



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 payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 4 Fixtures
- 6 Race reports and results
- 10 Club kit
- 12 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:



Update on Track Mile Club champs race:

The Dave Clarke Mile on Wednesday 20. July at Wimbledon is open for entries here:

<https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/>

We have been assured by the organiser that we don't need a qualifying time to enter despite what opentrack says (only not to advertise it beyond our club).

In case this event fills up we offer the Golden Stag Mile two days later as alternative but please go for the Dave Clarke Mile first.

2022/23 membership renewals

If you have not renewed 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

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

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

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

Thankyou to those of you that have renewed

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, aim to arrive by 7pm to register, pay & sort out which group you'll run with.

The 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 Speed - Alleyns School

At Alleyn's School

Arrive by 7pm for warm-ups before main session. Each session £2, pay contactless only (no cash).

With work at Dulwich College we are moving to Alleyn's School to use their fields and track (321m, five laps per mile) - we held sessions there in the past and it's a suitable location. Entry should be via Townley Road.

We are there July and August - ,expect a focus on prep. for club champs and Assembly League races, although I know thoughts will be turning towards the Big Half (4th September) and autumn marathons (not least London on 2nd October) so we can provide some advice and a few tweaks and additions for anyone interested. The cost will remain unchanged at £2.

September we are planning our usual hill sessions before going back to Crystal Palace track in October.

Questions, feedback or advice on fitting these sessions into the rest of your training - happy to answer any questions you might have - please contact: Tom Poynton (Coach in Running Fitness) - tpoynton@hotmail.com

Track etiquette

We are a big group and share the track with others so it's important to act safely and treat them with the same respect that we expect to be shown. All members using the track:

- give others plenty of space when overtaking or moving off the track.
- keep to the inside lanes whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) step onto the track just before they start their next rep.
- act on any instruction from a coach 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, 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

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

Big Half Training – some suggestions

The Big Half takes place this year on Sunday 4th September and is one of our club champs races, so this should be a target race for many of you (I think we have at least 40 members taking part). To aid your training I have set out some ideas that I hope help at least some of you. I'm conscious that there is a broad spread of experience, abilities, aspirations and weekly training loads in the club (which is great) so I've tried to suggest some broad principles and ideas for how these might be tailored to suit you – please do get in touch if you have any specific questions, as I'm happy to help further. Some of this might be a statement of the obvious to you, whilst for others it might be new but I would suggest that:

- The four weeks between the Big Half and the London Marathon means that if you are targeting the latter, then you have time to race the half to the best of your abilities, recover well, do a little bit more training that is unlikely to have much effect, and then start to taper, so do make your training in the weeks before the Big Half more marathon-focused. The rigours of covering 26.2m means that this has to be the priority, and there are still huge crossovers between half and full marathon training. The half should also give you valuable experience of being in a race, wearing kit, taking gels or sports drinks mid-race etc that should serve you well in the marathon.
- Your half-marathon time should give you some idea of what to aim for in a full marathon, but all sorts of factors can influence individual times (weather, sleep in the days before etc) so use your more recent training more generally, as well as the Big Half to consider what sort of marathon time to aim for.

If you are targeting just the Big Half, then hopefully the following points should help:

- Most people find that, on top of a regular interval session and a long run, some sort of running at about 10 mile pace in the c6-8 weeks before a half-marathon works well.
- A lot of words and phrases such as tempo, lactate threshold, training zones and intensities and heart rate are banded about in relation to this – these can be useful, but can also be overly-complicated and confuse more than they enlighten, so I have not covered these here (perhaps another time!).
- But essentially, we're talking 5k pace plus c25-40 seconds per mile (less for the speedier runner, more for the less-speedy). This should feel fairly hard but a pace that you can sustain for about an hour, so slightly slower than what you'd do at a Tuesday interval session, but not by too much.
- If you are new to this, then start with something relatively light and gradually build up. This can be done through longer reps (a mile or more with recovery of about a couple of minutes), or a single run. Some people prefer one or the other, but alternating between the two can also work well.
- Some examples of these are a single run of 3m, gradually building up by a mile or so to say 6-7m, and longer intervals, starting at 3*1m, then 3*2k, 3*3k, 3*2m then 3*4k (if you don't mind mixing up imperial and metric measurements!).
- All of these runs should start and finish with some gentle easy running and ideally some of the drills we do on Tuesdays.
- Thursdays are a popular day for these, but it doesn't have to be then, and you might prefer, or need, a little bit more recovery time after a Tuesday interval session.
- Alternatively, Wednesday club runs can be used for this if you can get the recovery right from the previous day's session – alternatively they can be a really valuable time on feet conversational run.
- Recovery is generally (and again this varies) more important as you get older, and there is many a wiser older runner who keeps on getting great results by sensibly spacing out their harder sessions in a way that works for them. You may find that doing two harder sessions a week (plus long run) is too much – so instead you could do three harder sessions a fortnight (plus long run) for example.
- You can also do these sessions at Parkrun – but just run at your 10m pace rather than flat out, and you can then do a bit extra if that's what the plan calls for, chasing down the slower runners on their final lap.
- Wherever you run these sessions, please do try to do so safely – somewhere traffic-free such as a park would be great, as stopping for traffic can really affect your running, and you don't want to be tempted to take silly risks when crossing a road. Somewhere flat is ideal, but if there are some undulations, a bit of rough ground or bad weather then that should still work so long as you keep the effort constant and adjust your speed accordingly. Locally, there are lots of pretty decent loops of about a mile or so (not least the main carriageway in Dulwich Park) that tick these boxes.
- It would be great to get people to run these sessions together, so let me know if you want to help organise some groups. I should be able to provide some more advice tailored to your own circumstances.

Tom Poynton - tpoynton@hotmail.com

DULWICH RUNNERS 2021 FIXTURES

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
July 20	Dave Clarke Mile Night (incorporates the SOAR mile) (S)	Wimbledon Pk Stadium
22	Golden Stag Mile	Finsbury Park
Sep 1	date tbc Assembly League	Beckenham
4	Big Half (L)	London
Oct 2	London Marathon (or alt. marathon) (L)	London or alt.
15	Surrey League XC	tbc
22	SEAA XC Relays	tbc
Nov 12	Surrey League XC	tbc
19	London Champs,	Parliament Hill
26	South of Thams XC 5M	Lloyd Pk
Dec 10	SEAA Masters XC	tbc
17	South of Thams XC 7M	Aldershot tbc
Jan 14	Surrey League XC date tbc	tbc
28	South of England Champs	tbc
Feb 11	Surrey League XC date tbc	tbc

Golden Stag Mile - Finsbury Park

Friday 22 July 2022

This year our club mile champ are split between the Dave Clarke Mile at Wimbledon and this fall back option at Finsbury Park. With the Dave Clarke Mile now closed for further entries you can still enter the Golden Stag Mile online until Thursday 21 July 23:59. Races start at 6.30pm. Open to all abilities

Enter at: <https://data.opentrack.run/en-gb/x/2022/GBR/gsm22/>

from 10 minutes to 4 minutes and everything in between. In previous years they had a podium and prizes for every race. Please note that if you run both the Dave Clarke Mile and Golden Stag Mile your time in the Dave Clarke Mile will count towards the club championships!



2022 Club Champs

To complete the championship you need to finish a minimum of 5 races, with at least one in each of the short (S) and long (L) categories. - <https://www.dulwichrunners.org.uk/club-championships> - these races can fill up quickly so enter ASAP

Confirmed fixtures are:

Feb 5	S - Crystal Palace parkrun	completed
March 13	L - Paddock Wood 1/2M	completed
June 14	S - Sri Chinmoy (Dashing Deer) 5k, Battersea Park, , 7pm	completed
June 26	L - Ranelagh Harriers Richmond 10k 9am	completed
July 10	L - Sevenoaks 7 trail race	completed
July 20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/	
Sept 4	L - Big Half	
Oct 2	L - London Marathon (or alt. marathon)	

If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races. Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

Captains: Men - Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ladies - Ange Norris & Ola Balme dulwichladiescaptain@gmail.com

Assembly League

What is the Assembly League?

- A summer evening race series which ran every year from 1975 to 2019 with a welcome return at 7.30pm on Thursday May 5 at Beckenham Place Park.
- Races free to enter, no need to book in advance.
- Unlike many races men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular events we encourage all first and second claim members to take part whatever your standard, form or ability.
- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor will be happy to sell you one on a Wednesday evening!
- Races normally either 5km or 5.6km (3.5 miles)
- Usually start at 7.30pm unless otherwise advised.
- Beckenham Place Park will use the relatively new undulating parkrun course, mixture of surfaces so consider this in your choice of shoe.
<https://www.parkrun.org.uk/beckenhamplace/>
- After each race the organisers normally have a bar open for food and drink.

Dates

Thurs 5 May, Beckenham - Thurs 9 June, Victoria Pk - Thurs 7 July, Victoria Pk - Thurs 4 Aug date tbc, Beckenham

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike the Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019, and individual and age group winners from 2019 included Ed Chuck, Mike Mann, Barrie John Nicholls, Andy Bond and Tom South.



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 - www.hernehillsportsmassage.co.uk

Captains: Men: Alex Loftus alexloftus75@gmail.com - Ed Chuck chuckedward@googlemail.com
Ladies: Ola Balme & Kay Sheedy dulwichladiescaptain@gmail.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.

Sri Chinmoy 10k

16 July

Hugh French writes: On Saturday 16 July 2022, when others found a cool place to shelter from the heat wave, 6 brave Dulwich Runners made their way to Battersea Park to take on the Sri Chinmoy 'Summer Sizzle' 10k.

At the start line we each engaged in award winning sandbagging and all of the well-trodden excuses (lack of training, Covid, hangover etc) were trotted out.

Battersea park continues to be one of the fastest courses in London, with most of the race being run in the shade. The course is pancake flat and returning to Dulwich Park makes you think you are running up and down a hill.

Leading the pack was Jon Phillips with a blistering 34.02, another PB in what has been a very impressive year. Rob Meadows was nowhere to be seen at the start having turned up late, but then flew past 44 runners to record a time of 41.27, a very good run from someone whose main focus is on the

London Marathon.

The two Chris' are so often spotted running together in Dulwich and on Strava that they have even generated their own nickname; Kris Kross [think early 90s Hip Hop]. Chris Cooper ran well to record 41.50; a slight downturn from last year's 41.08. Chris Nunn came in soon after in 43.58, again slower than the 41.20 he achieved last year.

Another individual competing in the Tory Leadership race was second claim runner, Laura Torry. She ran well to record 44.16 to finish 16th woman. Rumours persist that Hugh French is failing to dedicate himself to his training in the same way that he has done for the last two years. He was 3 minutes down on his time from last year's race but survived in the heat to finish in 45.54.

136 ran	
24 Jon Phillips	34.02
92 Rob Meadows	41.27
97 Chris Cooper	41.50
109 Chris Nunn	43.58
113 Laura Torry	44.16 (16th woman)
115 Hugh French	45.54

Harry Hawkes 8 and 10 miles

17th July 2022

Our entry to this race was one which was carried over from a cancelled event during the Covid lockdown. We'd planned to do other events but something always got in the way so this was our final chance for the year!

That said, this is always a pleasant and local event. I recall first doing it when it just used to be an 8 miler. With the racing calendar becoming ever more competitive the organisers had converted it to a 10 miler which tends to rank higher in the popularity stakes.

This year was the 10th anniversary of the event being relaunched as a ten miler so they decided to offer the two distances for the first time. Chatting with the race director after the run, he said many people had asked him what had become of the 8 mile event. It seems to fill a niche for those who aren't quite confident to run the full 10 miles but want something a little longer than the classic 10km. Indeed the standard of the 8 mile was quite low overall which seems to confirm the above hypothesis.

With temperatures already soaring we both decided to treat this as a training run. Completion was the key goal with absolutely no intention to run at race pace. We headed off to Thames Ditton in good time and found ample free parking near the race HQ. The race bills itself as having a village atmosphere created by it starting on a cricket green with a small cricket pavilion on site. We picked up our numbers with no wait at all and did a few stretches and strides to limber up for the run.

I was off first at 8.30 for the 8 miler. It was probably the closest I have stood to the start of the race as amusingly everyone hung back and didn't want to go to the front. The first couple of miles headed towards Kingston Bridge and were extremely hot as they were all on a busy road and then through shop lined streets. I found myself pouring with sweat and desperate for a drink. I'd committed the beginner error of taking no water with me as it had said there were two water stations en route. That would surely be enough I had thought! I was already

feeling thirsty and hugely annoyed the first water station was at around 2.25 miles instead of the advertised 2!

The course continued along the river to Hampton Court bridge and offered a little shade at first and then went into the full glare of the sun. After temporary relief from the water station I began to feel thirsty again so really just focussed on putting one foot in front of the other in a slow plod! The course was very scenic going past Hampton Court Palace and the Royal Barge moored across the other side of the river so I took in the scenery to distract my mind from the heat.

Another water station at just over 5 miles brought some relief and I held onto my cup for a lot longer, draining every drop. I started to pass one or two who were flaking in the heat. The final mile was through a lovely shaded wood which encouraged me to push on a little but always with lots held back in case of sudden overheating.

Barrie's ten miler started at 8.45a.m. and had a two mile loop before following the same course as ours. He enjoyed the run, taking it easy and sharing the effort with another runner for much of the race. Barrie always is less affected by the heat than me so seemed to struggle less with hydration, even though he found it hot. We both enjoyed the luxury of not feeling the need to push the pace though and felt quite fresh at the end, heat aside.

The course was well marshalled apart from one turn where I went wrong in the woods and the goodie bags afterwards were very generous. We enjoyed a coffee (after copious amounts of water and sports drink on my part) before heading to Thames Ditton Marina for a late brunch. There is a relaxed restaurant/brunch venue there that overlooks the river and has a DJ who was playing mellow Ibiza chill-out style music. With a table on the terrace overlooking the comings and goings on the river we felt we could have been on the continent!

As we left the venue we were confronted with the most bizarre sight of an orange canoe on top of a bright red Ferrari. The owner had just arrived and explained he had just been to B and Q and Tesco's on the way to the marina. Not the typical everyday punter you'd find in those stores! He was thoroughly charming and encouraged us to take photos - after all his wife said the orange canoe matched the orange ribbon of our medals!



8 miles
31 Lindsey Annable 1:16:07
92 ran

10 miles
143 Barrie John Nicholls 1:42:07
166 ran



Elmore 7

Saturday 16 July 2022

Claire Steward writes: The Chipstead Flower Show, in the grounds of Elmore, has existed in various forms since 1910 and is now held in conjunction with the Chipstead Fair which dates back at least another 100 years. It seems that the fair was once the scene of some notoriety and in 1854 the local gentry banded together to have it suppressed by the Reigate Police. Hard to believe, as nowadays it takes the form of a quintessential English village fête featuring stalls selling everything from pot plants, lavender and honey, to English wine and cheese. There are performances by a choir and band, gymnastics display, Morris dancers, vintage cars, face painting, afternoon tea, and Pimms. A tour of the marquee is recommended to see who has been awarded pride of place for the cakes, jams, fruit and veg, knitting, flower arranging and whatever else it is that bored Surrey residents fill their days with.

The 7 mile race, organised by South London Harriers, takes place in the afternoon, starting with a gallop round a field to amuse the spectators and spread everyone out before setting off around the undulating country lanes, finishing back at the fête.

I have taken part intermittently over the past 17 years, and I think this was probably my slowest ever time but I was first FV70 (probably the only one!) and achieved my aim of sub-70 minutes.

It's an unusual distance, not a fast course (although the winner managed 36 minutes!) but a great afternoon out with



plenty for non-running family and friends to enjoy, and age category awards up for grabs, once again in the form of Decathlon gift cards.

Dave adds: I last ran here in 2011 in pouring rain, but 2022 was 10°C warmer! In fact,

the organisers had offered a refund just days earlier to anyone concerned about the heat; I was tempted but 26°C is very different from the temperatures being forecast as I write, but still worth at least 90 seconds on the Daniels tables. With a COVID interrupted build-up to Sevenoaks, which I could still feel in my legs a week later, today was going to be a case of just getting round a course I normally enjoy. A throwback to the days when races were on Saturday afternoon, roads were not closed to traffic (no police required) and somehow it all works. Of course, the new version of Highway Code should mean that pedestrians have priority over everything else anyway!

The early couple of miles were steadily uphill and I took the switchbacks through Mugswell cautiously, only starting to really feel it around halfway and the much-needed drinks station. Shortly after that, at the highest point on the course near Mogador, my HR spiked up to nearly 180 so it was clearly time to back off. Back on the High Road that we'd started on felt like the longest 2½ miles I'd ever run and a few runners (including a M60 rival from Collingwood) cruised past having paced it differently. Whilst it felt like I was slowing, the two mile splits were within a second and I started to catch a big group ahead all desperate for the final turn back to the finish. Taking everything into account, I was pretty happy with the run and the great company from a small but select group of DRs.

Paul adds: The Elmore 7 has been on my bucket list for many years and this year I finally had the opportunity to run it. A 2pm start on Saturday afternoon during the heatwave was not ideal, 40 runners took the opportunity to withdraw and claim a refund the day before, but a small Dulwich group and ex-member Kaylee Coxall, accepted the challenge.

I had a good first half keeping both Claire and Joanne in my sights. Unfortunately at about half way, and I think at the furthest point of the course, I pulled up with a tightness in my hamstring. After several minutes of stretching I started to walk and then decided to try to run (jog really as it was now 11-12 minute miling!). After a couple of more stoppages and stretching I made it to the finish. Overall it was a nice race, well organised and marshalled. Hopefully I will have a better race next year!

Joe adds: Slower than 2016 and previous



years but enjoyed it, just kept to a regular pace in the heat.

Joanne adds: I struggled with a tight back and hips during the first mile and actually stopped for a very brief period whilst considering whether to turn back. I decided to carry on a little bit longer and see how things went. I eventually got into a rhythm and was chugging along quite steadily for the second half of the race, actually over-taking a few people during the last mile and a half. It's a lovely race, if a little bit hot, with the added bonus of free entry to the Chipstead Flower Show. I thought the highlight was seeing the winning entry to the best box of six organic eggs but this was quickly surpassed by seeing the entries to the best homemade compost competition!!

Kaylee adds: When Claire suggested this race to me at the start of the year, it seemed very appealing – run & picnic..... Little did we know we were going to encounter soaring temperatures! It was really nice to join my fellow Dulwich runners for this run in scenic Elmore. I don't particularly enjoy running in the heat & was happy to just plod round and to get under 75mins in the end. Having said that, I went out early Sunday morning and ran a comfortable 12 miles!

Colin adds: Best I don't just rabbit on about heat, hills and injuries. I am pretty tired today just did a 5k recovery run in the shelter of the local woods in 45 mins

101	Joe Brady	57:54
123	Dave West	60:51
128	Colin Frith	64:19
133	Joanne Shelton Pereda	65:35
142	Claire Steward	67:25
155	Kaylee Coxall	74:18
159	Paul Keating	79:03

(Winner 36:00, 169 finishers)

**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.**

Banstead Woods

208 Ran
Pos Gen
14 14 Tony Tuohy 20:26

Beckenham Place

258 Ran
Pos Gen
28 26 Paul Hodge 22:57
81 11 Eleanor Simmons 25:52
105 21 Claire Barnard 26:54

Bromley

424 Ran
Pos Gen
281 211 Peter Jackson 29:22

Brooklands

192 Ran
Pos Gen
24 22 Nicholas Brown 21:52

Burgess

322 Ran
Pos Gen
20 19 Charles Lound 19:39
21 20 Cameron Lund 19:52
76 65 Martin Kelsen 22:31
133 109 Brett Winch 24:49
319 180 Chris Vernon 62:02
320 120 Stephanie Burchill 62:05
321 121 Susan Vernon 62:25

Charlton

163 Ran
Pos Gen
1 1 Andy Bond 16:20

Clapham Common

515 Ran
Pos Gen
9 9 Eugene Cross 18:44
297 77 Harriet Roddy 27:29

Crane Park

146 Ran
Pos Gen
64 13 Lindsey Annable 26:23

Crystal Palace

249 Ran
Pos Gen
2 2 Aaron Wilson 17:44
8 1 Katie Balme 19:38
25 2 Yvette Dore 21:44
31 3 Ola Balme 22:23
32 4 Emma Ibell 22:28
40 33 Alexander Dodds 22:52
41 5 Rebecca Davis 22:56
58 6 Teresa Northey 24:11
127 24 Clare Wyngard 27:31
138 98 Michael Dodds 28:23
223 124 Bob Bell 35:52
224 82 Belinda Cottrill 35:56

Dulwich

400 Ran
Pos Gen
2 2 Thomas South 16:21
4 4 Ed Gibson 16:37
21 20 Gower Tan 18:22
32 29 Rob Fawn 19:00
48 43 Mike Beadle 19:42
50 45 Ryan Duncanson 19:46
55 50 Rupert Winlaw 20:10
56 51 Ebe Prill 20:11
75 65 Grant Kennedy 20:53
85 74 Stephen Trowell 21:16
91 6 Victoria Read 21:35
94 81 Robert Tokarski 21:38
142 114 Chris Lawrence 23:20
154 122 Graham Laylee 23:45
215 162 James Gordon 26:08

Gunnersbury

434 Ran
Pos Gen
5 4 Harry Lawson 18:13

Harrow

192 Ran
Pos Gen
7 7 Des Crinion 19:36
50 4 Becca Schulleri 24:07

Orpington

133 Ran
Pos Gen
3 3 Kevin Chadwick 18:39

Peckham Rye

215 Ran
Pos Gen
5 5 Tommaso Bondoni 18:44
29 27 Lee Wild 21:34
35 32 Alex Bazin 22:19
56 45 Justin Siderfin 23:44

Shorne Woods

182 Ran
Pos Gen
9 1 Kim Hainsworth 21:07

South Norwood

105 Ran
Pos Gen
79 25 Jenny Bomers 31:20

Tooting Common

411 Ran
Pos Gen
155 117 Ian Sesnan 25:08

Walthamstow

105 Ran
Pos Gen
7 7 Jonathan Whittaker 19:40



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](#).



SUSTAINABILITY AND RUNNING SHOES

On Saturday 8 July we donated 30 pairs of used trainers to Care4Calais.org.

Over the past 3 months we donated a total of more than 90 pairs of used trainers, as part of our program of making Dulwich Runners' activities more sustainable.

Thank you to everyone who gave away their used shoes - they will make a difference to many people in need.

In this way we also allowed our shoes to be used, probably, for several more years, instead of ending straight away in a landfill.

We'll resume the collection of used shoes at the clubhouse in September. Please contact me if you have any questions. - Andrea Ceccolini

"Delivering the trainers to Care4Calais.org collector Vivienne Riddoch, in Bromley"



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 Summer Map 3

