harriett Roddy	SEN	40:02
122	Ange Norris	V60	41:25
148	Joanne Shelton	V45	44:52
155	Philippa Goodhew	V35	46:04
164	Lindsey Annable	V55	48:41
181	Amanda French	V40	55:39
187 ran, first in 31:28			

Dulwich ladies A-team (5 scorers) 11th of 15 A teams and over four matches
14th of 15 A teams

Dulwich men secure best ever 4th place Surrey League finish



Jonathan Whitaker writes: A single lap 8km course of a new venue at West Horsley Place provided a fitting finale to the Surrey League season. Endless rain in recent days resulted in the muddiest race with 5km of the course tough going, sapping the energy but not the spirit of the assembled cast of runners. Last season for the men was all about avoiding relegation from one of the toughest divisions in the country. This year further recruitment alongside development of the club's existing talented runners resulted in a superb (and best ever) fourth place finish behind Hercules Wimbledon, Belgrave and Kent AC.

Impressive consistency from Max Milarvie (26:29 and his third second place in four races) and Ed Chuck (4th, 26:59) secured them a one-two on the individual podium for the season. Jack Ramm (12th, 27:30) was again mixing it with the very best. Aaron Wilson (31st, 28:06) enjoyed his best run of a terrific campaign just ahead of fellow regular top 5 scorer Max Bloor (37th, 28:19). Ed Gibson (60th, 29:14), Nick Impey (64th, 29:25) and Rob Armstrong (65th, 29:33) secured valuable midfield points before Adrian Russell (93rd, 30:35) and Jon Phillips (96th, 30:38) completed a 3rd place team finish on the day.

The ladies completed the same course knowing that it would be a tough ask to overhaul the teams above them in the



league table to remain in Division 1. Unfortunately their best performance of the season and a 11th place finish was not quite enough with Dulwich finishing 101 points behind Ful-on-Tri. Helen Shannon concluded an excellent first cross country season in 46th (36:44). Rosie Murton continued her promising progress with her best performance of the season (61st, 37:47), while the ever reliable trio of Katie Smith (72nd, 38:15), Katie Styles (84th, 38:59) and Laura Vincent (100th, 40:00) completed the team scoring. Ange Norris (122nd, 41:45) was first V60+ over the line helping her to secure the age category title jointly with Guildford & Godalming's Susanna Harrison. While Ola Balme was not running her previous league performances secured third place in the V50+ age category rankings. The cross country season concludes with a trip to Staffordshire for the national championships at the end of February.



Surrey League Cross Country, Lloyd Park

10 February

This wasn't quite Lloyd Park at it worst but not far off with extensive waterlogged stretches in the usual places at the far end of the course and parts of the return section. Thankfully with all the recent rain, the terrain was quite sloppy and less cloying than it often is at this time of the winter. In a masterclass of understatement the announcer at the start of the race described the course "as a little soft in places."

4 of us competed for Vets AC men in the final Div 3/4 fixture of the season. Unfortunately the club missed out on promotion by 11 points. Benefiting from his marathon training Ebe had a strong run, finishing 7th scorer. He completed the season 3rd M60, progressing well to finish 2nd in his age category this time. My own run was at a fractionally faster pace than my recent 3 lap effort at the South of Thames race in December when the ground conditions were rather better. I felt quite comfortable throughout, managing to do most of my overtaking on muddy stretches. Dave West's run fell a bit short of his performances earlier in the season and our quartet was completed by Andy.

Later in the Div 2 women's race over the same course, though probably even more churned up, second claimer, Jo Quantrill



l. to r.: Dave West, Ebe Prill, Mike Mann, Andy Murray after the mud bath at Lloyd Park

finished 1st W60, with Ros finishing in a similar time to Andy's earlier. Mike Mann

Ebe Prill	38:29	Jo Quantrill	44:38
Mike Mann	43:55	Ros Tabor	50:01
Dave West	48:07		
Andy Murray	50:11		

Ayo Falola Mile, Lee Valley

February 7

Steve Smythe writes: Five years ago Clare Elms set a world W55 indoor mile record at this meeting and this time she attempted the W60 mark.

Having run 5:33 on a road mile on the Friday, her 5:43.75 target by American Lesley Hinz, set in 2018, looked a doable target.. Clare went off quick as was well within target after a quarter mile (78) and it looked definitely on at halfway (2:41).

Her only problem mid race was getting by an athlete 47 years her junior who had slowed after an even faster start. Three times Clare tried to pass her and each time the youngster accelerated and held her wide.

On the fourth attempt Clare finally got by and pulled away but the surging caught up with her on the last lap and her much younger rival kicked by in the final strides.

Clare finished third in the elite women's B race in 5:30.89 to take 12 seconds off of the world record and it's also faster than the British outdoor W60 record.

The time has already been ratified as a British record but the world ratification takes a lot longer.

Clare already holds the world indoor records as a W50 at 1500m and as a W55 at 3000m but this is her first official W60 world mark.

Clare scored over 103.51 per-cent on age-grading, her 72nd performance of 100 per-cent or over.

Ed Gibson finished second in his mile race in a PB 4:41.94.

GB One mile records

55	Clare Elms [55]	5:15.44	Lee Valley	30/01/2019
60	Clare Elms [60]	5:30.89	Lee Valley	07/02/2024
65	Ros Tabor [65]	6:05.85	Lee Valley	04/02/2015

Even more impressive is the Dulwich connection on the UK road mile.

45	Clare Elms [46]	5:00	-	Battersea	20/06/2010
50	Clare Elms [50]	5:14	5:13	London	22/06/2014
55	Clare Elms [55]	5:10	5:09	London	26/05/2019
60	Clare Elms [60]	5:33	-	Ealing	02/02/2024
65	Ros Tabor [65]	6:15	-	London	24/05/2015



Clare Elms (r)
Elite B women mile

Veterans AC Champs, Lee Valley

February 11

Steve Smythe writes: Clare was hoping to run a fast time in the 3000m but finding there were no other women within a minute of her time competing, a request to compete with the men and forfeit a medal was not responded to so Clare won the women's race easily lapping the entire field and running much of the race in lane two as she won by 77 seconds and only one runner stayed within two minutes of her and she ran 11:02.91.

Clare Norris, in her first indoor race, ran in the 1500m and ran a PB 5:45.33 though she ran quicker equivalent miles.

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

Banstead Woods

325 Ran
Pos Gen
12 12 Tony Tuohy 20:57

Bromley

812 Ran
Pos Gen
501 355 Peter Jackson 29:56
772 445 Colin Frith 44:27

Brockwell

482 Ran
Pos Gen
66 61 Stephen Trowell 22:36
154 126 Graham Laylee 24:46
174 23 Lucy Pickering 25:14
216 39 Lucy Clapp 26:28

Beckenham Place

246 Ran
Pos Gen
130 20 Claire Barnard 29:35

Crystal Palace

471 Ran
Pos Gen
45 2 Laura Denison 22:14
48 3 Yvette Dore 22:18
150 129 Matthew Trueman 25:19
217 164 Michael Dodds 27:36
220 165 Paul Hodge 27:43
367 228 Bob Bell 33:54
412 148 Chris Bell 37:05

Lloyd , Croydon

163 Ran
Pos Gen
163 106 Dave West 64:00

Whitstable

400 Ran
Pos Gen
10 1 Michelle Lennon 22:10

Riddlesdown

116 Ran
Pos Gen
13 13 James Wicks 24:52

Eastville

742 Ran
Pos Gen
105 92 Jamie Robinson-Nicol 22:42

Mile End

528 Ran
Pos Gen
282 200 Paul Keating 28:16
311 87 Claire Steward 29:05

Dulwich

667 Ran
Pos Gen
55 49 Stephen Davies 19:32
63 56 Tom Shakhli 19:45
76 7 Lucy Mordaunt 20:04
79 68 Rob Mayes 20:09
96 8 Victoria Read 20:41
100 10 Polly Low-Macrae 20:51
131 109 Grant Kennedy 21:29
144 120 Paul Vivash 21:52
216 175 Hugh French 23:10
282 30 Alice Williams 24:31
303 237 Lloyd Collier 25:06
366 61 Klara Saville 26:31
473 312 Andrew Inglis 28:45
654 369 Fazlur Rahman 43:14

Gladstone

301 Ran
Pos Gen
180 56 Becca Schulleri 30:32

Burgess

771 Ran
Pos Gen
756 300 Susan Vernon 50:01

Southwark

444 Ran
Pos Gen
26 22 Lee Wild 20:16

Fulham Palace

703 Ran
Pos Gen
276 212 Barrie John Nicholls 26:33
466 137 Lindsey Annable 30:19

Peckham Rye

430 Ran
Pos Gen
1 1 Andy Bond 17:01
8 8 James Brown 18:50
93 77 Dan Hill 23:48
244 155 Tommaso Bondoni 28:31

Shellharbour

196 Ran
Pos Gen
103 29 Clare Wyngard 31:18

Chichester

184 Ran
Pos Gen
157 103 Steve Wehrle. 2nd cl. 35:53

Tooting Common

462 Ran
Pos Gen
57 10 Christina Dimitrov 22:51

Clapham Common

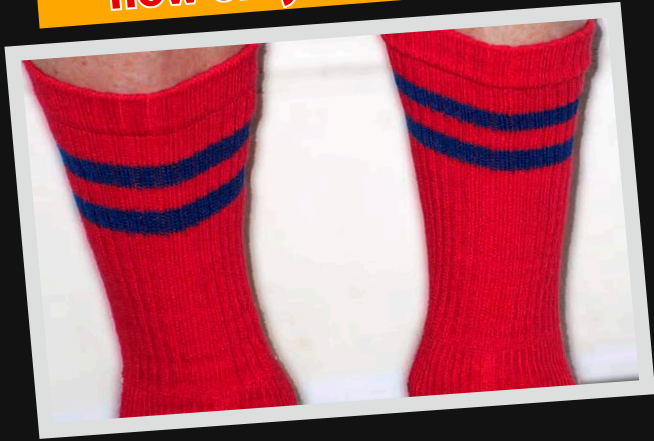
935 Ran
Pos Gen
413 280 Ian Sesnan 28:07

Rendlesham Forest

97 Ran
Pos Gen
41 8 Hannah Issett 28:04

DULWICH RUNNERS KIT

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



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



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

Beast from the East!

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



Crop tops - £25

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



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



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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 11

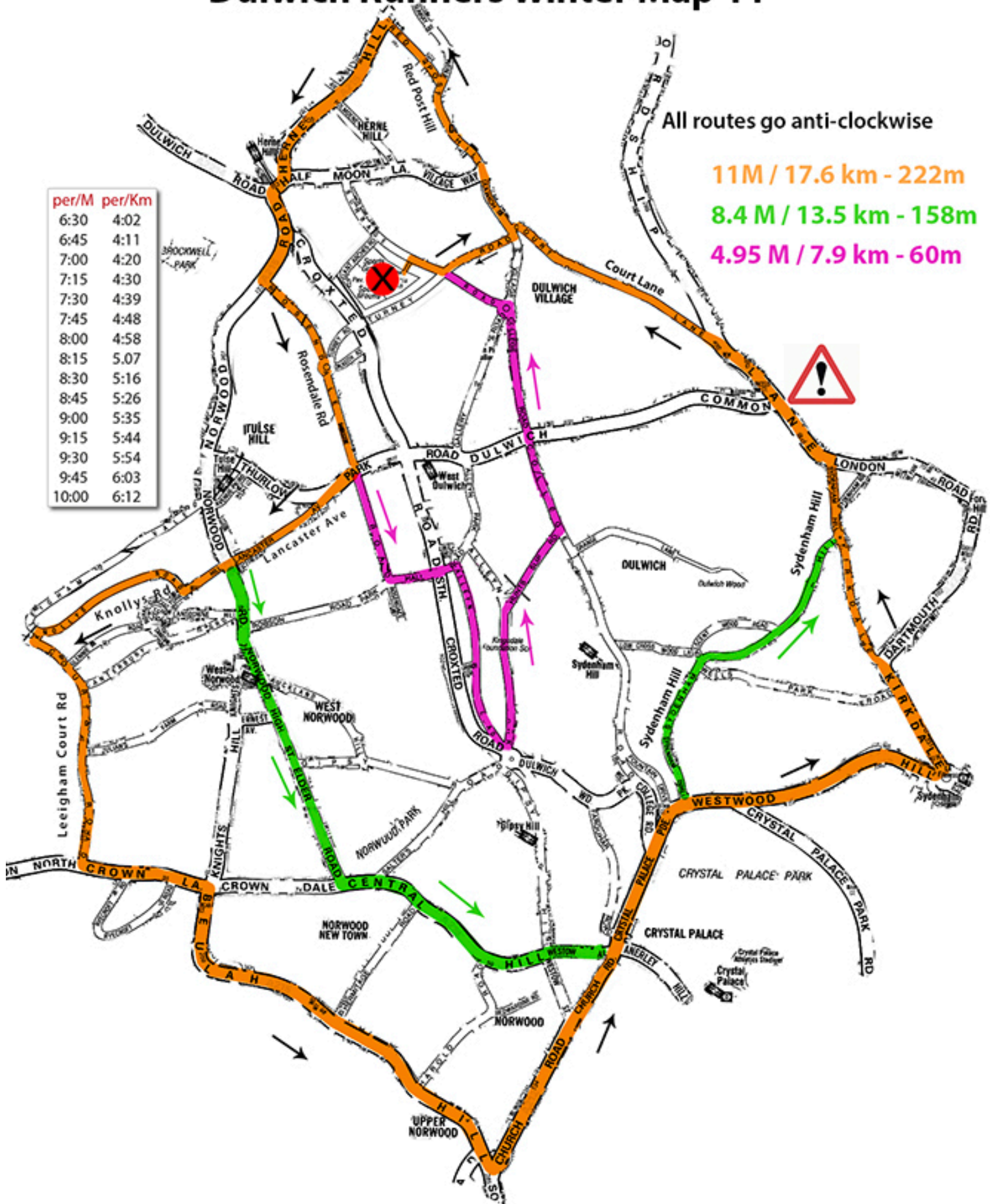
All routes go anti-clockwise

11M / 17.6 km - 222m

8.4 M / 13.5 km - 158m

4.95 M / 7.9 km - 60m

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



Dulwich Runners Winter 5km routes

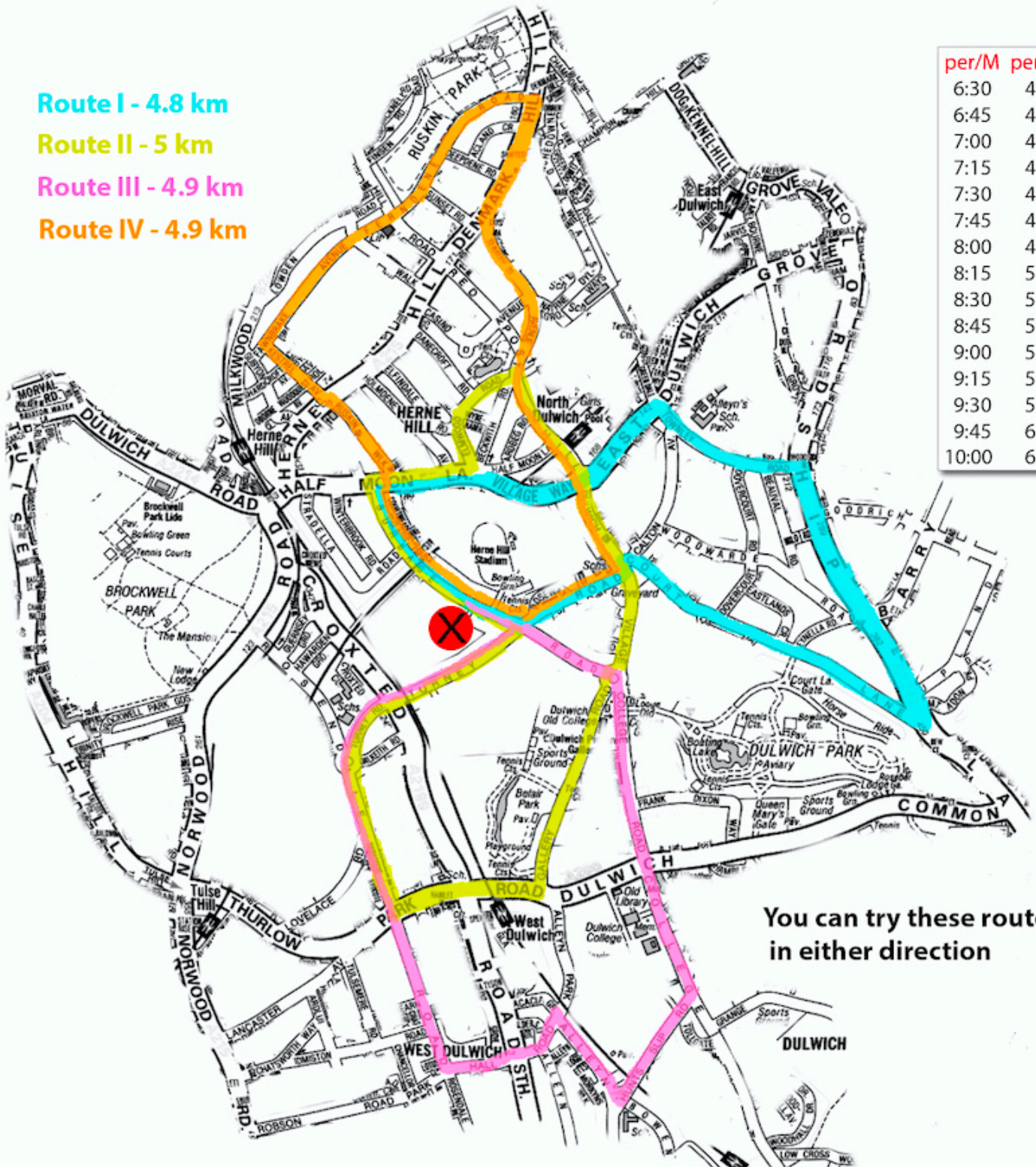
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction