

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Wednesday evening runs return to normal

The club house will be open including the changing rooms, showers and bar. We will revert back to meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside.
The £1 fee will be reintroduced, payable by card..- Ange Norris

Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again.
A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

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.

Feb 22: 8*800m off 5 mins

March 1: 6*1000m off 5 mins

March 8: 2000m at HM pace, 15*200m off 75 secs then 2000m at HM pace.

We will make a few adaptations to this based on runners speed on the night

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.

Ssessions 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



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The 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 are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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

2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events

If you are interested in participating in the Club Championships, please 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

such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

5 February Crystal Palace parkrun
13 March Paddock Wood 1/2M
10 July Sevenoaks 7 trail race
4 Sept. Big Half
2 October London Marathon (or alt. marathon)

Cross Country Fixtures

2022			Distances, Start times etc	
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men 3pm
	19	Surrey League 4 (ladies)	Effingham Common	" start times tbc
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Champs

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

Cross Country Update

We are well into the cross country season, but there are some important remaining fixtures, two more Surrey League matches National champs, Parliament Hill.

It's important we get a good turnout from our likely scorers to secure our promotion spot to Div 1 of the Surrey League, but all others are encouraged to participate to show the red and blue colours in numbers.

The National champs on 26 February is the final race of the season, as well as our last cross country champs event. Given that it is on home territory this year, we are looking for a big entry. Parliament Hill Fields is the national home of cross country and an iconic venue, with the mass start at the back of the Lido particularly memorable.

Surrey League Fixture 4 men Lloyd Park – 3pm

The final Surrey league fixture takes place at Lloyd Park, Croydon this Saturday at 3pm. We need another strong turn out from our runners to cement our position at the top of the table and get promotion back to Division 1.

Course details can be found here: <https://www.surreyleague.org/slm/match/134/> - two laps, with a couple of tough climbs. With the weather this week, it will definitely be spike conditions on Saturday.

It would be appreciated if all runners can aim to be at Lloyd Park by 2:30pm to collect their numbers. It's a 12 minute tram journey from East Croydon station to the start (New Addington Tram). Drinks afterwards.

If you've not run Surrey league this season, please let Tom South know Thomas_south@hotmail.com so you can be allocated a number.



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.

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

Ola Balme is an experienced Sports Massage Therapist and DR club runner. - To find out more - 07506 554004 - www.hernehillssportsmassage.co.uk

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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

PUL5K

11th February

Ed Chuck writes: I hate running in the dark. My eyesight is reasonable, except when it is dark - things become a little ill-defined. On winter Wednesday club runs up and down the hills, I am always a little wary of overstriding and twanging something. However, when Ben Noad & Podium 5k announced an Armagh 5k replacement in Battersea park, I had little option but to enter, such would be the quality of the field (110 men would end up running under 15 minutes; 205 men and women under 16.)

I have been trying to adapt my training over the autumn/winter to focus on keeping intervals short (and fast) and making sure that tempos are "tempo" paced, as opposed to "threshold". With this, and with the cross country season, I haven't been prioritising 5k times or 5k pace much at all.

Consequently my handle on what my 5k pace is has become a little untethered, and much less familiar to me than at any time since I have been "running". Going into this race I therefore had to guess pace from the performances of runners I have finished around during the cross country season.

This was another reason to run this event - familiar faces. I clocked Nick Torry on the start line, who was aiming for "14.30-something", amongst others. When the gun went it was thus just a case of slotting in, and joining the train around people I had finished near to.

From the start up to the bandstand the pace (as ever) was a little hot. This led to bunching up around the bandstand, but as the train approached the first turn onto Carriage Drive things thinned out a little. I was trying to keep level with Torry, and also with Fred Slemick (Hercules Wimbledon) who has had an excellent XC season and who always seems to pace his races well.

I felt relaxed, we went through 2k, my breathing was fine, and we turned back onto the bandstand approach. We went past the finish area and through the crowds (which in the dark somehow create even more of an atmosphere). By the time we reached the

bandstand a second time the field started to thin a little. I pushed on, and found myself in third behind two athletic looking chaps in front.

There is always a dilemma in a 5k race if run properly - how hard and how early to kick on? At 3k the chaps in front pushed forward a bit more. While I felt strong, and knew I was on course for a pb, did I feel strong enough to go with them? I chickened out and held station.

My calves are made of glass and after a few weird twinges over the 3rd k I decided to save what I had for the final run up to the bandstand. I could hear quite a few runners behind me, but no idea of number. We turned into Central Avenue, and as I tried to put the pedal down, BOIINNG, semi tripped over a hump which I know doesn't exist.

I've run this stretch quite a bit and I've never noticed this feature, but there is an appreciable bulge about 100m up central avenue, which in the dark your body can't adjust for - in the light you'd compensate without being aware. The stumble lost me some momentum and a few chaps zipped past, but I recovered and got home in 14.36, an 18s PB. While this is both the ballpark I was aiming for, and what I expected of myself, it was still very gratifying to do.

Lewis finished just a few seconds behind with a new PB of 14.39, but what with it being so dark neither of us had any idea where we were. Lewis finished monstrously quickly, with his final k being 2.49. Given that he ran this off (relatively modest) mileage of 90k/week over the past couple of months (albeit with a fair amount of cycling also) he still has so many levers to pull to go even faster.

In the women's race half an hour later Clare finished in 18:02 - I don't know how Clare felt her race went, but the end result was her fastest 5k since 2019.

Entry to the Podium 5k and Under The Lights events require you to have run specific times - typically sub 16 for men, and 18.30 for women. We have quite a number of runners coming through for whom these entry times are well within their grasp, and I can only encourage runners within shooting distance to keep working towards those times, as these are great events to take part in.

It was perfect for running but not necessarily spectating as some of the older watchers were wishing the lights were a little stronger so they could actually see the finish!

Clearly the age -graded performance of the day was nowhere near a PB but Clare Elms 18:04/18:02 was a World age 58 best and got over 100pc on age-grading. Only 2 men in the M55 age category have run faster in Britain this year and Clare is nearer the M60s (where the fastest man is 18:26 so far!) and Clare tops the 2022 W45 plus age group categories as well as the 50's and 55's.

Probably the most remarkable thing about the run though is that she could potentially go much quicker as since the Southern XC two weeks earlier, Clare had been ill again and unable to complete a single faster run in the 2 weeks and was unsure she would be able to compete as she was also suffering from very sore feet as well as a lack of training.

Steve Smythe

Race 1 (non elite)

6 Ed Chuck 14:36 (club record)
17 Lewis Laylee 14:41 (14:39 chip)

Women

45 Clare Elms 18:04 (18:02) (world age 58 best)

Pul Under the Lights 5km, Battersea

February 11

Ed Chuck smashed the club 5km record with a brilliant 14:36 in a staggering high quality B race which had around 30 athletes still in a big pack even at 3km.

It was probably the greatest ever run by a Dulwich man on the roads to follow his greatest ever club cross-country race.

Though he was 11 places back second-claimed Lewis Laylee was only 5 seconds back (3 on chip) and he too ran a superb 14:39/14:41 to rewrite his PB.

Both were faster than quite a few runners in the elite men's race which was won in 13:42 by Great South Run winner Jack Rowe.

Only athletes with sub 16 5km time (women 18:30) were accepted to run on the night and most did PB's in near perfect conditions - cool but not cold and reasonable still - with a flat course and great competition and there were over 140 PB's in all of the races even though they were restricted.

Battersea Park Runthrough 10km

Saturday 12th February

I have been struggling with fitness and form since the London Marathon in 2021 and haven't been able to put a decent training block together for a while now, limited to running three times a week, and a lot of time in the gym working on my core strength and swimming. I was talked into entering this race by a friend of mine, who was aiming for a PB, and to see where my fitness levels were.

As people know Battersea Park always provides a flat fast course and is well protected from the elements. After being inspired by Ed and Claire's fantastic runs at the Friday nights 5km under the lights, my plans were to aim for a time in the Mid 33 minutes, just outside my PB and see if I could hang on.

A four lap course was waiting on the day, with near perfect conditions for running.. After one lap, I was isolated being about twenty seconds down on the leading two, with the next pact about 10 seconds down on me, so it was a case of head down and keep running on feel. The first time I looked at my watch was at halfway, which showed I was running 10 seconds inside my PB, which was a surprise, but the pace felt comfortable. Somehow I picked up the pace, and defiantly was feeling the pace at 9km, when my legs were starting to feel heavy. So much so, when two people other took me with a 100m to go, I had nothing left to respond with. Crossing the line, I was surprised that my watch gave me a time of 33:02, which got rounded down to 32:59 on the official results.

With me deciding not to run longer races this year and focus on shorter distances, it was much needed confidence booster and maybe the Andy Bond method of low mileage weeks in training has something going for it.

5 Tom South 32:59

2nd Sunday Of Month 5 Miles

13 February

This was my second excursion of the weekend to Wimbledon Common, having taken part in the parkrun there the previous morning. Both runs are effectively cross country at this time of year, with some large muddy puddles along Beverley Brook on the 5 mile route consisting of a dog leg at the start and finish with two 2 mile loops in the middle, consisting of a steady climb followed by a lengthy descent. This was the first time this cross country season where my legs and shoes were plastered in mud.

Second Sunday regular, Sadie Sholem had a strong run, finishing a minute ahead of me

Sadie Sholem 42:37

Miike Mann 43:39

Rickmansworth parkrun

The Hon President writes: Out of the blue Mrs V said lets go to Rickmansworth. Always up for a new venue (my 91st) I agreed. It turned out that the Burgess Crew were going there on tour and she needed an R for her name badge and alphabet !

It was an early start but easy to find just off J17 on the M25 but unrecognisable since I worked there 30yrs ago thanks to HS2. Rickmansworth Aquadrome, which is where the course is, will be heaving in the summer with wild swimmers, water skiers, twitchers and dog walkers so beware.

A well organised run greeted us and 400 others. After the briefing and a vigorous compulsory warm up routine we were led to the start 200 yards down a path.

Although billed as paths and trail it is all tarmac albeit with a few lumps and bumps but dead flat.

There was plenty to see on the way round the two lakes, with its swans and other birds, then the River Colne and the Grand Union Canal. There was a biting wind coming off the water as I was lapped after three quarters of a mile which meant stepping off the path as they thundered passed. I had a quiet walk but unfortunately Sue managed stray off course following a random dog walker and missed the route loosing a couple of minutes in the process.

The finish had all that a parkrunner could want. toilets, a big cafe and all within 100 yards of the free car park. After a big fat breakfast, to warm us up, we said goodbye to the Burgess lot and hit the road for the two hour drive home to Dulwich and the six nations .

Sue Vernon 45.57 395th 1st FV75

Chris Vernon 49.41 403rd 4th MV75

408 Ran

Banstead Woods

161 Ran
 Pos Gen
 5 5 Tony Tuohy 20:27

Basingstoke

416 Ran
 Pos Gen
 137 14 Lindsey Annable 26:52

Beckenham Place

255 Ran
 Pos Gen
 54 48 Joseph Brady 24:12
 73 8 Claire Barnard 25:07

Bethlem RH

45 Ran
 Pos Gen
 1 1 Andy Bond 18:49

Brockwell

300 Ran
 Pos Gen
 40 34 Hugh French 21:27
 41 35 Stephen Trowell 21:28
 58 7 Ola Balme 22:17
 79 12 Catherine Buglass 23:23
 85 66 Graham Laylee 23:35
 102 74 James Gordon 24:10
 142 90 Martin Wagner 26:08

Bromley

501 Ran
 Pos Gen
 311 207 Peter Jackson 29:04
 388 139 Clare Osborne 32:34

Burgess

507 Ran
 Pos Gen
 72 61 Lee Wild 21:50
 139 110 Hugh Balfour 23:48
 369 202 Brett Winch 30:06
 427 155 Stephanie Burchill 32:55

Charlton

172 Ran
 Pos Gen
 47 44 Stephen Smythe 23:53
 61 8 Claire Steward 25:24
 90 68 Paul Keating 27:49

Clapham Common

702 Ran
 Pos Gen
 26 21 Shane Donlon 19:02

Crystal Palace

294 Ran

Pos Gen
 10 10 Sam Jenkins 20:31
 18 1 Charlotte Sanderson 21:11
 29 2 Emma Benyon 22:03
 113 22 Katharine Bond 25:38
 141 34 Belinda Cottrill 27:04
 170 46 Jenny Bomers 28:29
 177 116 Ameet Patel 28:45
 243 140 Bob Bell 32:42

Dulwich

449 Ran
 Pos Gen
 1 1 Robert Armstrong 16:12
 24 21 Alex Loftus 18:02
 36 33 Grzegorz Galezia 18:45
 40 36 Stephen Davies 18:56
 49 42 Tom Shakhli 19:17
 58 51 Ebe Prill 19:31
 75 62 James Auger 20:05
 77 64 Robert Tokarski 20:07
 81 68 Ryan Duncanson 20:10
 91 75 Mark Read 20:33
 92 9 Clare Norris 20:34
 94 10 Michelle Lennon 20:36
 95 11 Yvette Dore 20:37
 118 93 Ajay Khandelwal 21:34
 140 106 Rob Fawn 22:11
 155 115 Martin Kelsen 22:39
 179 129 Miles Gawthorp 23:17
 258 171 Rob Mayes 25:46
 308 87 Clare Wyngard 27:27

Gladstone

187 Ran
 Pos Gen
 6 5 Des Crinion 19:48

Grangemoor

129 Ran
 Pos Gen
 8 7 Jamie Robinson-Nicol 19:48

Hampstead Heath

279 Ran
 Pos Gen
 32 27 Paul Collyer 21:30

Hilly Fields

222 Ran
 Pos Gen
 75 8 Rebecca Davis 24:08

Lloyd , Croydon

141 Ran
 Pos Gen
 3 3 Wayne Lashley 19:18

Maidstone

396 Ran
 Pos Gen
 1 1 Kevin Chadwick 17:48

Preston Park

386 Ran
 Pos Gen
 2 2 Hugh Stobart 17:07

Peckham Rye

262 Ran
 Pos Gen
 5 4 Joe Farrington-Douglas 18:43

Richmond

380 Ran
 Pos Gen
 1
 331 193 Joe Sheppard 34:34

Rickmansworth

408 Ran
 Pos Gen
 395 157 Susan Vernon 45:57
 403 213 Chris Vernon 49:41

Riddlesdown

141 Ran
 Pos Gen
 23 19 James Wicks 23:05
 30 8 Ange Norris 24:12

Sandhurst Memorial

118 Ran
 Pos Gen
 5 5 Mark Callaghan 19:28

South Norwood

196 Ran
 Pos Gen
 76 6 Eleanor Simmons 23:53

Sutcliffe

197 Ran
 Pos Gen
 28 26 Justin Siderfin 21:01

Wanstead Flats

198 Ran
 Pos Gen
 67 55 Tommaso Bondoni 26:01

Wimbledon Common

424 Ran
 Pos Gen
 37 1 Rosemary Hurford 21:28
 140 118 Michael Mann 24:49
 142 119 Dave West 24:53

Worthing

378 Ran
 Pos Gen
 75 67 Gary Budinger 23:48

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



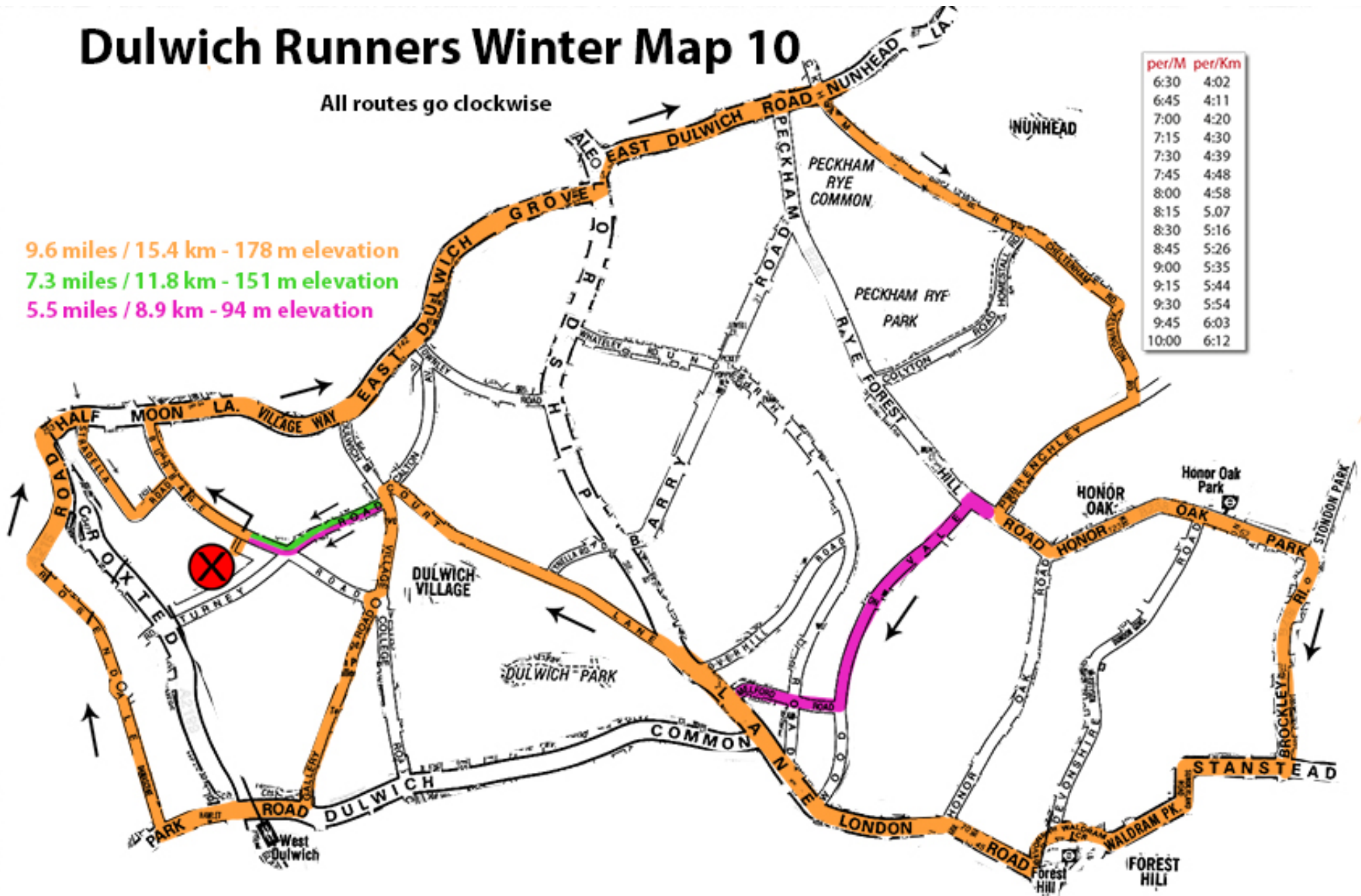
Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 10

All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation
 7.3 miles / 11.8 km - 151 m elevation
 5.5 miles / 8.9 km - 94 m elevation

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



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