



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 payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
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- 12 Club kit
- 13 Wednesday night 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:



Dulwich Runners Club Championship Survey

We need your help! Can you spare a few minutes to take part in our survey to get a better picture of what you think about our club championships? How we could improve them for next year and what you might prefer as races. There are a range of multiple choice questions and options to comment if you like.

Please find the survey here: <https://forms.gle/fGhoVwGeQLvutSF59>

Your participation in the survey is greatly appreciated, thanks - Your Dulwich Runners Committee

Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail dulwichrunnerssocialsec@gmail.com to confirm meat/veg choice.
Cost £7.00

Chris Vernon writes: It is with a heavy heart that I am writing this piece for Shorts.

I have been suffering with ill health for a few years now but have been able to carry out my duties as Honorary President to the best of my ability. Sadly, the time has now come for me to resign as I can no longer see well enough to do what I would like in my role as Hon President.

It has been an honour to represent Dulwich Runners and I will continue to support the club in any way I can. We are a wonderful club and I wish the very best to everyone involved in its running.

Thank you Chris

On behalf of the committee and every Dulwich Runner, we'd like to thank Chris for his time spent as Honorary President. He was voted to this position in April 2021 and continued for a second year. He has always been enthusiastic about the position due to Dulwich Runners having been such a large and important part of his life for so long, so we can understand that the decision to stand down has not been an easy one.

Thank you Chris, we all wish you well and look forward to seeing you regularly at the club house.

Ange and Ebe

2022/23 membership

If you have not renewed or are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

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

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.)

Thankyou to those of you that have renewed

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, aim to arrive by 7pm to sign in pay & sort out which group you'll run with.

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

NOTE: £1 club run fee for members and guests each

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

Tuesday evening speed-Crystal Palace track

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

First pre-register with Crystal Palace Arena here: <https://www.dulwichrunners.org.uk/tuesday>

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

Tuesday 8 Nov - multiple groups - 5-7x (500m@5k + 300m@3k) with 75/90 seconds recovery. Find your current race based paces with a pace chart: <https://www.active.com/fitness/calculators/pace>

Future sessions - mix of 3,5 & 10k paced intervals, suitable for a wide range of abilities. First timers and others, any questions/ feedback contact me - Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette: we are a big group, others use track at the same time, treat them how we'd expect others to treat us.

- give plenty of space overtaking or moving off the track.
- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, cool downs. etc
- 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.

Also, please don't spit on the track!

Any questions, feedback or need advice contact me at tpoynton@hotmail.com or in person.

I have added a bit more coaching advice at: <https://wingsonourheels.wordpress.com/>

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, 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 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

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

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

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
Nov 12	Surrey League XC	Wimbledon Common
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 3	Kent Masters Champs	Dartford
10	SEAA Masters XC	Oxford
17	South of Thams XC 7.M	Aldershot tbc
Jan 7	Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
14	Surrey League XC	tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park
25	National Cross Country Champs	Bolesworth Castle, Tattenhall

Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

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 Cost £7.00

Masters Matters International Cross Country

Andy Murray writes: Usually each year there is a masters (over 35 year olds) international cross country match held between teams in five year age groups from Ireland and the four home countries. This year the match will be held in Dublin on 12 November. DR's Ros, Andy Bond, Mike Mann and several others have been selected in the past for England and run well.

There is a trial race for the England masters teams at Markeaton Park, Derby on 15 October. The first 3 or 4 finishers in each age group in the trial will fill 75% of the places in the England teams (of 4 or 6) for Dublin. Closing date for the trial is 26 September. see Cross Country englandmasters.org.uk

Other 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.

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 Sustainability

We are resuming the collection of used running shoes. Do you have old shoes that you no longer use, but that are still good enough as normal shoes or as trainers?

By donating them you will extend their useful life, and:

- help people in need
- reduce the number of new shoes that will be produced
- reduce the amount of stuff that we send to landfill or that we burn, producing noxious pollution
- reduce the energy and damaging emissions required to produce new shoes



A few recommendations when you buy new shoes:

- Choose brands and models that use more sustainable practices (e.g. recycled and more durable materials)
- Buy from shops that collect your used shoes for recycling or reusing
- Use your shoes as much as possible before retiring them
- When you don't want to use them any longer, please donate them

If you can, please bring your used shoes to the clubhouse on Wednesday nights and get in touch with me.

Andrea Ceccolini ceccolini@gmail.com

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](#).

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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 Masters Cross-Country Championships, Nonsuch Park

Saturday 29th October 2022

Ebe Prill writes: 17 Surrey registered DRs made it to this event in unseasonably hot conditions. Not your classic cross country weather then, but I remember another hot October edition of this in 2018 in their traditional venue of Richmond Park. This time it took place for the second year at Nonsuch Park, on a well marked and marshalled course of two laps for the shorter women and M60+ race and three laps for the longer M40-59 race.

The ground was fairly firm with a few slippery parts towards the bottom of the park. The main hazard was a stretch of rutted ground with deep cracks from the dry summer. But I found them not difficult to navigate as we were made well aware of them in advance plus they were marked with white paint. Well, the main hazard as it turned out was the warm weather that had quite a few participants struggling with overheating and dehydration, especially in the longer 9.2k race that started at the hottest time of the afternoon, 2:30pm.

For the shorter race of officially 6.3k that started an hour before, conditions were manageable but still hot work in the sunshine. The course started with a fast downhill stretch and had several tight corners and uphill parts that were inflicting hurt when it mattered. So a good competitive course for cross country. This was the first time I ran in the mixed event for women vets and V60+ men and it made for good racing. Initially I followed the quick pace set by Alicja (who also competes as a triathlete) on the downhill but lost sight of her on the first uphill. She kept her pace far better than I did and was the first DR finisher in this race. To her surprise and delight she came third in her age group and also won W35 team bronze together with Katie and Eleanor. Katie herself had a great race too and kept going strong throughout both laps, overtaking me as soon as I slowed on the uphills. She jokingly claims to have only one gear in which to do all her running but on this occasion that gear had a turbo button.

I wasn't in race shape after several low mileage weeks post marathon, slowed too much in corners and on uphills but

A big thanks to Ros who marshalled on the course and all the support at the finish from our runners!

kept it together for most of the race to finish as first male DR not far behind Katie. In my age group that was good enough for a midfield position (16. M60 out of 29). Ola was in next less than 30 sec behind in another great performance, winning individual silver as W55 and securing a brilliant W55 team gold for Dulwich with Michelle (4th W55) and Lucy (5th W55). Martin had a good steady run confirming his form over the summer, finishing as 18. M60 and in the top 50 overall.

Next were Michelle, Eleanor and Lucy finishing not far apart from each other, all securing team medals with good runs that I only briefly mention here as they will feature fully in the women's report I assume. Mike didn't think he ran particularly well by his standards but got around fast enough to finish in second position in his age group, unaware that the first M70 wasn't far ahead of him on the final stretch and slowing. At the medal presentation it was announced that there were only two M70s in the race but that turned out to be false, as the results show six. Dave finished well ahead of Gary in the M60s, showing good cross country form. Gary was his usual happy self and used at least as much energy in the pub celebrations as he did in the race (no tree and no Gary was damaged this time). Not much behind Gary, Lindsey and next a bit further down Andy completed the Dulwich field for this race in consistent runs.

On the longer course we only had four entrants, who acquitted themselves well in fairly gruelling conditions and in a competitive field. Dominic was our fastest man of the day, running a really good race at a strong pace throughout. Charlie ran his first cross country for almost three years and for that he showed his class by coming 7th in his age group as M55. Jonathan suffered most from the unseasonal conditions and raced himself into severe dehydration. Nevertheless he finished bravely and that in a very respectable time for his first cross country in ages. More on his drama in his own words below. Mark also found the conditions challenging, but kept it together well over the three laps.



Martin, Ebe, Dave, Andy and Mike, happy to just stand there and hydrate post race. But where is Gary?

There he is, gone to the pub at twice his race pace but bitterly complaining not to be in the group pic.



Fast and focused Dominic finishing the long race

6.3k race for W35+ and M60+

Pos	Time	Name	AG	Pos AG
24	26:51	Alicja Furmanczyk	W35	3
34	27:35	Katie Smith	W40	8
36	27:44	Ebe Prill	M60	16
41	28:07	Ola Balme	W55	2
49	28:41	Martin Kelsen	M60	18
56	29:21	Michelle Lennon	W55	4
59	29:34	Eleanor Simmons	W40	14
66	29:58	Lucy Pickering	W55	5
90	31:25	Michael Mann	M70	2
102	32:29	Dave West	M60	25
108	33:14	Gary Budinger	M60	27
111	33:21	Lindsey Annable	W50	12
132	35:25	Andy Murray	M65	11

155 ran (101 W35+, 54 M60+)

DR 3rd W35 team out of 5, 1st W55 team out of 6
5th M60 team out of 9

9.2k race for M40-59

Pos	Time	Name	AG	Pos AG
33	36:41	Dominic O'Sullivan	M45	13
45	38:18	Charlie Lound	M55	7
57	39:58	Jonathan Whittaker	M40	14
80	43:03	Mark Foster	M55	17
106 ran				

Jonathan adds: A supplement to others' write up on the Surrey Masters XC

I'm not sure what happened... I'm normally so good at drinking water at work and at home - I was looking forward to my first cross country race in nearly 4 years. My Friday night prep involves staying at home, no alcohol, a relatively early night.

Saturday morning involved me doing the timekeeping at Brockwell Parkrun. I got a coffee and a pain au chocolat from the place in the subway at Herne Hill station for breakfast. Conditions at parkrun were good and helped by standing by the hedgerow at the finish line. It felt relatively cool. Decided to have another coffee on the way home from the Sicilian place in the pedestrianised area - probably too strong. Then got sidetracked and left a glass of water on the table which I didn't really drink. Filled up a smaller water bottle than normal as all the large cycling ones were in the dishwasher. Then had to change bikes as the runabout had a flat tyre and had to take a more expensive bike. Had two small soft cheese rolls and drank some of the water on the train.

I arrived at Nonsuch Park and thought that the weather conditions were much hotter than I expected with not much shade. Felt pleased I had brought sun cream, sunglasses and a hat. Drank the rest of the water but urine was a bit orange just before the race. Thought nothing of it - weather probably about 21 degrees, less than 10km. Chatted with Dominic O'Sullivan about the beauty of a lap race as you could dial in or up depending on how the first lap went. Got caught out at the start and had to put in extra effort to overtake people running a faster than desired first km of 3:55. Then settled into the target 4:10-4:20 range for the next 5km or so. Mentally at the start of the last lap I suddenly became tired but still didn't lose too much time on km 7. Then on km 8 I suddenly thought I wanted to stop. I ended up walking for 10 seconds at a time on 3 occasions. But then continued thinking there was no point DNFing as far away from the finish as possible. And anyway cross country isn't supposed to be easy - especially if you haven't run one in 4 years or concentrated your efforts in 1500m-5000m track races.

Km 9 sees an improvement in pace and then the last couple of 100m it all goes blank. I get confused where the finish line is. Someone has to tell me to continue twice and then muscle memory makes me stop the watch and I am not sure what then happens until I am sitting down in the St John's Ambulance car



Jonathan on his last metres to the line before oblivion

feeling at death's door wondering if this is my last race. Water, salt, satsuma, jelly babies and full fat coke gradually improve my condition but the staff seem surprised I am recovering so slowly. I feel like I just want a shower as I am so soaked with sweat. Start to feel better sitting down but can barely walk without feeling sick. They think I have a virus or something else wrong with me and so the race director takes me and Mark Foster to St Helier hospital. A dystopian building reminding me of a faded seaside hotel looms in the distance. I get seen quite quickly and have two rounds of ECG tests on my heart. I start to feel a lot better after some M&S food, lots of water, lucozade and a good chat with Mark and the final blood tests show there is nothing wrong. My phone has 2% battery as I connect with the Uber driver to get us to St Helier station for the journey home. A couple of days later I still feel very tired but improving. Somehow down the line I placed 14th in the M40 category in 39:58.

Many thanks to everyone who stayed to help me including Mark Foster for spending hours with me at the hospital, Ebe and Charlie for getting my bike back to Dulwich safely, Dave West and Martin Kelsen plus people from the St John's Ambulance, race team and other clubs

Dave West adds - Nonsuch Palace was designed to be a hunting lodge on a grand scale. Construction began in 1538 and the creation of the surrounding estate for sport required the obliteration of the village of Cuddington, the acquisition of vast tracts of land and the re-routing of several major roads. The Park is now the only visible remnant of what was Henry VIIIth's last vanity project. Although he didn't live to see its completion, his daughter Elizabeth made regular visits when she ascended to the throne. It was demolished in 1683 and much of the land sold to become what are now the conurbations of Ewell, Cheam and Worcester Park, but leaving the significant but much reduced green space we see today to host sport that doesn't involve killing things; regular XC and trail races and a popular but very well organised Parkrun, that is well worth a visit.

After a successful visit in 2021 (despite a very late switch from another venue), the Surrey Masters XC Championships returned to the park with two races. A two-lap race for women over 35 and men over 60 and three-laps for men between 40 and 59. The course is largely uneven and undulating grassland with a short woodland stretch containing some slippery mud and, this year, a few well-marked open fissures where the ground had dried over the summer. With no significant hills, this ought to be a fast course but most runners found it tough going, probably due to the 21c heat and high humidity after slightly cooler weather. In fact, one team member collapsed on finishing and after medical treatment was taken to hospital with what turned out to be extreme dehydration. A rare occurrence for a race in late October in the UK but a



warning for all of us!

The stated distances of 6km and 9km were somewhat over and the course had a slight change from the previous year making it about 90 seconds longer at my pace and year on year comparisons difficult. Statistically, the Daniels' tables suggest that the increased temperature this year should add about 5 seconds a mile but with the humidity possibly being an even bigger factor standing at 80% after recent rain.

Hopefully others will write about their experiences, but my ambition was to at least keep Mike Mann in sight without the use of binoculars and at least one stride ahead of Gary Budinger's superior sprint finish, trees and other obstacles notwithstanding. Both have run minutes faster than me over 5km over the last couple of months. I was pleased to be only a minute behind Mike and ahead of a fast-closing Gary with less than two minutes covering the three of us. Given the adverse

environmental factors in 2022, it was also good to average the same pace as last year.

As ever with Masters events, it takes time to award medals in so many age categories and many of our winners had left before the presentations. However, a medal haul of three individual medals and two team prizes complemented the relay glory further north.

Ola adds: A good afternoon of racing from our teams at the Surrey Masters.

All had great runs. Michelle was the team manager for the day as she was the first one to arrive by bike.

Alicja had a brilliant run finishing as our first scorer and W35 silver medallist. Katie is enjoying cross country. Ola was pleased with her run. Michelle ran strongly. Eleanor stormed to the finish. Lucy had a great run. Lindsey looked impressive.

Serpentine Last Friday 5k Hyde park

28 October

Ros Tabor writes: It was the 30th anniversary of this popular lunchtime race, but only Dulwich Runners were running.

We used the 2 lap course which was fairly sheltered and enjoyed the warm sunshine. At the end all finishers were given a souvenir towel.

Robert Tokarski 20:48
Graham Laylee 23:13
Ros Tabor 26:00

BMAF National Cross Country Relays – Long Eaton – 5 x 3km

Tom South writes: The British masters organize the nationals every year at Long Eaton in 10-year age groups (V35, V45, V55, V65), in both male and female categories. Traditionally, the club has more success in this race in the female age group.

This year, we have a really strong men's v45 squad in good form, we knew we would have a strong chance of medaling, with a potential top two finish, depending on what forms Leeds City squad was on. Our squad of Ade Russell, Alex Loftus, Andy Bond, Buzz Shepard and Tom South certainly had the best strength in depth

The course at Long Eaton, just south of Derby, is not the most exciting of courses, with the 1st km being around some rugby pitches, with a 500m narrow path through a wooded section, which is the only cross country part of the course, before another km along a long, straight embankment, before a final 500m loop to the change over area. After some recent rain, the underfoot conditions were soft but firm enough to run some fast times. And its crazy to think, that at start time it was 18 degrees, and perfectly still, unheard of for cross county at the end of October. In terms of tactics, we decided to front and back load the team to make the team as strong as possible. First up was Ade to get the team in the mix. After a strong first Km, Ade dug deep to finish the first leg in 3rd place 6 seconds down on first place and just behind Leeds. This leg was the most competitive with 8 seconds splitting the first 4 runners. 10:22

Next up was Tom South and it was good to have people to chase. I took the lead after the first km and aimed to extend the lead. 10:24

Third leg duties went to fell runner and club captain Alex Loftus, who was a bit nervous. But in probably the best performance of the day from the team, Alex kept us in contact with Leeds, who put their strongest runner on his leg, who also ran the fastest V45 leg of the day. Alex ran well inside his current 5km form to keep us in second place. 11:20

On fourth leg was Buzz Shepard, who set off like a man possessed in closing down the Leeds City athlete. Buzz overtook him just

before the wood section and steadily increased the lead along the embankment, handing over to Andy with a 35 second lead. 10:29

On last leg duties was Andy Bond. He asked beforehand to let have an easy run, but Andy doesn't know how to race easy. With a big gap, Andy had a bit of an isolated run, but steadily increased the lead over Leeds City, to increase the lead to almost a minute He ran the fastest time by a Dulwich Runner on the day and the second fastest leg of the day, and brought Dulwich Runners its first national V45 cross country relays gold medal. 10:13

We had such a good squad, we would of finished 4th in the V35 race.

Results

1 Dulwich Runners Ac M45 52:48 1 Adrian Russell (3) 10:22 2 Thomas South (1) 10:24 3 Alexander Loftus (2) 11:20 4 Buzz Shephard (1) 10:29 5 Andy Bond (1) 10:13
2 Leeds City AC M45 53:46 1 Jonathan Walton (2) 10:18 2 Martin Roscoe (2) 11:04 3 Mike Burrett (1) 10:04 4 Greg Hull (2) 11:34 5 Mick Hill (2) 10:46
3 Salford Harriers & Ac M45 52:48 1 Billy Mccartney (7) 10:49 2 David Hudson (4) 11:07 3 Mark Collier (3) 10:53 4 Sean Warburton (3) 10:56 5 Mark Russell (3) 11:02

Fastest legs

1 Mike Burrett(V45) LeedsCity4 10:04 (3 leg)
2 Andy Bond(V45) DulwichRu4 10:13 (5 leg)
3 Gareth Raven(V45) EastChesh4 10:16 (1 leg)
4 Jonathan Walton(V45) LeedsCity4 10:18 (1 leg)
5 Adrian Russell(V45) DulwichRu4 10:22 (1st leg)
6 Matthew Parker(V45) Rotherham4 10:23 (1st leg)
(1) 7 Thomas South(V45) DulwichRu4 10:24 (2nd leg)
8 James Mackie(V45) WirralAc 4 10:25 (1 leg)
9 Buzz Shephard(V45) DulwichRu4 10:29 (4th leg)
10 David Cass(V45) SuttonInA4 A 10:35 (1st leg)
25 Alex Loftus (V45 Dulwich 11:20 (3rd Leg)



Tom



Andy



Tom, Buzz, Alex, Andy, Adrian



Alex

Abingdon Marathon

23th September

Chris Lawrence writes: Boston, New York, London, Berlin, Tokyo, Chicago, and Abingdon. The seven classic marathons that the world's premier athletes aspire to complete. Few have managed to complete all seven, with even the greatest often falling at the final hurdle. So, it was with quite some trepidation that Rupert and I woke early on a Sunday morning in Oxford with such an historic challenge ahead of us. I personally was looking to bury the memory of a rather unpleasant first marathon in Manchester in 2021 but as we drove to Abingdon in torrential rain it became pretty obvious that the memory was about to be drowned rather than buried.

This year was the 40th Anniversary of the Abingdon marathon and despite the lakes forming across the streets of this historic town there was nonetheless a convivial atmosphere with a great number of hardy volunteers and spectators cheering us runners on around the course. The route starts on an athletics track in the outskirts of the town and then winds its way into the centre of Abingdon along a road closed to traffic for a couple of miles, with a short stretch along the River Thames. One then runs a short loop around the central streets of the town before you are spat out onto the open roads of South Oxfordshire for two loops along pavements, country lanes, a few paved bridleways and a rather forgettable light industrial estate. Whilst the course itself is none too inspiring (how did it become one of the 7 classics?)



it is generally flat with less than 100m of elevation across the whole route. The course finishes back at the athletics track at Tilsey park where the approximately 800 competitors could take the opportunity to dry off and eat a burger cooked by the local cub scouts.

Having realised the errors of my way in my first marathon at Manchester, I vowed not to start too quickly and take it easy for the first half of the course which coincided with the torrential rain before the sun came out for the second half.

My plan was broadly successful, but I was lulled into a false sense of security of feeling fresh at mile 13 so stupidly increased my pace and set about mentally writing my valedictory speech for finishing in less than 3:05:00. Of course, such naivety did not go unpaid, and I barely made it through the final 5km finishing in 3:11:49 a little slower than I was hoping for, albeit a 15 min improvement on my time in Manchester. Rupert, of course, was far more sensible than me and ran a very even, well-paced first marathon finishing in an extremely creditable 3:20:33 although I believe he also found the last 5km a little taxing too.

The highlight of the marathon was definitely the large number of volunteers who came out in force to direct and encourage the runners along the entire route.

The downsides, ignoring the weather, is the route could be construed to being a little uninspiring and headphones are strictly banned due to the presence of cars along the open route. However, on balance, I would heartily recommend Abingdon as a marathon to be run in its own right (rather than for those just looking to bag the 7th of the classics) and with decent weather it would make an extremely enjoyable day out.

Chris Lawrence 3:11:49

Rupert Winlaw 3:20:33

Crystal Palace Canter

2 November

13 Canterers and a dog ran this low key 5km time trial around the usual two, hilly laps of Crystal Palace Park. Conditions were slightly breezy with care being required on some sections due to debris after Storm Claudio passed by earlier and returned with a vengeance shortly immediately after we'd finished, the

only solution being to spend a long time drinking coffee! The final running of the year, will be at midday on 6th December.
- Dave West

1: Mark Foster	21:32
2: Clare Norris	23:12
4: Neville Webb	23:37
5: Ola Balme	24:04
6: Jo Quantrill	24:39
7: Dave West	25:05
8: Belinda Cottrill & Milo	26:04
9: Lindsey Annable	26:07
11: Clare Wyngard	29:52
12: Mike Dodds	29:53

Snowdonia Marathon Eryri

Sat 29th October

I'd got lucky in the ballot for this race in 2019 but like many others it was cancelled in 2020 and also put back a second year for all the uncertainties around COVID in 2021. A ballot place is not one to be wasted in my eyes so however long it took to come around I was keen to use the place.

2022 is the 40th year of the Snowdonia Marathon Eryri and, as I found out, is a massive event for the local area and the anticipation of the race returning was palpable in the build up communications. It was established as a challenging alternative to the city marathons that had become popular and has since somewhat gained a bit of cult following; several of the people I spoke to were on their 4th, 5th, 9th even 11th time here which was intriguing with one chap who had raced the first edition in 1982.

My own preparation hadn't been without issue, mainly down to suffering with a bout of plantar which started about 4 weeks prior. However I did manage a few consistent weeks of training and hilly runs and then wound down a fortnight before to rest up and hopefully heal.

After a very scenic drive up to North Wales in stunning late autumn sunshine, the morning of the race inevitably started with torrential downpours and howling winds. The start was at a very accommodating time of 10:30 allowing for a lie in, post breakfast digestion and getting to the start line easily which was outside the town of Llanberis, by which time miraculously the rain had all but stopped and winds dropped.

Seeing the route and given my build up I had no intention of running this flat out, rather try enjoy the scenery and hills and I had 3:30 as a loose target. Obviously as soon as the gun fired I shot off at PB pace which was fine until I hit the first ascent. The first 5 miles head out of the town up Pen Y Pass climbing around 250m where there is a sharp drop downhill and onto a slate track around the Llyn of Gwynant and Dinas. I recorded my fastest ever mile split in a marathon on the downhill but I started to slow as I hit the slate trail. Once we hit the small village of Beddgelert at the halfway point, the increasing large crowds and noise greeted us alongside the second climb, which was slightly gentler but went on for seemingly longer. The route passed a steam railway at Rhyd Ddu and then continued for the latter miles to the village of Waunfawr for the final climb to the finish, I'd eased off the early pace after spending most of the race preparing mentally for the "big one". When it did

arrive at mile 22 it was no joke, think Hell Hill but 2.5 miles long. I managed to run it for about 3/4 of a mile before I trudged a few metres then tried to pick up again as I was passed by the first lady and camera bike which lasted approximately 10 steps and was a start stop from there. Mercifully the path started to level off and the final aid station came into view. This was by far the noisiest on the course, the volunteers dressed as pirates with a tent decorated in Halloween paraphernalia and had refreshments bettering many ultras that I've done, including teas, crisps and sandwiches. From here, the path became a muddy farm track and an equally steep downhill which my quads, knees and Vaporflys were not quite equipped to deal with. I managed to stay just about upright whilst shuffling down and after about 1.5 miles we arrived back into the town and the finish on the high street where I crossed the line in 3:18.

I really enjoyed this one, possibly my favourite "road" marathon that I've done to date and was very pleased with the result all considered. It's quite low key in organisation but very well done, friendly, great support and naturally in beautiful surroundings. I would highly recommend anyone looking for something a bit different to enter the ballot when it opens for 2023 on the 1st December.

Eugene Cross 3:18:03
63rd (1614 finishers)
13th V40



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.

Banstead Woods

204 Ran
Pos Gen
12 11 Tony Tuohy 20:42

Bromley

461 Ran
Pos Gen
10 10 Justin Siderfin 19:56
115 102 Colin Frith 24:29
237 184 Peter Jackson 28:23

Old Deer Park

137 Ran
Pos Gen
48 38 Barrie John Nicholls 26:30
131 47 Lindsey Annable 47:13

Brockwell

245 Ran
Pos Gen
38 31 Simon Burnett 21:38
43 36 Stephen Trowell 21:58
48 5 Catherine Buglass 22:13
87 66 Lee Wild 24:18

Ashford

186 Ran
Pos Gen
12 1 Kim Hainsworth 21:22

Highbury Fields

324 Ran
Pos Gen
22 20 Paul Collyer 20:34

Crystal Palace

319 Ran
Pos Gen
36 2 Laura Denison 22:11
148 106 Michael Dodds 27:15
169 33 Belinda Cottrill 28:17
193 46 Clare Wyngard 28:57
294 161 Bob Bell 39:30

Lloyd Park

210 Ran
Pos Gen
5 5 Wayne Lashley 19:46

Gunnersbury

534 Ran
Pos Gen
8 8 Harry Lawson 18:26

South Norwood

151 Ran
Pos Gen
12 12 Martin Double 22:34

Gunpowder

161 Ran
Pos Gen
5 5 Tommaso Bendoni 18:54

Mile End

311 Ran
Pos Gen
80 66 Ben Boxall 23:03

Dulwich

489 Ran
Pos Gen
26 24 Rob Hollands 18:01
74 65 Rupert Winlaw 19:46
80 68 Chris Cooper 20:01
112 11 Yvette Dore 21:11
113 93 Robert Tokarski 21:12
129 101 Dan Hill 21:51
134 105 Sum Mattu 21:55
157 123 Rob Mayes 22:36
161 20 Teresa Northey 22:49
163 127 Giles Robertson 22:50
200 152 Ed Gibson 23:41
209 158 Miles Gawthorp 23:50
382 246 Steven Kendall 29:03

Gladstone

219 Ran
Pos Gen
11 1 Becca Schulleri 20:28

Burgess

479 Ran
Pos Gen
28 23 Will Lawn 19:40
87 71 Hugh Balfour 22:02
218 165 Martin Kelsen 25:33
382 126 Stephanie Burchill 31:12

458 166 Susan Vernon 44:13
478 257 Chris Vernon 64:21

Brockenhurst

169 Ran
Pos Gen
31 5 Ange Norris 23:03

Southwark

379 Ran
Pos Gen
170 122 Andy Bond 26:26

Shorne Woods

162 Ran
Pos Gen
4 1 Kay Sheedy 20:30

Beeston

216 Ran
Pos Gen
30 29 Nicholas Brown 21:55

Peckham Rye

276 Ran
Pos Gen
2 2 James Blackwood 18:07
12 10 Mark Callaghan 19:47

Tooting Common

548 Ran
Pos Gen
30 24 John Kazantzis 20:32

Clapham Common

785 Ran
Pos Gen
305 228 Graham Laylee 25:07
462 118 Ros Tabor 27:50

Thomas Mills

59 Ran
Pos Gen
35 4 Hannah Issett 27:00

Charlton

194 Ran
Pos Gen
77 59 Stephen Smythe 26:30

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



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 9

10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

per/M per/Km

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

