



These are your SHORTS

Please send any reports, running news etc to:

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

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

Dulwich Runners AC AGM - Save the Date - Wednesday 24 April 2024

The 2024 Dulwich Runners AC AGM will take place on Wednesday 24 April, at the Alleyns Club House after the Club Run.

Further information will be in Shorts in the coming weeks.

In the meantime, please do save the date.

*** 2024/25 Renewals - April 1 ***

Yes its that time of the year !....I will shortly be emailing you your renewal requests.

Please do not reply to the email unless to advise me of any changes to your details.

If you are not a fully paid up member 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.)

1st claim £49 includes EA reg. £19 - without EA reg. £30 - 2nd claim £30

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

Any membership queries contact: 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

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



DULWICH RUNNERS 2024/25 FIXTURES

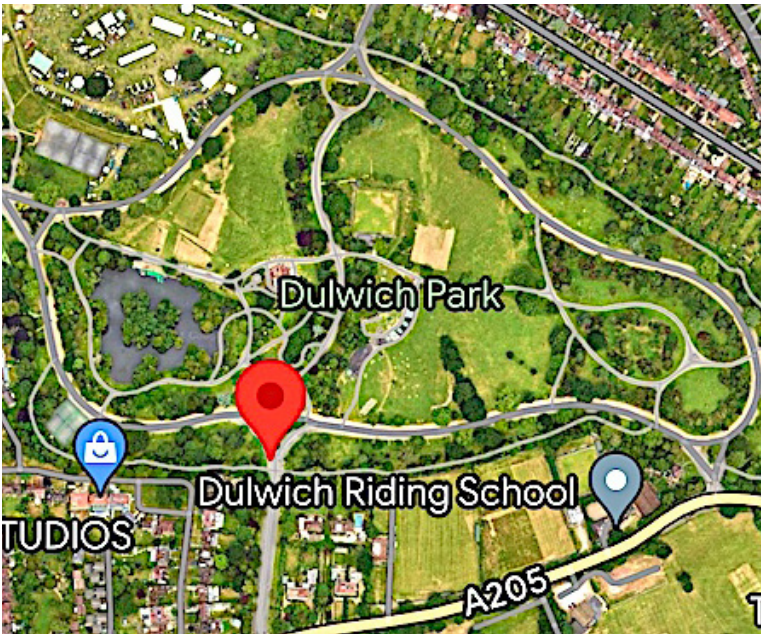
Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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

Road/Misc. Club Champs Assembly league Cross country Track

| Date | Event | Venue |
|------|---|---------------------------------|
| Mar | 16 Dulwich Parkrun *** see below *** | 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 | 2 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 | 6 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 | 4 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 | 1 Assembly League Race 5 | Victoria Park |
| Sep | 5 Assembly League Race 6 | Beckenham Place Park |
| | 1 Big Half Marathon | Tower Bridge |
| | 29 Middlesex 10km | Victoria Park |

Dulwich Parkrun Club Championships Saturday 16 March - 9am



The second event in the 2024 club championships is this Saturday morning at Dulwich Park. For those of you new to Parkrun the event is 5km distance, please register at <https://www.parkrun.org.uk/register/?eventName=dulwich> it's free to take part.

The course is a relatively flat 3 laps of the park, start point north of the Queen Mary Gate (see map). For more details see <https://www.parkrun.org.uk/dulwich/>

Please remember your barcode! And also make a note of your time in case there are any difficulties at the finish as it can get busy.

Organisers say they're happy for people to wear club vests if you have one, vests always on sale Wednesday night at the clubhouse if you want one.

For those who want a chat over tea or coffee afterwards some of us will go to the Dulwich Clock Cafe in the park. Main awards will be Wednesday 1 May, we will celebrate both Paddock Wood 1/2M and Parkrun performances with a pizza night.



On **Wednesday 27 March from 8:45pm** Cecco and Gower will give a presentation about Ultra-trail running covering the following topics:

- From road running to trail, mountain and ultra-endurance running
- Main domestic and international races and circuits
- How to get started
- Possible progress
- Training, avoiding injury and mental strategies
- Required kit, nutrition and hydration
- Q&A and some resources

Dulwich Runners Club Championships 2024

| | |
|---|-------------------------------------|
| Paddock Wood Half Marathon (L) | 3 March |
| Dulwich Parkrun (S) | 16 March |
| London Marathon or alt. (L) | 21 April |
| Sri Chimnoy 5k summer series (S) | 11&25 Jun, 9&23 July |
| Eltham 5 Mile (Trail) (S) | 16 June |
| Mark Hayes Mile (S) | 12 or 19 July (TBC) |
| Big Half Marathon (L) | 1 September |
| Middlesex 10km (L) | 29 September |

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.



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: Ange 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. Repairs to indoor track start Wednesday 13 March for 3-4 weeks - there's a safe route to outdoor track. Further repairs to outdoor track date unknown. Hopefully after our last session there 16 April with first session at Dulwich College a week later.

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

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

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

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: 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 EMEA 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

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:
olabalmel@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 or 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

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/1Vqu6i000I0D34R2ZzThnzpEvNU9Oid3ZCezx7Ef8Ilg/edit#gid=0>

Race Reports & Results

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

2nd Sunday 5

10 March

This month's race was predictably challenging with boggy grass at the start and finish along with muddy stretches and large puddles at the far end of Beverley Brook. Lucy Pickering, a first timer in this event, had a strong run. My

time was well over 2 minutes faster than my previous race in November on dry ground despite an early shoelace stop and the muddy conditions. Playing catch-up, which can sometimes go badly wrong, seemed to work though overtaking was difficult on the narrow section across the golf course known as the "Toast Rack" Mike Mann

Lucy Pickering 41:16
Mike Mann 43:20

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

270 Ran
Pos Gen
12 12 Tony Tuohy 20:28

Bromley

684 Ran
Pos Gen
616 331 Steve Wehrle 2nd cl. 39:07

Kingston

421 Ran
Pos Gen
2 2 Dylan Wymer 16:40
71 4 Ange Norris 22:47
140 119 Dave West 25:42
241 62 Claire Steward 29:11

Brockwell

441 Ran
Pos Gen
1 1 Lewis Laylee 16:34
15 12 John Kazantzis 20:19
42 2 Nicola Jane Richmond 21:53
43 38 Stephen Trowell 21:55
71 61 Charles Lound 23:01
102 9 Catherine Buglass 23:58
109 92 Graham Laylee 24:13
301 199 Hugh French 29:33

York

738 Ran
Pos Gen
23 21 Rob Mayes 19:31

Ashford

321 Ran
Pos Gen
17 2 Kim Hainsworth 21:21

Crystal Palace

404 Ran
Pos Gen
135 22 Eleanor Simmons 26:21
291 188 Paul Hilton 31:49
366 204 Bob Bell 37:34
367 140 Chris Bell 37:35

Riddlesdown

121 Ran
Pos Gen
39 34 James Wicks 26:21

Eastville

840 Ran
Pos Gen
139 109 Jamie Robinson-Nicol 23:33

Mile End

439 Ran
Pos Gen
237 179 Paul Keating 27:36

Dulwich

670 Ran
Pos Gen
1 1 Aaron Wilson 16:10
8 7 Adrian Russell 16:59
45 38 James Brown 18:51
65 57 Rob Fawn 19:34
78 67 Gower Tan 19:49
90 77 Ryan Duncanson 20:05
141 120 Paul Vivash 21:19
149 127 Robbie Smith 21:30
209 173 Tom Shakhli 22:47
277 45 Alexandra McClelland 24:26
278 46 Polly Low-Macrae 24:26
663 359 Fazlur Rahman 44:54

Burgess

742 Ran
Pos Gen
68 6 Michelle Lennon 20:45
118 104 Hugh Balfour 21:43
741 395 Chris Vernon 58:58
742 300 Susan Vernon 59:01

Southwark

503 Ran
Pos Gen
1 1 Andy Bond 16:38
207 165 Lee Wild 26:03

Clair

162 Ran
Pos Gen

33 5 Yvette Dore 23:25
43 7 Emma Ibell 24:30

Peckham Rye

441 Ran
Pos Gen
8 6 Mark Callaghan 18:58
72 8 Laura Vincent 22:58
190 129 Harry Lawson 27:06

Tooting Common

471 Ran
Pos Gen
155 117 Ian Sesnan 26:05

Felixstowe

363 Ran
Pos Gen
127 23 Hannah Issett 26:29

Grove Fields

94 Ran
Pos Gen
58 11 Elizabeth Begley 32:59

Tsurumi Ryokuchi

84 Ran
Pos Gen
1 1 Ed Gibson 16:34

Charlton

199 Ran
Pos Gen
36 32 Stephen Smythe 22:32

Rendlesham Forest

106 Ran
Pos Gen
11 10 Matthew Wright 22:16

Edenbrook Country

293 Ran
Pos Gen
72 63 Barrie John Nicholls 25:49
98 20 Lindsey Annable 26:53

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

Beast from the East!

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



Crop tops - £25

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



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

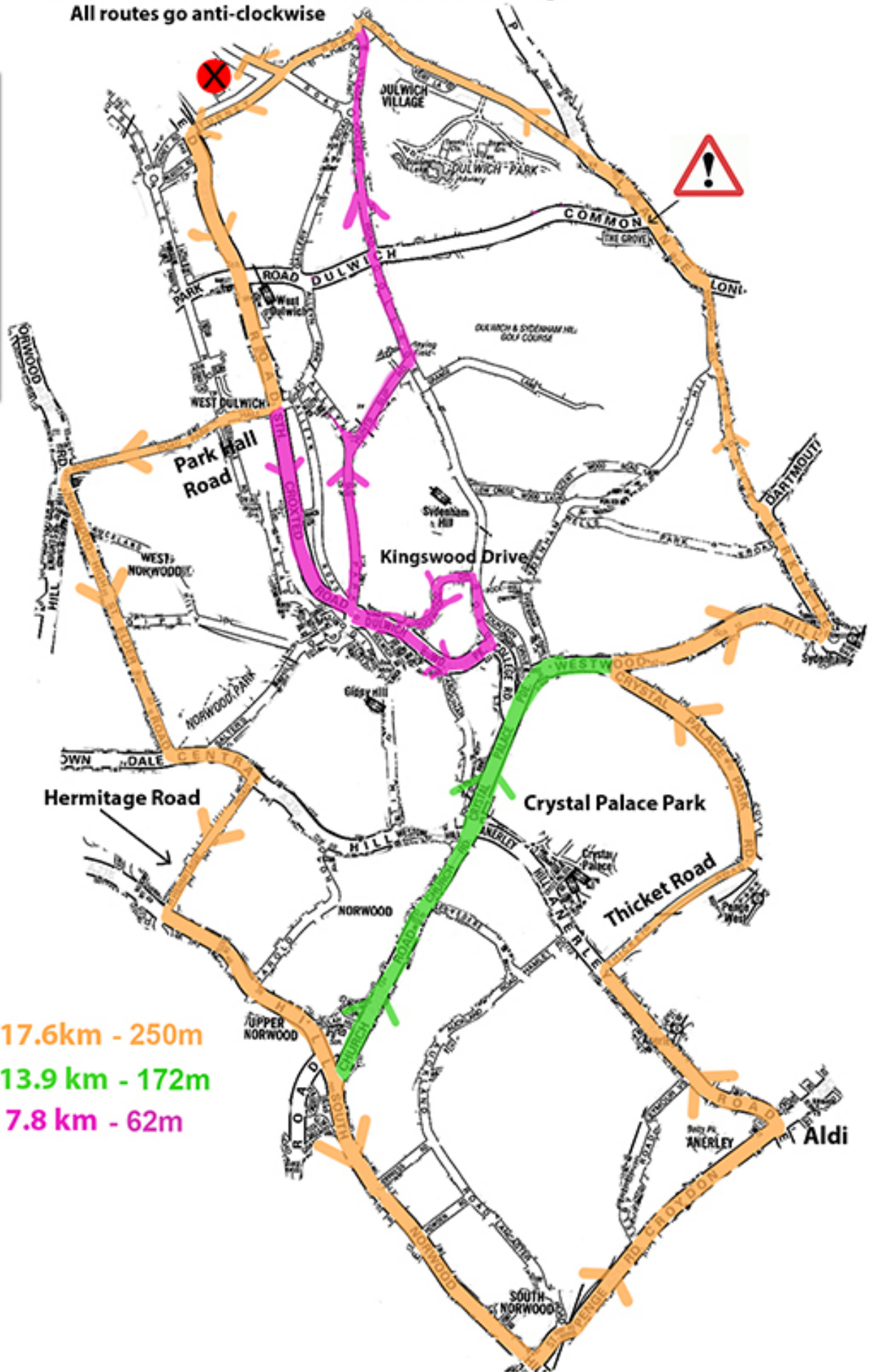


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 1

All routes go anti-clockwise

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



10.9 M / 17.6km - 250m
 8.7 M / 13.9 km - 172m
 4.9 M / 7.8 km - 62m

Dulwich Runners Winter 5km routes

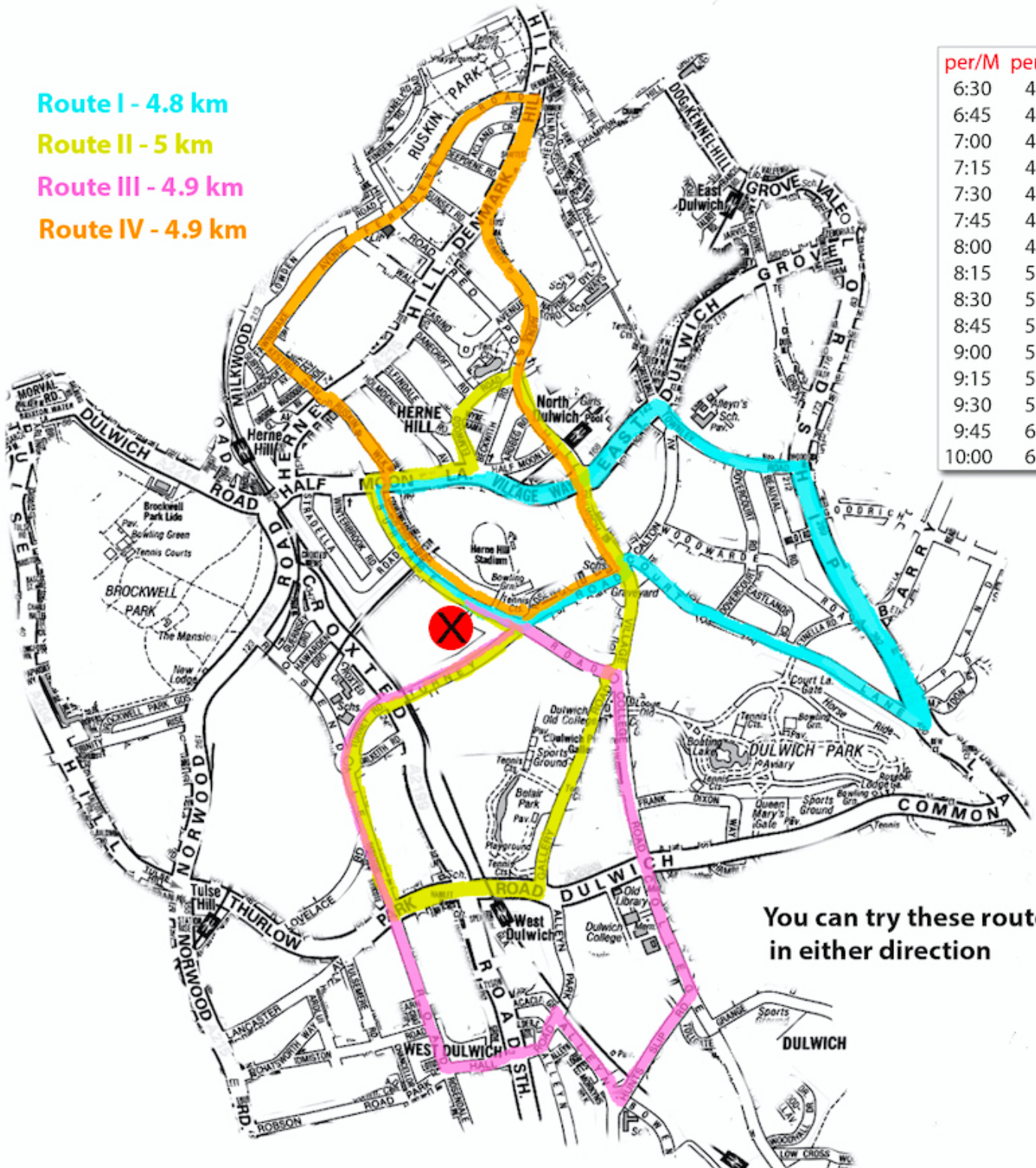
Route I - 4.8 km

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