

## These are your SHORTS

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

**DEADLINE for submissions etc 17:30 TUESDAY**  
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 !

- 1 General notices
- 2 Club runs & training
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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](mailto: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](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, 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](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

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](mailto: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](mailto:thomas_south@hotmail.com)

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



### **Surrey League**

We compete in the Surrey League and 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](mailto:dulwichladiescaptain@gmail.com)

[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

[chuckedward@googlemail.com](mailto: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](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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

*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*

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)

## Cross Country Fixtures

2022			Distances, Start times etc
Feb	19	<b>Surrey League 4 (men)</b>	<b>Lloyd Park</b> 8k men and women start times tbc
	19	<b>Surrey League 4 (ladies)</b>	<b>Effingham Common</b> " " "
	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](http://www.hernehillssportsmassage.co.uk)

**Contacts:**  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) - [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) - [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

# 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.

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

## Crystal Palace parkrun

6 February

Ebe Prill writes: Our first club championship race of this year saw a fabulous turnout of just over 60 DR competitors (43 men, 18 women) in a larger than usual field of 414 runners. Race conditions were good on a sunny but cold day and this, together with the competitive turnout, led to a multitude of course PBs and great first time runs on this tough hilly two lapper.

At the front Tom South and first timer Rob Armstrong had a tight contest, decided finally by Rob in first place, closely followed by Tom in his PB run here in second overall.

Also rewarded with a course PB was our third finisher Jon Phillips in fourth overall, with Hugh Stobart hot on his heels in fifth. Not far behind first timer Ade Russell in sixth and Andy Bond in seventh overall.

The first Dulwich woman in (and first overall) was Polly Warrack,

second Kay Sheedy (3rd overall) and third Emma Ibell (5th overall). Please find the many excellent runs and results in the list below, together with our medalists for this club champs race. A special mention maybe should go to Tim Bowen who tackled the hilly two laps with a fully loaded twin buggy and Alastair Locke (sadly leaving us for The North and not a DR anymore) doing the same in a single buggy. Their kids allegedly enjoyed the chariot racing enormously.

Another shout-out to Andy Murray who completed his 250th parkrun at this event.

And of course to our volunteers who provided great support along the course and in the finish: Yvette Dore and Ange Norris (tail-walking and hence also in the results in uncharacteristic last place), Hugh Balfour, Mike Dodds and Bob Bell who also secured good cooperation with the parkrun team for this event.

A very nice start to the club champs season and well done all!

the parkrun report for the event, headlined 'a very fast run' can be found here: <https://www.parkrun.org.uk/crystalpalace/new>

### DR Club Champs 2022 - Parkrun

#	Date	Event	Meeting	Venue
R1	05 Feb 22	parkrun	Crystal Palace parkrun # 504	Crystal Palace

Overall Winner: man or woman with highest age grading (AG)  
AG M/W Winner: man and woman with next best age grading after all other medalists.  
Captains Award: in recognition of improved performance in non-medalists chosen by the captains and coaches

Presentation of medals before the clubrun at 7pm tonight by our honorary president Chris Vernon. Would be great if as many as possible could attend and stay on for some socialising after the clubrun

Award	Name	AG	Time	AG Res
1st M	Robert Armstrong	M SEN	16:48	76.5%
Overall Winner	Tom South	M V40	16:52	84.3%
2nd M	Jonathan Phillips	M SEN	17:15	76.6%
3rd M	Hugh Stobart	M SEN	17:17	74.6%
1st M V40	Adrian Russell	M V40	17:24	80.6%
AG M Winner	Andy Bond	M V40	17:38	81.8%
	Rob Emes	M V40	17:51	76.9%
	Wayne Lashley	M V40	18:00	75.6%
	Tom Shakhli	M SEN	18:10	74.2%
	Kevin Chadwick	M V40	18:29	74.1%
Captain's Award	Nicholas Fiducia	M SEN	18:44	71.4%
1st W	Polly Warrack	W SEN	18:46	78.5%
	Alexander Loftus	M V40	18:56	75.1%
	Joe Farrington-Douglas	M V40	19:05	72.4%
1st M V50	Grzegorz Galezia	M V50	19:13	77.5%
	James Burrows	M V40	19:14	71.3%
	Timothy Bowen	M SEN	19:30	68.5%
	Sam Jenkins	M SEN	19:32	65.8%
	Ed Simmons	M V40	19:41	69.2%
	Eberhard Prill	M V50	19:48	80.0%
	Andrea Ceccolini	M V50	19:51	75.7%
2nd W	Kay Sheedy	W SEN	20:30	72.9%
	Charles Lound	M V50	20:41	73.4%
	Grant Kennedy	M SEN	20:46	65.1%
	James Auger	M V40	20:48	69.6%
	Robert Tokarski	M V40	20:52	67.1%
	Jonathan Whittaker	M V40	21:01	65.5%
3rd W	Emma Ibell	W V50	21:11	78.1%
	Lee Wild	M V50	21:19	69.4%
	Edward Smyth	M V40	21:32	63.1%
	Lloyd Collier	M V40	21:48	66.7%
	Ajay Khandelwal	M V50	21:59	67.6%
1st M V60	Martin Kelsen	M V60	22:02	72.3%
1st W V40	Eleanor Simmons	W V40	23:02	67.5%
	Stephen Williams	M V60	23:20	71.7%
	Catherine Buglass	W V40	23:50	64.5%
	Graham Laylee	M V60	23:59	69.0%
	Mike Mann	M V60	24:10	75.8%
	Joseph Brady	M V50	24:10	63.3%
	Sam Mattu	M SEN	24:12	54.5%
Captain's Award	Rebecca Davis	W SEN	24:13	61.6%
	Miles Gawthorp	M V40	24:33	58.9%
	Barrie John Nicholls	M V60	24:38	69.2%
	Dave West	M V60	24:45	66.1%
	Jo Quantrill	W V60	25:06	80.3% 2nd claim
	Shoko Okamura	W SEN	25:18	58.9%
1st W V50	Lucy Pickering	W V50	25:27	69.7%
	Colin Frith	M V60	25:35	64.7%
	Lindsey Annable	W V50	27:02	63.8%
	Andrew Murray	M V60	27:19	63.0%
1st W V60	Clare Wyngard	W V60	27:48	67.3%
	Jenny Bomers	W SEN	27:52	54.2%
	Elizabeth A Begley	W V60	28:13	71.0%
	Belinda Cottrill	W SEN	28:24	52.8%
	Ameet Patel	M V50	29:16	53.3%
AG W Winner	Ros Tabor	W V60	29:51	73.1%
	Clare Osborne	W V50	31:37	52.5%
	Susan Vernon	W V60	42:44	54.3%
	Bob Bell	M V60	42:46	40.0%
	Christopher Russell Vernon	M V60	48:24	41.0%
	Ange Norris	W V60	51:02	36.4%



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.

## Brockwell , Herne Hill

351 Ran  
Pos Gen  
40 35 Stephen Trowell 21:23

## Bath Skyline

293 Ran  
Pos Gen  
29 4 Becca Schulleri 21:30

## Burgess

487 Ran  
Pos Gen  
185 133 Joe Sheppard 24:18  
439 171 Stephanie Burchill 33:44

## Charlton

172 Ran  
Pos Gen  
40 37 Stephen Smythe 23:24

## Clapham Common

735 Ran  
Pos Gen  
282 204 Ian Sesnan 24:40

## Crystal Palace

414 Ran  
Pos Gen  
1 1 Robert Armstrong 16:48  
2 2 Thomas South 16:52  
4 3 Jon Phillips 17:15  
5 4 Hugh Stobart 17:17  
6 5 Adrian Russell 17:24  
7 6 Andy Bond 17:38  
9 8 Shane Boyce 17:49  
11 10 Robert Emes 17:51  
12 11 Wayne Lashley 18:00  
13 12 Tom Shakhli 18:10  
15 13 Kevin Chadwick 18:29  
17 15 Nicholas Fiducia 18:44  
18 1 Polly Warrack 18:46  
19 16 Alex Loftus 18:56  
22 19 Joe Farrington-Douglas 19:05  
25 21 Grzegorz Galezia 19:13  
26 22 James Burrows 19:14  
30 25 Timothy Bowen 19:30  
32 27 Sam Jenkins 19:32  
33 28 Mark Callaghan 19:33  
35 30 Edward Simmons 19:41  
38 33 Ebe Prill 19:48  
39 34 Andrea Ceccolini 19:51

42 36 Hugh French 20:20  
43 3 Kay Sheedy 20:30  
49 41 Charles Lound 20:41  
51 43 Grant Kennedy 20:46  
52 44 James Auger 20:48  
54 46 Robert Tokarski 20:52  
56 48 Jonathan Whittaker 21:01  
61 5 Emma Ibell 21:11  
64 55 Lee Wild 21:19  
66 57 Alastair Locke 21:29  
67 58 Edward Smyth 21:32  
70 60 Lloyd Collier 21:48  
73 63 Ajay Khandelwal 21:59  
74 64 Martin Kelsen 22:02  
78 7 Emma Kelly 22:29  
92 9 Eleanor Simmons 23:02  
107 93 Stephen Williams 23:20  
119 12 Catherine Buglass 23:50  
127 108 Graham Laylee 23:59  
132 113 Michael Mann 24:10  
133 114 Joseph Brady 24:10  
136 116 Sam Mattu 24:12  
138 16 Rebecca Davis 24:13  
145 121 Miles Gawthorp 24:33  
147 122 Barrie John Nicholls 24:38  
152 125 Dave West 24:45  
174 28 Shoko Okamura 25:18  
185 31 Lucy Pickering 25:27  
188 146 Colin Frith 25:35  
228 46 Lindsey Annable 27:02  
236 173 Andy Murray 27:19  
246 55 Katharine Bond 27:42  
249 57 Clare Wyngard 27:48  
252 59 Jenny Bomers 27:52  
260 65 Elizabeth Begley 28:13  
266 68 Belinda Cottrill 28:24  
290 189 Ameet Patel 29:16  
300 88 Ros Tabor 29:51  
333 111 Clare Osborne 31:37  
401 156 Susan Vernon 42:44  
402 217 Bob Bell 42:46  
407 218 Chris Vernon 50:10  
411 164 Ange Norris 51:02

## Dulwich

448 Ran  
Pos Gen  
52 47 Rob Fawn 19:32  
83 72 Mark Read 20:42  
183 29 Claire Steward 24:42

## Lincoln

315 Ran

Pos Gen  
173 131 Martin Wagner 30:52

## Long Eaton

413 Ran  
Pos Gen  
35 2 Michelle Lennon 20:49

## Peckham Rye

267 Ran  
Pos Gen  
6 6 Wander Rutgers 18:45

## South Norwood

152 Ran  
Pos Gen  
87 59 Peter Jackson 29:57

## Southwark

369 Ran  
Pos Gen  
63 54 Nicholas Brown 21:33  
207 54 Harriet Roddy 26:31

## Springburn , Glasgow

90 Ran  
Pos Gen  
7 7 Jonny Hough 19:51

## Sutcliffe

200 Ran  
Pos Gen  
23 23 Michael Fullilove 20:11

## Swanley

96 Ran  
Pos Gen  
32 28 Tommaso Bendoni 27:36

## Tilgate

393 Ran  
Pos Gen  
99 88 Gary Budinger 25:31

## Wakefield Thornes

245 Ran  
Pos Gen  
49 2 Claire Barnard 24:52

# 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](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 9

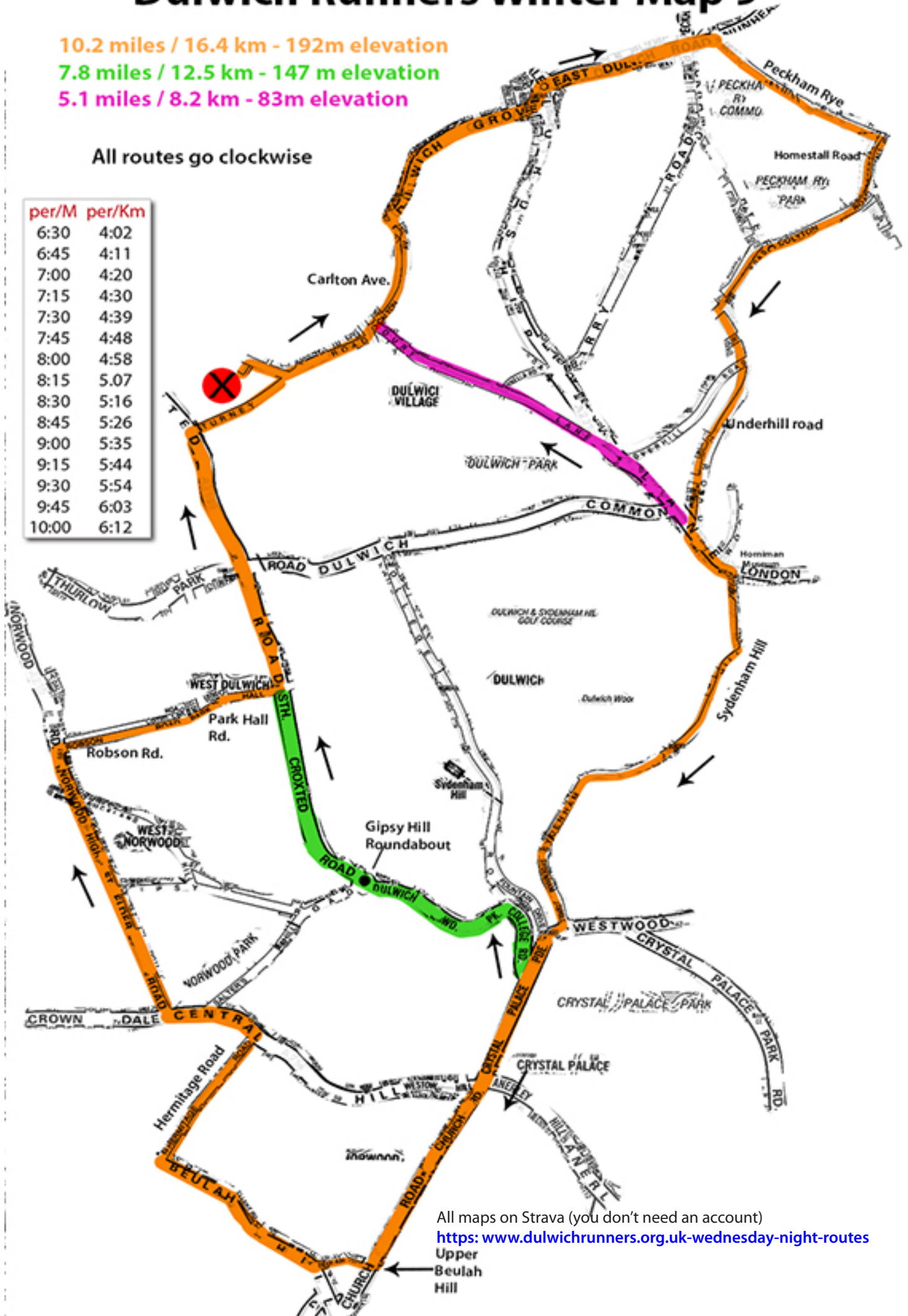
10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



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