



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 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	
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)	

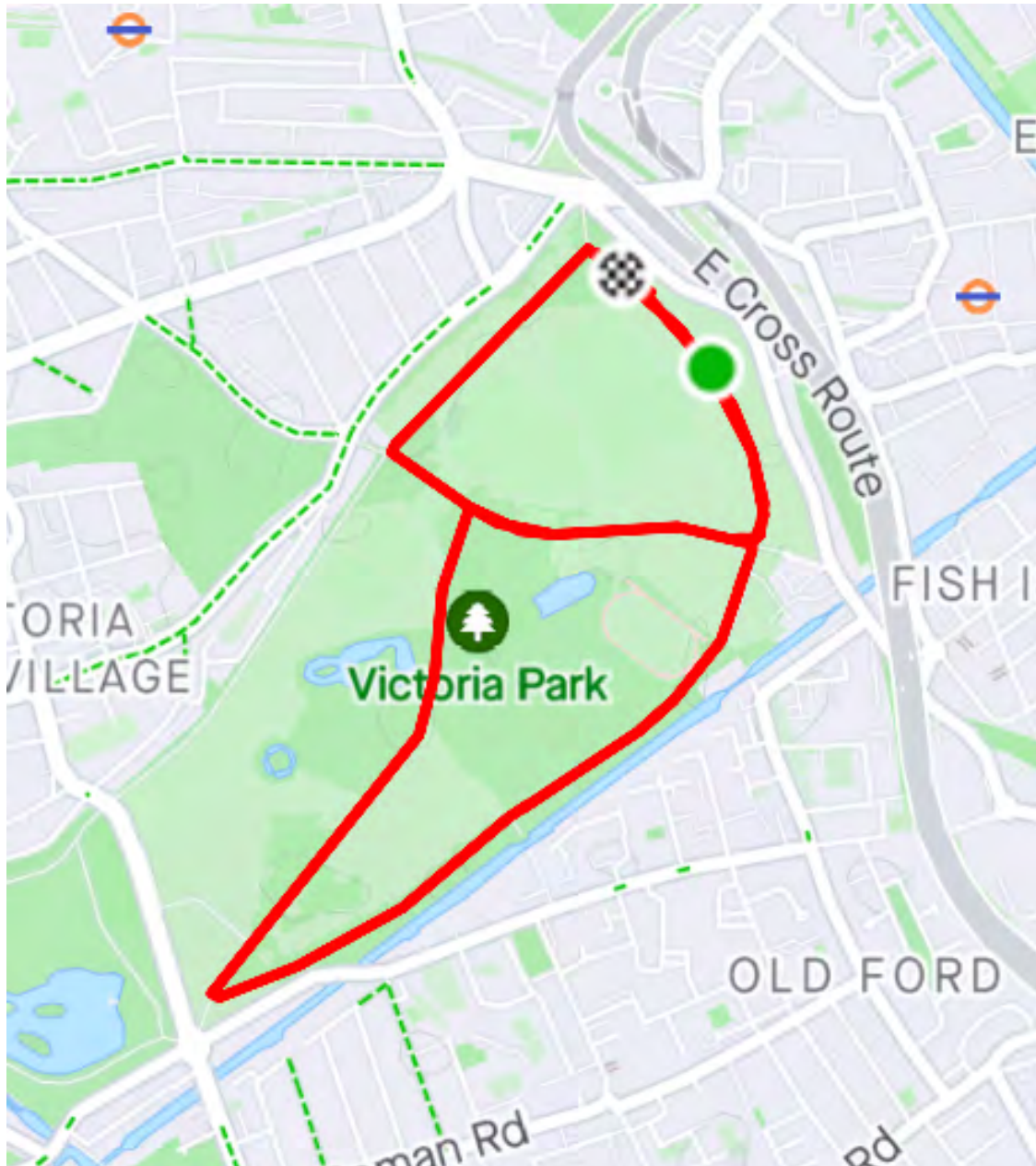
If you intend taking part in the Club Championships, make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races. Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult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



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.

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>

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.

Surrey Masters Track & Field Champs, Kingston

5 June 2022

After a 35 month hiatus I made my return to racing at the track (and in any competition other than Parkrun) at Kingston's Weir Archer running track. In reality I haven't done enough (much) running training, with no more than 20 miles in a given week and in some weeks none given various minor injuries or preferences for bike touring in Cheshire and Cumbria.

Having reviewed my personal bests on Andrea's DR app I had discovered that my best age graded event was the 1500 m, and so this was entered with a goal time of 5:00 validated as plausible by a 400 m rep training session at Southwark Park at the end of April. The 1500 m race featured both the V35 and V40 age groups with representatives from Surrey, Sussex and Vets AC. After a couple of 100 m I settled into a group of three with runners from Guildford & Godalming and Striders of Croydon who were running close to my goal time. The first 300 m was a little slow, but after 700 m I decided to lead the group and push on with a little more pace. As per usual I was caught in the final straight but managed to pip the Striders runner to make the podium, adding to my bronze medal from 2018, albeit 25 seconds slower. Some gym and speed sessions will be needed before I can entertain improving this time or considering 800m and 400m races.

It was also good to see a few friendly faces competing, officiating or coming to watch Gary Budinger in the 800m. Unfortunately the results are not yet live to say how well they all did!

7th Jonathan Whittaker 4:56:41 (3rd Surrey V40, 3rd Vets AC V40)

High Elms 10km

5th June 2022

Dave West writes; Parkruns are not races, we are told, but difficult not to get carried away even if you've got a hard 10km to run the following day. Throwing caution to the wind, day three of the Jubbly celebrations was spent on a sneaky trip to Mote Park in Maidstone to take part in the latest addition to the Parkrun family for its inaugural running. After 10 years of negotiation, Maidstone has finally got its second Parkrun; a stunning road course near the lake and house but without an inch of flat on it, so quite tough on the legs and not ideal preparation for the following day.

The High Elms 10km is also a tough day out with around 700 feet of climb over woodland trails and field edges – the organisers reckon that the course is worth about 5 minutes at the front end which does seem to match up with the results. The weather was cool, damp and murky making the generally firm course quite slippery in places; definitely one for trail shoes. In 2021, I set off too fast up the initial hills and never really recovered. Not so this year and a more cautious opening mile allowed me to open up along some flatter trails I'd barely noticed before. I still "fell walked" two steeper sections including the notorious Pylon Hill

Orsted Grimsby 10k

5th June 2022

Steve Williams and Colin Frith made the annual pilgrimage to Grimsby to take part in this event. This 10k is normally in early July and traditionally it is baking hot. This year though the sun cream and hats were replaced with cut away bin bags which afforded limited shelter to the downpour which had started about 30 mins before the start of the race. Steve Williams was still feeling the effects of the Mark Hayes mile as he jogged to the start but was hoping that this would go once he got into his shuffle.

Steve was hoping to go under 50 mins and Colin based on current Park Run times was hoping for around 52 mins. Having hung around for the first of two waves both Dulwich Runners despite the plastic bags were absolutely drenched. Thankfully the rain eased after about 10 mins into the race. Despite some hamstring and calf discomfort from about 7k, Colin managed to hang on to the 50 minute pacers and Steve once into that metronome shuffle managed a sub 48 min 10k. Both Dulwich Runners were pleased with their efforts but Colin having overtaken the 50 mins pacers was in the end disappointed not to break 50 mins. All finishers received a great medal and very decorative Jubilee tee shirt. The day was complete by Grimsby Town FC winning the play off final to climb back into the Football League at their first attempt. So a few beers just had to be downed to celebrate.

Pos	Chip Time
428 Steve Williams	47:52
582 Colin Frith	50:22

Colin- now suffering from calf and hamstring issues- Frith

but was overtaking those attempting to run and subsequently picked off many more by throwing myself down the two or three sharp downhills. After simply surviving last year, I probably picked off over 20 runners over the closing miles to finish in a time around two minutes quicker – 133rd in 53:47.

Andy Bond, last year's winner, had been away in Pembrokeshire and set an Age category record in a Parkrun just the previous day. Only arriving back late the previous evening, he was back to take up his prize of a free place in the race. Nevertheless, his recent stellar 10km flat speed has obviously carried through as he won again in an even faster time of 36:35, beating the second placed runner by three quarters of a minute, whose time would have been enough to beat Andy last year.

It was Eugene Cross's first time at High Elms and he noted before the start that his road PB was similar to Andy's winning time here last year. He finished in 22nd place in 42:35; an excellent result allowing for the 5 minute handicap. Andrea Pickup, an event regular, was nearly a minute down on 2021 which she put down to possibly enjoying the Jubilee celebrations a little too much, but still a decent run for 65th in 47:07. 277 runners took part with entries still available on the day. Attempts to get a few more DRs out failed, but maybe next year's multi terrain Club Champ could be here rather than Sevenoaks?

BMC Regional Races

Eltham

May 25

Steve Smythe writes: A good well-paced 5000m on a breezy night saw Ade hold a 80 second pace well throughout..

5000: B: 7 Adrian Russell 16:41.84

Hercules

Wimbledon 1500m

night of Races

Wimbledon

June 1

Steve Smythe writes: In almost perfect conditions, second claimer Lewis smashed his PB with a strong run and powerful finish and despite doing it off more off 5000m training than specific 1500m training. His time is worth around 4:15 for the mile.

Clare felt disappointed with her run but improved from her Saturday race - but only by eight hundredths of a second - but it did achieve a UKW55 lead by three hundredths of a second with another world age-58 best but one that is unlikely to last. it achieved 102.63% on age-grading.

Race 11: 5th Lewis Laylee 3:56.84 (PB)

Race 2: 6th Clare Elms 5:00.07 (World age 58 best)

Iffley Festival of Miles, Oxford

June 4

Steve Smythe writes: These mile races (ones that actually count on a proper track) were held at Iffley Road where Roger Bannister famously first broke four minutes in 1954.

Unfortunately, near gale-force winds down the back straight spoiled times considerably.

Lucy set a PB but it did not do her current fitness justice - she was drawn in a race where the pacemaker went far too fast and after a 72 first lap just trying to stay near the other runners she ended up tired but facing the wind on her own for the last 3 laps and did well to kick at the end to break 5:20 and go third on the Dulwich all-time women track mile first claim lists behind Clare and Meredith Pannett and set a club under-23 best.

Clare ran one of her slowest ever times but despite the wind, it was still another world age 58 best and gained 101.91 % on age-grading.

Race 4: 5 Clare Elms 5:26.58 (world age 58 best) (5:05.32 1500)

Race 6: 6 Lucy Elms 5:19.96 (PB)

Surrey and Sussex Champs (Inc. Vets AC Champs) Kingston

June 5

Steve Smythe writes: Appalling organisation means results are still not available well over 48 hours after the event but good runs from Mike, Jonathan, Gary (plus former member John) with all winning medals of some sort in either county or Vets AC events. Ros was officiating.

Jonathan and Mike won Surrey 1500m medals.

Gary gained a M60 Surrey silver and his first ever 'win' over M70 John (running his first 800m since around the time he set the still-standing Dulwich M45 mile record) Gary using his tactics of getting ahead early and then forcing his opponents to run very, very, very wide to get past him.

Later Gary - running in lanes 2 and 3 - then retained his Surrey M60 400m title with his 800m conqueror apparently missing the race with a headache after continually listening to Gary post 800m.

This is the first time Gary has won two consecutive titles since being voted the most annoying man in Sussex in both the 20th and 21st centuries.

The picture shows the presentation before the unfortunate collapsed podium.



**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.**

Bromley

373 Ran
Pos Gen
273 187 Peter Jackson 31:34

Beckenham Place

206 Ran
Pos Gen
12 11 Andrew Scott 20:08
86 16 Claire Barnard 26:26

Ashford

240 Ran
Pos Gen
19 1 Kim Hainsworth 20:51

Crystal Palace

185 Ran
Pos Gen
35 2 Ola Balme 22:23
55 50 Joseph Brady 24:06
59 6 Belinda Cottrill 24:24
91 13 Lindsey Annable 26:10
104 18 Claire Steward 26:54
106 20 Clare Wyngard 27:13
107 85 Michael Dodds 27:14
114 92 Ameet Patel 27:33
118 22 Joanne Shelton Pereda 28:06
137 102 Paul Keating 30:14
167 111 Bob Bell 35:44

Cannon Hill , B'ham

414 Ran
Pos Gen
101 8 Susan Cooper 23:57

Harrogate

352 Ran
Pos Gen
21 18 Austin Laylee 20:18

Riddlesdown

104 Ran
Pos Gen
21 18 James Wicks 23:29
23 4 Ange Norris 23:30

Dulwich

368 Ran
Pos Gen
23 22 Grzegorz Galezia 18:23
33 2 Polly Warrack 19:14
54 50 James Auger 20:20
64 60 Lee Wild 20:52
66 62 Mark Foster 20:58
77 70 Mark Read 21:22
82 74 Stephen Trowell 21:34
96 84 Cameron Timmis 21:54
103 89 Hugh French 22:16
153 121 Graham Laylee 24:10
161 128 Ian Sesnan 24:27
207 155 Neville Webb 25:46
229 172 Martin Wagner 26:46

Hilly Fields

127 Ran
Pos Gen
1 1 Adrian Russell 17:43
6 6 Alex Loftus 19:53

Burgess

293 Ran
Pos Gen
51 46 Martin Kelsen 21:49

Preston Park , Brighton

292 Ran
Pos Gen
1 1 Thomas South 16:48

Peckham Rye

99 Ran
Pos Gen
1 1 Tom Shakhli 18:38
2 1 Kay Sheedy 19:47
29 7 Shoko Okamura 24:59
35 25 James Gordon 25:20

Colby

193 Ran
Pos Gen
2 2 Andy Bond 17:07

Bedgebury Pinetum

132 Ran
Pos Gen
1 1 Adam Teszke 18:16

Guernsey

109 Ran
Pos Gen
6 1 Becca Schulleri 21:03

Victoria Dock

147 Ran
Pos Gen
83 56 Andy Murray 25:16
86 25 Ros Tabor 25:29
119 41 Stephanie Burchill 30:09

Stavanger

40 Ran
Pos Gen
14 1 Rebecca Davis 24:22

Bethlem Royal Hosp.

76 Ran
Pos Gen
18 1 Carys Morgan 25:23

Sandhurst Memorial

163 Ran
Pos Gen
1 1 Mark Callaghan 18:55

Sutcliffe

178 Ran
Pos Gen
2 2 Kevin Chadwick 17:34
17 16 Justin Siderfin 20:57
51 45 Stephen Smythe 24:24

Mote Park

244 Ran
Pos Gen
48 41 Dave West 25:37



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 8 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 Map 5

