



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 5 Race reports and results
- 8 Club kit
- 10 Wednesday night run map.

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

Like us on Facebook @dulwichrunners

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

Connect with us:



It's that time of year ! - 2022/23 club membership renewals

You all should have received your renewal email, so keep an eye on your inbox.

If not or you have any membership queries contact: barry@bg1.co.uk

If you have not renewed you cannot compete in any race as a Dulwich Runner or take part in the club champs. Thankyou to those of you that have renewed

Please do not reply to the email unless to notify me of changes to your membership type or your details etc.

Payment by direct bank transfer or contactless on a club night. Bank details in the email. No cash or cheques
Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30
EA reg is £16 and can only be arranged through your 1st claim club.

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

'Midsummer Relays' - Wednesday 15th June

Keep the evening free for our 'Midsummer Relays' in Dulwich Park.

These have become very popular, so we hope there will be a bumper turn out again after not being able to have them for the last two years.

It's an important evening for the club and we will need both runners and volunteers to help. If you would like to be part of a small organising group, please talk to Ange or Ebe.

Summer track and grass sessions at Dulwich College

Start time 7pm - Cost £2 contactless by card or device at the track - no cash.

Please note that we have been reminded by Dulwich College that our agreement allows us to use the track and the field to the right of the central line of trees adjacent to College Rd. Accordingly, please only use this area for warming up etc.

Dulwich Runners Committee Meeting Notice Wednesday 27 April 2022

The Dulwich Runners AC General Committee will next meet on Wednesday 27 April at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss, please submit them to Yvette at secretary@dulwichrunners.org.uk by midday on Tuesday 26 April.

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

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

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

Tuesday Evening Speed - Dulwich College

Arrive by 7pm for warm-ups before main session. Each session £2, pay contactless only (no cash).

Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main center doors, follow path through bushes to track, meet at green pavilion up by tennis courts.

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). Track not available from July (redevelopment) - July & August training to be advised. September its hill sessions before going back to Crystal Palace track in October.

Questions, feedback or advice on fitting these sessions into the rest of your training contact:

Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Track etiquette

we are a big group and share the track with others so it's important to act safely and treat them with the same respect that we expect to be shown.

All members using the track:

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

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

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

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

For further info about events in Shorts, how to enter etc, contact your captains:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Date	Race	Venue
May	5 Assembly League	Beckenham
	31 Mark Hayes Mile	Dulwich track
June	9 Assembly League	Battersea Park
	14 Sri Chinmoy (Dashing Deer) 5k	(S) Battersea Park
	26 Ranelagh Harriers Richmond 10k	(S) Richmond
July	7 Assembly League	tbc
	10 Sevenoaks 7 trail race	(L) Sevenoaks
	20 Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
Aug	4 Assembly League	tbc
Sept	4 Big Half	(L) London
Oct	2 London Marathon (or alt. marathon)	(L) London or alt.

Road & other Club Champs **Assembly League** Track Cross Country

2022 Club Champs

To complete the championship you need to finish a minimum of 5 races, with at least one in each of the short (S) and long (L) categories. - <https://www.dulwichrunners.org.uk/club-championships> - these races can fill up quickly so enter ASAP

Confirmed fixtures are:

Feb	5	S - Crystal Palace parkrun	completed
March	13	L - Paddock Wood 1/2M	completed
June	14	S - Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm	
June	26	L - Ranelagh Harriers Richmond 10k 9am	
		(enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)	
July	10	L -Sevenoaks 7 trail race	
July	20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)	
Sept	4	L - Big Half	
Oct	2	L - London Marathon (or alt. marathon)	

If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races. Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

British Masters Road Relays Champs Sutton Park, Sutton Coldfield

Saturday 23rd April 2022

This entry is for masters athletes (anyone over the age of 35) who wish to compete in the British Masters Open Relay Championships at Sutton Park on Saturday the 23rd April 2022.

The course is traffic-free on a safe tarmac course. Medals will be awarded to the first three teams in each age category. **UKA registration is mandatory for entry to the championships.**

Contact your captains if you're available and for further details. dulwichladiescaptain@gmail.com
 It's usually a great day out. The club pays travel costs.

Event Timetable

- Race 1 – 10:30: Women's 4-Stage - W35
- Race 2 – 10:35: Women's and Men's 3-Stage – W45+, W55+, W65+ and M75+
- Race 3 – 12:25: Men's 3-Stage – M55 and M65
- Race 4 – 14:00: Men's 6-Stage – M35
- Race 5 – 14:05: Men's 4-Stage – M45



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

Beckenham Road Relays - 18 May 7.30pm

Those interested contact your captains either on an individual basis or with complete teams of 3

Mark Hayes Mile, 31 May

The removal of Dulwich College track from early July and the busy schedule of races in June has meant that the Mark Hayes Mile will take place earlier than usual this year on the evening of Tuesday 31 May. Further details on seeding and time of races etc to follow. To take part contact Mike Mann mcmann90@yahoo.co.uk

Assembly League

What is the Assembly League?

- A summer evening race series which ran every year from 1975 to 2019 with a welcome return at 7.30pm on Thursday May 5 at Beckenham Place Park.
- Races free to enter, no need to book in advance.
- Unlike many races men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular events we encourage all first and second claim members to take part whatever your standard, form or ability.
- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor will be happy to sell you one on a Wednesday evening!
- Races normally either 5km or 5.6km (3.5 miles)
- Usually start at 7.30pm unless otherwise advised.
- Beckenham Place Park will use the relatively new undulating parkrun course, mixture of surfaces so consider this in your choice of shoe.
<https://www.parkrun.org.uk/beckenhamplace/>
- After each race the organisers normally have a bar open for food and drink.

Dates

Thurs 5 May, Beckenham - Thurs 9 June, Battersea Pk - Thurs 7 July, venue TBC - Thurs 4 August, venue TBC

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike the Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019, and individual and age group winners from 2019 included Ed Chuck, Mike Mann, Barrie John Nicholls, Andy Bond and Tom South.



Beckenham Running Club are organising the race on 5 May, but would welcome a few additional helpers who have some familiarity of the park. If you are able to help on the evening, contact Mike Mann.

KIT SALES

If you want a vest for the Assembly League (5 May) I will have kit at the club this Wednesday (20 April). I'll be at the club before the run, from about 6.45. After that I am away for 2 weeks.
Ros ros.tabor49@gmail.com

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

Brighton Marathon 2022



Becca Schulleri writes: Another covid race that had been pushed back a few times and that I originally purely intended to run to get a Good-For Age place for London. Thanks to Jack pacing me for my half in December last year I had already secured myself a spot, so here I was half motivated as

training for a marathon was taking away my focus from my triathlon training and I was trying to balance the two. I decided to keep all the long runs on Sundays but swapped other runs during the week for swim and bike sets.

While throughout my training I had been feeling very slow and like all my runs were hard work, closer to race day I was actually feeling good and my legs were fresh from the taper. After strong winds and some heavy rain showers in the days before race day, luckily the forecast was sun, then clouds and no strong winds or high temperatures. I had been contemplating aiming for a 3:20h to 3:30h then settling for a 3:20h to 3:25h in the final days leading up to the race (inspired by Yvette's amazing performance in Manchester!) and I'd prepared wrist bands with mile breakdowns for both.

We set off just before 10am and while I tried to remind myself to stick to my plan Brighton marathon's route of a start with a hill, then long downhill before 2 more ups made judging my pace/effort hard. What also didn't help was the lack of any sort of mile markers! I was positively surprised by how dense and loud the crowds were which probably also made me run quicker than planned.

After zig-zagging around town its downhill to the beachfront exposing you to a stunning view of the sea glittering in the sun. However that boost quickly fades as you leave town and the first hard bit starts: Almost zero spectators, long drags straight uphill with a view of most of the eastern route ahead of you. Also the road has a tilt and I was trying hard to run where it was more or less evenly paved to avoid any one sided strains.



Just when I was getting really warm from the sun and demotivated by the 'pointless' out and back route I spotted a Dulwich runner on the other side- It was Ed Simmons that I saw and who unknowingly lifted me out of my first low. Following this first turn, I started judging how far I was away from the next turn by how dense the returning running crowds were, how many

women I saw and if I had already seen Ed. That was definitely a helpful distraction and good way of judging where on the route I was.

Once we hit the central bit again the crowds were in absolute party mode and it felt like all of Brighton was shouting my name - I was of course loving it and tried to soak it up as I knew the second part would see us leave town west again on another out and back route through the famous and dreaded industrial area. From mile 17 I was starting to feel achy and wishing I could fast forward to the finish line. Again I was judging how far away I was from the last turnaround point by looking at the returning runners and telling myself 'that's the 3:15 pacer, so roughly 5mins. I can run for another 5 minutes, can't I, and then I'll already be on the "home straight"'. Teeth together. Three times I thought I'd spotted the finish line - first it was the arch from the half way point, then it was just an advertising arch from 2XU (I had actually started sprinting and will never forgive 2XU/Brighton marathon for this haha!) and then finally, there it was - the ACTUAL finish line.



The meeting area was perfect on such a sunny day - I lay in the sun, enjoyed some erdinger alkoholhofrei and just relaxed with my friends who'd come down to support me (some funny signs included!) and just soaked up the atmosphere. The post marathon feeling is quite the high (when it goes well that is).

I am more than happy with my time of 3:22:27 - not quite negative splits especially not given the fact that the first half has ups and down whereas the second part is flat but I'll take it. I went out harder than planned and paid the price (I think you always do?). I loved the crowds, didn't love the route too much but it's a marathon that's easy to get to from London and well, that finish area was just perfect on a sunny windless day like we had.

3:22:27, 674th out of 8290, 35th female out of 2733, 10th F30-34 out of 391

Richmond 1/2M

Clare Norris writes: A gorgeous Easter Sunday for the Richmond half marathon. I had flashbacks of the cross country race that had started the season. Mixed terrain and some lively hills made for a fun race and spirits were high with deer roaming. After a good winter, I had a strong run despite the 3rd 5k being a touch slow. Nevertheless, first woman back meant Easter Egg prizes for me!

Clare Norris 1:37:12



RunThrough Victoria Park 5km, 10km and Half-Marathon

Good Friday, April 15

Steve Smythe writes: Good conditions - though a little warm for longer races - a flat course though not sure they really need three races all happening on the same time with multi lapping requiring a lot of zig zagging round other runners and a grass finish.

Less than a fortnight after her marathon PB Yvette just missed her 10km PB by a few seconds while Clare missed her world age best by a few seconds but still scored over 100pc on age

grading in winning the 5km and having just two men ahead.
10k: 6W/36th overall Yvette Dore 41:34 (41:28 chip)
5k: 1W/3rd overall Clare Elms 18:05

Track races

Double county track M60 champion Gary Budinger has admitted he had two races at the K2 in recent weeks. The times may suggest he has been running up one of the world's biggest mountains in the Himalayas in climbing boots but the K2 is apparently a flat track at a sports centre in Crawley. He started with a 600m earlier in April in 2:10.2 which to be fair to him is the quickest he's moved since he heard his local pub was having a closing down sale. He then ran 3:10.16 in his 800m on Easter Monday which he put down not to multiple Lager flavour Easter Egg consumption but hay fever and an off-day. Someone very unfairly suggested it was his 10,000th off day in the last 30 years.

Banstead Woods

258 ran
Pos Gen
26 26 Tony Tuohy 20:52

Beckenham Place

249 ran
Pos Gen
12 11 Stephen Davies 19:40
40 3 Kay Sheedy 22:01

Blandford

139 ran
Pos Gen
28 3 Rebecca Davis 23:18

Bolberry Down

181 ran
Pos Gen
6 1 Polly Warrack 18:38

Brockwell , Herne Hill

178 ran
Pos Gen
19 16 Austin Laylee 20:44
24 20 Mark Foster 21:17
28 24 Robert Tokarski 21:31
30 25 Stephen Trowell 21:35
48 37 Lee Wild 22:51
53 8 Katie Styles 23:09
77 53 Graham Laylee 24:40
84 56 Martin Wagner 25:01

Bromley

448 ran
Pos Gen
182 140 Colin Frith 25:58

Burgess

323 ran
Pos Gen
23 1 Lucy Mordaunt 19:48
295 114 Susan Vernon 41:03
296 115 Stephanie Burchill 41:04
315 160 Chris Vernon 48:17

Burnham-On-Crouch

93 ran
Pos Gen
4 4 Jonathan Whittaker 20:00

Bury St Edmunds

211 ran
Pos Gen
20 18 James Auger 21:16

Charlton

131 ran
Pos Gen
41 37 Stephen Smythe 24:24

Clapham Common

375 ran
Pos Gen
143 105 Michael Mann 24:36

Crystal Palace

221 ran
Pos Gen
57 47 Hugh Balfour 23:46
73 6 Eleanor Simmons 24:29
105 17 Belinda Cottrill 26:37

Dulwich

320 ran
Pos Gen
5 5 Aaron Wilson 16:57
16 15 Grzegorz Galezia 18:11
21 19 Mark Callaghan 18:39
48 39 Ryan Duncanson 19:57
50 41 Ebe Prill 19:58
52 43 Jamie Robinson-Nicol 19:59
68 8 Alice Williams 21:06
80 62 Martin Kelsen 21:36

88 67 Alistair Clarke 22:00
104 16 Victoria Read 22:26
209 132 Rob Mayes 27:40

Eastville

311 ran
Pos Gen
75 14 Teresa Northey 24:24

Evesham

176 ran
Pos Gen
62 16 Lindsey Annable 25:47

Exeter Riverside

120 ran
Pos Gen
25 3 Harriet Roddy 22:38

Hastings

451 ran
Pos Gen
8 7 Joe Farrington-Douglas 17:43

Hilly Fields

186 ran
Pos Gen
98 25 Claire Steward 27:18
124 80 Paul Keating 29:23

Hunstanton Prom.

114 ran
Pos Gen
1 1 Harry Lawson 18:09
8 1 Kate Harrison 20:32

Jersey

295 ran
Pos Gen
36 32 Edward Smyth 22:08

Killerton

266 ran
Pos Gen
10 9 Rupert Winlaw 20:08

Leazes

81 ran
Pos Gen
48 41 Sum Mattu 27:10

Leicester Victoria

283 ran
Pos Gen
170 42 Marjorie Epton 29:41

Lullingstone

68 ran
Pos Gen
17 16 Justin Siderfin 24:09

Marlborough Common

102 ran
Pos Gen
17 1 Ange Norris 23:09

Milton Keynes

447 ran
Pos Gen
136 97 Joe Sheppard 26:51

Nulkaba

45 ran
Pos Gen
16 2 Clare Wyngard 30:28
20 18 Michael Dodds 31:44

Peckham Rye

171 ran
Pos Gen
1 1 Shane O'neill 16:34

Poole

930 ran
Pos Gen
37 33 Sam Jenkins 18:36

Preston Pk , Brighton

404 ran
Pos Gen
2 2 Thomas South 17:20

Pymmes

141 ran
Pos Gen
70 52 Andy Murray 27:12
71 18 Ros Tabor 27:15

Richmond

322 ran
Pos Gen
92 72 Barrie John Nicholls 24:10

Riddlesdown

142 ran
Pos Gen
40 34 James Wicks 24:36

Royal Tunbridge Wells

212 ran
Pos Gen
9 9 Lloyd Collier 19:44
18 1 Lisa Knight 21:01
22 2 Kim Hainsworth 21:46
61 11 Susan Cooper 24:52

Sharpham Rd Fields

96 ran
Pos Gen
2 2 Hugh Stobart 17:15

South Norwood

169 ran
Pos Gen
17 2 Emma Benyon 22:26

Strathclyde

228 ran
Pos Gen
4 4 Andrew Inglis 17:13

Sutcliffe

140 ran
Pos Gen
1 1 Andy Bond 16:16

Trelissick

181 ran
Pos Gen
30 3 Laura Vincent 23:27
31 27 Cameron Timmis 23:39

Victoria , Glasgow

310 ran
Pos Gen
15 14 Jonny Hough 18:55

Wakefield Thornes

215 ran
Pos Gen
82 13 Claire Barnard 26:43

Whitstable

370 ran
Pos Gen
1 1 Adam Stokes 17:48
4 1 Chelsea Rose Baker 19:51
281 176 Bob Bell 33:58

Worthing

462 ran
Pos Gen
112 95 Gary Budinger 23:32

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. - For more details - 07506 554004
www.hernehillsportsmassage.co.uk

Dulwich Runners

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

 app.dulwichrunners.org.uk

Feedback and requests:  ceccolini@gmail.com

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



SUSTAINABILITY AND RUNNING SHOES

As a club we have been looking at steps we can take to improve our sustainability. - With useable shoes **ReRun** <https://rerunclothing.org/> will sell them for a small amount on their website, or donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

We will collect used shoes on Wednesday 27 April 2022, 6:30 - 10pm, at the Club House.

A big “Thank You” to all the ones who already donated their used shoes. Please wash your shoes, tie each pair together using their laces. We will collect used shoes on a regular basis in the future and deliver them to ReRun or similar initiatives.

- Thanks for your help! - to get involved with our sustainability efforts, or if you have any questions or suggestions, contact: ceccolini@gmail.com

What Can We Do?

While we wait for big brands to use more sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

- Use our shoes as much as possible (obvious)
- Return them to manufacturers or shops when we buy a new pair (in the rare cases when such a scheme exists, e.g. <https://www.runnersneed.com/about-us/recyclemyrun.html>)
- Donate our shoes to someone who can use them, for running or as normal shoes

DULWICH RUNNERS KIT

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

Socks only £5



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



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



The Beast from the East!
It's always 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 & hoodies.

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



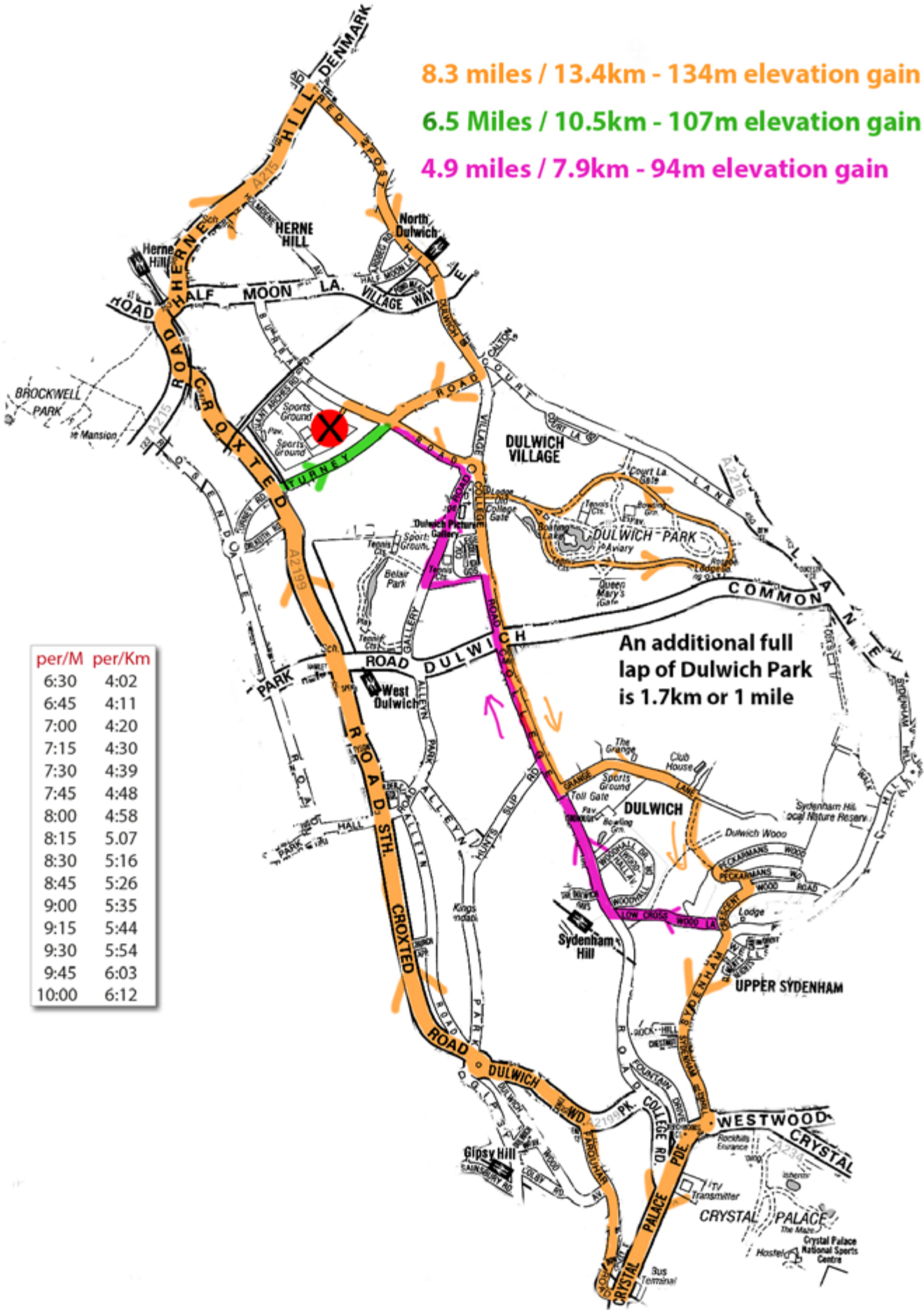
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Summer Map D

8.3 miles / 13.4km - 134m elevation gain

6.5 Miles / 10.5km - 107m elevation gain

4.9 miles / 7.9km - 94m elevation gain



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

An additional full lap of Dulwich Park is 1.7km or 1 mile