



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

NO RUN TONIGHT OR 28th December

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities
Tuesday speed work (see following page
suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross Country
- 4 Fixtures
- 6 Race reports and results
- 11 Turkey Trot entry form
- 12 Club kit
- 14 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

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

Connect with us:



**NO CLUB RUN TONIGHT WED. 14th DEC.
DUE TO ICY CONDITIONS**
**AND NO CLUB RUN WED. 28th DEC.
CLUBHOUSE IS CLOSED**

Dulwich Runners London Marathon Ballot

The club had 2 places given to us from London Marathon for our members. We had 17 names in the hat on Friday evening (all members who had been rejected in the ballot) and the atmosphere was even more tense than the World Cup penalty shoot outs as Ros and Andy drew out the names.

The 2 lucky winners were -

Rob Tokarski and Rob Holland

As Andy said - 'We've been robbed!'

Well done and enjoy you training boys.

Club Kit

Wednesday 14 December

I will not bring any kit to the club this week unless people contact me directly saying what they want.
I will have everything at the club on Wednesday 21st

Ros.tabor49@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

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 track speed/strength

Track update

Crystal Palace track is open daily only to 4pm due to lack of floodlights. They are looking to source temporary lighting, hopefully sessions will resume in the new year. Will update when details known. Alternative sessions arranged week by week and will be notify you of them here, email, our website & Facebook group. You can also contact coach Tom Poynton: tpoynton@hotmail.com

December 20th - one session in Peckham Rye - meet outside front of Peckham Rye Common Round Cafe at 7pm Led by Mark Callaghan, start with warm ups - then move to the slope for main session. Any questions contact Mark at m.s.callaghan@outlook.com

Training advice

Please contact me if you have any questions about your training. Some of you will be planning a spring marathon, so happy to advise on that, and how the club sessions can be a key part of your training. Tom Poynton Coach in Running Fitness - tpoynton@hotmail.com

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. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola 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 - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

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

Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. 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's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Dec 17	South of Thames XC 7.M	Aldershot
Jan 7	Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
	14 Surrey League XC	tbc
	28 South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall

Dulwich Runners Spring marathon survey

I've made a survey to ask all club members if you are running a Spring marathon, and if so, which one, your target time, and whether you'd like to join a Sunday run group.

The idea is to get a full picture of who is doing what, and then set up groups for people who are similar-ish level.

Tom Shakhli

So far we've had 32 responses and we'll be able to set up 3-4 pace appropriate groups as a result.

Survey is here: <https://forms.gle/aTbaff6VkuwYkC496>

Box Hill Fell Race - Saturday 21 January 2023 11am

Entries for this brilliant race open on Boxing Day; exact time to be announced.

More details on South London Orienteers website. <https://slow.org.uk>

If you have never done any fell running, Box Hill near Dorking is an ideal introduction. The course is 7.5 miles (12 km), is well marked and run mainly on good paths (no bogs, becks or boulder fields and no chance of getting lost). There is about 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. In January the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s). You will have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes are not allowed.

A very popular race that fills up very quickly (in a few hours). Entry last time was £10 so it won't break the bank.

If interested, I am at the club most Wednesdays, or email me Hugh Balfour: hugh@christchurchpeckham.info

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.

vetsac.org.uk - World Masters Athletics Championships Indoor - Torun 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

England Masters Opportunities

England Athletics have some information about masters athletes opportunities, including race selection and training webinars, which should be of interest to a wide range of coaches and athletes. <https://www.englandathletics.org/athletics-and-running/england-competitions/age-group-masters-competition/> Tom Poynton (Coach in Running Fitness).

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

Feb 11	Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire.
May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

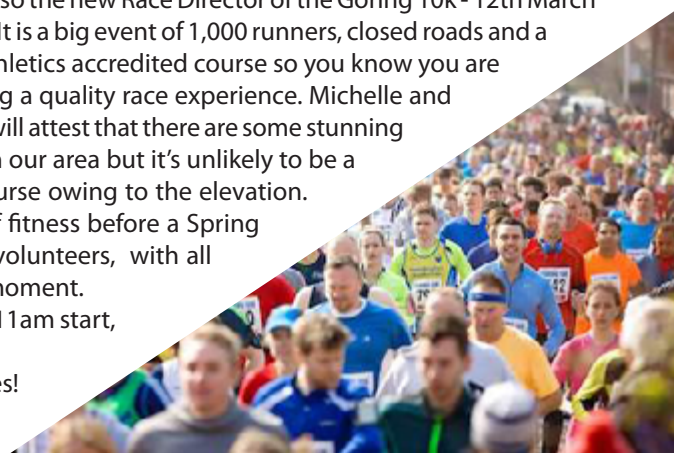
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at www.goring10k.com

or please email me Elkie Mace: runwithelkie@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 Barry Graham 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.

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](#).



Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Dulwich Runners Club Championship 2022

At the end of year drinks on Friday the club championship medals were awarded. Below are the main tables - overall on age graded scores for each event and within 10 year age bands based on positions. The club championship totals were from the best 5 events of runners who had completed that many of a set 9 events this year, ranging from one mile to the marathon. This is a brief summary of many fine efforts this year. For full details go to the dulwich runners app (via club website, stats, app link) or this link

Dulwich Runners Home then the medal tab. Thanks to Andrea Ceccolini for providing the app, which has loads of DR performance info.

[table on following page]

The Gill Johnson Awards for the outstanding road race performances of the year went to Kay Sheedy for the female award (for her 3 PBs this year over 5K, 10K and Marathon and her Battersea Park Sri Chinmoy 5k on 14. June performance of 18:02min) and Ed Chuck for the male award (his PBs over 5k, 5 Mile and Half Marathon, the first two also outright club records; namely his 'Friday Night under Lights 5k' in Battersea Park on 11. Feb. of 14:36 min).

Rob Tokarski and Rob Hollands were lucky in the ballot for club London Marathon 2023 places.

Thanks to Michelle Lennon and Ebe Prill for organising the evening. Congratulations to everyone and look out for details of the club championship for 2023.

Andy Murray



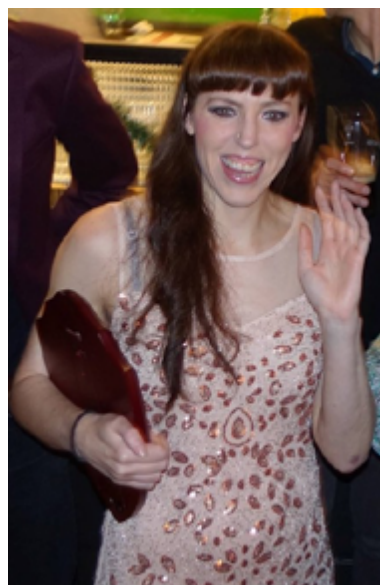
Andy Bond



Ade Russell



Michelle Lennon



Kay Sheedy

DR Club Champs 2022 - Age Graded

Pos	Name	AG	Best 5 total	Avg	R1		R2		R3		R4		R5		R6		R7		R8	
					05-Feb-22 parkrun	13-Mar-22 HM	14-Jun-22 5K	26-Jun-22 10K	10-Jul-22 7MMT	20-Jul-22 Mile	04-Sep-22 HM	01-Jan-22 Marathon	04-Dec-22							
					Crystal Palace parkrun #	Paddock Wood Half Mar	Sri Chinmoy 5K	Ranelagh Richmond 10	Sevenoaks 7	Dave Clarke Mile Extra	The Big Half	Any Marathon								
1st	Andy Bond	V45	4489	897.8	81.80%	841	88.50%	885	93.10%	931	87.00%	870	84.90%	899	89.00%	890	88.40%	884	--	--
2nd	Adrian Russell	V45	4152	830.4	80.60%	828	81.30%	813	82.80%	828	--	--	--	83.80%	838	84.50%	845	--	--	
3rd	Michelle Lennon	V55	4048	809.6	--	--	81.20%	812	82.20%	822	82.70%	827	75.80%	802	--	--	78.50%	785	--	--
4	Grzegorz Galezia	V50	4045	809	77.50%	796	80.90%	809	83.30%	832	81.10%	811	--	--	--	75.80%	758	79.70%	797	
5	Eberhard Prill	V60	4009	801.8	80.00%	822	78.20%	782	80.50%	805	78.20%	782	77.30%	818	77.50%	775	71.30%	713	71.90%	719
6	Aaron Wilson	SEN	3944	788.8	--	--	74.20%	742	79.00%	790	78.80%	788	--	--	--	79.70%	797	82.70%	827	
7	Alexander Loftus	V45	3940	788	75.10%	772	78.20%	782	80.30%	803	78.40%	784	75.00%	794	--	--	72.80%	728	77.70%	777
8	Yvette Dore	V50	3929	785.8	--	--	81.20%	812	80.50%	805	--	--	73.10%	774	--	--	76.00%	760	77.80%	778
9	Rob Emes	V40	3925	785	76.90%	790	74.60%	746	82.10%	821	--	--	--	80.50%	805	76.30%	763	--	--	
10	Mike Mann	V70	3892	778.4	75.80%	778	--	--	78.10%	781	76.60%	766	73.90%	782	78.50%	785	--	--	--	
11	Kevin Chadwick	V40	3759	751.8	74.10%	761	76.00%	760	79.30%	793	--	--	--	--	--	73.00%	730	71.50%	715	
12	James Burrows	V40	3745	749	71.30%	732	76.40%	764	76.80%	768	74.90%	749	--	--	--	73.20%	732	--	--	
13	Joe Farrington-Douglas	V40	3727	745.4	72.40%	744	72.60%	726	77.10%	771	--	--	68.70%	728	75.80%	758	--	--	--	
14	Barrie John Nicholls	V65	3419	683.8	69.20%	711	65.50%	655	--	--	68.20%	682	66.00%	699	66.40%	664	66.30%	663	--	
15	Hugh French	V45	3396	679.2	69.80%	717	--	--	70.30%	703	--	--	60.50%	640	70.90%	709	62.70%	627	--	
16	Rebecca Davis	V35	3203	640.6	61.70%	633	--	--	--	--	64.10%	641	63.20%	669	65.50%	655	60.50%	605	--	
17	Andrew Murray	V65	3188	637.6	63.00%	647	--	--	64.30%	642	64.10%	641	59.50%	630	--	--	62.80%	628	--	
18	Ameet Patel	V55	2991	598.2	53.30%	547	57.00%	570	57.50%	575	59.60%	596	57.70%	611	60.30%	603	60.60%	606	--	
Age Group Winners (on points)					Senior W		Senior M		W40		M40		W50		M50		W60+		M60+	
					Rebecca Davis		Aaron Wilson		Yvette Dore		Andy Bond		Michelle Lennon		Grzegorz Galezia		-		Ebe Prill	
					-		-		-		Ade Russell		-		Ameet Patel		-		Mike Mann	
					-		-		-		Alex Loftus		-		-		-		Barrie Nicholls	

Ken Crooke Cross Country Championships 2022-23 | Men

To qualify complete minimum 5 events incl. 3 Surrey leagues. Best 5 races count

#	Date	Event	Meeting	Venue	Priority
R1	15 Oct 22	5MXC	Surrey Men's League Division 1	Effingham Common	Yes
R2	12 Nov 22	8KXC	Surrey Men's League Division 1	Wimbledon	Yes
R3	19 Nov 22	10KXC	London Championships	Parliament Hill	No
R4	26 Nov 22	5MXC	South of Thames CCA 5 Championships	Lloyd Park	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4					
	Robert Armstrong	M SEN	195	48.8	25:27	47	28:52	50	36:47	49	27:32	49	Min Races
	Alexander Loftus	M V45	163	40.8	29:21	36	33:45	39	43:28	45	32:37	43	Min Races
	James Burrows	M V40	157	39.2	29:27	34	34:02	38	43:49	44	32:49	41	Min Races
	Edward Chuck	M V35	150	50.0	24:16	50	--		34:32	50	25:57	50	Min Races
	Sum Mattu	M V35	146	36.5	31:18	32	34:29	37	47:46	37	34:14	40	Min Races
	Adrian Russell	M V45	138	46.0	26:17	44	29:40	47	39:30	47	--		Min Races
	Fred Bungay	M SEN	137	45.7	26:36	41	29:36	48	39:05	48	--		Min Races
	Alastair Low-Macrae	M SEN	124	41.3	--		33:36	41	45:00	41	32:36	42	Min Races
	Jonny Hough	M V45	105	35.0	31:49	30	--		48:00	36	34:54	39	Min Races
	Shane O'Neill	M SEN	94	47.0	26:00	45	29:09	49	--		--		Min Races
	Hugh Stobart	M SEN	92	46.0	--		--		40:43	46	30:30	46	Min Races
	James Blackwood	M U23	86	43.0	27:07	40	30:43	46	--		--		Min Races
	Jonathan Phillips	M V35	84	42.0	27:09	39	31:15	45	--		--		Min Races
	Robert Hollands	M V40	83	41.5	--		33:43	40	44:40	43	--		Min Races
	Sean Cordon	M SEN	83	41.5	28:17	38	--		--		31:02	45	Min Races
	Eugene Cross	M V40	78	39.0	29:23	35	33:09	43	--		--		Min Races
	Murray Humphrey	M SEN	74	37.0	--		35:38	34	45:26	40	--		Min Races
	Mark Callaghan	M V45	73	36.5	--		34:51	35	46:27	38	--		Min Races
	Hugh Balfour	M V65	70	35.0	--		--		51:45	35	38:41	35	Min Races
	Mike Mann	M V70	68	34.0	--		--		57:55	34	42:24	34	Min Races
	Justin Siderfin	M V50	64	32.0	31:45	31	36:37	33	--		--		Min Races
	Nick Impey	M V40	49		24:55	49	--		--		--		Min Races
	Joe Hallsworth	M SEN	48		--		--		--		29:10	48	Min Races
	Aaron Wilson	M SEN	48		25:23	48	--		--		--		Min Races
	William Cole	M V35	47		--		--		--		30:20	47	Min Races
	Ben Howe	M SEN	46		25:29	46	--		--		--		Min Races
	Tom Shakhli	M V40	44		--		32:30	44	--		--		Min Races
	Wayne Lashley	M V40	44		--		--		--		31:17	44	Min Races
	Tom South	M V45	43		26:25	43	--		--		--		Min Races
	Joe Farrington-Douglas	M V40	42		--		--		44:50	42	--		Min Races
	Edward Harper-Masters	M SEN	42		--		33:16	42	--		--		Min Races
	Timothy Bowen	M V35	42		26:32	42	--		--		--		Min Races
	Andrew Scott	M V40	39		--		--		45:41	39	--		Min Races
	Andrea Ceccolini	M V50	38		--		--		--		35:25	38	Min Races
	Mark Foster	M V55	37		--		--		--		36:34	37	Min Races
	Kevin Chadwick	M V40	37		28:53	37	--		--		--		Min Races
	Martin Double	M V45	36		--		--		--		38:08	36	Min Races

Ken Crooke Cross Country Championships 2022-23 | Women

To qualify complete minimum 5 events incl. 3 Surrey leagues. Best 5 races count

#	Date	Event	Meeting	Venue	Priority
R1	15 Oct 22	3MXC	Surrey Women's League Division 1	Effingham Common	Yes
R2	12 Nov 22	5KXC	Surrey Women's League Division 1	Wimbledon	Yes
R3	19 Nov 22	6KXC	London Championships	Parliament Hill	No
R4	26 Nov 22	5MXC	South of Thames CCA 5 Championships	Lloyd Park	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4					
	Ola Balme	W V55	180	45.0	22:31	46	22:27	41	27:41	45	37:53	48	Min Races
	Eleanor Simmons	W V40	172	43.0	23:15	43	22:31	40	29:02	43	39:00	46	Min Races
	Kay Sheedy	W V35	148	49.3	20:05	50	19:39	49	24:55	49	--		Min Races
	Katie Smith	W V40	142	47.3	22:00	48	20:54	47	27:15	47	--		Min Races
	Katie Styles	W V40	134	44.7	22:17	47	22:12	42	--		39:02	45	Min Races
	Harriet Roddy	W SEN	133	44.3	22:48	44	22:11	43	27:34	46	--		Min Races
	Ange Norris	W V60	130	43.3	--		22:32	39	28:11	44	38:06	47	Min Races
	Polly Warrack	W SEN	100	50.0	--		19:21	50	23:56	50	--		Min Races
	Rebecca Schuller	W SEN	98	49.0	--		20:08	48	--		35:25	50	Min Races
	Alicja Furmanczyk	W V35	97	48.5	--		--		26:28	48	36:49	49	Min Races
	Laura Vincent	W V40	91	45.5	22:40	45	21:26	46	--		--		Min Races
	Lindsey Annable	W V50	81	40.5	26:24	37	--		--		45:55	44	Min Races
	Michelle Lennon	W V55	79	39.5	23:48	41	22:49	38	--		--		Min Races
	Midge Cameron	W V55	74	37.0	25:58	38	24:44	36	--		--		Min Races
	Alex McClelland	W SEN	49		21:02	49	--		--		--		Min Races
	Clare Norris	W V45	45		--		21:28	45	--		--		Min Races
	Christina Dimitrov	W V35	44		--		21:37	44	--		--		Min Races
	Yvette Dore	W V50	42		--		--		29:11	42	--		Min Races
	Nicola Richmond	W V50	42		23:31	42	--		--		--		Min Races
	Christiana Campbell	W SEN	40		24:13	40	--		--		--		Min Races
	Emma Benyon	W V35	39		25:50	39	--		--		--		Min Races
	Belinda Cottrill	W V35	37		--		23:38	37	--		--		Min Races
	Jenny Bomers	W V40	36		32:02	36	--		--		--		Min Races

South of Thames XC Lloyd Park

26th November 2022

Dave West writes: For reasons unknown, only the women's results seem to have been reported for this event, which is a shame as the men seem to have done rather well. Whilst not back to its February best/worst, this classic XC course was at least starting to get a little sticky. Ed Chuck replicated his form from the London Champs to finish a fine second behind a Croydon athlete currently in 14:50 Parkrun form.

Rob Armstrong, wasn't too far behind in 8th and some good packing gave the Dulwich men 3rd in both the four to score and eight to score competitions. Personally, in my 5th XC of the season I had a controlled run, faster than my last run here

in early October when it was bone dry after the hot summer.

2	Ed Chuck	25:57
8	Rob Armstrong	27:45
25	Ade Russell	28:59
31	Joe Hallsworth	29:10
40	Will Cole	30:20
43	Hugh Stobart	30:30
50	Sean Cordon	31:02
52	Wayne Lashley	31:17
69	Alex Loftus	32:45
70	Alastair Low-McCrae	32:38
73	James Burrows	32:49
89	Sam Mattu	34:14
97	Jonny Hough	34:54
104	Andrea Ceccolini	35:25
120	Mark Foster	36:34
133	Martin Double	38:08
136	Hugh Balfour	38:41
149	Mike Mann	42:24
151	Dave West	42:43

BMAF 5k, Battersea Park

4 December

With the cancellation of the Horwich 5k, normally used as the BMAF 5k champs, another venue had to be found and it was switched to Battersea Park and hosted by Vets AC. December is not an ideal month but we were fortunate with the weather, which was dry with light winds, albeit a little on the chilly side. With Horwich now ruled out as a venue there is a good chance of Battersea Park being used for these champs next year, though probably earlier in the autumn.

The race was full to its limit of 250 and the standard was high, particularly in the older age groups, in which many of the

leading athletes nationally took part. Congratulations to our M45 team of Ade Russell, Andy Bond and Tom South who not only won team gold but finished 1,2,3 M45s and very close together (see Ade Russell's report in last week's Shorts).

There were some other individual successes with Ros Tabor finishing 2nd W70, and 2nd claimers, Clare Elms and Jo Quantrill 1st W55 and 1st W65 respectively.

My own run was a below par effort as I struggled in the early stages, before recovering at around the 2km mark, much too late in a 5k. I had managed times 30 secs faster in the summer in 30 degree+ weather. Mike Mann

Clare Elms (2nd claim)	18:27	1st W55
Clare Norris	20:55	
Jo Quantrill (2nd claim)	23:16	1st W65
Mike Mann	24:06	
Ros Tabor	26:13	2nd W70

Thames Hare and Hounds 2nd Sunday 5 miles Wimbledon Common

11 December 2022

Andy and I decided to enter this trail race before the weather got so cold. It was a good choice as we avoided any icy roads or pavements. The playing fields were frosty and also very foggy, but the main loop which you run twice is in the trees and was not foggy at all. The surface was very hard and rutted in parts. We had a very pleasant Sunday run.

Andy Murray	49 : 18
Ros Tabor	49 : 19

To have 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.

Richmond

222 Ran
Pos Gen
108 22 Lindsey Annable 27:22

Bromley

367 Ran
Pos Gen
232 171 Peter Jackson 28:44

Brockwell

234 Ran
Pos Gen
1 1 Jon Phillips 17:26
2 2 Andrew Inglis 18:19
15 14 Jonny Hough 19:45
21 20 John Kazantzis 20:17
31 28 Mark Foster 21:12
46 41 Stephen Trowell 22:05
52 4 Ola Balme 22:27
67 9 Catherine Buglass 23:29
70 57 Hugh French 23:38
71 11 Nicola Richmond 23:40
96 72 Graham Laylee 24:49
127 25 Ros Tabor 26:57

Beckenham Place

182 Ran
Pos Gen
56 47 Paul Hodge 25:18

Crystal Palace

208 Ran
Pos Gen
33 4 Yvette Dore 23:24
43 7 Eleanor Simmons 23:59
63 45 Lloyd Collier 25:27
200 106 Bob Bell 40:36

South Norwood

138 Ran
Pos Gen
51 4 Carys Morgan 24:28

Congleton

174 Ran
Pos Gen
27 2 Marjorie Epton 23:36

Riddlesdown

108 Ran
Pos Gen
12 10 James Wicks 22:57
64 19 Ange Norris 29:31

Sandwell Valley

75 Ran
Pos Gen
16 1 Laura Vincent 24:00

Mile End

259 Ran
Pos Gen
176 107 Paul Keating 28:18

Dulwich

333 Ran
Pos Gen
41 30 Rupert Winlaw 19:15
42 31 Mike Beadle 19:16
48 34 Rob Mayes 19:26
51 37 Rob Fawn 19:31
52 3 Polly Warrack 19:31
66 47 Ebe Prill 20:33
78 56 Robert Tokarski 21:11
113 12 Christiana Campbell 22:55
183 110 Ryan Duncanson 25:43
324 113 Susan Vernon 38:39

Gladstone

172 Ran
Pos Gen
7 7 Des Crinion 19:56

Burgess

375 Ran
Pos Gen
17 17 Tommaso Bondoni 18:28
45 1 Megan Friedli 20:35
57 49 Martin Kelsen 21:10
306 98 Stephanie Burchill 30:33
372 199 Chris Vernon 62:10

Brockenhurst

113 Ran
Pos Gen
64 46 Michael Dodds 27:39
72 19 Clare Wyngard 28:26

Fulham Palace

301 Ran
Pos Gen
266 90 Claire Steward 32:28

Peckham Rye

194 Ran
Pos Gen
1 1 Andy Bond 16:37
3 3 Adrian Russell 17:22
11 11 Joe Farrington-Douglas 19:10
15 14 Mark Callaghan 19:32
18 17 Justin Siderfin 20:04
27 26 Lee Wild 21:15
28 1 Michelle Lennon 21:23

Hastings

184 Ran
Pos Gen
53 47 Nicholas Brown 23:11

Lullingstone

28 Ran
Pos Gen
3 3 Hugh Balfour 24:12

Tooting Common

400 Ran
Pos Gen
141 89 Ian Sesnan 25:03

Clapham Common

508 Ran
Pos Gen
69 54 Joe Sheppard 21:10

Catford

139 Ran
Pos Gen
13 2 Kay Sheedy 20:52
60 50 Dave West 25:1

Frogmary Green Farm

141 Ran
Pos Gen
8 7 Jamie Robinson-Nicol 21:44

Turkey Trot Handicap Race



10 am Sunday 18th December

Dulwich Park, start by Queen Mary's Gate

5k – parkrun course

A whole week after the festivities of the Christmas party on Friday 9th, we should have had ample time to shake off the hangover and be ready for the traditional annual 5k handicap race!

Runners are given a handicap according to recent parkrun/5k times, which should give an exciting sprint finish with everyone eager to win this most prestigious race.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for an extra prize.

Presentation of prizes is afterwards, either in the park or in the Dulwich Park café. (weather dependant)

Prizes are awarded for –

- 1st runner across the line
- 1st walker across the line
- Runner closest to predicted finish time NB Everyone runs without a watch.
- Best fancy dress – Christmas theme

Defending champion – Ebe Prill

To take part, email Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. You can pay on a Wednesday night or on the day.

Deadline – Friday 16th December as I will need to sort handicaps.

Include –

- Name
- Most recent parkrun/5k time
- Predicted finish time on 12/12/21
- Running or walking

NB Any person finishing in 2 mins or more faster than their predicted finish time will not be eligible for a prize.

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

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



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!

Socks only £5



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



! 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 2

All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m gain

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

