



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 Dulwich College Track
track and grass intervals suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

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

Like us on Facebook @dulwichrunners

Connect with us:



Mid Summer Relays Wednesday 15th June

NB – there will not be a run from the Club House that night so please either run or volunteer to help

1 mile children's race – 7 p.m.

3 x 1 mile relay – 7.30 p.m.

Use the link to enter - <https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays/>

Entries for children's race are on the day only.

Entering as a Dulwich Runner

There has been some difficulty using the Opentrack site, we apologise for that.

- If you have put your own team together

DO NOT enter Dulwich Runners, as each team's name needs to be unique.

Use your own team's name, (with DR in brackets at the end) and team code.

- If you do not have a full team

Email your interest to Ange at dulwichchair@gmail.com and we will put together some teams.

Any issues/questions contact -

Email Ange at dulwichchair@gmail.com



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.

You have all been sent your renewal email reminder, so keep an eye on your inbox.

If not received or you have any membership queries contact: barry@bg1.co.uk

Please do not reply to the email unless to notify me of changes to your membership type or your details etc.

Payment by direct bank transfer or contactless on a club night. Bank details in the email. No cash or cheques
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 - Dulwich College

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

Entry via Pond Cottages, SE21 7LE on College Rd. - Turn right in front of main center doors, follow path through bushes to track, meet at green pavilion up by tennis courts.

Track & grass intervals prep for the Mark Hayes Mile 31 May, 5k club champs races 14 June, 10k 26 June & 1m 20 July (details of these elsewhere in Shorts). Track not available from July (redevelopment) - July & August training to be advised. September its 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 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 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) 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

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
June	9 Assembly League		Victoria Park, Hackney
	14 Sri Chinmoy (Dashing Deer) 5k	(S)	Battersea Park
	15 Dulwich Runners Midsummer Relays & Fun run		Dulwich Park
	26 Ranelagh Harriers Richmond 10k	(S)	Richmond
July	7 Assembly League		Victoria Park, Hackney
	10 Sevenoaks 7 trail race	(L)	Sevenoaks
	20 Dave Clarke Mile Night (incorporates the SOAR mile)	(S)	Wimbledon Pk Stadium
Aug	4 Assembly League		tbc
Sept	4 Big Half	(L)	London
Oct	2 London Marathon (or alt. marathon)	(L)	London or alt.
	15 Surrey League XC		tbc
Nov	12 Surrey League XC		tbc
	26 South of Thams XC 5M	date tbc	Lloyd Pk tbc
Dec	17 South of Thams XC 7M	date tbc	Aldershot tbc
Jan	14 Surrey League XC	date tbc	tbc
Feb	11 Surrey League XC	date tbc	tbc

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	
June	26	L - Ranelagh Harriers Richmond 10k 9am	
		(enter ASAP: https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/)	
July	10	L - Sevenoaks 7 trail race	
July	20	S - Dave Clarke Mile Night (incorporates the SOAR mile - Wimbledon Pk Stadium, please check if entries open at https://www.herculeswimbledonac.org.uk/sprint-middle-distance-night)	
Sept	4	L - Big Half	
Oct	2	L - London Marathon (or alt. marathon)	

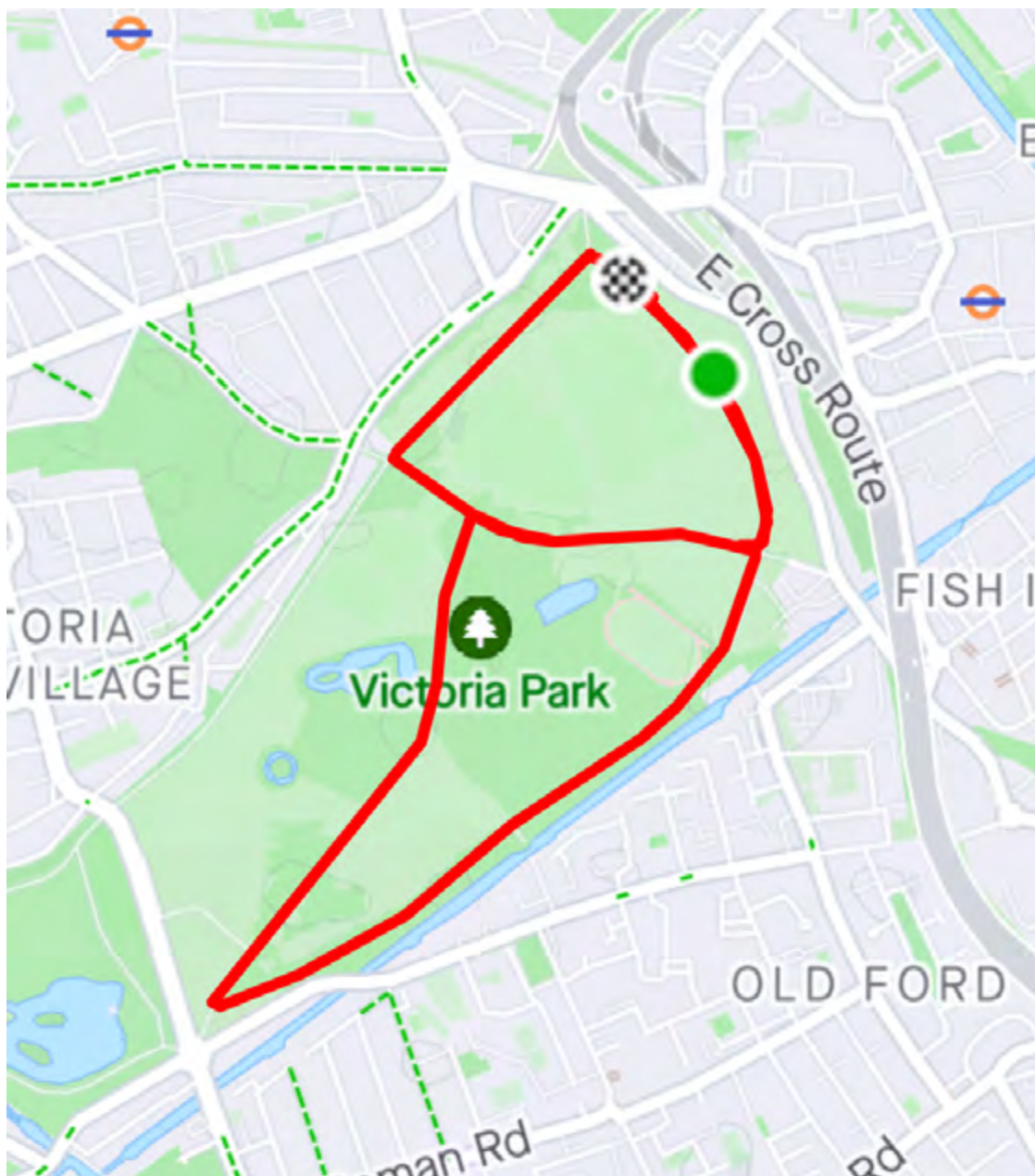
If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races. Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult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

The next fixture takes place on Thursday 9th June at Victoria Park, in East London. Nearest station is Hackney Wick on the Overground network.

Changing rooms are provided by Victoria Park Harriers at their clubhouse, with a start time of 7:30pm. Its a flat, fast course over 3.5 miles. The course <https://www.strava.com/routes/2966632508761668220> looks like this:-



Mark Hayes Mile, 31 May

Congratulations to men's and women's winners of the Mark Hayes Mile, Ed Chuck and Yvette Dore.

With numbers being allocated and runners warming up beforehand, there was limited time to process contributions to Karine and her family. Those of you taking part who would like to make a contribution are invited to do so at next Tuesday's grass/track session or at the club tonight or next Wednesday. Alternatively you can make a bank transfer to the club:

Dulwich Runners Athletic Club, CAF Bank - sort: 40-52-40 - A/c :00014124

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 August, venue TBC

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 - Ange Norris & Ola Balme dulwichladiescaptain@gmail.com

Dulwich Midsummers Team Relay & Children's Fun Run

Wednesday 15th June 2022 - Dulwich Park, SE21 7BQ

We are pleased to announce that our popular event open to all levels of ability will return to Dulwich Park this June. This is a really important fundraising event for the club so please run or volunteer if you can.

Children's Race

1 mile

Start time 7:00pm, for ages 4-14 - all children will receive a medal.

Cost £2 (on the day entry only)

For more info contact Hugh French:

hughfrench@hotmail.com

Relay Race

3 x 1 mile

Start time 7:30pm

Minimum age 7

Advance entry: £15 per team

On the day entry: £18 per team

Run Britain license applied for.

Further details from Ange and Ebe.

Online registration is available at:

<https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays/>





Prizes will be awarded for winning male, female and mixed (minimum 1 female runner) relay teams.

Please form and enter your own teams you can let your captains know if you want help in forming a team.

DULWICH RUNNERS
MIDSUMMER RELAYS AND
CHILDREN'S FUN RACE
DULWICH PARK SE21 7BQ
Wednesday 15 June
Children's 1 Mile Race - 7pm
Relay Race (3 x 1 mile) - 7.30pm
Children's Race £2 (entry on the day, ages 4-14)
£15 per relay team in advance
£18 per relay team on the day (subject to availability)
Further details at:
www.dulwichrunners.org.uk/midsummersrelays
Enter online at:
<https://data.opentrack.run/en-gb/x/2022/GBR/dr-midsummer-relays>

This year, after a two year hiatus, the Midsummer Relays returns on 15 June. The event is preceded by a Children's Fun Run. This is a 1 mile run and is for children aged 4-14 (which is the same as the Junior Parkrun). It is a great way of promoting the Club and promoting running to children.

Even Junior Parkrun events have surprisingly low turn-outs, therefore please can everyone at the club reach out to any schools, youth groups, friends in order to help promote the event. An entry in a School Newsletter or a message on a local What's App group will go a long way. If each member of the club can get just one child to attend, the event should be a success. Hugh French.

@dulwichrunners    

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.

Mark Hayes Mile Dulwich

May 31

Steve Smythe writes: The race run in memory of popular club member Mark Hayes returned - probably too early in the summer to really do justice to the specialisation of the distance's requirement (and too close to some to recent marathons) and in the middle of half term meant numbers could have been more and far more have been attending track sessions in recent weeks than ran here which is a shame.

There was good support though for the runners and the usual good atmosphere and many who couldn't run helped Mike with the organisation.

The track was deemed unusable by many when the club started using it back in 1995 and some think it would be safer to run on the South Circular than on the thin, bumpy tight track which has injured scores of Dulwich Runners in the last 25 years and some won't be sad to see it torn up next month.

Of course it doesn't stop some idiots blazing round it like it's an Olympic carpet and despite it's rather dubious speed qualities, Ed Chuck almost certainly ran the fastest ever mile seen on the track - certainly on Strava - but without a licence, it will never be an official time and maybe next year a proper track could be used so people get official recognition for their PB's or we return to Dulwich Park's road?

The races were run with fastest off last but the races where the Mark Hayes trophies were decided should get prominence and are presented back to front.

Race 4

Ed blasted his way around five and a bit laps for a PB (unofficially as this race will never count or be recognised on Power of 10) and also smashed the race record by 10 seconds.

Jack was himself flying and broke his old record with Rob running a time that would have won most of the races miles over the years and the closest to the time that Mark Hayes himself won when winning the Dulwich mile on the roads almost 30 years ago.

Tim, Jon (matching 2021 time), Sean and Joe were well inside five minutes with Rob an isolated eighth and Grzegorz having a lonely run at the back and surviving starting at sub-five pace just to be in vague contact with everyone else. He matched his 2021 time.

- 1 Ed Chuck 4:24.9
- 2 Jack Ramm 4:29.8
- 3 Rob Armstrong 4:39.7
- 4 Tim Bowen 4:46.5
- 5 Jon Philips 4:48.6
- 6 Sean Cordon 4:50.4
- 7 Joe Wood 4:52.2
- 8 Rob Emes 5:10.2
- 9 Grzegorz Galezia 5:24.4

Race 3

The most competitive of the four races saw a fast last lap kick from Oliver edge Kamal, Andrew and Austin and they would have probably run even quicker had Grzegorz not been moved from this race at late notice.

Olivier and Chris ran well paced races with ever-improving Yvette (30 seconds quicker than 5 years ago) and here comfortably quickest woman of the day - albeit with illegal shoes!

Andrea C was close behind with Hugh and Lee finishing strongly to overhaul many times women's winner Andrea P on the last lap.

- 1 Oliver Newlan 5:30.6
- 2 Kamal Lewis -Gopie 5:32.9
- 3 Andrew Scott 5:33.2
- 4 Austin Laylee 5:36.1
- 5 Olivier Montford 5:42
- 6 Chris Nunn 5:45.4
- 7 Yvette Dore 5:48.1 (fastest woman)
- 8 Andrea Ceccolini 5:50.6
- 9 Hugh French 6:00.8
- 10 Lee Wild 6:01.3
- 11 Andrea Pickup 6:03.2

Race 2

Predictably Ed S won easily and should have been in race 3 though as only 6 ran anyway it would have left it rather sparse. Good runs from Clare, Emma, Cameron and a less than fully fit Katie though nobody in the field actually bettered their 2021 times.

- 1 Ed Smyth 6:00.7
- 2 Clare Norris 6:10.7
- 3 Emma Benyon 6:20.8
- 4 Laura Vincent 6:24.4
- 5 Cameron Timmis 6:25.6
- 6 Katie Styles 6:28.7

Race 1

Thirteen year-old Raffi, with a 5:12.1 1500m PB equivalent to around 5:30 for the mile should have obviously been in a

faster race and he was far too quick for a mostly very old (sorry meant experienced) field though his presence did keep the average age to just below 60 - but only just!

The other youthful field member Becca ran 33 seconds quicker than in 2021 despite a too fast start.

Steve Smythe unleashed his Lewisham Schools 800m winning form from exactly a half century earlier for a few metres near the end to win the old mans section from top M70 and race organiser Mike, Steve W who did most of the work in the group and then the quickest 1500m runner competing John Mc (4:03 - equivalent to around a 4:22 mile).

Worth noting in the early 90's that the two Steve's and John were the club's top three cross-country runners.

John at least did his fastest mile for decades but was some way down on his still standing club M45 record and I suspect would still like to be around to see what Ed runs when he is 70especially as John would be 105 then!

Joe gamely chased the old man's group throughout and he was followed by fellow club stalwarts Barrie-John, Andy, Lindsey and Ros (still W70 British age group mile record-holder).

Mark's wife Karine and mile regular Stephanie (11 seconds quicker than in 2021) completed a field with around 900 years on the clock.

- 1 Raffi French 6:34.8
- 2 Becca Davis 6:45.6
- 3 Steve Smythe 6:48.4
- 4 Mike Mann 6:54.2
- 5 Steve Williams 7:01
- 6 John McGlashan 7:05
- 7 Joe Brady 7:07
- 8 Barrie John Nicholls 7:34
- 9 Andy Murray 7:41
- 10 Lindsey Annable 7:44

- 11 Ros Tabor 7:49
- 12 Karine Brissy-Hayes 8:00
- 13 Stephanie Burchill 9:47

(nb missing the tenths of a second off a few runners)

With the race's last appearance on the Dulwich 300m track now passed - Ed's 4:24 and Clare Elms' 4:57 will remain as the best ever on the Dulwich track.

It should be noted that Jack's 4:29 here was second best and after that there was a 4:36 for Jack and a 4:37 for both Ed and Lewis according to the Dulwich website though I seem to recall Kofi and Rob Spedding ran similar times on the road in the early 2000's.

For the women Clare dominates with her record backed up by a 4:58, 5:00, 5:01, 5:05 twice and a 5:08 with Kay's 5:17 from last year the next best winning time.

SLAN Open Carshalton

May 28

Steve Smythe writes: In her first track race for a year and without any specific training, and some difficulty in negotiating some of the indisclined youngsters in the field who nearly tripped her, Clare set what is believed to be a world age 58 best scoring a huge 102.60 per cent on age-grading though just missed breaking the five-minute barrier.
1500m: Clare Elms 5:00.15

The Harvel 5

Dave West writes....The Harvel 5 takes place in a small village near Meopham in Kent. Unusually, it is on Saturday afternoon with a course taking in country lanes closed to traffic and a section within woodland in Trosley Country Park. Organised by the local Hash House Harriers, it is well organised with chip timing and accurate mile markers but there is an element of fun. You won't find many events that count down the final half mile in furlongs and centimetres and where the chief marshal is dressed as Henry VIII! Interestingly in 2022, there were 306 men and 336 women with a number of clubs out in force enjoying the village green and the beer tent in particular. Despite being fairly remote, there was very vocal support throughout the course helped by each race number having the individual's first name written on it. In typical HHH style the drinks station at half way had water and another table with beer – I didn't partake of either.

I first ran Harvel in 2002 when it was a DR club championship (we are long overdue for a return surely?), when I finished a few seconds outside the half hour proving that it is not a slow course; whilst it is technically multi-terrain and gently uphill for the first

half, three miles are on road, the woodland section is over firm trails and there is only one short sharp hill of note with the last mile immediately following it all downhill. This was my 6th time here, some 20 years after the first and the course doesn't seem to have changed at all in that time, although the infamous Amazon and Tiger pub down the road is no more.

Given the recent family bereavement and current indifferent form, I thought anything under 8-minute miling would be an acceptable run. On the initial uphill road section, a lot of runners drifted past but once we hit the woods I felt like I was on my territory and began to overtake throughout the second half. The steep uphill bit briefly knocked the stuffing out of my legs and the last mile seemed to go on forever, but no one came past and I ran it inside 7:15 and finished 115th out of 638 in 39:10 with the winner just inside 27 minutes, first woman just outside 30 minutes and a very happy crowd of "fun runners" finishing around 1h 20m who almost certainly had enjoyed the beer.

Really happy with that given everything going on at the moment and a great afternoon out. Next year's race will be in early June and it would be good to see some more Dulwich Runners and maybe a family friendly club champs event? Just a thought...



Ashford

218 ran			
Pos	Gen		
23	2	Kim Hainsworth	20:47

Beckenham Place

249 ran			
Pos	Gen		
2	2	Adam Teszke	18:10
91	72	Joseph Brady	25:10
119	19	Claire Steward	27:01
189	57	Claire Barnard	31:39

Brockenhurst

61 ran			
Pos	Gen		
14	3	Katie Styles	22:51

Catford

171 ran			
Pos	Gen		
55	52	Ed Gibson	24:03

Cannon Hill, Birmingham

569 ran			
Pos	Gen		
99	10	Susan Cooper	22:14
274	206	Andy Murray	27:06
280	48	Ros Tabor	27:09
462	137	Stephanie Burchill	32:45

Centennial

85 ran			
Pos	Gen		
3	3	Tim Taylor	19:04

Charlton

192 ran			
Pos	Gen		
53	48	Stephen Smythe	23:20

Clapham Common

703 ran			
Pos	Gen		
149	112	Sam Jenkins	22:35
248	167	Michael Mann	24:36

Conwy

218 ran			
Pos	Gen		
207	83	Susan Vernon	43:20
214	121	Chris Vernon	51:32

Cosmeston Lakes

162 ran			
Pos	Gen		
40	7	Laura Vincent	24:10

Crystal Palace

333 ran			
Pos	Gen		
115	12	Belinda Cottrill	25:04
147	116	Paul Hodge	26:19
212	153	Paul Hilton	28:45
301	186	Bob Bell	34:32

Druridge Bay

165 ran			
Pos	Gen		
24	19	Rob Mayes	23:13

Dulwich

490 ran			
Pos	Gen		
2	1	Edward Chuck	16:04
6	4	Adrian Russell	16:52
30	26	Grzegorz Galezia	18:12
57	53	Edward Simmons	19:38
66	3	Yvette Dore	19:46
67	59	Rob Fawn	19:47
68	60	Tom Shakhli	19:47
77	67	Ryan Duncanson	20:10
79	69	James Auger	20:15
91	80	Olivier Montfort	20:41
97	5	Clare Norris	20:48
106	92	Rupert Winlaw	21:08
107	93	Lee Wild	21:08
114	99	Stephen Trowell	21:20
128	10	Emma Ibell	21:42
163	19	Lucy Pickering	22:40
203	33	Rebecca Davis	23:55
223	163	Martin Wagner	24:26
232	41	Shoko Okamura	24:49
254	180	James Gordon	25:33
318	209	Michael Dodds	26:58
334	88	Clare Wyngard	27:24

Foots Cray Meadows

36 ran			
Pos	Gen		
1	1	Justin Siderfin	21:42

Gorleston Cliffs

231 ran			
Pos	Gen		
78	66	Colin Frith	25:40

Hilly Fields

194 ran			
Pos	Gen		
84	63	Tommaso Bendoni	25:57

Kettering

241 ran			
Pos	Gen		
216	84	Hannah Harvest	37:17

Kiessee

27 ran			
Pos	Gen		
5	5	Ebe Prill	20:16

Peacehaven

88 ran			
Pos	Gen		
14	14	Nicholas Brown	24:05

Peckham Rye

241 ran			
Pos	Gen		
28	24	Robert Tokarski	21:37

Riddlesdown

166 ran			
Pos	Gen		
28	25	James Wicks	23:16
73	20	Ange Norris	28:46

South Norwood

135 ran			
Pos	Gen		
36	5	Eleanor Simmons	24:04

Southwark

329 ran			
Pos	Gen		
70	5	Teresa Northey	23:20
221	144	Paul Keating	29:59

Sutcliffe

212 ran			
Pos	Gen		
22	18	Ross Rook	20:19

Warwick Racecourse

337 ran			
Pos	Gen		
67	56	Matt Hartin	23:15



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 April 22nd we delivered around 60 pairs of running shoes to ReRun <https://rerunclothing.org/> collector and trail running coach Jude Palmer in the Surrey Hills.

This was the result of our first phase of this campaign, that we started in March.

A big Thank You to all the Dulwich Runners who donated their beloved shoes.

Giving a second life to our old shoes, by donating them to people who can use them every day, will help reduce carbon emissions and air, soil, and water pollution. And it will make a lot of people happy!

ReRun will sell shoes that can still be used for running, for a small amount on their website. Or will otherwise donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

Next collection is Wednesday June 1 2022 at the Club House 6:30 - 10pm.

Please wash your shoes, tie each pair together using their laces.

To get involved with our sustainability efforts, or if you have any questions or suggestions contact Andrea Ceccolini

What Can We Do?

While we wait for big brands to use more durable and sustainable materials, and to take responsibility for the recycling of their shoes when they reach end of life, we can:

- Use our shoes as much as possible (obvious)
- Return them to manufacturers or shops when we buy new ones (when such a scheme exists)
- Donate our old shoes to someone who can use them, for running or as normal shoes

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 4

15.3 km / 9.5 miles - 154m elevation gain

11.1 km / 6.9 miles - 98m elevation gain

7.75 km / 4.8 miles - 68m elevation gain

