



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. 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 Fixtures
- 3 Club runs & training
- 4 Club Champs details
- 5 Cross Country
- 7 Race reports and results (Nada this week !)
- 8 Club kit
- 10 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:



2023/24 membership

If you are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

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

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus EA £16 (if you have never been registered with EA before they will give you 15months)

EA reg is £16 and can only be arranged through your 1st claim club.

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.

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>

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.

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

Crystal Palace track still unavailable to us as no temp lights yet - hopefully resolved asap - we will keep you informed of alternative sessions etc.

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: ebepri11@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

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 are eligible, but 13 June is recommended.

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

A spring marathon training plan

Introduction – who is this for?

I've set out below a suggested training plan covering just January for anyone planning a spring marathon - I will cover February, March and April in future editions of Shorts. With many of you targeting the London Marathon on 23rd April, I have set the race date in the plan for then, but if you have a different target race date then just adjust the dates accordingly.

To make the most of this plan, you should have been running several times a week for at least six months, hopefully (much) longer and are capable of running 5-6 days a week during this period. If you are able and willing, then you could increase the distance run, and if you are running more than about 60-70 miles a week then you might want to consider adding in an easy-paced run for say 30 minutes on top of all this and seeing if this works for you.

If anyone is much newer to running and/or for whom this plan looks too ambitious, then I would suggest you concentrate on the Wednesday club runs, Sunday long runs and a couple of 40-60 minute easy paced runs at other times in the week, which should include a few strides (10-20 seconds of fast but controlled running with plenty of recovery).

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and contact me tpoynton@hotmail.com or in person) if you have any questions or want any further advice e.g. on how to adapt it to suit your circumstances and to take into account what has worked well for you in previous training cycles. This is only my suggestion - there are many fine marathon plans out there, not least in previous editions of Shorts, but I hope you find it useful.

January training focus

In this phase you should be developing your all-round fitness, and starting to nudge up your long run without it having the prominence it later develops. This shouldn't really look too different from what you did before Christmas, and if you trained consistently then, you should be well-placed to take advantage of the extra fitness this gave you.

not roads where possible. If you run with others, such as the club's organised runs, try to avoid any temptation to turn this into a race, at least for now.

The different types of runs

The Tuesday interval sessions should help develop speed-endurance, and although I haven't set out the details here, they should involve 3-4 miles at a mix of 3k, 5k & 10k paces plus the warm-up and cool-down.

On top of the club runs and races I have included some easy-paced running (again, on softer ground and off-road where possible) – it is up to you when and where you do this, and you may wish to do this individually or with others.

Wednesday club runs are a really good way to get in about an hour or so of easy or steady paced running (which will increase later on), depending on how you are feeling and should help reinforce the benefits of the Sunday long run. So for many of you this would fit with running the medium route, but the faster amongst you might be fine with the longer route and similarly the less-speedy might be better suited to the shorter route. Having people around you should reduce the perceived effort, and it's also a good way to meet others in the club with a similar training target, so do come along if you can.

I've suggested scaling back slightly most of the runs in the final week, partly to prepare for and recover from the SEAA XC champs (with the men's race being particularly long) but also to avoid too much accumulated fatigue as we move into February.

There are three Saturday cross-country races this month and I've added them all to the plan, as they should build strength and endurance, although you could instead run a Parkrun at either a "full on" effort or at a controlled 10k/10m/ 1/2M pace with a couple of easy miles before and after.

Mon 2 – Sun 8 Jan

Tue. interval session, Wed. 60 min. club run, Sat. county champs XC, Sun. long run for 1:30-2:00h easy pace. Otherwise easy run for 40-60 min. (or equivalent cross-training) on one, preferably two of the other days this week.

Mon 9 – Sun 15 Jan

Tue. interval session, Wed 60 min. club run, Sat. Surrey League XC, Sun. long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs for 40-60 min. elsewhere in the week.

Mon 16 – Sun 22 Jan

Tue. interval session, Wed. 60 min. club run, Sat. parkrun, Sun. long run 1:30-2:00h easy pace. Otherwise one, preferably two easy runs for 40-60 min. elsewhere in the week.

Mon 23 – Sun 29 Jan

Tuesday interval session, Wed. 50 min. club run, Sat. SEAA XC, Sun. long run for 1:30 at an easy pace. Otherwise one, preferably two easy runs for 40-50 min. elsewhere in the week.

Sunday long runs (which don't have to be on a Sunday, particularly if you do shift work or have other commitments) are key, even at this stage, and should be at an easy conversational pace for up to about two hours this month, and run on softer ground and

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

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.

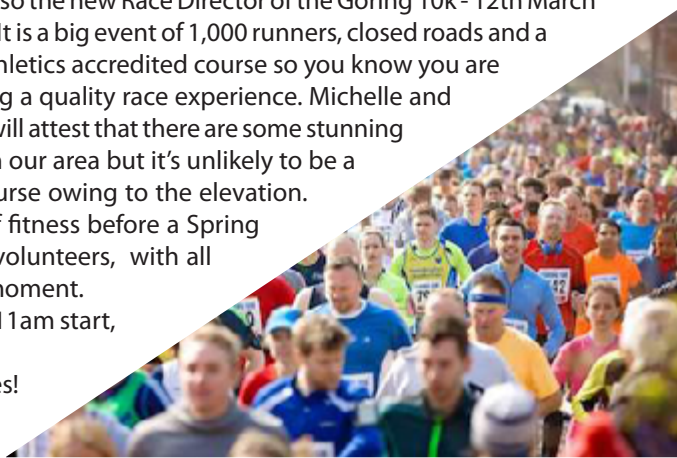
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

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



Bromley

| | | | |
|---------|-----|---------------|-------|
| 529 Ran | | | |
| Pos | Gen | | |
| 11 | 3 | Kay Sheedy | 18:23 |
| 151 | 123 | Colin Frith | 24:25 |
| 300 | 231 | Peter Jackson | 28:35 |

Wakefield Thornes

| | | | |
|---------|-----|----------------|-------|
| 208 Ran | | | |
| Pos | Gen | | |
| 159 | 47 | Claire Barnard | 34:18 |

Greenwich

| | | | |
|---------|-----|-----------------|-------|
| 178 Ran | | | |
| Pos | Gen | | |
| 5 | 5 | Tommaso Bendoni | 20:33 |

Brockwell , Herne Hill

| | | | |
|---------|-----|-----------------|-------|
| 226 Ran | | | |
| Pos | Gen | | |
| 1 | 1 | Lewis Laylee | 16:24 |
| 2 | 2 | Andrew Inglis | 17:52 |
| 19 | 17 | Jonny Hough | 19:54 |
| 24 | 22 | John Kazantzis | 20:49 |
| 36 | 31 | James Auger | 21:35 |
| 51 | 44 | Stephen Trowell | 23:12 |
| 142 | 30 | Lucy Pickering | 28:27 |

St Albans

| | | | |
|---------|-----|---------------|-------|
| 270 Ran | | | |
| Pos | Gen | | |
| 22 | 20 | Matthew Cooke | 21:33 |

Beckenham Place

| | | | |
|---------|-----|--------------------|-------|
| 243 Ran | | | |
| Pos | Gen | | |
| 1 | 1 | Andy Bond | 17:16 |
| 35 | 4 | Laura Vincent | 23:19 |
| 38 | 5 | Christina Dimitrov | 23:27 |
| 171 | 61 | Sharon Erdman | 31:27 |

Royal Tunbridge Wells

| | | | |
|---------|-----|---------------|-------|
| 140 Ran | | | |
| Pos | Gen | | |
| 19 | 19 | Lloyd Collier | 24:46 |

Crystal Palace

| | | | |
|---------|-----|------------------|-------|
| 236 Ran | | | |
| Pos | Gen | | |
| 1 | 1 | Ben Howe | 17:11 |
| 2 | 2 | Aaron Wilson | 17:36 |
| 7 | 7 | Eugene Cross | 19:19 |
| 30 | 1 | Laura Denison | 22:59 |
| 57 | 9 | Belinda Cottrill | 24:51 |

| | | | |
|-----|-----|---------------|-------|
| 105 | 83 | Michael Dodds | 27:53 |
| 120 | 27 | Clare Wyngard | 28:40 |
| 200 | 121 | Bob Bell | 35:33 |

Brueton

| | | | |
|---------|-----|----------------|-------|
| 409 Ran | | | |
| Pos | Gen | | |
| 4 | 4 | Adrian Russell | 17:12 |

Colchester Castle

| | | | |
|---------|-----|---------------|-------|
| 348 Ran | | | |
| Pos | Gen | | |
| 81 | 72 | Graham Laylee | 26:01 |

Whitstable

| | | | |
|---------|-----|-----------------|-------|
| 246 Ran | | | |
| Pos | Gen | | |
| 14 | 2 | Michelle Lennon | 23:35 |

Dulwich

| | | | |
|---------|-----|----------------------|-------|
| 507 Ran | | | |
| Pos | Gen | | |
| 16 | 15 | James Blackwood | 17:45 |
| 20 | 18 | Rob Hollands | 17:52 |
| 49 | 42 | Mark Callaghan | 19:54 |
| 79 | 65 | Jamie Robinson-Nicol | 20:48 |
| 84 | 69 | Rupert Winlaw | 21:19 |
| 90 | 11 | Clare Norris | 21:39 |
| 120 | 98 | Alex Bazin | 22:43 |
| 121 | 99 | Lee Wild | 22:43 |
| 207 | 155 | Miles Gawthorp | 24:45 |
| 233 | 171 | Ryan Duncanson | 25:25 |
| 494 | 206 | Susan Vernon | 46:33 |

Burgess

| | | | |
|---------|-----|--------------------|-------|
| 344 Ran | | | |
| Pos | Gen | | |
| 50 | 46 | Martin Kelsen | 21:13 |
| 81 | 73 | Robert Tokarski | 22:15 |
| 93 | 82 | Hugh Balfour | 22:49 |
| 284 | 89 | Stephanie Burchill | 31:52 |

Woodlands

| | | | |
|---------|-----|-------------|-------|
| 283 Ran | | | |
| Pos | Gen | | |
| 4 | 3 | Des Crinion | 21:14 |

Osterley

| | | | |
|---------|-----|-----------------|-------|
| 288 Ran | | | |
| Pos | Gen | | |
| 149 | 38 | Lindsey Annable | 28:41 |

Fulham Palace

| | | | |
|---------|--|--|--|
| 324 Ran | | | |
|---------|--|--|--|

| | | | |
|-----|-----|----------------------|-------|
| Pos | Gen | | |
| 168 | 123 | Barrie John Nicholls | 26:46 |

Hastings

| | | | |
|---------|-----|----------------|-------|
| 177 Ran | | | |
| Pos | Gen | | |
| 38 | 29 | Nicholas Brown | 23:27 |

Tooting Common

| | | | |
|---------|-----|------------|-------|
| 421 Ran | | | |
| Pos | Gen | | |
| 174 | 125 | Ian Sesnan | 26:05 |

Dalby Forest

| | | | |
|---------|-----|-------------|-------|
| 158 Ran | | | |
| Pos | Gen | | |
| 8 | 1 | Katie Balme | 20:00 |
| 20 | 3 | Ola Balme | 22:30 |

Haga

| | | | |
|--------|-----|-----------|-------|
| 80 Ran | | | |
| Pos | Gen | | |
| 36 | 32 | Ed Gibson | 27:25 |

Wanaka

| | | | |
|---------|-----|------------------|-------|
| 144 Ran | | | |
| Pos | Gen | | |
| 96 | 33 | Nicola Stevenson | 31:31 |

Catford

| | | | |
|---------|-----|--------------|-------|
| 135 Ran | | | |
| Pos | Gen | | |
| 5 | 5 | Andrew Scott | 20:12 |

Futakotamagawa

| | | | |
|--------|-----|---------------|-------|
| 86 Ran | | | |
| Pos | Gen | | |
| 33 | 4 | Shoko Okamura | 24:05 |

Squerryes Winery

| | | | |
|--------|-----|-----------|-------|
| 92 Ran | | | |
| Pos | Gen | | |
| 26 | 20 | Dave West | 28:00 |

Sutcliffe

| | | | |
|---------|-----|-------------------|-------|
| 152 Ran | | | |
| Pos | Gen | | |
| 32 | 25 | Michael Fullilove | 23:08 |

Charlton

| | | | |
|---------|-----|----------------|-------|
| 133 Ran | | | |
| Pos | Gen | | |
| 43 | 33 | Stephen Smythe | 24:52 |

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



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 5

All routes go clockwise

| 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 |

10.8 miles / 17.3 km
 7.81 miles / 13 km
 5.5 miles / 8.8 km

