

SHORTS



Dulwich Runners AC
Weekly Newsletter
November 29th 2023
www.dulwichrunners.org.uk

These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

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Feel free to send in any race reports, photos also welcome.

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

'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)

- 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 Evening Speed - Crystal Palace Track

Arrive 7pm for 7.10 start. Group training focussed on getting faster over 5-10k.

You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday>

You need to reactivate your Crystal Palace membership on your apps and pay online.

Depending on numbers, we may split into two or more groups, and subject to last-minute changes we should be doing:

5 Dec : 4-6x (800m@10k, 300m @5k pace, 100m @3k pace) with 75/90 seconds recovery

12 Dec: 1200m or 1600m @10k pace then 4x800m @5k pace then 1200m or 1600m @10k pace with 90 sec recovery.

19 Dec: 10 min@10k + 2x800m@5k + 2x400m@3k with 90 sec recovery.

No session 26 December - will set out Jan sessions closer to the time. If this is your first time or have any questions or feedback contact Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

We are a big group with others using it at the same time, it's important to act safely, treat them with the same respect that we'd expect others to treat us.

All members using the track must: • give others plenty of space when overtaking or moving off the track.

• keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.

• wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.

• act on any instruction from a coach, even from another club, to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

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.

Sportsshoes.com 10% off 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.





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.

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

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

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.

Men's Surrey League, Div 1 Race 2, Mitcham Common

Jack Ramm writes: Clear skies and autumnal colours greeted the twenty-six Dulwich men who arrived at Mitcham Common for the second Surrey League race of the year. The preceding week had brought heavy rainfall, and yet, slightly confusingly, the ground underfoot was firm and easy going. A three lapper, the Mitcham course revolves around a short but sharp hill that you "Grand old Duke of York" twice from two different sides. Tight turns and narrow, shrub-lined passages make for tactical racing.

Looking to make a play in the three-way tussle between Kent and Herne Hill, the Dulwich As had plenty to fight for. The most bullish amongst us (me) believe that a third-place league position may be in the offing, assuming a consistently strong group gets out. However, to be in with a sniff of the podium, the hill of Mitcham had to be overcome (six times) first.

After fist-bumps on the start line, and a wolfish "let's go hunting", MAX MILARVIE (27:35, 3rd) led the team out. And the hunt was very much on, with Max duking it out for the win against Andy Coley Maud and Stuart McCallum – two truly first-rate athletes. Richmond Park had been something of a diet cross country course, and Max told me he found Mitcham's hills a shock to the system. He was not the only one. After a hard fight, he crossed the line a stunning 3rd.

Ed CHUCK (27:50, 4th) was 15 seconds and one place behind Max. 4th equals Ed's highest ever league finish. The captain ran a textbook race, setting off hard to get into position, "resting" on the climbs, before shrugging off those around him in the final, flat mile. Of note, one of those he shook off was Dan Cliffe of Hercules who had nosed ahead of Ed at Richmond.

9 seconds back, I (JACK RAMM, 27:59, 7th) struggled home in 7th. Despite Ed's exhortations to "get out before the first

corner", and Max's inspiring pep talk, I started sluggishly. "Was that a tactic?" asked Club President Ange afterwards (thanks for the support!). Yea... no. It was a product of queuing for the portaloos for so long that I ran out of time to do any strides.

Whilst trying to work my way through, I passed MAX BLOOR (28:40, 19th) mixing it with some very fast runners. His hard work with the Cottage training group is paying dividends, and it was inspirational to see him running what I like to call a "Chuck Gambit" – go out a bit too hard, hang on to whoever you find yourself with, sprint finish. Mitcham represents an enormous step up from his 43rd place finish at Richmond. Max is on an incredibly exciting trajectory this season and his was the run of the day for me.

Early riser AARON WILSON (29:06, 35th) was next over the line. Stalwart teammate and engine of the "Dulwich Train" (admittedly a little spread out at Mitcham), Aaron improved on his 39th place performance at Richmond to 35th. Extra points go for peppy cheerfulness during the deepest, darkest depths of marathon training, and looking spry(ish) for his scheduled 22 miler the day after.

Fresh from pacing duty at some gigantic session in Battersea, BEN HOWE (29:55, 52nd) felt he was under par at Mitcham due to a virus. Whilst not quite at the same level as his run in Richmond, he wasn't far off – excellent work under the circumstances. Expect a full force Howe come January.

Mileage monster JOE HALLSWORTH (30:31, 70th) was our next scorer. 70th is Joe's best performance in the Surrey League and testament to the work he's putting in with the 6am brigade. Backing off slightly from the mega sessions seems to be building his speed over the shorter distances.

JON PHILLIPS (31:36, 119th) was a minute behind Joe, and a little down on

his run at Richmond. Nevertheless, it was great to see Jon fighting for every place in a 7-man pack that finished a second or two either side of him. Jon is a fantastic hill runner, and he took Mitcham's bumps and lumps well in stride.

Close behind was JAMES BLACKWOOD (31:51, 130th) on his Surrey League season debut. James perhaps slightly overcooked the first lap and had to work hard in the final mile or so. Nevertheless, he's made big leaps in fitness in the last year and Mitcham showed that he has both the speed in the finish, and the strength on the climb to be a phenomenal cross-country runner. Much more to come from James this season.

SEAN CORDON (31:55, 135th) has been a real key player in Surrey League success this season. As 10th scorer in both races, Sean's placement makes a big impact on our balance sheet. So, it was fantastic to see Sean, just as at Richmond, battling hard to the line for every single place. He grabbed a point from Hercules Wimbledon in the dying meters and was 13 places up on his previous performance. A fantastic run from Sean.

It was a joy to see the first scorer for the men's B Team, ED GIBSON (32:38, 164th), simply getting over the line. Ed has been combatting all kinds of injury problems in the last year and so I was happy to see this popular teammate back in action and having fun. 164th is a solid benchmark to work from as his fitness improves.

Likewise, it was good to see TIM BOWEN (33:08, 176th) in action after a stop / start couple of months, too. Whilst Tim's fitness is not quite where it's been in the past, the thing worth talking about is his rate of improvement – from 225th at Richmond to 176th at Mitcham. Give that man a sardine.

JACK LEAFE (33:13, 179th) was just seconds behind him. A little down on his performance at Richmond, Jack gave us

something to cheer about as he fought all the way to the line with an SLH runner. There's more in the tank this season, and I wouldn't be surprised to see him around the 100th spot by its end.

It doesn't seem like it can be true, as he's become such a committed team player in such a short space of time, but I believe the November Surrey League marks one year of MURRAY HUMPHREY (33:42, 200th) racing for Dulwich. Mitcham was a solid effort from Murray, seeing him home roughly where he ended up at Richmond. Perhaps more importantly, he's significantly up on that debut from twelve months back.

Back a little way was EUGENE CROSS (213th, 34:28), our first V40 over the line. An excellent 28th in category, Eugene showed a slight improvement over his Richmond performance. More used to 80K than 8, Eugene's ultra-legs and trail running experience made light work of Mitcham's hillocks.

I was stood with Hugh Balfour (thanks for the support!) near the line when Captain ALEX LOFTUS (35:02, 234th) emerged into the straight. What a finish! He came flying over the bump and blazed the last 200 meters. Alex demurred when I asked him about this afterwards – as ever, a paragon of modesty and all-around class act. Cracking performance, too.

Just a few seconds behind Alex was JAMES BURROWS (35:08, 237th). James said he was just pleased to get around his first Surrey League of the season. But I think he's doing a slight disservice to his performance. Whilst not at his historical apex fitness-wise, he isn't far off it and for much less running-specific training. With such a good base of general fitness, I'm looking forward to where he goes next.

GOWER TAN (35:49, 254th) was our next finisher and first v50. His first outing of the season, Gower said he found the race a reminder of the level of all-around fitness that cross country requires. Even so, Gower was (I think) the only one of our athletes to run negative splits. No doubt he picked up something about pacing in the deserts of North Africa.

A little way back from Gower came JUSTIN SIDERFIN (37:03, 277th). Justin ran a consistent, well-paced race, echoing his performance at Richmond. Again, I was in position with Hugh Balfour to see Justin finish and was blown away by his turn of pace. Strava reckons he got up to 3:08/km!

A few seconds back, I think all these seconds lost to Justin's impressive sprint for the line, we had ANDREA CECCOLINI (37:08, 278th). Having gotten out very hard, Andrea was the 6th v55 on the day – a significant improvement over the Richmond race. More importantly, having been dogged by niggles in the last few weeks, it was great to see him smiling and running pain free.

ROB MEADOWS (37:22, 281st) was the next man in. Rob was pretty much on par with his first outing in the Surrey League, which is to say a very strong run from him. His first season on grass with the club, it's been fantastic to see Rob throw himself into these races with such gusto.

About a halfminute behind came another runner still in the early days of what I hope will be a long career in red and blue. TOM MOUNTAIN (37:51, 289th) paced his race perfectly, avoiding the sharp drop off that befell so many during the sixth ascent of Col de Croydon. Roughly equalling his debut at Richmond, as with Rob, it's been great to see him entering a lot of cross country this season and

seeming to catch the bug for it, too.

Middle distance specialist JONATHAN WHITTAKER (38:15, 296th) was next through the gate. Straight off the back of an excellent season on the track, this was Jonathan's first time in a while racing for closer to forty minutes than four. Nearly losing a shoe in the first 500m didn't help him much, but he recovered swiftly for a decent season opener.

ED SIMMONS (39:09, 310th) was, I understand, battling the lurgy as well as the hills, having been out in the days leading up to the race with a virus. As with Ben H, whilst not at his best, the fact that he made it out and ran at all should be counted as a victory.

And, bringing us home, PETER KLEB (39:53, 315th) made his debut on the grass for Dulwich. I had the good fortune to speak to Peter just before the race and was delighted to see him giving cross country a spin for the first time. He had an excellent debut, dipping under the 40-minute barrier and setting down a good clear benchmark ahead of January.

When the dust settled, Dulwich look to have finished 4th on the day, a whisker in front of local rivals Herne Hill Harriers. Is that mythical 3rd place finish a possibility? Well, it's tough, but not impossible. The results aren't finalised, but I have Dulwich in fifth, trailing HHH by just 7 points, and Kent by 60. With a little time to get fit for the next fixture, and several excellent runners coming off the bench, squint, and you can just about see it.

Huge thanks to Ange, Dylan, Hugh, Ben and Katie who were out supporting on the course (and anybody that I didn't see!) – it lifts the spirit to see a friendly face. And, of course, well done to all who ran!

South of the Thames 5 Mile Team Race

25th November 2023

Another weekend of cross country racing saw Dulwich Runners add to their impressive recent medal haul. Beckenham Place Park played host to the 5 mile South of Thames race with both men and women running the same course together for once. Ed Chuck (24:37) and Jack Ramm (24:50) took gold and silver with typically commanding performances. They were joined on the team podium by Fred Bungay (27:12, 28th) and Adrian Russell (27:20, 30th) with Dulwich third overall behind Kent AC and Belgrave Harriers. In the Ladies standings, Dulwich

finished 7th following fine runs from Katie Smith (32:41, 22nd), Ola Balme (35:42, 33rd), Ange Norris (36:18, 35th) and Laura Vincent (36:31, 37th) with Norris the first female 60+ finisher on the day.

Team photo, medal winners photos (Jack Ramm, 593 and Ed Chuck, 579) and action photo of Fred Bungay (576) below. Photos courtesy of Ebe Prill

1	Edward Chuck	Gold	M35	M	0:37:00	1
2	Jack Ramm	Silver	M35	M	0:50:00	2
28	Fred Bungay		MSen	M	3:12:00	28
30	Adrian Russell		M45	M	3:20:00	30
33	James Blackwood		MSen	M	3:30:00	33
34	Sean Cordon		MSen	M	3:33:00	34
66	Murray Humphrey		MSen	M	5:23:00	60
69	Shane Donlon		M40	M	5:39:00	63
75	Alex Loftus		M45	M	5:55:00	67
77	James Burrows		M40	M	6:02:00	68
119	Tom Mountain		MSen	M	7:48:00	103
123	Justin Siderfin		M50	M	7:59:00	105
132	Andrea Ceccolini		M55	M	8:29:00	111
138	Katie Smith		F40	F	8:41:00	22
140	Jonny Hough		M45	M	8:47:00	117
146	Andrew Scott		M40	M	8:58:00	120
155	Ross Rook		M40	M	9:19:00	127
159	Garry Meehan		M60	M	9:32:00	131
171	Peter Kleb		M40	M	10:18:00	139
186	Ola Balme		F55	F	11:42:00	33
194	Ange Norris		F60	F	12:18:00	35
200	Laura Vincent		F40	F	12:31:00	37
208	Michelle Lennon		F55	F	13:05:00	40
238	Mike Mann		M75	M	15:36:00	181
239	Midge Cameron		F55	F	15:36:00	57
241	Philippa Goodhew		F35	F	15:45:00	59
250	Joanne Shelton Pereda		F45	F	16:47:00	66



Club Championship Marathon Standings

as of 27 November

Ahead of the final week for completing a marathon, mainly at Valencia on 3 December, here are the standings with provisional awards so far. Let us know if anything or anyone is missing. Listed are the best performances known.

The awards will be handed out at our Christmas party on Friday 8 December at The Plough (see notice). For the current standings of our club championships please have look here:

<https://app.dulwichrunners.org.uk/> or download the app.

The standings can be viewed for overall champions by age grading (default setting) or for all the age group awards by choosing the item in the leaderboard menu at the top. The championship trophies will also be presented at the Christmas party. Ebe dulwichchair@gmail.com

Men	Award as of 25 Nov		
	AG	Time	
Nick Impey	V40	2:24:23	Overall
Joe Hallsworth	SEN	2:29:00	1st
James Dazeley	SEN	2:29:05	2nd
Ben Howe	SEN	2:34:38	3rd
Alex Winchester	V40	2:35:53	1st M40
Timothy Bowen	V35	2:36:13	AG Men
Finn Nugent	SEN	2:37:33	
Jonathan Phillips	V35	2:39:24	
Shane Donlon	V40	2:47:29	
Josh Willis	SEN	2:47:34	
Harry Lawson	SEN	2:48:23	
Shane O'Neill	SEN	2:49:18	
Tom Shakhli	V40	2:49:24	
Alexander Loftus	V45	2:51:07	
James Burrows	V40	2:51:45	
Rob Emes	V40	2:52:04	
Eugene Cross	V40	2:52:43	
Steven Kendall	V35	2:53:44	
Gower Tan	V50	2:55:59	1st M50
Hugh Stobart	SEN	2:56:08	
Tom South	V45	2:57:23	
Graeme Finnie	SEN	2:57:26	
Jack Leafe	SEN	2:57:47	
Stephen Davies	V50	3:04:20	
Matthew Ahluwalia	SEN	3:05:00	
Jonny Hough	V45	3:08:56	
Rupert Winlaw	V50	3:13:06	
Harry Bennett	SEN	3:13:41	
Eberhard Prill	V60	3:15:17	1st M60+
Grzegorz Galezia	V50	3:15:57	

Robert Archer	V50	3:25:09	
Sean Cordon	SEN	3:26:22	
Matthew Wright	V35	3:27:30	
Lee Wild	V50	3:27:40	
Steve Smythe t. J.	V65	3:37:11	
Steve Smythe t. E.	V65	3:37:42	
Austin Laylee	SEN	3:38:13	
Robert Tokarski	V45	3:45:00	
Alex Haylett	V40	3:46:03	
Martin Double	V45	3:48:02	
Miles Gawthorp	V45	4:03:33	
James Gordon	SEN	4:39:56	
Ben Smith	V40	4:57:40	

Women	Award as of 25 Nov		
	AG	Time	
Francesca Allard	SEN	2:57:28	1st
Isabel Ruthven	SEN	3:04:46	2nd
Michelle Lennon	V55	3:18:09	3rd
Sara Roloff	V40	3:20:38	1st W40
Olivia Bishton	V45	3:30:43	AG Women
Laura Vincent	V40	3:39:32	
Victoria Read	V50	3:43:48	1st W50
Cathy Carroll	V45	3:48:05	
Marjorie Epton	V60	3:54:29	1st W60+
Maeve Lane	SEN	4:23:20	

Project 20 goes Gravel Riding in New Forest with the Space Engineer and the Sergeant Major

Ajay Khandelwal writes...This week project 20 went on tour. To be precise it went all gravelly. I reasoned that unlike tennis, with its dangerous side to side movements, gravel was good. After all, Gravel bike riding, like running, shared the simple forward leg motion. Surely, they were brothers from another mother? Or at least cousins of sorts. To ensure my safety, as this was my first gravel bike experience, I took along Michael Williams (head of satellites and route planning) and Lloyd (head scheduling, dishwashing and puncture repair). I also recruited some other non Dulwich runners who were reasonable cyclists, but could also do the heavy lifting of finding accommodation, and cooking dinner and providing fine wine.

We stayed in what was described quaintly on airbnb as an ex vinery with deer roaming around. Sounded very country file; in fact it was a glorified scout hut in a field. It was cold, and the showers were a brand that Wim Hof might be lined up to sponsor. Still, the Dulwich softies wrapped up warm, and with some good bin-ends to drink we were all set up. Saturday morning was 2 degrees with frost everywhere. But the sun was blazing. We managed to ride our bikes for about an hour before the first puncture.

Who has a pump?

Silence... I thought you had one....

Luckily Lloyd had a pump.

Sadly, it didn't work.

We saw some teenage riders and considered dismembering them and

taking their kit and tubes....but just then Lloyd managed to get some air out of his pump. It reminded me of a primitive scene that could have taken place millenia ago. Seven middle aged men standing in a circle doing not very much with a single tool (Lloyd). We all commented on how he should use it. It was quite cathartic. It was also the opposite of all the cycling magazines which never show gravel riders getting punctures. What they do show is a bearded athlete making high grade coffee on top of a swiss alp with his hi-tech bike packing mini cafetiere. After a very long time we were on the move again. But soon we stopped as a member of the group decided to rescue a lost dog and abandoned the ride telling us he'd meet us at the pub. This alternative training weekend was slowly descending into a farce.

Just then I got a puncture. We had no inner tubes. Each of us, pathetically seduced by the comfort of our modern lifestyles, had failed to prepare for the savage wilderness of the New Forest in November. There had almost been a mutiny earlier over the dribbling showers. Lloyd was drafting a devastating airbnb review over his porridge.

Wild ponies roamed freely. Perhaps we would just have to live here I reasoned. There were no trains back to London after all, due to engineering works. I was depressed at the thought of walking with my bike to the next village. Luckily, I figured I had the same sized feet as MW. I persuaded him to hand over his titanium

gravel bike and spds, and gave him my broken hire bike and told him he could wear my decathlon trainers and run with the bike. He actually seemed excited at the prospect. At least it would warm him up. In fact his Garmin kept asking him if he'd crashed at various points, because it couldn't understand why he was going so slowly. He is a living action man, and it's always good to have one on tour.

Michael actually managed to run to the pub carrying my bike, faster than we cycled it. After a few pints, the afternoon went without incident. We ended up at a lovely pub called the Royal Oak. More drinks were taken. Then MW smiled. He had promised me our hut was around the corner...Ajay...I made a mistake....We'll he didn't that seem bothered. It was actually 20.6 km back. It was now freezing, I was tired, and it was pitch black. The team admonished me for drifting off the back, poor cycling etiquette. I did think, well they could ride slower...but wasn't brave enough to say anything in case I needed MW to carry my bike on his back again. We rode back in formation, red lights flashing, through the gravel, under the full moon. It was a thrilling experience. I was glad to stay upright. We clocked an amiable 81km with 8 punctures, 16 pints, 8 whiskies, 40 wild ponies, 10 streams, 1 sunspot, 1 full moon, 7 smiles.

Lloyd poured the drinks and a wonderful gourmet meal was had. Dulwich runners is a great club, and runners are such great company, even when on their bikes.

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

184 Ran
Pos Gen
81 14 Teresa Northey 27:32

Edinburgh

446 Ran
Pos Gen
54 9 Gracie Ingledew 21:10

Bromley

709 Ran
Pos Gen
116 105 Colin Frith 23:31
151 133 Nicholas Brown 24:20
332 250 Peter Jackson 28:24

Ashton Court

441 Ran
Pos Gen
58 51 Jamie Robinson-Nicol 22:36

Brockwell , Herne Hill

420 Ran
Pos Gen
5 5 Jon Phillips 17:00
49 43 Austin Laylee 21:15
57 51 Mark Foster 21:34
62 56 Stephen Trowell 21:55
95 81 Neville Webb 23:15
112 12 Lucy Pickering 23:50
121 101 William Hooper 24:23
124 103 Graham Laylee 24:33
305 95 Sharon Erdman 30:19

Crystal Palace

385 Ran
Pos Gen
34 32 Martin Double 21:21
45 2 Laura Denison 21:48
76 8 Yvette Dore 22:51
197 43 Belinda Cottrill 27:57
218 51 Clare Wyngard 29:00
219 155 Michael Dodds 29:08
252 171 Paul Hilton 31:04
257 173 Bob Bell 31:25
340 119 Chris Bell 37:40

Gunnersbury

573 Ran
Pos Gen
83 75 Cameron Timmis 23:06

Harrogate

297 Ran
Pos Gen
145 24 Claire Barnard 28:23

South Norwood

127 Ran
Pos Gen
20 2 Christina Dimitrov 23:04

Raphael

312 Ran
Pos Gen
30 25 James Wicks 21:44

Eastville

557 Ran
Pos Gen
149 118 Tom Childs 24:30

Mile End

370 Ran
Pos Gen
110 95 Lee Wild 23:33

Dulwich

637 Ran
Pos Gen
7 7 Lewis Laylee 15:25
8 8 Aaron Wilson 15:35
12 12 Andrew Inglis 16:20
17 17 Timothy Bowen 16:32
50 46 Ben Eve 18:22
68 59 Rupert Winlaw 18:49
75 65 Chris Lawrence 19:04
80 70 Rob Fawn 19:20
86 76 Rob Mayes 19:31
87 5 Polly Warrack 19:33
105 92 Alastair Low-Macrae 19:52
148 125 James Auger 21:23
186 155 Paul Vivash 22:26
221 182 Tommaso Bendoni 23:14
231 189 Tom Shakhli 23:25
232 190 Harry Lawson 23:31
236 194 Hugh French 23:38

Crane Park

145 Ran
Pos Gen
1 1 Andy Bond 17:59

Burgess

639 Ran
Pos Gen
137 108 Charles Lound 22:23
351 92 Ros Tabor 27:09
630 258 Susan Vernon 52:20
636 317 Chris Vernon 56:50

Fulham Palace

583 Ran
Pos Gen
248 174 Barrie John Nicholls 25:58
281 58 Lindsey Annable 26:50

Peckham Rye

386 Ran
Pos Gen
6 5 James Brown 18:42
7 6 Joe Farrington-Douglas 19:04
48 39 Ebe Prill 21:41
81 9 Katie Thompson 22:49
363 155 Claire Steward 35:37

Tooting Common

641 Ran
Pos Gen
47 4 Helen Shannon 20:39
226 148 Ian Sesnan 25:51

Worthing

502 Ran
Pos Gen
230 177 Joseph Brady 26:26

Bethlem Royal Hospital

78 Ran
Pos Gen
78 62 Dave West 52:50

Charlton

167 Ran
Pos Gen
42 40 Stephen Smythe 23:35
65 60 Paul Keating 25:37

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

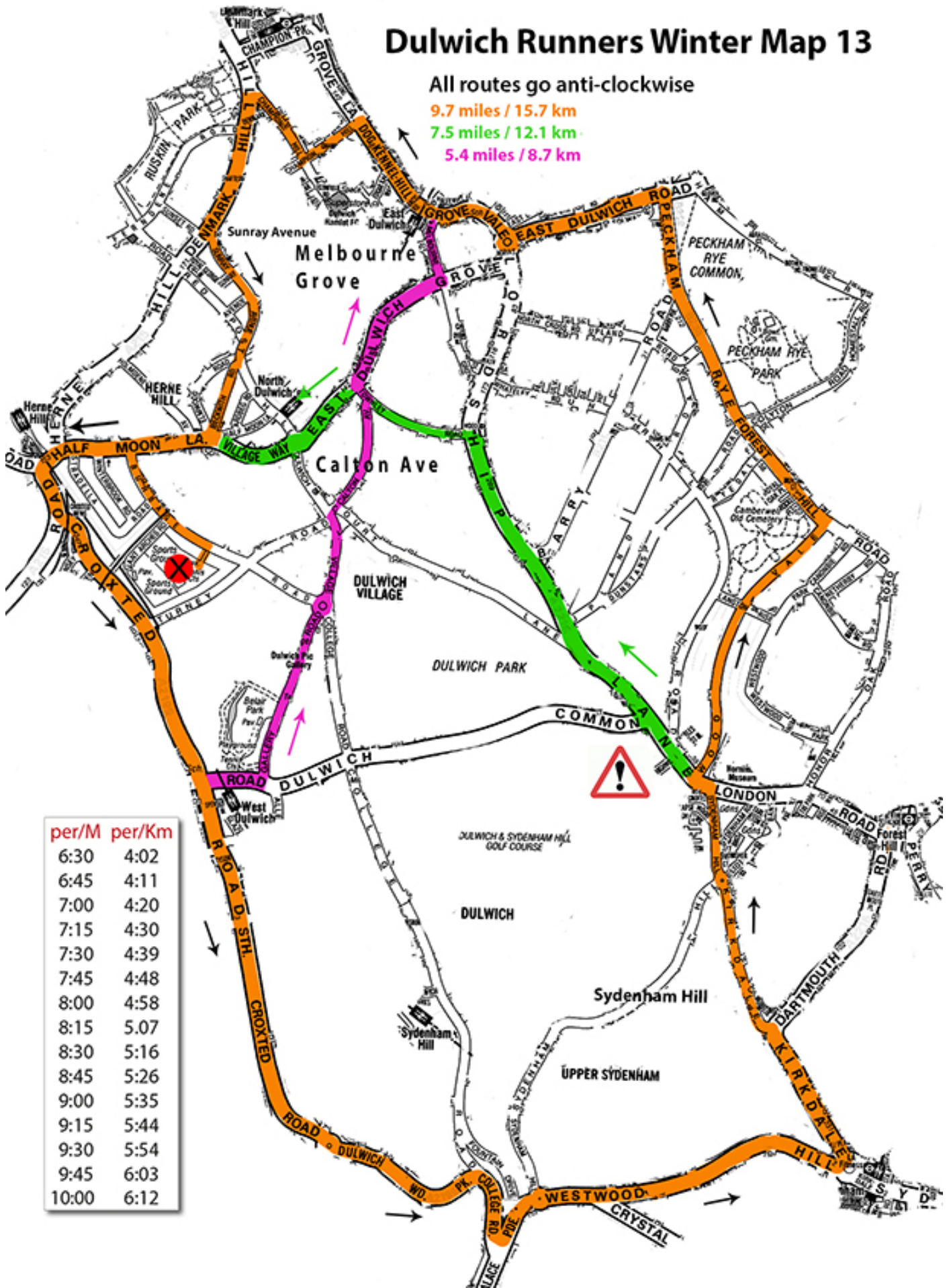
Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.7 km

7.5 miles / 12.1 km

5.4 miles / 8.7 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

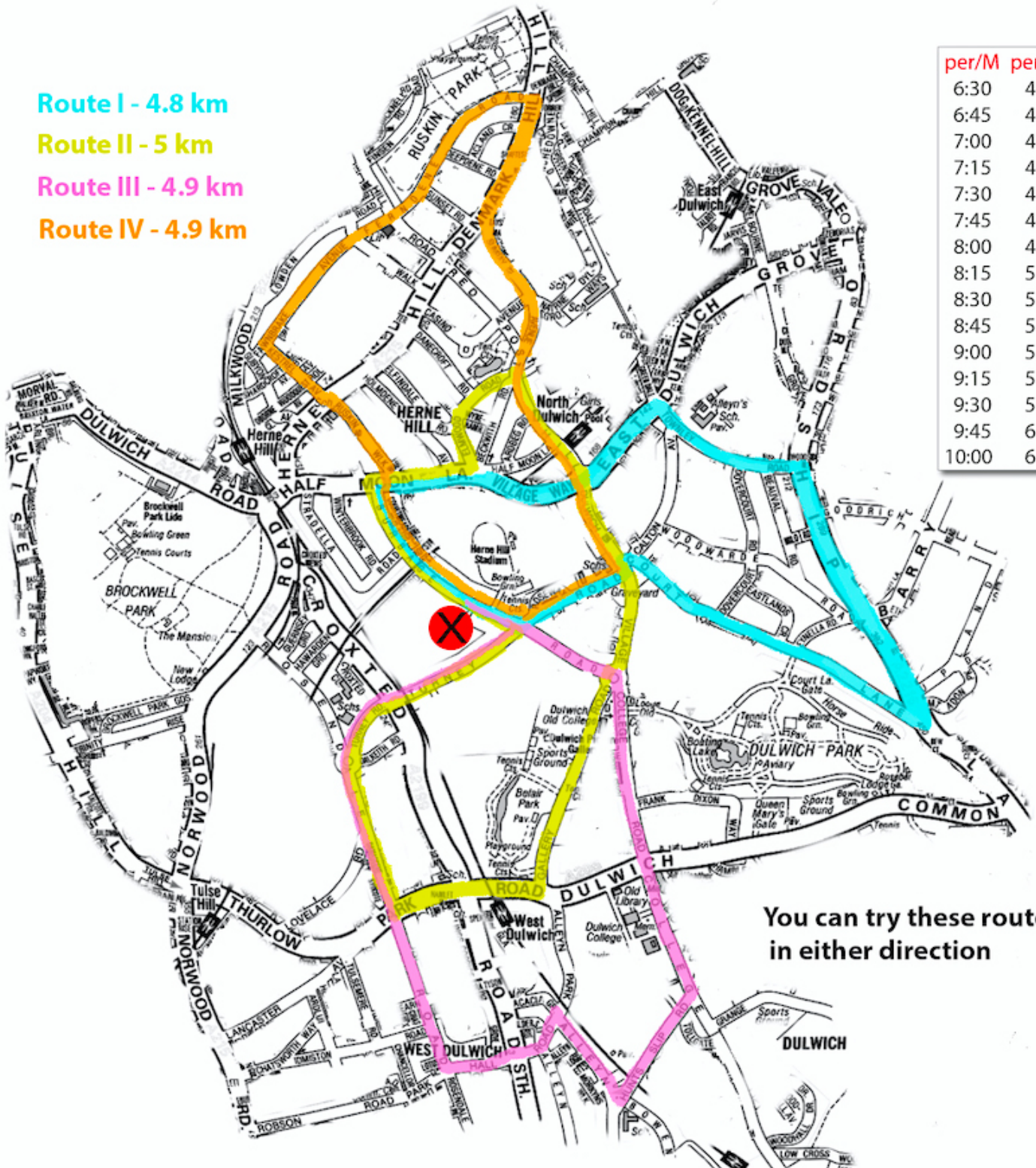
Dulwich Runners Winter 5km routes

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