

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 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 !

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

[Like us on Facebook @dulwichrunners](#)

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

Connect with us:



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

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 Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Jan 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

SOUTHERN XC CHAMPS, 28 JAN :MARSHALS REQUIRED

The organisers of the Southern Cross Country Champs at Beckenham Place Park on 28 January have put out a request to competing clubs to supply some marshals. Anyone not entered and possibly planning to spectate, coming forward as a marshal would provide an excellent opportunity to support our runners, as well as helping to ensure that the races proceed smoothly. Any volunteers, contact Mike Mann mcmann90@yahoo.co.uk

A big thank you to those who marshalled the Surrey League race at Beckenham on Saturday It appears to have gone very smoothly.

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

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

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 each

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

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

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

Sunday Morning Runs

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

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

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

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.
vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 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 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
alexloftus75@gmail.com
chuckedward@googlemail.com

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.

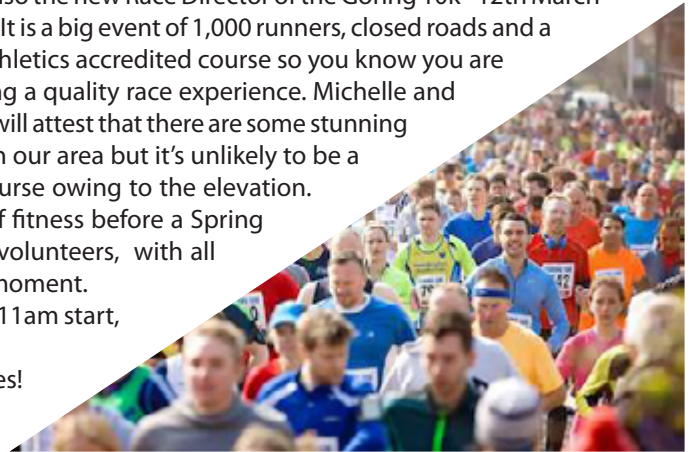
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.


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

or please email me Elkie Mace: 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

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

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

Surrey XC Champs

7th Jan

On 7th Jan thirteen DR men headed south for the mens' Surrey County Champs over the usual Lloyd Park course – 3 laps this time, as opposed to the 2 laps for the South of Thames at the end of November. As sure as night follows day, Lloyd park in the new year is always part quagmire, and this iteration was no exception – I don't think they make spikes long enough for sections of this course (I don't know about anyone else, but I found it very hard to put any power down on large sections of the course – just too squidgy.) At least the worst of the predicted weather didn't materialise, with just spots of rain and a gusting wind.

After a break just before the Christmas period, I had no expectations of being particularly competitive, but I wanted to finish in the top six and get a call up to the inter-counties in March. From the off Dom Nolan (who won the SoT race) moved to the front, just behind Fred Slemeck (Herc Wimbledon) with a Camco chap and AFD's Sam Eglen (who won last year's race.) While I hung on to this pack over the first lap, it became clear that the pace was a little hot, and Ed Mallet (Herc) and I settled down to something a tad more comfortable, in the hope that a couple of the front group

might come back.

As it turned out, they didn't, so Ed and I swung back and forth over the next two laps, but made no impression ahead, finishing about 40s behind 3rd and 4th, and 1.15 ahead of 7th.

James Blackwood (making his county champs debut) was second home, finishing in a creditable 48th – again, he found that once the pace settled down, his position changed little during the race. All good experience however. Next in were Alex and Rob, who appear to have had a bit of a battle over this XC season swapping places – Alex managed to finish well clear this time out, finishing as 7th V45 (out of 31).

Following them, Chris Beardsall finished as 5th V55 (out of 18), with what looks like his debut race for the club. He finished just a few places ahead of Alastair, who was some 44 odd places up from the previous time he ran the champs in 2020. Next man home Murray Humphrey continued his progress with his best rated run to date, and Nick Wood followed up his strong showing at the SoT 7.5 mile race with another good outing over a long XC distance.

Charlie followed in and was 9th V55 - one hopes that he's eyeing up a crack at the V55 marathon record sometime this year. Jonny Hough then finished some 65 places up on his 2019 run over the same course. While half a minute down on time, from memory the course conditions in 2019 weren't quite as bad. Mark Foster similarly last ran a

county champs in Croydon in 2017, but he was another to be slightly down on time but up on relative performance.

The team was closed out by Martin Kelsen, who ran sensibly and evenly, and managed to avoid getting lapped, and by Mike Mann who was the sole v70 who braved the course and the distance.

While turn out for the Kent champs was obviously down on previous years, the turnout here was higher than for any of the past five iterations (at least). I haven't worked out whether it's just a shift in where members live that has caused this imbalance, but will make a point of trying flagging the Kent champs to those members who qualify next year. - **Ed Chuck**

5	Ed Chuck	40:36
49	James Blackwood	46:38
76	Alex Loftus	49:34
88	Rob Hollands	50:31
95	Chris Beardsall	51:16
98	Alastair Low-Macrae	51:40
104	Murray Humphrey	52:06
112	Nick Wood	52:43
125	Charlie Lound	53:55
134	Jonny Hough	54:55
146	Mark Foster	56:40
165	Martin Kelsen	59:25
185	Mike Mann	66:46



Surrey League, Senior Men, Division 1

Match 3, Beckenham Place Park

14th January 2023

Alex Loftus writes... Beckenham Place Park – and a co-organised match with Kent AC – is probably about as close to a home fixture as we're going to get in the Surrey League. The park is usually well-drained (last year, Ben Howe infamously ran the Southern here in pink Vaporflys); but what feels like months of heavy rain meant a somewhat different feel this year. In the end, the forecast for heavy rain proved pessimistic. By about 1-ish the skies were clearing, temperatures were dropping and it was all starting to feel like proper cross country.



The course itself covers 2 laps of the classic Surrey League route over undulating ground in front of the Mansion House and comes in just under 8k in total. Some of the boggiest ground was in the top field but, after the earlier races, large parts of the course were far muddier than I've known in Beckenham. Most runners seemed to have settled on 12mm spikes, although one or two braved shorter ones, trail shoes, or even flats...

Despite Ken Pike's strict instructions to Lewisham Council not to permit any funfairs on the course this year, dodgems, teacups and carousels were still gradually being dismantled a hundred or so yards from the start line as the race began. (It didn't seem to matter in the end, although the distance between each team's base and the start did mean a few runners almost missed the 2pm gun.)

Not surprisingly given the home fixture, we fielded our largest team of the season so far, and also one of the strongest, even if several were still recovering from nasty bugs, coming back from injury, or still feeling the effects of the festive period. After a brief rest (10 days!) over Christmas, Ed has quickly returned to form, coming in 8th overall and matching his position at Effingham Common in October. Ed was followed by Nick Impey in 35th (having run Valencia Marathon in December and with Seville Marathon coming up in February). Not far behind were Ben Howe and Rob Armstrong, with the latter – along with several others – still recovering from a nasty cold.

Unusually, this was Andy Bond's first Surrey League of the season, but he showed his usual form, with a great second lap, and

coming in 61st overall (second V45). Rob, Andy, Aaron Wilson and Steve Kendall all packed well, with only one Kent and two Herne Hill runners separating the four of them. This is Steve's first race in a while, and a brilliant start to his marathon training block. Completing the scoring for the A-team were Max Bloor (in his first race for Dulwich), Ade Russell and James Blackwood, all of whom ran superbly, switching places and driving one another on.

In one of the tightest sprint finishes, Ben Smith – in his first race since 2021 – just pipped Tim Bowen and Sean Cordon to the line. Will Cole, Joe Hallsworth and Jack Leafe came in next for Dulwich, with Jack also in his first race for the club. Ali Low-Macrae, Eugene Cross, Chris Beardsall and Joe Farrington Douglas completed the scoring for the B-team, which finished in a superb third place overall, surely a testament to the current depth of the squad and to the individual performances on the day.

James Burrows and Mark Callaghan then came in together, followed by Des Crinion and Jonny Hough (one of only about five or six to have completed all three fixtures so far). Jonathan Whittaker made his first appearance at this season's Surrey League, coming in just in front of Ed Simmons and Justin Siderfin. They were followed by Angus Fenton, for whom this was his first experience of cross country (I hope you enjoyed it and will come back, Angus!)

With only one club up for relegation this season, we started the season with one of the best chances of staying in Division 1 for a second season. In a hugely competitive field, the A-team came in seventh out of nine teams, and with one race (Lloyd Park on the 11th February) left, it's looking good for next year! The whole fixture would not have been

possible were it not for the hard work of the volunteers from Kent and Dulwich – in particular Ken Pike and Ed Chuck. And a huge thanks to the Dulwich Runners who acted as marshalls on the day – John O'Byrne, Bernard Imber, Becca S, Becca D, Midge, Ange, Paul Keating, Jo Shelton-Pereda, Ed Gibson, Lindsey, and Bob Bell – for braving the downpours in the first part of the day, sticking it out until the end, and supporting both the club and the league.

1	Jack Millar (THH)	SEN	25:02
8	Edward Chuck	V35	25:59
35	Nick Impey	V40	27:31
47	Ben Howe	SEN	27:51
58	Rob Armstrong	SEN	28:17
61	Andy Bond	V45	28:20
62	Aaron Wilson	SEN	28:21
64	Steven Kendall	V35	28:24
69	Max Bloor	SEN	28:35
73	Adrian Russell	V45	28:45
78	James Blackwood	SEN	28:58
90	Ben Smith	V40	29:24
91	Tim Bowen	V35	29:25
92	Sean Cordon	SEN	29:26
96	William Cole	V35	29:33
107	Joe Hallsworth	SEN	29:54
115	Jack Leafe	SEN	30:34
134	Alastair Low-Macrae	SEN	31:11
157	Eugene Cross	V40	32:03
158	Chris Beardsall	V55	32:12
161	Joe Farrington Douglas	V40	32:17
166	James Burrows	V40	32:23
167	Mark Callaghan	V45	32:32
174	Des Crinion	V35	32:52
188	Jonny Hough	V45	34:19
191	Jonathan Whittaker	V40	34:34
196	Ed Simmons	V40	34:53
198	Justin Siderfin	V50	35:02
228	Angus Fenton	SEN	39:57

3rd Surrey League fixture, Div. 1

Beckenham Place Park

14th January 2023

Ola reports We had a decent turnout at Beckenham. There was strong wind and rain as we were warming up, the rain stopped before the start and there was a glimpse of sunshine to brighten up what could have been a grim day. Many thanks for the support from the marshals who were out all day in the blustery weather and the men.

Emma adds ... thanks everyone for the support and encouragement. Enjoyed it a lot more than I was anticipating. Shad a brilliant run in her second xc race.

Katie is now reaping the benefits of hell hill training. Becca was on marshalling duty before her race. She had a brilliant run.

Katie has had niggles recently and did well. Ola and Eleanor both had good runs.

One of Belinda's best races, she enjoyed the experience and the mud.

Michelle braved the cold and wind in spite of not feeling well and had a good run.

According to Midge it was Mud galore! Again. But good run.

Gabi enjoyed every moment of her first xc with the club.

The last Surrey League is on the 11th February, Lloyd Park. Let's have a big turnout for the last fixture of the season.

76	Emma Hatch	V35	35:58
88	Katie Styles	V40	36:33
90	Rebecca Schulleri	SEN	36:41
101	Katie Smith	V40	37:11
102	Ola Balme	V55	37:13
109	Eleanor Simmons	V40	37:54
119	Belinda Cottrill	V35	38:45
150	Michelle Lennon	V55	41:14
160	Midge Cameron	V55	42:22
164	Gabriela Rothova	V35	42:48



Surrey League XC - Division 4 - Chobham Common

- 14th January 2023

Dave West writes - One of the challenges in running is finding competition at an appropriate level. Parkruns and most open races provide that in abundance, but it's trickier with Cross Country when club members who might have regularly made the scoring team when younger, or at least had others to do battle with for bragging rights over a pint, would now

find themselves isolated even in Division Two let alone Division One of the Surrey League. Fortunately, Vets AC have a men's team in Division Four and a number of us have joined them second claim to satisfy our innate need to occupy winter Saturday evenings removing stinking mud from shoes, clothing and our own bodies.

Whilst Division One found a venue in nearby Beckenham, Divisions Two, Three and Four headed 35 miles south-west to Chobham Common, close to the Hampshire border which might require a passport to cross. The two-lap course across open heathland was advertised as mainly down for the first half and mainly uphill for the second. The underfoot conditions were said to be

hard, rocky paths with only a few muddy sections despite recent rain. That turned out to be complete tosh. Starting in a bog, there were numerous streams with several inches of water to cross plus many deep puddles and muddy sections; the finish consisting of 100m of uphill bog. As for the profile, it was undulating throughout. Fortunately, the Met Office had a better grasp on reality and the weather forecast was spot on with light rain during the morning stopping as we lined up to start.

Over 300 runners started the combined 3 & 4 fixture with a mad scramble through boggy grass, mud and three streams in quick succession all in the first couple of minutes. As the race settled, there was plenty of room to run on reasonably wide tracks which, to be fair, did have some longish sections of stoney path. However, it was a course where concentration was

essential to pick the optimum line through the varied terrain. Personally, I loved it and felt even better on the second lap, dropping all of those around me and closing a little on Mike who I could see ahead. Ebe, making his VAC debut, was pleased with his run and was 3rd M60 and 5th scorer for the team. There were less than 30 seconds between Dave and Mike, the latter starting more quickly and holding his form well. Gary Budinger is not currently in his best form, but certainly doesn't deserve the abuse published in last week's SHORTS which I don't personally believe has any place in our club newsletter. Unlike the author, he travelled 40 miles to run and finish a tough race where the easier option might well have been jogged round his local Parkrun. Andy Murray had his customary fast start and finished well.

women's fixture over the same course and distance included Jo Quantrill and Ros Tabor. As parking was tight and I was feeling very cold, I decided to leave before the start, but Jo's time of 38:52 suggests that she had another good run. Ros completed one lap in 22:10 before dropping out.

In other news, there is no truth in the rumour that VAC is changing its club vest to white with black hoop and random brown spots for the next fixture!

65 Ebe Prill	35:25 (3rd M60)
119 Mike Mann	40:52 (2nd M70)
123 Dave West	41:20
132 Gary Budinger	42:42
139 Andy Murray	44:39
154 ran in the Division 4 race	

Two hours after our race, the Division Two



Ebe



Mike



Dave



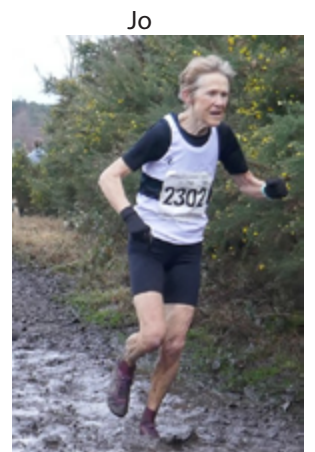
Gary



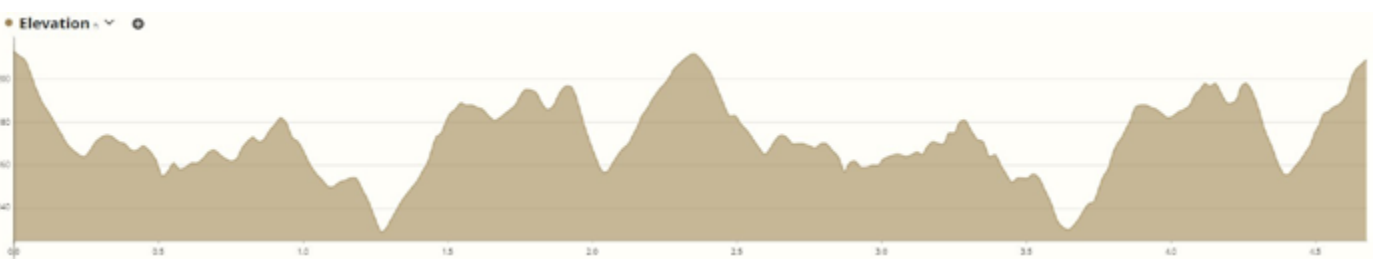
Andy



Ros



Jo



Mike Mann adds..... This was a new cross country venue on an area of heathland managed by the Surrey Wildlife Trust. I had walked on the common early in December taking in some of the paths used for the course, but the conditions this time bore no resemblance, with some flowing and standing water and some stretches of heavy duty mud. The start of the race proved a challenge as the wide start narrowed almost immediately into what was a narrow gravel path, but transformed into a stream. At the foot of this descent from the start were a couple of large areas of standing water.

To be fair a lot of the remainder of the course was on solid gravel tracks, interrupted by a few patches of sticky mud and deep puddles, with the middle section of the lap featuring a long steady climb. The most difficult stretch was the climb at the end of the lap on an extensive stretch of heavy mud. The 2 lap course came out a bit short of 5 miles. Just before the start, there was a spell of heavy driving rain, which proved a strong disincentive to warming up. Nevertheless I found this a highly

enjoyable cross country course. The one downside was that the car park at the race start was nowhere near adequate for 3 races, with Div 2 men and women competing later.

In his debut for Vets AC, Ebe had a strong run with a good contest with a HHH runner, also competing for Vets AC. I had a reasonable race, helped by the downhill start and being properly warmed up for the climb. Dave West also had a decent run, finishing not far behind. Gary Budinger demonstrated improved form, and our contingent of 5 men was completed by Andy Murray. There was a good VAC turnout, resulting in all but Ebe finishing outside the scoring team.

There was a comedy of errors moment after our finish with one of the tents blown away in a strong gust of wind. As it proceeded down the hill, our team manager gallantly led the chase only to fall to the ground having put his foot down a rabbit hole. Fortunately he suffered no ill effects.

Some more results from last year, a fine set of marathon performances, as shown on the DR stats app.
Andy Murray

Pos	Name	AG	Time	Race	AG Res
1st M	Jack Ramm	M SEN	2:26:03	Manchester	83.5%
2nd M	Aaron Wilson	M SEN	2:27:24	Valencia	82.7%
3rd M	Nick Impey	M V40	2:27:37	Valencia	85.5%
Captain's Award	Joe Hallsworth	M SEN	2:29:15	Amsterdam	81.5%
	Ben Howe	M SEN	2:29:42	Seville	81.4%
AG M Winner	Timothy Bowen	M V35	2:29:53	Manchester	82.8%
	Shane O'Neill	M SEN	2:34:02	Manchester	79.1%
	Jonathan Phillips	M V35	2:36:09	Manchester	78.9%
2nd claim	Jack Brotchie	M V35	2:36:42		78.8%
	Ed Gibson	M SEN	2:37:35	London	77.2%
1st M V40	Andrew Inglis	M V45	2:40:20	Berlin	81.8%
	Finn Nugent	M SEN	2:42:38	Prague	74.8%
	Alex Winchester	M V40	2:43:00	London	77.1%
	Peter Jenkins	M V40	2:46:04	Manchester	77.6%
	Sean Cordon	M SEN	2:46:25	Milton Keynes	73.1%
	Alexander Loftus	M V45	2:50:23	Seville	77.7%
	Shane Donlon	M V35	2:53:36	Boston, US	72.0%
1st M V50	Grzegorz Galezia	M V50	2:55:02	Vienna	79.7%
	Harry Lawson	M SEN	2:55:49	Edinburgh	69.2%
	Kevin Chadwick	M V40	2:58:33	London	71.5%
	Ryan Duncanson	M SEN	2:59:38	Valencia	67.7%
	Tommaso Bondoni	M SEN	3:01:04	Boston, US	67.2%
	Daniel Mann	M V40	3:01:39	London	71.5%
	Gower Tan	M V50	3:01:51	Berlin	76.9%
	Toby de Belder	M V40	3:02:21	London	71.2%
	Dominic O'Sullivan	M V45	3:04:39	London	73.1%
1st W	Kay Sheedy	W V35	3:09:30	London	71.7%
	Ed Simmons	M V40	3:11:35	Goodwood	66.4%
	Chris Lawrence	M V45	3:11:49	Abingdon	69.4%
	James Piper	M V35	3:13:12	York	63.4%
2nd W	Yvette Dore	W V45	3:13:51	Manchester	77.8%
Overall Winner	Ange Norris	W V60	3:20:03	London	87.6%
	Rupert Winlaw	M V50	3:20:33	Abingdon	69.2%
3rd W	Rebecca Schulleri	W SEN	3:22:12	London	66.4%
	Des Crinion	M V35	3:23:52	Manchester	60.7%
	Rob Meadows	M V40	3:26:21	London	61.0%
1st M V60+	Eberhard Prill	M V60	3:28:28	London	71.9%
	Jamie Nicol	M SEN	3:30:00	Brighton	57.9%
AG W Winner	Alice Williams	W V35	3:35:00	Manchester	63.0%
	Terence Baker	M V55	3:43:05	London	64.6%
	Alex Haylett	M V40	3:47:14	London	56.6%
	Rhian Stansfield	W SEN	3:57:51	Manchester	56.4%
	Tommy Fernandez	M SEN	4:04:53	London	49.7%
	Steve Smythe	M V60	4:07:40	London	63.0%
	Lewis Malpas	M SEN	4:20:17	London	46.8%
	James Gordon	M	5:10:34	Brighton	
	Ben Smith	M V40	5:28:28	London	38.6%

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.

Bromley

499 Ran			
Pos	Gen		
116	90	Colin Frith	23:59
351	226	Peter Jackson	31:09

Bexley

257 Ran			
Pos	Gen		
73	60	Stephen Smythe	27:39

Brockwell , Herne Hill

309 Ran			
Pos	Gen		
3	3	Andrew Inglis	18:28
41	34	Matthew Wright	21:43
43	36	Stephen Trowell	21:51
52	41	Lloyd Collier	22:10
59	47	Robert Tokarski	22:35
80	7	Catherine Buglass	24:10
105	16	Teresa Northey	24:59
123	91	Graham Laylee	25:41
211	61	Sharon Erdman	29:32

Beckenham Place

215 Ran			
Pos	Gen		
6	6	Sam Jenkins	19:33
117	84	Paul Keating	29:52
143	95	Paul Hilton	31:40

Milton Keynes

453 Ran			
Pos	Gen		
9	9	Joe Sheppard	20:20

Crystal Palace

302 Ran

Pos	Gen		
28	1	Yvette Dore	22:59
168	38	Clare Elizabeth	29:19
169	117	Michael Dodds	29:21
253	81	Belinda Cottrill	35:15
278	155	Bob Bell	41:06

Dulwich

493 Ran			
Pos	Gen		
22	22	Rob Mayes	19:51
37	35	Rob Fawn	20:35
47	44	Rupert Winlaw	21:02
49	46	James Auger	21:06
70	66	Ed Gibson	21:41

Burgess

461 Ran			
Pos	Gen		
44	37	Will Lawn	21:30
221	41	Shoko Okamura	26:33
350	111	Stephanie Burchill	30:49

Fulham Palace

457 Ran			
Pos	Gen		
229	155	Barrie John Nicholls	27:06
295	73	Lindsey Annable	29:35

Peckham Rye

267 Ran			
Pos	Gen		
10	10	Cameron Lund	19:39
37	33	Lee Wild	22:09
62	5	Michelle Lennon	23:34
79	62	Wander Rutgers	24:23
110	81	Ryan Duncanson	25:45
225	68	Claire Steward	31:20

257	139	Andy Bond	37:24
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Tooting Common

535 Ran			
Pos	Gen		
16	14	John Kazantzis	21:14
185	132	Ian Sesnan	27:00

Haga

96 Ran			
Pos	Gen		
16	15	Paul Collyer	21:10

Felixstowe

123 Ran			
Pos	Gen		
42	4	Hannah Issett	26:46

Catford

159 Ran			
Pos	Gen		
52	2	Josephine Mottram-Epson	25:52

Leazes

153 Ran			
Pos	Gen		
21	21	Sum Mattu	21:53

Sutcliffe

176 Ran			
Pos	Gen		
28	25	Michael Fullilove	22:47

Charlton

178 Ran			
Pos	Gen		
23	22	James Wicks	23:37

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.



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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners

Winter Map 7

All routes go anti-clockwise

9.8 M / 15.7 km - 177m gain

7.6 M / 12.2 km - 156m gain

5.6 M / 8.95 km - 104m gain

