

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 !

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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:



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

2024/25 membership

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. *(no cash or cheques)*

Bank details will be on the renewal form.

Full year April 1 to March 31 - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

October 1 to March 31 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

EA reg is £17 and can only be arranged through your 1st claim club.

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

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

'Wear your club vest Wednesday' makes a return

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



If you need a club vest or other club kit: ros.tabor49@gmail.com

DULWICH RUNNERS 2024/25 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 2024

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)

- 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 Chimnay 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.

Tuesday 16 January - Reverse pyramid 1600m/1200m/800m/400m/400m/800m/1200m - 75/90 secs recovs, shorter reps about 5k pace longer at 10k. Slower group cut the 1600m to 1200m.

Tuesday 23 January = 1600m@10k + 4-6*800m@3-5k alternating reps 90 secs recovery.

Tuesday 30 January - 2 x [1600m@10k (90 secs recovs) + 800m@5k (90 secs recovs) + 400m@3k (90 secs recovs)].
Slower group 1200m not 1600m.

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

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

Contact Ola Balme - 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: ebepri1@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

Club Champs event - Paddock Wood 1/2M

Sunday 3rd March 2024

This is now open for entries with 40 club members entered already..

With EA - £24 until 31st December, then £27
Without EA - £26 until 31st December, then £29

What the organisers say - A fast, flat accurate course on roads through the hop fields and orchards of Kent. Ideal as a warm up for the Spring Marathons. Kent's largest half marathon with excellent facilities including ample parking, race pacing team for following times (1.20, 1.30, 1.40, 1.50, 2.00, 2.15 and 2.30), local train station, supervised baggage store, refreshments, physiotherapist, results on the internet and via text immediately after event and full first aid cover. Regularly voted amongst the best races in Runners World Top 100. Start & Finish Chip Timing..

Many club members have run this course before and it is popular.
Early entry is recommended..<https://www.paddockwoodhalfmarathon.co.uk/>

Note – start time is 9.30 am which means travelling by train isn't possible. We can either all car share or, if there is sufficient demand, look into hiring a mini bus or coach. A mini bus would also need a driver. (Let us know if you are able to do this.)
Please let us know how you would like to travel there so we can book a vehicle if necessary. Email Ange and Ebe - dulwichchair@gmail.com

Marathon talk 10th January

I'll be giving a talk about marathon training after the club runs on 10th January, covering a range of targets from getting round as a first timer to getting a GFA time and beyond. Plenty of opportunities to ask questions and hear from others about their own experiences. If you have any questions beforehand either in person or via tpoynton@hotmail.com Thanks, Tom

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.

Sportshoes.com 10% off for the club

10% off on [Sportshoes.com](https://www.sportshoes.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.

Masters Champs

16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMAA 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 -Gothenburg, Sweden

SAVE THE DATE

Chris Vernon writes:
Dont forget to come to Burgess Parkrun on 13th January to celebrate my entering a new age group

Charity donations

As a response to the suggestion that the club should make a donation to local charities this has now been done as follows -

The Running Charity - £225
£5 has been donated for all the 45 members who completed the club champs in 2023, instead of receiving a medal. A win for the charity and sustainability.

The Running charity was picked for being “an independent charity harnessing the power of running to support young people who are experiencing homelessness or manage complex needs. What started as a pilot scheme of twelve young people in a Kings Cross Day Centre is now a national organisation guiding and inspiring hundreds.” <https://therunningcharity.org>

The St Matthews Project - £225
This is a local charity. It was suggested by a member as it helps “ the young people of Lambeth to fulfil their potential and improve their well-being both physically and emotionally through targeted support to children and families.” <https://thesmp.net/about/>

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.



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"



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

A spring 2024 marathon training plan

Tom Poynton – Coach in Running Fitness – tpoynton@hotmail.com

Introduction – who is this for?

This is my suggested training plan covering just January for anyone planning a spring marathon - I will cover February, March and April in future editions of Shorts, although I can send the whole lot by e-mail if you'd prefer. With many of you targeting the London Marathon on 21st April, I have set the race date in the plan for then, but if you have a different target race date then you just need to adjust the dates accordingly.

To make the most of this plan, you should have been running several times a week for at least six months, hopefully (much) longer and are capable of running 5-6 days a week during this period. If you are able and willing, then you could increase the suggested distances, and if you are running more than about 60-70 miles a week then you might want to consider adding in an easy-paced run for say 30 minutes on top of all this and seeing if this works for you.

If anyone is much newer to running and/ or for whom this plan looks too ambitious, then I would suggest you concentrate on the Wednesday club runs, Sunday long runs and a couple of 40-60 minute easy paced runs at other times in the week, which should include a few strides (10-20 seconds of fast but controlled running with plenty of recovery).

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 e.g. on how to adapt it to suit your circumstances and to take into account what has worked well for you in previous training cycles. This is only my suggestion - there are many fine marathon plans out there, not least in previous editions of Shorts, and Athletics Weekly, and the Runners World plans are similarly effective and well-regarded, but I hope you find it useful. If anyone wants to read around the subject a bit more, I'd particularly recommend Pfitzinger and Douglas's Advanced Marathoning, Daniels Running Formula, Run Like a Pro (even if you're slow) by Fitzgerald and Rosario and David Chalfen's Improve your marathon and half-marathon running.

January training focus

In this phase you should be developing your all-round fitness, and starting to nudge up your long run without it having the prominence it later develops. This shouldn't really look too

different from what you did before Christmas, and if you trained consistently then, you should be well-placed to take advantage of the extra fitness this gave you.

The different types of runs

The Tuesday interval sessions should help develop speed-endurance, and although I haven't set out the details here, they should involve around 4 miles at a mix of 3k, 5k & 10k paces plus the warm-up and cool-down.

The Wednesday club runs are a really good way to get in an hour or slightly more of easy or steady paced running (which will increase later on), depending on how you are feeling and should help reinforce the benefits of the Sunday long run. So for many of you this would fit with running the medium route, but the faster amongst you might be fine with the longer route and similarly the less-speedy might be better suited to the shorter route. Having people around you should reduce the perceived effort, and it's also a good way to meet others in the club with a similar training target, so do come along if you can.

There are three Saturday cross-country races open to you all this month and I've added them all to the plan, as they should build strength and endurance, although you could instead run a Parkrun at either a "full on" effort or at a controlled 10k/10m/ half-marathon pace with a couple of easy miles before and after.

The Sunday long runs (which don't have to be on a Sunday, particularly if you do shift work or have other commitments) are key, even at this stage, and should be at an easy conversational pace for up to about two hours this month, and run on softer ground and not roads where possible. If you run with others, such as the club's organised runs, try to avoid any temptation to turn this into a race, at least for now.

On top of the club runs and races I have included some easy-paced running (again, on softer ground and off-road where possible) – it is up to you when and where you do this, and you may wish to do this individually or with others.

I've suggested scaling back slightly most of the runs in the final week, partly to prepare for and recover from the SEAA XC champs (with the men's race being particularly long) but also to avoid too much accumulated fatigue as we move into February.

Mon 8 – Sun 14 Jan

Tues interval session, Wed 60 min. club run, Sat. Surrey League XC, Sun long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs 40-60 mins elsewhere in week.

Mon 15 – Sun 21 Jan

Tues interval session, Wed 60 min club run, Sat Parkrun, Sun long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs 40-60 mins elsewhere in week.

Mon 22 – Sun 28 Jan

Tues interval session, Wed 50 min club run, Sat SEAA XC, Sun. long run 1h:30 min easy pace. Otherwise one, preferably two easy runs for 40-50 mins elsewhere in week.



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.

Tadworth 10

Clare Norris (opposite) writes: A freezing but bright morning at Epsom race course welcomed 400 runners for the 41st Tadworth 10 mile race. No traffic made for plenty of time for a relaxed warm up which stood me in good stead for a swift start, bookended by a brutally long hill on soft ground. Having raced the BMAF 10 mile at Buntingford the weekend before, I was haunted by the memory of a horrid stitch at mile 4 so running on an empty stomach this time meant I wasn't sure how I'd fare. But I latched on to a group with sensible pacing and though I was itching to stretch my legs, I held back on the temptingly long first downhill. However it did mean I had plenty left in the tank for the second lap which is a much more pleasant way to run than the speedy crash and burn approach. I couldn't quite catch the 5th lady, who was a tantalising 10 seconds ahead for the last 2 miles, but nevertheless a strong run for me finishing 6th female overall. Canterbury in 2 weeks will complete the 10 mile trio.



Great to see Martin Double (left) racing too, who remembers doing the race 10 years prior and works very near so has the racecourse as his lunchtime running route. Looking light and strong following 2 marathons last year, he looked relaxed and strong at the end, though neither of us were fit for

much later in the day. Impressively, he finished only 30 sec slower than his 2013 performance which in age grading is a considerably better performance.

Great to see Tom P steadily returning to some form and he commented that it is one of his favourite races having done it numerous times over the years. Taking a conservative approach and finishing 13 minutes slower than his PB, he was pleased to still feel strong in the last mile and enjoyed the mixed terrain and the scenic countryside. Reaping the benefits of yoga and consistent training with increasing mileage, he's definitely one to watch this season for biggest improvement.



Jo Quantrill who is second claim Dulwich but trains with us every Tuesday daytime chose the 10k option and despite large stretches in sand, and a strung out field had an excellent run (54:25).

Super to see Theresa Northey marshalling who is now part of Banstead running club.

And a big thanks to Dave West for combining his long run with coming to support us.

A great race, really well marshalled, challenging route. Would definitely recommend!

59 Clare Norris	1:13:48
117 Martin Double	1:19:24
231 Tom Poynton	1:28:52

Kent Cross Country Champs

6th Jan 2024



Laura Joanne Kay

Joanne Shelton Pereda writes: It doesn't matter what the temperature is in South London, Brands Hatch always has a certain coldness about it that gets into your bones. However as myself, KaySheedy and Laura Vincent lined up at the start, the sun came out to give us probably the best cross country conditions here in years. The ground wasn't too

soft after all of the recent rain with only a couple of really muddy patches to negotiate. After being sent in the wrong direction

on a crissy crossy course, Kay finished in a brilliant 11th place. Narrowly missing out on a top ten place by a few seconds but winning her age category. Laura ran without a watch but kept a steady, strong pace to finish a lovely 56th. Always looking like she was enjoying herself each time our paths crossed. I

just tried to hang on in there and finished 95th whilst singing Britney Spears songs in my head (not my usual taste in music).

Massive thanks for the amazing support from Colin, John and Steve as well as various ex Dulwich Runners who were there with their new clubs. Cross Country races bring out a lovely friendly family of people and I highly recommend it to anyone who's thinking of taking part in any of the races for the club.

Kay Sheedy	34:26. 11th (1st W35)
Laura Vincent	40:37. 56th (7th W40)
Joanne Shelton Pereda	45:45. 95th (16th W45)



Surrey Champs

Alastair Low-Macrae writes: Having last run at Denbies in 2020, it was great to be back at a busy, if challenging, Surrey Champs. Sadly, the timing of the races meant supporting the women's race was difficult, but their impressive performance set the tone for the day, and I know we were all very grateful to Harriet Roddy for her cheering and photography.

Despite the rain-soaked week leading up to the race, the course itself was dry, which made for a fast and runnable race, even if the weather had no impact on the challenging elevation. First in for the men was Jon Phillips, who broke into the top 60 in 47:28. Next was Matt Trueman, who was 75th in 48:31.

Third in was our captain, Alex Loftus, in a time of 50:51, which is a three-minute improvement since his last appearance in January 2022, a good omen for his Seville marathon training. I was pleased to come in next in 51:11, which is around four

minutes faster than my last run there in January 2020, although my lack of hill training made itself known by the third lap.

The team's scoring was rounded off by Shane Donlon and Gower Tan coming in twenty seconds apart in 53:05 and 53:25 respectively. Notably, Gower improved on his last recorded time in 2020 by nearly a minute.

Our remaining team members finished strongly with Tom Mountain and Justin Siderfin coming in 172nd and 174th respectively. Only ten seconds apart they worked well together through the field and finished strong, while Michael Mann also chipped away at his previous time record in Jan 22 to finish in 1:07:47, down from 1:08:24.

Finally, it is interesting to note that 242 men ran this year, a significant uplift on last year's Lloyd Park event, which saw 189 take part. Whether that is down to the appeal of the adjacent vineyard for post-race refreshments or says more about the Lloyd Park quagmire, I shall leave to you.

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.

Banstead Woods

304 Ran			
Pos	Gen		
17	17	Tony Tuohy	21:21
159	31	Teresa Northey	30:11

Richmond

584 Ran			
Pos	Gen		
249	57	Lindsey Annable	27:16

Bromley

1051 Ran			
Pos	Gen		
746	472	Chris Goodman	32:54
893	518	Steve Wehrle 2nd Cl	34:57

Brockwell

672 Ran			
Pos	Gen		
3	3	Lewis Laylee	16:39
4	4	Aaron Wilson	16:52
5	5	Thomas South	17:06
9	8	Timothy Bowen	18:02
21	17	Shane Donlon	19:25
48	41	Austin Laylee	20:43
81	67	Stephen Trowell	22:03
121	100	Robert Tokarski	23:04
127	105	Mark A Foster	23:11
200	154	William Hooper	24:50
241	182	Graham Laylee	25:57
247	186	James Gordon	26:03
313	70	Lucy Pickering	27:32
339	84	Laura Lane	28:10
449	145	Sharon Erdman	30:32

Beckenham Place

296 Ran			
Pos	Gen		
95	13	Eleanor Simmons	27:01
154	25	Claire Barnard	29:53

Crystal Palace

538 Ran			
Pos	Gen		
101	89	Tom Shakhli	24:04
103	8	Yvette Dore	24:07
306	214	Michael Dodds	29:33
317	221	Matthew Trueman	30:04
474	160	Chris Bell	35:42
536	207	Belinda Cottrill	54:08

Gunnersbury

686 Ran			
Pos	Gen		
116	95	Martin Belzunce	24:08

South Norwood

157 Ran			
Pos	Gen		
57	47	Dave West	26:55
89	20	Claire Steward	29:26

Riddlesdown

117 Ran			
Pos	Gen		
17	16	James Wicks	24:55

Mile End

605 Ran			
Pos	Gen		
26	23	Justin Siderfin	19:39
377	253	Paul Keating	28:57

Dulwich

851 Ran			
Pos	Gen		
1	1	James Dazeley	15:37
50	44	Gower Tan	19:06
82	72	Rupert Winlaw	20:03
129	12	Michelle Lennon	20:55
144	126	Ryan Duncanson	21:24
227	190	Tom Barker	23:07
818	457	Fazlur Rahman	38:25

Burgess

806 Ran			
Pos	Gen		
356	70	Ros Tabor	26:15
535	347	Andy Murray	29:41

Southwark

545 Ran			
Pos	Gen		
37	36	Lee Wild	20:44

Peckham Rye

496 Ran			
Pos	Gen		
7	6	Joe Farrington-Douglas	18:55
98	13	Emma Ibell	23:14
100	79	Mark Callaghan	23:16
109	86	Wander Rutgers	23:37
165	123	Lloyd Collier	25:27

Folkestone

385 Ran			
Pos	Gen		
27	25	Miles Gawthorp	21:18

Cabinteely

192 Ran			
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Pos	Gen		
71	62	Joseph Brady	28:39

Tooting Common

678 Ran			
Pos	Gen		
20	19	John Kazantzis	20:50

Worthing

637 Ran			
Pos	Gen		
221	173	Gary Budinger	25:53

Foots Cray Meadows

65 Ran			
Pos	Gen		
4	4	Tommaso Bendoni	22:24

Conyngham Hall

92 Ran			
Pos	Gen		
8	1	Alexie Shaw	21:43
49	43	Michael Williams	27:41

Leazes

170 Ran			
Pos	Gen		
145	99	Sum Mattu	36:04

Clevedon Salthouse Flds.

427 Ran			
Pos	Gen		
2	1	Joe Hallsworth	17:26
5	4	Joe Wood	18:22

Sutcliffe

286 Ran			
Pos	Gen		
27	24	Michael Fullilove	20:56

Charlton

165 Ran			
Pos	Gen		
15	14	Stephen Smythe	22:34

Mote Park

305 Ran			
Pos	Gen		
17	2	Kim Hainsworth	21:43

Thames Path , Woolwich

279 Ran			
Pos	Gen		
2	2	Andy Bond	17:07

DULWICH RUNNERS KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-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



Buffs-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



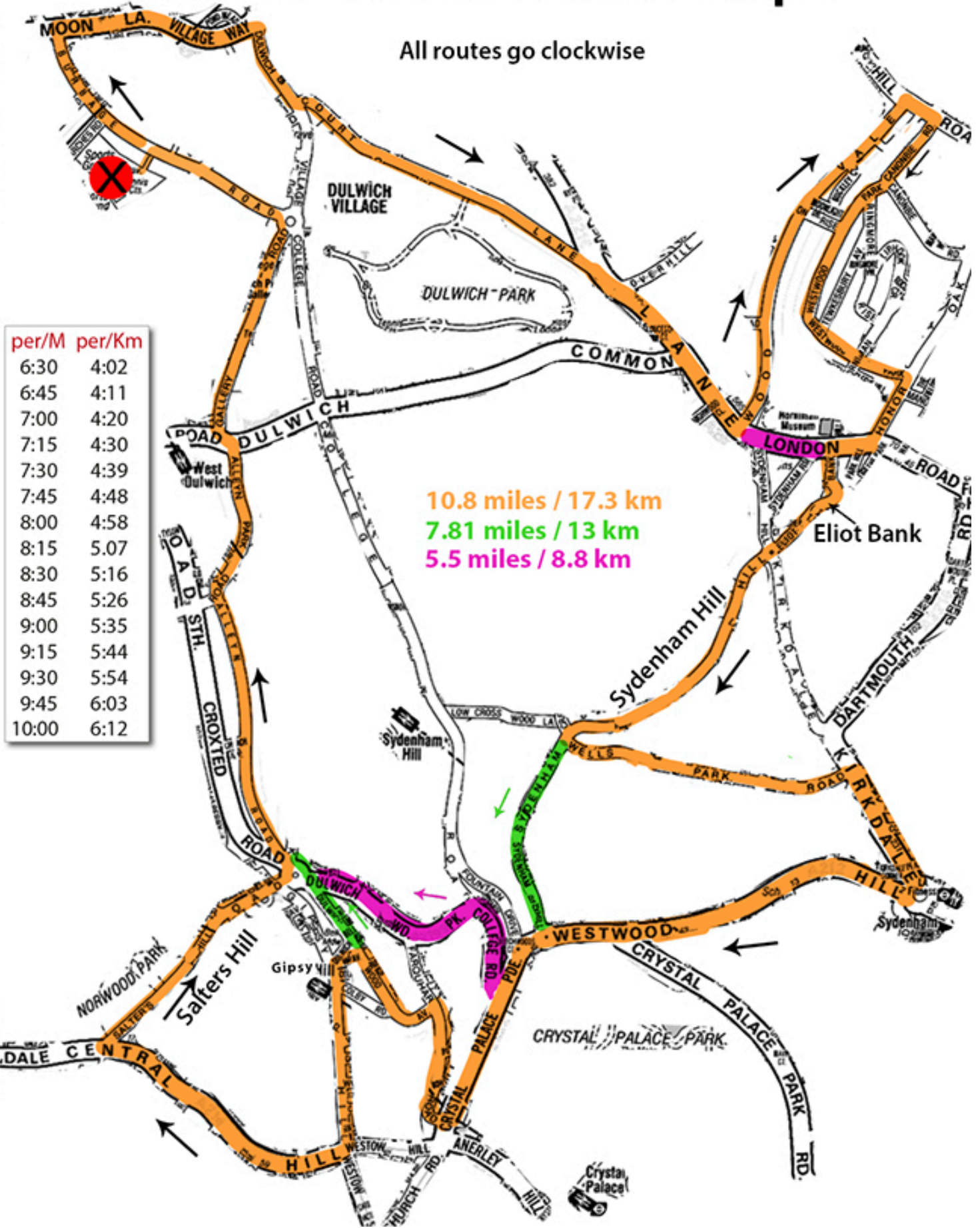
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 5

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

10.8 miles / 17.3 km
 7.81 miles / 13 km
 5.5 miles / 8.8 km

Dulwich Runners Winter 5km routes

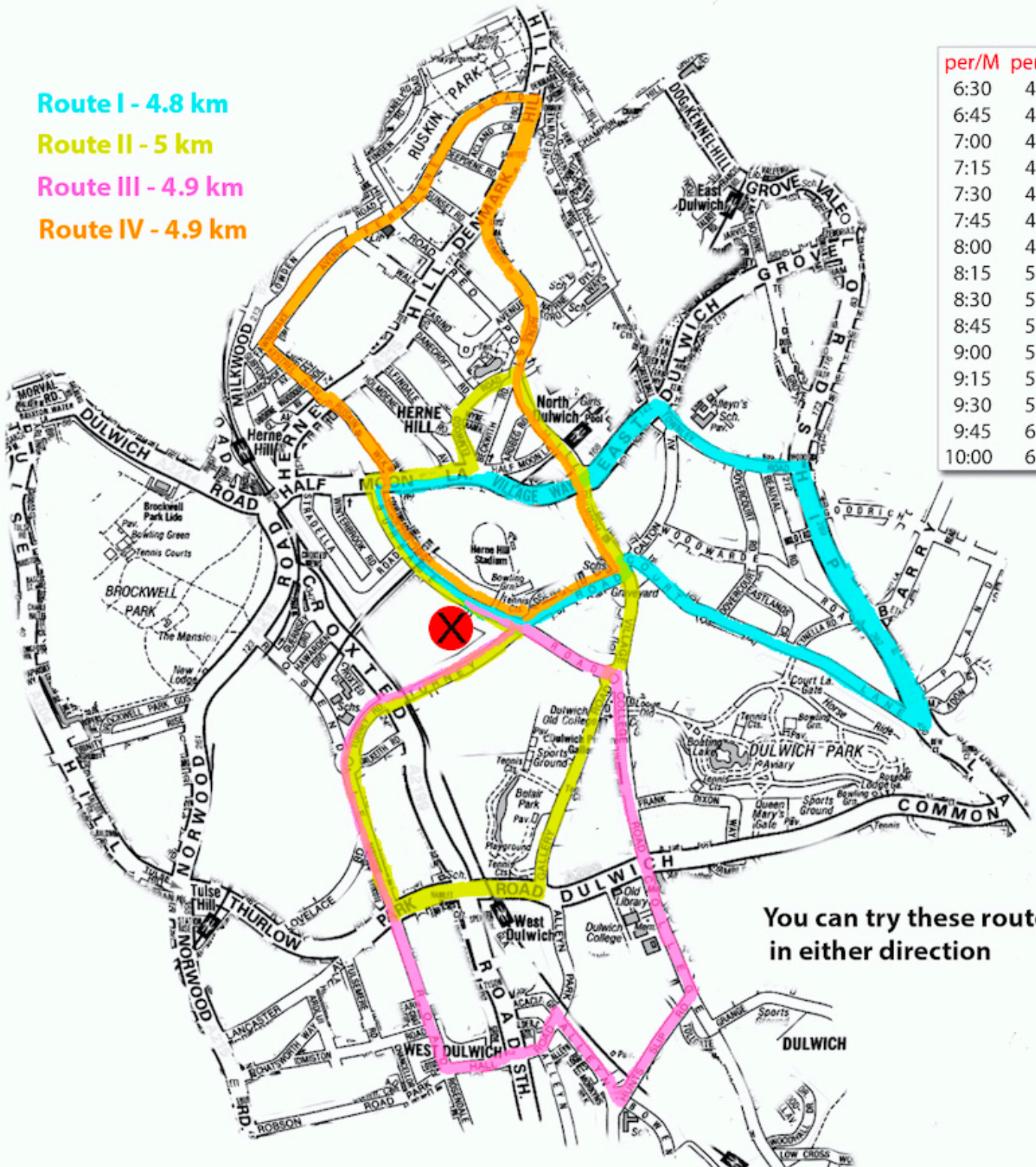
Route I - 4.8 km

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