



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 3 Fixtures
- 4 Club runs & training
- 6 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 information 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

'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

Save the date:

Dulwich Runners Christmas Party Friday 8 December

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

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

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



Turkey Trot Handicap Race



Sunday 10th December 2023

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

5K – parkrun course

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

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

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

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

Prizes are awarded for –

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

NB Everyone runs without a watch.

- Best fancy dress – Christmas theme

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

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

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

Include –

- Name
- Predicted finish time
- Running or walking

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

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

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

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

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

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

Surrey League XC

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

www.surreyleague.org

Ladies & Men run at the same venue

- Wimbledon Common
- TBC

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

- 🏆 **18 November** London Championships Parliament Hill
- 🏆 **25 November** South of Thames 1 Beckenham Place Park
- 2 December Kent Masters Central Park, Dartford
- 9 December SEAA Masters Oxford
- 🏆 **16 December** South of Thames 2 Lloyd Park
- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 **27 January** South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



Vets fixtures

Saturday November 19 - BMAF Road Relay Championships, Melton Mowbray

Traditionally we have done well but this year instead of Sutton Park in May we have Melton Mowbray in November.

If everyone (or at least most) of the potential A team runners turned out we could do very well in the M35s, M45s, M65s and W55s especially at both Long Eaton and Melton Mowbray.

Sunday December 3 - BMAF 5km Championships, Battersea Park

Fast 5km course and local.

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 interval training - hills 21 November

One last hill session Tuesday 21 November 7pm - Low Cross Wood Lane (opposite Sydenham Hill station College Rd.). Crystal Palace track reopens 25 November all details re booking & sessions etc to follow next week.

Do at least 5-10 mins of gentle jogging beforehand, start 7:00pm - warm-ups & drills - main session - finish about 7:50pm. Session free of charge. Arrive ready to run - should be safe to leave valuables etc. Running up and down a well-lit traffic-free path - leave room for any pedestrians to pass.

Expect a series of reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season. To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

Questions, comments or feedback. Tom (Coach in Running Fitness) tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

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

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

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

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

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

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

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

Masters Championships

19 Nov British Masters Open Road Relays - Mallory Park (team entry)
03 Dec British Masters 5k Road Champs - Battersea Park
30 Dec British Masters 10 Mile Road Champs - Buntingford
16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMEA Inter-Regional Cross Country Champs - Corwen.

17 - 24 Mar 2024 European Masters Athletics Champs Indoor - Torun, Poland
15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal
13-25 Aug 2024 World Masters Track & Field Champs - Gothenburg, Sweden

Inter Financial Services AA Cross Country

15th November 2023

The Inter Financial Services Cross Country has been going for well over 100 years in one form or another.

It's open to anybody working in finance, which makes it a pretty broad church.

Provisionally this year's championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

Format still being agreed with the park but probably one mass start 5 mile race.

To enter as an individual or team contact Tom Neil or Andrew tomwlawrence@me.com, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

Box Hill Fell Race

Saturday 20 January 2024 11am

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

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

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

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

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

Physiotherapy services

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

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

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

10% off on Sportshoes.com 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

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

 Download on the App Store

 GET IT ON Google play

Feedback and requests **Andrea Ceccolini**
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).



Sports Massage

Sports massage to:

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

10% discount to club members

Ola is an experienced Sports massage therapist & club runner
To find out more and book an appointment:

olabalme1@gmail.com



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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



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

Surrey League

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

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

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

Other Races

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

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

Surrey League ladies second fixture Mitcham Common

11/11/23

An ex-council dump doesn't sound like the most picturesque venue for a xc race but no defunct fridges or rusty ovens were to be seen. The area has grassed over and if you keep your eyes down and away from the horizon of Croydon's tower blocks, you can imagine you're in the countryside. Ideal as well as 'eye's down' is a priority for xc running.

The ground was largely grass, some mud, (not even enough to get Helen and Ange's new spikes dirty) a few sections with gravel and a one narrow tarmac path to cross twice per lap. The DR ladies' team had 14 eager runners in a wide but crowded start. The route first went around a field but for those towards the middle/back there was still a bottleneck as we entered a path through the trees and we virtually came to a standstill.

Not for long though, and we all gave chase along the flat part of the course before we hit the area of buried fridges. The mounds are short and feel fine on lap one, but break up your stride and take their toll towards the end.

We had 4 ladies in the top 100. First home were Kay and Polly who were separated by just one second. They were soon followed by Helen and Katie. Helen reversed the finish positions between her and Katie from the first race but once again they were almost inseparable. Next home was Rosie in a strong run for her first Surrey League this year. Emma, who

managed to overtake nearly half the field after being boxed in at the beginning, was first for the B team. She had a photo finish with Harriet, although I don't know who was chasing who. Ola wasn't feeling too well but is such a xc fan that she came and ran conservatively. She was closely followed by Grace having a strong run. It was great to see that she had recovered from going over on her ankle at Richmond Park and hadn't been deterred.

Ange couldn't catch Grace but did manage to hold off the 3 others that she was racing around the last field. Shoko also ran conservatively due to a niggle mid week but all was ok at the end so she'll be pushing on for a higher placing next time. Another inseparable pair were Philippa and Sophie who also finished one second apart. There probably wasn't enough mud for Midge but she showed her normal determination and enthusiasm for xc to complete the team.

We came 12th A team out of 15 and 10th B team. We are still in 14th position but this time scored higher than last time. Let's keep this up with more good turn outs for the next 2 fixtures. - Ange Norris

56 Kay Sheedy	24.21
57 Polly Warrack	24.22
74 Helen Shannon	25.08
80 Katie Smith	25.14
109 Rosie Murton	26.03
127 Emma Hatch	26.51
128 Harriett Roddy	26.51
154 Ola Balme	28.03
159 Grace Ingledew	28.24
162 Ange Norris	28.24
180 Shoko Okamura	29.01
195 Philippa Goodhew	30.11
196 Sophie Sentance	30.12
202 Midge Cameron	30.32

Sri Chinmoy 10k

Clare Norris writes: With family commitments later on, none of us could make the cross country at Mitcham, but the 08.30 start at Battersea made it possible for us all to race the Sri Chinmoy 10k. One of the first morning frosts soon cleared by a bright sunny morning after what has seemed like weeks of rain.

As ever, the Sri Chinmoy series always

starts exactly on time and is rarely congested, so perfect conditions for some good performances. Michelle is mid training for Malaga marathon in December and had an encouraging race with a 5k split of 21.15 to come in 43 flat (1st W V50).

It was Catherine's first ever 10k and she had ran to enjoy it with a good negative split and a characteristic big smile (47.21). I heard my 5k split of 20.33 and knew it was either going to be a PB or a crash-and-burn. Fortunately it proved the former with 2nd 5k 20.39 (41.12). And all wrapped up by 9.15am!



Catherine Claire Michelle

Masters International XC Glasgow

November 11

SS reports While the men were producing a club record best score in the Surrey League Division one helped by having the top three of any club and the second best of four and five to score, despite missing quite a few potential scorers, two who at their best would score, were competing instead for England in Glasgow on a crisp but sunny afternoon on a tough course.

Andy Bond though was coming back from injury with little recent running and he struggled - he went down with illness right after so it wasn't a true reflection of his ability. He won a M50 team silver

though he was the sixth of the English runners, and had he been fit, England would have surely won instead of losing to Scotland on countback. It was Andy's third appearance in the event but his first as a M50.

Ade Russell, who came into the M45 team as a late addition, ran excellently in the M35 plus race that followed Andy's and was two minutes quicker than Andy on the same course and he had only previously beaten him twice before out of 20 odd head to heads. He was the fifth English runner and just 19 seconds from scoring and he did gain an English team gold.

Second claimer Clare Elms who moves into the W60s next month, had the misfortune of being up against a very new W55 Annette Kealy of Ireland, who is the reigning world and European champion and who last year won the W50 race while Clare won the W55s.

This time Clare, not feeling great, decided against risking going with Kealy and ran a controlled race and was eventually 20

seconds back but almost a minute up on the bronze medallist who was ahead of her on the first lap.

Clare thus won the silver in her last big race as a W55 and added a team silver which now gives her a remarkable 24 medals in the event she debuted in at 2007 putting her among the top five athletes of all-time.

Steve Smythe ran in the open race (primarily for reserves) at the end of the day and blamed a moderate run of being on reporting duties and his feet for the previous three hours plus. He also claimed it was much muddier and slippery than earlier though this time he remarkably didn't fall over.

Next year's race will be in Northern Ireland.

M50 8km: 23 Andy Bond 29:51
M45 8km: 14 Ade Russell 27:44
W55 6km: 2 Clare Elms 23:09
Open 6km: 6 M65 Steve Smythe 27:37

Surrey League Cross Country, Hurst Green

6 of us competed for VAC in Surrey League's Div 4. The series of races took place at Holland Park Sports Ground at Hurst Green, just outside Oxted.

We had been warned beforehand about the state of the course and these predictions proved accurate. Although the mud was not especially deep and splashy in places, it was pretty unrelenting providing little respite. The route, just under 8km, started with a tour round the playing fields followed by a couple of pinch points as we proceeded down a narrow path followed by a bridge over a stream. This was followed by 2 muddy laps mostly round the edge of large fields, including a tough hill at the start of each circuit.

Ebe managed to lose the sole of one of his spikes in the first lap but did remarkably well in the circumstances to finish in 40 mins dead.. I found the first lap heavy going but managed to improve second time round, overtaking at least 10 other competitors. Gary Budinger, returning to running following recent knee surgery, managed to get past Dave West towards the end. He was suffering from a surfeit of running following the week in the Algarve. The men's contingent was completed by Andy.

Ros was our single competitor in the women's race which took place over a 6km course, and seemed to enjoy the challenging conditions.

Thanks to John McGlashan for his welcome support. Mike Mann

Ebe Prill	40:00
Mike Mann	43:30
Gary Budinger	46:48
Dave West	46:58
Andy Murray	50:07
Ros Tabor	35:32

2nd Sunday 5

12 November

After the previous day's trampling through mud at the Div 4 Surrey League match at Hurst Green, the course at Wimbledon Common was somewhat easier albeit with some soft grass and mud and puddles along Beverley Brook. Heavy legs resulted in slower times than usual. Mike Mann

Mike Mann 46:18
Andy Murray 51:43
Ros Tabor 52:00

Project 20... Week...???

Dear Dulwich Runners...

Ajay Khandelwal writes: Well rather like Schrodinger's Cat, I reckoned that if I didn't write my weekly column, I would neither have failed, nor succeeded in my quest to run a sub 20 5km. Just like not weighing myself, I would remain in a limbo state, anywhere between 50-100 kg. Monday to Wed I would be in Wave state, and Thursday to Sunday I would be in a Particle state.

It's a bit like my recent chat with club stalwart Ian Sesnan. Apparently he has run some very fast times indeed. But because they were from the time of paper and pen, they cannot be authenticated. If they are not on the power of ten, do they really exist, or are they simply an hallucination in Ian's over active mind?

Of course, by writing this piece I am also now having to confront the depressing reality that I have actually got slower, and further from my goal. That cat is dying, but not dead. Holidays, injuries, and other complications have sabotaged my successful narrative. I have learnt important things. Never play sports that involve side to side movements.

Tennis is definitely not to be trusted and is the enemy of the runner. Fortunately, my tennis partner had some crutches in the basement (left over from a recent hip replacement) and so I could remain at least upright, and some dignity, as I was escorted off the court. This was the same court where I recently broke my humerus playing a topspin forehand. Don't believe that the sociability of tennis makes you live longer!
Utter rubbish, based on my case study of one.

The rule of specificity is true! You can only get better at running by more running. Other sports may result in injury, or even

death; at the very least mild to moderate humiliation. So, I am back running.

The last park run was most auspicious. I outsprinted Lloyd "The Ego" Collier. Now, I think it is true to say everyone else in the club has also beaten Lloyd at some point, and I may be the last to join these swollen ranks. But still, now I can stop being polite to him. I think my vanquishing of "The Ego" gave me a new found confidence.

On Tuesday I joined the day time interval sessions in Dulwich Park. A strange thing happens. The worse the weather, the greater the turnout. 18 runners in the rain running up and down a field. It was like an episode of the Body Snatchers. A true horror show. But still I felt great, getting some of what these hardened runners have by sheer osmosis, association, breathing the same air they breathe. Channeling my inner David Cameron, the dead cat purrs, and all is not lost. Perhaps I have another chance at running glory?

Algarve Races

6-9th November 2023

Dave West writes: A number of Dulwich Runners make an annual trip to Portugal to take part in various low-key races and some warm weather training. Usually organised by a sports travel company, this year Mike Mann, Ros Tabor and Andy Murray made the arrangements and were joined by a few other occasionals and some, like me, who had never had the Algarve experience.

Monte Gordo is an architecturally uninspiring resort town, formerly a small fishing village, carved out of woodland (originally planted to stabilise the sand dunes) close to the border with Spain. Whilst it may be lacking in authentic Portuguese character, it is very quiet at this time of year and still surrounded by a fringe of woodland with numerous sand/gravel trails and fronted by 14km of quiet golden beaches with long stretches of firm sand all perfect for running. Cycle hire is cheap and the best way to get around, visit nearby towns or recce the trails, albeit that it reacquainted some of us with parts of our anatomy that we'd forgotten. There is an infrequent, but inexpensive train service (even cheaper at half price for us over-60s) that follows the coast down to Faro and a ferry that crosses the River Guadiana to Spain and even flamingos in the local nature reserve. There are also chameleons in the woodland, although they sensibly stayed well out of the way of us runners.

We take part in three low-key self-organised races during the week (in some years they have appeared on Po10), although most of us ran every day, made more enjoyable by reports of the wet and windy UK weather which seemed a distant memory and to which we would have to return at some point.

All the races are over various local trails which comprise uneven stony gravel, sand and even short road sections with numerous sharp hills. There is very little flat terrain and no ideal shoe choice. The first race was an out and back three miler, starting with a short hill before following an undulating trail past pigeon lofts and back. Mike Mann had been unwell in the days leading up to the race and started cautiously, allowing Dave West to open up a gap of around 30 seconds, which he maintained to the end although always

expecting a last-minute charge from behind. A rare victory over a below par Mike. Paul Keating was paced round by an 83-year-old (who continues to turn out impressive times) and was just over 30 seconds ahead of Ros Tabor, Joe Brady, Claire Steward and Andy Murray who all finished within a minute.

The following day was a 1500m over a flatter, albeit sandier, surface with an uphill finish. Once again Mike and Dave took the lead, with Mike unfortunately having to drop out after a quarter of a mile leaving Dave leading but with footsteps close behind. As the youngest person in the race (a mere 51 years old) swept by, Dave could only try to hang on up the incline to the finish. Paul was just behind with Ros a further half a minute back. Joe, Andy and Claire finished within seconds of each other in another close race.

After a day's rest, we took on the final event, the 10km, on the warmest day of the week. This is hardest course by far with more varied terrain and hills. Mike seemed back to his old self and so it proved. Following the now customary pattern and running together to halfway, we both accelerated but Mike gradually pulled away on a loose, dusty gravel track and had a 43 second advantage at the finish with both of us running negative splits. Joe had his best run of the week to take third, with Paul again paced by his octogenarian mentor and also this time by the winner of the mile race. Ros was 30 seconds back on the trio, with Claire half a minute under her 60-minute target expectation and Andy just missing the hour. A tough way to end the week.

But of course, the only way to truly assess performance with over a 30-year age gap is through Age Grading across the three races. Ros came out on top with an overall score of over 85%, Claire was 4th (79%), Dave, Andy and Paul in 8th, 9th and 10th and Joe 12th. Mike unfortunately missed out on a certain top 5 after dropping out of the 1500m event. All-in all a great week.

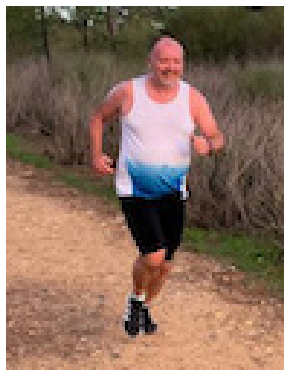
	3miles	Age Grade	1500m	Age Grade2	10k	Age Grade 3	Age Avg
1 Ros Tabor	26:36	87.09%	7:57	87.21%	58:27	82.61%	85.64%
4 Claire Steward	27:27	79.96%	8:12	80.16%	59:26	77.40%	79.17%
8 Dave West	24:12	65.15%	7:21	63.45%	53:41	64.55%	64.38%
9 Andy Murray	27:35	60.06%	8:11	59.88%	60:22	60.35%	60.10%
10 Paul Keating	25:55	56.21%	7:25	58.09%	57:45	55.21%	56.50%
12 Joe Brady	27:04	54.25%	8:08	53.42%	57:25	56.02%	54.56%
14 Mike Mann	24:44	71.97%	DNF	0.00%	52:58	73.76%	48.58%



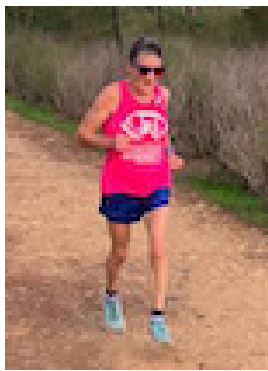
Andy



Dave



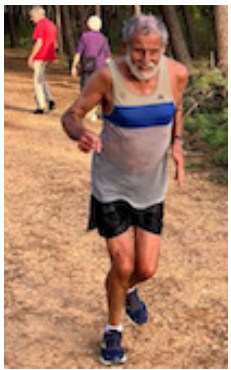
Joe



Ros



Claire



Mike



Paul



Group

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.

Bromley

636 Ran			
Pos	Gen		
141	121	Colin Frith	23:50
348	260	Peter Jackson	28:30

Brockwell , Herne Hill

447 Ran			
Pos	Gen		
1	1	Thomas South	17:23
14	14	Jonny Hough	19:33
62	54	Mark Foster	22:17
67	56	Stephen Trowell	22:25
146	113	James Gordon	24:59

Crystal Palace

393 Ran			
Pos	Gen		
34	32	Martin Double	21:43
38	1	Laura Denison	22:04
118	15	Belinda Cottrill	25:45
157	121	Michael Dodds	27:08
211	51	Clare Wyngard	29:11
260	167	Bob Bell	30:41
343	128	Chris Bell	37:45
384	154	Eleanor Simmons	49:51

Riddlesdown

117 Ran			
Pos	Gen		
14	13	James Wicks	23:13

Mile End

435 Ran			
Pos	Gen		
79	67	Lee Wild	21:42

Dulwich

575 Ran			
Pos	Gen		
1	1	James Dazeley	15:44
25	23	Ben Eve	18:36
30	28	Rob Fawn	19:02
31	29	Rupert Winlaw	19:08

112	103	James Auger	21:27
145	14	Alexandra McClelland	22:33
171	147	Tom Shakhli	23:10
177	153	Graham Laylee	23:15
207	174	Ajay Khandelwal	23:49
208	175	Hugh French	23:51
216	181	Lloyd Collier	24:05
250	204	Harry Lawson	25:03
293	229	Ian Sesnan	26:06
569	316	Fazlur Rahman	48:31
572	203	Susan Vernon	52:34

Burgess

560 Ran			
Pos	Gen		
39	1	Lucy Mordaunt	19:29

Southwark

370 Ran			
Pos	Gen		
182	132	Paul Keating	26:26

Fulham Palace

570 Ran			
Pos	Gen		
245	57	Lindsey Annable	27:06

Peckham Rye

327 Ran			
Pos	Gen		
16	12	James Brown	20:46
159	45	Claire Steward	27:56

Folkestone

321 Ran			
Pos	Gen		
174	133	Miles Gawthorp	28:46

Northallerton

137 Ran			
Pos	Gen		
23	18	Rob Mayes	24:07

Tramore Valley , Cork

203 Ran			
Pos	Gen		
18	13	Paul Vivash	21:16

Tooting Common

674 Ran			
Pos	Gen		
40	36	John Kazantzis	20:41

Clapham Common

918 Ran			
Pos	Gen		
599	348	Tommaso Bondoni	29:43

Sutcliffe

227 Ran			
Pos	Gen		
18	18	Michael Fullilove	20:31

Elder Park

113 Ran			
Pos	Gen		
89	55	Andy Bond	34:03

Dover Waterfront

166 Ran			
Pos	Gen		
55	48	Nicholas Brown	25:05

DULWICH RUNNERS KIT

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



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



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



Crop tops - £25



Beast from the East !

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



Socks only £5



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

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

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 11

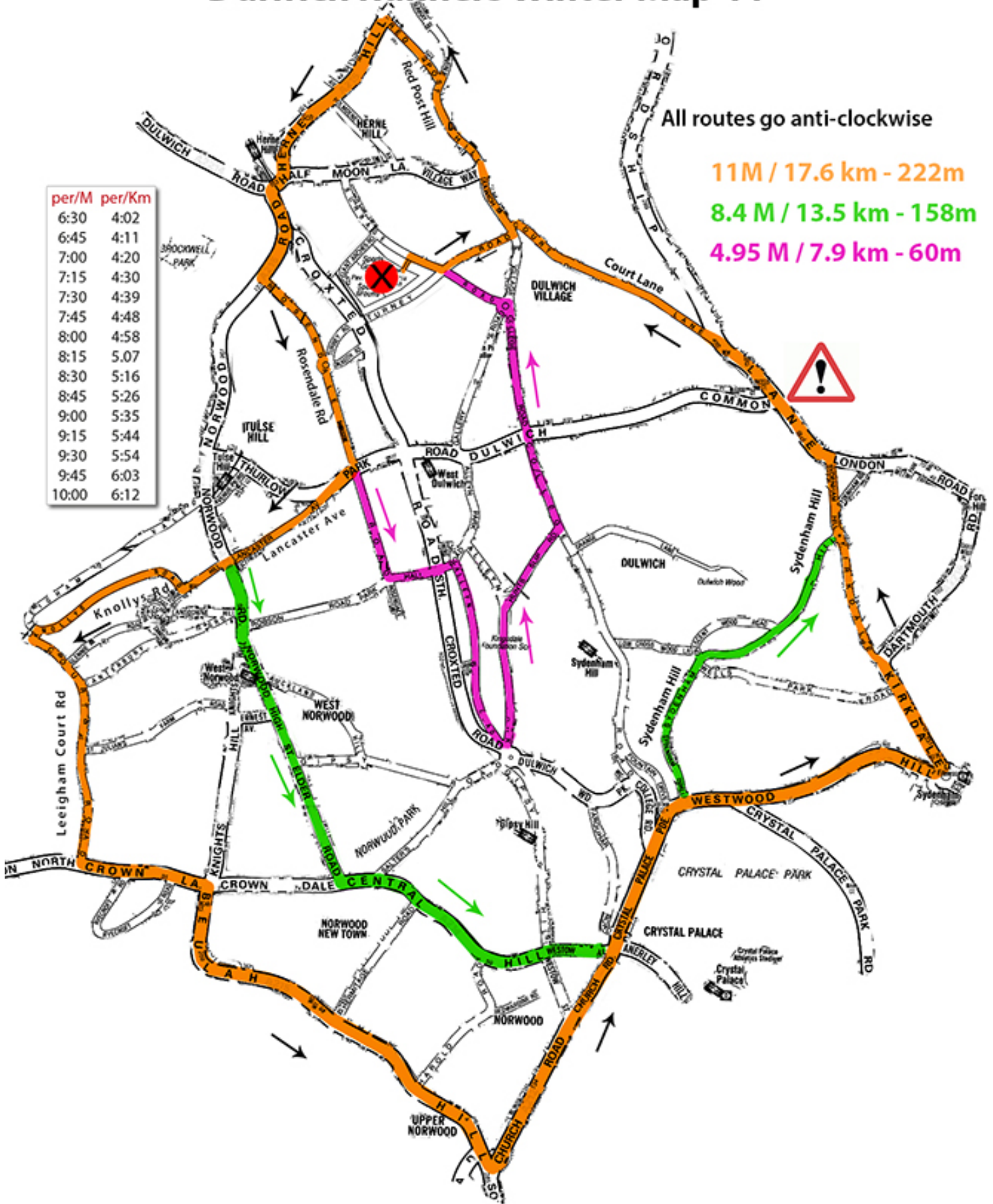
All routes go anti-clockwise

11M / 17.6 km - 222m

8.4 M / 13.5 km - 158m

4.95 M / 7.9 km - 60m

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



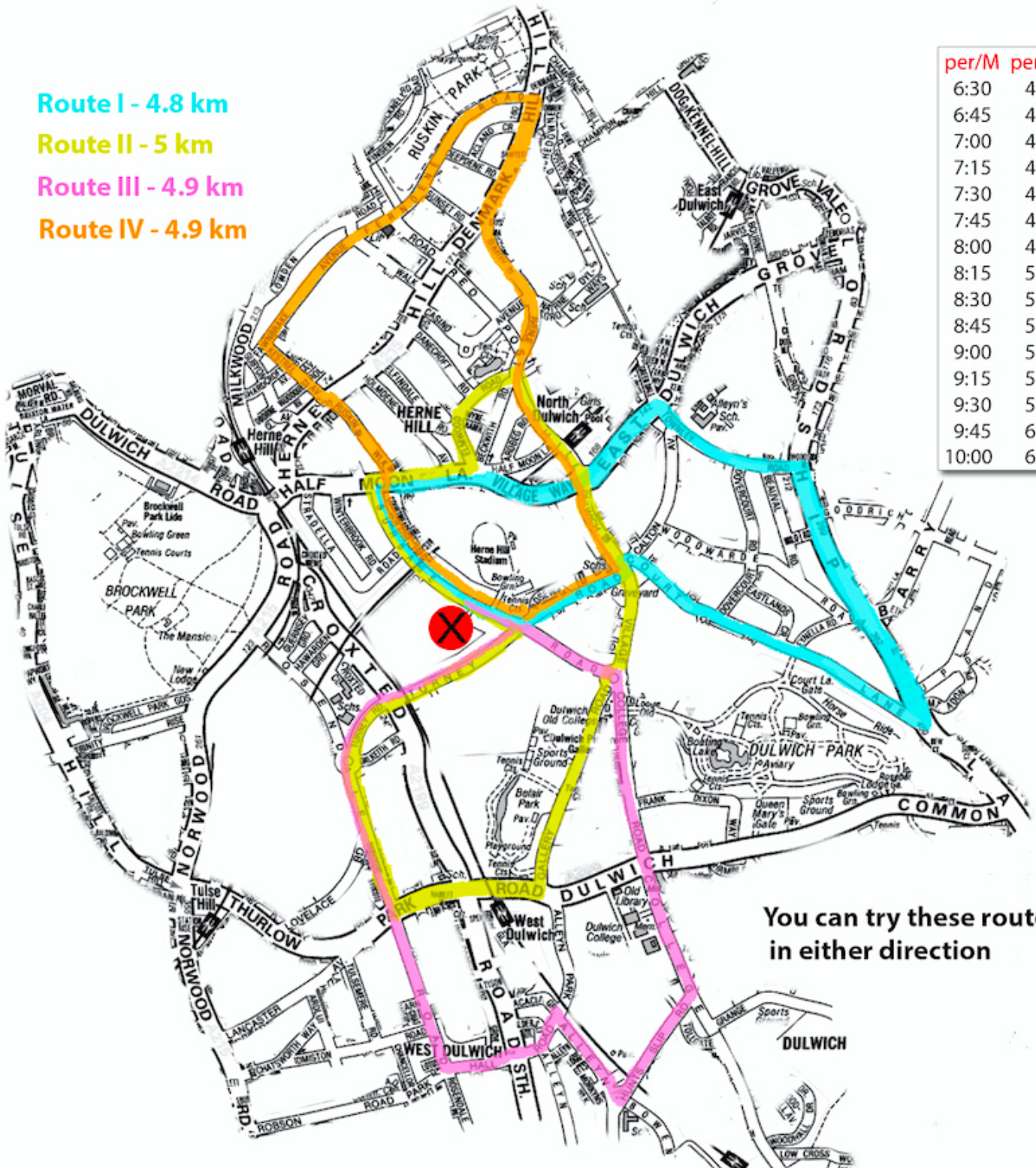
Dulwich Runners Winter 5km routes

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