



# SHORTS

Dulwich Runners AC

Weekly Newsletter

March 25th 2020

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.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 !
- 3 Fixture list (reference only !)
- 3 Training & Misc.
- 7 Race reports, results etc
- 11 Club champs so far !
- 17 The map we would have used tonight !

*As you will see a few of the regular sections have been removed from Shorts as they are not relevant under the current conditions.*

*Once things return to normal they will be back.*

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

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

Tuesday March 17 2020 - 1100h

**Until there are any changes or further advice the following statement, instructions and advice will stand.**

Dear Club Members

In light of the current Covid-19 situation, and the latest Government guidance to avoid all non-essential contact and travel, the Committee has been in discussion and has taken the difficult decision to cancel Tuesday track sessions and Wednesday Club Runs until further notice, with immediate effect.

We are facing difficult and uncertain times - made all the more so by losing the routines that are so important to us under usual circumstances. But the well-being and safety of our members and their families, as well as showing consideration for the more vulnerable members of the community, is paramount and must be our guiding priority.

It is clear from the decisions being taken all around us, in workplaces and other organisations, that to 'carry on as normal', is not an option.

We must consider what is best in the coming

weeks and accept, for now, that we must make changes to our day to day lives.

We do hope that you understand and support this decision. There is nothing, of course, to stop any of us getting outside and running - and everyone must make their own decisions as individuals.

The Committee has also taken the decision to postpone the forthcoming AGM until further notice, and further information on this will be communicated in the next few days.

We will continue to keep you updated via Shorts, the website and our social channels, and please do contact a committee member if you have any questions or concerns.

We all need to support each other through these challenging times. Please keep up to date with the Government guidance, and stay safe and well.

Ros Tabor

On behalf of Dulwich Runners AC Committee

# VIRTUAL CLUB 5K CHALLENGE

In these strange and difficult times with no races or parkruns for the foreseeable future and no opportunities for club members to 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 on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

## HOW IT WORKS

1. Join Strava by downloading the App at [www.strava.com](http://www.strava.com)
2. Once logged in join the Dulwich Runners Group
3. On any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device and upload to Strava (please caption in the description DR Virtual Champs)
4. Results in Shorts each week

## THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday.
2. The 5K is a solo time trial. Please comply with all government guidance and practice responsible social distancing
3. Your recorded distance must be at least 5k

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.

**Due to the current circumstances please only use these fixture lists as a guide.  
Many events have already been cancelled or postponed.  
When further information is received the fixture lists will be revised accordingly.**

2020					
Mar	22	Southern 12 and 6 stage relays CANCELLED		Milton Keynes	Road & other
Apr	2	Assembly League CANCELLED		Beckenham Place Park	
	4	National 12 and 6 stage relays		Sutton Park	
	26	London Marathon or alternative	long	London or alt.	Cross country
May	7	Assembly League		Victoria Park	
Jun	4	Assembly League		Jubilee Pk, Leyton	
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Club Champs
	18	Richmond Summer Riverside 10km	long	Richmond	
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	
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: [ebepill@yahoo.co.uk](mailto:ebepill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2020 Club Champs Races

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

26 Apr London Mar. **cancelled** (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.

## 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 whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

### All Thursdays

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

# Suggested training in coming weeks

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

## Training thoughts by Steve Smythe

Sadly - our best ever men's team for any relay (and a strong women's team too), fell through with the cancellation of the Area relays and effectively all events in the foreseeable future, though no doubt even if we had a good team someone would have gone to Sutton Park instead of Milton Keynes or got the wrong train.

Frustrating for all those in their best ever marathon shape that the target has now been removed though normality will hopefully eventually return to life and running.

Many big running events did take place last weekend (and nearly all parkruns) and chaos did not ensue but some organisers got abused for putting on events. It has all changed now this week with the shutdown.

Some have questioned why running races have stopped when schools stay open (for now) and shops are fully operative, public transport is running almost at full capacity (for now) and when casualties at the moment are not much worse than normal flu illnesses (for now).

It is no doubt going to get much worse (and how do we know that these sort of viruses won't now happen every year?) but hopefully some on social media will self isolate themselves from making further comment as normal life comes to an end and various businesses (even with government funding) bite the dust and people face financial worries as some jobs cease to be.

As at 8pm Tuesday night British parkruns are still going ahead. I find it hard to believe they will continue much longer and not sure how the 2 metre social distancing works but medical opinion earlier suggested that it was in the interests of a greater majority to continue as normal and for people to exercise and stay fit if they are healthy. Those who said that younger runners should not run parkruns because there are vulnerable 70 year-olds who might want to do them will think of the logic behind that. Certainly if you have elderly parents or friends you regularly come into contact with, you should not do them and if you are over 70, you may feel it's not worth the risk of attending.

Probably same with training hard.

In terms of marathon training, I do not see the logic of continuing to thrash the body with very long runs when there are no upcoming marathons and doing the long runs weakens the immune system and apart from making you more prevalent to illnesses, will also lead to injury if you continue months at an end doing long hard runs.

I think it is a good idea though to focus on shorter intense training (the longer winter runs won't go to waste if you do enough to retain some endurance and speed endurance) and that doesn't mean let the training wane to 4 x 100m reps. If you train slightly less now and gain some speed then it might enable you to train harder later in the year if you do have longer races to target.

Here is my suggestion for the next month - those over 70 may wish to just run around the front room. (Tony just because you look 70 does not mean this counts for you)

## MARCH/APRIL SCHEDULE

This is my suggested training for March/April

MARCH	
Wed 25	60 minutes at 30 seconds a mile slower than marathon pace
Thu 26	5 miles acceleration run - ie for sub-3 marathoner, miles of 7:30, 7:15, 7:00, 6:45, 6:30
Fri 27	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 28	5k blast or hill reps
Sun 29	13 miles slow at any pace you want
Mon 30	55 mins easy or rest
Tue 31	6 x 1000m at 5k-10km pace with one to two minute recovery or 200m slow jog
APRIL	
Wed 1	60 mins steady at 30 seconds a mile slower than marathon pace
Thu 2	45 min run at a min. slower than 1/2M pace but put a 30 sec burst at 5Km pace every 3 mins and try and go to previous pace asap
Fri 3	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 4	5k blast or hill reps
Sun 5	10 miles steady with second half at faster than marathon pace
Mon 6	30 mins easy or rest
Tue 7	Pyramid - 400m, 800m, 1000m, 1600m, 1000m, 800m, 400m - close to 5km pace as possible - quicker on shorter reps - 200m or 1 minute recovery between reps
Wed 8	60 minutes at 30 seconds a mile slower than marathon pace
Thu 9	5 mins at slower than mar. pace, 4 mins at mar. pace, 3 mins at 1/2M pace, 2 mins at 10km pace, 1 min at 5km pace, 30 secs as hard as possible and repeat twice more
Fri 10	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 11	5k blast or hill reps
Sun 12	13 miles slow at any pace you want

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

## Marathon Training

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

## 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](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



# Self-isolation running

Steve Smythe , Athletics Weekly  
Mar 24, 2020|

## Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing

The current coronavirus situation is unprecedented for runners and while British people are currently allowed to exercise outdoors once a day, that may change. For now it is agreed that allowing that flexibility, and staying fit and healthy, is essential for both body and mind. Enjoy it while it lasts.

What you do now might be governed by where you live – a remote Highlands base is better than a crowded city and it may help if you have access to a treadmill but it is still possible to adapt under the current guidelines as this is written, as daily exercise is seen as vital. Remember to stay at least two metres away from other people and wash your hands as soon as you get home!

### NEW TARGETS

It is usually imperative for a runner to have some sort of short or long term target but there is no guarantee of even the autumn events happening because of the seriousness of the coronavirus.

Virtual solo races may act as a stimulus for some or it could just be attacking local Strava segments but things have changed drastically from a few months ago.

For those who have built up exceptional levels of fitness with the aim of a big spring target, there will be a slight frustration at the lost opportunity but a realisation that there are more important things than PBs.

Obviously, health should take precedence but it is possible to hold fitness levels to a good level so you can be ready to step up training again when normality returns to the racing calendar.

In the short term there is no point thrashing the body through more heavy mileage and rest is an essential part of any schedule. The more tired you are, the more susceptible you will be to viruses and continuing to train flat out after already training hard through January and February will leave the body vulnerable to illness and injury and more chance all the good work through late winter will go to waste.

If you have trained for a marathon and have not run it, then you are in a fortunate position of being marathon fit without being exhausted by the race itself and requiring a good month or two to recover and recharge the batteries. There is also the mental side of motivation when there is no immediate target. Surely it is better to ease off the accelerator, work on other aspects of your running fitness and when the calendar is clearer, and the virus defeated, then you can up the training rather than be physically and mentally shattered.

There is a reason why most marathon schedules are 12 to 16 weeks. Training harder for longer does not mean you get fitter, just more tired and often slower!

If you can, the best thing is to get into a routine – more difficult when there is no weekly track or club session, weekend parkrun or race. Decide how many days a week you want to run and stick to it.

There will be fewer distractions than previously but just because you are home and with less alternatives do not think this is the opportunity to run 100-mile weeks if you are not used to it.

If need be, you could just go into maintenance mileage – half of what you were doing in the marathon but with more rest days and no very long runs but it is probably better to have a more organised routine with a wide range of runs. It could also be an opportunity to work on weaknesses such as basic speed or hill climbing ability that a full day of work and commuting may not have allowed.

### TRAINING SUGGESTIONS

If you are going to follow a routine this could still be based on most marathon schedules but with less volume and intensity.

**Monday:** easy run or rest

**Tuesday:** intervals for speed endurance

**Wednesday:** medium recovery run

**Thursday:** tempo

**Friday:** strides, sprints or rest

**Saturday:** fast 5km

**Sunday:** long steady run

In terms of sessions, you might just be happy to run at a fast, steady pace but I know some like a more challenging element to it.

### SPECIFIC SESSIONS

Here are 12 sessions you can do on your own (it does not have to be measured but probably more satisfying if it is).

**1.** 5km made up of 8 x 400m with 200m float, with an extra fast 200m at the end, or 10 x 400m with 100m float. The 8 x 400m session was the only track session that former Commonwealth marathon champion and world medallist Steve Moneghetti used to do. The slow sections are still run around marathon pace. Run 90 seconds hard, 30 seconds easier if there is no measured circuit or area available.

**2.** One mile, alternating 100m hard and 100m slightly easier (if you have access to the track, go easy on the bends, faster on the straights). This is a session that I recall Brendan Foster doing almost 50 years ago and running a 4:06 mile in training. The two-paced element of it means as the above you get a better range of paces than doing it all at same speed. Run 20 seconds hard, 25 seconds easy if you have no access to a measured circuit or area.

**3.** 1000m reps made up of 50m easy, 150m hard. This is a session I regularly recall doing myself in Olympic coach Ron Holman's Cambridge Harrier club training group alongside top UK road runner of the 1970s and 1980s, Keith Penny.

On a track, it was the first half of the bend at a steady pace before working hard for the rest of the bend and following straight before a slight recovery.

Again, you can just hit a slightly faster pace if you get sufficient recovery, but it should be minimal recovery and if done properly, I found I could run the same pace than if I did reps all at one pace. Five reps should suffice. Run 10 seconds easier, 25 seconds hard and repeat four more times if no access to a measured circuit or area.

**4.** Acceleration run. Start at an easy pace and run for half an hour and every 5 minutes pick up the pace. First 5 minutes easy, then marathon pace, then half-marathon, then 10 mile, then 10km, then 5km. This run starts off gently but the second half of the run should be extremely hard. You could finish with a 10-minute jog to recovery.

**5.** Alternate two-paced 30 minute run. A minute at marathon pace followed by a minute at 10km pace and back to marathon pace. In theory as you are running less than 10km and only half of it is 10km pace. This is hard but not impossible.

**6.** Steady run with accelerations. Do a steady run (45 minutes) at around marathon pace but for 30 seconds every 5 minutes increase up to inside 5km pace, ease back for 30 seconds and then go back to marathon pace and repeat. This is a relatively easy session and the 30 seconds should make it harder but also break the monotony.

**7.** Block acceleration. 5 minutes at marathon pace, 4 minutes at half-marathon pace, 3 minutes at 10km pace, 2 minutes at 5km pace, 1 minute at mile pace, 1 minute easy then back to marathon pace. Two blocks should be sufficient as the end of each block is considerably tough.

**8.** Russian steps. Run 15 seconds hard, 45 seconds easy, 30 seconds hard, 30 seconds easy, 45 seconds hard, 15 seconds easy, 60 seconds hard, 60 seconds easy, 45 seconds hard, 15 seconds easy, 30 seconds hard, 30 seconds easy, 15 seconds hard, 45 seconds easy and repeat three more times. This is a well-known cycling session and is extremely hard at the 45 seconds hard, 15 seconds recovery, 60 seconds hard phase.

**9.** Hill reps. Ideally find a hill that takes a minute to go up. Run 4 x quarter hill/15 seconds to warm up then 4 x full hill with slow jog back, 4 x half hill at a faster pace, 4 x quarter hill fast. Make sure you warm up and warm down fully after the session and on the hill focus on your style and arm action.

**10.** Short recovery 200m reps. Do three sets of 6 with a 2-minute gap between sets. First set, start rep every minute so if you run for 40 seconds, have 20 seconds recovery. On second set, start with 30 seconds recovery, then reduce to 25, 20, 15 and 10 seconds. On the third set have a minute recovery and focus more on speed and form.

**11.** Start blast run. Run 30 seconds almost flat out and then straight into one minute at 5km pace and then straight into two minutes 30 seconds at marathon pace, then have a minute easy and repeat three times. This is tough and gets the body used to running quite fast while uncomfortable.

**12.** Speed stride accelerations. Find a straight safe grass area or track and measure out roughly 120m or aim for 20-25 second efforts. Run 8 reps starting the first at marathon pace and gradually go through the gears so that by the last one you are going significantly faster than mile pace but stay relaxed and focus on form and style. Do jog or walk back recoveries so you feel recovered before you do the next rep.

# Events master

Steve Smythe , Athletics Weekly

## **CLARE ELMS HAD A RECORD-BREAKING AWARD-WINNING 2019 BUT STILL DID NOT ENJOY HER YEAR AS MUCH AS YOU MIGHT IMAGINE**

YOU WOULD have thought Clare Elms might have been rather proud of her performances in 2019. She was the biggest overall winner of any section (British masters female) in the AW Readers' Choice Awards and won the BMAF British masters athlete of the year and the European Masters distance runner awards.

During the year she won four world indoor and six European outdoor masters titles and set over 20 world or UK records and achieved the unique feat of setting at least a national record or best every month of the year.

However, she explained: "I know I did well in some races but I competed far too much and felt under pressure to set a record in almost every race and felt I failed if I didn't. I ran 80 races during the year and never got a break as there always seemed to be one more record to achieve, whether it was 800m or 10,000m."

Yet the 56-year-old, who lives in Beckenham, Kent, is keen to stress that despite her negativity towards last year, just how much she enjoys her running and competing. "I love running and training and after the family it is the most important thing in my life. I really enjoy very hard track sessions, long runs and racing and I am so grateful that running has given me so much and I have made some great friends from all over the country."

Her first try at running more than 40 years ago did not see her ultimately fulfil her undoubted potential. At the age of 12 she won the Croydon schools 200m title and she was talent-spotted but her mother suggested she should focus on school work

and she thus missed out on running as an older junior and senior, where she would have surely made a mark and instead she focused on swimming in her early teenage years, reaching county level.

Elms has triplets and it was a few years after their birth in 2000 that she wanted to get fit and discovered her real passion. "Running became an important part of my life, so I would get a patient husband to look after them so that I could run around the block to clear my head. It became part of my daily routine."

She then ran a 10km race, to raise money for Rett UK (her niece had been born with Rett syndrome, a serious neurological disorder) and finished in 42 minutes and that's when she was advised to train seriously with a club.



She then joined Beckenham Running Club and showed more promise on the road before going on to join Dulwich Runners a few years later to train on the track with a training group led by AW's Steve Smythe, where she immediately had success, despite being well into her forties by then.

The Dulwich Runner is now best known for her achievements in masters athletics, as in her first indoor season in 2008

she set a British W40 1500m record and won medals in the World Masters Championships in Clermont Ferrand.

Her next world championships was during a world record-breaking year as a W50 in Budapest in 2014, where she won the 800m, 1500m and 3000m which was only topped by last year's success

"I love masters athletics and the people of all ages competing and it has a great atmosphere and everyone is very friendly and it is well structured though it is a pity that British Athletics – and now World Athletics, which used to have masters races in the World Championships – does not take it as seriously as it deserves."



# Race Reports & Results

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

As there are likely to be no races in the next few weeks/months Shorts could be looking pretty bare... Race reports will be harder to find than bog roll !  
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.

## A Guide To Spanish Road Running!

**Nicholas Brown writes...**For the second winter in a row, we escaped the UK winter by renting a small place about an hour south of Alicante on the Costa Blanca. We did 11 races altogether (10 x 5kms and 1 x 7kms) in our 4 months there, including two evening races one of which was on New Year's Eve, which was a fantastic and novel way to



San Fulgencio Race to the Kings 5km

usher in the new year! Some highly unusual race names including the Pavo y Papa Noel carrera (Turkey & Santa Claus race!), San Silvestre Bruja carrera (San Silvester witches' race!) and the San Fulgencio carrera de Reyes (race of the Kings) which celebrates the Three Kings Festival in early January (the Spanish equivalent of Xmas).

Having had nearly a year out, and just resuming training after a half knee replacement operation last April, I was delighted to be able to manage 4 runs a week in warmer climes and gradually built my mileage up to 30 kms per week by the end of the trip and improved by 90 secs over the 5 kms distance with a best pro rata time of 20.37 in the Pilar Pilarena New Year's Eve race. Most of the races had age category prizes for M60s, and I was pleased to record 4 wins, 1 second & 3 third place finishes. The first thing that strikes you is the great atmosphere and support, with seemingly the whole local community turning out

to cheer you on. Usually you are running on traffic free roads, and the courses tend to feature plenty of tight, twisty turns as you make your way through a circuit of the town. Plenty of water, juice, fruit etc available afterwards; sometimes also cooked food such as paella!

The races are superb value for money, as the organisers seem to have many sponsors on board - the average race entry fee of just 8 euros usually includes a good quality race t-shirt and a goodie bag, which can include anything & everything, from water, iced tea, cereal bars, nuts & raisins to lettuces and chicken soup!

The Spanish are very passionate about their running, as evidenced by the very high standard (much higher than a typical parkrun) with even a fairly low key race in the back end of beyond attracting at least 200 - 300 runners, and the San Silvestre Bruja race on the outskirts of the city of Murcia drawing 830 runners. Most of the 5 km races were won in sub 16 mins, and although I averaged 20.30 - 21.00 pro rata for most of the races, there weren't many races where I finished in the top 10% of the field.

Although the courses were well marked out and marshalled, the starting procedures were definitely a case of "manana, manana!" A 10.30am start meant that a race could start anytime between 10.35 and 10.50am! Unlike the relatively genteel parkrun starts,



El Palmar 5kms near Murcia

the race starts in the majority of races were absolutely manic and my sole objective was to survive the first km without being

tripped up and then to gradually work my way through the field. Only in one race did I manage to get a proper start, with an opening 3.50 km, and that turned out to be my fastest race of the trip.



El Palmar 5k near Murcia

Running etiquette is pretty well non-existent in Spain, and is best described as a "free for all!" Runners weave in front of you in complete

disregard, and also cut corners - in some cases on an industrial basis! You would often approach a turn with another runner 10 metres behind you, only to find that they'd cut across the pavement to then

emerge 10 metres ahead of you! The same approaching a roundabout, some runners would ignore the marshals and run straight across the roundabout instead of going around it! Course accuracy has to be taken with the proverbial "pizca de sal!", as the advertised distances are more of a rough guide. 5 kms could mean anything from 4.70 to 5.20 kms, with only one race getting within 50 metres of the correct distance. This makes it very difficult to know when to try and speed up in your final km!



Alquerias 5k

PS Please excuse my appearance in Hastings Runners colours - as I've recently taken over as club chairman there, I would get a lot of FB stick for not promoting the club!

# CC London 2-Up Time Trial

14/03/20

**W**ith the impending events cancellation looming I became aware that the weekend of 14/15 March would be the last opportunity for many to compete in a race for some time. I had signed up for a 2-Up time trial with my housemate and fellow triathlete a few weeks earlier, so I knew this was my last hurrah. This is a time trial race in 2 person teams, setting off every 2 minutes to cover a prescribed course. Cycling Time Trials was borne from the Road Time Trials Council in the early part of the last century, pre-dating British Cycling.

It was formed by some of the purists of the sport who flouted the ban for cycling races on roads at the time by setting off at timed intervals to avoid unwanted police attention and who felt that Time Trialling was the purest form of cycling, as you couldn't benefit from the draft effect of others. It's not glamorous at all and usually involves a push off start from an overweight guy in a marshal's bib and the finish line is often a guy in a ditch with a stopwatch and chequered flag.

The weekend that it was in we also decided to do one last hard effort parkrun that morning so made our way to Dulwich and each put in some respectable times, but both agreeing we need more speed endurance work - Goal number 1 for the upcoming isolation period! From there we made our way back north of the river and drove to Hertfordshire for the Time Trial. When we arrived, we noticed some serious cyclists, as expected and in a change to previous Time Trials I have attended, also a good female representation from Liv

Women's cycling club who are based in Camden. We decided to bring our Time Trial (TT) bikes as that is what we were training on most and ultimately what we would be racing on in a triathlon. But speaking to some of the others, road bikes were favoured by most due to the hilly, technical nature of the course. So, whilst we would be fine on the flatter faster sections of the course, descending and cornering is notoriously less fun and indeed scarier on a TT bike.

We couldn't figure out the logic or seeding of the starting order but assumed since we were triathletes they figured we were rubbish and set us off early. Going off in 2 minute intervals, we were the 5th team off at 2:08pm. A quick word with Danny not to take any chances and don't take any risks for the sake of a few seconds, then a count down to zero and a generous push start from one of the marshals and we were off! This was a 2 lap, 17.5 mile course. The technical nature of the course became immediately apparent to us in the first 2km as we both descended a long hill into a tight left hand turn, way too fast, crossed the centre line, not good (or safe).

Big thanks to my brand-new tyres here. I'm pretty confident in my bike handling but my TT corners like an oil tanker so we agreed on the second lap we would tackle that section individually at a safer distance. As we proceeded on the winding country roads, we encountered many cars and vans not expecting to meet cyclists at speed which led to a few raised eyebrows. In hindsight a course recce would have been a good idea.

Danny and I had only chatted about our strategy before the race. We would take 30 seconds to 1 minute on front before changing. In theory this was great but not so straightforward on a hilly section. Danny is lighter than me with a very good power

to weight ratio so he climbs much better. But I guess my climbing isn't too bad as we passed the pair ahead of us after about 10 minutes. We had made up 2 minutes on them in that time. On the straighter descents then I was making up a lot of time, (thanks to my weight!) and on the back section of the course we were rewarded with some faster flatter terrain and put our strategy into place, the front rider peeling off for the second rider to come through, staying as tight to the wheel in front as possible.

By the end of the first lap we had passed 3 teams in front of us so it was clear we were doing OK. On the second lap we passed several teams who were on their 1st lap so I still wondered about the seeding and then we finally caught the first pair a few KM before the finish meaning we were first finishers of the day, despite starting 8 minutes back.

When we went inside we were happy to see our time at the top but as teams rolled in we started slipping down and it became apparent we were going to miss the podium as we were informed some very good riders were still out there. And so it transpired we were 5th overall. But as the only triathletes there, we'll take that. Everyone ahead of us was on a road bike, so it would have been interesting to compare if we had done the same. Clear that the off season of bike training was going well and maybe if we hadn't both gone hard at parkrun that morning it could have been even better. I wonder what the winner's 5k run time is! Now back to the turbo trainer for a few weeks of isolation training...

## *Des Crinion*

Winners – CC London – 46:18 (25.918 MPH)

5th Place – Danny Isaacs & Des Crinion – Willesden Triathlon Club - 49:17 (24.349 MPH)



# VeloPark March Madness Duathlon

8th March 2020

One week after the Big Half, myself Des and a fellow triathlete had signed up to do a Duathlon at the Olympic Velodrome where we had volunteered a few weeks earlier and had earned ourselves a free entry.



Danny, Becca, Des

So on a Sunday morning we made our way across town to a still sleepy and quiet Stratford. This event was part of the London League and judging by some of the bikes there it seemed like some people meant business! The duathlon used the paved 1mile outdoor loop which consisted of a 2mile run, 10mile cycle and then 1 mile run. The wind was fairly strong but nothing compared to when we were volunteering so we knew we were lucky.

Everyone sat off at the same time (feet were not even touching the start line as people were shy to stand at the front!) but then there was some serious pace by many including Danny and Des and I took it a bit more on the safe side. 2 laps went by quite quickly and then it meant finding your bike and off for 10laps. I was worried I would miscount and my watch might not show the correct lapsed distance so played it safe by having a piece of paper with numbers 1-10 to rip off during the race – there's nothing more annoying than to do too little or too many laps! To avoid littering I instead stuffed the ripped pieces of paper into my trisuit which proved quite difficult and in hindsight not the best idea – any suggestions?! Des and Danny paced their bike laps nice and evenly and so did I. Then into transition again

where Des almost ran out still wearing his helmet and I had to half climb over a fence as with my race brain had chucked my running shoes behind it previously not thinking about the fact that I'd need them again. And off we were with heavy legs to just get around the last 1mile loop. Des was able to keep Dany in eyesight and I was able to overtake one lady on the last straight but was finding the last lap very hard.

We all podiumed in our age groups and were very pleased with our results and went for a celebratory breakfast/lunch after in the sun. Then the weather quickly changed and we got quite wet on the way home. Lucky we had the weather conditions we did for the race! It was Des' second duathlon there and he was happy with his result taking 35seconds off his previous time and setting his fastest run and bike laps for this year. It was my first duathlon and I really enjoyed it and it felt good to see where I stand comparing to other triathletes although I was far from the first women.

Looking back I am even more grateful having been able to participate in this event and having the memory not only to look back on but also to have something to look forward to for when we get back to normality again. Sports and events give me a motivation to keep fit and work on myself but most of all I have met so many great people through my sports here in London which are of all different ages and backgrounds but we share our passion for keeping active and the outdoors (and cake of course..) Stay safe everyone and see you at the next event. I'm sure the social after will feel even more special.



Total of 94 participants (1 crashed, 1 cramped, 1 did too many bike laps, 1 did too few bike laps..!)

	Overall	Cat pos	CAT	Total	Run Lap 1	Run Lap 2 + trans	Run Time	Bike Time	Run 2
Des Crinion	8	3	M20-39	0:44:37	05:47.0	06:18.0	12:05	26:30	06:02.0
Rebecca Schulleri	40 (5 <sup>th</sup> fem)	2	F20-39	0:50:55	06:52.0	07:33.0	14:25	29:50	06:40.0

# Dulwich Runners Through The Early Years

**A**s we are coming up to the 40th anniversary of Dulwich Runners I thought I would write a little bit about the early years, some bits about our trips to races further afield than the usual ones.

I had started running in 1978. My first run was a circuit of Peckham Rye in a track suit and 'Green Flash' trainers. I ran predominantly on my own, but occasionally with a friend that I would meet on a Thursday evening at the Catford running track. We would run about 5 miles and then retire to the nearby Youngs pub for a few pints. I continued running just once a week over the next couple of years until I read an article about the New York marathon, that I seem to remember was written by Chris Brasher, the founder and Race Director of the London Marathon.

It inspired me and when the first London was announced and I decided to give it a try. Entering that first year was by post and I received a confirmation 'yes you are in'. I started to run more regularly and built up to a 15 mile run before the big day! On not too much training I managed to get around in 3 hours 51 minutes. Like many others I said straight after that it would be my only marathon, but of course a couple of weeks later I started to think perhaps I could go a bit faster. I was not a member of a club at this point so along with a couple of work colleagues we formed the BBC Jogging Club, which was a pretty informal affair. I carried on running and managed to knock off another 22 minutes in 1982 finishing London in 3 hours 22 minutes.

In January 1983 I entered the Mitcham 25km race. This was already an old established race that many club runners did. It was at this race that I saw a competitor with a

Dulwich Runners vest on. I spoke to him after the race to ask where the club met and which day. His name CHRIS VERNON ! He told me the club met at the Dulwich Park main gate on a Wednesday evening.

A couple of weeks later I went down but there was no one there! I then discovered that the Club had found an HQ at the Sainsburys sports ground in the Village and so went there one Wednesday. I was made very welcome by members and joined within a couple of weeks.

At this point of course I met the Chairman and founder RON SEARLE. He along with a few other guys had decided to run the first London Marathon and form a club, (Ron and a few others were also instrumental in helping to set up the London Road Runners Club, and the Womens London Run). They decided this over a few pints in their local, The Clockhouse on Peckham Rye, (I used this pub also as it was local to me but did not know them at this time). Ron soon realised that I was a keen member so I found I soon became part of the Club's committee. Over the years I held many different committee positions, Mens Captain, Membership Sec, Shorts editor, Social Sec., 10km Director, Publicity Officer, Vice Chairman and eventually Chairman. In those early years I believe we had about 50 members, but this gradually grew until by the late 80s we were regularly getting over a 100 runners on a Wednesday night!

I suggested that we perhaps should have a weekend away somewhere that took in a race also. We discovered that there was a Boscombe Quarter marathon held on Easter Saturday organised by the Lanz Sports centre. I contacted them and they helped me find local accommodation at the Shoreham Holiday site in 'luxury' caravans and chalets. The organisers welcomed us to the Lanz and as part of our race entry enabled us to use their sports centre the pool, sauna, steam room, showers, restaurant and bar. Approximately 30 of us went the first year to this trip and in the subsequent years that we revisited. Then in 1995 we became even more adventurous and went on a day trip to do the Le Touquet

10km. This was a trip organised by Mike Grattons company, ( winner of the 83 London). This entailed a 6 a.m. start from Dulwich Village by coach, then a ferry across the Channel. A quick bite and a pint after the race was all there was time for and then a late return home.

The following year we made a weekend of it doing the Le Touquet 10km on the Saturday then driving into Belgium and doing the Middlekerke 10km on the Sunday. Race times in Le Touquet were very respectable, but not those in Middlekerke after a very heavy nights celebrations, (ask COLIN FRITH or HARRY HANDSCOMBE)!

From 1997 through to 2015 we went somewhere different each year on a Club trip. These extended to 4 -5 night stays. We visited Wales, Lanzarote, Amsterdam, Cork, Paris, Budapest, Lisbon, Estonia, Luxembourg, Sicily, Bergerac, Donegal, Cologne, Slovenia, Majorca, Finland, Porto, Lake Garda and Marbella. The largest group we had was when 53 of us went to Tallinn , Estonia. We normally entered half marathons on these trips. I remember though that the Tallinn half marathon and the 10km started at the same time in the same place. A couple of miles into the race there was a small arrow telling you which way to go. SUE VERNON had entered the 10km but missed the arrow and ended up running the half. ANDREA PICKUP did the opposite! This was also the trip where BARRIE JOHN NICHOLLS got thrown out of a nightclub! We had some great trips with the guarantee that someone would win the cherished 'Anchor' tee shirt each year, (who brought the wrong passport Andrea/ GILL JOHNSON/ booked wrong flight home Andrea/ pole dancing in Lisbon Gill/ locked in the coach toilet after we had all got off ROY HIBBERD/ sleeping through the hotel fire alarm PETER JACKSON , and too many more to list)!

I have many fond memories of my 1st claim membership years with the Club. Hope that something is being organised for the 40th anniversary this year!

Cheers

Steve Wehrle

Honorary Life Member

ps I ended up running 52 marathons.

# 2020 Club Championships

The table columns show the events originally scheduled for the championships.

The situation will be reviewed as it becomes clearer on what is possible for the remainder of the year.

Within age groups after 2 events	Short				Long				Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
	5K Beckenham 15/02/20	5K Battersea 15/06/20	1M Stratford Tba	5M 2nd Sunday 13/09/20	1/2M Big Half 01/03/20	10K Riverside 18/07/20	Marathon Lon Or Other 04/10/20	10M Cabb. Patch 18/10/20		
<b>Women Senior</b>										
Marta Miaskiewicz	50				50				2	102
Roz Johnson	49				44				2	95
Laura Vincent	47				41				2	90
Claire Barnard	45				38				2	85
Emma Kelly	42				39				2	83
Jenny Bomers	41				37				2	80
Belinda Cottrill	36				40				2	78
Ali Campbell					49				1	50
Elkie Mace					48				1	49
Anna Thomas	48								1	49
Sara Roloff					47				1	48
Polly Warrack					46				1	47
Shoko Okamura	46								1	47
Katie Styles					45				1	46
Carys Morgan	44								1	45
Hannah Harvest	43								1	44
Alice Williams					43				1	44
Rebecca Schulleri					42				1	43
Karina Burrowes					36				1	37
Michelle Key					35				1	36
Katie Prior					25				1	26
<b>Women V40</b>										
Yvette Dore	50				50				2	102
Sonja Jutte	49								1	50
Emma Ibell					49				1	50
Sadie Sholem					48				1	49
Clare Osborne	48								1	49
Clare Norris					47				1	48
Stephanie London					46				1	47
<b>Women V50</b>										
Michelle Lennon	50				50				2	102
Midge Cameron	48				47				2	97
Lucy Pickering					49				1	50
Ola Balme	49								1	50
Lucy Clapp					48				1	49
Lindsey Annable					46				1	47
<b>Women V60</b>										
Susan Vernon	49				48				2	99
Ros Tabor	50								1	51
Claire Steward					50				1	51
Elizabeth Begley					49				1	50
<b>Men Senior</b>										
Martin Belzunce	49				45				2	96
James Burrows	47				47				2	96
Shane Donlon	48				42				2	92
Grant Kennedy	44				44				2	90
Eugene Cross	45				40				2	87
Kevin Chadwick	40				43				2	85
Will Lawn	46				34				2	82
Edward Harper	41				38				2	81
Matt Cooke	42				36				2	80
Jack Ramm					50				1	51
Edward Chuck	50								1	51
Timothy Bowen					49				1	50
Shane O'Neill					48				1	49
Rob Hollands					46				1	47
Max Catterall	43								1	44
Ben Smith					41				1	42
Tom Shakhli					39				1	40
Ross Rook	39								1	40
Jamie Nicol	38								1	39
Des Crinion					37				1	38
Edward Smyth	37								1	38
Oliver Cooper					35				1	36



Alex Bazin					33				1	34
Matt Wood					32				1	33
Ed Simmons					31				1	32
Euan Davies					30				1	31
Matt Ladds					29				1	30
David Benyon					28				1	29
James Rimmer					27				1	28
Desmond Edwards					26				1	27
<b>Men V40</b>										
Andy Bond	50				49				2	101
James Brown	48				46				2	96
Ian Lilley	49				45				2	96
Tom Wilson	46				44				2	92
Jonny Hough	47				41				2	90
Martin Double	45				40				2	87
Miles Gawthorp	43				37				2	82
Buzz Shephard					50				1	51
Tom South					48				1	49
Daniel Mann					47				1	48
Justin Siderfin	44								1	45
Alex Loftus					43				1	44
Hugh French	42								1	43
Joe Farrington-Douglas					42				1	43
Alex Haylett	41								1	42
James Auger					39				1	40
Cameron Timmis					38				1	39
<b>Men V50</b>										
Stephen Davies	50				50				2	102
Michael Fullilove	46				45				2	93
Joseph Brady	45				43				2	90
Paul Keating	43				42				2	87
Tony Tuohy	49								1	50
Paul Collyer					49				1	50
Charles Lound					48				1	49
Andrea Ceccolini	48								1	49
Gower Tan					47				1	48
Mark Foster	47								1	48
Grzegorz Galezia					46				1	47
Ebe Prill					44				1	45
Gideon Franklin	44								1	45
Ameet Patel	42								1	43
<b>Men V60</b>										
Bob Bell	49				49				2	100
Barrie John Nicholls	48				48				2	98
Andy Murray	46				47				2	95
Graham Laylee					50				1	51
Colin Frith	50								1	51
Barry Graham	47								1	48
Chris Vernon	45								1	46
John O'Byrne	44								1	45
Gary Sullivan					25				1	26
122	59	-	-	-	83	-	-	-	142	

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal. Marathon points are temporary Bracketed points [ ] are discards, outside top 5 scores.

2020 Club championship Overall championship After 2 events	Short					Long					Events count.	TOTAL 5 events max inc 1 of S,L
	5K Beckenham 15/02/20	5K Battersea 15/06/20	1M Stratford Tba	5M 2nd Sunday 13/09/20	1/2M Big Half 01/03/20	10K Riverside 18/07/20	Marathon Lon Or Other 04/10/20	10M Cabb. Patch 18/10/20	7M 7oaks7 14/07/20			
Andy Bond	827				869				2	1,696	848	
Michelle Lennon	788				817				2	1,605	802	
Stephen Davies	800				802				2	1,602	801	
Yvette Dore	749				782				2	1,531	766	
Ian Lilley	757				765				2	1,522	761	
Marta Miaskiewicz	736				774				2	1,510	755	
James Burrows	725				757				2	1,482	741	
Martin Belzunce	736				731				2	1,467	733	
Roz Johnson	710				744				2	1,454	727	
Eugene Cross	708				728				2	1,436	718	
Grant Kennedy	697				732				2	1,429	714	
Tom Wilson	685				738				2	1,423	711	
Michael Fullilove	696				725				2	1,421	711	
Kevin Chadwick	689				730				2	1,419	710	
Matt Cooke	700				698				2	1,398	699	
Jonny Hough	700				676				2	1,376	688	
Midge Cameron	684				686				2	1,370	685	
Edward Harper	666				701				2	1,367	683	
Bob Bell	682				655				2	1,337	669	
Barrie John Nicholls	668				652				2	1,320	660	
Laura Vincent	660				653				2	1,312	656	
Andy Murray	654				649				2	1,303	651	
Martin Double	630				639				2	1,269	635	
Joseph Brady	637				632				2	1,269	634	
Miles Gawthorp	627				572				2	1,199	599	
Claire Barnard	599				583				2	1,182	591	
Emma Kelly	563				585				2	1,148	574	
Susan Vernon	560				586				2	1,145	573	
Jenny Bomers	550				583				2	1,133	566	
Paul Keating	554				492				2	1,047	523	
Belinda Cottrill	337				644				2	980	490	
Buzz Shephard					859				1	859	859	
Timothy Bowen					824				1	824	824	
Tom South					824				1	824	824	
Ros Tabor	822								1	822	822	
Tony Tuohy	821								1	821	821	
Jack Ramm					818				1	818	818	
Claire Steward					815				1	815	815	
Shane O'Neill					811				1	811	811	
Daniel Mann					798				1	798	798	
Charles Lound					791				1	791	791	
Paul Collyer					781				1	781	781	
Lucy Pickering					780				1	780	780	
Lucy Clapp					775				1	775	775	
Ola Balme	770								1	770	770	
Gower Tan					767				1	767	767	
Emma Ibell					765				1	765	765	
Ali Campbell					765				1	765	765	
Elkie Mace					762				1	762	762	
Sara Roloff					761				1	761	761	
Edward Chuck	760								1	760	760	
Mark Foster	747								1	747	747	
Andrea Ceccolini	743								1	743	743	
Katie Styles					740				1	740	740	
Rob Hollands					735				1	735	735	
Polly Warrack					734				1	734	734	
Alex Loftus					732				1	732	732	
Alice Williams					725				1	725	725	
Ben Smith					724				1	724	724	
James Brown	723								1	723	723	
Shane Donlon	722								1	722	722	
Tom Shakhli					714				1	714	714	
Grzegorz Galezia					710				1	710	710	
Anna Thomas	702								1	702	702	
Ebe Prill					700				1	700	700	
Des Crinion					698				1	698	698	
Joe Farrington-Douglas					693				1	693	693	
Graham Laylee					687				1	687	687	
Will Lawn	682								1	682	682	
Alex Bazin					680				1	680	680	
Oliver Cooper					678				1	678	678	
Ed Simmons					674				1	674	674	
Max Catterall	674								1	674	674	
Stephanie Lundon					672				1	672	672	
Colin Frith	670								1	670	670	
Ross Rook	666								1	666	666	
Matt Wood					660				1	660	660	
Gideon Franklin	656								1	656	656	
Barry Graham	652								1	652	652	
Rebecca Schulleri					650				1	650	650	
Cameron Timmis					648				1	648	648	
Lindsey Annable					647				1	647	647	
James Auger					644				1	644	644	
Justin Siderfin	642								1	642	642	
Clare Norris					633				1	633	633	
Euan Davies					631				1	631	631	
Carys Morgan	623								1	623	623	
Shoko Okamura	621								1	621	621	
Matt Ladds					620				1	620	620	
Jamie Nicol	613								1	613	613	
David Benyon					608				1	608	608	
Sonja Jutte	590								1	590	590	
Elizabeth Begley					589				1	589	589	
Hugh French	586								1	586	586	
Hannah Harvest	584								1	584	584	
Edward Smyth	582								1	582	582	
James Rimmer					577				1	577	577	
Alex Haylett	547								1	547	547	
Clare Osborne	545								1	545	545	
Ameet Patel	544								1	544	544	
Michelle Key					532				1	532	532	
Karina Burrowes					531				1	531	531	
Katie Prior					465				1	465	465	
Gary Sullivan					465				1	465	465	
Desmond Edwards					465				1	465	465	
Chris Vernon	391								1	391	391	
John O'Byrne	337								1	337	337	
	111	59	-	-	-	83	-	-	-	142		
		38,787	-	-	-	57,630	-	-	-	142	96,416	75,341

# 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](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 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](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!***

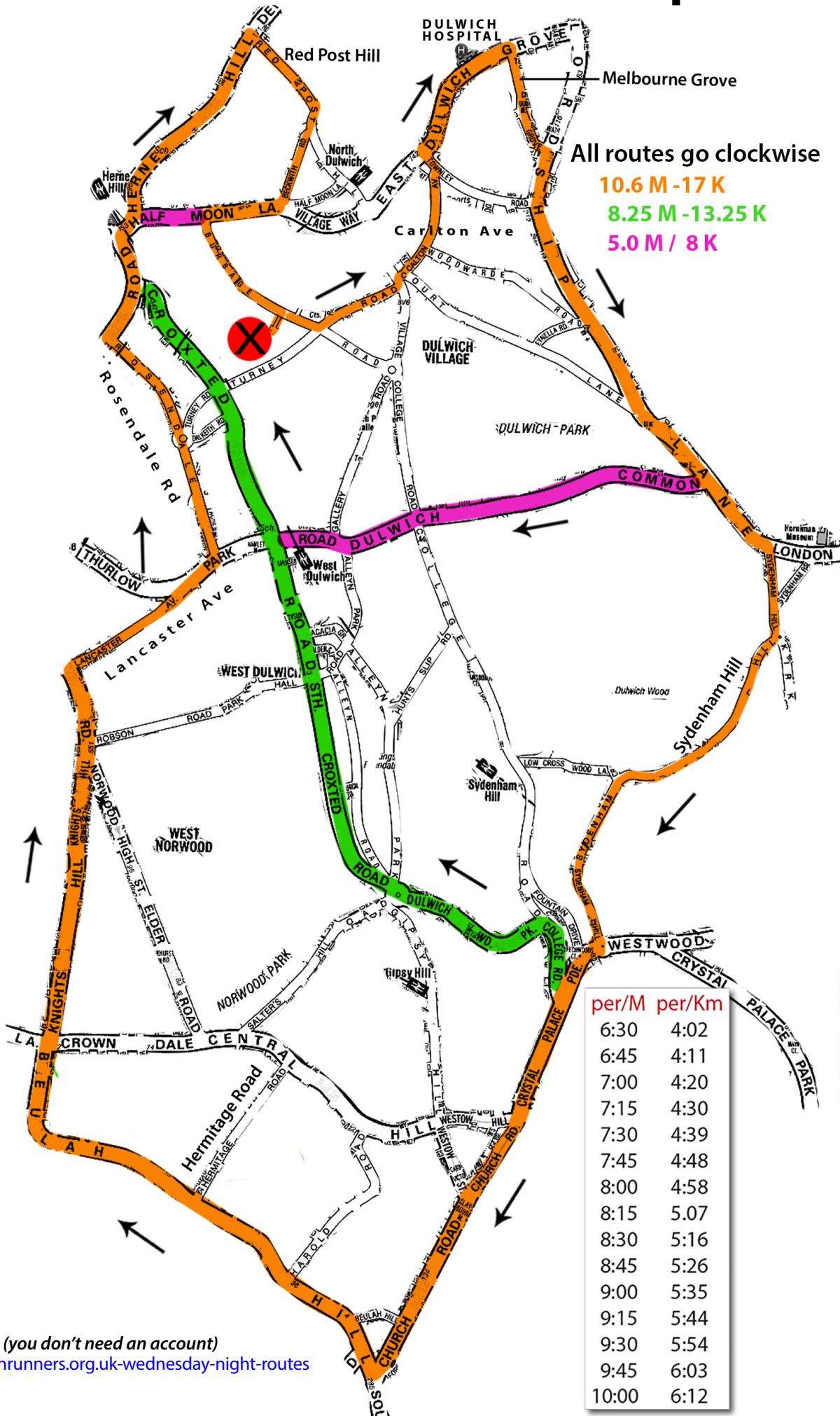
*We would like to have a t-shirt to commemorate the club's 1st 40 years of running  
And are looking for someone who could produce a design suitable for printing  
on a t-shirt, (front, back or both)*

*Use your imagination to create something fantastic!*

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

Map is only here for reference, there are no club runs until further notice

# Dulwich Runners Winter Map12



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