



These are your SHORTS

Please send your reports, running news etc to:

barry@bg1.co.uk or barry@1bg1.com

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 (see page 3,

suitable for all abilities

In your SHORTS this week !

- 1 General notices
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- 9 Club kit
- 11 Wednesday night map.

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

[Like us on Facebook @dulwichrunners](#)

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

Connect with us:



Dulwich Runners Committee Meeting Notice

Wednesday 8 February 2023

Club Secretary, Yvette Dore, writes: The Dulwich Runners General Committee will next meet on Wednesday 8 February at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me by midday on Tuesday 7 February.

The last meeting took place on Wednesday 16 November, where the Committee reviewed and discussed your responses to the member survey on participation in the 2022 Club Champs and the Club's overall provision of coaching. Your input has been invaluable in helping inform the selection of the 2023 Club Champs races, as you will have seen in recent weeks in Shorts. The Committee also discussed ways of helping members manage injury prevention, which led to the recent post-Club Run presentation from a physiotherapist from Vita Health Group.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by midday on Tuesday 7 February.

2023/24 membership

No they aren't due yet, but if you are not a fully paid up member then you cannot compete in any races as a Dulwich Runner or take part in the club champs.

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

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

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you

15 months for new registrations from Jan 1 to March 31)

EA reg is £16 and can only be arranged through your 1st claim club.

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

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

Road & other Club Champs Assembly League Track Cross Country

| Date | Race | Venue |
|--------|---|-------------------------------|
| Feb 11 | Surrey League XC | Lloyd Park |
| | 25 National Cross Country Champs | Bolesworth Castle, Tattenhall |
| Mar 4 | Sri Chinmoy 10k - L | Battersea Park |
| | 18 date tbc Victoria Park 5 miles - S | Mile End |
| Apr 23 | London Marathon (or alternative) - L | London or alt. |
| Jun 13 | Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S | Battersea Park |
| Jul 1 | Brockwell parkrun - S | Brockwell Park |
| | 15 Elmore 7 - L | Chipstead, Surrey |
| | tbc Golden Stag Mile - S | Finsbury Park |
| Sep 3 | date tbc Big Half - L | Central London |

Club Championship Races, 2023

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

| | | |
|---------------|---|---|
| 4 March | Sri Chinmoy 10k, Battersea Park | L https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962 |
| 18 March | (date tbc) Victoria Park 5 miles | S https://vphtac.org.uk/fixtures.html#gsc.tab=0 |
| 23 April | London Marathon (or alternative) | L |
| 13 June | Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) | S https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298 |
| 1 July | Brockwell parkrun | S |
| 15 July | Elmore 7 | L |
| ? July | (date tbc) Golden Stag Mile | S |
| 3 Sep | (date tbc) Big Half | L |

**Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).
 4 events to qualify, including at least one from each distance category.**

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

We were unable to find any suitable trail races, so have opted for the Elmore 7, undulating course of rural lanes and minor roads.

Brockwell parkrun chosen, but if parkrun is off because of events in the park we'll choose another date

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set and entry cost is high. We have selected the 4 March event in Battersea Park.

Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early August.

Still awaiting a date for the Big Half, held on 4 Sept. in 2022, assuming it will be early Sept. again.

Updates on events with dates to be confirmed will be issued as soon as details known. We'll let people know in Shorts when races are open for entry and provide links



weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & www.greenbeltrelay.org.uk

We will soon be holding a short talk about the race after the Wednesday run, (date to be confirmed), so that you can hear more about it and ask any questions.

To be in the team/or more information, email Ange - dulwichchair@gmail.com or let me know on a Wednesday evening.

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 evening track speed/strength

Crystal Palace track still closed evenings but open during daytime for your own sessions. - Hopefully more news soon, meantime we normally hold two alternative sessions:

At "hell hill" - Low Cross Wood Lane, College Road, opposite Sydenham Hill station. Meet half way up hill by gates on left into wood - 7pm start - warm-ups and drills before main session - similar to previous club hill sessions a mix of gradients and durations suitable for all abilities. Any questions Tom: tpoynton@hotmail.com

At Peckham Rye Common a Mark Callaghan led session - meet outside front of Peckham Rye Common Round Cafe at 7pm - warm ups then to the slope for main session. Any questions Mark: m.s.callaghan@outlook.com

Training advice

Any questions re your training please contact me. If you're planning a spring marathon, i'm happy to advise on that, and how club sessions can be a key part of training. Tom Poynton Coach in Running Fitness - tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann 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

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

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

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

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

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.

vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

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

| | |
|---------|--|
| Feb 11 | Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire. |
| May 13 | Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria. |
| June 3 | Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria. |
| July 23 | Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale. |
| Aug 20 | Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter) |
| Sept 23 | John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire. |

A spring marathon training plan

A spring marathon training plan - February update

I hope the advice for January has proved useful and that your training has gone well.

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and do get in touch (at tpoynton@hotmail.com or in person) if you have any questions or want any further advice.

As we get a bit closer to race day the training starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recovery properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are

not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 mins, with a warm-up and cool-down taking this to about an hour in total – this could be on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and you could go to the Tuesday sessions every other week to keep some speed and avoid letting it drift too much. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle – there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

Mon 30 Jan – Sun 5 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:00-2:15 hours at an easy pace. Otherwise two, preferably three, easy runs for 40-60 min elsewhere in the week.

Mon 6 – Sun 12 Feb

Tuesday easy run, Wednesday 70 min fast-steady club run, Saturday Surrey League XC (or threshold session), Sunday long run for 2:15-2:30 hours at an easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in the week.

Mon 13 – Sun 19 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:30-2:45 hours at an easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

Mon 20 – Sun 26 Feb

Tuesday easy run, 75 min Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in the week

Complete LWT's Great North Wood Survey

The London Wildlife Trust (LWT) would like to hear about your experience in the Great North Wood so that they can continue to improve your experience when visiting the woods. Here in Dulwich, the Great North Wood includes Dulwich Wood, Hitherwood, Sydenham Hill Wood & Cox's Walk and further afield includes One Tree Hill and Crystal Palace Park. Complete LWT's Great North Wood visitor survey here, it should take no more than ten minutes.

<https://www.surveymonkey.co.uk/r/GNWvisitors2022>

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 Barry Graham 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.

Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



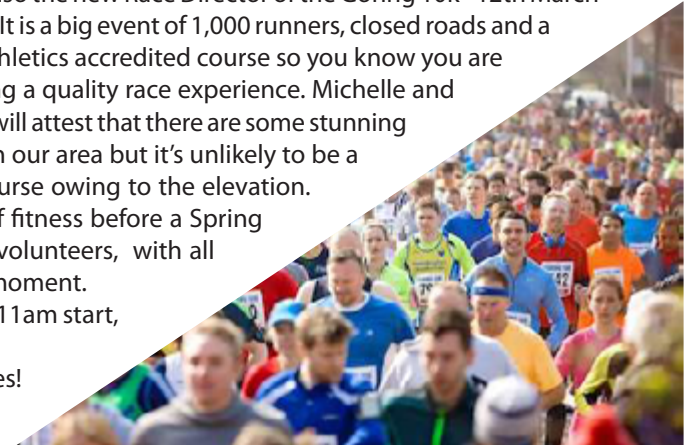
I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at www.goring10k.com or please email me Elkie Mace: runwithelkie@gmail.com



Dulwich Runners

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

app.dulwichrunners.org.uk

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

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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](#).

Home, Run, Clock, Trophy, Play, Medal, People, Menu

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@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Southern XC Champs Beckenham

21st January

Kay Sheedy writes: The Dulwich ladies had an excellent turnout for the Southern Cross Country Championships at Beckenham Place Park and the team finished in a very respectable 15th position (out of 47 teams), one place higher than in 2022. Conditions were a little more forgiving than the Surrey League two weeks previously, and there was a lot of enthusiastic support out on the course from both the men's team and the marshals, which was greatly appreciated. The course did seem to be well short of the advertised 8km though, which seems to be a running theme for the ladies cross-country events this winter.

I enjoyed competing in my first Southern event, especially as Beckenham is my local park, although the course featured a hill that I had never seen before and am not planning on seeing again anytime soon! The mass start is always fun and the early pace set by the frontrunners was blistering. I had a reasonably good start taking advantage of the downhill sections but started to struggle on the second large lap and found myself reduced to a near walking pace by the time the hill made its second appearance. I tried to finish strong up the final straight but just didn't quite have enough in my legs for a sprint finish. Katie Styles was next in for the ladies, with the undulating course suiting her running strengths perfectly and she finished with a very impressive time of just outside 33 minutes. Becca Schulleri was not far behind and ran strongly to finish well inside the top 150. Completing the scorers for the team, Clare Norris felt that the Tuesday evening hill sessions have helped with her strength recently and ran well to finish the course just inside 34 minutes.

Laura Vincent has been putting in some serious mileage recently for her upcoming marathon in Seville in February and this paid

off with a strong run, finishing well inside the top 200. Similarly, Olivia who is training for the London Marathon in April had a great run, beating her time from 2022 by over three minutes despite this being her first cross country race since last year. She then went on to secure a brilliant half marathon PB the following day at Crystal Palace, which is a lot of hills for one weekend!

Harriet Roddy has been running consistently well all throughout the cross country season this winter and had another fine performance today for the team.

Only a few seconds and one place behind Harriet was Katie Smith, who despite some recent injury niggles had a good run and finished strongly. Next in for the ladies was Michelle Lennon, running well to finish inside the top 250. Completing the line up were two of our most reliable cross country runners for the team, Eleanor Simmons and Midge Cameron, both putting in very good performances.

All in all it was a very enjoyable day with not too much mud, and it's now on to the final Surrey League fixture at Lloyd Park on the 11th February, where the ladies team will be battling hard to try and remain in Division 1 for 2023-2024 season. Results- four to score. 418 ran.

| | | |
|-----|-------------------|-------|
| 76 | Kay Sheedy | 31:16 |
| 128 | Katie Styles | 33:04 |
| 143 | Rebecca Schulleri | 33:30 |
| 157 | Clare Norris | 33:52 |
| 184 | Laura Vincent | 34:49 |
| 197 | Olivia Bishton | 35:09 |
| 213 | Harriet Roddy | 35:43 |
| 214 | Katie Smith | 35:46 |
| 231 | Michelle Lennon | 36:22 |
| 307 | Eleanor Simmons | 39:56 |
| 362 | Midge Cameron | 44:01 |



Arc of Attrition

Michael Williams writes: The Arc race is 102 miles / 165km over technical Cornish coast path terrain with all that winter British weather can throw at you. Along with the Spine race up in the Pennines it's recognised as one of Britain's premier Winter ultras, and was a big 'A' race in the calendar for me.

After an exciting build-up of drumming, flares and Led Zeppelin on the loudspeakers, we left Coverack at Friday midday on the east coast of the Lizard. Everyone was keen to get going hence the pace was quick from the start. I knew there were pinch points from rocky technical terrain for the first 10km, so I tried to stay in the top 30 runners. My two bottles only had Tailwind mixed up with no plain water which was a mistake; a couple hours into the race my nausea was so bad I had to switch to water & coke in the hope the sickness eased off.

After 40km I reached the first feed station at Porthleven and saw my crew. I ditched my heavy Saucony Peregrine 12SG for Nike Pegasus Trail 4 because the trail was drier than expected. My nausea had eased off a little but replaced by hideous leg cramps whilst squeezing the new shoes on! Not wanting to waste time, I pressed on. Trotting along easier trail past Praa Sands & Prussia Cove with the sun slowly sinking into the sea on my left was a rare treat.

At 60km, I switched to road shoes for the Marazion to Mousehole section as we had to cover 12km of concrete pathway along the Penzance seafront. It was well and truly dark at this point and the sickness had abated, but so had my appetite. I managed to slurp down some home-made butternut squash soup which made a welcome change from all the sickly gels. From Mousehole it turned back into technical boggy trail to Lands End so opted for Salomon Pulsars when I met my crew. These sock & shoe changes inevitably slowed me down but perhaps saved my feet a little. I used the chance to slip into something warmer as it was now 8pm and temperature was dropping.

By this point the race had spread out and I was on my own most of the time. I didn't mind as I was moving well, and the dark race experience was quite exciting. Being fired up on adrenaline & concentrating intently on where to place my feet meant I wasn't feeling tired. The air was clear &

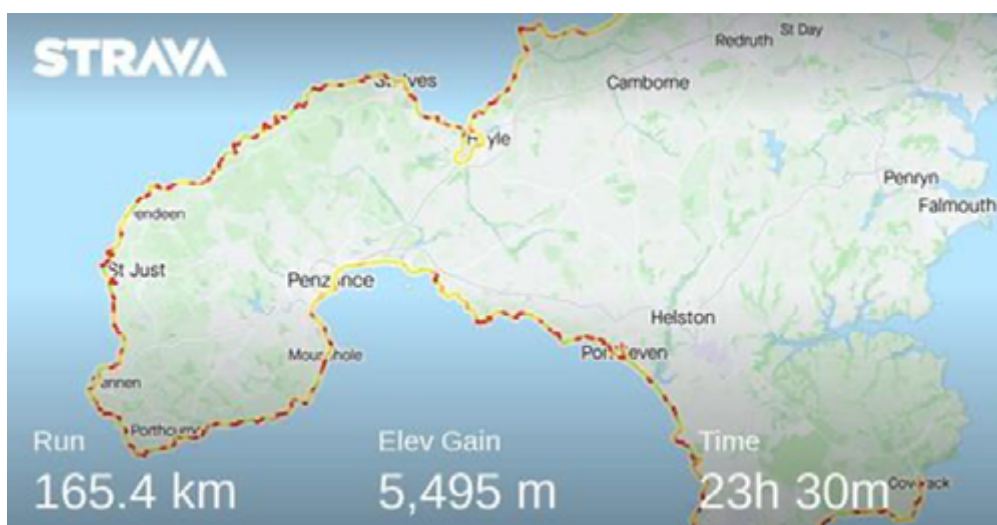
we were sheltered from the north easterly wind up until Lands' End. Once I made Sennen Cove by midnight I realised a sub 24hr attempt could be on the cards.

After Sennen, the toughest part of the race beckoned; the rocky tin-mined north coast section between Pendeen and St Ives. Whilst descending into Cape Cornwall, my shoe caught an edge of a wooden step board causing me to tip forwards and clatter headfirst down the steps. Luckily, I only bashed my knee and nose superficially but could have been so much worse. A fellow competitor (2nd placed lady Robyn Cassidy) was 50m behind & checked I was OK. My knee hurt like hell, but I figured if I kept it moving the swelling would be minimal.

From Pendeen Watch lighthouse I wanted to get to St Ives as quickly as possible over the worst terrain in the dead of night. I

which would take me down to the sea before pitching back up skywards. Another runner got disorientated on the same stretch of coast and was lacerated by brambles as he stumbled around lost for 1.5 hours. The organisers had to send out a rescue party for him.

Finally with great relief I rounded the headland to see the St Ives beachfront. I knew I had made good time as it was still dark but my whole body was completely battered from the extra effort. What then followed was a long road slog at dawn through to Hayle with no energy in my legs. My crew had to deal with a very upset Michael, and I needed plenty of cajoling to keep me moving onwards through the Dunes of Doom at Hayle Towans. The last 30km was a pure mental and physical battle with myself over reasonably easy ground to get the race done. Despite



stuck some tunes on my headphones to get me going as the trail degenerated into gravel, rock & mud. Some sections were like running over a rockery with water features fed from underground springs. I found myself straying off-route a couple of times to find an easier path and ended up in shin-deep bogs.

This went on for 21km & took 3.5 hours even though I was working hard. It was slow going with constant ups and downs. There were no other lights anywhere apart from the odd runner's headtorch glimpsed in the distance. My mandatory GPS tracker was taped on my left shoulder and a small strobe flashed every 5 seconds. In the utter darkness, its light would frequently catch my eye and I would spin around, startled that another run was almost on top of me. Of course, there was never anyone there, but this unnerving experience only added to the sense of isolation.

The complete darkness also made anticipating climbs or descents impossible. I remember seeing another runner's headtorch far beneath me in the distance but then quickly realised that there was a huge descent after the climb I was

feeling horrendous, I was still moving well and made up another three places passing runners who looked as spent as I did but were mostly walking. Once we reached Porthtown, it was 1500m to go inland and the biggest climb of the race up to the finish HQ.

As I stumbled up this last climb, my support crew were cheering me home. The relief I felt when I crossed the line is hard to put into words. I was wrecked in every sense, but immensely happy to achieve a time of 23hrs 27mins & to earn myself a black Arc of Attrition sub-24 hour buckle.

It was perhaps the best race I had ever experienced; certainly the toughest with the long night section and crawlingly slow terrain in places that tested everyone both physically and mentally. However, the camaraderie amongst runners and marshals plus the stunning location made it so unique and special.

Not sure I would want to do it again. Although once the DOMs have subsided, my opinion may inevitably change!

<https://www.strava.com/activities/8464634261>
11 Michael Williams 1st V50 23h 27m

Southern Xc Champs

28 January

Reflections From A Marshal
In response to a request from the organisers, we provided a number of marshals, with several of us there from the start of the juniors races at 11am until the end of the senior men's race after 4pm. Fortunately the weather was good for running and officiating alike. There had been a number of problems with the Beckenham course last year, with a lot of lapping over narrow stretches through the woods. This year's course was very different and much improved, making good use of the grass, which was generally in good condition. There was good feedback from the runners I spoke to afterwards.

I was marshalling close to the mound where the course went from the grass into the woods. There were a few problems with the early races with some of the youngsters tempted to take a shortcut and a number of dogs off leads, but as

the ground came trodden down the direction of the course became obvious, and during the senior women's and men's races any park user or dog straying onto the course would have been petrified by the speed of the lead runners. All in all it was enjoyable day with big fields in the senior races and some very fast runners. Mike Mann

Hyde Park Serpentine Last Friday 5k

27 January 2023

| | |
|---------------|-------|
| Steve Smythe | 22:45 |
| Gary Budinger | 25:35 |
| Ros Tabor | 25:43 |
| Andy Murray | 27:05 |

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

Bromley

| | | | |
|---------|-----|-------------|-------|
| 606 Ran | | | |
| Pos | Gen | | |
| 122 | 102 | Colin Frith | 23:22 |
| 168 | 139 | Dave West | 24:27 |

Hackney Marshes

| | | | |
|---------|-----|---------------|-------|
| 367 Ran | | | |
| Pos | Gen | | |
| 42 | 3 | Lucy Mordaunt | 20:41 |

Hampstead Heath

| | | | |
|---------|-----|-----------------|-------|
| 374 Ran | | | |
| Pos | Gen | | |
| 7 | 6 | Tommaso Bendoni | 19:00 |

Brockwell

| | | | |
|---------|-----|----------------------|-------|
| 342 Ran | | | |
| Pos | Gen | | |
| 1 | 1 | Lewis Laylee | 16:15 |
| 19 | 18 | Chris Beardsall | 19:12 |
| 32 | 30 | Jamie Robinson-Nicol | 20:38 |
| 50 | 2 | Yvette Dore | 21:30 |
| 60 | 4 | Catherine Buglass | 22:04 |
| 67 | 57 | Stephen Trowell | 22:34 |
| 70 | 60 | Lee Wild | 22:46 |
| 76 | 9 | Emma Ibell | 22:59 |
| 85 | 13 | Lucy Pickering | 23:26 |
| 88 | 14 | Rebecca Davis | 23:35 |
| 194 | 53 | Claire Barnard | 27:30 |
| 227 | 72 | Sharon Erdman | 28:48 |

Beckenham Place

| | | | |
|---------|-----|--------------|-------|
| 310 Ran | | | |
| Pos | Gen | | |
| 86 | 74 | Michael Mann | 25:37 |
| 155 | 38 | Ros Tabor | 28:12 |

Crystal Palace

| | | | |
|---------|-----|------------------|-------|
| 347 Ran | | | |
| Pos | Gen | | |
| 28 | 1 | Laura Denison | 22:00 |
| 30 | 2 | Michelle Lennon | 22:08 |
| 45 | 41 | Martin Double | 22:55 |
| 83 | 8 | Belinda Cottrill | 24:24 |
| 91 | 77 | Graham Laylee | 24:37 |
| 98 | 80 | Ryan Duncanson | 24:47 |
| 150 | 116 | Michael Dodds | 26:57 |
| 171 | 30 | Clare Wyngard | 27:39 |
| 172 | 31 | Claire Steward | 27:40 |
| 180 | 135 | Paul Keating | 27:58 |

311 183 Bob Bell 36:40

South Norwood

| | | | |
|---------|-----|--------------------|-------|
| 137 Ran | | | |
| Pos | Gen | | |
| 14 | 1 | Christina Dimitrov | 22:21 |

Dulwich

| | | | |
|---------|-----|------------------|-------|
| 529 Ran | | | |
| Pos | Gen | | |
| 9 | 9 | Andrew Inglis | 16:29 |
| 18 | 15 | Rob Hollands | 17:25 |
| 28 | 22 | Des Crinion | 18:19 |
| 42 | 35 | Rob Fawn | 19:13 |
| 51 | 42 | Stephen Davies | 19:22 |
| 57 | 48 | Rupert Winlaw | 19:41 |
| 69 | 55 | James Auger | 20:07 |
| 91 | 9 | Izzy Pickles | 20:51 |
| 95 | 77 | Martin Kelsen | 20:58 |
| 109 | 14 | Polly Warrack | 21:37 |
| 113 | 89 | Robert Tokarski | 21:45 |
| 142 | 113 | Huw Russell | 22:43 |
| 178 | 32 | Teresa Northey | 23:39 |
| 184 | 33 | Gabriela Rothova | 23:50 |

Hilly Fields

| | | | |
|---------|-----|------------------------|-------|
| 262 Ran | | | |
| Pos | Gen | | |
| 10 | 9 | Joe Farrington-Douglas | 19:32 |
| 15 | 14 | Dominic Wilson | 20:08 |
| 213 | 132 | Andy Bond | 32:57 |

Burgess

| | | | |
|---------|-----|---------------|-------|
| 525 Ran | | | |
| Pos | Gen | | |
| 40 | 36 | Ebe Prill | 20:04 |
| 157 | 119 | Charles Lound | 23:57 |
| 203 | 147 | James Gordon | 24:40 |
| 384 | 127 | Shoko Okamura | 29:27 |
| 516 | 213 | Susan Vernon | 44:04 |

Shorne Woods

| | | | |
|---------|-----|----------------|-------|
| 193 Ran | | | |
| Pos | Gen | | |
| 8 | 1 | Kim Hainsworth | 21:40 |

Queen Elizabeth

| | | | |
|---------|-----|--------------|-------|
| 128 Ran | | | |
| Pos | Gen | | |
| 3 | 3 | Hugh Stobart | 19:22 |

Osterley

| | | | |
|---------|-----|----------------------|-------|
| 291 Ran | | | |
| Pos | Gen | | |
| 74 | 59 | Barrie John Nicholls | 25:15 |
| 133 | 34 | Lindsey Annable | 28:31 |

Tooting Common

| | | | |
|---------|-----|----------------|-------|
| 595 Ran | | | |
| Pos | Gen | | |
| 23 | 22 | John Kazantzis | 20:15 |

Worthing

| | | | |
|---------|-----|--------------|-------|
| 476 Ran | | | |
| Pos | Gen | | |
| 185 | 142 | Joseph Brady | 25:19 |

Clapham Common

| | | | |
|---------|-----|------------|-------|
| 831 Ran | | | |
| Pos | Gen | | |
| 337 | 231 | Ian Sesnan | 25:56 |

Dinton Pastures

| | | | |
|---------|-----|----------------|-------|
| 293 Ran | | | |
| Pos | Gen | | |
| 9 | 9 | Mark Callaghan | 19:59 |

Squerryes Winery

| | | | |
|--------|-----|-------------|-------|
| 95 Ran | | | |
| Pos | Gen | | |
| 20 | 16 | James Wicks | 26:07 |

Sutcliffe

| | | | |
|---------|-----|-------------------|-------|
| 216 Ran | | | |
| Pos | Gen | | |
| 10 | 9 | Matt Hartin | 19:38 |
| 25 | 23 | Michael Fullilove | 21:06 |

Charlton

| | | | |
|---------|-----|----------------|-------|
| 215 Ran | | | |
| Pos | Gen | | |
| 50 | 48 | Stephen Smythe | 24:20 |

North Yorks Water Pk

| | | | |
|---------|-----|-------------|-------|
| 117 Ran | | | |
| Pos | Gen | | |
| 53 | 47 | Paul Hilton | 29:33 |

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.



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

Socks only £5



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 9

10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go 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 |

