



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

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 at Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
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- 10 Club kit
- 12 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:



Christmas Drinks Friday 9th Dec

Come along for some Christmas sparkle & celebrations on Friday 9th Dec

at The Plough, 381 Lordship Lane, SE22 8JJ

7.30 til late - Food available to purchase.

Presentation of Club Championship Trophies and Marathon medals

Two Club Places for London Marathon 2023 available



After a hiatus of two years Dulwich Runners have just been awarded two places for next year's London Marathon (23. April). We will decide in a ballot at our Christmas Party on 9. December amongst all eligible members who like to be considered for a place. To qualify you must have been a 1st claim member for at least 12 months and been rejected in the LM ballot. You also should not be eligible for a Good-For-Age or championship place.

To apply email Dulwichchair@gmail.com or comment on post in our Facebook group.

Deadline Wednesday 7. December midnight.

We encourage all applicants to be present at the draw at our Christmas Party if possible.

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

Until further notice Crystal Palace Track is closed due to safety issues with the flood lights.

We hope to update you with permanent plans for Tuesday sessions at the end of the year.

Alternative training sessions will be arranged on a week by week basis and we will notify you of them here, email, our website & Facebook group. You can also contact coach Tom Poynton: tpoynton@hotmail.com

December 13th & 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

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: ebepri11@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 10	SEAA Masters XC	Oxford
	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

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 – Toruń 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.

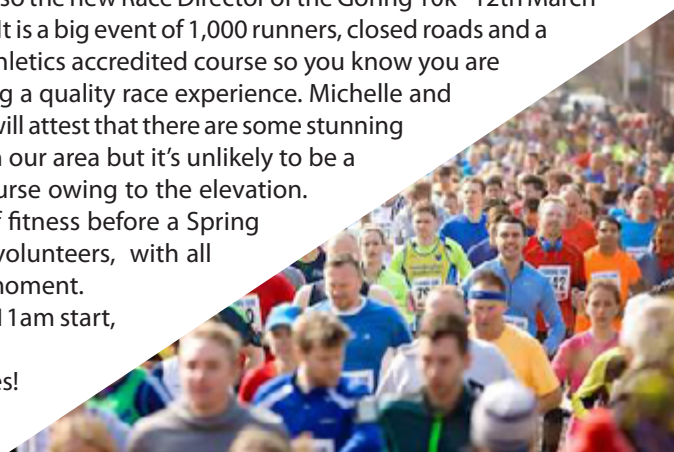
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

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



Club Champs Survey Results

We want to thank all of you who provided feedback for the Club Champs survey.

We received 76 responses and many useful suggestions.

Summary of the points where there was a clear direction:

- make it easier to complete the champs, by requiring a minimum of 4 results instead of 5
- communicate more and in a more timely fashion about the rules, results, race calendar and when to sign up for races;
- using Shorts, email reminders, social media and every in-person opportunity
- provide multiple race options for at least one of the distances in the champs (e.g. the 5k)
- spread the races over a longer period of time, trying not to have races too close to each other (ideally one per month, when suitable races are available)
- ensure there's a social event after each race, as the spirit of club champs is to run with team members, and spend time together
- awards and general race format, including the type of races included in the champs, are generally fine as they are
- We will also make an effort to use the Tuesday sessions to target the following club champs event(s).

The award ceremony for the 2022 club champs is on Friday 9th Dec at The Plough, 381 Lordship Lane SE22 8JJ, 7.20 pm - late. We hope you can make it.

Club captains and coaches are already at work, we are planning to publish the 2023 club champs calendar by the 15th December.

Your Dulwich Runners Committee

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.

V45 British Masters 5k Championship Battersea

Ade writes: With this being so close to home it seemed silly not to enter and luckily the conditions on the day were good, very cold, which is all that most were talking about before the start although Tom South probably had the biggest acclimatisation to contend with having recently returned from Singapore. There was also a bit of wind but the Battersea route was largely protected from it.

I was seeing this race as the final chance this year to go sub 16 minutes for the first time, so was putting the pressure on myself. Tom was seeing this as a good gauge of his fitness ahead of the Telford 10k next week and hopefully another England selection. I didn't ask Andy Bond his thoughts, I just thought he would win, although he did mention a bit of tiredness following Peckham parkrun the day before. We also thought we had a good shot at winning the V45 team event.

As 11am approached quite a few V35's went to the front on the start line along with Andy, however, myself and Tom placed ourselves right behind them. When the gun went, it was a fairly pacey start with a number of V35's flying off, however I tucked in just behind Andy, and thought if I can keep with him for as long as I can I might just get under 16 minutes. Tom lost a bit of ground at the beginning but caught up with myself and Andy after about 1km. There were only about 10 runners in front of us, mainly made up of V35's a few V40's and a V50, so we were looking good for medals at this point in our category. The race then settled between the 1st and 2nd km's and there was very little movement in the placings. I went through the first mile in 5:04 but felt good; my breathing was controlled, so I just tried to maintain the pace, and somewhat surprisingly, I



Ade, Tom, Andy

was still tucked in right behind Andy with Tom close behind. Somewhere between the 2nd and 3rd km I started to pull level with Andy and then overtook him, which set alarm bells off in my head, "What was I doing?..... I will pay for this later in the race?". However still feeling controlled, I went with it.

I was now leading a small group but with a bit of a gap to the next group ahead and was in two minds whether to try and reel them in or just hold the distance. The decision was made for me as the gap just remained the same, thinking about it I don't think I could have ever caught up with them anyway. At this stage I thought I was continuing to hold my pace across the 3rd and 4th km's although Strava tells me I was ever so slightly reducing speed (something for me to work on). I went through the 2nd mile in 5:06, so I started to believe that sub 16 minutes was on and with no one coming past me a medal was up for grabs, just what colour would it be? Surely the Andy Bond kick was coming at some point as others before me could attest to in races.

I think the recent cross-country races meant I entered the 5th km still feeling fairly strong which is normally where I fade. So as we turned left and entered the home straight towards the finish line near the bandstand I was still ahead, although I could hear heavy footsteps catching me up and I kept glancing behind to see if I could see who it was, luckily the person in question just said "you're alright" as he went past as he was a V35 so not impacting any medal placing.

I could see the clock ticking away up ahead as I approached the finish, 15:47, 15:48.... and knew I would get under 16 minutes and to my surprise Andy's legendary sprint finish didn't catch me so I placed first in the V45 category, British Masters 5k champion. Andy's legendary finish however did see him fly past Tom with 50m to go. Andy finished 1 second behind me and Tom was only 2 seconds behind him, all sub 16 mins. A 1st, 2nd, 3rd for Dulwich in the V45 category and therefore a team gold, which is a great result for the club. That's 2 team golds in recent months following the win in the V45 cross country relay, flying the flag for Dulwich Runners!

1 Ade Russell	15:56
2 Andy Bond	15:57
3 Tom South	15:59

South of Thames XC

Ola reports One of the toughest xc to date and billed by Alicja as "proper xc".

Great afternoon of the Dulwich women and men team running together at the same time. An easy Lloyd park, very little mud, firm under foot.

Becca led the team finishing quite high up. Alicja said she enjoyed the race. Ola, Ange and Eleanor, Katie all ran in a pack and had good runs. Belinda ran strongly.

Lindsey added: Loved the race and thanks for the team's

support. I was a bit focussed as I'd overtaken the three behind me on the second lap and was trying to stay ahead of them!

W20 Rebecca Schulleri	32.25
W31 Alicja Furmanczyk	36.49
W40 Ola Balme	37.53
W44 Ange Norris	38.06
W48 Eleanor Simmons	39.00
W49 Katie Styles	39.02
W55 Belinda Cottrill	40.13
W73 Lindsey Annabel	45.55
5th out of 10 teams	

Valencia Marathon

4 December 2022

Grzegorz Galezia writes: My original plan for Valencia was different. I wanted to replicate last year's autumn marathon season - run London at an easy pace (because of my usual lazy summer), start serious training after that, run Istanbul



as a Sunday long run, and then try to improve my PB, like I did last year in Thessaloniki. But this was not to be. In October I developed Achilles tendonitis and had to put on hold the training for the record-friendly Valencia. Consequently, I decided to play by ear and run whatever felt right on the day.

Since I had no serious plans for the race, I travelled with three of my Polish running buddies to Valencia late afternoon on Saturday - just in time to collect the bib and head for the pasta party.

Obviously, following the ancient rivalry, just like in the prosciutto vs. jamon / prosecco vs. cava duel, in Spain nobody east pasta before a marathon. Everybody does a paella party instead. So, when in Rome... we headed to a proper tapas and paella restaurant and ordered a Marisa (seafood) paella for 4, and a few tapas to nibble on with the beers while waiting. We were slightly flabbergasted to soon see a 1-meter diameter hot pan landing on our table with lovely saffron coloured rice



sprinkled with all kinds of sea creatures. It wasn't easy, but we managed not to waste any of it, washing it down with substantial amounts of Turia beer.

In the marathon, I was originally planning to accompany a friend of mine, who has just returned to running after a longish break, but when she said her plan was to aim for sub 5-hours, I decided against it and rushed back to the blue wave to which I was originally assigned. I knew that Gower and Ryan were in it. Unfortunately the corral was so crowded that I didn't manage to find them.

The atmosphere in Valencia was unbeatable right from the start in front of the futuristic City of Arts and Sciences. The first kilometres were pretty aggressive. Nobody in the sub-3 corral wanted to lose precious seconds by getting stuck behind someone slower so there was a lot of pushing and elbowing. Luckily, soon the crowd has thinned and the aggression subsided. Having tested my pace, I settled for 4:30 min./km, which felt all right for my calf, although I haven't ran that fast since I got the injury. With that kind of pace you could afford to absorb the beautiful architecture of Valencia and the great atmosphere. The crowds were amazing and I wish I understood more than "Vamos!" or "Animo!" from the encouragements. Only occasionally you heard a "Go Dulwich!" or "Dajesz Grzegorz!" cheer. This all made the running really smooth and effortless until 35k when the lack of training (80 km run over November) started to show.

The pleasure of running somehow disappeared and was quickly replaced by pain. I managed to reduce the slow-down to only 20 or so seconds per km, but I had to play a lot of mind games to keep me going. Once again, I got reminded that there are no shortcuts in marathon. If you don't put in enough work in the preparation you are bound to suffer. I was all the happier to finally see the signposts counting down every hundred meters towards the finish line and then the unique turquoise bouncy "carpet" leading to the finish line. The imminent end of the race gave me enough energy to speed up on

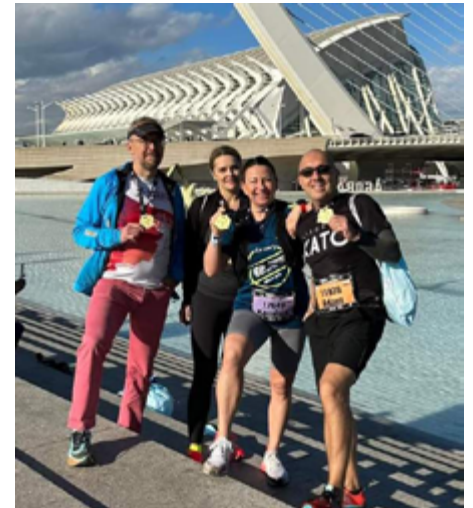
the home stretch.

After crossing the line you were forced to take a long walk around the Ciudad complex to collect the medal, and then the abundant goody bag which included the finisher's vest, typical bananas and isotonic drinks, but also more unique items like canned chicken in brine, persimmon fruit or stem broccoli!

All in all, Valencia is a great marathon. With its 22 thousand runners, the pancake-flat course, even some downhill sections on the turquoise bouncy surface cover towards the end, (nearly) impeccable organization,



usually perfect weather conditions (on the day the temperature at the start was 11 degrees, zero wind, overcast sky with a bit of sun towards the end), it is easily worthy to be one of the Majors. No wonder Valencia attracts some of the best runners in the world and now prides itself on becoming the second fastest marathon in the world. Kelvin Kiptum and Amane Beriso became the third-fastest man and woman in history, respectively!



This year Valencia recorded also amazing results among Dulwich Runners. Aaron and Nick both ran 2:27 races, Ryan achieved his sub-three goal, Gower ticked off 3:09 in his nth's marathon this year, Thomas, judging by the photos, finished quite relaxed, and I ran a better race than expected, hopefully not aggravating my injury too much.

Crystal Palace Canter 5k

6 December

On a sunny brisk winter's day, 10 Dulwich Runners took part in this monthly event. Owing to the current problems with the lighting at the track, sections of the park remained closed, so the parkrun route was used, but with the start/finish at the top of the hill.

The general consensus was that the course was around 70m short of 5k. Allowing for the shorter distance, I had the embarrassing experience of running at a near identical pace on a hilly course to my BMAF 5k champs effort a few days before on pancake flat Battersea Park. Mike Mann

Ebe adds- Course was a bit under 5k, around 4.9 to 4.94 k by the

garmin activities I saw. Felt like a full 5k by effort up the inclines. I led Mark from start to finish, he kept me on my toes by never being more than 20 sec behind. - Great conditions to run hard.

Dave West adds – tracking and even passing both Mike and Jo in the downhill first mile was foolhardy, but planned as I knew they would come back on the climb, and so it turned out. However, I managed to keep them in sight for my fastest 5km since Covid in late June – equivalent to about 24½ mins for the proper distance and way better than I've managed in recent Parkruns. If only Parkruns were at midday, once my lungs have woken up!

Ebe Prill	20:26
Mark Foster	20:44
Jo Quantrill	23:33
Mike Mann	23:43
Dave West	23:52
Belinda Bell	24:23
Paul Keating	27:04
Mike Dodds	27:17
Claire Steward	27:37



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.

Wimbledon Common

353 Ran
Pos Gen
283 97 Stephanie Burchill 32:35

Hampstead Heath

301 Ran
Pos Gen
68 54 Tommaso Bendoni 24:15

Brockwell , Herne Hill

256 Ran
Pos Gen
1 1 Lewis Laylee 16:34
4 4 Andrew Inglis 17:49
38 32 James Auger 20:34
67 54 Stephen Trowell 22:24
77 61 Cameron Timmis 23:01
184 46 Sharon Erdman 29:04

Beckenham Place

214 Ran
Pos Gen
136 91 Peter Jackson 29:56
159 47 Claire Barnard 32:10

Crystal Palace

260 Ran
Pos Gen
4 1 Polly Warrack 19:15
24 3 Laura Denison 22:06
31 4 Yvette Dore 22:45
43 6 Eleanor Simmons 23:24
49 8 Belinda Cottrill 23:34
115 93 Paul Hodge 27:02
247 139 Bob Bell 38:26

Whitstable

258 Ran
Pos Gen
13 2 Michelle Lennon 22:07

Lymington Woodside

111 Ran
Pos Gen
18 2 Katie Styles 23:39

Riddlesdown

86 Ran
Pos Gen
24 19 James Wicks 25:28

Mile End

272 Ran
Pos Gen
178 111 Paul Keating 28:38

Dulwich

406 Ran
Pos Gen
9 9 Tom Shakhli 16:51
27 26 Harry Bennett 18:48
32 31 Rupert Winlaw 19:01
37 36 Olivier Montfort 19:22
43 42 Sum Mattu 19:37
46 45 Rob Mayes 19:52
47 46 Rob Fawn 19:59
55 51 Robert Tokarski 20:29
69 65 Ebe Prill 20:57
106 9 Sara Roloff 22:16
124 13 Christiana Campbell 23:02
153 122 Graham Laylee 23:46
166 131 Ben Boxall 24:02
179 140 Joseph Brady 24:33
241 176 Michael Dodds 26:15
264 67 Claire Steward 27:10
283 77 Clare Wyngard 28:01

Tilgate

396 Ran
Pos Gen
129 101 Gary Budinger 26:29

Gladstone

199 Ran
Pos Gen
10 10 Des Crinion 19:52
17 2 Becca Schulleri 21:33

Hilly Fields

190 Ran
Pos Gen
38 4 Emma Ibell 22:55

Burgess

419 Ran
Pos Gen
162 120 Martin Kelsen 24:38
404 151 Susan Vernon 48:49
416 220 Chris Vernon 65:40

Cheltenham

355 Ran
Pos Gen
88 68 Sam Jenkins 24:26

Fulham Palace

393 Ran
Pos Gen
202 44 Lindsey Annable 26:21

Peckham Rye

228 Ran
Pos Gen
1 1 Andy Bond 17:32
11 10 Mark Callaghan 19:40
15 13 James Brown 20:20

Hastings

277 Ran
Pos Gen
82 72 Nicholas Brown 24:19

Hove Promenade

341 Ran
Pos Gen
1 1 Hugh Stobart 17:23

Leicester Victoria

248 Ran
Pos Gen
61 7 Marjorie Epton 23:59

Tooting Common

440 Ran
Pos Gen
23 19 John Kazantzis 20:08
170 99 Ian Sesnan 25:08

Bedgebury Pinetum

147 Ran
Pos Gen
33 27 Dave West 26:16

Storeys Field

338 Ran
Pos Gen
10 10 James Blackwood 17:36

Harleston Magpies

39 Ran
Pos Gen
1 1 Justin Siderfin 20:50

Lillsjön

19 Ran
Pos Gen
3 3 Paul Collyer 21:22

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

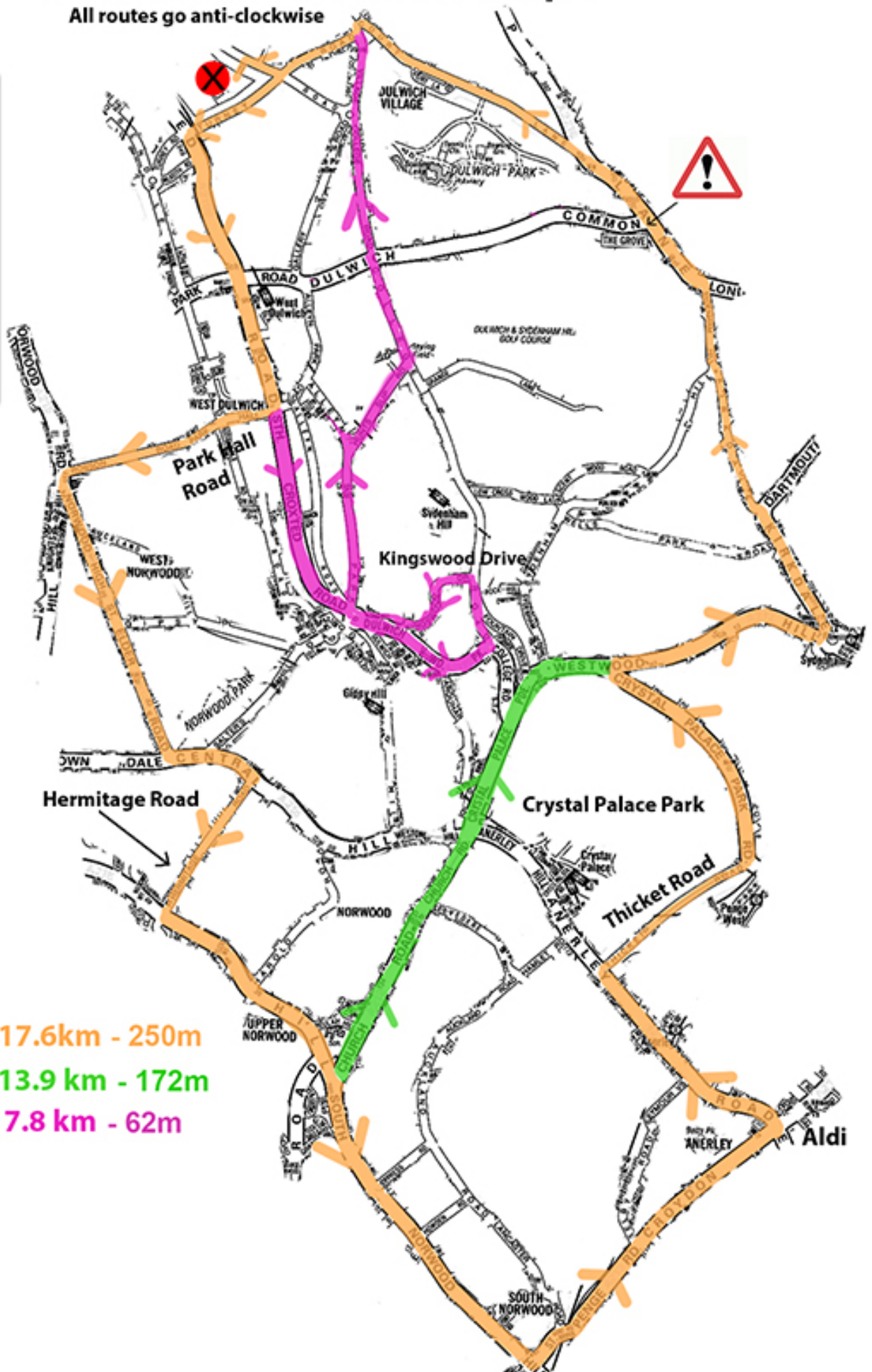


Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 1

All routes go anti-clockwise

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



10.9 M / 17.6km - 250m

8.7 M / 13.9 km - 172m

4.9 M / 7.8 km - 62m