



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 !

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

Like us on Facebook @dulwichrunners

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

Connect with us:



Please make sure to read notice on next page re Tuesday track sessions

Christmas Drinks Friday 9th Dec

Come along for some Christmas sparkle & celebrations on Friday 9th Dec

at The Plough, 381 Lordship Lane, SE22 8JJ

7.30 til late - Food available to purchase.

Presentation of Club Championship Trophies and Marathon medals

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

From Oct 1 £15 plus EA £16 and from Jan 1 £7.50 plus EA

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 track speed/strength

Until further notice Crystal Palace Track is closed due to safety issues with the flood light pillars.

Alternative training sessions will be arranged on a week by week basis and we will notify you of them in a Shorts Xtra email and in our Facebook group. You can also contact coach Tom Poynton: tpoynton@hotmail.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

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

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 26	South of Thames XC 5M	Lloyd Pk
Dec 3	Kent Masters Champs	Dartford
	10 SEAA Masters XC	Oxford
	17 South of Thames XC 7.M	Aldershot
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

South of the Thames 5 Mile Lloyd Park, Croydon

this Saturday 26th November, 2022

Club captains have entered all those who expressed an interest in running in this race. A course map and full race details can all be found on the South of the Thames Cross Country Association pages: <https://www.sotcca.org.uk/coming-events> For both men and women, the race starts at 2pm, close to the Lloyd Park tram stop. The course consists of two laps of the undulating, grassy – and often very muddy – course. Spikes are recommended.

After the race, we'll head to the bar at the Race HQ for a drink. Race HQ is the Sandilands Club, CR0 5DB, a 5 minute walk from Sandilands tram stop on Line 2 to Elmers End and Beckenham Junction.

Note: there is a train strike on the 26th November, but trains from London Bridge to East Croydon should be running.

Box Hill Fell Race - Saturday 21 January 2023 11am

Entries for this brilliant race open on Boxing Day; exact time to be announced.

More details on South London Orienteers website: <https://slow.org.uk>

If you have never done any fell running, Box Hill near Dorking is an ideal introduction. The course is 7.5 miles (12 km), is well marked and run mainly on good paths (no bogs, becks or boulder fields and no chance of getting lost). There is about 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. In January the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s). You will have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes are not allowed.

A very popular race that fills up very quickly (in a few hours). Entry last time was £10 so it won't break the bank.

If interested, I am at the club most Wednesdays, or email me Hugh Balfour: hugh@christchurchpeckham.info

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 Champs Survey Results

We want to thank all of you who provided feedback for the Club Champs survey. We received 76 responses and many useful suggestions.

Summary of the points where there was a clear direction:

- make it easier to complete the champs, by requiring a minimum of 4 results instead of 5
- communicate more and in a more timely fashion about the rules, results, race calendar and when to sign up for races;
- using Shorts, email reminders, social media and every in-person opportunity
- provide multiple race options for at least one of the distances in the champs (e.g. the 5k)
- spread the races over a longer period of time, trying not to have races too close to each other (ideally one per month, when suitable races are available)
- ensure there's a social event after each race, as the spirit of club champs is to run with team members, and spend time together
- awards and general race format, including the type of races included in the champs, are generally fine as they are
- We will also make an effort to use the Tuesday sessions to target the following club champs event(s).

The award ceremony for the 2022 club champs will be held on Friday 9th December at The Plough, 381 Lordship Lane SE22 8JJ, 7.20 pm - late.

We hope you can make it.

Club captains and coaches are already at work, we are planning to publish the 2023 club champs calendar by the 15th December.

Your Dulwich Runners Committee

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from Barry Graham when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

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

v1 Dulwich Runners









For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"

Feedback and requests **Andrea Ceccolini**
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.
For more details - 07506 554004

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

London Champs XC, Parliament Hill

19/11/2022

Parliament Hill Fields as a venue for the championships is a relative newcomer. It first hosted 'The National', as the event is affectionately known, in 1957. This corner of Hampstead Heath has since been the venue for the championships on another dozen occasions. It is regarded by many as the modern spiritual home of the event.

The London Championship is deceptively tough, we were spared half of the famous uphill. Dubbed "one of the toughest courses in the country. It is a great course for spectating. A bit of chill in the air compared to the sunny conditions we've had at previous fixtures this season.

Polly continued her brilliant performance finishing 25th followed by co-Captain Kay who had an excellent run in 45th, Alicja, was impressive after a swim in the lido.

Alicja adds: My run can be summarised in three questions: 1. Will I make it to the start line on time? 2. Will I twist my ankle today? 3. Will I ever be warm again?

I failed to prepare the day before so it was all a bit rushed on Saturday morning. I somehow remembered the start was after 12pm so I decided I would still go for a quick swim in the unheated Brockwell Lido, thinking that with plenty of hot tea I will warm up before I need to undress again and change into my running gear. Lido temperature went down and I stayed too long in the water so I found myself shivering on Herne Hill station looking at the departure board with trains being cancelled. Fortunately, there was a train coming and together with Joanne, who I found waiting at the station, we made it to Parliament Hill on time.

The run start came and although I was still cold, the uphill start quickly made me warm again! Then came the uneasy ground. I know it's cross country and it's not meant to feel like nice even tarmac, but I somehow found the ground less stable than usual. I felt my ankles twisting on three separate occasions and I'm just grateful they stayed put - I definitely renewed my commitment to ankle strength exercises! On the second lap up the hill I was contemplating the idea of giving up since my legs seemed to have done so already, but I persevered, remembering that I heard someone saying that the final kilometre is all downhill. And so it was. That's when I started overtaking a few runners,

taking advantage of their slowed careful pace. I took a carefree downhill approach - and it paid off. I heard someone chasing but it'd be a shame to give up by the finish line so I sprinted till the end. All in all it was a lovely course in the beautiful Hampstead Heath - even though it didn't feel 'lovely' at times.

Afterwards I stayed around to cheer for the male runners, but after waiting for some time I got so cold it was time to go home, rather than the pub. I feel I'm still cold today after the weekend of mud!

Great runs by Katie, Harriet stormed through the finish straight.

Harriet's summary:

"This was my favourite cross country so far! The course was quite challenging in parts and at times felt like I would have been faster walking, but the support on the course and the promise of a downhill after an uphill kept me going. I am learning a lot each race and thoroughly enjoyed the camaraderie of those who braved the very grey day. Despite trying to keep a hamstring/glute niggles under control I was pleased with my time and hoping to improve each race. I am very grateful for the encouragement and belief of the other Dulwich Runner women to spur me on!"

Ola started off steadily and worked her way through. Just ahead of Ange, who seemed strong and so did Eleanor. Yvette added: Off the back of three months of sparse and inconsistent training, Yvette struggled round and lost a further 20-odd seconds and about a dozen places when a kind soul pointed out her lace was undone. She did at least find her legs in the final stretch, on account of Gower yelling 'take the shirt ahead Yvette'. Which she duly did. Good to see Yvette and Joanne who had the biggest smile.

Great support from the men.

25	Polly Warrack	23.58
48	Kay Sheedy	24.55
79	Alicja Furmanczyk	26.28
98	Katie Smith	27.15
105	Harriet Roddy	27.34
108	Ola Balme	27.41
115	Ange Norris	28.11
133	Eleanor Simmons	29.02
136	Yvette Dore	29.11
205	Joanne Shelton	33.45

252 finishers
12th out of 25 teams



London Champs XC Parliament Hill

19/11/2022

Ed Chuck writes: With both the Southern and the Nationals being held elsewhere this year, the London Champs was our only foray to Parliament Hill this season. The rain of earlier in the week abated, and conditions on the day were perfect - bright but cool, and with ground conditions which definitely qualified as cross-country, but without resembling the quagmire that Parliament Hill often becomes later in the calendar. Numbers on the men's side were a little down on last year, with quite a few entrants missing through injury or unavailability, and with others not having entered as their autumn marathon prep enters the home straight.

In terms of my own targets for the race, last year's fourth was a surprise, and while I was hoping that I could do something similar again, it all depended on the strength of who turned up on the day.

At the start I was lined up with some familiar Hercules Wimbledon faces, and once the gun went, and we were up and over the hill I was faced with a choice: whether to sit in with those known faces, or to go with a little group of 3 that had formed at the front, who I recognised as Seyfu Jamaal (winner in 2019), Ahmed Abdulle (2nd last year), and the chap that finished 3rd last time out.

I decided to go with the group in front, (remembering that last year I couldn't catch third as I was too far back after the first mile) sit at the back of the group, and do none of the work (in contrast to how things had panned out in the British & Irish Master's race.) Seyfu took things on at the front, and the pace felt strong but manageable.

After about 2 miles last year's third fell off the pace, and there was a little gap back to the Herc group, so I focussed on Ahmed and Seyfu. Around 5k in it felt like Ahmed picked the pace up. I tried going with him for about 500m, but as we rounded the rise to the back end of the course, it felt like if I tried to go with it for much longer I'd fall apart during the final 3k, so I decided to rein it in.

I slowed a little, and over the next k, Seyfu (who hadn't tried going with Ahmed) caught back up with me, and pushed on a couple of yards. I decided that I would just hold on to him, and try to take him on towards the end. This meant I had very

little to think about other than trying to stay relaxed between the 6th and 9th ks. At this point it became clear that there was no challenge from behind, so I didn't have to worry about losing something that I felt I currently had.

We hit the rise at the back of the course and I sat in behind him, and tried to stay close as we approached the final descent through the wooded section before the long drag to the finish. As we went entered the split for the finish the race was on, and we were sprinting stride by stride. At this point all I could think was - he's younger, he's got so many more of these sorts of occasions to look forward to - make it count, as you don't!

As the drag down levelled out I sensed Seyfu softening slightly, so I decided to try to push again, and this time got some separation. Rounding the bend into the straight I could hear the DR support, and a sudden ripple of excitement flagged that Seyfu was coming back, and I made one final push to keep him at bay, crossing the line a second clear. I've been feeling relatively comfortable at the end of races recently, but not here, and needed a little lie down after.

By the time that I'd scooped myself up Rob Armstrong had finished in an excellent 19th - finishing one place behind a 2:21 marathoner. and in and around many sub 15 min 5k runners. I've been saying it for a while, but I'm looking forward to seeing what Rob can do when he's able to A) put together more than 2 months without getting injured, and B) pushing up from 80k a week. This performance in itself was a minute 40s faster than last year, and prior to Jack's 12th in 2019 would have been the club's best recent finish.

Next man home was Fred, eschewing spikes for trail shoes, and making his debut on the Heath. After a sharp start he settled into a good groove, before dashing to the line and edging out a 2.29 marathoner in the process. Not a bad result given his summer and early autumn of injury necessitated cycling.

In terms of the team competition, our final scorer was Ade Russell. No age group results are yet available, but his 68th finish was enough to see us match our 6th position from last year, and were I a betting man should see him in the top

3 v45s. He was also a minute quicker than last time out.

Behind, Hugh Stobart put in a solid effort matching his recent consistent training, running his first xc race in 2.5 years. Alex Loftus may have been a minute down on his time from last year, but both he and James Burrows managed to reverse their order with Rob Hollands from the previous week's Surrey League outing. Somewhat remarkably for one of our xc stalwarts, this appeared to be James' London Champs debut!

Not far behind, Joe made his xc debut for the season - from Strava he either suffered a little up the final hill, or was saving himself for a rapid final descent which would have been on a par with Fred, presumably passing Alastair Lowe-Macrae on the descent, who finished 10s back, and marginally down on his time from last year.

In just his second outing with the club Murray Humphrey leapfrogged Mark Callaghan and Sum Mattu, reversing a minute deficit at Wimbledon to finish a minute ahead. This suggests that he'll make further strides as he continues to find his xc legs. It looks like this was also both Mark and Sum's debuts on the Heath as well.

Sandwiched between Murray & Mark was another debutant (not just at Parliament Hill, but for xc in general) Andy Scott, who must have benefitted (at least a little) from his familiarity with Hilly Fields parkrun. While Sum would have been within eyesight, he was far enough ahead to be out of reach of Jonny Hough who came in 15s behind (and who had run the course before, and came in a minute quicker than 2019).

Our final two home were Hugh and Mike, who contrived to finish with a near identical combined aggregate time as last year - Hugh finished some 25s higher than last year (and in a higher position), while Mike finished a near equal amount down on last year, but still gained a position in the process.

We were excellently supported out on the course by both our ladies runners who stayed on after their race, and those DRs who'd made a special visit to the Heath.

On a completely separate note I'd like to thank all of our men's team that made a special effort to turn out to Wimbledon last week, and kept us afloat in the Surrey League - while it's nice on a personal level to have success at an event like this, the efforts that everyone makes to keep our (relatively) little club competitive are great to see.

POS	NAME	BIB	TIME	SCORE
1	Ahmed Abdulle (not DR)	692	34:15	1
2	Edward Chuck	518	34:32	2
19	Rob Armstrong	512	36:47	19
57	Fred Bungay	514	39:05	57
68	Adrian Russell	529	39:30	68
99	Hugh Stobart	532	40:43	
176	Alex Loftus	524	43:28	
196	James Burrows	515	43:49	
212	Robert Hollands	521	44:40	
220	Joe Farrington-Douglas	519	44:50	
223	Alastair Low-Macrae	525	45:00	
230	Murray Humphrey	523	45:26	
236	Andy Scott	530	45:41	
253	Mark Callaghan	516	46:27	
283	Sum Mattu	527	47:46	
290	Jonny Hough	522	48:00	
352	Hugh Balfour	513	51:45	
408	Mike Mann	526	57:55	

Team results		
1	Hercules Wimbledon AC	40
2	London Heathside AC	49
3	Thames Hare & Hounds	50
4	Thames Valley Harriers	84
5	Highgate Harriers	86
6	Dulwich Runners AC	146
7	B'heath & Brom. Harriers	193
8	Cambridge Harriers	222



Surrey League, Senior Men

Division 1, Match 2

Wimbledon Common

Alex Loftus writes: With a significant number of our top scorers running for their country, injured, ill, or unable to make it for numerous other reasons, we were unlikely to repeat the impressive performance in the first race at Effingham Common, where the team finished fourth overall. That we didn't finish last is a testament to the depth of the team and to the great performances of those who were able to make it to Wimbledon Common. Cancelled or diverted trains meant that several also had to run from a variety of different locations to find the start.

When everyone did arrive – some with only minutes to spare – it was to a stunningly beautiful Wimbledon Common, not unlike a late Summer afternoon. The course was mainly flat and fast but with a brief descent and then a surprisingly sharp ascent in the two laps. With team GB runner Marc Scott putting in a guest appearance, the start seemed faster than ever. Tom Shakhli took a tumble in the first 100 metres when tripped by another runner, but somehow managed to avoid being spiked and picked himself up to sprint on and catch up with the front of the field.

First in for Dulwich was Rob Armstrong, who continues his impressive season so far. Next in, Shane O'Neill ran a great race that sets him up well for his coming marathon. Fred Bungay, who seems to have come from a summer of cycling hundreds of miles in great form, came in third for Dulwich, followed by Ade Russell (a superb 3rd in the V45 category), James Blackwood, in a brilliant second race for the club, and then Jon Phillips. Tom Shakhli, having recovered from the initial fall came in next (16th V40, and likely much higher had it not been for the fall), followed by Eugene Cross, fresh (!) from the Snowdonia Marathon Eryri, two weeks previously. The A-Team scoring was completed by Ed Harper Masters and Alastair Low-Macrae, the latter running for the first time in a Dulwich vest. The B-team was led in by Rob Hollands and saw first cross country races for Dulwich from Tom Barker, Murray Humphrey and John Kazantzis.

Overall, eighth position (ahead of Croydon Harriers) for both the A-Team and the B-Team represented a really good performance on the day. The return of some of our top scorers should see us place higher in the two remaining races, and with the first race providing some breathing space, we're in a good position halfway through the season. A huge thanks to those who were able to make it for keeping us in the game!

45	Rob Armstrong	28:52
56	Shane O'Neill	29:09
66	Fred Bungay	29:36
71	Adrian Russell	29:40
106	James Blackwood	30:43
124	Jon Phillips	31:15
148	Tom Shakhli	32:30
164	Eugene Cross	33:09
171	Edward Harper	33:16
179	Alastair Low-Macrae	33:36
181	Robert Hollands	33:43
182	Alex Loftus	33:45
190	James Burrows	34:02
201	Tom Barker	34:28
202	Sumrit Mattu	34:29
206	Mark Callaghan	34:51
215	Murray Humphrey	35:38
224	Adrian Russell	36:22
227	Justin Siderfin	36:37
232	John Kazantzis	37:11
236	Ross Rook	37:25
239	Hugh French	38:05



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

172 Ran
Pos Gen
8 8 Tony Tuohy 21:18

Bromley

528 Ran
Pos Gen
304 228 Peter Jackson 28:36
340 244 Chris Goodman 29:51

Old Deer Park

132 Ran
Pos Gen
51 5 Lindsey Annable 27:00

Colwick

214 Ran
Pos Gen
27 4 Laura Vincent 23:27

Brockwell , Herne Hill

264 Ran
Pos Gen
5 5 Tommaso Bendoni 18:30
18 15 John Kazantzis 20:34
21 18 James Auger 20:47
31 1 Liberty Simpson 21:03
38 33 Simon Burnett 21:27
46 39 Stephen Trowell 21:59
63 52 Neville Webb 22:56
64 6 Catherine Buglass 22:57
96 79 James Gordon 24:57
129 96 Ian Sesnan 26:10

Beckenham Place

302 Ran
Pos Gen
97 19 Claire Barnard 25:52

Crystal Palace

323 Ran
Pos Gen
11 9 Sam Jenkins 19:41
86 9 Belinda Cottrill 24:22
291 183 Bob Bell 35:54

South Norwood

122 Ran
Pos Gen
37 32 Dave West 25:39

Riddlesdown

105 Ran

Pos Gen
17 14 James Wicks 24:02

Dulwich

524 Ran
Pos Gen
3 3 Shane O'neill 16:04
8 7 Aaron Wilson 16:35
14 12 Tom Shakhli 17:35
23 20 Timothy Bowen 18:16
45 40 Rupert Winlaw 19:08
47 41 Andrea Ceccolini 19:11
50 44 Rob Fawn 19:19
67 58 Chris Lawrence 20:03
86 76 Ebe Prill 20:51
218 33 Christiana Campbell 24:07
239 44 Lauren Gill 24:41
298 211 Michael Dodds 26:24
339 97 Clare Wyngard 27:20

Tilgate

390 Ran
Pos Gen
112 92 Gary Budinger 26:41

Gladstone

227 Ran
Pos Gen
46 40 Stephen Williams 24:12
226 122 Chris Vernon 79:59

Hilly Fields

233 Ran
Pos Gen
5 5 Eugene Cross 19:34
23 22 Justin Siderfin 21:34

Burgess

472 Ran
Pos Gen
114 92 Ben Boxall 22:54
160 127 Charles Lound 24:19

Southwark

320 Ran
Pos Gen
200 134 Paul Keating 27:42

Shorne Woods

196 Ran
Pos Gen
5 1 Kim Hainsworth 21:28

Fulham Palace

448 Ran

Pos Gen
210 34 Ros Tabor 26:28
272 173 Barrie John Nicholls 28:20
357 109 Stephanie Burchill 31:11

Peckham Rye

278 Ran
Pos Gen
2 2 Andy Bond 16:23
31 30 James Brown 20:30
39 36 Lee Wild 21:00
178 49 Claire Steward 28:20

Portsmouth Lakeside

221 Ran
Pos Gen
34 30 Colin Frith 24:13

Haga

102 Ran
Pos Gen
24 21 Paul Collyer 21:06

Clapham Common

648 Ran
Pos Gen
69 58 Joe Sheppard 21:05

Somerdale Pavilion

136 Ran
Pos Gen
1 1 Andrew Inglis 19:25

Uckfield

53 Ran
Pos Gen
10 1 Teresa Northey 26:06

Leazes

140 Ran
Pos Gen
17 14 Matthew Wright 21:15

Charlton

155 Ran
Pos Gen
86 61 Stephen Smythe 27:58

Lordship Rec. Ground

229 Ran
Pos Gen
13 10 Jonathan Whittaker 19:33

Turkey Trot Handicap Race



10 am Sunday 18th December

Dulwich Park, start by Queen Mary's Gate

5k – parkrun course

A whole week after the festivities of the Christmas party on Friday 9th, we should have had ample time to shake off the hangover and be ready for the traditional annual 5k handicap race!

Runners are given a handicap according to recent parkrun/5k times, which should give an exciting sprint finish with everyone eager to win this most prestigious race.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for an extra prize.

Presentation of prizes is afterwards, either in the park or in the Dulwich Park café. (weather dependant)

Prizes are awarded for –

- 1st runner across the line
- 1st walker across the line
- Runner closest to predicted finish time NB Everyone runs without a watch.
- Best fancy dress – Christmas theme

Defending champion – Ebe Prill

To take part, email Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. You can pay on a Wednesday night or on the day.

Deadline – Friday 16th December as I will need to sort handicaps.

Include –

- Name
- Most recent parkrun/5k time
- Predicted finish time on 12/12/21
- Running or walking

NB Any person finishing in 2 mins or more faster than their predicted finish time will not be eligible for a prize.

DULWICH RUNNERS KIT

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

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



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



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

Socks only £5



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



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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

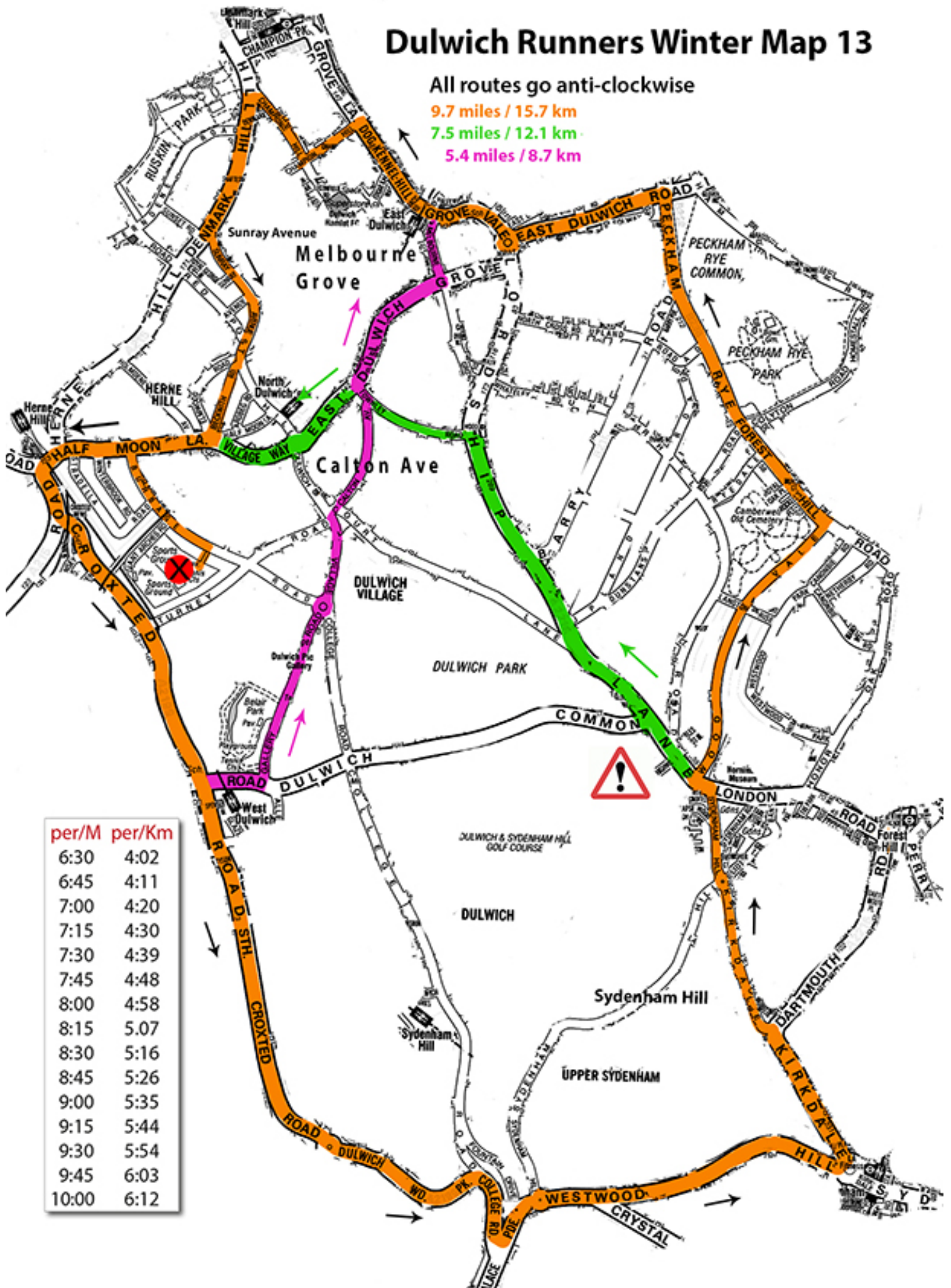
Dulwich Runners Winter Map 13

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