



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

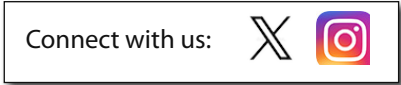
In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 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



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

Don't forget: Cross Country Celebration Drinks and presentations of our Ken Croke XC champs awards this Wednesday 6th March

after the clubrun from 9pm at the bar of our clubhouse, Edward Alleyn club, 83-85 Burbage Rd, SE24 9HD. Please come along to celebrate a successful cross country season. There will be a free drink at the bar for all who completed the cross country championships 2023/24 and for our coaches. And medals for the award winners of course plus the presentation of the Ken Croke Shields for the female and male cross country champion.
 You can find the final standing of the Championship in our DRastic.app or <https://app.dulwichrunners.org.uk/>
 Navigate in the top left menu to Club Championships and klick on Ken Croke Cross Country Championships 2023/24

Ken Croke XC Championship 2023/24		
Award	Men	Women
1st	Maximilian Milarvie	Kay Sheedy
2nd	Edward Chuck	Helen Shannon
3rd	Jack Ramm	Katie Smith
1st V40	Adrian Russell	Laura Vincent
1st V50	Justin Siderfin	Ola Balme
1st V60+	Mike Mann	Ange Norris
Captain's Award	Murray Humphrey	Philippa Goodhew
Completed with 4 events incl. minimum of 2 Surrey League matches:		
Aaron Wilson	Alexander Loftus	Rosie Murton
Max Bloor	Jack Leafe	Harriet Roddy
Ben Howe	Alastair Low-Macrae	Michelle Lennon
Sean Cordon	Tom Mountain	Katie Styles
James Blackwood	Eugene Cross	Midge Cameron
Joe Hallsworth	Ross Rook	Sophie Sentance
Jonathan Phillips	Gower Tan	Lindsey Annable
Ed Gibson	Andrea Ceccolini	
James Burrows	Eberhard Prill	

'Wear your club vest Wednesday'

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



If you need a club vest or other club kit:
ros.tabor49@gmail.com



DULWICH RUNNERS 2024/25 FIXTURES

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

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

Road/Misc. Club Champs Assembly league Cross country Track

Date		Event	Venue
Mar	16	Dulwich Parkrun	Dulwich Park
	24	Southern 6/12 Stage Road Relays	Milton Keynes
Apr	4	Assembly League Race 1	Beckenham Place Park
	6	National 6/12 Stage Road Relays	Sutton Park, Birmingham
	21	London Marathon	Blackheath
May	2	Assembly League Race 2	Victoria Park
	18 to 19	Green Belt Relay	Around London
	25	BMAF Open Road Relays (Masters 35+)	Kirkby Mallory, Leicestershire
Jun	6	Assembly League Race 3	Crystal Palace / Sutcliffe Park
	11	Sri Chimnoy 5km Summer Series Race 1	Battersea Park
	16	Eltham 5	Eltham Park
	19	Dulwich Runners Midsummer Relays	Dulwich Park
	25	Sri Chimnoy 5km Summer Series Race 2	Battersea Park
Jul	4	Assembly League Race 4	Crystal Palace / Sutcliffe Park
	9	Sri Chimnoy 5km Summer Series Race 3	Battersea Park
	12 or 19	Mark Hayes Mile	Dulwich College
	23	Sri Chimnoy 5km Summer Series Race 4	Battersea Park
Aug	1	Assembly League Race 5	Victoria Park
Sep	5	Assembly League Race 6	Beckenham Place Park
	1	Big Half Marathon	Tower Bridge
	29	Middlesex 10km	Victoria Park



On **Wednesday 27 March from 8:45pm** Cecco and Gower will give a presentation about Ultra-trail running covering the following topics:

- From road running to trail, mountain and ultra-endurance running
- Main domestic and international races and circuits
- How to get started
- Possible progress
- Training, avoiding injury and mental strategies
- Required kit, nutrition and hydration
- Q&A and some resources

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 Chinmoy 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.



The evening of Wednesday 19th June 2024

This is a great club event in our summer calendar, so please save the date. More details to follow but we will want both runners and volunteers.

If interested in being on the organising team, email Ange - dulwichchair@gmail.com

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

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

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

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

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

Tuesday Evening Speed - Crystal Palace Track

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

Tuesday 12 March

1600m@10k with 90 sec recovs 3-5*800m@5k with 60 sec recovs, 1600m@10k. Slower group could do 1200m rather than 1600m.

Tuesday 19 March

4-6*1200m (1000m@10k + 200m@3k) with 90 sec recovs.

Tuesday 26 March

4-5*1600m (1200m@10k + 400m@5k) with 90 sec recovs.

Questions or feedback 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

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

Contact Ola Balme - olabalme1@gmail.com

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: ebepri1@yahoo.co.uk

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

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

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

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 EMEA 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

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:
olabalmel@gmail.com



It's no secret that Dulwich Runners love Parkrun!

In 2023 DR members recorded over **3,000 results** in over 80 different parkrun venues around the world - this was over 2/3 of all officially recorded results from our club.

Version 1.5 of the DR App has been released and offers a more detailed view of parkrun results, focusing on our club members only.

Use the new menu "**Parkrun Records**" to see how many times we've run on a given venue, and who recorded the best result every year, or the "all time" best

Parkrun Records					
	ALL	2024	2023	2022	2021
Banstead Woods [259]	17:03 T. Bowen	20:42 T. Tuohy	19:47 T. Tuohy	19:44 T. Tuohy	20:40 T. Tuohy
Beckenham Place [417]	16:11 T. Bowen	21:10 R. Rook	16:56 A. Bond	17:16 A. Bond	17:25 A. Bond
Bexley [130]	16:57 A. Bond	28:47 T. Bendoni	21:09 R. Rook	21:35 J. Leafe	
Brockwell [2008]	16:06 A. Wilson	16:52 A. Wilson	16:06 A. Wilson	16:32 E. Chuck	16:28 T. Bowen
Bromley [743]	16:12 A. Bond	29:14 P. Jackson	17:21 J. Willis	17:21 K. Chadwick	18:30 K. Chadwick
Burgess [732]	15:57 B. Howe	20:42 F. Vernon	16:08 A. Bond	15:58 A. Bond	15:57 B. Howe
Catford [124]	16:20 A. Bond	19:50 M. Ahluwalia	17:11 A. Bond	17:51 A. Wilson	17:27 A. Bond
Clapham Common [117]	16:37 N. Impey	19:09 H. Minter	16:37 N. Impey	18:04 S. Donlon	17:37 S. Donlon
Crystal Palace [2085]	16:37 A. Bond	19:42 M. Williams	16:41 A. Bond	16:47 B. Howe	17:10 H. Stobart
Dulwich [3933]	15:02 E. Chuck	15:02 E. Chuck	15:21 J. Dazeley	15:40 A. Wilson	15:03 E. Chuck
Greenwich [150]	16:34 A. Bond		20:54 J. Siderfin	18:13 K. Chadwick	21:00 M. Fullilove
Hilly Fields [407]	16:43 A. Bond	21:16 M. Humphrey	16:43 A. Bond	17:43 A. Russell	17:32 A. Bond
Lloyd [135]	16:56 E. Chuck	18:51 W. Lashley	17:27 B. Howe	19:18 W. Lashley	28:33 J. Wicks

Main events only

Gender: Women

Age Group: V40-45

- ALL
- V35
- V35-40
- V40
- V40-45
- V45
- V45-50

Banstead Woods [1]	26:23 C. Buglass	26:23 C. Buglass	
Beckenham Place [22]	21:58 L. Vincent	24:22 L. Vincent	21:58 L. Vincent
Bedgebury Pinetum [12]	21:16 K. Hainsworth	23:02 K. Hainsworth	21:54 K. Hainsworth
Bethlem Royal Hospital [2]	23:36 L. Vincent		
Bexley [4]	20:31 C. Oliver		
Blandford [1]	34:21 C. Buglass	34:21 C. Buglass	
Bognor Regis [1]	29:29 C. Lilley		
Bramhall Park [1]	19:34 A. Pickup		
Brockenhurst [3]	21:20 K. Styles	21:20 K. Styles	

You can filter by age group for additional insights, and you can show "main events only" (the ones with at least 100 results across all age groups, or at least 10 results in a given age group) or all events, if you are curious to see who ran in less popular venues.

Closed Age Groups

Version 1.5 also adds "closed age groups" in the filters: for instance, while V50 includes everyone from the age of 50, V50-55 only includes 50 to 55 year olds. Closed age group filters can be used on all types of events, and they are the same we use to maintain the club records in our [club stats](#).

While results are downloaded daily from [The Power of 10](#) and parkrun websites, if you notice some results are missing, let us know, so we can ensure they're captured in the system and, if applicable, in the club record files.

App Roadmap

The parkrun functionality will soon be extended as follows:

- By clicking on any cell of the grid, you will see a full leaderboard of "best results" from all DR members who have run on a given venue on the selected year or "all time" (filtered by age group, if one is selected)
- The individual runners page will include the runner's own "matrix" of best parkrun results organised by venue and by year, with the possibility to see the list of results on a given year and venue, sorted by time.

Questions? Suggestions? Please let Cecco know!

Visit www.drastic.com or app.dulwichrunners.org.uk and download iOS or Android App.

Spring 2024 marathon training plan

March update

In March we build on February's work and long runs get longer and include more sections at or near marathon pace. No need to go beyond about 22m or 3:15 hours, whichever comes first. I've suggested below some long run sessions, feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas.

Another alternative is a 20m race or supported run e.g. the Hillingdon 20 and the Riverside 20, where you could mix up some easy and marathon pace running or run it all at about 10-20 seconds a mile slower than marathon pace – its best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days, if not longer. I've included an easier week, to allow for recovery, although you could move

this around a bit depending on how you feel.

There are two club champs races in this period (Paddock Wood Half and Dulwich Parkun) plus the road relays. Shorter tune-up races are not essential but can be good race practice (kit, crowds, gels etc), give some idea of target time to go for (with some caveats), and make a bit of a change from all those long runs although you shouldn't really have a mini-taper and recovery too often.

I've continued to suggest running the interval sessions every fortnight. You could substitute them for an easy run if you raced at the weekend and Wednesday club runs continue to alternate between an easier run and a longer, faster run.

Questions contact: Tom Poynton tpoynton@hotmail.com

Mon 4 – Sun 10 March

Tues easy run, Wed 70-80 min steady club run, Sun long run 2:30-2:45 hours, mainly easy pace including 4-5m marathon pace or 3*2miles at MP. Otherwise two, pref. three easy runs for 40-60 mins elsewhere in week.

Mon 11 – Sun 17 March

Tues intervals, Wed 60 min club run, Sun long run for 2:30-3:00 hours, mainly easy pace with 3-4miles at marathon pace. Otherwise one, pref. two easy runs for 40-50 mins elsewhere in week.

Mon 18 – Sun 24 March

Tues easy run, Wed 80-90 minute fast-steady club run, Sunday long run for 2:45-3:00 hours, mainly easy pace including 3m at marathon pace, 2 miles easy, 3 miles marathon pace. If racing the SEAA road relays (on the Sunday) you could move long run to Sat, or incorporate your stage in your long run e.g. 5m easy, race, then a mix of recovery and MP running. Otherwise one, pref two easy runs 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/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8lg/edit#gid=0>

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

Paddock Wood Half

Sunday 3. March

A Festival of PBs for Dulwich Runners

Ebe writes: The first club champs race of the year saw a fantastic turnout in Dulwich vests toeing the start line for this event. Red and blue dotted the field everywhere it seemed and spirits were high. Deservedly so, the results show a staggering 26 outright Personal Bests out of 60 finishers.

Once you include debuts it even comes to more than half of us who ran their fastest time ever over the distance! The range was remarkable too as the PB runs came across the whole field, from the faster to the slower end of results, and across both genders. Many more ran close to their PBs from previous years as well. All

that pays testimony to good training and great conditions for running hard on the day. The sometimes dreaded headwinds in the open country lanes were absent and it was cool and crisp throughout. Apart from the many excellent individual performances which can be seen in the table below, there were several team medals for Dulwich handed out on the day and collected by Ange (who will bring them this Wednesday to the club). You can see the winners in the results below. Congratulations to them and to all who ran so well here! Also thanks to all who supported along the course (a shout to Dylan) and especially to all the drivers who so generously provided lifts for this popular Half.

N.B.: The individual club champs medals for this race and the age grading and captain's awards will be finalised and presented once the results are in our app. There is a free to download photo gallery from the race here: <https://sspimg.com/Paddock-Wood-2024-Gallery>



About half of us after the race...

...and a few more in selfie mode
Ross and Michelle rounding a corner



Paddock Wood Half Marathon, Sunday 3 March 2024

Club Championship race; 60 DRs in results (14 Women, 46 Men)

PLACE	CHIP	GUN	NAME	CATEGORY	PB (by Po10 profile)
10	1:09:34	1:09:36	Aaron Wilson	Senior Men	New PB
19	1:10:46	1:10:49	Joe Hallsworth	Senior Men	New PB
23	1:11:56	1:11:59	Alex Winchester	Vet Men 40-49	New PB
38	1:13:01	1:13:06	Jon Phillips	Senior Men	2022 01:12:16 Cambridge
41	1:13:12	1:13:17	Fred Bungay	Senior Men	New PB
44	1:13:29	1:13:32	Adrian Russell	Vet Men 40-49	New PB
49	1:13:54	1:13:57	Thomas South	Vet Men 40-49	2021 01:12:48 PW*
65	1:14:58	1:15:14	Andy Bond	Vet Men 50-59	2020 01:12:26 Big Half
92	1:17:03	1:17:13	Timothy Bowen	Vet Men 40-49	2020 01:11:25 Big Half
111	1:17:58	1:18:06	James Burrows	Vet Men 40-49	New PB
117	1:18:04	1:18:18	Rob Emes	Vet Men 40-49	New PB
128	1:18:18	1:18:35	Murray Humphrey	Senior Men	New PB
138	1:18:40	1:18:49	Robert Hollands	Vet Men 40-49	New PB
161	1:19:36	1:19:47	Eugene Cross	Vet Men 40-49	2023 01:19:04 PW*
179	1:19:41	1:20:09	James Brown	Vet Men 40-49	New PB
197	1:20:30	1:20:59	Chris Lawrence	Vet Men 40-49	New PB
205	1:21:23	1:21:37	Gower Tan	Vet Men 50-59	New PB
225	1:22:11	1:22:43	Matthew Trueman	Senior Men	New PB
242	1:23:10	1:23:40	Mark Callaghan	Vet Men 40-49	2016 01:20:42 Birmingham
239	1:23:20	1:23:32	Shane Donlon	Vet Men 40-49	2022 01:18:33 Big Half
251	1:23:32	1:23:59	Austin Laylee	Senior Men	New PB
258	1:23:45	1:24:10	Fabrice Chouissi	Vet Men 50-59	no information/debut?
263	1:23:52	1:24:21	Sam Walker	Senior Men	no information/debut?
283	1:24:50	1:25:07	Joe Farrington-Douglas	Vet Men 40-49	2022 01:24:24 PW*
328	1:26:40	1:27:09	Andrew Scott	Vet Men 40-49	New PB
335	1:26:51	1:27:21	Helen Shannon	Vet Ladies 35-44	New PB
325	1:26:52	1:27:06	Toby De Belder	Vet Men 40-49	2023 01:24:58 PW*
341	1:27:03	1:27:33	Katie Smith	Vet Ladies 35-44	New PB
338	1:27:05	1:27:29	Justin Siderfin	Vet Men 50-59	New PB
339	1:27:21	1:27:30	Steve Davies	Vet Men 50-59	2018 01:14:31 Wokingham
354	1:27:38	1:28:05	Rob Fawn	Vet Men 40-49	2019 01:21:58 Fleet
414	1:29:44	1:29:56	Ian Lilley	Vet Men 50-59	2018 01:21:34 PW*
436	1:30:18	1:30:52	Rupert Winlaw	Vet Men 50-59	2023 01:30:17 Big Half
447	1:30:45	1:31:14	Ross Rook	Vet Men 40-49	New PB
455	1:31:14	1:31:44	Andrea Ceccolini	Vet Men 50-59	2019 01:30:44 Verona
456	1:31:14	1:31:45	Tom Mountain	Senior Men	debut
467	1:31:47	1:32:17	Michelle Lennon	Vet Ladies 55-64	2021 01:31:24 Brighton
563	1:34:58	1:35:17	Michael Fullilove	Vet Men 60-69	2019 01:27:43 PW*
603	1:35:55	1:36:32	Harriet Roddy	Senior Ladies	New PB
611	1:36:08	1:36:50	Robert Tokarski	Vet Men 40-49	New PB
604	1:36:18	1:36:38	Chris Nunn	Vet Men 50-59	2022 01:28:00 PW*
632	1:36:31	1:37:31	Ange Norris	Vet Ladies 55-64	2016 01:29:03 Lausanne
640	1:37:11	1:37:48	Katie Styles	Vet Ladies 35-44	2020 01:30:05 Big Half
654	1:37:41	1:38:17	Catherine Buglass	Vet Ladies 35-44	New PB
661	1:37:59	1:38:43	Olivia Bishton	Vet Ladies 45-54	New PB
668	1:38:03	1:39:07	Maeve Lane	Senior Ladies	New PB
662	1:38:06	1:38:54	Laura Torry	Vet Ladies 45-54	2012 01:30:16 Bath
695	1:39:15	1:39:57	Hugh French	Vet Men 40-49	2021 01:36:03 PW*
691	1:39:16	1:39:53	Klara Saville	Vet Ladies 35-44	debut
717	1:39:52	1:40:27	Edward Martin	Senior Men	debut
742	1:41:13	1:41:33	Chris Cooper	Vet Men 40-49	2021 01:29:50 Big Half
780	1:42:18	1:42:48	Graham Laylee	Vet Men 60-69	2012 01:39:34 PW*
817	1:42:29	1:43:43	Naomi Crowther	Vet Ladies 35-44	New PB
870	1:43:06	1:45:25	Eberhard Prill	Vet Men 60-69	2015 01:24:23 PW*
845	1:44:12	1:44:48	Stephen Trowell	Vet Men 50-59	2021 01:34:40 Kingst.u.T.
860	1:44:35	1:45:09	Cameron Timmis	Vet Men 50-59	2012 01:38:23 PW*
1031	1:48:47	1:50:15	Joanne Shelton-Pereda	Vet Ladies 45-54	2012 01:39:26 PW*
1105	1:52:36	1:53:41	Shoko Okamura	Vet Ladies 35-44	debut
1252	1:56:22	1:57:51	James Gordon	Senior Men	New PB
1435	2:02:17	2:02:58	Ameet Patel	Vet Men 60-69	2012 1:40:00 PW*

* Paddock Wood (not Personal Worst :)

2041 ran; 1st M (Nick Torry) in 1:05:37, 1st W (Rebecca Bunting) in 1:15:44
 Team medals for Dulwich:
 1st place MV50+: Andy B, Gower T, Fabrice C; 3rd place MV40+: Alex W, Ade R, Tom S
 2nd place FV35+: Helen S, Katie Sm, Katie St; 2nd place FV45+: Michelle L, Ange N, Olivia B;

East Surrey CC Lloyd Park

2 March

This low key event was my 10th cross country race of the season, with one more to go. The course was in a predictably poor state with the many of the distinct muddy stretches at the final Surrey League match a few weeks ago merged together with a mixture of standing water and extensive waterlogged ground. The only relatively dry ground was immediately around the start/finish area.

On a scale of 1 to 10, I made it an 11. My time of 45:37 was almost 2 minutes down on 3 weeks earlier but so was everyone else's I spoke to afterwards, so probably an equivalent performance for me and 2nd claimer, Jo Quantrill who finished in 46:02 this time. A route diversion early on meant that the course finished up just slightly longer than its usual 5 miles. My legs were more hammered at the end than any other cross country race this season.

For cross country fanatics such as myself the Bromley Vets Open Cross Country at Sparrow's Den on 24 March offers one further opportunity although the 2nd Sunday of the month 5 mile races at Wimbledon Common are more cross country like than trail in current ground conditions. - Mike Mann

Crystal Palace Canter 5k

There was a bigger than usual turnout for this month's Canter on 5 March with Dulwich Runners accounting for 12 of the field of 17. There was a welcome visit from Denise Brady. -Mike Mann

Mike Mann	24:12
Jo Quantrill	24:46
Dave West	25:57
Barrie Nichols	26:49
Mike Dodds	27:17
Lindsey Annable	27:31
Paul Keating	27:47

Claire Steward	29:25
Clare Wyngard	30:14
Chris Bell	36:38
Bob Bell	36:39
Denise Brady	42:14

Results of the February Canter, not reported earlier were as follows, led by Jo Quantrill

Jo Quantrill	24:39
Barrie Nichols	25:50
Dave West	26:04
Lindsey Annable	26:48
Paul Keating	29:03
Claire Steward	29:25

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

Bromley

546 Ran

Pos Gen

457 285 Steve Wehrle 2nd cl. 34:58

Beckenham Place

221 Ran

Pos Gen

1 1 Sam Jenkins 20:13

34 33 Andy Bond 24:11

Crystal Palace

394 Ran

Pos Gen

219 153 Michael Dodds 28:20

241 61 Claire Steward 29:00

265 74 Clare Wyngard 30:03

353 125 Chris Bell 36:06

356 203 Bob Bell 36:32

South Norwood

95 Ran

Pos Gen

58 48 Peter Jackson 32:05

Riddlesdown

55 Ran

Pos Gen

12 12 James Wicks 24:58

Dulwich

657 Ran

Pos Gen

1 1 Jack Kavanagh 14:42

6 5 Max Bloor 16:30

24 18 James Blackwood 17:42

131 15 Michelle Lennon 20:51

156 17 Nicola Richmond 21:23

228 156 Rob Mayes 22:48

303 51 Alexandra McClelland 24:30

304 52 Polly Low-Macrae 24:32

373 236 Ajay Khandelwal 26:07

402 250 Joseph Brady 27:00

434 266 Harry Lawson 27:44

Gladstone

195 Ran

Pos Gen

93 15 Becca Schulleri 27:50

Burgess

477 Ran

Pos Gen

222 34 Ros Tabor 26:23

475 151 Susan Vernon 55:32

Fulham Palace

440 Ran

Pos Gen

228 159 Barrie John Nicholls 27:54

437 170 Lindsey Annable 48:58

Peckham Rye

321 Ran

Pos Gen

118 89 Ryan Duncanson 25:45

148 107 Chris Lawrence 26:57

Folkestone

319 Ran

Pos Gen

19 1 Kim Hainsworth 21:23

66 58 Miles Gawthorp 24:50

Tooting Common

316 Ran

Pos Gen

172 121 Ian Sesnan 28:06

Worthing

393 Ran

Pos Gen

178 128 Gary Budinger 27:08

Catford

119 Ran

Pos Gen

22 20 Murray Humphrey 24:20

Charlton

144 Ran

Pos Gen

4 4 Grant Kennedy 20:45

Swanley

30 Ran

Pos Gen

4 3 Stephen Smythe 24:41

DULWICH RUNNERS KIT

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



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



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

Beast from the East!

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



Crop tops - £25

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



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



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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 14

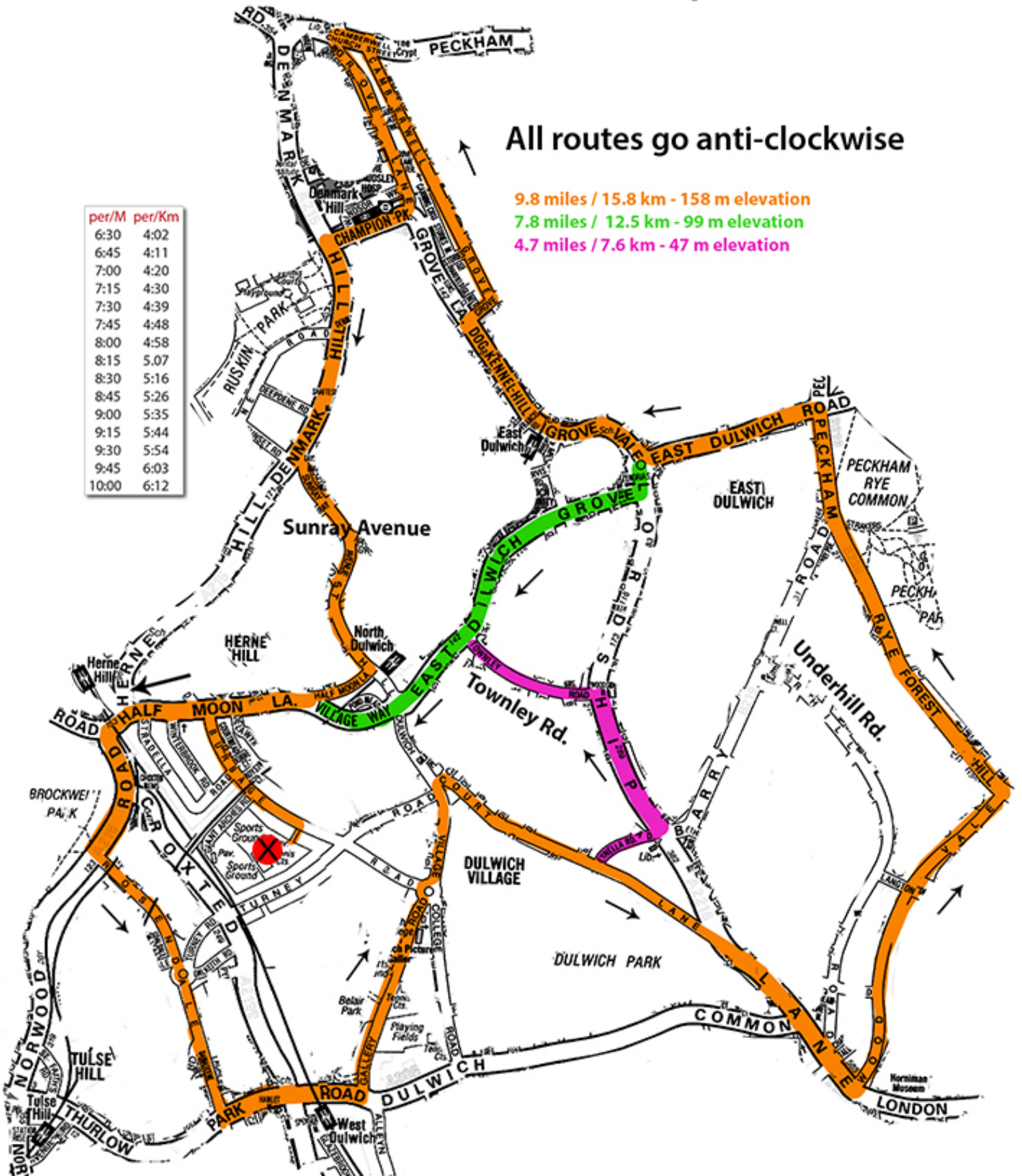
All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation

7.8 miles / 12.5 km - 99 m elevation

4.7 miles / 7.6 km - 47 m 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



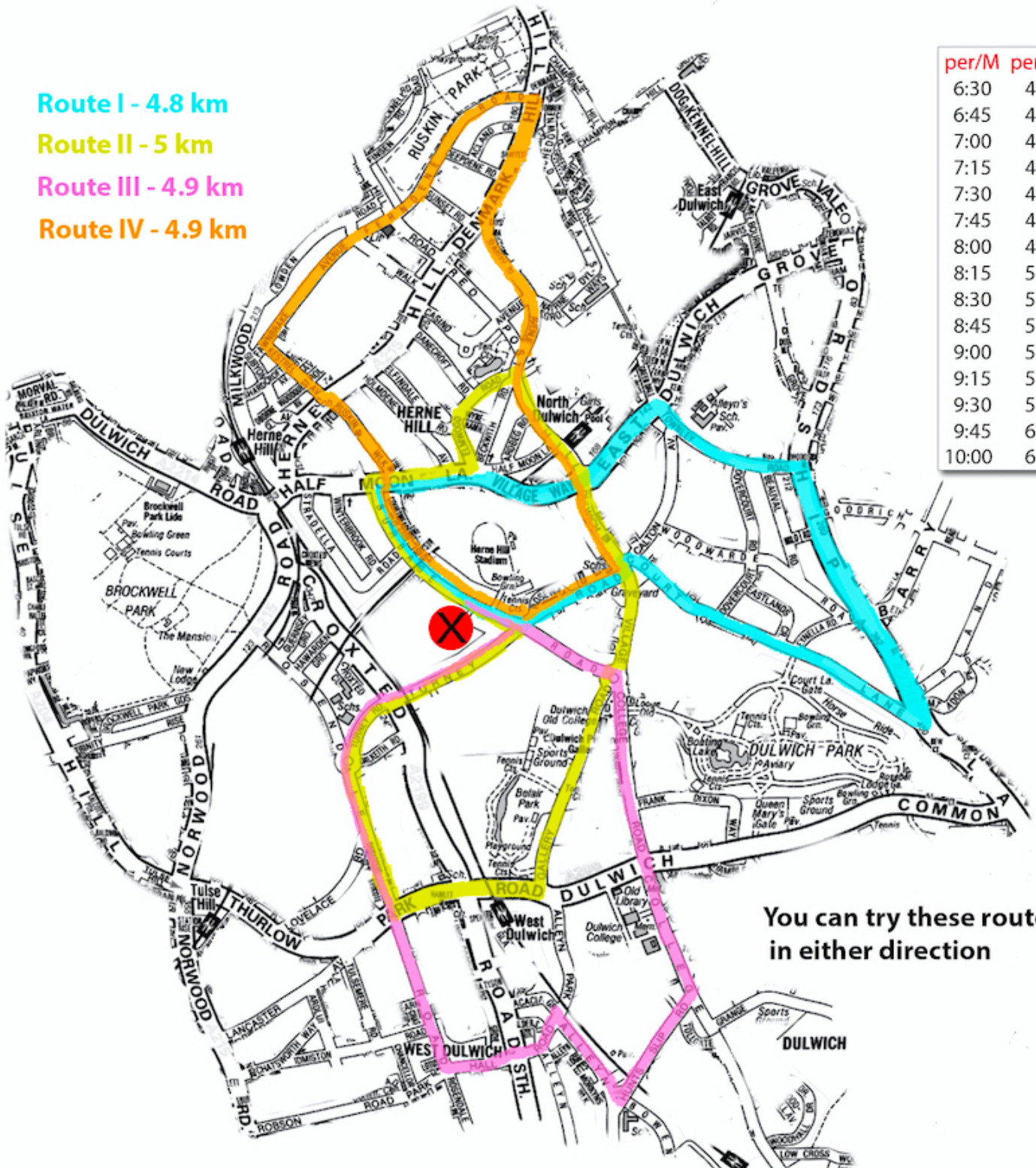
Dulwich Runners Winter 5km routes

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