

SHORTS



Dulwich Runners AC
Weekly Newsletter
January 3rd 2023
www.dulwichrunners.org.uk

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
- 5 Club runs & training
- 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:



Note - Christmas run dates

There will be no club runs between Christmas and New Year.

Track - Tuesday 2nd Jan.

Club house run - Wed. 3rd Jan

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

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

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com



DULWICH RUNNERS 2023/24 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 2023/24

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

- 🏆 13 January Division1 Race3
- 🏆 10 February Division1 Race4

www.surreyleague.org

Ladies & Men run at the same venue

- Wimbledon Common
- TBC

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

- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 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 & 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.

Ken Crooke 2024 XC Championships

Current Standings after five races, with three races to go in January and February, as per XC calendar.

Nine people have already reached the minimum required number of qualifying results (four, of which at least two Surrey League matches) and more than fifty other people can still complete the championships.

Ken Crooke Cross Country Championships 2023-24 | Women

To qualify complete minimum 4 events incl. 2 Surrey leagues. Best 4 races count

#	Date	Event	Meeting	Venue	Priority
R1	14 Oct 23	6.6KXC	Surrey Women's League Division 1	Richmond Park	Yes
R2	11 Nov 23	5.8KXC	Surrey Ladies' League Division 1	Mitcham Common	Yes
R3	18 Nov 23	6KXC	London Championships	Parliament Hill	No
R4	25 Nov 23	5MXC	South of Thames CCA 5 Championships	Beckenham Place Park	No
R5	16 Dec 23	7.5MXC	South of Thames CCA 7.5 Championships	Lloyd Park	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5				
1st	Katie Smith	W V40	196	49.0	28:18	50	25:13	47	--	32:41	50	55:03	49
2nd	Harriet Roddy	W SEN	181	45.2	30:03	44	26:51	44	28:58	48	--	63:55	45
3rd	Ange Norris	W V60	178	44.5	30:49	42	28:24	41	--	36:18	48	60:05	47
1st V50	Midge Cameron	W V55	165	41.2	34:24	38	30:32	37	33:02	45	39:36	45	--
	Kay Sheedy	W V35	150	50.0	--	24:21	50	26:15	50	--	51:51	50	Min Races
	Helen Shannon	W V40	146	48.7	28:19	49	25:08	48	27:57	49	--	--	Min Races
	Laura Vincent	W V40	141	47.0	29:18	48	--	--	36:31	47	61:23	46	Min Races
	Ola Balme	W V55	139	46.3	29:43	47	28:03	43	--	35:42	49	--	Min Races
	Shoko Okamura	W V35	127	42.3	30:52	41	29:01	40	32:00	46	--	--	Min Races
	Rosie Murton	W SEN	94	47.0	--	26:03	46	--	--	56:39	48	Min Races	
	Michelle Lennon	W V55	92	46.0	29:55	46	--	--	37:05	46	--	Min Races	
	Katie Styles	W V40	87	43.5	30:08	43	--	--	--	65:28	44	Min Races	
	Sophie Sentance	W SEN	85	42.5	--	30:12	38	31:58	47	--	--	Min Races	
	Philippa Goodhew	W V35	83	41.5	--	30:11	39	--	39:45	44	--	Min Races	
	Grace Ingledew	W SEN	82	41.0	31:31	40	28:11	42	--	--	--	Min Races	
	Lindsey Annable	W V55	80	40.0	36:59	36	--	36:40	44	--	--	Min Races	
	Joanne Shelton-Pereda	W V45	80	40.0	34:42	37	--	--	40:47	43	--	Min Races	
	Polly Low-Macrae	W SEN	49	--	24:22	49	--	--	--	--	--	Min Races	
	Nicola Richmond	W V50	45	--	30:01	45	--	--	--	--	--	Min Races	
	Emma Hatch	W V35	45	--	26:51	45	--	--	--	--	--	Min Races	
	Rebecca Davis	W V35	39	--	34:22	39	--	--	--	--	--	Min Races	
	Ros Tabor	W V70	36	--	35:32	36	--	--	--	--	--	Min Races	

Ken Crooke Cross Country Championships 2023-24 I Men

To qualify complete minimum 4 events incl. 2 Surrey leagues. Best 4 races count

#	Date	Event	Meeting	Venue	Priority
R1	14 Oct 23	8.5KXC	Surrey Men's League Division 1	Richmond Park	Yes
R2	11 Nov 23	8.6KXC	Surrey Men's League Division 1	Mitcham Common	Yes
R3	18 Nov 23	10KXC	London Championships	Parliament Hill	No
R4	25 Nov 23	5MXC	South of Thames CCA 5 Championships	Beckenham Place Park	No
R5	16 Dec 23	7.5MXC	South of Thames CCA 7.5 Championships	Lloyd Park	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5						
1st	Edward Chuck	M V35	199	49.8	26:58	49	27:50	49	37:29	50	24:37	50	40:37	50	
2nd	Jack Ramm	M V35	195	48.8	27:03	48	27:59	48	37:48	49	24:50	49	41:26	49	
3rd	Sean Cordon	M SEN	177	44.2	31:20	42	31:55	42	43:28	44	27:33	45	46:49	46	
1st V50	Justin Siderfin	M V50	151	37.8	36:05	33	37:03	32	51:38	38	31:59	39	54:06	41	
	Tom Mountain	M SEN	139	34.8	37:10	31	37:51	29	49:56	39	31:48	40	--		
	James Burrows	M V40	160	40.0	--	35:08	34	47:20	41	30:02	41	50:04	44	Min Pr. Races	
	Adrian Russell	M V45	139	46.3	--	--	43:18	45	27:20	47	45:13	47		Min Races	
	James Blackwood	M U23	135	45.0	--	31:51	43	43:01	46	27:30	46	--		Min Races	
	Jonathan Phillips	M V35	134	44.7	30:11	43	31:36	44	41:58	47	--	--		Min Races	
	Shane Donlon	M V40	127	42.3	32:47	39	--	--	29:39	43	49:32	45		Min Races	
	Mike Mann	M V75	126	31.5	--	43:30	24	63:20	32	39:36	32	66:44	38	Min Pr. Races	
	Jack Leafe	M SEN	123	41.0	31:24	41	33:13	39	43:31	43	--	--		Min Races	
	Alexander Loftus	M V45	120	40.0	--	35:02	35	--	29:55	42	50:43	43		Min Races	
	Murray Humphrey	M SEN	120	40.0	32:54	38	33:42	38	--	29:23	44	--		Min Races	
	Eugene Cross	M V40	116	38.7	33:20	37	34:28	37	46:21	42	--	--		Min Races	
	Maximilian Milarvie	M SEN	100	50.0	26:02	50	27:35	50	--	--	--	--		Min Races	
	Ross Rook	M V40	99	33.0	37:54	29	--	53:49	35	33:19	35	--		Min Races	
	Andrea Ceccolini	M V55	99	33.0	37:43	30	37:08	31	--	32:29	38	--		Min Races	
	Rob Meadows	M V40	98	32.7	36:20	32	37:22	30	52:20	36	--	--		Min Races	
	Fred Bungay	M SEN	96	48.0	--	--	--	--	27:12	48	44:28	48		Min Races	
	Aaron Wilson	M SEN	94	47.0	28:08	47	29:06	47	--	--	--	--		Min Races	
	Robert Armstrong	M SEN	93	46.5	28:33	45	--	41:40	48	--	--	--		Min Races	
	Ben Howe	M V35	92	46.0	28:25	46	29:55	46	--	--	--	--		Min Races	
	Joe Hallsworth	M SEN	89	44.5	29:38	44	30:31	45	--	--	--	--		Min Races	
	Jonny Hough	M V45	77	38.5	--	--	--	--	32:47	37	56:07	40		Min Races	
	Timothy Bowen	M V35	76	38.0	33:41	36	33:08	40	--	--	--	--		Min Races	
	Gower Tan	M V50	73	36.5	--	35:49	33	48:17	40	--	--	--		Min Races	
	Garry Meehan	M V60	71	35.5	--	--	52:03	37	33:32	34	--	--		Min Races	
	Andrew Scott	M V40	70	35.0	--	--	55:14	34	32:58	36	--	--		Min Races	
	Peter Kleb	M V40	59	29.5	--	39:53	26	--	34:18	33	--	--		Min Races	
	Gary Budinger	M V60	50	25.0	48:44	27	46:48	23	--	--	--	--		Min Races	
	Joe Farrington-Douglas	M V40	42	--	--	--	--	--	--	--	52:53	42		Min Races	
	Ed Gibson	M SEN	41	--	--	32:38	41	--	--	--	--	--		Min Races	
	Wayne Lashley	M V40	40	--	32:12	40	--	--	--	--	--	--		Min Races	
	Marco Marotta	M SEN	39	--	--	--	--	--	--	--	58:52	39		Min Races	
	Alastair Low-Macrae	M SEN	36	--	--	34:53	36	--	--	--	--	--		Min Races	
	Ivo Brown	M SEN	35	--	33:54	35	--	--	--	--	--	--		Min Races	
	Austin Laylee	M SEN	34	--	35:55	34	--	--	--	--	--	--		Min Races	
	Mark Foster	M V55	33	--	--	--	56:02	33	--	--	--	--		Min Races	
	Barrie John Nicholls	M V65	31	--	--	--	79:39	31	--	--	--	--		Min Races	
	Jonathan Whittaker	M V40	28	--	--	38:15	28	--	--	--	--	--		Min Races	
	Matthew Wright	M V35	28	--	40:29	28	--	--	--	--	--	--		Min Races	
	Ed Simmons	M V40	27	--	--	39:09	27	--	--	--	--	--		Min Races	
	Eberhard Prill	M V60	25	--	--	40:00	25	--	--	--	--	--		Min Races	
	Dave West	M V65	22	--	--	46:58	22	--	--	--	--	--		Min Races	
	Andrew Murray	M V70	21	--	--	50:07	21	--	--	--	--	--		Min Races	

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

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

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

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 9 January - 5-7 x (500m@5k + 300m@3k) with 90 secs recovery.

Tuesday 16 January - Reverse pyramid 1600m/1200m/800m/400m/400m/800m/1200m - 75/90 secs recovs, shorter reps about 5k pace longer at 10k. Slower group cut the 1600m to 1200m.

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

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

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

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: ebeprill@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

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

Marathon talk

10th January

I'll be giving a talk about marathon training after the club runs on 10th January, covering a range of targets from getting round as a first timer to getting a GFA time and beyond. Plenty of opportunities to ask questions and hear from others about their own experiences. If you have any questions beforehand either in person or via tpoynton@hotmail.com Thanks, Tom

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

SAVE THE DATE

Chris Vernon writes:
Dont forget to come to Burgess Parkrun on 13th January to celebrate my entering a new age group

Sportsshoes.com

10% off for the club

10% off on [Sportsshoes.com](https://www.sportsshoes.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

A spring 2024 marathon training plan

Tom Poynton – Coach in Running Fitness – 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 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 1 – Sun 7 Jan

Tues interval session, Wed 60 min club run, Sat county champs XC, Sunday long run 1:30-2:00h easy pace. Otherwise easy runs 40-60 mins (or equivalent cross-training) on one, pref. two other weekdays.

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
alexloftus75@gmail.com
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

Crystal Palace Canter 5k

2 January

Wet and windy conditions took the edge off both numbers participating and times in the first Canter of the New Year. In fact conditions were less bad than we had feared beforehand but we had to cope with headwinds behind the Jubilee Stand, strengthening in the second lap and there were a number of puddles to negotiate. Despite the hill behind the stand, the course is normally slightly faster than the parkrun which all 3 of us took part in a few days earlier. Mike Mann

Mike Mann 24:53
Dave West 26:43
Claire Steward 30:03

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

195 Ran
Pos Gen
11 10 Tony Tuohy 21:00

Amager Fælled

89 Ran
Pos Gen
2 2 Harrison Minter 18:38

Bromley

739 Ran
Pos Gen
610 383 Steve Wehrle. 2nd cl 34:02

Ashton Court

440 Ran
Pos Gen
61 48 James Brown 22:54
91 11 Catherine Buglass 24:06
177 34 Teresa Northey 27:24

Brockwell , Herne Hill

227 Ran
Pos Gen
1 1 Lewis Laylee 16:40
5 3 Shane Donlon 18:40
11 9 Timothy Bowen 19:45
21 18 John Kazantzis 20:48
46 41 Stephen Trowell 22:58
101 75 Lloyd Collier 26:58
106 80 Hugh French 27:10
172 59 Sharon Erdman 30:18

Beckenham Place

259 Ran
Pos Gen
121 20 Eleanor Simmons 28:13

Milton Keynes

629 Ran
Pos Gen
553 321 Joe Sheppard 39:28

Shipleigh Country

115 Ran
Pos Gen
2 2 Andy Bond 19:12

Crystal Palace

320 Ran
Pos Gen
43 2 Polly Low-Macrae 22:15
51 3 Ola Balme 22:38
87 76 Michael Mann 24:49
112 91 Dave West 25:26
175 128 Michael Dodds 28:08
187 45 Clare Wyngard 28:31
223 152 Paul Keating 30:28
240 70 Claire Steward 31:29
288 102 Chris Bell 36:12
318 122 Belinda Cottrill 50:48

Riddlesdown

155 Ran
Pos Gen
54 38 James Wicks 28:22

Eastville

463 Ran
Pos Gen
118 95 Jamie Robinson-Nicol 24:46

Mile End

258 Ran
Pos Gen
23 17 Justin Siderfin 20:55

Dulwich

502 Ran
Pos Gen
3 3 James Dazeley 16:17
5 5 Thomas South 16:30
8 8 James Blackwood 16:43
10 10 Dylan Wymer 16:54
20 20 Joe Wood 17:48
21 21 Rob Hollands 17:49
22 22 Tom Shakhli 17:50
23 23 Rob Fawn 17:52
29 29 Chris Lawrence 18:09
37 37 Gower Tan 18:57
46 45 Ben Eve 19:14
54 50 Mark Callaghan 19:23
56 51 Andrew Scott 19:33
59 54 Rupert Winlaw 19:38
110 91 Robert Tokarski 21:42
235 172 Ajay Khandelwal 25:26
241 54 Shoko Okamura 25:47
437 162 Ange Norris 33:04

497 274 Fazlur Rahman 44:11

Burgess

411 Ran
Pos Gen
76 64 Hugh Balfour 22:03
397 151 Susan Vernon 49:05
409 217 Chris Vernon 62:00

Southwark

268 Ran
Pos Gen
135 95 Lee Wild 27:15

Shorne Woods

279 Ran
Pos Gen
13 12 Michael Fullilove 21:29

Pomphrey Hill

358 Ran
Pos Gen
6 6 Joe Farrington-Douglas 19:49

Peckham Rye

248 Ran
Pos Gen
5 3 Alexander Dodds 18:25
224 20 Garry Meehan 21:18
171 50 Katie Thompson 29:54

Folkestone

358 Ran
Pos Gen
79 70 Miles Gawthorp 23:47

Salisbury

286 Ran
Pos Gen
115 20 Lindsey Annable 26:31

Felixstowe

319 Ran
Pos Gen
3 3 Eugene Cross 18:12

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Bromley

527 Ran
Pos Gen
420 273 Chris Goodman 33:32

Aberdeen

282 Ran
Pos Gen
7 7 Alex Loftus 19:03

Kingston

198 Ran
Pos Gen
79 66 Lloyd Collier 27:27
89 71 Tommaso Bendoni 27:48

Riddlesdown

85 Ran
Pos Gen
20 3 Ange Norris 26:39
21 18 Dylan Wymer 26:41

Eden Project

427 Ran
Pos Gen
164 48 Carys Morgan 26:36

Dulwich

448 Ran
Pos Gen
1 1 Edward Chuck 15:02
4 4 Aaron Wilson 16:46
15 13 Stephen Davies 19:01
41 39 John Kazantzis 20:24
45 43 Justin Siderfin 20:34
66 5 Laura Vincent 21:19
67 59 Mark Callaghan 21:19
70 61 Edward Simmons 21:27
81 7 Ola Balme 21:47
85 75 Tom Shakhli 21:54

93 82 Chris Lawrence 22:16
94 83 Robert Tokarski 22:19
96 85 Stephen Trowell 22:27
119 100 Neville Webb 23:20
137 114 Hugh French 24:03
143 117 Tom Poynton 24:11
156 125 Gower Tan 24:48
161 128 Graham Laylee 24:59
179 141 Rob Fawn 25:32
228 166 Michael Dodds 26:39
263 69 Claire Steward 28:01
276 190 Andrew Inglis 28:27
335 214 Robert Emes 30:41
387 226 Bob Bell 35:24
392 228 Joe Sheppard 35:37
395 149 Chris Bell 35:47
412 159 Clare Wyngard 38:46
425 236 Fazlur Rahman 41:20
438 175 Belinda Cottrill 50:12

Tilgate

547 Ran
Pos Gen
7 1 Kay Sheedy 19:22

Hilly Fields

166 Ran
Pos Gen
58 8 Emma Ibell 25:35

Burgess

336 Ran
Pos Gen
315 135 Susan Vernon 47:48
335 166 Chris Vernon 61:10

Pegwell Bay

195 Ran
Pos Gen
52 41 Dave West 24:08

Fulham Palace

302 Ran
Pos Gen
217 82 Lindsey Annable 31:08

Peckham Rye

202 Ran
Pos Gen
7 7 Joe Farrington-Douglas 19:04
136 87 Dan Hill 29:55

Felixstowe

430 Ran
Pos Gen
4 4 Eugene Cross 18:45

Sutcliffe

170 Ran
Pos Gen
20 13 Michael Fullilove 21:13
65 17 Claire Barnard 26:05

Charlton

107 Ran
Pos Gen
20 19 Stephen Smythe 23:44

Swanley

110 Ran
Pos Gen
2 2 Andy Bond 18:31

Sharpham Estate

135 Ran
Pos Gen
18 2 Michelle Lennon 22:29

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



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



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 4

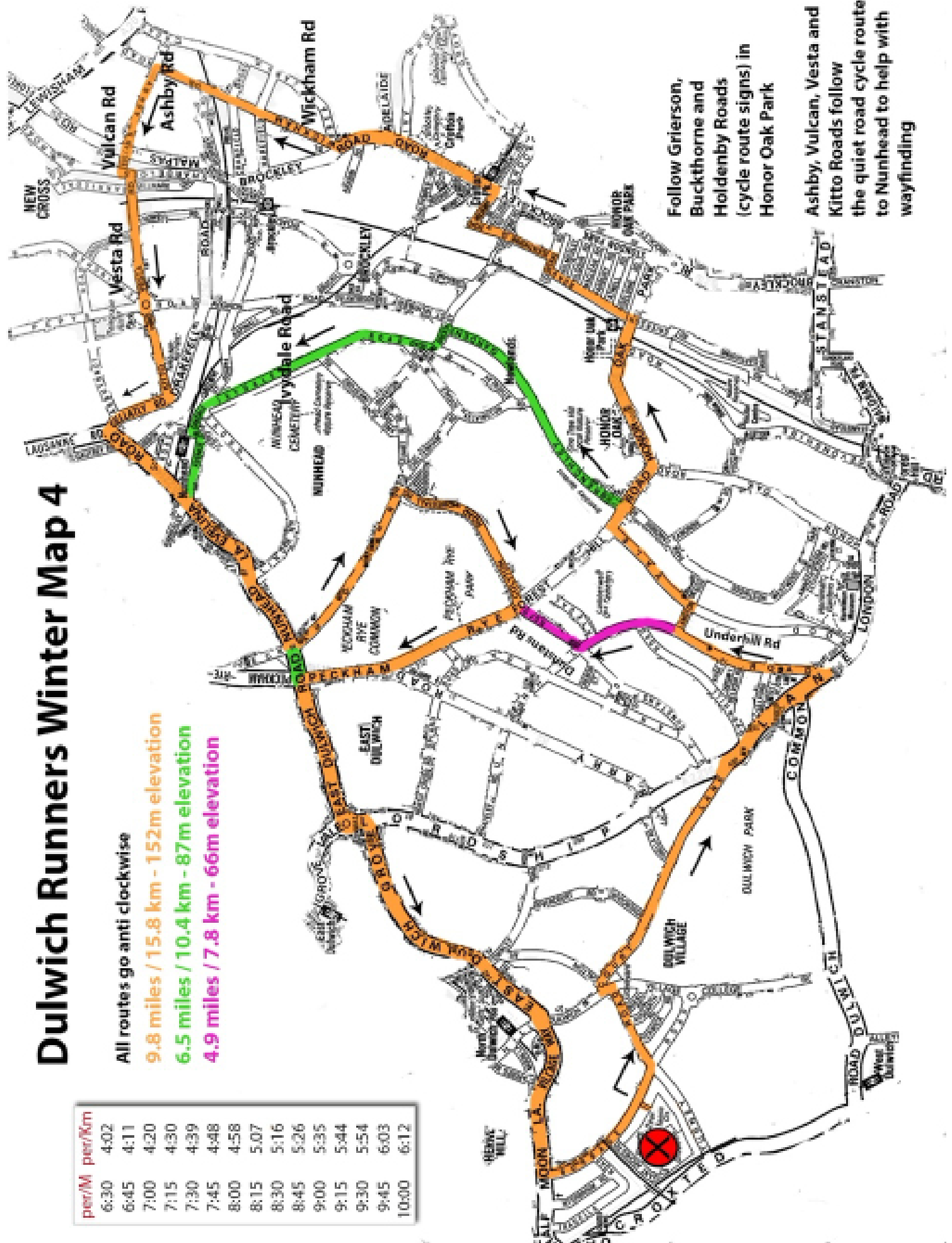
All routes go anti clockwise

9.8 miles / 15.8 km - 152m elevation

6.5 miles / 10.4 km - 87m elevation

4.9 miles / 7.8 km - 66m elevation

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



Follow Grierson, Buckthorne and Holdenby Roads (cycle route signs) in Honor Oak Park

Ashby, Vulcan, Vesta and Kitto Roads follow the quiet road cycle route to Nunhead to help with wayfinding

Dulwich Runners Winter 5km routes

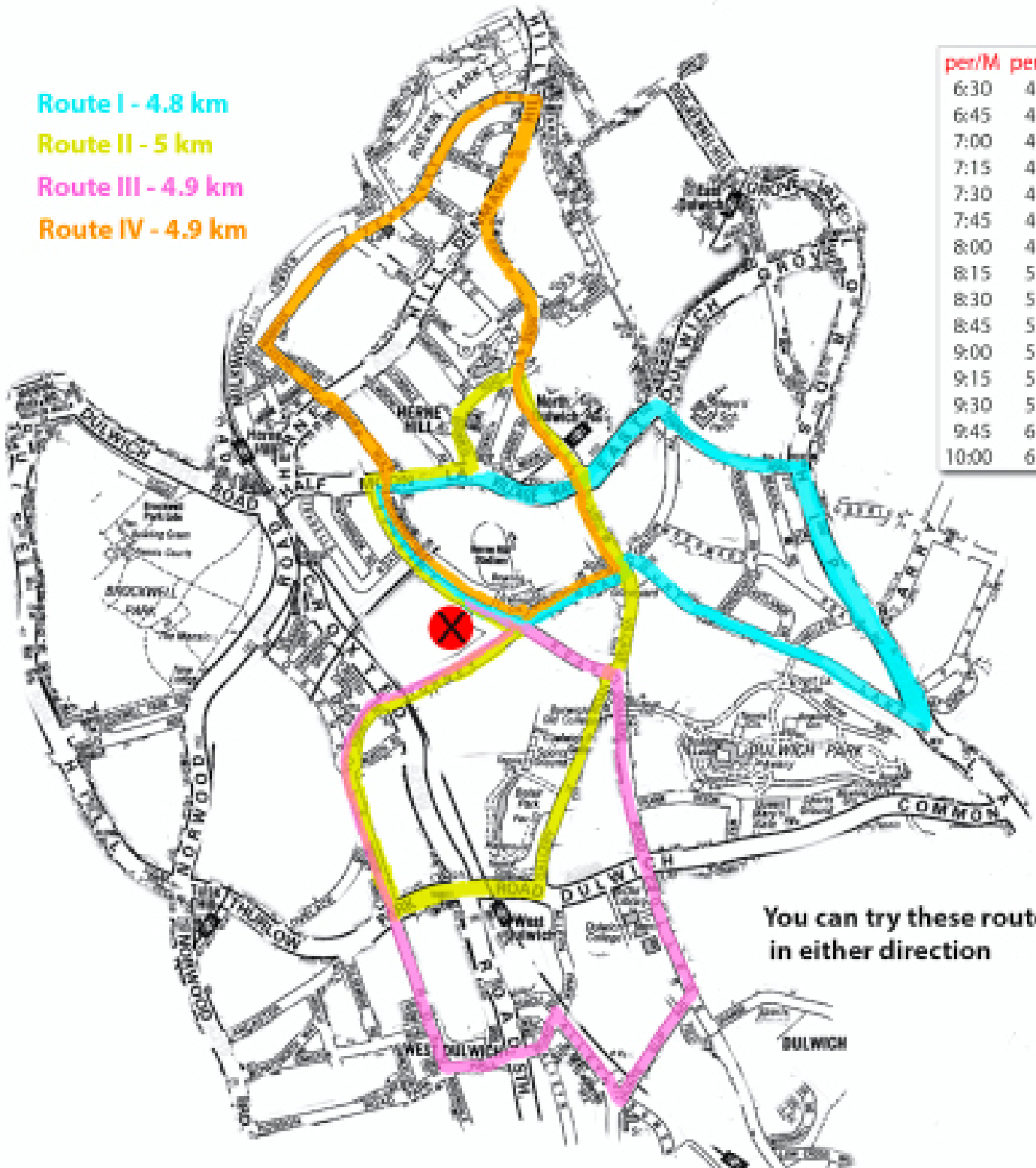
Route I - 4.8 km

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