



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
February 12th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

Wed 12	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 18	<b>Crystal Palace Track</b> - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 7 parkrun times
- 8 Club kit
- 11 Map for tonights runs

*And much more !*

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## TRACK SESSIONS

### Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.  
£2.50 for members (non members the standard £4.45)  
**No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:**  
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

## EVENT HORIZON

### A brief look ahead

- Feb 15 Beckenham parkrun 1st club champs race of 2020 !
- Feb 22 National Cross Country champs, Nottingham

*See full fixture list for more events and details*

## Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.  
Start 11:15 - 11:30 in various local parks, lasts around 1 hour.  
**There is no fee. Suitable for all standards.**  
[steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary. This summer we will be celebrating 40 years! I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over. I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

**Ros Tabor** - [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## NEW RUNNERS ROTA

Thanks go to **Ange Norris and Mike Mann** for running with new people last week.

It really helps when people are willing to volunteer to help even though its not their turn.

I expect we will have big numbers for at least the next 2 Wednesdays, so I shall probably be asking for your help again.

If you're on the list please try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

<b>Claire Steward</b>	12/2
Katie Styles	19/2
Ros Tabor	26/2

## LUCKY VEST

February winner  
**Laura Vincent**

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize!  
Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## Rehydration !

After your run come to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE**

- Sign the attendance register and pay £1.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

**All maps also on Strava (you don't need an account)**

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

Further information 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.*

2020				
Feb	15	Beckenham parkrun	short	Beckenham Place Park
	22	National Cross Country champs,		Nottingham
Mar	1	Vitality Big Half	long	London
	22	Southern 12 and 6 stage relays		Milton Keynes
Apr	4	National 12 and 6 stage relays		Sutton Park
	26	London Marathon or alternative	long	London or alt.
Jun	15	Sri Chinmoy 5km	short	Battersea Park
Jul	18	Richmond Summer Riverside 10km	long	Richmond
tb		SOAR Mile late July/early August tbc	short	t.b.c
Sep	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Road & other  
 Cross country  
 Club Champs  
 Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
 Men road: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

- 15 Feb Beckenham parkrun short
  - 1 Mar Vitality Big Half long
  - 26 Apr London Marathon (or alternative) long
  - 15 Jun Sri Chinmoy 5km, Battersea Park short
  - 18 Jul Richmond Summer Riverside 10km long
  - late July/early August tbc SOAR Mile short
  - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
  - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

## Indoor Track Races Lee Valley, Edmonton

Lee Valley has a series of open track races on their 200 metre indoor track in January and February.  
 Wednesday 29 January - 3 km and Dream Mile  
 Wednesday 19 February - 800 m and 1500 m  
 Details <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>  
 Entry is in advance.

## Club Champs: Beckenham Place Parkrun, 15 February

Our first club champs event for 2020 is a parkrun, and we originally chose Dulwich but due to recent problems caused by the number of runners at the finish funnel (though now sorted) and also course congestion it has been decided to use Beckenham Place parkrun 15 February, where current numbers are much lower at around 300.

A flat mostly grass course, muddy in places, and some gravel path, suitable for trail shoes or spikes. We will be adding to the numbers so the organisers would welcome some volunteers to help with marshalling, so if you are not running, you are encouraged to sign up as volunteers on the day.

### REMINDER: VOLUNTEERS NEEDED

We need a few volunteers to help with marshalling as we'll be adding to the numbers at Beckenham, so if you're not running and available please contact me. *Mike Mann*

## Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com)

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

## Training paces

*Steve Smythe writes...* Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat. In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

[https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free\\_179413](https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413)

# Suggested training in coming weeks

Here's my training suggestion for the next few weeks for prospective marathon runners - Steve Smythe

Wed 12	75 mins at one min a mile slower than Mar pace
Thu 13	10km at Mar pace with 30 secs faster (at 1/2M pace) every 5 mins, then 30 secs slow jog then back to Mar pace
Fri 14	30 mins easy or rest
Sat 15	Parkrun
Sun 16	22 miles slow (60-90 secs a mile slower than Mar pace)
Mon 17	30 mins easy or rest
Tue 18	16 x 400m at 5km pace with one min to 90 secs recovery or 200m jog
Wed 19	80 mins at one min a mile slower than Mar pace
Thu 20	6 miles acceleration run - ie for sub-3h Mar, miles of 8:10, 7:50, 7:30, 7:10, 6:50, 6:30
Fri 21	30 mins easy or rest
Sat 22	National XC Champs or Hills
Sun 23	15 miles slow but last 5 miles nearer 1/2M pace
Mon 24	30 mins easy or rest
Tue 25	mile at 1/2M pace, 16 x 200m relaxed at 5km pace, 1 mile at 1/2M pace
Wed 26	60 mins at one min a mile slower than Mar pace
Thu 27	5 miles steady to relaxed with 8 x one min bursts at 1/2M pace every 4 mins
Fri 28	30 mins easy or rest
Sat 29	easy 30 mins
Sun Mar 1	Half-Marathon race

## Sports & Therapeutic Massage

### Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

**Ola is an experienced club runner and Sports Massage Therapist**

To find out more contact me on : 0750 655 4004  
[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## WINE AND WISDOM QUIZ 7 MARCH

Is there anyone interested in organising a Dulwich Runners' team for this quiz?

It's in St Barnabas Hall in Dulwich Village. Teams of 8. £12 per person to enter.

Proceeds go to the Children's Society. Details at:  
[www.justgiving.com/fundraising/philip-wedmore8](http://www.justgiving.com/fundraising/philip-wedmore8)

It's usually an enjoyable evening with wide ranging questions. Dulwich runners has won the quiz at least twice in past years!

For for more information contact [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



The club has 10 places at the Brighton Marathon.

Regular entry is closed, the club places go for the same fee.

**Let me know by Monday 24 February latest,**  
[ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or in person.

Want your race results and reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

# Sportsystems Surrey Ladies' League Division 1/2, Richmond Park

February 8

## Dulwich Women Relegated Despite Good Numbers

Steve Smythe writes..It was a very good club turn out numerically but the women's league is unfairly geared to just five scorers (men is 10) which means it is all about getting high placings and we can't currently compete as effectively as we used to so it is probably not that a bad thing for us to be relegated and have one season in Division 2.

The fact that the more that score the better for us is illustrated by how well we did relatively in the B team.

Up front for us this time, Katie easily had her best ever cross-country run to lead the team home in 57th while Sara also had probably had her best run of a very busy first season Roz is easing back to health and fitness and did well but is not anywhere near the form that saw her in the 20s in the 2016-7 season. Andrea - a regular top 20 performer many years ago made a welcome reappearance - her first for over 2 years and ran solidly while the A team were completed by a steady run from Anna.

The B team packed superbly as Emma, Jane, Ange, newcomer Helena and Ola all finished within a minute.

Not far back and maybe not all quite at their very best (otherwise they might have scored for the B's) came Rebecca, Laura, Michelle, Belinda and Lucy C.

Good runs came from Shoka, Midge, Sonja and Lindsey to complete our numbers..

On the day we came 18th and our B team

were 6th and we were thus relegated for the first ever time.

Division 2 will currently suit most of our runners better - Katie would have made the top 10 in division 2 while all of our top 10 would have made the top 30 and we would have been a clear second so promotion looks a good bet next season.

We still need to make a better effort to get the faster runners out. - Not everyone has to be at their very, very best to be useful in team competition. I know some had a good reason not to - Clare (our most successful league competitor of all time) had a important family commitment and Elkie has had an injury but too many of our quicker athletes who have been at the track in recent weeks (or running quick parkruns) did not contemplate running for us and it seems quite a few very good marathoners in the club have no desire to run on the country even though it would probably benefit their road running significantly.

If we get good turn outs and everyone enjoys it then perhaps we should not be so hung up on doing so well in the league as we used to.

The last time we won the league was I believe 2013 at Denbies where we had Clare third, Shona 6th, Catherine 7th, Elkie 15th and Ola 25th and we had a B team of Mel 34th, Nicola 50th, Ange 60th, Anna 67th, Katie C 72nd and our A team won by around 50 points and we still had a few potential scorers missing then!

BBC newsreader Sophie Raworth again competed - she was not far behind Rebecca. It was interesting that the next day she was all over the Sunday Telegraph front and back pages she was selected to run for England in a W50 masters team at half-marathon.

Four Dulwich W50s beat her in the cross-country and Michelle should have made it five and of course our top W50+runner was absent which while great that someone so high profile enjoys running and is doing well, is a reminder that there are potential England vests there for club members should they do the right races to gain selection.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

### Women (8.3km):

1 I Brinsden (E&E) 30:43;  
57 Katie Styles (W35) 35:08; (would have been 10th in Div 2)  
76 Sara Roloff (W35) 35:50 (16th)  
79 Roz Johnson (W35) 35:55 (17th)  
87 Andrea Pickup (W50) 36:16 (19th)  
98 Anna Thomas (W35) 36:44; (20th)  
99 Emma Ibell (W45) 36:50 (20th)  
100 Jane Bradshaw (W45) 36:51 (20th)  
103 Ange Norris (W55) 37:01 (22nd)  
119 Helena Flippance 37:36 (27th)  
122 Ola Balme (W50) 37:41 (27th)  
128 Rebecca Schulleri 38:03 (33rd)  
139 Jo Quantrill (S Lon, W60) 38:34 (2<sup>nd</sup> cl)  
141 Laura Vincent (W35) 38:44 (48th)  
148 Michelle Lennon (W50) 39:03 (51st)  
154 Belinda Cottrill (W35) 39:19 (52nd)  
167 Lucy Clapp (W55) 40:23 (63rd)  
188 Shoka Okamura 42:40 (91st)  
192 Midge Cameron (W55) 43:01 (96th)  
194 Sonja Jutte (W40) 43:11 (97th)  
225 Lindsey Annable (W50) 45:49 (130th)  
260 ran (215 also Div 2)

**TEAM:** 1 Thames Hare & Hounds 47; 2 Belgrave 80; 3 Fulham RC 94; 4 Kent AC 126; 5 Clapham Chasers 165; 6 Herne Hill 215; 7 Stragglers 230; 8 THH B 234; 9 South London Harriers 247; 10 Ful-on-Tri 248; 11 Epsom & Ewell 265; 12 Woking 276; 13 Belg B 332; 14 Fulham B 341; 15 Hercules Wimbledon 346; 16 Reigate Priory 368; 17 Kent B 396; **18 Dulwich Runners 397**; 19 Clap C B 470; 20 Ranelagh 530

**Final standings:** 1 1 THH 330; 2 Clap C 437; 3 Belg 446; 4 Kent 497; 5 Fulham 759; 6 Herne H 775; 7 Strag 869; 8 S Lon 878; 9 HW 959; 10 Woking 1115; 11 E&E 1290; 12 Rane 1377; 13 Reig 1382; 14 FoT 1444; **15 Dulw 1445**

**B TEAM:** 1 Clap C 1366; 2 THH 1655; 3 Kent 1723; 4 Belg 1774; 5 Fulham 1802; 6 S Lon 1890; **7 Dulw 2242**; 8 Strag 2522; 9 E&E 2681; 10 FoT 2695

**Champions:** Thames Hare & Hounds. Relegated to Division 2: Reigate Priory, Ful-on-Tri, **Dulwich Runners**



# Ladies' Surrey League race 4

The last Surrey League and, apart from the Nationals that a few are heading to Nottingham for, the last cross country of the season. It's been a great season for the ladies – we've been described as a strong supportive team, with a mix of old timers and new recruits. Thanks to everyone who has been part of making it such fun.

19 of us turned up at Richmond Park to make the last event a good one. We were struggling for survival in division 1, and we didn't manage it, but no matter. Everyone there gave it their absolute best. The weather and ground conditions helped – a bright, sunny, mild day and little mud. (Although you can't please them all – Ola and Sonja both said there wasn't enough mud!) Our supporters – Bob and Milo, Jamie and Justin cheered us round – thanks to them.

## *So, how did we all do?*

The start was fairly wide but quickly funnelled. I don't know what sort of start Katie had but she produced her highest finish position over the season. Sara had a strong run too, just managing to hold off Roz who was chasing hard. Next up was Andrea in her first race for many months due to injury. Really good to see her running again. She has been training hard and it showed as she ran well. Anna has had a consistent xc season: she always runs strongly and she completed the A team. She had to work hard for that position as hot on her heels were Emma and Jane, separated by only 1 second on the line. Jane has loved her xc season with us and is happy to say that she has improved each time. Tell us your method Jane.

Ange could see them but couldn't catch them. Helena ran her first xc at Parliament Hill, which she enjoyed, so came back for more. She had a great run here to come in 5 seconds in front of Ola who is continuing to return to fitness. Another in the same situation is Becca. Although not as strong as at Parliament Hill, she had a good run.



Laura and Michelle are both running many miles each week but still put in good runs. The Belinda and Milo duo had run parkrun at 9 a.m. but Milo had to watch jealously as Belinda had her second run of the day. It's good to have her back again after injury.

Lucy is another person who seems to run consistently well – hard work in training pays off. Shoko was also back for her second xc race and is another enthusiastic addition to the team. As she said, "My new spikes needed another outing." Looking back at past Surrey League results, it seems that Sonja and Midge have some sort of prior agreement on whose turn it is to cross the line first. It was Midge's turn this time, although maybe Sonja had second thoughts as she was chasing hard only 10 seconds behind. Midge said this one was probable her favourite of the season, based on fabulous sunshine, beautiful venue with very little mud, great group of Dulwich ladies and lots of cake at the end. A great day out.

Although not able to run at the beginning of the xc season, Lindsey has shown her determination at the end of the season. Great to have her back, looking so full of running and genuinely happy to be there. One of the good things about xc on a mild day is that everyone stays at the end to cheer others in, rather than being desperate to hurry back to put on their many layers.

After that, we finished off with homemade cakes, (are you jealous boys?) courtesy of Lucy, Becca and Ange – thanks.

Once again, thanks to the whole team plus all who have been part of Surrey League and any other xc this season. I'm looking forward to October when we start to do it all again.

## **Ange Norris**

57	Katie Styles	35.08
76	Sara Roloff	35.50
79	Roz Johnson	35.55
87	Andrea Pickup	36.16
98	Anna Thomas	36.44
99	Emma Ibell	36.50
100	Jane Bradshaw	36.51
103	Ange Norris	37.01
119	Helena Flippance	37.36
122	Ola Balme	37.41
128	Becca Schuleri	38.03
141	Laura Vincent	38.44
148	Michelle Lennon	39.03
154	Belinda Cotterill	39.19
167	Lucy Clapp	40.23
188	Shoko Okamura	42.40
192	Midge Cameron	43.01
194	Sonja Jutte	43.11
225	Lindsey Annable	45.49
260	ran	



# Sportsystems Surrey Men's League Division 1 Lloyd Park

February 8

## Jack Gets Best Ever Club Position In Div 1 But Team Relegated

*Steve Smythe writes...* This was our final Division 1 fixture for a while and it was an average turn out and too many missing but it did represent another superb run from Jack, who gave us our first ever individual top 10 in Division 1.

Jack was mixing it with Nick Torry, who ran a 65:34 half marathon and 2:16 marathon last year as he continued his incredible season. Tim is short of the form that saw him finish 26th in this league in 2016 but he is getting fitter and produced a strong run.

Not far behind, Andy, who started steadily matched his 68th of the last fixture with a powerful finish.

Buzz probably started a little too quickly and ended up a minute down on Andy after heading him in the first mile.

Tom, Wayne and Daniel all ran well with the team completed by good runs from Martin, James and Alex though we were still a clear ninth of nine teams. The B team were solid enough (defeating Guildford and Thames Hare and Hounds) and quite closely packed led by Matt, Des, Nick, Sam, Ross, Tony (yes he has finally finished), Jonny, Andrea, Tom and Miles. Mike kept going well and he did beat Kev who missed the start by a good 10 minutes and confused a few as he was



level with winner Owen Hind finishing as he completed his first lap. He did catch one runner on his last lap.

Next year we will back in Division 2 and interestingly the Division 2 runners ran the same course so you can work out where we would have finished in Division 2. Jack would have won Division 2 by a long way and Tim and Andy would have been top 12 and Buzz 25th with the rest of our scorers between 43rd and 70th.

Despite our good start, this would not have been good enough to do better than third so clearly need a fit Ed and Shane back - and probably a few others - or at least our scorers in better form to be competitive in the 2020-21 season.

Winner: 1 Owen Hind (Kent) 27:00

A team

10 (scoring 9) Jack Ramm 28:04 (would have been 1st in Div 2)

64 (56) Tim Bowen (M35) 30:38 (11th)

68 (59) Andy Bond (M45) 30:45 (12th)

95 (73) Buzz Shephard (M40) 31:41 (25th)

107 (78) Tom South (M40) 32:13 (43rd)

110 (80) Wayne Lashley (M35) 32:21

(51st)

121 (84) Daniel Mann (M40) 32:52 (58th)

133 (88) Martin Belzunce (M35) 33:20

(63rd)

134 (89) James Burrows (M35) 33:22

(65th)

136 (90) Alex Loftus (M40) 33:30 (70th)

B team

147 (42) Matt Cooke (M35) 34:03 (85th)

149 (44) Des Crinion (M35) 34:05 (85th)

151 (45) Nick Wood (M45) 34:11 (86th)

156 (50) Sam Mattu 34:39 (96th)

160 (54) Ross Rook (M35) 34:54 (101st)

168 (60) Tony Tuohy (M55) 35:27 (111th)

178 (65) Jonny Hough (M40) 36:10

(124th)

179 (66) Andrea Ceccolini (M50) 36:16

(124th)

188 (73) Tom Wilson (M40) 37:49 (150th)

204 (80) Miles Gawthorp (M45) 41:20

(181st)

205 Mike Mann (M70) 41:39 (183rd)

209 Kev Chadwick (M35) 45:15 (190th)

210 finished (198 Div 2)

**TEAM:** 1 Kent AC 162; 2 Hercules Wimbledon 270; 3 Thames Hare & Hounds 387; 4 Herne Hill 395; 5 South London Harriers 422; 6 Belgrave 502; 7 Clapham Chasers 581; 8 Guildford & Godalming 670; **9 Dulwich Runners 706**  
**B TEAM:** 1 Kent 98; 2 Herne H 193; 3 HW 347; 4 S Lon 424; 5 Belg 513.5; 6 Clap C 544; **7 Dulw 579**; 8 G&G 610.5; 9 THH 786  
Final standings: 1 Kent 722; 2 HW 1095; 3 S Lon 1636; 4 THH 1655; 5 Herne H 1703; 6 Belg 1954; 7 G&G 2292; 8 Clap C 2501; **9 Dulw 2822**

**Champions:** Kent AC. Relegated to **Division 2:** Clapham Chasers, **Dulwich Runners**

## Crystal Palace Canter

A low turnout of just 9 people took part in the 361st Canter; a low-key event with 235 feet of climb and gusting NW winds making it both challenging and chilly. The course circumnavigates both the concert bowl and the National Sports Centre and incorporates just under a mile of flat running, a mile of uphill and a mile and a quarter of downhills over its two laps.

Second claimer, Jo Quantrill was clearly on a mission and was never headed. She finished first in the race and on age grading. Mike Dodds similarly found a groove that brought him home in an unchallenged second place. Claire and Dave ran together for much of the race, before she pulled away in the last mile. Dave had run a lot faster than his recent Parkrun times would suggest but the lack of hill work finally took its toll.

Peter Jackson ran significantly faster than his last appearance. The next race is at 12:30 on 3rd March.

*Dave West*

*Mike Dodds adds...* Slightly below average turnout – certainly at ‘the sharp end’ - for this month’s edition of the canter, run in rather cold conditions because of the chill from a strong wind. The demographic of the canter is distinctly ‘mature/retired’, given its Tuesday lunchtime slot, but it is open, and free of charge, to anyone who might be able to roll up at the top carpark for 12.30 on the first Tuesday of every month and make the Dulwich dominance of the field even more pronounced - it was 50% if we count this month’s winner as a half for being 2nd claim! Next one is 3rd March whilst the April edition will actually be on the last day of March to avoid the Easter holidays

1	Jo Quantrill 2 <sup>nd</sup> claim	25:15	79.0%
2	Mike Dodds	26:09	61.9%
4	Claire Steward	27:16	76.7%
5	Dave West	27:35	58.7%
8	Peter Jackson	29:10	58.6%

*For your results to appear here ...  
you need to update your parkrun profile to show  
you are a current member of Dulwich Runners AC.*

## Albert , Melbourne

751 Ran  
Pos Gen  
338 74 Tess Bright 28:01

## Banstead Woods

201 Ran  
Pos Gen  
5 5 Paul Devine 19:38

## Beckenham Place

237 Ran  
Pos Gen  
2 2 Stephen Davies 18:29  
58 48 Colin Frith 24:17

## Bexley

502 Ran  
Pos Gen  
19 17 Michael Fullilove 22:11

## Brockwell , Herne Hill

555 Ran  
Pos Gen  
7 7 Shane Donlon 18:17  
17 15 Gower Tan 19:37

## Bromley

719 Ran  
Pos Gen  
20 1 Kim Hainsworth 19:04  
392 274 Peter Jackson 28:02

## Burgess

700 Ran  
Pos Gen  
18 12 Charles Lound 18:50  
48 4 Michelle Lennon 19:46  
78 65 Will Lawn 20:28  
205 155 Joseph Brady 23:36  
556 190 Stephanie Burchill 30:44

## Clapham Common

847 Ran  
Pos Gen  
183 138 Tom Shakhli 23:29  
364 239 Ian Sesnan 26:32

## Crystal Palace

496 Ran  
Pos Gen

43 3 Helen Lister 21:34  
59 6 Eleanor Simmons 22:23  
75 9 Belinda Cottrill 22:55  
95 77 Paul Hodge 23:34  
144 113 Bob Bell 24:40  
174 31 Hannah Little 25:22  
203 157 Michael Dodds 26:06  
329 86 Clare Osborne 30:14

## Dulwich

561 Ran  
Pos Gen  
67 54 Terence Baker 20:07  
68 6 Ellie Balfe 20:13  
85 69 Grzegorz Galezia 20:40  
94 77 Olivier Montfort 20:49  
96 79 James Auger 20:53  
137 14 Victoria Read 21:58  
141 114 James Rimmer 22:04  
205 29 Hayley Seddon 23:48  
242 45 Lauren Gill 24:55

## Folkestone

288 Ran  
Pos Gen  
14 14 Joe Sheppard 20:23

## Fulham Palace

632 Ran  
Pos Gen  
254 174 Barrie John Nicholls 25:23

## Greenwich

367 Ran  
Pos Gen  
58 46 Stephen Smythe 23:28

## Highbury Fields

499 Ran  
Pos Gen  
13 12 Paul Collyer 19:32

## Lloyd Park

183 Ran  
Pos Gen  
79 11 Ros Tabor 29:50

## Mole Valley

288 Ran  
Pos Gen  
70 13 Teresa Northey 27:18

## Old Deer Park

160 Ran  
Pos Gen  
160 65 Lindsey Annable 49:57

## Pont Y Bala

50 Ran  
Pos Gen  
47 22 Chris Vernon 49:32

## Peckham Rye

428 Ran  
Pos Gen  
1 1 Andy Bond 18:37  
57 49 Kevin Chadwick 22:17  
90 78 Dan Hill 23:17

## Riddlesdown

154 Ran  
Pos Gen  
18 15 James Wicks 22:43

## South Norwood

213 Ran  
Pos Gen  
57 6 Carys Morgan 24:41

## Southwark

460 Ran  
Pos Gen  
296 179 Paul Keating 28:13

## Victoria Dock

243 Ran  
Pos Gen  
62 6 Tereza Francova 21:52

## Wakefield Thornes

361 Ran  
Pos Gen  
92 10 Claire Barnard 25:47

## Western Springs

206 Ran  
Pos Gen  
136 75 Nick Bell 31:08

## Worcester Pitchcroft

343 Ran  
Pos Gen  
64 5 Charlotte Sanderson 23:17

# DULWICH RUNNERS CLUB KIT

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

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



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



Bufs-snoods - only £6

Socks only £5



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



The Beast from the East !

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



**! 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 and hoodies.

You just click on 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



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS  
IS 40 NEXT YEAR!  
DESIGN A T-SHIRT!***

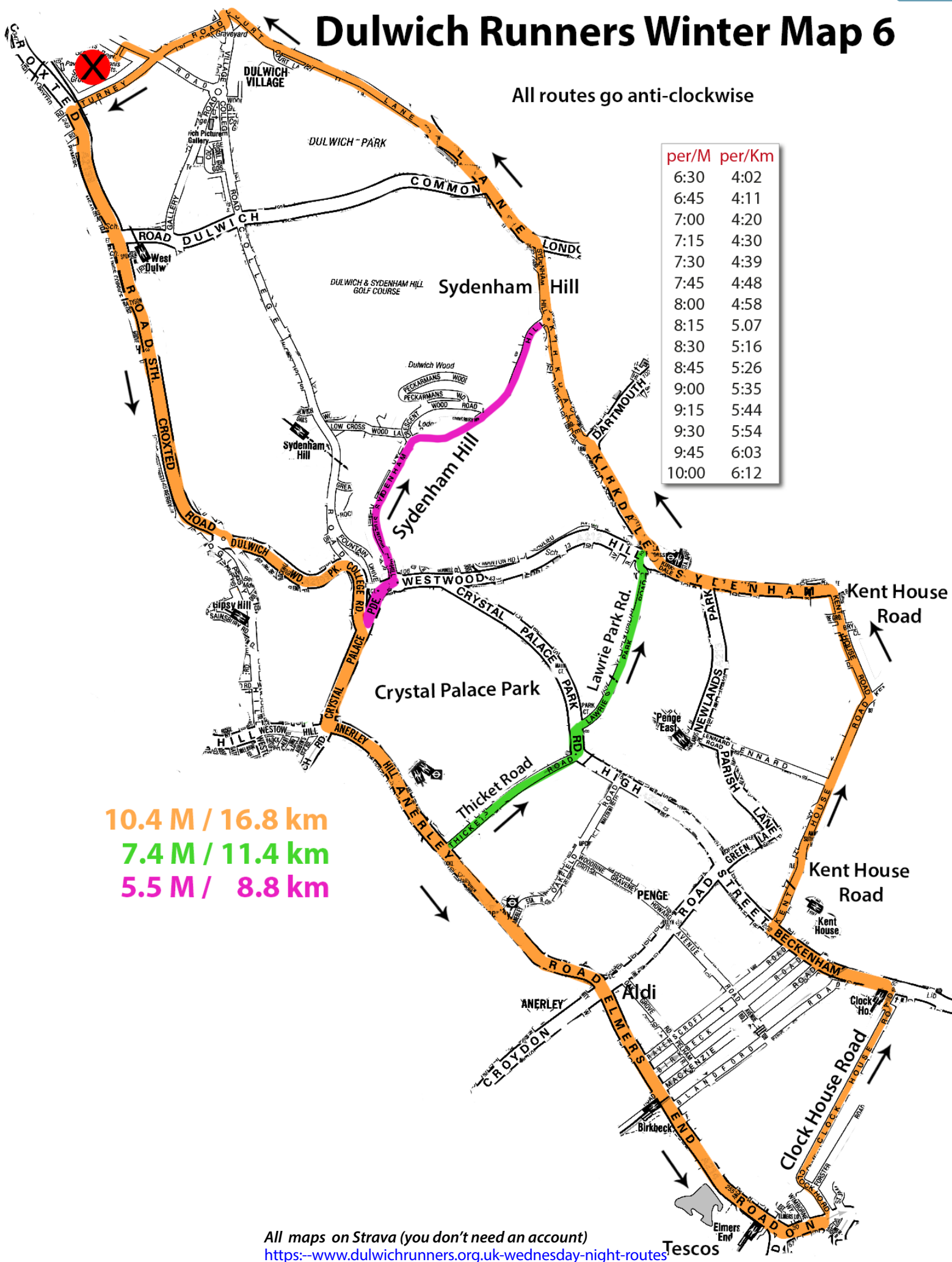
*We would like to have a t-shirt to commemorate the club's 1st 40 years of running  
And are looking for someone who could produce a design suitable for printing  
on a t-shirt, (front, back or both)*

*Use your imagination to create something fantastic!*

*If you want more details speak to anyone on the committee.*

# 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  
 7.4 M / 11.4 km  
 5.5 M / 8.8 km