



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. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- 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.

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

Like us on Facebook @dulwichrunners

Connect with us:



Wednesday evening runs return to normal

The club house will be open including the changing rooms, showers and bar. We will revert back to meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside.
The £1 fee will be reintroduced, payable by card..- **Ange Norris**

Dulwich Runners Committee Meeting Notice Wednesday 2 February 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 2 February at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss, please submit them to me by midday on Tuesday 1 February.

The last meeting of the Committee took place on Wednesday 10 November, and was chaired by Ebe. Items on the agenda and discussed by the Committee included the selection of initial races of the year for the 2022 Club Championships, with further events to be agreed later in the year when schedules are not so busy with cross country races. The meeting was joined by Mark Forster to discuss potential initiatives to support Diversity and Inclusion, including introducing a monitoring programme and also the inclusion of a D&I policy on the Club's website.

Tom Poynton also joined the meeting to update on Welfare initiatives. In response to a request from Andrea Ceccolini the committee discussed ways to improve the Club's approach to sustainability, which was already seen in effect in the Club Trophies for 2021 which were made from sustainable timber. It was also agreed to amend the maps for Wednesday evenings to recommend cleaner air routes where possible which was actioned by Jonathan and is already in place.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by midday on Tuesday 1 February.

Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again.
A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The 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

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first pre-register with Crystal Palace Arena first using the form on our website:

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us.

All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to lanes 1&2 whilst running reps, use outer lanes for , warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either 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, including 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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

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 this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.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:
Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

5 February	Crystal Palace parkrun
13 March	Paddock Wood 1/2M
10 July	Sevenoaks 7 trail race
4 Sept.	Big Half
2 October	London Marathon (or alt. marathon)

Club Champs: Crystal Palace parkrun, 5 February

VOLUNTEERS WANTED

If you aren't running or have friends / family coming along please consider volunteering. Turning up on the day is fine (preferably by 8.40) but helpful if you drop us a line at crystalpalace@parkrun.com and tell us that you'll be wearing one of our snazzy pink vests.

Note: limited parking in the Thicket Road car park fills up early. Further parking, near the start, car park off Crystal Palace Park Road (Opposite Sydenham Avenue) and behind the Jubilee Stand (Access from Anerley Hill)

Thanks - Bob Bell

If anyone needs a club vest for the Crystal Palace Parkrun on Saturday I shall be at the club with kit before the run on Wednesday (from about 6.45pm). - Ros Tabor

Cross Country Fixtures

2022			Distances, Start times etc	
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Champs

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

Cross Country Update

We are well into the cross country season, but there are some important remaining fixtures, two more Surrey League matches National champs, Parliament Hill.

It's important we get a good turnout from our likely scorers to secure our promotion spot to Div 1 of the Surrey League, but all others are encouraged to participate to show the red and blue colours in numbers.

The National champs on 26 February is the final race of the season, as well as our last cross country champs event. Given that it is on home territory this year, we are looking for a big entry. Parliament Hill Fields is the national home of cross country and an iconic venue, with the mass start at the back of the Lido particularly memorable.

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
To find out more - 07506 554004 - www.hernehillssportsmassage.co.uk

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

Hello from Goring -on-Thames!

I see there have been fantastic XC runs in the last few weeks with both teams heading back towards the first division. I miss Saturday's traveling round and getting muddy on South London's best XC courses!

My running is progressing but the new hip seems to have a tightness that running at pace doesn't feel right with, maybe it just needs more wearing in...

I've been fortunate to work on my own technique, and as a Coach, with movement guru Shane Benzie - Author of The Lost Art of Running. I can highly recommend the book and I will be taking forward his philosophy into how I coach individuals and groups on the Retreat I am organising.

It's been great to reconnect with Lucy P and Michelle who are both taking part in the Running Retreat I am organising in July and I wondered if any other DR's would be keen to join them? Details - including link to full itinerary see below;

Trail Running Retreat 1-3rd July 2022

We want the weekend to be a fun experience giving time to focus on your running. There will be three runs to participate in of varying distance and each with a different purpose. Plus presentations on Mindset, Injury and Nutrition by specialists in their fields. The weekend is for runners of all speeds and experience as you will be split into groups. The location of the retreat is Streatley YHA (bunkhouse accommodation), RG8 9JJ - less than 2 hours from South London by car or direct train from Paddington.

You can read the full itinerary here if you are interested

<https://runwithelkie.co.uk/running-retreat-1-3rd-july-2022-chiltern-hills/>

To book or with any questions please email elkie@runwithelkie.co.uk

Elkie Mace

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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

South of England Championships Beckenham Place Park

January 29

Best ever men's team and best ever club positions for Ed and Jack

Steve Smythe writes: While this venue has previously hosted the South of Thames and Surrey League and a Kent vets it had never hosted a area championships.

The event is usually held at Parliament Hill but once every four years is held elsewhere as the event hosts the National and they don't think Parliament Hill can cope with two races in a month.

In recent times Brighton has hosted the Southern race on the years the South hosts the Natinal but it was unavailable so Beckenham was used instead.

The event needed more marshalls and tape but generally was ok for nine of the 10 races though missing out one side of the park meant that the senior men's race needed four laps and quite a bit through narrow woods which meant a problem with lapping (almost half the field were lapped) and runner's safety especially with the park being full of normal users.

It was lucky that the men's field was down from the usual 1100 or 1200 to less than 700 but the course could safely host a men's race if a better course was used. The South of England AA suggested that Lewisham Council did not allow them to fully utilise the Park.

The course was unusually dry and many runners wore flats or track spikes. The gravelly hard ground in the woods made it unsuitable for reasonable length spikes usually needed at cross-country.

Edward Chuck (with a well-paced run and very strong last lap) and Jack Ramm (a brave start and 2:57 opening kilo despite the hills and bumpy grass) enjoyed the greatest ever major cross-country championships run by a Dulwich male. Jack even edged by the Kent and South of Thames Champion Jamie Goodge.

This spearheaded far and away Dulwich's best ever team result in a major cross-country. I'm fairly sure we haven't even made the top 20 before and here we finished seventh a few points down on South London in sixth.

While the top two led the way, the other four scorers were also exceptional and we had six in 140 when previously we have never managed six in 250.

Ben took it easy on the early laps and came through strongly while Rob had yet another high-quality cross-country race and Andy had one of his best cross-country runs to just edge Tim, who has been short of training in recent weeks but still his previous best of 169th in the event.

Ade and Sean weren't far back on the scorers and were in the top 170. Alex, Kevin, Shane, James, Ebe and Terence all had good steady runs though a dead leg caused Lloyd Collier to drop out.

Despite the individual and team success there was one disappointment that we only had 14 finishers in the closest ever area championships to home.

The women marginally outnumbered the men with an excellent showing even if many faster runners were missing so we didn't do as well as we have in the past or finish as high as we could have.

Though not feeling well, Clare Elms continued a good winter season by being the top over 50 by over two minutes and certainly being the first 58-year-old to ever make the top 50-man or woman.

Two minutes back Becca, with a previous best of 180th, just missed out on making the top 100. while Alicja made a good first claim debut for us with the scorers completed by Andrea who couldn't resist a race going past her back garden and performed well in a rare competitive appearance.

Not far back there was an excellent run from Claire Smith ahead of first W60 Ange.

Debutante Olivia did well just ahead of ever reliable Michelle and Ola.

Eleanor, Emma, Lucy, Naomi, Rebecca and Jenny completed the finishers.

Senior men 15km

25 Edward Chuck 50:03
32 Jack Ramm 50:28
84 Ben Howe 53:25
111 Rob Armstrong 54:27
136 Andy Bond 55:13
140 Timothy Bowen 55:18
160 Ade Russell 56:00
168 Sean Cordon 56:12
280 Alex Loftus 59:57
301 Kevin Chadwick 60:44
336 Shane Donlon 61:56
345 James Burrows 62:23
494 Eberhard Prill 67:20
612 Terence Baker 74:04

U20 men 8km

85 George Rates 36:47

Ola Balme writes: On a balmy sunny day a big group of Dulwich women lined up for xc that felt more like a mixture of gravel and trail run.

Brilliant performances by all on a deceptively challenging course. Andrea running first xc this season. First timer Olivia had a storming run. Becca Davis first race since returning from injury. Lucy Clapp had a brilliant race and Jenny with her strong sprint finish.

Men TEAM:

1 Soton 131; 2 Highgate 221; 3 Tonbridge 230; 4 Hercules W 313; 5 Belgrave 474; 6 S London 526; 7 Dulw R 528; 8 WG&EL 529; 9 Kent 657; 10 Bedford & C 720; 111 AFD 736; 12 Thames H&H 738; 13 Guildford & G 753; 14 Blackheath & B 782; 15 Herne H 811; 16 VP&TH 872; 17 Medway & M 961; 18 Serpentine 1014; 19 Havering 1016; 20 Camb H 1159; 21 Bracknell 1234; 22 Lon H 1306; 23 Orion 1417; 24 Wycombe P 1449; 25 Epsom & E 1637; 26 Hy R 1885; 27 Clapham P 1908; 28 TVH 2028; 29 Fulham 2045; 30 Eton M 2200. 46 teams scored six runners



Senior women 8km

48 Clare Elms 32:31 1st W50
107 Becca Schulleri 34:50
144 Alicja Furmanczyk 36:11
160 Andrea Pickup 37:04
165 Katie Smith 37:28
171 Angie Norris 37:41 1st W60
185 Olivia Bishton 38:19
190 Michelle Lennon 38:23
198 Ola Balme 38:38
204 Eleanor Simmons 38:50
216 Emma Kelly 39:26
243 Lucy Clapp 40:58
244 Naomi Crowther 40:59
298 Rebecca Davis 43:47
337 Jenny Bomers 48:44

Women TEAM:

1 AFD 51; 2 Lon H 79; 3 BMH 83; 4 Belgrave 114; 5 Highgate 233; 6 Stragglers 245; 7 Reading 265; 8 Kent 291; 9 WSEH 313; 10 Tonbridge 325; 11 Fulham 343; 12 Winchester 358; 13 THH 368; 14 Herne H 382; 15 VP&TH 401; 16 Dulw R 459; 17 Stubb G 493; 18 S London 504; 19 Serpentine 525; 20 Bed C 529; 21 Beckenham 547; 22 Havering 683; 23 Barnet 670; 24 Hunts 705; 25 Head RR 710; 26 Eton M 712; 27 Clapham P 714; 28 Norw RR 792; 29 L Front 826; 30 Ashford 827/40 teams completed 6 scorers

SOUTHERNS – 15ish Km

Beckenham Place Park

Jack Ramm writes: The South of England Championship is one of the highlights of the cross-country season, and one of the hardest races we compete in. Swapping Parliament Hill for Beckenham Place Park this year, the course consisted of one small and four large for a total of 15 and a bit K. There was a steep climb at one point, with the rest of the course never quite knowing whether it was going up or down. There was also a forested section of about 800m with a hard, gravelly path. Due to this, and the unseasonably warm weather, there was much discussion (even more than usual!) over appropriate footwear. Most opted for short spikes, but I don't think those who went with road shoes lost anything. Leading into the race, there was some excitement – it was clear that we were fielding a strong team, with several runners in excellent shape.

It was a chaotic start; the hooter went without warning. Before I knew what was going on, I found myself at the back of the lead pack rounding out the first kilometre in a completely bonkers 2:56. Some version of this story seemed to be common across our squad, with a fast start leading to increasingly painful grinding in the latter stages. Ed caught up early in the first big lap. We proceeded to work together through the middle of the race, getting into about 27th and 28th. Ed tore away on the uphill, and I reeled him back in down the other side. But, with about a lap and a half to go, lankiness was no match for actual fitness, and I lost touch.

As I struggled to hold my position, Ed continued to work through the field, fighting to 24th for the finish. Video evidence shows him closing hard on a Cambridge and Coleridge runner, with a Thames Hare and Hounds hot on his heels. Despite being nicked by the latter, and needing an extra 50m to catch the former, he'd done enough to seal a(nother) club record. 25th place represents the finest performance by a Dulwich man at these championships.

Regular Chuck watchers know that this has been a breakthrough season. But, whilst it's hard to pick a standout race between London Champs, the Telford 10K, the Southern Relays, and these Southern Championships, in my opinion,



Saturday represents the best result. Firstly, I'm sure Ed won't mind me saying that it is not exactly his race on paper, being long and undulating rather than short and flat. Secondly, he was in front of some truly top-quality runners. Thirdly, it is an unconventional race with lots of things that can go wrong. The length meant that plenty of good runners blew up, and the specifics of this iteration saw some struggling with the weird surfaces, and plenty of chaos when faster runners lapped slower ones. To do as well as he did, to beat runners who've worn England vests or won international races, Ed couldn't simply run well, he also had to race well. He rose to the challenge – I barely saw him checking his 400m splits. Perhaps members with longer memories can correct me, but I think by extension this also makes it the finest run by a Dulwich man on the country full stop. So, a big hand for the skipper. **(Ed Chuck, 50:03 – 25th)**

Whilst Ed collected himself, I was 25 seconds back down the road, also in a three-man sprint. Just as at London Champs, it was with Nick Torry, though he was joined this time by Jamie Goodge, a Tonbridge AC runner and winner of the Kent Championships. I managed to pick off Goodge (probably the only time this will happen) but was denied on the line by Serpentine's marathon specialist again. Overall, not the most mature running, but a solid improvement on 2020. **(Jack Ramm, 50:28, 32nd)**

Ben Howe was our next man in. 9mm spikes? 7mm spikes? Trail shoes? Ben ignored all proffered advice and went for the nuclear option: a pair of pink vaporflys. Treating the Southernns as a big session ahead of his target race, the Seville Marathon, and having run the 6 kilometres or so to the start line, Ben took off tentatively, easing in and finishing strongly. He performed slightly better than at the Kent Champs, getting ahead of a few runners who had bested him in the rain at Brand's Hatch. With fewer miles in his legs, Ben might have been top 50. It was an outstanding effort on only his second grass-based outing for the club. He even came over the line doing a Fonz-esque double thumbs up! I know that everyone will be wishing him luck for a fantastic run in Spain later this month – if Southernns



are anything to go by, it's clear he's in cracking shape. **(Ben Howe, 53:25, 84th)**

Almost exactly a minute back from Ben came another runner in his first season with Dulwich: Rob Armstrong. It's been fantastic to watch Rob grow in confidence and fitness from race to race over the past few months, and he's become a crucial scoring member of the team. I think the Southern counts as his best performance so far. Rob was a full fifteen seconds ahead of a Highgate runner who had beaten him by five at the London Champs, and he didn't let Andy Bond get away from him as he had at Richmond. A special word on his sprint finish: Rob's kick is lethal, and it was great to see him bound up the hill in the last 200m gobbling up places. **(Rob Armstrong, 54:27, 111th)**

But perhaps the most enjoyable finish came from the aforementioned Andy Bond. Andy set out at a leisurely pace, having, I gather, never competed at Southern before, and being wary of its notorious length. He was a full 30 seconds behind Tim Bowen at the first 5K marker. Tim, a veteran of this race, and sporting a "cross country beard", set off briskly. Some might say a little too briskly, but your author is in no place to judge. The pair are both strong finishers, and were pretty much neck and neck, Andy having caught up, heading into the final section. Andy had kept his powder dry for the finish, and was able to advance to 136th, with Tim battling to hold 140th, just a few seconds behind. It was a great dust up. Tim can take solace in the fact that, despite not being in peak fitness, 140th is his best placing at this race. I would love to be able to tell you Andy's position within his category, but unfortunately the data doesn't seem to be available yet. Suffice to say, very high. **(Andy Bond, 55:13, 140th, Tim Bowen, 55:18, 140th)**

These were our six scorers, and they put Dulwich into an outstanding 7th place. For comparison, our previous best seems to be 25th (someone is sure to correct me). Either way, by a margin, this is the best result at a major championship that many of us can remember. Given that we are, ultimately, a community running club rather than a hothouse for British Athletic talent, we can feel very proud to be amongst the kind of clubs who have national and international athletes on their rosters. Roll on Parliament Hill!

That was our scoring six, but there were superb performances throughout the field. Next in was Des Crinion Ade Russell. I didn't get a chance to talk to Ade after the race, but noticed he described the race as "brutally long" on Strava. Few would disagree and it certainly looks as though he was fighting to hang on in the last couple of miles. Which only makes his achievement even more impressive. Put simply, Ade is a completely different runner to a couple of months ago. The improvement this season has been monstrous. He's gone from running a 78-minute half back in August, to beating low 16.5K runners, and even a 2:30 marathoner, at Southern. This is a testament to his work ethic and consistency all winter, which came together on the day for a standout race. I hope that this run can be registered under Ade's name and put on the public ledger. If nothing else, it will be a big boost to his RunBritain ranking and handicap. As it stands, it will be an absolutely enormous boost to Des! **(Ade Russell, 56:00, 160th)**

Just behind came Sean Cordon. Sean has been ahead of Ade all season, but I think Ade ran superbly, whereas Sean simply ran very well. Of note on the day is his climbing speed. Most runners struggled up the headline climb (listed poetically as "exit woods to top bench" on Strava) on the last lap, but not Sean, who tackled it each time with total consistency. Sean is also in completely different shape – going from having just broken 2.55 in the marathon, to going over the line at Southern in exactly the same time as a guy who ran 2:36 at London in October. That's a massive change in fitness in a short space of time, and suggestive of an exciting future. **(Sean Cordon, 56:12, 168th)**



Next in is yet another runner who is coming on in leaps and bounds. Though not a new member, Alex Loftus is in a new shape. He's found a training system that's working for him – namely, consistently running 100K a week, absolutely hammering laps of Dulwich Park on a Thursday, and absolutely hammering the long run on a Sunday. It's a tried-and-true method and saw Alex up a few places on the group he finished with at London Champs. I'm really excited to see where next for him – this versatile (and very modest) runner has gotten into a good groove in the last year or so. I understand that, like Ben, he may be off to Seville. He's looking in the shape of his life if so. **(Alex Loftus, 59:57, 280th)**

A little back from Alex was Kev Chadwick. Kev gets a special mention for providing much needed intelligence on course conditions ahead of the race. On the day itself, Kev seemed to run better than his recent outing at South of Thames. It's worth saying that Kev did well to hold on, having set out quite sharply in the first lap. If my reading of the Strava data is correct, I think he may have had a hard time on a couple of the descents, but tackled the subsequent climbs powerfully to make back time. Either way, he came through with a strong finish, outsprinting a Herne Hill Harrier on the line. **(Kev Chadwick, 1:00:44, 301st)**

Another minute back was Shane Donlon. Like many of our runners, Shane looked like he had a tough second half. Perhaps this run wasn't quite as strong as his showing at London Champs, but nevertheless, as I remember writing then, Shane left it all out there. He came over the line in a group of four, going absolutely hell for leather in the final 200. Whilst he didn't quite get to the front of the group, it was a superb effort. **(Shane Donlon, 1:01:56, 335th)**

James Burrows was home next. Quick to do himself down, he said that he felt like this wasn't his best race. Perhaps not his best ever, but it was his best showing at Southern by a significant margin. Last time out, he rolled in at 457th. This time, he leap frogged 100 or so places to 345th. It was a slightly smaller field this year but, certainly up top, it was also a stronger one. So, don't be hard on yourself, James! Consistent miles over this season are starting to pay off, and he is returning to his form of early 2020. **(James Burrows, 1:02:23, 345th)**

A slight gap to our next runner, club co-Chair Ebe Prill. The Professor is on a hot streak, steadily improving since the summer of last year. Are there any significant club records that Ebe might have his sights on? Who can possibly say? As for these Southern, Ebe paced it to perfection. The long runs must be working as he had the aerobic strength to put the hammer down in the last lap, picking up speed, and places, over the last mile. Looking at previous races, I'd say Ebe performed at about the same level as the 2019 edition and better than in 2020 – great stuff. **(Ebe Prill, 1:07:32, 494th)**

Last man in was Terry Baker, who did well to get round whilst nursing a knee injury. It's been causing him trouble for a few weeks now, and so, having reduced his training load, Terry's aim was to get round in one piece. He should be well satisfied to have done so whilst keeping his average pace under 5 minutes. Unfortunately, a runner from Southampton barged into him whilst lapping. "Not in the spirit of things," was Terry's assessment, and who can disagree? Only Tim "Studs Up" Bowen raises an eyebrow. **(Terrence Baker, 1:14:04, 612th)**

Lloyd Collier pulled out due to a self-described "Thursday-night-beer-related-bollard incident". I gather he's fine and ensuring a niggle doesn't turn into something serious. It was good to see him racing.

This was the best supported club race I've ever attended. It was fantastic to see so many familiar faces out on the course, and a real boost during such a tough race. Thank you to all of you who took the time, and an especial thanks to the women's team for sticking around to cheer us on. There was a wonderful contrast in the manner of support. On one side we had helpful and practical Lewis Laylee ("that's good, Jack, you're into 30th place now.") on the other, Shorts' columnist Ajay Khandelwal ("WOOD VALE! WOOD VAAAAALE!"). Both kinds provided a welcome moment of respite.

Saturday was a great day not simply because the team did well. It felt, as the best races do, like a celebration of our recent training and of our community. The icing on the cake was sinking a few beers in the pub afterwards and trading war stories. We'll be ready to go again at Nationals in a few weeks.

PW Palermo parkrun Victory

Having planned a weekend break in Palermo I couldn't help looking out for some running opportunities. It turned out that Palermo has as many as 4 parkruns (Berlin, I was told, has 1)! I chose the nearest one in the Foro Italico seafront park, just a kilometre away from our hotel.

Unfortunately the night before we happened to come across a great buzzing place in the old La Vucciria market. We happily joined the hundreds of people in the streets drinking away, dancing and having a great time, like in the good old BC times. With the 2 EURO price tag per large glass of Prosecco, we soon lost count of our consumption and decided to call it a night only after Carabinieri arrived, the music subsided and the magic somehow disappeared.

Having gone to bed at 3 am I didn't hope for much in the parkrun – getting up and taking part would amount to triumph of mind over matter.



I woke up with a splitting headache so I swallowed some painkillers, washed them down with the leftover welcome bubbly and jogged towards the seaside start line.

There was a dozen or so runners and half a dozen marshals. I chatted a bit with them to practice my Italian and to inquire about the exact course. I was told it's 3 laps, just turn left, then left again, one more left and then right. I took it for granted

that there will be some marshals or at least cones on the way. It turned out I was mistaken.

Despite the splitting headache I got the sea wind under my wings and happened to be running first, the downside of which was that I didn't know where to go as there was no single marshal on the day. After a kilometre or so I turned around and saw the runner behind me waving and shouting that I went the wrong way so I ran back and thanked him for his help.

The same happened at the second turn. I had to wait for the next runners to know where to run.

Luckily the next two laps went a lot smoother. Ultimately, I reached the finish line and surprisingly, despite the mishaps, was given a token with number 1! My first parkrun victory despite it being my personal worst result for at least 3 years! This called for celebration, so after a lavish breakfast we hit the town to continue the great Prosecco/seafood/sightseeing weekend.

To sum up, if you are thirsty for dirt cheap booze or hungry for a parkrun victory, Palermo is the place (although you might get unlucky - just a few weeks ago somebody set the course record at 15:53).

Grzegorz Galezia



RunThrough Olympic Park 5km

January 22

Steve Smythe writes: On an undulating course with some dead turns, Des Crinion finished second in this low key race with a solo run though slowed after a fast start.

Clare Elms ran a more steadier race to close up to Des near the end and finish third overall and win the women's race by well over two minutes.

Clare's 2022 road debut puts her top of the UK W55 rankings and scored 99.25% on age grading missing the UK all-time age 58 best by a few seconds.

2nd Des Crinion 18:07

1W/3rd Clare Elms 18:14

Crystal Palace 5k Canter

1 February

Mike Mann writes: In sunny but breezy conditions, there were an impressive 11 starters from the club but 3, Hugh Balfour, Neville Webb and Claire Steward were non-finishers.

Though not the same course as the parkrun being used for the first club champs event of the year on 5 February, Ebe wanted to test himself on the hills and seemed to pass, with some spare in the bag. Alistair Locke, running with daughter, Alicia in the buggy was particularly strong on the steady climb, while Clare Norris eased round immediately after a grass session. I was around a minute faster than in recent months, while Dave West also had an improved run. The rest of the Dulwich contingent all performed well.

2.	Ebe Prill	21:14
3.	Claire Norris	22:41
4.	Alistair Locke & Alissia	23:56
5.	Mike Mann	24:24
6.	Dave West	24:54
7.	Jo Quantrill	25:15
11.	Lindsey Annable	28:05
12.	Clare Wyngard	29:15

Dave West writes: This long-standing event has been run since the 1980s, but now continues on a more informal basis with the majority of the field from Dulwich Runners. The recent closure of Canada Gate has meant that the course is now slightly over distance, measuring about 5.1km with nearly 250 feet of elevation over its two laps, worth more than a minute over a flat course with an added handicap on this outing of a strong headwind on the steepest climb tackled twice.

Of the 15 starters, Neville Webb and Hugh Balfour completed one lap before retiring through injury, whilst the winner (and non-DR) Felix Allen ran a sprightly, and solo, 18:53 to set a new course record. Ebe was a clear second with Claire Norris looking easy in third, followed by Alistair Locke with his daughter in a buggy (run fartlek style as he had to keep stopping to attend to her needs before sprinting on).

Mike, Dave and Jo ran within sight of each other, all faster than their recent outings over this course. I've now run this event 5 times and today was my fastest yet. Lyndsey and Clare, stuck well to their task and ran steadily in line with their current form. Thanks to Bob Bell and Mike Dodds for helping with the organisation.



Project 20: Week 16

Alcohol Free Beers: 0

Canobie Hill Reps: 0

Watching Lloyd Collier DNF: 1

Hanging out with legend Steve Smythe 1

Park run: 21.01 (17 second improvement)

As the wheels came off my dry January, running on Saturdays

has become increasingly challenging. Still, I managed a reasonable time. I had a few bursts of acceleration, which backfired, meaning I had to stop at mile 2.3 as I felt sick. However, smarting from my recent DNF, I got myself back on track. Rob tried to encourage me to finish strongly by leading me through the last half mile, but I blew up again and had to stop at mile 2.8!

My invocations for the REAL Ed Chuck to show himself came to nada. He was nowhere to be seen. Ed where are you when I need you? Still I restarted and managed to finish in the best time for over a year. I'm looking forward to the club champs next week!

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Ashford

252 Ran
Pos Gen
13 2 Kim Hainsworth 20:36

Beckenham Place

292 Ran
Pos Gen
154 31 Claire Steward 27:46
207 141 Peter Jackson 30:23

Brighton & Hove

375 Ran
Pos Gen
98 83 Joe Sheppard 23:56

Brockwell

347 Ran
Pos Gen
14 14 Jonny Hough 20:05
42 36 Stephen Trowell 21:44
99 73 James Gordon 24:48
110 19 Claire Barnard 25:13
219 119 Martin Wagner 28:37
260 92 Clare Wyngard 30:14
261 135 Michael Dodds 30:15

Charlton

214 Ran
Pos Gen
55 44 Stephen Smythe 24:05

Crystal Palace

339 Ran
Pos Gen
7 6 Joe Farrington-Douglas 19:17
23 21 James Auger 21:28

37 30 Lee Wild 22:45
88 72 Barrie John Nicholls 24:34
109 87 Colin Frith 25:30
292 167 Bob Bell 33:44

Dulwich

537 Ran
Pos Gen
27 23 Tom Shakhli 18:06
61 51 Edward Simmons 19:46
72 60 Rupert Winlaw 20:11
89 75 Rob Fawn 20:46
100 10 Clare Norris 20:51
105 86 Ajay Khandelwal 21:01
168 136 Miles Gawthorp 22:25
174 142 Martin Kelsen 22:32
188 151 Graham Laylee 22:56
275 56 Teresa Northey 25:28
330 82 Charlotte Sanderson 27:04
416 263 Robert Tokarski 29:22

Forest Rec

303 Ran
Pos Gen
1 1 Joe Hallsworth 17:45

Foro Italico

14 Ran
Pos Gen
1 1 Grzegorz Galezia 21:40

Hilly Fields

278 Ran
Pos Gen
29 26 Sam Jenkins 21:51

Old Deer Park

138 Ran

Pos Gen
95 20 Ros Tabor 30:50
118 37 Stephanie Burchill 36:57

Peckham Rye

298 Ran
Pos Gen
4 4 Wander Rutgers 19:24
8 8 Cameron Lund 19:50
9 1 Hayley Seddon 19:52

Preston Park

457 Ran
Pos Gen
1 1 Thomas South 16:37
22 1 Paula Blackledge 20:02

Southwick Country

192 Ran
Pos Gen
86 17 Lindsey Annable 28:31

Stratford-Upon-Avon

332 Ran
Pos Gen
35 5 Yvette Dore 21:42

Sutcliffe

223 Ran
Pos Gen
21 20 Michael Fullilove 20:07
34 31 Nicholas Brown 22:06

Uckfield

54 Ran
Pos Gen
14 13 Dave West 27:23

DULWICH RUNNERS KIT

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



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



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

Socks only £5



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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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



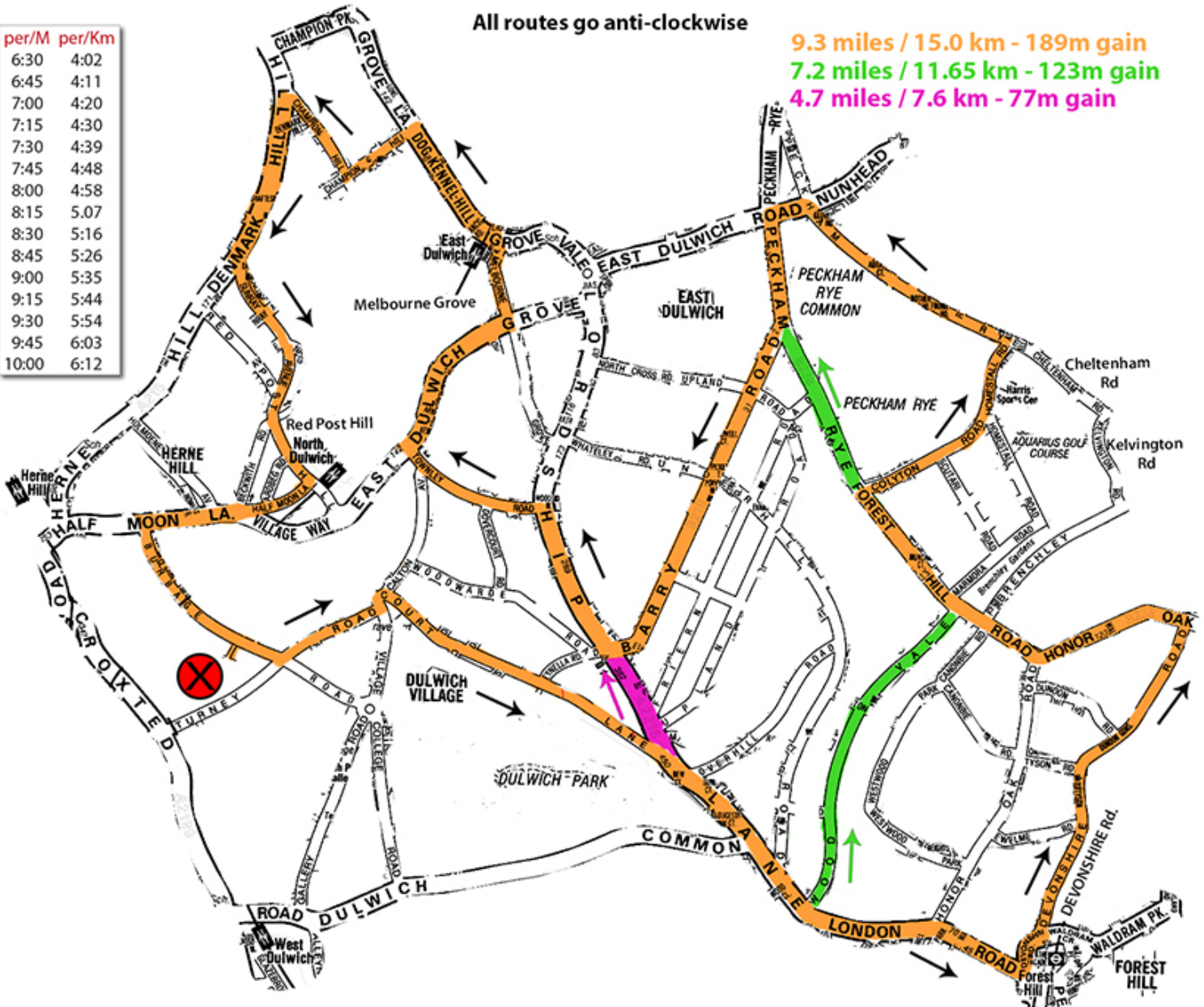
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 8

All routes go anti-clockwise

9.3 miles / 15.0 km - 189m gain
 7.2 miles / 11.65 km - 123m gain
 4.7 miles / 7.6 km - 77m 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



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>