



## These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk)

### DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 13 Club kit
- 15 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](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto: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](mailto:ros.tabor49@gmail.com)

## \*\*\*2023/24 membership\*\*\*

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

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

Bank details will be on the renewal form.

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

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

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

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

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

# DULWICH RUNNERS 2023/24 FIXTURES

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

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

## Dulwich Runners Cross Country (Xc) Fixtures 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 Croke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

### Surrey League XC

- 🏆 **14 October** Division 1 Race1
- 🏆 **11 November** Division1 Race2
- 🏆 **13 January** Division1 Race3
- 🏆 **10 February** Division1 Race4

[www.surreyleague.org](http://www.surreyleague.org)

### Ladies & Men run at the same venue

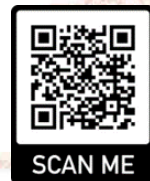
- Richmond Park
- Mitcham Common
- Wimbledon Common
- TBC

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

- |                      |                                |                          |
|----------------------|--------------------------------|--------------------------|
| 21 October           | SEAA Relays                    | Wormwood Scrubs          |
| 28 October           | Surrey Masters                 | Nonsuch Park             |
| 28 October           | British Masters Relays         | Long Eaton, Derbyshire   |
| 🏆 <b>18 November</b> | London Championships           | Parliament Hill          |
| 🏆 <b>25 November</b> | South of Thames 1              | Beckenham Place Park     |
| 2 December           | Kent Masters                   | Central Park, Dartford   |
| 9 December           | SEAA Masters                   | Oxford                   |
| 🏆 <b>16 December</b> | 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         |
| 🏆 <b>27 January</b>  | 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 October 28** - British Masters Cross-Country Relays, Long Eaton  
Though a long way up this is easy to get to - a fast and flat course of around 3km  
M35 and M45 5 Stages - M55 4 stages M65/M75/W35/W45/W55/W65 3 stages

**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.





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

### Which races to go for

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

### Entry for other races

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

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

### Footwear

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

### 2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
photos by Laura Vincent

### Surrey League

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

### Distance

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



### Scoring

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

competition where the second 5 and 10 runners respectively score.

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

### Surrey League entry

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

### Other Races

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

# 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 hill training Sept. - Oct.

7pm every Tuesday in September and October - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 mins of gentle jogging before we start at 7:00pm with warm-ups and drills ,then main session, finish 7:45-7:50pm or so. Session free of charge. Arrive ready to run - it should be safe to leave jackets or bottles etc. We will be running up and down a well-lit traffic-free path – please keep enough room for any pedestrians to pass.

Exact session will vary week by week, but 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 you are 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](mailto: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](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

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

## Sunday Morning Runs

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](mailto:ebepriill@yahoo.co.uk)

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

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

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

# Autumn training update

Tuesday training now at Low Cross Wood Lane, traffic-free path through the woods opposite Sydenham Hill station – all September, early October, then to Crystal Palace track when floodlights are in use. Hill sessions are good preparation for the cross-country season, and a useful component of a more general period of training.

If planning a marathon next spring, between now and Christmas is a time to build overall fitness, making the most of the club training and racing so you're faster and stronger by the time you start the more specific training period. This period your long runs should be around 90-105 mins, slightly longer if you are feeling strong, all at a nice easy conversational pace, avoiding any temptation to race others, at least for now. Otherwise you don't really need a detailed training plan for this period, instead to get the miles in, varying distance, pace and terrain to avoid monotony and to widen the range of stimuli and to build up

gradually to avoid injury or being too tired to train the next day. But whilst a typical week will vary from one person to another, you could be looking at something like the following between now and Christmas:

Monday – rest day or a 40-60 minute easy pace run

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-1/2M pace as part of a longer run)

Sunday – long run at a nice easy pace

To not make each week too similar try to alternate Wednesday club runs between longer and shorter, vary the pace of parkruns, or some longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training. There's no suggestions about strength and conditioning work, pilates or yoga, as the amount and type needed varies from person to person but these are all really important to building a stronger more resilient body so consider what works for you.

## Masters Championships

**Oct?** British Masters 1/2M Champs Gravesend

**28 Oct** British Masters Cross Country Relays - Long Eaton (team entry)

**11 Nov** British & Irish Masters Cross Country International (selected team entry) - Glasgow

**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 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

## 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.

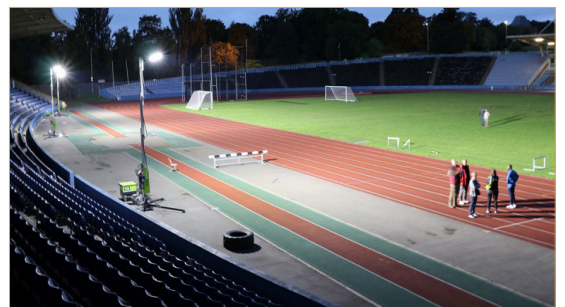
Format still being agreed with the park but probably one mass start 5 mile race.

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

## Crystal Palace update

Temporary floodlights now in place - the track closing w/c 2 October for repairs. Expected 15-20 working days weather dependent, will update when ready. Looking at early November return, later than I would have liked but at least we will have proper floodlights and an improved track.

Tom - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.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

With a monthly code. Please don't share outside of Dulwich Runners.  
code for September is - **DQHZI9 valid to 3/11/23**- giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50.  
Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

## Dulwich Runners Book Swap


### The last Wednesday of each month

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


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

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





v1  **Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:









 [app.dulwichrunners.org.uk](mailto:app.dulwichrunners.org.uk)

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

 Download on the App Store

 GET IT ON Google play

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

## Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.  
For more details - 07506 554004

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

## Surrey League XC Division 1, Match 1 Richmond Park

14 - Oct

Laura Vincent writes: Sixteen Dulwich Women ran the first match of the season in glorious, autumnal conditions in Richmond Park. Farcically the official's whistle failed at the start and after a couple of shouts we were off. The course was a shortened version of what the men ran later on (something many of us have "some opinions" about, but that's for another day), heading out around a bend before joining the main circuit. This took us up a long, drag of a hill, before turning and plummeting down a single track path rather than the usual wider path. There was a fallen tree that most opted not to hurdle and instead take the long way round, despite the official egging us on. After this a shorter, sharper hill followed before back down for lap two.

Katie Smith and Helen duelled it out for first and second scorer over the course of the race with Katie getting the edge at the end. Both made strong starts to the season. Laura was in next, having channelled her inner Ola and gradually moved up the ranks over the course of the race, but looking over her shoulder in case the real Ola made an appearance. She did, albeit twenty-five seconds later and as always beautifully paced. Michelle was next in and completed the A team looking as relaxed as ever.

Long-term Dulwich member Nicola raced well, despite some dread of what was to come. Harriet was next in and a surprising attendance considering her incredible marathon a week before! Katie Styles ran strongly but as many know, this is just a whisper of what she will produce by the end of the season. I keep trying to talk her into putting the gains into the Spring Marathon, but she is unswayable. Ange made a very welcome return after finishing the season on crutches last year. She also brought biscuits and bananas, although I'm sure she managed this even when on crutches... Shoko was seconds behind Ange and completed an excellent B Team of scorers.

Grace had a tough race starting incredibly strongly and in the first group of Dulwich runners, but unfortunately rolled her ankle on the first, gnarly descent. She demonstrated enormous strength and resilience to complete the race. Christina ran well despite a few weeks of feeling less well and still being in the rebuild stages post UTMB. Becca who has had a frustrating ongoing battle with injury made a very welcome return to racing and watch this space for what is to come as she regains her strength. Midge claims she actually went over the fallen log on the second lap, but there is no photographic evidence. She does however win the award for most genuine smile at the end! Although Jo was almost as joyful... Both are also signed up for Wormwood Scrubs XC next week so there is no doubting their commitment and love of the Cross Country. And no Dulwich team is complete without Lindsey, who has shown over a number of years the most extraordinary loyalty to Dulwich Runners and an incredible team attendance record. She looked comfortable as she finished.

A huge thanks has to go to Tom and Andrea who provided top-notch support on course and the latter also provided a Limoncello reward at the end as per long-lived Dulwich tradition. It should be noted that everyone ran to the absolute best of their abilities on the day. Despite this we are in the relegation zone and if you find yourself moved by this account of bravery, little mud, sunshine, team spirit and intoxicating aperitifs, your team would love you to join us in round two in November.

259 ran

112	Katie Smith	28:18
114	Helen Shannon	28:19
141	Laura Vincent	29:18
149	Ola Balme	29:43
153	Michelle Lennon	29:55
157	Nicola Richmond	30:01
159	Harriett Roddy	30:03
161	Katie Styles	30:08
173	Ange Norris	30:49
176	Shoko Okamura	30:52
191	Grace Ingledew	31:31
193	Christina Dimitrov	31:41
232	Rebecca Davis	34:22
233	Midge Cameron	34:24
236	Joanne Shelton	34:42
245	Lindsey Annable	36:59





# Surrey League race 1

14 - Oct

Ed Chuck writes: There cannot be many cultures (or should that be subcultures) for whom the second Saturday of October holds such significance, but for little collectives like ours, this otherwise unremarkable date can only mean one thing: the return of the Surrey League.

After surviving in division 1 last year (which truth be told was always going to be a little easier with just one team being relegated), the task this time around is to avoid second season syndrome, and to instead look at how high up the table we can finish.

So to Richmond Park - a great setting for the season opener. As we gathered by the Dulwich flag the numbers taking part looked larger than ever (and were - the results seem to be the largest opening day fixture visible on the website.) With the league expanding to 10 teams, the competition becomes ever more ferocious.

On arriving, Rob Armstrong despaired at the small stature of the Dulwich Flag - how much would it cost to get a bigger one... like the other clubs? I told him to bring a proposal to the committee... and that he'd have to carry the damn thing.

Wild rumours of Belgrave turning out Stewy McSweyn circulated in the wake of his appearance in the national 6 stage. Whispers about Jamie Crowe's whereabouts fluttered through Whatsapp messages. Arch promoter and 2nd claim DR Jack Brotchie stirred the pot further insinuating the presence of nameless Tracksmith sponsored athletes.

But amidst all the froth and bluster, we had reasons to be confident ourselves, as we have also kicked on. Last year we were without Jack Ramm for all but one of the races, Max Bloor only arrived in time for one outing, and we now have some 7 runners on the books with sub 2.30 marathon times. And then there has been the Juninho-like arrival of Max Milarvie (4th on opening leg of Southern 6 Stage), which has left me grinning as dumbfoundedly as Bryan Robson in 1995.

A bit of rain in the couple of days before softened things up sufficiently that the spike/carbon shoe debate ended up being a non-contest. The course was broadly similar to that used for the previous iterations, save for being sent down a wooded path, featuring a choice to make - hurdle a giant log (think waist height) or take the longer (but less risky) path around it. The day was clear(ish) bright(ish) and cool - perfect running conditions.

And so come 2pm we toed the line with the 9 other teams, were held a little while... and were off.

Max Milarvie shot off to the front to mix it with Surrey League royalty in the form of Ian Crowe-Wright, Jack Millar, and Andy Coley-Maud. Behind Jack and I jostled with numbers 10-20 to find a bit of room, trying to work out who to stick with, and who we should be clear of.

A little further back Aaron Wilson was driving the engine that will ultimately decide our season - the red and blue train. Regardless of what Max gets up to, or how Jack and I fare, the strength of the guys from 4-10 is what will determine how competitive we can be.

From my perspective as the race wore on I ground past the chaps I would expect to beat by the end of the first lap, but then found myself a drift from the front end. As we went up the hill for the second time I could hear the familiar sound of Jack approaching as he put in a bit of an effort on the climb, and was concerned for a moment that he might start going away from me. I was able to open up along the top heading towards the wooded path, and then had a little gap to defend for the final mile and a bit. Turning left up the rise by lower pen pond I could just spy Max taking the next left, leaving Jack Millar in his wake, and thought that he'd done it - broken the chaps around him, and taken it off the front.





Alas, when Jack and I got to the finish 5 seconds apart, we discovered that Max had himself been chasing an out-of-view Ian Crowe-Wright, but his 2nd place finish put him in front of Jack Millar (2nd in Midlands XC this year, and 5th at Inter-counties), and Andy Coley-Maud (winner of Southern XC in 2022), so a run of real quality. Behind Jack & I, Lewis Laylee had a good run for Herne Hill for 23rd, while Aaron (39th) continued to lead home the Dulwich train with Max Bloor, Ben Howe, and Rob Armstrong following not far behind. Joe Hallsworth, Jon Phillips and Sean Corden rounded out the first 10, bringing us in with a total score of 439, in 4th place - 9 points behind Herne Hill, narrowly ahead of Kent and Guildford, and some 200 odd points in front of Clapham Chasers in the first relegation spot.

This was a great result, but it isn't just about the scoring 10 - we had fifteen other DRs out on the course, from returning stalwarts like Wayne and Justin, rapid improvers like Jack Leafe, and debutants Ivo Brown, Ben Eve, Tom Mountain, & Matt Wright - I remember my first XC (a baptism of fire at Parliament Hill), and hope that they got as much of buzz out of it as I did. In our second match last year we were heavily depleted, and we were reliant on many of the guys who usually place in the B team to come with result which kept us on track to avoid relegation.

At the finish Cecco generously brought along some limoncello to help us celebrate the season opener, and we now look forward to the second fixture at Mitcham Common on November 11th, with the prospect of being able to field an even stronger team, with new club marathon record holder Nick Impey returning, and 2.29 marathoner James Dazeley making his XC debut. A big thanks to all supporters, and particular thanks to Ajay for helping Wayne at the end.  
(non-group shot photos taken for Tracksmith by Danny Easton)



2	Max Milarvie	26.02
10	Ed Chuck	26.58
12	Jack Ramm	27.03
39	Aaron Wilson	28.08
43	Max Bloor	28.19
44	Ben Howe	28.25
48	Rob Armstrong	28.33
78	Joe Hallsworth	29.38
96	Jon Phillips	30.11
148	Sean Cordon	31.20
150	Jack Leafe	31.24
175	Wayne Lashley	32.12
190	Shane Donlon	32.47
194	Murray Humphrey	32.54
215	Eugene Cross	33.20
225	Tim Bowen	33.41
228	Ivo Brown	33.54
239	Ben Eve	34.22
271	Austin Laylee	35.55
273	Justin Siderfin	36.05
276	Rob Meadows	36.20
282	Tom Mountain	37.10
287	Andrea Ceccolini	37.43
291	Ross Rook	37.54
309	Matthew Wright	40.29

1	BEL		253	1	5	9	19	29	32	33	35	41	49
2	H/W		255	8	14	16	18	21	27	31	38	40	42
3	HHH		430	6	23	28	36	50	51	56	58	59	63
4	DUL		439	2	10	12	39	43	44	48	70	78	93
5	KEN		466	13	20	26	37	45	54	55	67	74	75
6	G&G		480	4	11	17	52	53	61	64	66	73	79
7	SLH		550	22	25	46	47	57	60	65	69	76	83
8	THH		647	3	7	24	62	72	87	96	97	99	100
9	C/C		662	15	30	34	71	80	82	85	86	89	90
10	RAN		868	68	77	81	84	88	91	92	94	95	98



# England Trial Cross Country, Derby

14 October

This was the trial race for the England team selected for the British and Irish Masters XC being held in Glasgow on 11 November. Women and M65+ competed on a 6k course consisting of 3 laps while the younger men ran a 10k course over 4 slightly longer laps. After heavy rain in the preceding days the course was soft throughout and downright muddy in places including some of the hills, so it was more like cross country in the depths of winter..

The race was piggybacked onto a North Midlands League match at Markeaton Park, and with 2 separate finish funnels it took some time to process the results, and at the time of writing official results with times have not been issued. It is looking likely that an alternative venue will need to be found for next year's England trial race.

## Cabbage Patch 10

15 October 2023

Claire Steward writes: The Cabbage Patch 10 was founded in 1982 and has taken place every year apart from 2015 (Rugby World Cup Finals at Twickenham) and 2020 (Covid). I first ran it in 2002, then 2004, and in 2005 when a certain Mo Farrah won. A few years later in 2008, a record fifty eight Dulwich Runners took part and Scott Overall won. Other notable winners have included Paula Fudge, Emily Pidgeon and Richard Nerurkah.

I got a transfer a few weeks ago and my aim for my eleventh participation was to finish within 90 minutes which I duly managed to do although 17 minutes slower than my 2009 PB!

The course is mostly flat and despite twists and turns with grass and uneven towpath sections, there were 74 sub-60 minute finishers including 9 women. It was a tightly contested finish between two Shaftesbury & Barnet Harriers, and Steph Twell was first woman in 55:44 winning for 4th time.

If you think you can be competitive, there are monetary prizes for the top finishers from £1000 down to £50 for fifth places, as well as the traditional cabbages and cases of beer from sponsors Fullers.

Clare Norris adds: I dug out my DR woolly hat for the first time this season for a freezing but bright start at my first Cabbage

The first 4 finishers in the 10k race gain automatic selection for their respective age categories, and the additional 2 places are discretionary, based on form during the year. For the women and M65+ there are 3 automatic places and one discretionary one. Reserves are also selected to provide cover.

Andy Bond, competing for the first time as a M50 came into the race carrying a calf injury. He started the race well but the combination of hills and heavy mud did for his leg, and he struggled later in the race, finishing in 6th place. However his 5k and 10k performances were more than sufficient to ensure his selection. Adrian Russell did not achieve automatic selection but his performances during the year resulted in his selection as a reserve for the M45 team. Kay Sheedy did well to finish 7th W35. I finished 8th M75 in age category that turned out to be highly competitive.

Ros Tabor was unable to make the trial race but was selected 1st W70 reserve. 2nd claimer, Clare Elms, also missed the trial race but her 5k performances during the year ensured her selection for the single discretionary W55 place despite being at the top end of her age category. Mike Mann

patch 10. A busy race around me with quite a few sharp turns on and off the towpath didn't make for the fastest route but I knew I was in good shape after a good run at Royal Parks half last weekend so after a conservative first km settled into 6.40 pace and held steady on the whole. Good to see plenty of fast women out racing, including Sophie Raworth and Steph Twell, and really pleased to finish my season of racing 3rd in my category in 67.35 (PB).

Michelle Lennon adds: Delighted that I got a last minute place for this lovely run. XC the day before on a hilly course in Richmond Park set me up for a flat but twisty run along the river again in Richmond. Gorgeous crisp morning – highly recommend!

Dave West adds: I first ran the race in 1988 and came back several more times before my first sub-60 in 1993 (the same year as Richard Nerurkar's British record of 46:02 which stood until this year), but not been back since 2008. I started quickly this year but settled down and ran pretty even splits. I had an enjoyable run on a lovely morning and it was well organised by Stragglers again.

	Winner	48:42	
202	Clare Norris	1:07:34	(3 W45)
301	Michelle Lennon	1:11:11	(2 W55)
318	Alex Haylett	1:11:59	
823	Dave West	1:26:26	
968	Claire Steward	1:29:51	(5 W65)
1170	Mark Schofield	1:34:06	
1543 finishers (489 did not start!)			



# Amsterdam Marathon

Sunday 15 October 2023

I had several reasons to run Amsterdam. The timing worked and I figured I'd have enough recovery after Mont Blanc. Eurostar runs direct from St Pancras to Amsterdam Central Station (via Brussels and Rotterdam), a nice experience if you've never tried and a small effort on my running CO2 footprint. I love the city and had friends to catch up with, in particular my Marathon des Sables 'sand brother' (tent mate). I hadn't seen Craig since somewhere between Errachidia and Ouarzazate. It's obviously flat, and I'd heard a reasonably fast course with quite a unique start and finish in the 1928 Olympic stadium. I like the Dutch. Finally, I hadn't run a marathon in a city beginning with the letter 'A'!

Training largely comprised post-UTMB and Covid recovery, one or two Sunday long runs, club runs and Parkruns, which substituted any speed work. I used the Vitality 10k and Tonbridge Kent half marathon to 'sharpen up' and remind my legs what road racing felt like, after a few months of off road and mountain trails. My weekly Pilates class has also long been a staple part of any training.

I travelled out on Friday morning, passing via the expo opposite the Olympic stadium en route to my hotel, to pick up the race bib. Grabbed a couple of flyers for other races as I sped through and (unusually) escaped without emptying the bank on more running junk I don't need.

After an evening catching up with Craig and his lovely wife, I took a canal tour on Saturday, my usual pasta dinner and hit the deck early. Race day arrived and with it, some less than ideal weather – wind and rain had been forecast and the forecast was right. While waiting outside my hotel for my Uber ride to the stadium, two lovely Lebanese women asked to share my Uber as theirs was taking ages. Happy of course to oblige, we got halfway when one of them broke into hysterics realising she'd forgotten her bib. My kindness didn't quite extend to going back to the hotel as I was in the first wave. So the driver dropped them off at a rank with some free taxis and continued to the stadium, circumnavigating the road many closures.

I'd decided that I'd decide my race plan somewhere between the start line and 5k (i.e. didn't really have a plan). Do I go easy and use this as a build to San Sebastian marathon in November and Malaga in December? Do I have a crack at the Berlin GFA qualifier (2:55), which would be a huge PB but likely mean I'd blow up at 30k? Or do I just run for a PB (2:58:30)? The weather forecast had nudged me towards the 'easier' option, but the flat course was attractive for a PB attempt and I really want to run Berlin in its 50th anniversary year.

By this time, it was raining and with nowhere really to shelter other than a couple of small ledges to share between 16,000 runners. Then.....it started hailing! The kind that hurts a little. 'Not exactly PB weather' I remarked to the three Irish women I was chatting with, huddled under a ledge.



As the rain and hail eased off a bit, I ran over to the bag drop tents, and then into the stadium and my start pen located on the track. It was a relatively short and smooth start, with the usual fanfare, however as we ran out of the stadium, an enormous puddle had formed in the tunnel out onto the roads. With runners all bunched up, it was impossible to avoid. Wet feet 400m from the start line. Also, not ideal for a PB!

Regardless, I was in a stubborn mood and immediately set into 4:08/km pace for my most ambitious 2:55 target. The 'go out hard and hang on for dear life' option. The course was flat, bar a couple of bridges and ramp up to a motorway, but there were long stretches of brick type paving with quite a camber in parts and several sections with road humps, all adding to the challenge. Nevertheless, it was scenic with several parks, beautiful stretches along canals and the Amstel and the support was great, despite the weather.

In my race plan indecision, I'd foolishly opted to start behind both the 3hr and 3hr10 pacers, and while I passed the latter around 10k, I then got stuck with a big group running around the two 3hr pacers. At this point I was sure plan A was over, but eventually managed to pass them and pull back to planned pace. Garmin was all over the show with splits ranging from 3:45 to 4:20, but looking back at the official chip timing, my splits were pretty well spot on.

The rain and wind came and went, and I somehow just about stuck to it, shadowing a few different runners along the course who were at my pace until the finish was in sight. I had somehow, miraculously clung on. Not quite the Berlin qualifier but a 2½ minute PB. Beer and bitterballen with Craig made for a great postrace celebration. Happy days!

Gower Tan: 2:55:59 (official app says 2:55:58) Overall: 833 M50: 24 16,000 ran  
Winner Joshua Belet: 2:04:17



RUNNER SPLITS			
Splits (KM)	Time (HH:MM:SS)	Time of day (HH:MM:SS)	Pace (MIN/KM)
Start	00:00:00	09:01:55	NA
5 K	00:20:55	09:22:50	04:11
10 K	00:41:19	09:43:14	04:07
15 K	01:01:48	10:03:43	04:07
20 K	01:22:22	10:24:17	04:07
21.1 K	01:26:54	10:28:49	04:07
25 K	01:43:18	10:45:13	04:07
26.1 K	01:48:13	10:50:08	04:08
30 K	02:03:59	11:05:54	04:07
31.1 K	02:09:04	11:10:59	04:09
35 K	02:25:01	11:26:56	04:08
36.1 K	02:29:43	11:31:38	04:08
40 K	02:46:31	11:48:26	04:09
Finish	02:55:58	11:57:53	04:10



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

177 Ran  
Pos Gen  
51 5 Teresa Northey 25:14

### Richmond

600 Ran  
Pos Gen  
247 188 Barrie John Nicholls 26:36  
390 123 Lindsey Annable 31:14

### Bromley

548 Ran  
Pos Gen  
314 238 Peter Jackson 29:02

### Brockwell , Herne Hill

372 Ran  
Pos Gen  
39 35 Mark Foster 21:40  
51 4 Catherine Buglass 22:09  
53 45 Charles Lound 22:17  
65 56 Hugh French 22:37  
192 137 Michael Dodds 26:54  
226 51 Clare Wyngard 28:08  
278 76 Sharon Erdman 29:49

### Beckenham Place

267 Ran  
Pos Gen  
154 38 Claire Barnard 28:42

### Crystal Palace

345 Ran  
Pos Gen  
35 2 Laura Denison 22:09  
71 8 Yvette Dore 24:11  
148 116 Tommaso Bendoni 26:42  
164 34 Belinda Cottrill 27:27  
239 159 Paul Hilton 30:38  
316 115 Chris Bell 37:38

### Eastville

524 Ran  
Pos Gen  
84 70 Jamie Robinson-Nicol 23:15

### Mile End

432 Ran  
Pos Gen  
208 159 Paul Keating 26:22

### Dulwich

532 Ran  
Pos Gen  
1 1 James Dazeley 15:41  
22 20 James Brown 18:38  
40 35 Rob Fawn 19:28  
44 2 Libby Turnell 19:39  
46 39 Grzegorz Galezia 19:40  
70 5 Alexandra McClelland 20:21  
72 62 Robert Tokarski 20:24  
76 66 Olivier Montfort 20:30  
87 77 Rupert Winlaw 21:02  
155 130 Rob Mayes 23:15  
507 292 Fazlur Rahman 39:39

### Burgess

718 Ran  
Pos Gen  
85 4 Klara Saville 21:29  
86 75 Stephen Trowell 21:30  
672 287 Susan Vernon 44:25  
673 288 Stephanie Burchill 44:26

### Shorne Woods

271 Ran  
Pos Gen  
6 1 Kim Hainsworth 20:49

### Tonbridge

511 Ran  
Pos Gen  
203 170 Dave West 27:47

### Peckham Rye

368 Ran  
Pos Gen  
68 8 Katie Thompson 23:11  
216 66 Claire Steward 28:25

### Folkestone

303 Ran  
Pos Gen

186 130 Miles Gawthorp 29:58

### Hastings

397 Ran  
Pos Gen  
6 6 Joe Farrington-Douglas 18:20

### Heslington

Constantia Greenbelt  
358 Ran  
Pos Gen  
2 2 Alastair Low-Macrae 19:46  
5 1 Polly Warrack 20:56

### Tooting Common

644 Ran  
Pos Gen  
265 179 Ian Sesnan 26:49

### Amsterdamse Bos

508 Ran  
Pos Gen  
62 53 Gower Tan 22:19

### Sutcliffe

260 Ran  
Pos Gen  
18 17 Michael Fullilove 20:49

### The Great Field

260 Ran  
Pos Gen  
41 37 Graham Laylee 24:20

### Llanishen Park

126 Ran  
Pos Gen  
10 10 Lee Wild 21:04

### Blaise Castle

254 Ran  
Pos Gen  
1 1 Tom Shakhli 18:57

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



**Crop tops - £25**



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



**Socks only £5**



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



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Mid Layer 1-4 Zip Top



# Dulwich Runners Winter Map 6

All routes go anti-clockwise

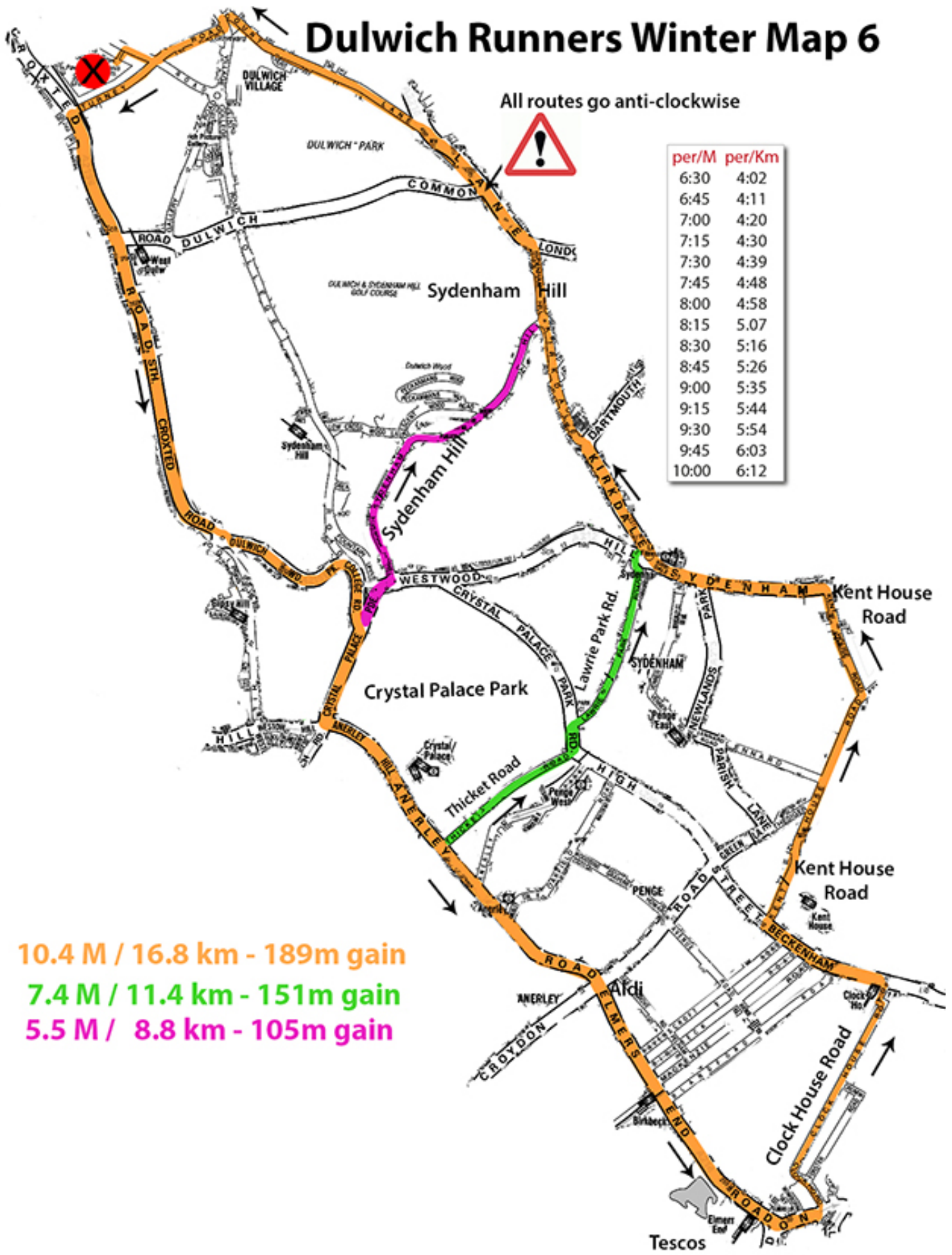


per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

10.4 M / 16.8 km - 189m gain

7.4 M / 11.4 km - 151m gain

5.5 M / 8.8 km - 105m gain



# Dulwich Runners Winter 5km routes

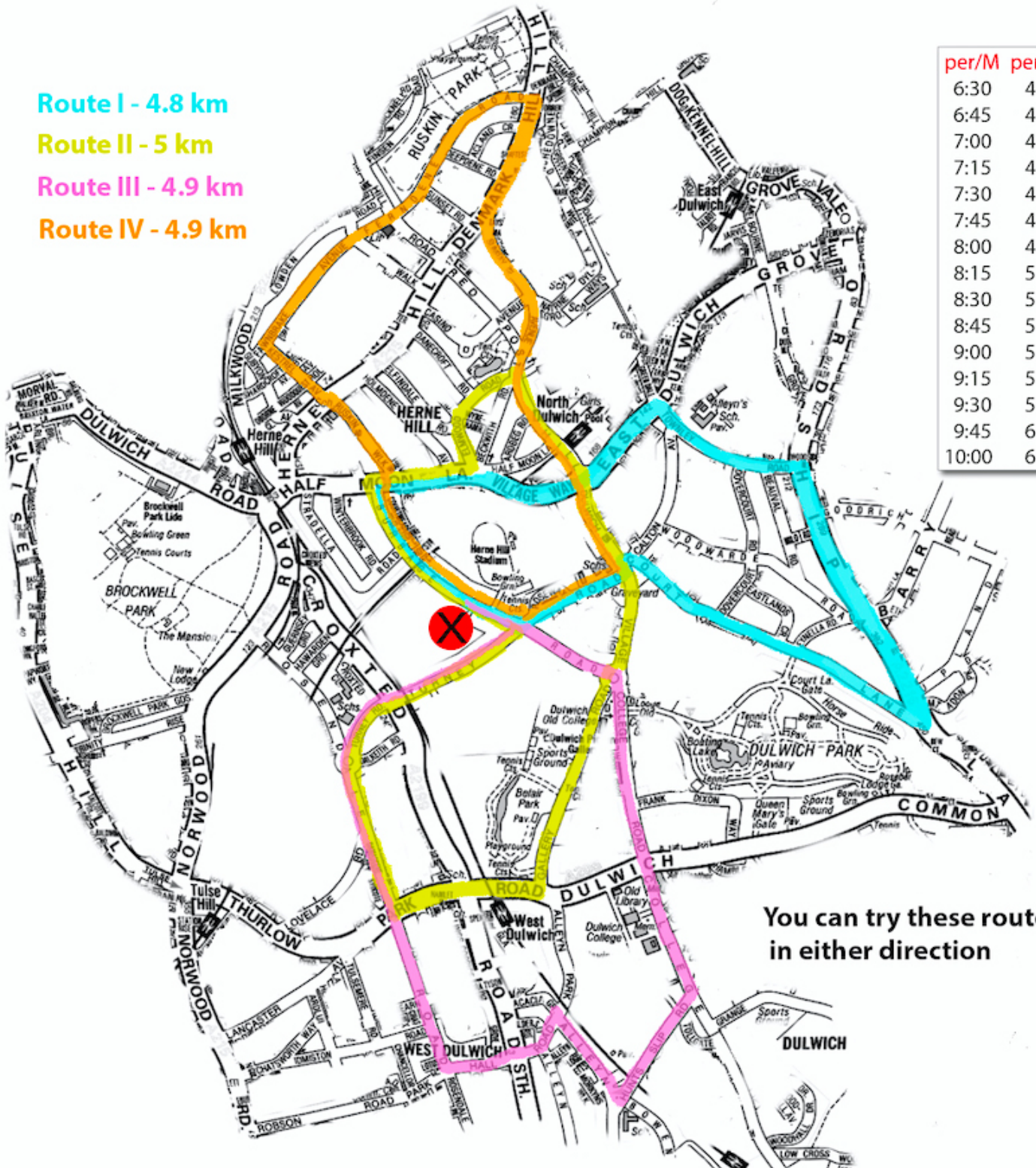
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



You can try these routes in either direction