SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 30th January 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk

- THE COMING WEEK –

Wed 30 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 03 **Chichester 10k , Club Champs - coach info**

Tue 05 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:55 pay at reception on entry. **Fusion Gym members entry is free**

There will be no hill session this Saturday because of the Club 10km. Over 40 runners (easily the most ever) attended the track session on Tuesday – ***Steve Smythe***

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

Annual Renewal Fee Due

Chichester Feb 3- Club Champs, unless you renew you will not be able to compete and count.
***If your membership card has 2013 on it then this does not apply to you*
Memberships expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

Thankyou to all those who have renewed

In your *SHORTS* this week !

3 Fixtures list Cross Country, Club champs etc
5 Race reports etc
7 Marathon Training Program
8 Wednesday night running map

And much more !

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

---------- EVENT HORIZON ---------

A brief look ahead

Feb 03 Chichester 10k , Club Champs
Feb 09 Surrey League XC, Mens & Womens
Feb 16 Sth of Eng. Champs, Parliament Hill
full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Paul Hilton** for taking out new runners two weeks ago.
If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Joseph Brady	**30/01**
Colin Bailey-Wood	06/02
Stephanie Burchill	13/02
Graeme Campbell	20/02
Lloyd Clater	27/02

Wednesday Night Map

On page 11 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

LUCKY VEST
January winner – Mike Mann

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new mens and womens vests and T- shirts,

Vests	**£18 each**
T- shirts short sleeved	**£20 each**
and newly arrived long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

DULWICH RUNNERS
CLUB CHAMPS 2013

Races for next year's club championships have now been selected. These are as follows:

- 3 February Chichester 10K
- 10 March Lydd half marathon
- 21 April London marathon (or alternative)
- 6 June Assembly League 5k, Dulwich Park
- 20 or 27 June 2 Miles, Dulwich Park
- 12 or 19 July 1 Mile, Dulwich College Track
- 1 September Lingfield (Dry Hill) 10
- 5 October Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.

Mike Mann *(on behalf of ADSC).*

DULWICH RUNNERS
CLUB CHAMPS 2013

Our first two club champs races next year are outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Chichester Priory 10K on 3 February is a very popular race on a fast course, and entries often close well in advance, so please make that you enter as soon as possible to avoid disappointment.

Similarly the Lydd Half Marathon is one of the pre-London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after both races at nearby pubs. ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run. Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

SPRING RELAYS

We are planning to enter teams for the Green Belt Relay (GBR) taking place on 11/12 May and the Welsh Castles Relay on 8/9 June. Please note that the 1066 Relay will not be taking place this year.

Both events present interesting, scenic and varied running opportunities as well as being excellent social events. The GBR is largely off-road on riverside towpaths and footpaths, taking in some highly attractive countryside across the Chilterns and North Downs while the WCR takes place mainly on small roads, though some legs include trail sections.

It takes in the whole length of Wales starting from Caernarfon Castle in the north and finishing at Cardiff Castle in the south. In the GBR each competitor runs twice on Saturday and Sunday, while on the WCR you only run once over the weekend. On both relays individual stages range mostly from 8 to 13 miles with differing degrees of difficulty.

The tough hilly stages will be allocated to our strongest runners, though for the GBR when competitors run twice over the weekend, we will ensure that no runner is allocated two tough stages.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved to be popular running, as well as social occasions, so it is in your interest to apply early. If you would like to be entered or require further information, please contact me at mcmann90@yahoo.co.uk – ***Mike Mann***

Club Champs Chichester 10k Coach Details

Date: 3rd February
Leaving: 06:30 Dulwich Village (outside the Crown & Greyhound Pub)
Arriving: 09:00 Chichester
http://www.chichester10krace.org.uk/10k_Road_Race/More_Information.html
Race Start: 10:30
Leaving: approx 14:00 from Chichester

I know its a hideous time, but please don't be late!!

Thanks Sue - 07584 404 733

ps - the wheel on the bus go round and round.....

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Feb 17	BMAF 10M Champs, ,	Lytchett Manor, Poole
Feb 24	BMAF Sth of England Indoor Champs	Lee Valley
Mar 9/10	BMAF Indoor Champs.	Lee Valley
Mar 10	BMAF Half/M Champs.	Lydd
Mar 16	BMAF Champs.	Sunderland
May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

'And now for something completely different'

Twice a year I go to a fitness weekend at Camber Sands organised by www.fitnessfiesta.com. The next one is on 1-3 March. The weekend away is a great way of complementing your running by getting involved in other sporting activities (running is included though).

I have found the classes great for improving my overall condition, which can only improve my running, and the whole weekend is fun. It's cheap too with prices starting from £82 for self catering accommodation (including the classes). Visit the Fitness Fiesta website and if anyone goes let me know and I'll keep a look out for you. - ***Jim Estall***

FIXTURES 2013

The fixture list includes all currently available info on cross country and club champs fixtures. It includes most races that will be of general interest, some dates to be decided and some fixtures missing, will be updated as details become available.
Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event.
Apart from Surrey League most matches require entries in advance and only those pre-entered will be eligible to run.
Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Date		Race		Venue
Feb	**3**	**Chichester 10k**	**L**	**Chichester**
	9	**Surrey League 4**		Wimbledon Common **(M)** - Dorking **(W)**
	16	South of England Champs		Parliament Hill
	23	National Champs		Sunderland
Mar	**10**	**Lydd half marathon**	**L**	**Lydd**
Apr	**21**	**London marathon (or alternative)**	**L**	**London**
Jun	**6**	**Assembly League 5k**	**S**	**Dulwich Park**
	20 or 27	**2 Miles**	**S**	**Dulwich Park**
Jul	**12 or 19**	**1 Mile**	**S**	**Dulwich College Track**
Sep	**1**	**Lingfield (Dry Hill) 10**	**L**	**Lingfield (Dry Hill)**
Oct	**5**	**Trail race, Lloyd Park parkrun**	**S**	**Lloyd Park**

2013 Dulwich runners Club Championship races - The usual rules apply with the 8 races split into long **(L)** and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.
4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment. Mike Mann (on behalf of ADSC).

2013 Surrey League Cross Country **M**= Men **W**=Women

The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures start at 12 noon.

XC Captains: Men - **Mike Mann** mcmann90@yahoo.co.uk Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

All members are welcome and needed to do the Surrey league XC matches, just speak to or contact your captains

All things CROSS COUNTRY 2012/13

The cross country season proper started back in October with the first men's and women's Surrey League matches

Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

Dulwich Runners Cross Country Champs

We are holding a cross country champs for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

Surrey League Cross Country

The final matches take place on 9 February. In the men's division 3 we lie in 2nd place with an apparently healthy margin over the third placed club.

However the experience of last year when we were unexpectedly relegated in the final match, through competing clubs being in a position to field fast second claim runners, means that we must not be complacent.

We need to ensure that all our scorers from the last meet , those at the fringes of the scoring team and those potential scorers not present at the last meet take part in this final fixture if we are to ensure promotion. It takes place at nearby Wimbledon Common, so there is no excuse.

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains..

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

Mike Mann, Men's Off-road Captain

XC Captains:

Men - **Mike Mann** mcmann90@yahoo.co.uk

Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

VETS AC CROSS COUNTRY

The Vets AC cross country champs due to take place on 19 January, but postponed because of the weather, is likely to be rescheduled for 2 March, though this has not yet been confirmed. We had up to the 10 from the club planning to run, so it is hoped that most of those will be able to compete on the rearranged date. Watch this space for further details.

For those Vets AC members wanting a short work out prior to the Chichester 10k, the East Surrey Relays take place at Wimbledon Common at 2.30 this Saturday 2 February.

The start is at West Place, near the Fox and Grapes pub, which will also be the start for our last Surrey League match of the season on 9 February. ***Mike Mann***

URGENT - Women's Surrey League XC - Marshal required for final match *in the women's Surrey League XC will take place at noon on Saturday 9th February at Denbie's Vineyard, Dorking.*

We are required to provide a marsal to assist at the finish funnel. If anyone isn't running and is able to help out, please let us know as soon as possible.

Mel & Anna, dulwich.womenscaptain@yahoo.co.uk

URGENT - Mens Surrey League XC - Marshal required for final match *we are co-hosting this final men's match at Wimbledon Common, and have agreed to provide marshalling assistance.*

Hopefully some of our women will be able to travel to Wimbledon following their match at Denbies Vineyard to help out, but we also need assistance from those not competing and able to arrive at the start by 2pm. Please contact me if you are able to help out as well as hopefully support us on our return to Division 2. ***Mike Mann***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Jan 26th

Brockwell

Ebe and Stephanie set course bests.

12 Ebe Prill	19:12 (course PB)
21 Mark Foster	20:16
51 Graham Laylee	22:37
131 Stephanie Burchill 26W	26:43 (course PB)
158 Chris Vernon	30:29
165 Susan Vernon 43W	32:05 (1W65)
175 ran	

Bromley

1 Ian Frith	18:23 (former memb)
81 Colin Frith	24:20
84 Martin Morley	24:27
259 ran	

Burgess

32 Barry G. Evans	26:05 (1M65)
52 ran	

Crystal Palace & Dulwich postponed

Forest of Dean

*Andy Murray writes….*The weather had thrown everything at Gloucestershire recently -heavy snow, a weeks' gradual thawing, then on Friday 6 inches more snow, heavy rain and an overnight freeze. This left the car park for the Forest of Dean Parkrun (near Coleford) covered in black ice. Across the road was the edge of the forest where the run takes place - a rectangular loop followed by some zig-zags within it, gradually heading back to the start/finish area.

A friendly marshal described all the turns in the course to us but we could only see trees and ground covered in snow. Carrying injuries, we started slowly, struggling with the underfoot conditions- icy hard-packed snow in the centre of the more established paths or ankle deep snow on top of mud elsewhere. As the run progressed through the thick snowy forest we could see only one runner ahead and stuck behind her to make sure we stayed on course, eventually both recording pw's but really enjoying the challenge. Andy Murray

27 Andy Murray	31.45
29 Ros Tabor 3W	32.08

Hilly fields

Mel Edwards gained another win, her fourth at Hilly Fields

6 Ian Lilley	21:00
1W/10 Mel Edwards 1W	21:31
12 Gary Sullivan	21:59
36 Carolina Lilley 6W	27:57
55 ran	

Lloyd Park

Clare wanting a low key run before the club hill session, was surprised to find a big contingent from Tonbridge there because of the South of England cross-country cancellation including Kent league winner Nicole Taylor who has given her some good races in the past. However, she won easily on a very muddy and slow course.

4 Clare Elms 1W	19:49
107 ran	

Orpington

Duncan lost out on a win by just one second.

2 Duncan Hussey	19:23 (1M45)
5 Oscar Hussey	20:50 (1U15)
49 ran	

Riddlesdown

Ange Norris gained her 33rd win at Riddlesdown.

12 Ange Norris 1W	21:59
92 ran	

HOODIES

I am waiting delivery of the hoodies. If you haven't paid yet, please can you pay as soon as possible. Cheques should be made out to Dulwich Runners AC. – **Ros**

Serpentine 5k Friday 25-01

Paul Devine 18:42

London Games, Lee Valley, Jan 27

Competing in this indoor meeting, Tony Tuohy broke the Dulwich M50 record with a well paced run and strong finish.

Race 3: 800m

3 Tony Tuohy 2:14.78 (club M50 record)

Bromley 10k, January 13

Kim was first woman.

? Kim Hainsworth 1W 41:19

17 Gary Sullivan 42:17

WINE AND WISDOM QUIZ

The Wine and Wisdom Quiz, held annually at St Barnabas Hall in Dulwich Village will be held on Saturday 2 March.

I have reserved a table for a Dulwich Runners Team. If you are interested can you let me know - we need 8 people altogether - it's usually about £10 which covers entry, food and a glass of wine. The buffet supper is usually very good.

Ros

CALLING ALL CYCLISTS

SNOWDON CHARITY BIKE RIDE 2/3 MARCH

This is a 30 mile bike ride round Snowdon (following the route of the Snowdonia Marathon) starting and finishing at the Cwellyn Arms in Rhyd Ddu. This is opposite our houses which some will have visited on the Welsh Castles Relay.

You can take your own bike or hire from Peter at Beddgelert Bikes.

We can do Bed and Breakfast for 2 nights for a limited number at £30 per head (Fri and Sat). Depending on the weather you can ride on the Saturday or the Sunday which gives plenty of time to walk, run or sightsee in the glorious Snowdonia countryside.

If you want to reserve a place or want further information on travel etc, please contact me on vernonrun@aol.com. For details of our accommodation see www.snowdoniahouse.co.uk.

To enter the bike ride(there is no rush), see www.snowdoninn.co.uk - ***Chris Vernon***

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace

Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park
Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
Feb	3	**Chichester 10k**	Club Champs
	9	**Surrey League (XC)**	(4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon
	10	**Wokingham Half**	http://www.wokinghamhalfmarathon.co.uk/
	16	**South of England Champs**	**Parliament Hill**
	17	**10 x 1 mile intervals**	Dulwich Park – 09:00
	24	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
Mar	3	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
	10	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
	17	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races | Club champs/XC | Mile reps | Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

For cross country fixtures (Saturdays) contact the Dulwich Runner's XC captains

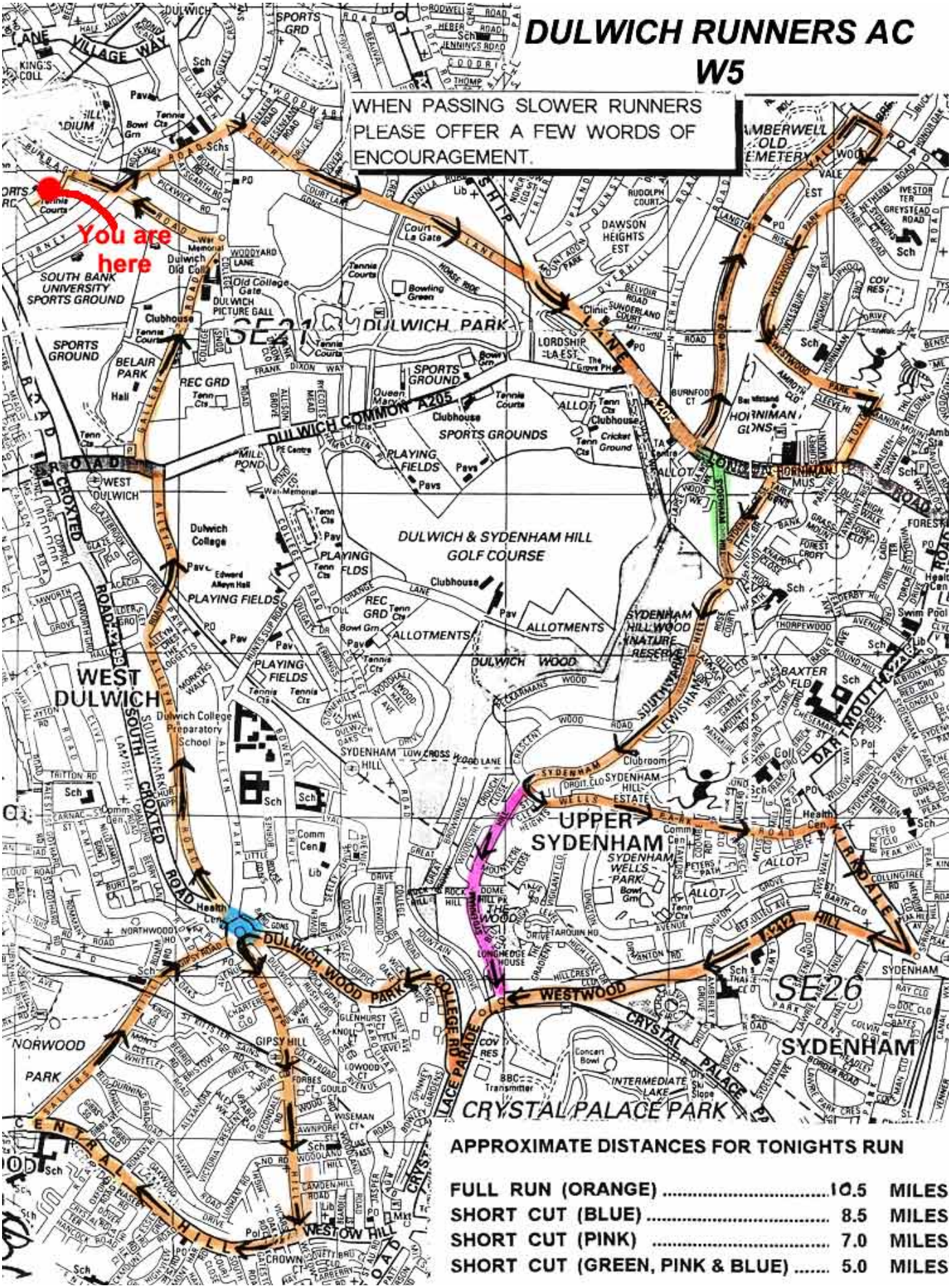
ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

Alternative Sunday race options:

10 Feb	Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/
17 March	Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20
24 March	Hastings Half http://www.hastings-half.co.uk/ Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

DULWICH RUNNERS AC
W5

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.


You are here
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
SE21
DULWICH COMMON A205
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
UPPER SYDENHAM
SYDENHAM
SE26
CRYSTAL PALACE PARK
DULWICH WOOD PARK
NORWOOD PARK
CENTRAL HILL
WESTWOOD HILL
CROXTED ROAD
SOUTHWARK PARK ROAD
LEWISHAM ROAD
DARTMOUTH ROAD
FOREST HILL ROAD
COLLEGE PARADE
CRYSTAL PALACE PARADE
WESTWOOD HILL
SYDENHAM HILL WOOD NATURE RESERVE
DULWICH WOOD
ALLOTMENTS
PLAYING FIELDS
SPORTS GROUND
Dulwich College
Dulwich College Preparatory School
Clubhouse
Tennis Courts
Bowling Green
Cricket Ground
Comm Cen
Health Cen
Sch
Lib
Pav
Pol
Mkt
BBC Transmitter
Concert Bowl
INTERMEDIATE LAKE
Ski Slope
COV RES
HORNIMAN GDNS
HORNIMAN MUS
SYDENHAM HILL ESTATE
SYDENHAM WELLS PARK
DAWSON HEIGHTS EST
LORDSHIP LA EST
BAXTER FLD
GIPSY HILL
WESTOW HILL
CROWN CT
LAWNPORE ST
CAMDEN HILL ROAD
GLENHURST CT
LOWOOD CT
FORBES CT
GOULD ROAD
WISEMAN CT
KNOLL
CHARTERS CLO
CHARTERS RD
GLENHURST AVE
GLENHURST RISE
GLENHURST CLO
KINGS GDNS
KINGS GATE
LITTLE BOURNE
BOURNE
BOWEN
ALLEN
ALLEN PARK
ALLEN THE OGGETTS
MORNING WALK
TRITTON RD
CLIVE
LAMBETH
SOUTHWARK CHURCH
CARNAC ST
HAMILTON
CHARLES
BERRY LAST
BURT
ROMAN RD
NORTHWOOD HO
GIPSY ROAD
DULWICH WOOD PARK
GOODWYNS
GREAT
ROCK HILL
DOME HILL PK
THE WOOD
LONGHEDGE HOUSE
TAROUIN RD
HILLCREST CLO
WESTWOOD
CRYSTAL PALACE
SYDENHAM
SYDENHAM WELLS PARK
PETERS PATH
COLLINGTREE RD
BEFORTED RD
BARTH CLO
HILL
A212
FIRDALE
SYDENHAM HILL
LOW CROSS WOOD LANE
PECKHAMS WOOD
THORPEWOOD
ROUND HILL
ALBION VILLAS
RED OAK
LONGFLD
SUN CROFT
CHESEMAN
MOUNT
CARDEN
PANMURE
FOREST CROFT
ENMORE ROAD
DERBY HILL
TORCH DRIVE
WALDEN SKINNY RD
HIGH WALK
GRASS MOUNT
PARK HILL
BANK
WOOD WK
LANE
STEEL CR
LUTTY CR
SYDENHAM
SOUTHWARK
ROSE COURT
ROSE HILL
CRESCENT
BROCKLEY CROSS
BROCKLEY RISE
BROCKLEY PARK
BROCKLEY GROVE
BROCKLEY HALL
BROCKLEY MANOR
BROCKLEY MOUNT
BROCKLEY RD
BROCKLEY CLO
BROCKLEY CROSS
BROCKLEY PL
BROCKLEY VIEW
BROCKLEY WAY
BROCKLEY WOO