



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 3 Fixtures
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Feel free to send in any race reports, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.

Facebook and WhatsApp are also widely used.

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

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

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

Dulwich Runners Committee Meeting Notice

Wednesday 15 November 2023

Club Secretary, Yvette Dore, writes: The Dulwich Runners General Committee will next meet on Wednesday 15 November at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me yvette.dore@hotmail.co.uk by midday on Tuesday 14 November.

Save the date:

Dulwich Runners Christmas Party Friday 8 December

from 7:30 pm at The Plough, 381 Lordship Lane, SE22 8JJ. A free drink each at the bar no tickets needed. Food available to purchase.

Our annual club championship awards presentations will commence from 9pm. Please come along all!

NB: our traditional Turkey Trot is on Sunday 10 December, 10am, see separate notice below.



Turkey Trot Handicap Race



Sunday 10th December 2023

10 a.m. in Dulwich Park, Start by Queen Mary's gate

5K – parkrun course

This is our annual festive handicap race. Traditionally held on the same weekend as the Christmas party, so after a Friday evening knees up come and race in the most prestigious club event of the year.

Runners are given a handicap according to their predicted times, which should give an exciting sprint finish. Bear in mind if you are 90 seconds or more faster than your predicted time you will not be eligible for 1. runner award.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for an extra prize.

Presentation of prizes afterwards, either in park or in Dulwich Park café. (weather dependant)

Prizes are awarded for –

- 1st runner across the line (the TT Shield)
- 1 st walker across the line
- Runner closest to predicted finish time (the ceramic Turkey trophy)

NB Everyone runs without a watch.

- Best fancy dress – Christmas theme

To take part, email Ebe/Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. Pay on a Wednesday night or on the day.

Deadline – Friday 8th December so handicaps can be sorted.

Include –

- Name
- Predicted finish time
- Running or walking

NB Any person finishing in 90 seconds or more faster than their predicted finish time will not be eligible for 1st runner. For 1st walker it is 2 minutes or more

DULWICH RUNNERS 2023/24 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

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

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

Surrey League XC

- 🏆 **11 November** Division1 Race2
- 🏆 **13 January** Division1 Race3
- 🏆 **10 February** Division1 Race4

www.surreyleague.org

Ladies & Men run at the same venue

- Mitcham Common
- Wimbledon Common
- TBC

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

- 🏆 **18 November** London Championships Parliament Hill
- 🏆 **25 November** South of Thames 1 Beckenham Place Park
- 2 December Kent Masters Central Park, Dartford
- 9 December SEAA Masters Oxford
- 🏆 **16 December** South of Thames 2 Lloyd Park
- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 **27 January** South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>
Further race details on will appear in the Shorts Newsletter each week.



Vets fixtures

Saturday November 19 - BMAF Road Relay Championships, Melton Mowbray

Traditionally we have done well but this year instead of Sutton Park in May we have Melton Mowbray in November. If everyone (or at least most) of the potential A team runners turned out we could do very well in the M35s, M45s, M65s and W55s especially at both Long Eaton and Melton Mowbray.

Sunday December 3 - BMAF 5km Championships, Battersea Park
Fast 5km course and local.

Surrey League Division 1 races Mitcham Common - 11th November

Second Surrey League Cross-Country fixture this weekend (Saturday 11th November) Mitcham Common. Senior Ladies' race (5.6km) starts 11:02am - Senior Men's race (8.4km) starts at 2pm.

Race HQ: Mill House Ecology Centre, Windmill Rd, Mitcham CR4 1HT, start & finish a very short walk from there.

Nearest stations: Mitcham Junction & Mitcham Eastfields. Conditions likely to be pretty muddy
All members with EA reg. welcome to race. If you're not sure if you have a number allocated, try to let your captains know beforehand to save time on the day.
Course map opposite (Senior Ladies' race is two large laps, Senior Men's three laps):



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 training - hills continue in November

Crystal Palace track due to reopen 25 November - delay due to weather. So hill training 7pm every Tuesday at Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 minutes gentle jogging before session at 7:00pm which starts with warm-ups, drills - then main session and finish about 7:50pm. Sessions are free. Arrive ready to run - should be safe to leave belongings. We run on a well lit traffic free path - leave room for pedestrians to pass.

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

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

Questions, comments or feedback. Tom (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. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

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

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

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

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

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

Masters Championships

11 Nov British & Irish Masters Cross Country International (selected team entry) - Glasgow

19 Nov British Masters Open Road Relays - Mallory Park (team entry)

03 Dec British Masters 5k Road Champs - Battersea Park

30 Dec British Masters 10 Mile Road Champs - Buntingford

16 Mar 2024 BMAF (Open) Cross Country Champs - also the

EMAA Inter-Regional Cross Country Champs - Corwen.

17 - 24 Mar 2024 European Masters Athletics Champs Indoor - Torun, Poland

15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal

13-25 Aug 2024 World Masters Track & Field Champs - Gothenburg, Sweden

Inter Financial Services AA Cross Country

15th November 2023

The Inter Financial Services Cross Country has been going for well over 100 years in one form or another.

It's open to anybody working in finance, which makes it a pretty broad church.

Provisionally this year's championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

Format still being agreed with the park but probably one mass start 5 mile race.

To enter as an individual or team contact Tom Neil or Andrew tomwlawrence@me.com, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

Box Hill Fell Race

Saturday 20 January 2024 11am

Entries for this brilliant race open Boxing Day at 12, through SiEntries.

Details - South London Orienteers. <https://slow.org.uk>

If you've never done fell running, Box Hill near Dorking is an ideal introduction. 7.5 miles (12 km), well marked mainly good paths

(no bogs, becks or boulder fields and no chance of getting lost). About 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. January the course is very slippery in places and you need proper fell shoes (Walshes or Inov8s). You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed.

A very popular race and fills up very quickly (in a couple hours). Entry last time was £10 so it won't break the bank. If interested, I'm at the club most Wednesdays, or email me Hugh Balfour hughrbalfour01@gmail.com

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

Did you know that Dulwich Runners members are eligible for a 10% discount Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person - see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

10% off on Sportshoes.com for the club

10% off on [Sportshoes.com](https://www.sportshoes.com) for the club

The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

Dulwich Runners Book Swap

The last Wednesday of each month

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

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

Let's keep it to running related books - instructional, inspirational, fact or fiction.

Even if you don't have any, come and browse and borrow one.



Dulwich Runners

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

 app.dulwichrunners.org.uk

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



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

Sports Massage

Sports massage to:

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

10% discount to club members

Ola is an experienced Sports massage therapist & club runner
To find out more and book an appointment:

olabalme1@gmail.com



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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



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

Surrey League

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

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Richmond

317 Ran
Pos Gen
175 43 Lindsey Annable 28:06

Bromley

437 Ran
Pos Gen
265 190 Peter Jackson 28:09

Brockwell , Herne Hill

277 Ran
Pos Gen
2 2 Lewis Laylee 16:53
3 3 James Blackwood 17:16
15 11 Jonny Hough 19:47
16 12 Edward Simmons 20:30
21 16 John Kazantzis 20:54
29 24 Jonathan Whittaker 21:20
30 25 Austin Laylee 21:21
32 27 Mark Foster 21:26
47 39 Stephen Trowell 22:19
55 4 Nicola Richmond 22:40
56 5 Gracie Ingledew 22:41
91 11 Rebecca Davis 24:29
92 74 Hugh French 24:33
94 76 Graham Laylee 24:40

Beckenham Place

205 Ran
Pos Gen
117 30 Claire Barnard 29:49

Crystal Palace

282 Ran
Pos Gen
29 3 Laura Denison 22:10
142 110 Michael Dodds 27:31
169 41 Belinda Cottrill 28:18
199 56 Clare Wyngard 30:01

Whitstable

185 Ran
Pos Gen

9 1 Helen Shannon 22:18

Eastville

509 Ran
Pos Gen
87 75 Jamie Robinson-Nicol 23:15

Dulwich

453 Ran
Pos Gen
1 1 Harry Lawson 15:44
4 4 Andrew Inglis 16:30
41 32 Alex Loftus 18:53
49 39 Rupert Winlaw 19:22
61 46 Justin Siderfin 19:57
88 8 Alexandra McClelland 20:47
99 81 Paul Vivash 21:07
112 15 Alice Williams 21:35
156 124 Tom Shakhli 23:07
204 161 Lloyd Collier 24:27

Hilly Fields

195 Ran
Pos Gen
30 26 Alastair Low-Macrae 22:27
31 27 Murray Humphrey 22:30
34 4 Polly Warrack 22:44

Burgess

456 Ran
Pos Gen
50 2 Michelle Lennon 21:11
70 60 Hugh Balfour 21:48
98 12 Shoko Okamura 23:09
107 91 Charles Lound 23:17
411 128 Stephanie Burchill 34:05
449 159 Susan Vernon 53:23
452 262 Chris Vernon
01:01:40

Upton Court

109 Ran
Pos Gen
40 36 Colin Frith 25:32

Harrow Lodge

100 Ran
Pos Gen
8 8 James Wicks 22:17

Peckham Rye

303 Ran
Pos Gen
4 4 Harrison Minter 18:13
30 27 Ebe Prill 21:04
240 86 Katie Thompson 32:05

Northallerton

138 Ran
Pos Gen
3 3 Rob Mayes 20:37

Tooting Common

447 Ran
Pos Gen
205 154 Ian Sesnan 27:27

Centennial

361 Ran
Pos Gen
6 6 Tim Taylor 18:24

Brooklands

413 Ran
Pos Gen
375 236 Steve Wehrle 35:52

Charlton

109 Ran
Pos Gen
25 19 Stephen Smythe 23:10

Donaupark

123 Ran
Pos Gen
16 16 James Auger 21:26

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



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



Socks only £5



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



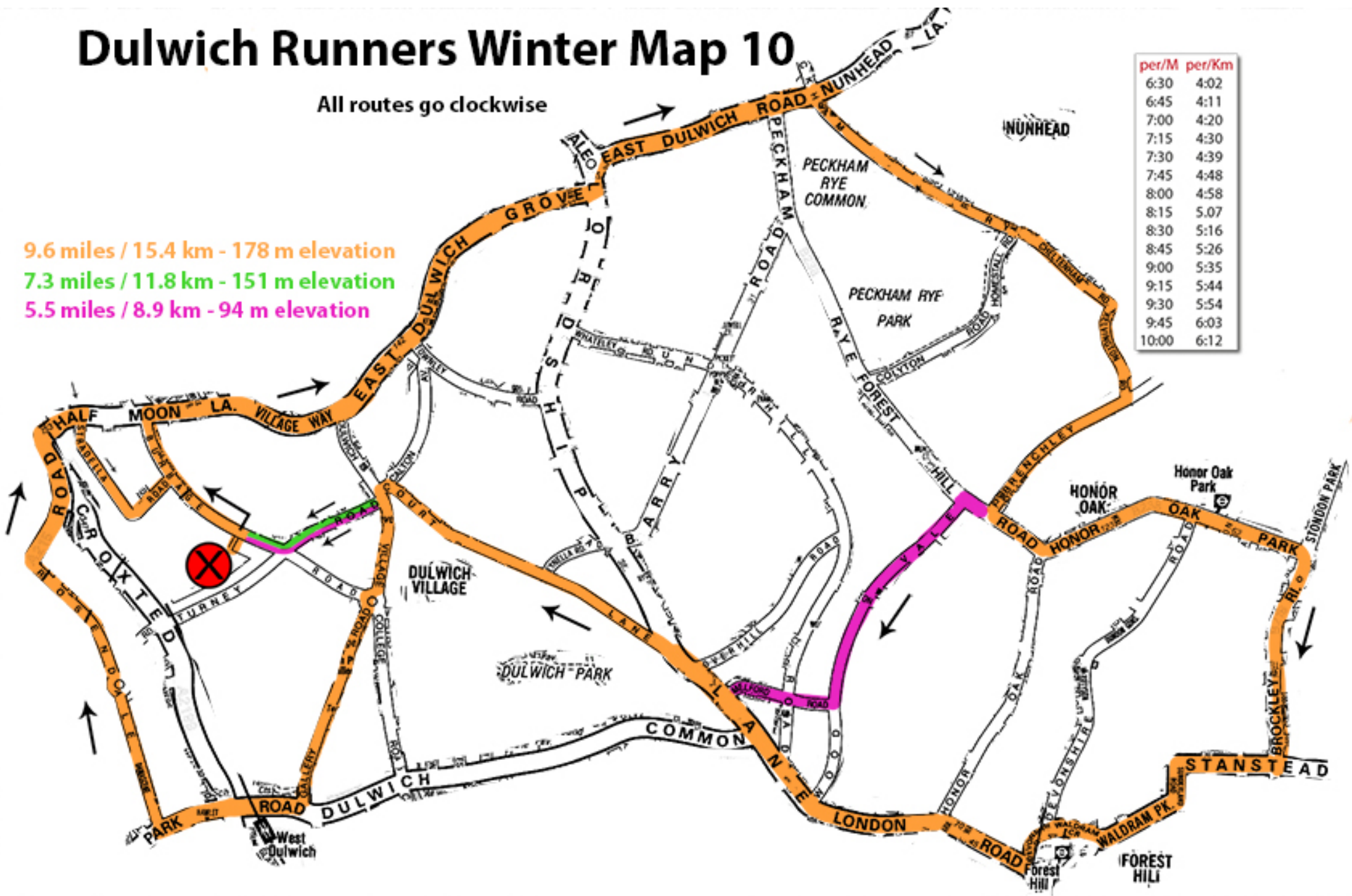
Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 10

All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation
 7.3 miles / 11.8 km - 151 m elevation
 5.5 miles / 8.9 km - 94 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



Dulwich Runners Winter 5km routes

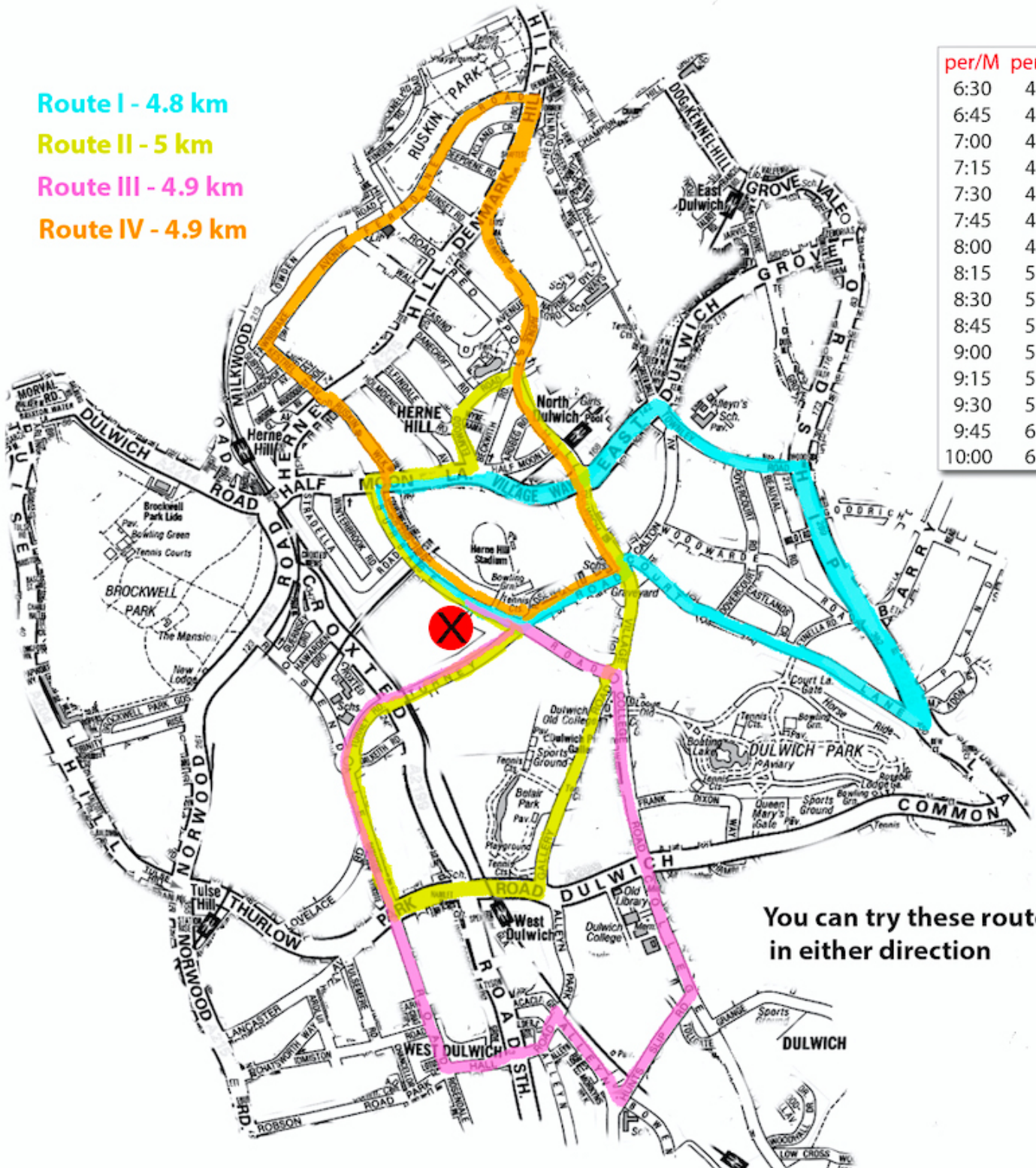
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction