



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
July 15th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bgl.co.uk](mailto:barry@bgl.co.uk) or [barry@1bgl.com](mailto:barry@1bgl.com)  
DEADLINE 17:30 TUESDAY

**No club runs, track sessions etc until further notice - Full statement below.**

Like us on Facebook @dulwichrunners

Connect with us:



## In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 Training
- 5 Virtual race reports, results etc
- 7 Dulwich runners on Zoom...
- 8 Club Kit
- 11 The map we would have used tonight !

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return once things get back to normal

Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

## COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

With the Government relaxing some of the rules around lockdown from 1 June, the Committee want to keep you up to date on the status of group training and the Club being in a position to re-introduce any officially organised club runs or training sessions.

The new rules state that from Monday 1 June, you can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a two-metre gap from those you do not live with.

Unfortunately, this is not a sufficient loosening of restrictions to enable us to re-instate any official training sessions, and any Club-sanctioned group activity would be out of step with the ongoing guidance from England Athletics which remains that group activity does not take place.

A group larger than 6 people broken into a number of smaller groups of 6 people, training together in the same place at the same time, would, for example, be against the new rules as the gathering exceeds 6 people.

That said, there is nothing to prevent individuals from making their own arrangements to meet in groups of 6 to train together, and you will find some updated training sessions from Steve that are suitable for up to 6 people

maintaining a two-metre distance in Shorts this week.

We are all looking forward to when we can train together again and hope that day will come soon. We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics, with a view to re-instating Club sessions of some kind as soon as it is permitted and safe to do so.

In the meantime, stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

Ros Tabor  
On behalf of Dulwich Runners AC Committee

## Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

*Graham Laylee*

**For those doing grass or track sessions or Wednesday night runs make sure you read the Risk Assessment: <https://www.dulwichrunners.org.uk/risk-assessment>**

# VIRTUAL RUNNING

## VIRTUAL CLUB 5K CHALLENGE

As we cannot train as a group, we thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running while we are still allowed to run outside.

The Championship takes the form of a weekly SOLO 5K time trial taking place from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

**You will need to submit your result yourself via Opentrack**

### HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions  
- Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.



**18 July through  
2 August 2020**

#### Running:

100m, 200m, 400m, 800m, 1500m, 5000m,  
10000m / 10k, Sprint Hurdles (80,100,110), Long  
Hurdles (200, 300, 400), Steeplechase and 1/2M

#### Jumping

#### Throwing

#### Combined Events

#### Race Walking

**(registration closes on 15 July)**

### Age Groups

Five year age groups for Men and Women  
starting at 35 years of age.  
Athletes ages are as of July 18, 2020

### Results

Results will be categorized when submitted:

- Category A - Pre-organized competitions run by organizations at an athletics facility like a track, designated jumping / throwing field or arena or gym.
- Category B - Officiated competitions at an athletics facility. As described above, officials can be friends or fellow competitors timing, marking, measuring and calling fouls.
- Category C - Road, parking lot, field or wherever else the athlete can compete safely  
<https://www.mastersrankings.com/2020-world-wide-virtual-masters-challenge/>

## DULWICH COLLEGE TRACK

With some year groups now returning to school, Dulwich College has now reserved the use of the track to their own students between 4.30 and 6.00pm. Outside these times, it remains available to club members and other users. The field surrounding the track remain open to the general public.

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.

**The fixture lists will return once events can safely go ahead, all events listed were either already cancelled/postponed or would have been in the very near future.**

Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. No word yet on the SOAR Mile. given the nature of the event it must be doubtful. **Mike Mann**

If you require information about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Restarting Wednesday Night Runs

Under current restrictions, it will not be possible to restart Wednesday night runs in their usual format starting from the clubhouse, which in any event has not yet reopened. Instead we are planning to set up runs in groups of up to 6, organised by pace, with one or two starting from outside

## Training Groups

As lockdown eased we had a few groups training together and due to number limitations, not everyone who wanted to do the sessions were initially included.

It is clear that running with others is beneficial and makes it mentally and physically easier. A group of 6 is better but just one other significantly will help the session if you are evenly matched.

Yesterday (Tuesday), sessions were held which hopefully covered all those who expressed a wish to be part of a group. Some believe the groups last winter had become too big and a compromise was often being made with too long recoveries for some and too short for others.

While groups have to be smaller for now anyway and potentially could be widened this was the group situation on Tuesday. It is suggested runners move to a different appropriate group if they can if they gain significant fitness or drop a group if they are coming back from injury or illness.

Tuesday lunchtime at Edward Alleyns sports ground grass session (potentially 10 runners and 2 groups 22-29 mins for 5km). in charge in future: Ola, Mike and Ros. Any one of this pace who can't run in day may need to set up their own group or find a partner.

Tuesday evening track session (Alleyns) (runners 19-21 mins for 5km - 2 groups potentially 14 runners. In charge in future Ebe

Tuesday evening track session (runners 17-18 mins for 5km groups - 2 groups potentially 14 runners. In charge in future Tom

Tuesday evening track session (runners 15-16 mins for 5km\_ - in charge Ed C/Jack R/Shane  
Future evening sessions could be Alleyns track, Dulwich College, Edward Alleyns sports ground or Trevor Bailey sports ground and are up to Team leaders and the group's wishes.

The sessions may be based on the schedule in Shorts but group leaders may do what they feel is appropriate to the group.

the clubhouse but others from meeting points nearby in the Dulwich area.

So far around 25 have signed up which is an excellent start, and we have 4 groups of differing pace running this evening. Please get in contact if you would like to join future Wednesday evening runs.

if anyone wants to do future sessions, contact someone from the appropriate group.

After 50 years of racing and 35 years of coaching I am winding down but while I won't be organising any future sessions this summer (or possibly any time but will review in Autumn), and me doing any future club races is unlikely, anyone interested can still contact me for training advice. I may very occasionally possibly attend a session and time but won't organise.

**Steve Smythe**

[stevesmythe2006@yahoo.com](mailto:stevesmythe2006@yahoo.com)

**Mike Mann adds.....**

Following the notice that has been running in Shorts since the beginning of June, some informal groups have started training sessions on Tuesdays and Thursdays.

Initially there were two groups; one in Beckenham Place Park and another in the Dulwich area, but since then these have grown to include at least 6 training groups, operating mostly on Tuesdays. These groups have been popular and we intend to continue them for the remainder of the summer, though these may be modified in the light of updated guidance from Government and England Athletics.

This may allow some consolidation of groups but we would like to keep their size small, regardless of relaxation of the rules, since they are working successfully.

Those wishing to join these training groups should contact Steve Smythe or someone from the group most suited for your pace.

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

# Sessions suggestions for next month

My training suggestions - *Steve Smythe*

- Wed Jul 15** 45 mins steady a min a mile slower than 5km pace
- Thur Jul 16** tempo acceleration 6km -10 secs a kilo pick up - for 20:00 5km runner 5:50, 5:40, 5:30, 5:20, 5:10, 5:00 or 6 x 600m efforts
- Sat Jul 18** 5km brisk with faster last two kilos or hills
- Sun Jul 19** 80 mins slow and easy - 80 secs slower per mile than 5km pace
- Tues Jul 21** 8x800m or 6 x 1000m with short recovery (60-90 secs)
- Wed Jul 22** 50 mins steady a min a mile slower than 5km pace
- Thur Jul 23** tempo - 4 x 5 min blocks at 10km pace with two mins recoveries at marathon pace or 200m reps with 1 min recoveres
- Sat Jul 25** 5km up and down (15 secs differentials) - ie for 20:00 5km runners 4:00, 4:15, 4:30, 4:15, 4:00
- Sun Jul 26** 100 mins slow and easy - 100 secs slower per mile than 5km pace
- Tue Jul 28** Pyramid - 400m, 800m, 1600m, 800m, 400m with 1 min recoveries
- Wed Jul 29** 55 mins steady a min a mile slower than 5km pace
- Thur Jul 30** tempo acceleration 5 x 5 mins of Marathon, HM, 10km, 5km, mile pace with 1 min very slow recovery or 400m reps short recovery
- Sat Aug 1** Hills or 5km about 10 secs a km below goal 5km pace but run very fast last km
- Sun Aug 2** 90 mins slow and easy - 90 sec slower per mile than 5km pace
- Tue Aug 4** 5 x a mile with 2 min recoveries
- Wed Aug 5** 60 mins steady a min a mile slower than 5km pace
- Thur Aug 6** 10km tempo at HM pace but put a 10 sec 5km burst at end of each km or short recovery 200m reps
- Sat Aug 8** Hills or 5km brisk with faster 1st, 3rd and 5th km
- Sun Aug 9** 80 mins slow and easy - 80 secs slower per mile than 5km pace



Want your race results and reports in SHORTS ? make sure & email them to [barry@ibg1.com](mailto:barry@ibg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

As there are no live races/events in the near future Shorts could be looking pretty bare... So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

## England Athletics 5k Relay Champs

### Ed Chuck

These were an opportunity to test out the progress that various mini groups have made during their lockdown eased sessions. The further relaxation on Saturday allowed a reasonably large group to set off using the adapted Dulwich park course (avoiding the final climb), with one group directly behind coach Steve leading us out on the bike, and a second group setting off a minute later (with the idea being that we would concertina at the end, providing some additional motivation).

One of the long term goals for the mini-group I am in is to break the 15 minute 5k barrier. As we didn't feel quite capable of doing that yet, we set off at 15.15 pace, which would be a PB for any of us, and if achievable be evidence that the short sharp training sessions were working.

While coach Steve was leading Steven Kendall to a PB of 16.02 (a whopping 40s improvement on his previous 5k best of 16.42) our mini group set off with Lewis leading us away. Jack and I were tucked in behind him, with Shane, Andy B, and non DRs Nick Impey and Andy Inglis just behind us.

For most of the first lap the group was quite tightly bunched, and it was a relief when I finally heard Shane's incredibly loud Nike Alphafly footsteps quieten a little. Up top, Lewis continued to wheel away, while Jack and I occasionally pushed ourselves forward alongside Lewis before tucking back in when it was clear that Lewis was not in the mood to settle in.

The first mile went by in 4:54 - exactly on target, and the second lap was maybe a couple of seconds down, but still on the money. Lewis continued to press on at the front, with Jack and I trying to track him. While we lost a few seconds on the final rise the target was still in place if we could use the downhill on the final kilometre to make up a few seconds. In training Lewis has been storming away over last 2 laps of mile efforts we are ending sessions with, and he did the same here, with his final kilometre being

### Steve Smythe adds

Though the results are only provisional, it looks like Dulwich did brilliantly to make the top 10 in both men and women's events.

The men who had all five teams in the top half of the 261 strong teams that finished mostly ran as a group in Dulwich Park and there were a mass of PB's led by Jack and Shane. Ed completed a quality trio.

The B team led by Andy Bond fast-improving Steve Kendall and a resurgent Tom South made the top 20 and beat many quality A teams.

Second claimer Lewis ran

with the group on Saturday (and has been training with the club group) but here represented Herne Hill and ran a superfast 15:08 - his parkrun PB is 15:28.

The women's A team were led by the Elms' who ran 18:23 despite hardly any training in previous weeks and were backed up by Kim though it was disappointing that only 5 women entered so we failed to finish a B team. 121 women teams finished.

Andy was fastest M45 by 25 seconds and Clare was fastest W55 by over a minute and both will win the England age group gold medal.

his fastest - ending in 2.54, to give a total time of 15.08. Clearly in a race where he isn't doing all the work, dipping under 15 is tantalisingly close. Jack similarly picked up his pace for an unofficial PB time of 15.18, and I then staggered in behind having found no kick in 15.28.

Owing to the vagaries of GPS racing, Shane then finished a few seconds behind me but ahead on time in 15.27 (again with what would have been a PB, despite his massive shoes), with close packing behind - Andy I in 15:30, Andy B one second outside his virtual PB in 15:38, and Nick yards clear of his official PB in 15:44.

I don't know the ins and outs of the earlier starters, but as mentioned above, Steve K showed that his lockdown training has had real benefit, and breaking through 16 must be a formality if he keeps the training up. Tom S dipped under his official PB in a 16:24, despite having the back of an aged hod carrier. Grant Kennedy ducked under 18 minutes, and while 10s off his official PB, was some 45s faster than his Dulwich parkrun effort from January.

James B improved on his previous best parkrun time of the year by some 25s, and was not far away from his best 5k form from 2016. While I can't find a previous 5k run by Alex L, his time of 17:57 would suggest that he has further improved on his form shown at the big half. Andrea closed the action in 18:29, which again as far as I can see is a 5k PB, even if he felt capable of more.

In terms of team performance (and although results are still provisional), our men's first three finishers (Jack, Shane, and I - Lewis was running for Herne Hill), seem to have placed 9th overall, and 7th excluding B teams. Our B team itself of Andy B, Steve K, and Tom S finished in 19th. Andy B appears to have been the fastest finisher in the V45 category.

Our ladies team finished 10th overall, with category leading performances from all three - Clare the fastest W55, Lucy 4th fastest U20 (despite being ill and unable to run for much of the last month), and Kim 5th fastest V35.

Good signs all round - I think that many of us have found training a release to the strictures of lockdown, and hopefully we can all keep plugging away until racing returns.

<b>Dulwich A 9th</b>	<b>46:13</b>	Paul Collyer	18:55
Jack Ramm	15:18	261 men's teams finished	
Shane O'Neill	15:27		
Ed Chuck	15:28	<b>Non scoring</b>	
		Grzegorz Galezia	19:14
<b>Dulwich B 19th</b>	<b>48:06</b>	Ross Rook	19:33
Andy Bond	15:39	<b>Dulwich women 10th 56:02</b>	
Steve Kendall	16:03	Lucy Elms 18:23 (4th U20W)	
Tom South	16:24	Clare Elms 18:23 (1st W50/W55)	
<b>Dulwich C 48th</b>	<b>50:46</b>	Kim Hainsworth	19:16
Buzz Shephard	16:29	121 women's teams finished	
Tim Bowen	16:30	<b>Non scorers</b>	
Greg Falconer	17:47	Kay Sheedy	19:37
<b>Dulwich D 93rd</b>	<b>53:49</b>	Eleanor Simmons	21:34
Grant Kennedy	17:55	<b>Herne Hill 40th 50:08</b>	
Alex Loftus	17:57	Lewis Laylee 15:08	
James Burrows	17:57	(Dulw second claim)	
<b>Dulwich E 122nd</b>	<b>55:56</b>		
Andrea Ceccolini	18:29		
Kevin Chadwick	18:32		

# Lockdown Diaries

Wayne Lashley writes...

First of all I want to say well done to everyone that took part in the BMAF virtual relays and recent virtual 5km races. There were some really great performances. It's good to see that so many team members are managing to keep in shape and maintain some good form.

I'll be honest in saying I am not motivated in the slightest to run virtual races. Time trials are at least done on the same course. There is at least some consistency there. In this case, one person unfortunate enough to live in a hilly area is expected to run 5km and compare it to someone who can go to Dulwich Park or Fulham Palace and run a flat, fast 5km course. Also, if you are fortunate enough to live near a teammate or a friend who runs, you can use them to pace you round. Then there are changes in conditions if you are running on different days. Don't get me wrong, I appreciate the main thing is to motivate runners and give them something to train for but to suggest these virtual races are somehow hugely important in their current format and should be a priority is ridiculous.

I accept critique of my training and/or my races. I want to improve where I can so constructive criticism is always welcome. At a time, however, when the general population

is still being asked to work from home and where possible, not interact with loved ones in the way that we would otherwise like and public transport is still for essential use, racing is simply not my priority.

I think many will know by now my 'favoured' event is 800m. My main focus this year was the World Athletics Masters Championships which was meant to be in Toronto, Canada in July. It was meant to be a great opportunity to visit a country I have not previously had the pleasure of visiting. I would also get a chance to compete against some high quality athletes I am not likely to compete against again. More important than all of that however, it was a chance for me to meet family I have never had the chance to meet previously. My brother, sister and I were the first of the family to be born in the UK and beside their children and one uncle, the rest of the family is on the other side of the Atlantic. I have barely met any of them, so this was really important to me. To have that opportunity taken from me through no fault of my own has been deeply frustrating and difficult to accept.

I accept that people will want to compete within guidelines and where it is safe to do so. All I ask is that people put themselves in other people's shoes and consider an alternative perspective before electing to question the integrity of their teammates or their decision not to compete. There may actually be a good reason behind their decision.

The July series has started with 14 runners this week !

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		4 July		11 July	
		Pts		Pts	
Steve Kendall	MS			16:03	50
Tom South	M40			16:24	49
Shane Donlan	MS	17:38	50	17:33	48
Greg Falconer	MS			17:47	47
Andrea Ceccolini	M50			18:29	46
Paul Devine	M40			18:55	45
Grzegorz Galezia	M50			19:14	44
Kim Hainsworth	FS			19:16	43
Kay Sheedy	FS			19:37	42
Eleanor Simmons	F40			21:34	41
Helena Flippance	FS	23:43	46	21:55	40
Gary Sullivan	M60	23:09	47	22:31	39
Ros Tabor	F60	26:29	45	25:36	38
Andy Murray	M60	26:53	44	26:38	37
Polly Warrack	FS	19:01	49		
Ebe Prill	M50	21:40	48		

**NB: you will need to submit your result yourself via Opentrack**

### HOW IT WORKS

1. Search the opentrack listings [opentrack.run](http://opentrack.run) - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You need to upload your run
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

## Training with the Olympians!

During this pandemic I had managed to find a running track that was still open, namely Barnes Track. It is never that busy and is usually frequented by a large flock of Canada Geese so typically quite low key. For three pounds a go you can stay on all day if you wish.

With my visit there a weekly occurrence, I had in mind to do two sessions from coaches I have worked with in the past. I used some of Steve Smythe's legendary sessions from Crystal Palace and tips from Mike Gratton who I met on my New York marathon trip.

Over the years I have seen a number of local runners on the track but the last people I expected to run with were some of the country's top athletes who had been Tokyo bound this year. Linford Christie and another coach had taken their team to train there as all the major stadiums were closed.

So I witnessed a sprinter training with a parachute on her back, hoops being jumped over and whistles being blown to

make runners speed up or slow down on their reps. Whilst I was running in lane 5 the 'Teesside Tornado' came whizzing past. I was relating my story to Lindsey but she had to correct me that it was 'Richard' not 'Patrick' Kilty! It was a joy to watch them training as I shuffled round the track.

I worked with Linford Christie many years ago in my days as a tailor in Knightsbridge, doing made to measure suits, before the acting came along. We had the foresight to sign Linford for our Autumn and Winter catalogue. We took a gamble and called it 'Autumn Gold' in the hope he would taste victory at the Olympics. When he won the medal of course we had national press coverage for the fashion company I worked for.

Linford recognised me and shouted hello and we reminisced about those happy days. I said it was one of the most successful campaigns we had ever run. He told me that he had the said brochure framed and it was one of his happy memories doing photo shoots back in the day. I asked him if it was possible to join his training group and he seemed to think I was joking and laughed! I don't suppose I'll see any of the athletes training on Barnes track again now the bigger stadiums have opened. So I'll happily go back there now and share it with the Canada Geese again.

**Barrie John Nicholls**

# Dulwich Runners Landmarks Photo Competition



The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc. You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar. Entries have started to be sent in, but we want lots more. NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## dulwich runners on zoom

**zoom** We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



### Wednesday at 8.30pm

We are trialling the following sessions which will hopefully be of interest.

- Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related. We will also use this time slot for other events like quizzes on future dates (tbc)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:  
[https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL\\_WDdze6io\\_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAljCLPPwiCFbjY1vjB39BDdYVy\\_JAcZGKLcpGdfv](https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAljCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv)

Wednesdays	
Jul 15	8:30pm
Jul 22	8:30pm

Join Zoom Meeting  
<https://us02web.zoom.us/j/84234946420>  
Meeting ID: **842 3494 6420**  
One tap mobile  
+441314601196,,84234946420#  
United Kingdom  
442030512874,,84234946420#  
+United Kingdom

Please note that from 1 July you need to enter the following password to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420**

Password: **773696**



# DULWICH RUNNERS CLUB KIT

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



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



Most kit is usually available  
 Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



Buffs-snoods - only £6  
 An ideal face covering !

Socks only £5



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



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



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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)





## **NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP**

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**College Hoodie**



**Micro Fleece Jacket**



**Showerproof Team Jacket**



**Pro Mid Layer 1-4 Zip Top**



***DULWICH RUNNERS  
IS 40 THIS YEAR!  
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40  
yearsof 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.*

# Dulwich Runners Summer Map B

All routes go anti-clockwise

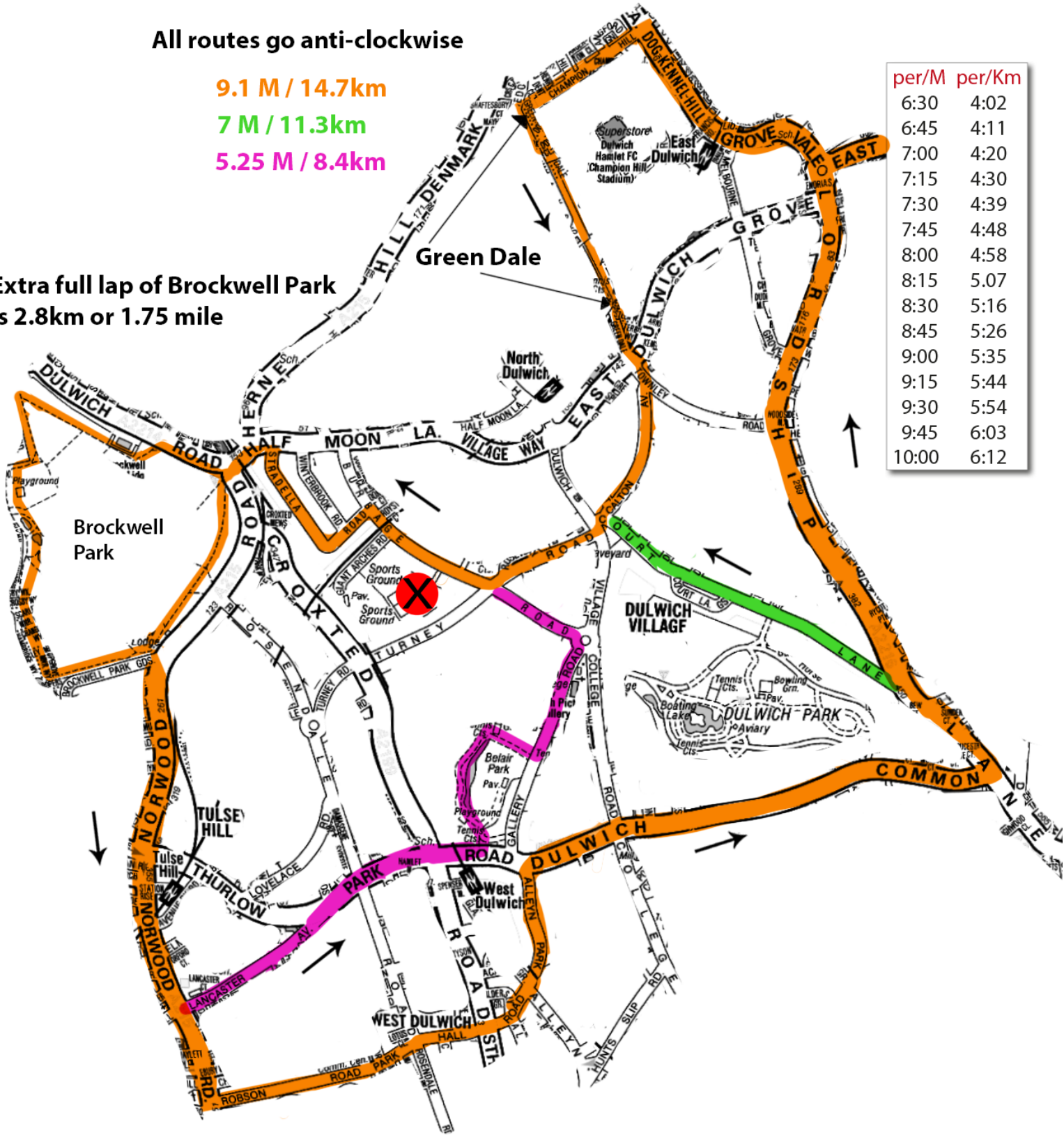
9.1 M / 14.7km

7 M / 11.3km

5.25 M / 8.4km

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

Extra full lap of Brockwell Park is 2.8km or 1.75 mile



There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map

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