

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 24th 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
- 8 Race reports and results
- 10 Club kit
- 12 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 Division 1 Race 4  
[www.surreyleague.org](http://www.surreyleague.org)

### Ladies & Men run at the same venue

West Horsley Place

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

🏆 27 January South of England Championships Beckenham Place Park  
24 February England National Championships Weston Pk, Staffordshire

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



**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 &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 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: [ebepriill@yahoo.co.uk](mailto:ebepriill@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



# SEAA Main Cross Country Championships

27th January 2024

For all those who have been entered in the SEAA Main Cross Country Championships:

**Senior Women (8km) starts 13:30**

**Senior Men (15km) starts 14:35**

The venue is the same as last year, Beckenham Place Park, with the start just below the Mansion House.

We'll have a flag set up nearby where you can pick up your number.

As in previous years for post race rehydration we've gone to:

**The Jolly Woodman**  
9 Chancery lane  
Beckenham  
BR3 6NR

Come along to celebrate our team whether you've run, spectated or just like a drink. Approx 4pm onwards.



## Senior Men

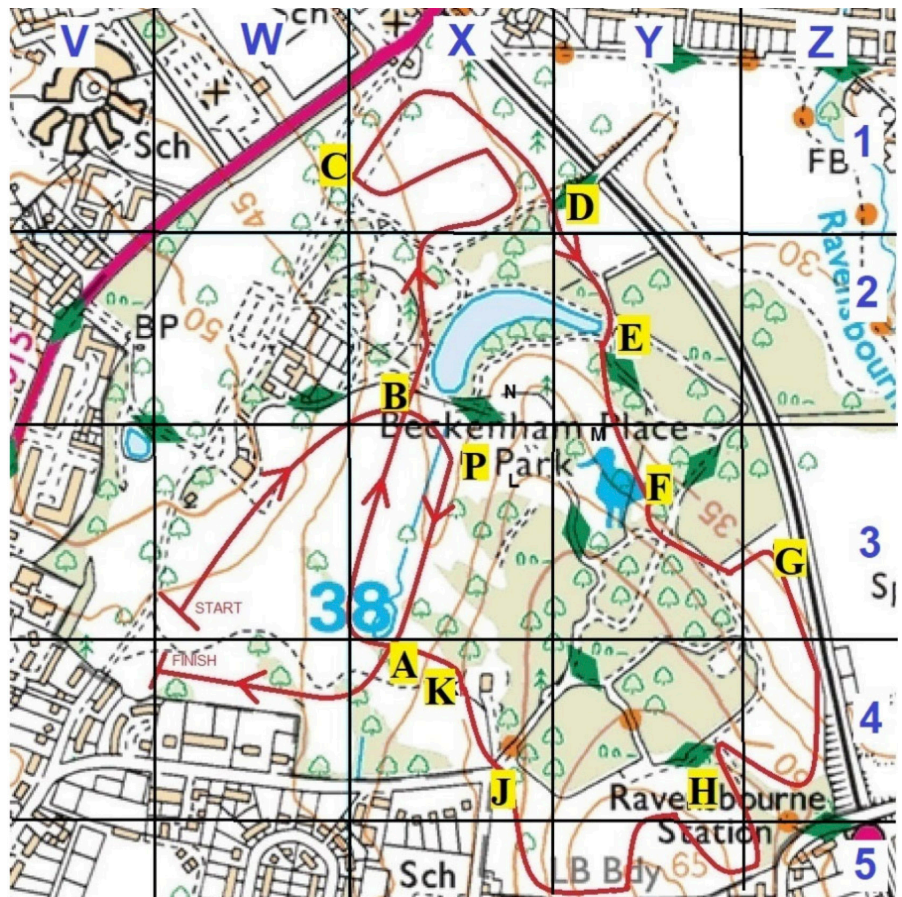
15KM (Extended Start Loop, 2 long laps)

START B-P-A-K-L-M-N-P-A

(extended start loop)

B-Q-R-S-T-B-C-D-E-F-G-H-J-K-L-M-N-P-A (long lap)

B-Q-R-S-T-B-C-D-E-F-G-H-J-K-L-M-N-P-A-FINISH (long lap)



## Under 20 Men Senior Women

8k (Start Loop + 2 Medium Laps)

(Start Loop)

(Medium Lap 1)

(Medium Lap 2)

Start-B-P-A-

B-C-D-E-F-G-H-J-K-A-

B-C-D-E-F-G-H-J-K-A-Finish



# 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](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.



## 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"



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)



# 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.

### **Mon 22 – Sun 28 Jan**

Tue interval session, Wed 50 min club run, Sat SEAA XC, Sun long run 90mins easy pace. Otherwise one, preferably two easy runs for 40-50 mins elsewhere in week.

### **Mon 29 Jan– Sun 4 Feb**

Tues interval session, Wedn 60 min easy-steady club run, Sun long run 2:00-2:15h easy pace. Otherwise two, preferably three, easy runs for 40-60 mins elsewhere in week.

### **Mon 5 – Sun 11 Feb**

Tues easy run, Wed 70 min fast-steady club run, Sat Surrey League XC (or threshold session), Sun long run 2:15-2:30 hours easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in week.

### **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/1Vqu6i000I0D34R2ZzThnzpEvNU90id3ZCezx7Ef8Ig/edit#gid=0>



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.

## Benfleet 15

21st January 2024

Joanne Shelton Pereda writes...a group of us enthusiastically entered this race back in October 2023 but by last week the WhatsApp chat was on fire with suggestions on running with snorkels and flasks of hot chocolate!!!

Myself, Ange Norris, Dylan Wyler, Catherine Buglass, Sophie Sentance and Teresa Northey arrived at Hadleigh Park bright and early to take in the views across the Thames Estuary. The start and finish areas were in the process of being set up and the steep uphill climb ahead of the finish was quickly pointed out to us.

The race start followed a sheltered route through the mountain biking park down to the marshland where we squelched our way through and around icy bogs and then up to Hadleigh Castle. We then dropped down and around Leigh on Sea station before running into a headwind along an exposed rocky path alongside the Thames estuary for the next few miles. I was running in a bunch and there was a lot of jostling to find shelter behind other runners. Shortly after mile 8 we turned over a bridge onto Canvey Island to follow another sea wall out and back for the next four miles.

We didn't get a tailwind but it was lovely to be able to cheer and wave each other on as we crossed paths. A quick loop around Benfleet station before we headed back to the boggy marshland where Dylan cut his shin on a shard of ice and Sophie lost a shoe. By this point my feet were on fire from the stoney paths so I was loving the soft cold mud.

The last mile was up a zigzag path before we hit the final hill.

This was the steepest part of the course and the loud support made it feel like a summit at the Tour de France!!

Ange finished as 1st WV60 says "A strangely popular race with many people there every year. I did it 2 years ago, it was less muddy this year but more windy and icy bogs, (enjoyed those bits) found it as mentally tough as it was physically when you can see how far you have to go into the wind, but ... less windy than later in the day so you could say we were lucky! Did manage to get into a rhythm on the flat part and saved enough (just) for the wall at the end. Started too far back so overtook lots of people, love the atmosphere, loads of support on route, especially on the hill, like seeing others on out and back part. Dylan says he enjoyed it, spent from about mile 4 - 13 by himself gradually catching 4 in front of him, so no hiding behind anyone from the wind, stepped into icy ditch, cut his leg on ice as he brought it back out - lost a couple of places he had just taken, but got them back. He's doing it again".



	GUN	CHIP
9 Dylan Wymer	01:40:55	1:40:49
175 Ange Norris	2:08:17	2:07:28
247 Catherine Buglass	2:15:50	2:15:27
427 Sophie Sentance	2:31:03	2:30:41
432 Joanne Shelton Pereda	2:32:00	2:31:38
501 Teresa Northey	2:40:01	2:39:38



Dylan, Ange, Joanne, 2x friends, Catherine, Teresa and Sophie

## Vets AC Cross Country Champs

20 January

This year's championship race took place on what is now the standard course on Wimbledon Common. Much of the 2 lap course of around 4.75 miles is on firm straight paths but there is a technical descent complete with tree roots down to Queensmere Pond followed by a short sharp climb to near the windmill. The ground was partially frozen and thawing in places.

Steve Smythe had a strong run finishing just over a minute up on last year and winning 2nd M65 spot. 2nd claimer, Jo Quantrill, despite being handicapped through recent hip problems, won W65 gold. I went quite gingerly down the tricky descent but picked up pace on the flat sections, particularly towards the end, finishing first M75. After his best cross country race of the season at last year's event, Dave West was affected by missed training resulting from a recent cold, but was pleased with his run in the circumstances. Mike Mann

Steve Smythe	35:23 (36:31 in 2023)	2nd M65
Mike Mann	39:56 (39:23 in 2023)	1st M75
Jo Quantrill	40:35 (37:56 in 2023)	1st W65
Dave West	41:50 (39:07 in 2023)	

## Box hill

20th February

Mark Foster writes: Trains were on time and temperatures had risen slightly giving a greater urgency to the 'should I wear a base layer or take gloves?' talk before the off. The chalk was slightly greasy too due to a slight thaw but we had a little sun and a great atmosphere, as is usual at this race. Sold out in 38 minutes (at noon on Boxing Day), with a new slightly shorter route of 12.77 kilometres, runners enjoyed a superb running day in calm weather on firm ground. The challenging uphills, sharp descents and (for a fell) race fast non-technical sections, enables a decent pace while allowing for the usual panting and gnawing for air on the ... is it faster to run? but I cannot bloody run anyway... sections.

Jon led us home despite following others in a sheep-like-fashion at a cross roads, muttering some reason about being kept awake by his toddler (Frankie?) at night to anyone who would listen. Our intrepid band of improving and new fell runners followed. Great support from Ange ('Hugh's catching you Mark'..... 'Hugh you can catch Mark' - just held him off!) - Gavin and Dylan.

Badge of the day goes to Justin who held off Crazy Horse apparently cascading and forward rolling his way down the final fast but slippery descent. The picture does no justice to

impressive and bloody wounds on the day, which hopefully are superficial.

A great pint in the Stepping Stones and a year of planning starts to get on the entries site at 12 noon Boxing day 2024!



Winner	Maximillian Nichols	Kent AC	48:54
	Jon Phillips		1:01:50
	Alex Loftus		1:04:17
	Harry Bennett		1:04:28
	Eugene Cross		1:05:02
	Justin Siderfin		1:09:22
	Mark Foster		1:15:42
	Hugh Balfour		1:16:06
	Laura Vincent		1:19:28



## Wimbledon Common

595 ran
Pos Gen
312 70 Ros Tabor 28:33
368 252 Andy Murray 30:12

## Banstead Woods

260 ran
Pos Gen
11 11 Tony Tuohy 20:42

## Brighton & Hove

475 ran
Pos Gen
106 85 Alistair Clarke 23:43

## Bromley

724 ran
Pos Gen
6 1 Kay Sheedy 17:47
710 405 Steve Wehrle 2nd cl. 50:22

## Wakefield Thornes

276 ran
Pos Gen
90 12 Claire Barnard 27:43

## Albert , Melbourne

1090 ran
Pos Gen
441 294 Michael Dodds 27:22
941 402 Clare Wyngard 38:42

## Old Deer Park

143 ran
Pos Gen
59 48 Barrie John Nicholls 26:29
62 11 Lindsey Annable 26:59

## Brockwell

604 ran
Pos Gen
2 2 Lewis Laylee 16:50
37 30 John Kazantzis 20:17
100 80 Stephen Trowell 22:24
103 9 Ola Balme 22:30
179 138 Hugh French 24:40
184 142 Graham Laylee 24:49
402 110 Rachel Griffiths 29:52
452 139 Sharon Erdman 30:49

## Beckenham Place

287 ran
Pos Gen
86 9 Eleanor Simmons 27:23

## Crystal Palace

473 ran
Pos Gen
128 14 Carys Morgan 24:53
189 149 Lloyd Collier 26:26
249 58 Joanne Shelton Pereda 28:18
410 144 Chris Bell 35:23

## Lloyd , Croydon

190 ran
Pos Gen
2 2 Wayne Lashley 19:03

## South Norwood

183 ran
Pos Gen
127 100 Peter Jackson 30:05

## Riddlesdown

109 ran
Pos Gen
14 14 James Wicks 25:00

## Eastville

811 ran
Pos Gen
97 87 Jamie Robinson-Nicol 23:04

## Dulwich

831 ran
Pos Gen
32 28 Rob Hollands 18:04
39 34 James Brown 18:22
71 61 Chris Lawrence 19:20
122 11 Lucy Mordaunt 20:36
127 106 Ryan Duncanson 20:41
138 115 Ebe Prill 21:03
146 120 Rob Fawn 21:09
163 136 Sam Crump 21:28
224 24 Naomi Crowther 22:41
274 224 Tom Shakhli 23:28
334 269 Tom Poynton 24:26
473 348 Rob Mayes 27:08
490 359 Sum Mattu 27:19
537 372 Harry Lawson 28:12
814 443 Fazlur Rahman 45:27

## Hilly Fields

302 ran
Pos Gen
30 23 Murray Humphrey 21:16

## Burgess

705 ran
Pos Gen

75 6 Michelle Lennon 21:10
82 70 Freddie Vernon 21:28
690 285 Susan Vernon 46:41
703 340 Chris Vernon 55:35

## Southwark

614 ran
Pos Gen
39 37 Lee Wild 21:15

## Peckham Rye

428 ran
Pos Gen
59 2 Emma Ibell 22:33

## Portobello , Edinburgh

335 ran
Pos Gen
5 5 Alastair Low-Macrae 18:25
27 3 Polly Low-Macrae 21:01

## Folkestone

354 ran
Pos Gen
58 51 Miles Gawthorp 24:43

## Aldenham

142 ran
Pos Gen
79 18 Claire Steward 30:34

## Clapham Common

1249 ran
Pos Gen
640 402 Ian Sesnan 28:56

## Catford

227 ran
Pos Gen
12 12 Matthew Ahluwalia 19:50
21 19 Will Lawn 20:55

## Sizewell

66 ran
Pos Gen
30 23 Tommaso Bondoni 28:48

## Sutcliffe

289 ran
Pos Gen
2 2 Andy Bond 16:58
18 18 Ross Rook 20:17
92 74 Michael Fullilove 24:55

# DULWICH RUNNERS KIT

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



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



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

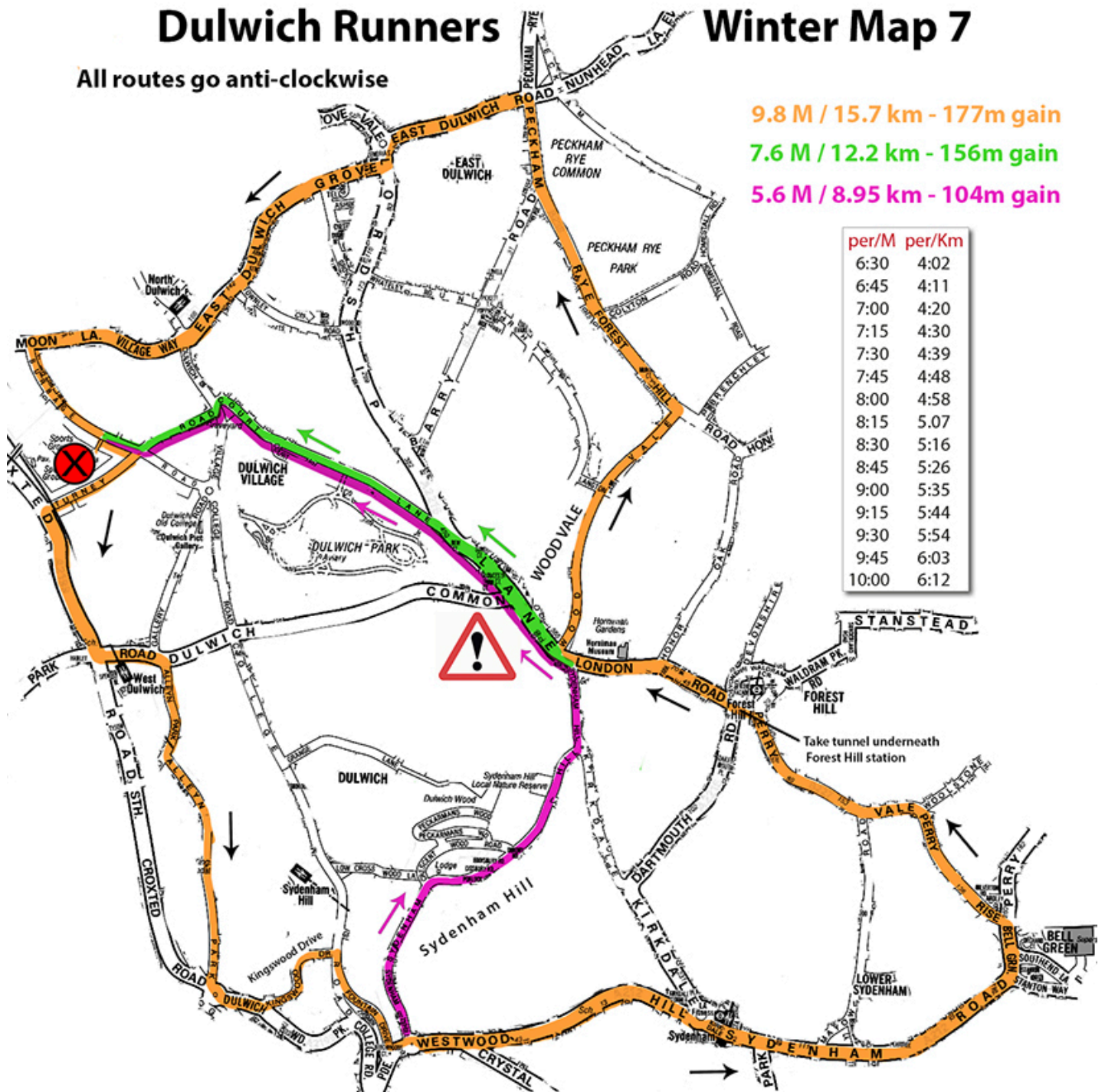
# Winter Map 7

All routes go anti-clockwise

9.8 M / 15.7 km - 177m gain

7.6 M / 12.2 km - 156m gain

5.6 M / 8.9 km - 104m gain





# Dulwich Runners Winter 5km routes

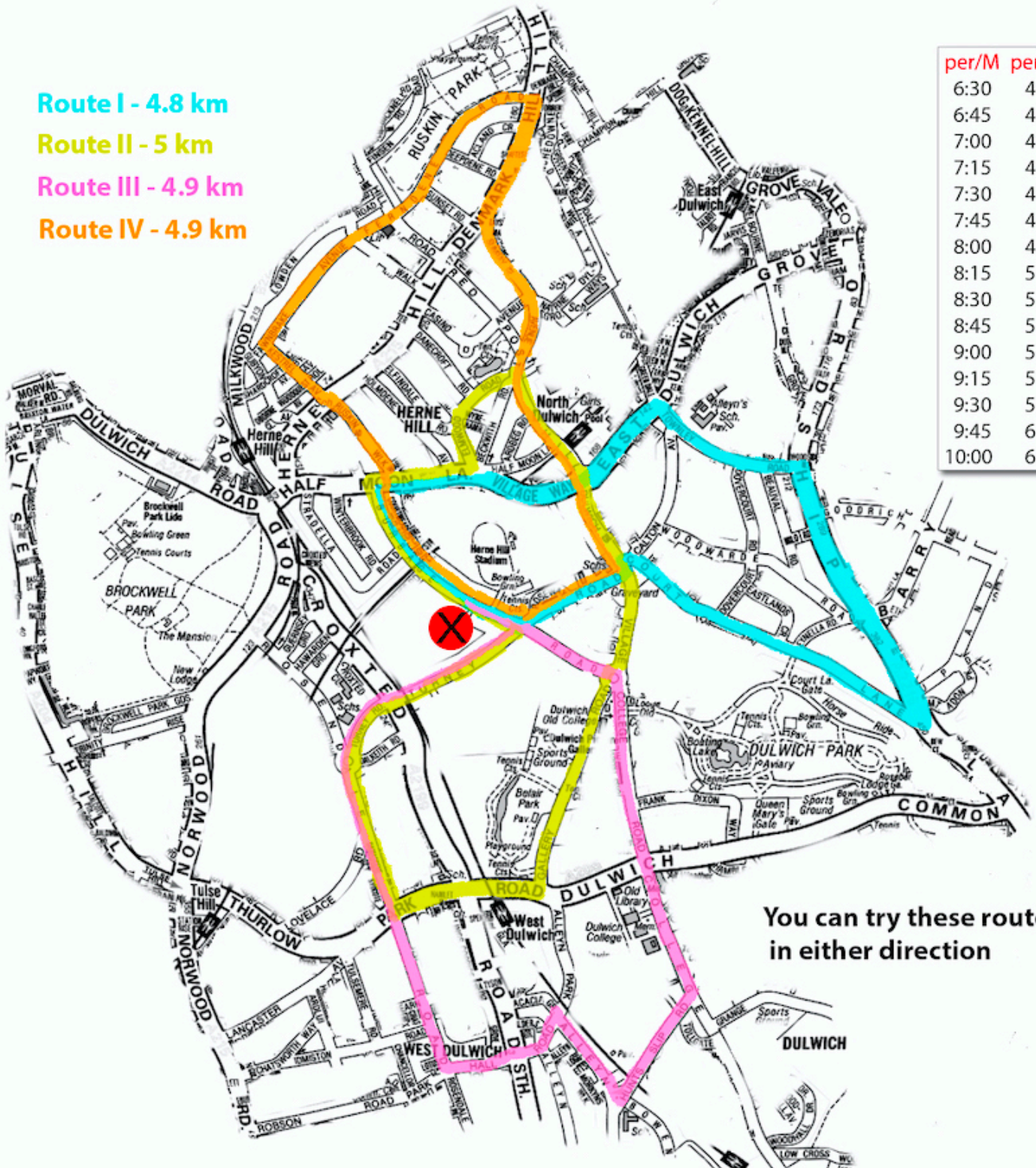
Route I - 4.8 km

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