



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
NO RUN Wednesday 28th December

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run pay contactless only.
Changing rooms, showers & bar available.
Paces and distances to suit all abilities
Tuesday speed work (see following page
suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross Country
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- 5 Fixtures
- 6 Race reports and results
- 9 Club kit
- 11 Wednesday night 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:



Have a great Christmas everyone.

Enjoy yourselves, have some festive runs and we look forward to seeing you all at many club events next year.

Best wishes from Ange, Ebe and all the committee.

NO CLUB RUN WED. 28th DEC.
CLUBHOUSE IS CLOSED

Crop Tops

Some women have asked for Dulwich Runners crop tops. I can order them (cost will be about £25) but I need to know numbers.
So far 5 women have responded but I need more to make an order.

Please will you let me know by 8 January if you are interested. Thanks - Ros ros.tabor49@gmail.com

Work at the club house

The club house is having some work done both inside and out. Inside includes the toilets and bar.
Work will commence at the beginning of the year and there may be some time when the ladies toilet will be unisex but the bar and showers will remain open for us.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 7pm to sign in pay & sort out which group you'll run with.

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 track speed/strength

Session led by Mark Callaghan, in Peckham Rye - meet outside front of Peckham Rye Common Round Cafe at 7pm - start with warm ups - then to the slope for main session. Any questions Mark at m.s.callaghan@outlook.com

Training sessions to continue in the new year as we take a seasonal break. Thanks so much for all your enthusiasm and hard work throughout the year, particularly Katie and Mark as coaches. Crystal Palace track is open to 4pm daily, no temp lights yet - hopefully resolved asap so we can resume sessions there - If not we'll look at alternatives and keep you updated.

Training advice

Any questions re your training please contact me. If you're planning a spring marathon, i'm happy to advise on that, and how club sessions can be a key part of training. Tom Poynton Coach in Running Fitness - tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use 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

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: ebepri1@yahoo.co.uk

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

Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

Club Championship Races, 2023

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

4 March	Sri Chinmoy 10k, Battersea Park L
19 March	Victoria Park 5 miles S
23 April	London Marathon (or alternative) L
13 June	Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S
1 July	Brockwell parkrun S
15 July	Elmore 7 L
? July	(date tbc) Golden Stag Mile S
3 Sep	(date tbc) Big Half L

The marathon, 1/2M, Elmore 7 and 10k events will be classed as long (L), and the 5 mile, 5km, parkrun and mile short (S).

4 events to qualify, including at least one from each distance category.

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these will be eligible, but the 13 June is the recommended one.

We were unable to find any suitable trail races, so have opted for the Elmore 7, undulating course of rural lanes and minor roads.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early August.

Brockwell parkrun chosen, but if parkrun is off because of events in the park we'll choose another date

Still awaiting a date for the Big Half, held on 4 Sept. in 2022, assuming it will be early Sept. again.

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set and entry cost is high. We have selected the 4 March event in Battersea Park.

Updates on events with dates to be confirmed will be issued as soon as details known. We'll let people know in Shorts when races are open for entry and provide links

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:
 Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Jan 7	Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
14	Surrey League XC	tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park
25	National Cross Country Champs	Bolesworth Castle, Tattenhall

Dulwich Runners Spring marathon survey

I've made a survey to ask all club members if you are running a Spring marathon, and if so, which one, your target time, and whether you'd like to join a Sunday run group.

The idea is to get a full picture of who is doing what, and then set up groups for people who are similar-ish level.

Tom Shakhli

So far we've had 32 responses and we'll be able to set up 3-4 pace appropriate groups as a result.

Survey is here: <https://forms.gle/aTbaff6VkuwYkC496>

Box Hill Fell Race - Saturday 21 January 2023 11am

Entries for this brilliant race open on Boxing Day; exact time to be announced.

More details on South London Orienteers website: <https://slow.org.uk>

If you have never done any fell running, Box Hill near Dorking is an ideal introduction. The course is 7.5 miles (12 km), is well marked and run mainly on good paths (no bogs, becks or boulder fields and no chance of getting lost). There is about 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. In January the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s). You will have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes are not allowed.

A very popular race that fills up very quickly (in a few hours). Entry last time was £10 so it won't break the bank.

If interested, I am at the club most Wednesdays, or email me Hugh Balfour: hugh@christchurchpeckham.info

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.

vetsac.org.uk - World Masters Athletics Championships Indoor - Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

England Masters Opportunities

England Athletics have some information about masters athletes opportunities, including race selection and training webinars, which should be of interest to a wide range of coaches and athletes. <https://www.englandathletics.org/athletics-and-running/england-competitions/age-group-masters-competition/> Tom Poynton (Coach in Running Fitness).

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

Feb 11	Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire.
May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Physiotherapist Talk

Club House, Wednesday 11 January, 8.30pm

A physiotherapist from Vita Health Group will be providing a talk on injury prevention and rehabilitation after our club runs. With many members looking to increase their mileage and activity in the new year with marathons on the horizon it's important to train smartly and listen to your body. Hopefully this talk will be of interest.

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from Barry Graham when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/> Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at www.goring10k.com

or please email me Elkie Mace: runwithelkie@gmail.com



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

Now also available on iOS and Android. Search for "Dulwich Runners"



Feedback and requests **Andrea Ceccolini**

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



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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

Town Moor

429 Ran
Pos Gen
197 143 Sum Mattu 26:04

Brockwell , Herne Hill

141 Ran
Pos Gen
1 1 Edward Chuck 16:32
3 3 Timothy Bowen 17:04
5 5 Andrew Inglis 17:47
12 11 Jonny Hough 19:37
18 16 James Auger 21:05
19 17 Mark Foster 21:08
21 19 William Hooper 21:25
29 24 Stephen Trowell 22:41
30 25 Cameron Timmis 22:46
38 6 Catherine Buglass 23:24
63 46 Michael Mann 25:34
76 56 Hugh French 26:36

York

546 Ran
Pos Gen
28 26 Andrew Scott 19:10

Beckenham Place

237 Ran
Pos Gen
3 3 Sam Jenkins 19:24
11 11 Rob Mayes 21:21

Milton Keynes

566 Ran
Pos Gen
40 36 Joe Sheppard 20:35

Crystal Palace

230 Ran
Pos Gen
31 3 Laura Denison 22:45
46 7 Eleanor Simmons 23:40
65 14 Belinda Cottrill 24:56
108 80 Michael Dodds 27:33
116 28 Joanne Shelton Pereda 27:42
222 129 Bob Bell 38:00
230 89 Clare Wyngard 42:48

Minehead

138 Ran
Pos Gen
23 19 Ben Boxall 22:48

Navan

110 Ran
Pos Gen
1 1 Des Crinion 19:13

Burnham-On-Crouch

59 Ran
Pos Gen
1 1 Jonathan Whittaker 19:41

Riddlesdown

136 Ran
Pos Gen
30 24 James Wicks 25:07

Long Eaton

503 Ran
Pos Gen
62 4 Michelle Lennon 21:05

Winchester

392 Ran
Pos Gen
49 7 Helen Shannon 22:16

Wythenshawe

306 Ran
Pos Gen
18 4 Helena Flippance 21:20

Dulwich

328 Ran
Pos Gen
9 7 Adrian Russell 16:22
23 19 Rob Fawn 17:42
67 5 Clare Norris 20:46
73 64 Martin Kelsen 21:12
81 72 Benjamin Hewitt 21:41
83 6 Yvette Dore 21:43
97 85 Lee Wild 22:23
133 113 Miles Gawthorp 24:04

Burgess

198 Ran
Pos Gen
137 46 Stephanie Burchill 30:32
195 82 Susan Vernon 61:56
196 98 Chris Vernon 63:22

Orpington

154 Ran
Pos Gen
71 60 Colin Frith 27:50

Southwark

150 Ran
Pos Gen
90 69 Paul Keating 28:29

Hazlehead , Aberdeen

243 Ran
14 12 Matthew Cooke 21:11

Fulham Palace

224 Ran
Pos Gen
110 84 Barrie John Nicholls 26:31

Peckham Rye

144 Ran
Pos Gen
3 3 James Blackwood 18:16
14 13 Justin Siderfin 20:43
94 25 Claire Steward 28:15

Croxteth Hall

312 Ran
Pos Gen
15 13 Austin Laylee 20:05

Lullingstone

46 Ran
Pos Gen
3 3 Hugh Balfour 24:29

Leicester Victoria

341 Ran
Pos Gen
84 13 Josephine Mottram-Epson 23:59
89 16 Marjorie Epton 24:16

Lancaster

203 Ran
Pos Gen

8 7 John Kazantzis 21:48

Tooting Common

296 Ran
Pos Gen
123 86 Ian Sesnan 26:14

Bedgebury Pinetum

300 Ran
Pos Gen
30 7 Kim Hainsworth 22:25

Mole Valley

306 Ran
Pos Gen
98 75 Dave West 27:16

Clapham Common

164 Ran
Pos Gen
6 6 Shane Donlon 19:50

Old Deer Park

88 Ran
Pos Gen
57 18 Lindsey Annable 30:32

Dinton Pastures

355 Ran
Pos Gen
5 5 Mark Callaghan 19:00

Kew Woods

93 Ran
Pos Gen
27 5 Nicola Richmond 24:49

Penistone

165 Ran
Pos Gen
69 17 Claire Barnard 26:08

Kiessee

28 Ran
Pos Gen
5 3 Ebe Prill 20:45

Garvagh Forest

53 Ran
Pos Gen
1 1 Aaron Wilson 17:45
52 24 Alexandra McClelland 53:29

Storeys Field

563 Ran
Pos Gen
19 19 Buzz Shephard 17:44

Sutcliffe

156 Ran
Pos Gen
1 1 Andy Bond 16:16
14 12 Ross Rook 20:15

Charlton

125 Ran
Pos Gen
52 42 Stephen Smythe 26:09

Bartley Park

163 Ran
Pos Gen
2 2 Tommaso Bondoni 18:55

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Bromley

629 Ran
Pos Gen
289 200 Colin Frith 26:22

Southampton

711 Ran
Pos Gen
131 112 Tommaso Bendoni 23:17

Ashford

176 Ran
Pos Gen
131 94 Stephen Smythe 32:37

Oak Hill

256 Ran
Pos Gen
86 15 Katie Prior 24:39

Burnham-On-Crouch

97 Ran
Pos Gen
4 2 Jonathan Whittaker 20:12

Worcester

482 Ran
Pos Gen
339 108 Rhian Stansfield 34:50

Whitstable

304 Ran
Pos Gen
1 1 Edward Chuck 16:23

Riddlesdown

153 Ran
Pos Gen
49 39 James Wicks 26:42

Bury St Edmunds

209 Ran
Pos Gen
10 9 Harry Lawson 20:47

Long Eaton

290 Ran
Pos Gen
46 4 Michelle Lennon 21:28

Winchester

339 Ran
Pos Gen
13 12 Sam Jenkins 20:02

Dulwich

384 Ran
Pos Gen
1 1 Lewis Laylee 15:11
4 4 Thomas South 16:34
8 7 Adrian Russell 17:01
12 10 Andrew Inglis 17:45
19 2 Kay Sheedy 19:06
45 37 James Auger 20:46
64 50 Martin Kelsen 21:40
102 71 Graham Laylee 22:59
103 72 Rob Mayes 23:01
107 74 Lee Wild 23:10
114 19 Eleanor Simmons 23:25
142 94 Gower Tan 24:21
143 28 Belinda Cottrill 24:21
145 96 Hugh French 24:22
155 102 Rob Fawn 24:31
161 34 Lucy Pickering 24:38
177 114 Miles Gawthorp 24:54
200 129 Dave West 25:49
209 135 Michael Dodds 26:18
227 56 Claire Steward 27:03
238 59 Clare Wyngard 27:42
298 94 Stephanie Burchill 31:05

348 187 Bob Bell 36:46
364 133 Susan Vernon 42:11
368 193 Robert Tokarski 44:25
383 199 Chris Vernon 67:17

Homewood

196 Ran
Pos Gen
119 33 Jenny Bomers 32:32

Peckham Rye

162 Ran
Pos Gen
8 8 Joe Farrington-Douglas 18:53
16 15 Justin Siderfin 20:22
29 3 Ola Balme 21:51
104 62 Paul Keating 28:53

Hastings

252 Ran
Pos Gen
50 39 Nicholas Brown 23:12

Leazes

248 Ran
Pos Gen
151 100 Sum Mattu 29:09

Sutcliffe

90 Ran
Pos Gen
9 8 Ross Rook 20:03

Tidworth

66 Ran
Pos Gen
46 12 Lindsey Annable 33:00

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

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



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



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

Socks only £5



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 Winter Map 4

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

9.5 miles / 15.2 km - 152m elevation

6.9 miles / 11.1 km - 129m elevation

4.9 miles / 7.8 km - 66m elevation

All routes go anti clockwise

