



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

NOTE: No club run tonight

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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- 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:



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



Tables have been reserved in the Crown and Greyhound garden for post relay drinks on Wednesday 15th June from 8:30pm

<https://whatpub.com/pubs/SEL/10787/crown-greyhound-dulwich>

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 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	date tbc Assembly League	Beckenham
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	completed
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

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

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.

Tables have been reserved in the Crown and Greyhound garden for post relay drinks on Wednesday 15th June from 8:30pm

<https://whatpub.com/pubs/SEL/10787/crown-greyhound-dulwich>

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>

@dulwichrunners    

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.

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.

Crystal Palace Canter

7th June 2022

Dave West writes: The latest running of the Canter (approx. 5.1km) took place in near perfect conditions. Some regulars were otherwise engaged, but nine ran the full distance with Mike Mann pacing the lead group for the first mile or so, before dropping out, following his track efforts the previous weekend. Neville, Mike, Dave and Jo set off in a pack and stayed close until the big climb where Neville pulled ahead of Dave who had a gap on Jo. Meanwhile the second group stayed together for much of the first lap before gaps appeared on the second gruelling climb.

At the front, Neville, returning from injury, ran the most even race significantly faster than he'd managed at the flatter Dulwich Parkrun the previous weekend. Dave, seemed to have recovered well from the 10km at High Elms 48 hours earlier and ran his fastest time on this over-distance course, which was perhaps a little unwise with the Victoria Park race looming (spoiler alert, see report elsewhere in Shorts – he got away with it this time). Jo had made inroads on Dave's lead coming up the hill but had lost too much ground on the downhills to catch him, but still a good time for this course. The others were a little slower than recent Parkrun times with Claire and Paul, like Dave, also targeting the Assembly League a few days later.

Second Sunday of the month 5 mile

12th June 2022

The email for entries popped into our inboxes quite late last week and we decided on the spur of the moment to do the race. After all we needed to do a training run and it was a low key local event. Having done both the Assembly League and parkrun our idea seemed less than ideal on Sunday morning. We knuckled down to the familiar two lap course with quite sore legs but thoroughly enjoyed running along the sun dappled tree lined paths. Embarrassingly I was given the number 1 which led to a few comments from passersby on the course. Sadly my performance was nowhere near living up to the promise of the number.

For our second run in a row, the course was slightly altered due to another event happening. At Old Deer parkrun on Saturday a marquee was a new addition to the course as the Rugby Sevens was being held in the park. It meant a detour around the marquee and dodging arriving participants which resulted in an extra two hundred metres or so on the course.



Sunday's five miler was being held at the same time as a 5km in aid of the Gurkha Welfare Trust. Again a different start and finish to the five miler meant an addition of a similar distance to Saturday. We decided to stay and watch the

Pos:	Name:	Split half way.	Finish
1	Neville Webb	11:59	24:01
2	Dave West	12:07	24:34
3	Jo Quantrill	12:20	24:58
6	Claire Steward	13:55	28:13
7	Clare Wyngard	14:10	28:23
8	Mike Dodds	14:10	28:24
9	Paul Keating	14:14	29:29

Southern Vets League

13 June

This was the second of four fixtures, in which the winning club qualifies for the final in September. I was competing for my second claim club, HHH. As of this year M70 and W70 have been included in the competition, but only for a limited number of events. In the first fixture in May, one of these was the 2000m walk, where I may have made my debut. After a hopeless first lap, I gradually got into the swing of it, finishing up as 1st M70, though my style (and probably legality) left quite a bit to be desired.

This time at Hillingdon, the 3000m was on offer for M70s, so I was more into my comfort zone. I had a steady, though unspectacular run, 12 secs better than my indoor performance earlier in the year, as well as last year's runs, by around 15 secs.

Mike Mann 13:36 (tbc)

5km as it was rather unusual. The participants had to carry a Doko basket with a choice of weights between 5kg and 15kg. This emulated part of the training the Gurkhas undergo to qualify for the military where they have to run 5km with 25kg on their backs in a Doko basket.



A variety of Gurkha regiments were in attendance as they take great pride in taking part. A number of civilians were also running probably for the novelty value. The Queen's Own Gurkha regiment did a pre-race warm up in which we participated at the back rather half-heartedly on very tired legs. After all we couldn't miss out on a warm up from a military regiment. The race was fun to watch with some very determined sprint finishes from the soldiers. You can see why their fighting prowess is much admired. We rarely seem to go out nowadays without Barrie bumping into someone he knows from film sets and Sunday was no exception. This time it was a producer from the Napoleon film Barrie has recently been involved in. The producer supports the Gurkhas and was there with another film colleague. They recognised Barrie from set. Word had got round he was the actor who had told Joaquin Phoenix to 'stop smoking on set otherwise he would get in trouble!'. Barrie has an impressive track record of failing to recognise A-listers despite hobnobbing with them frequently on set or at events. The annals of film history will forever be engrained with Barrie's ticking off of Joaquin.

An eventful second Sunday of the month for lots of reasons but certainly an event we should do more often.

31 Barrie John Nicholls 44:55
40 Lindsey Annable. 46:35

**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.**

Ashton Court

368 Ran
Pos Gen
105 10 Teresa Northey 24:53

Banstead Woods

166 Ran
Pos Gen
83 73 Tommaso Bendoni 27:41

Beckenham Place

388 Ran
Pos Gen
11 11 Stephen Davies 20:14

Bethlem Royal Hosp.

135 Ran
Pos Gen
6 6 Eugene Cross 20:04
38 37 Dave West 26:12

Burgess

461 Ran
Pos Gen
128 104 Joseph Brady 23:32
134 108 Martin Kelsen 23:43
272 68 Shoko Okamura 27:09

Bushy

1107 Ran
Pos Gen
80 71 Robert Tokarski 20:58

Charlton

175 Ran
Pos Gen
1 1 Will Withecombe 17:24
14 1 Elizabeth Smith 20:27
28 23 Nicholas Brown 21:54
54 45 Stephen Smythe 24:01
62 53 Colin Frith 24:40
94 21 Claire Steward 26:37
100 73 Paul Keating 27:08

Clapham Common

668 Ran
Pos Gen
117 76 Cameron Timmis 22:03

Crystal Palace

289 Ran

Pos Gen
16 1 Yvette Dore 20:49
98 14 Belinda Cottrill 25:47
189 121 Paul Hodge 29:37
289 119 Joanne Shelton Pereda 56:55

Dulwich

449 Ran
Pos Gen
2 2 Andrew Inglis 16:21
36 34 Rob Fawn 19:37
38 2 Polly Warrack 19:38
47 44 Tom Shakhli 20:09
64 59 Wander Rutgers 20:40
74 69 Rupert Winlaw 21:11
77 71 Mark Foster 21:17
82 4 Clare Norris 21:27
96 5 Victoria Read 21:55
111 96 Lloyd Collier 22:33
168 23 Lucy Pickering 24:24
255 182 Martin Wagner 27:09
312 205 Stephen Trowell 29:09

Folkestone

264 Ran
Pos Gen
18 1 Kim Hainsworth 20:45

Greenwich

163 Ran
Pos Gen
2 2 Kevin Chadwick 18:13

Haga

87 Ran
Pos Gen
14 14 Paul Collyer 20:35

Hilly Fields

234 Ran
Pos Gen
45 4 Emma Ibell 22:56

Jamaica Pond

83 Ran
Pos Gen
17 2 Rebecca Davis 22:51

Leazes

243 Ran
Pos Gen

15 14 Sum Mattu 19:45

Old Deer Park

139 Ran
Pos Gen
53 39 Barrie John Nicholls 25:58
57 9 Lindsey Annable 26:26

Peckham Rye

227 Ran
Pos Gen
1 1 Andy Bond 16:20
3 3 Adrian Russell 17:26
6 5 Harry Lawson 18:08
10 9 Mark Callaghan 18:58
26 25 Lee Wild 21:24

Riddlesdown

148 Ran
Pos Gen
29 3 Ange Norris 23:28

Squerryes Winery

141 Ran
Pos Gen
12 11 Justin Siderfin 21:38

South Norwood

141 Ran
Pos Gen
31 2 Emma Benyon 23:31
43 4 Eleanor Simmons 24:34

Tamar Lakes

94 Ran
Pos Gen
12 12 James Wicks 22:06

Tooting Common

463 Ran
Pos Gen
3 3 Adam Teszke 17:25
157 124 Ian Sesnan 24:34

Victoria Dock

162 Ran
Pos Gen
116 73 Peter Jackson 30:26

****SUMMER WEEKEND EXTRAVAGANZA - SAVE THE DATES****

Sat 16th July: Dulwich Hash House Brewery Run (starts 2pm, Gipsy Hill Brewery)


Back by popular demand, this third edition of the brewery run follows the success of 2018 for anyone who can remember... This is a social run between several of our local South London breweries, over approx 6 miles. Run between the venues while enjoying a drink or two to refresh yourself - you can also walk or get public transport! Everyone is welcome and can join / leave the run when they want. Soft drinks, wine and spirits will also be available (and we hear the Barry Graham dash may even be back!)

Locations to be finalised, but likely route and approx timings:

2:00pm Gipsy Hill Brewery
2:45pm Bullfinch Brewery
3:20pm Canopy Brewery
4:00pm Friendship Adventure Brewery
4:45pm Clarkshaws Brewery
5:30pm Brick Brewery, Peckham

Sun 17th July: DR Summer BBQ (2-6pm, Edward Alleyn Club)

Please join us for a relaxing afternoon of socialising with club mates old and new over a glass or two, and enjoy a sumptuous BBQ in the playing fields behind the Clubhouse. Families are all very welcome too, and children are free. Ticket price and further details coming soon, but hold the date now for this not to be missed event!



v1 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 15 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



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 6

14.5 km / 9.0 Miles - 213m gain

11.8 km / 7.3 Miles - 138m gain

8.3 km / 5.2 Miles - 132m gain

All routes go clockwise

