



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
- 4 Fixtures
- 5 Race reports and results
- 9 Club kit
- 11 Wednesday night run map.

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 from 26th Jan

From this week, 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 Committee Meeting Notice Wednesday 2 February 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 2 February 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 me by midday on Tuesday 1 February.

The last meeting of the Committee took place on Wednesday 10 November, and was chaired by Ebe. Items on the agenda and discussed by the Committee included the selection of initial races of the year for the 2022 Club Championships, with further events to be agreed later in the year when schedules are not so busy with cross country races. The meeting was joined by Mark Forster to discuss potential initiatives to support Diversity and Inclusion, including introducing a monitoring programme and also the inclusion of a D&I policy on the Club's website.

Tom Poynton also joined the meeting to update on Welfare initiatives. In response to a request from Andrea Ceccolini the committee discussed ways to improve the Club's approach to sustainability, which was already seen in effect in the Club Trophies for 2021 which were made from sustainable timber. It was also agreed to amend the maps for Wednesday evenings to recommend cleaner air routes where possible which was actioned by Jonathan and is already in place.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by midday on Tuesday 1 February.

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...

each 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

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

NOTE: £1 club run fee for members and guests

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.

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



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 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)

Club Champs: Crystal Palace parkrun, 5 February

Brockwell parkrun on 5 February had been chosen for our first club champs event of 2022. Recently the number of runners has been around 400, with some taking 15 secs or more to pass the start line, so we have decided to use the Crystal Palace parkrun where the start is much wider.

Cross Country Fixtures

2022		Distances , Start times etc		
Jan	29	South of England Champs	Beckenham	8k women 2.05 15k men 2.50
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	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, and the South of England champs 29 January, entries for this are now closed.

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.

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.hernehillsportsmassage.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.

Box Hill Fell Race

Saturday 22 January

7.75 miles (12.45 km) 2000ft (619 m) ascent

After a much delayed and rapidly filling entry, seven intrepid and efficient DRs made it to the mud at the foot of Box Hill. We were a mixed bunch. Some like Mark, Becca and I were seasoned veterans. Others were newcomers like Alex, Jon, Eleanor, unsure what to expect, but knowing it wouldn't be a Parkrun! Mollie had done it years before and had forgotten enough to come back again. Mark and I were both nursing injuries – knee and hip respectively- so fast times were unlikely. But great things were expected of the others!

Because of Covid (presumably) there was a rolling start with chip timing. This worked efficiently and had the advantage of no congestion on the steep climb up the steps from the start. This also had the disadvantage that we went harder without the excuse of being stuck in the queue!

Alex, Jon and Mollie went off half a minute ahead of Becca me and Mark with Eleanor wisely being a bit more cautious. Becca shot up the first climb and I lost sight of her pretty quickly.

Over the first half of the course, I had a battle with another V60 acquaintance from previous races – Dave Brock from Orion Harriers. He was quicker on the descents and the flat and I was quicker on the climbs. But he got well away on the second half as my injured hip started to play up. Then over the last third of the race I was in a battle with Clem Dixon from Cambridge Harriers, another V60. This time he was quicker on the climbs, and I was faster on the descents and so managed to finally get away from him on the steps down to the finish. This was my 12th Box Hill and a massive PW on this course, but at least the hip injury didn't stop me.

Meanwhile Alex was having a great run almost in the top 40 with a time well under 70 minutes. Jon was a few minutes behind him for the simple reason that he went the wrong way and lost at least two minutes getting back on the course, having been having a strong run.

Becca continues to show that she is in great form, having a terrific run to take over 9 minutes off her time from 2020! Mollie was going well until she too took a wrong turn and started up an extra climb. Fortunately, a runner behind her



spotted the mistake and called her back. She then had the unnerving experience of seeing another V60 runner take a nasty fall on the final descent and had to stop to make sure he was not concussed. Fortunately, all was well apart from a nose-bleed.

Eleanor came in next with a strong finish. She had been nervous at the start but had an excellent run and was the winning W40. Sadly, we left before the prize-giving. Foolishly it had not occurred to me we had won anything.

Mark was half a minute behind her. Much his slowest time due to his knee injury and not having run for a month, but a doubled up tubigrip bandage helped get him round. So a good day was had by all. It is a brilliant race. A varied course with plenty of interest well marked and well organised. Come and do it next year. **Hugh Balfour**

1 Max Nicholls (Kent AC)	52.16 (New course record)
41 Alex Loftus	68.12
59 Jon Phillips	70.12
105 Becca Schulleri	78.40 (7WSEN)
117 Hugh Balfour	81.13 (2M60)
135 Mollie Pearse	84.26
154 Eleanor Simmons	87.17 (1W40)
155 Mark Foster	87.47
201 finished	



Dulwich Runners star on BBC1

21st January 2022

The regular Thursday training session had an unexpected end as DR's own Mike Mann and Barrie Nicholls found themselves in the media spotlight (not unusual for Barrie I hear you say).

A roving TV interviewer looking for prospective candidates in Brockwell Park spotted the athletic duo and honed in for a chat. The topic was antibiotics and no doubt he hoped for a rich debate from these two health conscious athletes.



Mike and Barrie contributed their views and had a star role on the footage shown on BBC1's This Morning at 9.15a.m. on Friday. Barrie espoused the health benefits of running and even challenged the interviewer to run a marathon. That led to a lively conversation off-camera as the crew joked with the interviewer as to his ability to complete one. It was even commented on by the studio team post-interview. You can see the two, with Mike advertising the club in his DR hoodie, on BBC iPlayer about 10 minutes in.

Crystal Palace parkrun

22nd Jan 2022

Mike Dodds writes: I just wanted to express my thanks to those DRs who made a special trip to this parkrun to celebrate my 400th run and/or who left congratulatory messages to that effect on my strava feed. I should also point out that Ebe even cycled up the hill after he had done the Dulwich one to join the rest of us in the café.

Some were actually on a joint mission. For those DRs who hadn't yet had the, ahem, 'pleasure' of CP parkrun it was probably a handy bit of research ahead of the Club Champs on 5th Feb.. They're no doubt fully aware by now that it is not the easiest of options out of the many in the vicinity. In fact it's

Vets Ac Cross Country Champs

22 January

These champs took place on a new course on Wimbledon Common, attracting a record entry of 92. The 2 lap course, just under 5 miles, started and finished near the Fox and Grapes gastropub on the Common. Around 75% was largely flat on firm paths but with a few sticky sections. Close to the Windmill there was a more complicated section with several twists and turns followed by a technical descent, a lap of Queensmere Pond and a short sharp climb back to the golf course.

All 4 Dulwich participants finished within a 2 minute time window, with a strong run by Graham Laylee and improvements on recent performances by Dave West and Gary Budinger. **Mike Mann**

Graham Laylee	38:38
Mike Mann	39:23 (2nd M70)
Dave West	40:08
Gary Budinger	40:32

thoroughly unforgiving overall and downright nasty in a few places. We'll be well looked after, though, by one of the friendliest and most efficient organising teams I've ever come across in 'parkrunland'.

Bob Bell, who's been a member of the club even longer than Clare and I have and is very much to the fore in said team, made the pre start announcements and also compiled the run report for the website. What he said about my appearance frankly deserves a wider audience so, with his permission, here goes.

'Mike Dodds, with a big contingent of friends, achieved his 400th run. Now Mike was at the inaugural CP parkrun and features strongly on our cover page photo talking to his wife, Clare. Some may feel that they look a little animated and in a world exclusive I can reveal that there was a bit of a domestic going on, I believe over who had the keys, but they're not sure and I wasn't there. I can however say that nearly 12 years after event number 1 they are still together but still can't get into their house.'

Project 20: Week 15

DNF SHOCKER!

Ajay

Shock horror, I pulled out at mile 1.35 of my park run this week. I was on precise schedule to run 20.59 as planned, but due to a night out on Friday, I felt a bit "queasy." To maintain my dignity I stopped running and headed to the café.

Immediately, I knew I had done something wrong. I had transgressed the unwritten lore of running; I had besmirched the secret running code. My ears started to feel hot.

Emma I who had been running alongside me and had obviously finished, showed some sympathy, which compounded my embarrassment.

Later I texted Michael Williams, oracle on running etiquette, and what it is to be a hard runner, to check the severity of what I had done.

"Michael, I have DNF'd. Should I shoot myself in the head and hand in my running vest to the authorities?"

He replied,

"Running through an injury is plain daft. However, if the excuse is you're too old, unfit, lazy, then its time to HTFU and get on with it"

He went on just to make sure I hadn't missed his point, "Hangovers and general indulgences definitely not an excuse"

Regarding what I should do with my lovely Dulwich Runners Kit he replied,

"Swap it for a blazer, club tie and clip board. Prepare for life after competition"

I had another flash back to a marathon training run, several years ago, organised by the kind Steve Wehrle. About mile 21 I was returning to Richmond Park up a very steep street. A black cab happened to come past me and I hailed it. My prayers had been answered. I had exactly

£5 in my back pocket, and that was enough to get me to the Richmond Park café. That was perhaps the best £5 I had ever spent.

On arrival, well known pognophobe Clare Steward said, "Where have you been?"

I said, "In a black cab"

She continued the conversation evidently disregarded what I had said as it was so absurd... a few months later, as she finally processed the shameful episode, she said, still shaking her head in horror, "Ajay did you really get in a Cab?" My ears went hot that time too.

Just as I was about to pack it all in, I went for a leisurely Sunday run in Dulwich Park. I bumped into Michelle Lennon running in the other direction

"Michelle have you done the Christmas shopping?"

"No I still haven't done the Christmas shopping!"

Then I bumped into the Real Ed Chuck. And a few minutes later into Ed Chuck and Jack Ramm.

They were high speed, high stakes, dancing through the mayhem of toddlers, scooters, dogs, and meandering groups going at a little over twice the official park 5mph! I managed to get a few minutes with them. For me, it was like a meeting with Buzz Aldrin, or the President, or the Brownlee Brothers. People too fast, too busy, spinning in a different orbit. A rare audience with 100 miles a week plus runners. Runners who run the run.

They were modest, conscientious, humbly, athletic, and talented. Yes, reader, I had met my archetypal opposites. They spoke in a tongue I didn't understand. "Cross country....Southern League..." and referred to faraway lands I had never heard of, "the kingdom of Beckenham." Then they turned to my pathetic quest.

Ed said, "You could take down Ebe, he is looking vulnerable. Grab him by the kidneys. Then twist hard"

Jack, a man of precision, speaking exactly six seconds (cf. last week Shorts) after Ed said, "Run."

I took mental notes, for me each word they uttered was golden. I know had the key to unlock project 20.

Project 20: Week 15

or *The Week The Wheels Fell Off*

Lloyd

Having made an attempt at Dry January, I kept mainlining Epictetus to myself "All philosophy lies in two words; sustain and abstain".

Although I was led a little astray when I went out with a certain other well-known DR reveller Louis Codpiece last weekend, this was the week the Dry stabiliser wheels came off..

Alcohol units drank (Friday night) – 20 (at least something hit the right number)

Time of arrival home in SE23 – 23:00

Time of arrival home of drunken spouse demanding attention – 01:30

Despite these minor setbacks, I gave myself a stern talking to and got out of bed on time for a change. arriving at DP in good time to warm up I proceeded to prance about in my ridiculous pink cycling cap doing some calisthenics while mainlining the

Forrest Gump theme tune under my breath.

#BEMOREEDCHUCK I told myself – I'd even bought some of the Nike Goblin shoes for maximum bounce... In a particularly Goblinny Green and Yellow combo.

As the run started I spotted several other DRs and yelled some of my customary frenzied encouragement and got myself going, hitting a good pace with Emma Ibell for the first lap.

Then, disaster struck as I tried to up the tempo and found that the only thing coming up was last night's wine..

Miles run – 1.35

Stern words to the effect that "you're a wimp dad" from my time-keeping teenager – >20

Debriefing coffees with Codpiece after – 1



all names have been changed to protect the innocent

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Alexandra , Moss Side

249 ran
Pos Gen
19 16 Alex Key 20:32

Ally Pally

230 ran
Pos Gen
12 10 Tom Shakhli 19:56

Ashford

180 ran
Pos Gen
10 1 Kim Hainsworth 20:39

Bath Skyline

274 ran
Pos Gen
56 47 Robbie Puddick 23:19

Beckenham Place

307 ran
Pos Gen
47 42 Martin Double 22:09
199 139 Paul Hilton 29:23
203 142 Peter Jackson 29:38

Bethlem Hospital

50 ran
Pos Gen
39 10 Clare Osborne 32:52

Brockwell

378 ran
Pos Gen
1 1 Lewis Laylee 16:13
11 11 Chris Beardsall 19:09
18 18 Jonny Hough 19:53
43 39 Stephen Trowell 21:15
56 6 Ola Balme 21:45
83 9 Catherine Buglass 22:52
113 13 Lucy Pickering 23:54
268 79 Shoko Okamura 29:02

Burgess

549 ran
Pos Gen

46 3 Michelle Lennon 20:25
60 46 Joe Sheppard 20:50
66 51 Martin Kelsen 21:01
501 186 Stephanie Burchill 35:32

Clapham Common

689 ran
Pos Gen
246 172 Ian Sesnan 24:38

Crystal Palace

327 ran
Pos Gen
10 1 Polly Warrack 18:32
16 15 Gower Tan 19:32
21 18 Sam Jenkins 19:43
38 2 Yvette Dore 22:20
107 91 Barrie John Nicholls 24:44
119 98 Joseph Brady 25:06
125 104 Colin Frith 25:23
138 112 Michael Dodds 26:24
158 24 Claire Steward 26:48
174 32 Clare Wyngard 27:29
183 141 Paul Keating 27:53
189 35 Lindsey Annable 28:04
208 44 Belinda Cottrill 28:53
322 117 Susan Vernon 42:31
323 179 Bob Bell 42:32
326 180 Chris Vernon 52:33

Dulwich

509 ran
Pos Gen
7 7 Joe Hallsworth 16:31
17 15 Joe Wood 17:45
42 35 Rob Fawn 19:19
44 37 Andrea Ceccolini 19:23
50 42 Ebe Prill 19:38
53 44 James Auger 19:48
57 47 Lloyd Collier 19:51
65 54 Matt Wood 20:05
70 56 Rupert Winlaw 20:16
92 10 Emma Ibell 21:17
99 79 Ryan Duncanson 21:35
126 13 Victoria Read 22:18
442 235 Robert Tokarski 31:58

Harrogate

371 ran
Po Gen

104 9 Claire Barnard 24:47

Hastings

313 ran
Pos Gen
38 33 Nicholas Brown 22:05

Kingston

277 ran
Pos Gen
2 2 Hugh Stobart 17:00

Peckham Rye

283 ran
Pos Gen
54 45 Lee Wild 22:59

Riddlesdown

114 ran
Pos Gen
38 24 James Wicks 26:31

Rushmere

127 ran
Pos Gen
15 14 Matthew Ladds 22:23

South Norwood

135 ran
Pos Gen
65 9 Hannah Harvest 28:16

Sutcliffe

230 ran
Pos Gen
2 2 Andy Bond 16:25
21 20 Michael Fullilove 19:41

Wimbledon Common

410 ran
Pos Gen
233 159 Andy Murray 28:57

Wythenshawe

283 ran
Pos Gen
11 1 Helena Flippance 21:30

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



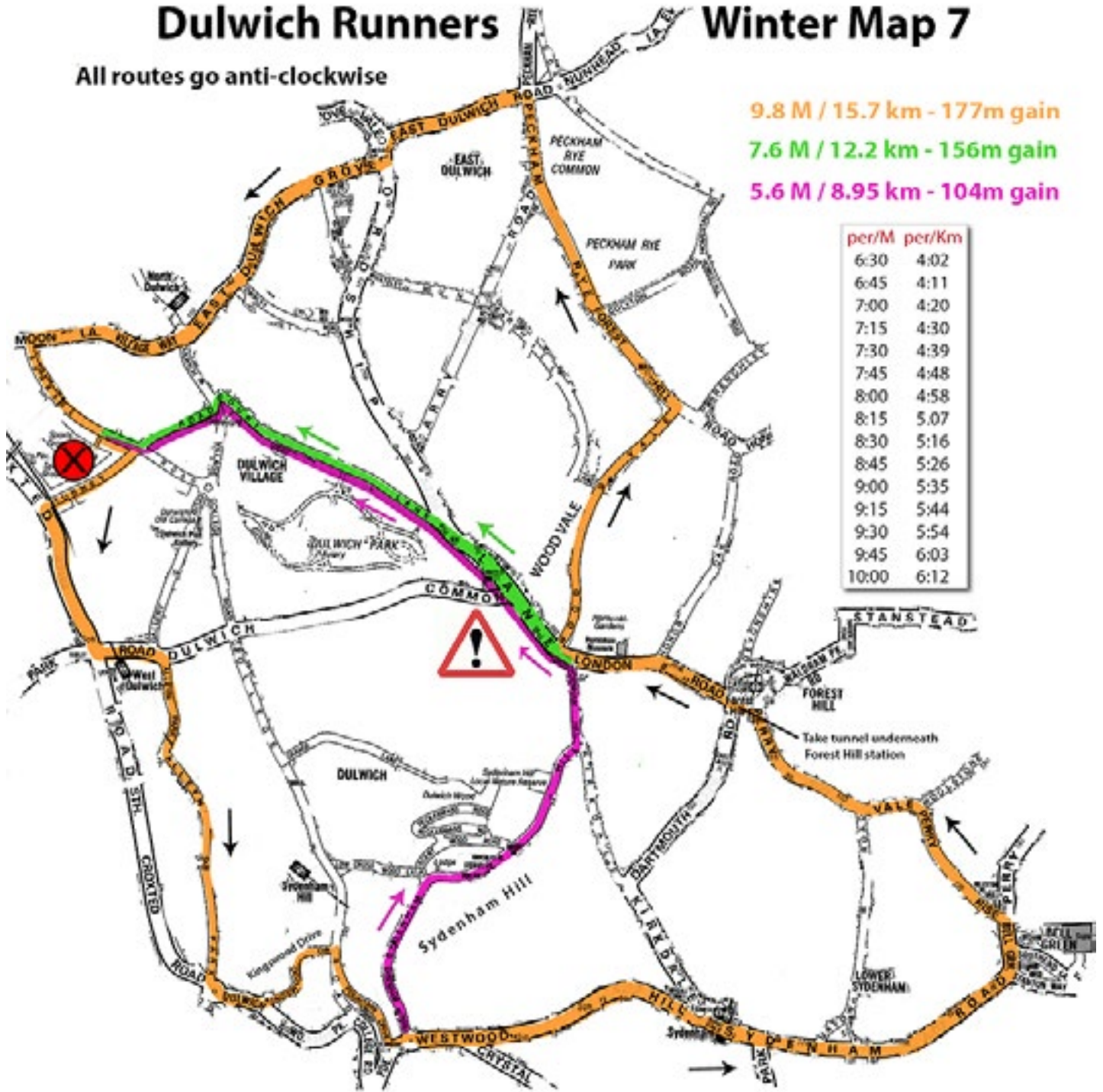
Pro Mid Layer
1-4 Zip Top

Dulwich Runners

Winter Map 7

All routes go anti-clockwise

9.8 M / 15.7 km - 177m gain
7.6 M / 12.2 km - 156m gain
5.6 M / 8.95 km - 104m gain



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