



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. - £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
- 1 Club runs & training
- 2 Fixtures
- 5 Race reports and results
- 11 Club kit
- 15 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 evening runs

The club house will be open including the changing rooms, showers and bar. We are meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside.
The £1 fee will be, payable by card/device only, no cash.- **Ange Norris**

Urgent request for shared cars to the Paddock Wood 1/2M this Sunday

Due to restricted services it is difficult to get to the start by public transport. If you haven't yet emailed or messaged me, please let me know asap if either you drive there and can offer lifts or are in need of a lift. ebepri1@yahoo.co.uk

DULWICH RUNNERS AC ANNUAL GENERAL MEETING: Wednesday 30 March 2022, 8.30pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.30pm on Wednesday 30 March.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 25 March to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2021 AGM are available on the club website here (<https://www.dulwichrunners.org.uk/agm/>) and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again. There are two roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Treasurer; Joint Men's Captain

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Outgoing Committee Members 2021

Committee Post	Present Holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	No
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Tom South	No
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Andrea Pickup	Yes*
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	Yes
General Member	Ryan Duncanson	Yes
Non-committee posts		
Honorary President	Chris Vernon	Yes
Welfare Officer	Tom Poynton	Yes*
Kit Person	Ros Tabor	Yes

*Andrea Pickup and Tom Poynton will both stand again as Welfare Officers but propose to swap positions, whereby Tom will sit on the Committee and Andrea will contribute in a non-committee capacity.

Nominations for any role should be sent to Yvette by Wednesday 16 March to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Known nominations to date

Treasurer: Andrea Ceccolini

Yvette can be contacted at:

secretary@dulwichrunners.org.uk

Dulwich Runners AC - Committee Roles 2022

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first register with Crystal Palace Arena first using the form on our website:

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Details of future sessions to be provided shortly but will continue to be endurance-based for the next few weeks

If any questions or feedback – Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

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

All members using the track:

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

Tuesday Morning Speed - Dulwich Park

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

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

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

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

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

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

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

If you are interested in participating in the Club Championships, please make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.

Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

if anyone needs a club vest for Paddock Wood I'll be at the club after after the run on Wednesday - ros.tabor49@gmail.com



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
To find out more - 07506 554004 - www.hernehillssportsmassage.co.uk

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

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.

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

English National Cross-Country Championships, Parliament Hill Fields

February 26

Steve Smythe writes: There was a brief report on last week's women's performance- a solid 30th though a bigger report on the pub visit afterwards. Sadly, the men's team are so busy training at the moment that no one had any time to write a report probably put off by some of the previous excellent reports by the competing runners this winter that must have taken an age to actually do.

This one didn't but I did have to spend more time on doing the Athletics Weekly one on the day which is here for anyone who want to catch up on the overall report from a non Dulwich perspective. <https://athleticsweekly.com/featured/mahamed-mahamed-and-jess-gibbon-take-english-national-titles-1039953993/>



*Mahamed Mahamed and Jess Gibbon take English National titles - AW
Southern athletes win lion's share of gold medals at a muddy but sunny Parliament Hill on Saturday
athleticsweekly.com*

This year Dulwich's men have had their best ever South of Thames and best ever South of England Championships by some distance and that trend continued with easily the men's best ever National in terms of teams but also individuals.

We have never been anywhere near as high as 24th/25th before - the 25th in the 6 man is better than the 24th in the 9 man and we can do far better if everyone who has done XC this winter turns out together and are fully fit.

The senior men's race was 12km - it used to be 15km and it consisted of one medium lap and two large laps which meant there was less lapping than in the South of England but still quite a lot but not surprising when the last time of the 2089 finishers was 1:51:48.

The start is one of the best sights in British sport with 2000 runners sprinting up the hill. Unfortunately, one of Ed Chuck's shoes seemingly wanted to watch rather than run and briefly came off which meant a stop and then trying to overtake hundreds of slower runners.

It meant he was down on Jack until the final bend but a furious kick saw him get past and get all the way up to 61st - his previous Nationals were 351st in 2018 and 124th in 2019 as he continues his amazing progress. The previous highest ever Dulwich men's National was Jack Ramm's 106th in

Nottingham in 2020 and with an excellent run he improved all the way up to 63rd (having been 314th in Leeds in 2019) and while it was disappointing for him not to lead the team home, it was a huge improvement on all his other major races where he has trailed Ed by bigger margins this winter as he continues to improve race by race.

It was Sean Cordon's first National in his first season and he is another improving all the time and he made the top 400 in the 2000 strong field.

Jon Philips did run some cross-country races back in 2012 and 2013 for Herne Hill but this is his first real full season and he has been ultra-reliable in scoring and did so again here with a fine 459th.

Close behind came Ade Russell - until this winter he was fundamentally a parkrunner but he too has enjoyed a full and highly successful season and made the top 500. Tim Bowen was returning from Covid and doing his first race for a month and with a more controlled run than in some recent races, he was just outside the top 500. His best is a 307th in the last Parliament Hill race in 2018 but when fully fit he can come much higher.

Joe Hailsworth ran 2:40 in last year's Manchester Marathon but this is his first listed cross-country for us and could be a vital scorer in next year's Division 1 campaign.

Kev Chadwick had a previous best of 825th (2016) and this was a much better run to make the top 700 in a bigger field.

The ninth and final scorer was James Burrows who has had a good season and 741st here with a best of 673rd in 2020, this was a better run as there were over 300 more runners this time.

Because of the extra numbers this time, comparison become more difficult further back but all the non scorers did well in the difficult conditions - Eugene, Joe, Gower, Lloyd, Grzegorz, Ebe, Mike, Hugh and Barrie
Shane O'Neill pulled out.

In the 9 man we came 24th and could obviously do much, much better if everyone was out but in the few places behind us in the top 30 came former winners such as South London, Tipton, Coventry and Blackheath.

(1st Mahamed Mahamed 40:52)
61 Ed Chuck 45:28
63 Jack Ramm 45:29
389 Sean Cordon 51:03
459 Jon Phillips 52:08
476 Ade Russell 52:21
518 Tim Bowen 52:58
542 Joe Hallsworth 53:17
683 Kev Chadwick 55:04
741 James Burrows 55:48
914 Eugene Cross 58:18
970 Joe Farrington-Douglas 59:05
1004 Gower Tan 59:31
1110 Lloyd Collier 60:53
1338 Grzegorz Galezia 64:14
1410 Ebe Prill 65:29
1530 Mike Fullilove 67:49
1621 Hugh French 69:22
2072 Barrie John Nicholls 95:58
Shane O'Neill DNF

Entered but not in results: James Augur, Andrea Ceccolini, Shane Donlon, Sam Mattu, Ross Rook, Terence Baker, Shane Boyce, Jonny Hough, Joe Wood, Chris Beardsall, Mark Foster, Wayne Lashley, Justin Siderfin and a further five women entered did not run and I'm not sure everyone was injured or ill but personally despite the exorbitant fees I would prefer we have too many entered and everyone who might do gets a run rather than

someone who wants to do finds they are not entered.

9 to score
24th Dulwich 3932. 77 teams completed.

6 to score
25th Dulwich 1966. . 133 teams completed

20 years ago, Dulwich ran the National at Bristol and while the conditions were a doddle compared to 1972 which I wrote about here <https://athleticsweekly.com/event-news/the-unforgettable-english-national-of-1972-1039954244/>



The unforgettable English National of 1972 - AW

The race was held (for the last time) at Sutton Park – a good course but unfortunately miles away from the changing rooms. The day started with reasonable conditions but worsened in the... athleticsweekly.com

they were the worst conditions I can remember running in. In looking for the 2002 results I did belatedly find out that my 2002 run was my highest National position which was the club best until Ed's run a few years ago. However, the standard couldn't have been great and only 1220 ran that year as I know I ran much better with lower positions in other years and I was 43.

The men's result saw the team finish 44th which was one of our best back then - unfortunately I couldn't find the necessary Short to check the names entered ran - one is definitely wrong but Steve Smythe was 257th, Rob Spedding 311th, someone

running as Martin Morley was 369th, Amites Sarkar was 539th, Mike Mann 557th and Clive Sentance 602nd. Non scorers were Dave West 686th, Andy Murray 701st, Gordon Newlands 759th, Dylan Owen 827th, Kev Wood 933rd, Steve Cook 1111th, Matt Pullen 1114th, Bernard

Imber 1123rd and John O'Byrne 1139th. It was an excellent men's turn out considering the distance but a poor women's one - just two ran.

Alison Fletcher, though aged 41 then, finished 13th which is the club's highest ever National and Ros Tabor was 155th out of 384 finishers.



Ed Chuck, Jack Ramm

Surrey League XC Ladies Match 4 Lloyd Park

Becca Davis (with contributions from the team) writes:

With the Nationals, unquestionably the pinnacle of the XC season, the prior weekend and promotion largely preordained, a somewhat reduced field (95) assembled at Lloyd Park for the rescheduled final Surrey League XC match. Among them, seven intrepid Dulwich ladies lined up ready to take on the worst – some might say proper – cross-country conditions of the season: gusty winds, mizzle, ankle-deep mud, quagmire and water filled ditches.

The first kilometre (or so) was on the soft-to-firm side, with clearly visible painted tree-roots. However, Clare's warnings of extreme mud swiftly became a reality when, in a fight against gravity, we encountered the first sharp slippery incline. I still can't quite comprehend how I managed to climb that slope (twice) in 12mm spikes! I spent the rest of the race regretting not taking Tom S. up on his offer of a set of 15mm.

The next couple of miles of undulating bog felt like a hard, energy-sapping slog, made worse by an arctic headwind. The descent of the earlier ascent bottomed out to a deep mud patch, proving a real fight to stay upright and a lesson in core stability. Going into the second lap the field continued to thin and many of us ended up running solo, targeting closing (or in my case maintaining) the gap between the runners(s) in front of us. As my energy levels fell, the sight of Dulwich red striding across the mire in the opposite direction kept my spirits high! As did support from Gary, Jen, Steve and Tom S. at the apex of the sharp hill.*

Clare Elms led the team home with an outstanding race to win the overall Senior Woman and W50 Division titles. Despite a slower start (in her opinion) and being wary after taking a rather nasty fall at the Nationals, she worked her way through the field to finish 3rd (34:20). Clare writes: I had thought that nothing could be as muddy and hard as last week, but how wrong could I be!! Lloyd park was as wet, muddy, cold and windy as ever I've known it!

Rising XC star Katie Smith (11th – 37:23) was second scorer, running her fastest

8K XC race of the season after dipping below 21 minutes at February's Last Friday of the Month. Her racing strategy – eat a chocolate waffle, push through the first 10 mins, only slowdown if necessary – seems to

be working. However, we're certain Katie's speed derives from more than a waffle on race day!

Third home was Ange Norris (18th – 39:18), one of the Club's most experienced and enthusiastic XC runners, and no stranger to tough, muddy conditions. Ange ran another cracking race to cement her W60

42:51). Feeling lighter on my feet in spikes (versus trails at the Southern and Nationals) and slowly regaining some fitness. I managed to take advantage of the long downhill to gain a couple of places to finish my fastest race of the season.

Also recovering from injury, Sonja Jutte had a great race (35th – 43:52). She significantly outpaced her January League match and looked incredibly strong on the finishing straight.

Congratulations to everyone who ran over the season to secure the Division 2 Championship win and a promotion for Dulwich Runners! We can all look forward to competing in Division 1 next Autumn. Finally, a big thank you to our captains, Kay and Ola, for getting Club



Becca, Ola, Ange, Sonja, Eleanor, Katie, Clare.

Division title win.

Close fourth was Joint Women's Captain, Ola Balme (19th – 39:42), running another fantastic race to achieve fourth in the individual W50 Division rankings. Ola has been integral to ensuring a strong turnout at races over the season. Further, she's actively encouraged less experienced Club members (like me) to don a Dulwich vest and get muddy!

Completing the scorers was Eleanor Simmons (24th – 41:05) who had another strong League race and was cheered on by her Dad. Much to my (and others) amazement, Eleanor managed to navigate the mud in trail shoes without falling over!

Excited to be running my third cross country race, I was sixth home (30th –

entries in and organising us all through the season!

*As well as those that were there to support, we also had some supporters who were almost there. Their good intentions most definitely count, and we very much appreciated that they were almost there.

The amusing thing was the confused conversation that Ange thought was post-race and they thought was pre-race. Andrea was wondering why Ange was about to run in road shoes and Ebe was quietly amazed that we were so relaxed and still in sweatshirts. Apparently, they put the mud-covered legs down to some enthusiastic warming up! If we're ever in need of some entertainment, we have the makings of a farcical Club sketch right here!

Open Track Surrey Ladies League Lloyd Park

March 5

Dulwich win Division 2 League and Clare wins overall individual title

Steve Smythe writes: It wasn't a great turn out for the club - seven was a lower number than normal for a re-organised fixture that was called off due to the storms a few weeks ago. It was a shame that many members missed out on an opportunity to get their highest ever position that certainly won't be achieved in Division one next season even if a number of members carry on their improvement.

We were missing 8 previous scorers this winter - Polly, Kay, Alicja, Clare W, Katie, Madison and Michelle due to a mixture of reasons including injuries, and other races.

However, all other clubs also had trouble getting athletes out and the overall numbers were well under half of the previous fixtures and we still won and easily go back to Division 1 next winter.

The course on Lloyd Park was slightly muddier than in the men's fixture a few weeks ago but no one collided with any trees this time.

A bit wary after a heavy fall (after being pushed from behind) in the previous week's National, Clare Elms didn't start well but moved through strongly and in finishing third she won the overall league title by a single point - certainly the first ever 58-year-old to win an overall senior league!

Clare first led the club home in 2007 and 15 years later has been the club's top runner for over 30 fixtures in that time despite missing a lot due to international events. She won a Division 1 fixture in 2008, one of only three Dulwich Runners ever to achieve that feat.

Katie Smith had been 49th and 39th in her previous league races and this was certainly her best ever run for the club as her improvement advances even if it was helped by the relative lack of depth in this field and she only just missed the top ten with a fine 11th.

Masters events

Steve Smythe writes: This weekend sees the British Masters Cross-Country Championships at Tonbridge and while some are focusing on the club champs at Paddock Wood, not everyone is and it is disappointing that we will have no teams and only a handful of individuals and the club should be making a better effort to promote members to participate.

The next big Masters event that the club has in the past shown interest in putting out strong teams for is the British Masters Relays at Sutton Park, near Birmingham on April 23 which for those who have attended is a great club event and we have won medals before in the W35, W45, W55 and M55 categories and could add to that.

We could field strong teams in the W35's (4-stages), W45's W55's (3 stages), M35's (6 stages), M45's (4 stages) and M55's (3 stages) and M65's (3 stages) if most of our best in each age group turn out and I am disappointed that so far we have made no effort from what I can see to see if anyone is available.

Ange Norris, the first W60, had a league record that goes back a lot longer than Clare (to the late 80's) and her 18th was her highest position after a 44th and 37th in her two previous league races this winter.

The also ever reliable Ola Balme goes back to the mid-90s with her many, many league appearances which I suspect might be more than any Dulwich man or woman in the history of the club. Despite wearing in appropriate shoes and doing as much sliding as running, Ola was one place down on Ange in 19th having been 50th, 48th and 44th in the three previous league fixtures and she was the fourth scorer.

Eleanor Simmons ran well to follow up her excellent Mitcham Common run and completed the scoring five - she had been 68th, 68th and 43rd in her three previous fixtures and she came a fine 24th which ensured the club won by five points on the day from Ful on Tri but the overall league by a huge 161 points.

Becca Davis had not run the Surrey League this winter but had run the South of England Championships and the National and she made the top 30 to be well within the top third in the field with a strong run throughout.

Sonja Jutte also easily made the top half and her 35th compares to her 107th in the previous league and she too ran well. Even though the B team only had two scorers they were second B team and 16th of 27th teams on the day.

Considering the local venue, club support was slightly disappointing but Tom, Gary, Steve and Jenny B were spotted and offered encouragement.

3rd Clare Elms 34:20
11th Katie Smith 37:23
18th Ange Norris 39:18
19th Ola Balme 39:42
24th Eleanor Simmons 41:05
30th Rebecca Davis 42:51
35th Sonja Jutte 43:52
95 finished

TEAM: 1 Dulwich 75; 2 Ful on Tri 80; 3 Croydon 96; 4 Sutton R 105; 5 London City 118; 6 Tri Surrey 192

Final standings:

Overall: 1 Elms 8; 2 Morris (Rei P) 9; 3 S Forbes-Smith (Tri Sy) 13

TEAM: 1 Dulwich R 289; 2 L City 450; 3 FoT 726; 4 Croydon 745; 5 Windrush 823; 6 DMV 927

Cambridge 1/2M

6 March 2022

Jon and I signed up for a flat Cambridge half marathon, without a thought for checking trains. Because of course they'll bear trains in mind, right? Nope. The first train would have meant a very tight dash to the start so we opted for a drive up at ridiculous o'clock. As ever, I left zero flex to get there in time to beat the road closures so when we discovered a section of motorway was closed, I had to step on it. This proved a good mental warm up for the event itself. Despite making time, we just missed the cut off for the closed roads but Jon proved almost as good at moving cones officiously as he is at reconfiguring toys so we got in to my friend's house by the start no problem. This left plenty of time for a pre caffeine pills coffee and chat before getting going.

It was a little galling to see former arch rival, Nick Bester, waiting as running royalty at the start line, while we schmucks were marched through mud to get to there (what about my shoes?!). At least I was sufficiently self restrained not to chase after him. Instead I decided to dial in some 3:25 kms and see where the wheels came off. Conditions were perfect (aside from touristic detours through cobbly, gravely, tight cornered colleges - we'd have gone a minute faster without this, honest), with some nice fast groups and I was surprised / worried to

pass through 10k in 33:45. I kept that up to around 9miles when I started hurting, my group finally dropped me, and I was overtaken by a Hercules Wimbledon chap I vaguely recognised.

But I wasn't going to drive Jon all the way back to London having been beaten by him, and it seemed a little unfair to drive off without him, so I dug in for the final slog. Some great crowds helped on the final twisty turny miles until a brief lull through yet another college when I almost lost it to the two chaps I'd been running with but at 400m to go I managed to summon my track idiot and I knew I (just) had them. I was very pleased and a little bemused to get within 5seconds of my PB - set in considerably fitter, more diligent times.

Not far behind at all, Jon had a superb time and well deserved 2min PB after a great block of training and some swift XC times. Not content with this, he finished off the trip to Cambridge in a pub showing off his skills by reassembling an Optimus Prime toy from robot mode to truck mode in a time a little quicker than his half marathon.

Overall a very nice, flat, mostly fast course, and highly recommended for anyone seeking an excuse to visit. - **Tim Bowen**

1 N*** *****r	66:19
35 Tim Bowen	71:30
44 Jon Phillips	72:16 PB
9,914 ran	

East Surrey league

5 March

This low-key event was tacked onto the final rearranged Div 1 Surrey League match, following the cancellation of the planned fixture at Effingham Common two weeks earlier. Lloyd Park is generally at its worst at this time of year and this time proved no exception. If anything the ground conditions were worse than normal with pretty well continuous mud over two thirds of the course from the early climb until almost the fallen tree towards the end of the lap, so expertly head butted by Gary Budinger two weeks earlier. There was also a fair amount of standing water to wade through.

Not surprisingly competing against Div 1, I along with the few other East Surrey League participants were stuck towards the end of the field. Despite a runny nose which I put down to the cold weather, I didn't feel too bad during the race though my time was slightly down, but the next day I tested positive, which was not a big surprise. So no running since then until hopefully later this week.

Thanks to Ange, Ebe, Andrea C, Steve, Clare and Gary B for their support on a day more suitable for running than spectating (regarding the weather though not necessarily the course).

Mike Mann 44:07

PROJECT 20, WEEK 20

Alcohol Free Beers Drunk: 0

Garmin chargers eaten by wolf-dog: 2

Cherry Juice drunk 0

Ottolenghi Hasselback Beetroot eaten: 1

Park Run: 20.56 (Fastest so far)

There were good omens this week. On Sunday I bumped into a Dulwich runner I used to run with along the Thames. I couldn't remember her name, but we waved as we ran past each other. On Monday I bumped into Kristina on the Jubilee line in civilian gear, and heard about the world of ultra. I bumped into Jack Ramm at the Crown and Greyhound along with a group of shorts wearing men. I was transfixed by his 64 place in the nationals and look forward to the write up. I saw Tim B propping up the bar, and mused that this 2.28 Marathon runner would be around 1.45 marathon if he had been blessed with a more traditional running frame rather than that normally found on the late night cage-fighting channels. The beer was good.

True, I hadn't done that much running, but these running encounters had topped up my running energy by a form of running transference, where running energy jumps between two people if they stand close enough and engage in conversation. I have observed this as a fact, and although the scientific community haven't quite caught up, I'm sure you can vouch for it. It seems to work in the opposite direction if you start associating with non running people long enough. Speak to non runners and you actually get

Steve Smythe writes: Gary Budinger, who is a branch manager, revisited Lloyd Park on Saturday to see how the tree he collided with is getting on but the impact clearly proved too much.

Gary, who apparently has a personal trainer called Duncan Donut, who he sees regularly, was persuaded not to run this time by the Forestry Commission.



slower, and start thinking you need new WIFI kef speakers to be happy, or that your sofa covers needs replacing. Wrong! Associate with runners, and you start realising that a perfect interval session could change your life.

Park run was good. I had a motivational talk from chatty Rob before the start line, and found myself running with another (silent) Rob after 2km. I noticed a strange thing, every time he glanced down at his watch, he slowed down. It was as if he looked at his watch, and he thought, "I'm running too fast" I better to slow down. I gave him a little nudge to speed up and he took me across the line at a please 20.56.

Now that my 5km result number starts with 20 it feels like I can see my peak in the distance. As another good omen, during a walk in Dulwich park, I saw the fist of fury, the Chuck of Ed, hurtling around the park. His training partner was out of town, and unable to slow him down (joking Jack...) and he therefore was really putting his foot down. He didn't even respond to my "Go ED CHUCK" at full volume. He just looked more psychopathic and furious as he tried to trample the innocent ambling park goers. It was as if a meteorite had landed in a polite garden party. Still, I took some embers as he hurtled by the second time, to continue building up my running transference. Remember, don't hang out with non runners, it's dangerous and will make you slow. Do try and get weekly contact with ED CHUCK. I am feeling rather sad that I haven't seen Steve Smythe for a while. Let me know if you see him, say hi from me. I might get a Steve Smythe pen, or mug to help stay motivated. I am going to drink Cherry Juice sourly, and I hope to see you at the Paddock Woods half for more free association and to get myself fully loaded on Dulwich Running energy.

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.**

Ashford

218 Ran
Pos Gen
13 1 Kim Hainsworth 20:43

Beckenham Place

193 Ran
Pos Gen
59 5 Claire Barnard 25:33

Bromley

557 Ran
Pos Gen
4 4 Kevin Chadwick 17:21

Brockwell

277 Ran
Pos Gen
8 8 Jamie Robinson-Nicol 19:40
9 9 Jonny Hough 19:43
26 25 Stephen Trowell 21:17
30 28 Lee Wild 21:25
33 31 Austin Laylee 21:47
37 3 Michelle Lennon 21:58
60 50 Hugh Balfour 23:34
67 56 Dave West 24:05
81 64 Graham Laylee 24:42
112 85 Martin Wagner 25:48
117 22 Claire Steward 26:05
156 51 Joanne Shelton Pereda 27:19
189 64 Clare Wyngard 28:27
274 119 Susan Vernon 43:25
276 132 Chris Vernon 51:55

Charlton

158 Ran
Pos Gen

20 19 Stephen Smythe 22:58
127 33 Stephanie Burchill 33:32

Crystal Palace

286 Ran
Pos Gen
1 1 Andy Bond 16:55
11 11 Sam Jenkins 19:41
42 3 Yvette Dore 22:24
244 138 Bob Bell 33:15

Dulwich

412 Ran
Pos Gen
11 10 Adrian Russell 17:08
13 12 Tom Shakhli 17:27
27 23 Grzegorz Galezia 18:45
30 25 Mark Callaghan 18:49
38 33 Rob Fawn 19:28
45 37 Hugh French 19:48
56 46 James Auger 20:17
57 6 Charlotte Sanderson 20:22
65 52 Olivier Montfort 20:50
67 54 Ajay Khandelwal 20:56
68 55 Robert Tokarski 20:57
75 9 Victoria Read 21:11
85 13 Clare Norris 21:27

Gladstone

237 Ran
Pos Gen
16 15 Des Crinion 19:34
23 3 Becca Schulleri 20:42

Ifield Mill Pond

112 Ran
Pos Gen
11 1 Tereza Grainger-Francova 21:49

55 9 Lindsey Annable 27:45

Lloyd , Croydon

156 Ran
Pos Gen
87 71 Tommaso Bendoni 33:08

Peckham Rye

303 Ran
Pos Gen
20 18 Ebe Prill 20:49

Portsmouth Lakeside

207 Ran
Pos Gen
188 104 Colin Frith 40:29

South Norwood

127 Ran
Pos Gen
84 52 Peter Jackson 29:54
90 28 Ros Tabor 30:47

Sutcliffe

161 Ran
Pos Gen
20 19 Michael Fullilove 19:54

Tilgate

315 Ran
Pos Gen
86 73 Gary Budinger 25:45

Tooting Common

427 Ran
Pos Gen
142 107 Ian Sesnan 25:57

DULWICH RUNNERS KIT

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



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



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

Socks only £5



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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

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

For all club kit enquiries: ros.tabor49@gmail.com



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

SUSTAINABILITY AND RUNNING SHOES

As a club and running community, we have been looking at steps we can take to improve our sustainability. We are also working with England Athletics, to make sure our plans follow the latest recommendations. Here Andrea Ceccolini talks about **Running Shoes**, and what we can do to make our use of them more sustainable.

The Problem

Shoes are among the least recyclable items that we all use. Which means that most of them eventually end up in landfill. The carbon footprint of shoe production is huge and growing: over 25 billion pairs of shoes are produced annually, and account for around 1.5% of global greenhouse gas emissions. To put it in perspective, this is not too far from the footprint of global aviation.

In many ways shoes create even larger problems, given the large water consumption for their production, and the plastic pollution resulting from their disposal. Running Shoes are even worse than normal shoes, as they only get used for a short period of time, and they are built mostly using complex, high-tech petroleum-derived plastic materials, which are difficult to produce, assemble and recycle.

We can estimate that our club's 300+ members use over 1,000 pairs of trainers every year.

Even when they sit in our cupboards for years, past their useful "running" life, most of these will eventually go to landfill, where they will stay for thousands of years, or worse, find their way to the sea, eventually degrading into microplastics, pollute natural environments and end up in our food.



What Can We Do?

While we wait for big brands to use more sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

- Use our shoes as much as possible (obvious)
- Return them to manufacturers or shops when we buy a new pair (in the rare cases when such a scheme exists, e.g. <https://www.runnersneed.com/about-us/recyclemyrun.html>)
- Donate our shoes to someone who can still use them, for running or as normal shoes

For this last point, we have contacted **ReRun** <https://rerunclothing.org/> . When shoes can still be used for running, they will sell them for a small amount on their website, otherwise they will donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

We will collect used shoes on Wednesday 30 March 2022, 6:30 - 10pm, at the Club House.

Please wash your old shoes and tie each pair together using their laces. We will collect used shoes on a regular basis in the future and deliver them to ReRun or similar initiatives.

Thanks for your help! - If you want to get involved with our sustainability efforts, or if you have any questions or suggestions, please do get in touch: ceccolini@gmail.com

DR App

All Dulwich Runners' race results in one place

Sourced from RunBritain P.o.10, parkrun and our own archive

Club Records and Leaderboards by year and age group

Championships and club stats

Age graded results, individual Personal Best and Season Best

Head-to-head comparison and charting of performance over time

 app.dulwichrunners.org.uk

Feedback and requests:  ceccolini@gmail.com

Club Records

View club all-time records and yearly records

Filter by age group

View leaderboards for individual events

Results

Search through the full results archive

See full list of DR finishers

Runner's Page

Search runners

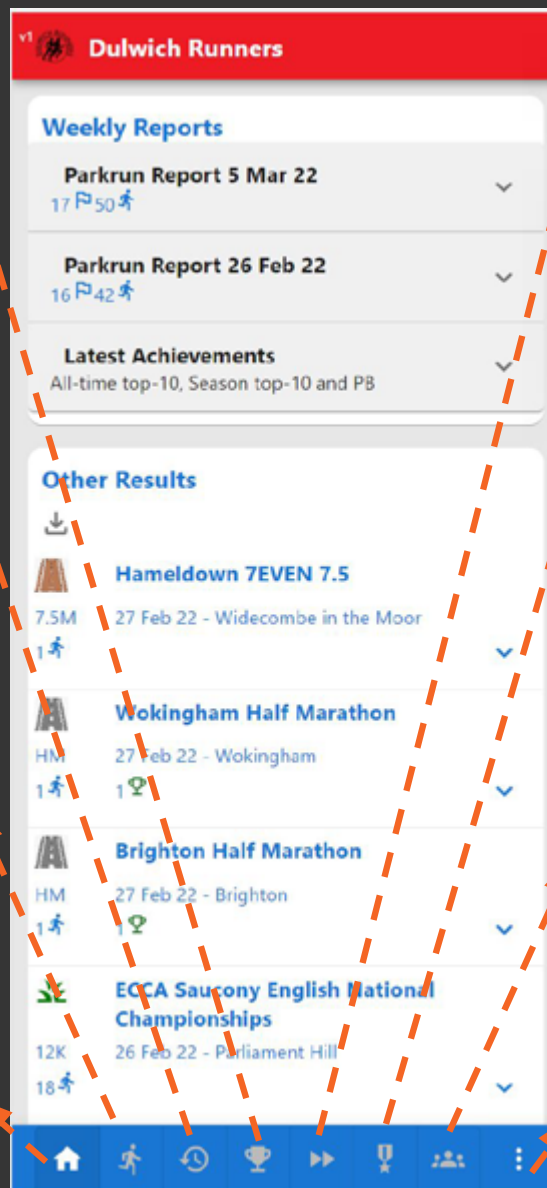
Runner's PB / SB

All individual results and charts

Progression of PBs over time

Home

Latest results, reports and achievements



Head-to-Head

Compare two or more runners

Chart age-graded results

Club Champs

Browse club championships

View current standings and awards

Includes individual races, yearly club champs and XC champs

Club Stats

Number of runners and results in archive

Number of finishers by event, year and age group

More...

About, Release notes and more...

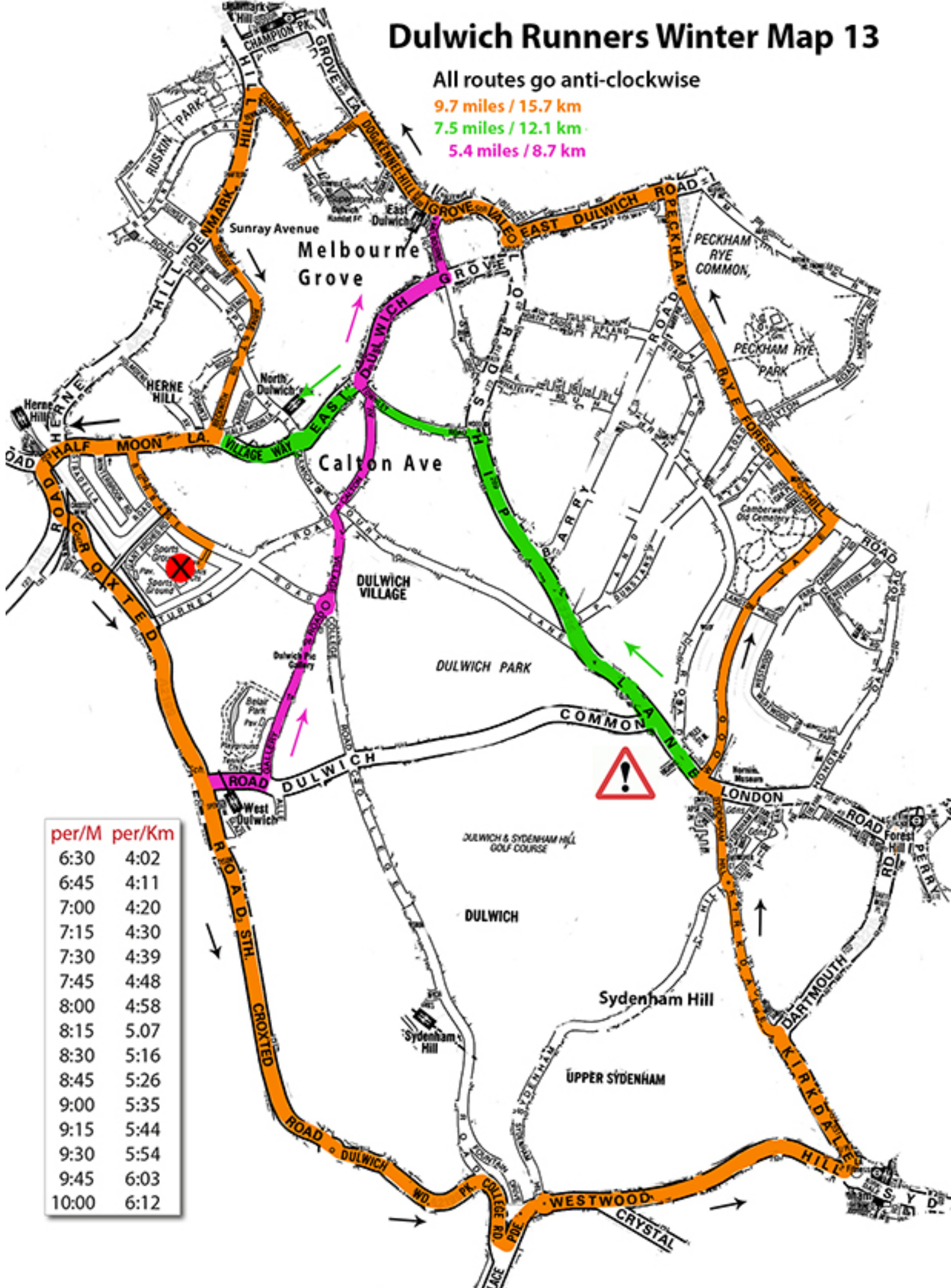
Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.7 km

7.5 miles / 12.1 km

5.4 miles / 8.7 km



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

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