



SHORTS

Dulwich Runners AC

Weekly Newsletter

February 19th 2020

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

Wed 19	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 25	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 7 parkrun times
- 8 Club kit
- 11 Map for tonights runs

And much more !

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TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25
main session with Steve Smythe.
£2.50 for members (non members the standard £4.45)
**No trackside payment - Either pay at reception...(You
may be asked for proof of membership) or Online at:**
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

EVENT HORIZON

A brief look ahead

Feb 22 National Cross Country champs, Nottingham

See full fixture list for more events and details

Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks, lasts around 1 hour.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.
This summer we will be celebrating 40 years!
I have decided that it is time for me to stand down as
Chair, so I will not be going for re-election at the AGM
in March. I have really enjoyed my time, but it's time for
someone else to take over.
I am happy to discuss the role with anyone interested,
and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

NEW RUNNERS ROTA

Thanks go to **Joseph Brady and Mick Ward** for running
with new people last week.

It really helps when people are willing to volunteer to help
even though its not their turn.

I expect we will have big numbers for at least the next 2
Wednesdays, so I shall probably be asking for your help
again.

If you're on the list please 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 asap. - Thanks. - Ros

Katie Styles

Ros Tabor

19/2

26/2

Rehydration !

After your run come to the bar, have a drink and a chat, it's
a good way to get to know fellow runners (hot drinks also)

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts.
Copies will be at the clubhouse, but feel free to print your
own and 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 it in
the clubhouse.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

Further information 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.

2020					
Feb	22	National Cross Country champs,		Nottingham	Road & other
Mar	1	Vitality Big Half	long	London	
	22	Southern 12 and 6 stage relays		Milton Keynes	Cross country
Apr	2	Assembly League		Beckenham Place Park	
	4	National 12 and 6 stage relays		Sutton Park	Club Champs
	26	London Marathon or alternative	long	London or alt.	
May	7	Assembly League		Victoria Park	Assembly League
Jun	4	Assembly League		Jubilee Pk, Leytonstone	
	15	Sri Chinmoy 5km	short	Battersea Park	Club Champs
Jul	2	Assembly League		Crystal Palace Park	
	18	Richmond Summer Riverside 10km	long	Richmond	Assembly League
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	Assembly League
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	Club Champs
Oct	18	Cabbage Patch 10	long	Twickenham	

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
Men road: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

- 1 Mar Vitality Big Half long
 - 26 Apr London Marathon (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
 - late July/early August tbc SOAR Mile short
 - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

Indoor Track Races Lee Valley, Edmonton

Lee Valley has a series of open track races on their 200 metre indoor track in January and February.

Wednesday 29 January - 3 km and Dream Mile

Wednesday 19 February - 800 m and 1500 m

Details <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Entry is in advance.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members are welcome

and encouraged to participate of whatever standard or ability.

Any further race details will be here as and when known.

All Thursdays

Apr	2	Beckenham	5km	7:15
May	7	Victoria. Pk	5km	7:30
Jun	4	Jubilee Pk, Leytonstone	5km	7:30
Jul	2	Crystal Palace	5km	7:30
Aug	6	Victoria Pk	3.5M	7:30
Sep	3	Beckenham	5km	7:15

Here's my training suggestion for the next few weeks for prospective marathon runners - Steve Smythe

Training paces

*Steve Smythe writes...*Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

Feb	Wed	19	80 mins at one min a mile slower than Mar pace
	Thu	20	6 miles acceleration run - ie for sub-3h Mar, miles of 8:10, 7:50, 7:30, 7:10, 6:50, 6:30
	Fri	21	30 mins easy or rest
	Sat	22	National XC Champs or Hills
	Sun	23	15 miles slow but last 5 miles nearer 1/2M pace
	Mon	24	30 mins easy or rest
	Tue	25	mile at 1/2M pace, 16 x 200m relaxed at 5km pace, 1 mile at 1/2M pace
	Wed	26	60 mins at one min a mile slower than Mar pace
	Thu	27	5 miles steady to relaxed with 8 x one min bursts at 1/2M pace every 4 mins
	Fri	28	30 mins easy or rest
	Sat	29	easy 30 mins
	Sun	Mar 1	Half-Marathon race

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.



The club has 10 places at the Brighton Marathon.

Regular entry is closed, the club places go for the same fee.

Let me know by Monday 24 February latest, ebeprill@yahoo.co.uk or in person.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

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

Beckenham Place parkrun (5k club championship)

Saturday 15th February

And so it came to pass once again - the Dulwich Runners 2020 club championship series kicked off with a visit to the muddy quagmire of a parkrun at Beckenham Place Park for a 5k that resulted in times that in most cases didn't bear too much resemblance to best times on the road...

Dulwich made up nearly 60 of the 240-strong field and amazingly filled the first 16 places. Not surprisingly Ed C and Andy B (1st overall age graded) were well clear at the sharp end although the heavy going slowed them to a minute or so down on what they might expect in dry conditions. Nearly a minute back was a fine run from Martin B making light work of the second lap to catch a good return to racing from Steve after his stress fracture hiatus. He in turn held off an equally fine run from on-rushing Shane not far ahead of James Burrows who must be fit as he wasn't far short of his course best here. I rounded off the sub-19 times (just) having been passed by most of the above by the start of the second lap as I began my big move backwards. Last year's fitness/form is a distant memory...

Will ran a time that compared very favourably with his best road parkruns so must be on the up. Ian has been getting back to decent form recently but found conditions were very much not to his

liking and struggled here. He held off an improving Eugene, Grant and Matt, all with new course bests, mixing it with Max and James Brown - these last six all finished in a mere 11-second window. Ed Harper isn't at his fittest but did well to hold off Kevin, who is running well at the moment. Jonny managed a course best to round off the sub-20s as first-timer Andrea just missed out.

Another fine run from Marta made her easily 1st lady with Mark, Ross and Tom following. A bit further back Jamie headed a phalanx of Dulwich ladies vying for position; Roz belied recent fitness issues by managing to head Yvette (course best), Anna and Michelle within seconds of each other. Ever-reliable Ola (1st W50) was just in front of Martin D, Mike and Justin with Laura and Miles not too far back. In the 23s were Ed S followed by Belinda ('assisted' by Milo the dog!) followed by Joe, Gideon and, judging by previous parkruns, a great run from an obviously improving Shoko. Into the 24s and Hugh was followed by Colin winning the 1st M60 battle from Bob, with Claire and Carys holding off club champs ever-present Barrie John.

Into the 25s saw Alex just holding off an impressive run from esteemed Shorts editor Barry, largely helped I'm sure by

being a shadow of his former self (in a good way). Hannah was equally impressive in such bad conditions and was well ahead of the next Dulwich bunch comprising Midge, Ros, Andy M and Sonia. Emma's first go here was an excellent effort in the mud, as was Jenny's, remarkably a parkrun PB despite most of her previous runs being on tarmac. She just headed Paul while a little further back were more good efforts from Ameet and Clare. And speaking of good efforts, the Dulwich contingent was rounded off by an impressive trio of remarkably long-standing club stalwarts still throwing themselves through the mud - Sue Vernon, Chris Vernon and John O'Byrne, great efforts from all.
Tony Tuohy

2020 Champs 5K Categories Beckenham parkrun

Overall Winner (Age Grading)	Andy Bond
1st Man (any age cat.)	Ed Chuck
1st Woman (any age cat.)	Marta Miaskiewicz
2nd Man (any age cat.)	Martin Belzunce
2nd Woman (any age cat.)	Roz Johnson
3rd Man (any age cat.)	Steve Davies
3rd Woman (any age cat.)	Yvette Dore
First M40 (excl. above)	Ian Lilley
First W40 (excl. above)	Michelle Lennon
First M50 (excl. above)	Tony Tuohy
First W50 (excl. above)	Ola Balme
First M60 (excl. above)	Colin Frith
First W60 (excl. above)	Ros Tabor
Age Graded MAN (excl. above)	Mark Foster
Age Graded WOMAN (excl. above)	Anna Thomas
13 Captains' award(s)	Chris Vernon Susan Vernon

Dulwich Runners' Times Beckenham parkrun 15 Feb 2020

		Time	Points In Age Category M/F								Age Grade Pts	Club Champs Awards	
			M	S	M40	M50	M60	F	S	F40			F50
Edward	Chuck	17.13	50									760	1st Man
Andy	Bond	17.19		50								827	Overall Age Graded
Martin	Belzunce	18.08	49									736	2nd Man
Stephen	Davies	18.26			50							800	3rd Man
Shane	Donlon	18.35	48									722	
James	Burrows	18.46	47									725	
Tony	Tuohy	18.59			49							821	1st M50
Will	Lawn	19.03	46									682	
Ian	Lilley	19.12		49								757	1st M40
Eugene	Cross	19.14	45									708	
Grant	Kennedy	19.15	44									697	
Max	Catterall	19.17	43									674	
Matthew	Cooke	19.19	42									700	
James	Brown	19.23		48								723	
Edward	Harper	19.32	41									666	
Kevin	Chadwick	19.45	40									689	
Jonny	Hough	19.52		47								700	
Andrea	Ceccolini	20.01			48							743	
Marta	Miaskiewicz	20.12				50						736	1st Woman
Mark	Foster	20.13			47							747	Man Age Graded
Ross	Rook	20.26	39									666	
Tom	Wilson	20.36		46								685	
Jamie	Nicol	21.12	38									613	
Rosalind	Johnson	21.16					49					710	2nd Woman
Yvette	Dore	21.22						50				749	3rd Woman
Anna	Thomas	21.23					48					702	Woman Age Graded
Michelle	Lennon	21.26							50			788	1st W40
Ola	Balme	22.11							49			770	1st W50
Martin	Double	22.14		45								630	
Michael	Fullilove	22.23			46							696	
Justin	Siderfin	22.29		44								642	
Laura	Vincent	22.41					47					660	
Miles	Gawthorp	22.50		43								627	
Edward	Smyth	23.13	37									582	
Belinda	Cottrill	23.33					36					337	Min - Dog Aided
Joseph	Brady	23.42			45							637	
Gideon	Franklin	23.46			44							656	
Shoko	Okamura	23.53					46					621	
Hugh	French	24.04		42								586	
Colin	Frith	24.15				50						670	1st M60
Bob	Bell	24.37				49						682	
Claire	Barnard	24.42					45					599	
Carys	Morgan	24.50					44					623	
Barrie John	Nicholls	24.55					48					668	
Alex	Haylett	25.04		41								547	
Barry	Graham	25.06					47					652	
Hannah	Harvest	25.18						43				584	
Midge	Cameron	25.33							48			684	
Ros	Tabor	25.41								50		822	1st W60
Andy	Murray	25.42					46					654	
Sonja	Jutte	25.43						49				590	
Emma	Kelly	26.21						42				563	
Jenny	Bomers	27.12						41				550	
Paul	Keating	27.14					43					554	
Ameet	Patel	28.12					42					544	
Clare	Osborne	29.39						48				545	
Susan	Vernon	39.56								49		560	Captains' Award W
Chris	Vernon	48.45					45					391	Captains' Award M
John	O'Byrne	50.18					44					337	
59			14	10	9	7	11	3	3	2	59		

Armagh 5k

Shane O'Neill writes...this year, four Dulwich Runners took two days holiday from work and made the necessary sacrifices to significant others to run a roughly 16minute race in a small Northern Irish town over Valentine's Day. Unbelievably, it was completely worthwhile and we've already committed to return.

The Armagh 5k is a famously fast race, last year it broke the world record for most finishers under 15 minutes, and to enter you need a sub-16min 5k time. I have one of those... But from a track race. In fact, my road PB would have placed me 201st out of 203 in 2019. It's okay though, Jack's PB was slower and he has hardly improved at all. Also, Gandalf (Tim) was in for the ride and he basically hasn't been training. So I'd probably beat both of them anyway.

We settled into our AirBnB (near the pub, perfect), got our numbers, and watched Antiques Roadshow to pass the time. Around this time Jack confessed that it had been a busy week and that maybe he hadn't had time to do his laundry - unveiling a thoroughly mud splattered vest. Not just any mud, Lloyd Park "mud". The extra few grams of "mud" were to matter very little in Jack's race...

The warm up was easily the most intimidated I've been pre-race - everyone looked FAST, there were a lot of chaps in country vests, and everyone was really, really lean. I tried to focus on Jack's infectious positivity for

racing and it worked! We headed to the start.

The start was mental, like a XC race on steroids. I had other people's bony elbows in places they should never be and I was being shoved left and right - then the announcer shouted "4 minutes to go!" I was gonna be exhausted before we ever got going... Finally the gun went - chaos. More pushing, more shoving and before we knew it, all four Dulwich Runners were on the floor. We were just 50 metres in and all on the deck, at which point a guttural roar of "NOOOOO!" came from a disgruntled runner behind (video evidence shows this chap chose to lie down and not run at all) - this worked to reset our focus and we sprung up and got going.

Buzz was basically patient zero of the pile up but before long he ripped by myself and Tim and was right up with Jack. I took my place at the back of the group and tried as best I could to hang on with Tim - we made good progress, including passing an old HHH nemesis of Tim's, but eventually Tim pushed on to challenge Jack.

At the front of the Dulwich race there was a strange role reversal - each time Tim went to pass Jack, Jack had a little extra to stay in front. The Gandalf had become the Gandalf'd. Both



Buzz, Jack, Shane, Tim

Jack and Tim finished with exceptional times, both under 15:30 and both faster than the previous Dulwich 5k road record. A few seconds behind the lead two, I managed to pass Buzz with about 800m to go and just sneak in under the old Dulwich 5k road record (n.b. Ed has run faster at a ParkRun than in a 5k road race). Buzz, likely spurred by the horror of me going by, managed to take almost 10s of Andy's super strong club record.

After the race sprints were high and we wasted very little time in getting to the pub. Buzz's approach to drinking is shockingly similar to his racing - he starts very hard and very fast - and just like his racing, it is quite intimidating. We congregated in a local pub with contingents from Highgate and Kent - pizzas were ordered, Guinneses were drunk and the mood was great. And then, just as the night was ending, a very prominent Kent runner

tried to recruit Jack (Jack's Run Britain handicap has him 439th in the country at the moment, so it makes sense.) He went on, completely oblivious to his audience, about your 5k meaning something once you break 15mins, and the feeling of running 72s laps and the easy move from there to 62s laps. It was quite the monologue and he finished it off by describing Dulwich as a "good intro level club" but that Jack needed a step up... Just keep that in mind next time you see a Kent vest in front of you in a race :-). I will also point out that Kent didn't even field a team, Dulwich did. Sure, we came 14th out of 14 teams but we had the numbers!

The Armagh 5k is an excellent event, indeed we all agreed that it is one of, if not the, best race we had competed in. Anyone with a sub-16min 5k should seriously consider doing it next year and for anyone close to that time, it should serve as a great incentive to break the barrier!

Steve Smythe adds....the positions may not have been that high but this race is the best 5km in Britain and one of the best in the world and the times ran justified our quartet travelling to Northern Ireland on Thursday night.

It started badly though as the four were at the back of the field in terms of starting positions and then lost more ground as all four fell in a mass early pile up.

Despite those seconds lost, all four ran superbly to combine for the best ever Dulwich men's road race performance of all time in terms of speed even without Ed C, who is currently not at full fitness.

Jack's strength at the moment is not short road races but he continued his great form taking 39 seconds off his PB and setting a

showed his brilliant mental strength to run well when it matters and he too broke the old club record with possibly his greatest run away from a marathon with a 15:28/15:26.

191 Jack Ramm	15:25 (chip 15:23) (PB/Club record)
195 Tim Bowen	15:28 (15:26) (PB)
201 Shane O'Neill	15:35 (15:31) (PB)
208 Buzz Shephard	15:39 (15:37) (PB/Club M40 record)
237 Ran	

new club record. with a 15:25 (15:23 on chip).

Tim had been minutes behind Jack at the Surrey League but here it was seconds as he

Shane has been in the form of his life recently without the races to show for it and he just missed the club record with a 41 second PB. 15:35/15:31 Buzz suffered the worst of the quartet in the fall as he was at the bottom of the pile but recovered brilliantly and smashed Andy B's club M40 record with a 15:39/15:37 All four finished within 14 seconds and would have run quicker but for the falls.

DULWICH RUNNERS KEN CROOKE CROSS COUNTRY CHAMPIONSHIPS 2019-2020

COMPLETED:

Jane Bradshaw
Lucy Clapp
Ola Balme
Sonja Jutte
Anna Thomas

Nick Wood
Matt Cooke
James Burrows
Des Crinion
Ross Rook
Tom Wilson
Martin Belzunce

1 st Woman	Katie Styles
2 nd Woman	Sara Roloff
3 rd Woman	Ange Norris
1 st Fv40	Emma Ibell
1 st Fv50	Michelle Lennon
1 st Man	Jack Ramm
2 nd Man	Tom South
3 rd Man	Tim Bowen
1 st Mv40	Danny Mann
1 st Mv50	Andrea Ceccolini
1 st Mv60	Mike Mann
Captains' Award (S)	Midge Cameron Jonny Hough



Serpentine Last Friday 5k - Hyde Park

31st January

*Tony Tuohy writes...*a nice group of nine Dulwich Runners showed up for the first of the 2020 series in the long-running competition organised by Serpentine RC. One of them (your truly) was there for one reason only, to pick up the trophy for winning the 2019 series, decided on age grading, see pic attached (sod it, got to blow your own trumpet sometimes).

After that little distraction there was a race to run. In very blustery conditions Andy was a little disappointed in his

actually quite impressive run. Ian has worked to get back to decent form and showed it here, leaving me early on. As my lack of fitness shoved me towards my slowest ever road 5k Paul C and Des both cruised past but had the audacity to slow themselves in the last half mile and leave me with the unwelcome obligation to stir my backside into having a go at catching them.

It was eyes tight shut to keep the eyeballs in as I just about pipped Paul in the last yards in an effort I could quite frankly have done without - it took me the weekend to recover.

A bit further back Paul D was checking out where he is at the moment; like me, nowhere near as good as last year just yet. Ross though did run as well as last year while Rebecca and Graham will be looking for more fitness in the coming months.



February 15

*For your results to appear here ...
you need to update your parkrun profile to show
you are a current member of Dulwich Runners AC.*

Brockwell , Herne Hill

424 Ran	69	55	Gideon Franklin	23:46
Pos	Gen			
61	51	James Auger	21:54	
151	23	Catherine Buglass	24:43	
267	157	Desmond Edwards	28:02	
324	97	Sharon Erdman	30:23	
327	100	Natalie Davys	30:28	

Beckenham Place

242 Ran				
Pos	Gen			
1	1	Edward Chuck	17:13	
2	2	Andy Bond	17:19	
3	3	Martin Belzunce	18:08	
4	4	Stephen Davies	18:26	
5	5	Shane Donlon	18:35	
6	6	James Burrows	18:46	
7	7	Tony Tuohy	18:59	
8	8	Will Lawn	19:03	
9	9	Ian Lilley	19:12	
10	10	Eugene Cross	19:14	
11	11	Grant Kennedy	19:15	
12	12	Max Catterall	19:17	
13	13	Matthew Cooke	19:19	
14	14	James Brown	19:23	
15	15	Edward Harper	19:32	
16	16	Kevin Chadwick	19:45	
18	18	Jonny Hough	19:52	
20	20	Andrea Ceccolini	20:01	
21	1	Marta Miaskiewicz	20:12	
22	21	Mark Foster	20:13	
25	24	Ross Rook	20:26	
26	25	Tom Wilson	20:36	
32	29	Jamie Nicol	21:12	
33	2	Rosalind Johnson	21:16	
35	3	Yvette Dore	21:22	
36	4	Anna Thomas	21:23	
37	5	Michelle Lennon	21:26	
41	6	Ola Balme	22:11	
42	34	Martin Double	22:14	
44	36	Michael Fullilove	22:23	
45	37	Justin Siderfin	22:29	
49	8	Laura Vincent	22:41	
53	42	Miles Gawthorp	22:50	
56	45	Edward Smyth	23:13	
63	10	Belinda Cottrill	23:33	
67	53	Joseph Brady	23:42	

71	11	Shoko Okamura	23:53
74	59	Hugh French	24:04
77	60	Colin Frith	24:15
86	69	Bob Bell	24:37
88	14	Claire Barnard	24:42
92	15	Carys Morgan	24:50
95	76	Barrie John Nicholls	24:55
99	80	Alex Haylett	25:04
102	81	Barry Graham	25:06
105	19	Hannah Harvest	25:18
109	22	Midge Cameron	25:33
111	24	Ros Tabor	25:41
112	84	Andy Murray	25:42
113	25	Sonja Jutte	25:43
121	30	Emma Kelly	26:21
134	37	Jenny Bomers	27:12
135	94	Paul Keating	27:14
152	107	Ameet Patel	28:12
172	49	Clare Osborne	29:39
234	90	Susan Vernon	39:56
240	137	Chris Vernon	48:45
241	138	John O'Byrne	50:18

Cirencester

106 Ran			
Pos	Gen		
9	2	Ellie Balfe	23:29

Crystal Palace

422 Ran			
Pos	Gen		
7	6	Alastair Locke	18:48
134	18	Hannah Little	25:00
234	169	Paul Hodge	28:00
258	61	Claire Steward	28:44
274	185	Paul Hilton	29:21

Dulwich

592 Ran			
Pos	Gen		
10	8	Thomas South	17:02
46	42	Joe Wood	19:17
47	43	Timothy Bowen	19:20
75	68	Terence Baker	20:17
130	114	Paul Vivash	21:41
161	141	Tom Shakhli	22:30
361	272	Michael Dodds	27:00
365	75	Charlotte Sanderson	27:10

375	77	Lauren Gill	27:29
479	132	Clare Wyngard	30:43
492	142	Stephanie Burchill	31:04

Fell Foot Newby Bridge

151 Ran			
Pos	Gen		
17	12	Joe Sheppard	22:04

Felixstowe

200 Ran			
Pos	Gen		
57	4	Hannah Issett	26:10

Hazlehead , Aberdeen

337 Ran			
Pos	Gen		
4	4	Alex Loftus	19:21

Newbury

424 Ran			
Pos	Gen		
34	30	Matthew Ladds	21:37

Malling

347 Ran			
Pos	Gen		
2	1	John Whittaker	18:17
346	142	Tereza Francova	51:17

Peckham Rye

376 Ran			
Pos	Gen		
13	12	Alex Bazin	19:51
123	12	Emma Ibell	25:02

Tooting Common

562 Ran			
Pos	Gen		
152	115	Ian Sesnan	24:51

Warszawa-Praga

54 Ran			
Pos	Gen		
11	10	Grzegorz Galezia	20:45

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

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



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



Bufs-snoods - only £6

Socks only £5



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



The Beast from the East!

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



**! Available now!
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

You just click on 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
IS 40 NEXT YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

Use your imagination to create something fantastic!

If you want more details speak to anyone on the committee.

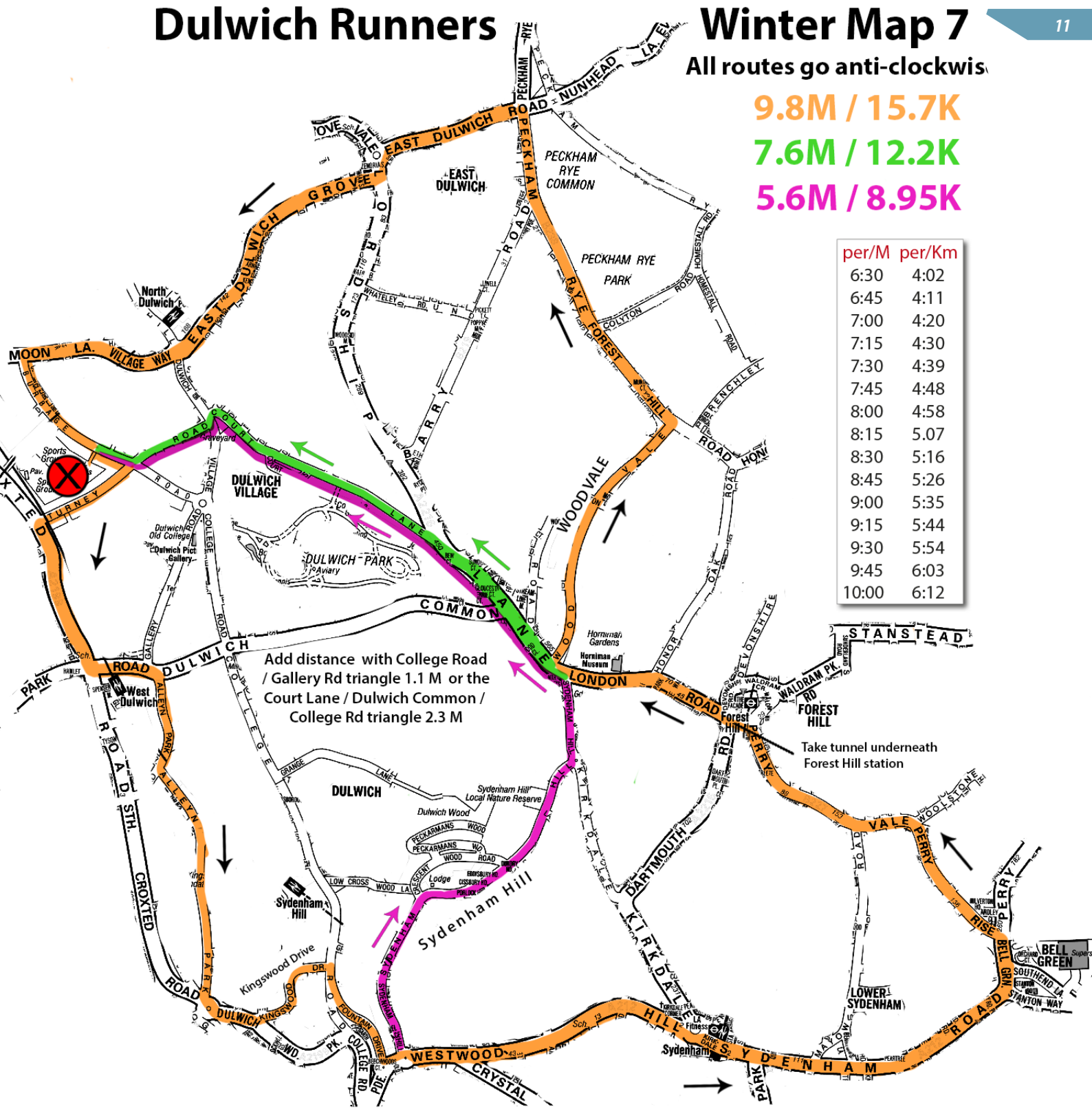
All routes go anti-clockwis

9.8M / 15.7K

7.6M / 12.2K

5.6M / 8.95K

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



Add distance with College Road / Gallery Rd triangle 1.1 M or the Court Lane / Dulwich Common / College Rd triangle 2.3 M

Take tunnel underneath Forest Hill station

All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>