

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 12th 2022  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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
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- 11 Wednesday night run map.

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 night runs Covid arrangements

**Clubhouse bar remains closed, toilets open**

Wednesday evening runs will go ahead. However, we are continuing to be cautious and want to avoid unnecessary indoor contact. For now we meet outside in the car park. The bar will be closed but the toilets will be open for us. We will inform you of any changes.- **Ange Norris**

## Club Treasurer Required

After 12 years in the role, I have decided to stand down as Club Treasurer at the next AGM in March.

The role is not too demanding- I would estimate the time commitment to be 2-3 hours per month. Receipts and payments are all done online and recorded on a simple Excel spreadsheet. Some rudimentary knowledge of bookkeeping would be useful but you do not need to be an Accountant to fill the role!

If you are interested or require more information please contact me: [grahamlaylee@btinternet.com](mailto:grahamlaylee@btinternet.com)

## 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. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena 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.

## 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 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 Brockwell 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
Jan	15	<b>Surrey League 3 (men)</b>	<b>Richmond Park</b> 8k 12:00
	15	<b>Surrey League 3 (ladies)</b>	<b>Mitcham Common</b> 8k 11:00
	29	South of England Champs	Beckenham 8k women 2.05   15k men 2.50
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, and the South of England champs 29 January, entries for this are now closed.

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.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.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)



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.

## Middlesex XC County Champs Greenford

Saturday 8th January



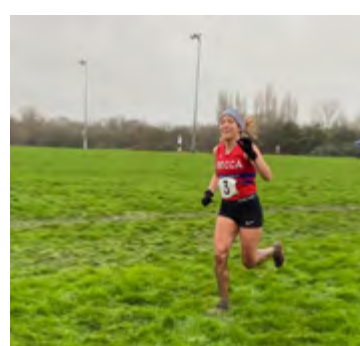
Becca writes: With a very wet weather forecast it was clear to us that this race was going to be muddy – but little did we know just HOW muddy this course was going to be! In Des' words there were 20m of solid ground in his 12.6k course (4laps) and (being an unequal

race – boo) I covered 8.3k of muddy grounds. There were no hills to speak of just a few inclines but the mud turned every step into a full body workout and was a good reminder of how important core strength in running really is.

Both Des and me said this was probably the best workout you could get and I almost preferred running a bit uphill as it meant there was likely at least a few metres of less deep mud at the top.

Only being my second XC race of the season and after feeling like I misjudged my pace at the London Champs I was cautious

to not go off to quickly and was a bit scared to blow up and of being constantly overtaken on lap 2 & 3 as had happened at Parliament Hill, but I settled into my pace and after lap one i don't think there was anyone overtaking me and neither did I pass anyone. I was able to enjoy it, have a big smile and finish feeling tired but like I had a good race coming in 28th of 97. I am usually at the end of the first third and had maybe hoped to place higher given my recent improvements – but XC just isn't road running and there's still work to be done. Happy and muddy I stayed to see off the men and them looping around at the end of the first lap before I got too cold and headed home.



Des writes: In terms of conditions it was as bad if not worse than the Nationals in Nottingham in 2019. Probably worse as there was basically no dry or firm parts of the course. Combined with a 12k distance and me not being the lightest athlete I wasn't even looking at my watch. I just paced it based on effort and whether I could hold it for the 4laps. Pacing wise I was actually quite pleased as they were relatively even splits for each of the laps. In terms of a workout and training it was a great session and should help for conditioning for races this year!

Becca 28th out of 97  
39:20mins (1st lady Hannah Viner Highgate Harriers  
32:26mins)

Des 85th out of 146  
59:30mins (1st male Dylan Evans Shaftesbury 43:54mins)

## Surrey County, Champs, Denbies

9th January 2022

Ola Balme writes: We were lucky with the glorious sunshine at Denbies. "Acres of vineyards rolling into the distant hills, a captivating sight". Our first runner Katie had another impressive run, followed by one of our newest member Alicja, "it was incredibly nice to be part of the team - absolutely loved it". Eleanor had a brilliant run, navigating the downhill effortlessly.

Ola and Michelle ran most of the race together. Lucy finished strongly. Sonja was happy to be doing xc again.

Thanks for the support from Gerard, Mike and Gary.

35	Katie Styles	39:12
45	Alicja Furmanczyk	41:18
61	Eleanor Simmons	43:29
67	Ola Balme	44:36
69	Michelle Lennon	44:49
94	Lucy Clapp	47:55
104	Sonja Jutte	49:25
140	ran	



## Surrey County Championships

### – First run of the year? Cue comedy gold

Wayne Lashley writes...

We are definitely in weird times right now; we are, of course, living with restrictions, the Surrey County Champs were being held on a Sunday and it was actually sunny for a Surrey County Champs race at Denbie Vineyard as opposed to grey, bleak and miserable. There were, however, some things that never change. You can always count on needing 15mm spikes for the 7.5-mile course at Denbie because it is always a quagmire of mud with an air of shame and regret.

There were a few dropouts in the days leading up to the race due to illness, positive covid tests (and perhaps common sense) which meant just three Dulwich Runners showed up to represent the club in the men's race: yours truly, Alex Loftus and Mike Mann.

Having not done a huge number of races in the last 2 years, I had rather strangely ended up choosing two races at 7.5 miles to begin my season. After starting the South of Thames race at Beckenham very cautiously, I wanted to start the Surrey County Champs race more aggressively. All three of us started solidly and I attacked

the start more positively but sadly my positivity was short-lived. As I approached the first mile which was the second incline, I was just getting into a rhythm when I felt a short, sharp suction. Three steps later, I realised my right sock/foot was exposed to the elements. No choice but to stop (swearing profusely) and look round to see the field part like the Red Sea to reveal the Cinderella-like running spike perched teasingly in the mud. In the process of walking back to pick up the displaced shoe, Alex, already with a look of regret at his Sunday afternoon choices, skated past. By the time I'd put the shoe back on and stopped sulking, Alex was probably 200 metres or so ahead.

It became clear that staying upright for the duration of the race was not guaranteed. I did nearly lose my footing but quickly corrected myself. Once the first lap was complete, Alex was a little closer and by the end of the second lap he was about 70-80 metres ahead. The uphill sections had put a strain on my back but by the last lap, I finally felt a bit looser. I finally got a good rhythm on the hill session and overtook Alex on the highest point of the course and managed to use the downhill session in the final mile to

pick off a few more runners. By the time I got to the finish line, just over 53 mins had elapsed; my slowest time on this course by nearly 4 minutes. Alex came in just 24 seconds later having shown good strength in the closing stages (must be all that early morning marathon training malarkey). Mike came in after a good finish that saw him lose out narrowly to his veteran teammate, Valdis Pauzers of Herne Hill.

There will be a few more of those battles for sure. There was great support on the course from Alex's family, Ros Tabor and Andy Murray (who were marshals on particularly strategic places on the course) which made a real difference to this Sunday afternoon struggle. Next is Richmond Park for the 3rd edition of Surrey League. Hopefully, there'll be no funny business from the deer population, I've already had enough comedy gold for 2022.

Race results		
80	Wayne Lashley	53:03 mins
87	Alex Loftus	53:27
203	Mike Mann	68.24

# Kent Cross Country Championships Brands Hatch West Kingsdown

January 8, 2022

Terry Baker writes: Wet and squally, mud atop of mud sitting on mud, with sloppy, slanting, slippery corners and a wind that turned the three stretches of incline into slow trudges, but in the scheme of things a highly enjoyable traipse around a part of Northwest Kent that I truly call home.

I was born in Dartford, and I had relatives living in such Darent and Knatts valley spots as Eynsford, West Kingsdown and South Darent. My return to English cross-country after maybe four decades was not the glory it could have been for our fine Dulwich men's open team, but the road—or the rutted route—ahead will be improved upon.

There is a difference between running on roads and running on rivulets of rutted rigmarole.



Due to Dulwich AC galloping astride two county divisions, with many competing on the same day in the equivalent Surrey League, Kent attracted a moderate but worthy showing of 12 team members, and wonderfully that number was split right down the middle so that both the men's open and women's open division just vaulted the hurdle requirement of a necessary six entrants to be eligible for a team score.

Arriving at Brands Hatch, with acres of paved parking, the rain was coming down in buckets. To my left and right, I saw athletes happy to watch the drops bounce off the race track, slowly preparing themselves for the 10-minute walk to the start.

A row of club tents was pitched in the drizzle. Our team numbers were in a tent behind them, and they were duly allocated. I needed a proper warm up, nursing as I am a slight iliotibial band strain behind my left knee. I jogged slowly over the sodden turf as six races of generally uninhibited youth churned the muddy lengths even more so. Huge stretches of the completely open course were deserted as life deigned to huddle under canvas.

A whistle sounded, and we had two minutes to gather at the exposed start line. Suddenly, 200 runners materialised out of the vapour, and we were off on our 12-kilometre trek. Jack Ramm (13th overall; 44:15), Benjamin Howe (46:32) and



Andy Bond (47:43) shot off, with Kev Chadwick (51:43) in hot pursuit. Andrea Ceccolini said to me before the off that he merely wished to finish, a sentiment shared by myself, but Andrea also had the secondary goal of finishing within one hour, and this he commendably achieved (59:48). I trundled in happy my leg was not too painful (62:43), but with memories of my last cross-country races on English soil (running for my school, Chislehurst & Sidcup Grammar, with no training, no leadership, no group transport) in which I seem to remember always coming in last or near last, so this was huge improvement and satisfying following a 40-year gap.

My watch registered 12.29 kilometres, I have to put on record, but the extra 0.29 might well have been gained by sliding around corners.

So, the course. The men's open ran a short loop and three long loops. It was the long loop that comprised the inclines and many sharp corners where it was necessary to pick out a line of attack, slide and recovery. The only sections I remember in which pace could be picked up were to both sides of the start lines, which we passed through three times, maybe those sections taking five minutes to run, or one-quarter of the course. At most other stages it was a persistent but perhaps not devastating wind and lots of mud. As for the rain, well, that settled down by the time the men's and women's open (the last race) started, so that was a small blessing.

At one point the mist lessened, and in the distance, I could spot the skyscrapers of the City of London and Canary Wharf.

The men's open team had gathered before the race start (see photo), but after the event, no one stayed for long, the need to get dry and warm having to eclipse the desire to support team mates. As I was last in, I did get one chance to see the Dulwich women hurtle through, and hurtle is the right word, seeing four or five dash through way up the race's field. The lead woman, though, was very impressive, one Lucy Reid (Tonbridge AC) who with a lap to go was so far ahead of the second-place runner to almost warrant a race of her own.

The Dulwich crew was not far behind in their 8.35-kilometre slog, which no doubt was a tad muddier and more slippery than the open men's previous excursion.



Claire Elms (12th overall; 36:49) led the day, followed by Kay Sheedy (see photo; 39:43) and Emma Ibell (40:51) and Yvette Dore (41:05) running, when I saw them, stride for stride. Also finishing one behind the other were Clare Whitaker (42:27) and Kim Hainsworth (42:45), impressive times for all six. I wish I could have stayed for their finish, but I was starting to shiver.

In terms of team places, the Dulwich AC women's open team finished in a tremendous fourth place, while the men's open team finished in what I hope is also a tremendous seventh, pipping Dartford Harriers, which made me smile.

Tonbridge AC was present in sizeable number, and everywhere, at least around me in my race, and they duly won most races and team competitions.

Considering the aforementioned comments about the overall Dulwich AC team being split between Surrey and Kent leagues, with, I imagine, the majority running in Surrey, our performance in this soggy section of Southeast England was one to remember, I believe, certainly as

both teams needed every starter to finish and score. Despite the weather, team camaraderie was excellent.



# Kent Championships, Brands Hatch

January 8

Steve Smythe writes I was about 50 years late for the very first Kent Cross Country Championships which were held on the 5th March 1921 from the Ravensbourne Club Ground in Lee making my Kent debut just over 50 years later at Aylesford Paper Mills in 1972 and have attended every Kent Championships since and have run almost every year but this year due to poor health/old age just in a spectating role.

I did win a team gold in 1974 but have mostly been making up the numbers since with a best placing in the low 20s.

To me the County Championships is one of the most important events to support being a Championships but also being the perfect link between club, local and county and regional level and to me are far more important than league competition despite the club's preoccupation with the Surrey League.

Certainly, the senior gold medals wins of Alison Fletcher in 2002 and Clare Elms in 2011 were the greatest senior championship victories at any event on the country in the club's history - men or women - and we have won women's team medals on at least seven occasions.

Good to report that we did actually finish teams in both men's and women's Kent races this year which were held in appallingly wet conditions albeit with too many potential runners absent but at least there was a team which was beyond a truly embarrassing turn out by the club's Surrey men.

## Men: 12km:

Jack Ramm easily achieved the club's best ever Kent men's performance (also easily surpassing the highest Surrey run too) 59th in his previous County appearance (Surrey's in 2019) and not at his sharpest after 100 mile training weeks, he hung on to the back of the leaders as long as he could and ended up a fine 13th just over two minutes down on the winner Jamie Goodge, who won the South of Thames at Beckenham.

Jack's run means he will be in the Kent squad for the British Championships and Inter Counties though probably won't make the final nine.

Also beating the previous Dulwich county men's best was Ben Howe in 24th. It was his club cross-country debut and came after his 2:32:15 marathon and 71:09 half-marathon earlier in the winter season

and he looks another exciting prospect for our ever-improving men's team which will hopefully be in full force at Richmond this Saturday

Andy Bond had a good run though maybe not to his 2020 form of 29th but no one older beat him but he had to work hard with his usual strong finish to get the better of World masters champion Ben Reynolds who is now in the M55 category.

Kevin Chadwick ran to a similar level to 2020 and again finished in the seventies.

Andrea Ceccolini was well below his fitness levels of previous years but ploughed on well.

Terence Baker thought it was his first cross-country in England for around 40 years and the 2:44 marathoner persevered through the rain and mud well.

We finished ninth - with an amalgamation of our best three here and our three best Surrey runners we would have come a clear third but we are stretched over both counties unlike most other counties. Former member Greg Hills was 65th.

13 Jack Ramm	44:15
24 Ben Howe	46:32
38 Andy Bond	47:43
79 Kev Chadwick	51:43
159 Andrea Ceccolini	59:48
174 Terence Baker	62:43
203 finished	

## TEAM:

- 1 Tonbridge AC 34
- 2 Kent AC 81
- 3 Medway and Maidstone AC 147
- 4 Blackheath & Bromley Harriers AC 223
- 5 Cambridge Harriers 287
- 6 Dartford Harriers AC 335
- 7 Tunbridge Wells Harriers 400
- 8 Bexley AC 482
- 9 Dulwich Runners AC 600

## Women's 8.3km

While Jack's 13th was a huge club PB, Clare Elms' 12th was a huge event PW. Apart from winning she has had numerous other second and thirds in this event and was reluctant to run after injuring herself at the South of Thames but wanted to support the club team and event.

Apart from the sore feet and lost training and an additional calf problem, Clare didn't enjoy the run with frozen hands due to the persistent rain and strong winds. Despite giving 30 years to most of those ahead of her she wasn't that far from third

given her problems before and during the race and was easily first W50 well clear of two long-time rival internationals.

Kay was also below her Kent Masters form where she followed Clare in due to a recent hamstring problem but plugged away well throughout despite her injury to make the top 30 in her Kent debut.

Emma Ibell made her first appearance as a W50 here and matched her 37th from 2018 closely followed by Yvette Dore who achieved her highest ever county position with a strong run coming through well.

Clare Whitaker did not quite run to her Surrey League form after a good start and finished just ahead of a race-rusty Kim Hainsworth running her first race for the club for a few years. While it did not match her form from 2013 (a best of 18th) and 2015 when she was in medal winning teams with Clare E, she did finish higher than her 55th in 2017.

All six of our runners finished within the top half of the field and this year we finished a respectable fifth in the three to score and fourth in the six to score.

We were missing a few regulars plus Lucy Elms who was third under-20 a few years ago but in much better shape now for her senior debut but had to pull out with an injury.

12 Clare Elms	36:49
26 Kay Sheedy	39:43
37 Emma Ibell	40:51
38 Yvette Dore	41:02
52 Clare Whitaker	42:27
53 Kim Hainsworth	42:45
114 finished	

## TEAM: 3 to score:

- 1 Tonbridge AC 12
- 2 Kent AC 39
- 3 Cambridge Harriers 47
- 4 Blackheath & Bromley Harriers AC 52
- 5 Dulwich Runners AC 75
- 6 Tunbridge Wells Harriers 94
- 7 Dartford Harriers AC 110
- 8 Central Park Athletics 131
- 9 Beckenham Running Club 132
- 10 Ashford & District Road Running Club 138

## TEAM: 6 to score:

- 1 Tonbridge AC 45
- 2 Cambridge Harriers 155
- 3 Kent AC 156
- 4 Dulwich Runners AC 218
- 5 Ashford & District Road Running Club 330
- 6 Beckenham Running Club 355
- 7 Tunbridge Wells Harriers 376

# Crystal Palace 5k Canter

4 January

4 DRs braved chilly blustery conditions in the first canter of the New Year, dodging several puddles along the route. Mike Mann

1. Graham Laylee 25:26
2. Mike Mann 25:30
3. Jo Quantrill 25:35
6. Claire Steward 27:42

**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.**

## Abingdon

268 Ran  
Pos Gen  
99 85 Gideon Franklin 27:13

## Beckenham Place

218 Ran  
Pos Gen  
82 66 Dave West 25:50  
90 13 Claire Barnard 26:29

## Brockwell

359 Ran  
Pos Gen  
4 3 Hugh Stobart 17:28  
9 8 Tom Shakhli 18:45  
21 18 Edward Simmons 20:04  
43 4 Michelle Lennon 21:14  
57 44 Stephen Trowell 21:49  
136 94 James Gordon 25:19  
219 133 Andy Murray 28:15  
233 65 Lucy Pickering 28:43  
234 66 Catherine Buglass 28:44

## Bromley

468 Ran  
Pos Gen  
59 50 Nicholas Brown 21:59  
128 108 Colin Frith 24:24  
312 230 Peter Jackson 29:24

## Charlton

167 Ran  
Pos Gen  
34 31 Stephen Smythe 23:40

## Clapham Common

653 Ran  
Pos Gen  
51 40 Justin Siderfin 20:56

## Crystal Palace

402 Ran  
Pos Gen  
85 72 Graham Laylee 24:02  
196 36 Claire Steward 27:17  
209 46 Hannah Little 27:39  
222 56 Joanne Shelton Pereda 28:03  
252 156 Paul Keating 29:08  
323 109 Belinda Cottrill 32:51  
324 179 Bob Bell 32:52  
391 157 Susan Vernon 43:11  
400 194 Chris Vernon 52:51

## Dulwich

466 Ran  
Pos Gen  
14 14 Rob Hollands 18:00  
37 34 Jamie Robinson-Nicol 19:43  
42 2 Charlotte Sanderson 20:00  
63 54 Robert Tokarski 20:52  
65 6 Clare Norris 20:54  
104 89 Mark Read 22:11  
132 111 Martin Kelsen 23:09  
255 172 Rob Mayes 26:43

## Haga

40 Ran  
Pos Gen  
5 4 Paul Collyer 24:07

## Nonsuch

406 Ran  
Pos Gen  
309 213 Sam Jenkins 32:40

## Peckham Rye

272 Ran  
Pos Gen  
28 25 Lee Wild 21:29  
168 105 Andy Bond 29:03

## Richmond

340 Ran  
Pos Gen  
129 94 Barrie John Nicholls 25:42  
311 109 Lindsey Annable 35:39

## Rothay Park

33 Ran  
Pos Gen  
28 18 Joe Sheppard 36:37

## South Norwood

100 Ran  
Pos Gen  
17 15 Martin Double 23:27  
46 8 Hannah Harvest 27:46

## Sutcliffe

227 Ran  
Pos Gen  
18 16 Michael Fullilove 20:35

## Tooting Common

508 Ran  
Pos Gen  
174 117 Ian Sesnan 25:35

## Tilgate

341 Ran  
Pos Gen  
88 73 Gary Budinger 26:33



# 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



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



**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 5

All routes go clockwise

