



These are your SHORTS

Please send any 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 suitable for all abilities (see page 3,

In your SHORTS this week !

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Talk on Green Belt Relay

Wednesday 22nd February 8.30 p.m. in the bar after the run

If you want to know more about how this works, come and hear it from some of last year's team. We are showing a short presentation to convey what a fantastic event this is. It should be on everyone's wish list. Do stay and listen, ask questions and you'll find it hard to resist signing up!

Club Social Event - Pizza Night
Wednesday 15th March
From 8.30 in the clubhouse.

Meat or veg option £7.00

Add your name to the list at the clubhouse.



'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run on the first Wednesday of each month and you will be entered into a draw to win a free drink.

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.

DULWICH RUNNERS 2022 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
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Feb 25	National Cross Country Champs	Bolesworth Castle, Tattenhall
Mar 4	Sri Chinmoy 10k - L	Battersea Park
	18 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	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	Victoria Park 5 miles S	https://vpthac.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	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.

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.

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

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.

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

Updates on events with dates to be confirmed will be issued as soon as details known.

Finding a suitable 10k has proved problematic. One possibility

The rules for the 2023 Club Championship have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories.

The rules and a table of the races can be found on the website here: [Club Championships Information-Dulwich Runners](#)
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

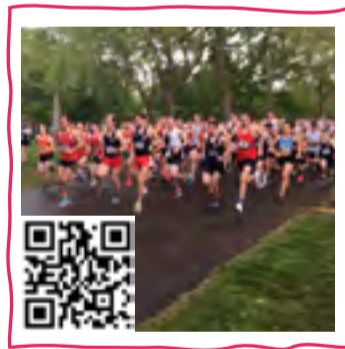
Dulwich Runners Club Championships 2023

- March and April 2023 Events Now Available to Enter!



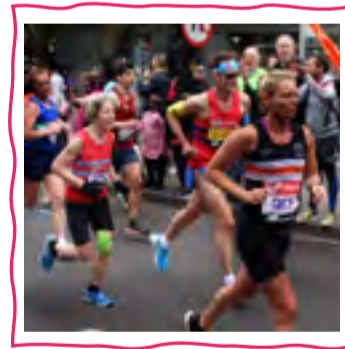
10 km (LONG CATEGORY)
 Sri Chinmoy Mad March Hare,
 Battersea Park
Saturday 4 March 2023, 8.30am
 Registration closes 3 days prior to
 race

<https://www.eventrac.co.uk/e/sri-chinmoy10k-races-in-battersea-park-6962>



5 Mile (SHORT CATEGORY)
 Mike Penman Open 5 Miles, Victoria
 Park, London, E9 5EG, **Saturday 18**
March 2023, 2.30pm
 On the Day Entry only (closes 30
 minutes before race time) - FREE

<https://vpthac.org.uk/open5/index.html>



Marathon (LONG CATEGORY)
 London Marathon, Blackheath,
Sunday 23 April
(or alternative marathon)
 Some London Marathon charity
 places are still available

You can nominate any other marathon as long as it occurs by mid December - typically up to and including the Valencia Marathon



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 run, Wednesday 22nd February, 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

Tuesday night "hell hill" sessions all February, from March will move to flatter venue as Xc season ends and spring marathons and other road races approach.

From Tuesday 7 March - Cox's Walk 7pm, meet by entrance on South Circular (opposite the old Grove Tavern pub) led by Tom Poynton tpoynton@hotmail.com Well lit path, little footfall, a good place to run at speed, we'll adjust if needed.

Peckham Rye Common sessions all March led by Mark Callaghan m.s.callaghan@outlook.com. Meet outside front of Peckham Rye Common Round Cafe 7pm - warm ups then the slope for main session.

From some time in April (dates tbc) club aims to have a single track session at Crystal Palace or Dulwich College -updates when more known.

Comments /suggestions for sessions welcome but our summer focus is shorter races not least club champs and Assembly League, with a few possible adaptations later on for those planning an autumn half or full marathon.

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 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.

16 Apr - British Masters 10k Road Champs - Grangemouth
20 May - British Masters Open Road Relays - Birmingham
04 Jun - British Masters 1 Mile Road Champs - Edinburgh
25 Jun British Masters 30km Multi-Terrain Champs Gravesend
20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester
Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

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 - March update

In March we build on February's work and the long runs get longer and include more sections at or near marathon pace. These don't really need to go beyond about 22m or 3:15 hours, whichever comes first. I've suggested below some long run sessions, although feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas. Another alternative is to do a 20m race or supported run e.g. the Hillingdon 20 and the Riverside 20, where you could mix up some easy and marathon pace running or run it all at about 10-20 seconds a mile slower than marathon pace - it is best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days, if not longer.

Mon 20 – Sun 26 Feb

Tue. easy run, 75 mins. Wed fast-steady club run, Sat National XC champs (or threshold session), Sun. long run or easy pace 1:30-2:00 hours (especially if raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

Mon 27 Feb – Sun 5 March

Tue. intervals, Wed. 60 mins. easy-steady run, Sat. Sri Chinmoy 10k, Sun. 2:30-2:45 hours easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

Mon 6 – Sun 12 March

Tue. easy run, Wed. 70-80 mins. steady club run, Sun. 2:30-2:45 hours, mainly easy pace with 4-5m at marathon pace - or Paddock Wood half. Otherwise two, preferably three easy runs for 40-60 mins. elsewhere in the week.

Mon 13 – Sun 19 March

Tue. intervals, Wed. 60 mins. club run, Sun. easy pace 1:30-2:00 hours - or Victoria Park 5m. Alternatively you could run the 5m at say 10m pace with lots of easy running before and after to make it part of your long run. Otherwise one, preferably two easy runs for 40-50 mins. elsewhere in the week.

Mon 20 – Sun 26 March

Tue. easy run, Wed. 80-90 mins. fast-steady club run, Sun. long run for 2:45-3:00 hours, mainly easy pace but include 3m at marathon pace, 2 miles easy, 3 miles at marathon pace. Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.


I've included an easier week, to allow for recovery, although you could move this around a bit depending on how you feel.

There are two club championship races in this period, and some of you may well be running the Paddock Wood half too. Shorter tune-up races are not essential but can be good race practice (kit, crowds, gels etc), give some idea of target time to go for (with some caveats), and make a bit of a change from all those long runs although you shouldn't really have a mini-taper and recovery too often.

I've continued to suggest running the interval sessions every fortnight. You could substitute them for an easy run if you race "full on" the 5m and 10k races as they provide a very similar stimulus. Similarly, the Wednesday club runs continue to alternate between an easier run and a longer, faster run.

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.




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"



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](#).



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.

Surrey League Number 4 (Men) – Lloyd Park

Heading into the final league race of the season, staying in Division 1 was no foregone conclusion for the Dulwich Men's team. A quirk of the rules this year is that only one team would be demoted; normally it's two. But even so, things were reasonably tight between Croydon, SLH and us. All it would take was one team to overperform, or us to field fewer runners, and there was every chance we wouldn't make it. Given that staying up is a feat we've never achieved before, it was very much all to play for.

Conditions on the Lloyd Park course were the best I've ever encountered. Light mud, a little bogginess in places; even the weather Gods smiled on us, with no wind and the sweet spot between hot and cold temperature-wise. A 23-man squad set off to take on the two lap, 8K course, which I can't help but think of as the urform cross country race. I'll offer a line or two on each of them.

But a special mention to our first man home – Cpt. **Ed Chuck (4th, 25:33)**. Regular Chuck watchers will have noticed that Ed *just keeps getting better*. We're running out of superlatives. Currently ranked the 5th fastest V35 in the UK, Ed has made another big jump this XC season, sustained by blisteringly hard 200m and 400m reps and metronome like high-mileage consistency. It's an inspiration. I knew he was having a good day when I caught sight of him on the other side of the top field, mixing it with the leaders. From my vantage point, XC specialist Jack Millar seemed to be pulling away, but Ed was battling in the chasing pack. He ended up taking 4th in what, for my money, is the pound for pound finest Chuck performance ever. Two reasons for this. One, the competition was so fierce. The only three to get ahead of Ed (by a couple of seconds) were 3rd place at last year's national (Millar), the English 1500m champion (Josh Trigwell), and 28 min 10K runner John Sanderson. To be amongst these guys puts Ed into a whole new league. The second reason, though, is that it shows Ed's growth as a racer, as well as a runner. Historically, Ed has been very good at establishing how fast he thinks

he can run, and then running *exactly that fast*. Fun, including by yours truly, has been made regarding Ed's obsessive 400m split checking. But for me, this race (along with London Champs, Southern and Telford 10K), has shown a different, shrewder, and more confident side to our skipper. He's gained the ability to trust himself, to go with the leaders, to hang on, and, ultimately, to run *better* than his preordained clock watching would allow. Given the level of the competition, it would have been easy for Ed to have gone out with a little deference. But he didn't. And this is the kind of pluck that the most memorable runs are made of. Hold your breath for Nationals.

A minute back was... me. (**Jack Ramm, 22nd, 26:39**) Having fractured my ankle back in October (top tip – wear trail shoes on trails), I was feeling grateful and happy to make the start line. With about a month of running under my belt, I had no aim beyond getting round in one piece. Photographic evidence of my finish, though, suggests this pacific frame of mind didn't last. Couldn't have been happier with my run, and such a pleasure to see everyone!

Next in was **Rob Armstrong. (31st, 27:05)**. Rob, like Ed, is also getting better and better. Having struggled with injuries, the effect of just six or so weeks of consistent training is obvious. 31st represents his highest league placing ever, and I think perhaps the field was stronger at Lloyd Park than Effingham, his previous peak. There's a huge amount of potential here. Hopefully Rob can use this successful XC campaign as a springboard to great things on the road and track in 2023. An exciting year ahead!

A little further back came **Aaron Wilson (38th, 27:29)**. Training and racing is picking up again for Aaron following his heroic performance in Valencia. Lloyd Park's dragging uphill perhaps don't play to his strengths, neither did the fact that he seemed to be acting as a windbreak for a group of Belgrave Harriers. In the end, a powerful last K saw him get the better of (most of) them.

Ben Howe (45th, 27:40) seemed a bit disappointed with his run, but I think he's being a little harsh on himself! He was in amongst the 2:30 marathon crowd and managed to come out the right side of a sprint finish against a G and G athlete. What's not to like? Not satisfied with his solid day's work, he followed it up with a 32:40 10K solo time trial on Sunday. Madness.

Ade Russel (70th, 28:41) was our first vet, not counting Ed. His performance secured, we believe, a 2nd place position in his category in the league overall. Ade got out hard, and then dug in, running strongly through the hilly section in the second lap. A fast last mile brought him home about ten seconds ahead of HHH's Raj Paranandi for 1st v45 on the day. A great result.

About a minute later, there followed a flurry of blue and red vests, with several runners packing well. Leading them out was **Ben Smith (86th, 29:28)**. I have to say, having been away and not knowing where people are at, I did a double take when I saw Ben storming down the final hill towards the finish – he was much further up the field than I expected. I understand Ben is in training for an attempt at the mighty Bob Graham Round. Either way, his mileage is up, and it's made a big difference to his fitness. Perhaps I've crunched the numbers incorrectly, but Ben looks to me to be in about 16:30-45 5K shape. Unless I've missed something, this is a *huge* step up from the last time we went for a run together! Surrey League 4 is, by my reckoning, his best race ever, building on his excellent run at Beckenham. 7th Vet overall – great stuff, Ben! Get yourself in a race!

Just seconds behind came **Joe Hallsworth (89th, 29:33)**. Joe, a member of the DR East-Midlanders team within team, has had a rough start to '23 with a virus and a chest infection impacting his running. It was great to see him out there in full health, if not in the kind of fitness we saw in the autumn of last year. He showed a big improvement on his last league outing, when he was sick, and it's only up from here.

One second behind Joe, and sporting a shock of blonde hair I'm still not totally used to, came **Tim Bowen (91st, 29:34)**. Tim's remarkable ability to run well without training was on display once again. Despite having been out of action for a couple of weeks, he was well inside the 100 and our 9th man to score. I don't think you could have asked for a better run all things considered. Tim also brought along a case of beer for afterwards, automatically making him the MVP.

Chasing him down was our final A team scorer, **Will Cole (94th, 29:36)**. Possibly my favourite moment of the race was watching Will deploy an absolutely lethal sprint over the last, slightly uphill 400m. With an "eyes-out-on-stalks" level of effort, he just managed to get around and then hold off a rival from HHH. Will has been a big improver this XC season and, as we head into spring and summer, I'm keen to see how his natural speed and power translate to the road and track.

Our first man home for the B team was **Jack Leafe (99th, 29:46)**. I think this was Jack's second run in a red and blue vest, and an improvement on his first time out. Just dipping into the top 100 in Div 1 is a huge coup, and the icing on the cake is that it seems he came out on top in a three-way fight for the line.

Club Captain and all-round nice guy **Alex Loftus (142nd, 31:38)** was next to break the tape. Alex was up ten places in his category over his last League outing, meaning he's in fantastic shape ahead of Valencia Marathon (which has probably happened by the time you read this). Much luck to him there.

Shane Donlon (151st, 31:58) followed Alex home. Shane paced this one brilliantly – it's very easy to hammer the first mile or so of Lloyd Park, and not notice, until the second lap, that it's just so slightly uphill. Shane avoided this, and the upshot was a strong finish. His marathon build has begun, and I saw him, along with many others who raced, in a big group the next day, diligently getting their long run in. Fantastic commitment.

Murray Humphrey (154th, 32:05) rounded out a successful debut season with the club with his best placing in the league so far, up about 50 on his 215th in Match 2. Hopefully it's obvious, but *this is a massive improvement!* I suspect it's just the start of things for Murray and look forward to seeing him progress onto the roads this spring. Murray was another runner out the next morning to get his

long run in. Fantastic commitment again. Doing well to stay close to Shane and Murray, **Chris Beardsall (158th, 32:12)** was our highest placed v55 of the day – 11th in category (which included v50s). A cracking effort. Interestingly, Chris' last Surrey League was at Beckenham Park, where he placed 158th and ran 32:12 for 11th in category. Suffice to say, he's had a consistent season.

Mark Callaghan (165th, 32:26) wasn't far behind. Mark has been carefully building his mileage since autumn of last year following an enforced pause. The return to training is clearly showing in his form, and he's up about 15 places from the second match of the season. Mark, like Shane and Murray, also paced this well, and managed a big last mile or so, attacking the downhill, and holding on during the little incline to the funnel.

There was a minute between Mark and the next Dulwich man, **Jonny Hough (176th, 33:27)**. Jonny has had eight weeks or so of consistent training, and that's enough to show significant improvement. He's up 12 places from his January outing, for his best league finish. More pertinently Jonny was way ahead of people he was behind at London Champs a few months back. He ends the XC season looking, for my money, in the best shape I've ever seen.

Racing Jonny for the line was **Jonathan Whitaker (177th, 33:29)**. A special mention goes to Jonathan for screaming encouragement at me as we passed each other in opposite directions on the second lap. Thanks for that! At the time, if my memory serves, Jonny H was quite far ahead, so Jonathan did well to close the gap over the next 2 or 3K. It looks to me as though Jonathan worked the hills to his advantage, and canny pacing saw this middle-distance specialist finish strong.

The club's chief data scientist, **Andrea Ceccolini (185th, 34:38)**, was a further minute or so back. Andrea ran the best he's ran all season, and, by my reckoning, probably better than all of last season, too. He went out hard, before easing up slightly in the second lap. A fast finish saw him into 17th in the V50-60s. I gather, unfortunately, Andrea picked up a knee problem just after the finish – wishing him a speedy recovery.

Ed Simmons (189th, 34:56) was the B team's final scorer. Ed, like Andrea, also had a fast first lap, and lost a little time in the first section of lap 2. However, he hung on in the second half of the second lap,

particularly during the long drag from the bottom of the top field all the way back to the descent leading to the line. Up a few places on Beckenham Park, a solid outing.

Justin Siderfin (197th, 35:38) also ran at Beckenham, and let Ed get slightly further away from him at Lloyd Park. I think this is down to Ed having a good race, though, with Justin's performance looking roughly equivalent to his previous races in the league this year. Having competed in each league race of the season, this adds up to a very solid campaign.

Seemingly every time I read Shorts, **Gregor Galizia (199th, 35:38)** has done a sub 3-hour marathon in an attractive European city. However, by his own omission, he's no fan of cross country. This surprises me a little bit because I've seen him *absolutely blast* through that little wood next to hell hill on a summery Wednesday evening, and cross country is basically that but chilly. Trailing Justin by five seconds, Gregor finished his season at Lloyd Park with his best, albeit only, performance of the 22/23 season.

Angus Fenton (219th, 38:20) made, I believe, his second outing for the club. An improvement from his first race, Angus was up about ten places. Most runners ran within 30 seconds either side of their time at Beckenham, but Angus managed to shed a dramatic 90 seconds. This suggests there's a huge amount of room for him to grow as he undertakes, I hope, a first season on the road and track.

As you may have noticed, this was a standout performance from the team, with many running their best race of the season. The upshot was an unexpected leapfrogging into 7th position in the league overall, ahead of both SLH and Croydon, and nipping at HHH's red and black heels in 6th. This means that, even if the rule change had not been in effect, the Dulwich Men would have remained in Div 1. Incredible work! It's testament to both growing membership and improving form throughout the whole field. The aforementioned beers provided by Tim were well earned.

Unless you're part of the small group of nerds heading to the National on the 25th, that concludes cross country until the Autumn. Thankfully, we can get our racing fix through the coming months on the roads and track. See you there!

Finally, apologies that this didn't make it into last week's shorts.

Seville Marathon 2023

Alex Loftus writes: Five Dulwich Runners made the journey out to Seville for this year's marathon and, after varying lengths of time spent enjoying the tapas, sherry and beer, we found ourselves on the start line at 8:30 on the Sunday morning. Unlike previous years, the dawn was slightly overcast, with temperatures in the low teens – almost perfect marathon conditions. It's my third year running the race, and I love the flat, fast course, the squashed Seville oranges beneath your feet, and the slightly more informal feel to the race, which is organised by the local municipality (albeit with all the major sponsorship deals and World Athletics Elite Label).

Rather than waves, there's a mass start, roughly organised according to predicted times. With 12,000 entrants, this year felt a little bit chaotic, but things quickly thinned out and everyone was able to settle into their own paces after the first half kilometre. My plan was to target a low 2:50 time and, if I had the energy, maybe shave the 23 seconds off last year's time in the latter part of the race. After the first few miles, I found a group whose pacing seemed perfect and was able to ignore my watch, which, unusually for me, I'd set to 5km lap times. The fun of being swept along by these other runners felt a bit like the moment in Finding Nemo where the little fish is swept up by sea turtles on the East Australian Current.

Passing the halfway mark, I seemed to clock 1:25:14 on my watch, although that can't be right from the splits; but the pace picked up in the group anyway and, like the little clownfish, I found myself swept on to mile 24 where things started to hurt. In what now feels an annual tradition, our son, Lucian, paced me between mile 24 and 25. This year, the wheels started to fall off a little and, rather than lose it completely, I slowed down (in the videos you can still see me veering rightwards at random moments as if there was some magnetic force coming from one direction). I staggered over the line in 2:51:07, happy to have (sort of) kept it together, if a little embarrassed by the last mile! Hopefully I'll be back again next year to do it all over again.



A good twenty minutes ahead of me, Nick Impey had completed his second marathon in 3 months, with a cold, and on his 41st birthday. Although not quite as fast as his 2:27 race in Valencia, he ran a hugely impressive 2:35:16. Soon after the 3 hour mark, and surely looking good

for sub-3 (maybe in London this year?) Harry Bennett came in at 3:12:39, picking up the pace in the final 10k. Gower – having had a nice few days in Seville (and having “made a small dent in the ~3000 tapas bars”) – paced things really well, treating it as a training run for London, and coming in at his precise target time of 3:20, pushing on for the last 2k. His left calf had hurt after only 5km, so fingers crossed for a quick recovery, a PB in London, and a brilliant UTS100 in May! Rather like me, I think Laura felt the last few km but came in well ahead of the Good for Age target time she needed in a hugely impressive run, so is set up for London in 2024. It was great to have the support of her family cheering on Dulwich.

Gower adds: “Definitely a great race and cracking weekend all round! The support was really good, course was super (only tiny



thing I disliked were the cobbles, but most marathons have at least a few, and TBH I didn't feel the need to run round the Plaza de España, though I can see the attraction for some folk.... [Alex agrees!]

I'm definitely coming back and would like to really race this one flat out off a full block. Expo was quick and easy, flights and accommodation all good value if you plan ahead and what a stunning city! Spent yesterday late evening in a bar overlooking the cathedral.... What's not to like!"

Winter Trail Run 10km - Gatton Park

19th February 2023

Gatton Park is a Grade II listed landscape co-administered jointly by the National Trust and one of the few state-maintained boarding schools. It lies on an escarpment of the North Downs ridge with the national trail running through the grounds and sweeping views across the Surrey weald and into Sussex. Aside from the public footpath, the grounds are normally only open to the public on a few days a year and are famed for their snowdrops. The land through which the race takes place, was also improved by Lancelot Capability Brown in the 1760s, a process which took six years and cost nearly £1m in today's money.

The Run Reigate event consists of a CaniX (of which more later) followed by 5km and 10km trail races for humans only taking in many of the historic features. Predominantly downhill for the first half of each 5km loop, the race circumnavigates a number of lakes and ponds, precisely positioned by Capability Brown for maximum scenic beauty, before climbing up to the North Downs ridge. Having to park a fair distance away, I made a last-minute decision to walk light and leave as much as I could in the car. I also used my inhaler much earlier than normal so that I didn't have to carry that; a decision I was later to regret.

The race starts on the Parterre in front of the original house, circumnavigates a circular plant bed and goes down half a dozen stone steps. To avoid congestion, runners start in groups of about 20 and

chip timing used to put the results together afterwards. Unusually, participants seemed shy about declaring that they were a faster runner and I found myself in the first group. Whilst it made for an untroubled start, it did mean that I was being overtaken for the first half of the race. As it turned out that was partly because the effects of the inhaler had worn off so I was breathing hard throughout albeit with a low heart rate.

After a few small undulations, the course descends sharply and follows a gravel track around a large lake with views back to the start, visible on the top of the ridge which we were soon to climb. However before then there is a weir to cross, with a few inches of water to ensure soggy feet, before the path starts to wind up through a landscaped rockery festooned with Hellebores and Snowdrops where I struggled, but did close on a few runners for the first time (they were possibly paying too much attention to the flora). Winding through the school outbuildings, the course heads downhill again around a horse field near Gatton Bottom and the only significant mud, before climbing back to the start elevation and the beginning of another lap.

The watch suggests that I slowed significantly on the second loop by about 45 seconds. Fortunately, I didn't lose many more places and when the results were processed, I was 80th in 56:08 out of 216 in what I (and others I spoke to) made a slightly long 10km with the winner finishing in a

fairly modest 42:09. I'd finished 1st M60 in the previous day's Orpington Parkrun, so I'm in better shape than that and my time there reflected the heavy going and windy conditions.

However, the performance of Sunday was in the CaniX 10km beforehand. The winner, a 32-minute man on the road, crossed the line in 30:08 (within a few seconds of Ed Chuck's road 10km club record) – sub 4:50 average pace. Given that Strava reckoned that the course was worth about 3 minutes at my pace, with over 500 feet of climb, sharp turns including at least one of 180 degrees, uneven surfaces and through water and some mud that's staggering even if dog powered!

I also bumped into former Dulwich member Matt Galvin who lives on the next hill along from Gatton, visible from the start. Now an occasional member of Reigate Priory AC, he ran 47:36 for 19th place in his second race of the year, the first being Tadworth where the small Dulwich contingent had failed to spot him in the appalling weather that day.

Overall, the Run Reigate event is a well-organised and recommended race over a fantastic, but tough, course. "Stunning" is an overused descriptor, but when the sun came out it truly was and I spent another hour after the race taking the rare opportunity to explore the grounds. It definitely made up for my medical error and the below par run. - Dave West



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.

Eastbourne

321 ran			
Pos	Gen		
1	1	Andy Bond	16:23

Brockwell , Herne Hill

334 ran			
Pos	Gen		
5	5	Shane Donlon	19:12
18	17	John Kazantzis	20:30
35	2	Katie Styles	21:35
39	35	Mark Foster	21:40
45	38	Stephen Trowell	22:04
51	5	Ola Balme	22:17
53	6	Catherine Buglass	22:23
83	67	Lee Wild	23:34

Beckenham Place

297 ran			
Pos	Gen		
3	3	Aaron Wilson	18:03
9	9	Sam Jenkins	19:57
48	3	Alexandra McClelland	23:49
49	4	Polly Warrack	23:50
135	29	Claire Barnard	27:09

Crystal Palace

332 ran			
Pos	Gen		
30	1	Laura Denison	22:10
65	3	Eleanor Simmons	23:45
96	11	Belinda Cottrill	24:55
298	163	Bob Bell	36:58

Whitstable

343 ran			
Pos	Gen		
8	1	Michelle Lennon	21:49

South Norwood

163 ran			
Pos	Gen		
102	82	Peter Jackson	30:25

Riddlesdown

145 ran			
Pos	Gen		
30	26	James Wicks	24:23

Dulwich

633 ran

Pos	Gen		
12	12	Joe Hallsworth	16:39
28	26	Harry Lawson	17:51
41	34	Alastair Low-Macrae	18:06
58	48	Rob Mayes	18:43
71	59	Tommaso Bondoni	19:05
73	61	Rob Fawn	19:10
123	12	Alexie Shaw	20:10
153	122	Rupert Winlaw	20:54
155	17	Izzy Pickles	20:55
188	148	Martin Kelsen	21:49
229	177	Tom Shakhli	22:43
272	40	Gabriela Rothova	23:39
281	213	Hugh French	23:52
290	217	James Gordon	24:03
346	251	Miles Gawthorp	25:18
420	291	Andrew Inglis	27:10

Tilgate

452 ran			
Pos	Gen		
138	113	Gary Budinger	26:14

Gladstone

196 ran			
Pos	Gen		
91	67	Des Crinion	27:43

Hilly Fields

262 ran			
Pos	Gen		
47	4	Emma Ibell	22:55

Burgess

609 ran			
Pos	Gen		
36	31	Charles Lound	19:42
99	81	Hugh Balfour	21:51
275	60	Ros Tabor	25:29
599	233	Stephanie Burchill	51:55
600	234	Susan Vernon	51:56

Orpington

150 ran			
Pos	Gen		
51	39	Dave West	26:04

Nulkaba

86 ran			
Pos	Gen		
19	16	Michael Dodds	26:59
40	11	Clare Wyngard	30:52

Peckham Rye

271 ran			
Pos	Gen		
12	9	Mark Callaghan	19:13
27	23	Ebe Prill	20:44

Blandford

208 ran			
Pos	Gen		
44	6	Rebecca Davis	22:18

Glengarriff

91 ran			
Pos	Gen		
27	6	Joanne Shelton Pereda	28:33

Tooting Common

615 ran			
Pos	Gen		
202	136	Ian Sesnan	25:47

Worthing

477 ran			
Pos	Gen		
143	122	Joseph Brady	25:04

Haga

91 ran			
Pos	Gen		
21	18	Paul Collyer	20:39

Wanaka

72 ran			
Pos	Gen		
17	14	Ben Boxall	23:50

Felixstowe

249 ran			
Pos	Gen		
15	14	Matthew Wright	20:14

Sutcliffe

228 ran			
Pos	Gen		
55	44	Michael Fullilove	22:42

Charlton

185 ran			
Pos	Gen		
26	26	Stephen Smythe	22:34

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ros.tabor49@gmail.com



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vests - £25

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



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Showerproof Team Jacket



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Dulwich Runners Winter Map12

