

SHORTS



Dulwich Runners AC
Weekly Newsletter
December 22nd 2021
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or 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 !

- 1 General notices
- 2 Club runs & training
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- 11 Wednesday night run map.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Wednesday night runs Covid arrangements

Wednesday 22nd December - Unless guidelines change, there will still be a run from the club house this week. However, the bar will be closed and we will meet outside in the car park. There will be no Wednesday £1 fee. We also encourage you to run in small groups and be extra mindful of other people on pavements.

Wednesday 29th December - no run from the club house. 2022 - We will let you all know the arrangements nearer the time according to the government guidelines.

Crystal Palace Track

Tuesday December 28 - No session at Crystal Palace owing to unavailability

We will organise an alternative session on the hill/path opposite Sydenham Hill station - meet at 7pm for a 7.10pm start near the gate about a third of the way up the hill and it will be a relatively short 30-40 minute session.

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

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.

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

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions 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

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

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

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

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

thomas_south@hotmail.com

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 Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, 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

| 2022 | | | Distances , Start times etc |
|------|----|---------------------------------|--|
| Jan | 8 | Kent County Champs | Brands Hatch 12k men, 8k women start times tbc |
| | 9 | Surrey County Champs | Denbies Vineyard, Dorking " " " |
| | 15 | Surrey League 3 (men) | Richmond Park 8k men and women start times tbc |
| | 15 | Surrey League 3 (ladies) | Mitcham Common " " " |
| | 29 | South of England Champs | Venue tbc 8k women 2.05 15k men 2.50 |
| Feb | 19 | Surrey League 4 (men) | Lloyd Park 8k men and women start times tbc |
| | 19 | Surrey League 4 (ladies) | Effingham Common " " " |
| | 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 or Mark Foster markafos@gmail.com

We can then see if we have enough interest to co-ordinate a team.

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). 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 **Hugh Balfour**

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

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

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

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

South of Thames Cross-Country Championships Beckenham Place Park,

December 18

This race was first run in 1888, and no, I didn't run it but it is one of the oldest championships races in the world.

Steve Smythe writes: While beforehand we have won the women's team race and Clare Elms has won the individual title, this year's race did see the best ever men's team and individual performance as Ed Chuck in a magnificent third led the team to a clear second and with a fit Jack and Andy running, we would have won.

The turnout was also magnificent as we provided around one in every eight participants and lots of marshalls (giving great encouragement) despite missing plenty of regulars. It was good to see the red and blue vest throughout the field (or in Ed's case more of a red and grey which led to him not being identified as a Dulwich Runner on the excellent Tonbridge AC video, which is worth seeing for Tim's finish alone).

A black mark to the organisers though who chose to not get a UKA permit for the event which means the race cannot appear on Power of 10 or athletes' profiles (which is how we get a lot of information for these reports).

This very tough but great spectator course is supposed to be being used for the Southern Cross-Country next month which while there won't be a funfair blocking the course, it is hard to see a lap being long and wide enough to take 1000 runners without a lot of lapping or going into other areas of the park.

Men's race: Teams second and second. Ed third

Ed Chuck improved on his fourth place in the London Championships with a medal winning run only losing out on the last lap to Kent League winner Jamie Goodge and very recent 2:19 marathoner Ross Braben, who came from well behind Ed in the last lap.

After his great club record 10km of the week before, Ed survived a mid-race fall to stay with the lead pack for much of the run, even showing ahead occasionally and was able to pull away from Sussex League winner William Cork in the closing mile as he won his biggest cross-country medal to date.

Ed had been 34th in this race on the same course in 2018 showing what superb progress he has made since.

Rob Armstrong-Stobart also had his greatest club race yet for us moving through strongly throughout to edge late into the top dozen.

Tim Bowen ran a less steady race. 49th in the 2016 race here at Beckenham in last appearance in the race, powered away on the edge of the top ten for the first half of the first lap before fading back into the high 20s on the second lap and then powering through on the last lap all the way up to 16th.

At the start of the finishing straight, a fellow runner who was initially heading out on the big lap again suddenly changed

direction and tripped over Tim and then gave him a volley of abuse when my viewing of the video suggests it was not Tim's fault this runner fell over.

While Tim has been a mainstay of the club's scoring teams in recent years, the next three are all in their first year and each has been a great addition to the club's cross-country strength. Adrian Russell was well up among the leading M40s and he fought hard on the last lap to squeeze into the top 30 and pull clear of a tiring Jon Phillips, who nevertheless continued his fine consistency.

Only a place back but a relatively large distance was Sean Corden who ran an excellent well-paced run and finishing our scoring team in 35th which only Kent AC could better.

It is worth noting we have finished second before which until going through the South of Thames archives, I had completely forgotten about.

That was 10 years ago when the race was held in March after the December race was cancelled due to Snow. With the late notice, only 70 odd runners turned up and only 3 teams finished 6 to score and none in the 12 to score and though Charlie Lound (8th) and Tony Tuohy (9th) might try and argue it was good quality anyway, it wasn't and the medals won then don't compare with this year where 21 men's teams finished six scorers.

The competition also has a 12 to score event and the other scorers were Shane Donlon (an excellent 58th) for his best XC yet, the fast and steady Alex Loftus (62nd) who just about held off a resurgent Wayne Lashley (65th), who took it easy initially and then powered through

Kevin Chadwick (70th) was probably a little jaded from his night work and he was followed in by a steady run from Rob Hollands and a less steady one from Ed Harper-Masters who didn't quite have the fitness yet to maintain that pace yet and adding the Dulwich B team to the A team gave us second place in the 12-man Coleman Cup and while a few additions might have changed the result in the 6-man, Kent were well ahead finishing 14 runners before we had seven in.

This was not quite our best results as we once (2001 - 20 years ago) surprisingly won the 12-man when it was included in a Surrey League race and we had a great turn-out and others didn't!

Just for the records our scorers that day were Sean Fishpool 33rd, Simon Loach 37th, Amities Sarkar 59th, John Neighbour 66th, Steve Williams 69th, Gareth Price 72nd, Gordon Newlands 74th, Andy Murray 84th, Mike Mann 100th, Chris Reed 107th, Dylan Owen 115th and Dave West 125th.

This time we also had a C team led by debutante Wander Rutges, Triathlete specialist Des Crinion, dependable Matt Cooke, Lloyd Collier who apparently couldn't concentrate as he was thinking about his new one-piece speed suit for track cycling that was awaiting him back home with the C's

completed by a less than half-fit Grant Kennedy and an improving Dave Benyon.

Also running for the men were Mark Foster, Martin Double and second M70 Mike Mann - our only survivor from 20 years ago and they all plugged away well despite not being at their fittest yet.

M1 Jamie Goodge Ton 39:10
M2 Ross Braden B&B 39:25

M3 Ed Chuck Dul R 39:40
M12 Rob Armstrong-Stobart Dul R 42:20
M16 Tim Bowen Dul R 42:55
M30 Adrian Russell M40 Dul R 44:06
M34 Jon Phillips Dul R 44:33
M35 Sean Cordon Dul R 44:57
M58 Shane Donlon Dul R 47:12
M62 Alex Loftus M45 Dul R 47:29
M63 Wayne Lashley Dul R 47:35
M70 Kevin Chadwick M40 Dul R 47:58
M73 Rob Hollands Dul R 48:11
M83 Ed Harper-Masters Dul R 49:36
M88 Wander Rutges Dul R 49:55
M97 Des Crinion Dul R 50:52
M117 Matt Cooke M40 Dul R 52:19
M126 Lloyd Collier M45 Dul R 53:22
M140 Grant Kennedy Dul R 55:11
M148 Dave Benyon Dul R 56:07
M151 Mark Foster M55 Dul R 56:16
M152 Martin Double M45 Dul R 56:58
M176 Mike Mann M70 Dul R 63:08

Men TEAM (6 to score) 1 Kent 105; 2 Dulw R 130; 3 Herne H 202; 4 Kent B 241; 5 Tonbridge 260; 6 Blackheath & B 264; 7 S London 298; 8 Dulw R B 409; 9 Kent C 414; 10 Croydon 515; 11 Camb H 519; 12 Epsom & E 527; 13 Kent D 618; 14 Stragglers 642; 15 Tun W 647; 16 Hercules W 616; 17 Ashford 676; 18 Dulw R C 696; 19 S London B 756; 20 Beckenham 872

Colman Cup (12 to score): 1 Kent 346; 2 Dulw R 539; 3 Kent B 1032; 4 S London 1054

Women: Team 3rd age group golds for Clare and Ange

Another great turnout from the Dulwich women and with 15 out of 84 being Dulwich, the club vest was spread throughout the field in roughly one in six of the women!

After missing last week's cross-country for a late decision to run a half-marathon, Clare Elms felt she should run this week on her home course but -probably now regrets it as the bumpy 7.5 miles seriously injured her foot just as she was getting fit again and had to limp most of the last lap.

Even though she only lives half a mile from the finish she was unable to walk home and had to be collected by car.

With so many new to the club, they may not realise but Clare is the club's most successful athlete with a mass of masters world records and Championships victories in not only Masters events but she has won numerous South of England and Kent senior titles and has won over 400 women's races outright in the last dozen years and probably taken another 500 age group wins or titles for good measure.

Additionally, a fair proportion of the club's many women's team successes in recent years have come when Dulwich has been spearheaded by Clare, and on the eve of her 58th birthday, she finished fifth in a race she has previously won but here she did win the W50+ gold by six minutes.

Though around 100 seconds back, Kay was a mere 2 places behind and did well to make the top 10 with a steady run coming through well in her longest XC to date as she continues to improve her stamina.

Katie Styles produced another good run and her 13th was a big improvement on 25th in 2019 and 54th in 2018.

Clare Whitaker continued her best ever form to easily make the top 20.

Though she currently isn't at her sharpest, a 7.5 miles cross-country suits Ange Norris's stamina and she worked her way through and won W60 individual gold by six minutes,

Ola Balme, who has run for the club more than any other athlete in the last 30 years, had another good steady run to complete the scoring six which were only bettered by a very strong Belgrave team and Kent AC, who would have easily been within range if all those entered been able to run.

Next in were Michelle Lennon and Yvette Dorre who both kept going well on the second half.

Eleanor Simmons had a very strong finish though Anna Thomas was not quite at her best and found the last lap hard.

Christiana Campbell made a fine club cross-country debut while Midge Cameron produced another well-paced effort to close in the B team, who did well to finish fifth overall and first B team.

Next in were a debuting Katharine Bond while Jenny Bomers, now becoming a regular, had another good run in her longest cross-country to date.

Clare Osborne, who along with Ola was the only club athlete - male or female - who ran in 2001 completed the team in a now rare appearance on the country for us.

W5 Clare Elms W55 Dul R 49:20
W7 Kay Sheedy Dul R 50:58
W13 Katie Styles W40 Dul R 52:39
W15 Clare Whitaker W40 Dul R 52:56
W22 Ange Norris W60 Dul R 54:47
W31 Ola Balme W50 Dul R 56:54
W32 Michele Lennon W50 Dul R 57:20
W34 Yvette Dorre W45 Dul R 57:50
W43 Eleanor Simmons W40 Dul R 59:21
W44 Anna Thomas W40 Dul R 59:37
W45 Christiana Campbell Dul R 59:51
W66 Midge Cameron W55 Dul R 65:32
W73 Katherine Bond Dul R 70:45
W77 Jenny Bomers Dul R 74:01
W81 Claire Osborne W50 Dul R 81:08

Women TEAM (6 to score): 1 Belgrave 40; 2 Kent 68; 3 Dulw R 93; 4 Ashford 248; 5 Dulw R B 264; 6 Kent B 314; 7 Herne H 314

Project 20: Week 11

Old Man Defies the Odds to Get Fast Again

Most mince pies eaten in a day: 3

Scales: Unused

Erdinger Alcohol Free Beers drunk: 0

Canobie Hill Reps: 0

*Park Run result: 22.09 * 26 second improvement from last week and fastest time this year.*

My Journey into A Parallel Universe: A morning in Chuck-Land. Last week I waited eagerly for my copy of the world's best publication: Shorts. I paced up and down. It arrived at 9.50 am. I dived in. Compelling reading. Within minutes, I was immersed in Ed Chuck's report. The man had almost been wiped out a year ago, and was now enjoying the form of his life. This was a good tale, with a great Rocky style narrative arc. Reader, I admit it, I was rather emotional. I feel a bit teary as I write (true). I mean what a come-back story. Clearly, we were two peas in a pod. While I was working on project 20, unknown to me, he was working on project 30.30.

My universe split in two. I dialled back to last Saturday night. Instead of going to the infamous Shamanic Gregorz-Gower after party, replete with Polish sausage, gherkins, and vodka, and tales of adventure, I was tucked up in bed, planning my sub 30.30 minute 5 km.

I don't know where Telford is (sorry) so I didn't try and re-create this part of the Ed Chuck experience. Instead, I laced up and went for a run in the woods, and chanted, "Yes, I am Ed Chuck."

In order to keep the illusion intact, I tried not to look at my Garmin, or any other factual data. I turned my gaze inwards to activate my inner Chuck.

"I am leader of the pack," I chanted.

I was truly enjoying this immersion into Chuck-world.

Suddenly, I was hardly touching to ground.

I was gliding, floating, dancing!

I thought to myself, "I am uber-athlete. I have A goals and B goals!"

"I no longer have C or D goals. I banish them from my mind!"

Further and increasingly fantastic and thrilling thoughts percolated in my mind,

"Steve Smythe notices me and has recently installed a large laminated technicolour A4 poster of me on his fridge with the caption : One to Watch"

Just I was in full Chuck-land, I managed to lose my dog, and was thrown into boring, crushing reality again, as I had to shout "Benji" at the top of my voice for twenty minutes. Fortunately, I found him half an hour later, but my "artistic recreation" of 30.30 10km effort would have to wait for another day.

I implore you all to connect to you inner Chuck, and his inspiring story of come back, despite the odds.

I am hoping to channel him on Christmas day, to give me an A plan-run for the best 5km of my year.

Merry Xmas to my most amazing club-mates !

**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.**

Banstead Woods

161 Ran
Pos Gen
14 13 Tony Tuohy 21:00

Beckenham Place

200 Ran
Pos Gen
68 9 Claire Barnard 25:16

Brockwell

201 Ran
Pos Gen
24 22 Jamie Robinson-Nicol 20:15
46 39 Hugh French 21:35
48 41 Stephen Trowell 21:47
82 63 Graham Laylee 23:54
92 17 Lucy Clapp 24:17
104 71 James Gordon 24:44
110 74 Michael Dodds 25:30
128 85 Andy Murray 26:50
149 42 Clare Wyngard 28:21

Bromley

347 Ran
Pos Gen
93 71 Colin Frith 23:39
250 155 Peter Jackson 29:35

Burgess

300 Ran
Pos Gen
29 26 Sam Jenkins 19:29
64 52 Martin Kelsen 21:02

Charlton

150 Ran
Pos Gen
31 30 Stephen Smythe 23:25

Crystal Palace

237 Ran
Pos Gen
189 112 Bob Bell 33:13

Dulwich

310 Ran
Pos Gen
34 33 Tom Shakhli 19:01
35 34 Rob Fawn 19:06
44 42 James Auger 19:47
46 44 Rupert Winlaw 19:49
57 53 Rob Mayes 20:29
59 55 Lee Wild 20:35
60 1 Charlotte Sanderson 20:36
89 71 Justin Siderfin 21:36
100 81 Ajay Khandelwal 22:09
131 101 Dave West 24:02
167 118 Chris Lawrence 25:37
215 144 Paul Hilton 27:44

Felixstowe

168 Ran
Pos Gen
84 11 Hannah Issett 26:55

Folkestone

241 Ran
Pos Gen
28 26 Joe Sheppard 21:41

Highbury Fields

188 Ran
Pos Gen
21 19 Paul Collyer 20:01

Kiessee

15 Ran
Pos Gen
3 3 Ebe Prill 19:45

Old Deer Park

119 Ran
Pos Gen
50 44 Barrie John Nicholls 25:59
119 48 Lindsey Annable 52:30

Peckham Rye

165 Ran
Pos Gen
1 1 Andy Bond 16:51
162 72 Claire Steward 49:08

Preston Park , Brighton

343 Ran
Pos Gen
1 1 Thomas South 16:55

Riddlesdown

106 Ran
Pos Gen
2 2 Daniel Mann 19:40
17 16 James Wicks 23:25

Sutcliffe

191 Ran
Pos Gen
63 50 Nicholas Brown 22:53
183 69 Denise Brady 41:09

Worthing

389 Ran
Pos Gen
102 84 Gary Budinger 24:29

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

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



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



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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 2

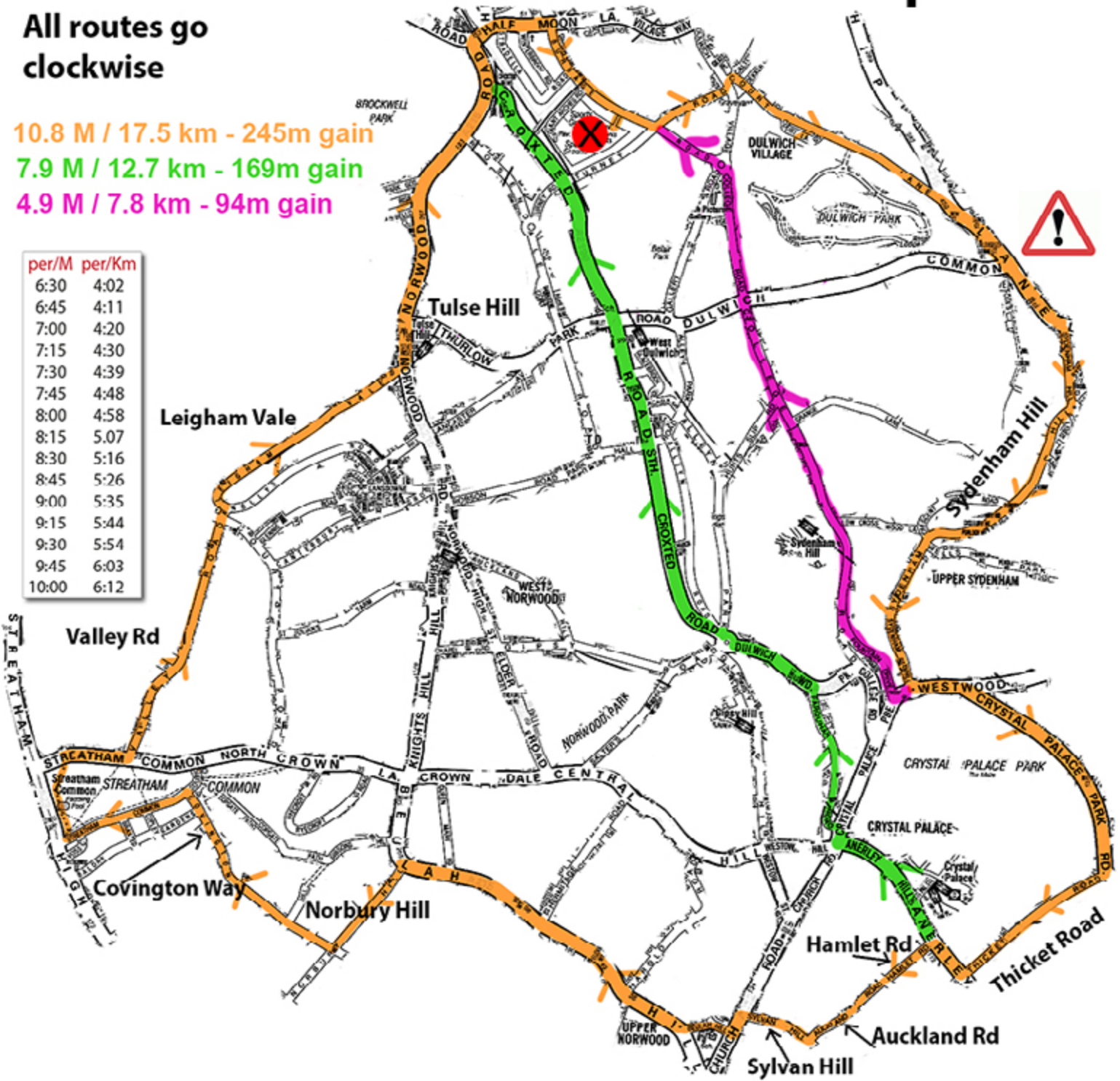
All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m 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 |



All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>