

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
- 4 Club runs & training
- 5 Fixtures
- 6 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

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

Payment only by either direct bank transfer or contactless on a club night. Payment details will be in the email.

Full 1st club claim membership is £46 and that includes EA reg. @ £16

1st club claim membership without EA reg £30

2nd claim £30

EA reg is £16 can only be done 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.

Pizza and Quiz social evening

Plus presentation of trophies and medals for the Ken Crookes' Cross Country Championships

Wednesday 13th April at 8.30pm in the club house

Come and put your brains to the test.

Teams will be 4 people. So, either:-

- Put together a team yourself or,
- Let us know you want to be in a team and we will do the rest.

To enter:-

- Email Michelle – dulwichrunnerssocialsec@gmail.com with your details plus choice of pizza (veggie or meat). If you have any specific dietary requirements, please let us know and we will do our best.
- Or, write your name on the list on a Wednesday evening.

Cost is £10 – for quiz and pizza. Payment will be by card on a Wednesday evening or on the night
Get swotting!

Summer track and grass sessions at Dulwich College start Tuesday 19 April

Summer track and grass sessions start on Tuesday 19th 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.

Annual General Meeting Round Up

Yvette Dore, Club Secretary, writes: Many thanks to everyone who attended the Dulwich Runners AGM 2022 which took place downstairs at the Edward Alleyn Club after the Club Run on Wednesday 30 March.

This was the first AGM we have been able to hold in person since 2018, with 2019's meeting having been scheduled for early 2020 to align with the adjusted dates of the Financial Year, 2020's meeting then being cancelled due to the pandemic, and 2021's meeting taking place over Zoom. With just over 30 members present, there were slightly fewer attendees than in previous years – most likely a reflection that large meetings are not entirely back to normal against the backdrop of Covid-19.

This was also the first AGM to be co-chaired by Joint Chairs, Ange Norris and Ebe Prill, who completed their first term in post having been appointed at the 2021 AGM.

Ange and Ebe delivered the Chair's Report together, covering the achievements and highlights of the year including a return to races and events which saw no less than 19 new club records set; both our men and women's teams successful promotion back to Division 1 of the Surrey League; and the much-anticipated celebrations in honour of the Club's 40th Anniversary which were postponed from 2020.

During the meeting, the Club's General Committee members for the coming year were formally nominated and voted into their roles, including three new Committee members, with Andrea Ceccolini appointed to Club Treasurer; Alex Loftus appointed Joint Men's Captain; and Tom Poynton appointed to the Committee as Welfare Officer. Members also voted Chris Vernon to the position of Honorary President for a further term.

Thanks were extended to out-going Treasurer Graham Laylee and Joint Men's Captain Tom South for their great support and contribution to the Club and Committee over the years.

Two items of AOB were raised in the course of the meeting, one in consideration of how the Club might support a local charity or charities, and a second in consideration of the timing of the start of Wednesday night Club Runs, especially now more members are returning to the workplace rather than working from home, which will be tabled for discussion at the next Committee meeting.

Your new Dulwich Runners AC General Committee is:

Committee Role	Who
Joint Chairs	Ebe Prill & Ange Norris
Treasurer	Andrea Ceccolini
Secretary	Yvette Dore
Joint Women's Captains	Ola Balme & Kay Sheedy
Joint Men's Captains	Ed Chuck & Alex Loftus
Membership Sec. & Shorts' Editor	Barry Graham
Social Secretary	Michelle Lennon
Welfare Officer	Tom Poynton
Publicity Secretary	Jonathan Whittaker
General Members	Eleanor Simmons Ryan Duncanson, Mike Mann,
Non-committee Roles	
Honorary President	Chris Vernon
Welfare Office	Andrea Pickup
Kit Person	Ros Tabor

There will be an opportunity to find out more about the Committee in upcoming editions of Shorts, starting this week with Joint Chairs Ange Norris and Ebe Prill, newly appointed Treasurer, Andrea Ceccolini, Joint men's captain Alex Loftus and Welfare Officer, Tom Poynton.

From the Co – Chairs

Our first year in the roles of co-chairs has gone incredibly quickly. As we detailed at the AGM, it's been a busy year at the club and we expect the next one to be the same. And that's as it should be. With the committee, we aim to work hard to be welcoming and inclusive to all members, new and old.

Both of us have been members for many years, the club has been an important part of our lives and we have benefitted a lot from it. That is an aim we have for all members. Together with the rest of the committee, we will try to help everyone achieve whatever running goals they have.

If anyone has any ideas or issues, please do let us know. You can talk to us/message us at any time.

Ange Norris

With very little background of running but some general fitness largely from cycling, I joined DRs soon after moving to London as a way of getting to know some people. I was immediately hooked by the social side of running and happily saw my times improve.

Since then, there have been some ups and many downs (injury, major house renovation, having children) and for some years I

was the member that only the 'oldies' knew. I'm now in my second wind of running and loving it.

Cross country is my favourite; the mud, the challenging terrain, beautiful places to run and most importantly the DR team spirit. Running is something anyone can do on their own, but the camaraderie and joint venture at the club is what I value most and wish all members to feel.

Ebe Prill

I joined Dulwich Runners in late 2009, initially to find company in training for the London marathon in 2010. Through the club I rekindled my love for running and soon got involved in road racing over shorter distances too. Track followed a year later and after that the 'joy' of cross country racing in the mud. From there the years seemed to follow a natural rhythm of marathon campaign followed by track summer season and winter cross country.

In always stimulating fellowship and competition in the running community and the club. I certainly had my share of the ups and downs of the runner's life, the elation of training in good

company, of achieving race goals, new PBs and being a (minor) part of successful teams for Dulwich. The downs being injuries and some terrible marathons (somewhat linked). The ups luckily easily outweighed the downs and at some point it felt natural to become involved in the running of the club, first as a general member on the committee, then for several years as joint men's captain and now as co-chair.

The club has made me feel at home in this my second country, and the welcoming and inclusive spirit is something I would love to pass on and develop further together with Ange in our time as joint chairs.

Andrea Ceccolini - Treasurer

I discovered running in 2009, but only after joining Dulwich Runners in 2018, I started to appreciate so many other aspects about the sport.

The benefits of training with a group go well beyond the social elements: learning from people with more experience and with a different approach to training and racing, and discovering the different types of competitions are just two examples.

I find that running sessions with the club boost my energy and refuel my motivation.

As club Treasurer, I will look after our accounts, club payments and receivables, to fulfil regulatory requirements as well supporting the many activities led by our committee members

Tom Poynton – Welfare Officer

I have replaced Andrea Pickup as the committee lead for welfare, although Andrea will continue as welfare officer - we will both act as a point of contact should anyone have any concerns of whatever nature, and ensure that the club complies with England Athletics requirements

<https://www.englandathletics.org/clubs-and-facilities/club-support-services/club-welfare/>

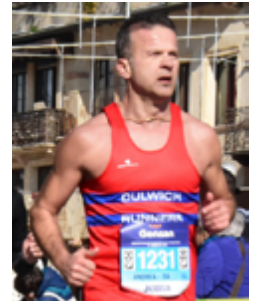
Alex Loftus - Joint Men's Captain

Although I've now lived in Dulwich for 17 years, I only joined Dulwich Runners in 2018. A wonderful next door neighbour introduced me to running, but I really lacked the regular sessions and competitive fixtures that come with being part of a local club. Marathon training was often all over the place so I was really lucky when Rob Cope gently encouraged me to join Dulwich.

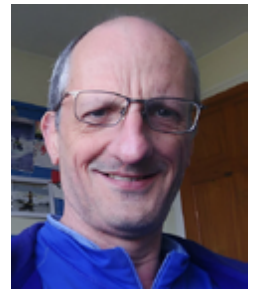
At first, I only really trained on a Tuesday evening at Crystal Palace, but then I found myself able to join DRs for Sunday morning runs, and I've loved the sociability and regularity of these longer sessions. Although I'm not particularly quick (especially on the track), I enjoy all kinds of running – road, trail, fell and cross country.

with our partners, such as renting the clubhouse and training venues, catering for social events, and dealing with England Athletics, race organisers and kit providers.

I also develop and maintain the Club App (available on app.dulwichrunners.org.uk and soon in the Apple "App Store" and Google "Play Store" - search for "Dulwich Runners"). Finally, I'd like to promote activities to help our community become more sustainable - we have plans as a club and in collaboration with England Athletics, so watch this space.



I have been a club member since September 2018 and recently qualified as a Coach in Running Fitness and lead many of the Tuesday night sessions. I also like to take part in the Wednesday night runs.



This season, I was able to run in cross country races most weekends – only ever scoring for the B-team but never disappointed – and I'm hoping to try and complete a few races with the newly formed DR fell running team over the Summer. I feel hugely grateful to the Club (and the individuals who are a part of it)

for such wonderful experiences, and look forward to giving something back as co-captain of the men's team.



Club Runs & Training Sessions

Wednesday Evening Club Runs

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

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

NOTE: £1 club run fee for members and guests

each time you run - Contactless payments only

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

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

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first pre-register with Crystal Palace Arena first using the form on our website:

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Details of future sessions to be provided shortly but will continue to be endurance-based for the next few weeks

If any questions or feedback – Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us.

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) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

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, including 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 31	Mark Hayes Mile	Dulwich track
June 14	Sri Chinmoy (Dashing Deer) 5k	(S) Battersea Park
	26 Ranelagh Harriers Richmond 10k	(S) Richmond
July 10	Sevenoaks 7 trail race	(L) Sevenoaks
	20 Dave Clarke Mile Night (incorporates the SOAR mile)	(S) Wimbledon Pk Stadium
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>

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.

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

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 6 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

Contacts:

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

Reading Half-Marathon

April 3

Steve Smythe reports while those in Manchester will rightly get all the plaudits for some superb performances there were other big races on at the weekend.

My lifetime PB was set on this course in 1987 - 35 years ago - and it's always good returning to one of the best organised events on the calendar even if now I would be over half an hour slower if I did pin a number on but nowadays I am content to watch.

The course is not quite the same as it was 35 years ago when I first ran here - and I remember being bitterly disappointed with my time that day as I was aiming for a sub-70.

The course now is pretty much the same as I did but in reverse (worst big hill now is in third mile but was a horrible late steep descent in last few miles back then) but jogging around more half the course this time trying to watch, I had forgotten there were so many hills and 400 feet of climbing and rather too many sharp turns which makes the following times even more notable.

However, as at Manchester, in terms of conditions it was close to perfect for Britain - light winds (5 mph) dry and cool (5 degrees at start) and though the course has hills, fast times are obviously possible.

Gower (third M50) said he just missed his PB by two seconds but according to Power of 10 he did a one second PB!

Clare, was originally planning a different race and only managed to get an entry on Friday - as she was given an elite entry and felt she started far too quickly, slowed mid race but then pushed on again. She caught Gower in the second half and ultimately finished just behind.

Though she has been unable to do any proper speedwork all winter she ran her quickest time for 9 years (and the only run faster since 2011 was only a marginally quicker 81:54).

Though far from happy with her time, it was a world age 58 best - bettering Fiona Matheson's time by 40 seconds - the Scot had set a world W60 3000m record the day before she lost her

age record and is currently setting a few targets for a hopefully fully fit Clare to possibly keep an eye on in 2024.

Only one British W55 has ever gone faster at the half-marathon and it put Clare top of the UK W55 plus rankings for 2022 and she actually finished just ahead of 2:32 marathoner Emma Stepto who went top of the UK W50 rankings albeit behind Clare's W55 time.

In age-terms was easily her best ever half as her age-grading was a fraction under 100 per-cent. It would have been a club W50 and W55 record had Clare not switched to second claim so she could run in some major road relays a few weeks ago. If recovered, she hopefully runs her first ever National senior relays this weekend.

Sadly Ed Chuck, who was denied a flat out run at Paddock Wood because he had won the British Masters Championships cross-country the day before, chose this race for his alternative winter effort but he went down with Covid during the week so a possible assault on Jim Estall's 67:57 club record had to be postponed.

However, it should be noted the race was won by James Connor in a PB 65:58 and Ed had beaten him in setting his club record in the VPH 5 a few weeks ago.

93 Gower Tan 82:02 (81:56 chip) (3rd M50)

9W/94 Clare Elms 82:04 (82:01 chip) (1st W50/W55)

Southern Counties Vets Champs

2 April

This has been a rather sparse and disjointed indoor track season for me, with a number of meetings not scheduled during the usual winter timeframe and having to miss some. As a result I am reasonably well trained up for cross country and 5ks, but not the shorter track distances. As a result I decided to compete in the 3000m in the final indoor meeting of the season and my first of the year, avoiding the shorter distances. Not surprisingly my time of 13:47 was below par, despite finishing first M70 (out of 2) and I'll be looking to take at least 30 secs of this when opportunities arise during the forthcoming outdoor season. Mike Mann

Ally Pally

259 Ran
Pos Gen
226 162 Des Crinion 32:38

Ashford

140 Ran
Pos Gen
13 2 Kim Hainsworth 20:51

Ashton Court

376 Ran
Pos Gen
1 1 Joe Hallsworth 17:31
11 10 Joe Wood 19:45

Banstead Woods

135 Ran
Pos Gen
8 8 Tony Tuohy 20:24

Beverley Westwood

166 Ran
Pos Gen
21 18 Mark Read 22:48

Brockwell

233 Ran
Pos Gen
1 1 James Fox 16:09
15 15 Jonny Hough 19:38
30 27 Mark Foster 21:22
49 6 Ola Balme 22:38
69 14 Rebecca Davis 23:50
107 64 Hugh French 26:14
108 65 Lee Wild 26:15

Bromley

440 Ran
Pos Gen
250 187 Colin Frith 27:55
314 219 Peter Jackson 30:15

Burgess

370 Ran
Pos Gen
120 95 Martin Kelsen 23:45

Charlton

143 Ran
Pos Gen
33 31 Stephen Smythe 22:49
70 59 Andy Murray 27:15
85 17 Ros Tabor 28:36

Crystal Palace

282 Ran
Pos Gen
7 1 Kay Sheedy 19:59

86 8 Teresa Northey 24:31
91 10 Charlotte Sanderson 24:40
103 83 Tom Shakhli 25:25
171 41 Joanne Shelton Pereda 28:08
254 142 Bob Bell 33:37
255 93 Belinda Cottrill 33:44

Dulwich

295 Ran
Pos Gen
33 28 Austin Laylee 19:50
36 31 Michael Nogas 19:53
42 35 James Auger 20:04
47 40 Rupert Winlaw 20:24
50 43 Robert Tokarski 20:31
51 44 Grzegorz Galezia 20:31
68 58 Rob Fawn 21:12
120 91 Graham Laylee 23:18
235 144 Miles Gawthorp 29:06

Durlston Country Pk

98 Ran
Pos Gen
26 21 Edward Simmons 28:12
28 4 Eleanor Simmons 28:29

Gladstone

166 Ran
Pos Gen
12 4 Becca Schulleri 21:01

Haga

90 Ran
Pos Gen
12 11 Paul Collyer 20:0

Hilly Fields

157 Ran
Pos Gen
51 45 Hugh Balfour 24:06

Hove Promenade

377 Ran
Pos Gen
31 2 Michelle Lennon 20:31

Land's End

48 Ran
Pos Gen
2 2 Charles Lound 19:48

Milton Keynes

386 Ran
Pos Gen
1 1 Martyn Munday 17:54
55 1 Lindsay O'kane 23:40
143 24 Lauren Gill 28:04

Peckham Rye

188 Ran
Pos Gen
1 1 Andy Bond 16:27
9 9 Mark Callaghan 18:32
11 11 Wander Rutgers 18:45
12 12 Sam Jenkins 19:19
22 21 Ebe Prill 20:24
31 30 Kevin Chadwick 21:24
50 47 Dan Hill 22:48
68 8 Madi Robinson 23:49

Reigate Priory

212 Ran
Pos Gen
63 57 Dave West 24:30

Richmond

324 Ran
Pos Gen
93 76 Barrie John Nicholls 24:43
123 28 Lindsey Annable 26:04

Riddlesdown

114 Ran
Pos Gen
9 8 James Wicks 22:00

Roundshaw Downs

207 Ran
Pos Gen
65 3 Ange Norris 23:13

Sizewell

58 Ran
Pos Gen
10 8 Edward Smyth 22:28

Southwark

304 Ran
Pos Gen
78 10 Naomi Crowther 23:09
208 125 Paul Keating 28:39

Sutcliffe

156 Ran
Pos Gen
37 33 Justin Siderfin 23:39

Wolverhampton

226 Ran
Pos Gen
21 18 Sam Mattu 22:01

Woy Woy

145 Ran
Pos Gen
70 19 Clare Wyngard 28:18
94 54 Michael Dodds 32:39

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 B

All routes go anti-clockwise

13.1 km / 8.2 miles - 106m gain

10.9 km / 6.8 miles - 76m gain

8.2 km / 5.1 miles - 50m gain

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

