



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 6 Race reports and results
- 8 Club kit
- 10 Wednesday night maps.

Feel free to send in any race reports, 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:



Note - Christmas run dates

There will be no club runs between Christmas and New Year.

Track - Tuesday 2nd Jan.

Club house run - Wed. 3rd Jan

Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com



DULWICH RUNNERS 2023/24 FIXTURES

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
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information. Men and ladies will run in Division 1

Races with trophy 🏆 icon feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

Surrey League XC	Ladies & Men run at the same venue
🏆 13 January Division1 Race3	Wimbledon Common
🏆 10 February Division1 Race4	TBC

www.surreyleague.org

Other popular fixtures (Ladies & Men run at the same venue)

6 January	Kent Senior Championships	Brands Hatch
7 January	Surrey Senior Championships	Denbies Vineyard
20 January	Veterans AC Championships	Wimbledon Common
🏆 27 January	South of England Championships	Beckenham Place Park
24 February	England National Championships	Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



Dulwich Runners Club Championships 2024

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chimnoy 5km summer series (S)</i>	<i>11 & 25 June, 9 & 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</i>
<i>Big Half Marathon (L)</i>	<i>1 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.

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

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 7pm for 7.10 start. Group training focussed on getting faster over 5-10k.

You must 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 2 January - Pyramid 400m/800m/1200m/1600m/1200m/800m/400m - 75/90 secs recovery. Shorter reps about 5k pace effort, longer ones about 10k pace effort. Slower group cut the 1600m to 1200m.

Tuesday 9 January - 5-7 x (500m@5k + 300m@3k) with 90 secs recovery.

Tuesday 16 January - Reverse pyramid 1600m/1200m/800m/400m/400m/800m/1200m - 75/90 secs recovs, shorter reps about 5k pace longer at 10k. Slower group cut the 1600m to 1200m.

Tuesday 23 January = 1600m@10k + 4-6*800m@3-5k alternating reps 90 secs recovery.

Tuesday 30 January - 2 x [1600m@10k (90 secs recovs) + 800m@5k (90 secs recovs) + 400m@3k (90 secs recovs)].
Slower group 1200m not 1600m.

Questions or feedback contact Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive. All members using the track must: 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.

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use 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. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

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

Club Champs event - Paddock Wood 1/2M

Sunday 3rd March 2024

Entries now open with an early bird discount until 31st December.

With EA - £24 until 31st December, then £27
Without EA - £26 until 31st December, then £29

What the organisers say -

A fast, flat and accurate course on roads through the hop fields and orchards of Kent. Ideal as a warm up for the Spring Marathons. Kent's largest half marathon with excellent facilities including ample parking, race pacing team for following times (1.20, 1.30, 1.40, 1.50, 2.00, 2.15 and 2.30), local train station, supervised baggage store, refreshments, physiotherapist, results on the internet and via text immediately after event and full first aid cover. World Top 100. Start & Finish Chip Timing.

Many club members have run this popular before. Early entry recommended. <https://www.paddockwoodhalfmarathon.co.uk/>

Note – start time is 9.30 am means travelling by train isn't possible. We can either all car share or, if there is sufficient demand, look into hiring a mini bus or coach. A mini bus would also need a driver. (Let us know if you are able to do this.)
Let us know how you'd like to travel there so we can book a vehicle if necessary. Email Ange and Ebe - dulwichchair@gmail.com

Marathon talk 10th January

I'll be giving a talk about marathon training after the club runs on 10th January, covering a range of targets from getting round as a first timer to getting a GFA time and beyond. Plenty of opportunities to ask questions and hear from others about their own experiences. If you have any questions beforehand either in person or via tpoynton@hotmail.com Thanks, Tom

Masters Champs

30 Dec British Masters 10 Mile Road Champs– Buntingford
16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.
17 - 24 Mar 2024 European Masters Athletics Champs Indoor – Torun, Poland
15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal
13-25 Aug 2024 World Masters Track & Field -Gothenburg, Sweden

Physiotherapy services

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

SAVE THE DATE

Chris Vernon writes:
I will be entering my ninth decade in January. Please join me on 13th January at Burgess Park parkrun to celebrate my new age group.

Sportsshoes.com 10% off for the club

10% off on [Sportsshoes.com](https://www.sportsshoes.com) for the club
The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

Dulwich Runners Book Swap

The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.


If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.





v1 Dulwich Runners

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









 app.dulwichrunners.org.uk

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

 Download on the App Store

 GET IT ON Google play

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](#).

Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

10% discount to club members

Ola is an experienced Sports massage therapist & club runner
To find out more and book an appointment:
olabalme1@gmail.com



and National champs plus other events for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from mid October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Crooke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully to ensure that you don't miss out.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, though don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes, as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on poorly drained courses eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2023/24 Ken Crooke XC Championships

For the 2023/24 cross country season, the champs races will consist of the 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 4 events, including 2 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories. Those, mostly 60+, competing for Vets AC in Div 4 at different venues will be included.

Qualifying races are the 4 Surrey League races, London champs, the 2 South of Thames races and South of England champs.

Further information contact your captains at:



dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com
photos by Laura Vincent

Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures during the season details can be found in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. This season both our men and women compete in Division 1. You need to be EA registered to compete in the Surrey League and most other events.

Distance

Men's Surrey League races are around 8km. Women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.



Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in both the women's and men's Surrey League there is now a B team

competition where the second 5 and 10 runners respectively score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The 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 are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

Bushy

1600 Ran
Pos Gen
34 31 Sean Cordon 18:15

Banstead Woods

226 Ran
Pos Gen
19 18 Tony Tuohy 21:10

Bromley

758 Ran
Pos Gen
496 345 Peter Jackson 29:51

Ashton Court

388 Ran
Pos Gen
25 21 Joe Sheppard 21:10
145 37 Teresa Northey 26:48

Trelissick

214 Ran
Pos Gen
69 11 Laura Vincent 26:49

Beckenham Place

249 Ran
Pos Gen
95 77 Michael Mann 26:44

Bath Skyline

317 Ran
Pos Gen
212 139 Tommaso Bendoni 29:48

Crystal Palace

364 Ran
Pos Gen
1 1 Aaron Wilson 17:13
12 12 Michael Williams 19:22
57 7 Yvette Dore 23:18
126 25 Joanne Shelton Pereda 26:53
145 110 Michael Dodds 27:28
211 57 Clare Wyngard 29:29
282 167 Paul Hilton 33:59
319 120 Chris Bell 37:46
321 177 Bob Bell 37:54

South Norwood

114 Ran
Pos Gen
36 2 Carys Morgan 25:41

Riddlesdown

156 Ran
Pos Gen
2 2 Dylan Wymer 18:18
24 18 James Wicks 24:19
38 5 Ange Norris 25:45

Eastville

397 Ran
Pos Gen
48 41 Jamie Robinson-Nicol 22:22

Mile End

222 Ran
Pos Gen
20 20 Justin Siderfin 19:42

Dulwich

415 Ran
Pos Gen
15 14 Andrew Inglis 17:39
38 32 Chris Lawrence 19:19
39 33 Rupert Winlaw 19:20
42 36 James Brown 19:23
50 42 Rob Fawn 19:56
78 68 Alastair Low-Macrae 20:49
85 73 Paul Vivash 21:02
90 9 Michelle Lennon 21:18
93 79 Robert Tokarski 21:28
118 97 Gower Tan 22:50
142 20 Lucy Pickering 23:29
220 169 Hugh French 25:34
235 47 Polly Warrack 26:09
404 234 Fazlur Rahman 42:02

Beckton

61 Ran
Pos Gen
1 1 Andy Bond 18:03

Riverside

436 Ran
Pos Gen
205 38 Claire Steward 27:32

Hilly Fields

186 Ran
Pos Gen
149 98 Dan Hill 34:21

Southwark

194 Ran
Pos Gen
22 19 Lee Wild 21:01

Castlewellan

188 Ran
Pos Gen
2 2 Shane Boyce 18:26

Peckham Rye

232 Ran
Pos Gen
2 2 Tom Shakhli 17:54
12 12 Jonathan Whittaker 20:18

Folkestone

366 Ran
Pos Gen
256 158 Miles Gawthorp 32:19

Hastings

355 Ran
Pos Gen
9 9 Joe Farrington-Douglas 18:50

Mole Valley

323 Ran
Pos Gen
59 47 Grant Kennedy 22:41

Clapham Common

373 Ran
Pos Gen
8 8 Shane Donlon 19:22

Macclesfield

238 Ran
Pos Gen
15 15 Alex Loftus 20:14

Woy Woy

247 Ran
Pos Gen
4 3 Tim R Taylor 18:33

Dinton Pastures

352 Ran
Pos Gen
4 4 Mark Callaghan 20:08

Doddington Hall

343 Ran
Pos Gen
89 70 Matthew Wright 22:17

Grove Fields

115 Ran
Pos Gen
92 28 Elizabeth Begley 34:49

Charlton

120 Ran
Pos Gen
15 15 Stephen Smythe 22:32

Whitekirk Hill

58 Ran
Pos Gen
9 9 Ryan Duncanson 23:38

To see 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.

Bushy

2447 Ran
Pos Gen
15 15 Sean Cordon 17:11

Bromley

927 Ran
Pos Gen
843 457 Steve Wehrle 2nd cl 37:11

Guildford

534 Ran
Pos Gen
445 266 Daniel Mercer 34:00

Beckenham Place

244 Ran
Pos Gen
18 16 Alastair Low-Macrae 21:57
26 5 Polly Warrack 22:46

Worcester

699 Ran
Pos Gen
497 156 Rhian Stansfield 34:07

Whitstable

463 Ran
Pos Gen
1 1 Edward Chuck 16:15

South Norwood

149 Ran
Pos Gen
28 5 Carys Morgan 25:35
64 15 Jenny Bomers 28:37

Riddlesdown

194 Ran
Pos Gen
55 45 James Wicks 26:12

Bury St Edmunds

293 Ran
Pos Gen
72 57 Harry Lawson 24:45

Long Eaton

346 Ran

Pos Gen
28 2 Michelle Lennon 21:20

Winchester

537 Ran
Pos Gen
468 142 Shoko Okamura 33:50

Dulwich

628 Ran
Pos Gen
1 1 Lewis Laylee 15:38
4 4 Aaron Wilson 16:22
6 6 Thomas South 16:40
20 19 Alexander Dodds 18:02
22 21 Timothy Bowen 18:07
25 2 Kay Sheedy 18:18
38 33 Gower Tan 19:23
40 35 Steven Kendall 19:26
41 36 Andrew Inglis 19:27
68 59 James Brown 20:42
97 82 Robert Tokarski 21:32
105 86 Lee Wild 21:44
118 12 Ola Balme 22:01
163 126 Graham Laylee 23:18
177 135 Chris Lawrence 23:37
236 160 Neville Webb 25:08
289 187 Ajay Khandelwal 26:08
348 211 Michael Dodds 27:19
392 105 Clare Wyngard 28:10
554 291 Bob Bell 33:53
595 209 Chris Bell 36:37
620 317 Fazlur Rahman 46:26

Forest Rec

324 Ran
Pos Gen
1 1 Daniel Evans 17:02

Preston Park , Brighton

913 Ran
Pos Gen
18 17 Joe Wood 18:42

Peckham Rye

253 Ran
Pos Gen
2 2 James Blackwood 16:45
6 6 Joe Farrington-Douglas 19:05
10 9 Justin Siderfin 20:02
96 62 Paul Keating 26:18

Folkestone

248 Ran
Pos Gen
48 44 Miles Gawthorp 22:54

Lancaster

344 Ran
Pos Gen
34 33 John Kazantzis 22:32

Flaxmere

38 Ran
Pos Gen
7 6 Alex Bazin 22:56

Leazes

321 Ran
Pos Gen
314 177 Sum Mattu 43:44

Itchen Valley Country

132 Ran
Pos Gen
11 10 Tommaso Bendoni 22:54

Sutcliffe

156 Ran
Pos Gen
16 14 Ross Rook 20:19
24 21 Michael Fullilove 21:08

Charlton

112 Ran
Pos Gen
15 13 Stephen Smythe 23:07

Auldathie District

258 Ran
Pos Gen
30 6 Gracie Ingledew 21:03

Blaise Castle

533 Ran
Pos Gen
95 80 Jamie Robinson-Nicol 26:52

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



Crop tops - £25



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



Socks only £5



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

! 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

No official clubhouse run

Dulwich Runners Winter 5km routes

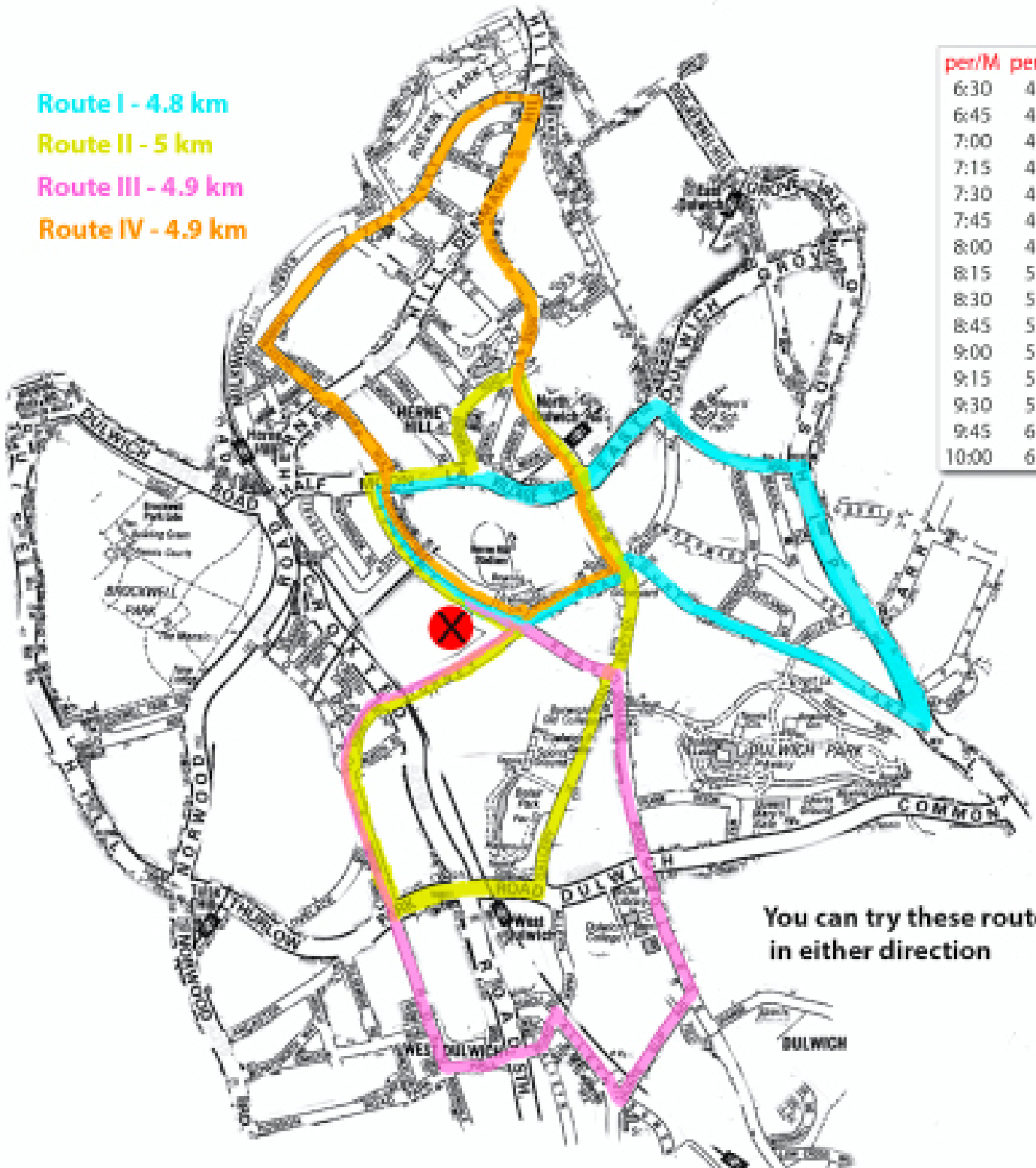
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction