



## These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto: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
- 8 Race reports and results
- 11 Club kit
- 13 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto: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 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 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](mailto:barry@bg1.co.uk)

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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 23	SEAA 6/4/3 stage road relays	Aldershot

## SEAA 6/4/3 stage road relays

**Save the date** - will be at Aldershot on Saturday 23rd September.  
Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

## Run For Ron - Save The Date & Justgiving Page For Ron

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. This will be a time when we can share our memories of Mr Searle. We will then adjourn to the Clubhouse in Burbage Road for breakfast. So we know how many we will be catering for, please would you email [vernonrun@aol.com](mailto:vernonrun@aol.com) to confirm your attendance. We'll be collecting for the British Heart foundation in Ron's memory. Many thanks. - Chris and Sue Vernon

We have now set up a JustGiving page in Ron's memory for the British Heart Foundation. We hope many of you will make a donation, however small. We look forward to seeing many of you in Dulwich Park on 30th September for the Dulwich Parkrun, and then for brekkie at the clubhouse in Burbage Road.

Please remember to let us know if you will be joining us so we can cater for everyone.

You can donate to the JustGiving page by clicking here: <https://www.justgiving.com/fundraising/SearleRun>

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to British Heart Foundation, so it's the most efficient way to give - saving time and cutting costs for the charity.

## Pacing At Burgess Parkrun, 7 October

The organisers of Burgess parkrun have now accepted our offer to provide pacers at their parkrun on 7 October. We are looking for pacers covering the range of 18 to 35 minutes finish times, so those able to volunteer should contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) In future we intend to provide pacers at other local parkruns.

## 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.

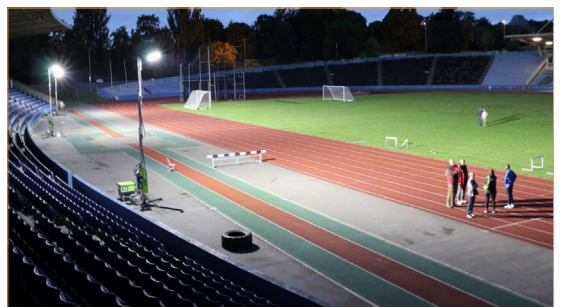
Provisionally this years championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

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 [tomlawrence@me.com](mailto:tomlawrence@me.com), [n.reddaway@gmail.com](mailto:n.reddaway@gmail.com) & [andrewcatton2@aol.com](mailto:andrewcatton2@aol.com), to express an interest

## Crystal Palace update

Temporary floodlights expected to be operational early October, so we should be holding our Tuesday sessions there from 10th October, will confirm closer to the time. Parts of the track being repaired with a deep clean of the whole track winter or early next summer, improvements to stadium drainage, indoor track and changing facilities. Might be occasions when work makes the track unavailable but we will update you as soon as we can.  
Tom - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto: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 our men compete in Division 1 and women in Division 2. 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



# 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. We'll be hosting a Q&A talk Wednesday 13 September 8.30pm after the club run to tell you more about XC.

Or speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information.

Races with trophy 🏆 icons feature the 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

🏆	<b>14 October</b>	Race 1
🏆	<b>11 November</b>	Race 2
🏆	<b>13 January</b>	Race 3
🏆	<b>10 February</b>	Race 4

[www.surreyleague.org](http://www.surreyleague.org)

## Ladies' venues

Epsom Downs  
TBC  
Oxshott Woods  
Lloyd Park

## Mens' venues

Richmond Park  
Mitcham Common  
Wimbledon Common  
TBC

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

21 October	SEAA Relays	Wormwood Scrubs
28 October	Surrey Masters	Nonsuch Park
28 October	British Masters Relays	Long Eaton, Derbyshire
🏆	<b>18 November</b>	London Championships Parliament Hill
🏆	<b>25 November</b>	South of Thames 1 Beckenham Place Park
2 December	Kent Masters	Central Park, Dartford
9 December	SEAA Masters	Oxford
🏆	<b>16 December</b>	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
🏆	<b>27 January</b>	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.



SCAN ME

# 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 Sept. early Oct.

7pm every Tuesday in September - Low Cross Wood Lane (opposite Sydenham Hill station, College Road).

Depending on floodlights expect to be at Crystal Palace 10 Oct. - T.B.C

Do at least 5-10 minutes of gentle jogging before a 7:00pm start with warm-ups and drills, then main session and finish about 7:45-7:50pm. Session is free. Arrive ready to run - usually safe to leave jackets bags etc.

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

Sessions will vary week by week, expect 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 you are 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](mailto: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](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, 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](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 9am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# Autumn training update

Tuesday training now moves to Low Cross Wood Lane, the traffic-free footpath through the woods opposite Sydenham Hill station – details elsewhere in Shorts. We will be there throughout September and early October, until we go to Crystal Palace track once their floodlights are in use. The hill sessions will be good preparation for the cross-country season, as well as being a useful component of a more general period of training.

If planning a marathon next spring the period between now and Christmas is a great time to build your overall fitness and taking the opportunities offered by the club for training and racing so that you are faster and stronger by the time you start the more specific training period. This period your long runs should be around 90-105 mins, slightly longer if you are feeling strong, all at a nice easy conversational pace, avoiding any temptation to race others, at least for now. Otherwise you don't really need a detailed training plan for this period, but instead to get the miles in, varying the distance, pace and terrain to avoid monotony and to widen the range of stimuli and to build up gradually to avoid injury or being too tired to train the next day.

But whilst a typical week will vary from one person to another, you could be looking at something like the following between now and Christmas:

Monday – rest day or a 40-60 minute easy pace run

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-1/2M pace as part of a longer run)

Sunday – long run at a nice easy pace

There is a danger of making every week too similar, so that you do too much of some training and not enough of others, so you could for example alternate your Wednesday club runs between longer and shorter, vary the pace of parkruns, or make some of your longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training. I've made no suggestions here about strength and conditioning work, pilates or yoga, as I think the amount and type needed varies so much from one person to the next but these are all really important to building a stronger and more resilient body so please do consider what works for you on this.

## English Fell Racing championships 2023

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

Sept 23      John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

## Masters International Championships

08 Oct - British Masters Marathon Champs - Chester  
Oct? British Masters 1/2M Champs Gravesend

03 Dec - British Masters 5k Road Champs - London



# Dulwich Runners annual 'Hash House Brewery Run'

Sat 16 Sept, 2.00pm - 5.30pm (and onwards for those still standing)

Final details for this Saturday's Brewery Run!

We have tables reserved at the start from Brick Brewery, 2.00pm and end at Gipsy Hill Brewery, 5.30pm. All runners are welcome (with guests too) and can join at any point along the route and drop off when they feel like it. Soft drinks available throughout.

Strava route: <https://www.strava.com/routes/3135926920909497730>

Google map: <https://www.google.com/maps/d/t?mid=1Nmy1tzmKr6pQNG3goQzDLgFDIYTmg74&usp=sharing>

Any questions to: [dulwichrunnerssocialsec@gmail.com](mailto:dulwichrunnerssocialsec@gmail.com)



## Dulwich Runners annual 'Hash House Brewery Run' Sat 16 Sep, 2.00pm onwards. Start Brick Brewery.

Tap Room Location	What3Words	Apx Arr	Apx Dep	Drink time (min)	Dist from prior (km)	Run time from prior (min)	Pace (min/km)	Dist cum (km)	Address
Brick Brewery	///faces.under.fish	2:00 PM	2:25 PM	0:25 min	0.0	0:00 min	0:00 / km	0.0	Arch 209, Blenheim Grove, SE15 4QL
Friendship Adventure Brewery	///frozen.lower.famous	2:50 PM	3:20 PM	0:30 min	3.2	0:25 min	0:07 / km	3.2	245a Coldharbour Lane, SW9 8RR
Clarkshaws Brewery	///save.talked.branded	3:25 PM	3:50 PM	0:25 min	0.2	0:05 min	0:33 / km	3.4	Arch 497, Ridgway Road, SW9 7EX
Brixton Brewery	///price.price.times	3:55 PM	4:25 PM	0:30 min	0.6	0:05 min	0:07 / km	4.0	Arch 548, Brixton Station Road SW9 8PF
Bullfinch Brewery	///last.memory.solved	4:45 PM	5:10 PM	0:25 min	2.2	0:20 min	0:08 / km	6.3	Arch 886-887, Rosendale Road, SE24 9EH
Gipsy Hill Brewery	///rapid.storm.names	5:30 PM	10:00 PM	4:30 min	2.4	0:20 min	0:08 / km	8.7	Unit 8, Hamilton Rd Industrial Estate, 160 Hamilton Road, SE27 9SF
					8.7				

<https://www.strava.com/routes/3135926920909497730>

<https://www.google.com/maps/d/edit?mid=1Nmy1tzmKr6pQNG3goQzDLgFDIYTmg74&usp=sharing>



## 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

With a monthly code. Please don't share outside of Dulwich Runners. code for September is - **EIUUE8 valid to 3/10/23**- giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50. Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

## Dulwich Runners Book Swap

### The last Wednesday of each month

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

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

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

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



v1 **Dulwich Runners**

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

[✉ app.dulwichrunners.org.uk](mailto: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](#).

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## 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

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

## The UTMB Mont Blanc

... is one of the most iconic ultra-trail races in the world, starting and ending in Chamonix, and circumnavigating the Mont Blanc massif through France, Italy and Switzerland. This year the event was celebrating its 20th anniversary, and the first World Series Finals for the 50k, 100k, and 100M distance categories. Finishing at least one of the 37 World series qualifier races, worldwide, and having a sufficiently high Running Index on the required distance, gives you access to the ballot for the world finals.

It was a long journey for me, since the end of 2015, when I was attracted by some videos of the UTMB. It seemed epic, a worthwhile dream for me. I tried my first ultra in 2016, a 50k half-loop of the Isle of Wight. I was hooked, so I started to increase distances, covering 80k, 100k, 125k, in increasingly mountainous routes.

This was my 14th ultra-trail run: with 11 valid results and 2 DNF, here I was about to start the biggest and most prestigious of all, with its 173 km and 10,000m+ elevation, alongside 2,800 qualifiers. The only objective for me: to get to the finish line within the maximum 46.5 hours.

I spent the summer doing as much specific training as possible, including running high mountains trails, steep technical routes, doing a lot of strength and conditioning work, running back-to-back long runs, running at night, carrying a backpack, using running poles, and eating all sorts of solid food during my runs.

All of this gave me confidence in my training, and perhaps for the first time in a few years, I was starting an ultra without a lingering injury somewhere in my legs or feet. Every aspect of the UTMB is a scary and exciting challenge at the same time. There were a number of them that I couldn't control with training, and could cause a DNF if not properly managed. Namely: staying on my legs for more than 40 hours, nutrition and hydration, lack of sleep, muscle pain and risk of injuries. I knew that over 30% of starters DNF in this race, due to injuries or fatigue.

The start in Chamonix is an experience in itself. The speeches, the chanting, the presentation of the elite runners and finally Vangelis "Conquest of Paradise" played at full blast will reduce most in tears. For the first 2 km the public literally pushes you and shouts encouragement in your ears. It takes an hour, after that, to recompose yourself and focus on the mountains you are going to climb and the night that is closing on you.

I deliberately started slow, at the back of the group, just making sure I had enough buffer from cut off time. Nutrition was a big unknown, as I had never competed for so long, so I carried with me and put in my drop bag a variety of food, including energy bars, jam and peanut butter sandwiches, nuts, candy fruit and ginger, caffeinated and normal gels and energy powder for my bottles. My strategy was to use solid food at the beginning, when my stomach could still digest well, and then move to gels. I tried to have warm food at the aid stations, to help with digestion. I was targeting about 80g of carbs per hour, plus

some proteins and fats. That's basically the energy of a plate of pasta per hour, for 2 days and 2 nights non-stop!

Starting on Friday at 6pm, only the top 5% of the starters are so fast to finish before midnight on Saturday, and avoid the thick of the second night.

For the 2 weeks before the race I didn't drink any coffee, and during the race I had a lot of coke - more than 3 litres, from my recollection - I think it worked as I've never felt sleepy on the course.

To limit the risk of injuries, I was very cautious in some very technical and very steep descents. I tried to have laser-sharp focus on difficult terrain and ignore people who wanted to make positions on those stretches. Back in May I had to DNF from UTS 100k due to a fall and a bad gash in my shin. A big lesson.

I suffered more during the days because of the hot weather - but during the nights I felt very strong and made a lot of positions. My pace was fairly consistent till the end - I didn't have any major crisis.

My son was my support crew - in an environment and a sport totally new to him - I wanted to spend enough time with him in the hope that he would feel inspired. I think this was wildly successful. He was more emotional than me, enjoyed watching all the competitors, and didn't miss a step, including encouraging me!

At no point during the race I had intense pain in my muscles. Many times I thought that my training this time really made me mountain-proof. Perhaps paracetamol helped too, as recommended by a trusted friend.

Mentally, my focus was always on the current segment, trying to complete the uphill or downhill under my feet. I sometimes thought about the bigger picture, but only for a few moments. I knew that the first night would be in very challenging terrain, really remote, in high altitude, with tiny and far apart aid stations, but once I reached Courmayeur, hopefully around mid-day of Saturday, I would know most of the rest of the course, as I have run the CCC there twice. So I wanted to get there while still feeling strong. One of the mountain passes was full of snow, and the following was so windy and cold that we spent hours without exchanging a word with the fellow runners.





It was a relief when the morning opened, and soon I was descending towards Courmayeur. I took a good break here, had a good meal, changed my clothes and shoes, and brushed my teeth, which was really nice.

I only had 40 minutes on the cut-off time when I left the large aid station, and it was very hot, so these were my main concerns.

My next big milestone was to do at least part of the descent to La Fouly and Praz de Fort in daylight, and try to run this part as much as possible.

I had two major climbs, taking me back to 2600m, before I could enjoy that part of the route. I made it to the top, with around 1 hour from cut off time, and 1 hour before sunset, to be used to make some ground. I felt good.

I arrived in La Fouly, and here Dylan, from DR greeted me. It was so nice to see a known face, and telling him that I was ok, made me feel even better.

It was night again, and I had another 3-4 hours before the following aid station, at Champex Lac, a "life" aid station, and a true reality check for most runners. After 30+ hours on the trails, well into the second night, and with 45 km to go, the presence of beds and medics was a serious temptation, and a gate to a DNF. My son was there and very happy to see me. Now I had nearly 2 hours on the cut off time, a nice budget to use, if needed, over the following dark hours.

I felt energised during that second night, passing many people on the ascents and descents. One more aid station during the night, at Trient, and I had nearly 3 hours on the cut off time. I had time to look at the tons of texts received from friends and family. I wanted to make them proud of me. At the top of the next climb, near Les Tseppes, the famous second sunrise was on me, and I was feeling full of energy and with a big smile.

## The Big Half:

### How to break every rule in the book and run a half marathon

3rd September 2023

Lindsey Annable writes: Easy training, familiar carbo-rich food, plenty of rest, regular mealtimes, time off feet, have an easy week. So that's the theory for the week before a half marathon but the reality for Barrie was completely the opposite! His filming schedule was proving very arduous and his performance vs. the rule book read like this:

Easy training - none unless you can count running from his rest area to set

Familiar carbo-rich food - failed again with on-set food focussing on enticing the taste buds and trying to impress. Think posh hot dogs with crispy onions and guacamole for an afternoon snack. Sauces and lots of sauces on every main meal going. Anything to lift the spirits rather than tick nutritional guidelines  
Regular mealtimes - all over the place. They very often work so-called continuous working days in the film industry with no formal breaks for lunch. Barrie found himself taking his first bite of lunch only to be called back on set and not get back to his food until 2 hours later for another couple of bites. Then being called back on set...

Plenty of rest - only when he slept

Time off feet - very little with the role requiring Barrie to stand on his feet rehearsing scenes before a certain Oscar nominated A-lister arrived to take over

## Second Sunday of the month 5 mile

10th September 2023

It was a bit of a last minute decision to do this race as Barrie was working through to and including Saturday. He thought it would be a good way of getting a run in early rather than do a solo effort after a later start to the day. It was also his only day off as he was back on set again on Monday, so he wanted to feel he had achieved something with his free day.

I was unsure whether to enter as I think I had had Covid again the week before last. At least I've been facing that all too familiar post Covid fatigue the last week or so. I decided to do the race more as a training run although in hindsight it was probably too tough for only my second run back.

The heat was stifling even when we arrived so our warm-up was quite brief to get the legs moving. A small field of 29 had pre-entered but it was swelled by a fair few on the day entries thank goodness, with a few familiar faces of local runners.

The course was quite pleasant in parts in the shade and thankfully required no acrobatics to hurdle a fallen tree as Ros, Andy and Mike had encountered in last month's edition. Barrie had a good run despite long hours in the week although he did feel very tired. I felt drained of energy and nearly tripped up four times on the second lap, dragging my feet no doubt. I couldn't resist overtaking a Dulwich Park runner though on the final run in.

27	Barrie John Nicholls	44:38
35	Lindsey Annable	53.25

41 ran

## South London Harriers 1500m, Coulsdon

September 5

Steve Smythe writes: Clare Elms went top of the UK W55 rankings with her first sub-5 of the season but more noteworthy as she hits 60 in a few months, it made her the oldest ever woman to break five minutes.

Running against runners mostly over 45 years her junior, it wasn't a fully clear run she got due to the younger athletes surging and indiscipline but it got her her highest ever age-grading - a sensational 105.14 per-cent (but showing as 106.2% on Dulwich App) which is one of the highest of anyone in history.

The World W60 outdoor record is 5:04.27 and the UK record is 5:08.10.

Clare already holds the UK records as a W45 (4:31.87), W50 (4:36.79) and a W55 (4:46.64) though it will be the indoor marks she will looking at after Boxing Day.

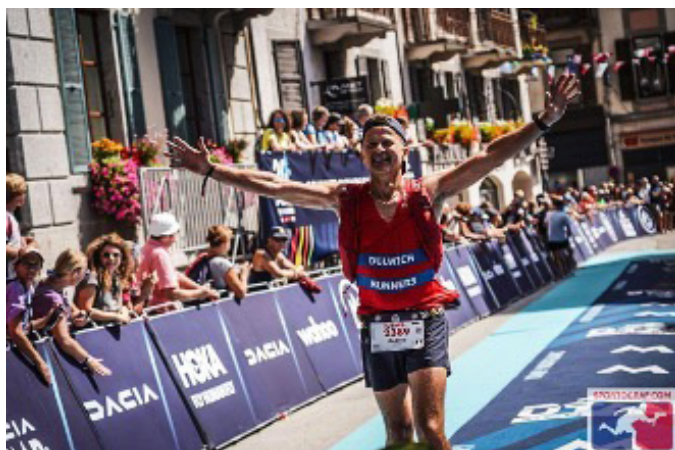
Tony ran in an earlier race and thrashed most of the six-year-olds he was up against but one survived his cut and thrust tactics and got clear of him on the last lap but he did set a season's best.

Gower and Christina, with my son Bruno, texted that they would come to the next and last aid station, at Vallorcine, which I was about to reach. That gave me even more strength. I was still running, and euphoric.

I had a quick breakfast, and it was time to wear my Dulwich Runners vest. I wanted to finish in red and blue, in honour of my club. One more big climb and a technical descent, and I had Chamonix under my feet again.

My son was waiting for me, and we ran together the last 500 metres. The town was full of people cheering from their cafes or restaurant seats, or lining the streets asking for high fives, playing cowbells, and shouting my name. Finally that blue carpet and the finish line.

Andrea Ceccolini - 42:50 - 1169th /1757 (2693 started, 936 DNF)



Easy week - long 12 hour days with a sudden move to include the day before the Big Half giving Barrie no day off at all  
Rules broken 6/6

It was not surprising that Barrie was rather worried about the Big Half but he had been determined to run it as a regular supporter of the club championships and in his new role as Honorary Presidente. He hardly slept the night before and arrived feeling quite jaded at the start. He enjoyed seeing a few fellow DRs though.

Pre-race he had intended to run with the 2 hour pacers but opted for the 2hr 10 after his hectic week. Ever the competitive he actually found the pace a little slow so spent the rest of the race trying to catch the 2 hour pacers. He could see the flag in the distance but never managed to quite catch them until the final km when he produced his trademark killer sprint. I really don't quite know how he managed to dip under two hours with the three weeks' filming he has had. He credits the tough Richmond Half before as giving him the mental strength to battle through it.

I met him at the finish and we spent time wandering round the event village, listened to some music and Barrie had a well-deserved beer in the sunshine. He couldn't resist an interview with the event MC where he gave a big shout out to Dulwich Runners. We then went to the terrace of the Royal Maritime Museum where they had beer on tap, sandwiches and hot meals if you fancied a bite to eat. There were plenty of chairs in the sun or shade and it wasn't too busy so a perfect space for a relaxing post-race beer and snack overlooking the park. Well done to all who ran particularly in that heat and it was great to see so many DRs on the TV coverage!

## Maldon Park Run

9th Sept 2023

Colin Frith writes: "Vintage" Dulwich Runners past and present tried to turn the clock back at this scenic Park Run. Despite the heat, various niggles and a few extra pounds : Alastair Young (24:25), Steve Williams ( 24:40) , Colin Frith (27:19) and Martin Morley (36:18) -all were pleased to finish in one piece. Its probably been over 20 years since all four raced together. Those far off days of pbs between 16 and 18 minutes seem a lifetime ago!



Martin Alastair Colin Steve

Race 1:  
2nd Tony Touhy 5:02.61

Race 2:  
9th Clare Elms 4:57.10 (world age 59 best)

## Medway BMC Open, Gillingham,

September 2

Clare went top of the UK W55 800m rankings with a four second season's best.  
C race: 7 Clare Elms 2:27.79

## Tonbridge Mile

August 28

Clare set a UK W55 lead at the mile and set another world age 59 best.  
The more important world W60 record is 5:27.  
5th Clare Elms 5:23.35 (world age 59 best)

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.

### Roundshaw Downs

125 Ran  
Pos Gen  
34 30 Nicholas Brown 25:17

### Finsbury

530 Ran  
Pos Gen  
301 80 Ros Tabor 28:39  
321 211 Andy Murray 29:12

### Brockwell ,

323 Ran  
Pos Gen  
14 14 John Kazantzis 20:08  
38 36 Stephen Trowell 21:44  
49 3 Klara Saville 22:15  
59 5 Ola Balme 22:34  
71 60 Simon Burnett 23:06  
76 11 Shoko Okamura 23:41  
113 84 Graham Laylee 25:07  
114 85 Hugh French 25:07  
154 112 James Gordon 26:53  
267 82 Sharon Erdman 32:29

### Beckenham Place

289 Ran  
Pos Gen  
289 96 Laura Vincent 46:42

### Crystal Palace

388 Ran  
Pos Gen  
4 4 Harrison Minter 18:32  
26 24 Matthew Trueman 21:32  
36 34 Paul Hodge 22:19  
39 3 Laura Denison 22:31  
82 68 Mark Inger 24:42  
161 125 Joseph Brady 27:21  
192 33 Claire Steward 28:23  
203 34 Joanne Shelton Pereda 28:48  
241 170 Paul Hilton 30:19  
360 207 Steve Wehrle 2nd cl. 43:28  
375 136 Belinda Cottrill 51:39

### Maldon Prom

311 Ran  
Pos Gen  
52 42 Stephen Williams 24:40  
109 86 Colin Frith 27:19

### Dulwich

596 Ran  
Pos Gen  
1 1 James Dazeley 15:44  
30 27 Thomas South 18:45

37 34 James Brown 19:07  
92 76 Austin Laylee 21:04  
112 94 Rob Fawn 21:42  
118 99 Paul Vivash 21:53  
152 128 Dan Hill 23:02  
160 21 Yvette Dore 23:20  
235 42 Eleanor Simmons 25:29  
581 319 Fazlur Rahman 41:14

### Gladstone

243 Ran  
Pos Gen  
33 3 Becca Schulleri 22:38

### Burgess

552 Ran  
Pos Gen  
13 13 Alex Loftus 18:57  
68 6 Michelle Lennon 21:12  
115 99 Hugh Balfour 22:36  
436 136 Stephanie Burchill 32:56

### Brockenhurst

113 Ran  
Pos Gen  
45 35 Michael Dodds 26:53  
77 27 Clare Wyngard 31:26

### Southwark

399 Ran  
Pos Gen  
41 34 Lee Wild 21:29  
122 95 Tom Childs 24:43  
198 138 Gary Budinger 27:35

### Peckham Rye

329 Ran  
Pos Gen  
8 7 Matthew Ahluwalia 19:23  
32 28 Alex Bazin 21:20

### Folkestone

298 Ran  
Pos Gen  
17 1 Kim Hainsworth 20:39

### Penrose

196 Ran  
Pos Gen  
1 1 Joe Hallsworth 16:45

### Haga

131 Ran  
Pos Gen  
20 17 Edward Smyth 22:39

### Clapham Common

813 Ran  
Pos Gen  
361 249 Ian Sesnan 26:51

### Felixstowe

249 Ran  
Pos Gen  
13 13 Matthew Wright 22:02

### Kew Woods

64 Ran  
Pos Gen  
8 1 Nicola Richmond 23:39

### Bethlem Hospital

95 Ran  
Pos Gen  
1 1 Andy Bond 16:42  
70 51 Peter Jackson 30:43

### Jesmond Dene

440 Ran  
Pos Gen  
195 141 Dave West 30:16  
267 174 Paul Keating 33:30

### Amsterdamse Bos

165 Ran  
Pos Gen  
31 4 Harriet Roddy 22:54

### Sutcliffe

193 Ran  
Pos Gen  
27 25 Ross Rook 21:33

### Charlton

211 Ran  
Pos Gen  
23 22 Michael Fullilove 21:25  
31 30 Stephen Smythe 22:04

### Stockley Country

75 Ran  
Pos Gen  
32 5 Lindsey Annable 30:09

### Thames Path , Woolwich

195 Ran  
Pos Gen  
13 11 James Wicks 21:15



# 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](mailto: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](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



Mid Layer 1-4 Zip Top



# Dulwich Runners Summer Map C

13.9 km / 8.6 miles - 127m gain

11.1 km / 6.9 miles - 101m gain

8.1 km / 5.1 miles - 53m gain

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

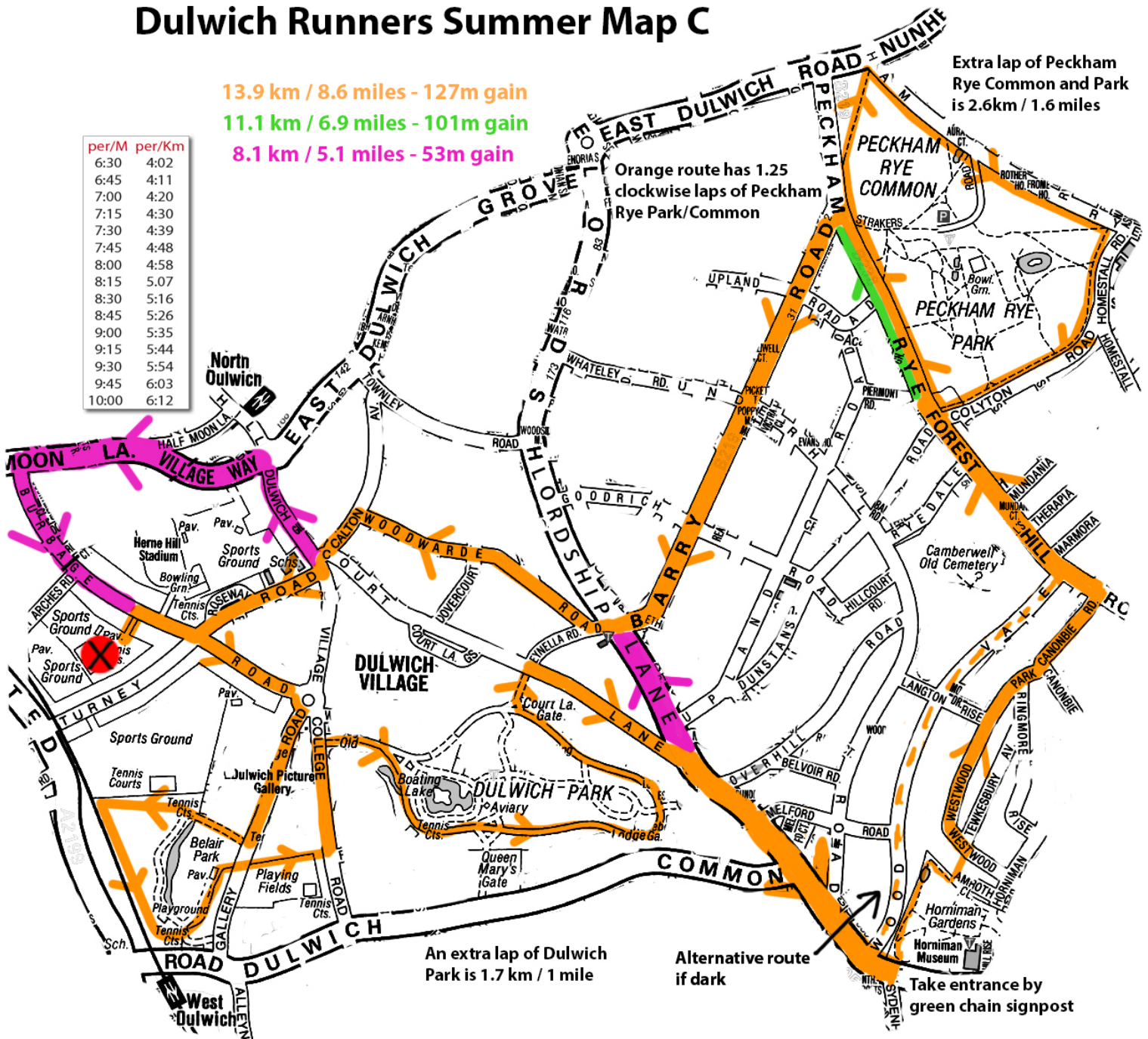
Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

An extra lap of Dulwich Park is 1.7 km / 1 mile

Alternative route if dark

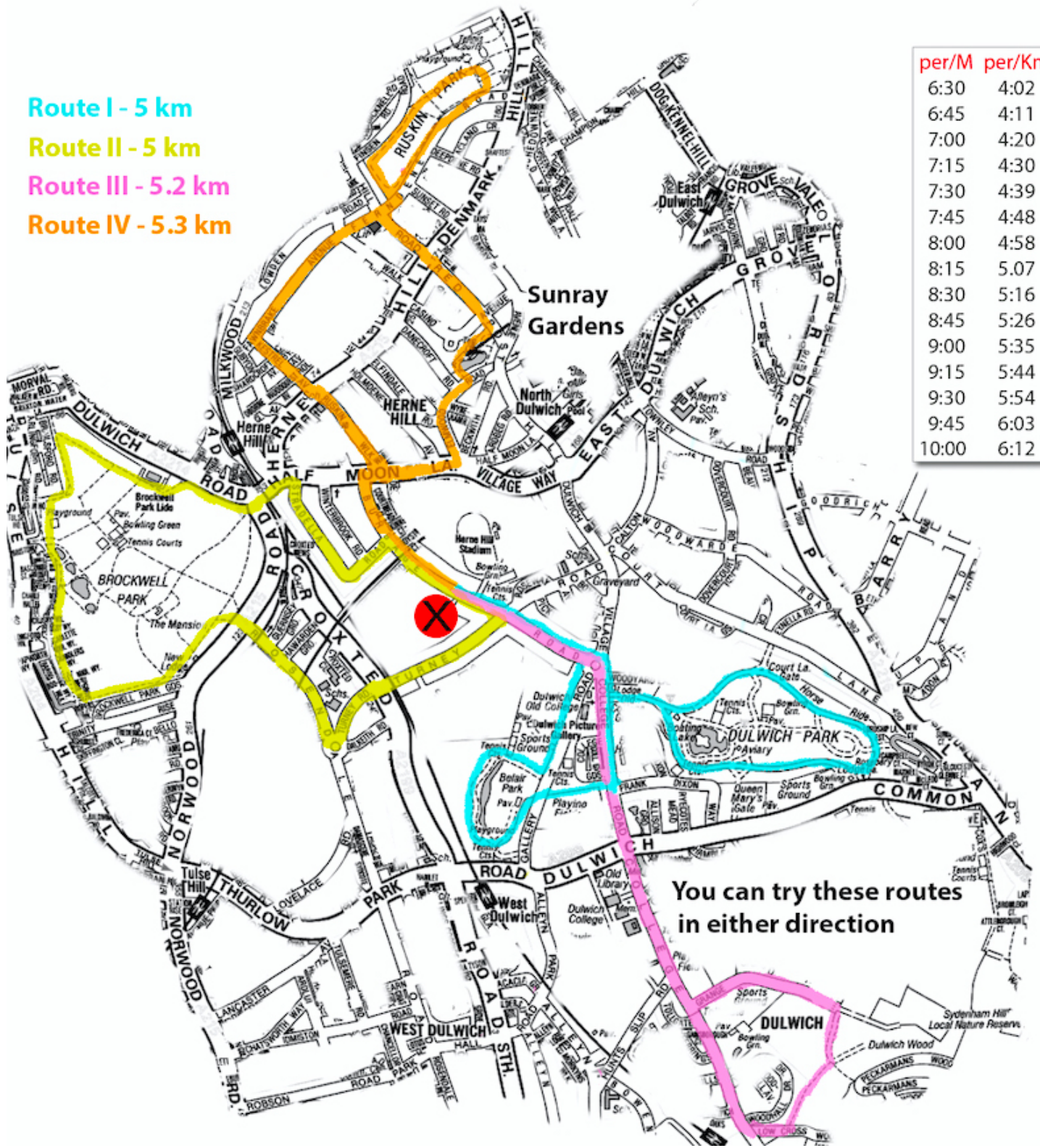
Take entrance by green chain signpost



# Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 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