



These are your SHORTS

Please send your reports, running news etc to:

barry@bg1.co.uk or barry@1bg1.com

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 (see page 3,

suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 6 Race reports and results
- 10 Club kit
- 12 Wednesday night map.

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:



Talk on Green Belt Relay

Wednesday 22nd February 8.30 p.m. in the bar after the run

If you want to know more about how this works, come and hear it from some of last year's team. We are showing a short presentation to convey what a fantastic event this is. It should be on everyone's wish list. Do stay and listen, ask questions and you'll find it hard to resist signing up!

2023/24 membership

No they aren't due yet, but if you are not a fully paid up member then you cannot compete in any races as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

The club membership year is April 1 to March 31 (the same applies to EA reg.)

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you

15 months for new registrations from Jan 1 to March 31)

EA reg is £16 and can only be arranged through your 1st claim club.

DULWICH RUNNERS 2022 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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall
Mar 4	Sri Chinmoy 10k - L	Battersea Park
	18 date tbc Victoria Park 5 miles - S	Mile End
Apr 23	London Marathon (or alternative) - L	London or alt.
Jun 13	Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	15 Elmore 7 - L	Chipstead, Surrey
	tbc Golden Stag Mile - S	Finsbury Park
Sep 3	date tbc Big Half - L	Central London

Club Championship Races, 2023

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

4 March	Sri Chinmoy 10k, Battersea Park L	https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962
18 March	Victoria Park 5 miles S	https://vphthac.org.uk/fixtures.html#gsc.tab=0
23 April	London Marathon (or alternative) L	
13 June	Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S	https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298
1 July	Brockwell parkrun S	
15 July	Elmore 7 L	
? July	(date tbc) Golden Stag Mile S	
3 Sep	(date tbc) Big Half L	

Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).
 4 events to qualify, including at least one from each distance category.

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

We have selected the 4 March event in Battersea Park. Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

We were unable to find any suitable trail races, so have opted for the Elmore 7, undulating course of rural lanes and minor roads.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early August.

Brockwell parkrun chosen, but if parkrun is off because of events in the park we'll choose another date

Still awaiting a date for the Big Half, held on 4 Sept. in 2022, assuming it will be early Sept. again.

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set and entry cost is high.

Updates on events with dates to be confirmed will be issued as soon as details known.

The rules for the 2023 Club Championship have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories.

The rules and a table of the races can be found on the website here: [Club Championships Information-Dulwich Runners](#)
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

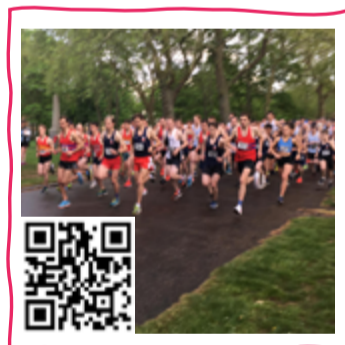
Dulwich Runners Club Championships 2023

▪ March and April 2023 Events Now Available to Enter!



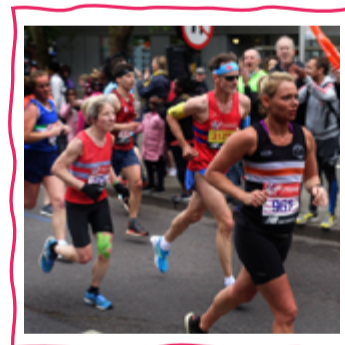
10 km (LONG CATEGORY)
 Sri Chinmoy Mad March Hare,
 Battersea Park
Saturday 4 March 2023, 8.30am
 Registration closes 3 days prior to
 race

<https://www.eventrac.co.uk/e/sri-chinmoy10k-races-in-battersea-park-6962>



5 Mile (SHORT CATEGORY)
 Mike Penman Open 5 Miles, Victoria
 Park, London, E9 5EG, **Saturday 18**
March 2023, 2.30pm
 On the Day Entry only (closes 30
 minutes before race time) - FREE

<https://vphthac.org.uk/open5/index.html>



Marathon (LONG CATEGORY)
 London Marathon, Blackheath,
Sunday 23 April
(or alternative marathon)
 Some London Marathon charity
 places are still available

You can nominate any other marathon as long as it occurs by mid December - typically up to and including the Valencia Marathon



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners
 We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

We will soon be holding a short talk about the race after the run, Wednesday 22nd February, so that you can hear more about it and ask any questions.

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

Dulwich Runners Results Stats. (Feb 2023)

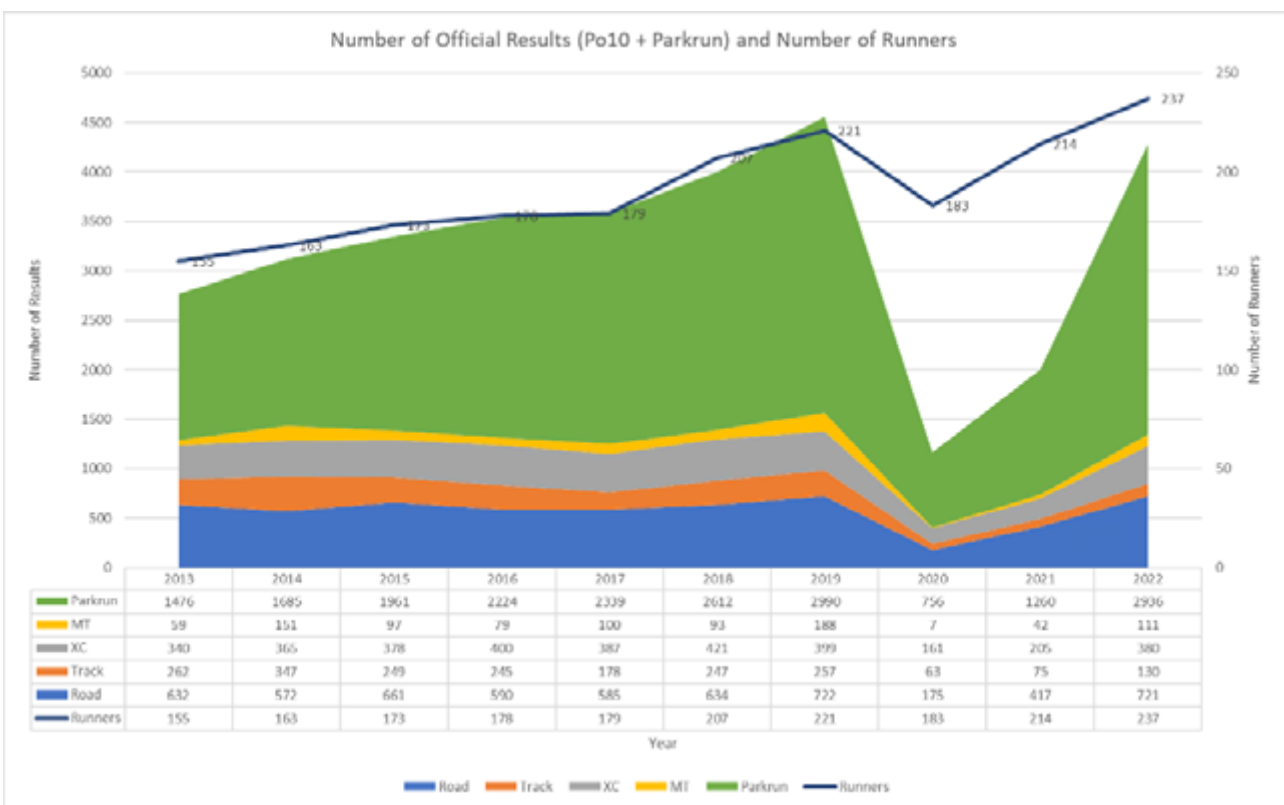
With 2023 already in full flow, the 2022/23 XC Champs now complete, and 2023 DR Club Champs about to start, let's take a minute to look back at how many results were recorded by Dulwich Runners members over the past 10 years, including the whole of 2022.

We source data from the [Power of 10 \(official British Athletics website\)](#) and from [Parkrun](#), which should include the vast majority of races entered in the UK, and the major ones abroad.

After the Covid-induced drop in the number of results for 2020 and 2021, in 2022 we recovered and recorded almost as many results as in 2019.

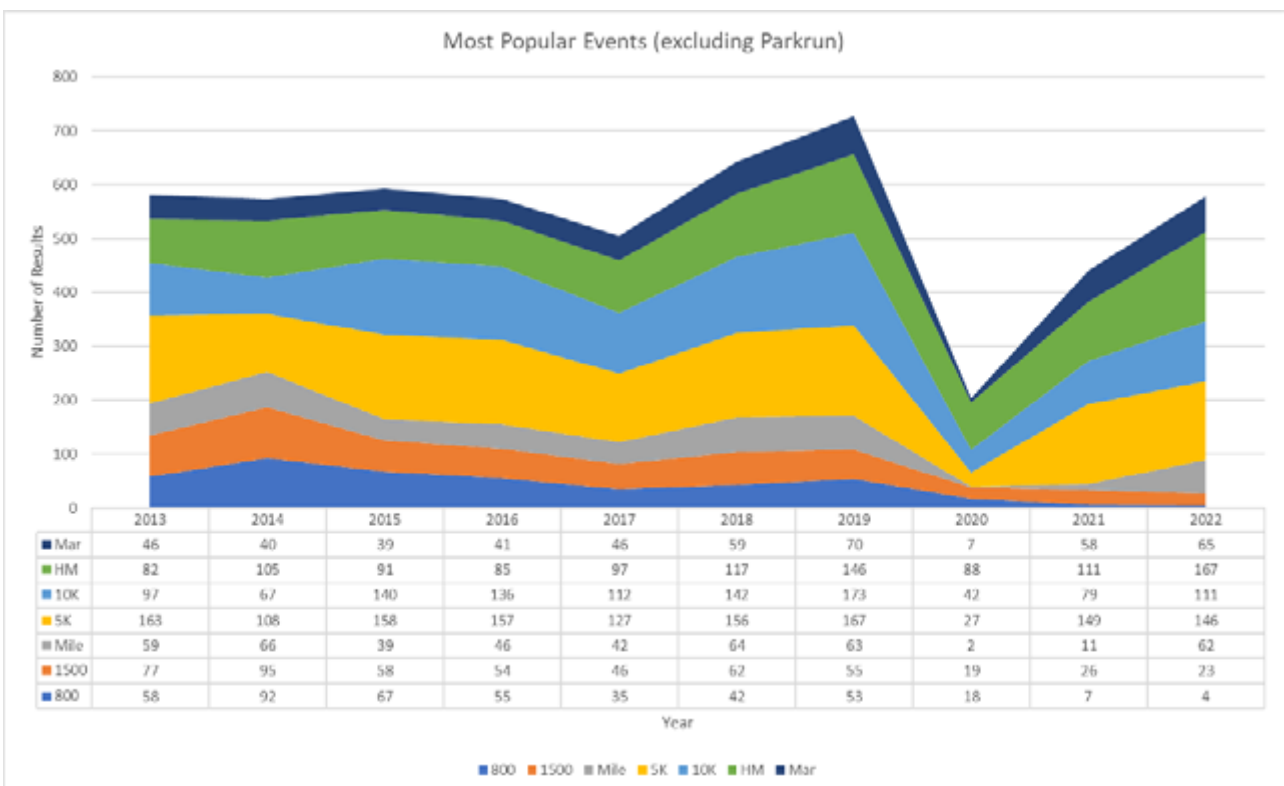
The main difference was a drop in Track and Multi-Terrain events. All other types of competitions were pretty much in line with 2019.

237 runners recorded results, which is most of our members - please remember to register on The Power of 10 and Parkrun, and configure your club as Dulwich Runners AC, so you can be automatically included in the **Dulwich Runners App** www.drastic.run competition results, statistics and leader boards.



Over the past 10 years, Parkruns have become more and more significant, and now nearly 3/4 of the results are recorded at 9am on Saturday mornings.

So, it may be worth zooming in on the other most popular events, to see more in detail.



If we look at long distance runs, in 2022 we had a record number of Marathon and Half Marathons, 232 in total, improving on the 216 results from 2019.

While 5K and Mile events remained at similar levels with respect to 2019 and previous years, 1500 and 800m events saw reduced participation.

All these statistics are available on www.drastic.run by selecting **Club Stats** from the menu.

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 track speed/strength

Crystal Palace track still closed evenings but open during daytime for your own sessions. - Hopefully more news soon, meantime we normally hold two alternative sessions:

At "hell hill" - Low Cross Wood Lane, College Road, opposite Sydenham Hill station. Meet half way up hill by gates on left into wood - 7pm start - warm-ups and drills before main session - similar to previous club hill sessions a mix of gradients and durations suitable for all abilities. Any questions Tom: tpoynton@hotmail.com

At Peckham Rye Common a Mark Callaghan led session - meet outside front of Peckham Rye Common Round Cafe at 7pm - warm ups then to the slope for main session. Any questions Mark: m.s.callaghan@outlook.com

Training advice

Any questions re your training please contact me. If you're planning a spring marathon, i'm happy to advise on that, and how club sessions can be a key part of training. Tom Poynton Coach in Running Fitness - tpoynton@hotmail.com

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. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs start at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola olabalme1@gmail.com

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: ebepri1@yahoo.co.uk

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

Longer & steady - 9am 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

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 – Torun 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

16 Apr - British Masters 10k Road Champs - Grangemouth
20 May - British Masters Open Road Relays - Birmingham
04 Jun - British Masters 1 Mile Road Champs - Edinburgh
25 Jun British Masters 30km Multi-Terrain Champs Gravesend
20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester
Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

Feb 11 Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501'. Church Stretton, Shropshire.
May 13 Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999'. Rydal Hall, Cumbria.
June 3 Duddon Valley - AL 29km/18 miles; 1830m/6004'. Newfield Inn, Seathwaite, Cumbria.
July 23 Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20 Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

A spring marathon training plan

A spring marathon training plan - February update
I hope the advice for January has proved useful and that your training has gone well.
More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and do get in touch (at tpointon@hotmail.com or in person) if you have any questions or want any further advice.

As we get a bit closer to race day the training starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recovery properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will

be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 mins, with a warm-up and cool-down taking this to about an hour in total - this could be on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and you could go to the Tuesday sessions every other week to keep some speed and avoid letting it drift too much. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle - there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

Mon 30 Jan – Sun 5 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:00-2:15 hours at an easy pace. Otherwise two, preferably three, easy runs for 40-60 min elsewhere in the week.

Mon 6 – Sun 12 Feb

Tuesday easy run, Wednesday 70 min fast-steady club run, Saturday Surrey League XC (or threshold session), Sunday long run for 2:15-2:30 hours at an easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in the week.

Mon 13 – Sun 19 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:30-2:45 hours at an easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 20 – Sun 26 Feb


Tuesday easy run, 75 min Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in the week

Complete LWT's Great North Wood Survey

The London Wildlife Trust (LWT) would like to hear about your experience in the Great North Wood so that they can continue to improve your experience when visiting the woods. Here in Dulwich, the Great North Wood includes Dulwich Wood, Hitherwood, Sydenham Hill Wood & Cox's Walk and further afield includes One Tree Hill and Crystal Palace Park. Complete LWT's Great North Wood visitor survey here, it should take no more than ten minutes.
<https://www.surveymonkey.co.uk/r/GNWvisitors2022>

Physiotherapy services



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




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

app.dulwichrunners.org.uk

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



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



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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

Race Reports & Results

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.

Surrey League Division 1 Lloyd Park

Saturday 11. February

Ebe writes: Big congratulations to our men's and women's teams for a great final race at Lloyd Park! The Mens A teams finished ahead of the clubs they needed to beat on the day to stay in Division 1.

The men for the first time in our club's history made sure to safely remain in Div.1. and hence to compete in two consecutive seasons in the highest tier of the most competitive cross country league in the nation. Even with two teams relegated as in past seasons, we would stay

Results

Individual men (first ten score for A team, next ten for B team), 227 ran

4	Edward Chuck	V35	25:33
22	Jack Ramm	SEN	26:39
31	Rob Armstrong	SEN	27:05
38	Aaron Wilson	SEN	27:29
45	Ben Howe	SEN	27:40
70	Adrian Russell	V45	28:41
86	Ben Smith	V40	29:28
89	Joe Hallsworth	SEN	29:33
91	Tim Bowen	V35	29:34
94	William Cole	V35	29:36
99	Jack Leafe	SEN	29:46
142	Alex Loftus	V45	31:38
151	Shane Donlon	V40	31:58
154	Murray Humphrey	SEN	32:05
158	Chris Beardsall	V55	32:12
165	Mark Callaghan	V45	32:26
176	Jonny Hough	V45	33:27
177	Jonathan Whittaker	V40	33:29
185	Andrea Ceccolini	V50	34:38
189	Ed Simmons	V40	34:56
197	Justin Siderfin	V50	35:38
199	Grzegorz Galezia	V50	35:43
219	Angus Fenton	SEN	38:20

up, ahead of SLH and Croydon. As it is only one club, Croydon, is relegated this season to even out the number of clubs and fields of runners across the divisions.

On the womens side due to league restructuring three teams will be relegated which unfortunately means Dulwich will be relegated to Div 2 .

There'll be a more detailed report by someone who was actually there (I ran in Div.4 at Morden), here's tables of the results and well done all! Terrific runs and placings on a day with (for Lloyd Park) almost benign and fast conditions. And not to forget the lovely celebration in The Florence at Herne Hill afterwards!

Men A team scores: Dulwich 6th out of 9

#	Club	Pts	Scores
1	H/W	220	7 9 15 16 17 18 19 26 36 57
2	BEL	297	3 10 13 27 34 37 39 40 42 52
3	G&G	369	2 6 23 24 29 46 50 55 63 71
4	KEN	386	8 11 20 35 41 44 54 56 58 59
5	THH	478	1 21 28 30 43 67 69 70 72 77
6	DUL	509	4 22 31 38 45 66 74 75 76 78
7	HHH	538	25 33 47 48 51 60 62 65 68 79
8	SLH	634	12 32 53 61 64 80 81 82 83 86
9	CRO	664	5 14 49 73 84 85 87 88 89 90

Men B team scores: Dulwich 8th out of 9

#	Club	Pts	Scores
1	BEL	114	1 4 6 7 8 10 12 14 22 30
2	KEN	220	5 9 11 13 15 18 21 38 43 47
3	H/W	260	2 3 17 25 26 28 34 35 41 49
4	G&G	377	16 29 31 33 36 42 44 46 48 52
5	THH	532	23 24 27 39 55 56 63 66 * *
6	SLH	578	32 40 45 51 57 61 67 69 77 79
7	HHH	580	20 37 50 54 59 64 68 72 73 83
8	DUL	612	19 53 58 60 62 65 70 71 76 78
9	CRO	822	74 75 80 81 82 84 85 86 87 88

* Penalty score = 89.5 points

Final men's (A team) standings after 4 matches: Dulwich 7th out of 9

Match	H/W	G&G	BEL	KEN	THH	HHH	DUL	SLH	CRO
Match 1	304	202	353	505	481	571	418	617	644
Match 2	181	289	284	408	506	396	709	586	736
Match 3	378	348	417	260	442	501	534	566	649
Match 4	220	369	297	386	478	538	509	634	664
Points	1083	1208	1351	1559	1907	2006	2170	2403	2693
Position	1	2	3	4	5	6	7	8	9

Surrey League Xc Lloyd Park

11th February 2023

Ola reports ...This was the final Surrey league cross country, We had our best turnout and great team effort.

Polly was our first scorer finishing in the top 30. Polly adds: After feeling unwell during the previous fixture in Beckenham, I managed to remember this time that an 8k event requires a less bullish approach to pacing than you can (just about) get away with over the shorter distances.

I always find XC a tough day out, but I was pleasantly surprised to be able to move up through the field after a steady first loop and come in within the top 30 overall. The best thing about XC is being able to immediately go and cheer other runners

over the line, especially with such a large turnout of female Dulwich Runners.

Our co-captain Kay wasn't feeling well and had a great run. Emma is improving and getting quicker with every race. It was Rosie's first outing with the club, lovely to have her on board. Katie has been an integral member of the team and has scored in all the races this season.

Alex has had time off running due to injuries. She started off cautiously and ran strongly.

Harriet is enjoying every race and getting stronger.

I was happy with my run, closely followed by Eleanor who had an excellent season. Katie ran well in spite of her injuries. Belinda has improved with every race just ahead of our ever present and supportive Michelle.

Gabi is so enthusiastic about cross country and enjoys running , Midge and Joanne finished strongly.

There has been great camaraderie amongst the women. We had support from Ange, Laura, Eleanor's mum and some of the men. We will be running in Surrey league division 2 next season.



Individual women (1st 5 score for A team, next 5 for B team), 199 ran

29	Polly Warrack	SEN	32:44
54	Kay Sheedy	V35	34:03
73	Emma Hatch	V35	34:48
89	Rosie Murton	SEN	35:43
96	Katie Styles	V40	36:17
113	Alex McClelland	SEN	37:20
120	Harriett Roddy	SEN	38:00
129	Ola Balme	V55	38:36
131	Eleanor Simmons	V40	38:49
135	Katie Smith	V40	39:10
139	Belinda Cottrill	V35	39:36
140	Michelle Lennon	V55	39:38
147	Gabriela Rothova	V35	40:19
173	Midge Cameron	V55	44:00
184	Joanne Shelton	V45	45:09

Women team scores: Dulwich A 10th out of 14 A teams, Dulwich B 7th out of 14 B teams

#	Club	Pts	Scores
1	HHH A	67	1 10 13 21 22
2	KEN A	68	8 12 14 15 19
3	BEL A	83	7 11 17 23 25
4	THH A	101	3 4 9 34 51
5	RAN A	163	16 27 32 43 45
6	HHH B	188	24 31 40 41 52
7	C/C A	194	20 30 37 47 60
8	G&G A	204	2 26 56 58 62
9	BEL B	228	36 42 48 49 53
10	STR A	247	5 6 46 87 103
11	KEN B	254	28 35 39 72 80
12	H/W A	261	33 38 50 55 85
13	DUL A	341	29 54 73 89 96
14	SLH A	379	59 68 69 86 97
15	FUL A	389	18 71 76 107 117
16	LCR A	457	44 70 81 129 133
17	G&G B	459	74 79 94 99 113
18	E&E A	466	61 90 98 108 109
19	C/C B	485	78 83 88 116 120
20	THH B	519	64 84 95 100 176
21	DUL B	623	112 119 128 130 134
22	SLH B	670	114 124 140 143 149
23	STR B	752	104 111 150 193 194
24	LCR B	753	135 137 148 159 174
25	FUL B	757	141 144 155 156 161
26	E&E B	762	123 127 166 168 178
27	H/W B	848	115 157 160 * *
28	RAN B	864	101 180 184 191 *

* Penalty score = 208 points

Final women's standings after 4 matches: Dulwich A team 12th out of 14 clubs

Match	Match 1	Match 2	Match 3	Match 4	Points	Pos
HHH A	77	74	73	67	291	1
KEN A	90	81	66	68	305	2
BEL A	118	73	82	83	356	3
THH A	76	222	122	101	521	4
STR A	156	157	170	247	730	5
BEL B	210	141	189	228	768	6
C/C A	224	197	204	194	819	7
RAN A	175	224	281	163	843	8
G&G A	184	220	240	204	848	9
HHH B	233	218	217	188	856	10
SLH A	238	281	272	379	1170	11
KEN B	332	364	245	254	1195	12
H/W A	474	324	234	261	1293	13
E&E A	330	413	382	466	1591	14
DUL A	429	400	457	341	1627	15
FUL A	652	341	274	389	1656	16
LCR A	408	433	440	457	1738	17
THH B	352	516	531	519	1918	18
C/C B	519	625	498	485	2127	19
G&G B	413	770	643	459	2285	20
STR B	643	574	432	752	2401	21
SLH B	538	655	605	670	2468	22
DUL B	631	711	702	623	2667	23
LCR B	641	661	628	753	2683	24
E&E B	534	718	792	762	2806	25
FUL B	943	707	665	757	3072	26
RAN B	613	822	938	864	3237	27
H/W B	919	827	732	848	3326	28

Surrey League Cc Morden Park

12 February

The usual suspects, all 60+, took part in the final fixture at Morden Park, representing Vets AC. Ground conditions were pretty good, a little sticky in places but with no extensive muddy stretches. The park looks deceptively benign at first glance with the ground sloping away towards a stream from the bandstand area where the start and finish were located. However the course, one short lap followed by 2 longer ones, was cleverly designed so that it managed to take the runners up and down the hill multiple times, with little time for recovery in between, so posing something of a challenge.

The distance was similar to the previous race at Chobham Common, at around 4.7m. However with no streams, large puddles and extensive mud to negotiate this time, together with a wide start with no bottlenecks, most of our times were faster.

Ebe had another strong run, doing well finish 3rd M60 in Div 4. I had my best Surrey League run and probably of my 11 cross country races this season, finishing over 10 places up on the previous 2 races and ahead of some of my regular rivals, sneaking in as 9th scorer for VAC and leading M70. Also up on his time at Chobham Common was Dave West. The biggest improver was Andy Murray in his best run of the season, finishing ahead of Gary Budinger on this occasion.

In the women's Div 2 race 2 hours later, 2nd claimer Jo Quantrill had an excellent run, finishing 2nd W60, while Ros ran solidly to finish leading W70. Mike Mann

Ebe Prill 33:37 (3rd M60)
Mike Mann 38:17 (1st M70)
Dave West 39:53
Andy Murray 42:15
Gary Budinger 43:19

Jo Quantrill 36:23 (2nd W60)
Ros Tabor 43:30 (1st W70)

Pancake Day special

Gary Budinger whines (as dictated to Steve S)

Dear Sirs, I wish to complain about the past two editions of Shorts... there is no mention of that vital club component, me!

At first I thought I might have missed it among the 2000 word race reports, but no nothing.

Even my heroic battle against the 25 minute barrier on the last Friday of the month. No, not the warm up (often referred to as a race where I ran 25:35) but the more important bit where I easily downed a bottle of wine at the Willow Walk post run reception in 23 minutes and carried on that pace for some time after. Well I'm told I did.

As the great Oscar Wilde allegedly said. "There is only thing worse about being talked about and that is not being talked about."

I know some see some of the remarks as negative, but I see the positive (as did the clinic). Where some see chub*y I see powerful and muscular and where some annoy*ing, I see sociable and where some see tight, I see careful and where some see sl*w, I see steady.

Some think it is jealousy and the writer's original reports in Shorts were so old that they must have been originally in Latin and while he was once half a century ago one of the quickest runners in the club, he is now one of the slowest and envious of my large stash of recent county medals and muscular frame.

I know some some don't understand his 'humour' much as I don't understand salads and fruit and training but each to their own.

The musical link last time re the Hollies last time in the Gary B special wasn't true nor for those over the age of 60 that I used to write the lyrics for the Shadows and my versions of Wonderful Lamb and food tapper were changed retrospectively.

It's also untrue that I like tartan so much that I am in the tribute band Obesity rollers or that I am waiting for Mick Hucknall to pass on so I can have a tribute band called Simply Dead.

PS congratulations to their men on their historic performance in Division 1 and their season as a whole and all done without me scoring once.

SCVAC Indoor Track & Field Champs

12 Feb

This was my first encounter of the season on the indoor track, and lack of practice combined with a tough cross country race the previous day was always going to pose something of a challenge. In the 3000m I had a bad patch in the middle of the race before making up some ground later on.

With a time 18 seconds slower than last season's best, there's plenty of scope for improvement. Later in the 1500m for some

unknown reason, I had a rather better run, finishing only a couple of seconds down on last season's best. Legs were pretty well destroyed afterwards, not help by the stupid decision to jog back to the nearest train station some 2 miles away, rather than wait for the bus. Mike Mann

3000m 13:54.20
1500m 6:28.34

Ayo Falola Dream Mile - Lee Valley Athletics Centre

Wednesday 8 February 2023

Adrian Russell and myself made the schlep up to Edmonton for our debut on the carpet. The venue has an excellent banked 200m circuit with 60m central track. Christmas tree spikes are essential items to be allowed on the track as it has recently been refurbished. Ayo Falola was a respected coach and former sprinter who sadly died in 2015.

A popular mile race series is held every year in his memory alongside races in other distances. A DJ and MC were in action geeing up the crowd but once on the start line all noise just became a blur. Both Ade and I were happy with our times and my perception was that it seemed easier / faster than running outside as I can't believe my 15 mile training a week knocked 10 seconds off last summer's season best! In hindsight I felt I could have gone faster and sub 5.

Race 3
Jonathan Whittaker 5:04.06, 5th place

Race 4
Adrian Russell 4:52.37, 4th place
The fastest mile of the night was 4:02.60!

some of the positions were closely contested. Mike Mann

Hugh Balfour 22:21
Clare Norris 22:22
Belinda Bell (+Milo) 23:42
Mike Mann 23:47
Jo Quantrill 24:07
Dave West 24:41
Paul Keating 27:25
Claire Steward 28:05

Crystal Palace Canter 5k

This low key event which takes on the first Tuesday of every month took place in ideal conditions after the clearance of earlier frost and mist. The two lap course comes out at slightly over 5k. The early descent can be taken quite fast but there is a steady climb at the end of each lap. This month

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.

Wimbledon Common

1073 Ran
Pos Gen
438 104 Lindsey Annable 28:05

Bedfont Lakes

133 Ran
Pos Gen
15 15 Tommaso Bendoni 22:51

St Peters

493 Ran
Pos Gen
100 73 Graham Laylee 25:01
165 111 Michael Dodds 27:29
218 54 Clare Wyngard 28:50

Greenwich

224 Ran
Pos Gen
167 109 Stephen Smythe 33:42

Brockwell , Herne Hill

340 Ran
Pos Gen
4 4 Thomas South 17:42
49 42 Robert Tokarski 21:32
59 51 Stephen Trowell 22:14
122 15 Teresa Northey 24:32
144 105 Lee Wild 25:13
153 28 Lucy Clapp 25:23

Beckenham Place

352 Ran
Pos Gen
110 89 Joseph Brady 26:25

Crystal Palace

391 Ran
Pos Gen
71 7 Belinda Cottrill 23:41
341 199 Bob Bell 36:16

Whitley Bay

400 Ran
Pos Gen
84 76 Sum Mattu 23:16

Navan

110 Ran
Pos Gen

3 3 Des Crinion 19:28

Lloyd , Croydon

191 Ran
Pos Gen
131 100 Matthew Trueman 34:56

South Norwood

145 Ran
Pos Gen
38 4 Carys Morgan 25:01
99 72 Peter Jackson 31:04

Riddlesdown

145 Ran
Pos Gen
16 15 James Wicks 22:48

Dulwich

532 Ran
Pos Gen
18 16 Harry Bennett 17:57
43 39 Rob Fawn 19:23
46 41 Chris Cooper 19:29
58 52 Jamie Robinson-Nicol 20:02
67 59 Rupert Winlaw 20:17
83 7 Yvette Dore 20:45
86 8 Christina Dimitrov 20:51
88 75 James Auger 20:52
92 10 Laura Vincent 20:56
96 11 Izzy Pickles 21:00
97 12 Clare Norris 21:00
107 14 Alice Williams 21:23
328 220 Hugh French 27:09
394 242 Andrew Inglis 28:44

Hilly Fields

236 Ran
Pos Gen
1 1 Harry Lawson 17:31

Burgess

546 Ran
Pos Gen
1 1 Lewis Laylee 16:38
140 113 Dan Hill 22:55
263 56 Shoko Okamura 25:46
264 187 James Gordon 25:46
413 133 Stephanie Burchill 30:14

Orpington

159 Ran

Pos Gen
53 44 Colin Frith 26:26

Peckham Rye

310 Ran
Pos Gen
158 106 William Chambers 26:16
169 114 Wander Rutgers 26:39
190 47 Claire Steward 27:25

Penrhyn

144 Ran
Pos Gen
134 62 Susan Vernon 46:22

Burnham & Highbridge

239 Ran
Pos Gen
1 1 Hugh Stobart 16:49

Tooting Common

603 Ran
Pos Gen
24 18 John Kazantzis 19:36

Haga

69 Ran
Pos Gen
13 12 Paul Collyer 22:55

Clapham Common

862 Ran
Pos Gen
335 241 Ian Sesnan 25:31

Bethlem Royal Hosp.

174 Ran
Pos Gen
20 2 Michelle Lennon 22:46

Sutcliffe

223 Ran
Pos Gen
1 1 Andy Bond 15:51
39 32 Michael Fullilove 22:18

Charlton

194 Ran
Pos Gen
90 63 Paul Keating 26:45

DULWICH RUNNERS KIT

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

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



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



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

Socks only £5



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



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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 11

