



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 3 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 10 Club kit
- 12 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

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)

- 🏆 **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

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

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

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 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 Champs - Gothenburg, Sweden

Box Hill Fell Race

Saturday 20 January 2024 11am

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

Details - South London Orienteers. <https://slow.org.uk>
If you've never done fell running, Box Hill near Dorking is an ideal introduction. 7.5 miles (12 km), well marked mainly good paths

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

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

Physiotherapy services

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

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

10% off on Sportsshoes.com for the club

10% off on [Sportsshoes.com](https://sportsshoes.com) for the club
The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

Dulwich Runners Book Swap

The last Wednesday of each month

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

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

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



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





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.

London Cross Country Champs.

Jonathan Whittaker writes: Parliament Hill played host to the London Cross Country championships on Saturday. Recent heavy rain resulted in a tough course with deep mud in numerous places and many falls and lost shoes out on the course.

Medal hopes were high in the men's 10.7km race with many of the club's best ever Surrey League team in action. With four runners to score, Ed Chuck (3rd, 37:29) and Jack Ramm (4th, 37:48) gave Dulwich the perfect start with typically powerful runs. London Heathside's local training knowledge then saw their top four runners finish in the top 14 to secure them gold. The returning Rob Armstrong (42nd, 41:40) and the ever present Jon Phillips (46th, 41:58) enabled Dulwich to hold off their various South London rivals to secure the silver medal

and the best ever team performance at these championships. The team wasn't done with another 16 men completing the course including James Blackwood, Ade Russell, Sean Cordon and Jack Leafe all in the top 80.

The ladies race featured a shorter 6km circuit with club captain Kay Sheedy first home for the team in her best ever finish (36th, 26:15) and worst ever time on the course, illustrating the difficulty posed by the conditions. Helen Shannon's excellent first season of cross country racing continues, she was rewarded with a fine 67th (27:57). Nicely paced runs from Harriet Roddy (84th, 28:58) Christina Dimitrov (131st, 31:26) saw the team home to a pleasing 14th place out of 28 complete teams.

Men's team photo.

Men's silver medal team: Jon Phillips, Rob Armstrong, Ed Chuck and Jack Ramm from left to right

Jon Phillips (175) battling with a London Heathside runner on one of the many climbs

Team photos: Ange Norris. Action photo: Harriet Roddy



Dulwich Runners in action at Surrey Cross-Country League meeting at Mitcham Common

13 November 2023

"In addition to last week's reporting here is Jonathan's report for londonnewsonline on Surrey League Div.1 match:"

Dulwich Runners returned to Surrey Cross-County League Division One action at Mitcham Common on Saturday, writes Jonathan Whittaker.

Conditions were relatively benign for a November cross country race with cool sunshine and not too much mud. The women ran a two-lap (5.7km) undulating course with an excellent turnout of 14 members looking to move up the table. A successful outing saw the A team finish in 11th place and close the gap on Reigate, FOT and Ranelagh in the battle to avoid relegation.

The returning Kay Sheedy (56th, 24:21) and Polly Low-Macrae (57th, 24:22) were separated by one second. Some crowded scenes saw Helen Shannon (74th, 25:08) and Katie Smith (80th, 25:13) finish in a group of 14 runners separated by just eight seconds. Rosie Murton (109th) completed the A team scoring with an accomplished run in 26:03.



The men's team repeated their fourth place from round one on a three-lap (8.6km) circuit of Mitcham Common. Twenty-six members took part and this strength in depth will be important in helping to navigate the close battle for third to sixth place between Kent AC, Herne Hill Harriers, Dulwich and Guildford & Godalming over the remaining two fixtures.

Max Milarvie (third, 27:35) and best ever Division One finishes from Ed Chuck (fourth, 27:50) and Jack Ramm (seventh, 27:59) gave Dulwich the best possible start.

Max Bloor (19th, 28:40) and Aaron Wilson's (35th, 29:06) are in a rich vein of form and the dependable Ben Howe (52nd, 29:55) and Joe Hallsworth (70th, 30:31) provided some useful midfield packing.

Jon Phillips (119th, 31:36), James Blackwood (130th, 31:51) and Sean Cordon (135th, 31:55) completed the scoring



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

124 Ran
Pos Gen
44 8 Teresa Northey 25:50

Bromley

436 Ran
Pos Gen
19 18 Rob Mayes 19:28
99 88 Colin Frith 23:43
277 203 Peter Jackson 29:13

Greenwich

162 Ran
Pos Gen
49 36 Dave West 26:03

Brockwell , Herne Hill

353 Ran
Pos Gen
1 1 Lewis Laylee 16:38
32 26 John Kazantzis 20:52
63 6 Nicola Richmond 22:21
73 57 Stephen Trowell 22:49
128 95 Austin Laylee 24:24
129 96 Graham Laylee 24:25

Beckenham Place

184 Ran
Pos Gen
114 22 Claire Barnard 30:20

Crystal Palace

284 Ran
Pos Gen
30 3 Laura Denison 22:24
83 9 Yvette Dore 25:25
129 22 Belinda Cottrill 27:41
194 131 Bob Bell 30:57
257 96 Chris Bell 38:50
260 152 Matthew Trueman 39:19

South Norwood

95 Ran
Pos Gen
4 4 Andy Bond 20:56

Poole

455 Ran
Pos Gen
58 4 Michelle Lennon 21:20

Riddlesdown

73 Ran
Pos Gen
25 5 Ange Norris 27:29
26 21 James Wicks 27:29

Horsham

282 Ran
Pos Gen
152 117 Gary Budinger 30:03

Mile End

318 Ran
Pos Gen
167 125 Paul Keating 26:54

Dulwich

472 Ran
Pos Gen
2 2 James Dazeley 15:36
8 8 Tom Shakhli 16:52
55 49 Rob Fawn 19:46
74 8 Polly Warrack 20:30
145 112 Tom Childs 22:47
467 257 Fazlur Rahman 40:54

Burgess

411 Ran
Pos Gen
1 1 Max Bloor 16:30
82 71 Hugh Balfour 22:11
404 226 Chris Vernon 61:45
410 155 Susan Vernon 63:28

Orpington

119 Ran
Pos Gen
8 8 Tommaso Bondoni 22:14
108 73 Steve Wehrle 2nd cl. 39:48

Southwark

313 Ran
Pos Gen
82 69 Lee Wild 23:35

St Anne's

385 Ran
Pos Gen
11 10 Shane Boyce 17:35

Fulham Palace

433 Ran
Pos Gen
433 166 Lindsey Annable 55:32

Peckham Rye

298 Ran
Pos Gen
9 9 James Brown 19:05
125 90 Dan Hill 25:25

Woking

270 Ran
Pos Gen
153 32 Ros Tabor 28:13

Folkestone

205 Ran
Pos Gen
124 99 Miles Gawthorp 29:20

Centennial

461 Ran
Pos Gen
8 8 Tim R Taylor 18:44

Sutcliffe

232 Ran
Pos Gen
21 20 Michael Fullilove 20:46

Holyrood

350 Ran
Pos Gen
103 79 Jamie Robinson-Nicol 24:22

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

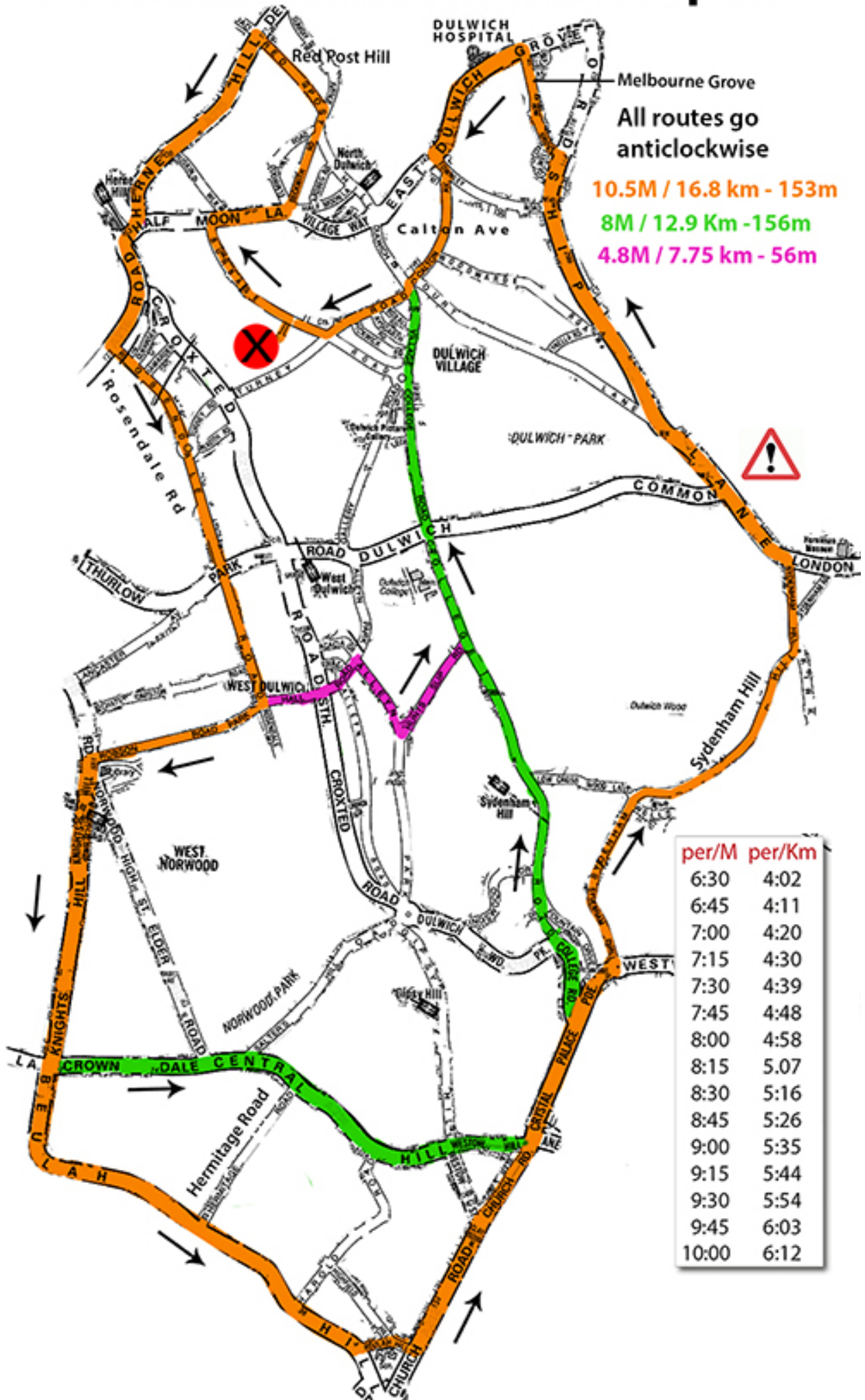


Showerproof Team Jacket



Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map12



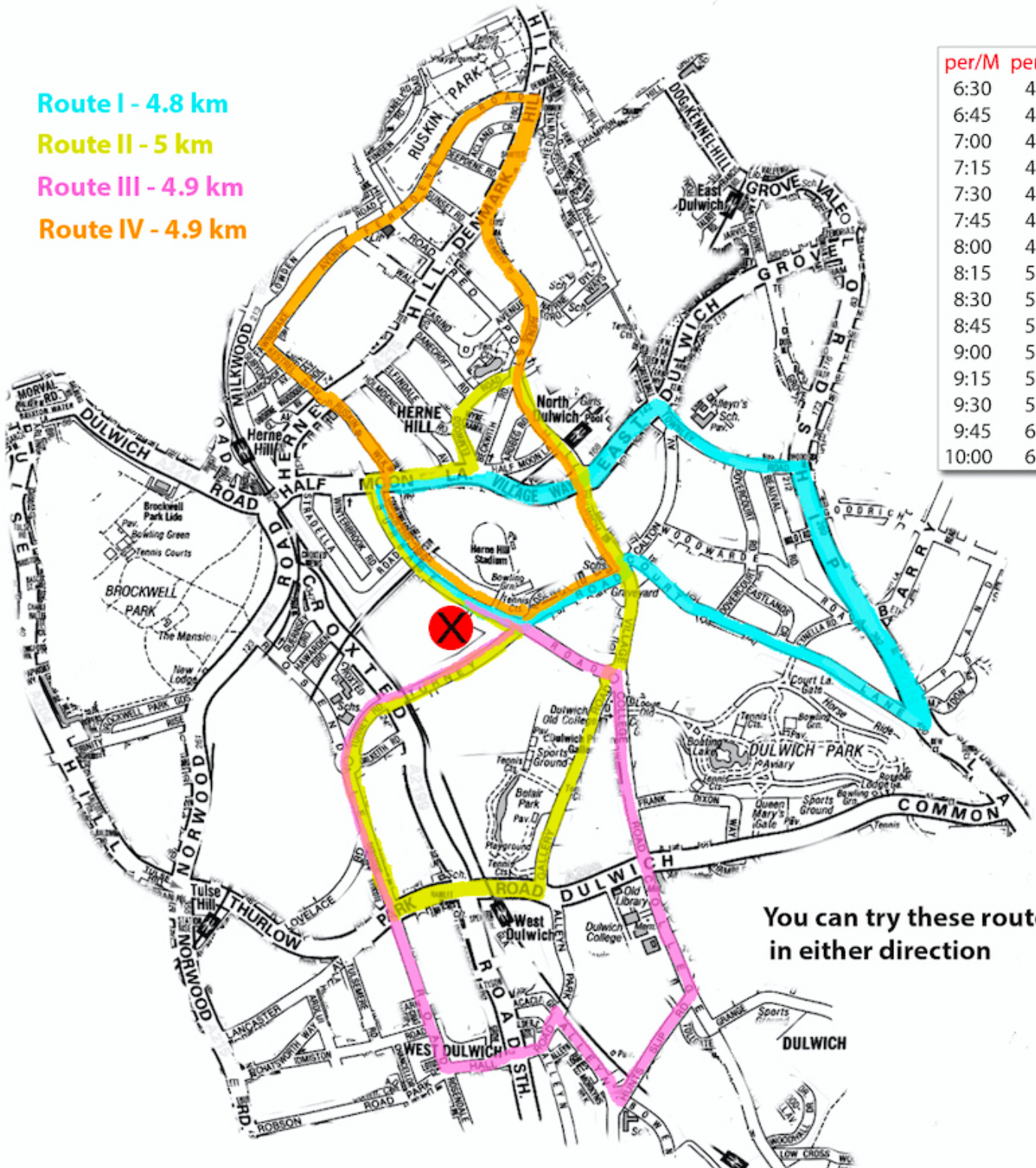
Dulwich Runners Winter 5km routes

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