

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 19th 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 !

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

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

Like us on Facebook @dulwichrunners

Connect with us:



## Wednesday night runs Covid arrangements

### Wednesday evening 19th January

To avoid gathering in a large group indoors, we will still meet outside in the car park. The toilets will be open and I believe the bar may also be open if anyone wants to stay for a drink after the run, although I am awaiting confirmation of this. However, there will be no showers this week. For this reason, we will not be charging the £1 fee..- **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.

### Track etiquette

when we use Crystal Palace track we are a big group and there are other groups using it at the same time, so it's really important to act safely and treat them with the same respect that we'd expect others to treat us.

We would therefore expect all members using the track to:

- warm up on the outer lanes.
- give others plenty of space when overtaking or moving off the track.
- keep to lanes 1&2 whilst running your reps, and use the outer lanes for warming up, recoveries and cool down running.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

## Tuesday Morning Speed - Dulwich Park

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

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

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

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

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



### **Surrey League**

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

### **Distance**

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

### **Scoring**

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

### **Surrey League entry**

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

### **Other Races**

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

### **Which races to go for**

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

### **Entry for other races**

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### **Footwear**

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

### **2021/22 Ken Croke XC Championships**

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

### **Contacts**

Further information contact your captains at:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

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

[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

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

For further info about events in Shorts, how to enter etc, contact your captains:  
 Thomas South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

- 5 February Crystal Palace parkrun
- 13 March Paddock Wood 1/2M
- 10 July Sevenoaks 7 trail race
- 4 Sept. Big Half
- 2 October London Marathon (or alt. marathon)

## Club Champs: Crystal Palace parkrun, 5 February

Brockwell parkrun on 5 February had been chosen for our first club champs event of 2022. Recently the number of runners has been around 400, with some taking 15 secs or more to pass the start line, so we have decided to use the Crystal Palace parkrun where the start is much wider.

## Cross Country Fixtures

2022		Distances , Start times etc		
Jan	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.

## Open Track Surrey Ladies League Mitcham Common

January 15

Steve Smythe writes: It must have been one of the best Saturdays ever for Dulwich Runners.

Ed won the Surrey mens league from Jack and Dulwich's men won the team event easily as Ben Howe won the Battersea Half (PB 70:38) and the women dominated this fixture with a massive win and are 99.9% certain to win the league and go back to Division one for next year.

As for most of the last 14 years, the team were led in by Clare Elms, who almost certainly achieved the highest ever position in a major league by a 58 year-old.

She started steadily and worked her way through to second and now actually sits top of the individual league standings after 3 races though it's close with just a point between the top four and will all go down to the fourth race.

Polly Warrack wasn't quite as fit as in the last league race and did not feel happy with her shoe choice but she battled on throughout to make the top six.

Becca Schulleri was making her league debut for the season and was in the top

10 for much of the race but just dropped to 11<sup>th</sup> in the last mile but it was still one of her best cross-countries for a club.

Katie Styles has been ultra consistent this winter and got another top 15 spot and it was probably a better run than she achieved in the first fixture where the standard was not quite as high.

Clare Whitaker has also been very reliable in the league and showed much better form than she did in the Kent race last week with her highest ever position.

That meant that even without an injured watching Kay, we scored just 56 points to win by a massive 67 points.

It will be an entirely different proposition in division one next season so a few DR's should be making the most of the higher placings available in our final fixture!

Ange Norris was easily first W60 and had her best league run this season to lead home the B team.

A few places back Katie Smith had her best cross-country for the club and she was closely followed by a good run from Eleanor and captain Ola, who was not quite

at her usual best but must have racked up around 100 leagues over her club career. There was then a few minutes gap to Michelle Lennon who completed the B team with a 100 point superiority to the second best B team.

Emma Kelly was also not quite at her very fittest where she was 44<sup>th</sup> in the opening fixture. Sonia Jutte got her highest ever placing to just miss the top 100 while Midghe Cameron also achieved a league PB while Jenny Bomers made an excellent league debut.

(Individual results below)

**Div 2 TEAM:**

- 1 Dulw R 56
  - 2 London City 123
  - 3 Windrush 138
  - 4 Croydon 160
  - 5 Reigate P 161
  - 6 Ful on Tri 173
  - 8 Dulwich B 225
- 40 teams completed

**Standings after 3 events:**

- 1 Dulw R 224
- 2 L City 342
- 3 FoT 509

## Surrey League XC, Mitcham Common

15th January 2022

Ola writes: A great turnout at Mitcham for the 3rd Surrey League fixture.

Clare led the team home in an astounding second place, followed by Polly in an excellent form running in trail shoes. Becca has had an amazing season and so has Katie Styles. Clare has had a brilliant cross country season.

Ange, led the b team with another outstanding run, Katie said she found it easier in her new shoes. Eleanor is in superb form and came past Ola at the later stage of the race. Mlichelle was our next runner ahead of Emma who was pleased that she judged the race very well. Sonja is enjoying xc. Midge looked very strong. Jenny had one of the biggest smile and sprint finish at the home straight.  
Thanks to Kay and Steve for their support.

**Women 8km**

- 1st A team
- 1st B team (8th position)

2	Clare Elms	34:56
6	Polly Warrack	35:55
11	Rebecca Schulleri	36:41
15	Katie Styles	37:27
22	Clare Whitaker	38.12
37	Ange Norris	39.23
39	Katie Smith	39.54
43	Eleanor Simmons	40.12
44	Ola Balme	40.15
64	Michelle Lemmon	42.12
67	Emma Kelly	42.29
107	Sonja Jutte	46.08
135	Midge Cameron	48.30
174	Jenny Bomers	53.22

208 finished (& additional 221 in Div 1)



# Surrey League Race #3

## Richmond Park

15th January

Ed Chuck writes...

The league resumed after its December break with its third fixture at Richmond park. Kick off time was 12pm, which is one of the most humane race times - no requirement for a ludicrously early rise to shovel down some gruel, and no doubts about whether it's worth risking an early lunch.

The weather was grey and cool, but without wind - ideal conditions. The course was the same used in October 2018 (when I recall the weather was freakishly over 20C), featuring a flat start down to the start of Sawyers Hill, a long climb up said hill, and then an initially gradual but then ending in a sharp descent back down, followed by another lap of the same.

There was some discussion over spike length, as while soft, the course takes in a number of gravelly paths, so either 9mms or 12mms, but ultimately it didn't seem to matter.

Once the start was called it became clear to Jack and I that, with Croydon's Dom Nolan (who won the opening two fixtures) missing, we would likely be racing each other for the win. We set off at a decent enough pace, and had Croydon's James Hancock (6th at Surrey County Champs) with us for the first lap. As we descended for the start of the second lap, Jack said to me that we were dropping him on the inclines, and with a little effort on the long drag up the hill the second time, we managed to distance ourselves.

Going into the race both Jack and I had been talking about treating the race as a tempo/threshold effort, but all thoughts of that now went out of the window. It's a nuggety challenge racing your training partner - you both know what your respective strengths (and weaknesses!) are. For me, this means taking things out early, and not leaving things to a sprint, or letting Jack escape on any descents. With about a mile to go (as we passed by a particularly boggy section adjacent to lower pen pond) I made a move and managed to get a few seconds clear and kept the pace up as we went up the short incline to the bottom of Deer Park. I now knew that I had the race in bag, although Jack came back with a typically strong finish to come home just 6 seconds behind.

Behind us in the low-weekly-mileage stakes, Andy Bond (13th) got the better of Rob Armstrong for the first time this season with what looks like an overtake in the final kilometre. Despite months of injury niggles Rob maintained his remarkably consistent league form (15th,

10th, 14th), while Andy put in his best XC performance of the season.

There then followed some excellent (and fixture winning) packing, as league debutant Finn Nugent (18th) ran his second XC race for the club (after his baptism at the London Champs), running a much better paced race. A few places back Sean Cordon (21st) produced another strong performance with an XC rarity - a negative split, with his second lap being appreciably quicker than his first. We were robbed of the gloves coming off in his finish with Jon Phillips (23rd) who ran strongly before slowing towards the end with a stitch.

Eighth DR home a further few places back was Adrian Russell (35th) who pushed hard through the final few miles and ended up gurning suitably for the finish. New man Shane Boyce (45th) had a very solid debut and had something in reserve with a very fast final 800m. Final scorer was a newly-motivated Wayne, who has given himself a good platform for the spring with his most consistent few months of training since the start of the pandemic, used all his experience to count nine DRs ahead of him before setting off. He also kept his shoes on.

The B team scorers then swept through, with Dulwich closing the B team within the top 21 team positions. Rob Hollands (another negative splitter) fronted things up, pipping Dan Mann to finish one second ahead. Ed Harper-Masters provided his usual whole-hearted effort, but avoided throwing up after this one.

Alex Loftus was next in, and ran the descents very well, finishing ahead of Shane Donlon who sensibly paced himself through the race having run a full tempo session two days before. James Burrows performed not as strongly as he did at Denbies, but ran solidly, finishing in front of Eugene who kept his shoes on, but lost time doing up his laces on the first lap, knotting things together in time to close out the B team ahead of the returning Tom Shakhli, who was making his first return to XC since November 2019.

The (ever described) XC enthusiast Des Crinion (105<sup>th</sup>) was next home, just one place down from his outing at Epsom, but some way from the form he showed here in 2018 when he finished in 57th. Jamie Nicol was a few places behind him, and finished strongly for his best league placing to date.

Andrea Ceccolini had his best run of the

XC season - not least because he ended it without experiencing his usual hamstring and heel issues. He was followed in by another debutant Sam Jenkins, who picked a good event to find his XC legs at.

Ebe Prill was next in, and despite the professor having calculated that he was perhaps 30s down on time vs 2018 once taking the slightly shorter course this outing into account, what he hadn't factored in was that in 2018 the ground was firm and many of us wore flats - this was undoubtedly a stronger run. He also appears to have edged out next finisher Jonny Hough over the final kilometre, who was another making his XC return since the start of the pandemic, but who certainly ran quicker this outing than in 2018 (without even factoring in ground conditions). Lanterne Rouge was Ed Smyth who was also markedly quicker this year than when the course was last run.

All in all a good set of results, which pulled us some 200 points clear at the top of the club standings ahead of Croydon, and some 388 ahead of Clapham, with just the Lloyd park fixture left on the 19th next month.

1st	Ed Chuck	26:09
2nd	Jack Ramm	26:15
13th	Andy Bond	28:08
14th	Rob Armstrong	28:12
15th	Rob Armstrong	27:59
18th	Fin Nugent	28:02
21st	Sean Cordon	28:51
23	Jon Phillips	28:55
35	Adrian Russell	29:22
45	Shane Boyce	30:04
52	Wayne Lashley	30:14
60	Rob Hollands	30:39
61	Daniel Mann	30:40
65	Edward Harper-Masters	30:46
72	Alex Loftus	31:02
74	Shane Donlon	31:12
82	James Burrows	31:33
87	Eugene Cross	31:46
89	Tom Shakhli	31:55
105	Des Crinion	33:10
108	Jamie Nicol	33:18
118	Andrea Ceccolini	34:04
119	Sam Jenkins	34:11

**A Team: 1. Dulwich – 224;** 2. Epsom – 295; 3. Croydon – 383; 4. Clapham – 403; 5. Walton – 463; 6. Reigate – 484; 7. Woking – 529; 8. Stragglers – 546; 9. Striders – 768.

**B Team: 1. Dulwich – 93;** 2 Stragglers – 224; 3. Epsom – 272; 4. Clapham – 437; 5. Striders – 448; 6. Croydon – 546; 7. Walton – 673; 8. Woking – 697; 9. Reigate – 705

**Standings after 3 events:**

**A TEAM Div 2: 1 Dulw R 800;** 2 Croydon 1002; 3 E&E 1184; 4 Clapham 1188; 5 Reigate P 1278; 6 Walton 1519



# Surrey League Cross Country, Divs 3/4

15 January

Several of us who find ourselves out of our depth in the higher divisions of the Surrey League competed for Vets AC. Earlier in the Division 2 race Dulwich enjoyed a convincing win in one of our best ever team performances in the Surrey League with Ed Chuck and Jack Ramm leading the entire field home.

The course, which came out as slightly over 8k, was a lollipop

with 2 long laps in the middle and ideal for runners and spectators alike. Although Richmond Park is firmer than most other courses, there were several muddy, slippery matches and fortunately most had taken the advice posted in advance that it was suitable for road shoes as well as trail and fell shoes with a pinch of salt. Conditions were misty and chilly, with little wind, ideal for running but rather uncomfortable for spectators. A herd of around 300 deer congregating around the start dispersed just in time for the start of the Division 2 race.

In the Division 4 race most of us ran close to current form but Dave West was handicapped by breathing problems he has been experiencing in recent races. **Mike Mann**

Mike Mann	40:58
Dave West	42:56
Gary Budinger	43:42
Andy Murray	45:25

## Runner's warning: Saboteur in Dulwich Park

Club members be warned: a man, whose handsome looks stir vague memories from the mists of time, has been spotted offering false encouragement in Dulwich Park. Lulling unsuspecting runners into middle distance stares and high heel lifts with exuberant cheers of 'come on, Dulwich!', mutterings of 'cry havoc! and let slip...' can also be made out as dogs are unleashed into the runner's path.

Despite familiar looks, the man can only be a foreign agent (from Kent AC perhaps - looking for revenge for that incident?). So, warning: Watch out for men whose hair matches their dog's. And: getting your dog to trip up Ed Chuck will not make you Ed Chuck (only Ed Chuck is Ed Chuck).

**Your man (putting other men) on the ground, Tim Bowen.**

## Project 20: Week 14

*Alcohol Free Beers Drunk Since last report: 20*

*Canobie Hill Reps: 0*

*Chuck Reveries: 0*

*Supportive texts from Steve Smythe: 0*

*Longest run: 5.8 miles*

*Park Run: 21.18 (51 seconds faster)*

With very little mileage, a handful of free spin classes, a bit of swimming, and some dry January type beers, I managed to finally get some speed. I'm now aiming for something beginning with the number 20 (let's be clear, like 20.59) this

coming Saturday. Suddenly my goal of running a sub 20 m 5 km seems within reach.

I'm even looking forward to the club 5 km in Brockwell park. There is nothing like reviving some club rivalries to help shave a few seconds of my running. A large number of people have complained about the overly long nature of my updates, and also pointed out the lack of much running material in what I write.

I admit, this complaint is well founded. Apparently the club has hired Sue Gray to launch an investigation into my lack of running, whilst masquerading as fully paid up member of a running club.

I have taken note and from now on I will invert that relationship. I look forward to running more and writing less.

Ajay Khandelwal

**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.**

## Beckenham Place

274 ran

Pos Gen

42	37	Martin Double	23:29
63	7	Claire Barnard	24:44
120	27	Hannah Harvest	27:44

## Bromley

560 ran

Pos Gen

72	56	Grant Kennedy	21:31
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## Brockwell

382 ran

Pos Gen

43	34	Stephen Trowell	21:27
95	13	Lucy Pickering	23:33
112	18	Lucy Clapp	23:55
120	82	Graham Laylee	24:13
127	88	James Gordon	24:22
163	107	Michael Dodds	25:46
227	55	Clare Wyngard	28:05

## Charlton

196 ran

Pos Gen

57	45	Stephen Smythe	25:01
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## Conwy

191 ran

Pos Gen

188	108	Chris Vernon	49:01
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## Crystal Palace

330 ran

Pos Gen

31	2	Yvette Dore	21:58
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203	48	Belinda Cottrill	29:52
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## Dulwich

599 ran

Pos Gen

19	16	Rob Fawn	18:39
30	26	Gower Tan	19:13
47	42	Rupert Winlaw	19:58
49	44	Lloyd Collier	20:01
88	75	Rob Mayes	21:04
98	84	Ajay Khandelwal	21:18
105	90	Robert Tokarski	21:24
108	92	Neville Webb	21:30
118	101	Edward Simmons	21:43
152	13	Victoria Read	22:31
159	126	Martin Kelsen	22:41
171	17	Naomi Crowther	22:56
236	170	Chris Lawrence	24:40
582	206	Susan Vernon	40:56
583	207	Stephanie Burchill	41:37

## Fulham Palace

463 ran

Pos Gen

158	122	Barrie John Nicholls	24:37
218	41	Claire Steward	26:01
326	95	Lindsey Annable	29:15
330	198	Paul Keating	29:26

## Hastings

338 ran

Pos Gen

28	26	Nicholas Brown	22:09
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## Linford Wood

228 ran

Pos Gen

9	9	Joe Sheppard	22:09
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## Peckham Rye

310 ran

Pos Gen

12	12	Wander Rutgers	19:09
29	24	Lee Wild	20:55
44	4	Michelle Lennon	21:47
95	12	Madi Robinson	24:25

## Riddlesdown

167 ran

Pos Gen

13	12	James Wicks	23:05
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## Southwark

335 ran

Pos Gen

20	19	Ryan Duncanson	19:13
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## Sutcliffe

232 ran

Pos Gen

19	19	Michael Fullilove	19:59
137	95	Peter Jackson	29:01

## Swanley

91 ran

Pos Gen

4	4	Jonathan Whittaker	20:51
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## Tooting Common

584 ran

Pos Gen

146	109	Ian Sesnan	24:35
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# DULWICH RUNNERS KIT

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



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



Most kit is usually available  
Wednesdays at the club from Ros  
ros.tabor49@gmail.com

**Socks only £5**



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



**REDUCED TO CLEAR**

**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 6

