



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
- 2 Fixtures
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- 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

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

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 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 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

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

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 23	SEAA 6/4/3 stage road relays	Aldershot

SEAA 6/4/3 stage road relays

Save the date - will be at Aldershot on Saturday 23rd September.
Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

Run For Ron - Save The Date & Justgiving Page For Ron

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. This will be a time when we can share our memories of Mr Searle. We will then adjourn to the Clubhouse in Burbage Road for breakfast. So we know how many we will be catering for, please would you email vernonrun@aol.com to confirm your attendance. We'll be collecting for the British Heart foundation in Ron's memory. Many thanks. - Chris and Sue Vernon

We have now set up a JustGiving page in Ron's memory for the British Heart Foundation. We hope many of you will make a donation, however small. We look forward to seeing many of you in Dulwich Park on 30th September for the Dulwich Parkrun, and then for brekkie at the clubhouse in Burbage Road.

Please remember to let us know if you will be joining us so we can cater for everyone.

You can donate to the JustGiving page by clicking here: <https://www.justgiving.com/fundraising/SearleRun>

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to British Heart Foundation, so it's the most efficient way to give - saving time and cutting costs for the charity.

Pacing At Burgess Parkrun, 7 October

The organisers of Burgess parkrun have now accepted our offer to provide pacers at their parkrun on 7 October. We are looking for pacers covering the range of 18 to 35 minutes finish times, so those able to volunteer should contact me at mcmann90@yahoo.co.uk In future we intend to provide pacers at other local parkruns.

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.

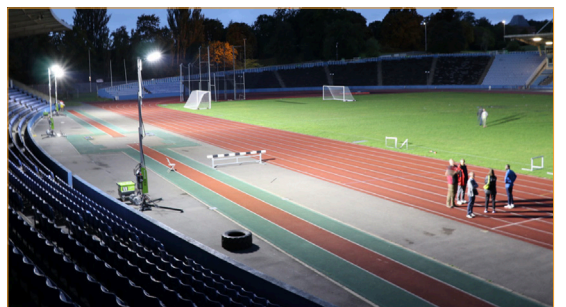
Provisionally this years championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

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 tomlawrence@me.com, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

Crystal Palace update

Temporary floodlights expected to be operational early October, so we should be holding our Tuesday sessions there from 10th October, will confirm closer to the time. Parts of the track being repaired with a deep clean of the whole track winter or early next summer, improvements to stadium drainage, indoor track and changing facilities. Might be occasions when work makes the track unavailable but we will update you as soon as we can.
Tom - tpoynton@hotmail.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 our men compete in Division 1 and women in Division 2. 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

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. We'll be hosting a Q&A talk Wednesday 13 September 8.30pm after the club run to tell you more about XC.

Or speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information.

Races with trophy 🏆 icons feature the 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

🏆	14 October	Race 1
🏆	11 November	Race 2
🏆	13 January	Race 3
🏆	10 February	Race 4

www.surreyleague.org

Ladies' venues

Epsom Downs
TBC
Oxshott Woods
Lloyd Park

Mens' venues

Richmond Park
Mitcham Common
Wimbledon Common
TBC

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

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

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



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. early Oct.

7pm every Tuesday in September - Low Cross Wood Lane (opposite Sydenham Hill station, College Road).

Depending on floodlights expect to be at Crystal Palace 10 Oct. - T.B.C

Do at least 5-10 minutes of gentle jogging before a 7:00pm start with warm-ups and drills, then main session and finish about 7:45-7:50pm. Session is free. Arrive ready to run - usually safe to leave jackets bags etc.

We will be running up and down a well-lit traffic-free path – please leaveroom for pedestrians to pass.

Sessions will vary week by week, expect 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

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 led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile. Ola olabalme1@gmail.com

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

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

Longer & steady - 9am 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

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 the period between now and Christmas is a great time to build overall fitness and taking the opportunities offered by the club for training and racing so that you are 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 you could 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 International Championships

08 Oct - British Masters Marathon Champs - Chester
Oct? British Masters 1/2M Champs Gravesend

03 Dec - British Masters 5k Road Champs - London

DR stalwart in the late 90s

Clive Sentence What a great picture and report from Steve, Colin, Martin and Alastair at the Maldon Parkrun - bringing back some lovely memories of the last century when we were all so quick.

Like you chaps, when it comes to racing the mind is willing but the flesh is weak, so I won't be revealing any recent race times. But at least I am still knocking out the miles, thanks to the seductive lure of the longer runs, for which age, experience and a healthy disregard for speed are definitely advantageous!

Hope to catch up with you on 30 September at the Dulwich Parkrun. In the meantime, if you come across a Sentence Jr, then do say hello..

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 - **EIUUE8 valid to 3/10/23**- 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

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

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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

Race Reports & Results

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.

Big Half Club Championship Results

Ebe Prill writes: With hopefully everyone who ran first claim for Dulwich accounted for, here's the results with individual awards (except captains awards). A stellar turnout of 79 participants saw 20 of our women and 59 of our men finishing, with around 25 PBs set on a course and conditions that weren't the easiest. So again, well done all! The highest age grading decided the overall winner, congratulations to Andy Bond (in his last race as an M45; he's now set to menace the M50 records :). I haven't heard anything yet on a potential team prize for our fast men, but fingers crossed and will update in Shorts once there is a decision.

	Pos	Name	AG	Time	AG Res
	1 st M	Edward Chuck	M V35	1:08:32	85.6%
	2 nd M	Jack Ramm	M SEN	1:08:39	84.9%
	3 rd M	Nick Impey	M V40	1:09:42	86.9%
	AG M Winner	Aaron Wilson	M SEN	1:10:41	82.3%
		Ben Howe	M V35	1:11:41	81.4%
		Joe Hallsworth	M SEN	1:11:59	80.6%
		Sean Cordon	M SEN	1:13:21	79.1%
	Overall winner	Andy Bond	M V45	1:13:40	88.3%
		James Blackwood	M U23	1:16:35	75.8%
		Theo Gittens	M SEN	1:17:09	75.2%
		Rob Mayes	M SEN	1:17:31	74.9%
	1 st MV40	Adrian Russell	M V45	1:17:36	81.2%
		Rob Emes	M V40	1:18:46	78.1%
		Shane Donlon	M V40	1:19:13	76.0%
		Jack Leafe	M SEN	1:19:32	72.9%
		Steven Kendall	M V35	1:20:10	74.1%
		Timothy Bowen	M V35	1:20:14	74.4%
		Alastair Low-Macrae	M SEN	1:20:34	72.1%
		Murray Humphrey	M SEN	1:21:41	71.0%
		Eugene Cross	M V40	1:21:56	74.7%
		Alexander Loftus	M V45	1:23:09	77.0%
		Andrew Inglis	M V45	1:23:20	75.6%
		Graeme Finnie	M SEN	1:24:02	69.1%
		Austin Laylee	M SEN	1:27:27	66.3%
	1 st MV50	Chris Beardsall	M V55	1:27:29	79.0%
		Mark Callaghan	M V45	1:28:31	72.4%
		Sam Austen	M V35	1:28:32	66.5%
	1 st W	Katie Smith	W V40	1:28:33	77.2%
		Justin Siderfin	M V50	1:29:12	73.5%
	2 nd W	Alex McClelland	W SEN	1:29:18	72.3%
		Grzegorz Galezia	M V50	1:29:24	75.3%
		Joe Farrington-Douglas	M V40	1:29:46	69.1%
		Rupert Winlaw	M V50	1:30:17	73.8%
		James Burrows	M V40	1:30:25	67.9%
		Stephen Davies	M V50	1:30:38	74.5%
		Terence Baker	M V55	1:30:43	76.4%
		Robert Hollands	M V40	1:30:46	66.4%
	3 rd W	Helen Shannon	W V40	1:31:53	73.1%
		Robert Archer	M V50	1:32:17	72.3%

		1570	Ian Lilley	M V50	1:32:31	71.4%
		1582	Lee Wild	M V50	1:32:38	72.2%
		1713	Christopher Cooper	M V45	1:33:45	68.0%
		1734	Chris Nunn	M V45	1:33:54	69.0%
		1879	Jonny Hough	M V45	1:34:53	66.4%
		1883	Rebecca Schulleri	W SEN	1:34:55	68.6%
	1 st MV60	1918	Eberhard Prill	M V60	1:35:06	75.9%
		1942	Dominic O'Sullivan	M V45	1:35:20	68.0%
	1 st WV40	1989	Clare Norris	W V45	1:35:42	73.4%
		2007	Liberty Simpson	W SEN	1:35:51	67.4%
		2018	John Kazantzis	M V55	1:35:55	71.0%
		2050	Emma Hatch	W V35	1:36:08	67.9%
		2059	Lottie McCarthy	W SEN	1:36:25	66.9%
	1 st WV50	2250	Michelle Lennon	W V55	1:37:31	81.0%
		2411	Matt Wood	M SEN	1:38:35	59.0%
		2521	Stephen Trowell	M V55	1:39:01	69.2%
		2662	Huw Russell	M V40	1:39:44	61.8%
		2699	Michael Fullilove	M V60	1:39:56	72.2%
		3005	Laura Vincent	W V40	1:41:45	66.0%
	AG W winner	3115	Ola Balme	W V55	1:42:17	77.4%
		3184	Rob Meadows	M V40	1:42:42	58.8%
		3353	Robert Tokarski	M V45	1:43:31	60.7%
		3689	Olivia Bishton	W V45	1:44:56	68.7%
		4208	Polly Warrack	W SEN	1:47:15	60.3%
		4432	Martin Double	M V45	1:48:18	58.6%
		4803	Naomi Crowther	W V40	1:49:46	61.2%
		5313	Cameron Timmis	M V50	1:52:01	59.5%
		7024	Barrie John Nicholls	M V65	1:58:23	66.2%
		7404	Hugh French	M V45	1:59:40	53.4%
		7614	Dave West	M V65	2:00:33	62.1%
		7622	Ameet Patel	M V55	2:00:34	58.8%
		7763	Midge Cameron	W V55	2:01:12	67.4%
		7935	Ella Tumelty	W SEN	2:01:55	52.9%
		8739	Jenny Bomers	W V40	2:05:28	53.5%
		8835	Claire Barnard	W V35	2:05:54	52.0%
		9360	James Gordon	M SEN	2:08:16	45.3%
		9619	Joanne Shelton-Pereda	W V45	2:09:39	55.6%
	1 st W V60+	10698	Claire Steward	W V70	2:14:59	72.5%





Alumni XC

16th September

Ed Chuck writes: This is a long standing race (since 1953) traditionally set up for former pupils of schools with established cross country roots (think Shrewsbury), but in recent years has seen entries from a wider set of schools. It's run by Thames Hare and Hounds over their 5 mile course, so there's much to recommend it in terms of the history of XC that it represents. I've had my eye on this race for a few years, but due to lack of interest from members of my old school association, and then lack of awareness on my part (the race shifted from its December date to the start of September a couple of years ago, which I completely missed), it wasn't until this year that I got my act together to try to get a team organised. I say try, as a full team needs four people, and we ended up as a team of three.

Once I had met up with school team mates (including an 80 year old running the race for the first time) I then saw some familiar Surrey league faces, but realised I was in with a pretty decent chance of winning the thing, barring the appearance of some unknown bolter. I was a bit alarmed at the pace from the off when (another) group of 7-8 went off at 5 min mile pace (the ground was very firm, which wasn't a surprise given that this was another warm 25C day), but this pack split apart quite early on leaving me with Ed Mallett (in another vest, Herc Wimbledon, and ran for Surrey with me at

the inter-counties). As we climbed the hilly part of the course up to the golf course I built a bit of a lead, but then swiftly lost this when having to pause to work out which direction to go in. Happily Ed M knew the route and directed me the right way before I had the chance to make a wrong decision for myself.

I built another gap but as we got into the wooded section past the windmill Ed caught me up again, and we went through a little passage of me going away from him up the small climbs, and him coming back at me on the descents (particularly the log jumping sections). I don't know whether it was the weather, or just not being used to not racing on road, but I was having the crampy twinges I often get under stress, and so the log jumping parts I was having to take quite gingerly. I could hear that Ed was working pretty hard though, and so tried to press as much as I safely could, and had a little lead going into the last (downhill) mile, which I was able to stretch out to the finish.

Both before and after the race I had good chats with Rupert Winlaw (wearing his Dulwich vest, but running for Clifton, and just missing out on the v50 podium), and I note from the results

that Lloyd Collier ran... although didn't see him around so potentially a case of impersonation?

1/180	Edward Chuck	King's Canterbury	26:57.40
2	Ed Mallett	Shrewsbury	27:27.40
50	Rupert Winlaw	Clifton	34:24:70
158	Lloyd Collier (?)	Sherborne	46:17:50

Stirling 10k

10th September.

Ed Chuck writes: If anyone finds themselves near Stirling in early September, there is much to recommend the Stirling 10k (read: flat, accessible, reasonably priced). I am always between Stirling and Perth in early September, but usually just miss this race. The stars aligned this year and it coincided with the first week of my holiday. The race is organised by Central AC (who won the 12 stage relays earlier in the year), and for the past couple of years it has also been the Scottish 10k champs race, so the standard has been pretty stiff. The race wasn't chosen for the 10k champs this year, but with Central organising there were many Central AC runners, so the standard remained high.



The race starts in the car park outside Forthbank Stadium. Owing to the prodigious parking, there is no bag drop, as it is assumed that people will leave bags etc in their cars. This caused me a bit of pickle as I didn't have one, but I found a suitably deserted part of the stadium to hide my back pack and warm up. From the off Central's Jamie Crowe (winner of Scottish XC champs in 2022, and second in 2023) stormed off (and ended up running a solo 29:16), leaving 7-8 of us to squabble amongst ourselves in a group behind. Central's Alastair Hay (who ran the 1,500m for Scotland back at the 2010 Commonwealths) set the pace for the first 5k, clicking through in 15:20. The group whittled down to 3-4, and a Stornaway runner then took things on. I stuck with him until about a mile to go when he broke the elastic and got free. I then realised that I was having to defend from behind, but alas the incentive of £50 prize money proved insufficient, and I had to settle for 4th, in 30.45 – pretty much where I expected to be, particularly given the unseasonably warm 18C conditions, which is some way above my narrow operating window!

1 (of 815)	29:16	Jamie Crowe
2	30:36	Lewis MacAlpine
3	30:42	Ross Good
4	30:45	Edward Chuck

Assembly League 2023 – Final results

The last race was held at Beckenham Place Park on September 7th. Going into this race Dulwich men's and women's teams (both team A and B) were all in second place. 25 DRs turned up (9 women and 16 men) to keep us in the medalling position – and were successful.

Overall results for 2023

Men's A team – Dulwich 2nd

Men's B team – Dulwich 2nd

Women's A team – Dulwich 2nd

Women's B team – Dulwich 2nd

The A teams won medals which are being awarded to

those who contributed the most to the team's results.

Men – Ed Chuck, Andy Bond, Jack Brotchie (2nd claim),

Tommaso Bendoni, Alex Loftus and Fred Bungay

Women – Michelle Lennon, Katie Styles, Laura Vincent,

Harriet Roddy, Clare Norris and Katie Smith

Results for final race

5	Jack Brotchie	17.21	97	Michelle Lennon	22.51
22	Eugene Cross	19.10	100	Ola Balme	22.59
34	Mike Williams	19.38	107	Hugh Balfour	23.20
36	Alex Loftus	19.42	109	Katie Styles	23.24
45	Lloyd Collier	20.16	129	Graham Laylee	24.54
53	Justin Siderfin	20.51	130	Mike Mann	25.04
56	Ammar Kahla	20.58	133	Ange Norris	25.27
77	Ebe Prill	21.54	139	Phillipa Goodhew	25.38
78	Becca Schuller	21.57	140	Tom Poynton	25.45
81	Ross Rook	22.02	155	Joe Brady	28.11
89	Katie Smith	22.19	157	Colin Frith	28.17
93	Laura Vincent	22.37	161	Andy Murray	30.13

Overall individual results

Senior	Ed Chuck – 2nd
M70	Mike Mann – 1st, Andy Murray 3rd + 6th (with points for both positions he should have got 2nd)
M60	Ebe Prill – 1st
W70	Ros Tabor – 1st, Claire Steward 2nd
W65	Jo Quantrill – 2nd (2nd claim)
W55	Michelle Lennon – 1st
W40	Katie Smith – 2nd, Katie Styles 3rd

Ros Tabor is missing from the results despite making a super human effort to make the finish line with blood running down her face. I can happily say that she is ok and survived to tell the tale

Vets fixtures

Saturday October 14 - English Masters Cross-Country Team selection races, Markeaton Park, Derbyshire

Anyone looking for a place in the England Masters team in the British and Irish Masters International at Tollcross Park in Glasgow would probably need to run this event.

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.

VETS AC 10,000m CHAMPS, Battersea, September 13

Winning the fastest overall race (race C), Andy Bond set a high quality club M50 record holding 80 second-pace most of the way with a 66 final circuit. It took a minute off of Tony Tuohy's ten-year-old mark from 2013 and was also a VAC Championships M50 record.

Clare Norris was second in the first race, breaking clear of Ed Smyth over the second half and took W45 bronze and might have fared better had she ran in the next race where two runners in her age group ran 42 minutes.

Steve Smythe set a low quality M65 mark around 15 minutes down on his 44 year-old PB. The previous 'record' was set by Don Adie in 2005 with 49:42.70 though he was 78 then so it remains a high quality M75 mark. Don is now 96 and we believe still with us.

1 r3 Andy Bond 33:11.82 (1M50) (M50 club record)

2r1 Clare Norris 43:03.01 (3W45)

3r1 Edward Smyth 43:58.78

6r1 Steve Smythe 46:58.13 (3M65) (M65 club record)

FRIDAY NIGHT 5km UNDER THE LIGHTS, Battersea, September 15

Clare, feeling a little dizzy, just missed her UK age best by a second but still scored over 100per-cent on age-grading.

Aaron and Joe were close to their PB's.

7r1 Jack Brotchie (2nd claim) 15:35

13r1 Aaron Wilson 15:38

28r1 Joe Hailsworth 15:45

62r1 Tom Shakhli 16:39

62r2 Clare Elms (2nd claim) 18:05

Chasing Mo (a tale of two halves and other adventures)

Dave West writes: For all the health reasons I've written about before, 2023 was going to be a year when I ran my first half marathons for over 15 years. Since the Leith Hill trail 1/2M in March I've struggled for fitness, failing to get beyond 10 miles in training. So my prediction for the Big Half became less about a time than about getting round comfortably. Carelessly, I also threw my name into the ballot for the Great North Run and got accepted, so faced the prospect of running two half marathons in a week when, on paper, I wasn't really fit enough for one.

But after 39 years and hundreds of races, the racing mindset kicked in and I felt calm on the day of the Big Half. Even the shambolic starting arrangements didn't faze me and I seemed to find myself in the right place by osmosis (the signposting and marshals were hopeless) and we set off at a steady pace. I'd decided to run to a fixed HR, 140 for the first few miles then up it to 150, and forget about pace. That had a double advantage as GPS reception is non-existent through the tunnel and poor through Canary Wharf (even with the latest Garmin tech on my wrist) so much better to rely on effort and I actually felt pretty comfortable as the miles ticked by. Even at a slower than normal race pace, I could feel a definite boost from the carbon plate in my shoes that helped to the end.

The first three 5km splits were 28:22, 28:24 and 28:30 and I wasn't feeling the heat like many around me. I was using a three-gel strategy which worked perfectly but I have discovered that, whilst I have no problem opening the first gel at around 3-4 miles, I struggle after that so carry a small pair of scissors. Like almost everyone else, my



final 5km split was the slowest, but not disastrously so at 29:13 and I seemed to be cruising past lots of people while the medical teams were stretched dealing with many who had collapsed with heat exhaustion. I finished in 2h and 33 seconds; the odd seconds lost because you should "never run with scissors"! Not the time I'd hoped for when I entered, but the plan worked – 15km pretty metronomic and felt strong throughout. Part one done, on to Newcastle!

This was to be my fourth Great North Run. The GNR weekend is a great time to be in the North East. After a decent journey up on Friday, I met fellow competitor Paul Keating on the Quayside for the British road mile and 5km champs. The races were a little underwhelming with the women's mile being cancelled due to lack of entries, but a great atmosphere nonetheless. In addition there was also a mass participation 5km afterwards, started by Mo Farah who came down the barriers and shook my hand which was a nice gesture given that we'd raced together the previous week

in London and were now to be rivals once more 300 miles further north.

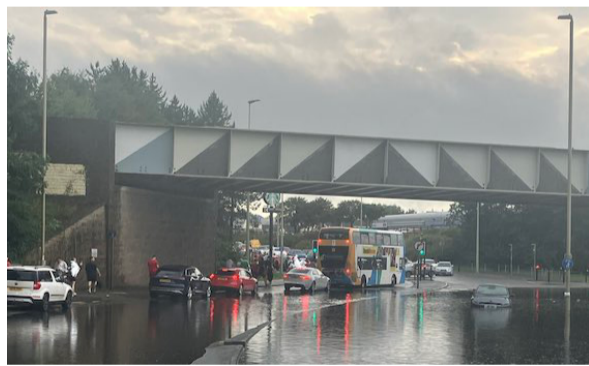
Saturday is of course Parkrun day; I needed a J for my alphabet and Jesmond Dene fitted the bill being along the side of a wooded valley with stunning views but a lot of ups and downs (a 5.3 on the Po10 Richter scale). With the GNR in town, it's rammed with tourists which doesn't entirely work on a narrow twisting course; however it did mean that I was forced to take it very easy for most of the first largely uphill half. Even then I was nearly taken out by a blind runner and his guide on a narrow twisty descent. Definitely one to do though if you're ever in the area, but start near the front!

With just under 60,000 runners the Great North Run is undeniably one of the must do events for any runner. Starting on a motorway to the north of Newcastle city centre, it crosses the iconic Tyne Bridge then progresses to South Shields on the coast largely via undulating, featureless dual carriageways, before a sharp drop just before the 12-mile point takes you down to the coast road. Whilst the course is hardly scenic, it is lined, wall-to-wall with the noisiest supporters you will find anywhere in the world.

Nominally in the low 20s Celsius, it felt much warmer standing around on a motorway waiting for the start in the blazing sun for over an hour. However, unlike the Richmond debacle the same weekend, there was water available near the baggage buses and everyone was given a water bottle as they entered the starting pens (yes Big Half take note, they had properly marked and marshalled pens), then more water every two miles during the race.

Mo got a preferential start so was well ahead from the hooter, but I was over the line in just 10 mins and in hot pursuit. I tried to repeat my Big Half strategy but it didn't quite go to plan. My HR was solid, but the undulations and the higher ambient temperatures reflected off the unrelenting tarmac and lack of shade took its toll. I hadn't realised that running was such a contact sport in the NE, but after my experience at Parkrun, I was also getting quite battered in the GNR as numerous people (who were obviously too far back at the start) tried to run through gaps that simply weren't there. Presumably running round me was just too difficult?

Oddly I felt better as the race went on; the sun went in and there was a slight breeze. But I picked it up at the end for that glorious last 800m lined with spectators 10-15 deep and probably ran the seaside stretch below 8 min mile pace to finish a couple of minutes down on my time the previous week. I'd hoped to challenge Mo to a best of three, but he says he's



retiring so clearly doesn't want to take the risk of getting beaten even once by someone 25 years older. Paul Keating was further back at the start and took longer to get across the start, but was content with his 2:18 clocking in difficult conditions.



Around 3pm, it went completely dark like something out of Lord of the Rings (no eye of Sauron though) and we were hit by a biblical thunderstorm on

the way to the Metro; the worst I've ever experienced. With a month's rain falling in minutes, we were wading through over a foot of water which stopped the Metro and the ferry, flooded the Tyne Tunnel leaving traffic gridlocked and left 60,000 runners plus tens of thousands of spectators, mostly dressed for the unseasonal warm weather, stranded. With no one taking control (it was hours before we saw any police, who did nothing), we followed rumours, joined a slow-moving mile and a half long ferry queue and reached the north bank the Tyne just before 8pm. I eventually got back to my hotel just before 10pm, saturated, freezing cold having been on my feet queuing for hours and having not eaten since breakfast. The race itself was a doddle in comparison!



I was heading off to the Lakes for a few days before the trip home and planned one more sneaky Parkrun before heading south. Unfortunately, it was not to be. At 1pm on Friday afternoon, coming across the Wrynose and Hardknott Passes en route for Wastwater (one of my favourite places), I hit a pothole and got a puncture. No mobile signal, but I managed to gently roll the car off the fell to a tiny village called Boot (population 15 plus a few hikers), where I spent the next 23 hours waiting for the RAC. Every year there is a World's Biggest Liar competition held in Cumbria, it became clear over numerous phone calls that they all clearly work for the RAC in their day job. So dear runners, if your breakdown service tells you that a vehicle is on its way and will be with you in the next two hours, DON'T BELIEVE THEM!!!

1263	Sumrit Mattu	01:34:11
3106	Mark Foster	01:43:44
11370	Dave West	02:02:48
20594	Paul Keating	02:18:48

Sum Mattu suffered a stress fracture and a calf tear in the last 800m. Former member Alastair Locke (now Low Fell AC) ran 1:26.

Kent AC 125 anniversary Dinner

16th September 2023



Whilst other Dulwich Runners were enjoying the last of the September sunshine in shorts and T-shirts over a few beers, Barrie and Lindsey were peeling themselves into less weather-appropriate clothing to go to the Kent AC anniversary dinner. Kent had kindly invited an attendee from Dulwich, and Ebe and Ange had asked if Barrie could attend

in his role as Honorary President.

The event was in the Old Joinery at Greenwich which is located just to the right of the final bridge of the Big Half course. It's an old wharf side warehouse space that has been repurposed for events and filming.

We had a drink on arrival before a sit-down three course meal. Then it was bubbles on the terrace by the creek with speeches and a celebratory toast, as the staff readied the

event space for dancing. Len, who is co-chair, took us on a journey back in history, describing the societal context when the club was first established - a time when families comprised six children and the priority was food on the table, which made it all the more remarkable that people formed and joined an athletic club.



Barrie was pleased to catch up with a former fellow thespian Jermaine Mays. Jermaine filmed a commercial with Barrie many years ago and was talented enough to consider training for the Olympics. We have memories of him storming to a clear victory in the Beckenham Assembly League not long after, and he had notched up a fair few international performances over the years. He never quite realised his full athletic potential and life took him on a different path, but he is now a member of the RAF and has just been working in Cyprus. It was nice to see Ros who was in attendance on behalf of Vets AC and have a great chat with former member Clare Elms.



A big thank you to Kent AC for allowing us to share in their special celebrations and long they may prosper in their athletic endeavours!

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.

Richmond

446 Ran			
Pos	Gen		
176	126	Barrie John Nicholls	26:37
226	59	Lindsey Annable	28:06

Pollok , Glasgow

281 Ran			
Pos	Gen		
87	13	Belinda Cottrill	26:37
227	130	Bob Bell	33:19
269	111	Chris Bell	39:10

Bromley

577 Ran			
Pos	Gen		
171	142	Colin Frith	25:34
309	225	Peter Jackson	29:21
499	296	Steve Wehrle	36:21

Bexley

316 Ran			
Pos	Gen		
11	10	Ross Rook	21:09

Brockwell

380 Ran			
Pos	Gen		
2	2	Lewis Laylee	16:41
9	9	Sean Cordon	18:13
18	17	Jon Phillips	19:52
42	40	Stephen Trowell	21:37
57	55	Simon Burnett	22:09
60	2	Nicola Richmond	22:15
63	4	Ola Balme	22:28
162	34	Lucy Clapp	26:11

Royal Tunbridge Wells

280 Ran			
Pos	Gen		
94	65	Lloyd Collier	26:06

Crystal Palace

375 Ran			
Pos	Gen		
9	7	Alex Loftus	19:30
44	38	Paul Hodge	22:00
46	6	Laura Denison	22:14
162	30	Joanne Shelton Pereda	27:01
168	126	Michael Williams	27:13

197	48	Claire Steward	28:24
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Minehead

74 Ran			
Pos	Gen		
4	4	Jamie Robinson-Nicol	21:16

Riddlesdown

150 Ran			
Pos	Gen		
10	10	James Wicks	21:38
149	65	Ange Norris	54:23

Wycombe Rye

420 Ran			
Pos	Gen		
10	8	John Kazantzis	20:09

Dulwich

589 Ran			
Pos	Gen		
3	2	Andrew Inglis	16:30
11	10	Robert Armstrong	16:54
25	21	Thomas South	17:53
76	62	Gower Tan	19:40
95	77	Ebe Prill	20:17
107	87	Matthew Wright	20:42
110	89	Robert Tokarski	20:49
143	17	Alexandra Mcclelland	21:24
144	18	Laura Vincent	21:25
146	19	Lucy Mordaunt	21:28
149	115	Paul Vivash	21:32
174	134	Ajay Khandelwal	22:22
188	143	Alistair Clarke	22:41
204	155	Hugh French	23:09
408	266	Andrew Scott	28:21
577	316	Fazlur Rahman	46:21

Gladstone

265 Ran			
Pos	Gen		
58	48	Stephen Williams	24:16

Hilly Fields

251 Ran			
Pos	Gen		
13	10	Murray Humphrey	20:13

Southwark

641 Ran			
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Pos	Gen		
76	6	Michelle Lennon	20:56
87	78	Lee Wild	21:24

Peckham Rye

407 Ran			
Pos	Gen		
1	1	Andy Bond	16:24
3	3	Adrian Russell	17:04
88	9	Shoko Okamura	23:17
102	83	Graham Laylee	23:52
184	40	Ros Tabor	26:50
213	138	Andy Murray	27:52

Folkestone

269 Ran			
Pos	Gen		
14	1	Kim Hainsworth	20:17
213	144	Miles Gawthorp	34:01

Tooting Common

684 Ran			
Pos	Gen		
183	138	Ian Sesnan	24:56
266	189	Michael Dodds	26:43
383	113	Clare Wyngard	29:22

Worthing

556 Ran			
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Pos Gen

124	106	Nicholas Brown	24:11
191	153	Joseph Brady	25:47

Clapham Common

916 Ran			
Pos	Gen		
17	14	Shane Donlon	18:51

Charlton

168 Ran			
Pos	Gen		
61	55	Paul Keating	26:06

Swanley

71 Ran			
Pos	Gen		
15	14	Stephen Smythe	23:09

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 5km routes

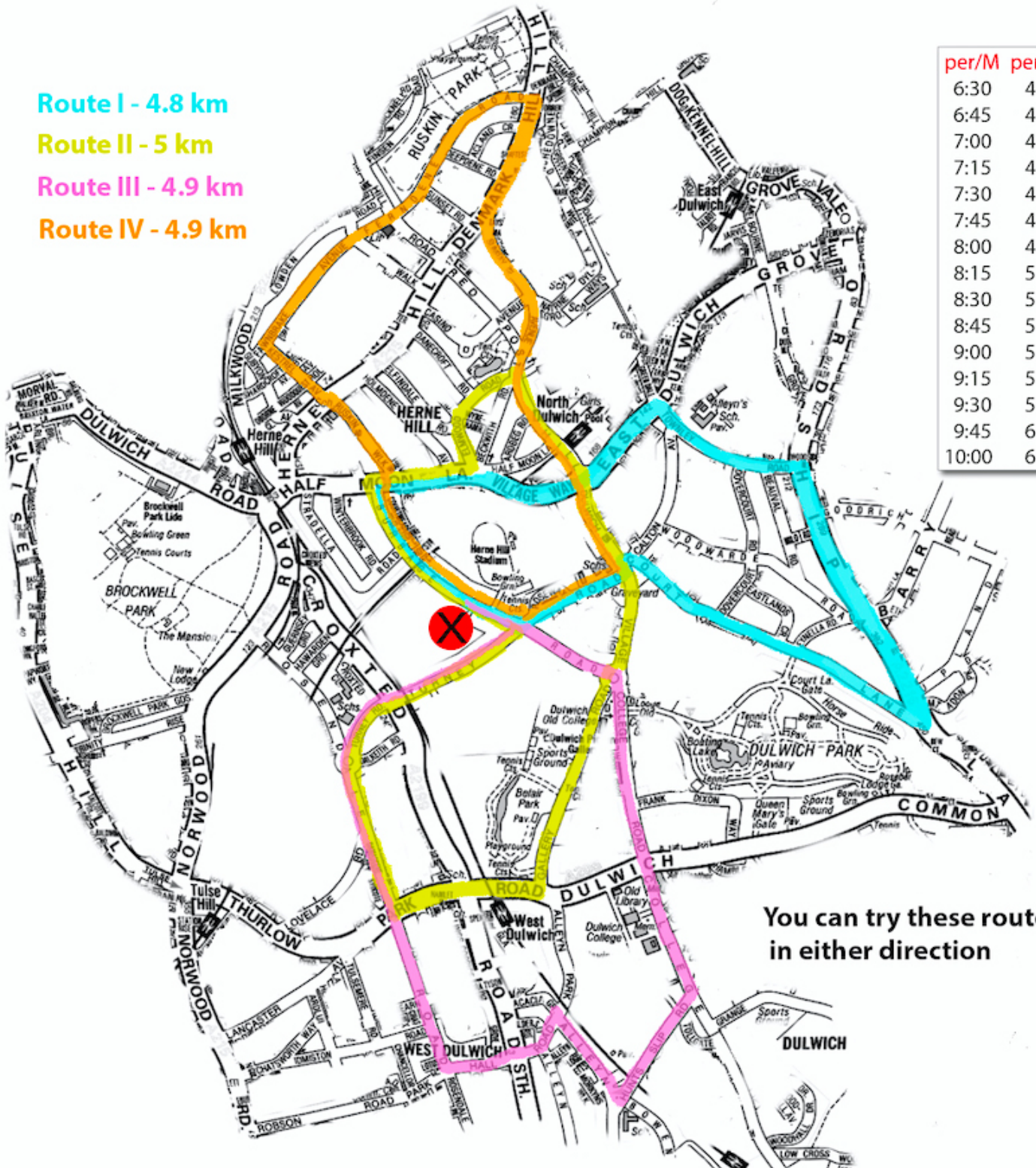
Route I - 4.8 km

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