

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
February 28th 2024  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk)

**DEADLINE for submissions 17:30 TUESDAY**

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 9 Club kit
- 11 Wednesday night maps.

Feel free to send in any race reports, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## \*\*\*2024/25 membership\*\*\*

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

The club membership year is April 1 to March 31 (same applies to EA reg.)

**A: Full year April 1 to March 31** - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

**B: 6 months October 1 to March 31** 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

If joining now see A above, remainder of this year will carry over to end of next March 31 - 2025

EA reg is £17 and can only be arranged through your 1st claim club

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

## 'Wear your club vest Wednesday'

Back by popular demand! Wear your club vest for the run **on the first Wednesday only of each month** and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit:

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

Socks **REDUCED** from £5 - now only £1 a pair!



# DULWICH RUNNERS 2024/25 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:  
 Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road/Misc. **Club Champs** **Assembly league** **Cross country** **Track**

Date		Event	Venue
Mar	3	Paddock Wood Half Marathon	Paddock Wood
	16	Dulwich Parkrun	Dulwich Park
	24	Southern 6/12 Stage Road Relays	Milton Keynes
Apr	4	Assembly League Race 1	Beckenham Place Park
	6	National 6/12 Stage Road Relays	Sutton Park, Birmingham
	21	London Marathon	Blackheath
May	4	Assembly League Race 2	Victoria Park
	18 to 19	Green Belt Relay	Around London
	25	BMAF Open Road Relays (Masters 35+)	Kirkby Mallory, Leicestershire
Jun	2	Assembly League Race 3	Crystal Palace / Sutcliffe Park
	11	Sri Chimnoy 5km Summer Series Race 1	Battersea Park
	16	Eltham 5	Eltham Park
	19	Dulwich Runners Midsummer Relays	Dulwich Park
	25	Sri Chimnoy 5km Summer Series Race 2	Battersea Park
Jul	6	Assembly League Race 4	Crystal Palace / Sutcliffe Park
	9	Sri Chimnoy 5km Summer Series Race 3	Battersea Park
	12 or 19	Mark Hayes Mile	Dulwich College
	23	Sri Chimnoy 5km Summer Series Race 4	Battersea Park
Aug	4	Assembly League Race 5	Victoria Park
Sep	tbc	Assembly League Race 6	Beckenham Place Park
	4	Big Half Marathon	Tower Bridge
	29	Middlesex 10km	Victoria Park

## Club Champs event - Paddock Wood 1/2M Sunday 3rd March 2024

Entries open - over 40 club members entered already..

A fast, flat accurate course on roads through the hop fields and orchards of Kent, ample parking, pacing team for following times (1.20, 1.30, 1.40, 1.50, 2.00, 2.15 and 2.30), supervised baggage store, refreshments, physiotherapist, results online and via text immediately after event, Start & Finish Chip Timing. entry <https://www.paddockwoodhalfmarathon.co.uk/>

Note – start time is 9.30 am means travelling by train isn't possible. We can either all car share or, if there is sufficient demand, look into hiring a mini bus or coach. A mini bus would also need a driver. (Let us know if you are able to do this.)

Please let us know how you would like to travel there so we can book a vehicle if necessary. Email Ange and Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

# Dulwich Runners Club Championships 2024

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chinmoy 5km summer series (S)</i>	<i>11 &amp; 25 June, 9 &amp; 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</i>
<i>Big Half Marathon (L)</i>	<i>1 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

**Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!**

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.



## DULWICH RUNNERS A.C. MIDSUMMER RELAYS DULWICH PARK

# 19.JUNE.2024

**The evening of Wednesday 19th June 2024**

**This is a great club event in our summer calendar, so please save the date. More details to follow but we will want both runners and volunteers. If interested in being on the organising team, email Ange - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)**

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

**time you run** - Contactless payments only

**Meet upstairs in clubhouse, arrive by 7pm to sign in pay & sort out which group you'll run with.**

**Usual runs are : long 8-9M, medium 6-7M, short around 5M**

**NOTE: £1 club run fee for members and guests each**

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

## Tuesday Evening Speed - Crystal Palace Track

Arrive ready for a 7pm start. Group training focussed on getting faster over 5-10k. You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday> You need to reactivate your Crystal Palace membership on your apps and pay online.

Tuesday 5 March

4-5\*1200m @10k with 90 sec recovs + 2-4\*400m@5k with 45 sec recovs.

Tuesday 12 March

1600m@10k with 90 sec recovs 3-5\*800m@5k with 60 sec recovs, 1600m@10k. Slower group could do 1200m rather than 1600m.

Tuesday 19 March

4-6\*1200m (1000m@10k + 200m@3k) with 90 sec recovs.

Tuesday 26 March

4-5\*1600m (1200m@10k + 400m@5k) with 90 sec recovs.

Questions or feedback Tom Poynton (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

### Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive. All members using the track must: give others plenty of space when overtaking or moving off the track.

- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Contact Ola Balme - [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/> Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

# Masters Champs

**16 Mar 2024** BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.  
**17 - 24 Mar 2024** European Masters Athletics Champs Indoor – Torun, Poland  
**15 - 19 May 2024** European Masters Athletics Champs Non Stadia Porto Santo, Portugal  
**13-25 Aug 2024** World Masters Track & Field-Gothenburg, Sweden

# Sportshoes.com 10% off for the club

10% off on [Sportshoes.com](https://www.sportshoes.com) for the club  
The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

# Dulwich Runners Book Swap

## The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.

Let's keep it to running related books - instructional, inspirational, fact or fiction. Even if you don't have any, come and browse and borrow one.





**v1 Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 [app.dulwichrunners.org.uk](mailto:app.dulwichrunners.org.uk)

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

 Download on the App Store

 GET IT ON Google play

Feedback and requests **Andrea Ceccolini**  
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).



# Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

**10% discount to club members**

Ola is an experienced Sports massage therapist & club runner  
To find out more and book an appointment:  
[olabalne1@gmail.com](mailto:olabalne1@gmail.com)



It's no secret that Dulwich Runners love Parkrun!

In 2023 DR members recorded over **3,000 results** in over 80 different parkrun venues around the world - this was over 2/3 of all officially recorded results from our club.

**Version 1.5 of the DR App** has been released and offers a more detailed view of parkrun results, focusing on our club members only.

Use the new menu "**Parkrun Records**" to see how many times we've run on a given venue, and who recorded the best result every year, or the "all time" best

Parkrun Records					
	ALL	2024	2023	2022	2021
Banstead Woods [259]	17:03 T. Bowen	20:42 T. Tuohy	19:47 T. Tuohy	19:44 T. Tuohy	20:40 T. Tuohy
Beckenham Place [417]	16:11 T. Bowen	21:10 R. Rook	16:56 A. Bond	17:16 A. Bond	17:25 A. Bond
Bexley [130]	16:57 A. Bond	28:47 T. Bendoni	21:09 R. Rook	21:35 J. Leafe	
Brockwell [2008]	16:06 A. Wilson	16:52 A. Wilson	16:06 A. Wilson	16:32 E. Chuck	16:28 T. Bowen
Bromley [743]	16:12 A. Bond	29:14 P. Jackson	17:21 J. Willis	17:21 K. Chadwick	18:30 K. Chadwick
Burgess [732]	15:57 B. Howe	20:42 F. Vernon	16:08 A. Bond	15:58 A. Bond	15:57 B. Howe
Catford [124]	16:20 A. Bond	19:50 M. Ahluwalia	17:11 A. Bond	17:51 A. Wilson	17:27 A. Bond
Clapham Common [117]	16:37 N. Impey	19:09 H. Minter	16:37 N. Impey	18:04 S. Donlon	17:37 S. Donlon
Crystal Palace [2085]	16:37 A. Bond	19:42 M. Williams	16:41 A. Bond	16:47 B. Howe	17:10 H. Stobart
Dulwich [3933]	15:02 E. Chuck	15:02 E. Chuck	15:21 J. Dazeley	15:40 A. Wilson	15:03 E. Chuck
Greenwich [150]	16:34 A. Bond		20:54 J. Siderfin	18:13 K. Chadwick	21:00 M. Fullilove
Hilly Fields [407]	16:43 A. Bond	21:16 M. Humphrey	16:43 A. Bond	17:43 A. Russell	17:32 A. Bond
Lloyd [135]	16:56 E. Chuck	18:51 W. Lashley	17:27 B. Howe	19:18 W. Lashley	28:33 J. Wicks

Main events only

Gender: Women

Age Group: V40-45

- ALL
- V35
- V35-40
- V40
- V40-45
- V45
- V45-50

Banstead Woods [1]	26:23 C. Buglass	26:23 C. Buglass	
Beckenham Place [22]	21:58 L. Vincent	24:22 L. Vincent	21:58 L. Vincent
Bedgebury Pinetum [12]	21:16 K. Hainsworth	23:02 K. Hainsworth	21:54 K. Hainsworth
Bethlem Royal Hospital [2]	23:36 L. Vincent		
Bexley [4]	20:31 C. Oliver		
Blandford [1]	34:21 C. Buglass	34:21 C. Buglass	
Bognor Regis [1]	29:29 C. Lilley		
Bramhall Park [1]	19:34 A. Pickup		
Brockenhurst [3]	21:20 K. Styles	21:20 K. Styles	

You can filter by age group for additional insights, and you can show "main events only" (the ones with at least 100 results across all age groups, or at least 10 results in a given age group) or all events, if you are curious to see who ran in less popular venues.

### Closed Age Groups

Version 1.5 also adds "closed age groups" in the filters: for instance, while V50 includes everyone from the age of 50, V50-55 only includes 50 to 55 year olds. Closed age group filters can be used on all types of events, and they are the same we use to maintain the club records in our [club stats](#).

While results are downloaded daily from [The Power of 10](#) and parkrun websites, if you notice some results are missing, let us know, so we can ensure they're captured in the system and, if applicable, in the club record files.

### App Roadmap

The parkrun functionality will soon be extended as follows:

- By clicking on any cell of the grid, you will see a full leaderboard of "best results" from all DR members who have run on a given venue on the selected year or "all time" (filtered by age group, if one is selected)
- The individual runners page will include the runner's own "matrix" of best parkrun results organised by venue and by year, with the possibility to see the list of results on a given year and venue, sorted by time.

Questions? Suggestions? Please let Cecco know!

Visit [www.drastic.com](http://www.drastic.com) or [app.dulwichrunners.org.uk](http://app.dulwichrunners.org.uk) and download iOS or Android App.

# Spring 2024 marathon training plan

## March update

In March we build on February's work and long runs get longer and include more sections at or near marathon pace. No need to go beyond about 22m or 3:15 hours, whichever comes first. I've suggested below some long run sessions, feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas.

Another alternative is a 20m race or supported run e.g. the Hillingdon 20 and the Riverside 20, where you could mix up some easy and marathon pace running or run it all at about 10-20 seconds a mile slower than marathon pace – its best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days, if not longer. I've included an easier week, to allow for recovery, although you could move

this around a bit depending on how you feel.

There are two club champs races in this period (Paddock Wood Half and Dulwich Parkun) plus the road relays. Shorter tune-up races are not essential but can be good race practice (kit, crowds, gels etc), give some idea of target time to go for (with some caveats), and make a bit of a change from all those long runs although you shouldn't really have a mini-taper and recovery too often.

I've continued to suggest running the interval sessions every fortnight. You could substitute them for an easy run if you raced at the weekend and Wednesday club runs continue to alternate between an easier run and a longer, faster run.

Questions contact: Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

### Mon 26 Feb – Sun 3 March

Tues intervals, Wed 60 min easy-steady run, Sunday Paddock Wood half or a long run for 2:30-2:45 hours easy pace. Otherwise one, pref. two easy runs for 40-60min elsewhere in week.

### Mon 4 – Sun 10 March

Tues easy run, Wed 70-80 min steady club run, Sun long run 2:30-2:45 hours, mainly easy pace including 4-5m marathon pace or 3\*2miles at MP. Otherwise two, pref. three easy runs for 40-60 mins elsewhere in week.

### Mon 11 – Sun 17 March

Tues intervals, Wed 60 min club run, Sun long run for 2:30-3:00 hours, mainly easy pace with 3-4miles at marathon pace. Otherwise one, pref. two easy runs for 40-50 mins elsewhere in week.

### Mon 18 – Sun 24 March

Tues easy run, Wed 80-90 minute fast-steady club run, Sunday long run for 2:45-3:00 hours, mainly easy pace including 3m at marathon pace, 2 miles easy, 3 miles marathon pace. If racing the SEAA road relays (on the Sunday) you could move long run to Sat, or incorporate your stage in your long run e.g. 5m easy, race, then a mix of recovery and MP running. Otherwise one, pref two easy runs 40-60 mins elsewhere in week.

## If you would like to join a long run group

ahead of the spring half and full marathons, add your details to this spreadsheet. Our current groups are working well, but always room for more people and we would like to see if we can create a new group, in particular for those running 9:00-9:30 minute mile pace.

<https://docs.google.com/spreadsheets/d/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8lg/edit#gid=0>

## Race Reports & Results

Want your race results and reports in SHORTS ? please email them to [barry@bg1.co.uk](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## Serpentine Last Friday 5k Hyde Park

23/2/24

Ros Tabor 26:08  
Andy Murray 27:24

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

## Banstead Woods

188 Ran  
Pos Gen  
12 12 Tony Tuohy 21:15

## Bromley

679 Ran  
Pos Gen  
29 29 Ross Rook 19:29  
461 137 Carys Morgan 31:28

## Wakefield Thornes

227 Ran  
Pos Gen  
75 10 Claire Barnard 28:49

## Brockwell

491 Ran  
Pos Gen  
1 1 Lewis Laylee 16:44  
19 17 Jonny Hough 19:39  
70 58 Stephen Trowell 22:12  
72 9 Nicola Richmond 22:15  
99 77 William Hooper 23:02  
218 60 Lucy Clapp 26:31

## Crystal Palace

533 Ran  
Pos Gen  
44 3 Laura Denison 21:58  
67 60 Ryan Duncanson 23:07  
104 88 Michael Mann 24:21  
132 108 Michael Williams 25:12  
136 20 Eleanor Simmons 25:15  
162 29 Victoria Ferrer 26:06  
226 166 Michael Dodds 27:50  
321 210 Peter Jackson 29:57  
366 232 Paul Hilton 32:22  
394 242 Bob Bell 33:18  
461 167 Chris Bell 36:54  
469 264 Steve Wehrle 2nd cl. 37:18

## Riddlesdown

78 Ran  
Pos Gen  
1 1 Daniel Mann 20:08  
16 15 James Wicks 24:30  
49 9 Ange Norris 32:55

## Mile End

489 Ran  
Pos Gen  
39 35 Lee Wild 20:36

## Dulwich

707 Ran  
Pos Gen  
19 15 Adrian Russell 16:38  
40 33 Alastair Low-Macrae 17:41  
76 61 Rob Fawn 19:13  
91 11 Helen Shannon 19:40  
110 86 Austin Laylee 20:05  
111 87 Chris Lawrence 20:06  
135 105 Gower Tan 20:38  
163 125 Robert Tokarski 21:07  
167 26 Harriet Roddy 21:12  
183 31 Ola Balme 21:33  
185 139 Tom Mountain 21:35  
255 49 Izzy Pickles 22:59  
330 239 Ajay Khandelwal 24:25  
361 79 Alexandra McClelland 25:07  
360 78 Polly Low-Macrae 25:07  
438 288 James Gordon 27:00  
592 348 Andrea Ceccolini 30:55  
698 384 Fazlur Rahman 45:07  
702 258 Susan Vernon 48:24

## Hilly Fields

263 Ran  
Pos Gen  
3 3 Murray Humphrey 19:37

## Southwark

442 Ran  
Pos Gen  
257 180 Paul Keating 28:52

## Shorne Woods

221 Ran  
Pos Gen  
9 1 Kim Hainsworth 22:14

## Ormeau

563 Ran  
Pos Gen  
49 44 Jamie Robinson-Nicol 22:11

## Castlewellan

224 Ran  
Pos Gen  
17 1 Michelle Lennon 21:18

## Peckham Rye

416 Ran  
Pos Gen  
54 48 Mark Callaghan 22:20

## Folkestone

348 Ran

Pos Gen  
75 71 Miles Gawthorp 24:27

## Constantia Greenbelt

435 Ran  
Pos Gen  
31 2 Katie Thompson 24:37

## Tooting Common

406 Ran  
Pos Gen  
165 116 Ian Sesnan 26:38

## Worthing

575 Ran  
Pos Gen  
210 164 Joseph Brady 26:00

## Catford

165 Ran  
Pos Gen  
43 4 Joanne Shelton Pereda 25:55  
63 52 Dave West 27:09  
90 27 Claire Steward 29:54

## Centennial

557 Ran  
Pos Gen  
342 104 Clare Wyngard 29:39

## Bethlem Royal Hospital

39 Ran  
Pos Gen  
2 2 Justin Siderfin 21:07

## Squerryes Winery

77 Ran  
Pos Gen  
62 44 Stephen Smythe 38:10

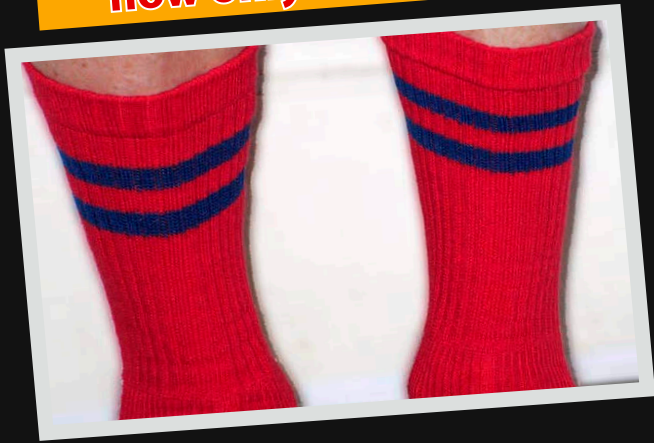
## Sutcliffe

296 Ran  
Pos Gen  
3 3 Andy Bond 16:50  
12 1 Kay Sheedy 18:19  
32 28 Michael Fullilove 20:56



# DULWICH RUNNERS KIT

**Socks REDUCED from £5 -  
now only £1 a pair!**



- 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)



**Crop tops - £25**

## Beast from the East!

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



**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!

**! 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

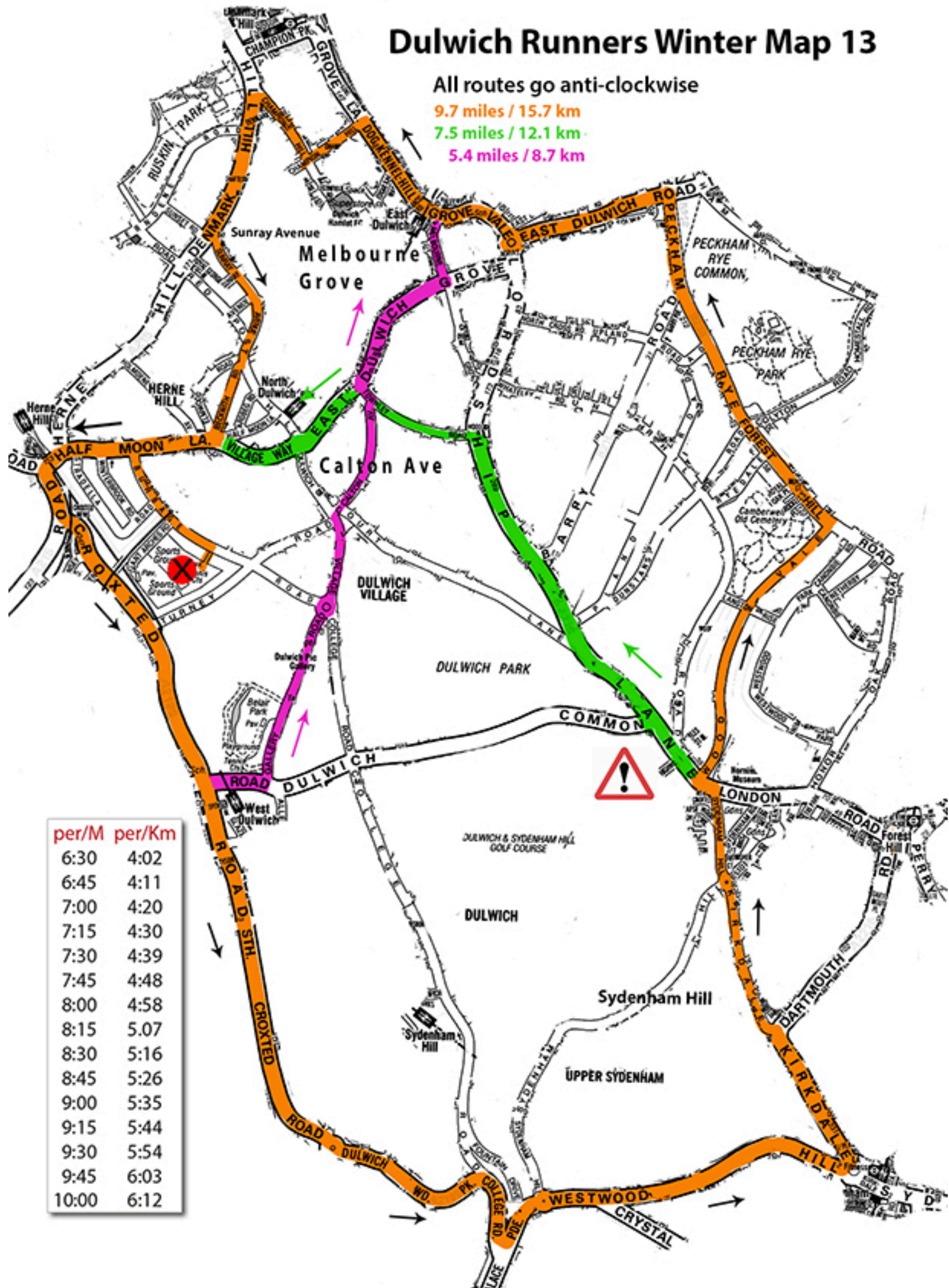
# Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.7 km

7.5 miles / 12.1 km

5.4 miles / 8.7 km



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

# Dulwich Runners Winter 5km routes

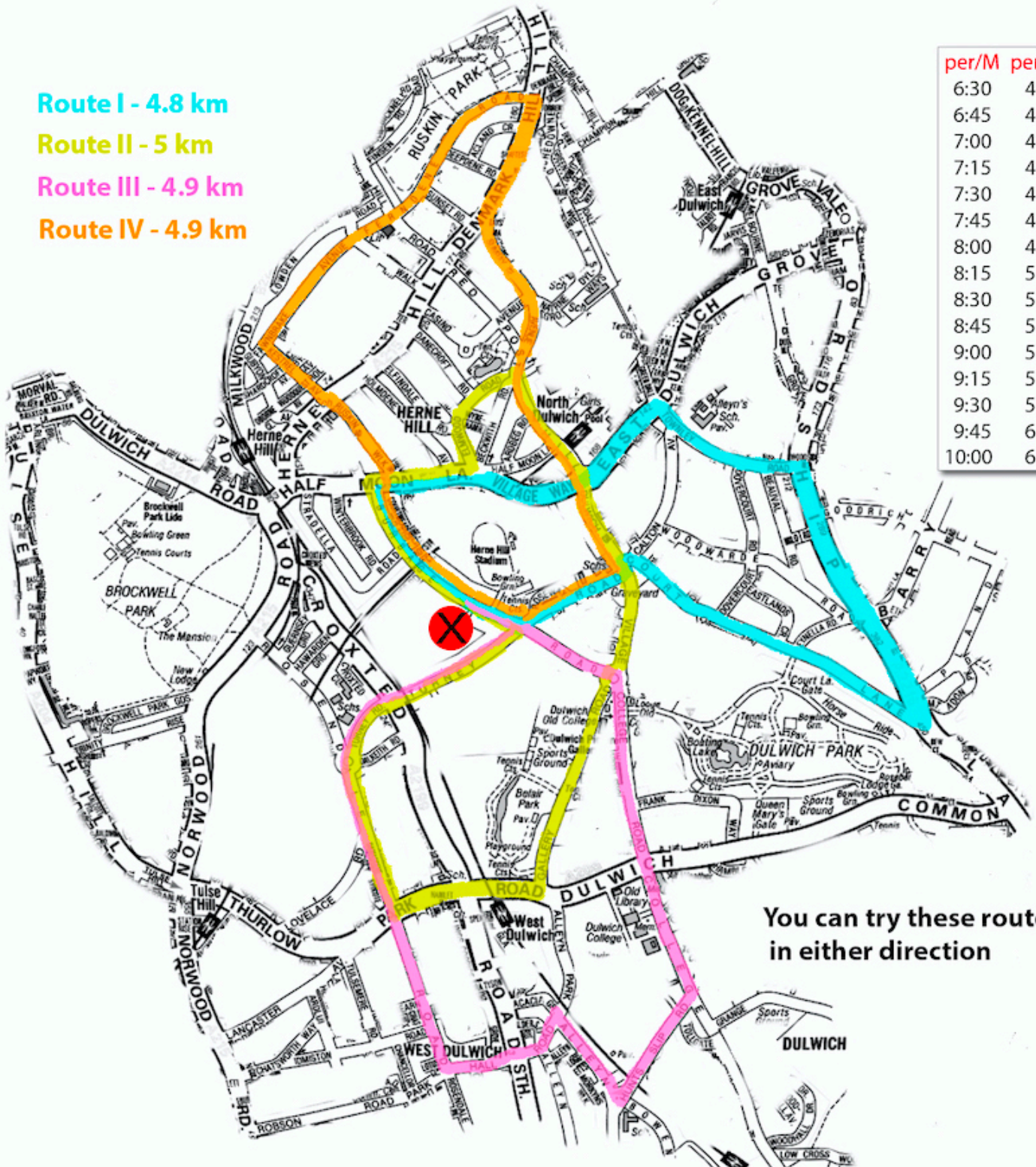
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



You can try these routes in either direction