



These are your SHORTS

Please send your reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

**DEADLINE for submissions 17:30 TUESDAY**

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work (see page 3,

suitable for all abilities

## In your SHORTS this week !

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

[Like us on Facebook @dulwichrunners](#)

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

Connect with us:



## Dulwich Runners Committee Meeting Notice

**Wednesday 8 February 2023**

Club Secretary, Yvette Dore, writes: The Dulwich Runners General Committee will next meet on Wednesday 8 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 7 February.

The last meeting took place on Wednesday 16 November, where the Committee reviewed and discussed your responses to the member survey on participation in the 2022 Club Champs and the Club's overall provision of coaching. Your input has been invaluable in helping inform the selection of the 2023 Club Champs races, as you will have seen in recent weeks in Shorts. The Committee also discussed ways of helping members manage injury prevention, which led to the recent post-Club Run presentation from a physiotherapist from Vita Health Group.

Please send any items for the Committee to discuss at the next meeting to [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk) by midday on Tuesday 7 February.

## 2023/24 membership

**No they aren't due yet, but if you are not a fully paid up member then you cannot compete in any races as a Dulwich Runner or take part in the club champs.**

**Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)**

**The club membership year is April 1 to March 31 (the same applies to EA reg.**

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you

15 months for new registrations from Jan 1 to March 31)

EA reg is £16 and can only be arranged through your 1st claim club.

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

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

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Feb 11	Surrey League XC	Lloyd Park
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall
Mar 4	Sri Chinmoy 10k - L	Battersea Park
	18 date tbc Victoria Park 5 miles - S	Mile End
Apr 23	London Marathon (or alternative) - L	London or alt.
Jun 13	Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	15 Elmore 7 - L	Chipstead, Surrey
	tbc Golden Stag Mile - S	Finsbury Park
Sep 3	date tbc Big Half - L	Central London

## Club Championship Races, 2023

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

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

4 March	Sri Chinmoy 10k, Battersea Park	L	<a href="https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962">https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962</a>
18 March	(date tbc) Victoria Park 5 miles	S	<a href="https://vphthac.org.uk/fixtures.html#gsc.tab=0">https://vphthac.org.uk/fixtures.html#gsc.tab=0</a>
23 April	London Marathon (or alternative)	L	
13 June	Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug)	S	<a href="https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298">https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298</a>
1 July	Brockwell parkrun	S	
15 July	Elmore 7	L	
? July	(date tbc) Golden Stag Mile	S	
3 Sep	(date tbc) Big Half	L	

**Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S). 4 events to qualify, including at least one from each distance category.**

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

We have selected the 4 March event in Battersea Park. Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

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

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

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

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

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set and entry cost is high.

Updates on events with dates to be confirmed will be issued as soon as details known.

**The rules for the 2023 Club Championship have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories.**

The rules and a table of the races can be found on the website here: [Club Championships Information-Dulwich Runners](#)  
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.



### weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages. Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.org.uk)

We will soon be holding a short talk about the race after the Wednesday run, (date to be confirmed), so that you can hear more about it and ask any questions.

To be in the team/or more information, email Ange - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com) or let me know on a Wednesday evening.

# 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

Crystal Palace track still closed evenings but open during daytime for your own sessions. - Hopefully more news soon, meantime we normally hold two alternative sessions:

At "hell hill" - Low Cross Wood Lane, College Road, opposite Sydenham Hill station. Meet half way up hill by gates on left into wood - 7pm start - warm-ups and drills before main session - similar to previous club hill sessions a mix of gradients and durations suitable for all abilities. Any questions Tom: [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

At Peckham Rye Common a Mark Callaghan led session - meet outside front of Peckham Rye Common Round Cafe at 7pm - warm ups then to the slope for main session. Any questions Mark: [m.s.callaghan@outlook.com](mailto:m.s.callaghan@outlook.com)

### Training advice

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

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

Runs start at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 9am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# 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](https://vetsac.org.uk) - World Masters Athletics Championships Indoor – Toruń 2023 [wmaci2023.com](https://wmaci2023.com)

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

# English Fell Racing championships 2023

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

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

## A spring marathon training plan

A spring marathon training plan - February update

I hope the advice for January has proved useful and that your training has gone well.

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and do get in touch (at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person) if you have any questions or want any further advice.

As we get a bit closer to race day the training starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recovery properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will

be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 mins, with a warm-up and cool-down taking this to about an hour in total - this could be on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and you could go to the Tuesday sessions every other week to keep some speed and avoid letting it drift too much. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle - there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

### Mon 30 Jan – Sun 5 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:00-2:15 hours at an easy pace. Otherwise two, preferably three, easy runs for 40-60 min elsewhere in the week.

### Mon 6 – Sun 12 Feb

Tuesday easy run, Wednesday 70 min fast-steady club run, Saturday Surrey League XC (or threshold session), Sunday long run for 2:15-2:30 hours at an easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in the week.

### Mon 13 – Sun 19 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:30-2:45 hours at an easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

### Mon 20 – Sun 26 Feb

Tuesday easy run, 75 min Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in the week

# Complete LWT's Great North Wood Survey

The London Wildlife Trust (LWT) would like to hear about your experience in the Great North Wood so that they can continue to improve your experience when visiting the woods. Here in Dulwich, the Great North Wood includes Dulwich Wood, Hitherwood, Sydenham Hill Wood & Cox's Walk and further afield includes One Tree Hill and Crystal Palace Park. Complete LWT's Great North Wood visitor survey here, it should take no more than ten minutes.

<https://www.surveymonkey.co.uk/r/GNWvisitors2022>

# 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.

## 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

**v1 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](https://app.dulwichrunners.org.uk)

Now also available on iOS and Android. Search for "Dulwich Runners"

Download on the **App Store** 

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](#).

# Race Reports & Results

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

## Southern XC Champs Beckenham

8th January

Ed Chuck writes: We were back once again at Beckenham for the longest race of the season - advertised as 15k, but this came in 5-600m short. My pre-race predictions of a quagmire proved wildly incorrect, and course conditions had improved markedly in the fortnight following the 3rd Surrey League match.

This was just as well, as it meant not needing 15mm spikes - a relief given the course again took in a reasonable section of stony path (again, something that I got wrong in my pre-race guesswork!)

We had a healthy turn out of 20 runners - 5 up on last year's group. Without Jack we were always going to struggle to replicate last year's 7th place in the team standings, but we ended up finishing 9th of 46 teams, and with an overall score (550) which was only marginally down on last year's (528). Worth also mentioning that of the scoring 6, only 3 were the same as last year's, which again underlines our current healthy strength in depth.

Before the race my only real personal target was to finish further forward than last year's 25th. From the gun I adopted my usual tactic of following Herc's Fred Slemeck around for the first 3-4 miles, and judging how I felt from there. We were placed around 23rd/24th, and from halfway runners started coming back towards us. I felt great going into the last 2k, and picked off 4-5 chaps in the last lap, (always gratifying!) to finish 11th.

Behind, Rob Armstrong had taken the advice to start himself further forward, and improved on last year's 111th to finish 79th - also travelling at 10s/mile faster than last year despite slightly softer ground. Given that his final kilometre was his fastest, there was possibly more in the tank too. Aaron Wilson (still only on his 3rd XC race ever) put in a solid run as he



Andy Scott, Lloyd Collier, and Jonny Hough

builds back up post his 2:27:24 Valencia Marathon, finishing 30s back from Rob (90th), having given himself a handicap of an undone shoelace from 2k in.

Fred (114th) continued his return to full running fitness after a disrupted summer and autumn, and like some sort of red and blue shark, gobbled up Ade Russell (116th) on the run in. Ade's run was some 44 places up on last year, when he was moonlighting as Des (after someone, probably me, botched the entries.) Interested to see where he finished in the age category lists once full results are up.

Last scorer home was Andy B, who despite being worried about injuring himself again (as he did at the Southern last year), and thinking there was another lap to go, still finished with his customary kick to come home in 140th, 4 spots down from last time.

Just outside the scoring positions were Jon Phillips (188th) who showed no ill effects from his good Box Hill outing the

week before. Sean Cordon (209th) was not far behind, and is still getting back to full fitness (last year he finished an excellent 168th), although given his final kilometre was some 15s faster than any other during the race (the 2nd fastest of which was also the penultimate kilometre!) he perhaps also had more in the tank than he thought.

Alex ran a very evenly paced race a little back, and finished slightly up on last year (274th v 280). Worth mentioning here that missing from Alex's report of the Beckenham Surrey League fixture was his selfless sacrifice to get one of our team a race number which only got spotted on the line, which meant Alex missing the start, and therefore not running - thankfully no repeat this time out. National-bound Shane Donlon also improved from 336th to 301st, and looks to have had a well paced run - staying the course much better this year.

10 or so places back Eugene also paced things well, and while runbritain suggests that he previously ran this race



Rob Armstong

in 2020 (finishing 300 odd spots higher), I think somebody else may have been moonlighting as him on that occasion (given that Strava suggests he was some 50 odd miles away!) Not that this sort of leap is impossible - Just 9 positions further back, but an incredible 550(!) spots higher than when he last ran the event in 2019, came Alastair Lowe-Macrae. Following them, Murray Humphrey

made a good Southern debut heading home James Burrows, who (unsurprisingly since managing injury) is a little off the XC form he showed in the early autumn, and just behind them Gower, without the sand-bag of fancy dress for once, was another with a result which showed the progress he has made since last running this event in 2019 - finishing in 350th, up from 788th - and this despite haring off at the start and suffering a little up the final hill.

Next finisher Lloyd I know finds long race reports a little tiring. He finished.

Cross Country Stalwart Des made a curious choice to pull out his best parkrun time since 2020 the morning of the race, and his earlier exertions took their toll a little, with Des some way down on his best result here from 2019. He finished a couple of

places ahead of Andy Scott, making his Southern debut, who ran with solid pacing and made good use of the hill in the penultimate kilometre. Final finishers Jonny Hough & Andrea both finished well up on their previous performances at the Southern, but both were a little way off their current parkrun form (although clearly the run out did Jonny no harm, given that he set a Brockwell parkrun PB the following weekend.)

Thanks to all the DRs who volunteered to again marshall - as ever it was great to see some friendly faces out on the course (and Ebe put himself in a great position for some photos).

As entries for the National are closed, our last "club" XC race of the season is THIS SATURDAY back at Lloyd Park (and who knows, maybe the ground conditions there might have improved since the Surreys...) While we are probably safe from relegation, as it's our season ender we obviously want to get out as strong a team as we can. We are currently 108 points above second from bottom SLH (which would usually be a relegation spot), and it would be a great result if we could keep above them, which would see us stay up in a normal season.

11	<b>Edward Chuck</b>	<b>316</b>	<b>MSEN</b>	<b>00:47:18</b>	<b>11</b>
79	<b>Robert Armstrong</b>	<b>307</b>	<b>MSEN</b>	<b>00:50:58</b>	<b>79</b>
90	<b>Aaron Wilson</b>	<b>333</b>	<b>MSEN</b>	<b>00:51:30</b>	<b>90</b>
114	<b>Fred Bungay</b>	<b>312</b>	<b>MSEN</b>	<b>00:52:47</b>	<b>114</b>
116	<b>Adrian Russell</b>	<b>330</b>	<b>MSEN</b>	<b>00:52:51</b>	<b>116</b>
140	<b>Andy Bond</b>	<b>309</b>	<b>MSEN</b>	<b>00:53:46</b>	<b>140</b>
188	Jon Phillips	329	MSEN	00:55:27	
209	Sean Cordon	318	MSEN	00:56:02	
274	Alex Loftus	326	MSEN	00:58:20	
301	Shane Donlon	321	MSEN	00:58:59	
312	Eugene Cross	320	MSEN	00:59:27	
321	Alastair Lowe-Macrae	327	MSEN	00:59:46	
338	Murray Humphrey	325	MSEN	01:00:27	
346	James Burrows	313	MSEN	01:00:53	
350	Gower Tan	332	MSEN	01:01:05	
403	Lloyd Collier	317	MSEN	01:02:55	
410	Des Crinion	319	MSEN	01:03:22	
413	Andrew Scott	331	MSEN	01:03:29	
427	Jonny Hough	324	MSEN	01:04:08	
511	Andrea Ceccolini	314	MSEN	01:08:11	

1	Highgate Harriers	101
2	Tonbridge AC	103
3	Hercules Wimbledon AC	125
4	Southampton AC	179
5	Guildford & Godalming AC	439
6	Belgrave Harriers	492
7	Thames Hare & Hounds	493
8	Aldershot Farnham & DAC	523
9	<b>Dulwich Runners AC</b>	<b>550</b>
10	Woodford Green w Essex L	635
11	Kent AC	651

# Cancer Research Winter run

Gower writes: Overall I thought an exceptionally well organised race, run by Human Race on behalf of Cancer Research UK, with a lot of fun vibes and a great purpose at its core - about 4000 of the ~15,000 runners fundraise for Cancer Research UK and as at today we were at around £650,000.

Only criticism I had was the number of sharp U-turns, but that didn't seem to slow Ellis Cross, 28:52 or Jess Judd, 31:59 down too much!! I was happy to break 40 mins in my scientist costume, with a negative split and picking off a good deal of runners in the 2nd half. Clare writes: The February sunshine lit up London's West End beautifully for the Winter Run 10K. But for a 09.30 start, we were called into the start funnel well before 9am and Chris Cooper and I had a shivering disco instead of any useful warm up.

Despite that, a new asthma inhaler ( and a lesson in shoelaces the day before at Dulwich parkrun) meant that Chris didn't have to stop for once and ran a new PB.

Being cold at the start meant him and I both had a slow first km or so but I gradually shed gloves and buffs and loved the chance to run traffic free around normally the crazy Strand and frenetic High Hoburn. We met Eleanor who was glowing from a fantastic run and buzzing from running the city sights. Chris Lawrence was running with his Aunt I believe , so perhaps had a rather more domestic slant to the race to tell in his own way.

Overall, definitely an event to recommend for next year!

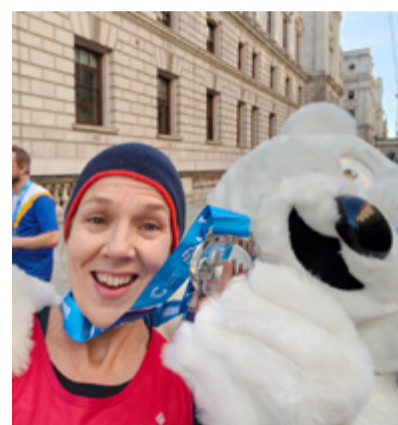
199	Gower Tan	00:39:05
341	Chris Cooper	00:40:48
759	Clare Norris	00:43:59
1192	Eleanor Simmons	00:46:03
8182	Rhian Stansfield	01:03:39
9736	Elizabeth Begley	01:07:41
11823	Chris Lawrence	01:15:46



Claire, Chris C, Eleanor



Gower



## The Ealing Mile

This race is held on the first Friday of every month in a small park not too far from Ealing Broadway. The chaos of the train strikes also brought chaos to my work diary which meant I managed a lunchtime jaunt on the Elizabeth line

over to Ealing. 20 runners or so gathered in the spring sunshine, a couple I recognised from Vets AC. A sharp turn near the start followed by a long downhill meant the inevitable pain of a long hill to come back up for the finish. But the effort rewarded me with a strong run and a good time-but unfortunately also the itch to give it another go..! Clare Norris 6.06 PB

## Bedgebury Forest 10 Mile

5th February 2023

Dave West writes: Bedgebury National Pinetum was set up in the 1920's as a partnership with Kew Gardens and is home to the largest pinetum in the world. Consisting of 350 acres of the rolling Kent weald with a series of six lakes along the Dallimore Valley, it is now managed by Forestry England. Unlike many land owners, they actively encourage trail running and mountain biking with marked courses and regular events including 21 parkruns across the country. They even have their own Strava club page!

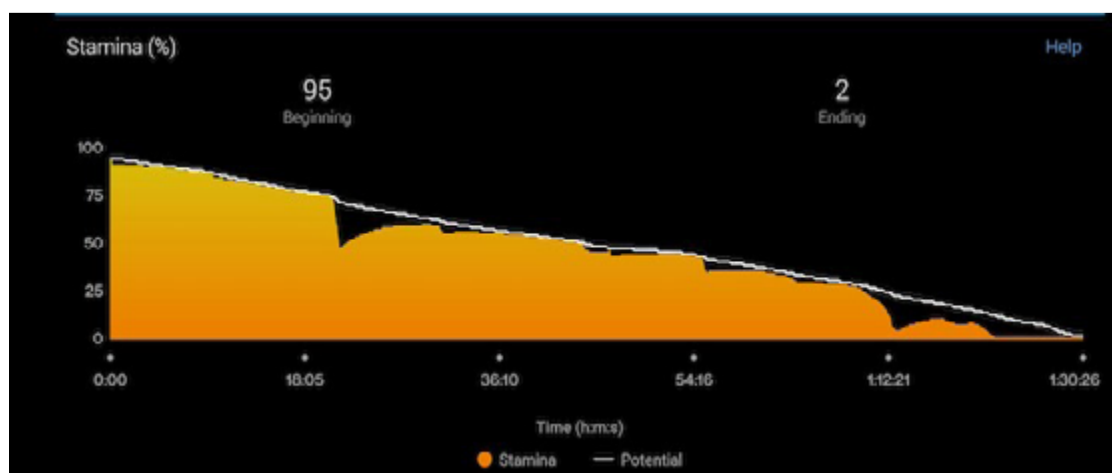
The Bedgebury Forest 5 and 10 mile races take place within the forest over a 5 mile loop. Situated a few miles from Bewl Water (home of the infamous 15-mile race), it was only a 50-minute drive from home on a glorious but chilly morning. The course largely consists of gravel tracks with just a few muddier patches; the hills start from the gun but are balanced with some good downhill and flatter sections before winding through the scenic lakes area to reach the finish; or another lap if, like me, you're doing the longer option. With nearly 900 feet of climb, this is however a challenging run.

As with the Tadworth 10 which I ran in January, I managed to pick up another cold about 10 days before and was light on long runs so the aim was to try to average 9-minute miles. I struggled up the first long hill and, with a mix of 5 mile and 10 mile participants, it was difficult to lock onto other runners. But I got round the first 5-mile loop in just outside 45 minutes albeit the hugely variable splits reflected the parcours.

I'd decided to experiment with gels which I'd not used for many years, but struggled to open the sachet wearing gloves and with cold fingers resulting in a brief stop. However, once I got going again, I started to pick up the pace overtaking a lot of runners. An 8:09 gel-powered ninth mile finally burnt off a slightly annoying fellow competitor who had walked all the hills allowing me to cruise past, only to come virtually sprinting past again on the flat.

The last steadily uphill mile was tough but about 30 seconds quicker than the same stretch in the first lap. Finishing in 90:21 for 71st place (190 ran the 10-mile event) was frustrating only because those seconds were the probably the ones I spent trying to open the gel. However, it was 5 minutes faster than Tadworth a month ago and great to be able to pick up the pace in the closing miles even if my Garmin now tells me that I need 3½ days to recover. To be fair, the Real Time Stamina feature on my watch (see picture) also suggests that I'd bottomed out by the end so I had probably given it everything I had on the day. It also reminds me that even after 40 years of running and approaching a new age category, I actually still enjoy pushing myself to whatever limits my body will cope with.

Well organised, supportive marshals and chip timing make this an event I'd definitely recommend. The Parkrun here is pretty good as well and you get 10% off in the café with your barcode. One for a summer day and either spend the day in the Forest or push on for another half an hour for a day at the seaside!



The following are the current standings in the Men's and Women's Ken Crooke Cross Country Championships, with one race to go, the final Surrey League match at Lloyd Park on 11 February. You can also find these results in the Dulwich Runners App, at [www.drastic.run](http://www.drastic.run)

## Ken Crooke Cross Country Championships 2022-23 | Men

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

#	Date	Event	Meeting	Venue	Priority
R1	15 Oct 22	5MXC	Surrey Men's League Division 1	Effingham Common	Yes
R2	12 Nov 22	8KXC	Surrey Men's League Division 1	Wimbledon	Yes
R3	19 Nov 22	10KXC	London Championships	Parliament Hill	No
R4	26 Nov 22	5MXC	South of Thames CCA 5 Championships	Lloyd Park	No
R5	17 Dec 22	7.5MXC	South of Thames CCA 7.5 Championships	Aldershot	No
R6	14 Jan 23	4.9MXC	Surrey Men's League Division 1	Beckenham Place Park	Yes
R7	28 Jan 23	15KXC	South of England Championships	Beckenham Place	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7							
1st	Robert Armstrong	M SEN	<b>244</b>	48.8	25:27	<b>47</b>	28:52	<b>50</b>	36:47	<b>49</b>	27:32	<b>49</b>	--	28:17	<b>47</b>	50:58	<b>49</b>	
2nd	Adrian Russell	M V45	<b>232</b>	46.4	26:17	<b>44</b>	29:40	<b>47</b>	39:30	<b>47</b>	28:59	<b>48</b>	--	28:45	<b>43</b>	52:51	<b>46</b>	
3rd	James Burrows	M V40	<b>194</b>	38.8	29:27	<b>34</b>	34:02	<b>38</b>	43:49	<b>44</b>	32:49	<b>40</b>	--	32:23	<b>33</b>	60:53	<b>38</b>	
	Edward Chuck	M V35	<b>250</b>	50.0	24:16	<b>50</b>	--	34:32	<b>50</b>	25:57	<b>50</b>	--	25:59	<b>50</b>	47:18	<b>50</b>		Min Pr. Races
	Alexander Loftus	M V45	<b>217</b>	43.4	29:21	<b>36</b>	33:45	<b>39</b>	43:28	<b>45</b>	32:37	<b>42</b>	48:16	<b>49</b>	--	58:20	<b>42</b>	Min Pr. Races
	Fred Bungay	M SEN	<b>184</b>	46.0	26:36	<b>41</b>	29:36	<b>48</b>	39:05	<b>48</b>	--	--	--	--	52:47	<b>47</b>		Min Races
	Sean Cordon	M SEN	<b>164</b>	41.0	28:17	<b>38</b>	--	--	31:02	<b>44</b>	--	--	29:26	<b>39</b>	56:02	<b>43</b>		Min Races
	Alastair Low-Macrae	M SEN	<b>159</b>	39.8	--	33:36	<b>41</b>	45:00	<b>41</b>	32:38	<b>41</b>	--	31:11	<b>36</b>	--	--		Min Races
	Eugene Cross	M V40	<b>153</b>	38.2	29:23	<b>35</b>	33:09	<b>43</b>	--	--	--	--	32:03	<b>35</b>	59:27	<b>40</b>		Min Races
	Sum Mattu	M V35	<b>145</b>	36.2	31:18	<b>32</b>	34:29	<b>37</b>	47:46	<b>37</b>	34:14	<b>39</b>	--	--	--	--		Min Races
	Aaron Wilson	M SEN	<b>141</b>	47.0	25:23	<b>48</b>	--	--	--	--	--	--	28:21	<b>45</b>	51:30	<b>48</b>		Min Races
	Jonny Hough	M V45	<b>134</b>	33.5	31:49	<b>30</b>	--	48:00	<b>36</b>	34:54	<b>38</b>	--	34:19	<b>30</b>	--	--		Min Races
	Jonathan Phillips	M V35	<b>128</b>	42.7	27:09	<b>39</b>	31:15	<b>45</b>	--	--	--	--	--	--	55:27	<b>44</b>		Min Races
	James Blackwood	M U23	<b>128</b>	42.7	27:07	<b>40</b>	30:43	<b>46</b>	--	--	--	--	28:58	<b>42</b>	--	--		Min Races
	Mike Mann	M V70	<b>114</b>	38.0	--	--	--	57:55	<b>34</b>	42:24	<b>33</b>	62:51	<b>47</b>	--	--	--		Min Races
	Murray Humphrey	M SEN	<b>113</b>	37.7	--	35:38	<b>34</b>	45:26	<b>40</b>	--	--	--	--	--	60:27	<b>39</b>		Min Races
	Mark Callaghan	M V45	<b>105</b>	35.0	--	34:51	<b>35</b>	46:27	<b>38</b>	--	--	--	32:32	<b>32</b>	--	--		Min Races
	Nick Impey	M V40	<b>98</b>	49.0	24:55	<b>49</b>	--	--	--	--	--	--	27:31	<b>49</b>	--	--		Min Races
	Ben Howe	M SEN	<b>94</b>	47.0	25:29	<b>46</b>	--	--	--	--	--	--	27:51	<b>48</b>	--	--		Min Races
	Shane O'Neill	M SEN	<b>94</b>	47.0	26:00	<b>45</b>	29:09	<b>49</b>	--	--	--	--	--	--	--	--		Min Races
	Hugh Stobart	M SEN	<b>91</b>	45.5	--	--	--	40:43	<b>46</b>	30:30	<b>45</b>	--	--	--	--	--		Min Races
	Justin Siderfin	M V50	<b>91</b>	30.3	31:45	<b>31</b>	36:37	<b>33</b>	--	--	--	--	35:02	<b>27</b>	--	--		Min Races
	Andy Bond	M V45	<b>91</b>	45.5	--	--	--	--	--	--	--	--	28:20	<b>46</b>	53:46	<b>45</b>		Min Races
	Shane Donlon	M V40	<b>91</b>	45.5	--	--	--	--	--	--	48:08	<b>50</b>	--	--	58:59	<b>41</b>		Min Races
	William Cole	M V35	<b>84</b>	42.0	--	--	--	--	30:20	<b>46</b>	--	--	29:33	<b>38</b>	--	--		Min Races
	Joe Hallsworth	M SEN	<b>84</b>	42.0	--	--	--	--	29:10	<b>47</b>	--	--	29:54	<b>37</b>	--	--		Min Races
	Robert Hollands	M V40	<b>83</b>	41.5	--	33:43	<b>40</b>	44:40	<b>43</b>	--	--	--	--	--	--	--		Min Races
	Timothy Bowen	M V35	<b>82</b>	41.0	26:32	<b>42</b>	--	--	--	--	--	--	29:25	<b>40</b>	--	--		Min Races
	Andrew Scott	M V40	<b>73</b>	36.5	--	--	--	45:41	<b>39</b>	--	--	--	--	--	63:29	<b>34</b>		Min Races
	Andrea Ceccolini	M V50	<b>70</b>	35.0	--	--	--	--	35:25	<b>37</b>	--	--	--	--	68:11	<b>33</b>		Min Races
	Hugh Balfour	M V65	<b>69</b>	34.5	--	--	--	51:45	<b>35</b>	38:41	<b>34</b>	--	--	--	--	--		Min Races
	Des Crinion	M V35	<b>66</b>	33.0	--	--	--	--	--	--	--	--	32:52	<b>31</b>	63:22	<b>35</b>		Min Races
	Nick Wood	M V45	<b>48</b>	--	--	--	--	--	--	--	49:34	<b>48</b>	--	--	--	--		Min Races
	Tom Shakhli	M V40	<b>44</b>	--	--	32:30	<b>44</b>	--	--	--	--	--	--	--	--	--		Min Races
	Steven Kendall	M V35	<b>44</b>	--	--	--	--	--	--	--	--	--	28:24	<b>44</b>	--	--		Min Races
	Tom South	M V45	<b>43</b>	--	26:25	<b>43</b>	--	--	--	--	--	--	--	--	--	--		Min Races
	Wayne Lashley	M V40	<b>43</b>	--	--	--	--	--	31:17	<b>43</b>	--	--	--	--	--	--		Min Races
	Joe Farrington-Douglas	M V40	<b>42</b>	--	--	--	--	44:50	<b>42</b>	--	--	--	--	--	--	--		Min Races
	Edward Harper-Masters	M SEN	<b>42</b>	--	--	33:16	<b>42</b>	--	--	--	--	--	--	--	--	--		Min Races
	Ben Smith	M V40	<b>41</b>	--	--	--	--	--	--	--	--	--	29:24	<b>41</b>	--	--		Min Races
	Kevin Chadwick	M V40	<b>37</b>	--	28:53	<b>37</b>	--	--	--	--	--	--	--	--	--	--		Min Races
	Gower Tan	M V50	<b>37</b>	--	--	--	--	--	--	--	--	--	--	--	61:05	<b>37</b>		Min Races
	Mark Foster	M V55	<b>36</b>	--	--	--	--	--	36:34	<b>36</b>	--	--	--	--	--	--		Min Races
	Lloyd Collier	M V50	<b>36</b>	--	--	--	--	--	--	--	--	--	--	--	62:55	<b>36</b>		Min Races
	Tom Barker	M SEN	<b>36</b>	--	--	34:29	<b>36</b>	--	--	--	--	--	--	--	--	--		Min Races
	Martin Double	M V45	<b>35</b>	--	--	--	--	--	38:08	<b>35</b>	--	--	--	--	--	--		Min Races
	Chris Beardsall	M V55	<b>34</b>	--	--	--	--	--	--	--	--	--	32:12	<b>34</b>	--	--		Min Races
	Dominic O'Sullivan	M V45	<b>33</b>	--	30:14	<b>33</b>	--	--	--	--	--	--	--	--	--	--		Min Races
	Dave West	M V60	<b>32</b>	--	--	--	--	--	42:43	<b>32</b>	--	--	--	--	--	--		Min Races
	John Kazantzis	M V50	<b>32</b>	--	--	37:11	<b>32</b>	--	--	--	--	--	--	--	--	--		Min Races
	Ross Rook	M V40	<b>31</b>	--	--	37:25	<b>31</b>	--	--	--	--	--	--	--	--	--		Min Races
	Hugh French	M V45	<b>30</b>	--	--	38:05	<b>30</b>	--	--	--	--	--	--	--	--	--		Min Races
	Jonathan Whittaker	M V40	<b>29</b>	--	--	--	--	--	--	--	--	--	34:34	<b>29</b>	--	--		Min Races
	Ed Simmons	M V40	<b>28</b>	--	--	--	--	--	--	--	--	--	34:53	<b>28</b>	--	--		Min Races
	Angus Fenton	M U23	<b>26</b>	--	--	--	--	--	--	--	--	--	39:57	<b>26</b>	--	--		Min Races



# Ken Croke Cross Country Championships 2022-23 | Women

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

#	Date	Event	Meeting	Venue	Priority
R1	15 Oct 22	3MXC	Surrey Women's League Division 1	Effingham Common	Yes
R2	12 Nov 22	5KXC	Surrey Women's League Division 1	Wimbledon	Yes
R3	19 Nov 22	6KXC	London Championships	Parliament Hill	No
R4	26 Nov 22	5MXC	South of Thames CCA 5 Championships	Lloyd Park	No
R5	17 Dec 22	7.5MXC	South of Thames CCA 7.5 Championships	Aldershot	No
R6	14 Jan 23	4.9MXC	Surrey Women's League Division 1	Beckenham Place Park	Yes
R7	28 Jan 23	8KXC	South of England Championships	Beckenham Place	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7							
1st	Katie Smith	W V40	<b>237</b>	47.4	22:00	<b>48</b>	20:54	<b>47</b>	27:15	<b>47</b>	--	55:06	<b>48</b>	37:11	<b>47</b>	35:46	<b>43</b>	
2nd	Katie Styles	W V40	<b>232</b>	46.4	22:17	<b>47</b>	22:12	<b>42</b>	--	39:02	<b>45</b>	--	36:33	<b>49</b>	33:04	<b>49</b>		
3rd	Ola Balme	W V55	<b>232</b>	46.4	22:31	<b>46</b>	22:27	<b>41</b>	27:41	<b>45</b>	37:53	<b>48</b>	55:34	<b>47</b>	37:13	<b>46</b>	--	
1st V40	Eleanor Simmons	W V40	<b>217</b>	43.4	23:15	<b>43</b>	22:31	<b>40</b>	29:02	<b>43</b>	39:00	<b>46</b>	--	37:54	<b>45</b>	39:56	<b>40</b>	
	Kay Sheedy	W V35	<b>248</b>	49.6	20:05	<b>50</b>	19:39	<b>49</b>	24:55	<b>49</b>	--	50:17	<b>50</b>	--	31:16	<b>50</b>		Min Pr. Races
	Rebecca Schulleri	W SEN	<b>194</b>	48.5	--	20:08	<b>48</b>	--	35:25	<b>50</b>	--	36:41	<b>48</b>	33:30	<b>48</b>			Min Races
	Harriet Roddy	W SEN	<b>177</b>	44.2	22:48	<b>44</b>	22:11	<b>43</b>	27:34	<b>46</b>	--	--	--	35:43	<b>44</b>			Min Races
	Ange Norris	W V60	<b>176</b>	44.0	--	22:32	<b>39</b>	28:11	<b>44</b>	38:06	<b>47</b>	65:18	<b>46</b>	--	--			Min Races
	Michelle Lennon	W V55	<b>164</b>	41.0	23:48	<b>41</b>	22:49	<b>38</b>	--	--	--	--	41:14	<b>43</b>	36:22	<b>42</b>		Min Races
	Midge Cameron	W V55	<b>155</b>	38.8	25:58	<b>38</b>	24:44	<b>36</b>	--	--	--	--	42:22	<b>42</b>	44:01	<b>39</b>		Min Races
	Clare Norris	W V45	<b>141</b>	47.0	--	21:28	<b>45</b>	--	--	--	53:25	<b>49</b>	--	33:52	<b>47</b>			Min Races
	Laura Vincent	W V40	<b>137</b>	45.7	22:40	<b>45</b>	21:26	<b>46</b>	--	--	--	--	--	34:49	<b>46</b>			Min Races
	Polly Warrack	W SEN	<b>100</b>	50.0	--	19:21	<b>50</b>	23:58	<b>50</b>	--	--	--	--	--	--			Min Races
	Alicja Furmanczyk	W V35	<b>97</b>	48.5	--	--	26:28	<b>48</b>	36:49	<b>49</b>	--	--	--	--	--			Min Races
	Belinda Cottrill	W V35	<b>81</b>	40.5	--	23:38	<b>37</b>	--	--	--	--	--	38:45	<b>44</b>	--			Min Races
	Lindsey Annable	W V50	<b>81</b>	40.5	26:24	<b>37</b>	--	--	45:55	<b>44</b>	--	--	--	--	--			Min Races
	Emma Hatch	W V35	<b>50</b>	--	--	--	--	--	--	--	--	--	35:58	<b>50</b>	--			Min Races
	Alex McClelland	W SEN	<b>49</b>	--	21:02	<b>49</b>	--	--	--	--	--	--	--	--	--			Min Races
	Olivia Bishton	W V45	<b>45</b>	--	--	--	--	--	--	--	--	--	--	35:09	<b>45</b>			Min Races
	Christina Dimitrov	W V35	<b>44</b>	--	--	21:37	<b>44</b>	--	--	--	--	--	--	--	--			Min Races
	Yvette Dore	W V50	<b>42</b>	--	--	--	29:11	<b>42</b>	--	--	--	--	--	--	--			Min Races
	Nicola Richmond	W V50	<b>42</b>	--	23:31	<b>42</b>	--	--	--	--	--	--	--	--	--			Min Races
	Gabriela Rothova	W V35	<b>41</b>	--	--	--	--	--	--	--	--	--	42:48	<b>41</b>	--			Min Races
	Sue Cooper	W V40	<b>41</b>	--	--	--	--	--	--	--	--	--	--	38:08	<b>41</b>			Min Races
	Christiana Campbell	W SEN	<b>40</b>	--	24:13	<b>40</b>	--	--	--	--	--	--	--	--	--			Min Races
	Emma Benyon	W V35	<b>39</b>	--	25:50	<b>39</b>	--	--	--	--	--	--	--	--	--			Min Races
	Jenny Bomers	W V40	<b>36</b>	--	32:02	<b>36</b>	--	--	--	--	--	--	--	--	--			Min Races

**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

501 Ran  
Pos Gen  
60 7 Ola Balme 22:30

### Richmond

417 Ran  
Pos Gen  
171 129 Barrie John Nicholls 27:25  
335 128 Lindsey Annable 34:54

### Bromley

671 Ran  
Pos Gen  
142 116 Colin Frith 23:24

### Brockwell

385 Ran  
Pos Gen  
2 2 Lewis Laylee 16:14  
4 3 Aaron Wilson 17:04  
5 4 Hugh Stobart 17:31  
10 9 Jonny Hough 19:05  
52 41 Stephen Trowell 21:46  
55 7 Laura Vincent 21:53  
60 9 Catherine Buglass 22:03  
66 51 Jamie Robinson-Nicol 22:22  
125 26 Teresa Northey 24:31  
141 103 Graham Laylee 24:59  
164 115 James Gordon 25:58  
207 137 Lee Wild 27:03

### Beckenham Place

279 Ran  
Pos Gen  
18 15 Sam Jenkins 20:55  
89 15 Claire Barnard 25:41

### Highbury Fields

389 Ran  
Pos Gen  
169 121 Martin Kelsen 25:36

### Nonsuch

760 Ran  
Pos Gen  
187 161 Michael Mann 24:07  
220 184 Dave West 24:51  
270 46 Ros Tabor 25:59  
323 254 Gary Budinger 27:08  
328 258 Andy Murray 27:11

### Crystal Palace

393 Ran  
Pos Gen  
28 1 Yvette Dore 21:44  
46 41 David Benyon 22:45

63 7 Eleanor Simmons 23:21  
75 9 Belinda Cottrill 23:52  
349 199 Bob Bell 35:46

### Whitstable

329 Ran  
Pos Gen  
22 4 Michelle Lennon 21:51

### South Norwood

253 Ran  
Pos Gen  
99 17 Carys Morgan 25:18  
189 130 Peter Jackson 30:46

### Riddlesdown

134 Ran  
Pos Gen  
30 24 James Wicks 24:41

### Pymmes

150 Ran  
Pos Gen  
44 7 Katie Prior 24:18

### Mile End

465 Ran  
Pos Gen  
262 181 Paul Keating 27:08

### Dulwich

577 Ran  
Pos Gen  
8 8 Robert Armstrong 16:03  
53 45 Steven Kendall 18:16  
72 60 Andrea Ceccolini 19:01  
78 65 Grzegorz Galezia 19:09  
97 82 Rob Fawn 19:46  
100 84 Rupert Winlaw 19:52  
109 90 Chris Cooper 20:08  
132 107 Mark Read 20:40  
149 19 Clare Norris 21:05  
216 170 Huw Russell 22:46  
266 197 Chris Lawrence 24:01  
276 207 Tommy Fernandez 24:06  
302 225 Miles Gawthrop 24:50

### Hilly Fields

271 Ran  
Pos Gen  
7 7 Joe Farrington-Douglas 19:16  
13 13 Ryan Duncanson 19:56

### Burgess

587 Ran  
Pos Gen  
48 39 Ebe Prill 19:57

127 12 Rebecca Davis 22:40  
225 164 Joseph Brady 24:24  
329 81 Joanne Shelton Pereda 27:00  
332 83 Claire Steward 27:07  
561 227 Susan Vernon 44:36  
563 229 Stephanie Burchill 44:37

### Peckham Rye

291 Ran  
Pos Gen  
3 3 Andy Bond 16:31  
13 13 Mark Callaghan 19:28  
21 19 Michael Nogas 20:09  
51 6 Harriet Roddy 22:15

### Folkestone

316 Ran  
Pos Gen  
18 1 Kim Hainsworth 20:43

### Tooting Common

650 Ran  
Pos Gen  
209 151 Ian Sesnan 25:21

### Haga

75 Ran  
Pos Gen  
15 15 Paul Collyer 21:32

### Kew Woods

67 Ran  
Pos Gen  
10 2 Nicola Richmond 22:50

### Bethlem Royal Hospital

54 Ran  
Pos Gen  
2 2 Jonathan Whittaker 20:02

### Squerryes Winery

98 Ran  
Pos Gen  
17 15 Justin Siderfin 25:15

### Garvagh Forest

37 Ran  
Pos Gen  
6 2 Alexandra McClelland 22:25

### Sutcliffe

199 Ran  
Pos Gen  
34 26 Michael Fullilove 21:41

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



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

**Socks only £5**



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

**! Available now!**  
**Women's "Racer Back"**  
**vests - £25**

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)**



# NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 10

All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation  
 7.3 miles / 11.8 km - 151 m elevation  
 5.5 miles / 8.9 km - 94 m elevation

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

