



These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

**DEADLINE for submissions etc 17:30 TUESDAY**

Wednesday runs from the clubhouse. 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:



## Dulwich Runners Committee Meeting Notice Wednesday 16 November 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 16 November at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me by midday on Tuesday 15 November.

The last meeting took place on Wednesday 21 September, where the Committee reviewed and discussed the participation in the 2022 Club Champs and also the Club's overall provision of coaching. As a result of those discussions there have been two recent surveys seeking member feedback - one on coaching and one asking for your thoughts on our annual Club Champs competition. Many thanks to all those who took the time to provide your input which will be essential and enormously helpful in future planning.

Please send any items for the Committee to discuss to [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk) by midday on Tuesday 15 November.

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

Please mail [dulwichrunnerssocialsec@gmail.com](mailto:dulwichrunnerssocialsec@gmail.com) to confirm meat/veg choice.  
Cost £7.00

## 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.*

BW  
Michelle

## 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](mailto: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 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 15 Nov - multiple groups - 10 minutes@10k + 2x800m@5k + 2x800m@3k with 75/90 secs recovery (may adjust on the night for different abilities). 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](mailto: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.

Please don't spit on the track!

Coaching Advice - Any questions , feedback or need advice contact me at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person.

Background information on the Tuesday sessions at: <https://wingsonourheels.wordpress.com/2022/10/28/tuesday-interval-sessions-some-additional-information/> - there you can click for other coaching notes if interested.

## Tuesday Morning Speed - Dulwich Park

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

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

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, 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](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

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

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

## Surrey League

We compete in the Surrey League and 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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

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

For further info about events in Shorts, how to enter etc, contact your captains:  
 Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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.

Please mail [dulwichrunnerssocial@gmail.com](mailto:dulwichrunnerssocial@gmail.com) to confirm meat/veg choice.  
 Cost £7.00

## 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

## 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](http://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](http://vetsac.org.uk) - World Masters Athletics Championships Indoor – Toruń 2023 [wmaci2023.com](http://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](mailto: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](mailto:ceccolini@gmail.com)

v1 DR **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](http://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

# Race Reports & Results

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

## Frankfurt Marathon

Sunday 30th October 2022

Frankfurt was never on my original hit list of fundraising challenges for 2022. However, after ducking out of The Big Half due to a nagging tendon, it felt only right to find a replacement. A late-night text two months prior to the event from one of my MDS tentmates advised me that a race he'd planned to run in



October had cancelled. 'Fancy a marathon somewhere in Europe late October?' My mate Rob had also run the London Marathon (he was the one in the giant tree) and we both figured we'd be repaired by then – me after London and Berlin and Rob after London and Chelmsford. A rapid search ensued, something not too far, flat... the usual. Dublin was first choice but had sold out already, so we continued through the alphabet. Since I hadn't run a marathon in a town or city beginning with the letter 'F' – the deal was sealed.

A few people at the club had run this one, and I heard it had quite a unique finish, which sounded fun. Frankfurt wasn't really on the top of my list of cities to visit, but we found a well-priced hotel 10 minutes from the start, and I snagged a flight from city airport on airmiles.

The expo, race HQ, start and finish were all around the Festhalle, and a very flat, looped course made logistics easy. Unlimited alcohol-free beer was on offer at the expo, the breakfast run the day prior and of course on marathon day itself, courtesy of Krombacher.

The 'Pretzel run' as it is known, was a good opportunity to stretch the legs and check out parts of the course along the river Mein. Later in the day, various entertainment in the Festhalle along with the obligatory free pasta party, and more alcohol-free beer.

This started to give a sense of what the finish might be like – disco lights, thumping music and supporters in tiered seats and packed along a runway, inside something resembling a mini Royal Albert Hall.

My race plan had originally been to pace Rob to a 3:30, which would be a PB for him. Alas with his injuries, he was no longer up for it, so I figured I'd start in my correct pen and target around a 3:15 – using it as some sort of training ahead of Valencia, hopefully not aggravating my leg. I've been managing this long-standing lower leg injury for months (anterior tibialis) and part of the challenge is it doesn't hurt when I'm running, other than the first km or so. Tons of S&C work, Pilates, ice and ibuprofen gel keep it manageable, though at some point I need to find a 6-week gap to fix it properly!



since London, the first half felt really strong, and I clocked 1:29:51. It was at that point that I thought, what the hell – I'm here, it's a fast, flat course, let's have another crack at that sub3. Everything felt great through 35k, at which point I realised I'd either have to flog myself to near death or do the sensible thing, ease back slightly and settle for another near miss. As it turned out, it wasn't so much a decision to ease back, rather my legs unwilling to keep up the pace needed. The final nail in the coffin was the second go round across the cobbled area in the city centre – not pleasant and at ~40k it pretty well finished me off.

Still, the finish experience didn't disappoint. I'd been playing cross-cross with a runner from (I think) Altrincham who kindly gave me a shout out at around 25k, after clocking my Cancer Research UK vest. I passed her later and then around the final km, she came flying past me. So ensued a battle, which I just got the better of, flat out into the final turn and into the Festhalle. WE swapped notes afterwards and she told me how her family have all been massively impacted by cancer.

True to form, the adrenaline on the day got the better of me and I went out well below sub3 pace, before giving myself a stern talking to and dialling it back. Although I'd hardly trained

Winning time Brimin Kipkorir 2:06:11

Gower Tan

H1 1:29:51

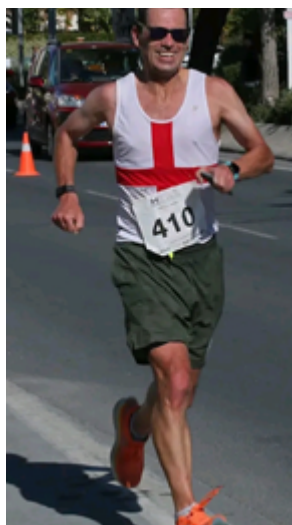
H2 1:33:45

Full 3:03:36 Overall 740 Category 44

# Algarve Training Camp

At this time of year, several Dulwich Runners, along with members of other clubs, take part in the Algarve Running Challenge, a series of 4 races during the week, finishing with the X Milhas del Guadiana, an iconic 10 mile + race across the suspension bridge linking Spain and Portugal. Our numbers were down this year, largely due to the short notice, but the good news is that several, not available for the event have expressed interest for next year club members.

We were based in a hotel in Monte Gordo, a resort town close to the Spanish border and also close to an athletics stadium which we have used for our mile race in previous years and from which the bridges race either starts or finishes (it changes direction each year). Situated east of Faro, this is the less fashionable end of the Algarve, frequented by Spanish visitors during the summer and mainly Dutch and Swedes at other times of the year. Some of us were a bit more adventurous this year in exploring the area, and as well as visiting Tavira, generally regarded as the most attractive town on the Algarve coast, explored some of the sandspit islands running parallel the coast, popular with sunseekers during the summer months but also excellent for walking at this time of year. Very close to Monte Gordo is the border town of Vila Real de Santo Antonio, a bit of a mouthful and hence generally abbreviated to VRSA. It is designed in a grid pattern by the same architect who rebuilt Lisbon, following a major earthquake in



Steve Smythe

the 18th century. It has a fine central square in which we have spent several



Mike Mann

hours over coffee and pastel da nata (the Portuguese equivalent of custard pies) over recent years.

In the past this was an important border crossing with frequent car ferries going backwards and forwards, but with the opening of the suspension bridge to the north across the Guadiana River, traffic has dwindled to largely foot passengers, cyclists and bikers. There is a fair bit of wildlife close by. We saw a shoal of dolphins close to the hotel one morning and flamingos are regularly in view on the mudflats and shallow lakes behind Monte Gordo, as well as storks on some of the taller buildings such as former industrial chimneys and churches.

There are several trails close to the hotel, largely on gravel paths through the pine woods that are ideal for training and are regularly used for races that form part of the Running Challenge. There is also the long beach which is ideal for running, particularly when the tide is out. We used a combination of woodland trails and beach for our training runs.

The first of the 4 events was a 5k trail run in which the instructions from Steve were to run the 1st, 3rd and final km hard, easing down for the two intervening ones. This worked out quite well as running alongside Steve for most of the run, we varied the km pace from 4:30 on the faster efforts to around 5:15 on the slower ones. The resulting time was not too much slower than my recent parkruns, though I'm not sure whether I would want to attempt a tempo effort in a parkrun. We all started together with the exception of Clare who

had a 5 min handicap, which was fine as she came past close to the finish. Most of us finished drenched as the weather was unusually warm and humid that day.

## 5k Trail Race

Clare Elms	18:53
Mike Mann	24:00
Steve Smythe	24:01
Ros Tabor	26:23
Andy Murray	26:34

The next day's race was a forest relay over a circuit of around 1500m. There were 3 teams of 3, including runners from other clubs, and in addition to running the first leg, everyone had to run a 4th leg at the speed of the slowest member of the team. Wee had a Dulwich team consisting of Steve, Andy and myself, which resulted in a reasonably brisk final lap, as Andy is pretty useful over this distance.



Clare Elmes

## Forest Relay

Clare Elms	5:31.7 (8:59 with team)
Steve Smythe	7:04.7 (7:52.6 with team)
Mike Mann	7:09.0 (7:52.6 with team)
Andy Murray	7:41.9 (7:52.6 with team)
Ros Tabor	7:57.3 (8:14.1 with team)

The next day was race free though most of us were able to slot in a training run before other activities such as walking and cycling. The day after was a forest trail and beach handicap run which came out at 8.3k. This was quite a testing route with some short sharp hills early on gravel track, some very uneven "road" alongside the river of some 400m and a final section of 2km along the beach. Usually the beach is fine for running with some level firm sand but we hadn't reckoned on high tide

which meant running on a narrow stretch of quite soft sand on a cambered surface, requiring some wave dodging. Fortunately the weather was ideal for running that morning with cloud cover and fairly cool temperatures. I found the race with its varied terrain quite enjoyable and was able to cope with the final sand section.



Andy Murray

Andy Murray 50:07  
Ros Tabor 50:30

After another rest day, the final event, the X Milhas del Guadiana took place under cloudless crystal clear skies with the temperature in the low 20s by the end of the race. This did not appear to faze the locals unduly but several in our group struggled in the final 5km which was directly into the sun. A further problem was that the race was not advertised and open for entries until 10 days beforehand, which meant that most of us were under prepared and had to wing it. This year's route starting on the Portuguese side is generally more popular as there is often a tail wind across the bridge (though this year the wind was very light) and the distance slightly shorter at 16.5km. There was 2 sections that proved challenging, the mainly uphill stretch from 5km to 9km, marking the high point of the bridge, together with the final 5km into the strong sun. With the race starting at 11.15, a drink station in addition to the two at 5km and 12km would have been desirable.



Ros Tabor

70s, Ros Tabor was narrowly first W60, narrowly beating Els Raap, from our regular Algarve Running Challenge group. Steve struggled late on from a combination of the heat and renewed achilles problems. I maintained a reasonably constant pace apart from slowing on the uphill section.  
Mike Mann

**Handicap Forest and Beach Run, 8.3k**

Clare Elms 35:45  
Mike Mann 42:49  
Steve Smythe 44:35

Former winner, Clare Elms finished 3rd overall in a race won by four time Olympian, Ana Dias and won the W55 section by over 20 minutes. Despite being well into her

**X Milhas del Guadiana, 16.5k**

Clare Elms 70:36 (3rd overall, 1st W55)  
Steve Smythe 85:17  
Mike Mann 85:37  
Ros Tabor 96:03 (1st W60)  
Andy Murray 1:41.32



## Futakotamagawa parkrun

Lloyd Collier writes: Our trip to Japan was booked in 2019 in part as an element of Suzannah's 50th birthday treats for 2020. Little did we know...

So here we finally are - 2 years on and 2 reschedules later and now for my 50th instead.

Having spent the summer of 2022 watching Japan's tourism slowly opening up and hardly daring to hope we'd finally be coming but here we are..

Once the holiday was definitely confirmed then of course priority 1 was where to fit parkrun in and the only option was first thing on our first morning. We arrived at 6pm Friday having left 7pm Thursday and literally immersed ourselves in Japanese culture heading directly to the local sento once we'd unpacked..{do Google it if you're not familiar- certainly sorted my jet lag out}

So, up at 6:30 for breakfast on <4 hrs sleep it was to be (parkrun starts at 8 out here) followed by the usual tiny panic finding the start [the course had recently been tweaked meaning parkrun's website was out of date] and suddenly there we were surrounded by all the usual routine...

25/50/100 T-shirts, the flag, some cones, a white run director's bib and someone with a loudhailer giving notices, briefing and asking about tourists [in Japanese of course].

## A visit to Gunpowder parkrun.

Chris vernon writes: Gunpowder Park is named as it was previously a weapons testing site, think Lee Enfield factory which was nearby. It still has blast walls and other protection measures. There is a museum nearby telling the story that may be worth a visit

Situated near Waltham Abbey, it lies at the top end of the Lee Valley trail so the walk south would lead you all the way to the Olympic Park at Stratford eventually.

Last Saturday the run coincided with Guy Fawkes day so a little local event with usually less than 100 parkrunners was mobbed.

Parkrunners from all over the UK and beyond arrived for this momentous occasion. One group started at 4.30am from St Helens, Lancs and a big contingent came from Les Croupiers in Wales. Unusually, most parkrunners came from recognised clubs and many sporting cowell/cow cow symbols.

The field was small, 50:50 European/Japanese and the welcome 100% warm as could be.

I'd decided I was long overdue to get a good sub-20 in and Suzannah was simply going to have a nice trot round. All scripts of course were immediately thrown out of the window when

I got sucked into a fast start and with a decent group and S found herself running with the first woman (there was a convenient switch-back around 600m in to spot exactly who was where).

I glanced at my watch and was v. surprised / delighted that the first digit was a 5 (that doesn't ever happen these days!) and instantly revised my target to my first sub-19 in almost 4 years and of course S went for the win. Happily, one of us managed our revised target - my utter lack of training meant a slowing 3rd mile and my target drifting away

along with the winning V50's back.

Lloyd 19:12.

"Fastest International Vet". [at least I think that's what it says in Japanese next to my result]. Delighted with my Quickest since Aug 2019. These cycling legs can still run, it seems. The comeback beckons.. watch this space.

Suzannah 23:23

First Lady - and only her second ever win. like buses she's waited about 5 years and then had two in the last 3 months]

After months confined to South East London parkruns, due to illness and other excuses like Southwark Slam, it was time to go touring again.

The course is two and a half laps on well made paths. As usual I was accompanied by the tailwalker for my 367th parkrun and 94th different venue (only 6 more venues before I get my full cowell).

Chris Vernon 1.07.06secs 477th out of 479. 4th VM75.

Sue had her VI guide and was roundly cheered en route and over the line.

Post-run coffee, which we were told was a quarter of a mile away, did not happen as after 20 minutes of walking over main roads and roundabouts, we returned to the park defeated! How did we get there? Saturday was billed as a train strike day and so we had to bite the bullet (pun intended) and hired a black cab there and back.





**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.**

### Brockwell

284 Ran			
Pos	Gen		
20	17	Jonny Hough	19:32
39	33	James Auger	20:37
43	37	John Kazantzis	21:00
51	43	Lee Wild	21:28
65	53	Dan Hill	22:06
75	62	Stephen Trowell	22:37
93	9	Teresa Northey	23:21
230	76	Sharon Erdman	29:57
284	135	Jonathan Whittaker	54:15

### Beckenham Place

281 Ran			
Pos	Gen		
60	6	Eleanor Simmons	23:47
96	82	Eugene Cross	25:44
102	15	Claire Barnard	26:03

### Crystal Palace

328 Ran			
Pos	Gen		
25	20	Sam Jenkins	22:14
120	21	Belinda Cottrill	26:28
129	98	Michael Dodds	26:46
174	34	Clare Wyngard	28:12
316	176	Bob Bell	40:31

### Riddlesdown

116 Ran			
Pos	Gen		
51	8	Ange Norris	27:44
108	71	James Wicks	37:25

### Eden Project

184 Ran			
Pos	Gen		
17	3	Laura Vincent	21:42

### Gunpowder

479 Ran			
Pos	Gen		
438	207	Susan Vernon	45:50
477	231	Chris Vernon	67:06

### Hoblingwell

65 Ran			
Pos	Gen		
3	1	Kay Sheedy	20:50

### Mile End

343 Ran			
Pos	Gen		
209	135	Paul Keating	28:00

### Dulwich

471 Ran			
Pos	Gen		
5	5	Aaron Wilson	16:33
10	10	Max Bloor	17:12

12	11	Andrew Inglis	17:16
18	1	Annie Birch	17:35
20	17	Rob Hollands	17:49
30	25	Rupert Winlaw	18:50
31	26	Chris Lawrence	18:52
88	69	Robert Tokarski	21:10
93	73	Rob Fawn	21:18
94	74	Tom Shakhli	21:19
109	13	Lucy Mordaunt	21:50
115	90	Ben Boxall	22:11
119	93	Ryan Duncanson	22:20
146	112	Graham Laylee	23:22
153	23	Naomi Crowther	23:35
207	35	Claire Pepper	24:49
319	205	Rob Mayes	27:53

### Hilly Fields

242 Ran			
Pos	Gen		
48	6	Emma Ibell	23:04

### Burgess

445 Ran			
Pos	Gen		
65	55	Martin Kelsen	21:19
79	67	Hugh Balfour	21:52
120	98	James Gordon	23:05
372	123	Stephanie Burchill	30:48

### Orpington

172 Ran			
Pos	Gen		
47	35	Colin Frith	24:43

### Preston Park , Brighton

432 Ran			
Pos	Gen		
1	1	Thomas South	16:35

### Fulham Palace

398 Ran			
Pos	Gen		
11	9	Tommaso Bondoni	18:29
179	28	Lindsey Annable	25:01

### Peckham Rye

246 Ran			
Pos	Gen		
1	1	Andy Bond	16:40
15	14	Mark Callaghan	19:29
31	29	Ebe Prill	21:22

### Folkestone

298 Ran			
Pos	Gen		
20	1	Kim Hainsworth	20:32

### Aldenham

105 Ran			
Pos	Gen		
13	11	Nicholas Brown	23:15

### Malling

309 Ran			
Pos	Gen		
23	1	Michelle Lennon	22:07

### Tooting Common

559 Ran			
Pos	Gen		
23	1	Polly Warrack	19:05

### Clapham Common

660 Ran			
Pos	Gen		
69	57	Joe Sheppard	21:24

### Pocket

147 Ran			
Pos	Gen		
1	1	Buzz Shephard	18:00

### Futakotamagawa

90 Ran			
Pos	Gen		
9	9	Lloyd Collier	19:12

### Bethlem Royal Hospital

163 Ran			
Pos	Gen		
48	38	Dave West	26:31
79	58	Peter Jackson	29:26

### Sharpham Road

97 Ran			
Pos	Gen		
1	1	Hugh Stobart	17:44

### Storeys Field

390 Ran			
Pos	Gen		
7	6	James Blackwood	17:36

### Sutcliffe

231 Ran			
Pos	Gen		
188	73	Joanne Shelton Pereda	33:31

### Charlton

189 Ran			
Pos	Gen		
11	10	Justin Siderfin	20:20

### Ashbourne Rec. Ground

113 Ran			
Pos	Gen		
1	1	Robert Armstrong	17:11

# 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](mailto: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](mailto:ros.tabor49@gmail.com)**



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 11

All routes go anti-clockwise

11M / 17.6 km - 222m

8.4 M / 13.5 km - 158m

4.95 M / 7.9 km - 60m

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

