

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 17th 2024  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto: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
- 3 Club runs & training
- 7 Race reports and results
- 12 Club kit
- 14 Wednesday night maps.

Feel free to send in any race reports, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



**Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.**

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

To be added to the WhatsApp group - contact Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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.)

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

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

**3 months January 1 to March 31** 1st claim £24.50 includes EA reg. £17 - without EA reg £7.50 - 2nd claim £7.50

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

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

## 'Wear your club vest Wednesday' makes a return

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



If you need a club vest or other club kit: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

# 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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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. Men and ladies will run in Division 1

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

### Surrey League XC

🏆 **10 February** Division1 Race4  
[www.surreyleague.org](http://www.surreyleague.org)

### Ladies & Men run at the same venue

TBC

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

20 January	Veterans AC Championships	Wimbledon Common
🏆 <b>27 January</b>	South of England Championships	Beckenham Place Park
24 February	England National Championships	Weston Pk, Staffordshire

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



**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 Chimnay 5km summer series (S)</i>	<i>11 &amp; 25 June, 9 &amp; 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 7pm for 7.10 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 23 January = 1600m@10k + 4-6\*800m@3-5k alternating reps 90 secs recovery.

Tuesday 30 January - 2 x [1600m@10k (90 secs recovs) + 800m@5k (90 secs recovs) + 400m@3k (90 secs recovs)].  
Slower group 1200m not 1600m.

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

### Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive.

All members using the track must: give others plenty of space when overtaking or moving off the track.

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

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto: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](mailto: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](mailto: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](mailto:ebepri1@yahoo.co.uk)

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

If interested in any of these runs check in advance with the respective contacts

# Club Champs event - Paddock Wood 1/2M

## Sunday 3rd March 2024

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

With EA - £24 until 31st December, then £27  
Without EA - £26 until 31st December, then £29

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](mailto: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.





**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](mailto:app.dulwichrunners.org.uk)

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

 Download on the App Store

 GET IT ON Google play

Feedback and requests **Andrea Ceccolini**  
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

## Sports Massage

Sports massage to:

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

**10% discount to club members**

Ola is an experienced Sports massage therapist & club runner  
To find out more and book an appointment:

[olabalme1@gmail.com](mailto:olabalme1@gmail.com)

# A spring 2024 marathon training plan

Tom Poynton – Coach in Running Fitness – [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

## Introduction – who is this for?

This is my suggested training plan covering just January for anyone planning a spring marathon - I will cover February, March and April in future editions of Shorts, although I can send the whole lot by e-mail if you'd prefer. With many of you targeting the London Marathon on 21st April, I have set the race date in the plan for then, but if you have a different target race date then you just need to adjust the dates accordingly.

To make the most of this plan, you should have been running several times a week for at least six months, hopefully (much) longer and are capable of running 5-6 days a week during this period. If you are able and willing, then you could increase the suggested distances, and if you are running more than about 60-70 miles a week then you might want to consider adding in an easy-paced run for say 30 minutes on top of all this and seeing if this works for you.

If anyone is much newer to running and/ or for whom this plan looks too ambitious, then I would suggest you concentrate on the Wednesday club runs, Sunday long runs and a couple of 40-60 minute easy paced runs at other times in the week, which should include a few strides (10-20 seconds of fast but controlled running with plenty of recovery).

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and do get in touch (at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person) if you have any questions or want any further advice e.g. on how to adapt it to suit your circumstances and to take into account what has worked well for you in previous training cycles. This is only my suggestion - there are many fine marathon plans out there, not least in previous editions of Shorts, and Athletics Weekly, and the Runners World plans are similarly effective and well-regarded, but I hope you find it useful. If anyone wants to read around the subject a bit more, I'd particularly recommend Pfitzinger and Douglas's Advanced Marathoning, Daniels Running Formula, Run Like a Pro (even if you're slow) by Fitzgerald and Rosario and David Chalfen's Improve your marathon and half-marathon running.

## January training focus

In this phase you should be developing your all-round fitness, and starting to nudge up your long run without it having the prominence it later develops. This shouldn't really look too

different from what you did before Christmas, and if you trained consistently then, you should be well-placed to take advantage of the extra fitness this gave you.

## The different types of runs

The Tuesday interval sessions should help develop speed-endurance, and although I haven't set out the details here, they should involve around 4 miles at a mix of 3k, 5k & 10k paces plus the warm-up and cool-down.

The Wednesday club runs are a really good way to get in an hour or slightly more of easy or steady paced running (which will increase later on), depending on how you are feeling and should help reinforce the benefits of the Sunday long run. So for many of you this would fit with running the medium route, but the faster amongst you might be fine with the longer route and similarly the less-speedy might be better suited to the shorter route. Having people around you should reduce the perceived effort, and it's also a good way to meet others in the club with a similar training target, so do come along if you can.

There are three Saturday cross-country races open to you all this month and I've added them all to the plan, as they should build strength and endurance, although you could instead run a Parkrun at either a "full on" effort or at a controlled 10k/10m/ half-marathon pace with a couple of easy miles before and after.

The Sunday long runs (which don't have to be on a Sunday, particularly if you do shift work or have other commitments) are key, even at this stage, and should be at an easy conversational pace for up to about two hours this month, and run on softer ground and not roads where possible. If you run with others, such as the club's organised runs, try to avoid any temptation to turn this into a race, at least for now.

On top of the club runs and races I have included some easy-paced running (again, on softer ground and off-road where possible) – it is up to you when and where you do this, and you may wish to do this individually or with others.

I've suggested scaling back slightly most of the runs in the final week, partly to prepare for and recover from the SEAA XC champs (with the men's race being particularly long) but also to avoid too much accumulated fatigue as we move into February.

### Mon 8 – Sun 14 Jan

Tues interval session, Wed 60 min. club run, Sat. Surrey League XC, Sun long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs 40-60 mins elsewhere in week.

### Mon 15 – Sun 21 Jan

Tues interval session, Wed 60 min club run, Sat Parkrun, Sun long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs 40-60 mins elsewhere in week.

### Mon 22 – Sun 28 Jan

Tues interval session, Wed 50 min club run, Sat SEAA XC, Sun. long run 1h:30 min easy pace. Otherwise one, preferably two easy runs for 40-50 mins elsewhere in week.



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

### Which races to go for

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

### Entry for other races

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

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

### Footwear

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

### 2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
photos by Laura Vincent

### Surrey League

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

### Distance

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



### Scoring

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

competition where the second 5 and 10 runners respectively score.

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

### Surrey League entry

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

### Other Races

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

Want your race results and reports in SHORTS ? please email them to [barry@bg1.co.uk](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## Surrey League Ladies div1 Wimbledon Common

This was a different course from our previous run here, starting from the playing fields adjacent to Putney Vale. Unusually the men ran first, giving us the opportunity for cheering whilst warming up and obtaining a last minute piece of advice on shoe and/or spike length. To quote Aaron, -'nothing was perfect for the whole course due to the wide range of surfaces, from gravelly paths to ankle deep mud!' More pre-race information came from AI - 'That was the most technical cross country I've ever done.' So, we were informed, prepared and excited.

Almost immediately after the start was a right turn onto a narrow-ish path – that was the first bottleneck which brought many to a standstill, then the second came very soon after at a bridge crossing. We were then out into the open where the field spread out, before entering the woods for the 2 laps. These

were undulating and a good test of strength which made it 'an enjoyable, proper cross country' which Harriet enthused 'was the best so far' although Ola was disappointed to have to run conservatively due to injury. Lindsey did challenge Dylan's description of the course afterwards, as he had told her there were just two short, sharp hills. She contested that he omitted to mention all the other inclines but she too loved the 'ups, downs, deep mud, fallen trees and stream'.

One fun descent included jumping over two logs, the first of which took me by surprise as I was directly behind another runner. However, we all stayed on our feet including new member Mel who was running in road shoes. She was new to the club last Wednesday, signed up then and enthusiastically said she would run xc. She was unsuccessful in trying to buy some trail shoes in her size on Saturday morning, but remained undaunted. Verdict - She loved it, retrospectively! Fairly new member Bella was also a xc rookie, as was her partner Paddy in the men's race. The love of xc is spreading.

With only an hour between the men's and women's races we had loads of support from the men – thanks, it really helped. Also out supporting were Polly, Stephanie, Colin and Sue, and Graham. Thanks everyone for making it such a fun afternoon.

Position	Score A/B	Name	AG	Time (min:sec)	
39	37	Kay Sheedy	V35	33:22	1st W35
77	74	Helen Shannon	V40	36:09	
95	92	Katie Smith	V40	36:49	
108	105	Rosie Murton	SEN	37:11	
120	117	Harriett Roddy	SEN	37:59	
130	127	Katie Styles	V40	39:00	
141	138	Ola Balme	V55	39:34	2nd W55
142	139	Ange Norris	V60	39:38	1st W60+
163	160	Michelle Lennon	V55	40:42	
181	178	Sophie Sentance	SEN	42:19	
201	-	Midge Cameron	V55	43:47	
205	-	Philippa Goodhew	V35	44:22	
228	-	Bella Jurczynski	SEN	47:54	
230	-	Lindsey Annable	V55	48:13	
232	-	Melanie Fortmann	V35	48:55	

259 ran, 1st Georgie Grgec (Sen for HHH) in 29:13min

15 Dulwich Women, A-Team (5 to score) 13th/15, B-Team (5 to score) 13th/15

Dulwich Women 14th Team out of 15 A teams after 3 Matches in Div.1

Ola Balme 4th W50+ after 3 Matches, Ange Norris 2nd W60+



Katie Styles (180) all smiles with Kathryn Jefferson (571) also in picture



# Surrey League Men div1 Wimbledon Common

Dulwich Runners men's team moved up to fourth place in the Division 1 table following Saturday's race at Wimbledon Common. A technical two lap course of 8km with obstacles, mud and heathland was liable to punish any runner not quite on it following the Christmas break. Max Milarvie was not one to miss out however, with another stellar performance to secure second place (25:40) and see him lead the individual standings by two points from Guildford & Godalming's Andy Coley-Maud with one race left.

Ed Chuck is also in the individual podium positions following another strong run - this time 12th (26:22). James Dazeley's impressive cross country debut (32nd, 27:09) preceded typically reliable performances from Max Bloor (36th, 27:21), Aaron Wilson (47th, 27:31) and Ben Howe (57th, 27:55) in the upper placings. Joe Hallsworth (112th, 29:21), James Blackwood (116th, 29:30), a promising debut performance from Dylan Wymer (134th, 29:54) and Ed Gibson (142nd, 30:01) concluded the A team scoring. Dulwich expect a close battle with Herne Hill Harriers and Guildford & Godalming in the final race to retain 4th place, and the club's best ever finish.

The ladies race followed the same 8km course, with the A team finishing 16th in another extremely competitive race. This meant that the club lost some ground on Reigate and FOT in the battle to remain in Division 1 next season. A fast finish from Kay Sheedy saw her home as the club's first runner (39th, 33:22). Excellent runs from Helen Shannon (77th, 36:09), Katie Smith (95th, 36:49), Rosie Murton (108th, 37:11) and Harriett Roddy (120th, 37:59) completed the A team's scoring. Ange Norris (39:38) was first V60 home with a comfortable win over her nearest rival - Guildford & Godalming's Susanna Harrison - for the age group crown, and now trails her by just one point.

Action photos courtesy of Stephanie Burchill (Dulwich Runners).  
Ed Gibson (105) and Ade Russell (162)  
Aaron Wilson (176) battling it out with Hercules' Richard Mcdowell.



Position	Score A/B	Name	AG	Time (min:sec)	
2	2	Max Milarvie	SEN	25:40	2nd Sen
12	10	Edward Chuck	V35	26:22	1st M35
32	28	James Dazeley	SEN	27:09	
36	32	Max Bloor	SEN	27:21	
47	42	Aaron Wilson	SEN	27:31	
57	50	Ben Howe	V35	27:55	
112	82	Joe Hallsworth	SEN	29:21	
116	84	James Blackwood	SEN	29:30	
134	90	Dylan Wymer	SEN	29:54	
142	93	Ed Gibson	SEN	30:01	
151	40	Adrian Russell	V45	30:09	3rd M45
154	43	Sean Cordon	SEN	30:13	
166	49	Tom South	V45	30:26	
176	53	Jon Phillips	V35	30:39	
181	55	Jack Leafe	SEN	30:46	
217	68	Murray Humphrey	SEN	31:37	
238	76	Alastair Low-Macrae	SEN	32:12	
240	77	Andy Bond	V50	32:17	
248	81	James Burrows	V40	32:44	
250	83	Eugene Cross	V40	32:47	
270	-	Alex Loftus	V45	33:31	
285	-	Gower Tan	V50	34:03	
296	-	Joe Farrington Douglas	V40	34:30	
308	-	Ed Simmons	V40	35:17	
312	-	Justin Siderfin	V50	35:42	
313	-	Andrea Ceccolini	V55	35:51	
320	-	Ross Rook	V40	36:30	
342	-	Steve Smythe	V65	39:45	1st M65
352	-	David 'Paddy' Devlin	V35	43:34	

352 ran, 1st Jack Millar (2nd Claim Sen for THH) in 25:02

29 Dulwich Men, A-Team (10 to score) 5th/10, B-Team (10 to score) ? Unclear yet

Dulwich Men 4th Team out of 10 after 3 Matches in Div.1, behind Herc. Wimbl., Belgr. and Kent, narrowly ahead of Guild. & God. and HHH

Max Milarvie 1st Man overall after 3 Matches, Ed Chuck 3rd Man

<https://surreyleague.org>





Max Milarvie adds.....

## *“9s or 12s?”*



Huddled round goalposts on Wimbledon Common, the main discussion pre-race surrounded the spike length debate and Tom South shared wisdom pertaining to the trail nature of the Surrey League match 3 course. Following a course jog, I opted for a novel mix of 12mm and 7mm spikes which fared me well. As I have become accustomed to, the jog to the start line involved dodging the crowds of Belgrave and Clapham Chasers receiving their Wolf of Wall Street-esque pep talks.

The Surrey League has various similarities to my experience racing in the NCAA – real team spirit on show and a willingness to fight for your teammates, as well as a true competitive rivalry with the other clubs. This edition proved no different, though the mighty Dulwich Massive were going into battle without a few of our strongest soldiers. Majestic-on-the-mud Jack Ramm has been a solid low-stick counter thus far in the series and was sorely missed. Dulwich marathon record holder Nick Impey fell foul to a stray branch in Battersea a couple of weeks ago and was still battling with his tendons – but offered valuable support from the side of the course. Rob Armstrong bravely offered to race if numbers were low despite injury. It will be great to have these guys back for the final meet in February.

The battle for the win at this Surrey League was won within the first 200m of the race, with Jack Millar (THH) wasting no time to get away from the rest of the pack. 2nd place, however, was not decided until the final 200m, where I managed to get away from Andy Coley-Maud (G&G) and Sam Bramwell (HHH) who had been on my tail for most of the race (Figure 1). I was backed-up by Ed Chuck, who had some serious injury worries going into Saturday but proclaimed the race as the cure to his knee injury – so to all with any injury worries bear in mind the prophecy “Motion is Lotion.”

Surrey League debutant James Dazeley put his (impressive) biceps to good use for a fantastic return to the mud. James was backed-up by Max Bloor, a wizard on technical sections of any XC course.



Max proved again to be the best bang-for-buck Surrey Fantasy League purchase, finishing in 36th ahead of a train including multiple Kent AC athletes. On the back of a massive marathon since the last Surrey League outing, Aaron Wilson managed 47th despite the contrast in weather with Valencia, and I am sure felt fresh given he usually starts sessions with reps longer than Saturday's race. Speaking of marathons, Ben Howe came in as 6th Dulwich man

on the day sporting some extra measures to combat the cold and is looking in great stead going into a big block for London. Out for his second Surrey league of the season, Joe Hallsworth noted the course was “great” on Strava following the race and remained a stalworth of the Dulwich Train. James Blackwood came in as 8th Dulwich man on the day, continuing progress from previous Surrey Leagues and improving by 14 spots from Mitcham, then doubling back for a dip into Richmond Park on Sunday morning with Stride. The scoring team was rounded off by Dylan Wymer and Ed Gibson – both coming in sub-100 scoring positions and securing a 6th place finished for Dulwich. Shoutout to everyone who raced, full results can be seen on the table shown. As 29 member-strong, the Dulwich massive fought well out there.

Following another lap of the course and some spectating of the Ladies race, the obligatory post-race pint venue was the conveniently located clubhouse adjacent to the course. The cross-country runner contingent in the pub was small, with just Max B, James and I present. We enjoyed a single pint which was more than enough for me to be sent into a deep bonk on the journey home.

The men of Dulwich Runners are having a fantastic season, currently in 4th overall, with an 18-point lead over Guilford going into the final match.

So going into the final match on the 10th of February, let emails from captain Ed Chuck ring like the message of Lord Kitchener – Your Club Needs You.



# Surrey XC Champs Denbies Wine Estate

7th January

Lindsey Annable writes: Whilst the Kent ladies had got themselves into gear and produced a report last week, the Surrey ladies were slower off the mark so I am producing a retrospective one!

I always love running at this venue with the vineyard nestling in the picturesque Surrey Hills although it counts as one of the toughest courses. There's also the lure of a selection of fine wines for those wishing to indulge and a farm shop which sells some delicious local produce. Back in the day they used to do wine tasting but that seems to have finished - maybe there were too many thirsty takers after the XC!

Over the years the course has varied slightly, starting and finishing on the main thoroughfare through the vines in earlier versions. The later course iteration was changed to add a little more distance and probably thin out the field away from the vines.

As per the men's report last week, the venue was last used in 2020 but I have run here a total of 4 times. We had three debutants this year over the course, including Klara who had never run XC for the club before.

First in for DR was Harriet who looked strong on the photo I saw and like she was enjoying herself (the photo was near the finish though!). Klara was in hot pursuit but couldn't quite hang on to Harriet's pace. We do hope she returns to XC for DR though, after such a sterling run. Katie followed soon after, having run here a couple of times before and impressively hitting a similar pace to her fastest performance in 2016. Catherine felt she had overcooked the first lap somewhat but enjoyed it, nonetheless. All four packed well towards the middle of the field. Both Midge and myself were returning to the course after 2020. Midge was slightly down on her time then and I was a little up.

The ground was incredibly dry despite all the rain in previous

# Surrey League Cross Country Oxshott Woods

13 January

Those of us competing for Vets AC had a return visit to Oxshott Woods. This is quite a challenging technical hilly course with numerous tree roots in several sections together with twists and turns and some narrow descents making overtaking difficult. It includes a short sharp hill full of tree roots with a 25% gradient, where many walked. On the other hand the sandy terrain made for largely dry conditions underfoot and there were some fast downhill stretches. Last year the narrow start resulted in a huge bottleneck early on, but this time the course had been modified with an improved uphill start, resulting in only a brief bottleneck, with a slightly shorter lap followed by two full ones. As a result the distance was shorter coming out at around 4.6 miles, but the difficult conditions underfoot resulted in a

# Second Sunday of the Month 5 miles

14th January

Lindsey Annable writes: At the risk of experiencing a modicum of déjà vu, I was back to Wimbledon Common on Sunday albeit on a different course to Saturday's Surrey League XC. Barrie suggested we enter this monthly five miler as a training run. He is keen to get back to training after a hiatus of limited exercise due to some health issues. I figured I could take the race as an easy training run after the hugely challenging five mile XC the day before. It was easier to do this in the context of a race rather than go out from home ruing sore legs from the previous day.

In the winter months you never quite know the condition of the course and after a relatively dry first half mile or so, the mud and puddles made a vengeful appearance to slow our pace.



days; the chalky soil doing its job and obviously draining well. We were blessed with bright blue skies and sunshine for the women's race but the shady corners plunged us into more icy temperatures, reminding us we are still in deep mid-winter. Club member Andy, who was stoically marshalling in probably the coldest corner of the course, gave us welcome words of encouragement as we approached the toughest uphill.

Afterwards we headed to the cafeteria for refreshments and post-race banter. We were joined by Laura Vincent who had kindly come to support, travelling to a rail station en route and then running to the vineyard as her long Sunday run. This had involved quite a bit of detailed preparation, skilfully mapping her route across a few uphills and downhills no doubt as well as along an old Roman road apparently, to ensure a timely arrival. Thank you to some of the men's team who also appeared early despite their later start, to lend a cheer. Club Honorary President Barrie was also on hand to congratulate the ladies' team as well as deftly fitting in a tour of the vineyard in the beautiful weather conditions.

56 Harriet Roddy 41:24  
58 Klara Saville 41:31  
60 Katie Styles 41:37  
65 Catherine Buglass 42:01  
93 Midge Cameron 47:29  
101 Lindsey Annable 49:32

relatively slow pace..

Ebe had a solid run finishing 10th in the VAC scoring team, whose A team finished 3rd in Div 4.. Having taken a tumble last year, my run was tentative at times and below the level of recent races with a lot of ground watching. I came close to tripping on tree roots during the sharp ascent, providing some entertainment to nearby spectators. Andy was next to finish, staying upright throughout, while Gary Budinger back in action following knee surgery ran carefully, possibly recalling his exploits a couple of years back in Lloyd Park when he head butted a tree.

Running later in the Div2/3 ladies match on the same course Ros enjoyed her run on the revised route that was largely free of bottlenecks. Ebe finished 3rd M60 in Div 4, while I finished 2nd M70. Ros finished 2nd W70 in Div 2  
Mike Mann

Ebe Prill 37:07  
Mike Mann 41:28  
Andy Murray 45:31  
Gary Budinger 46:01  
Ros Tabor 46:10

Barrie surged ahead at the start but I kept at close quarters for virtually all the race. Neither of us wanted a hard race though, so we were both happy to click through the miles.

After the muddy rollercoaster of yesterday, I thought the course was quite benign and even the infamous uphill so-called 'toast rack' felt less uphill than usual! Barrie found it harder work but got round in good stead.

With the fantastic team camaraderie and support from runners and non-runners at the XC on Saturday, the weekend was a great showing of everything that is good about belonging to a running club. A special mention also goes to Chris Vernon in his first parkrun in the 80-85 age category. I witnessed first-hand Chris's resolute and steely determination to walk the Burgess course in a sub-one hour time which he achieved comfortably. No wonder he was a 2 hour 55 minute marathoner in his heyday.

62 Barrie John Nicholls 48:14  
64 Lindsey Annable 48:28  
80 ran

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

203 Ran  
Pos Gen  
11 11 Tony Tuohy 20:55

### Bexley

356 Ran  
Pos Gen  
153 117 Tommaso Bendoni 28:47

### Brockwell , Herne Hill

603 Ran  
Pos Gen  
47 39 William Hooper 20:43  
70 59 Wander Rutgers 21:54  
73 62 Stephen Trowell 21:56  
125 12 Nicola Richmond 23:20  
194 142 Graham Laylee 25:14  
377 115 Sharon Erdman 29:52  
411 130 Rachel Griffiths 31:00  
549 263 Daniel Mercer 34:49

### Beckenham Place

320 Ran  
Pos Gen  
89 13 Eleanor Simmons 26:23

### Ashford

351 Ran  
Pos Gen  
27 1 Kim Hainsworth 20:52

### Crystal Palace

521 Ran  
Pos Gen  
10 10 Michael Williams 19:42  
54 4 Laura Denison 22:22  
87 11 Yvette Dore 23:47  
179 36 Joanne Shelton Pereda 25:48  
455 164 Chris Bell 35:28  
511 207 Belinda Cottrill 44:23  
513 274 Bob Bell 45:50

### South Norwood

177 Ran

Pos Gen  
51 8 Carys Morgan 25:40

### Riddlesdown

131 Ran  
Pos Gen  
26 19 James Wicks 24:25

### Wycombe Rye

456 Ran  
Pos Gen  
9 9 John Kazantzis 20:38

### Eastville

898 Ran  
Pos Gen  
95 80 Jamie Robinson-Nicol 22:10

### Dulwich

804 Ran  
Pos Gen  
36 30 James Brown 18:45  
51 42 Chris Lawrence 19:10  
69 58 Rob Fawn 19:40  
76 64 Grant Kennedy 19:55  
137 9 Gracie Ingledew 21:16  
319 244 Ajay Khandelwal 24:59  
462 307 Rob Mayes 27:37  
783 406 Fazlur Rahman 40:52

### Burgess

786 Ran  
Pos Gen  
91 7 Michelle Lennon 20:51  
118 104 Freddie Vernon 21:59  
362 264 Barrie John Nicholls 26:19  
447 111 Claire Steward 27:48  
476 310 Paul Keating 28:18  
740 392 Steve Wehrle 2nd cl. 36:38  
764 303 Susan Vernon 44:29  
781 400 Chris Vernon 57:28  
782 314 Lindsey Annable 57:28  
783 401 John O'Byrne 57:38

### Peckham Rye

470 Ran

Pos Gen  
1 1 Andy Bond 17:21

### Dartford

253 Ran  
Pos Gen  
8 8 Michael Fullilove 21:24

### Folkestone

380 Ran  
Pos Gen  
51 45 Miles Gawthorp 23:21

### Tooting Common

717 Ran  
Pos Gen  
18 17 Harrison Minter 19:38

### Catford

231 Ran  
Pos Gen  
23 22 Will Lawn 21:24

### Centennial

735 Ran  
Pos Gen  
8 8 Alexander Dodds 18:05  
295 185 Michael Dodds 26:34

### Leazes

167 Ran  
Pos Gen  
128 83 Sum Mattu 32:28

### Squerryes Winery

92 Ran  
Pos Gen  
53 41 Dave West 29:35

### Holyrood

547 Ran  
Pos Gen  
122 97 Tom Childs 23:51

# DULWICH RUNNERS KIT

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



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



Most kit is usually available  
 Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**Crop tops - £25**



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



**Socks only £5**



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

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

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



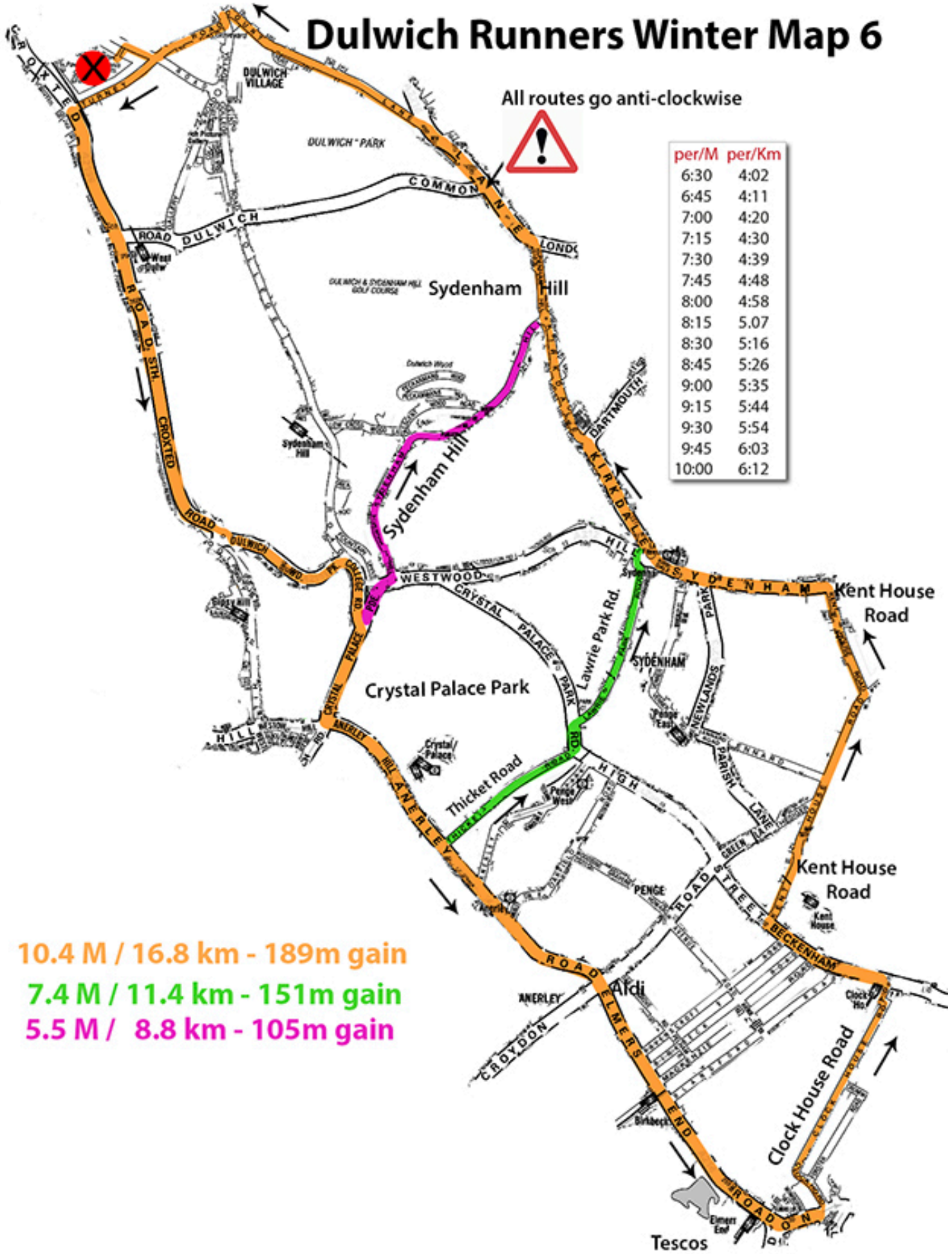
Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 6

All routes go anti-clockwise



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



10.4 M / 16.8 km - 189m gain  
 7.4 M / 11.4 km - 151m gain  
 5.5 M / 8.8 km - 105m gain

# Dulwich Runners Winter 5km routes

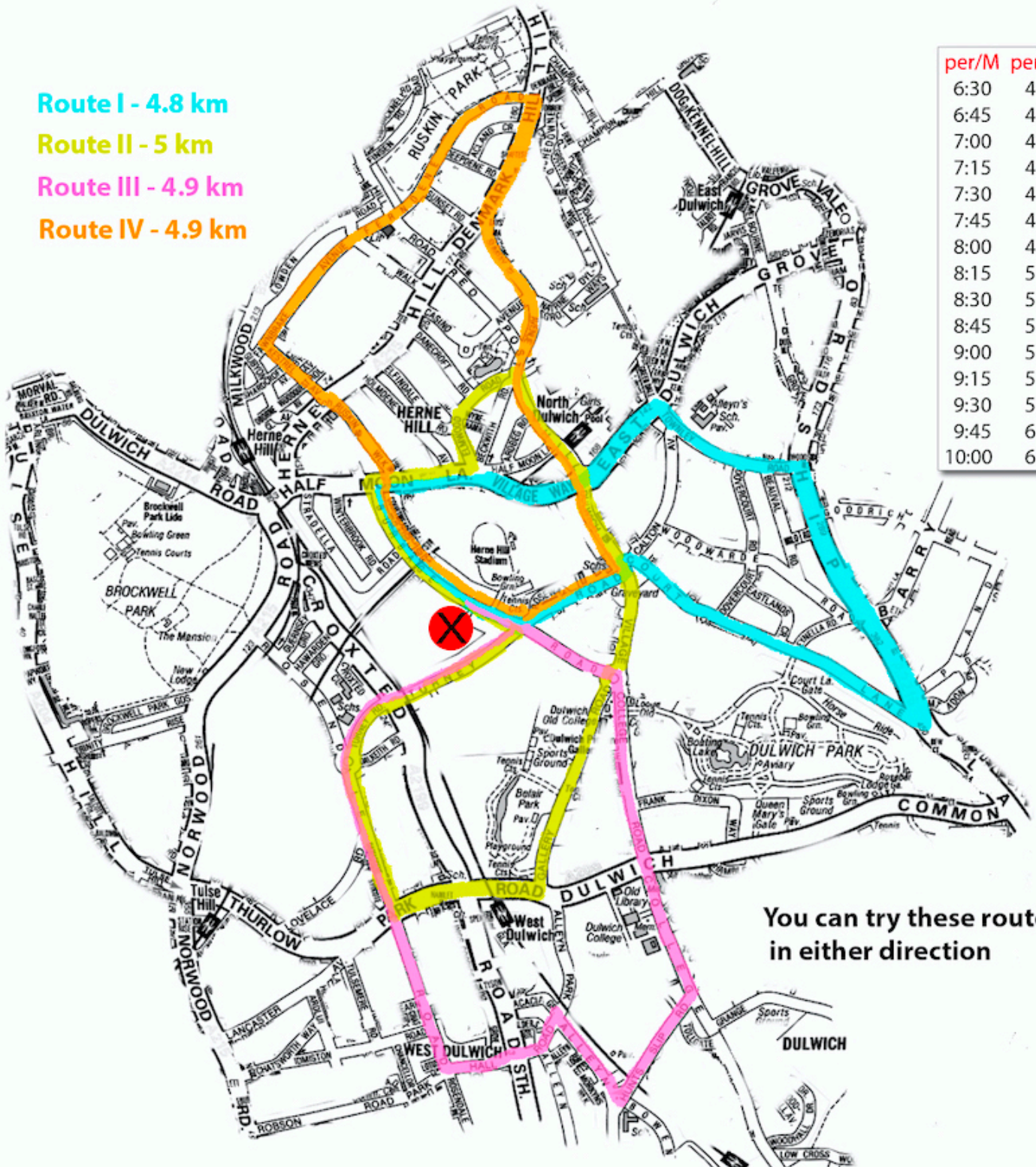
Route I - 4.8 km

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