

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
- 3 Cross Country
- 4 Fixtures
- 5 Race reports and results
- 10 Club kit
- 12 Wednesday night route.

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:



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

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 25th October- multiple groups - pyramid session 400m/800m/1200m/1600m/1200m/800m/400m , 75/90 secs. recovery. Shorter reps about 5k pace effort, longer ones about 10k pace effort. Find your current race based paces with a pace chart: <https://www.active.com/fitness/calculators/pace>

Future sessions, a 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 with others using it at the same time, so treat them how we'd expect others to treat us.

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

Let me have your views!: Thanks to everyone who has responded to my request for feedback. Form will stay up until the weekend, then I'll provide a summary of what was raised and how we'll respond. You can still contact me any time at tpoynton@hotmail.com or in person. https://docs.google.com/forms/d/e/1FAIpQLScdxFesRfcTaDfrck_uY2zYsP_i4enqi0A3pz5gKxkXNkw5A/viewform?usp=sf_link

I have added a bit more coaching advice at: <https://wingsonourheels.wordpress.com/> - you might be interested in the age-group masters opportunities and development webinars being put on by England Athletics: <https://www.englandathletics.org/athletics-and-running/england-competitions/age-group-masters-competition/>

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
Oct 29	Surrey Masters	Nonsuch Park
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 to confirm meat/veg choice.
 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.

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

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](#).

Home
Run
Timer
Awards
Next
Results
Members
More

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.

Dulwich at Effingham

“Eff’ off back to Div 2!” - Dulwich Div 1 debut leaves sour aftertaste, for everyone else.

Fred Bungay writes: Effingham Common was the stage for Div. 1's first Men's XC fixture and the Ladies fist Div. 2 fixture. As Effingham's history goes, that's about as far as it goes. It's understood to be so very boring, it hasn't even featured on Michael Portillo's *Great British Railway Journeys*.

Effingham does have one tenuous claim to being the home town/resting place of Barnes Wallis: the inventor of the 'Bouncing Bomb'. The prevailing story as to the origins of Wallis' dam-busting invention revolves around popular claims that Wallis, a keen amateur cricketer, was dismayed by the local clubs' abysmal performances and began developing an exploding cricket ball to literally stump their opponents. While it did lead to the invention of the wicket keeper (to catch dismembered batsman) it also left a lot of small craters around Effingham Common, which are known to cause many XC runners to come a cropper even to this day.

The course:

In the wise words of Shane O'Neill, "it never rains in the afternoon in Effingham" This controvertible truth made for rather warm conditions and firm terrain for fixture one. With some opting for trail shoes whilst those going for short spikes still in traction to this very day. No doubt as the season progresses, the earth will loosen up, spike length will extend and O'Neill's illogical maxims will continue.

The route was about as straightforward as a bag of spanners. Inaply described:

"as about 7km in length, you start here, go up the hill, but you can't quite see the end and from there.....da.....de....dah....loopy... loop...300m.....hill....loop....finish over there.....did you get all that?"
Its only saving grace was its relative flatness.

The race:

According to some sources, competition was thin on the ground. Indeed, even newly upgraded Dulwich had a few 'big hitters' missing amongst their ranks. (Wishing Jack Ramm and Ed Gibson a speedy, full recovery) So, the playing field was relatively even. The big debate for the rest of the season will be about how each teams fielding will affect pack placings. Ed Chuck got off to a conservative start and began progressing through the top tiers in true XC fashion. Whilst other runners, still relinquishing the excitement of fixture one, went out all guns blazing before beginning to drop back by mile 3. Rob Armstrong, who at 7ft 7" (probably) is believed to have spent the last month trapped inside a small Mini, had an outstanding run and

shows promise for the rest of the season. So too have Aaron Wilson, Ben Howe, Shane O'Neill and Ade Russel shown great consistency, translating their late-summer road legs into willowed XC mechanisms. We look forward to seeing their times drop and their shorts remaining firmly; in place.



Tim Bowen, appears fresh and kempt after another outstanding marathon performance. Rumour has it, Tim did just one swim(?) at Brockwell Lido as preparation for London this year, and got out early because the water was just too warm. Jon Phillips had a well-paced first half, appearing strong and composed, however dropped back owing to some niggles, so we wish Jon full health for the next seasons fixture. Meanwhile, James Blackwood had a terrific day at Effingham as first in Dulwich B. No doubt, with a bit more pacing experience, he will be giving the top 10 Dulwich scorers a run for their money. Fred Bungay, fresh from a summer sitting on his backside (all be it, on two wheels) had a good performance, pacing well, although prepared for a longer route got a bit confused when he saw the finish line very early on. Welcome back to not sitting on your arse Fred.

Sumrit Mattu, looked composed, conditioned and as ever, Herculean as he crossed the line. Sean Cordon, who admits he is having a great time in life, needs to forget about all that and focus on running instead. Dulwich need you Sean! While commiserations to Andrea Ceccolini who took the wise decision to DNF and fight another day. Ever the life and soul of XC, Andrea did bring the customary Limoncello to fixture 1. We're excited about (insert name here) bringing the Vodka to fixture 2.

Please drink responsibly.

All told, Dulwich A came in at 4th place with 418 points. (Dulwich B also placed 4th with 395 points!) Rivals Dennis-the-Menace Runners (HHH) scored 571. Croydon, also promoted from Div 2, scored 9th with 644 points. Kent AC reside in 6th on 505 points. Fixture two is over in Womble territory of Wimbledon Common. **Some of the facts in this article may not be facts**

Mens A:

Ed Chuck 8th	24:16 V35
Nick Impey 20th	24:55 V40
Aaron Wilson 28th	25:23 SM
Rob Armstrong 32nd	25:27 SM
Ben Howe 34th	25:26 SM
Shane O'Neill 51st	Time Unknown
(it must have got lost in the rain) SM	
Ade Russel 59th	26:17 V45
Tom South 61st	26:25 V45
Tim Bowen 65th	26:32 V35
Fred Bungay 67th	26:36 SM

Mens B:

James Blackwood 79th	27:07 SM
Jon Phillips 81st	27:09 V35
Sean Cordon 106th	28:17 SM
Kev Chadwick 123rd	28:53 V40
Alex Loftus 133rd	29:21 V45
Eugene Cross 134th	29:23 V40
James Burrows 137th	29:27 V40
Dominic O'Sullivan 148th	30:14 V45
Sumrit Mattu 157th	31:18 V35
Justin Siderfin 162nd	31:45 V50
Jonny Hough 164th	31:49 V45



Surrey League 1 , Effingham Common

15th October

Ola Balme writes:Glorious and sunny day for the first Surrey League. The mood was upbeat, the atmosphere friendly. Our co-captain Kay led the women running her first race after the marathon. Alex, one of our newest members, ran strongly. Katie Smith had a brilliant run.. Good to see coach Katie Styles racing after summer of cycling. I enjoyed being back running as part of a team. Laura had a great run . Gusty performance from Harriet in one of her first xc races.. Superb run from Eleanor just ahead of Nicola who also had a brilliant run. Michelle, who has just recovered from the flu did well. Christiana’s comment was “Such a lovely day! And wonderful to be back”. Emma enjoyed her race and was beaming at the end. Midge also loved the race and enjoyed the post race drink. Jen ran strongly and as always had the biggest smile.

It is a rare occasion to have the men and women running at the same venue. We had great support from the men and Ange.

Everyone can take part. Let’s have a bigger turnout at

Lindsey Annable adds: I wasn’t feeling quite as bright eyed and bushy tailed as I would have liked after a night at the opening of the Battersea Power Station but the first XC was not to be missed. I jogged round Fulham Palace parkrun in the morning to blow the cobwebs away and caught the train a little later, meeting up with some of the team the way down. I enjoyed the run despite a slightly uphill start and very bumpy grass which constantly threw you off your stride. I found myself in a battle with 3 Fulham runners most of the way round. I got the better of two of them but couldn’t quite catch the third as she edged

the next Surrey League race at Wimbledon Common on 12th November.

196 finishers

We finished ahead of two teams.

42	Kay Sheedy	20.05
70	Alex McClelland	21.02
99	Katie Smith	22.00
106	Katie Styles	22.17
112	Ola Balme	22.31
116	Laura Vincent	22.40
119	Harriett Roddy	22.48
126	Eleanor Simmons	23:15
132	Nicola Richmond	23:31
138	Michelle Lennon	23:48
148	Christiana Campbell	24:13
170	Emma Benyon	25:50
173	Midge Cameron	25:58
177	Lindsey Annable	26:24
194	Jenny Bomers	32:02

away in the final quarter of a mile. The support around the course was fantastic and I am sure our team had the loudest cheer at the finish. I went over to congratulate the Fulham runner at the end and they said ‘oh are you Lindsey? You had lots of support!’ That speaks for itself so a big thank you to those spectating and the men who gave us a shout on their warm up. A small tipple of perfectly chilled Limoncello, courtesy of Andrea, rounded off the afternoon nicely. XC isn’t just about the run but the team and togetherness and Saturday was a prime example of that. A great afternoon!



National 6 stage road relays

8th October

Ed Chuck writes: After the dust settled following the Aldershot/SEAA two event Southern Region 6 stage debacle, we received confirmation that our men's team had qualified for the National relays in Sutton on the 8th October. Given that the men's team last qualified for this in 2016, we were obviously keen to get a team out. However, after some feverish whatsapping, it became clear that the team would have to be rejigged a little as (inconveniently!) the relays had to compete with a 60th birthday, christening, and a wedding on the same day.

This led to Shane and Rob subbing in for Nick and Ben, while I frantically google mapped distances between Sutton and Nottingham to see whether I could make both wedding and the relay. After a week's dithering I finally bit the bullet and phoned the groom. Mercifully his best man is a serious triathlete, and while I didn't run at university, he understands that I do now run a bit, and was very gracious - the only instruction was to make it in time for the speeches (which were prior to the wedding breakfast). I looked at the timings, and this was possible - but it would mean running the first leg, wishing the lads luck, and then immediately leaving. I am therefore perhaps not best placed to put together this write up as I wasn't present for much of what follows... but here goes!

Before the race the target was to finish in the top half - a position to partly justify having qualified from the compromised SEAA event, but also reflective of the sort of standard I felt we were at comparing ourselves now with other teams from previous years. With me first up, the plan was to get into position, try to give not too much away through the middle of the race, and for Jack to pick up places at the end.

We were at something of a disadvantage with many other teams, as no-one in team had run the course before, so we had little idea about course layout, elevation, best moments to put effort in etc. Owing also to the drive up and the rather limited toilet facilities, much of the pre-race (for me at least) was spent agitatedly queueing, lamely trying to warm up in queue. Once the first leggers were called, a queue for the start line had also formed, and I found myself at the back of the pack. I wasn't particularly bothered by this, as my only goal was to try to follow some familiar faces (Lewis, running for Herne Hill, being one of them). The hooter blew, and we were off, with the usual amounts of nudging, hands-in-the-back, and general argy-bargy. Once things settled down I could see Lewis ahead, and the plan was just to stay in contact.

As we know now, after an initially downhill start, the first kilometre of the 5.8k course is broadly up hill, with the next c. 3k being undulating, before a kilometre odd descent, and a short burst to the finish. Being in the train of runners from the start, I didn't really think about this, and just followed on trying to feel ok. At halfway Lewis was probably 5-6s ahead, but as we got to the final descent I was somewhat gassed, and couldn't hold on as Lewis' group moved away. I felt back a little, but was still reasonably happy to finish in 44th, while Lewis had a very good run ahead finishing in 30th.

I handed over to Aaron Wilson, who immediately set off in pursuit, and had a similar sort of race to me - a slightly too fast start, which compromised his finish, and saw us drop a few places. He still however recorded a time which was close to

his Crystal Palace leg, was our 3rd fastest time of the day, and was another fully committed run. Shane O'Neill was next up, and took a "delay the pain" approach to the start, warming up with a first kilometre a little inside marathon pace (!), before bringing the hammer down on the descents. Shane made good progress against the runners around him, and moved us back in the top 50, passing the baton on to Rob Armstrong.

The results page for Rob's following leg looks like the running equivalent of trench warfare - It records that he started in 49th, and ended in 49th, and that the runners directly in front and behind him also held their positions. It appears there was one runner who dropped off from in front of this band of three, and one who bolted from behind, but otherwise it was very much case of as you were - but no doubt it didn't feel like that to Rob, who closed with his typical quick finish.

Soon to be 2.29 marathon man Joe Hallsworth ran the penultimate leg, cutting into his taper for the team. Joe's leg was quite similar to Shane's, with him picking things up for a quick 5th k, and overtaking 5 teams (including Derby and Mansfield - nice scalps for a lad from Nottingham).

Anchor man was Jack Ramm, who would need to make up 8 places to secure a top half finish. By the time that Jack started the message about not starting off too hard really must have filtered down, and Jack, always a conscientious chap, clearly took this to heart, with a first kilometre slower than his marathon pace (!) An inauspicious start. He did however then seriously kick on, and must have caught at least three runners in the final 600 odd metres (and 6 overall) with a blistering last 2k, bringing the team home in... 38th.

So we ultimately finished one spot outside of halfway, which is really all we could have hoped to do. For half the team, this was only their 2nd relay event, and everyone stood up and performed pretty much as expected. In terms of local competition, a strong Hercules Wimbledon finished 9th overall, Kent were 28th (about 1.15 ahead), while we finished in front of Herne Hill (55th), who had performed strongly (c. 30th) until their final runner got into difficulty on the last leg. Given the strong performance of the B team at the SEAA event, we can look forward to hopefully qualifying for the 12 stage relays in



the spring, and the result boded well for the first XC fixture the following weekend...

Winners - Aldershot Farnham & District - 1:43:37

38th Dulwich Runners AC - 1:52:37

1st leg - Ed Chuck - 18:15 (44th)

2nd leg - Aaron Wilson - 18:48 (52nd)

3rd leg - Shane O'Neill - 19:10 (49th)

4th leg - Rob Armstrong - 19:15 (49th)

5th leg - Joe Hallsworth - 18:58 (44th)

6th leg - Jack Ramm - 18:19 (38th)

England Masters Cross Country Trial Race

15 October

The England Masters trial race was held at Markeaton Park on the edge of Derby. Under the rules, for the women and M50s+, the first 3 finishers in each 5 year age category qualify automatically to represent England at the British & Irish Masters XC, being held in Dublin in November, with the remaining 4th place selected. For the younger men's age categories up to M45 the first 4 in the trial qualify automatically, with the remaining 2 places selected.

Congratulation to Andy Bond for his excellent 3rd place M45 finish, giving him automatic selection, and to Ed Chuck, who didn't take part in the trial but had a brilliant run in the Surrey League, for his selection to the M35 team on the basis of his 5k and 10k performances earlier in the year.

The course was quite a challenging one in an attractive park,

showing off its early autumn colours. There were 2 tricky hills on each of the 3 laps of the womens/ M65+ race of around 6.1k and these hills had to be tackled 4 times in the M35-M60 race of 9.6k on a slightly extended lap. Most of the course was on firm grass but there was a short slightly muddy section through a wooded area. The trial races were held in conjunction with the North Midland league men's and women's race, and this led to some congestion problems at the start of both races.

As a Vets AC selector, I had to travel to Derby for the selection meeting held immediately after the trial races, so I decided to make the day more interesting by entering the trial despite being near the top of the M70 age category. Partly as a result of the problems of getting past runners at the start I had a below par run, well over a minute down on my performance at Lloyd Park the previous week, and finishing 7th M70. However a repeat of this poor performance next year would be sufficient for me to be selected as a M75.

Congratulation also to ex Dulwich Runner, Clare Elms, who was unable to take part in the trial, but was selected to represent England in the W55 team. Mike Mann

Andy Bond 38:36 3rd M45 9.6k
Mike Mann 32:12 7th M70 6.1k

Surrey League XC - Reigate Priory

15th October 2022

While the Dulwich teams were strutting their respective stuff(s) in Effingham to great effect, a number of the more mature members were in action a little further south competing for their second claim club, Vets AC. The men's Divisions 2-4 and women's Division 2 headed to a busy Reigate Priory Park, to race over the familiar two lap course that had to weave its way around numerous football matches taking place at the same time. Always a challenge, with an elevation of nearly 600 feet over the 5.18 miles for the men and 3.75 miles and almost 400 feet for the women, there was very little mud which made shoe choice largely a matter of personal preference. Weather conditions were perfect apart from an unexpected shower during the first men's race, that had little impact on either course or runners.

The combined men's Division 3 & 4 match was the first of the day with Dulwich providing 5 of the 11 VAC members, Hugh Balfour making his debut in the black and white vest and all making the scoring 10 for 9th team place in Div 4 on the day, matching VAC's final position at the end of last season. A good result given that the average age of our scoring team was in the mid-60s!

The women's Division 2 race was the final event of the day with Ros Tabor and Jo Quantrill part of a team of 7 from VAC. Jo was second in the 60+ category. Ros unfortunately missed making the scoring team by just a few seconds, the oldest in the race, she nevertheless ran to her usual high standard.

As ever, race organisation by the host club was impeccable with a number of the volunteers also having been involved in the Parkrun that morning, making that four separate events in one day and still managing to field teams in both the men's and women's races.

The location of our remaining fixtures remains a closely guarded secret, but we should be able to field stronger teams going forward including Mike Mann, who was racing elsewhere this weekend, and we'll no doubt all find our XC legs as the season progresses. - Dave West

Division 4 - men -136 ran

70 Hugh Balfour	40:30
100 Graham Laylee	44:37
103 Dave West	45:19
118 Gary Budinger	47:43
125 Andy Murray	48:54

in Division 4

Ros Tabor adds: The Surrey league now lets VAC women compete. The team is in Division 2 and as the standard there is lower I decided to run for them.

I ran the last 2 Second Sunday races organised by Thames Hare and Hounds on Wimbledon Common and as they had been fine I thought I could tackle a 'proper' cross country course.

In fact conditions on Saturday were favourable for my first outing for a long time. Mild weather, no mud and the course involved a long gentle downhill instead of the steeper more technical one which is sometimes used.

I really enjoyed my run in the sunshine supported by the Dulwich men who compete for VAC. My time was pretty slow but my enjoyment made up for that.

Division 2 6K - women - 211 ran
68 Jo Quantrill (2nd claim) 31:51
139 Ros Tabor 36:52

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

169 Ran
Pos Gen
3 3 Tony Tuohy 19:59

Bromley

395 Ran
Pos Gen
350 116 Joanne Shelton Pereda 37:51

Brockwell

279 Ran
Pos Gen
18 16 Mark Foster 21:14
41 36 Stephen Trowell 22:15
68 53 Hugh French 23:32
75 11 Lucy Pickering 23:45
154 97 Michael Dodds 27:34
176 55 Clare Wyngard 28:36

Beckenham Place

219 Ran
Pos Gen
28 27 Martin Double 23:05
144 102 Paul Hilton 30:49

Crystal Palace

304 Ran
Pos Gen
11 9 Sam Jenkins 20:23
24 1 Yvette Dore 21:38
104 17 Belinda Cottrill 26:10
292 155 Bob Bell 40:28

Dulwich

420 Ran

Pos Gen
3 2 Hugh Stobart 17:21
23 22 Tom Shakhli 19:03
37 34 Ryan Duncanson 19:41
38 35 Rob Fawn 19:42
39 36 Chris Cooper 19:42
45 42 Rupert Winlaw 20:00
54 51 James Brown 20:33
89 75 Robert Tokarski 21:48
100 84 Ben Boxall 22:21
110 92 Miles Gawthorp 22:35
171 23 Claire Pepper 24:22

Burgess

508 Ran
Pos Gen
30 28 Will Lawn 20:03
197 153 Martin Kelsen 25:10
383 110 Stephanie Burchill 30:55
500 187 Susan Vernon 54:58
506 256 Chris Vernon
01:07:00

Southwark

362 Ran
Pos Gen
228 154 Paul Keating 28:13

Fulham Palace

397 Ran
Pos Gen
209 142 Barrie John Nicholls 27:38
260 71 Lindsey Annable 29:15

Peckham Rye

237 Ran

Pos Gen
8 7 Joe Farrington-Douglas 19:52
11 10 Mark Callaghan 20:15
25 24 Lee Wild 21:34

Hastings

253 Ran
Pos Gen
40 35 Nicholas Brown 23:09

Bedgebury Pinetum

128 Ran
Pos Gen
15 2 Kim Hainsworth 22:06

Skatås

43 Ran
Pos Gen
5 5 Des Crinion 21:19

Chain Of Lakes

60 Ran
Pos Gen
39 17 Claire Barnard 30:57

Kiessee

23 Ran
Pos Gen
5 5 Ebe Prill 20:52

Charlton

178 Ran
Pos Gen
57 49 Stephen Smythe 25:15

DULWICH RUNNERS KIT

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



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



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



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 7

All routes go anti-clockwise

9.8 M / 15.7 km - 177m gain

7.6 M / 12.2 km - 156m gain

5.6 M / 8.95 km - 104m gain

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

