

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
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- 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:



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 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 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.)

'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.

Pizza and Quiz social evening

Plus presentation of trophies and medals for the Ken Crookes' Cross Country Championships

Wednesday 13th April at 8.30pm in the club house

Come and put your brains to the test.

Teams will be 4 people. So, either:-

- Put together a team yourself or,
- Let us know you want to be in a team and we will do the rest.

To enter:-

- Email Michelle – dulwichrunnerssocialsec@gmail.com with your details plus choice of pizza (veggie or meat). If you have any specific dietary requirements, please let us know and we will do our best.
- Or, write your name on the list on a Wednesday evening.

Cost is £10 – for quiz and pizza. Payment will be by card on a Wednesday evening or on the night
Get swotting!

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 contactless by card or device at the track - no cash.

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.

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/aggm/>) 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 pre-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.

Kingston Spring Race Day 20

Sunday 27th March, 2022

The second of three planned back to back races ahead of Boston Marathon was intended as a steady final long run, with a few marathon paced miles slotted in the second half.

This event is run by the friendly and well organised Quicksilver team with 20, 16 and 8 mile races run concurrently. The traditional Kingston 8 mile loop is a single lap, with the 16 mile runners completing a second circuit, and the 20 milers following two laps plus an additional four miles in North Kingston. The start / finish is in the historic ancient marketplace, with plenty of stalls offering food and snacks and numerous local restaurants, cafes and pubs for a post race beverage.

It is relatively low key with only about 600 runners across these three less common distances, however I really couldn't recommend it highly enough (perhaps one for a future club champs?) The course is pan flat, very scenic in parts - especially along the river past Hampton Court Palace, UKA licensed, chip timed and well organised with super friendly marshalls. Free photo's, a few Maurten gels and a buff which I'll use rather than t-shirt in my post race goodie bag thrown in.... plus a pub in spitting distance of the finish line, what's not to like.

My plan had been a steady run for the first 8 mile loop 30-45 sec slower than MP, the second loop at MP..... then see how I felt for the final 4 mile loop. Following a decent run at Hastings Half last week and with injuries sort of under control, I was unusually full of confidence - further encouraged by near perfect weather conditions at the 8am start. I was also using the race to properly test Maurten gel and drink mixes, which I planned to use at Boston where they provide them on the course.

True to usual form, my discipline went out the window and I found myself running faster than planned from the get-go. Passing through the marketplace to start the second loop, I felt surprisingly relaxed and comfortable upping the tempo to MP....and beyond. Though I really hadn't planned to race this, the sight of successive South London club shirts ahead of me was incentive enough to put my foot on the gas, chasing them down one by one over the last five miles.

Really enjoyed this race and the timing is ideal for most spring marathon plans, with a choice of distances to suit.

Gower Tan 2:19 19th overall 3rd M50 150 finishers (20 mile)



Bromley Vets Open 5 miles

27th March 2022

This was supposed to be my first post-op race in 2020, being just a mile from home as the crow flies but often feeling like five when ploughing through the winter quagmires. However, the 2020 event fell by the wayside due to COVID and the organising club also cancelled 2021 on the grounds that, "the entire length of the course is open to the public" despite other races within a couple of miles going ahead at the same time (a problem when the guidance was so unclear). I did offer 264 laps of my back garden as an alternative, but that didn't seem to find favour either although I do have exactly the same number of working toilets as their preferred site on my last inspection.

The BVAC race begins in Sparrows Den near West Wickham and takes in woodland and open heathland owned by Croydon, Bromley and the City of London. Variations of the course have been used for both the Surrey League and South of Thames XC, although the actual route of this race was a mystery until the day as the pre-race instructions contained two different maps. One was based on a map of at least 1950s vintage which included a lap of a field now covered by the Shrublands Estate with the instruction to "follow the hedge". The course also appears to pass through Cheyne Hospital, long since demolished and now a Guide camp called Heartsease (appropriate given the nature of my operation). As an aside, both the defunct hospital and the camp were apparently endowed by Ye Ancient Order of Froth Blowers whose motto was "Lubrication in Moderation" (I'm not making this up)!

The woods contain many natural streams, including the source of the River Beck, and can get very wet. However, the recent dry spell has reduced the bogs to just a few patches. Unfortunately, nothing can be done about the 140 feet of climbing up to and past the old hospital grounds, tackled twice and without the benefit of even moderate lubrication from the Froth Blowers. However, there is quite a long downhill section towards the end of the lap to compensate.

The race started in two waves of approximately 50 people with a 5-minute gap, which is apparently to "protect the wildlife" and

chip timed, albeit the timing mats are some way past the start/finish line so not entirely reflective of the time run. I was in the second wave and led the field round the first field before a couple of much faster runners whizzed past. However, much of the race was spent catching and then picking off stragglers from wave one.

Up the first steep climb, I was caught by a guy from New Eltham who looked as though he could be in my age category (spoiler alert - he was) and we ran together as the course levelled out. When the course began to drop more steeply, my local knowledge and footwear choice came into their own and I managed to distance him with a fast descent. Through the muddy section, I took the racing line whilst his road shoes meant that he had to choose a slower route. However, on the second lap he was back on my heels up the hill again and I had to push harder to drop him on the last steep section before finally getting a winning gap on the way down once again. My last mile was the fastest of the race to ensure that I stayed ahead and snapped up a few more places. Proof, if it were needed, that it's always possible to be competitive wherever you are in the field and a great feeling to be able to work out your opponent's weaknesses and turn your strengths to good advantage; or it could have just been my SOAR vest?

In the results for the combined waves, I was 2nd M60 but with another two or three more old gits just seconds behind and my time, whilst slightly meaningless because of the placement of the timing mats, was very much in line with my improved fitness. One of the M60s a little further behind me was former Club Treasurer Phil Burlinson now with Petts Wood and it was good to see that he's still running. The course was well over the advertised 5 miles and would undoubtedly have been a much tougher proposition without the recent warmer spell to dry out some of the mud.

Post-race facilities were good with cakes and hot drinks available for a small donation plus the more customary water and bananas. There was also secure baggage storage and extra toilets. Goodies included a Decathlon bag, complete with cereal bar and a medal. With a 200 limit, the event deserves more entries than the 116 it actually got and despite a few kinks in the organisation, most people seemed happy. The only downer was that the recent warm weather turned to mist and drizzle on the day.

47 Dave West (2nd M60) 44:38
62 Phil Burlinson (former DR now with Petts Wood) 46:41
Actual distance 5.27 miles - 1st 32:32, last 1:34:16 - 116 ran.

Ashford

166 Ran
Pos Gen
10 2 Kay Sheedy 19:39

Banstead Woods

153 Ran
Pos Gen
9 8 Tony Tuohy 20:24

Beckenham Place

235 Ran
Pos Gen
38 33 Grant Kennedy 22:24

Bedgebury Pinetum

199 Ran
Pos Gen
13 2 Kim Hainsworth 21:16

Brockwell

236 Ran
Pos Gen
27 27 Mark Foster 21:10
29 28 Stephen Trowell 21:15
71 57 Cameron Timmis 23:50
81 12 Teresa Northey 24:20
89 69 Michael Mann 24:34
154 95 Martin Wagner 27:12

Bromley

611 Ran
Pos Gen
549 320 Colin Frith 39:03

Bushy

1051 Ran
Pos Gen
2 2 Andy Bond 15:54

Burgess

469 Ran
Pos Gen
27 25 Charles Lound 19:11
63 7 Michelle Lennon 21:05
140 21 Shoko Okamura 23:19
211 153 Brett Winch 25:00
275 184 Andy Murray 26:45
321 93 Ros Tabor 27:59
400 141 Stephanie Burchill 32:12
466 170 Susan Vernon 50:34

467 237 Chris Vernon 50:34

Catford

144 Ran
Pos Gen
16 16 Chris Lawrence 20:38

Clapham Common

559 Ran
Pos Gen
11 11 Shane Donlon 18:07

Crystal Palace

263 Ran
Pos Gen
5 5 Harry Lawson 18:55
7 7 Sam Jenkins 19:38
24 1 Ola Balme 22:18
228 128 Bob Bell 34:12

Dulwich

427 Ran
Pos Gen
14 11 Jon Phillips 16:35
19 15 Shane O'neill 16:58
29 24 Timothy Bowen 17:25
32 27 Joe Wood 17:36
38 33 Joe Farrington-Douglas 17:54
46 40 Andrew Inglis 18:07
48 42 Grzegorz Galezia 18:15
64 55 Ryan Duncanson 19:15
66 56 Rob Fawn 19:26
68 5 Polly Warrack 19:29
77 65 Tom Shakhli 19:45
86 72 James Auger 20:04
91 77 Rupert Winlaw 20:13
93 8 Yvette Dore 20:16
94 79 Robert Tokarski 20:16
98 10 Emma Ibell 20:22
103 84 Austin Laylee 20:28
183 137 Graham Laylee 23:23
210 153 Joseph Brady 24:07
291 186 Lee Wild 26:53

Hilly Fields

213 Ran
Pos Gen
52 41 Hugh Balfour 23:17

Leazes

139 Ran
Pos Gen

39 30 Sum Mattu 21:29

Osterley

241 Ran
Pos Gen
52 43 Barrie John Nicholls 24:06
76 14 Lindsey Annable 25:10

Peckham Rye

257 Ran
Pos Gen
6 6 Kevin Chadwick 18:36
8 8 Wander Rutgers 19:09
57 49 Dan Hill 22:50
95 69 Dave West 24:44
127 33 Claire Steward 26:41

Riddlesdown

126 Ran
Pos Gen
29 6 Ange Norris 24:33
30 24 James Wicks 24:36

South Norwood

110 Ran
Pos Gen
79 55 Peter Jackson 30:21

Southwark

338 Ran
Pos Gen
239 147 Paul Keating 29:28

Sutcliffe

209 Ran
Pos Gen
21 18 Michael Fullilove 19:37
46 39 Stephen Smythe 22:59

Tilgate

370 Ran
Pos Gen
105 94 Gary Budinger 25:20

Wendover Woods

199 Ran
Pos Gen
4 4 Mark Callaghan 19:42

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 Summer Map A

All routes clockwise

However run Dulwich Park and Ruskin Park in either direction

Alternative dashed route if park shut

