

SHORTS



Dulwich Runners AC
Weekly Newsletter
December 6th 2023
www.dulwichrunners.org.uk

These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 3 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 12 Club kit
- 14 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Note - Christmas run dates

There will be no club runs between Christmas and New Year.

Track - Tuesday 19th December then Tuesday 2nd January

Club house run - Wednesday 20th December then Wednesday 3rd January

Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

Save the date:

Dulwich Runners Christmas Party Friday 8 December

from 7:30 pm at The Plough, 381 Lordship Lane, SE22 8JJ. A free drink each at the bar no tickets needed. Food available to purchase.

Our annual club championship awards presentations will commence from 9pm. Please come along all!

NB: our traditional Turkey Trot is on Sunday 10 December, 10am, see separate notice below.



Turkey Trot Handicap Race



Sunday 10th December 2023

10 a.m. in Dulwich Park, Start by Queen Mary's gate

5K – parkrun course

This is our annual festive handicap race. Traditionally held on the same weekend as the Christmas party, so after a Friday evening knees up come and race in the most prestigious club event of the year.

Runners are given a handicap according to their predicted times, which should give an exciting sprint finish. Bear in mind if you are 90 seconds or more faster than your predicted time you will not be eligible for 1. runner award.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for an extra prize.

Presentation of prizes afterwards, either in park or in Dulwich Park café. (weather dependant)

Prizes are awarded for –

- 1st runner across the line (the TT Shield)
- 1 st walker across the line
- Runner closest to predicted finish time (the ceramic Turkey trophy)

NB Everyone runs without a watch.

- Best fancy dress – Christmas theme

To take part, email Ebe/Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. Pay on a Wednesday night or on the day.

Deadline – Friday 8th December so handicaps can be sorted.

Include –

- Name
- Predicted finish time
- Running or walking

NB Any person finishing in 90 seconds or more faster than their predicted finish time will not be eligible for 1st runner. For 1st walker it is 2 minutes or more

DULWICH RUNNERS 2023/24 FIXTURES

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

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

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information. Men and ladies will run in Division 1

Races with trophy 🏆 icon feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

Surrey League XC

- 🏆 13 January Division1 Race3
- 🏆 10 February Division1 Race4

www.surreyleague.org

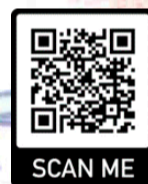
Ladies & Men run at the same venue

- Wimbledon Common
- TBC

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

- 9 December SEAA Masters Oxford
- 🏆 16 December South of Thames 2 Lloyd Park
- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 27 January South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>
Further race details on will appear in the Shorts Newsletter each week.



Dulwich Runners Club Championships 2024

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chimnoy 5km summer series (S)</i>	<i>11 & 25 June, 9 & 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</i>
<i>Big Half Marathon (L)</i>	<i>1 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.

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 Speed - Crystal Palace Track

Arrive 7pm for 7.10 start. Group training focussed on getting faster over 5-10k.

You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday>

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

Depending on numbers, we may split into two or more groups, and subject to last-minute changes we should be doing:

12 Dec: 1200m or 1600m @10k pace then 4x800m @5k pace then 1200m or 1600m @10k pace with 90 sec recovery.

19 Dec: 10 min@10k + 2x800m@5k + 2x400m@3k with 90 sec recovery.

No session 26 December - will set out Jan sessions closer to the time. If this is your first time or have any questions or feedback contact Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive. All members using the track must: give others plenty of space when overtaking or moving off the track.

- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

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

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

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

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

Masters Championships

30 Dec British Masters 10 Mile Road Champs– Buntingford
16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMEA Inter-Regional Cross Country Champs -Corwen.
17 - 24 Mar 2024 European Masters Athletics Champs Indoor

– Torun, Poland
15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal
13-25 Aug 2024 World Masters Track & Field Champs-Gothenburg, Sweden

Box Hill Fell Race

Saturday 20 January 2024 11am

Entries for this brilliant race open Boxing Day at 12, through SiEntries.

Details - South London Orienteers. <https://slow.org.uk>

If you've never done fell running, Box Hill near Dorking is an ideal introduction. 7.5 miles (12 km), well marked mainly good paths

(no bogs, becks or boulder fields and no chance of getting lost). About 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. January the course is very slippery in places and you need proper fell shoes (Walshes or Inov8s). You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed.

A very popular race and fills up very quickly (in a couple hours). Entry last time was £10 so it won't break the bank. If interested, i'm at the club most Wednesdays, or email me Hugh Balfour hugrbalfour01@gmail.com

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

Did you know that Dulwich Runners members are eligible for a 10% discount Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>
Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Sportsshoes.com 10% off for the club

10% off on [Sportsshoes.com](https://sportsshoes.com) for the club

The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

Dulwich Runners Book Swap

The last Wednesday of each month

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


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

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.





v1 Dulwich Runners

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









 app.dulwichrunners.org.uk

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

 Download on the App Store

 GET IT ON Google play

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](#).

Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

10% discount to club members

Ola is an experienced Sports massage therapist & club runner

To find out more and book an appointment:

olabalme1@gmail.com



and National champs plus other events for Masters. See fixture list in Shorts and website.

Which races to go for

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

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully to ensure that you don't miss out.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, though don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes, as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on poorly drained courses eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2023/24 Ken Crooke XC Championships

For the 2023/24 cross country season, the champs races will consist of the 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 4 events, including 2 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories. Those, mostly 60+, competing for Vets AC in Div 4 at different venues will be included.

Qualifying races are the 4 Surrey League races, London champs, the 2 South of Thames races and South of England champs.

Further information contact your captains at:



dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com
photos by Laura Vincent

Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures during the season details can be found in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. This season both our men and women compete in Division 1. You need to be EA registered to compete in the Surrey League and most other events.

Distance

Men's Surrey League races are around 8km. Women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.



Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in both the women's and men's Surrey League there is now a B team

competition where the second 5 and 10 runners respectively score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

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

British Masters 5km Championships – Battersea Park – Sunday 3rd December

Thomas south writes: For the second year in the row, the British Masters Athletics Federation held their annual 5km in Battersea Park, being organized by Vets AC. With relatively mild conditions compared to the last few days, 10 Dulwich Runners toed the start line. After following some stunning runs in Valencia by other club members, we all had extra incentive to chase times and medals.

As we all know, Battersea Park is the place to run a decent 5km and a strong field was attracted to run in the champs. The course started at the start of the central avenue, heading towards the bandstand and away from the athletics track, for a 2 ad a bit lap course, finishing just before the bandstand. Leading the club in was Alex Winchester, who has a brilliant year of running this year, setting PBS in 10km, the half marathon and the marathon. He was looking to getting under 16 minutes for the first time. He ran a controlled first 3km, then push on for the last 1.5 km, to finish 8th over and third V40 in 15:57 (PB)

Next in was Thomas South. With his current fitness was looking for a time in the low 16's. Running a controlled race finished 12th overall and first v45 in 16:12.

Next in was Ade Russell. Not quite at the same level of fitness he was in at this time last year, he has a a decent winter, having making his debut for England over the country recently. Ade ran a well paced run to finish 20th overall and 5th M45 in 16:20.

Not far behind was Andy Inglis who had just got over a recent doubt of Covid, but was sporting a brand new pair of Alphaflys. Andy had a decent run to finish 24th overall and 7th V45 in 16:38.



Andy

Next in was resident club super Vet Andy Bond. Andy has had a tough winter this year, after having a calf issue and a bout of illness, has only just got back into running, after a break of 5 weeks. Before the start thought he was in about 17 minute shape, and was pretty much spot on. He finished 41st and 8th V50 in 17:04.

Leading the woman in (who

started in a wave 2 minutes behind the younger male vets) was Clare Norris. Clare has had another strong year of improving over all distances with the benefit of getting good consistent training and set another PB here by 5 seconds. Clare finished 27th overall and 9th W45 in 20:00 (PB).



Nicola

Next in was Nicola Richmond, who has recently returned to racing with the club. She had a strong run here, well inside her recent parkrun times. She finished 37th overall and agonisingly just outside a medal place, in WV50 in 4th, in a time of 21:10.

Not far behind was club stalwart Graham Laylee. Graham definitely chose the perfect race to run his fastest 5km of the year. Graham finished 10 MV65 in a time of 22:10.

Next in, was another runner with legendary status within the Vets running community Ros Tabor. Ros always performs well and had another strong performance today, and not far of her years best time. Ros won the third individual of the day, taking second place in FV70 in a time of 25:48.

As well as three individual medals, the club won two team medals. In the MV45 – 54 age group the men's team of Tom South, Ade Russell and Andy Inglis took silver, while in the womens V45 -54 group, the team of Claire Norris, Nicola Richmond and Ros Tabor won a bronze.

Unfortunately Mike Mann had to drop out. Also many thanks to Andy Murray, Stephanie Burchall, Claire Steward and Paul Keeting for their support .

Individual results

Alex Winchester :- 15:57 (bronze, V40) PB

Thomas South :- 16:12 (Gold, V45)

Ade Russell:- 16:20

Andy Inglis:- 16:38

Andy Bond:- 17:04

Claire Norris:- 20:00

Nicola Richmond:- 21:10

Graham Laylee:- 22:10

Ros Tabor:- 25:48



Thomas



Graham



Ros



Claire



Valencia Marathon

3 December 2023,

Valencia's reputation as a fast, PB race, late enough in the year to avoid summer marathon training lured a few Dulwich Runners again this year. And the good food, great weather, and dark drinking dens ensured the few who unfortunately couldn't race turned up anyway. That made for plenty of enthusiastic support along the route from Alex, Kay, Shane, and after a while, PJ and Gibbo. Unable to run as planned, Shane took on the mantle of group Dad, kindly organising a lunch venue for after the race. Albeit he leant into the role quite hard, taking up residence in a gloomy Irish bar for most of the trip and booking a steak restaurant for a group that was initially 50% vegetarian. But the pasta looked good.

The race. Our young apprentice Aaron's epic training block chasing sunrises around Dulwich Park twice a week made for high expectations. And he didn't disappoint. Confident in his training, Aaron was cool as a cucumber in 8degrees predawn and meeting him around 6:40am for the metro to the start, his sunset chasing suddenly made a lot of sense to your duvet addicted, bleary eyed correspondent. Aaron was calm and collected too at the frenzied start as hordes of anxious in-shape-and-wanting-the-PB mega-shoed runners elbowed their ways forward.

A slow, congested first km didn't put him off and he was soon knocking out metronomic 3:25's per km, showing once again that you don't need to eat sardines and proplus to smash out a phenomenal time. Aaron's race would have bagged the long established club record earlier in the year and he was only

a few seconds off Nick Impey's Chicago time from October. But international glory came his way instead, winning 15mins of Finnish fame by acting as a windshield and able pacer for their Olympic hopeful, Camilla Richardsson. Bravo Aaron - Dulwich men's marathon team is looking ridiculously strong for London 2024. And bravo Alex, who despite injury hopped on a bike to pop up all over the course and support.

My own race suffered from a lack of planning (OK, not unusual these days) but also lack of clarity of purpose. Nowhere near PB shape, my "I'll give it a go" attitude fell apart after 10km when I knew getting near 2:30 wasn't on. The sheer quantity of quality meant there was a constant stream of overtakers rather than a natural group to sit in with and the high number of dropouts along the route did tempt me but I slogged on counting down the kilometers for a while before waking up again around 35km and finding the energy to pick it up a little. It was too late to get in under my London time from this year but I was happy enough.

Next up, Tom Shakhli put in a superb negative split to come in just shy of the old London Marathon Mens Champs requirement and with a big PB - 4mins quicker than his London time this year. Tom started nice and easy and gradually wound himself up for a 2:30 paced finish. No doubt the constant care of his AirBnb host had put at ease enabling the right mindset for the race and our sea swim together the day before clearly did him more good than me. Tom was rightly jubilant post race and went straight from the bar to a late flight; and while I am sometimes accused of having an esoteric marathon preparation ritual, Tom's post marathon recovery technique, involving an ill judged kebab, seems to have worked wonders for his legs - something to study further.

PJ started well but at 7km knew it wasn't to be and took the sensible route - joining Shane in the beer and cheer lane and was in good spirits later on.

Just back to racing, Gibbo was there too, though a bit miffed that without Buzz's presence he might end up remembering the night out. He paced a Kent AC friend for the first half of the race before joining the supporters and some time later heading off for shots with the parents of said friend.

My apologies to Francesca. Francesca, I don't know who you are but you had a top race, from looking at your paces, you might have hoped for something a little better but you held on, finished strong and equalled your time from Manchester last year. Well done!

A couple of non members' races to mention: Kay had come out to support her partner and Tonbridge man, Dan, who was on flying form post race having bagged himself a 2:48 PB. And erstwhile - brief - member, Jack Brotchie was flying the red and black for Herne Hill and despite swapping his signature look from pirate shorts to a woolly beanie, came in with a whopping 2:28 PB.

My conclusion to the weekend was that mixing marathon running with a weekend away somewhere sunny is a little suboptimal and after a few Guinneses, we all agreed that running a half marathon was a better excuse for visiting somewhere without destroying your legs in the process.

Thanks again to the injured and sensible supporters. Well done all. - **Tim Bowen**

Chip times:

Aaron Wilson	2:24:35 PB
Tim Bowen	2:36:25
Tom Shakhli	2:45:17 PB
Francesca Allard	3:12:15

Kent Masters Cross Country Champs Dartford

December 2

Steve Smythe writes: Unusually and sadly Dulwich had no M40s, M50s or women participating but we did have a M60 team.

As we were second last year and were fielding the same trio then who ran in our recent Southern vets silver medal relay team plus Mike Fullilove who was in far better shape than two of the team from both events. The trio from last year were also the winning M50 team from

exactly 10 years ago- Tony, Steve and Neville.

Unfortunately after the relay Tony Tuohy decided to stop training completely and was a good minute down on his form from last year when we medalled but expectations for medals were still high. However in a very strong competition Dulwich ended up fourth a single point from second.

Tony did well off limited (non existent) training to make top 10 after overhauling the usual fast starting Mike who had been in good parkrun form this year. Steve, who had done very little running in the previous 3 weeks (but unlike Tony not by choice but because of a hip problem) but it miraculously cleared up for 20 mins and allowed him to finish 2nd M65 (but medals are in 10 year age groups) even if he couldn't walk after.

However he was frustrated by the non team medal in what is the oldest age group in Kent team champs as 50 years ago he was winning team gold in the then youngest age group - U15 boys. Neville had a steady run but not at his very best after various injury problems.

And thanks to former runner and member John Mcglashan who did some excellent supporting and for pointing out if I'd run just a few seconds faster we would have won team silver.

10 Tony Tuohy 20:26
12 Mike Fullilove 21:02
22 Steve Smythe 22:25 (2nd M65)
42 Neville Webb 24:38 (9th M65)
Team: 1 Tunbridge Wells 21; 2 Tonbridge 43; 3 Kent AC 43; 4 Dulwich 44; 5 Maidstone 49 (11 clubs completed)

Trail Running adventures - from the Devil's Punchbowl to a ruined abbey

Dave West writes: - Following a recent poor spell in XC races, I needed to get back to some low-pressure trail running to restore my sanity if nothing else. So my week started on Monday with a nighttime headtorch run, close to the Hampshire border with Surrey, around the Devil's Punchbowl guided by Matt Buck from Running Adventures. On a freezing cold evening, around 20 runners (including another DR, Matthew) set off into the darkness on a 10km/1000ft climb run that included some ankle-deep wet mud as well as steep ups and downs with rocks and tree roots, all taken at a sociable pace with occasional stops to re-group. The obligatory stop at the trig. point on Gibbet's Hill, at 892ft the second highest point in Surrey, didn't quite yield the views of the London skyline some 40 miles away that are promised on Wikipedia but we'd had to work hard to get there. Matthew and I drove back to London, re-energised and ready for anything that running could throw at us.

By Saturday, a steady start at the all-trail Beckenham Parkrun, with a significantly faster second lap through the woods (revised course currently being used), suggested that I'd got the devil from my legs and therefore it was off to Abbey Wood at the end of the Elizabeth line on Sunday for the Lesnes Abbey 5. Popular with visitors since the late 1170s, the abbey was built as penance for the violent death of Thomas Becket in Canterbury Cathedral and was an overnight resting point on the road to Canterbury which was thronged with pilgrims after the murder. Its ruins now sit within a lovely restored park overlooking urban sprawl, once all marshland adjoining the Thames. There are public toilets and a café close to the start. Behind the park lie woods with numerous hilly trails that form the course for the race.

Plumstead Runners started this race (now in its second

running) in memory of one of their founding members. It's a no-nonsense event that costs just £10 for which you get an extraordinary well marshalled and marked course, a race number, baggage storage and a finish time. No water stations, medals or other paraphernalia are needed and the distance is stated to be roughly 5 miles.

Starting behind the café, the race heads off along undulating gravel trails before entering the woods. With the temperature rising to a balmy 7c, after a week below zero, and with light drizzle, conditions seemed fairly good for running. Underfoot, there was only a little mud but with slippery wooden steps and tree roots often hidden under leaves, care was needed especially on the steep downhill. It's an astonishingly inventive one lap course (requiring a huge number of marshals, signs and a lot of marking tape) with numerous twists and turns that had me power walking the steepest bits, but unable to make up as much time as usual downhill due to potential hidden hazards. I loved it and got into some great battles with a few others; all of us trying to play to our strengths on moderately technical terrain with no opportunity to switch off mentally. With only three-quarters of a mile of flat in total across the whole distance, raw speed wasn't of any help which suited me just fine on current form.

I managed to hold off all but one of my rivals and finished in 55th place over what turned out to be 5.55 miles in 57:32; possibly my slowest ever over the distance but it did have over 1100ft of climb and some tricky underfoot conditions. Strava Grade Adjusted Pace made it worth 90 seconds a mile just for the hills; what a race! The winner, who has run 2:28 for a marathon this year and sub 28 at the Harvel 5, finished in "only" 36:40; whilst the 101st and last runner took over 90 minutes. I'll hopefully be back next year.



Crystal Palace Canter 5k

This month's Canter took place in miserable cold and grey conditions. Most of the Dulwich contingent, with the exception of the steady Paul Keating, slowed slightly in the second lap, while Claire Steward, recovering from a cold, took it easy. **Mike Mann**

Mike Mann	24:32
Dave West	25:35
Jo Quantrill	26:02
Paul Keating	26:34
Claire Steward	33:20
Bob Bell	33:20

The 2023 Club Championships Awards

2023 Club Championship End of Year Trophies

Ebe writes: This year the very fine number of 150 of us took part in at least one club championship race, 142 being first claim DRs. 42 first claimers completed the club champs by taking part in at least 4 events, in both the long and short categories.

Well done! For full standings please see here: <https://app.dulwichrunners.org.uk>

This brings us back to pre-pandemic levels in general and we hope this trend will improve further in the next year. So without further ado here are this year's award winners and everyone who completed.

The awards will be presented at Fridays Christmas party at The Plough, Lordship Lane from around 9pm by our honorary president Barrie John Nicholls.

Overall Championship Winners (on Age Grading)

1st **Andy Bond (90.3%)**

2nd **Ros Tabor (87.9%)**

3rd **Tom South (86.1%)**

	Senior W	Senior M	W40	M40	W50	M50	W60+	M60+
1st	Harriet Roddy (202)	Aaron Wilson (203)	Helen Shannon (206)	Andy Bond (204)	Michelle Lennon (206)	GrzegorzGalezia (207)	Ros Tabor (205)	Tony Tuohy (206)**
2nd	-	Ben Howe (195)	Laura Vincent (203)	Tom South (200)	Lindsey Annable (197)	Chris Beardsall (202)	-	Ebe Prill (206)
3rd	-	Sean Cordon (193)	Clare Norris (198)	Shane Donlon (195)*	-	Justin Siderfin (199)	-	Mike Mann (195)
				Ade Russell (195)*				
				*Joint 3rd on head to head 4:4				** 1st on head to head 6:2

Completion:	Points
James Burrows	194
Barrie John Nicholls	194
Dave West	190
Andrew Murray	185
Alexander Loftus	184
Jonathan Whittaker	184
John Kazantzis	184
Cameron Timmis	183

Jack Leafe	182
Paul N Keating	180
Mark Callaghan	180
Timothy Bowen	177
Murray Humphrey	176
Steven Kendall	176
Joe Farrington-Douglas	172
Hugh French	169

Edward Smyth	165
Jonny Hough	164
Miles Gawthorp	158
Robert Tokarski	157
Austin Laylee	148
James Gordon	145

Club Champs 2023 Marathon - Final Standings

Ebe writes: The marathon competition in the club champs runs from the beginning of the year to the last weekend before the Christmas party, when we hand out the awards. With the ever more popular fast Valencia marathon on the first Sunday in December this can make for exciting competition up to the last minute. And so it proved, with Aaron coming within 12 seconds of Nick's new club record achieved only two months earlier in Chicago. The first time we had two men finishing under 2:25 in our club's history! There were more excellent results from Valencia with hopefully more detailed reports in Shorts, here I list the final standings only with all the award categories, including captains awards.

The marathon competition was always a special focus of our club, and so we celebrate it with an extra presentation of real medals (from Welsh Slate) at our Christmas Do this Friday. Well done all!

Club Champs 2023 Marathon Final Standings (1. Jan to 3. Dec)

Men				
Name	AG	Marathon	Time	Award
Nick Impey	V40	Chicago 8. Oct	2:24:23	Overall (88% AG)
Aaron Wilson	SEN	Valencia 3. Dec	2:24:35	1st
Joe Hallsworth	SEN	London 23. Apr	2:29:00	2nd
James Dazeley	SEN	London 23. Apr	2:29:05	3rd
Ben Howe	SEN	London 23. Apr	2:34:38	
Alex Winchester	V40	Berlin 24. Sep	2:35:53	1st M40
Timothy Bowen	V35	London 23. Apr	2:36:13	AG Men (80%)
Finn Nugent	SEN	Manchester 16. Apr	2:37:33	
Jonathan Phillips	V35	London 23. Apr	2:39:24	
Tom Shakhli	V40	Valencia 3. Dec	2:45:17	
Shane Donlon	V40	London 23. Apr	2:47:29	Captains
Josh Willis	SEN	Berlin 24. Sep	2:47:34	
Harry Lawson	SEN	London 23. Apr	2:48:23	
Shane O'Neill	SEN	Boston 17. Apr	2:49:18	
Alexander Loftus	V45	Seville 19. Feb	2:51:07	
James Burrows	V40	Rotterdam 16. Apr	2:51:45	
Rob Emes	V40	Batters. Park 22 Oct	2:52:04	
Eugene Cross	V40	London 23. Apr	2:52:43	
Steven Kendall	V35	Milton Keyn. 1. May	2:53:44	
Gower Tan	V50	Amsterdam 15 Oct	2:55:59	1st M50
Hugh Stobart	SEN	Manchester 16. Apr	2:56:08	
Tom South	V45	Berlin 24. Sep	2:57:23	
Graeme Finnie	SEN	New York 5. Nov	2:57:26	
Jack Leafe	SEN	Boston 17. Apr	2:57:47	
Stephen Davies	V50	Chicago 8. Oct	3:04:20	
Matthew Ahluwalia	SEN	Brighton 2. Apr	3:05:00	
Jonny Hough	V45	Manchester 16. Apr	3:08:56	
Rupert Winlaw	V50	Batters. Park 22 Oct	3:13:06	
Harry Bennett	SEN	London 23. Apr	3:13:41	
Eberhard Prill	V60	London 23. Apr	3:15:17	1st M60+
Grzegorz Galezia	V50	Berlin 24. Sep	3:15:57	
Robert Archer	V50	London 23. Apr	3:25:09	
Sean Cordon	SEN	London 23. Apr	3:26:22	
Matthew Wright	V35	London 23. Apr	3:27:30	
Lee Wild	V50	Batters. Park 22 Oct	3:27:40	
Steve Smythe the Younger	V65	London 23. Apr	3:37:11	
Steve Smythe the Older	V65	London 23. Apr	3:37:42	
Austin Laylee	SEN	London 23. Apr	3:38:13	
Robert Tokarski	V45	London 23. Apr	3:45:00	
Alex Haylett	V40	London 23. Apr	3:46:03	
Martin Double	V45	Amsterdam 15 Oct	3:48:02	
Miles Gawthorp	V45	Brighton 2. Apr	4:03:33	
James Gordon	SEN	Manchester 16. Apr	4:39:56	
Ben Smith	V40	London 23. Apr	4:57:40	

Women				
Name	AG	Marathon	Time	Award
Francesca Allard	SEN	London 23. Apr	2:57:28	1st
Isabel Ruthven	SEN	Amsterdam 15 Oct	3:04:46	2nd
Michelle Lennon	V55	London 23. Apr	3:18:09	3rd
Sara Roloff	V40	London 23. Apr	3:20:38	1st W40
Olivia Bishton	V45	London 23. Apr	3:30:43	AG Women (70%)
Laura Vincent	V40	Seville 19. Feb	3:39:32	Captains
Victoria Read	V50	Manchester 16. Apr	3:43:48	1st W50
Cathy Carroll	V45	Brighton 2. Apr	3:48:05	
Marjorie Epton	V60	London 23. Apr	3:54:29	1st W60+
Maeve Lane	SEN	Dublin 29. Oct	4:23:20	

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

Bushy

1147 Ran
Pos Gen
290 34 Ange Norris 24:13

Bromley

543 Ran
Pos Gen
122 9 Carys Morgan 23:38

Brockwell , Herne Hill

358 Ran
Pos Gen
7 6 Jonny Hough 19:47
28 25 Austin Laylee 21:10
33 30 Edward Simmons 21:20
47 42 Mark Foster 22:12
49 43 Stephen Trowell 22:18
51 5 Ola Balme 22:22
69 58 Hugh French 23:03
72 11 Katie Styles 23:08

Beckenham Place

220 Ran
Pos Gen
95 80 Dave West 27:40
114 25 Claire Barnard 28:44

Crystal Palace

333 Ran
Pos Gen
69 7 Yvette Dore 23:36
76 8 Emma Ibell 24:03
143 22 Joanne Shelton Pereda 26:39
166 36 Belinda Cottrill 27:36
216 63 Sharon Erdman 29:55
230 152 Bob Bell 31:14
307 120 Chris Bell 37:11

Hoblingwell

53 Ran
Pos Gen
1 1 Tommaso Bendoni 19:58

Mile End

304 Ran

Pos Gen
147 119 Paul Keating 25:45

Dulwich

536 Ran
Pos Gen
3 3 James Dazeley 15:30
63 54 Rob Mayes 19:27
80 68 Rob Fawn 19:47
86 8 Polly Warrack 19:52
95 81 James Brown 20:03
102 87 Grant Kennedy 20:22
103 88 Gower Tan 20:23
109 94 Harry Lawson 20:38
117 101 James Auger 20:59
211 170 Toby Irvine 23:36
223 177 Wander Rutgers 23:49
291 219 James Gordon 25:45
374 252 Michael Dodds 27:59
401 104 Clare Wyngard 29:20
524 299 Fazlur Rahman 41:40

Burgess

481 Ran
Pos Gen
1 1 Lewis Laylee 16:33
466 190 Susan Vernon 50:52

Orpington

122 Ran
Pos Gen
38 34 Colin Frith 24:46

Fulham Palace

453 Ran
Pos Gen
232 48 Lindsey Annable 27:01

Reigate Priory

257 Ran
Pos Gen
151 120 Peter Jackson 29:11

Peckham Rye

277 Ran
Pos Gen
1 1 James Blackwood 17:07

Folkestone

250 Ran
Pos Gen
16 2 Kim Hainsworth 21:12

Tooting Common

457 Ran
Pos Gen
68 7 Christina Dimitrov 22:31

Mole Valley

261 Ran
Pos Gen
3 3 Jon Phillips 18:31

Clapham Common

769 Ran
Pos Gen
88 6 Gracie Ingledew 21:33

Foots Cray Meadows

37 Ran
Pos Gen
1 1 Andy Bond 20:15

Centennial

439 Ran
Pos Gen
9 9 Tim R Taylor 18:42

Charlton

130 Ran
Pos Gen
5 5 Justin Siderfin 19:29

Llanishen Park

103 Ran
Pos Gen
8 8 Lee Wild 20:47

Wolford Wood

59 Ran
Pos Gen
6 6 Jamie Robinson-Nicol 24:56

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



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



Socks only £5



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

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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

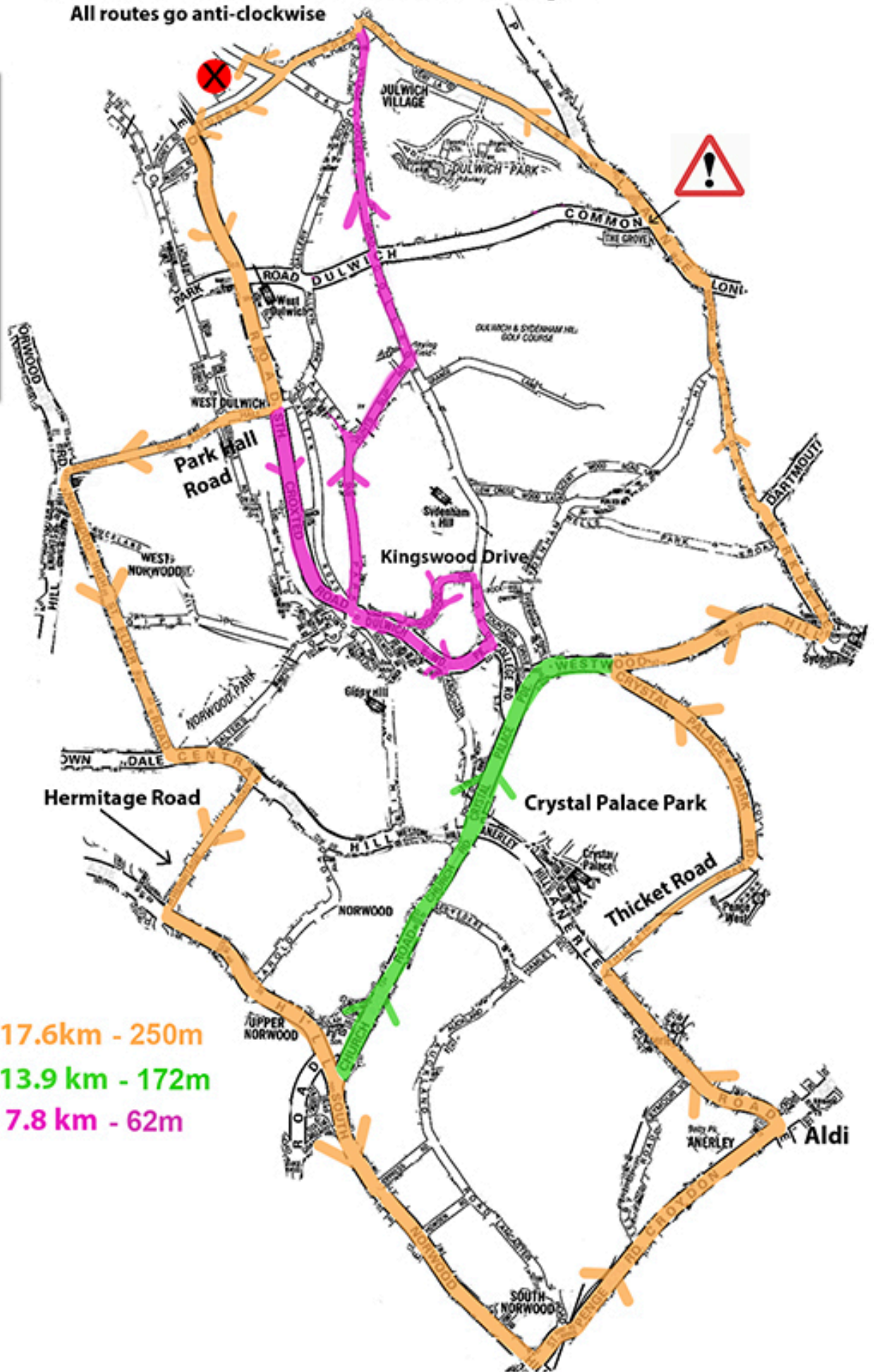


Pro Mid Layer 1-4 Zip Top

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

Dulwich Runners Winter 5km routes

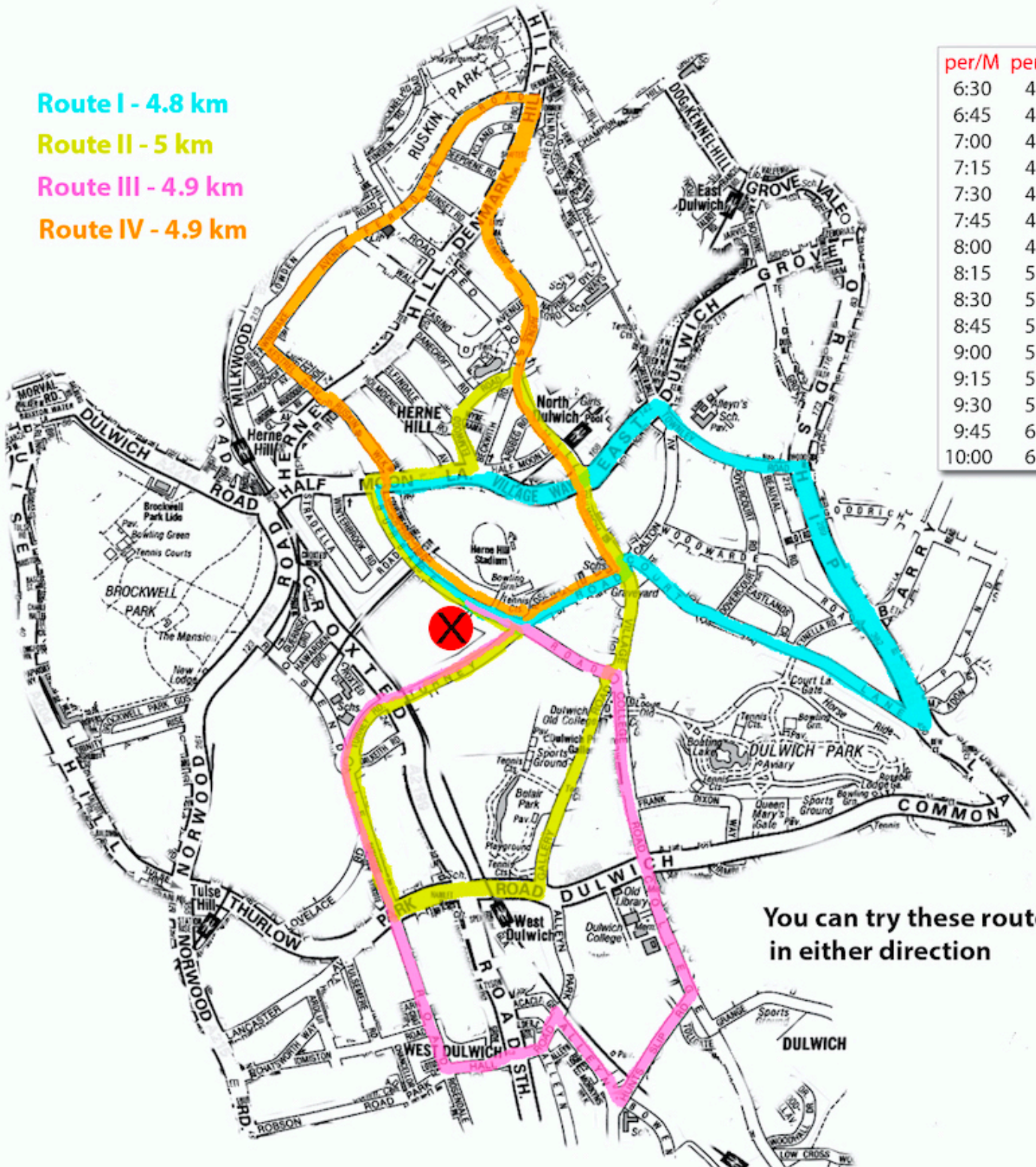
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



You can try these routes in either direction