

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
October 20th 2021  
[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 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
- 2 Club runs & training
- 3 Cross country information
- 4 Fixtures
- 5 Club championships 2020/21 events, rules etc
- 6 Race reports and results
- 11 Club kit
- 13 Wednesday night run map.

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

Connect with us:



Please note that on Wednesdays from now on we shall be meeting upstairs in the clubhouse

## 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.

Full membership is £30 plus £15 EA registration if required.

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 gradually getting 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](mailto:barry@bg1.co.uk)

## Social dates for your diaries.

**Wednesday 17th November** - pizzas and medals.

After the club run we will be presenting the medals for each separate club champs distance this year. (Not to be confused with the overall club champs medals which will be presented at the Christmas party as usual. These are normally done after each race but with the flexibility of races for each distance this year, this hasn't been possible.) We will be ordering pizzas, details tbc nearer the time.

**Saturday 11th December** - Christmas party. More details to follow.

# 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 & organise 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**

## Tues. 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.

## Tues. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:dulwichladiescaptain@gmail.com)

[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

[chuckedward@googlemail.com](mailto: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](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Cross Country Fixtures

2021			
Oct	23	SEAA Relays	Wormwood Scrubs
	30	BMAF Relays	Long Eaton
Nov	13	<b>Surrey League 2 (ladies)</b>	<b>Wimbledon Common</b>
	14	<b>Surrey League 2 (men)</b>	<b>Denbies Vineyard</b>
	20	SEAA London Champs	Parliament Hill Fields
	21	South of Thames 5m	Morden Park
Dec	4	Kent Masters Champs	Dartford
	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8	Kent County Champs	Brands Hatch
	9	<b>Surrey County Champs</b>	<b>Denbies Vineyard, Dorking</b>
	15	<b>Surrey League 3 (men)</b>	<b>Richmond Park</b>
	15	<b>Surrey League 3 (ladies)</b>	<b>Mitcham Common</b>
	29	SEAA South of England Champs	Beckenham Place Park <b>tbc</b>
Feb	19	<b>Surrey League 4 (men)</b>	<b>Lloyd Park</b>
	19	<b>Surrey League 4 (ladies)</b>	<b>Effingham Common</b>
	26	England National Champs	Parliament Hill Fields

## 2021/22 Ken Croke 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'll need to complete 5 events, incl. 3 Surrey League races. There's 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.

## London Cross Country Champs

20 November

These races at Parliament Hill have been chosen as one of our Ken Croke cross country champs events, so you are strongly encouraged to enter. They will be good practice for the England National Champs in March taking place at the same venue, though on an extended course, and there is the added bonus that we plan to combine this with a visit to a local pub afterwards.

Distances are 6k for the women and 10k for the men. Anyone living in one of the London boroughs is eligible to compete. To enter contact the men's or ladies captains.

## South Of Thames 5 Miles

21 November

For those of you not able to make the London champs the previous day or happy to double up, the South of Thames 5 miles will be held at Morden Park. This has been a popular race with our members in recent years as the standard is high and it offers a rare opportunity for men and women to compete together.

To enter contact either the ladies captains or Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) as appropriate.

**Contacts:** your captains at:  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) - [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) - [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

# 2021 CLUB CHAMPIONSHIP

## FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

**NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) (exception only for late marathons up to 5. December)**

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

## Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

## Provisional programme for this year.

**Mile** - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

**5km** - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

**5M** - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

**10k** - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

**1/2M** - Big Half 22 August - Paddock Wood 1/2M 5th September

**Marathon** - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

**parkrun** - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

## New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running.

It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short – around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: [https://doodle.com/poll/5mssmfhibg5qr98p?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link)

**Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date.** Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

## 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](http://www.hernehillsportsmassage.co.uk)

# Race Reports & Results

Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto: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.

## SportsSystems Surrey Ladies League Richmond Park (Roehampton)

October 16

Steve Smythe writes: Quite a few potential scorers were absent but it did not seem to matter this time as other clubs were not at full strength either as we gained a narrow win in our first ever showing in Division 2.

The Division 1 match took place two hours earlier allowing times to be compared.

It helped the team that Clare Elms wanted to run as the race commemorated her friend Fiona Clark, a many times league winner, who tragically and sadly passed away at the age of just 41 recently and Clare was one of number of runners who wore a green band in tribute.

Despite a few dizzy spells on the bumpy ground - and not at her best after a bad bout of Covid and suffering from long covid and very little training, she still made the top seven and was easily first over-45 runner.

Second home for us was Katie Styles, who had one of her best cross-country runs and worked her way into the top 12. Madison Newey, in her first ever cross-country for us, also came through well and looks to have huge potential and was also in the top 20.

Ultra-consistent Clare Whitaker (5 parkruns between 20:33 and 20:45 this summer) but in a rare scoring league run for us, had a brilliant run to be fourth scorer and the scoring A team was completed by Michelle Lennon, who paced it steadier than normal but did not quite match her 19:45 recent parkrun form and probably still had her excellent Brighton half-marathon PB in her legs from just 6 days earlier.

While our A team was spread over three minutes, the B team all finished within 90 seconds of each other and there were good runs by cross country debutante Emma Kelly as well as experienced cross-country competitors Lucy Pickering, team captain Ola Balme, Anna Thomas and Eleanor Simmons, who are not quite at their very fittest yet but all ran intelligently and determinedly.

The non scorers Belinda Cottrill and Lindsey Annable are also finding their way back to fitness and both ran steadily and give us a good dozen runners on the opening fixture of the season.

Those not there should note we are in Division 2 for the first time and it is a lot more welcoming in terms of ability than Division 1 is where we have always previously competed in - we would have scored over 300 more points in Div 1 with our

Ola Balme writes: The sun came out and it was another glorious day for the start of the Surrey League. There was a round of applause for Fiona Clark of Reigate Priory who sadly passed away. We had support from Steve, Ange, Nicola and Bruno. Thanks to Steve, Bruno for putting up the banner. Steve and Ange helped out with allocating numbers. It was good to have some old faces and new members enjoying the sunshine and the dry surface.

Clare hasn't felt well but came to pay tribute to Fiona. Katie had an excellent run, followed by one of our newest members Madi who made a brilliant debut. Clare W is in peak form, so is Michelle. Emma is going from strength to strength and so is Lucy. I had a good run but couldn't keep with Lucy. Anna and Eleanor also had great runs after their storming performances at the Surrey Masters last week. Good to see Belinda and Lindsey both finishing very strongly.

runs here and only been 18th instead of winning.

Remember, all standards would be welcome which is one of the best and most encouraging women's leagues in the whole country and in this division alone over 40 competitors took well over 40 minutes for the four miles and anyone who runs a parkrun would not be out of place - the slowest time was 71 minutes.

The chance to run in Division 2 is likely to be a one-off as we should be back in Division 1 next season so make the most of it! In the team event, we couldn't match Windrush on their first three scorers (but our B team was better than them in the next two scorers) and London City were better than us on their last 2 scorers but couldn't match our top three, but overall, it was a good team performance.

One thing maybe worth noting for the future (maybe less necessary when the start is quite a way from the nearest station like on this course) is to arrive a reasonable time before the start not only to warm up but also run and inspect the course and check the ground and just in case there are travel problems en route.

7 Clare Elms (Dulw, W55) 26:30 (37 if in Div 1)  
12 Katie Styles (Dulw, W40) 27:37 (73)  
16 Madison Newey (Dulw) 28:15 (86)  
29 Claire Whitaker (Dulw, W40) 28:58 (104)  
36 Michelle Lennon (Dulw, W50) 29:22 (116)  
44 Emma Kelly (Dulw, W35) 30:04  
48 Lucy Pickering (Dulw, W55) 30:11  
50 Ola Balme (Dulw, W50) 30:25  
57 Anna Thomas (Dulw, W40) 30:54  
68 Eleanor Simmons (Dulw, W40) 31:34  
133 Belinda Cottrill (Dulw, W35) 35:26  
147 Lindsey Annable (Dulw, W50) 36:25

207 finished (additionally 252 women took part in Div. 1)

### TEAM:

1 Dulwich 100 (7, 12, 16, 29, 36)  
2 London City R 108 (10, 19, 25, 26, 28)  
3 Windrush Tri 155 (3, 8, 13, 53, 78)  
10 Dul B 267 (44, 48, 50, 57, 68)  
39 teams completed

Future women's matches are at Wimbledon (November 13), Mitcham (January 15) and Effingham (February 19)



### Division 2 individual results

7	Clare Elms	26.30
12	Katie Styles	27.37
16	Madison Newey	28.15
29	Clare Whitaker	28.58
36	Michelle Lennon	29.22
44	Emma Kelly	30.04
48	Lucy Pickering	30.11
50	Ola Balme	30.25
57	Anna Thomas	30.54
68	Eleanor Simmons	31.34
133	Belinda Cottrill	35.26
147	Lindsey Annable	36.25

# SportsSystems Surrey Men's league, Epsom Downs

October 16

Steve Smythe writes: I did not get to the course beside the famous race course early enough from the women's match to fully witness the men's match but every indication is we will be back in Division 1 next season as we easily beat our rivals and we should have even stronger teams later in the season. Ed and Jack (despite still recovering from marathon aches and fatigue) were only beaten by current English 10,000m champion Dom Nolan - a 29:13 10,000m runner this year - and were not far back.

We packed superbly up front with 6 in 16 with reliable Shane and Andy (first M45) joined by newcomers Fred Bungay and Rob Armstrong.

Adrian Russell was close by in 23rd and yet another newcomer and welcome addition to our XC team, .

Jonathan Phillips - still recovering from a 2:44 London marathon, was 32nd and the A team was completed by Daniel Mann in 55th and Kevin Chadwick in 58th, who also both still had London in their legs.

We might need an improvement in packing if recent division 1 teams Croydon and Reigate and Clapham get their strongest squads out but here even with a near five-minute gap between our first and tenth and last scorer, we were still the first team to complete our ten and we showed our superior depth by also winning the B team section.

The winning B team scorers were Ed Harper (1st in B league), Ben Smith (3rd), James Brown (4th), Alex Loftus (5th), James

Ed Chuck writes... The club's first XC outing in 20 months had us cantering over to Epsom Downs with unbridled enthusiasm to begin the attempted hack back to Division 1 from Division 2. No one seemed to have run the course recently, and given the relatively dry conditions the first question of the day was what footwear to don – spikes, trail shoes, flats... vaporflys? A pre-race track inspection revealed that the going was good/good to firm, with a short sandy section, and a steepish hard rocky climb (thankfully the descents were more gentle.) Any farrier of humans would have shod their charges in road shoes.

As with any early season meet there was some trepidation before the start of our thirty-eight furlongs, especially so with the many maiden runners bearing the Dulwich stable colours for their first XC runs. With quite a few of the club's



thoroughbreds (or is that lesson mounts?) recovering from marathon laminitis or on the way back from a year in pasture, how the club fared would rest heavily on these yearlings. And they performed wonderfully, with the club romping clear to finish first team home. While Jack Ramm and I settled for 2nd and 3rd behind Croydon's Dom Nolan (who has run 29:13 for 10k this year!) it was the brumbies in our 3-10 that ensured that Dulwich cleared the first hurdle of the season.

Fred "the Cayuse" Bungay ran with preternatural restraint, keeping himself under wraps before kicking for home with a sharp final kilometre to finish in 12th, leading home Shane "Connemara Pony" O'Neill (14th) by 7-8 lengths, who spit the bit somewhat with a flank stitch. In close attendance,

Burrows (11th), Matt Cooke (16th), Des Crinion (21st), Jamie Nicol (27th), Andrea Ceccolini (31st) and Grant Kennedy (53rd). Martin Kelsen gave us 21 competitors despite recent marathons meaning a few were missing and we also had a few (Mike, Gary and Andy) in the earlier and more welcoming Division 3 and 4 match competing for Vets AC where there were an additional 100 runners and mostly runners less competitive than Division 2.

## Div 2 A Team scores

- 1 Dulwich 230 (2, 3, 12, 14, 15, 16, 23, 32, 55, 58)
- 2 Croydon 324 (1, 5, 9, 20, 30, 36, 41, 57, 62, 63)
- 3 Reigate 336 (8, 10, 24, 25, 26, 38, 40, 45, 49, 71)
- 4 Clapham 406 (11, 19, 22, 37, 44, 46, 47, 51, 64, 65)
- 5 Epsom 505
- 6 Woking 532
- 7 Stragglers 534
- 8 Walton 585
- 9 Striders of Croydon 643

## B team

- 1 Dulwich 172
- 2 Clapham 284
- 3 Epsom 368
- 8 teams scored

**Future men's matches are at Denbies (November 14), Richmond (January 15) and Lloyd Park (February 19)**

and against the bookies' odds given his illness earlier in the week, Rob Armstrong powered home just behind in 15th. A few seconds further back was Andy Bond who finished as second v40 just two weeks after his first marathon, and who had to dash off almost as quickly as he finished to make it to Crayford Greyhound track.

Ade Russell had an excellent debut to finish 23rd, but in a four-way sprint finish lost out by a nose to a Chaser and a Straggler either side of him. Jon Phillips gallantly turned up post marathon to be the 8th DR home in 32nd, and maybe left the gate a little quick considering, but a very solid debut regardless. Final scorers were also marathoners Dan Mann (55th) and Kev Chadwick (58th) who both dug in to close out the scoring (while avoiding foaming at the mouth.)

The subsequent finishers then also formed the winning B team, with another marathoner Ed Harper-Masters staying the course well for an even paced run. Pulling in tandem were then the trio of Ben Smith (70th) James Brown (72nd) and Alex Loftus (73rd) who all finished within 3 seconds of each other. James Burrows (91st) continued his comeback to finish in front of fellow XC enthusiasts Matt Cooke and Des Crinion (who I hope held something back to face the Cabbage Patch 10 the next day!)

Jamie Nicol (110th) made his XC debut in the red and blue and found a quick finish despite

having perhaps left the starting gate at slightly too quick a gallop. It was with relief that I saw Andrea Ceccolini (117th) next home in one piece after he had disregarded the farrier's advice and opted for spikes.

Final scorer for the B team was Grant Kennedy (140th) who has only pulled himself off the vet's treatment table in the past month, and worked hard to close things out after an ambitious start. Last man home was Martin Kelsen (163rd) who ran a well paced race, and with a time which would have had him 9/43 in the 60+ category across divisions 2-4 as a whole.

Thanks to Steve, Claire, Ebe & Ange for their support. The next fixture is on SUNDAY 14th November, at Denbies Vineyard, again at 3pm. As borne out by this race, how we do will depend on getting as much of the herd out as possible!

2	Ed Chuck	25:15	64	Ed Harper-Masters	30:14
3	Jack Ramm	25:38	70	Ben Smith	30:34
12	Fred Bungay	27:43	72	James Brown	30:36
14	Shane O'Neill	27:52	73	Alex Loftus	30:37
15	Rob Armstrong	27:59	91	James Burrows	31:22
16	Andy Bond	28:02	98	Matt Cooke	31:45
23	Ade Russell	28:19	104	Des Crinion	32:15
32	Jon Phillips	28:45	117	Andrea Ceccolini	32:58
55	Daniel Mann	29:46	140	Grant Kennedy	35:01
58	Kev Chadwick	29:54	163	Martin Kelsen	37:31

**Team: 1 Dulwich – 230;** 2. Croydon – 324; 3. Reigate – 336; 4. Clapham – 406; 5. Epsom – 505; 6. Woking – 532; 7. Stragglers – 534; 8. Walton – 585; 9. Striders – 643

**B Team: 1 Dulwich – 172;** 2 Clapham – 284; 3. Epsom – 368; 4. Croydon – 386; 5. Stragglers – 398; 6. Striders – 403; 7. Reigate – 531; 8. Woking – 763; 9. Walton – N/A

# Surrey League XC

16 October

Three of us took part in the earlier Div3/4 race at Epsom Downs, competing for Vets AC. The course was slightly different from the one used a few years ago to avoid a section of long grass, and as a result was slightly shorter than 5 miles. Ground conditions were excellent with a mixture of grass and stony paths, with little advantage from spikes over trail, or even road shoes.

The course started with a long descent on grass to the race course stand followed by a mixture of sandy and stony paths. This was followed by a long uphill drag on grass alongside the

race course which became steeper as the route shifted to a stony path. The final part of the lap was on grass with a fast gentle descent to the finish for those with anything left in their legs. Gary Budinger seemed to take the shoe advice literally as he was seen sporting what appeared to be a pair of ballet shoes before the start, though these turned out to be socks.

As a result of an over-cautious start on the long downhill section and a blast at the finish to only just hold off a competing runner, I managed a negative split of some 15 secs, which is unusual for me. Gary danced his way around the course while Andy finished not far behind.

Mike Mann	39:53
Gary Budinger	42:03
Andy Murray	43:16

# Cabbage Patch 10

Sunday 17 October,

It's been more years than I care to remember since I last submitted a race report to Shorts. Partly because I left the club for a short while around 2016 and returned a couple of years ago. Also, because this was my first race in 6.5 years and my first Cabbage Patch race since October 2010. All made for a lot of pre-race trepidation!! I was pleased that my friend Claire Steward was running the race too and we met on the train easily enough. Those who have run this race before will know that the HQ of the race (Cabbage Patch pub) is literally opposite Twickenham train station so made for a simple enough transition.

The race itself set off in good time. It's a lovely, relatively flat course, with a fair part along the river through Teddington, over Kingston Bridge then back up through Ham and Richmond, which is why I thought it would be a good race to motivate my running over the summer. There are a few twists and turns but was well marshalled and lots of encouragement. I

knew I wasn't going to get anywhere near my previous time in 2010 (85:45) and tried to maintain a steady 10:30 pace. I wasn't far off with an average pace of 10:43. It was fabulous to see Claire and a few other DRs on the finish line cheering me on, particularly when they had been waiting so long...! Claire had a great run.

The prize giving was a long and drawn out affair. A pity that the categories for men and women were so different as I'm sure Claire will rightly mention! Grouping older women's prizes into one 55+ band seemed grossly unfair when they didn't do the same for the men.

We entered our race numbers into the raffle which turned into a bit of comedy act as the poor chap on stage pulled out one race number after another with little response as many had left by this point. He grew more and more desperate for a pint! There were some great prizes, including two spanking new Ridgeback mountain bikes (no, we didn't win them, but there's always next year...).

1173 Clare Osborne	1:47:22
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Claire Steward writes: With London Marathon taking place in October, I didn't risk entering this race in advance but was lucky enough to get a last minute number transfer. With mind and body feeling optimistic, I lined up with the 8 minute mile pace starters aiming to see how long I could hang on. The first part along the streets of Twickenham to Kingston Bridge encourages a speedy start, but the next section is tougher as it zigzags between the tow path and smaller roads, then the ascent onto Richmond Bridge.

The final miles along the tow path back to finish at York House Twickenham felt never-ending but I managed to keep up a reasonable pace, finishing just inside 83 minutes (5 mins faster than 2019!). Lovely to get a shout from Des as I approached the finish and then I waited with some friends to give Clare a cheer. Looking through results for 2019 I realised that Michelle, Neville, Lucy and I finished in the same order two years ago!

Winner 48:43

115	Des Crinion	1:07:05
185	Michelle Lennon	1:10:12
280	Neville Webb	1:13:40
369	Lucy Pickering	1:17:07
397	Martin Double	1:17:58
540	Claire Steward	1:22:34
1173	Clare Osborne	1:47:22
1342	Final finisher	2:36:09





# Project 20: Rotting With The Stars

Ajay Khandelwal

Due to popular demand from more adoring fan base (ok, so one person did ask me) I have decided to relaunch project 20. I am going to chronicle my return to fitness and seek to run 5 km in under 20 minutes again (distant PB). Yes, it could be quite a long running column, true (sorry Ed!).

As well as my running exploits, I will share some general musings from time to time about the nature of running with the magical club that is Dulwich runners. I was lucky enough to meet the director of the film *Dune* this week, and he said to me, "Is Barry available yet?" Not until the weekend before London 2022" I sagely advised him. He also said (this is true) , "I could be make ice sculptures in my basement, but I chose to make films because they are a form of collective poetry." As an eminent director he could get away with that type of deep expression. Suffice to say, I like to run with Dulwich runners as it is a form of collective moving poetry.

I was given a quote from the thinker Ernest Becker this week, which seemed apt in capturing something about why we run together - "Yet, at the same time, as the Eastern sages also knew, man is a worm and food for worms. This is the paradox: he is out of nature and hopelessly in it; he is dual, up in the stars and yet housed in a heart-pumping, breath-gasping body that once belonged to a fish and still carries the gill-marks to prove it. His body is a material fleshy casing that is alien to him in many ways—the strangest and most repugnant way being that it aches and bleeds and will decay and die. Man is literally split in two: he has an awareness of his own

splendid uniqueness in that he sticks out of nature with a towering majesty, and yet he goes back into the ground a few feet in order to blindly and dumbly rot and disappear forever"

My feeling is that as Dulwich runners we all know we are collectively and inexorably rotting away but we run anyway. True some are more rotten than others, and rotting at faster and smellier rates. Some it is true retain a more pristine quality. We look at the stars. I recently watched a park run and I saw Ed Chuck fly past. He was divine, in a race of his own, no one around him for miles. It was just poetry. Just think if his parents had named him Ed Chuckles, he would have been a comedian. But Ed Chuck, he was a bird flying up in the stars. A few minutes later I sighted Jack Ram. He could have been advertising Head and Shoulders with his lustrous dandruff free flowing hair; he looked a roman soldier launching into battle. A human battering shield. A veritable unarguable Ram. If his parents had named him Rim, he could have been an illustrious toilet attendant; but Ram ensured he was an "uncastrated male sheep". I was proud that I could associate myself with this celestial dancers.

A few days later I was volunteering at the London Marathon. I had a strange experience. I found that I felt just as excited watching the race as I would running it. First of all I thought this was because I got a free big yellow lanyard that I could wave at TFL staff so I felt like an imperial commander on Star Wars as I whooshed through the turnstiles with my free red marathon merch. But then I realised it was something deeper. At certain points I felt the runners and crowds became one – as ego boundaries melted – and a group experience emerged. Participation mystique I think is the correct term. Tim Bow and Arrow shot by. He looks like he's just going for a morning stroll – but the man is flying and smiling at the same time. Again, rotting and with the stars at the same time, traversing both worlds.

My only disappointment at the marathon was that Charlie Lound wasn't running. I

actually felt despondent and saddened by this. Ouch in my heart. Like most Dulwich Runners it is an existential fact that Charlie runs London. It is a deep abiding truth about the universe. It exists at the level of sub atomic particles. The Dulwich Runners was, according to our founders, set up to drink beer and run the London Marathon (club party oral history sources aka Mr Chris Vernon). This epitomised by Charlie Lound who took our unwritten mission statement and made it his life's work. A work of imagination by repetition by a giant of a man. I am still feeling the reverberations of his non-running in my daily life, and find myself questioning whether the sun will rise in the mornings.

I am not kidding you. It's like when I found out that father Christmas wasn't real. I feel like I have been thrown out of certainty into a world of doubt. I am hoping that this is not the end of this particular narrative arc. Still, I found consolation in reading about the wonderful runs of my fellow runners. I was rather moved by our very own Steve Smythe putting in his perhaps most heroic run ever, drawing from his very bone marrow, to get from start to finish. It must rival the time when he ran with his arm in a sling (cross country) waiting for a call from the surgeon and then managed to fall on the other arm. Perhaps the most rotten and starry of all to paraphrase Mr Ernest Becker.

So, what can I say about my own running. Well I understand that the top amateur British runner to finish in 2.15 has a dog he runs 80 a miles a week with. I did the same, sort of. I have an 8 month old fluffy cloud, a Bichon Frise. I completed a 5 km run with him in 51 minutes not including stops. This helped me get back to park run. Week one I ran 23.40 (7.50, 7.15, 7.50) splits. It seems like there was nothing in the tank for the last lap. Week two I ran – big 6 second improvement (sorry Ed, at this rate this column will need about forty editions) 23.33 (8.25, 8.05, 7.05). I'm looking forward to decaying with style over the next few months as I work towards my sub 20 goal, knowing I'm running with my Dulwich stars dotted about the universe.

**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

250 Ran  
Pos Gen  
18 2 Kim Hainsworth 21:00

### Beckenham Place

236 Ran  
Pos Gen  
73 60 Eugene Cross 24:25

### Brockwell

286 Ran  
Pos Gen  
1 1 Hugh Stobart 17:31  
18 16 Stephen Trowell 20:42  
36 3 Yvette Dore 21:24  
49 41 Dan Hill 21:50  
62 7 Catherine Buglass 22:19  
78 61 Graham Laylee 22:54  
133 29 Katharine Bond 25:03  
151 95 Michael Dodds 25:54  
190 50 Ros Tabor 27:58  
198 55 Sharon Erdman 28:19  
207 57 Clare Wyngard 28:44

### Burgess

448 Ran  
Pos Gen  
21 18 Charles Lound 19:42  
112 82 Martin Kelsen 23:04  
444 197 Chris Vernon 49:17  
445 168 Susan Vernon 49:18

### Castle Park

278 Ran  
Pos Gen  
71 5 Carys Morgan 25:48

### Charlton

252 Ran  
Pos Gen  
73 62 Stephen Smythe 23:21

### Clapham Common

509 Ran

Pos Gen  
3 2 Martin Belzunce 17:40  
383 101 Shoko Okamura 29:14

### Crystal Palace

267 Ran  
Pos Gen  
1 1 Jaime Smith 19:08  
127 19 Belinda Cottrill 27:12  
208 117 Bob Bell 32:24

### Dulwich

355 Ran  
Pos Gen  
23 19 Edward Simmons 19:13  
25 21 Rupert Winlaw 19:21  
32 27 Michael Nogas 19:31  
40 32 James Auger 19:55  
41 33 Ebe Prill 19:56  
54 41 Lee Wild 20:22  
105 82 Lloyd Collier 22:23  
118 14 Victoria Read 22:41  
150 112 Ajay Khandelwal 23:36  
161 117 Miles Gawthorp 24:18  
165 120 Chris Lawrence 24:25

### Haga

67 Ran  
Pos Gen  
20 19 Paul Collyer 21:58

### Hilly Fields

237 Ran  
Pos Gen  
46 4 Emma Ibell 22:31

### Lymington Woodside

133 Ran  
Pos Gen  
45 30 Colin Frith 24:40

### Mount Edgcumbe

65 Ran  
Pos Gen  
16 4 Laura Vincent 25:35

### Peckham Rye

223 Ran  
Pos Gen  
44 39 Matt Webb 22:36  
61 50 Andy Bond 23:42  
65 54 Gideon Franklin 23:47  
104 21 Claire Steward 25:32

### Richmond

331 Ran  
Pos Gen  
93 72 Barrie John Nicholls 25:18  
207 57 Lindsey Annable 28:56

### Riddlesdown

134 Ran  
Pos Gen  
24 21 James Wicks 25:17  
34 7 Ange Norris 26:29

### South Norwood

156 Ran  
Pos Gen  
103 76 Peter Jackson 30:11

### St Mary's

109 Ran  
Pos Gen  
42 34 Dave West 25:27

### Sutcliffe

189 Ran  
Pos Gen  
9 8 Michael Fullilove 19:43

### Upton House

366 Ran  
Pos Gen  
42 35 Sam Jenkins 22:13  
94 15 Claire Barnard 25:16

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



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



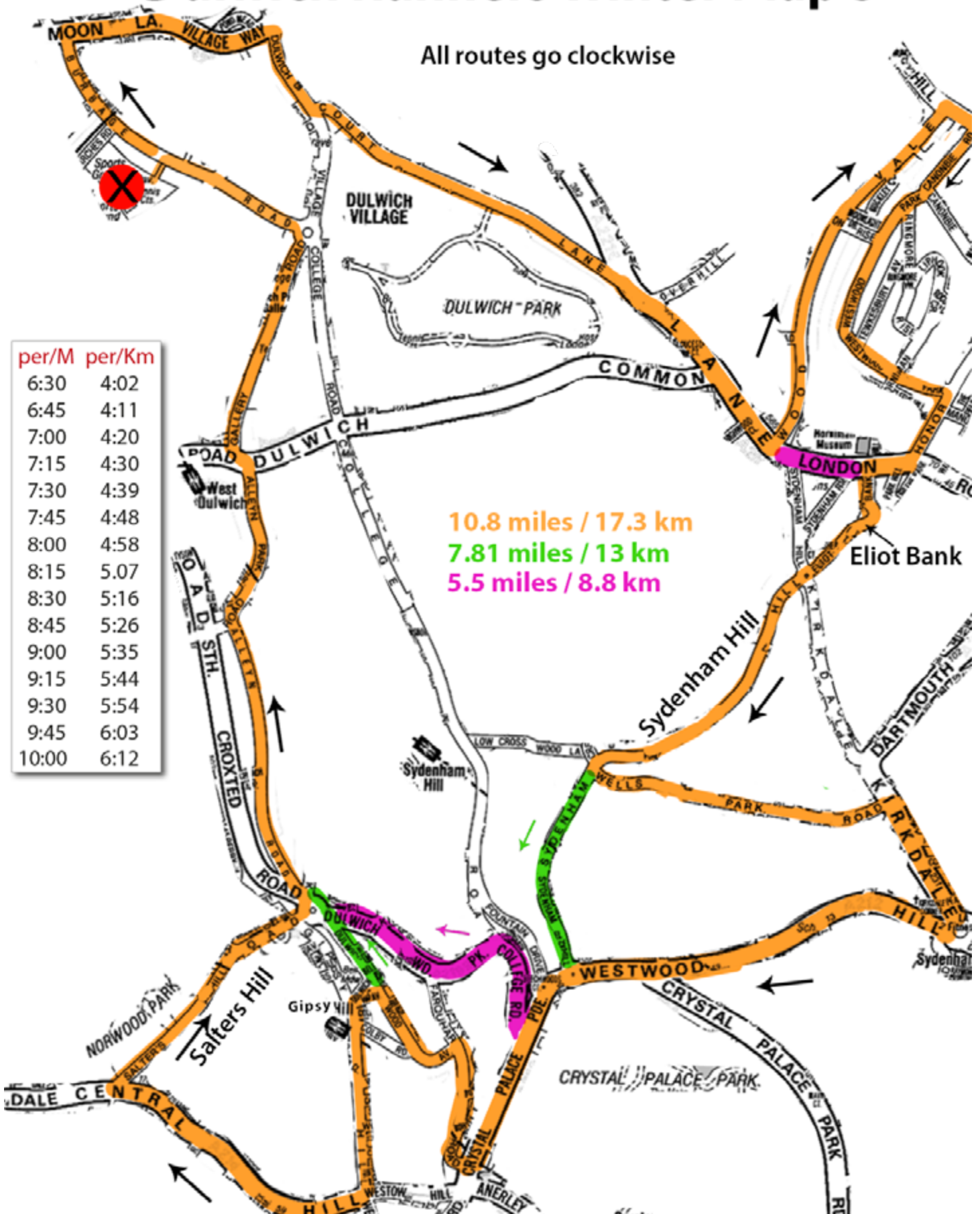
Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 5

All routes go clockwise



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