

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 31st 2024  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto: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
- 2 Fixtures
- 3 Club runs & training
- 8 Race reports and results
- 11 Club kit
- 13 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:



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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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)*

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

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

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

**3 months January 1 to March 31** 1st claim £24.50 includes EA reg. £17 - without EA reg £7.50 - 2nd claim £7.50

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

Any membership queries contact: [barry@bg1.co.uk](mailto: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](mailto: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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto: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 Croke 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

🏆 10 February Division 1 Race 4  
[www.surreyleague.org](http://www.surreyleague.org)

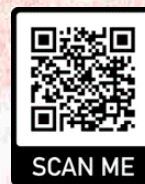
### Ladies & Men run at the same venue

West Horsley Place

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

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

*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**

If you're new at the club, we will place you with others at your preferred pace and distance.

**NOTE: £1 club run fee for members and guests each**

## Tuesday Evening Speed - Crystal Palace Track

Arrive ready for a 7pm 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 6 Feb: 4-6\*1200m (800m@10k + 400m@5k) 90 sec recovery. i.e. change of pace 2/3 of the way through each 1200m rep.

Tuesday 13 Feb: 3\*1600m @10k with 90 sec recovery + 3-5\*400m@5k with 45 sec recovery.

Tuesday 20 Feb: Pyramid 400m/800m/1200m/1600m/1200m/800m/400m, longer reps at 10k pace with 90 sec recovery, shorter reps at 5k pace with 60 sec recovery.

Tuesday 27 Feb: 1600m @10k with 90 sec recovery and 4-5\*800m @5k with 60 sec recovery.

Questions or feedback contact Tom Poynton (Coach in Running Fitness) [tpoynton@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:ebepriill@yahoo.co.uk)

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

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](mailto:dulwichchair@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.

## 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

## 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.

## 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](mailto: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](mailto:olabalme1@gmail.com)

# Spring 2024 marathon training plan

## late January/ February update

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

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recover properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 minutes, with a warm-up and cool-down taking this to about an hour in total,

### **Mon 29 Jan– Sun 4 Feb**

Tues interval session, Wedn 60 min easy-steady club run, Sun long run 2:00-2:15h easy pace. Otherwise two, preferably three, easy runs for 40-60 mins elsewhere in week.

### **Mon 5 – Sun 11 Feb**

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

### **Mon 12 – Sun 18 Feb**

Tues interval session, Wed 60 min easy-steady club run, Sun long run 2:30-2:45h easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in week.

### **Mon 19 – Sun 25 Feb**

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

## If you would like to join a long run group

ahead of the spring half and full marathons, add your details to this spreadsheet. Our current groups are working well, but always room for more people and we would like to see if we can create a new group, in particular for those running 9:00-9:30 minute mile pace.

<https://docs.google.com/spreadsheets/d/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8Ilg/edit#gid=0>

possibly by incorporating Parkrun into your run although you could do this on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and do less of these so that you keep some speed but preserve some energy for other sessions. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

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

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

Any questions contact: Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

# Strength and Conditioning Webinar – Wednesday 7<sup>th</sup> February

We have arranged an online webinar with a strength and conditioning coach. We will join in together using the big screen in the clubhouse after the run, or if you can't get there you can join individually from home. Read on to find out what will be included.

He says: -

As we're all aware the importance of strength training is well documented, but often the 'how to' and 'when to' put it into your program is one of the biggest struggles.

From preventing injury to producing more strength and power across your run, bike, swim the benefits you'll see are unquestionable.

## But where do we begin?



ONLINE WEBINAR AND Q&A

# STRENGTH & CONDITIONING FOR RUNNERS

with Kriss Hendy - Strength For Endurance

Wednesday 7th February - 8.30pm

Watch LIVE from the club house or tune in from home

[REGISTER NOW](#)

STRENGTH FOR ENDURANCE

DULWICH RUNNERS

We're really excited to announce that Kriss from Strength for Endurance will be hosting a one-off webinar to help you finally decode what strength training looks like, SPECIFICALLY for runners.

**WHEN:** Wednesday 7th February 8.30pm - Watch from the clubhouse straight after training.

**WHERE:** Online Zoom Webinar

**HOW:** Register your place on Eventbrite by clicking the link below:

<https://www.eventbrite.com/e/strength-conditioning-for-runners-dulwich-running-club-tickets-810116318717?aff=oddtcreator>

You need to register on the eventbrite link to be able to log in on the night, so don't miss out!

### What to expect...

Part 1: Understand the key strategy that most endurance athletes are missing and is holding them back from unlocking their potential.

Part 2: Finally decoding strength training as your fundamental building block for performance and injury prevention.

Part 3: How to set yourself up for your best season ahead and consistently get better results by being a smarter athlete.

Part 4: Q&A - Learn with like minded individuals. Your chance to finally have all your questions about strength training answered.



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](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto: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](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## Hebden 22



Eugene

Alex

Ed

Ed Simmons writes: It was about 5 years ago on Steve Lamacq's midweek radio show as part of Independent Music venue week, that I first learnt of The Trades Club in Hebden Bridge - an iconic, politically active and community based music venue that many of the great and good have performed at. Pandemics and the birth of children had conspired against an earlier trip, whilst a 3 part series of Happy Valley and the prospect of entering the "Hebden 22" had only intensified the desire for a visit. Fortunately now that the radical fell running wing of Dulwich Runners has grown from sole founder and spiritual guru Hugh Balfour to a wider group of weirdos, there was sufficient interest in making the most of all that Hebden Bridge could offer. Mark Foster got the ball rolling by signing up first, closely followed by Alex Loftus, and when Mark had to drop out due to a wedding, Eugene quickly picked up the baton.

The other great benefit of "Ebden" is that there's a train station with quick connections to London via Leeds. So on the Friday night we made our first foray into this delightful Yorkshire town, to wash away any pre-race nerves. The start on Saturday was in the next town of Mytholmroyd - a 3 minute train journey away, at the rather early time of 08:00 (probably as like many other events in the area it had grown out of long-distance walking - which many were choosing to opt for). The course was an absolute treat throughout - Ebden is at the conference

of 2 valleys and the route continuously undulated between the open moors and the forests down to the rivers. Hardcastle Crag and Stoodley Pike were particular highlights but the whole route provided constant interest - both visually and physically. In total there was over 4000ft of ascent and so some walking was inevitable, but there were also plenty of long stretches to enjoy the running.

My aim was to cling on to Alex and Eugene for as long as possible which I managed until about mile 16 before watching them glide into the distance. Fortunately I then joined up with a local runner whose insight proved very helpful in navigating the final miles. The finish line was situated inside the village hall where pie and mushy peas, followed by fruit pie, custard and limitless tea was provided - excellent value for the £20 entry fee. Spirits were high from all those involved and it was a delight to speak to so many lovely people.

Starting a race so early means that there was then ample opportunity to continue to explore Ebden. This comprised a further 5 pubs, 2 restaurants, 1 market and 3 Happy Valley film locations, not forgetting the piece de resistance - The Trades Club, for an absolutely delightful gig from folk artist Jesca Hoop.

All in all it was a great weekend with delightful company in a beautiful part of the world, would highly recommend to everyone.



Alex & Eugene - 3:45  
Ed - 3:56

## Serpentine Last Friday 5k Hyde Park

26 Jan 2024

Lovely conditions for the first Serpentine 5k of 2024. Sunshine and very little wind for the 7 Dulwich Runners who raced, and 1 past member - Paul Devine. - **Ros Tabor**

16	Tim Bowen	16:58
68	Steve Davies	19:03
82	Ian Lilley	19:29
100	Sam Crump	19:49
164	Steve Smythe	22:15
204	Gary Budinger	25:44
207	Ros Tabor	25:59
219	Andy Murray	27:55



# South of England Cross Country Champs Beckenham Place Park

27 January 2024

Senior Men's Race - 15K officially but well short this time (around 13.8k)

Pos.	Name	Cat.	Time
63	Jack Ramm	V35	00:47:42
68	Aaron Wilson	Sen	00:47:53
81	Ben Howe	V35	00:48:29
147	Adrian Russell	V45	00:50:56
158	Joe Hallsworth	Sen	00:51:15
175	Ed Gibson	Sen	00:51:44
213	Sean Cordon	Sen	00:53:06
261	Matt Trueman	Sen	00:54:25
273	Murray Humphrey	Sen	00:54:43
299	Ben Smith	V40	00:55:40
302	Alastair Low-macrae	Sen	00:55:43
334	Michael Williams	V50	00:56:38
395	Shane Donlon	V40	00:58:49
455	Tom Mountain	Sen	01:00:48
513	Ross Rook	V40	01:03:18
577	Ebe Prill	V60	01:06:12
593	Terence Baker	V55	01:07:00
650	Justin Siderfin	V50	01:10:40

720 ran, 1st in 42:50  
Dulwich Men's Team (best six) 11th out of 45 complete teams. Full results: <https://results.sporhive.com/events/7156589368352702464>



**Harriet Roddy writes:** There were 10 Dulwich Ladies running at the SEAA XC Champs on Saturday 27th of January. The course at Beckenham Place Park is challenging but with good conditions underfoot the back hill didn't seem too daunting, and the spike length chat was kept to a minimum. Everyone performed well and the first four women through to make up the scoring team enabled a team finish of 18th out of 37 teams.

For the most part, the dry and sunny weather kept spirits high and most of the team reported strong and positive runs. Ola mentioned that though she feels she has lost some of her XC form she started steadily but finished strongly and was happy with her race and came in 5th Dulwich Lady with Michelle hot on her heels. Helen, Phillipa and Sophie who are in the first XC season for the club keep going from strength to strength and with only one race left I hope they will leave the season on a high and come back for more next year.

It was great to have such good support on the course from other Dulwich Runners who weren't running as well as the men who were running later, it really makes all the difference.

41	Kay Sheedy	29:46
101	Helen Shannon	32:23
150	Katie Smith	34:15
159	Harriet Roddy	34:26
199	Ola Balme	35:51
200	Michelle Lennon	35:57
209	Sophie Sentence	36:32
261	Phillipa Goodhew	39:15
265	Midge Cameron	39:20
290	Joanne Shelton-Perada	40:22
Total Participants = 362		



## BMAF indoor 3000m Champs Sheffield

January 28

Clare Elms went faster than the World W60 outdoor record and ran 40 seconds faster than the English indoor best held by masters legend Angela Copson but that was no consolation as she missed the world indoor record held by Scot Fiona Matheson by just a hundredth of a second with 10:48.14.

Clare was on target at 2000m but lapping a runner in the final straight cost her as she finished wide in lane three. She forfeited the right of a national title to go for a record as she was drawn in the W50 plus race where no one broke 12 minutes though she beat the W45 champion in her race. Clare still holds the World W55 indoor record set five years ago.

Steve Smythe ran two minutes slower than he'd ever run before

and well over four minutes down on his 50 year old PB which was curiously listed on the start lists (being picked up by Power of 10) and ran in an all M65 race.

Twelve entered but only 7 declared and then one dropped out before the race then Paul Forbes - master athlete of the year the last two years and a world 800m record holder dropped out halfway and thus despite running a slower pace than he had during a five mile Vets AC cross country the week before Steve Smythe finished a near respectable fourth out of five (or 12) nationally. - **Steve Smythe**

4 W Clare Elms 10:48.14 (1 W45 plus)  
4 M65 Steve Smythe 13:21.45

**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

213 Ran  
Pos Gen  
15 14 Tony Tuohy 20:55

### Bromley

718 Ran  
Pos Gen  
413 104 Carys Morgan 29:13  
415 292 Peter Jackson 29:14

### Brockwell

500 Ran  
Pos Gen  
3 2 Thomas South 17:17  
13 11 Jonny Hough 19:28  
50 46 Mark Foster 21:46  
76 4 Nicola Richmond 22:32  
98 84 Stephen Trowell 23:13  
133 15 Polly Low-Macrae 24:14  
187 31 Lucy Clapp 25:54  
218 43 Shoko Okamura 26:38  
219 160 Martin Belzunce 26:39  
307 85 Sharon Erdman 28:51

### Beckenham Place

356 Ran  
Pos Gen  
163 41 Hannah Harvest 29:38  
309 169 Steve Wehrle. 2nd cl 38:01

### Nonsuch

746 Ran  
Pos Gen  
395 298 Tommaso Bendoni 29:24

### Crystal Palace

464 Ran  
Pos Gen  
48 3 Laura Denison 22:09  
401 141 Chris Bell 36:30

### Lloyd , Croydon

185 Ran  
Pos Gen  
2 2 Wayne Lashley 19:02

### Riddlesdown

161 Ran  
Pos Gen

3 3 Daniel Mann 19:05  
30 28 James Wicks 24:02  
56 50 Dave West 27:25

### Wycombe Rye

476 Ran  
Pos Gen  
14 13 John Kazantzis 20:13

### Eastville

719 Ran  
Pos Gen  
63 53 Jamie Robinson-Nicol 21:12

### Mile End 469 Ran

#### Pos Gen

319 209 Paul Keating 29:36

### Dulwich

804 Ran  
Pos Gen  
41 38 Rob Hollands 17:35  
49 45 Chris Lawrence 17:48  
52 47 James Brown 17:53  
87 73 Rob Fawn 19:04  
195 157 Paul Vivash 21:34  
270 213 Hugh French 23:12  
277 219 Graham Laylee 23:18  
354 274 Harry Lawson 24:35  
794 439 Fazlur Rahman 45:30

### Hilly Fields

267 Ran  
Pos Gen  
149 43 Ros Tabor 28:07

### Burgess

719 Ran  
Pos Gen  
74 68 Freddie Vernon 20:42  
695 285 Susan Vernon 42:53

### Southwark

593 Ran  
Pos Gen  
59 51 Lee Wild 20:24

### Osterley

371 Ran

Pos Gen  
84 75 Barrie John Nicholls 25:28  
94 12 Lindsey Annable 25:46

### Maitland

239 Ran  
Pos Gen  
50 41 Michael Dodds 26:31  
174 61 Clare Wyngard 41:10

### Cleethorpes

242 Ran  
Pos Gen  
45 35 Stephen Williams 24:35

### Peckham Rye

447 Ran  
Pos Gen  
3 3 Andy Bond 16:57  
47 3 Michelle Lennon 21:07  
264 69 Claire Steward 28:20

### Aldenham

141 Ran  
Pos Gen  
1 1 Harrison Minter 19:06

### Tooting Common

721 Ran  
Pos Gen  
74 7 Christina Dimitrov 22:11  
303 196 Ian Sesnan 27:22

### Worthing

603 Ran  
Pos Gen  
215 174 Joseph Brady 25:33

### Sutcliffe

285 Ran  
Pos Gen  
29 29 Michael Fullilove 20:47

### Derrynoid Forest

30 Ran  
Pos Gen  
6 1 Alexandra McClelland 22:52

# 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](mailto: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](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



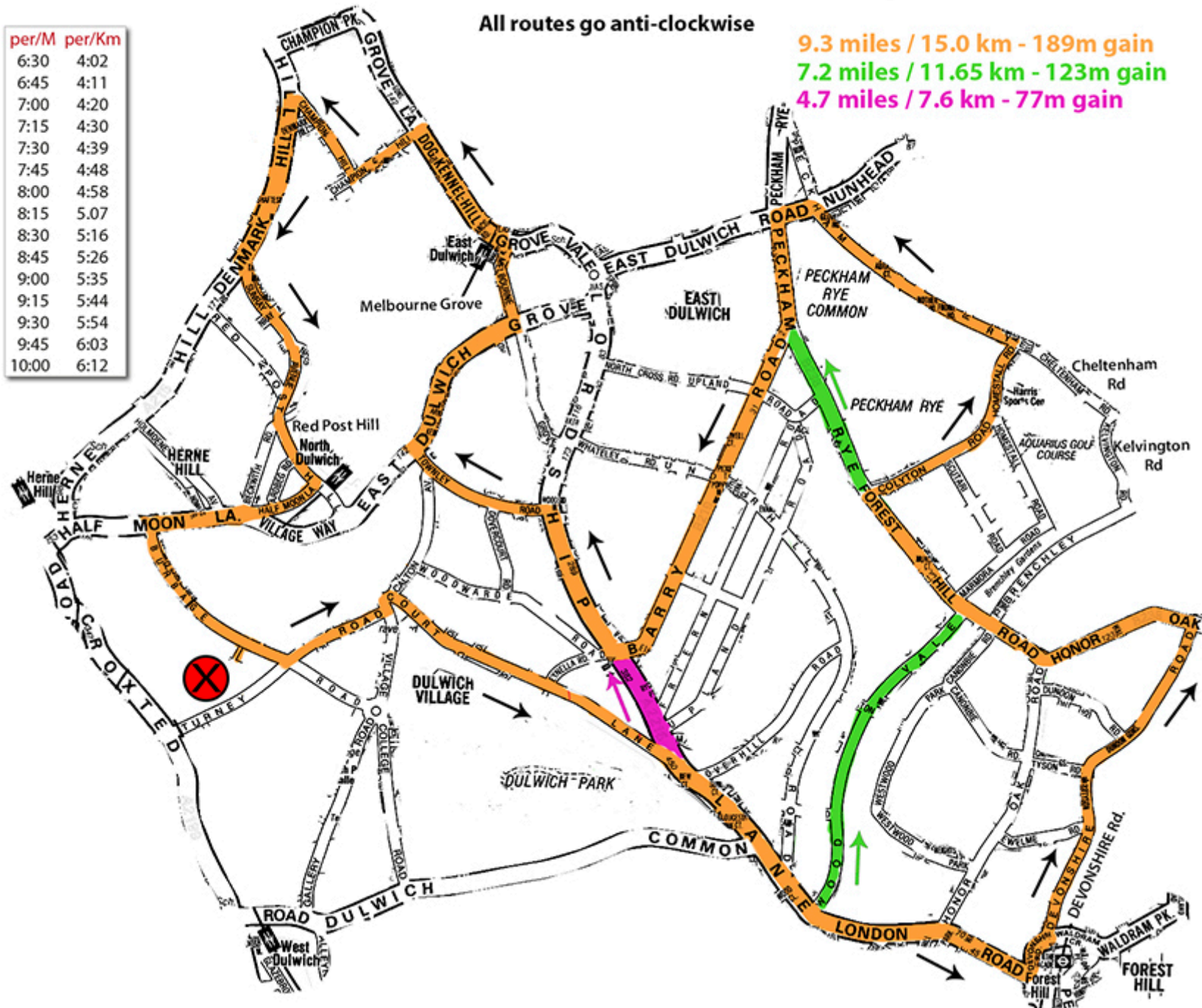
Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 8

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

9.3 miles / 15.0 km - 189m gain  
 7.2 miles / 11.65 km - 123m gain  
 4.7 miles / 7.6 km - 77m gain



# Dulwich Runners Winter 5km routes

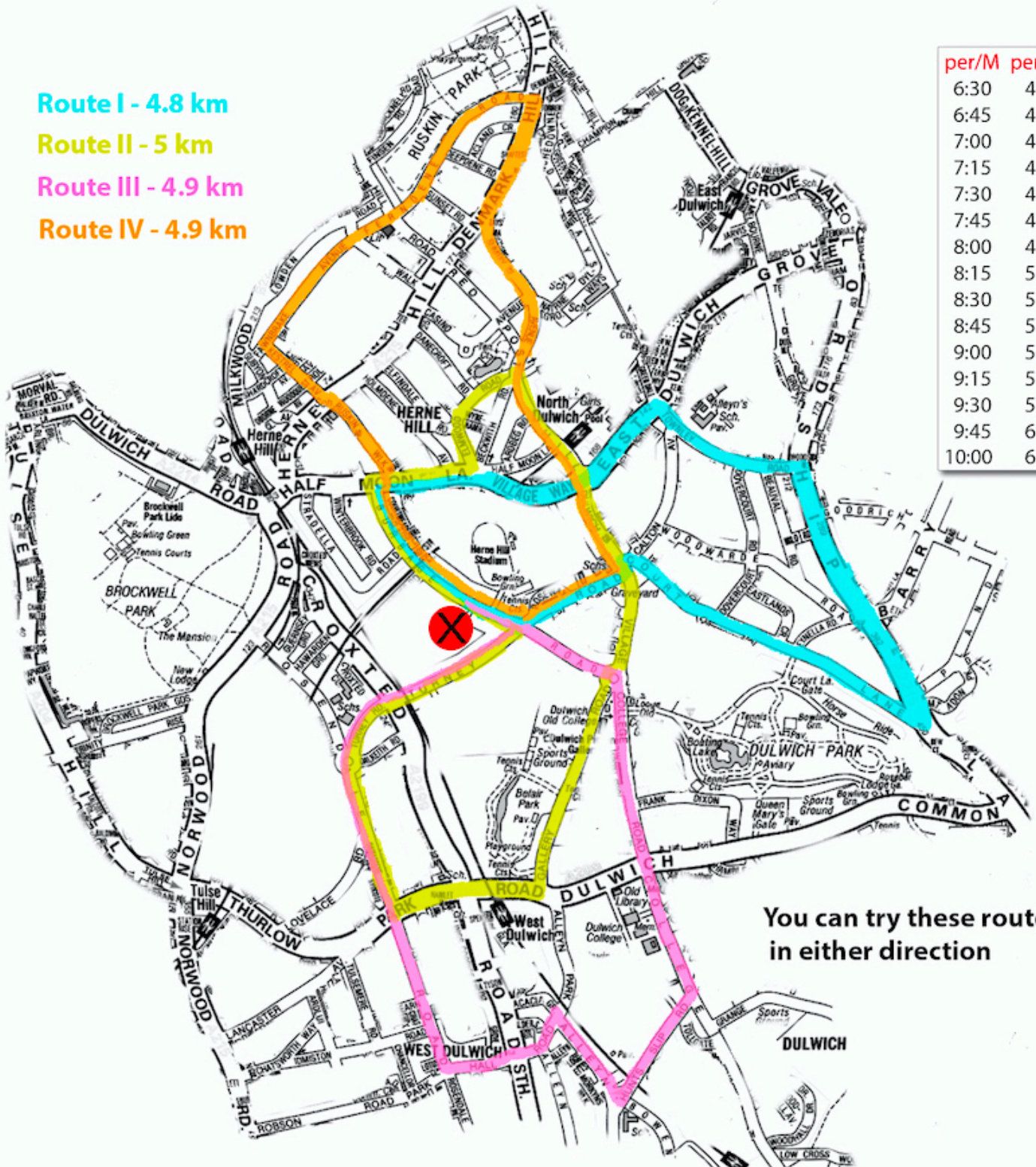
Route I - 4.8 km

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