

## 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. 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 following page

suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 4 Club Champs details
- 5 Cross Country
- 7 Race reports and results (Nada this week !)
- 11 Club kit
- 13 Wednesday night map.

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

[Like us on Facebook @dulwichrunners](#)

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

Connect with us:



## 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
Jan 14	Surrey League XC	Beckenham
	28 South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall
Mar 4	Sri Chinmoy 10k - L	Battersea Park
	19 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

## Post cross country drinks will be at The Jolly Woodman this Saturday.

This nice pub has been extremely popular as a post race destination, and is approx a 10 minute walk from Beckenham Place Park and a short walk to Beckenham Junction. Details of the pub are as follows:-

<https://whatpub.com/pubs/BRO/12531/jolly-woodman-beckenham>

## 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
19 March	Victoria Park 5 miles S
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
1 July	Brockwell parkrun S
15 July	Elmore 7 L
? July	(date tbc) Golden Stag Mile S
3 Sep	(date tbc) Big Half L

The marathon, 1/2M, Elmore 7 and 10k events will be classed as long (L), and the 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.

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. We have selected the 4 March event in Battersea Park.

Updates on events with dates to be confirmed will be issued as soon as details known. We'll let people know in Shorts when races are open for entry and provide links

## 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.

# 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

We still cant use Crystal Palace track as no lights yet - hopefully resolved asap - we will keep you informed of alternative sessions etc.

### 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 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)

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk)

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

# Dulwich Runners

## Spring marathon survey

I've made a survey to ask all club members if you are running a Spring marathon, and if so, which one, your target time, and whether you'd like to join a Sunday run group.

The idea is to get a full picture of who is doing what, and then set up groups for people who are similar-ish level.

**Tom Shakhli**

**So far we've had 32 responses and we'll be able to set up 3-4 pace appropriate groups as a result.**

Survey is here: <https://forms.gle/aTbaff6VkuwYkC496>

## 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.

## England Masters Opportunities

England Athletics have some information about masters athletes opportunities, including race selection and training webinars, which should be of interest to a wide range of coaches and athletes. <https://www.Englandathletics.org/athletics-and-running/england-competitions/age-group-masters-competition/> Tom Poynton (Coach in Running Fitness).

## A spring marathon training plan

### Introduction – who is this for?

I've set out below a suggested training plan covering just January for anyone planning a spring marathon - I will cover February, March and April in future editions of Shorts. With many of you targeting the London Marathon on 23rd April, I have set the race date in the plan for then, but if you have a different target race date then just adjust the dates accordingly.

To make the most of this plan, you should have been running several times a week for at least six months, hopefully (much) longer and are capable of running 5-6 days a week during this period. If you are able and willing, then you could increase the distance run, and if you are running more than about 60-70 miles a week then you might want to consider adding in an easy-paced run for say 30 minutes on top of all this and seeing if this works for you.

If anyone is much newer to running and/ or for whom this plan looks too ambitious, then I would suggest you concentrate on the Wednesday club runs, Sunday long runs and a couple of 40-60 minute easy paced runs at other times in the week, which should include a few strides (10-20 seconds of fast but controlled running with plenty of recovery).

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and contact me [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person) if you have any questions or want any further advice e.g. on how to adapt it to suit your circumstances and to take into account what has worked well for you in previous training cycles. This is only my suggestion - there are many fine marathon plans out there, not least in previous editions of Shorts, but I hope you find it useful.

### January training focus

In this phase you should be developing your all-round fitness, and starting to nudge up your long run without it having the prominence it later develops. This shouldn't really look too different from what you did before Christmas, and if you trained consistently then, you should be well-placed to take advantage of the extra fitness this gave you.

### The different types of runs

The Tuesday interval sessions should help develop speed-endurance, and although I haven't set out the details here, they should involve 3-4 miles at a mix of 3k, 5k & 10k paces plus the warm-up and cool-down.

Wednesday club runs are a really good way to get in about an hour or so of easy or steady paced running (which will increase later on), depending on how you are feeling and should help reinforce the benefits of the Sunday long run. So for many of you this would fit with running the medium route, but the faster amongst you might be fine with the longer route and similarly the less-speedy might be better suited to the shorter route. Having people around you should reduce the perceived effort, and it's also a good way to meet others in the club with a similar training target, so do come along if you can.

There are three Saturday cross-country races this month and I've added them all to the plan, as they should build strength and endurance, although you could instead run a Parkrun at either a "full on" effort or at a controlled 10k/10m/ 1/2M pace with a couple of easy miles before and after.

Sunday long runs (which don't have to be on a Sunday, particularly if you do shift work or have other commitments) are key, even at this stage, and should be at an easy conversational pace for up to about two hours this month, and run on softer ground and

not roads where possible. If you run with others, such as the club's organised runs, try to avoid any temptation to turn this into a race, at least for now.

On top of the club runs and races I have included some easy-paced running (again, on softer ground and off-road where possible) – it is up to you when and where you do this, and you may wish to do this individually or with others.

I've suggested scaling back slightly most of the runs in the final week, partly to prepare for and recover from the SEAA XC champs (with the men's race being particularly long) but also to avoid too much accumulated fatigue as we move into February.

### Mon 2 – Sun 8 Jan

Tue. interval session, Wed. 60 min. club run, Sat. county champs XC, Sun. long run for 1:30-2:00h easy pace. Otherwise easy run for 40-60 min. (or equivalent cross-training) on one, preferably two of the other days this week.

### Mon 9 – Sun 15 Jan

Tue. interval session, Wed 60 min. club run, Sat. Surrey League XC, Sun. long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs for 40-60 min. elsewhere in the week.

### Mon 16 – Sun 22 Jan

Tue. interval session, Wed. 60 min. club run, Sat. parkrun, Sun. long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs for 40-60 min. elsewhere in the week.

### Mon 23 – Sun 29 Jan

Tuesday interval session, Wed. 50 min. club run, Sat. SEAA XC, Sun. long run for 1:30 at an easy pace. Otherwise one, preferably two easy runs for 40-50 min. elsewhere in the week.

## Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

## Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

## Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

## Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

## Other Races

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

## Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

## Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



## Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

## Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

## Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

## Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

## 2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

## Contacts

Further info contact your captains at:  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

# Physiotherapist Talk

Club House, Wednesday 11 January, 8.30pm

A physiotherapist from Vita Health Group will be providing a talk on injury prevention and rehabilitation after our club runs. With many members looking to increase their mileage and activity in the new year with marathons on the horizon it's important to train smartly and listen to your body. Hopefully this talk will be of interest.

## 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.

### Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

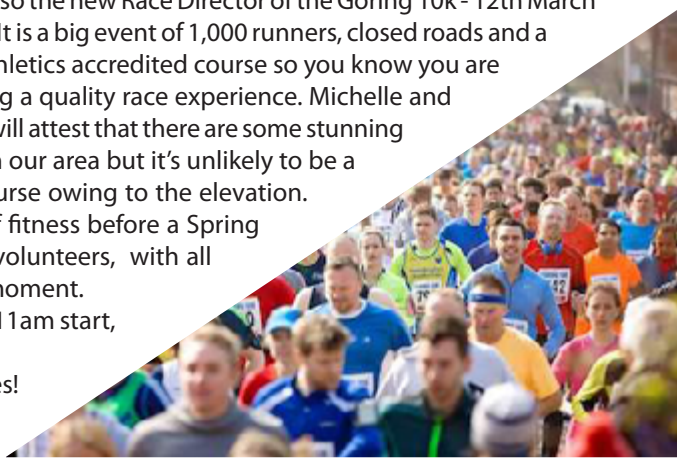
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at [www.goring10k.com](http://www.goring10k.com)

or please email me Elkie Mace: [runwithelkie@gmail.com](mailto:runwithelkie@gmail.com)



### 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](http://app.dulwichrunners.org.uk)

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



Feedback and requests **Andrea Ceccolini**  
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004



# 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.

## Surrey Champs XC Lloyd Park

Ola reports ...

Mud, glorious mud. Looked beautiful and dry the last time I was at Lloyd Park.

Felt and looked more like a xc course. Wasn't prepared for the muddier and slippery part but soon got used to it on the second lap, it was fun and enjoyable. We had support from Ange. Ros was officiating and the men.

The men had a good turnout, we stayed and watched their race.

Our first runner was Eleanor, who took advantage of me coming to a standstill at the first muddy stretch.

I finished soon after.

Eleanor adds ... Yes there was definitely mud! Changing into dry socks after running through swamps was heaven. Thank for the support on the course Ange and Ros at the finish line. Harriet's first xc after cold and chest infection. She did well to run a full lap.

Catherine agreed - Lloyd Park provided the full mud experience - it was great and lovely to have the support too!

Midge agreed with everyone, loved it! The full mud experience. I learned a few things: spikes really do work; change out of wet



Catherine, Ola, Midge, Eleanor, Harriet

shoes as soon as you finish to stop the chills; I actually ran faster than I do when running the streets of Peckham-the element of competition so works for me. Thanks for coming Ange.

66 Eleanor Simmons	38.58
69 Ola Balme	39.04
87 Catherine Buglass	42.54
94 Midge Cameron	44.30
124 ran	



## Thames Hare & Hounds

Second Sunday 5 miles, Trail Race Wimbledon Common

8 January 2023

A very muddy run!

Andy Murray 48:42

Ros Tabor 49:58

# Tadworth 10 miles

8th January 2023

Dave West writes: - For the last 2000 years or so, the first week in January has been celebrated for the arrival of three important people travelling from afar bearing gifts of gold, frankincense, myrrh and possibly riding camels. In the majority of the last 39 of those, all large four-legged beasts, camels and racehorses, have been temporarily banished from Epsom Downs for the Tadworth 10. Its latest iteration is a multi-terrain race advertised as half road and half trail and of course at the mercy of the January weather. There was however virtual gold in the form of a generous prize structure, albeit a wooden medal for everyone else.

The race HQ is a large grandstand overlooking the downs, which can more than cope with the 500 plus runners and spectators sheltering from the weather and has registration, toilets designed for thousands on Derby Day, refreshments, but unfortunately not the changing promised on the race entry. Nevertheless, it was very welcome on a day where heavy rain was forecast along with 30 mph winds and a temperature with windchill of 3c, and mercifully just a short jog from the start.

Epsom Downs is a very exposed area of heathland criss-crossed by the horse racing circuit and the first half mile, all slightly uphill into a strong wind, is a tough start. Recent rain had also left a lot of large ponds on the trail with slippery mud surrounding them, suggesting that the SLH runner who

slithered past me wearing Nike Vaporflys may just have got her shoe choice a little wrong. A brief downhill respite is followed by a long uphill slog of over a mile, which is at least sheltered, and the race finally reaches the highest point at just over 600 feet before a descent on roads into the delightful village of Tadworth after which the race is named. After some more twists and turns through woodland and a nice downhill road section, it's back to the Downs and another stiff climb into that headwind to complete the lap and then round to do it all again. With over 1000 feet of climb, poor weather and tricky underfoot conditions, times were largely irrelevant but the winner, Alex Wright from Reigate, finished in 60:45 with the 518th

the weather worsened, passing many runners on the way who were reduced to walking the hills. The rain held off for about 90 minutes so fortunately he only had a brief period of near horizontal rain to contend with. We were joined by Kaylee Coxall who was a Dulwich member for 26 years, before leaving to join a club nearer to home in 2018. Kaylee enjoyed her debut here so much that she is already making plans to return in 2024. Paul Keating struggled a little with the hills, and also had the worst of the weather, but made another significant step back to fitness after injury in what was a difficult race. Overall, a good day out and a decent test of post-Christmas fitness for all of us.



This is a well organised event with great marshals (who must have been frozen by the end) and excellent facilities, all for £20. An 11:30 start eases the travel difficulties that are encountered with many events which seem to be getting earlier and earlier. There is a water station passed twice which I noted included flapjacks for those requiring a little more sustenance. Mile markers looked pretty accurate as did the overall

and last participant to cross the line took over 3 hours. The winning times were the slowest for a number of years.

It was good to catch up with former member Paul Devine on the start line, now a local who lives in nearby Walton. Jo Quantrill had an excellent run, despite doing battle with horses from a riding school on a narrow lane, crossing the line as second FV60 but losing out on chip timing by just six seconds; fortunately, still getting a prize for third. Even better she finished in relatively dry conditions. Dave had been ill after Christmas so ran cautiously and was pleased to only lose about 40 seconds on the second lap as

distance of 10 miles and there was chip timing. Unfortunately, it clashes with the weekend of the County XC Champs and anyone who can complete three laps of Lloyd Park on a Saturday and 10 miles in Tadworth the following day definitely deserves more than a medal! The wide range of abilities amongst the participants, makes this a potential target race for anyone up for a new year challenge.

96	Paul Devine	1:19:14 (former member)
166	Jo Quantrill	1:25:36 (2 <sup>nd</sup> claim, 3 <sup>rd</sup> F60)
307	Dave West	1:35:19
388	Kaylee Coxall	1:41:52 (former member)
439	Paul Keating	1:49:49



# Crystal Palace 5k Canter

3 January

On a damp breezy morning, 5 of us took part in the first Canter of the New Year. The course was unusually muddy and slippery at the foot of the initial descent as a result of vehicle movements. Mike Mann

Mark Foster 22:13  
Mike Mann 24:49  
Jo Quantrill 24:58  
Belinda Bell + Milo 26:33  
Mike Dodds 29:16





# British & Irish Masters Cross Country International Dublin

November 12

Steve Smythe writes ..Ed Chuck, selected for England after winning the British Masters title in March,, led for much of the race but ultimately ended up fifth and third M35 though leading Englishman. He also picked up a team bronze.

Andy Bond, in his last year in the M45s, ran a more sensible race, holding back and then powering through to finish eighth and be in England's silver medal winning team.

Clare Elms took it easy initially but then powered through to win by 50 seconds and win her fifth gold medal in the event which only a handful of women have ever achieved in the event's 30 plus years.

3 M35 Ed Chuck 26:20

8 M45 Andy Bond 27:58

1 W55 Clare Elms 22:35

# Kent Champs Brands Hatch

January 7

Steve Smythe writes..While Dulwich's men have been in brilliant form in the last year, one area they haven't excelled in is in the County Champs and for the first time in the 30 years I have been a member there wasn't a single Dulwich Runner competing in the men's race.

I had been brought up to believe the county race is among the most important events to support and ran my first around 1971 but there were no parkruns back then!

The Dulwich women had one competitor - Laura Vincent - who with no team-mates and team to run for and no Dulwich male support unlike all previous years, pulled out at halfway in cold, damp and very windy conditions.

There were some former Dulwich first-claimers in action though. Lucy Elms had her best ever run in senior competition despite suffering from a cold which meant she started slowly but moved through throughout and took the senior women's bronze to easily qualify for Kent's team in the Inter Counties.

Clare, who won this race herself just over a decade ago finished 11th - remarkably as she is 60 later in the year, she was easily first W40 plus runner and both were in the winning six to score team. The reason they switched is explained in that while Dulwich didn't have a finisher, Kent AC had 13 women and 16 men participating.

3 Lucy Elms 33:43

11 Clare Elms 35:41 (1 W40/W45/W50/W55)

Results

Shorts used to be a good record of all the club's races and performances but with many now not always bothering to contribute results, some important results have been neglected.

# Kent Masters Champs, Dartford

December 3

Steve Smythe writes ..While we have medalled in the M40 and M50 races in the recent past we had no participants this time in those age groups but did field a M60 team.

Unusually we also failed to finish a women's team having regularly medalled in the W35, W45 and W55 categories.

Tony Tuohy, not anywhere his fitness of a few years ago was still a clear third and with good back up from Neville Webb and less so from Steve Smythe the team scraped a bronze which did stretch the latter's Kent team medal span to just short of a half century having been in the winning Boys team in January 1973. Finishing sixth overall and just ahead of Tony was Kay Sheedy which as fourth overall gained her the W35 silver.

Ange Norris was the first W60 but had to compete in the W55-64 category and came sixth.

Second overall (by 6 seconds to a 13 year younger Kent AC clubmate), Clare Elms won the W55 title - her 13th gold in this event - by 47 seconds from former national champion Maria Heslop. She also won a team silver.

Jo Sheldon Pereda ran well as the sole W45 while former club social secretary John McGlashan finished fourth M70 in 25:17.

2 (1 W55) Clare Elms 20:16 (Kent)

6 (2 W35) Kay Sheedy 20:44

7 (1 M60) Tony Tuohy 20:56

46 (6 W55) Ange Norris 23:39

74 (17 M60) Neville Webb 24:54

92 (19 M60) Steve Smythe 25:21

119 (41 W45) Jo Shelton-Pereda 27:02

175 finished

M60 TEAM: 1 Blackheath 25; 2 Canterbury 34; 3 Dulwich 39

## Gary B's Retirement?

Steve Smythe writes ..When the news of Gareth B's retirement made the news a few days ago some members might have panicked and thought it was Gary B of Dulwich (though some might have felt he retired from training 30 years ago judging by his results ).

Also coming out of retirement are some old GB jibes.

Someone said 'Is Gary B that that very annoying chubby Welsh jogger?' I corrected them - our Gary B is not Welsh.

However, while Gareth Bale has retired our very own Gareth Snail hasn't.

Despite an injury to his jaw due to overuse and a sprained tongue, he is still planning to defend his Surrey M60 title in 2023 in the hope that yet again no one else will turn out for the event.

The Kingston podium has apparently been strengthened after the unfortunate collapse last time.

Gary, who won his 400m title from the unforgiving lanes four and five, admits his confidence took a blow during a recent race. I said he is not the first person to be overtaken by both a woman pushing a pram and a wheelchair competitor but had to admit it was unusual on an uphill section.

Gary - a double county champion - to match his chins - first came to the notice of Dulwich Runners in the early 90's when he was reported as Gary Budinga - someone speculated he was like John Ngugi, Henry Rono and Daniel Komen in one - at least in terms of combined weight and while that trio ran four minute miles, Gary could run 12 minute miles (downhill and wind-assisted).

**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.**

### Brighton & Hove

406 Ran  
Pos Gen  
39 3 Michelle Lennon 21:38

### Bromley

613 Ran  
Pos Gen  
145 123 Colin Frith 24:14

### Brockwell , Herne Hill

373 Ran  
Pos Gen  
1 1 Lewis Laylee 16:21  
2 2 Aaron Wilson 17:31  
27 23 John Kazantzis 20:57  
54 47 Stephen Trowell 22:06  
98 7 Lucy Pickering 23:52  
259 61 Sharon Erdman 29:39  
282 72 Laura Lane 30:36

### Beckenham Place

256 Ran  
Pos Gen  
27 3 Christina Dimitrov 23:04  
86 16 Claire Barnard 26:39

### Ashford

229 Ran  
Pos Gen  
12 1 Kim Hainsworth 21:16

### Bath Skyline

229 Ran  
Pos Gen  
2 2 Robbie Puddick 20:16

### Crystal Palace

327 Ran  
Pos Gen  
27 1 Yvette Dore 22:29  
49 43 Martin Double 23:36  
72 11 Belinda Cottrill 24:38

### Lloyd , Croydon

227 Ran  
Pos Gen  
106 95 Andy Murray 30:49  
111 9 Ros Tabor 31:09

### Dulwich

709 Ran  
Pos Gen  
24 23 Joe Farrington-Douglas 18:48  
33 31 Rob Mayes 19:14  
36 33 Mark Callaghan 19:21  
49 2 Polly Warrack 19:52  
52 45 Gower Tan 19:56

62 54 Andrea Ceccolini 20:12  
68 59 Christopher Nunn 20:27  
83 73 Chris Cooper 20:47  
90 79 James Auger 20:55  
98 86 Sum Mattu 21:06  
99 87 Ryan Duncanson 21:13  
101 89 Rupert Winlaw 21:14  
112 97 Lee Wild 21:32  
127 110 Lloyd Collier 22:04  
130 9 Christiana Campbell 22:06  
197 163 Ed Gibson 23:28  
199 164 Ben Boxall 23:30  
243 196 Graham Laylee 24:34  
268 211 Hugh French 25:41  
360 262 James Gordon 28:51  
371 268 Michael Dodds 29:06  
398 86 Claire Steward 29:45  
421 290 Chris Lawrence 30:41  
422 291 Rob Fawn 30:41  
436 103 Clare Wyngard 31:00  
452 307 Mike Beadle 31:20  
689 270 Susan Vernon 42:45  
690 271 Stephanie Burchill 42:46  
707 385 Chris Vernon 74:13

### Tilgate

375 Ran  
Pos Gen  
109 89 Gary Budinger 28:34

### Gladstone

233 Ran  
Pos Gen  
28 3 Becca Schulleri 22:38

### Hilly Fields

288 Ran  
Pos Gen  
24 22 Justin Siderfin 22:27

### Walthamstow

144 Ran  
Pos Gen  
20 17 James Wicks 24:18

### Southwark

339 Ran  
Pos Gen  
136 104 Dave West 26:13  
274 160 Paul Keating 32:04

### Woodlands

504 Ran  
Pos Gen  
2 2 Des Crinion 21:17

### Osterley

223 Ran

Pos Gen  
80 62 Barrie John Nicholls 27:22  
95 24 Lindsey Annable 28:32

### Bognor Regis

280 Ran  
Pos Gen  
2 2 Andy Bond 17:11

### Peckham Rye

330 Ran  
Pos Gen  
54 5 Emma Ibell 23:19

### Hastings

312 Ran  
Pos Gen  
58 5 Josephine Mottram-Epson 23:45  
60 6 Marjorie Epton 23:54

### Lullingstone

47 Ran  
Pos Gen  
4 4 Hugh Balfour 24:44

### Tooting Common

649 Ran  
Pos Gen  
173 117 Ian Sesnan 25:27

### Hasenheide

132 Ran  
Pos Gen  
15 14 Ebe Prill 21:07

### Clapham Common

891 Ran  
Pos Gen  
103 79 Jamie Robinson-Nicol 22:18  
396 248 Tommaso Bendoni 27:33

### Bethlem Royal Hospital

54 Ran  
Pos Gen  
34 22 Peter Jackson 31:25

### Sutcliffe

198 Ran  
Pos Gen  
28 28 Michael Fullilove 22:24

### Charlton

201 Ran  
Pos Gen  
8 8 Sam Jenkins 19:24  
105 83 Stephen Smythe 28:15

# DULWICH RUNNERS KIT

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

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



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



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

**Socks only £5**



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



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

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



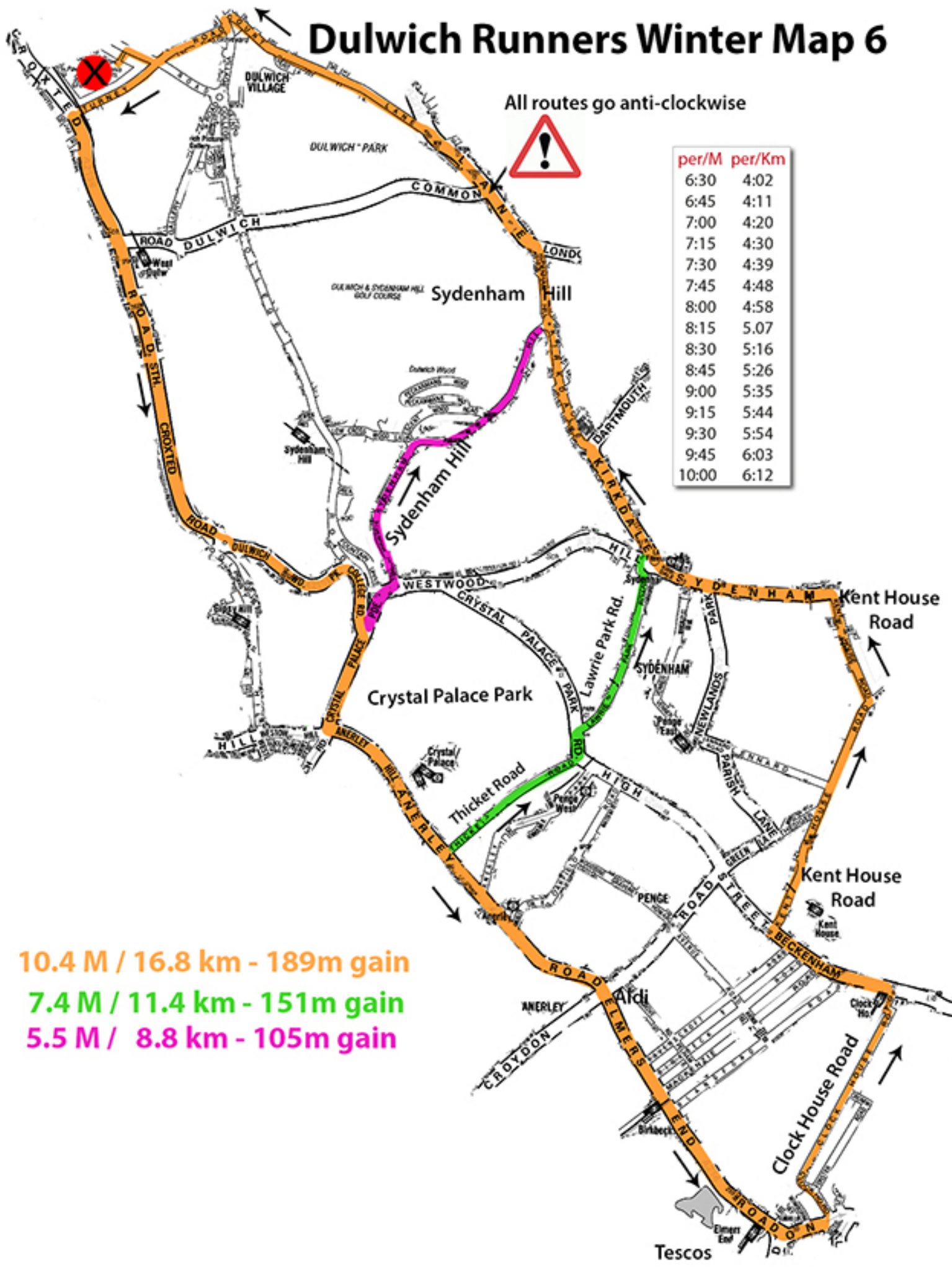
Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 6

All routes go anti-clockwise



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



10.4 M / 16.8 km - 189m gain

7.4 M / 11.4 km - 151m gain

5.5 M / 8.8 km - 105m gain