



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 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...

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

NOTE: £1 club run fee for members and guests

each time you run - Contactless payments only

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.

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.

March 1: 6*1000m off 5 mins

March 8: 2000m at HM pace, 15*200m off 75 secs then 2000m at HM pace.

We will make a few adaptations to this based on runners speed on the night

If any questions or feedback – Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

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.

Ssessions 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

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)

If you are interested in participating in the Club Championships, please make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.

Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

Cross Country Fixtures

2022		Distances, Start times etc	
Feb	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.



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

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.hernehillsportsmassage.co.uk

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

Andrea Ceccolini has developed this free App for us, currently undergoing beta testing. You can find it on app.dulwichrunners.org.uk So please play with it, have fun and send feedback to ceccolini@gmail.com

An App for Dulwich Runners Race Results

DR App

- All DR race results in one place
- Sourced from P.o.10, parkrun and our own archive
- Records and Leaderboards by year and age group
- Championships and club stats
- Age graded results
- Individual PB and SB
- Head-to-head comparison

→ Objectives

Automate data collection, champs and leaderboard calculation, and report generation

Provide easy and fast access to all up to date and historical DR members' race results

→ Beta Testing

Work in Progress! Feedback welcome on data, analytics, usability and desirable features

Thank you - Have Fun!

app.dulwichrunners.org.uk

2021-22 - Men - 2 races to go

#	Date	Event	Meeting
R1	16 Oct 21	8KXC	OpenTrack Surrey Men's League
R2	14 Nov 21	5MXC	OpenTrack
R3	20 Nov 21	10.5KXC	
R4	18 Dec 21	7MXC	South of T
R5	15 Jan 22	8KXC	OpenTrack
R6	29 Jan 22	15KXC	South

Pos	Name	AG	Score
1st	Edward Chuck	SEN	250
2nd	Robert Armstrong	SEN	239
3rd	Jonathan Phillips	V35	224
1st V40	Adrian Russell	V40	223
	Shane Donlon	V35	203

Head to Head

Runner name

Runner	T. Tuohy	W. Lashley	C. Lound
T. Tuohy	39:45	81:29	12:...
W. Lashley	45:39	48:21	5:...
C. Lound	29:81	21:48	50:...

Records

ALL	2022
Mar	2:40:06
	S. McIntosh

Dulwich Runners

Weekly Reports

- Parkrun Report 12 Feb 22
28 P 67 F
- Parkrun Report 5 Feb 22
16 P 64 F

Latest Achievements

All-time top-10, Season top-10 and PB

2022

Edward Chuck

SK 11 Feb 22 | Friday Night Under Lights Meets Podium SK | Battersea Park

Pos	Time	M SEN
6	14:36	89.4%

PB1/1

Lewis Laylee

SK 11 Feb 22 | Friday Night Under Lights Meets Podium SK | Batters

Pos	Time	M SEN
17	14:39	87.7%

Results

Venue

7-13 Feb 22 1 Road | 38 Parkrun
39 P 91 F

- Dulwich parkrun # 453
12 Feb 22 - Dulwich
23 F 1 P 2 G 4 4 4 23 F
- Crystal Palace parkrun # 505
12 Feb 22 - Crystal Palace
8 F 3 F
- Brockwell parkrun # 488
12 Feb 22 - Brockwell
6 F

Records

Mar | Men | V40

1	Buzz Shephard	2:34:30	York 20 Oct 19	M V40 83.4%
2	Tom South	2:36:20	Windsor 3 Apr 21	M V45 84.1%
3	Charles Lound	2:37:23	London 26 Apr 15	M V45 85.1%
4	Stephen Davies	2:38:48	Berlin, GER 16 Sep 18	M V45 85.3%
5	Steve Smythe	2:42:10	Austin, USA 16 Feb 03	M V40 80.5%

PB

Mar	2:29:42	81.3%
20M	1:52:12	81.3%
30K	2:01:15	74.4%
HM	1:11:02	81.7%
10M	53:03	82.5%
7M	38:00	78.9%
10K	32:06	82.2%
5M	25:41	82.0%
5K	15:41	81.9%
parkrun	17:57	82.9%

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, object fails etc.

Surrey League Lloyd Park Div 2

February 19

Steve Smythe writes: Dulwich were a reasonably close third on the day to Epsom and Ewell and Croydon but the earlier great results were sufficient to see us easily win the league and return to Division 1 next season.

Who we will be up against is not confirmed yet as the Division 1 race and women's league at Effingham was cancelled because of the Storm.

Ed Chuck and Jack Ramm matched their excellent opening fixture's second and third behind England 10,000m champion Dom Nolan.

Tom South did do his first cross-country of the year and was third scorer just ahead of the consistent Sean Cordon with Jon Phillips, Andy Bond (overall vets winner over the four races though not at his best here), Ade Russell (third vet overall) with well-paced efforts from Shane Boyce, Wayne Lashley and Ed Harper seeing our A team all home in the top 50.

The B team of Eugene, Daniel, Rob, James, Sam, Des, Jamie, Ebe, Chris (despite stopping for a while with an Achilles problem) and an equally injured Andrea were comfortably the top B team on the day.

While the excellent efforts of the 20 who did race ensured another good result in what has been the club's greatest men's cross-country season ever to survive next season, we will need stronger teams in Division 1 and here we were missing the likes of Tim Bowen, Shane O'Neill, Rob Armstrong and Rob Howe (PB 2:29:42 in the Seville Marathon),

2 Ed Chuck (Dulw, M35) 27:44
3 Jack Ramm (Dulw) 28:06
16 Tom South (Dulw, M45) 30:19;
17 Sean Cordon (Dulw) 30:23;
22 Jon Phillips (Dulw, M35) 30:49
34 Andy Bond (Dulw, M45) 31:36
35 Ade Russell (Dulw, M40) 31:36
39 Shane Boyce (Dulw) 31:59
49 Wayne Lashley (Dulw, M40) 32:35
50 Ed Harper (Dulw) 32:37
65 Eugene Cross (Dulw, M40) 33:29
67 Daniel Mann (Dulw, M40) 33:31
71 Rob Hollands (Dulw, M35) 33:38

Ed Chuck writes: There are some things which always hold true - prices will rise, standards in political life will fall, and Lloyd Park at the back end of a cross country season will be a boggy quagmire.

As late as Tuesday last week, reports from boots on the ground reported that the ground conditions were firm - perhaps one soft section, but really, nothing more than 5mm or 7mm spikes needed. The same source then reported three days later in the wake of Eunice that things had taken a turn for the worse.

The routinely boggy nature of the course is a shame, as I think it is almost a perfect XC course, with its technical sections, decent climb, and lovely sweep down to the finish. Not that any of this mattered on the day. Jack & I arrived late to find the rest of the team huddled up by the side of the cafe sheltering from the wind and sideways rain. A bloodied

Gary Budinger staggered by, following a fall on the course. Jack (while feeling bilious) managed to smash Tom's safety pin jar.

"Warming Up" involved striding across the water logged field adjacent to the finish area, and getting wet feet before the race had even started. Given our 200 odd point lead in the league, all that mattered is that everyone got home.

As with last time out Jack and I had discussed running the thing at a "tempo" pace, and as sure as night follows day I ignored this when the hooter sounded, and headed off with Croydon's Dom Nolan. Jack, aided by not feeling well, kept with the plan and settled in 10th ish. After letting me run with him for the first lap, Dom decided to say goodbye, and that was about as exciting as my race got. Behind, Jack had woken up after 2/3rds of the first lap, and started moving forward, eventually finishing 3rd, comfortably clear of overall league

82 James Burrows (Dulw, M40) 34:16
84 Sam Jenkins (Dulw) 34:32
90 Des Crinion (Dulw, M35) 35:00
100 Jamie Nicol (Dulw) 37:09
104 Ebe Prill (Dulw, M55) 37:16
112 Chris Beardsall (Dulw, M55) 37:41
123 Andrea Ceccolini (Dulw, M50) 39:32;
145 finished

TEAM Div 2: 1 Epsom & Ewell 219; 2 Croydon 256; **3 Dulwich R 264**; 4 Stragglers 459; 5 Reigate P 470.5; 6 Clapham 571

B TEAM: 1 Dulw R 147; 2 E&E 251; 3 Croydon 267

Final Standings:

TEAM Div 2: 1 Dulw R 1064; 2 Croydon 1258; 3 E&E 1403; 4 Reigate P 1748.5 5 Clapham 1759; 6 Stragglers 2094

Division 4

An hour earlier in much worse storm conditions, three less than fully healthy Dulwich Runners 'ran' for Veterans AC in Division 4 and enjoyed the heavy rain and then watching the Division 2 race.

Steve Smythe in his 52nd XC season just about edged Dave West to be Vets AC's 10th and final scorer.

The major talking point of the race for many was a bloodied Gary Budinger colliding with a tree.

There was great concern but glad to report the tree was eventually fine though probably in shock having survived Storm Eunice then almost perished when Gary head-butted it. It's been a real bad week for trees.

Gary reported that a fellow runner stopped and checked on him but it is possible that the other runner was laughing so much that he couldn't have run anyway.

After the race, Gary was talking incoherent gibberish so we knew he was back to normal which he confirmed after his fifth pint at the pub (for medicinal purposes) and on the plus side his head gash did not affect his looks in any way and may have improved them.

116 Steve Smythe 43:40
118 Dave West 43:48
123 Gary Budinger 44:41
146 finished (plus additional 117 in Div 3)

winner James Hancock (Croydon, who ran 14.37 at the fast 5k the other week)

Off the back of his sub 33 min 10k last week, Tom South (first v45) was next home for us in 16th, staying just far enough clear of Sean Cordon to deny us a sprint finish. Runbritain ranks Sean's run as his best XC to date, on what must have been his first introduction to these sorts of conditions. 15 seconds or so back Jon Phillips also had his strongest XC performance, especially impressive as he was treating it as a tempo run, and no doubt aided by his long stride meaning less time spent in the sludge.

Andy Bond (31st) despite recent injury did enough to ensure that he took home the league's overall v40 crown, finishing just a few places in front of Ade Russell, who finished 3rd V40 in the league in his debut season for the club.

New man Shane Boyce also improved on his



performance last time out, and hopefully he can continue to kick on for next season. A further 20 seconds back Wayne and Ed “enjoyed” a sprint finish to the line to determine the final A team scoring positions, with 800m specialist Wayne perhaps unsurprisingly having an extra yard of pace over ultra Ed. This was Ed’s best outing of the XC season, and he seems to now be coming into some form. Hopefully over the Spring he can rediscover his 16:25 5k form from 2019.

Next finishers at the vanguard of the B team were Eugene Cross (65th overall, and improving markedly from his 10th place B team position at Richmond), followed by stalwarts Dan Mann and Rob Hollands (who reversed their positions relative to one another from the month before.) James Burrows proved to be another unchanging element in the world - matching his position (82nd) from

Richmond last month, but a little bit below his good showing at Denbies.

Just behind him new man Sam Jenkins improved markedly on his debut at Richmond, finishing some 35 places higher, and closing out the B team scoring. Next home was Des finishing as the filling in the middle of a three man sprint. Jamie Nicol completed his first season as part of the XC team with his best position to date (100th), finishing a few seconds ahead of Ebe.

Unless I am mistaken next finisher Chris Beardsall was making his debut for the club over Cross Country - and I hope he enjoyed himself despite the conditions! Final finisher was Andrea, who having injured himself the week before pushed through the pain barrier (and further injuring himself while out on the course), showing plenty of grinta to get himself home.

Think I would have stayed in bed!

Overall the A team finished on the day in a close third behind Croydon and Epsom, but owing to our consistency over the season we finished comfortably clear of Croydon to finish in 1st. This poses the problem (not for the first time) of how to stay up next year??? Division 1 is ferociously hard.

A large part of our success this year has come down to a great new group of runners that have come through - Fred, Rob, Sean, Ade, Jon, and we will need all of them, along with the club’s seasoned vets to both train hard and also make the league a priority over next autumn/winter. Looking at the times and performances that our runners have put together over the past year, we have the ability to stay up, but given our (relatively) small size this will only happen if we get very strong turn-outs for all races.

dramatically and can be very wet and boggy.

This northern boundary is known as “The Squashes”; a line of springs emerging from the chalk bed that flow during wet weather with the Rippingill often active in summer. After a relatively dry spell, days of heavy rain had reactivated the streams with a vengeance which made it a course of two halves with no change of ends at half time. In fact, the weather was officially deemed “atrocious” by local dog walkers (who wisely stayed away) – heavy rain and a strong wind continued through the first lap of the Division 4 race with the rain finally stopping in time for the later Div 2 event. The only good news was that the mud was of the wet and sloppy kind rather than the sticky, shoe removing variety. I can also vouch for the red vest of Dulwich being better at stain resistance than my predominantly white Vets AC vest which is now adorned with permanent brown spots!

Three M60s, Steve Smythe, Gary Budinger and Dave West, all

Surrey League Lloyd Park Div4

19th February 2022

A Croydon resident writes – The 114 acres of green space usually known as Lloyd Park was originally part of Coombe Farm which would have also included the area to the north now covered in million pound plus houses. The farmland origin probably explains the foul smells that often emanate from the north-eastern section of the park. Wisely the Parkrun course, that many DRs will know, confines itself to the lower slopes which are sandy in places and usually firmer, but passing through the treeline on the Surrey League course it changes

ran in Division 4 for their second claim club, Vets AC, over the same 8km course that would later be used by the Dulwich team in Div 2. Dave had a strong first lap and was surprised to be ahead of Steve, who was struggling with rain on his glasses making it difficult to plot his footing in the very difficult underfoot conditions. Gary meanwhile had started strongly not too far behind. As we hit the wind towards the end of the lap, Dave started to struggle with his breathing and the rain eased, which enabled Steve to make better progress eventually catching and passing him but not getting away.

For most of the second lap Dave and Steve were together, but once into the wind again for the second time he pulled away with Dave losing a further place on the line in a sprint finish to a London City Runner probably half his age and with a Parkrun PB over 5 minutes faster. Gary finished less than a minute later, covered in blood, looking like he'd gone six rounds with Kell Brook. As if the wet and boggy conditions were not enough to contend with, he'd failed to duck under one of a number of low branches on the course, hit his head and fell to the ground. Another runner had helped him to his feet and they ran

together to the finish with Gary sportingly letting him finish ahead (or at least that's his story). A great run nonetheless and he would no doubt have been much closer to Dave without the mishap. Fortunately, a few pints of foaming ale in the Spread Eagle afterwards were able to restore him to good health, albeit a little bruised and with doubts over any modelling engagements for a few weeks.

Covered in mud (and blood in the case of Gary), it was good to then be able to watch Dulwich's finest compete over the same course with first-hand knowledge of what a tough day out they were having. Great performances and a clear demonstration that winning the league is about getting the team out across all four fixtures. Despite the best efforts of Croydon on home turf and a cracking Epsom team, it wasn't enough to overturn the lead we'd built up over the season. A great day for Dulwich.

115	Steve Smythe	43:40
117	Dave West	43:48
122	Gary Budinger	44:41
145	ran in Division 4.	

Maráton de Sevilla 2022

– Alex Loftus

Back in 2020, I spent an idyllic few days on a family holiday in Seville before running the marathon. 500 metres before the end of the race, I staggered to a halt, buckled over – our son, Lucian, said “you kind of went sideways” – finishing in 3:06:46. Our daughter, Rosa, vowed never to watch me in another marathon – I completely understand. Throughout the lockdowns, I often thought of the carefree days we spent in the city before the grim end, and it seemed a nice idea to return, perhaps to run the race I'd intended 2 years earlier. Rosa gave her conditional permission.

February seems early in the season for a marathon but it seemed to fit nicely with the bulk of the cross country season and, by the time of the race – in spite of a pummelling on the Box Hill Fell Race, I was feeling pretty good. Crucially, I was also considerably more relaxed about any kind of a target time (a great marathon at Dorney Lake in April really helped). Plan A was to run a good race, regardless of time. Plan B – if things felt good on the day – maybe, maybe sub-2:50?

The marathon claims to be the flattest in

Europe and covers some gorgeous parts of Seville. With an 8:30 start, the temperatures are close to perfect, even if the late morning sun still feels fairly intense. In some ways it serves as an incentive to finish earlier. The only other Dulwich Runner entered was Ben Howe. Placed in the sub-2:45 starting pen, Ben was one of those likely to be finishing earlier rather than later.

As with Dorney, I started a little below target pace (at least the Plan B target pace), stepping it up a bit as the route snaked its way over the Río Guadalquivir. The first half went pretty much bang on plan (1:24:17) but the second half covers some wider boulevards heading South into the sun. That sun started to bring back memories of 2020, and I wondered whether I'd gone out too fast. Sure enough, by the time the route hit the Real Betis stadium (around Mile 19), I was slowing ever so slightly. It was here that I began my decline two years earlier before the tree-lined Alameda, where the sunshine and shade throbbled like a strobe light and completed my demise. This time, in a lovely surprise, Fiona and Lucian were

waiting at the end of the Plaza. Lucian was able to run with me for a few hundred metres through the Old Town streets, advising on distance (“you've only got 3000m to go”) and pace (“you're just over 4 minutes per kilometre”) before pulling into a café where Rosa's smiling face managed to convince me that a repeat of 2020 might not be on the cards.

A roving GPS signal in the Old Town gave me a slightly confusing sense of my pace over the last mile and a half, adding distance that I wasn't actually covering. As a result, I ended up stuttering any kind of a “sprint” finish, misjudging where the actual finish line was – it seemed to be another couple of hundred meters further than I remember it! But none of it really mattered. I crossed the line upright and genuinely delighted, able to wander back through the sun-drenched streets for tapas and cold beer with Plan A complete. Plan B was missed by a tantalising 23 seconds (Chip time 2:50:23). Ben had finished over 20 minutes earlier in a truly stunning 2:29:42. Kudos indeed.

Harrowgate parkrun

Chris Vernon writes: So touring again last week, this time to Harrogate as we were attending a family funeral there. Storm EUNICE hit us on the Friday so we were very surprised to find that the parkrun was not cancelled, unlike many of the London ones. The Council had efficiently cleared a couple of fallen trees and left the paths on The Stray clear.

The three lap course of three mile plus a furlong (220yds) run into the finish is flat and half on tarmac and half a muddy track. Two DRs have previously visited (Alexis Shaw who took a win and Claire Barnard). Accompanying the tailwalker I set off and

after half a mile was flat on my back in the mud! It was difficult to keep my balance on the slippery surface in road shoes and I was pleased to make the end without further drama, encouraged by the enthusiastic volunteers who cheerfully braved the cold.

The next day we set off for Wales in storm Franklin with a slow puncture and heavy snow all the way to Manchester, so quite an eventful trip.

Susan Vernon 50.11 284th 2nd FV75
Chris Vernon. 54.44 287th 4th MV75
288 ran

Ken Crooke Cross Country Championships 2021-22 | Men | 1 race to go

#	Date	Event	Meeting	Venue	Priority
R1	16 Oct 21	8KXC	OpenTrack Surrey Men's League Division 2	Epsom Downs	Yes
R2	14 Nov 21	5MXC	OpenTrack Surrey Men's League Division 2	Denbies	Yes
R3	20 Nov 21	10.5KXC	London Championships	Parliament Hill	No
R4	18 Dec 21	7MXC	South of Thames CCA 7.5 Championships	Beckenham Place Park	No
R5	15 Jan 22	8KXC	OpenTrack Surrey Men's League Division 2	Richmond Park	Yes
R6	29 Jan 22	15KXC	South of England AA Championships	Beckenham	No
R7	19 Feb 22	8KXC	OpenTrack Surrey Men's League Division 2	Lloyd Park	Yes

Stand.	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7						
1st	Edward Chuck	M SEN	250	50.0	25:15	50	--	35:29	50	39:40	50	26:09	50	50:03	50	27:44	50
2nd	Jack Ramm	M SEN	245	49.0	25:38	49	--	35:47	49	--	26:15	49	50:28	49	28:06	49	
3rd	Robert Armstrong	M SEN	239	47.8	27:59	46	31:28	49	38:33	48	42:20	49	28:12	47	54:27	47	--
1st V40	Andy Bond	M V45	231	46.2	28:02	45	32:15	47	--	--	28:08	48	55:13	46	31:36	45	
	Jonathan Phillips	M V35	227	45.4	28:45	43	32:45	45	40:37	46	44:33	46	28:55	44	--	30:49	46
	Adrian Russell	M V40	224	44.8	28:19	44	32:57	44	40:40	45	44:06	47	29:22	43	--	31:36	44
	Alexander Loftus	M V45	199	39.8	30:37	37	35:35	39	42:41	42	47:29	43	31:02	37	59:57	43	--
	Edward Harper	M SEN	194	38.8	30:14	40	--	46:56	36	49:36	39	30:46	38	--	32:37	41	
	James Burrows	M V40	191	38.2	31:22	36	34:37	43	--	--	31:33	35	62:23	40	34:16	37	
	Des Crinion	M V35	175	35.0	32:15	34	--	46:19	37	50:52	37	33:10	32	--	35:00	35	
1st V50	Andrea Ceccolini	M V50	162	32.4	32:58	32	38:43	35	47:18	34	--	34:04	30	--	39:32	31	
	Eugene Cross	M V40	155	38.8	--	36:05	38	42:41	43	--	31:46	34	--	33:29	40		
1st V60+	Mike Mann	M V70	141	28.2	39:53	29	46:43	29	57:31	28	63:08	30	40:58	25	--	--	
	Jamie Nicol	M SEN	135	33.8	32:36	33	37:28	37	--	--	33:18	31	--	37:09	34		
	Gary Budinger	M V60	106	26.5	42:03	28	50:31	27	--	--	43:42	23	--	44:41	28		
	Sean Cordon	M SEN	228	45.6	--	--	40:27	47	44:57	45	28:51	45	56:12	44	30:23	47	Min Pr. Races
	Shane Donlon	M V35	203	40.6	--	35:17	41	43:03	41	47:12	44	31:12	36	61:56	41	--	Min Pr. Races
	Kevin Chadwick	M V40	166	41.5	29:54	41	35:10	42	--	47:58	41	--	60:44	42	--	Min Pr. Races	
	Robert Hollands	M V35	157	39.2	--	--	43:48	39	48:11	40	30:39	40	--	33:38	38	Min Pr. Races	
	Eberhard Prill	M V55	133	33.2	--	--	48:52	33	--	35:12	28	67:20	39	37:16	33	Min Pr. Races	
	Wayne Lashley	M V40	125	41.7	--	--	--	47:35	42	30:14	41	--	32:35	42	Min Races		
	Daniel Mann	M V40	120	40.0	29:46	42	--	--	--	30:40	39	--	33:31	39	Min Races		
	Matthew Cooke	M V40	107	35.7	31:45	35	38:19	36	--	52:19	36	--	--	--	Min Races		
	Fred Bungay	M SEN	98	49.0	27:43	48	31:05	50	--	--	--	--	--	--	Min Races		
	Shane O'Neill	M SEN	93	46.5	27:52	47	32:22	46	--	--	--	--	--	--	Min Races		
	Timothy Bowen	M V35	93	46.5	--	--	--	42:55	48	--	55:18	45	--	--	Min Races		
	Finn Nugent	M SEN	90	45.0	--	--	41:02	44	--	28:34	46	--	--	--	Min Races		
	Martin Kelsen	M V60	89	29.7	37:31	30	43:03	30	52:58	29	--	--	--	--	Min Races		
	Shane Boyce	M SEN	85	42.5	--	--	--	--	--	30:04	42	--	31:59	43	Min Races		
	Dave West	M V60	81	27.0	--	47:27	28	--	--	42:46	24	--	43:48	29	Min Races		
	Ben Smith	M V40	79	39.5	30:34	39	--	43:10	40	--	--	--	--	--	Min Races		
	Andrew Murray	M V65	75	25.0	43:16	27	51:06	26	--	--	45:25	22	--	--	Min Races		
	Lloyd Collier	M V45	73	36.5	--	--	45:40	38	53:22	35	--	--	--	--	Min Races		
	David Benyon	M V35	67	33.5	--	39:26	34	--	56:07	33	--	--	--	--	Min Races		
	Grant Kennedy	M V35	65	32.5	35:01	31	--	--	55:11	34	--	--	--	--	Min Races		
	Sam Jenkins	M SEN	65	32.5	--	--	--	--	34:11	29	--	34:32	36	Min Races			
	Ben Howe	M SEN	48	--	--	--	--	--	--	53:25	48	--	--	Min Races			
	Tom South	M V45	48	--	--	--	--	--	--	--	30:19	48	Min Races				
	Aaron Wilson	M SEN	48	--	31:36	48	--	--	--	--	--	--	Min Races				
	Michael Williams	M V45	40	--	35:25	40	--	--	--	--	--	--	Min Races				
	Terence Baker	M V55	38	--	--	--	--	--	--	74:04	38	--	Min Races				
	Wander Rutgers	M SEN	38	--	--	--	49:55	38	--	--	--	--	Min Races				
	James Brown	M V40	38	30:36	38	--	--	--	--	--	--	--	Min Races				
	Gower Tan	M V50	35	--	--	47:12	35	--	--	--	--	--	Min Races				
	Tom Shakhli	M V35	33	--	--	--	--	31:55	33	--	--	--	Min Races				
	George Rates	M U20	33	--	39:33	33	--	--	--	--	--	--	2nd claim				
	Mark Foster	M V55	32	--	--	--	56:16	32	--	--	--	--	Min Races				
	Chris Beardsall	M V55	32	--	--	--	--	--	--	--	37:41	32	Min Races				
	James Auger	M V45	32	--	--	49:57	32	--	--	--	--	--	Min Races				
	Sam Mattu	M V35	31	--	42:37	31	--	--	--	--	--	--	Min Races				
	Gideon Franklin	M V55	31	--	--	50:53	31	--	--	--	--	--	Min Races				
	Martin Double	M V45	31	--	--	--	56:58	31	--	--	--	--	Min Races				
	Steve Smythe	M V60	30	--	--	--	--	--	--	--	43:40	30	Min Races				
	Hugh Balfour	M V65	30	--	--	52:08	30	--	--	--	--	--	Min Races				
	Jonny Hough	M V40	27	--	--	--	--	35:23	27	--	--	--	Min Races				
	Edward Smyth	M V40	26	--	--	--	--	37:08	26	--	--	--	Min Races				

**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.**

Beckenham Place

242 Ran

Pos	Gen		
10	9	Andrew Scott	20:33
63	11	Claire Barnard	24:56

Bromley

513 Ran

Pos	Gen		
329	212	Peter Jackson	29:20

Charlton

188 Ran

Pos	Gen		
84	63	Stephen Smythe	26:39

Crystal Palace

386 Ran

Pos	Gen		
17	16	Tom Shakhli	19:16
49	45	Lee Wild	21:59
119	98	Graham Laylee	24:42
253	56	Clare Wyngard	29:06
258	178	Ameet Patel	29:20
346	210	Bob Bell	33:58

Edgbaston Reservoir

239 Ran

Pos	Gen		
34	3	Laura Vincent	21:59

Folkestone

272 Ran

Pos	Gen		
23	3	Kim Hainsworth	21:00

Haga

56 Ran

Pos	Gen		
12	12	Paul Collyer	21:40

Harrogate

288 Ran

Pos	Gen		
284	100	Susan Vernon	50:11
287	165	Chris Vernon	54:44

Hilly Fields

292 Ran

Pos	Gen		
57	51	Martin Kelsen	22:20

Hull

427 Ran

Pos	Gen		
-----	-----	--	--

5	5	Kevin Chadwick	17:30
---	---	----------------	-------

Riddlesdown

121 Ran

Pos	Gen		
13	12	James Wicks	23:31

Roundshaw Downs

161 Ran

Pos	Gen		
11	11	Tony Tuohy	21:43
143	45	Ange Norris	39:31

Southampton

735 Ran

Pos	Gen		
81	71	Tommaso Bendoni	23:01

South Norwood

161 Ran

Pos	Gen		
1	1	Andy Bond	18:31

Sutcliffe

204 Ran

Pos	Gen		
19	18	Michael Fullilove	20:12

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



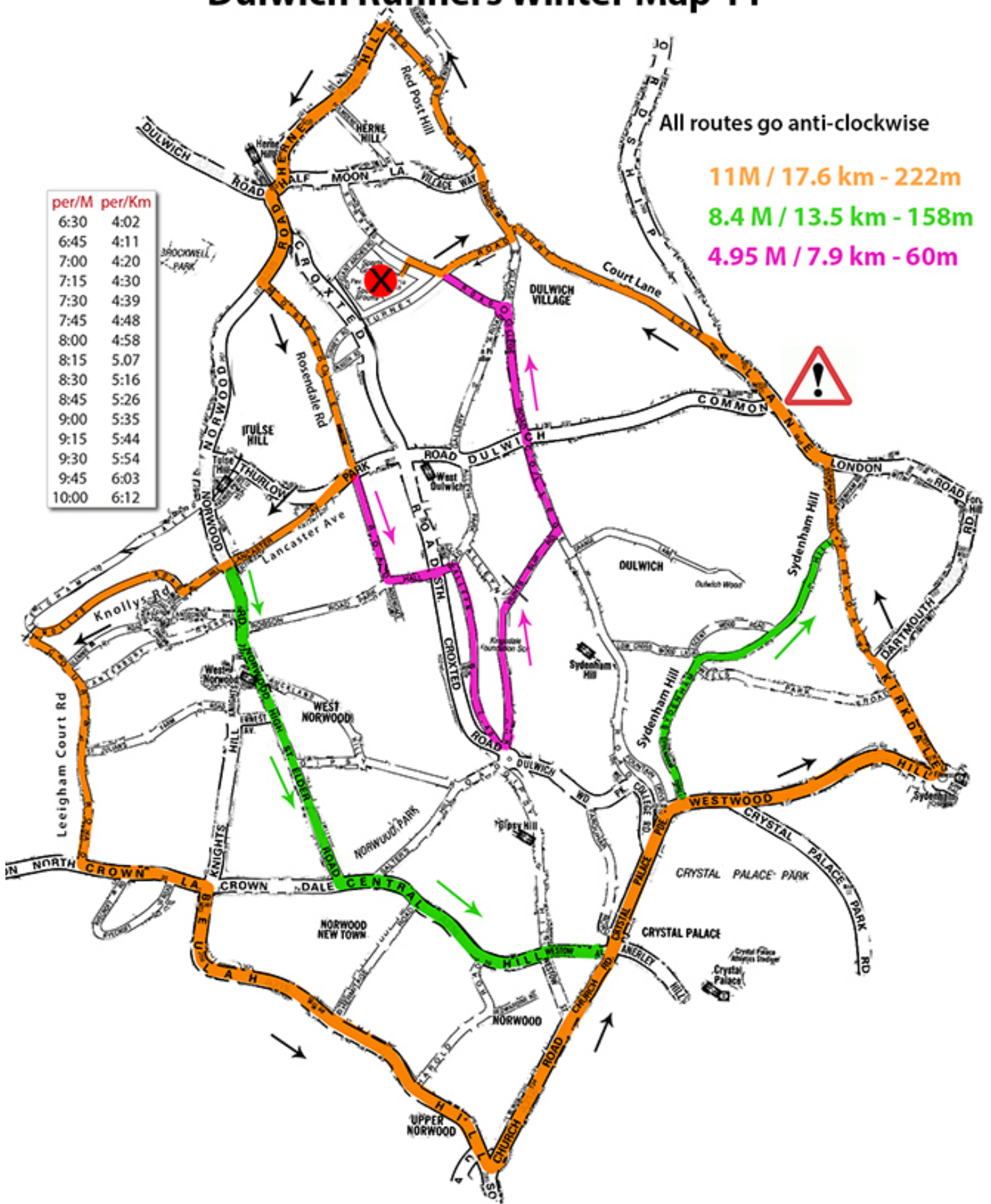
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 11

All routes go anti-clockwise

11M / 17.6 km - 222m
 8.4 M / 13.5 km - 158m
 4.95 M / 7.9 km - 60m

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>