



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. - £1 fee per run payable by card/device only, no cash  
Changing rooms, showers & bar all open.  
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track  
- 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.

**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:



## Wednesday evening runs

The club house will be open including the changing rooms, showers and bar. We are meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside.  
The £1 fee will be, payable by card/device only, no cash.- **Ange Norris**

## Its that time of year ! - 2022/23 club membership renewals

will be emailed to you later this week, so keep an eye on your inbox.

**Please do not reply to the email** unless you wish to notify me of changes to your membership type or your details etc.

Payment only by either direct bank transfer or contactless on a club night. Payment details will be in the email.

Full 1st club claim membership is £46 and that includes EA reg. @ £16

1st club claim membership without EA reg £30

2nd claim £30

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

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

## Summer track and grass sessions at Dulwich College start Tuesday 19 April

Summer track and grass sessions start on Tuesday 19th at Dulwich College

Start time 7pm

Cost £2 by card at the track

Please note that we have been reminded by Dulwich College that our agreement allows us to use the track and the field to the right of the central line of trees adjacent to College Rd. Accordingly, please only use this area for warming up etc.

## Pizza and Quiz evening

Wednesday 13th April after club run. - Further details to follow.

# DULWICH RUNNERS AC ANNUAL GENERAL MEETING: Wednesday 30 March 2022, 8.30pm

**The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.30pm on Wednesday 30 March.**

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 25 March to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2021 AGM are available on the club website here (<https://www.dulwichrunners.org.uk/aggm/>) and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are two roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Treasurer; Joint Men's Captain

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

## Outgoing Committee Members 2021

Committee Post	Present Holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	No
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Tom South	No
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Andrea Pickup	Yes*
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	Yes
General Member	Ryan Duncanson	Yes
<b>Non-committee posts</b>		
Honorary President	Chris Vernon	Yes
Welfare Officer	Tom Poynton	Yes*
Kit Person	Ros Tabor	Yes

\*Andrea Pickup and Tom Poynton will both stand again as Welfare Officers but propose to swap positions, whereby Tom will sit on the Committee and Andrea will contribute in a non-committee capacity.

Nominations for any role should be sent to Yvette by Wednesday 16 March to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

### **Known nominations to date**

Treasurer: Andrea Ceccolini

Yvette can be contacted at:

[secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk)

## **Dulwich Runners AC - Committee Roles 2022**

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

### **Honorary President**

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

### **Club Chair(s)**

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

### **Club Captains – Joint Men's Captains and Joint Women's Captains**

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

### **Club Treasurer**

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

### **Club Secretary**

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

### **Membership Secretary**

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

### **Social Secretary**

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

### **Welfare Officer**

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

### **Shorts Editor**

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

### **Publicity Officer**

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

### **Kit Person**

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

### **General Member – three positions**

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

**each time you run** - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

**NOTE: £1 club run fee for members and guests**

## Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first register with Crystal Palace Arena first using the form on our website:

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Details of future sessions to be provided shortly but will continue to be endurance-based for the next few weeks

If any questions or feedback – Tom Poynton (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

### Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us.

All members using the track:

- 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

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, including 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)

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.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**



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:  
Thomas South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either

4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

5 Feb Crystal Palace parkrun

13 March Paddock Wood 1/2M

14 June Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm

26 June Ranelagh Harriers Richmond 10k 9am

(best to enter soon as it can fill up:

<https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/>)

10 July Sevenoaks 7 trail race

20 July Dave Clarke Mile Night (incorporates the SOAR mile)

Wimbledon Park Stadium, please check if entries open at

<https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night>

4 Sept. Big Half

2 Oct. London Marathon (or alt. marathon)

*If you are interested in participating in the Club Championships, please make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.*

*Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner*

## British Masters Road Relays Champs Sutton Park, Sutton Coldfield

Saturday 23rd April 2022

This entry is for masters athletes (anyone over the age of 35) who wish to compete in the British Masters Open Relay Championships at Sutton Park on Saturday the 23rd April 2022.

The course is traffic-free on a safe tarmac course.

Medals will be awarded to the first three teams in each age category.

**UKA registration is mandatory for entry to the championships.**

Event Timetable

Race 1 – 10:30: Women's 4-Stage - W35

Race 2 – 10:35: Women's and Men's 3-Stage – W45+, W55+, W65+ and M75+

Race 3 – 12:25: Men's 3-Stage – M55 and M65

Race 4 – 14:00: Men's 6-Stage – M35

Race 5 – 14:05: Men's 4-Stage – M45

Contact your captains if you're available and for further details . [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

It's usually a great day out. The club pays travel costs.



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.org.uk)

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com) or speak to me at the club on a Wednesday evening.

### SUSTAINABILITY AND RUNNING SHOES

As a club we have been looking at steps we can take to improve our sustainability.

With useable shoes **ReRun** <https://rerunclothing.org/> will sell them for a small amount on their website, or donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

**We will collect used shoes on Wednesday 30 March 2022, 6:30 - 10pm, at the Club House.**

Please wash your shoes, tie each pair together using their laces. We will collect used shoes on a regular basis in the future and deliver them to ReRun or similar initiatives. - Thanks for your help! - to get involved with our sustainability efforts, or if you have any questions or suggestions, contact: [ceccolini@gmail.com](mailto:ceccolini@gmail.com)

#### What Can We Do?

While we wait for big brands to use more sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

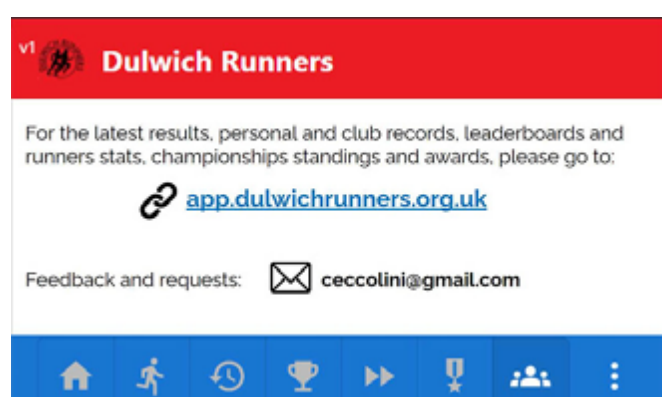
- Use our shoes as much as possible (obvious)

- Return them to manufacturers or shops when we buy a new pair (in the rare cases when such a scheme exists, e.g. <https://www.runnersneed.com/about-us/recyclemyrun.html> - Donate our shoes to someone who can use them, for running or as normal shoes

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



### Contacts:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) - [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) - [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## British Master Cross-Country Championships Tonbridge

March 12

### British titles for Ed and Clare

Steve Smythe writes: While the likes of Blackheath, Kent AC and Herne Hill and many Kent clubs had strong turn outs and won team medals, Dulwich had to make do with individual success as we fielded a single man and a single woman which is disappointing at a reasonably local event where we probably could have won medals in 5 or 6 events with a full turn out and better publicity and organisation.

The two runners who did run though did brilliantly. Ed was persuaded to make his vets debut at the age of 35 and left all the opposition far in arrears despite a calf twinge which slowed him down in places.

And in a nice bright shiny vest (as opposed to the almost greyish one worn for much of the rest of the winter), he won over a long 8km course in 28:44 winning hold by 29 seconds and didn't bother saving too much for his pacemaking duties at Paddock Wood.

He looked super relaxed throughout on a very tough course that brought some runners almost to their knees.

It pretty much ensures that Ed will be selected for England in the Masters International should he be fit and willing.

It is not the first time that a Dulwich Runner has won the overall race as Clare Elms won the overall women's race

when it was in Belfast back in 2010 but this was her best run in the event since. The following day 12 years ago after a late-night flight and over celebrations, she won the Southern Masters title too.

This time, she not only won the W55 title by a staggering four minutes but she also remarkably beat the W40, W45 and W50 champions and only trailed four W35s who are around 20 years younger than her.

Getting better race by race this winter after a bad bout of covid last summer, and looking relaxed and in control and watched by her father, she outsprinted another former winner Clare Martin to beat her for the first time in 16 attempts over the last decade and also beat the South of England Masters overall champion Carole Coulon by over half a minute, having trailed her in the Kent and Southern senior Championships.

Clare ran 26:07 for the long 6km and was fifth overall.

There was one former Dulwich Runner in the field - former Social secretary but still a club M45 road mile record-holder. John McGlashan.

Not sure he has raced a cross-country much since leading home the Dulwich team at Brockwell park in 1994 with a top 10 place but after a few parkruns he has made a comeback as a M70 though must have thought he was still in his forties by the way he attacked the race and he had a heavy fall and staggered much of the last kilometre and ended up ninth in his age group just under 10 minutes down on Clare in 35:41.

He did beat though the 1974 European and Commonwealth marathon champion Ian Thompson who was in his age group who the world's best marathoner that year by some distance.

John though did miss out on a battle with Mike Mann, who would have also been in the M70's and John finished just ahead of in the Dulwich club parkrun last year but Mike was out of action due to covid.

To read more about (and see some great pics and average at best report click here <https://athleticsweekly.com/event-news/wins-for-andrea-clement-and-ed-chuck-at-bmaf-cross-country-championships-1039954430/>



### Wins for Andrea Clement and Ed Chuck at BMAF Cross-Country Championships - AW

Masters debutants Ed Chuck and Andrea Clement were clear winners of the BMAF Championships which attracted a very healthy entry of 400 runners at a superbly organised event at Somerhill Park .  
[athleticsweekly.com](https://athleticsweekly.com)

# 4X4X48 Goggins Challenge

Streets and paths of Dulwich and Herne Hill: Sat 5<sup>th</sup> and Sun 6<sup>th</sup> March

Never one to shy away from a challenge in my quest to raise awareness and funds for Cancer Research UK, this seemed like a good idea at the time....but then it always does, doesn't it?

It wasn't until last year, when Andrea 'Cecco' Ceccolini completed this crazy challenge, that I'd even heard of it. Nor indeed the man who came up with this savage format - retired US Navy SEAL, public speaker and ultra endurance athlete, David Goggins. The warning bells should have rung out loud when I noticed the title of his memoir, 'Can't Hurt Me'.

The simplicity of the 4X4X48 conceals the challenge to your resilience, endurance and willpower. Escalating physical and mental fatigue created by running four miles every four hours, day and night, is exhausting. Quality sleep is impossible, you try and force in food when you don't feel like eating and getting out to run when sleep deprived is brutal.

Timed to coincide with Goggins' 8.00pm PST start is the US, the first of my twelve legs began at 4:00am on Saturday. Although I'd gone to bed early, I quickly realised that the quality of any sleep I managed to get would be poor, with the nagging fear of not waking up, despite my numerous alarms. Dark, cold and in the company of strange nocturnal characters and many urban foxes, leg 1 passed without incident. I'd run a couple of supporting legs with Cecco on his 4X4X48 last year and had picked his brains on rest and fuelling strategies. Along with learnings from my prior ultras, I'd laid out a smorgasbord of food options. Some homemade treats along with usual staples of comfort food and drinks.



One dilemma was figuring what to do between each leg. I'd planned to run each four mile block in 30-35 minutes, so depending if I started / finished at front door or not, I would have 2½ to 3 hours until the next run. Eat? Shower? Slump on sofa? Sleep? What to do? You can plan as much as you want but the truth is, you really don't know until you start. The first couple may be more predictable, but by the second half most plans have gone out the window and you have to just listen to your body and fight the demons.

I managed about an hour of sort of sleep, decamped in the spare room to avoid waking Julie, before leg two at 8:00am. Although the sun refused to make an appearance the rain stayed away and my run round Brockwell Park, as park runners started to gather, was perfectly pleasant. So far, so good.

I'd quietly mentioned to a couple of DR's that I was attempting this challenge, in the hope a few of our always supportive club family would be free and up for joining one of my legs (albeit perhaps not the 4:00am shifts!) Sure enough, first up for the 12:00 noon leg was Terry – 'partner in crime' from last years South Downs Way 100. A quick pick-me-up from a caffeine Shot Bloc (Black Cherry, in case you wondered) and I headed out to meet at our usual DP gate start point. A gentle loop down Barry Road, round Peckham Rye and back, with Terry nursing a knee injury and me preserving as much energy as I could for the business end of this madness. Terry is always great company and I knew his latest bird-spotting renditions would keep me





entertained....I look forward to spotting my first American Robin! Resisting the temptation for a quick beer, we opted for a coffee in the café before heading home.

A sudden craving for a cheese sandwich won easily against my meticulously prepared calorie boosting sustenance and it was consumed at pace. I felt myself starting to doze, in a post food slump on the sofa and set several precautionary alarms in case I succumbed to the comfort. However the minutes vanished and the time to head back out was rapidly approaching. I'd planned on a shower broadly every two or three legs and decided that one now would help reinvigorate and freshen me up. I was beginning to understand why the constant stop-start-stop-start routine makes this thing challenging. A quick change into a fresh base layer, another caffeine Shot Blok to sharpen up and back out for leg 4.



Rob kindly offered to join me on the 4:00pm shift and we set out with a lap of DP followed by an easy, flat route around the village. Rob is heading to the Sahara in a few weeks to take on the Marathon des Sables, so we've been swapping notes for several months. This was another great opportunity to share more of my learnings and help Rob fine tune his final plans. While no amount of training or planning can entirely prepare you, we chatted all things MDS over a coffee in Gail's and I can't wait to follow Rob's journey from Errachidia [and to re-live it a little bit myself....!!]

Saving my legs from an unnecessary extra mile, I grabbed the P4 bus for the short hop home. The recovery routine was becoming increasingly important and I downed a pre-prepared recovery shake while updating social media. Though I'd only run 16 miles, I was conscious that the subsequent three legs would be in the cold and dark, when my legs and head would be starting to tire. A couple of homemade dark chocolate, fruit and macadamia nut trail mix cakes hit the spot, followed by a can of Heinz Tomato Soup and a banana.



A short stretching session before back on the sofa, legs raised, constant hydrating and planning my route for leg 5. I'd been alternating between two pairs of my trusty Vaporfly 4% Flyknits and decided I'd also treat my feet to a fresh pair of socks to mark a third of Goggins complete. By now it was dark, the temperature had dropped to 4 degrees and rain was forecast. I nearly always overdress, but still decided to play safe with a light jacket before heading back out.





The nighttime routes I'd planned were all well lit, removing the need for the headlamp I used on my first leg. I opted for another flat loop round Dulwich Village and back via Milkwood Road, avoiding Red Post or Herne Hills. In an effort to beat the rain, I foolishly pushed the pace – clocking several sub MP pace miles and this proved to be my fastest leg. The second I got home I knew that I'd be paying for what was just a couple of minutes difference.

20 miles done, almost halfway. I didn't in the least feel like eating any more but knew I had to keep fuelling. As Ann Trason, one of the greatest endurance runners of all time, once said '*...ultra*

*marathons are just an eating and drinking competition with a little bit of running thrown in*'. Calories incoming! Another tin of Heinz Tomato Soup, another cheese sandwich followed by a bowl of chilli ramen noodles. I also wanted plain crisps and full fat Coke and had sent our big small child to the Co-Op for extra stocks.



After forcing in the Scooby Snacks, I grabbed another shower and slumped back on the sofa, contemplating whether to try and nap for an hour before leg 6 - the first of my two midnight runs. The good news was this would not be a solo escapade! Andrea had kindly returned the accompanying favour and better still, offered the midnight shift! We met outside Dulwich Runners HQ and choose a straightforward two loop flat route, that would bring us back to our cars outside the clubhouse. We joked that Kipchoge would be running in Tokyo at exactly the same time, but felt safe in the knowledge he would be going twice as fast, give or take. Our respective injury woes were shared, along with all things

UTMB and our upcoming ultra in Snowdonia, before we both headed home. By now, my eyes hurt more than my legs. Half way through.

Though my brain was starting to switch off, I kept to a sort of routine – downing fluids and getting into bed as quickly as possible, numerous alarms set for between 3:15 and 3:45 to allow time for another wake-up shower before leg 7. The little sleep I did get was pretty poor and I felt far worse when I got up than. Knowing that I was now into the sharp end of this challenge provided some motivation and helped drag my physical and mental selves out the door. I decided to wear Nike Kipchoge's in honour of his latest triumph in Tokyo and set out on my second solo 4:00am shift, still half asleep despite the shower and another Caffeine Shot Bloc. The run was uneventful, other than the plethora of urban foxes, each of which insisted on nonchalantly crossing the road directly in front of me. By the time I'd got home, the caffeine had kicked in and, mixed with the cold night air, I was now blissfully awake.



Eat, nap, run, repeat!

Thankfully, I had more support planned for the legs at 8:00am, 12:00noon and 4:00pm. Grzegorz kindly offered to join for the Sunday early shift and hinted that some surprise guests might be in attendance! Already far too awake to even try and nap, I opted for some light stretching and more fuel, guzzling an ice cold Coke followed by my regular Alpen and banana breakfast. Time again zipped by and I found myself changing into fresh kit and grabbing a bus back to Dulwich Park for the 8:00am leg. Jogging towards my planned start on the 'hump', Alice flew past on a tempo session (I thought Alice was still in Dubai and my sleepy brain was sure it was Charlotte Purdue!) Along with Grzegorz - Steve Davis and Ebe also joined to keep me company as the sun poked its head out to further brighten our day. Ebe worked hard trying to persuade me to join their 36k long run. While grateful for the offer, I was tempted for about zero seconds, and headed home for my third breakfast.



A three egg, red pepper omelette, mountains of butter with some toast attached and strong tea went down a treat. Thirty-two miles done, my legs still felt strong and relatively pain free. I flipped on the TV to catch the news and immediately realised my eyes were not faring so well, stinging with the lack of sleep. I decided to skip my planned shower and just lay zombie-like on the sofa, allowing myself to doze off for ten or fifteen minutes at a time.



Heading back out for leg 9, the sun was still smiling and had taken the edge of the cold - I instantly regretted wearing a jacket. My company for the 12:00 noon shift was Joe Hayes, the son of an old work colleague, who I felt I'd known for years though we'd never actually met in person. Joe has really got into running and triathlons over the last couple of years and is attempting an Ironman later this year. We had a great natter and the miles seemed to click past almost unnoticed. Great to see so many Dulwich Runners in the park, the shouts of encouragement giving my legs some renewed bounce. Joe and I made plans to catch up again soon and I headed home, feeling ever more confident with the end almost in sight.

Lunch consisted of more protein recovery shake, another ramen noodle soup, two bags of Ready Salted crisps, more Coke, half a bag of peanuts and a homemade trail mix cake. Comfort food! Despite the fuel, my earlier energy and enthusiasm had drained away into a lethargic afternoon slump, as if someone had unplugged my power and left the battery to drain.

Thankfully I would be in good company again for leg 10 at 4:00pm. Josh has completed the Goggins Challenge and I'd been picking his brains over a couple of Wednesday club runs. He had threatened to join me on a 4:00am shift, however I probably needed more encouragement now! Josh is also running Boston in a few weeks, along with a trail ultra, the Backyard Ultra plus Berlin and London marathons (I may have missed some). Clearly I am not the only one gluten for punishment and we had no shortage of running plans to chat about.





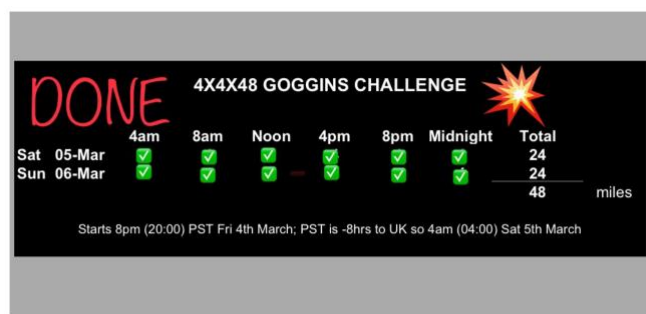


By the time I got home, the battery really was near empty. Forty miles, a day and a half of stop-start running. What a whacky challenge. Goggins comes out with many quotes and is something of a Marmite character. "Suffering is the true test of life" ~ felt like an appropriate one right now. Ten down, two to go. Leg 11 would be solo and I also wanted to run the final midnight one alone. Really I just wanted to get them done and for this to be over.

Getting back out for the penultimate 8:00pm shift was a monumental mental battle. My legs had gone to sleep and I struggled to focus my mind. After yet another shower, my skin was dry and a sore, but it had helped a little. In addition to another Shot Bloc, I resorted to a Caffeine Bullet for a rapid, concentrated caffeine hit. I last used them during MDS and before that during the tail end of SDW100. Not everyone's cup of tea (or double espresso) but they work!

Another loop through the centre of Herne Hill, again relatively uneventful although I was conscious that I was dragging my feet and clipping the ground occasionally. Fighting the temptation to walk, I pushed on, turning up the volume on my Aftershokz and letting the music carry me. I felt certain I'd get a second or third wind for my final midnight leg, much like the very end on many runs - but this one seemed to drag on forever and I was glad when my Garmin clicked four miles.

Once again, the sofa lovingly welcomed my weary body and I spent the next hour snuggled under a blanket, posting more updates, while Julie and William brought me snacks on demand. Sensing I was starting to seize up, I walked around a bit, did some stretches and changed into some fresh running kit for the last time, ready for the final leg at midnight. I hadn't planned a particular route, but had perfected the ability to intuitively map out a well lit, flat, four mile loop, landing back at my front door - even in my brain-drained state. Starting off slowly, I gradually upped the pace each mile and recorded a final selfie video as I finished. Job done ✓



"Being challenged in life is inevitable, Being defeated is optional." - Roger Crawford.

The potential to raise awareness and lifesaving funds for Cancer Research UK was far stronger than the possibility of defeat. Thanks to everyone for the always incredible support, encouragement and generosity – truly heartwarming.

Gower Tan – 4 mile leg splits

1 ran (with support from many)

Leg 1	Sat 4:00am	31:37	Leg 7	Sun 4:00am	31:03
Leg 2	Sat 8:00am	30:30	Leg 8	Sun 8:00am	32:18
Leg 3	Sat 12:00noon	33:34	Leg 9	Sun 12:00noon	32:53
Leg 4	Sat 4:00pm	31:07	Leg 10	Sun 4:00pm	32:30
Leg 5	Sat 8:00pm	28:10	Leg 11	Sun 8:00pm	31:39
Leg 6	Sat Midnight	33:01	Leg 12	Sun Midnight	31:03



# Club Champs - Paddock Wood Half Marathon

Shane donlon writes: Time for the second Club Champs race of the year and this time we went back to the familiar industrial setting of Paddock Wood. Public transport wasn't playing ball, but a Dulwich Runner motorcade brought 36 eager runners to the start and ready to rip. The weather was good (better than last year) but gusty. As ever the gusts and "hills" come just when your legs can stand no more but even so, it was a verifiable PB-fest for the red and blue.

## **23<sup>rd</sup> Ed Chuck – 1:11:08**

Captain Ed led the team home in what would be, for most anyone, a fantastic time of just over 71 minutes – but Ed isn't just anyone. Having the day before won a British Masters cross country race and all but secured ownership of an England vest later in the year, Ed offered to pace yours truly in a sub70 effort. This ludicrous show of strength is testament to the runner Ed has become. At this event last year, though there were some outside influences, Ed struggled with cramp and ran a little under 71 minutes – the only thing cramping his speed today was... well... me. Thanks again, Ed – and everyone should watch closely to see what happens at the Reading Half!

## **24<sup>th</sup> Shane O'Neill – 1:11:09 PB**

Having had a decent training block ahead of Manchester marathon this was always a target race and a good opportunity to run a PB. I was probably in 70:45ish shape but when Ed offered to pace a sub70 effort I thought it best not to look a gift horse in the mouth. Suffice to say it wasn't a sensible way to run a half marathon, but it was a good chunk off my PB and a fun day out.

## **29<sup>th</sup> Andy Bond – 1:12:34**

Though still on his way back to full fitness, Andy ran an incredible race and came in less than 10seconds slower than his PB from 2020. One must think that PB doesn't have long left and after a few more Tuesdays Andy will be back stronger than ever and comfortably under that PB time.

## **30<sup>th</sup> Joe Hallsworth – 1:12:37 PB**

Next in was Joe, in what must be a contender for race of the day (there are many contenders). Not really knowing

what to expect of himself, given recent Achilles issues and due to his general explosion in performance, Joe decided to do what he does at track – stick with Andy. The plan worked perfectly and the two pulled each other around to great times and a near 4-minute PB for Joe! One lesson Joe may have missed at track though, never leave it to a sprint finish with Andy... Exciting times ahead for Joe, with Jack Daniels' race calculator predicting a 2:31 marathon.

## **39<sup>th</sup> Rob Armstrong – 1:13:57 PB**

"Fresh" from a week on the slopes, Rob came into the race with no real expectations and ran freely as a result. With impressively consistent pacing and a 30s 200metre to finish, Rob ran an excellent PB and came in just under an arbitrary time barrier – always a nice feeling. I'll happily give Rob this PB, but his previous best came on some silly off-road number, I'm excited to see how quick Rob can get from here.

## **45<sup>th</sup> Andy Inglis – 1:14:31**

A weird race for Andy – though training fantastically and well rested for the effort things didn't go as planned and he came in with a slightly disappointing time. Marathon training can be like that and sometimes you just feel rubbish, I've no doubt Andy will run a great race in Manchester and if nothing else this will go down as a hard training run and make him stronger. Less friendly clubs would probably have a dig at him here, but I won't say a thing for at least another day or so.

## **50<sup>th</sup> Jon Phillips – 1:15:06**

Jon is running as well as he ever has and this weekend, he showed it again. After an impressive PB at last weekend's Cambridge half, Jon had this race penned as a tempo session. Feeling strong and in control he ran the first half at marathon pace and rounded the day out with a sub35 10k. Impressive stuff yet again and well on course for a screamer in Manchester.

## **59<sup>th</sup> Ade Russell – 1:16:32 PB**

Another fantastic but not surprising performance – Ade has gone from strength to strength in the last few months and his impressively consistent training paid off today. With even splits from start to finish, Ade cut over 2 minutes off his PB from last year's Big Half. Anyone who turns up on Tuesday evenings will not be thrown by this result and clearly sub75 is only a matter of when not if. I know Ade has an eye on sub17 so I will just mention that

Jack Daniels reckons you are good for 16:40, get a race in the books pronto.

## **71<sup>st</sup> Aaron Wilson – 1:18:15**

Aaron is on his way back from a fall related injury (it's not a glamorous fall, I asked) – and today was another step in the right direction. He kept things controlled from the off and picked it up in the last 3k just cos he could. It won't be long before he is back to his best and hopefully for the club this coincides nicely with Surrey League in the Autumn.

## **73<sup>rd</sup> Peter Jenkins – 1:18:26**

Peter's build towards Manchester hasn't been great – injury, life and holidays have at times gotten in the way and as a result he is far from his fittest. It was a struggle to get my-old-pal to lace up for this race at all – but as is always the case, he felt better for the effort. There is no greater cure than getting out there and racing and by the finish he was (as he should be) happy with his day's work. It also gives him a chance to run a "Bowen-style" PB at Manchester.

## **84<sup>th</sup> Ed Harper-Masters – 1:19:06**

There are few things more terrifying (given my sheltered existence) than seeing Ed immediately post-race. Either wild eyed or vomiting, it is a sight to behold. Today he was wild eyed and with good reason – only his second time under 80minutes and just a couple of minutes shy of his 2019 best, Ed ran a brilliant race. He then went home and sat on Zwift for 1hr 22mins... Terrifying stuff, well done, Ed!

## **85<sup>th</sup> Shane Donlon – 1:19:07**

Shane came out just the wrong side of the sprint with Ed but has to be happy with his race (could copy and paste this sentence elsewhere). One of the most consistent trainers in the club, Shane was mere seconds from his PB, ran last year. Yet more impressive pacing allowed him to pick it up into the last km – all systems go for the upcoming marathon.

## **90<sup>th</sup> James Burrows – 1:19:23**

Not far behind came James – outperforming his own expectations, James ran with Ed for much of the race and though expecting to implode, he hung on! Picking up the pace again in the final stretch shows that there is even more in the tank. An impressive performance, one to build on in the summer.

## **92<sup>nd</sup> Kevin Chadwick – 1:19:46 PB**

Our man from Hull came in next and got us back on the bloody PB train. After literally years of knocking on the sub80 door, Kev booted it open today. Employing

his preferred pacing approach (start fast, hang on) he smashed his PB by almost 2 minutes. A brilliant race and great to see him under 80 – I don't know but I assume there is an upcoming marathon, another PB incoming, I have no doubt. Yet again, a contender for race of the day – good luck whoever picks...

#### **97<sup>th</sup> Josh Willis – 1:20:32 PB**

New Dulwich Runner, Josh, has already felt the power of the red and blue vest – adding to the PB count and looking good for his upcoming attack on 3hrs at the Boston Marathon. Another great runner is added to the roster – welcome aboard, Josh!

#### **99<sup>th</sup> Alex Loftus – 1:20:52 PB**

Another PB! Alex is having himself quite a year – March has just started, and he's knocked 3 minutes off his half and full marathon PBs. Since the marathon, Alex has pulled back on mileage (not as much as I intend to but some) and yet still managed to hammer out a brilliant time. The hills in the last 5k dealt his pace a little blow but not enough to derail him – another period of high mileage and on an even faster track, sub80 is an obvious next goal.

#### **103<sup>rd</sup> Robert Emes – 1:21:29**

Rob's running hasn't been as consistent as usual over the last 6 or so weeks and given that, this was an excellent performance. Keeping things controlled for the first half, Rob managed that rarest of things – a negative split. Despite the hills and wind on the way in, Rob ran his fastest 5k in his last 5k. A step in the right direction and indicative of good things to come.

#### **108<sup>th</sup> Grzegorz Galezia – 1:22:08**

South East London's resident Spartan attacked the race not dissimilarly to myself – roll the dice and see what happens. Going through his first 5k comfortably below 80min pace, Grzegorz did his best to hold on. As I can attest, this is a painful way to run a half and he did an excellent job keeping it together. He managed to get in just 15seconds slower than his PB and clearly this is indicative of faster times ahead with marginally better pacing.

#### **129<sup>th</sup> Joe Farrington-Douglas – 1:24:24 PB**

Another hard earned PB – Joe's brilliant time represents a more than 2minute improvement on his best time from back in 2020. A cursory look at Joe's splits fully shows why this was "hard earned" – starting the race at around 4min/km pace Joe picked it up early, throwing in a couple of 3:51s. The race fought back with the hills just after the 16<sup>th</sup> km where Joe's

pace fell to 4:17/km. Before rallying from the depths to close it out with a 3:44min km! A brilliant finish, if aided some what by a day gone awry...

#### **131<sup>st</sup> Eugene Cross – 1:24:35**

The day gone awry was Eugene's – it can't always go to plan and unfortunately today was not Eugene's day. The wheels came off somewhere around halfway, but I would argue that there are positives to be gleamed. Firstly, only a couple of years ago this would have been a PB and now it is a disaster – that shows the improvement Eugene has had thanks to his dedicated training of late. And secondly, it shows that a weekend skiing isn't the right prep for him – always lessons to be learnt!

#### **141<sup>st</sup> Mark Callaghan – 1:25:49**

A solid outing for Mark, in his first half marathon since 2019. Mark has knocked on the sub80 door a few times in years gone past and hopefully this solid outing reignites his drive to go for it again.

#### **162<sup>nd</sup> Chris Nunn – 1:28:00 PB**

Chris is another Dulwich Runner reaping the rewards of focussed and dedicated training. From the start of the year Chris hasn't missed a beat training-wise, hitting >60km/week every week. And this weekend he got his first reward, a superbly paced more than 2minute PB.

#### **181<sup>st</sup> Yvette Dore – 1:29:46 PB**

Yvette led the women home in fine fashion – after clipping a 5min (!! ) PB in the Lydd 20 just the weekend prior, Yvette came home with a more than 90second PB here at Paddock Wood. Her first time under 90mins shows that after a great XC season she is well and truly ready to hit the roads and take down even more of her PBs. Strava shows that this wasn't just a half PB but her fastest 20k, 10 miles and 15k – get signed up to more races, Yvette, you're flying!

#### **183<sup>rd</sup> Michael Fullilove – 1:30:06**

A brilliant run from Mike saw him come desperately close to dipping under 90mins for only the second time. This still ranks as Michael's second fastest half ever and has to be a motivator to get back out there and trim those 6 measly seconds.

#### **193<sup>rd</sup> Andrew Scott – 1:30:51**

Andy was hoping for something under 1:35, so suffice it to say he outperformed. Working nicely through the field and passing Ebe in the closing miles, Andy smashed his expectations and has to be more than chuffed with a job well done.

#### **195<sup>th</sup> Ebe Prill – 1:31:00**

Another step in the right direction for Ebe – he headed out with the 90minute pacers and was right on course until the final third, where a lingering hamstring niggle flared up and cost him a few seconds per km. Despite managing this, Ebe kept it together and finished his fastest half since 2019. In 6 weeks Ebe will be in the age group above, big things this way come...

#### **257<sup>th</sup> Mark Read – 1:35:09**

Despite nursing a hamstring strain, Mark put a great time together at Paddock Wood, managing to cut almost 90seconds off his effort from earlier in the year at Battersea Park.

#### **258<sup>th</sup> Michelle Lennon – 1:35:32**

Building on her strong XC races at the start of the year, Michelle put in a great effort this weekend to come in as second woman in the club champs – another medal to add to the collection!

#### **285<sup>th</sup> Clare Norris – 1:37:04**

Rounding out the ladies' podium was Clare – having run her fastest ever half at the Big Half last year, her next two races were progressively slower. Clare has bucked that trend and is back improving her times. After a solid XC season, Clare's Park Run times are very close to her fastest ever – no doubt this great effort will see her blast her way to a 5k PB any day now.

#### **307<sup>th</sup> Robert Tokarski – 1:38:22**

Robert is on the march – having dipped under 20mins for the first time in early 2022, he now put together a very tidy half marathon. With his weekly mileage ticking up and a good few CP track sessions under his belt, Robert is set for big improvements over the coming months.

#### **348<sup>th</sup> Ajay Khandelwal – 1:40:21**

Taking a break from the pursuit of sub20, Ajay turned to Paddock Wood to help build the strength required for that last kick past the tennis courts on the DP Park Run course. He turned in a fantastic performance, having only gone faster than this a couple of times. Without unruly canine companion trying to maim other runners, Ajay focussed on the task at hand, and one has to think sub20 is only a matter of time.

#### **370<sup>th</sup> Martin Kelsen – 1:41:16**

A tough day in the office for Martin – after a very solid block of training, including a session indicative of a ~1:35 half, Martin has struggled with illness in the last few days. That illness caught up with him in the latter stages of the race. A period of

rest and he will come back stronger, all that great training is far from lost!

**412<sup>th</sup> Victoria Read – 1:43:25**

Victoria ran superbly in her first half marathon since 2017 – though not her fastest, she will no doubt see the benefit of this effort when she next toes the line at Dulwich Park Run. Her times have been falling steadily since late 2021 and this race could be the boost to bring her within touching distance of 20mins.

**481<sup>st</sup> Miles Gawthorp – 1:46:48**

A sterling effort from Miles saw him run his fastest half marathon since 2019 and get him back within touching distance of sub1.45. The game is afoot for Miles to run his fastest half since 2014 this year.

**749<sup>th</sup> Barrie John Nicholls – 1:57:49**

After a dogged performance at the Nationals a couple of weeks back, Barrie conquered the 2hr mark in Napoleonic style – leaving him just shy of his performance

from the Big Half late last year.

**828<sup>th</sup> Ameet Patel – 2:02:47**

If we are talking about year-on-year inflation-improvements, Ameet must be at the top of the pile. Having run 2:18 in October last year, Ameet came tantalisingly close to sub2 this weekend – taking 16minutes off his Vicky Park effort. If he can sneak back below 2hrs it will be the first time since 2016 – have faith Ameet!

**Steve Smythe adds...** There were some excellent runs at Paddock Wood and lots of PB's but seeing some of the club's masters results it did strike me that some there would have gained more from a BMAF cross-country and those absent certainly should have been there.

Only four women ran at Paddock Wood so we could and should have certainly have got more than one woman at Tonbridge and it's not surprising if some people now look elsewhere if they want to run in championship races in the future.

<b>Paddock Wood Half Marathon 13 March 2022</b>				
<b>Pos.</b>	<b>Chip</b>	<b>Name</b>	<b>Category</b>	<b>Award</b>
23	01:11:08	Edward Chuck	SM	<b>1st Man</b>
24	01:11:09	Shane O'Neill	SM	<b>2nd Man</b>
29	01:12:34	Andy Bond	VM 40-49	<b>Overall Champion (90.64% AG)</b>
30	01:12:37	Joe Hallsworth	SM	<b>3rd Man</b>
39	01:13:57	Robert Armstrong	SM	
45	01:14:31	Andrew Inglis	VM 40-49	<b>1st M40</b>
50	01:15:06	Jon Phillips	SM	
59	01:16:32	Adrian Russell	VM 40-49	<b>Age Graded Male (83.16% AG)</b>
71	01:18:15	Aaron Wilson	SM	
73	01:18:26	Peter Jenkins	VM 40-49	
84	01:19:06	Edward Harper-Masters	SM	
85	01:19:07	Shane Donlon	SM	
90	01:19:23	James Burrows	VM 40-49	
92	01:19:46	Kevin Chadwick	VM 40-49	<b>Captains Award</b>
97	01:20:32	Josh Willis	SM	
99	01:20:52	Alex Loftus	VM 40-49	
103	01:21:29	Robert Emes	VM 40-49	
108	01:22:08	Grzegorz Galezia	VM 50-59	<b>1st M50</b>
129	01:24:24	Joe Farrington-Douglas	VM 40-49	
131	01:24:35	Eugene Cross	VM 40-49	
141	01:25:49	Mark Callaghan	VM 40-49	
162	01:28:00	Chris Nunn	VM 40-49	
181	01:29:46	Yvette Dore	VF 40-49	<b>1st Woman</b>
183	01:30:06	Michael Fullilove	VM 50-59	
193	01:30:51	Andrew Scott	VM 40-49	
195	01:31:00	Eberhard Prill	VM 50-59	
257	01:35:09	Mark Read	VM 50-59	
258	01:35:32	Michelle Lennon	VF 50-59	<b>2nd Woman</b>
285	01:37:04	Clare Norris	VF 40-49	<b>3rd Woman</b>
307	01:38:22	Robert Tokarski	VM 40-49	
348	01:40:21	Ajay Khandelwal	VM 50-59	
370	01:41:16	Martin Kelsen	VM 60-69	<b>1st M60+</b>
412	01:43:25	Victoria Read	VF 50-59	<b>1st W50</b>
481	01:46:48	Miles Gawthorp	VM 40-49	
749	01:57:49	Barrie John Nicholls	VM 60-69	
828	02:02:47	Ameet Patel	VM 50-59	
1261 ran		36 Dulwich Runners:	32 Men, 4 Women	
		14 sub 80 min	9 Seniors (all men), 27 Vets 40+	



# Ken Crooke Cross Country Championships 2021-22 I Men

To qualify complete minimum 5 events incl. 3 Surrey leagues. Best 5 races count

#	Date	Event	Meeting	Venue	Priority
R1	16 Oct 21	8KXC	OpenTrack Surrey Men's League Division 2	Epsom Downs	Yes
R2	14 Nov 21	5MXC	OpenTrack Surrey Men's League Division 2	Denbies	Yes
R3	20 Nov 21	10.5KXC	London Championships	Parliament Hill	No
R4	18 Dec 21	7MXC	South of Thames CCA 7.5 Championships	Beckenham Place Park	No
R5	15 Jan 22	8KXC	OpenTrack Surrey Men's League Division 2	Richmond Park	Yes
R6	29 Jan 22	15KXC	South of England AA Championships	Beckenham	No
R7	19 Feb 22	8KXC	OpenTrack Surrey Men's League Division 2	Lloyd Park	Yes
R8	26 Feb 22	12KXC	ECCA Saucony English National Championships	Parliament Hill	No

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7	R8							
1st	Edward Chuck	M SEN	<b>250</b>	50.0	25:15	<b>50</b>	--	35:29	<b>50</b>	39:40	<b>50</b>	26:09	<b>50</b>	50:03	<b>50</b>	27:44	<b>50</b>	45:28	<b>50</b>
2nd	Jack Ramm	M SEN	<b>245</b>	49.0	25:38	<b>49</b>	--	35:47	<b>49</b>	--	26:15	<b>49</b>	50:28	<b>49</b>	28:06	<b>49</b>	45:29	<b>49</b>	
3rd	Robert Armstrong	M SEN	<b>240</b>	48.0	27:59	<b>46</b>	31:28	<b>49</b>	38:33	<b>48</b>	42:20	<b>49</b>	28:12	<b>47</b>	54:27	<b>47</b>	--	--	
1st V40	Andy Bond	M V45	<b>230</b>	46.0	28:02	<b>45</b>	32:15	<b>47</b>	--	--	28:08	<b>48</b>	55:13	<b>46</b>	31:36	<b>44</b>	--	--	
	Jonathan Phillips	M V35	<b>230</b>	46.0	28:45	<b>43</b>	32:45	<b>45</b>	40:37	<b>46</b>	44:33	<b>46</b>	28:55	<b>44</b>	--	30:49	<b>46</b>	52:08	<b>47</b>
Captain's Award	Adrian Russell	M V40	<b>227</b>	45.4	28:19	<b>44</b>	32:57	<b>44</b>	40:40	<b>45</b>	44:06	<b>47</b>	29:22	<b>43</b>	--	31:36	<b>45</b>	52:21	<b>46</b>
	Alexander Loftus	M V45	<b>205</b>	41.0	30:37	<b>37</b>	35:35	<b>39</b>	42:41	<b>43</b>	47:29	<b>43</b>	31:02	<b>37</b>	59:57	<b>43</b>	--	--	
	James Burrows	M V40	<b>198</b>	39.6	31:22	<b>36</b>	34:37	<b>43</b>	--	--	31:33	<b>35</b>	62:23	<b>40</b>	34:16	<b>37</b>	55:48	<b>42</b>	
	Eugene Cross	M V40	<b>195</b>	39.0	--	36:05	<b>38</b>	42:41	<b>42</b>	--	31:46	<b>34</b>	--	33:29	<b>40</b>	58:18	<b>41</b>		
	Edward Harper	M SEN	<b>194</b>	38.8	30:14	<b>40</b>	--	46:56	<b>36</b>	49:36	<b>39</b>	30:46	<b>38</b>	--	32:37	<b>41</b>	--		
	Des Crinion	M V35	<b>175</b>	35.0	32:15	<b>34</b>	--	46:19	<b>37</b>	50:52	<b>37</b>	33:10	<b>32</b>	--	35:00	<b>35</b>	--		
1st V50	Andrea Ceccolini	M V50	<b>162</b>	32.4	32:58	<b>32</b>	38:43	<b>35</b>	47:18	<b>34</b>	--	34:04	<b>30</b>	--	39:32	<b>31</b>	--		
1st V60+	Mike Mann	M V70	<b>142</b>	28.4	39:53	<b>29</b>	46:43	<b>30</b>	57:31	<b>28</b>	63:08	<b>30</b>	40:58	<b>25</b>	--	--	--		
	Sean Cordon	M SEN	<b>232</b>	46.4	--	--	40:27	<b>47</b>	44:57	<b>45</b>	28:51	<b>45</b>	56:12	<b>44</b>	30:23	<b>47</b>	51:03	<b>48</b>	Min Pr. Rac
	Kevin Chadwick	M V40	<b>209</b>	41.8	29:54	<b>41</b>	35:10	<b>42</b>	--	47:58	<b>41</b>	--	60:44	<b>42</b>	--	55:04	<b>43</b>	Min Pr. Rac	
	Shane Donlon	M V35	<b>203</b>	40.6	--	35:17	<b>41</b>	43:03	<b>41</b>	47:12	<b>44</b>	31:12	<b>36</b>	61:56	<b>41</b>	--	--	Min Pr. Rac	
	Eberhard Prill	M V55	<b>169</b>	33.8	--	--	48:52	<b>33</b>	--	35:12	<b>28</b>	67:20	<b>39</b>	37:16	<b>33</b>	65:29	<b>36</b>	Min Pr. Rac	
	Robert Hollands	M V35	<b>157</b>	39.2	--	--	43:48	<b>39</b>	48:11	<b>40</b>	30:39	<b>40</b>	--	33:38	<b>38</b>	--	Min Rac		
	Timothy Bowen	M V35	<b>138</b>	46.0	--	--	--	42:55	<b>48</b>	--	55:18	<b>45</b>	--	52:58	<b>45</b>	--	Min Rac		
	Jamie Nicol	M SEN	<b>135</b>	33.8	32:36	<b>33</b>	37:28	<b>37</b>	--	--	33:18	<b>31</b>	--	37:09	<b>34</b>	--	Min Rac		
	Wayne Lashley	M V40	<b>125</b>	41.7	--	--	--	47:35	<b>42</b>	30:14	<b>41</b>	--	32:35	<b>42</b>	--	Min Rac			
	Daniel Mann	M V40	<b>120</b>	40.0	29:46	<b>42</b>	--	--	--	30:40	<b>39</b>	--	33:31	<b>39</b>	--	Min Rac			
	Lloyd Collier	M V45	<b>111</b>	37.0	--	--	45:40	<b>38</b>	53:22	<b>35</b>	--	--	--	60:53	<b>38</b>	Min Rac			
	Matthew Cooke	M V40	<b>107</b>	35.7	31:45	<b>35</b>	38:19	<b>36</b>	--	52:19	<b>36</b>	--	--	--	--	Min Rac			
	Gary Budinger	M V60	<b>107</b>	26.8	42:03	<b>28</b>	50:31	<b>28</b>	--	--	43:42	<b>23</b>	--	44:41	<b>28</b>	--	Min Rac		
	Fred Bungay	M SEN	<b>98</b>	49.0	27:43	<b>48</b>	31:05	<b>50</b>	--	--	--	--	--	--	--	Min Rac			
	Shane O'Neill	M SEN	<b>93</b>	46.5	27:52	<b>47</b>	32:22	<b>46</b>	--	--	--	--	--	--	--	Min Rac			
	Martin Kelsen	M V60	<b>90</b>	30.0	37:31	<b>30</b>	43:03	<b>31</b>	52:58	<b>29</b>	--	--	--	--	--	Min Rac			
	Finn Nugent	M SEN	<b>90</b>	45.0	--	--	41:02	<b>44</b>	--	28:34	<b>46</b>	--	--	--	--	Min Rac			
	Shane Boyce	M SEN	<b>85</b>	42.5	--	--	--	--	--	30:04	<b>42</b>	--	31:59	<b>43</b>	--	Min Rac			
	Dave West	M V60	<b>82</b>	27.3	--	47:27	<b>29</b>	--	--	42:46	<b>24</b>	--	43:48	<b>29</b>	--	Min Rac			
	Ben Smith	M V40	<b>79</b>	39.5	30:34	<b>39</b>	--	43:10	<b>40</b>	--	--	--	--	--	--	Min Rac			

# Ken Croke Cross Country Championships 2021-22 | Women

To qualify complete minimum 5 events incl. 3 Surrey leagues. Best 5 races count

#	Date	Event	Meeting	Venue	Priority
R1	16 Oct 21	6.5KXC	OpenTrack Surrey Ladies' League Division 1/2	Richmond Park	Yes
R2	13 Nov 21	6KXC	OpenTrack Surrey Ladies' League Division 1/2	Wimbledon Common	Yes
R3	20 Nov 21	6KXC	London Championships	Parliament Hill	No
R4	18 Dec 21	7MXC	South of Thames CCA 7.5 Championships	Beckenham Place Park	No
R5	15 Jan 22	8KXC	OpenTrack Surrey Ladies' League Division 1/2	Mitcham Common	Yes
R6	29 Jan 22	8KXC	South of England AA Championships	Beckenham	No
R7	26 Feb 22	8KXC	ECCA Saucony English National Championships	Parliament Hill	No
R8	05 Mar 22	8KXC	OpenTrack Surrey Ladies' League Division 1 / 2	Lloyd Park	Yes

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7	R8								
1st	Clare Elms	W V55	<b>250</b>	50.0	26:30	<b>50</b>	25:04	<b>49</b>	--	49:20	<b>50</b>	34:56	<b>50</b>	32:31	<b>50</b>	35:20	<b>50</b>	34:20	<b>50</b>	
2nd	Katie Styles	W V40	<b>239</b>	47.8	27:37	<b>49</b>	27:13	<b>47</b>	26:12	<b>48</b>	52:39	<b>48</b>	37:27	<b>47</b>	--	--	--	--	--	
3rd	Clare Norris	W V40	<b>232</b>	46.4	28:58	<b>47</b>	27:32	<b>45</b>	26:40	<b>47</b>	52:56	<b>47</b>	38:13	<b>46</b>	--	--	--	--	--	
1st V60+	Ange Norris	W V60	<b>232</b>	46.4	--	--	28:34	<b>44</b>	27:38	<b>46</b>	54:47	<b>46</b>	39:23	<b>45</b>	37:41	<b>46</b>	40:25	<b>46</b>	39:18	<b>48</b>
1st V40	Katie Smith	W V40	<b>229</b>	45.8	--	--	28:49	<b>42</b>	--	--	39:54	<b>44</b>	37:28	<b>47</b>	40:14	<b>47</b>	37:23	<b>49</b>	--	
1st V50	Ola Balme	W V55	<b>224</b>	44.8	30:25	<b>43</b>	28:44	<b>43</b>	27:46	<b>45</b>	56:54	<b>45</b>	40:15	<b>42</b>	38:38	<b>43</b>	41:43	<b>44</b>	39:42	<b>47</b>
Captain's Award	Eleanor Simmons	W V40	<b>216</b>	43.2	31:34	<b>41</b>	29:41	<b>40</b>	--	59:21	<b>42</b>	40:12	<b>43</b>	38:50	<b>42</b>	42:47	<b>43</b>	41:05	<b>46</b>	--
	Michelle Lennon	W V50	<b>216</b>	43.2	29:22	<b>46</b>	29:05	<b>41</b>	--	57:20	<b>44</b>	42:12	<b>41</b>	38:23	<b>44</b>	--	--	--	--	--
	Anna Thomas	W V40	<b>165</b>	41.2	30:54	<b>42</b>	30:04	<b>39</b>	28:27	<b>43</b>	59:37	<b>41</b>	--	--	--	--	--	--	--	Min Races
	Midge Cameron	W V55	<b>158</b>	39.5	--	--	--	33:15	<b>40</b>	65:32	<b>39</b>	48:30	<b>39</b>	--	50:22	<b>40</b>	--	--	--	Min Races
	Jenny Bomers	W V35	<b>152</b>	38.0	--	--	--	37:30	<b>39</b>	74:01	<b>37</b>	53:22	<b>38</b>	48:44	<b>38</b>	--	--	--	--	Min Races
	Rebecca Schulleri	W SEN	<b>147</b>	49.0	--	--	--	25:17	<b>50</b>	--	36:41	<b>48</b>	--	--	37:14	<b>49</b>	--	--	--	Min Races
	Kay Sheedy	W V35	<b>146</b>	48.7	--	26:48	<b>48</b>	25:21	<b>49</b>	50:58	<b>49</b>	--	--	--	--	--	--	--	--	Min Races
	Yvette Dore	W V45	<b>132</b>	44.0	--	--	--	28:10	<b>44</b>	57:50	<b>43</b>	--	--	--	41:38	<b>45</b>	--	--	--	Min Races
	Rebecca Davis	W V35	<b>125</b>	41.7	--	--	--	--	--	--	--	43:47	<b>39</b>	46:59	<b>41</b>	42:51	<b>45</b>	--	--	Min Races
	Lucy Clapp	W V55	<b>124</b>	41.3	--	--	--	30:39	<b>41</b>	--	--	--	40:58	<b>41</b>	46:00	<b>42</b>	--	--	--	Min Races
	Polly Warrack	W SEN	<b>99</b>	49.5	--	24:54	<b>50</b>	--	--	--	35:55	<b>49</b>	--	--	--	--	--	--	--	Min Races
	Alicja Furmanczyk	W V35	<b>95</b>	47.5	--	27:32	<b>46</b>	--	--	--	--	36:11	<b>49</b>	--	--	--	--	--	--	Min Races
	Sonja Jutte	W V40	<b>84</b>	42.0	--	--	--	--	--	--	46:08	<b>40</b>	--	--	--	--	43:52	<b>44</b>	--	Min Races
	Belinda Cottrill	W V35	<b>78</b>	39.0	35:26	<b>40</b>	35:10	<b>38</b>	--	--	--	--	--	--	--	--	--	--	--	Min Races
	Lindsey Annable	W V50	<b>78</b>	39.0	36:25	<b>39</b>	--	--	--	--	--	--	--	50:42	<b>39</b>	--	--	--	--	Min Races
	Emma Ibell	W V50	<b>48</b>	--	--	--	--	--	--	--	--	--	--	39:59	<b>48</b>	--	--	--	--	Min Races
	Madison Newey	W SEN	<b>48</b>	--	28:15	<b>48</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	Min Races
	Andrea Pickup	W V50	<b>48</b>	--	--	--	--	--	--	--	--	37:04	<b>48</b>	--	--	--	--	--	--	Min Races
	Olivia Bishton	W V45	<b>45</b>	--	--	--	--	--	--	--	--	38:19	<b>45</b>	--	--	--	--	--	--	Min Races
	Emma Benyon	W V35	<b>45</b>	--	30:04	<b>45</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	Min Races
	Lucy Pickering	W V55	<b>44</b>	--	30:11	<b>44</b>	--	--	--	--	--	--	--	--	--	--	--	--	--	Min Races
	Catherine Buglass	W V40	<b>42</b>	--	--	--	29:33	<b>42</b>	--	--	--	--	--	--	--	--	--	--	--	Min Races
	Naomi Crowther	W V35	<b>40</b>	--	--	--	--	--	--	--	--	40:59	<b>40</b>	--	--	--	--	--	--	Min Races
	Christiana Campbell	W SEN	<b>40</b>	--	--	--	--	--	59:51	<b>40</b>	--	--	--	--	--	--	--	--	--	Min Races
	Katharine Bond	W V35	<b>38</b>	--	--	--	--	--	70:45	<b>38</b>	--	--	--	--	--	--	--	--	--	Min Races
	Clare Osborne	W V50	<b>36</b>	--	--	--	--	--	81:08	<b>36</b>	--	--	--	--	--	--	--	--	--	Min Races

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.  
If you are no longer a member please remove DR as your club.**

### Ashford

246 Ran  
Pos Gen  
22 3 Kim Hainsworth 20:58

### Banstead Woods

163 Ran  
Pos Gen  
80 11 Ange Norris 27:42

### Bethlem

49 Ran  
Pos Gen  
1 1 Andy Bond 18:42

### Bexley

377 Ran  
Pos Gen  
26 25 Dan Hill 23:24

### Brockwell

267 Ran  
Pos Gen  
4 3 Hugh Stobart 17:46  
19 16 Jonny Hough 19:52  
44 36 Stephen Trowell 21:44  
47 39 Lee Wild 22:01  
51 5 Ola Balme 22:25  
91 65 James Gordon 24:36

### Bromley

535 Ran  
Pos Gen  
310 217 Peter Jackson 29:11  
358 102 Clare Osborne 30:06  
502 201 Susan Vernon 40:58  
522 287 Chris Vernon 48:20

### Burgess

399 Ran

Pos Gen  
26 21 Ryan Duncanson 19:37  
89 70 Hugh Balfour 22:31  
117 18 Rebecca Davis 23:22  
154 29 Shoko Okamura 24:28  
222 140 Martin Kelsen 26:04  
334 114 Stephanie Burchill 31:47

### Charlton

154 Ran  
Pos Gen  
36 30 Stephen Smythe 23:37

### Crystal Palace

297 Ran  
Pos Gen  
121 21 Claire Steward 26:44  
252 144 Michael Dodds 34:03  
297 121 Clare Elizabeth 40:35

### Dulwich

404 Ran  
Pos Gen  
20 3 Polly Warrack 18:22  
34 27 Rob Fawn 19:15  
50 40 Rupert Winlaw 20:01  
57 46 Michael Nogas 20:28  
67 53 Olivier Montfort 20:54  
145 106 Graham Laylee 24:03  
156 23 Rhian Stansfield 24:30  
177 125 Harry Lawson 25:19

### Hackney Marshes

255 Ran  
Pos Gen  
102 76 Tommaso Bondoni 25:14

### Haga

87 Ran  
Pos Gen  
8 8 Paul Collyer 21:0

### Hampstead Heath

262 Ran  
Pos Gen  
15 13 Des Crinion 20:34

### Old Deer Park

113 Ran  
Pos Gen  
44 39 Barrie J Nicholls 25:56  
51 6 Lindsey Annable 26:45

### Peckham Rye

258 Ran  
Pos Gen  
19 2 Michelle Lennon 21:23

### Nonsuch

476 Ran  
Pos Gen  
138 109 Dave West 24:43

### Riddlesdown

91 Ran  
Pos Gen  
13 11 James Wicks 24:17

### Rothay Park

65 Ran  
Pos Gen  
13 1 Emma Benyon 23:46

### Sutcliffe

174 Ran  
Pos Gen  
25 21 Ross Rook 21:48



# 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

**Socks only £5**



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



**WATERPROOF JACKETS**  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



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

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 14

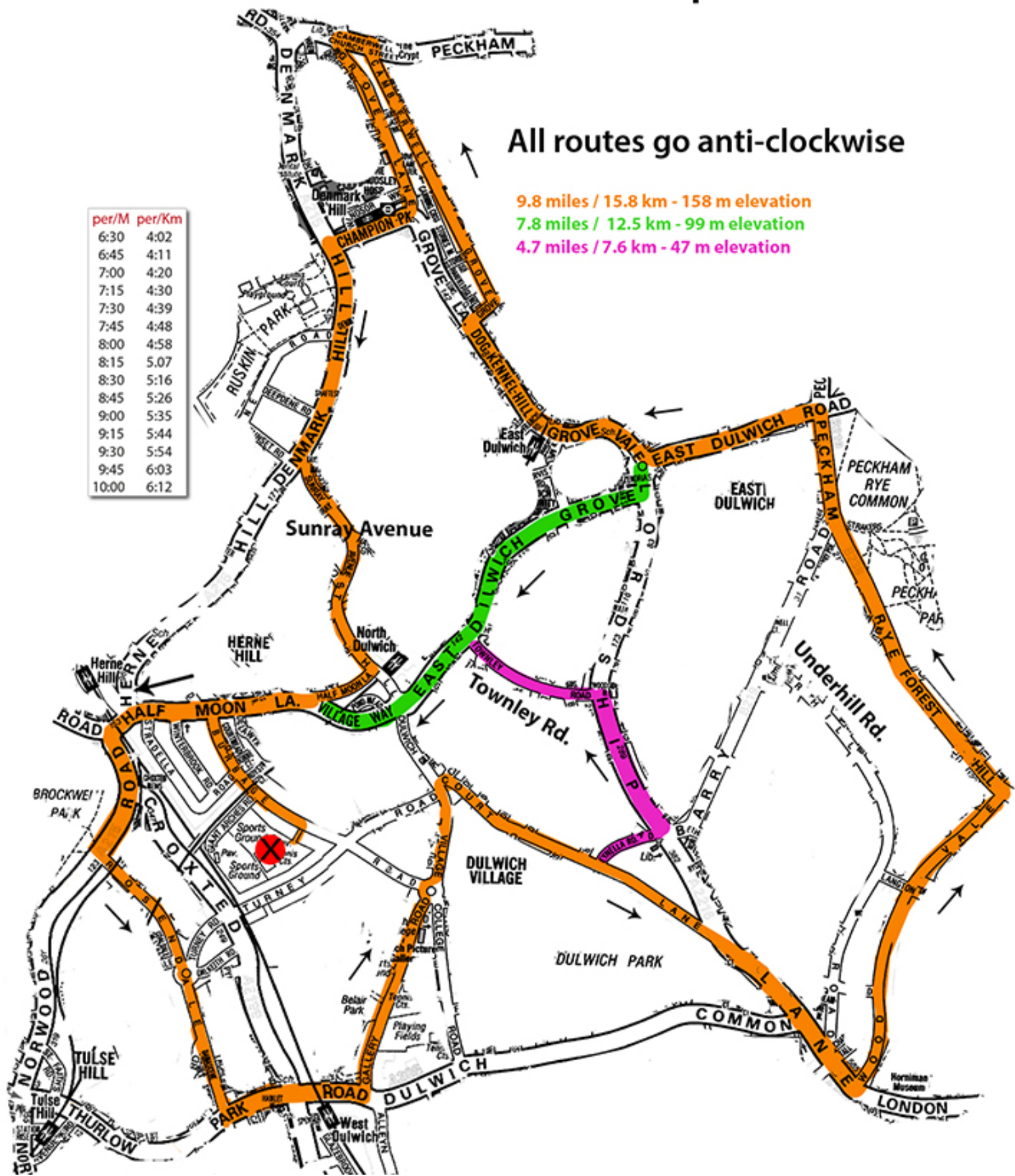
All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation

7.8 miles / 12.5 km - 99 m elevation

4.7 miles / 7.6 km - 47 m elevation

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



All maps on Strava (you don't need an account)  
<https://www.dulwichrunners.org.uk-wednesday-night-routes>