



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

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

Feel free to send in any race reports, photos also welcome.

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

Like us on Facebook @dulwichrunners

Connect with us:



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

'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run on the first Wednesday only of each month and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit: ros.tabor49@gmail.com

2023/24 membership

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

Bank details will be on the renewal form.

Full year April 1 to March 31 - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

October 1 to March 31 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

EA reg is £17 and can only be arranged through your 1st claim club.

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

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

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 Croke 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)

- 28 October Surrey Masters Nonsuch Park
- 28 October British Masters Relays Long Eaton, Derbyshire
- 🏆 **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 October 28 - British Masters Cross-Country Relays, Long Eaton
Though a long way up this is easy to get to - a fast and flat course of around 3km
M35 and M45 5 Stages - M55 4 stages M65/M75/W35/W45/W55/W65 3 stages

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.

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 hill training October.

7pm every Tuesday in September and October - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 mins of gentle jogging before we start at 7:00pm with warm-ups and drills ,then main session, finish 7:45ish. Session are free. Arrive ready to run - it should be safe to leave jackets or bottles etc.

We will be running up and down a well-lit traffic-free path – please keep enough room for any pedestrians to pass.

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

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

Oct? British Masters 1/2M Champs Gravesend

28 Oct British Masters Cross Country Relays - Long Eaton (team entry)

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

hugrbalfour01@gmail.com

Crystal Palace update

Temporary floodlights installed, GLA now repairing the track.

Expect first session to be Tuesday 7 November will advise when confirmed.

Tom - tpoynton@hotmail.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](#).



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



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.

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

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

Want your race results and reports in SHORTS ? please email them to barry@bg1.co.uk
All road, xc, fell, tri and track results etc, are welcome.

Battersea Park Marathon

Sunday 22 October 2023

Robert Emes writes: Chicago, Boston, Berlin, Tokyo, Abingdon... the archive of Shorts is full of write-ups from illustrious marathons around the world, and for my first marathon as a Dulwich Runner I'd like to add Battersea Park to the list. Motivation for this particular event was simple; since joining DR in 2020 I hadn't secured a ballot place for London and didn't have a GFA time. My previous best was a 3:34 set in the 2012 London Marathon and then 3:40 in 2017 run in a pair of gorilla legs, but for the last 3 years I had watched clubmates achieving amazing times and fancied a shot at a sub-3 for myself. When the Battersea event was announced in April, with the promise of a relatively limited field and on a flat course, it seemed like an opportunity not to be missed.

Preparation had gone almost perfectly to plan. Using a Steve Smyth sub-3 training plan from Athletics Weekly, I plotted my way through the late summer, grateful for the not-too-hot temperatures bemoaned by everyone else. Apart from three days lost due to food poisoning in the week before the Big Half, I hadn't missed a planned session from mid July onwards. With each session ticked off I gained a little confidence and started to think that maybe 2:55 was on the cards if all went to plan, but I still couldn't quite escape the "taper



tantrums" that haunt all marathoners in the last few weeks.

After a week of downpours, the skies finally cleared on Sunday morning and we were treated to perfect conditions for the race. Readers will be more than familiar with Battersea Park; the route started on the athletics track, followed by 10 extended laps incorporating a loop around the bandstand, then finally arriving back at the track to finish. Generally I would say the event organisation was pretty good; pre-race info could have been clearer, but there was a decent athletes' village in the track infield, and plenty of facilities. The addition of an extra 100m section on the first lap felt somewhat last minute, but nevertheless we were soon on our way.



The first few laps were suitably comfortable; I had decided to aim for a 1:26 first half and take a see-what-happens approach for the second half. Best case would be even splits, but of course I fully expected to slow down at some stage and be in damage-limitation mode by the end. Before long though, I started to lap the back-markers and it became clear that the course was going to get pretty hectic. There were 385 starters for the marathon, but after an hour another 919 runners joined the course for the half marathon, many of whom were running a lot slower than 1:26 pace. Some were running a lot quicker too, including our own Ben Howe, who came charging past on his way to a 70-minute 2nd place finish.

Runners were encouraged to keep to the left of the paths in order to make overtaking easier, but the reality was that nobody took any notice and in places the course was narrow and overcrowded, particularly on the section to and from the



bandstand. Cue lots of warning shouts and pointy elbows! I had found myself running alongside a Victoria Park Harriers runner with the same target pace and we shared the path-clearing responsibilities during the worst of it. He and I went through halfway a fraction under 1:26, and a quick systems check revealed no major concerns beyond the crowding.

As expected, the second half of the race brought pain and suffering, but thankfully not nearly as much of it as I had feared (or indeed experienced in past efforts). Calves started tightening at around 18 miles, followed by the twinge of a hamstring cramp at 23, but that was just going to have to wait for afterwards I'm afraid. If anything by then I was moving quicker than in the first half, cheered on by family and anyone who spotted the DR vest. Ben arrived back on the course to drag me round the last lap, which of course was a struggle and I was slowing in the last few kms, but with enough time in hand to record fairly equal splits and finish in 2:52.

I really couldn't have hoped for a better outcome, and it was a fun race experience overall, even with the congestion. It was great to see other DRs out on the course doing the half, and massive congratulations too to Rupert for his 3:13 and Lee for 3:27 in his first marathon.

Battersea Park Marathon, 385 runners, won in 2:34.

Robert Emes	2:52:04	13th (1st V40)
Rupert Winlaw	3:13:06	56th (3rd V50)
Lee Wild	3:27:40	102nd (7th V50)

SEAA XC relays

21st October 2023

Hot on the heels of our good outing at the opening Surrey League fixture the week before, Saturday just gone saw the SEAA Cross Country relays roll around. We missed out racing last year, but two years ago came 9th in a very strong field, which no doubt owed in part to it being the first SEAA relay event held since the beginnings of Covid.

The venue again was Wormwood Scrubs. In 2021 the ground was dry and hard, which led to some quick times, but also reduced the cross country element of what is a flat course.

This time out, with the rain in the two weeks prior, the course proved more varied, with the initial 800m-1k covering firm but grassy fields, before taking runners along a muddy and slippery path, winding around an area of heath, leading onto a tree-lined woodchipped path, and ending with a turn back onto the grassy fields to the finish. The variability of the underfoot conditions was underlined by Jack and I opting for 9mm spikes, while Max Bloor opted for 15s(!)

Jack was first up, with instructions to get in amongst things up front. It was clear on arriving that the numbers of teams was not the same as 2 years ago, and we would likely have the chance to finish a little higher. Jack mixed things with Victoria Park's Alex Lawrence (a 2.17 marathoner) and Windsor's Alex Tovey (who, while not in that shape, has a 1500 PB of 3.41 to his name!), and consequently ran the leg the hard way having gone off quickly, but closed his leg in 3rd in 12.08, just some 8s off the front.

He handed over to Max Bloor, who had a difficult task, gamely setting off after the Victoria Park and Windsor runners in front, both of whom have run under 14.50 for 5k. His first kilometre of 3.01 was the quickest start of any of us, but this understandably led to a slowing during the slippery section, but Max kept it together to close in 12.33, handing over to Rob.

One of the teams who had showed up was Guildford, and going through his strides at the same time as Rob was Andy Coley-Maud (Southern XC champion in 2021). I warned Rob that Andy would likely appear on his shoulder at some point, but Rob seemed unperturbed ("who?").

Sure enough this happened, but while ACM brought Guildford into contention, Rob was making headway against the Victoria Park runner in front (Windsor had by now disappeared off into the distance). As he entered back onto the field and into the home straight, Victoria Park were in 2nd, a second ahead of Guildford, who were seven seconds in front of us.

As Rob handed over to me (with an excellent 12:26), this gave me what I love - something to chase. While Guildford's Tom Foster is a strong runner, I was confident that I could make up the ground, and caught him during the second kilometre, as we got onto the slippery path section. Tom had already passed Victoria Park, so once clear it was a case of making a bit of gap, and then avoiding any disasters, and trying to keep the distance. The second half was uneventful, cheered on by the Dulwich women who had stayed after their race, we came home in 2nd.

This was a pleasing result, which was as good as we could have done on the day. Even if Max Milarvie had been able to run, I think Windsor would probably have had enough in hand to keep us at bay, although it certainly would have made things interesting! Again, another sign of the progress we are making, and leaves us some room for improvement next year! - **Ed Chuck**



- 1/41 - Windsor S E & Hounslow AC 48:28.85
- 2 - Dulwich Runners AC 49:08.85
- 3 - Guildford & Godalming 49:25.55
- 4 - Victoria Park H & Tower H AC 49:45.25
- 5 - Windsor S E & Hounslow AC B 50:47.20
- 6 - London Heathside AC 51:22.90
- 7 - Highgate Harriers 51:44.85

Leg1 00:12:08.25 Jack Ramm
Leg2 00:12:33.35 Max Bloor
Leg3 00:12:26.30 Rob Armstrong
Leg4 00:12:00.95 Edward Chuck

Worthing seafront 10k

Sat 22 Oct

Flat, fast, scenic well organised race along the Worthing seafront. Could be a PB course. Out and back along the

promenade plus maybe 1K on grass. Winner finished in 32 mins. Wind wasn't a factor. Cool sunny crisp weather. I was happy to get around in a bit quicker than 9M mile pace.

Joseph Brady
Position 118
Finish: 53.40

Bank of Chicago Marathon

October 8

Steve Smythe writes: Don't think it's featured in Shorts yet but congratulations to Nick Impey who with a PB 2:24:23 for 74th position in the Chicago Marathon (first British man but behind a GB woman Rose Harvery) finally broke Jim Estall's 1991 club marathon record.

Wearing his Dulwich club vest there were near perfect splits with 5kms of 17:01, 17:04, 17:07, 17:05 (72:02 at halfway), 17:06, 16:57, 17:02 and 17:22.

As he is now aged 41 it was of course a Dulwich M40 record too. Nick Impey 2:24:23 (Dulwich club record)

Kent League, Footscray

October 14

Far more welcoming for a slowing elderly runner than the Surrey League Div 1 where I would have been in the last few places, I moved on to this course nearer home which hosted a very muddy English National women's race in 1987.

It was much drier this time with a few long drags and finishing 10th of 31 M60s from (and 2nd M65), I felt I easily had my best XC for about three years.

Leeds Abbey Dash 10km

October 22

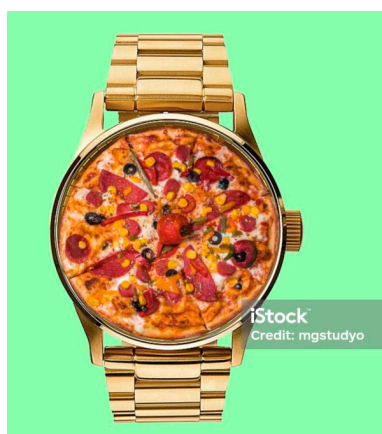


The club 10km record has taken a battering in recent years by Ed Chuck but in Leeds, recent recruit Max Milarvie beat Ed

Battersea 5k

Clare Norris writes: As part of Battersea running festival on Sunday, there was the full marathon, half marathon and also at 1pm the 5k track race which I had entered some time ago after 2 poorly paced other efforts this season. It hadn't really dawned on me what a big event it would be and it took me 20 minutes to fight my way through the teeming park with wilting marathon runners still with some laps of the park left to go.

By the time I got to the track, I was just about ready to loop straight back to the car as people were high fiving their efforts and swapping opinions on post race goodies. I felt like I'd arrived very late to the party. Lots of games for kids on the grass and spin the wheels for free race entries were certainly unusual pre-race stalls and it was hard not to be tempted just to have a lemonade and a sunbathe. However...Once I'd



8.5km: 219th/300 Steve Smythe 40:08 (10th M60/2 M65)

Cambridge Harriers 5 XC, Bexley

October 21

After a poor parkrun - on a flat course was over a minute slower at 5km than I had been halfway around the course over the hills of Footscray - this much hilly event was done as a punishment and the punishment was to my legs as the course is a lot more stonier than it was when I won the race back in 1986 and I wrongly wore spikes which were only of use for the muddy downhill at the end of each lap and I was over a minute down on someone I had been a minute ahead of the week before.

8.1km: 32nd/71 Steve Smythe (1M65) 41:52

Surrey Ladies League Richmond

There were others supporting not mentioned last week not giving out alcohol but more importantly given that men's second claimers were featured Clare Elms was 45th in 25:54. Katie Smith was the first first claimer in 112th in 28:18 in what was a good Dulwich turn out for men and women.

to Dulwich's first sub half hour as his 29:38 broke the record finishing seventh in this top class out and back race from Leeds city centre and Kirkstall Abbey. It was a road PB but Max has run 29:22.91 on the track long before he joined Dulwich. 7th Max Milarvie

South of England XC Relays

Congratulations on the men picking up silver medals and the women for a good team performance and turn out too. It is good to get teams out whether you challenge for medals or not.

The M65s were the only team entered for this coming week's BMAF XC Relay Champs at Long Eaton but the event has now been cancelled due to flooding.

The next Masters relays (storms allowing) are the BMAF road running relays at Mallory Park on Sunday November 19. teams are M35 and W35 up

registered and had my shoes checked for compliance, it actually looked like Runthrough had the multi distances all well in hand. The track race had the inside 4 lanes and the heats were well seeded with adjudicators I recognised from other races.

The unexpectedly glorious autumn sun would not have felt great for the second half of a marathon but actually for a track 5k made for perfect conditions. And the gazillion portaloos are always well received when they're on the track infield.

The wood fired pizza vans were less welcome when you're huffing and puffing round the bends, but am sure those who'd run the longer efforts were glad of the carb re-loading. Some friendly lads from Tooting road runners took me under their wing and their banal chat helped raise my spirits. The first heat saw Seyfu Jamaal win in 14.43 and helped rally me just in time. My Tooting friends fell down the hole of going off too fast but I held my

nerve and it brought me home with a redeeming run of 20.15 and 3rd female. Glad I hadn't turned back to the car after all.

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.

Bromley

425 Ran			
Pos	Gen		
127	99	Colin Frith	25:03
265	184	Peter Jackson	29:50
351	224	Steve Wehrle 2nd cl.	34:56

Brockwell

339 Ran			
Pos	Gen		
1	1	Lewis Laylee	16:34
29	23	Matthew Wright	21:19
45	7	Ola Balme	22:18
65	11	Catherine Buglass	22:55

Crystal Palace

319 Ran			
Pos	Gen		
8	8	Eugene Cross	19:19
46	3	Laura Denison	22:30
89	80	Paul Hodge	24:44
160	22	Belinda Cottrill	27:34
241	177	Bob Bell	31:28
285	83	Chris Bell	38:13

Eden Project

256 Ran			
Pos	Gen		
4	4	Adrian Russell	17:31

Dulwich

467 Ran			
Pos	Gen		
14	13	Thomas South	16:50
85	67	James Brown	20:31
110	90	James Auger	21:36
126	100	Toby Irvine	22:02
130	103	Gower Tan	22:09
146	113	Rob Mayes	22:44
192	145	Graham Laylee	24:02
204	151	Dan Hill	24:16
219	160	Tom Shakhli	24:37
260	184	Michael Dodds	26:10
319	74	Clare Elizabeth	27:50
385	113	Claire Steward	30:52
398	123	Stephanie Burchill	31:40
461	166	Susan Vernon	44:09

Tilgate

317 Ran

Pos	Gen		
132	99	Gary Budinger	28:57

Burgess

469 Ran			
Pos	Gen		
69	60	Hugh Balfour	22:10
88	10	Shoko Okamura	22:46

Southwark

338 Ran			
Pos	Gen		
45	37	Murray Humphrey	20:54
133	103	Lee Wild	25:14

Margate

147 Ran			
Pos	Gen		
1	1	Matthew Trueman	18:42

East Grinstead

75 Ran			
Pos	Gen		
1	1	Andy Bond	19:13

Greenpoint

331 Ran			
Pos	Gen		
4	4	Alastair Low-Macrae	19:26
10	1	Polly Warrack	20:40

Ormeau

423 Ran			
Pos	Gen		
43	41	Jamie Robinson-Nicol	21:57

Renton

50 Ran			
Pos	Gen		
4	3	Ebe Prill	21:57

Brentwood

98 Ran			
Pos	Gen		
41	34	Dave West	27:19

Peckham Rye

290 Ran			
Pos	Gen		

1	1	Matt Wood	16:43
4	4	James Blackwood	17:15

Folkestone

190 Ran			
Pos	Gen		
117	85	Miles Gawthorp	29:24

Hove Promenade

262 Ran			
Pos	Gen		
12	12	Joe Wood	19:51

Tooting Common

530 Ran			
Pos	Gen		
48	6	Helen Shannon	21:28
206	151	Ian Sesnan	26:26

Mole Valley

145 Ran			
Pos	Gen		
27	4	Katie Styles	24:16

Centennial

478 Ran			
Pos	Gen		
10	6	Tim R Taylor	19:23

Chipping Norton School

86 Ran			
Pos	Gen		
28	26	Barrie John Nicholls	26:20
35	3	Lindsey Annable	27:34

Sutcliffe

186 Ran			
Pos	Gen		
15	13	Michael Fullilove	20:25
24	21	Ross Rook	21:36
84	66	Paul Keating	26:41

Charlton

108 Ran			
Pos	Gen		
33	29	Stephen Smythe	23:36

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

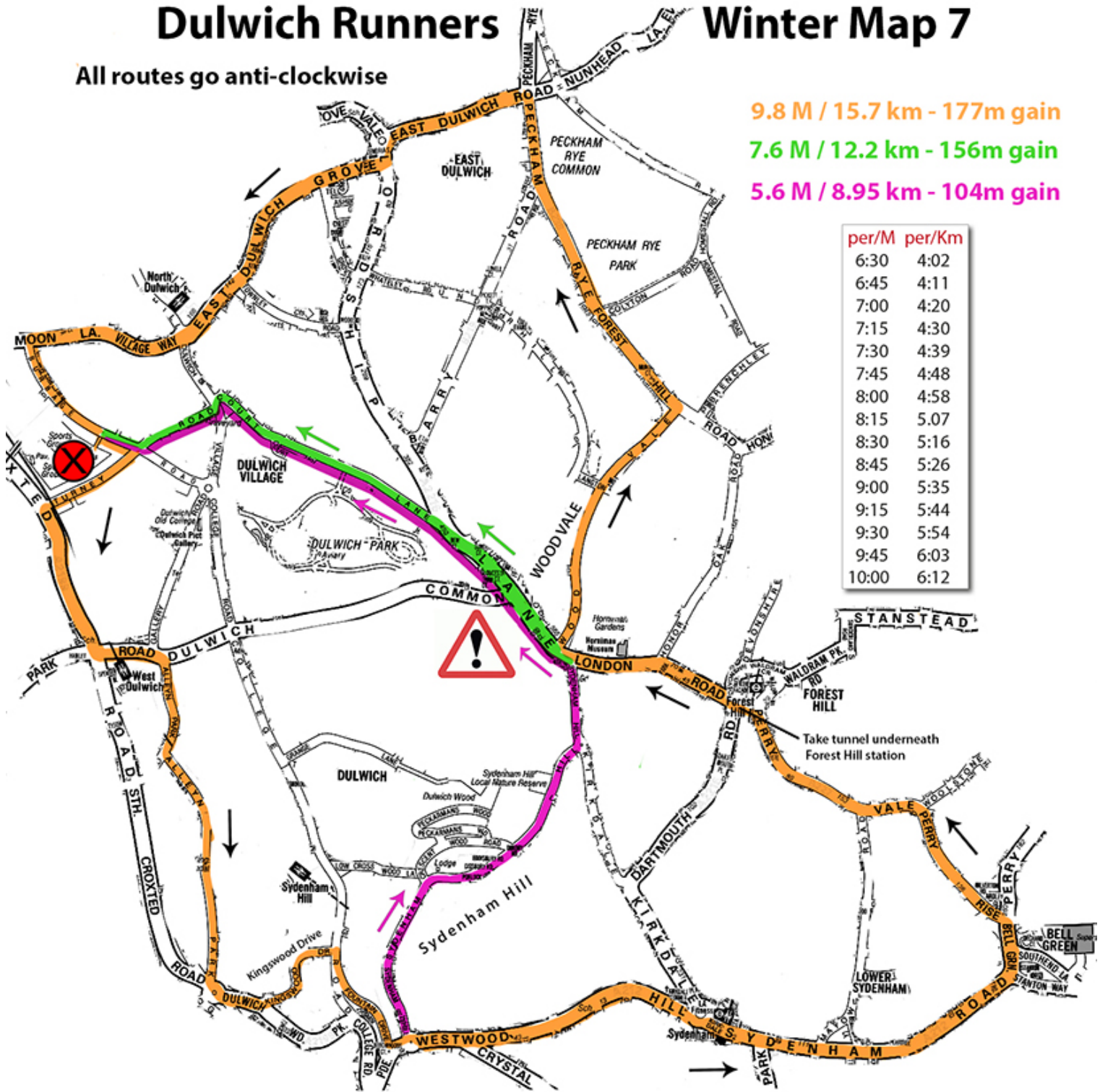
Winter Map 7

All routes go anti-clockwise

9.8 M / 15.7 km - 177m gain

7.6 M / 12.2 km - 156m gain

5.6 M / 8.95 km - 104m gain



Dulwich Runners Winter 5km routes

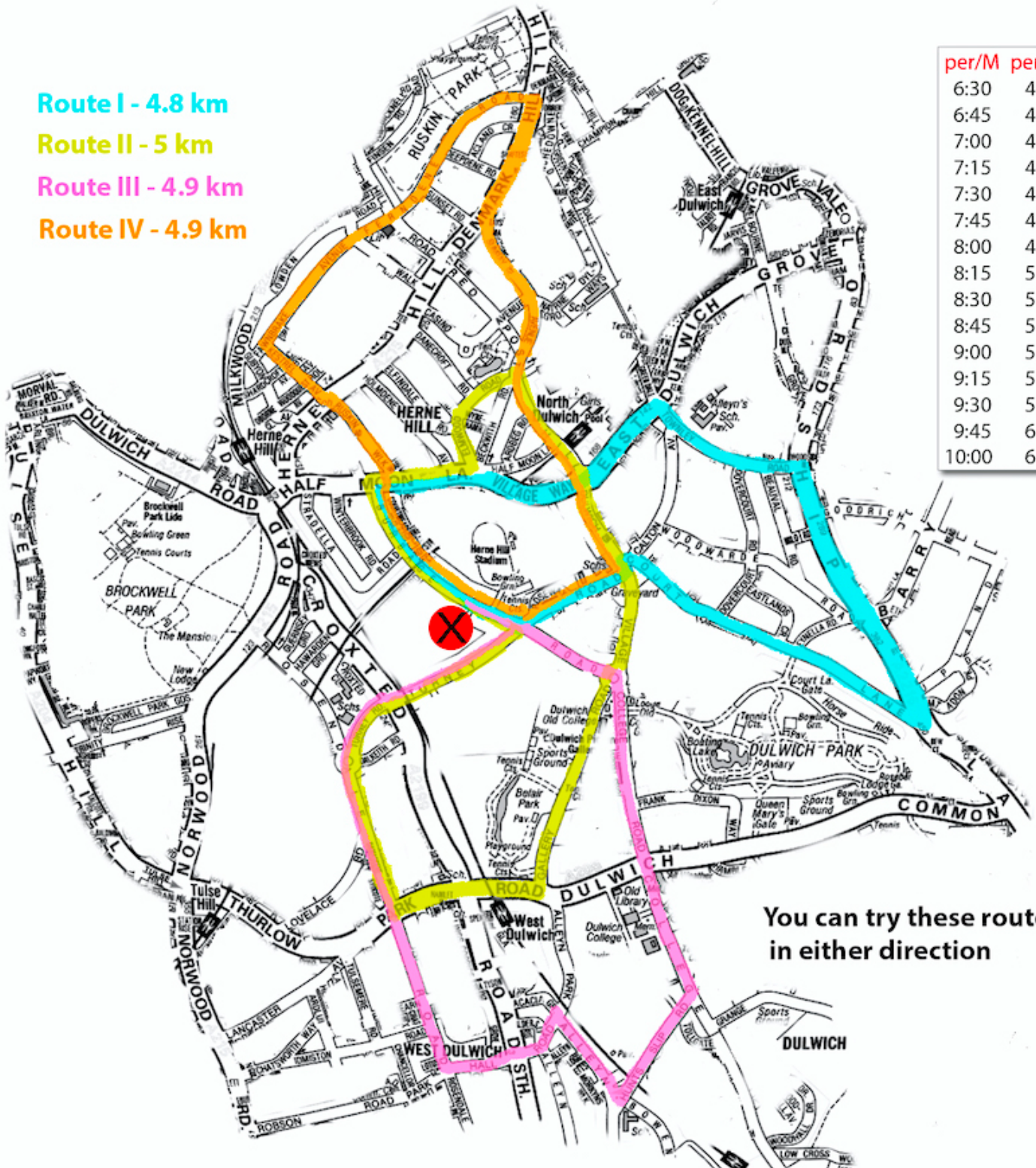
Route I - 4.8 km

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