



## These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto: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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- 10 Club kit
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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:



## Dulwich Runners Committee Meeting Notice – Wednesday 6 July 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 6 July at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me by midday on Tuesday 5 July.

Following the AGM in March, the first meeting of the newly appointed Committee took place on Wednesday 27 April, and was attended by new Committee members Andrea Ceccolini, Club Treasurer; Alex Loftus, Joint Men's Captain; and Tom Poynton, Welfare officer.

The Committee discussed the reintroduction of the Assembly League races and the start of Summer track sessions, and progressed plans for summer social activities and the return of the Club's popular Summer Relay event in Dulwich Park.

The meeting was attended by Mark Foster who shared an update on some of the work Sport England are doing in relation to improving Diversity and Inclusion in amateur athletics and clubs, and some measures the Club could adopt to contribute towards that initiative. It was agreed to form a sub-committee to discuss these ideas in greater detail. The sub-committee have subsequently met, and will bring a proposal for discussion to the Meeting on 6 July.

Please send any items for the Committee to discuss at the next meeting to [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk) by midday on Tuesday 5 July.

## 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.**

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

If not received or you have any membership queries contact: [barry@bg1.co.uk](mailto: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 - Alleyns School

**at Alleyn's School from Tuesday 5 July**

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
July 7	Assembly League	Victoria Park, Hackney
July 10	Sevenoaks 7 trail race (L)	Sevenoaks
July 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
	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

## 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: <a href="https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/">https://ranelagh-harriers.co.uk/events/ranelagh-harriers-richmond-10k/</a> )	
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 <a href="https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/">https://data.opentrack.run/en-gb/x/2022/GBR/dc1mile22/</a> )	
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](mailto:alexloftus75@gmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ladies - Ange Norris & Ola Balme [dulwichladiescaptain@gmail.com](mailto: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](http://www.hernehillsportsmassage.co.uk)

**Captains:** Men: Alex Loftus [alexloftus75@gmail.com](mailto:alexloftus75@gmail.com) - Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
Ladies: Ola Balme & Kay Sheedy [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)



Want your race results and reports in SHORTS ? please& email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

## Gone Out West – Dulwich do the 'Richmond' 10K

**“Goin’ out west, where the winds blow  
tall”**

What just is the story behind the name Ranelagh Harriers? The topic of discussion for the many car-share journeys out to Richmond, or was it in Twickenham, or perhaps Ham? on Sunday morning was on this much debated myth.

The two prevailing arguments are as follows:

1. Its origins date back to the 18<sup>th</sup> Century Ranelagh Pleasure Gardens in Chelsea. Within which lie a large Rococo Rotunda. Myth speculates that the in the early 19<sup>th</sup> Century runners began using the Rotunda for track-meets courtesy of its large ornamented dome that weatherproofed the track. (see fig 1. below)
2. Harry Smith, a local Ham resident set up a fun-run in the late 18<sup>th</sup> Century. Met with so much fervour he was asked in the pub later what prompted his decision, to which the drunken response came back; “Ran? e’ laugh ‘innit it” From then on, the club became known as Ranelagh Harriers.

From there, the Club emblem of a dog was agreed upon and the nickname the “flying dogs” lives on. (Mostly courtesy of a rumoured dispute a club runner had with a dog-walker over what side of the park dogs could be let off the lead.) Ranelagh don’t like to talk about that *incident* though.

*“They’ve got some money out there, they’re giving it away”*

The 10K, a classic race. Most advice follows: ‘race your 5k pace and see how you get on.’ Of course, this is a terrible idea. But alas for a lot of the Dulwich crew, this was their seasons 10k debut. Most were hesitant about just how to plan their pacing, how on-form they were, what the allergen count was on the day, and just why wasn’t this race actually in Richmond Park. With many just starting off their summer regimen of shorter races, the ‘Richmond 10K’ would prove a good testing ground of the preceding months..... (correction) weeks.....(correction) days..... and in my case less than minutes of: ‘training.’

There was a general buzz in the air on the early morning, the sun was up, the heat was impending and the little available shade was reserved for the baggage drop. Which seemed odd because bags don’t get sunburnt. The course was flat and scenic with the added allure of passing traffic

and a wonderous duet of mock-tudor semi’s and 70’s housing blocks lining the route.

The race kicked off with a mass start on grass and it’s important to remember those key words: *“we will finish with a loop of the grass, we know you hate it”*. Runners Bond, Inglis and Wilson getting off to good but apprehensive starts. Fairly put, they were unsure of just where their legs would be after a successful string of 5Ks and PBs earlier in the year. The summer would be long.

Inglis, finishing in 34:01, making a last-minute entry to Dulwich Runners from his native Dunblane Runners. This caused some post-race confusion for the organisers when they were politely informed that Dulwich’s top three put the whole Club in First place!

We’d like to extend Inglis a warm welcome.

Runners Bungay, Loftus (debut 10k in 36:59), Burrows, Shakhli and Callaghan setting reserved but smart paces toward the upper-mid pack. Donlon, again with incredible grit and his own unique *‘hard-out-the-gates’* pacing strategy set a 37:15 finishing time. Bungay coming unfurled at mile 3, rumour has it he was attacked by mating badgers, one of which bit his foot, crossed the line in-tact but severely bloodied. Later inspection revealed no bite. Casting his account under suspicion, runner Tan assumed he’d used red pen and an unconvincing story to cover up for his complete lack of fitness.

*“Well I don’t lose my composure, in a high speed chase”*

Special mention to first Dulwich Veteran Galezia in 37:31 at most likely ‘recovery’ pace while he warms up for a downhill marathon in the coming week(s). He was followed close to his tails by Bendoni, Tan, and Crinion to round of the sub 40 (minutes) crew. This event was also a Vets AC champs race, so there was a lot more competition than usual between runners in the older age categories, including several M70s. First lady goes to Alicia Furmanczyk in a fabulous 41:53, with first veteran lady (55-65) Michelle Lennon coming in at 43:18. Second veteran (70+) on the day was Michael Mann finishing in a staggering 48:59 and Ros Tabor coming over the line at 55:59.

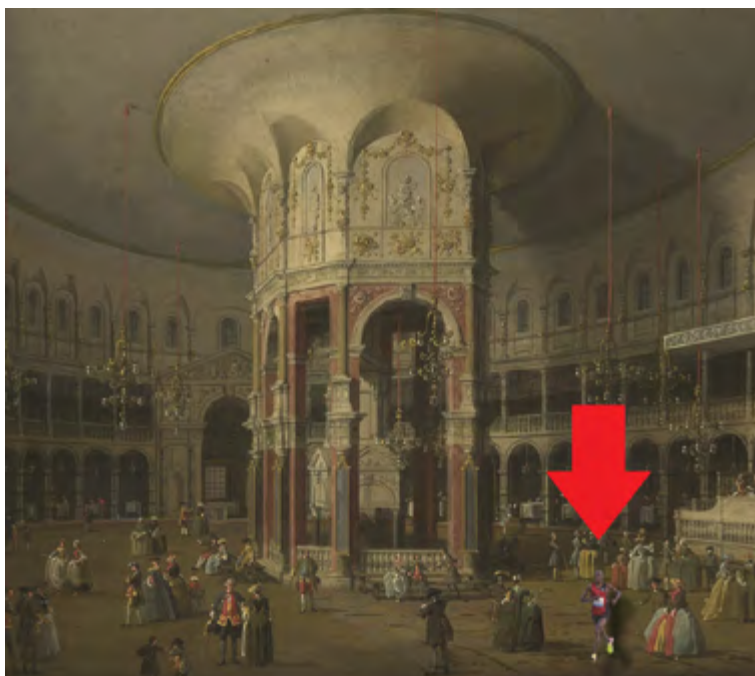
It’s safe to say for all, the *‘finishing loop’* was all but forgotten by mile 1 and made for some dramatic and rather protracted grimacing as runners, thinking the start was the finish, had to extend their finishing sprint anti-clockwise round the field for another 500meters. Ouch. All told a fantastic day-out west for the Dulwich team. A well organised race, with excellent marshalling and great support coming from Ange Norris who, no doubt, cycled all the way over from somewhere very far away.

*“And I’m goin’ out west, where they’ll appreciate me, goin’ out west, goin’ out west”* Tom Waits, c.1992

*\*Fred Bungay doesn’t write much but in his spare time he pretends to run.*

*\*\*some, if not all of the facts in this article, may not be facts.*

Pos.		Time	Cat.	Chip
9	Aaron Wilson	33:39	SM	33:37
14	Andy Bond	33:51	VM 40-49	33:49
15	Andrew Inglis	34:02	VM 40-49	34:01
29	Fred Bungay	35:32	SM	35:31
48	Tom Shakhli	36:37	SM	36:26
58	Mark Callaghan	36:51	VM 40-49	36:44
66	Alex Loftus	37:11	VM 40-49	36:59
72	James Burrows	37:19	VM 40-49	37:11
73	Shane Donlon	37:23	SM	37:15
78	Grzegorz Galezia	37:41	VM 50-59	37:31
83	Tommaso Bendoni	37:54	SM	37:42
85	Gower Tan	37:58	VM 50-59	37:48
148	Des Crinion	40:42	SM	40:29
156	Edward Simmons	41:14	VM 40-49	41:01
170	Eberhard Prill	41:48	VM 60-69	41:34
178	Olivier Montfort	41:58	VM 40-49	41:41
181	Alicja Furmanczyk	42:09	VW 35-44	41:53
208	Justin Siderfin	43:06	VM 40-49	42:53
225	Michelle Lennon	43:39	VW 55-64	43:18
232	Katie Smith	44:21	VW 35-44	44:00
263	Edward Smyth	46:00	VM 40-49	45:47
270	Cameron Timmis	46:13	VM 50-59	45:55
272	Emma Benyon	46:14	VW 35-44	45:53
299	Rebecca Davis	47:50	VW 35-44	47:28
318	Michael Mann	49:14	VM 70+	48:59
359	Barrie John Nicholls	51:54	VM 60-69	51:33
385	Ameet Patel	54:06	VM 50-59	53:36
387	Lindsey Annable	54:08	VW 45-54	53:49
402	Andy Murray	55:42	VM 60-69	55:21
410	Ros Tabor	56:22	VW 65+	55:59





# North Downs Way 30km

(incorporating the British Masters  
Multi-Terrain Championships)

This was the 38th edition of the popular trail race and the 6th time that the BMAF have used it as their Masters trail running championships. The route is nothing short of spectacular, setting off from the Cyclopark in Gravesend and passing through varied and beautiful countryside, including orchards, vineyards, farmland and woodland trail, before finishing back at the Cyclopark. Conditions as expected were very warm for a race taking place in late June, however a good proportion of the route is run in the shade.

The total elevation over the 30km is a fairly modest 1700ft, however there are a couple of real quad burning hills to negotiate – one around 8 miles in, where a steep incline up through a field full of sheep looking very bemused is followed by a further punishing climb up some steps through woodland (nobody was running by this point!) and then Cricket Pitch Hill at 13 miles in, where somebody had helpfully volunteered to take pictures of the runners just as they approached the top. This is the kind of hill that when you see it, you immediately think- “we’re supposed to run up THAT?!”

I have to say that the organisation of the event is excellent and the route is incredibly well signposted and marshaled- there is zero chance of getting lost, and this is coming from somebody who once got lost doing intervals around the block!

As far as the race went, I hadn’t done a great deal of endurance or hill training leading up to it and had only managed two runs over 13 miles the whole year, so I initially set out to do it just as a training run. However, as usual, this plan went out of the window the second the gun went off. I felt good until around 22km, and then a mixture of cramps, fatigue and lack of long run training all set in, making for a very painful last quarter of the race. Despite this, I managed to hang on and was very happy to finish in under 2 hours and 30 minutes, just missing out on a podium place.



If anybody is looking to do a challenging trail race in a friendly and welcoming atmosphere with mountains of free cake at the finish line, then I would highly recommend this event!

44 K Sheedy 2:27:45 - 388 finishers, 4th female, 1st V35 in BMAF  
Winning times 1:56:42 (M), 2:12:23 (F)

## Southern Vets League

27 June

Mike Mann writes: Hard on the heels of the Richmond 10k, I competed the following day on the track for HHH at the Millennium Stadium, Battersea. The first event was the 400m, which was not especially quick at 89:30 but a useful warm-up for the 1500m, around 20 minutes later, so plenty of recovery time there. I had a reasonably steady 1500m, finishing in around 6:31 in a similar pace to my Mark Hayes Mile effort.

## Sri Chinmoy Silver Starling 5k

28 June

With the previous week’s race postponed because of rail/tube strikes, I transferred to this event, overlooking the fact that this would involve 3 days of racing in a row. Consequently I decided not to go for a time as I was somewhat heavy legged, though my performance was better than expected, only 13 secs down on my clubs champs run on 14 June, with no noticeable slowing down at the end. Mike (4 races in 3 days) Mann (OK, this included 2 track races, one of which was a 400m!)

Mike Mann 23:47

**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.**

### Ashford

183 Ran
Pos Gen
17 2 Kim Hainsworth 20:44

### Beckenham Place

247 Ran
Pos Gen
51 46 Paul Hodge 23:53

### Brockwell

228 Ran
Pos Gen
25 21 James Auger 20:53
37 32 Stephen Trowell 21:56
50 2 Ola Balme 22:38
165 44 Sharon Erdman 28:57

### Bromley

454 Ran
Pos Gen
288 221 Peter Jackson 29:40

### Charlton

158 Ran
Pos Gen
58 52 Stephen Smythe 24:11

### Crystal Palace

299 Ran
Pos Gen
27 1 Laura Denison 22:21
77 68 Graham Laylee 24:29
84 73 Ian Sesnan 24:58
112 16 Belinda Cottrill 26:44
115 19 Joanne Shelton Pereda 26:57
125 26 Claire Steward 27:25
164 45 Clare Wyngard 29:00
180 116 Paul Keating 29:39
271 145 Bob Bell 37:53
285 107 Susan Vernon 43:14
296 150 Chris Vernon 57:32

### Dulwich

365 Ran
Pos Gen
4 4 Timothy Bowen 16:40
25 23 Sum Mattu 19:22
31 2 Polly Warrack 19:41
42 36 Mark Read 20:23
56 49 Lee Wild 21:04
74 64 Rupert Winlaw 21:58
75 65 Grzegorz Galezia 21:58
84 71 Tom Shakhli 22:15
297 90 Stephanie Burchill 31:00

### Foro Italico

8 Ran
Pos Gen
1 1 Edward Chuck 15:46

### Gladstone

280 Ran
Pos Gen
26 24 Des Crinion 20:57

### Hastings

258 Ran
Pos Gen
12 11 Sam Jenkins 21:05

### Hove Promenade

394 Ran
Pos Gen
156 33 Claire Barnard 25:10

### Lloyd , Croydon

197 Ran
Pos Gen
43 42 James Wicks 23:38
53 4 Eleanor Simmons 24:35

### South Norwood

149 Ran
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Pos Gen
28 3 Emma Benyon 23:12

### Peckham Rye

265 Ran
Pos Gen
5 5 Aaron Wilson 18:24
48 45 Andy Bond 22:03
52 47 Tommaso Bendoni 22:17

### Riddlesdown

134 Ran
Pos Gen
28 3 Ange Norris 23:57

### Tooting Common

475 Ran
Pos Gen
1 1 Jack Brotchie 17:06
162 22 Teresa Northey 23:55

### Uckfield

113 Ran
Pos Gen
24 22 Nicholas Brown 23:49

### University Parks

277 Ran
Pos Gen
62 4 Lucy Pickering 23:43

### Wimbledon Common

444 Ran
Pos Gen
162 124 Barrie John Nicholls 25:40
213 42 Lindsey Annable 27:01

### Worthing

362 Ran
Pos Gen
122 103 Gary Budinger 25:03



## **\*\*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!



**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](https://app.dulwichrunners.org.uk)

Now also available on iOS and Android. Search for "Dulwich Runners"

Download on the App Store

GET IT ON Google play

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.

Collections Wednesdays 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](mailto: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](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



# Dulwich Runners Summer Map A

All routes clockwise

However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut

