



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. - £1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 4 Club runs & training
- 5 Fixtures
- 6 Race reports and results
- 8 Club kit
- 10 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

[Like us on Facebook @dulwichrunners](#)

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

Connect with us:



'Midsummer Relays' - Wednesday 15th June

Keep the evening free for our 'Midsummer Relays' in Dulwich Park.

These have become very popular, so we hope there will be a bumper turn out again after not being able to have them for the last two years.

It's an important evening for the club and we will need both runners and volunteers to help. If you would like to be part of a small organising group, please talk to Ange or Ebe.

It's that time of year! - 2022/23 club membership renewals

You all should have received your renewal email, so keep an eye on your inbox.

If not please let me know barry@bg1.co.uk

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

Payment only by either direct bank transfer or contactless on a club night. Payment details will be in the email.

Full 1st club claim membership is £46 and that includes EA reg. @ £16

1st club claim membership without EA reg £30

2nd claim £30

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

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

Summer track and grass sessions at Dulwich College start Tuesday 19 April

Summer track and grass sessions start on Tuesday 19th at Dulwich College

Start time 7pm

Cost £2 by card at the track

Please note that we have been reminded by Dulwich College that our agreement allows us to use the track and the field to the right of the central line of trees adjacent to College Rd. Accordingly, please only use this area for warming up etc.

Pizza and Quiz night on Wednesday 13th April (after club run)

Tickets £10

Regards Michelle Lennon - email: dulwichrunnerssocialsec@gmail.com to confirm.

DULWICH RUNNERS AC ANNUAL GENERAL MEETING: Wednesday 30 March 2022, 8.30pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 8.30pm on Wednesday 30 March.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 25 March to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2021 AGM are available on the club website here (<https://www.dulwichrunners.org.uk/agg/>) and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are two roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Treasurer; Joint Men's Captain

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

Outgoing Committee Members 2021

Committee Post	Present Holder	Standing Again?
Joint Chair	Ebe Prill	Yes
Joint Chair	Ange Norris	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	No
Membership Secretary	Barry Graham	Yes
Social Secretary	Michelle Lennon	Yes
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Kay Sheedy	Yes
Joint Men's Captain	Tom South	No
Joint Men's Captain	Ed Chuck	Yes
Shorts Editor	Barry Graham	Yes
Welfare Officer	Andrea Pickup	Yes*
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Mike Mann	Yes
General Member	Eleanor Simmons	Yes
General Member	Ryan Duncanson	Yes
Non-committee posts		
Honorary President	Chris Vernon	Yes
Welfare Officer	Tom Poynton	Yes*
Kit Person	Ros Tabor	Yes

*Andrea Pickup and Tom Poynton will both stand again as Welfare Officers but propose to swap positions, whereby Tom will sit on the Committee and Andrea will contribute in a non-committee capacity.

Nominations for any role should be sent to Yvette by Wednesday 16 March to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Known nominations to date

Treasurer: Andrea Ceccolini

Yvette can be contacted at:

secretary@dulwichrunners.org.uk

Dulwich Runners AC - Committee Roles 2022

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

Club Chair(s)

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – three positions

There are currently three General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first register with Crystal Palace Arena first using the form on our website:

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Details of future sessions to be provided shortly but will continue to be endurance-based for the next few weeks

If any questions or feedback – Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us.

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) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, 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, including 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

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:
 Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Date	Race		Venue
June 14	Sri Chinmoy (Dashing Deer) 5k	(S)	Battersea Park
June 26	Ranelagh Harriers Richmond 10k	(S)	Richmond
July 10	Sevenoaks 7 trail race	(L)	Sevenoaks
July 20	Dave Clarke Mile Night (incorporates the SOAR mile)	(S)	Wimbledon Pk Stadium
Sept 4	Big Half	(L)	London
Oct 2	London Marathon (or alt. marathon)	(L)	London or alt.

Road & other Club Champs Assembly League Cross Country

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>

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

British Masters Road Relays Champs Sutton Park, Sutton Coldfield

Saturday 23rd April 2022

This entry is for masters athletes (anyone over the age of 35) who wish to compete in the British Masters Open Relay Championships at Sutton Park on Saturday the 23rd April 2022.

The course is traffic-free on a safe tarmac course.

Medals will be awarded to the first three teams in each age category.

UKA registration is mandatory for entry to the championships.

Event Timetable

Race 1 - 10:30: Women's 4-Stage - W35
Race 2 - 10:35: Women's and Men's 3-Stage - W45+, W55+, W65+ and M75+
Race 3 - 12:25: Men's 3-Stage - M55 and M65
Race 4 - 14:00: Men's 6-Stage - M35
Race 5 - 14:05: Men's 4-Stage - M45

Contact your captains if you're available and for further details. dulwichladiescaptain@gmail.com

It's usually a great day out. The club pays travel costs.



Saturday 15th and Sunday 16th May

Team members wanted

A great weekend of running around the green belt of London. A team event; each team comprises 11 runners who each run a leg on Saturday and a leg on Sunday. Starts at Hampton Court Saturday morning, ends at Kingston at approx. 6 p.m. Sunday,

roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.

Have a look at the website - www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen or if you have any questions. The legs vary in length from 6 mile to 13.5m and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.

contact Ange - dulwichchair@gmail.com or speak to me at the club on a Wednesday evening.

SUSTAINABILITY AND RUNNING SHOES

As a club we have been looking at steps we can take to improve our sustainability.

With useable shoes ReRun <https://rerunclothing.org/> will sell them for a small amount on their website, or donate them to people in need, including refugees and people in developing countries, who can use them as normal shoes.

We will collect used shoes on Wednesday 30 March 2022, 6:30 - 10pm, at the Club House.

Please wash your shoes, tie each pair together using their laces. We will collect used shoes on a regular basis in the future and deliver them to ReRun or similar initiatives. - Thanks for your help! - to get involved with our sustainability efforts, or if you have any questions or suggestions, contact: ceccolini@gmail.com

What Can We Do?

While we wait for big brands to use more 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 a new pair (in the rare cases when such a scheme exists, e.g. <https://www.runnersneed.com/about-us/recycleryrun.html> - Donate our shoes to someone who can use them, for running or as normal shoes

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

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

Feedback and requests: ceccolini@gmail.com

Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#)



Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Victoria Park Mark Penman Open 5 Mile

19th March

'I'll leave the metaphysical intrigues of "why do we run?" to Ajay. For me, it's very simple - I love to compete. Give me a tennis racket and I'll slice, scrap, and moonball my way to grinding out points. Want to play 5-a-side? I'll cajole, harry, and martial teammates into tracking back, taking up space, give nothing away. The ball is almost incidental.

Want to run a 5 mile race? Of course... but who am I racing? With club mates away preparing for marathons, and no prospect of fielding a team, there was just one target - Jim Estall.

I've never met Jim, but his records over 5M, 10M, half and Marathon have been etched in stone over the club's senior men's times since 1991, and not because 5s and 10s are now relative rarities, but because his records over all these distances have seemed (until recently) forbiddingly strong. In February last year, 7 weeks on from recovering from covid, I ran a virtual 26.38 (with generous GPS), and Jim's 24.58 record felt a light year away. It wasn't something on the horizon.

So to this race - whatever training/lifestyle changes over the summer/autumn last year gave me a leg up, Jim's 5 mile record was firmly in my sights, being perhaps his "softest" record.

At the start line, I clocked Heathside's Seyfu Jamaal (who has happily managed to get the Home Office to overturn its refusal to allow him to stay in the UK) and a strongish Highgate contingent, and was glad to see that there would be a group to run with. While the temperature was perfect, it was quite windy, and although the two-lap figure of eight course meant that the wind wasn't constant, it was clear that running with a pack would be beneficial.

In keeping with the old school distance, I decided to give Steve's new vest a break this weekend, and on the call of "Ready, Go!" we set off, with Seyfu taking things out at about the pace that I was targeting (72.5s/400m). The start was into



the wind, so I slotted in behind him, and tried to stay out of the worst of it. We were joined by chaps from Highgate and Havering, with the Highgate chap and I sitting in behind. The pace felt fast-ish, but my breathing sounded controlled compared to the other guys, so I felt ok. As we got out of the worst of the wind the pace dipped inside 70s/400m, before going out to 76s/400m as we hit the wind again.

At the two mile mark I sensed that Seyfu and the chap from Havering were perhaps slowing a little. While I would have wanted to run in the group for longer, I also wanted to win the race, so I put an effort in, and got a bit of a gap, and consolidated it over the next kilometre as the chaps behind held back a little.

The park was quite busy, so I was glad of the pace bike in front. One of the curiosities for someone used to Dulwich and Brockwell parks were the shortage of dogs, and the higher incidence of teenagers. While some of the kids were a little surprised by the pace bike's whistle, they were rather better behaved than our local parks' dogs - it would not be possible to hold this sort of race mid-afternoon in good weather in Dulwich Park.

At about the 6k mark things started to feel quite tough. The pace bike told me that I had a gap of about 60 metres, and I started to think about things in terms of laps of CP - 5 laps to go, 4.5 laps to go, etc. The last mile was hard - I don't know whether that was because it was solo, but it seemed more of an effort than the end of other races over the winter.

The final 200m into the wind felt very long (I am assured the course is accurate, as it was historically short, and was remeasured twice within two years in 1997 and 1998), and I

was glad to slump over the line in 24.18 - behind me the Highgate chap had closed the gap to perhaps 30 odd metres, and had the race been 10k I would have been cooked.

This is a really well run event, and in my experience VPHTH are always good hosts (there was an excellent cake sale in the clubhouse after.) Assuming the calendar is back to normal next year, this would make a good club champs race. It has a fine history, and while field numbers over the past 10 years have dwindled as the 5 mile distance occupies less hold on the running imagination, it would be a good event to support.

So one down of Jim's records. In two Sundays' time Jack will have a shot at the marathon (2.25.31) in Manchester, and I'll have a go at the half (67.57) in Reading - we've both got reasonable chances of going faster, but as ever with the longer distances, the odds of the wheels falling off somewhere along the way are somewhat greater!
- Ed Chuck

Steve Smythe adds...Congratulations to Ed Chuck whose 24:18 5 miles club record at Victoria Park in quite windy conditions actually puts him top of the English rankings and second in Britain to the Scottish cross-country champion Jamie Crowe who ran just under half a minute quicker in a race in Scotland the same day

Hastings Half Marathon

March 20

Steve Smythe writes: Showing his great current endurance, Gower Tan (83:00) easily made the top 50 after a fast start and hanging on well on what is one of the toughest half-marathon courses with 900 feet of climbing and a few extra hills since it was part of the club champs a decade or so ago. There was also a brisk Easterly wind on the way out which did assist along the crowded sea front for the last few miles.

Following Gower at a distance, Clare Elms set a UK leading age

group time of 83:55 (83:52 chip) and easily bettered the course W50 (86:48) and W55 records (88:41) - she already holds the W45 mark as 79:44.

With a 98.61% on age-grading, she was easily the best in the race but was disappointed to miss out on third in the last few miles as she was fourth overall but less than 90 seconds down on the winning woman.

The club W55 record is wrongly currently listed as Ros's 90:47 but note while Clare's run here wouldn't count as a club record as Clare has just switched her club allegiance to second claim however Clare did run an 83:29 at Dorney last year.

Given the course at Hastings was worth an estimated two to two and a half minutes, the latter run was a much better one even if not quite as quick.

Alice Holt

237 Ran			
Pos	Gen		
51	44	Dave West	25:23

Ashford

207 Ran			
Pos	Gen		
14	1	Kim Hainsworth	20:35

Brockwell

240 Ran			
Pos	Gen		
29	24	Stephen Trowell	21:21
32	27	Mark Foster	21:30
126	77	Martin Wagner	26:35

Burgess

480 Ran			
Pos	Gen		
8	7	Adrian Russell	16:55
30	28	Charles Lound	19:44
33	2	Charlotte Sanderson	19:57
66	56	Martin Kelsen	21:09
111	92	Hugh Balfour	22:23
420	152	Stephanie Burchill	33:03
467	225	Chris Vernon	48:19
479	194	Susan Vernon	55:39

Cardiff

571 Ran			
Pos	Gen		
87	11	Susan Cooper	22:27

Charlton

144 Ran			
Pos	Gen		
1	1	Kevin Chadwick	18:09
75	56	Peter Jackson	28:30

Clapham Common

613 Ran			
Pos	Gen		
6	6	Shane Donlon	18:17
91	9	Helena Flippance	21:58

Crystal Palace

278 Ran			
Pos	Gen		

12	1	Emma Ibell	21:21
21	2	Yvette Dore	22:10
219	67	Clare Wyngard	31:54
228	135	Bob Bell	32:34
237	136	Michael Dodds	33:23

Du Bois De Boulogne, Paris

76 Ran			
Pos	Gen		
19	3	Rebecca Davis	23:57

Dulwich

413 Ran			
Pos	Gen		
20	19	Mark Callaghan	18:21
30	25	Sam Jenkins	18:57
39	34	Rob Fawn	19:24
43	37	Ryan Duncanson	19:36
60	52	Ebe Prill	20:16
61	53	Grzegorz Galezia	20:17
62	54	Michael Nogas	20:17
149	22	Naomi Crowther	22:52
167	132	Graham Layley	23:29

Eden Project

227 Ran			
Pos	Gen		
10	10	Des Crinion	19:06
31	6	Laura Vincent	22:05

Haga

102 Ran			
Pos	Gen		
9	9	Paul Collyer	20:32

Harrow

170 Ran			
Pos	Gen		
16	14	Sam Mattu	21:22

Hilly Fields

206 Ran			
Pos	Gen		
16	14	Harry Lawson	20:28

Orpington

145 Ran			
Pos	Gen		
87	67	Colin Frith	29:52

Peckham Rye

275 Ran			
Pos	Gen		
1	1	Andy Bond	16:59
4	3	Joe Farrington-Douglas	18:41
12	11	Wander Rutgers	20:19
27	25	Lee Wild	21:31
46	43	Tommaso Bendon	22:23

Queen Elizabeth

90 Ran			
Pos	Gen		
39	6	Teresa Northey	26:35

Richmond

372 Ran			
Pos	Gen		
135	103	Barrie John Nicholls	25:16
369	139	Lindsey Annable	53:47

Riddlesdown

124 Ran			
Pos	Gen		
12	12	James Wicks	22:42
23	3	Ange Norris	24:17

Southwark

339 Ran			
Pos	Gen		
167	29	Claire Steward	25:31
248	169	Paul Keating	29:33

Sutcliffe

172 Ran			
Pos	Gen		
18	15	Michael Fullilove	19:48

Whitstable

277 Ran			
Pos	Gen		
11	1	Michelle Lennon	21:16

Worthing

349 Ran			
Pos	Gen		
81	67	Gary Budinger	24:22

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

Socks only £5



Bufs-snoods - only £6
An ideal face covering!



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

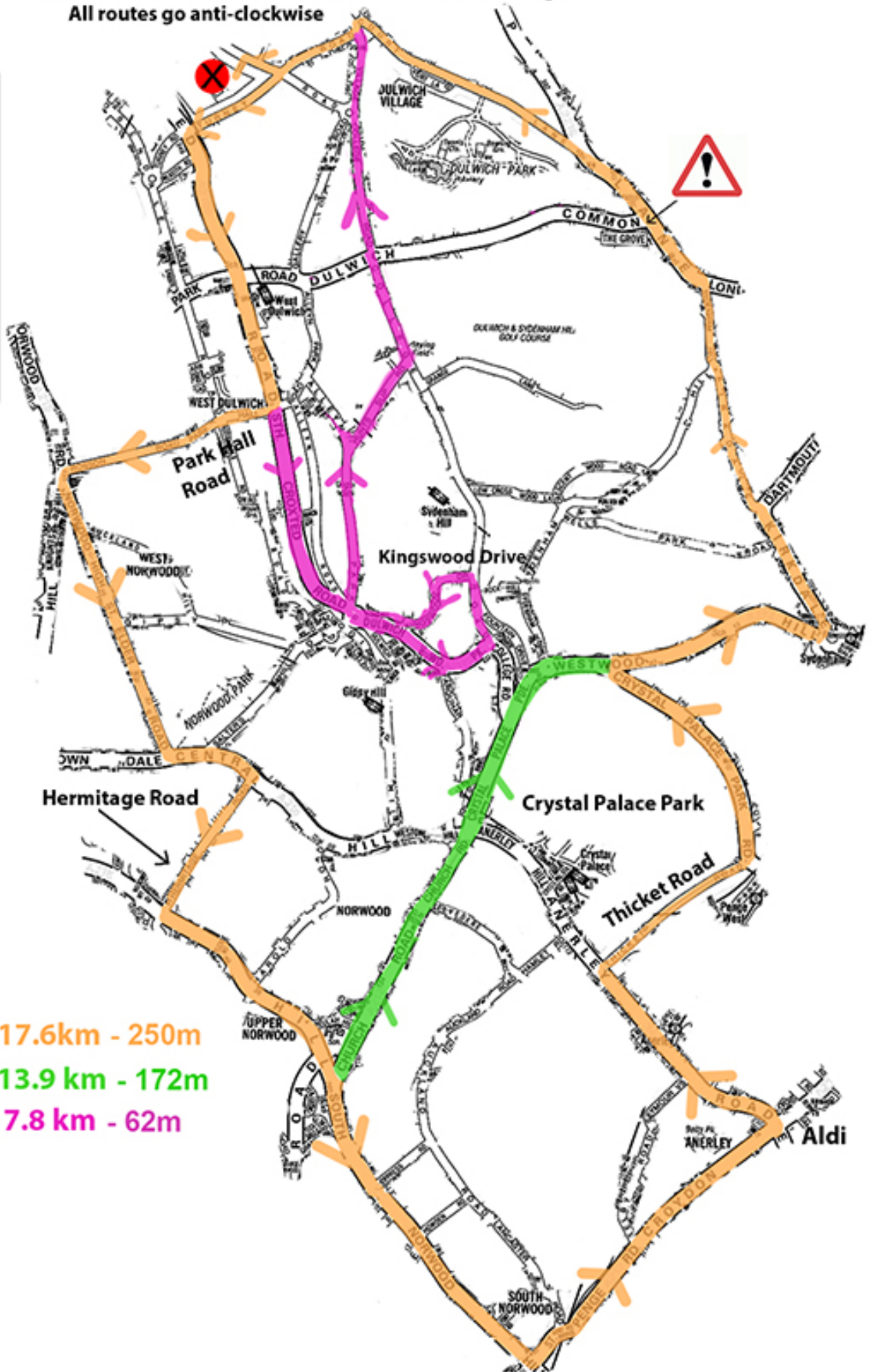


Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 1

All routes go anti-clockwise

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



10.9 M / 17.6km - 250m

8.7 M / 13.9 km - 172m

4.9 M / 7.8 km - 62m

All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>