



## 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 21 September 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 21 September 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 20 September.

The last meeting took place on Wednesday 6 July, where the Committee discussed proposals to improve the Club's ability to attract and welcome members from diverse backgrounds, and in support of work being undertaken by Sport England to improve diversity and inclusion in amateur athletics and clubs generally, including introducing an initiative to monitor diversity among the Club's membership and adopting an equality and diversity policy statement on the Dulwich Runners website.

The Committee also discussed and debriefed on the Mid-Summer Relays in Dulwich Park and Mark Hayes Mile at Dulwich College Track, which it was agreed were well-supported and successful events.

Please send any items for the Committee to discuss at the next meeting to [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk) by midday on Tuesday 20 September.

## 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  
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 hill training in September

7pm every Tuesday in September - Low Cross Wood Lane opposite Sydenham Hill station, College Road.

Please do at least 5-10 mins of gentle jogging before the 7:00pm start, with some warm-ups and drills and then main session , finishing 7:45-7:50pm . Sessions are free. Arrive ready to run - it should be safe to leave any jackets or water bottles etc.

Running up and down a well-lit traffic-free path – leave room for pedestrians to pass.

Sessions will vary week to week, expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

If targeting an autumn marathon you might prefer to stick to what's in your plan and run your intervals on flatter ground that similar to terrain you'll be racing on. Dulwich Park opens until 8pm in September, I suggest meeting up to run there.

Let me know if you have any questions, comments or feedback. Tom (Coach in Running Fitness) [tpoynton@hotmail.com](mailto: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](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
Sep 7	HHH open (ft. Stan Allen mile)	Tooting
17/18	Kent track & field masters	Erith
24	Southern 6/4/3 stage road relay champs.	Crystal Palace
Oct 2	London Marathon (or alt. marathon)	(L) London or alt.
15	Surrey League XC	Effingham Common
22	SEAA XC Relays	tbc
29	Surrey Masters	tbc
Nov 12	Surrey League XC	Wimbledon Common
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 10	SEAA Masters XC	tbc
17	South of Thams XC 7M	Aldershot tbc
Jan 14	Surrey League XC	date tbc tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	date tbc tbc

Note: The September Assembly League Race has had to be cancelled.

## Kent Track and Field Masters

For those affiliated to Kent county (either born or resident in the county or London Boroughs of Bexley, Bromley, Lewisham, Greenwich - check with captains if unsure) the annual track and field masters champs is available for booking until 25 August.

The event will be held on the weekend of 17/18 September at the David Ives Stadium, Erith, DA8 3AT. Events include 100m, 200m, 400m, 800m, 1500m and 5000m. Open to aged 35 and above.

Entry details can be found at: <http://kcaa.org.uk/onlinereg/newmeeting9.php?MeetID=9>

## SEAA Road Relays Champs. Crystal Palace Park

Saturday 24 September 2022

The Southern England Athletics Association (SEAA) 2022 Multi Stage Road Relays will be held at Crystal Palace Park Saturday 24 September 2022. This is an event that is both very local and one where we have done well in the past. In addition the top 25 placed senior mens teams qualify for the mens national road relays later on 8 October.

Teams are available for senior and masters age groups, men and women. For those running the London Marathon the distance could be very useful for fine tuning your performance during the tapering phase. All entrants need to be first claim members of Dulwich Runners. The club pays for entries.

Timings and stage lengths are as follows:

1.30 pm	Senior Women	4 stages of 4500m
1.30 pm	Veteran Women (40+, 50+)	4 stages of 4500m
2.30 pm	Senior Men	6 stages of 6000m
2.30 pm	Veteran Men (40+, 50+, 60+)	4 stages of 6000m

To be considered contact your captains:

[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) / [chuckedward@gmail.com](mailto:chuckedward@gmail.com) / [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

We can enter multiple teams for each age group, older runners can run in the senior team.

**We need to enter teams by 8 September at the latest**

*if you are not able to run the organisers would be really grateful for volunteers. They have contacted Yvette Dore with the following message:*

"In order to support this event we must maintain a level of officials and marshals to assure the smooth and safe running of this event. As your club is located reasonably locally to Crystal Palace Park, we would be very grateful if you could provide any help on the day. If your club provides a number of volunteers, then SEAA will make a donation to your club. As well as this travel expenses and lunch will be provided (excluding ULEZ or congestion charges)."

If you can help please let Yvette know at: [yvette.dore@hotmail.co.uk](mailto:yvette.dore@hotmail.co.uk)


## 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 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)


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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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.

## Big Half

4 September 2022

Ebe writes:

The turnout for the club of 72 finishers was superb, thanks also to 50 community places we were granted by the organisers. If everyone entered had been able to run, it would have been close to 100.

Even so Dulwich managed to have one of the biggest club presences at this event from all our neighbouring clubs, only Kent AC had even more from what I could see.

It's hard to write in time on everybody with these numbers, so we split the reporting by age groups. As the Seniors will be covered more in depth next week, here is first up a summary article by Jonathan for Londonnewsonline.co.uk, followed by V40s and V50+ reports.

### Dulwich Runners enjoy standout team performance in Big Half Marathon

By Jonathan Whittaker

Dulwich Runners' men's team put in one of their best ever performances at London's Big Half Marathon on Sunday, producing 10 per cent of the top 100 finishers.

Jack Ramm led the way with a standout 19th place in 70:22. Joe Hallsworth picked up a superb personal best (71:04, 28th) and then Aaron Wilson (63rd) and Andy Bond (65th) finished with the same 72:54.

Ed Chuck ran relatively conservatively after a few weeks off with injury but still recorded an excellent 73:07 (71st).

Ben Howe (73:23, 78th), Jon Phillips (73:25, 81st), Andy Inglis (73:26, 83rd), Ed Gibson (73:55, 96th) and Adrian Russell (73:55, (pictures by Andrea Ceccolini)

97th) completed an outstanding Dulwich top 10.

The ladies race also saw various excellent Dulwich performances with Polly Warrack (86:28, 51st) and Becca Schulleri (89:52, 90th) in the top 100. Yvette Dore (96:25, 197th), Katie Smith (98:33, 263rd) and Alice Williams (99:19, 285th) concluded the Dulwich top five.

There were also strong performances in the various age categories with special mention to Andy Bond (fourth M45), Andy Inglis (fifth M45) Michelle Lennon (99:26, fourth W55), Graham Laylee (1:43:21, third M65) and Claire Steward set a new club record (2:13:18, third W70).

Jack Ramm high fiving the crowd



Andy Inglis, Jon Phillips and Ed Chuck (r. to l.) followed by elite GB athlete Steph Twell



From left to right Joe Hallsworth (639) and Aaron Wilson (577)



Michelle Lennon enjoying the crowd



*Alex Loftus reporting on the Vet 40-49s:*

**Andy Bond** (72:54) had another superb race, evenly paced with just a slight negative split, coming in just 28 seconds behind his PB in the Big Half of 2020 and placing 4<sup>th</sup> overall in the MV45 category. 5<sup>th</sup> overall in the MV45 category was **Andy Inglis** (73:26) with another well-paced effort, setting him up really well for the Berlin Marathon in 3 weeks' time. Having run a brilliant Half Marathon in the GB Masters at Tenby, **Ade Russell** (73:55) was able to show just what he can achieve on a flatter course, knocking almost 3 minutes off his time at Paddock Wood in March. Having come within seconds of doing so at Paddock Wood in 2021, **Rob Emes** ran a really nice race to come in just under 80 minutes, all the more impressive given a stitch in the last 5k that threatened to derail things. While not able to train as consistently as earlier in the year, **James Burrows** (83:16) was still able to put in a good performance, followed soon after by **Kev Chadwick**

(83:26). Next in, **Rob Hollands** (85:44) paced things well with a negative split and a fast final mile. **Daniel Mann** (86:56) followed soon after, doing well to finish given a dodgy stomach at Mile 7. Prize for the biggest positive split surely goes to **Alex Loftus** (87:10). The less said, the better. Much better runs came from **Chris Lawrence** (88:14), surely well on the way to a good marathon in October, and **Rob Fawn** (89:06) with a really nice negative split (45:30/43:36). **Chris Nunn** (90:07) came within a whisker of going under 90 minutes for the second time this year, with a well-paced race that just needed a sprint finish. **Justin Siderfin** (90:07) came in with exactly the same time, and a similarly well-paced effort. **Ed Simmons** slowed ever so slightly towards the end but still kept things fairly evenly paced, coming in within seconds of his 2021 time in the Big Half. Although coming in a bit behind his PB in the Big Half of last year, **Chris Cooper** (93:13) paced things well with a negative split. **Andy Scott** (93:34) came in just

behind. **James Auger** (96:38) ran well in his first big race of the year. Not far behind, **Olivier Montfort** (97:50) was a little disappointed with his performance on the back of disrupted training. **Katie Smith** (98:33) had a cracking run, well-paced and, as far as I can tell, a first Half Marathon. Not far off her time at Paddock Wood **Laura Torry** (99:36) was followed by **Martin Double** (1:40:02), who was a few minutes off his best time but had a good run nonetheless. Although slowing slightly towards the end, **Hugh French** (1:41:05) off little recent training battled to the end. Not content with 13.1 miles, **Huw Russell** (1:43:30) ran another 5 miles to the start of the race. Although some way of her Half Marathon times earlier in the year, **Clare Norris** (1:43:40) added to her impressive race totals for the year. Although "running without a plan" **Miles Gawthorp** (1:52:04) still achieved negative splits and positively enjoyed the race. **Joanne Shelton-Pereda** (2:12:42) has made a good comeback to the distance.

*Ebe Prill reporting on the Vet 50+:*

New member **Robert Archer** made a splendid race debut for our club (other than taking part in our midsummer relays) in his second fastest HM over the years, being our quickest M50 in 85:05 and improving on his 2020 time at the same event. That performance relegated **Grzegorz Galezia** to second M50 in our club champs for once, but the big G came

fresh out of his customary long summer holiday break and ran on little training. For that his time of 87:58 (a good 5 min off his time at Paddock Wood earlier in the year) was a nice surprise to him and he managed negative splits. **Rupert Winlaw** was our next M50 in 90:59, a big PB and improvement on his 2021 Big Half. The substantial negative splits he

ran suggest that there is more to come and like Ade Russell he also proceeded to run in the Standard Chartered 4k City Race yesterday at sub 4min/k pace, so clearly his form seems to be going well. **Yvette Dore** was our third woman and first W50 finishing in 96:25, even as a course PW not a shabby performance at all (9<sup>th</sup> W50 overall), given that – in her

own words – her 'race prep comprised of 3 hours of karaoke, 1 slice of Yard Sale pizza, an unspecified quantity of prosecco, and the last train home...! As was commented clearly more pizza needed next time 12

**Lee Wild** ran a good debut HM in 97:26 in line with his more recent parkrun times, enjoying the support along the way especially when the going got tougher during the second half.

**Michelle Lennon** was fourth W55 overall (1st W50 award in our clubchamps) in an excellent age group performance of 99:26. Somewhat down on her brilliant Halfs last year and earlier this year (after focusing more on cycling over the summer) she is getting the miles back in her legs now.

**Ebe Prill** used this Big Half as a hard long run for the upcoming London marathon. Like no doubt several others I lack training and fitness coming off holidays and a spell of Covid. To get some miles in my legs I decided to run from home to the startline (no baggage drop) and then add the Half as a faster than marathon pace progression (Tim Bowen, I believe did a

similar thing at far faster pace). Always a marvel what the free race adrenalin can do for you compared to a solo effort. It was 28k altogether with the Half done in 1:40:12, coming in as first M60+ in our club champs. My worst time for a Half so far but nevertheless a confidence booster for surviving the marathon in a GfA time. And for once a steady paced effort with almost equal halves. **Stephen Trowell** was next in 1:40:27, a decent time but not at his best judging by his previous Half of 94min in 2021 and his parkrun times. His splits indicate that he found the second half tough going. **Graham Laylee** achieved the joint best age group result for Dulwich as 3rd M65 overall in a strong 1:43:21 (second M60+ in our clubchamps). He ran a supremely even paced race, improving on his Big Half last year and almost equalling his time of 1:43:12 earlier this year at Kew. **Joe Brady** ran good negative splits in 1:49:57, getting back into better form but still a bit down on his 2020 Big Half. Next M55 was **Ameet Patel** in 1:55:53, a big improvement on his Paddock Wood Half in March. He also ran negative splits

and confirmed his ever improving form this year. **Barrie Nicholls** was the next M65 in a very solid 1:57:02, running a big negative split and beating his time at Paddock Wood in March. I remember seeing him cheerfully waving at me in the Docklands and reckon he enjoyed the race to the end as a strong finisher. Another very experienced club vet who ran a well paced even race is M65 **Andy Murray**, finishing in 2:04:37, his first Half since 2019 and getting back into form over the distance. **Claire Steward** set a W70 club record for the Half in 2:13:18 and was (jointly with Graham) our best age group finisher in third place overall in the race. She also came 1st W60+ in our club champs. **Colin Frith**, an M65 and long standing club member was a bit disappointed with his time of 2:15:21, but comes slowly back from multiple spells of injury in his first Half since 2018 and managed negative splits to boot. **Paul Keating** completed the excellent turnout for our club in 2:28:19, also not fully race fit over the distance going by his previous times at Halfs and his race splits.

A great race atmosphere was enjoyed by everyone I talked to and big thanks especially to all the dedicated club supporters along the course! Many came to the pub (Richard I) at Greenwich afterwards and a very good day it was!

Results table below:

## DR Club Champs 2022 - Big Half

The Big Half

#	Date	Event	Meeting	Venue
R1	04 Sep 22	HM	Big Half	Greenwich

Award	Name	AG	Time	AG Res		Name	AG	Time	AG Res
1st M	Jack Ramm	M SEN	70:22	82.7%		Sum Mattu	M V35	92:21	63.7%
2nd M	Joe Hallsworth	M SEN	71:04	81.6%		Christopher Cooper	M V45	93:13	67.8%
3rd M	Aaron Wilson	M SEN	72:54	79.7%		Andrew Scott	M V40	93:34	64.4%
Overall Winner	Andy Bond	M V45	72:54	88.4%	3rd W	Yvette Dore	W V50	96:25	76.0%
	Edward Chuck	M V35	73:07	79.9%		James Auger	M V45	96:38	66.9%
	Ben Howe	M SEN	73:23	79.3%		Charis Taylor	W SEN	97:10	66.9%
	Jonathan Phillips	M V35	73:25	80.2%		Lee Wild	M V50	97:26	68.0%
1st M V40	Andrew Inglis	M V45	73:26	85.1%		Olivier Montfort	M V45	97:50	66.2%
AG M Winner	Adrian Russell	M V45	73:55	84.5%	1st W V40	Katie Smith	W V40	98:33	68.8%
Captain's Award	Ed Gibson	M SEN	73:55	78.5%		Alice Williams	W V35	99:19	66.3%
	Timothy Bowen	M V35	75:15	78.8%	1st W V50	Michelle Lennon	W V55	99:26	78.5%
	Finn Nugent	M SEN	76:45	75.6%	AG W Winner	Laura Torry	W V45	99:36	70.1%
	Shane Donlon	M V35	78:33	76.1%		Martin Double	M V45	1:40:02	62.9%
	Rob Ernes	M V40	79:56	76.3%	1st M V60+	Eberhard Prill	M V60	1:40:12	71.3%
	Harry Lawson	M SEN	80:07	72.4%		Stephen Trowell	M V50	1:40:27	67.6%
	William Cole	M SEN	80:31	72.4%		Hugh French	M V45	1:41:05	62.7%
	James Burrows	M V40	83:16	73.2%		Graham Laylee	M V65	1:43:21	72.7%
	Kevin Chadwick	M V40	83:26	73.0%		Huw Russell	M V40	1:43:30	59.0%
	Edward Harper	M SEN	83:40	69.4%		Clare Norris	W V45	1:43:40	67.1%
	Joe Wood	M SEN	83:57	69.1%		Tommy Fernandez	M SEN	1:47:57	53.7%
	Tommaso Bendoni	M SEN	84:44	68.5%		Maeve Lane	W SEN	1:48:30	59.5%
	Hugh Stobart	M SEN	84:45	68.5%		Rebecca Davis	W V35	1:48:43	60.5%
	Ryan Duncanson	M SEN	84:54	68.3%		Joseph Brady	M V55	1:49:47	62.7%
1st M V50	Robert Archer	M V50	85:05	77.7%	Captain's Award	Harriet Roddy	W SEN	1:51:49	57.7%
	Robert Hollands	M V40	85:44	69.8%		Miles Gawthorp	M V45	1:52:04	57.6%
1st W	Polly Warrack	W SEN	86:28	74.7%		Christiana Campbell	W SEN	1:52:36	57.3%
	Daniel Mann	M V40	86:56	71.2%		Ameet Patel	M V55	1:55:53	60.6%
	Alexander Loftus	M V45	87:10	72.8%		Barrie John Nicholls	M V65	1:57:02	66.3%
	Grzegorz Galezia	M V50	87:58	75.8%		Andrew Murray	M V65	2:04:37	62.8%
	Chris Lawrence	M V45	88:14	71.8%		Joanne Shelton-Pereda	W V45	2:12:42	53.7%
	Rob Fawn	M V40	89:06	67.7%		Claire Steward	W V70	2:13:18	72.2%
2nd W	Rebecca Schuller	W SEN	89:52	72.2%	1st W V60+	Colin Frith	M V65	2:15:21	55.5%
	Chris Nunn	M V45	90:07	71.3%		Paul N Keating	M V55	2:28:19	46.1%
	Justin Siderfin	M V45	90:07	72.1%					
	Austin Laylee	M SEN	90:15	64.3%					
	Ed Simmons	M V40	90:17	67.1%					
	Alex Bazin	M V40	90:38	66.8%					
	Rupert Winlaw	M V50	90:59	72.6%					

# Big Half

4 September 2022

Claire Steward writes: Fifth time at The Big Half and absolutely my worst time ever – twenty two minutes slower than last year! I know I've gone up an age category, had an intermittent

hamstring niggle and had Covid (again) three weeks ago but I've done a few longer runs since then and not felt as bad as I did on Sunday.

I just kept going somehow, plodding and walking to the finish so that I could be reunited with my bag and get to the pub for a drink or two. Apparently, I was third FV70, and only beaten by one of the FV75 runners, so maybe not too bad after all.

# Crystal Palace Canter

6 September 2022

Claire Steward writes: A good turn out for the monthly (5k) Canter in Crystal Palace Park. Most of the debris from the various summertime festivals has been removed, the traditional route using the Canada Gate was usable again, and the forecast downpours did not materialise.

Three Big Half participants gave their running legs a rest, although one made an appearance on his bike at the finish, and Clare N did the double. Mike M completed one lap, saving himself for the evening hill session, and Barry G did as much as he felt he could without stressing himself unduly.

1	Mark Foster	21:54
2	Clare Norris	22:21
3	Hugh Balfour	23:39
4	Jo Quantrill	25:01
5	Dave West	25:50
6	Tom Jennings	26:31
7	Lindsey Annable	26:42
8	Clare Wyngard	28:55
9	Mike Dodds	28:55
10	Peter Dry	30:56

First to cross the line was Canter debutant Mark Foster, at a slight disadvantage trying to lead the way without knowing the course, followed by Clare N chasing him and shouting instructions. The rest were fairly evenly spaced, Clare and Mike ran together, the final finisher was cheered across the line, and the traditional post-run photo was taken before most of us headed to the station café for coffee.



The Canter takes place at midday on the first Tuesday of the month and is open to anyone who wants to come along for a low-key run in the park. Mike Mann or any of the above can provide details.

# Kempton Park 1/2M

13<sup>th</sup> August 2022

Cast your minds back to the blistering hot days of this summer. It was one of those days on which I chose to run a half marathon in the build-up to the Big Half (this is a somewhat belated report!).

This was a chance to run on the famous Kempton park racecourse which had appeal. The venue is home of the King George's Stakes which takes place on Boxing Day with many other meets being held throughout the year.

The race involved running four laps around the racecourse circuit which made for a flat and quick course. It started and finished outside the main Grandstand. My race had been brought forward an hour to 9a.m. due to the predicted 35 degree temperatures so it was a relatively early start to get to the racecourse. Other distances were also being run that were mercifully shorter in the baking heat.

When I arrived at the racecourse, the reception I received from

the marshals was very warm and welcoming. I knew exactly where to pick up my number and where to go.

As a fan of horseracing, the backdrop of Kempton Park was ideal for me. Unfortunately the crowd support around the course was practically non-existent so it was a long hard slog with nothing to take my mind off it. There were some lovely parts of the course which were quite scenic but overall it felt tough.

I was reasonably happy to cross the finish line in around 2.15, especially in the heat and pleased to be first in my age group.

The quirky medal and goody bag were excellent. All in all it was very well organised, extremely friendly with a great scenic backdrop. If you are not a fan of multi-lap half marathons it's maybe not a course for you; but given more clement temperatures it would be a PB course. Highly recommendable overall is my verdict. - Barrie John Nicholls



# Joydens Wood 5k Summer Series - Race 3

31st August 2022

At the end of July, I ran the second of this three race summer series and enjoyed it sufficiently to enter the third event which took place last Wednesday evening at the bargain price of just £6.50. It takes place within the confines of Joydens Wood which is a 300-acre patch of ancient woodland between Bexley and Dartford, popular with visitors since the Anglo Saxons left their mark in AF 457 (see my previous report in SHORTS, 3rd August). More significantly there is very little flat ground so ideal for a 21st century trail race winter and summer.

The August race was over a different

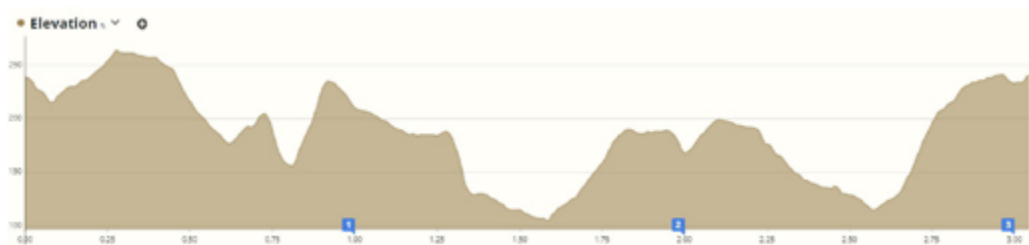
course from the July one, with more elevation overall, steeper climbs/descents and my Garmin measured it a little longer than before although a new watch since last time makes comparisons difficult. One thing that didn't change was the 135 feet in half a mile climb to the "summit finish" and my form remains a bit mixed over the 5 weeks since my last race here; like many in the club my relatively mild dose of Covid in late June, is still impacting on my breathing and adding minutes to my 5km times.

So with a little trepidation I pulled on my SOAR Dulwich vest, laced up my graphene infused trail shoes with 25% energy return and off we went. A slightly downhill start

enabled me to control my breathing and I was able to maintain a good position from the start. There's only a total of half a mile of flat ground spread across the entire race so you're constantly climbing or descending, with gradients of over 20% in places, over very mixed and uneven terrain (see profile). I gradually pulled away from the group I was with on the uphills, but had to take the downhills more carefully than I would have liked as the heavy tree cover created an occasional semi-darkness that made it difficult to see rocks and tree roots. It's very much a course to run on how you feel in the moment, so I just locked on to the next person ahead and pushed on when the terrain allowed.

Finally we were at the bottom of that last big hill. Last time I was all in by this point, but seemed to have a bit in reserve this time so sat behind another runner before kicking past as the gradient eased,

gaining about 5 seconds on him up that brutal finishing slope for 46th place in 27:56. Significantly slower than last time but in a higher position over a much tougher course but it hardly matters as I'd had another enjoyable run. - Dave West





**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

237 Ran  
Pos Gen  
17 15 Tony Tuohy 20:12

### Greenwich

165 Ran  
Pos Gen  
56 8 Ros Tabor 26:27  
76 61 Andy Murray 27:43  
121 34 Stephanie Burchill 32:52

### Brockwell , Herne Hill

258 Ran  
Pos Gen  
25 22 William Hooper 20:57  
32 27 Mark Foster 21:42  
35 30 Simon Burnett 21:48  
68 3 Polly Warrack 23:29  
87 10 Catherine Buglass 24:09  
150 32 Claire Barnard 27:08  
191 55 Sharon Erdman 29:14

### Beckenham Place

267 Ran  
Pos Gen  
22 19 Andy Bond 22:38

### Ashford

197 Ran  
Pos Gen  
21 2 Kim Hainsworth 21:26

### Royal Tunbridge Wells

236 Ran  
Pos Gen  
64 6 Susan Cooper 24:55

### Crystal Palace

334 Ran  
Pos Gen  
76 62 Sam Jenkins 24:41

### Fælledparken

75 Ran  
Pos Gen  
29 25 Michael Mann 23:49

### South Norwood

153 Ran  
Pos Gen  
95 72 Peter Jackson 30:25

### Riddlesdown

181 Ran  
Pos Gen

28 20 James Wicks 23:45

### Dulwich

403 Ran  
Pos Gen  
59 46 Rupert Winlaw 20:48  
60 47 Robert Meadows 20:48  
87 67 Matt Wood 22:14  
157 115 Rob Fawn 24:27  
163 120 Chris Lawrence 24:36  
167 123 Lee Wild 24:41  
168 31 Claire Pepper 24:45  
196 145 James Gordon 25:22  
270 67 Shoko Okamura 28:19

### Gladstone

192 Ran  
Pos Gen  
146 43 Becca Schulleri 33:39

### Hilly Fields

227 Ran  
Pos Gen  
47 39 Hugh Balfour 23:41  
51 7 Emma Ibell 23:51

### Burgess

468 Ran  
Pos Gen  
19 17 Charles Lound 19:23  
77 61 Martin Kelsen 22:10

### Southwark

354 Ran  
Pos Gen  
352 211 Chris Vernon 01:09:22

### Fulham Palace

474 Ran  
Pos Gen  
187 139 Barrie John Nicholls 26:05

### Peckham Rye

274 Ran  
Pos Gen  
29 26 Dan Hill 22:16  
32 28 Tommaso Bendoni 22:27

### Hastings

294 Ran  
Pos Gen  
21 19 Nicholas Brown 20:56

### Tooting Common

530 Ran

Pos Gen  
194 142 Ian Sesnan 25:07

### Dalby Forest

103 Ran  
Pos Gen  
3 1 Katie Balme 18:47  
13 4 Ola Balme 21:52

### Worthing

386 Ran  
Pos Gen  
130 106 Gary Budinger 25:18

### Haga

112 Ran  
Pos Gen  
29 25 Paul Collyer 22:29

### Great Denham

143 Ran  
Pos Gen  
67 57 Michael Dodds 27:01

### Clapham Common

618 Ran  
Pos Gen  
8 4 Shane Donlon 18:04

### Catford

177 Ran  
Pos Gen  
103 20 Josephine Mottram-Epson 27:23

### Brooklands

244 Ran  
Pos Gen  
80 19 Lindsey Annable 26:03

### Kew Woods

65 Ran  
Pos Gen  
35 9 Charlotte Sanderson 30:44

### Uckfield

100 Ran  
Pos Gen  
32 26 Dave West 26:03

### Clevedon Salthouse

292 Ran  
Pos Gen  
241 83 Rhian Stansfield 32:47

# 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](mailto: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](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 Summer Map C

13.9 km / 8.6 miles - 127m gain

11.1 km / 6.9 miles - 101m gain

8.1 km / 5.1 miles - 53m 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

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

Take entrance by green chain signpost

