

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
December 15th 2021  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

**DEADLINE for submissions etc 17:30 TUESDAY**

Wednesday runs from the clubhouse. - £1 fee per run  
Changing rooms, showers & bar all open.  
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track  
- suitable for all abilities

## In your SHORTS this week !

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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

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

Like us on Facebook @dulwichrunners

Connect with us:



## Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again.  
A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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

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

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

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

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

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

## Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

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

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

### Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Dec	7	400s
	14	800s
	21	1000s

## Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Ssessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile  
Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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



### **Surrey League**

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

### **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 the men's Surrey League there is now a B team competition where the second 10 runners 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 men 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. This means that runners should return their numbers to their captains after the race, or take them home, in which case 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 and National champs. Plus others for Masters. See fixture list in Shorts and website.

### **Which races to go for**

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

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

### **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.

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, but 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 and 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 heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. 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.

### **2021/22 Ken Croke XC Championships**

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 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.

The qualifying races are shown on the following page.

### **Contacts**

Further information contact your captains at:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

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

For further info about events in Shorts, how to enter etc, contact your captains:  
 Thomas South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2022 Club Champs

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

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

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

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

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

- 5 February Brockwell parkrun
- 13 March Paddock Wood 1/2M
- 10 July Sevenoaks 7 trail race
- 4 Sept. Big Half
- 2 October London Marathon (or alt. marathon)

## Cross Country Fixtures

2021			Distances , Start times etc	
Dec	18	South of Thames 7.5m	Beckenham Place Park	7.5m 2pm
2022				
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	<b>Surrey League 3 (men)</b>	<b>Richmond Park</b>	8k men and women start times tbc
	15	<b>Surrey League 3 (ladies)</b>	<b>Mitcham Common</b>	" " "
	29	South of England Champs	<b>Venue tbc</b>	8k women 2.05   15k men 2.50
Feb	19	<b>Surrey League 4 (men)</b>	<b>Lloyd Park</b>	8k men and women start times tbc
	19	<b>Surrey League 4 (ladies)</b>	<b>Effingham Common</b>	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

## 21/22 Ken Crooke Cross Country Champs

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill

**To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.**

## English Fell Running Championships 2022

Between us we have spoken to a number of people who have expressed an interest in taking part in all or some of these races next year. Therefore, we are wondering if we can get a team to take part. The English Champs are made up of a series of six races of varying distances throughout the season. If we want to compete as a team or as an individual then it's a "four races to count" rule, and these four must include a short, a medium and a long, plus any one other race.

Most of the races are in the north of England in some pretty amazing places and fell runs tend to have really great atmospheres normally featuring pubs afterwards (if your still awake).

This create some logistical challenges and some coordination issues but we are happy to shoulder some of that burden if we can get a group interested. Some of these races fill up quickly and it is generally advisable to join the Fell Runners Association too as you get some preference on entry. You

get a nice quarterly magazine too with scary articles about fell runners.

- The races chosen for next year are:
- Guisborough 3 Tops (Medium, 10-20 km) N York Moors 30 April
  - Lower Borrowdale Skyline (Medium) SE Lakes 21 May
  - Bukden Pike (Short, less than 10 km) Yorkshire Dales 18 June
  - Old Crown Round (Long, more than 20km) N Lakes 23 July
  - Bradwell Short (Short) Peak District 13 August
  - Langdale Horseshoe (Long) Central Lakes 8 October
- All these races are category A (50m+ ascent per km)

A note of caution the long races in particular are a significant challenge and you sometimes have to deal with some really bad weather. You need to be able to navigate with map and compass (GPS is not allowed). There are online courses for this but you will need to have done it (and like to do it) in the real world too! Some races are not on paths and involve decision making on the best line too. On the plus side there is the joy of racing over difficult terrain some amazing views.,  
 For more info contact Hugh Balfour [hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info) or Mark Foster [markafos@gmail.com](mailto:markafos@gmail.com)  
 We can then see if we have enough interest to co-ordinate a team.

# South Of Thames 7.5M Beckenham

**Saturday 18 December**

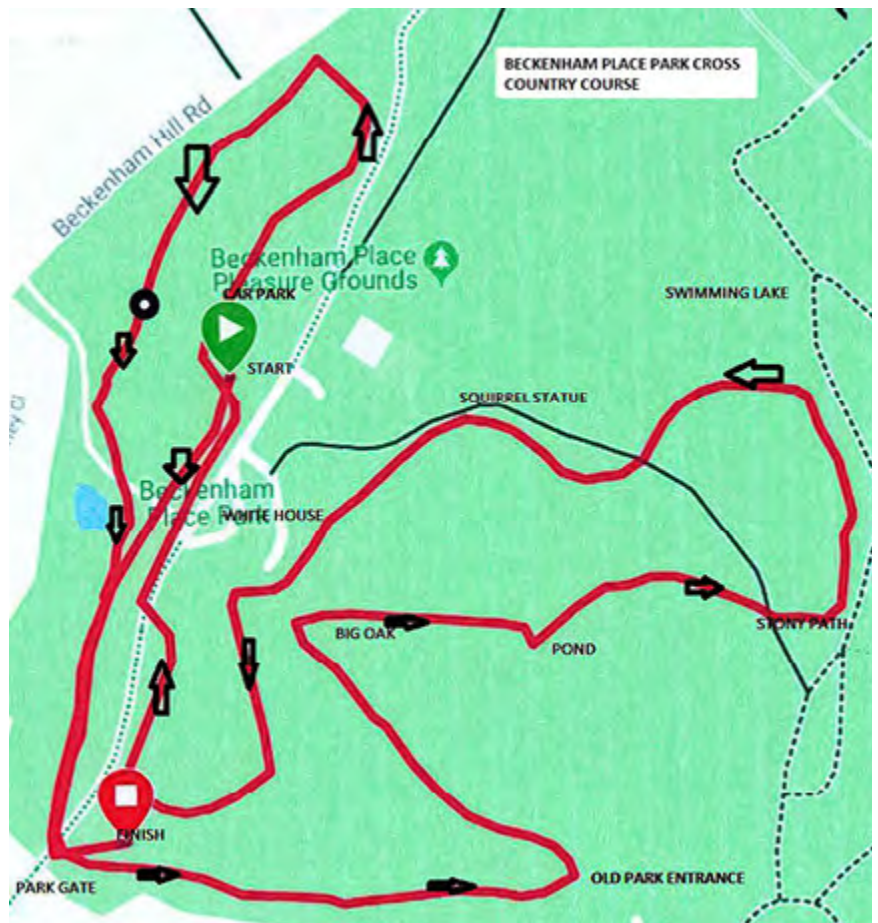
Our next cross country champs event is the South of Thames 7.5 miles at Beckenham Place Park, start is close to the Mansion at 2pm.

3 lap course, taking in a large part of the park, similar to the one used 2 years ago for this event. We are looking for a big entry to this race, hopefully matching the 40 or so runners we fielded for the London Champs.

**To enter contact either the joint ladies captains or Mike Mann by December 5th at the latest.**

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Lewisham Council has advised that runners should take lateral flow tests before competing at Beckenham on Saturday.**



## URGENT REQUEST FOR VOLUNTEERS

We have agreed to provide marshals for this event, starting at 2pm. We need around 10 marshals so if you are not planning to run your help will be much appreciated. Contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk).

# Box Hill Fell Race Update

**Saturday 22 Jan. 2022**

Here are the entry details. Entries are through Si Entries. You can log on directly or go through the link on the organiser's website. (South London Orienteers - [www.slow.org.uk](http://www.slow.org.uk)). Entries open noon Boxing Day. This race is likely to fill up in an hour or two. I recommend registering with Si Entries in advance and setting your alarm!

This is a good introduction to fell running. The course is marked and mainly on paths – no bogs or boulder fields! But some of the descents are very slippery and you need fell shoes (Walshes or Inov8s - spikes are not allowed). You will have a grim time in trail or road shoes, but fell shoes also work well for lots of cross-country courses. I will be at the Club on the next two Wednesdays if you want to ask me anything. [hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info) **Hugh Balfour**

### Contacts:

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

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -  
To find out more - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Watch out for doors of parked cars!

It wasn't a muscle strain or a dodgy knee that led to me dropping out of last Wednesday's club run, but a car door. As I ran merrily along Lordship Lane towards Wood Vale, dressed (admittedly unusually) in a fluorescent top and so feeling particularly visible, the driver of a parked car opened his door into my left side. There were no lights on in the car, it did not look like it had recently stopped, and there was really nothing to suspect either that there might be someone in it, or that someone was about to (inadvertently) wound me with its door.

Thanks to the very kind support of three other Dulwich

Runners, and the quick thinking and first aid supplies of the lovely staff at Tool Station, we were able to patch me up and pack me off in a cab to A&E. I arrived at Casualty at 8pm, was triaged at 9.30pm and given some pretty strong painkillers, sent (somewhat confusingly) for an X-Ray at 10pm, and then saw a doctor at, um, 3am. Three stitches and a course of antibiotics later (car doors being both metallic and dirty and therefore, it transpires, on the potentially infectious side), I made it home a little after 4am.

I'm off running now until it's all fully healed, so wish everyone a lovely Christmas, and if there is any moral to my story, it is to watch out for the doors of seemingly parked and unoccupied cars: you never know when someone will neglect to check their mirror and take you out!

**Will Hooper**

Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

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

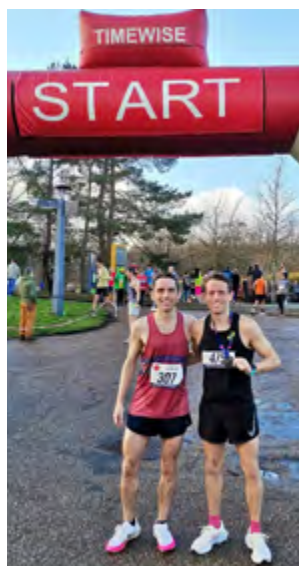
## Telford 10k

Ed Chuck

"Telford? That sounds like a place name used in Fry & Laurie", one of my bosses joked when I told them of my weekend plans. And I suppose he was right. It is a little surreal why this narrow section of path featuring two dead turns, just outside the car park of the (grandiloquently named) Telford International Centre has become the "statistically proven" fastest 10k track in the country, but when 13 out of the 75 odd sub-30 10k road times were set there in 2019, it's hard to argue with. Still, the prospective 7 hour round trip did make me a little apprehensive as I ruefully nursed my Alkoholfrei Erdinger at the club xmas bash, heading home v early to get some sleep.

Setting off from Herne Hill at 6.20, I picked up 2nd claimer Nick Impey on route. We arrived without too much incident (aside from a frantic scramble for somewhere, anywhere, to go to the loo about 10 miles out). Once we arrived the set up was pretty much perfect - the car park is 100m from the start line, and there are lots of little paths to use to warm up. The weather was also ideal - 12C - gloves but not sleeves weather. Owing to more WC urgency in the 15 mins before the race, when we finally made it to the pen we were a little further back than I would have liked, but having seen from previous years that near enough everyone runs positive splits, I figured that if I was held back a bit at the start it probably wouldn't do me much harm, and might stop me from imploding.

Before the race I had set an "A" goal of 30:30. I had never run a road time which would suggest I could do this, and this target was based on the times that guys that I've been close to over XC this autumn have done. In previous years, this would have meant finishing about 40th, so the plan was to find myself about 40th, slot in, and hope that the train of guys in front would pull me along.



The klaxon sounded, and the 170 odd chaps set off. The reason for Telford's renown is because of its first kilometre, which is downhill. The paths are however quite narrow and bendy, so for those of us not at the front the pace was a bit up and down as the shoal negotiated these bends. Once we hit the flat section I was quite far back from where I wanted to be, so I had to put some work in to push on. It was a little tricky, as the paths remained narrow, and the verges

were very soft/muddy. Eventually I saw Ben Cole's Tonbridge shirt about 10 places ahead, and reasoned that I had got far enough and could settle down. The course (post hill) consists of two laps through Telford Town park, along the "Silkin Way". These out and back loops are why the course is quick - they are long straight drags of about 2k each direction. One end of these laps is a sensible bend, while the other is a dead stop around a post.



As we turned the post for the first time I finally had a bit of clear path and was able to push on again, and as we came to the end of the first lap I crossed the 5k mat in 15:10. Lewis (who ran here in 2019) had told me not to freak out if this happened, but given my 5k PB is 14:54, it was hard to dispel the feeling that the pace might be a little hot. The second lap started and I felt pretty good, but as we got toward the dead stop turn again I sensed the first feelings of the stomach cramp that crippled me at Paddock Wood, so I slowed a little, knowing that whatever happened I was on for PB, so the main thing was to keep the show on the road. In my head I just needed to get through to 5.25 miles, and I could then start to pick things up again. The stitchy feeling remained, but going into the final k my legs felt strong, and my breathing was good, and I was able to close the race out with a 2.57 final k, and crossed the line in 30:38 - a 46 second PB - a time really beyond anything I could have imagined

running this time last year, or even before the past 8 weeks. Nick had a great run behind too, and finished in 31.40 - a 33s PB (and should be good enough for him to run at the Night of the 10k PBs next year too). He was probably one of the handful of guys that negative splitted (15:52/15:48).

I wasn't aware before the race, but Lucy Elms was also running in the women's fast wave, and left with a 29s PB too - finishing in 36:15, which should also see her qualify for the Night of the 10k PBs. This time would also suggest that she's on course for a big 5k PB whenever she next runs one.

At the start of this year I was bed-bound with Covid, and had never felt so ill. When I went for my first 2 mile jog 3 weeks later, everything felt wrong, and while I was glad to be out, I was feeling pretty philosophical about how much running I'd be doing. The end of 2019 and all of 2020 I'd been struggling with a hip problem, and with this on top of Covid (and starting a new job), I thought running might take a bit of a back seat. I'm very grateful to Jack for coaxing me out and nursing me through those first sessions back in the Spring, and to all the guys I've done sessions with over the year - it feels like we have a lot of good runners coming through, and I'm excited to see what we can all do next year!

# Telford 10km

December 12

Steve Smythe writes: On a very fast course - a downhill start and no notable ups - there was an amazing time from Ed - 30:38 on chip - destroyed his previous club record and represents 4:56 miling and gave him 86.36 on age-grading. His halfway time was 15:10.

Curiously 10 places behind Ed was his near poetical namesake Ed Buck.

Ed wasn't the only Dulwich Runner in PB form as Lucy Elms off minimal training sped to a half-minute PB despite suffering from a stitch which slowed her after an encouraging 17:53 first 5km which is a road PB for that distance.

Her 36:15 moves her high up the all-time list and would be a Dulwich under-23 record if we had such a thing. She finished a few places higher in the women's than Ed managed in the men.

52 Ed Chuck 30:44 (30:38 chip) (Club record)  
40W Lucy Elms 36:21 (36:15 chip)

## F3 Events

# Dorney Lake 1/2M

December 11

Steve Smythe writes: Ed's run was not the only staggering club record of the weekend as Clare Elms obliterated Ros's high quality W55 record by eight minutes.

Having done no significant half-marathon training runs she made a very late decision to enter this Noon race on the day given the excellent conditions and a desire to try her racing shoes for the first time in a distance race with an eye on the 1:28 qualifying time for London in the unlikelihood she fancied a marathon next Autumn.

With quite a small field - she finished eighth overall and first woman- she got no pace assistance whatsoever and had to run solo but according to the website completed the small 1100m lap and first of four 5km laps in 24:29 on schedule for

an ambitious 1:25.

In her longest run for a few years that might have been near the limits but feeling comfortable she got faster on the remaining 5km laps with 19:47, 19:41 and 19:31 to run a surprising 1:23:29.

That time put her top of the Dulwich women rankings for 2021 and the British W55 rankings too and her 10-mile time of 63:30 is actually superior to the English masters W55 best.

Clare was shocked about the time given her lack of training after Covid and long Covid and it was her fastest for five years though that reflects some tough courses and conditions in her more recent half-marathons.

She felt the shoes and good conditions and fast course helped but the course did have a dead turn on every lap which probably cost 10-15 seconds or so overall and she is looking forward to doing her next half with a little more training under her belt.

1W Clare Elms 83:31 (83:29 chip) (Club W55 record) (96.88% age grading)

# SEAA Masters XC 2021, Lloyd Park

11th December 2021

Ola Balme writes: It was a relatively mild day at Lloyd Park. As this was on the same day as the Inter Counties races for the younger ones and senior athletes. The course was muddy and slightly slippery but not treacherous. I enjoyed splashing through the puddle, thanks to a friend who supplied me with tape my spikes and laces stayed on.

Clare W, was the first Dulwich running a brilliant run to finish 10th in her age group. Angie was next home and had an awesome run winning her age category. Ola managed a sprint finish at the final home stretch. Michelle also finished very strongly just ahead of Katie who seems to be enjoying cross country. Anna is embracing the outdoors and had a good run. Good to see Lucy running strongly and Midge impressively.

The W50 finished 3rd out of 9 teams.

Thanks to support from Gary



OB AN ML LP AN KS AT MC

Clare Whitaker	29.21	W40
Ange Norris	29.58	W60
Ola Balme	30.37	W50
Michelle Lennon	31.06	W50
Katie Smith	31.07	W40
Anna Thomas	31.47	W40
Lucy Clap	33.46	W50
Midge Cameron	36.11	W50

# South of England XC Masters Champs, Lloyd Park

Saturday 11. December

## Men's Results

Ebe Prill (M50s) writes:

This event was held previously at locations like Oxford, Shuttleworth or Biggleswade. And on occasion the Dulwich male vets made it in the team medals. I fondly remember a second place for our M50s team in 2013, being third scorer behind the legends that are Tony Tuohy and Dave Beaver.

That was then and now is now. And now our M50s group of four decidedly did not consider a proper hard cross country course as their speciality. But still probably as the purest form of racing of the running season. Times or PBs don't matter, your position in the race is everything. And hence you battle with your fellow runners for position up every slippery incline, down each descent, along the muddy stretches, around tight corners and through deep puddles.

You still have to pace your effort though and 10k is long enough to get carried away in the first half and tire a lot later on. I started more cautiously than usual, had to let several go in the first kilometres that came back to me on the last. My legs felt cooked in the middle but better again towards the end. Seeing Mike Fullilove up ahead and getting closer by the minute helped no doubt too. As did several ding dong battles with runners around me. The traditional Lloyd Park course has a long run in to the finish, much of it downhill and on firm ground. That suits me much better than muddy uphill and I worked past the few remaining runners between me and Mike, closing the last gap with 50 metres to go and then past, hearing an encouraging 'go Ebe!' from him on the way. We crossed the finish line in close order, I just two seconds ahead of Mike, a tight finish for Dulwich second man in. Grzegorz meanwhile was waiting and looked almost recovered again. The distance didn't stretch him too much but he is no fan of cross country yet - his strava reads: "Still haven't learned to like it. Too short, too fast, too laborious :)" He made a decent enough job of it though and was our first team scorer.

Holger Betz in his first race of the year with Dulwich after a two year hiatus in Berlin found it quite tough he said, coming in half a minute behind. We ran together on the first shorter loop, then he forged ahead but having gone a bit too fast he tired and dropped behind on

the last of the two long loops.

No much chance of any individual or team medals this time. As one races in a sort of bubble with runners around one, a cross country can feel quite good or successful even as a race. Until you see the results and realise how far back in the field or your age group you were. With an ever increasing level of performance in the male vets age groups we didn't do too badly but had to concede finishing in the bottom half.

Congratulations to our fellow women's V50 team in that respect for their excellent third place!

### Mike Mann (M70s) writes:

I had the privilege of running in the women's race which was a bonus as it was only 6km, avoiding the usual foul smelling quagmire in the outer reaches of the park. Conditions can best be described as "normal for Lloyd Park", but much better than the ground during the depths of winter.

Having experienced some problems early on in recent races, I made some adjustments to my preparation with some fast strides immediately prior to the start (good) and a can of red bull (disgusting). A double espresso would have been far better, but I was unsure whether the cafe would be open. That together with reining back my pace early on seemed to do the trick, though I felt



stronger after 5 minutes and during the second lap. The hill was its usual slippery self and there was a large puddle to wade through on the return part of the lap.

### Dave West (M60s) writes:

I'm not quite sure how I managed to get to 63 without competing in Masters XC events, but having made my debut in the Surrey Masters earlier in the year, this race was quickly added to the schedule. However, unlike the rolling heathland of Nonsuch, where the over 60s ran a shorter distance, there was no such dispensation here and it was 10km of Lloyd Park at its best - the top end doing a passable impression of Passchendaele, albeit with fewer tanks and no barbed wire, but possibly a few bodies of unknown runners in the deeper puddles left from a day that started with a Parkrun and included eight other races before ours. Unfortunately, our M60 team faded away through illness, injury and COVID restrictions leaving me as the sole representative. Although that did remove any team pressure and I could run as I felt.

The first challenge was to join an enormous queue to negotiate the receipt of a number as, for the first time in XC history, team captains were not allowed to collect them in bulk. With the start time quickly approaching, there was only minimal time for a warm up before joining the starting huddle which was engaged in trying to guess how many laps we were to run in the absence of the customary pre-event communication. Then we were off, with me somewhere near the back and, presumably, those nearly 25 years younger at the front.

The first short lap of a fraction over a mile, of what turned out to be a three lapper, passed off uneventfully with only a little mud. That was followed by two longer laps of around 2½ miles which were very similar to the Surrey League course that many will be familiar with and includes long stretches of slippery and very wet conditions. Fortunately, I invested in a new pair of Inov8 - X-Talons recently and the 8mm studs really did their stuff although I could have done without a marshal saying that there were two more laps, when there was actually only one to go. Fortunately, the next one had got the memo!

Off limited mileage, I coped reasonably well, ran consistently and actually sped up a bit on the last lap, dropping several others who I'd been exchanging places with throughout the race. Finishing in 53:43 for just under 10km and allowing for around 500 feet of climb (worth 30 seconds a mile at my pace according to Strava) and the underfoot conditions, I was fairly pleased with the day. Although my Turkey Trot time the following day (which was within seconds of my last Dulwich Parkrun when I hadn't run XC the day before), suggests that I could have pushed a bit harder! Thanks to Mike for hanging around for several hours after his race in pretty nasty conditions and Gary for his support after warming up, but not being able to run.

## Results

6K race (Women and M70s):

88. Mike Mann 34:31 (3rd M70 out of 9)  
130 ran

10k race (M40s - M60s):

130. Grzegorz Galezia 44:15 (22nd M50 out of 47)  
165. Ebe Prill 46:10 (32nd M55 out of 48)  
166. Mike Fullilove 46:12 (33rd M55 out of 48)  
180. Holger Betz 46:49 (38th M50 out of 47)  
226. Dave West 53:45 (33rd M60 out of 34? or 35? he is twice in the results, with the slower Dave last M60 in 55:02; an error most likely in the funnel recording; unclear if an actual finisher or a 'ghost')  
233 (or 232) ran (1st Nick Torry 33:54 M40)

Dulwich M50-59 team (47, 67, 68) came 16th out of 20 teams.

First team Southampton AC (5, 7, 35)



# Turkey Trot

1st runner – Jonathan Whittaker  
 1st walker – Chris Vernon  
 Nearest to predicted time – Ebe Prill  
 Fancy dress award – Colin Frith

Firstly, many thanks to all those who helped this to be a thoroughly enjoyable event. The runners – it would have been fairly boring without you; and the helpers – Mike and Becca on the finish line, Gower for course set up and management and Andy on timer and results, superbly assisted by Ros. Do look on Facebook for some great photos, including the range of fancy dress.

The post party handicap was tightly contested with some runners still 'tight' from many hours of frivolity way into the previous night. The idea of a handicap is that everyone finishes at the same time. Luckily for the finish line recorders, very few people run times that consistently and, after 34 mins separating the start times, 6 mins 39 secs separated the first and last finisher. The handicap is worked out from parkrun/5k times but as well as racing to be first across the line, everyone predicted their finish time and there was a prize for whoever was closest to this. Watches were all removed for the race.

A handicap has different dynamics than a normal race, as runners are both chasing and being chased. There were some close battles around the park as true DR competitiveness set in.

Within the race there were both some people running and some walking. In his comeback race, Jonathan was the first runner home, finishing ahead of both what he predicted and his last parkrun time – congratulations to him. He is now the proud keeper for the next year of the trophy, with all the names on since the inaugural event in 1986 when it was won by Sid Crouch.

Due to the necessary time taken to work out the difference in finish times and predicted times, and the fact that some people needed to go, I decided to present to the first past the post winners in advance of all the results being finalised. However, I was too hasty and should have waited. A lesson learnt.

	Finish time	Run time	Difference from predicted
Bridget West	47.43	47.43	-2.17
<b>Johnathan Whittaker</b>	49.12	22.02	-1.06
Josh Wills	49.13	17.38	-1.01
<b>Chris Vernon</b>	49.18	47.33	-1.37
Miles Gawthorp	49.26	23.36	-0.24
Andrea Ceccolini	49.34	22.44	-2.16
Jenny Bomers	49.40	27.05	-1.25
Midge Cameron	49.59	26.09	-2.21
Emma Kelly	50.11	22.38	0.30
Dave West	50.31	24.41	-0.19
Andy Bond	50.40	16.45	-1.15
Hugh Stobart	51.09	17.04	-0.12
Andrew Scott	51.14	19.34	-0.11
James Auger	51.21	20.31	-0.13
Madi Newey	51.26	21.16	-0.14
Rob Tokarski	51.26	21.16	-0.14
Robert Emes	51.32	17.27	0.07
Rupert Winlaw	51.37	19.57	0.17
Chris Bell	51.41	41.31	-0.29
Lee Wild	51.46	20.56	0.11
Dave Benyon	51.53	21.18	0.18
Michael	51.54	21.19	0.19
Jo Shelton Pereda	51.59	27.09	0.24
Grzegorz	52.00	19.10	-0.20
Stephanie Burchill	52.04	48.54	0.54
Ros Tabor	52.05	48.55	0.55
Sue Vernon	52.07	48.47	8.51
<b>Ebe prill</b>	52.21	20.31	-0.03
Bob Bell	52.24	33.29	1.59
Kay Sheedy	52.32	20.22	-1.08
Alicja Furmanczyk	52.39	21.54	-1.06
Ajay Khandelwal	53.28	25.43	0.43
<b>Colin Frith</b>	54.22	28.42	0.29



As can be seen from the full results table, Bridget was first home but her time was actually more than 2 minutes faster than her predicted time. The rules were that a person finishing more than 2 minutes away from their predicted time is disqualified. For this reason, Chris Vernon was the first walker – congratulations to him. The non-running helpers voted for Colin to win the best costume award. It was a tough decision as there were some original and festive attires, some hindering the ability to run more than others. Well done to all who dressed up.

Lastly, with thanks to Andy and Ros for their maths, we were able to announce the person who finished closest to their predicted time. Some were remarkably close! The closest was Ebe, who was just 3 seconds quicker than he thought he would be. Many years ago, winners were presented with a china turkey. However, at some point a former member moved and with her went the turkey. Over the years, it has travelled to Brighton and Scotland but recently was found and sent back. This will now sit on Ebe's mantle piece for a year.

## Crystal Palace Canter

7 December

Dave West writes: The Crystal Palace Canter ran, on and off, as an organised race from the late 1980s until the outbreak of the COVID pandemic. The last formal race was number 362 in March 2020.

Now operating on a casual basis on the first Tuesday of each month, the participants are largely retired and there are rarely more than a dozen of us. That's probably just as well as the park has got much busier since the race's inception. The course starts underneath the terraces, close to Canada Gate and takes in two loops through the park with a challenging climb past the athletics stadium on each lap for a total of 250 feet of elevation. On this occasion, there was also an icy wind and rain to contend with plus a film crew (Crystal Palace standing in for New York's Central Park as part of the latest instalment of the Marvel franchise). Unleashed from the starting gate, Neville

Webb, Mike Mann and Graham Laylee galloped off with Dave West and Barrie-John Nicholls trotting behind, taking a slightly more cautious approach. Approaching the concert bowl, Dave realised that he was having a rare good day and caught Mike (who was not having a good day), passing him before the downhill along the back of the fishing lake and now in pursuit of Graham.

At the bottom of the old ski slope, Graham briefly looked over his shoulder to see Dave hot on his heels. However, an injection of pace by Graham on the soggy stretch past the cricket pitch opened up a gap which became 20 seconds by the end. Neville, in hi-vis yellow, was however away and gone. Mike limited his losses and kept the gap to Dave at 12 seconds whilst Barry-John stuck to his task a little further back, but found the course tough. Andy Murray and Lyndsey Annable swapped places for much of the race, with Andy just getting the better up the last hill. Clare Wyngard and Mike Dodds ran together with Barry Graham not too far behind.

Despite some large puddles in places, the adverse weather and a slightly longer course to avoid crossing muddy grass,

both Neville (-11 secs) and Dave (-35 secs) ran faster than last month. Rather bizarrely a woman with a buggy and dog, who had been a traffic hazard on the first lap, shouted, "you're an absolute inspiration" at Dave on the second. That's a first! The next event is on 4th January 2022.

Mike Mann adds: This was the second of this low key 5k run since it restarted in November. The course was the usually hilly circuit starting at the top car park and the weather was windy with light rain. Dulwich Runners accounted for 10 of the 12 participants....

1	Neville Webb	23:14
2	Graham Laylee	25:01
3	Dave West	25:21
4	Mike Mann	25:33
5	Barrie-John Nicholls	26:10
8	Andy Murray	27:58
9	Lyndsey Annable	28:04
10	Clare Wyngard	31:20
11	Mike Dodds	31:21
12	Barry Graham	31:29

## Alumni Race 5 miles

Saturday 11 December

Hugh Balfour writes: While many of the club's elite were enjoying themselves at Lloyd Park, I took myself off to Wimbledon Common for the annual Alumni Race. As the name suggests it is a race for old boys and girls of any schools that put a team together. In recent years it has grown in popularity and this year there were 220 runners from about 28 schools. I was running for Eton and Lloyd Collier was also there in the

Sherbourn team.

The course is one that Thames Hare and Hounds, the organisers, have used for decades and contains a bit of everything – mud, gravel paths, fast descents, plenty of fallen trees to jump over and of course the muddy banks of the Butts (the old Victorian shooting range) about a mile from the finish.

I set off conservatively, having had a poor run at the London Champs, but by the time we started to climb up onto the top of the Common I was feeling more confident, helped by steadily overtaking other runners. Slightly to my surprise I continued to gain places throughout the race, only being overtaken once by a V60 Old Alleynian. Despite being just under a minute slower than two years ago, it was a happy day.

77 Lloyd Collier 35.22  
 108 Hugh Balfour 38.35 (1M65)  
 222 Finished

# Project 20: Week 10

## Ajay "agitation"

### Old Man Chases Younger Times

*Dulwich Park run: 22.35 (1 minute 9 seconds faster than the previous week)*

*Scales used: 74.4 kg with pyjamas on*

*Alcohol free beers drunk 1. Alcohol full beers drunk, not disclosed.*

This was make or break week. I felt something shift internally, for the first time in weeks I had that feeling, "I'm a runner." Isn't the quality of the club reports (and editorial input, Ed), just astounding? I feel an experience-rich, ring-side seat, every time I read a line from my club mates. Mr Bungay's illustrated piece a weeks ago was a tour de force! These are not idle lines, or academic posturing. Each word is grafted from mud, sweat and tears and the lack of any other viable publishing outlet. Moreover, each account is undergirded by the cold hard, truth-telling times at the end of the report.

The club is full of runner-artists, who mine the conscious and unconscious whenever they step out in the magic red-blue club colours.

Last week I felt a stab of envy as I read Gower Tan's reports of swanning around Europe discussing architecture between athletic enterprises. Unless I got my act together, I would be cast out from the club. A world of running adventures and companionship would be forever lost to me. I would be an ex-runner, just an ordinary person eating cakes. But I wanted, one day, to be able to emulate Tan's Travels. So, it was time to dig a bit. I was at a cross roads. To be a runner, or not. I had to make the choice.

I don't have a Peloton treadmill, or any apps, or anything much really at all. So it was time to mine my major cultural and entertainment resource for all it was worth and see if it could aid me. Yes, the one and only Shorts.

I flicked through recent club reports in my head, words and voice babbling. Just like the little robot r2d2 in Star Wars, my mind was able to project a field of Dulwich Runners onto the tarmac, to aid my park run. I hit the back of my head with a slap, and low and behold: Paul D, Ebe P, Ian L, Becca S flickered into view from a recent race report. I hallucinated their presence, running alongside me. I tried to surge to the line, but still came last, against my faster, imaginary, club mates. Clearly

it was an hallucination, not a total fantasy, and so my mind observed some realistic rules!

I was delighted with my result this week, which is taking me in the right direction...24...23...22...each week is feeling more like running rather walking.

So, this week was the time to cement my move back into running and claim my true identity. In this vein, I got to the end of the club party around midnight, and managed to talk my way into the after-party with the big hitters. Normally, I wouldn't get past the VVIP cordon, as entry requires some running kudos, but somehow I got past security.

Gregorz got out his Polish sausage...he likes to do this in the early hours to let off steam...and a bottle of after party vodka. I felt like I was at a Shamanic retreat. Tantric master Gower shared various life and death experiences. The Drip. Death. Rebirth. I was close to the edge. It got philosophical. Forget bucket lists, said Gower. Just do the next race. Forget saving the Vodka he could also have said...The bottle was finished. Between gherkins, by osmosis, I imbibed running magic from these great running legends, deep into my bone marrow. At one point Gower almost got me to sign up for a marathon under extreme duress by pointing a fire arm at my head (Ed, is that actually true?). During this liminal time 12 am – 3am, they told me they were toying with a 2.50 marathon, or a 1.17 half, and I nodded along sagely, as if I too was thinking similar thoughts.

A few hours later, I called up my costume designer friend. What should I wear to fancy dress run of the year event? Your wife's dressing gown. Thus it was I turned up dressed in bed spread, gowned, with my ukulele. The event was a triumph, won, in the prediction category, by human metronome Ebe. I saw him again during the Tuesday morning speed session.

I said, "Hi Ebe"

He replied, "Shut up and run"

I said, "I'm coming to get your kidneys"

He said, "They have named a plant after you"

I said, "What?"

He replied, "Old man's beard."

I said, "Ebe I'm going to turn you upside down and shake that clock out of you"

And so it continued.

Adult play is a serious business, and with help from the sizeable group, with a warm weather, it truly felt, despite all world's troubles, like a walk in the park

Ajay Khandelwal

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

### Ashford

198 Ran			
Pos	Gen		
21	1	Kim Hainsworth	20:52

### Beckenham Place

182 Ran			
Pos	Gen		
11	11	Sam Jenkins	20:22
64	6	Claire Barnard	25:29

### Brockwell

235 Ran			
Pos	Gen		
1	1	Timothy Bowen	16:28
24	21	James Auger	20:14
29	25	Mark Foster	20:41
42	36	Stephen Trowell	21:28
82	60	Graham Laylee	23:32
85	14	Catherine Buglass	23:40
134	88	Andy Murray	27:00

### Bromley

392 Ran			
Pos	Gen		
107	96	Colin Frith	23:50
255	187	Peter Jackson	28:45

### Clapham Common

442 Ran			
Pos	Gen		
123	97	Cameron Timmis	22:57

### Clumber Park

160 Ran			
Pos	Gen		
6	1	Katie Styles	20:53

### Crystal Palace

248 Ran			
Pos	Gen		
37	2	Yvette Dore	22:40
98	17	Claire Steward	26:00
103	77	Paul Hodge	26:22
192	117	Bob Bell	32:28

### Dulwich

323 Ran			
Pos	Gen		
18	17	Tom Shakhli	17:51
22	20	Alex Loftus	18:16
45	43	Rupert Winlaw	19:45
49	47	Mark Read	19:56
61	55	Lee Wild	20:28
64	57	Robert Tokarski	20:32
65	58	Justin Siderfin	20:36
97	11	Christiana Campbell	22:20
108	86	Ajay Khandelwal	22:35
115	13	Naomi Crowther	22:58
222	60	Clare Wyngard	27:50

### Fulham Palace

317 Ran			
Pos	Gen		
164	44	Lindsey Annable	26:22

### Gladstone

179 Ran			
Pos	Gen		

29	27	Stephen Williams	22:47
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### Hilly Fields

199 Ran			
Pos	Gen		
1	1	Andy Bond	17:32

### Keswick

175 Ran			
Pos	Gen		
74	50	Michael Dodds	25:30

### Mile End

247 Ran			
Pos	Gen		
108	12	Harriet Roddy	23:40

### Peckham Rye

207 Ran			
Pos	Gen		
1	1	Ben Howe	16:14
8	7	Wander Rutgers	19:00
10	9	Joe Farrington-Douglas	19:29
36	4	Emma Ibell	21:34

### Riddlesdown

95 Ran			
Pos	Gen		
1	1	Daniel Mann	19:43
25	22	James Wicks	25:10

### Kingdom

61 Ran			
Pos	Gen		
3	3	Jamie Robinson-Nicol	21:20

# DULWICH RUNNERS KIT

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



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



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

**Socks only £5**



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



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



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

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

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



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket

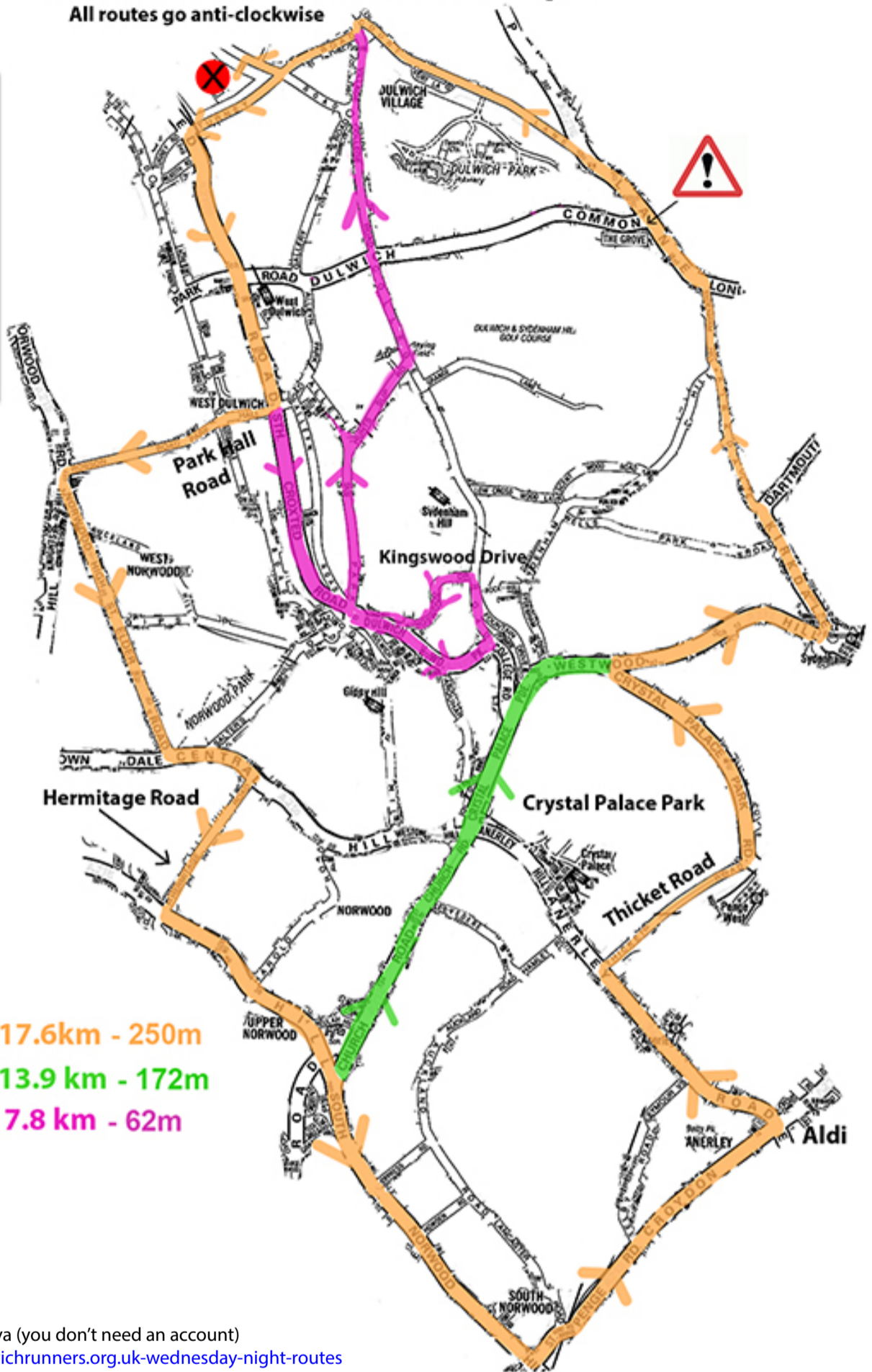


Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 1

All routes go anti-clockwise

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



10.9 M / 17.6km - 250m

8.7 M / 13.9 km - 172m

4.9 M / 7.8 km - 62m

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

## Amended Winter Routes

Transport for London introduced an Ultra Low Emission Zone in October with its border being the A205 South Circular. Whilst this will help remove Nitrous Oxides and some fine particulate matter on roads in Dulwich, Herne Hill, Nunhead etc, there is a risk that the South Circular could be worse as cars and vans divert. Having briefly cycled along the road along Dulwich Common on a Sunday I realised how bad air quality was. As a result we have reviewed and amended many of the winter routes that followed the South Circular for significant stretches particularly where there were narrow pavements, selecting alternative routes which hopefully should be more pleasant although I can't guarantee as flat! These include routes such as Court Lane and Melbourne Grove which have reduced traffic flows as a result of the Low Traffic Neighbourhoods initiative. These changes particularly affects the shorter 5 mile routes.

You can see the updated routes here: <https://www.dulwichrunners.org.uk/wednesday-night-routes>

New copies will be available on a Wednesday night.

We have also added a take care symbol for the Grove Pub junction where there is no pedestrian phase for the traffic lights. When descending Sydenham Hill you may find it safer to cross at the signalised pedestrian crossing at the foot of the hill.

Also to note that I will be revising the Summer routes in the next couple of weeks to similarly reduce A205 running so if anyone has any feedback on any routes please let me know at [jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

Jonathan Whittaker