



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
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Feel free to send in any running or sport related stories, anecdotes etc, 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

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Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are clubwise as good as back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Dulwich Runners Christmas Party Saturday 11th December

This years club Christmas party is being held on Saturday 11th December at the Edward Alleyn Club, starting at 7pm, with food being served at 8:30pm.

The evening includes a welcome drink, food, presentation of the marathon awards, and the Gill Johnson awards with music and dancing til late. (after party at Hootanannys).

Price of a ticket is £20 which includes food and your welcome drink.

We need confirmation of your attendance and any dietary requiremnts by Monday 6th December.

You can either confirm and pay at the club on a Wednesday night or by contacting Michelle and Gower at dulwichrunnerssocialsec@gmail.com - Hope to see you at the party of the year.

Pacers needed for Peckham Rye parkrun this Saturday 27. November

If you'd like to pace fellow parkrunners in our club vest for times from 19 to 30 minutes please let Kev Chadwick know at: peckhamryehelpers@parkrun.com

Club Champs 20/21 results

Full tables, results etc <https://www.dulwichrunners.org.uk/2021-club-champs-results>

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

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

Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Nov 30	8x400 time-trial/pyramid
Dec 7	400s
14	800s
21	1000s

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either 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 for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile
Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

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



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

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 the men's Surrey League there is now a B team competition where the second 10 runners 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 men 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. This means that runners should return their numbers to their captains after the race, or take them home, in which case 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 and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

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

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

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.

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, but 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 and 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 heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. 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.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 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.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

2021				Distances, Start times etc
Dec	4	Kent Masters	Dartford	8.7k 11.30 M50 5.4k 12.00 M60, all women 8.7k 1.20 M40
	11	SEAA Masters	Lloyd Park	6k M70, all women 11.45 10k M40, 50, 60 2.10
	18	South of Thames 7.5m	Beckenham Place Park	7.5m 2pm
2022				
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	Surrey League 3 (men)	Richmond Park	8k men and women start times tbc
	15	Surrey League 3 (ladies)	Mitcham Common	" " "
	29	South of England Champs	Beckenham Place Park tbc	8k women 2.05 15k men 2.50
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

SEAA Masters Cross Country 11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

Update

This is an important masters event suitable for all vets over 40. To be entered register your interest no later than 23 November.

South Of Thames 7.5M Beckenham

Saturday 18 December

Our next cross country champs event is the South of Thames 7.5 miles at Beckenham Place Park, start is close to the Mansion at 2pm.

A 3 lap course, taking in a large part of the park, similar to the one used 2 years ago for this event. We are looking for a big entry to this race, hopefully matching the 40 or so runners we fielded for the London Champs.

To enter contact either the joint ladies captains or Mike Mann by December 5th at the latest.

dulwichladiescaptain@gmail.com
mcmann90@yahoo.co.uk



URGENT REQUEST FOR VOLUNTEERS

We have agreed to provide marshals for this event, starting at 2pm. We need around 10 marshals so if you are not planning to run your help will be much appreciated. Contact me at mcmann90@yahoo.co.uk.

Box Hill Fell Race

Saturday 22 Jan. 2022

Confirmed on, no entries date yet, will advise here

If you've never done any fell running, Box Hill near Dorking is an ideal intro. 7.5 miles (12 km), marked, mainly good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, quite challenging climbs and exciting descents. Very slippery in places, you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Xc spikes not allowed. A popular race that fills up very quickly (in a few hours). Entry last time was £10.

i'm at the club most Wednesdays, or email me:
hugh@christchurchpeckham.info **Hugh Balfour**

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -
 To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

Race Reports & Results

Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

London Championships, Parliament Hill

Saturday November 20

Steve Smythe writes: On a much drier Parliament Hill Fields than normal -- safe to say it will be almost certainly be much muddier for the National in February - Dulwich had their best ever men's result, individually and team.

In an almost international field as the winner was Iranian and the second Somalian, Ed became the first ever male Dulwich Runner to make the top 10 and but for a safe start he probably could have even challenged for third as the runner who took the bronze medal had been slower than Ed in the recent South of England Relays but just started faster here but it was still a superb run from Ed who was closing on the last lap.

Ed averaged a stunning 5:25 miling on the bumpy hilly course and ran his last full 400m in 65 seconds which I'm sure are also both club records of sorts.

Jack Ramm was never too far down on Ed and improved on the club's previous best of his 12th in this race in 2019 but he was not able to produce his usual fast finish and ended up

less than 10 seconds from fifth at the wrong end of a five-way sprint for the places behind Ed.

The team was completed by Rob Armstrong who worked his way well into the top 50 and Sean Cordon who made a good club cross-country debut a few minutes further back.

This was enough to see us finish in the top six up ahead of much bigger clubs with much bigger reputations and without a trio who won the following day's St Neots Half-Marathon and also top vet Andy Bond.

Close behind Sean came another consistent run from both Jon Philips and Adrian Russell and then debutante Finn Nugent (2:42 in the London Marathon) who probably started just a little too quickly.

Alex maintained his good form while Eugene ran much better than he did in the previous week's league with a much steadier run. Everyone else seemed to pace it well too and the team were completed by Shane, Ben, Rob, Lloyd, Des, Ed, Tan, Andrea, Ebe, James, Hughx2, Martin and Mike and 23 must have been one of our biggest turn-outs too.

4	Edward Chuck	35:29
10	Jack Ramm	35:47
46	Rob Armstrong	38:33
77	Sean Cordon	40:27
81	Jon Phillips	40:37
82	Adrian Russell	40:40
94	Finn Nugent	41:02
129	Alex Loftus	42:41
130	Eugene Cross	42:41
144	Shane Donlon	43:03
151	Ben Smith	43:10
173	Rob Hollands	43:48
238	Lloyd Collier	45:40
251	Des Crinion	46:19
266	Edward Harper-Masters	46:56
271	Gower Tan	47:12
273	Andrea Ceccolini	47:18
308	Eberhard Prill	48:52
324	James Auger	49:57
342	Hugh French	50:53
367	Hugh Balfour	52:08
381	Martin Kelsen	52:58
409	Michael Mann	57:31

- 1 Thames Valley Harriers 46
- 2 Highgate Harriers 54
- 3 Thames Hare & Hounds 66
- 4 London Heathside AC 102
- 5 Hillingdon AC 112
- 6 Dulwich Runners AC 137**
- 7 Serpentine RC 148
- 8 Herne Hill Harriers 239
- 9 Victoria Park H & Tower H AC 261
- 10 Cambridge Harriers 273
- 31 clubs completed



Ed Chuck

Women

The women weren't able to match the men position wise but had another good turn out with a far better spread through the field than the last Surrey League.

Becca, strong after her multi event training, has missed the two league races and was running her first cross-country for 18 months and found it hard after a faster start than normal but held on well to just hold off Kay who ran better than she did in the league race to be close behind.

Katie had another steady run and achieved her highest ever

placing with Clare Whitaker enjoying her best ever season completing the scorers well within the top 100.

The club's longest standing women's cross-country runners - Ange and Ola - had good steady runs ahead of Yvette who did well in her season's debut just back from warm weather training in Lanzarote.

Anna showing improved form was next ahead of Catherine who made a good debut with Lucy improving race by race next. Midge did well in her first cross-country for almost two years while Jenny made an excellent first ever cross-country appearance for the club.

52	Becca Schulleri	25:17
57	Kay Sheedy	25:21
81	Katie Styles	26:12
95	Clare Whitaker	26:40
117	Ange Norris	27:38
120	Ola Balme	27:46
129	Yvette Dore	28:10
143	Anna Thomas	28:27
168	Catherine Buglass	29:33
190	Lucy Clapp	30:39
233	Midge Cameron	33:15
270	Jenny Bomers	37:30

TEAM:

- 1 Belgrave Harriers 58
 - 2 Thames Valley Harriers 63
 - 3 London Heathside AC 89
 - 4 Clapham Chasers RC 120
 - 5 Highgate Harriers 131
 - 6 Fulham Running Club 133
 - 7 Trent Park Running Club 145
 - 8 Thames Hare & Hounds 151
 - 9 Blackheath & Bromley Harriers 169
 - 10 Hercules Wimbledon AC 209
 - 11 The Stragglers RC 223
 - 12 Victoria Park H & Tower H AC 225
 - 13 Queens Park Harriers 233
 - 14 Herne Hill Harriers 267
 - 15 Dulwich Runners AC 285**
- 30 clubs completed



Becca Schulleri



Kay Sheedy

Steve Smythe writes with reference to last week's piece in Shorts about some mystic coach from I believe Ajay Khandelwal (not someone I recognise from having competed for the club in 2018 to 2021) but one of my colleagues does recall someone attending a few sessions from the distant past and shouting a lot.

Like many people I lacked the time or stamina to read all of it but I understand from my Yorkshire-based lawyer that it's best from my recollections to deny that any of those alleged conversations ever took place.

I certainly have never said anyone should ever join Dulwich Park Runners - well apart from Gary, obviously.

London Championships, Parliament Hill

Saturday November 20

Jack Ramm

Saturday saw the return of the London Cross Country Champs, held at Parliament Hill in Highgate. If there is a Platonic form of a cross country course, it's Parliament Hill. Ten tough, undulating kilometers, complete with divots, tree roots, ankle high mud, a sharp-elbowed sprint up the hill to start, and an exhilarating kilometre back down to finish. Having cheered on the women (one of the best things about these Southern events is that we can support each other), the Dulwich Men lined up at the bottom of the hill to take on one small, and three big laps.

The ground was dry, apart from a couple of boggy spots, and – after the usual kerfuffle – short spikes were favoured by most. We were fielding a strong team, though, amazingly, not our strongest possible. Despite injuries, absences, and some other racing going on this weekend, we still turned out twenty-three men, representing a good cross-section of the club. I'll take each one in turn:

Captain **Ed Chuck** personified the expression "leading from the front", clocking **35:29 for 4th** place. Anybody who has been to track recently will have noticed that Ed is in terrific shape and this race is testament to a solid year of very hard work and improvement. Ed pitched his race thoughtfully, starting conservatively before working his through the field. By the final lap, he had shaken the competition for 4th, and was zeroing in on 5th. Ed's finish was outrageously quick; he was closing fast on a podium place. Perhaps if there were another 400m (68s and 66s), Ed would have gotten his nose ahead. But as it is, 4th place, in such a strong field is an unbelievable achievement. To my knowledge, it is our best performance at the senior men's level on the country, and, probably, the best performance by a Dulwich senior man full stop. A debate could be had over how it compares to Jim Estell's pre-super shoe 67:57 half, but for my money it's a stronger run. Out of the three guys in front of Ed, the winner has represented Iran, 2nd place is a hugely promising 22-year-old with a 30:08 over 10K, and third recently ran a 14:43 5K. But Ed also *beat* Rob Thompson (14:45 5K this year) Nick Torry (former

Commonwealth Games athlete and 2:18 marathon at this year's London), and James Connor (2:20 at this year's London for 4th amateur). This year, perhaps because the race hasn't been held for 12 months, was seriously competitive, with the field filled with fast runners. In 2019, guys we regularly compete against from other clubs such as Bailey Massey, Aaron McGrady, Sean Renfer and Tom Aldred all placed in the top 10 – this year they didn't make the top 20. I ran 2.5 minutes quicker than in 2019, and only made up 2 places. In fact, both mine and Ed's times would have seen us win in 2019. Ok, conditions underfoot were better, but still, Ed's run is one for the Dulwich record books, and we're still in the first half of this season. I can't wait to see where his form takes him next.

I (**Jack Ramm**) was 18 seconds back on Ed for **10th** place in **35:47**. Finishing the 1st lap somewhere between 15th – 20th, I worked through the field and though I was in a battle for 6th, and maybe even 5th, heading into the last mile. Unfortunately, sixth pulled away in the last 800, and, gallingly, I lost a further three places in the flat sprint after the descent. Still, it was an all-out effort from me, and I was happy to sneak into the top 10.

Next in was **Rob Armstrong (38:33 – 46th)**. Rob has been running very strongly in his first XC season for the club and has been a brilliant addition to the team. He suggested afterwards that he hadn't felt great during the run, but his result doesn't seem to me to reflect that. Perhaps, if anything, he paid slightly for a fast start, with each subsequent lap a second or two slower. However, Rob rallied hard in the last mile and managed to find something for the line, gaining places in the finish.

Trailing Rob by 2 minutes was our fourth and final scorer, **Sean Cordon (40:27 – 77th)**. This was Sean's debut on the grass, and it looks like one of his strongest performances yet, comparing favourably to his recent 2:54 marathon in Southampton, and his sub-17 5K from the summer. Sean has been training consistently, both on the run up to his marathon and in the recovery, and that consistency is now really starting

to shine through. One of our standout performances of the day, my sense is that there's a lot more to come from him over the rest of the season, as both his fitness and confidence increases.

Sean's strong showing ensured 6th place for Dulwich in the Senior Men's team event – ahead of some big, prestigious clubs and plenty of local rivals. I understand this to be our best placing at these championships. Good effort, lads!

Ten seconds behind Sean, **Jon Phillips** came over the line (**40:37 – 81st**). Perhaps not quite as strong as his showing at Denbies, Jon nevertheless paced this race very well. Each of his three long laps were, according to Strava, within one second of each other – no small feat. Jon's height and strength also make him a fast descender. Strava tells me that his last downhill was conducted a meagre 4 seconds slower than our very own Mr Chuck, who, as mentioned, was not hanging around.

Finishing perhaps stronger still was **Ade Russell (40:40 – 82nd)**. Ade managed to get to the front of a group of three or four runners in the finish and was hot on the heels of his teammate. Ade seems to me to have made a big improvement in the last six months or so, the benefits, possibly, of being in a big group at the track. Jon and Ade have been close in the last couple of races now, and it will be fun to watch the rest of the season unfold between them.

Down 20 odd seconds on these two was cross country debutant **Finn Nugent (94th - 41:06)**. I understand Finn is a triathlete by trade, as well as a 2:42 marathoner at this year's London. It was great to see him out in red and blue, even if, I gather, he felt he wasn't in his finest form. Nonetheless, a top 100 showing at this race equals a very strong run, particularly given a hard run marathon just months before. An excellent addition to the squad, I think we're all keen to see what's next from this talented athlete.

There was a slight gap back to our next runner, **Alex Loftus (129th -- 42:41)**. A natural off-road runner, Alex looked in his

element at his Parliament Hill debut. Just two months out from an attempt at the Bob Graham Round, Alex made light work of the Hampstead fells. Unfortunately, at time of writing, I don't have master's positions, but he surely placed high in his category.

Battling him to the line was another of our ultra-distance trail runners. **Eugene Cross** also stopped the clock at **42:41** but was a hair's breadth behind his teammate for **130th**. Eugene reported thoroughly enjoying the race, with even pacing leading to a strong finish. Eugene has had a busy schedule, including a 2:55 at Manchester and a 50K trail race in September. With a decent block of training under his belt, we can expect to see all that endurance translating to real speed over the mud come the South of Thames.

Next up was **Shane Donlon (43:03 – 144th)**, also getting back into consistent training post-marathon. As always, Shane left it all out there, going shoulder to shoulder to the line with a Clapham Chaser and an Ealing Eagle in one of the day's most exciting sprint finishes.

Just a couple of seconds back from Shane was **Ben Smith (43:10 – 151st)**. Ben declared himself "not feeling fit at all", but his fitness is certainly improving all the time. Clapham Chaser Sonny Williams had 14 seconds over Ben at Epsom, but that gap was down to one second on Saturday. Come Surrey League Three and a few more miles in the legs, Ben is sure to be ahead.

Winner of the "most wholesome" award was **Rob Hollands (43:48 – 173)**. Rob was doing double duty, cheering on his daughter in one of the junior races, as well as donning spikes himself. His first cross country fixture of the season was a solid performance, showing Rob to be firmly on the path to pre-injury fitness.

A couple of minutes back was **Lloyd Collier (45:40 – 238th)**. This was Lloyd's first time at Parliament Hill and he threw himself into the race with enthusiasm and aplomb. Perhaps incorrectly, I associate Lloyd with the middle distances – the 800 and the mile – but Saturday's outing showed him to be a handy cross-country runner, too.

Trailing Lloyd was cross country stalwart and international triathlete **Des Crinion (46:19 – 251st)**. Des ran 47:21 in this race back in 2019, and, before we set off, he told me he was feeling a little out of shape.

Controlling for the mud of '19, I'd say that Des's run looks very strong indeed. If this is out of shape, I'd hate to be up against him when he's training.

A special shoutout to our next runner, **Edward Harper-Masters (46:56 – 266th)** who was battling a nasty non-covid cough. Tackling a 10K cross country race whilst sounding like a two pack-a-day man takes guts. Guts that Ed very nearly coughed up. Big kudos to him for getting it done.

Gower Tan (47:12 – 271st) wasn't far behind. Gower has taken preparations for this year's London Champs very seriously. His peak week involved a week-long SLR through the mighty Sahara, followed soon after by a 3 and a bit hour tempo session in Barcelona. The results speak for themselves -- Gower managed to shed 30 seconds off his time from 2019.

Another of our ultra-athletes was just behind. **Andrea Ceccolini (47:18 – 273rd)** ran with his usual positivity and grit. Also off the back of a recent ultra, Andrea went out hard and held on. It seemed like perhaps he was suffering on the fourth lap, but still came through to pull out a very strong finish.

A little way down the track thundered club co-Chair and all-around Dulwich hero, **Ebe Prill (48:52 – 308)**. Being injury free, Ebe's running has improved significantly in recent months. Proof of that new fitness came at the Champs, with Ebe knocking an enormous 4.5 minutes off his 2019 time. Ebe told me afterwards that he felt he struggled with the hills – the numbers tell a different story.

About a minute back on Ebe was **James Auger (49:57 – 324)**. Keen Park Runner James has also seen a rush of improvement this season, with a couple of recent outings at Dulwich Park under the 20-minute mark. The near imperceptible inclines of Dulwich Park prepared him well for the far more perceptible ones of Hampstead -- James fared well, racing sensibly throughout before unleashing a strong sprint to the line.

Back a minute on James was **Gideon Franklin (50:53 – 342)**. Now, unless I haven't gotten my facts straight, like Ebe, Gideon is another runner who knocked the best part of five minutes off his 2019 time. However, unlike Ebe, viewing Park Run results, Gideon is not quite in the form that he was two years ago. Either the mud of 2019 played real havoc with him or, as

I'm inclined to think, Gideon ran superbly well at the weekend.

Hugh Balfour (52:08 – 367th) was disappointed that the course was marked and the overall climb less than a single Lakeland Fell. Besides these gripes he had a good day out and ran well. I saw Hugh at one point on the course. He seemed to be merrily climbing in a group of three, and offered me a cheerful wave and word of encouragement. However, by the finish, Hugh had the hollow stare of a recently returned veteran. What happened in between? That's for Hugh and the 368th placed runner. As I have written elsewhere, masters results aren't up yet, but I'm sure Hugh will have placed highly in his class with this impressive run.

Martin Kelsen (52:58 – 381st) is one of our newer V60 athletes and he has proven himself to be a consistent and impressive performer in the category this season. Regular Tuesday sessions are paying off, and Martin carried himself over the four laps very confidently. It was good, too, to meet him properly in the pub afterwards!

Our final man home, **Mike Mann (57:31 – 409th)**, is a real standard bearer for cross country running at Dulwich. However, the most impressive thing to me about Mike's effort was that, after going through the line, Mike... kept going. He ran past the collapsed runners in the pen, took a left and sprung back up the hill to the (idiosyncratically positioned) Dulwich camp looking warmed up and ready to go. Astonishing stuff.

As ever, thanks so much to all those who gave up their Saturday to support. I'm fearful of missing people due to my terrible memory (Ros was there, I'm sure!) so won't name names, besides Coach Steve and Ange, of course.

And finally, finally, following some chat in the pub afterwards, it was suggested that perhaps the club can feel a little impenetrable to newer members, and that it can feel nerve-racking to take the plunge and sign up for your first race in club colours, whether cross country or road. So, I wanted to take this opportunity to say that if you ever wanted to ask me any general questions, or any of the other runners who've been with the club for a while, please don't be shy! I'm around every Tuesday and most Wednesdays

Maverick Exposure Lights Dark Surrey 11K

20 November

Whilst many in the club were heading North to Parliament Fields Team Bell headed South to the well known venue of Denbies Vineyard. Other than geography the big difference is that we started an 11K trail race at 5.00. Yes it was dark which was just as well that we couldn't see the massive hill we set off up. The trail of lights however was impressive. I also forgot to set my Garmin with the effect that distances were hard to judge. Somewhere the short 5K route divided from the Middle (us) and Half Marathoners.

As most slower runners had opted for the short course that put us towards the back of the Middle Course. It wasn't long before we came across somebody who was struggling as their light wasn't good enough. We buddied up and ploughed on through woods and fields watching out for numerous trip hazards and very boggy patches. There was a very well stocked feed station were the more junior members of the team stocked up on fruit and mince pies. A lady was already there and set off before our feeding frenzy had finished. After about 2K we spotted a light behind us and thought it was the leading half marathon runners but no it was the lady from the feed station who had strayed off course and was relieved to see us. We then all ran to the finish.

So if you haven't done an off road night run then what to expect. Our course would have been difficult in daylight so good head torch is essential. Even then the path was pretty difficult in places reducing runners to a walk. Given the number of trip hazards running in a group was safer and also meant more eyes to see the direction signs. Wearing a red light on your back is really helpful for runners behind (provided you are on course!)

Denbies was busy as usual, as well as us, a ball and wedding were going on. We tried to gate crash both but our sweaty

muddy kit gave us away. There were race freebies of beer, iced coffee and cereal bars but highlight was Denbies hot chocolate drunk round a fire pit whilst watching the lights of the runners coming in.

Bob Bell & Belinda Cottrill (nee Bell) 1.45

Heroes of Hope 5km, Los Angeles

November 21

On a visit to her sister, Clare took part in this relatively low-key race beside the Airport and in a 300 strong field not only was she the first woman in the race she actually beat a 300 strong field including all the men by quite a few minutes.

Considering the jet lag from arriving a few days earlier and a lack of recent training due to illness and it being effectively a solo time trial with a climb to negotiate she was very pleased with the 18:12 winning time.

1st woman and man! Clare Elms 18:12

Steve Smythe



St Neots 1/2M

Shane O'Neill writes: Tim Bowen's London marathon this year was pretty special. He did approximately three runs in the build up - they were, by his standards, rubbish, and he went on to run 2:40. This was enough to get him fixated on regaining a championship place for next year's race and he decided to go for it in a half. Like lambs to the slaughter, Buzz and I said we'd tag along.



The qualifying time is a speedy 1:12:30, and we picked a terribly unfriendly course local to Buzz. There were plenty of doubters (was I one?) but, as we'll see, betting against Gandalf (Tim) is a sure fire route to ruin.

The race was in St Neots, a small town outside of Cambridge. Train disruptions meant it was a

very early start but we made it in perfect time. As we jogged to the start the street names revealed some of the town's history - Cromwell Road, Levellers Lane - Tim "didn't notice" but the seeds were sown.

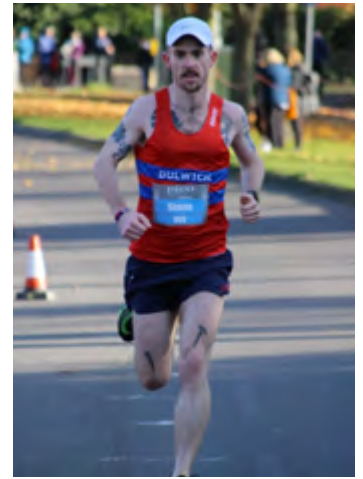
Buzz arrived before us and managed to grab our numbers, fortunate as there were bigger queues than we were expecting. Buzz's son was down to do the fun run but binned it in favour of a party - in about 45 minutes, Buzz will be wishing he'd done the same thing.

The race started and the blue and red of Dulwich went straight to the front, quickly pulling away from the rest of the field. The route was fairly rolling from the start but I thought the hills were manageable if they stayed like this (they didn't) and we quickly found a good rhythm. Buzz was running without a watch and this led to the first obvious signal of discomfort. At the three mile marker he asked, "is that genuinely our pace or is that marker early?" It was genuinely our pace, and a little too hot for Buzz on the day.

Buzz tucked in for a while but started to fade, leaving just Tim and I. The route is on closed roads for the first six miles, then on a main road for about a mile before returning to back roads. It's a very scenic route and I'd definitely recommend it as a race. That being said, it's hilly and not really a PB course.

Somewhere around mile 5 Tim had finally had enough of

my company and like the Parliamentarians who made the town famous - he launched a surprise attack. He remembers it as a downhill section, I thought it was uphill (very telling) but whatever the gradient, I was left for dead. He put the whole 40 seconds into me within a mile and turned into Lord Protector of the gap - maintaining it all the way to the finish.



The one positive tidbit about the course is that the final 5km is downhill and so I was focussed on that - knowing that if I was close to the required pace, I could make something up in the last 5k. Alas, the weather wasn't playing ball - the entire final 5k was into a strong and chilly breeze (around 18mph according to my weather app). This put paid to my chances of running the championship time so I focussed my efforts on trying to overthrow Tim's lead, how silly.



Tim steamed home well within the championship time, an amazingly well executed race and indicative of him being close to PB form. I came in about 20s outside of the required time - sigh. And Buzz rounded us out in 8th place. It was an excellent day out and we picked up 1st place, 2nd place and 1st team.

I feel obliged to try for the qualifying time again before the end of the year and so will be racing in Victoria Park in a couple of weeks. Tim was supposed to join, post-race I asked if that was still his plan, "I'm eating pies until the new year." So, I guess I'll be alone...

1 Tim Bowen	1:12:13
2 Shane O'Neill	1:12:52
8 Buzz Shepherd	1:17:01
1,002 runners	

South Of Thames 5 Aldershot

21 November

With large numbers running at the London Champs the previous day, only 2 of us managed this race which usually attracts a large entry. Next year's is likely to be a week later, avoiding this clash. We are looking for a strong entry for the South of Thames 7.5m at Beckenham on 18 December.

The course was similar to the one used for this race a few years ago, with one small lap round the playing fields followed by 3 larger laps through Wellesley Woods. The ground was firm throughout and included only slight gradients and jumping over a few fallen trees, so nothing unduly challenging aside from the state of my legs, having run the previous day.

Kev put in a strong performance. I struggled particularly the first 5 minutes before getting more into my stride. **Mike Mann**

Kev Chadwick	32:41
Mike Mann	43:55

Alexander the Great Marathon – Thessaloniki

21 November 2021

Grzegorz Galezia

I signed up for the Thessaloniki Marathon back in 2019, hoping to run in April 2020, but for obvious reasons the event was rescheduled a few times. Ultimately, the date was set for 21 November and I had a choice: get my EUR 30 back or run it, 1.5 months after London. I checked the flight prices: GBP 10 one way, hotel: EUR 20 a night. So the decision was obvious.

I didn't feel like going to Greece by myself (my family stopped accompanying me on my runs some 40 marathons ago) so I planted the idea on our Polish runners' chat. Within 30 minutes 4 other runners (including DR Marta) signed up and booked their flights. Strangely, it was the same crew with whom I ran the Boston Marathon, so the arrangement posed some danger. But this time we did our best to behave ourselves. At least before the race. We landed in Thessaloniki Saturday mid-day and had enough time to pick up our bibs and go for a leisurely sightseeing stroll enjoying the autumn sun. We found a nice pizzeria to start our carb-loading washed down with a nice cold beer. Then we retired to our respective hotels to resume the party in the evening. But again, we just stuck to one beer each and a complimentary cinnamon liqueur with our pasta.

The next morning we had to get up at 4:30 to jog to the pick-up point from where coaches took us to Alexander the Great's birthplace Pella.

The atmosphere at the start line was quite energetic. A DJ did a good job playing catchy well-known tunes that went very well with the warm-up. At 8.00 sharp we set off. The course of the Thessaloniki Marathon is unusual. It starts with a one-kilometre 30-m downhill section. Then you turn sharp left and run in a straight line all the way up to Alexander's monument on the waterfront in Thessaloniki's centre.



The course ran through fields, villages and small towns, with some mountains looming on the horizon. But having spent three hours in the cabbage fields of Lincolnshire, I concluded that the route was quite exciting. The weather conditions were perfect. 10 degrees at the start, increasing to 18 at the end. No rain and no wind. The only hindrance was the strong morning sun was in our eyes as we were heading east all the time.



Having got the 3-hour monkey off my shoulders, I ran under no pressure. But at the same time, having run London in 3:07 rather effortlessly, I decided to have another crack at sub-3. The assumption was to run at 4:10 minutes/km, with reassessments

at half point and mile 20. The plan turned out difficult to follow as the terrain was quite undulating. On the uphill I ran a few seconds slower and on downhill a few seconds faster, so the average was according to plan. After 5 km I was caught up by a runner from my home town of Ostrowiec, whom I also involuntarily talked into the event (he is my age and my kind of capacity). We ran together for 5 or so kilometres but then he started increasing the pace by more than 5 secs. At this stage I was obviously tempted to follow suit, but self-discipline prevailed and I decided to stick to my plan. And it was a sensible decision - I caught up with him and

overtook him as he started to weaken around mid-point.

After 20 miles a short assessment has shown that there was no damage so I accelerated a bit, and gave it all I comfortably could afford on the last 5 kms, running the last kms were at 3:51/52 mins./km.

I crossed the finish line as the 35th runner, 2nd in my category. After the race I lay down on the grass, enjoying the sun, waiting for the other members of our party to finish.

After a couple of hours rest we hit the lovely streets of Thessaloniki to celebrate.

Great but cheap food – grilled meats, seafood, versatile meze, washing everything down with abundant amounts of local beers, ouzo, tsipouro and retsina. Now we could finally indulge ourselves in the best part of running – celebrations after the race.

35 Grzegorz Galezia	2:56:07 (2nd in age category)
77 Marta Miaskiewicz	3:16:22 (4th female)

(502 ran)

Project 20: Week 7

An Old Man Becomes Increasingly Delusional (An attempt to run a sub 20 5km)

I enjoyed the club awards ceremony, with old school style hosting from our very own stand up alt-comic, Ebe, accompanied by the compulsory crackling speaker system. I felt magically transported to the 1970s. The hush and awe was palpable. It was rather strange to see the very same running legends came to collect medals, sit down, stand up and repeat, for what seemed like several weeks. Some of them seemed to be creaking and groaning with the weight of all that metal clanking around their necks. Still at the same time as cheering them on, I deftly managed to get through my body weight in left over cold pizza slices.

I found myself standing next to club legend Tony T (5km PB 16.21). Mr T! I could feel the earth vibrating. It was like standing next to a nuclear cylinder, or an off duty Olympian god. He gives off so much energy I thought I might burst into a ball of flames just being in his heightened energy field. He is not made to stand still. It is clearly an unnatural position for him. Tony is a running hard man. Made to move. He wears short shorts. He runs short distances. He runs fast. He runs to win. His drug of choice is tea and total fierce determination. He doesn't know what a gel is.

Basically, it occurred to me, I was standing next to my archetypal opposite, as I generally run slowly with the sole aim of losing. Still, even with his elite standing,

Tony, like all the Dulwich Runners, has a heart of gold, and always manages to dish out words of kindness and encouragement to running jokers like me. He says, "Ajay, yeah, with your articles, you're getting the plates spinning" (Ed: what about getting the legs spinning – this is a running mag, and I'm getting a lot of complaints about including non-running material!)

Ok, so this week I rocked up to Dulwich park run and completed 5km. There is no official timing record, and there were few witnesses as everyone was racing in Parliament Hill, or Greece etc. However, my wolf – Benji – accompanied me, and managed to complete his first park run in dashing style. To be honest the sub 20 is looking ever more elusive. Just before writing these words I looked up the competition to see if Gregorz had to withdraw from his Greek marathon due a neck injury sustained from too much medal wearing. Not so, it seems getting a Dulwich Runners medal is exactly the tonic required to achieve even more extra-ordinary things. Inspirational stuff!



A picture of Tony relaxing (when he's not running, he's drumming)
- Ajay Khandelwal

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Ashford

211 Ran
Pos Gen
19 1 Kim Hainsworth 20:34

Beckenham Place

218 Ran
Pos Gen
7 7 Stephen Davies 19:33
77 64 Paul Hodge 25:15

Brockwell

306 Ran
Pos Gen
2 2 Andrew Inglis 16:57
21 21 Jonny Hough 19:25
35 30 Stephen Trowell 20:33
40 33 Mark Foster 20:47
45 38 Robert Tokarski 21:03
78 7 Lucy Pickering 22:50
116 17 Teresa Northey 24:13
140 100 Michael Dodds 25:06
166 111 Andy Murray 26:01
219 51 Clare Wyngard 28:32
225 55 Sharon Erdman 28:46

Burgess

426 Ran
Pos Gen
18 17 Rob Mayes 18:45
98 82 Joe Sheppard 21:28

Charlton

187 Ran
Pos Gen
62 50 Stephen Smythe 25:17

Clapham Common

534 Ran

Pos Gen
108 86 Dan Hill 22:13

Crystal Palace

254 Ran
Pos Gen
33 1 Emma Kelly 21:35
75 5 Naomi Crowther 23:48
177 123 Paul Hilton 29:37
230 142 Bob Bell 33:35

Dulwich

408 Ran
Pos Gen
51 5 Charlotte Sanderson 19:58
59 51 Lee Wild 20:23
75 7 Clare Norris 21:04
79 68 Neville Webb 21:13
202 138 Miles Gawthorp 25:30

Eastville

452 Ran
Pos Gen
9 8 Tom Shakhli 18:56

Haga

85 Ran
Pos Gen
16 14 Paul Collyer 20:57

Hilly Fields

231 Ran
Pos Gen
113 19 Claire Steward 26:12

Leicester Victoria

314 Ran
Pos Gen

101 15 Marjorie Epton 25:50

Peckham Rye

229 Ran
Pos Gen
1 1 Andy Bond 16:45
43 4 Michelle Lennon 21:51

Penryn Campus

76 Ran
Pos Gen
7 4 Laura Vincent 22:21

South Norwood

146 Ran
Pos Gen
19 18 Martin Double 22:37
58 52 Dave West 25:49
84 13 Hannah Harvest 28:08
96 76 Peter Jackson 29:20

Swanley

112 Ran
Pos Gen
110 60 Chris Vernon 51:23

Tooting Common

482 Ran
Pos Gen
19 19 Justin Siderfin 19:40
24 23 Austin Laylee 20:02
233 129 Ian Sesnan 26:19

Wakefield Thornes

224 Ran
Pos Gen
52 2 Claire Barnard 24:54

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



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



Bufs-snoods - only £6
An ideal face covering!

Socks only £5



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



The Beast from the East!
It's always 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



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



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 10

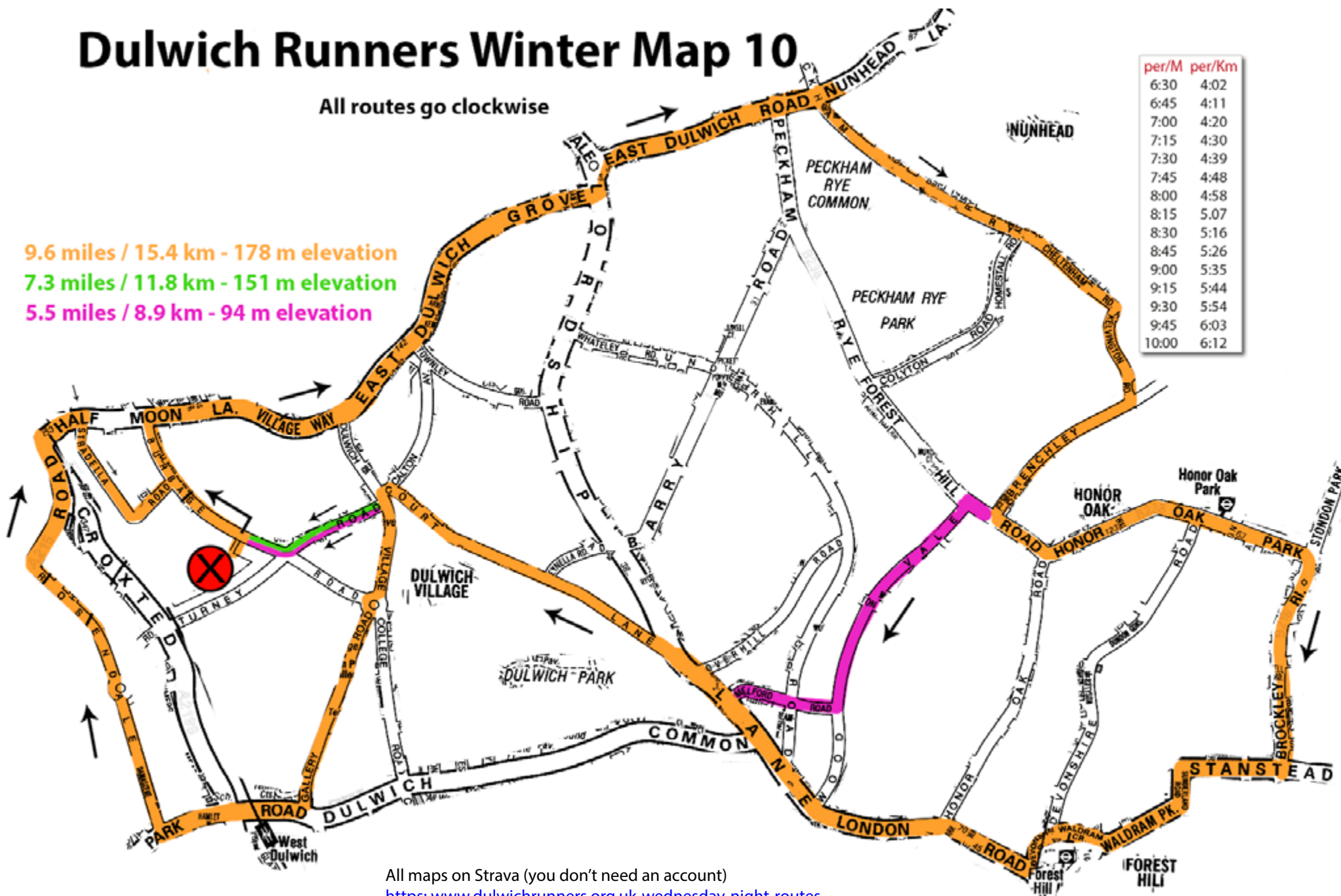
All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation

7.3 miles / 11.8 km - 151 m elevation

5.5 miles / 8.9 km - 94 m elevation

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



All maps on Strava (you don't need an account)
<http://www.dulwichrunners.org.uk-wednesday-night-routes>