



## These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

**DEADLINE for submissions etc 17:30 TUESDAY**  
**NO RUN Wednesday 28th December**

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 (see following page  
suitable for all abilities

## In your SHORTS this week !

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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 WED. 28th DEC.**  
**CLUBHOUSE IS CLOSED**

## Crop Tops

Some women have asked for Dulwich Runners crop tops. I can order them (cost will be about £25) but I need to know numbers.

So far 5 women have responded but I need more to make an order.

Please will you let me know by 8 January if you are interested. Thanks - Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## Work at the club house

The club house is having some work done both inside and out. Inside includes the toilets and bar.

Work will commence at the beginning of the year and there may be some time when the ladies toilet will be unisex but the bar and showers will remain open for us.

# 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 track speed/strength

**December 20th** - session led by Mark Callaghan, in Peckham Rye - meet outside front of Peckham Rye Common Round Cafe at 7pm - start with warm ups - then to the slope for main session. Any questions Mark at [m.s.callaghan@outlook.com](mailto:m.s.callaghan@outlook.com)

Training sessions to continue in the new year as we take a seasonal break. Thanks so much for all your enthusiasm and hard work throughout the year, particularly Katie and Mark as coaches. Crystal Palace track is open to 4pm daily, no temp lights yet - hopefully resolved asap so we can resume sessions there - If not we'll look at alternatives and keep you updated.

### Training advice

Any questions re your training please contact me. If you're planning a spring marathon, i'm happy to advise on that, and how club sessions can be a key part of training. Tom Poynton Coach in Running Fitness - [tpoynton@hotmail.com](mailto: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](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto: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](mailto:olabalme1@gmail.com)

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

Longer & faster - 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](mailto: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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

# Club Championship Races, 2023

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

4 March	Sri Chinmoy 10k, Battersea Park <b>L</b>
19 March	Victoria Park 5 miles <b>S</b>
23 April	London Marathon (or alternative) <b>L</b>
13 June	Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) <b>S</b>
1 July	Brockwell parkrun <b>S</b>
15 July	Elmore 7 <b>L</b>
? July	(date tbc) Golden Stag Mile <b>S</b>
3 Sep	(date tbc) Big Half <b>L</b>

The marathon, 1/2M, Elmore 7 and 10k events will be classed as long (L), and the 5 mile, 5km, parkrun and mile short (S).

4 events to qualify, including at least one from each distance category.

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

We were unable to find any suitable trail races, so have opted for the Elmore 7, an undulating course of rural lanes and minor roads.

Brockwell parkrun has been chosen, but if the parkrun is off because of events in the park then we'll choose another date

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set yet and entry cost is high. We have selected the 4 March event in Battersea Park.

Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these will be eligible, but the 13 June is the recommended one.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early in August.

Still awaiting a firm date for the Big Half, held on 4 Sept. in 2022, but assuming it will be early Sept. again.

Updates on events with dates to be confirmed will be issued as soon as details known. We'll let people know in Shorts when races are open for entry and provide links

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

For further info about events in Shorts, how to enter etc, contact your captains:  
 Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
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](mailto: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](http://vetsac.org.uk) - World Masters Athletics Championships Indoor - Toruń 2023 [wmaci2023.com](http://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](mailto: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.

# Physiotherapist Talk

Club House, Wednesday 11 January, 8.30pm

A physiotherapist from Vita Health Group will be providing a talk on injury prevention and rehabilitation after our club runs. With many members looking to increase their mileage and activity in the new year with marathons on the horizon it's important to train smartly and listen to your body. Hopefully this talk will be of interest.

## 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.

## 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.

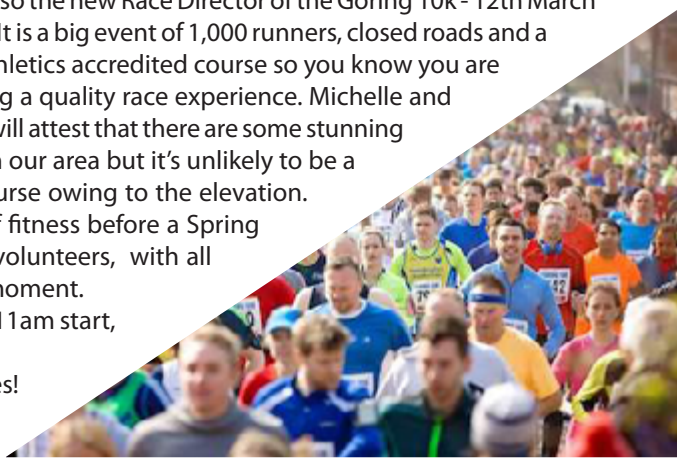
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

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](http://www.goring10k.com)

or please email me Elkie Mace: [runwithelkie@gmail.com](mailto:runwithelkie@gmail.com)



## 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](http://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



# Race Reports & Results

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

## Turkey Trot

To trot or not to trot, that was the question. Colin was keen to know if he should start making his costume or not. It was a last-minute call but, after a course inspection on Saturday afternoon, Andrea declared the gravel trail at the side of the tarmac to be safe, with the caveat that people were cautious and not intending to go for a PB! It was to be a day for trotting.

There were 32 runners and walkers and several other members who came to support. Thanks to Andrea who did it all with his app, Harriet for main timing, Andy and Jonathan for some excellent photos (have a look on Facebook) and Mike for being chief adjudicator.

Andrea and his app coped magnificently and organised the chaos - some late changes of predicted times, and some who just changed their minds and decided other people's

start times were more attractive than their own. None of that affected the results.

### Results

First runner over the line (and within 2 minutes of their predicted time) – Claire Steward

First walker over the line (and within 2 minutes of their predicted time) – Chris Bell

Person finishing nearest to their predicted time – Will Chambers

This was a very tight competition. The results show that many can run extremely close to their predicted time without wearing a watch.

Best costume – Belinda Bell and Milo

There were some excellent costumes which made the job of deciding the winner a tricky job.

Thanks to everyone for turning up and making it such a fun event. Happy Christmas.



First Across The Line				Best Prediction & Best Fancy Dress						
Within 2 minutes from prediction										
Name	Gun Time	Actual Time	Diff to Pred	Name	Predicted	Actual Time	Diff to Pred	Name	Actual Time	
Clare Wyngard	0:47:00	0:41:55	00:05:01	<b>Will Chambers</b>	<b>00:25:00</b>	<b>0:25:13</b>	<b>00:00:13</b>	<b>Best Prediction</b>	Ade Russell	0:17:15
Colin Frith	0:51:02	0:28:21	00:04:39	Ebe Prill	00:21:28	0:21:14	00:00:14	Tommaso Bendoni	0:18:35	
<b>Claire Steward</b>	<b>0:52:31</b>	<b>0:30:09</b>	<b>00:00:51</b>	<b>First Runner</b>	Ade Russell	00:17:00	0:17:15	00:00:15	Dylan Wymmer	0:19:54
Gabi Rothova	0:54:42	0:25:12	00:01:48	Chris Bell	00:42:00	0:41:43	00:00:17	Andy Scott	0:20:10	
<b>Chris Bell</b>	<b>0:54:43</b>	<b>0:41:43</b>	<b>00:00:17</b>	<b>First Walker</b>	Andy Scott	00:19:45	0:20:10	00:00:25	James Auger	0:21:06
Ade Russell	0:54:53	0:17:15	00:00:15	Cameron Timmis	00:22:30	0:23:04	00:00:34	Rupert Winlaw	0:21:07	
Dylan Wymmer	0:54:54	0:19:54	00:01:06	Tommaso Bendoni	00:17:59	0:18:35	00:00:36	Josh Willis	0:21:08	
Cameron Timmis	0:55:03	0:23:04	00:00:34	James Auger	00:20:20	0:21:06	00:00:46	Ebe Prill	0:21:14	
Carherine Buglass	0:55:04	0:23:33	00:00:53	Robert Tokarski	00:21:30	0:22:17	00:00:47	Sum Mattu	0:21:23	
Tommaso Bendoni	0:55:07	0:18:35	00:00:36	Claire Steward	00:31:00	0:30:09	00:00:51	Rob Meadows	0:21:34	
Will Chambers	0:55:13	0:25:13	00:00:13	Carherine Buglass	00:22:40	0:23:33	00:00:53	Ryan Duncanson	0:22:05	
Andy Scott	0:55:25	0:20:10	00:00:25	Rob Meadows	00:20:30	0:21:34	00:01:04	Robert Tokarski	0:22:17	
Ebe Prill	0:55:41	0:21:14	00:00:14	Dylan Wymmer	00:21:00	0:19:54	00:01:06	Alice Williams	0:21:49	
James Auger	0:55:46	0:21:06	00:00:46	Alice Williams	00:23:00	0:21:49	00:01:11	Clare Norris	0:22:54	
Alice Williams	0:55:48	0:21:49	00:01:11	Sum Mattu	00:20:10	0:21:23	00:01:13	Cameron Timmis	0:23:04	
Mike Dodds	0:55:59	0:28:38	00:02:03	Stephanie Burchill	00:32:30	0:31:13	00:01:17	Carherine Buglass	0:23:33	
Rob Meadows	0:56:04	0:21:34	00:01:04	Josh Willis	00:19:45	0:21:08	00:01:23	Ola Balme	0:24:13	
Robert Tokarski	0:56:06	0:22:17	00:00:47	Dave West	00:24:30	0:25:54	00:01:24	Gabi Rothova	0:25:12	
Dave West	0:56:24	0:25:54	00:01:24	Clare Norris	00:21:30	0:22:54	00:01:24	Will Chambers	0:25:13	
Stephanie Burchill	0:56:31	0:31:13	00:01:17	Ryan Duncanson	00:20:30	0:22:05	00:01:35	Dave West	0:25:54	
Josh Willis	0:56:40	0:21:08	00:01:23	Ola Balme	00:22:30	0:24:13	00:01:43	Christiana Campbell	0:26:00	
Sum Mattu	0:56:45	0:21:23	00:01:13	Gabi Rothova	00:27:00	0:25:12	00:01:48	Colin Frith	0:28:21	
Ola Balme	0:56:46	0:24:13	00:01:43	Rupert Winlaw	00:19:10	0:21:07	00:01:57	Mike Dodds	0:28:38	
Clare Norris	0:56:59	0:22:54	00:01:24	Mike Dodds	00:26:35	0:28:38	00:02:03	Ros Tabor	0:29:19	
Rupert Winlaw	0:57:06	0:21:07	00:01:57	Paul Keating	00:28:00	0:30:28	00:02:28	Claire Steward	0:30:09	
Paul Keating	0:57:10	0:30:28	00:02:28	Ros Tabor	00:26:30	0:29:19	00:02:49	Paul Keating	0:30:28	
Ryan Duncanson	0:57:24	0:22:05	00:01:35	Christiana Campbell	00:23:00	0:26:00	00:03:00	Belinda Bell	0:31:07	
Christiana Campbell	0:58:05	0:26:00	00:03:00	Colin Frith	00:33:00	0:28:21	00:04:39	Stephanie Burchill	0:31:13	
Ros Tabor	0:58:33	0:29:19	00:02:49	Sue Vernon	00:42:00	0:49:32	00:07:32	Chris Bell	0:41:43	
Sue Vernon	1:02:32	0:49:32	00:07:32	Clare Norris	00:42:00	0:49:33	00:07:33	Clare Wyngard	0:41:55	
Bob Bell	1:02:33	0:49:33	00:07:33	Clare Wyngard	00:49:55	0:41:55	00:08:01	Sue Vernon	0:49:32	
Belinda Bell	1:02:33	0:31:07	00:08:07	<b>Belinda Bell</b>	<b>00:23:00</b>	<b>0:31:07</b>	<b>00:08:07</b>	<b>Best fancy dress</b>	Bob Bell	0:49:33

# South of The Thames Cross Country Championship 7.5 mile race, Aldershot

17th December 2022

Alex Loftus writes: After a good turnout, and a brilliant set of performances, at the South of the Thames 5 mile race in Lloyd Park, the 7.5 mile Championship race in Aldershot, on a day of rail strikes, was always going to be a tougher follow up. The organisers suggested that registrations had been down by around 100, and that figure will have been compounded further by the strikes. Next year's championship race is likely to be closer to London. In spite of the obstacles, and a week of snowy conditions, Dulwich still managed to field 4 men and 5 women.

Temperatures hadn't really crept above freezing for the entire week, but the thaw was due to start on Saturday and, sure enough, the glimmer of sunshine at the start meant conditions felt almost mild. The ground, however, remained hard frozen and the initial loops of playing fields were surprisingly difficult over lumpy, ankle-twisting turf. As soon as the race entered the woods, there was a completely different feel with tight, twisty, technical sections, tree roots to jump, and little inclines to make the heart race. The main part of the

course consisted of three laps, and each time the woods seemed to become more and more fun.

First in for Dulwich was Shane Donlon, who seemed to be thriving following a couple of months rest after the London Marathon. I was next in – chasing Shane to the finish, followed by Nick Wood, who was back from a hamstring injury and enjoying the course. Kay Sheedy – our first woman over the line – was three places after Nick, followed by Clare Norris who writes "A much depleted women's team left just 5 of us competing. The one good thing about a (very) long drive is it does provide plenty of time to properly catch up! A frozen course but scenic with the snow nonetheless. I had a strong run after a couple of days of weather enforced rest. 53.25, 20th female home."

Katie Smith followed soon after Clare, followed by Ola, who captures things perfectly: "The SoT is one of my favourite races as men and women run together. Such a lovely course, beautiful countryside with gentle climbs. I did enjoy the course in spite of feeling a bit jaded". Mike ran well,

commenting that he picked up a few places through the race, even if the frozen ground was tough in places. The most heroic run of the day came from Ange, who managed to complete the course in spite of a stress fracture that (unknown to Ange) she'd picked up earlier in December. The pain must have been intolerable, but Ange still came in first woman over 60. Ange writes: "Despite walking for at least a mile, I did achieve 1st over 60. I had to check if I was the only one, but there were 3! You have to be in it to win it, as Tony says. I did like the course through the woods."

61 Shane Donlon M40	48:08
62 Alex Loftus M45	48:16
70 Nick Wood M45	49:34
73 Kay Sheedy F35	50:17
93 Clare Norris F45	53:25
103 Katie Smith F40	55:06
110 Ola Balme F55	55:34
126 Mike Mann M70	62:51
130 Ange Norris F60	65:18

1 Peter Chambers Highgate M5EN 38:20  
44 Georgie Bruinvels F5EN 44:50  
141 runners completed the course

## Goodwood Marathon

Ed Simmons writes: The thing about marathons is that they've been designed to go badly. Half marathons? Fine, 16 miles, ok. Even 20 mile training runs - generally just about manageable.

So after 5 attempts over a rather long time span, I'd only ever known the joys of the body crumbling at about 19 miles, the stomach turning over and fully rejecting the idea of another dose of gel, and the feeling afterwards of "Why?".



Of course for many the alternative reality though is one of joy but one that I could only imagine. So whilst the great and the good of the running world were venturing off to the sunny climes of Valencia, I opted for the slightly more low key and budget option of (not so glorious) Goodwood. The skies were grey, the crowds

were few and far between and the course is a very inspiring eleven laps of the race track. Still at least the wind was gentle and the "undulations" that Rob Fawn had informed me of the week before, turned out to be relatively straightforward.

And so with a race strategy of 3:15, I was happy to get plodding around and ticking off the laps, with the prospect of upping the pace in the last 10km or, more likely, staggering home without even the prospect of a waiting crowd to help me out. And yet remarkably, after 30km I still felt fine and managed to push on, and even after a slight panic a few km later that I might have overcooked it, I found a final effort for the last two laps to finish strongly with an elusive negative split.

A final time of 3:11:35 was both hugely surprising and inspiring of what might else be on the horizon. But for now the prospect of only limited running, and marathon levels of drinking and television over the festive period await...



**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.**

### Lloyd , Croydon

190 Ran  
Pos Gen  
119 96 Peter Jackson 30:46

### Bethlem Royal Hospital

217 Ran  
Pos Gen  
1 1 Andy Bond 17:41  
21 21 Andrew Inglis 21:41  
53 4 Eleanor Simmons 23:58

### Orpington

231 Ran  
Pos Gen  
170 123 Colin Frith 32:19

### Haga

55 Ran  
Pos Gen  
8 8 Paul Collyer 21:18

### Riddlesdown

137 Ran  
Pos Gen  
19 15 James Wicks 23:57



# 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](mailto: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](mailto:ros.tabor49@gmail.com)**



# NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 3

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

9.3 M / 14.9 km - 183m

7.4 M / 11.9 km - 150m

4.9 M / 7.8 km - 93m

