



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 Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

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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:



Christmas Drinks Friday 9th Dec

*Come along for some Christmas sparkle & celebrations on Friday 9th Dec
at The Plough, 381 Lordship Lane, SE22 8JJ
7.30 til late - Food available to purchase.*

BW
Michelle

2022/23 membership

If you have not renewed or are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Oct 1 £15 plus EA £16 and from Jan 1 £7.50 plus EA

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 sign in 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-Crystal Palace track

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

First pre-register with Crystal Palace Arena here: <https://www.dulwichrunners.org.uk/tuesday>

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

Tuesday 22 Nov - multiple groups - reverse pyramid session 1600m/1200m/800m/400m/400m/800m/1200m with 75/90 secs recovery, shorter reps about 5k pace, longer at 10k.. Find your current race based paces with a pace chart: <https://www.active.com/fitness/calculators/pace>

Future sessions - mix of 3,5 & 10k paced intervals,suitable for a wide range of abilities. First timers and others, any questions/ feedback contact me - Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette: we are a big group, others use track at the same time, treat them how we'd expect others to treat us.

- give plenty of space overtaking or moving off the track.
- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, cool downs. etc
- 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.

Please don't spit on the track!

Coaching Advice - Any questions , feedback or need advice contact me at tpoynton@hotmail.com or in person.

Background information on the Tuesday sessions at: <https://wingsonourheels.wordpress.com/2022/10/28/tuesday-interval-sessions-some-additional-information/> - there you can click for other coaching notes if interested.

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

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

Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

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
Nov 19	London Champs,	Parliament Hill
26	South of Thames XC 5M	Lloyd Pk
Dec 3	Kent Masters Champs	Dartford
10	SEAA Masters XC	Oxford
17	South of Thames XC 7.M	Aldershot
Jan 7	Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
14	Surrey League XC	tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park
25	National Cross Country Champs	Bolesworth Castle, Tattenhall

Masters Matters International Cross Country

Andy Murray writes: Usually each year there is a masters (over 35 year olds) international cross country match held between teams in five year age groups from Ireland and the four home countries. This year the match will be held in Dublin on 12 November. DR's Ros, Andy Bond, Mike Mann and several others have been selected in the past for England and run well.

There is a trial race for the England masters teams at Markeaton Park, Derby on 15 October. The first 3 or 4 finishers in each age group in the trial will fill 75% of the places in the England teams (of 4 or 6) for Dublin. Closing date for the trial is 26 September. see Cross Country englandmasters.org.uk

Other Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.

vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

- Feb 11 Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire.
- May 13 Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
- June 3 Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
- July 23 Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
- Aug 20 Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
- Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from Barry Graham when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Club Sustainability

We are resuming the collection of used running shoes. Do you have old shoes that you no longer use, but that are still good enough as normal shoes or as trainers?

By donating them you will extend their useful life, and:

- help people in need
- reduce the number of new shoes that will be produced
- reduce the amount of stuff that we send to landfill or that we burn, producing noxious pollution
- reduce the energy and damaging emissions required to produce new shoes



A few recommendations when you buy new shoes:

- Choose brands and models that use more sustainable practices (e.g. recycled and more durable materials)
- Buy from shops that collect your used shoes for recycling or reusing
- Use your shoes as much as possible before retiring them
- When you don't want to use them any longer, please donate them

If you can, please bring your used shoes to the clubhouse on Wednesday nights and get in touch with me.

Andrea Ceccolini ceccolini@gmail.com

v1 Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

app.dulwichrunners.org.uk

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

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

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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

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 League, Wimbledon Common

12 November

A good turnout at Wimbledon on a glorious sunny afternoon with great runs by most considering it was a relatively short course. .

Ola Balme writes: Polly was our first scorer and closely followed by Kay and Becca. Katie seemed happy with her run Laura stormed through and added I was happy with my run on the whole. It was a bit frustrating queuing to get through the narrow part in the first lap, but guiltily quite enjoyed the rest. Had been planning to stalk Ola and then spring past her when she wasn't looking, but this plan was foiled by her shoelaces coming undone. The other shoe themed highlight of the day was Becca sharing that her spikes hadn't been cleaned since last XC season...

Clare was taking it easy.

It was Christina's first race this season.

Christina added ...This was my first cross country since in around 3.5-4 years. I'd bought a pair of XC shoes back then but only got to wear them once, they were still amazingly clean and shiny. However, didn't expect it to feel so hard, pretty much from the get go. The pace was brutal for me but also I was so confused with all the runners passing left and right. I saw Laura zipping through and tried to stick to her but never really managed to catch her.

I loved the big downhill though, was so much fun especially with the cross country shoes!

Second lap was so tough... I'm glad I did it but it was so difficult, was so exhausted all afternoon...

Harriett is now taking the races in her stride, Katie had an enjoyable race. I was happy with my race.

Eleanor "was quite pleased with my run given I wasn't feeling 100% after covid booster a few days earlier. Beautiful course (if a bit on the short side)!".



Ange added ... As I supported at the first Surrey League, this was my first xc of the season. So I was excited! And what a beautiful day for it, although not really xc weather! I love that men and women are running at the same place - perfect for support and post run recovery. Andrea set the bar high with limoncello last time and this week we had delicious home made sloe gin. Thanks to Tim for that and to Christina for the cookies.

The course wasn't the best that Wimbledon Common can offer but was pretty basking in apricity. Despite recent rain, mud was in short supply and spikes were not needed on the stony ground. The course was less than 5k, normally not ideal for me but as I'd been feeling less than 100% for a few days I didn't mind and enjoyed the run.

Ange took part and marshalled the men's race in spite of not feeling her usual self.

Michelle had a great run and it was lovely to have Belinda taking part and Midge looking relaxed.

It was a pleasure to watch the men's race.



42	Polly Warrack	19:21
57	Kay Sheedy	19:39
74	Rebecca Schulleri	20:08
105	Katie Smith	20:54
128	Laura Vincent	21:26
130	Clare Norris	21:28
133	Christina Dimitrov	21:37
150	Harriett Roddy	22:11
151	Katie Styles	22:12
157	Ola Balme	22:27
161	Eleanor Simmons	22:31
162	Ange Norris	22:32
171	Michelle Lennon	22:49
190	Belinda Cottrill	23:38
212	Midge Cameron	24:44

Surrey League, Oxshott Woods

12 November

This was a new venue for most of us, competing for Vets AC in Div 4 on an unseasonably warm day. The start was conveniently situated around 100m from the train station. It was a tricky technical course, dry underfoot throughout and mostly through wooded trails, narrow paths in places, with a sharp 200m climb early in the lap, followed by several more modest climbs, The second half of the 3 lap course featured numerous hard to spot tree roots and some challenging descents.. The distance came out at around 5.3 miles.

Hugh Balfour was not especially pleased with his run, but the combination of hills and difficult conditions underfoot meant that his fell running skills proved useful and he finished first M65. I took a tumble in the first lap, courtesy of a tree root on one of the descents, and took it cautiously for a minute or so afterwards before returning to my earlier pace. Dave West, not far behind had a strong run. Next in was Gary Budinger, who managed to avoid any collisions with trees, followed by Andy Murray.

No venue yet for the January fixture but rumoured to be at Chobham in the Woking area. Mike Mann

Hugh Balfour	42:40
Mike Mann	45:57
Dave West	46:38
Gary Budinger	49:07
Andy Murray	50:24

Running later for Vets AC in the Div 2 women's race, Ros

Tabor did well to negotiate the difficult course, 2 laps this time and around 3.5 miles.

Ros Tabor 34:21

Dave West adds – despite rumours of The Hill™, the biggest challenges were a ludicrously cramped start (with a couple of horses as tailwalkers) and very slippery tree roots. Lacking in mud, this is still a classic XC course that rewarded patience and was run on a glorious autumn day. Fortunately, it was a few degrees cooler than the Nonsuch Masters race recently and with far more shade. Taking a bit of time to get going due to congestion at the start actually worked to my advantage as I spent the first lap overtaking, finding the safest racing lines and was able to make the most of the undulating terrain.

The famous Hill™ spoken of in awed terms is very short, but covered in tree roots and has nearly a 30% gradient. I ran it on the first lap and power walked it on the second two without losing any places, ready to kick off the top. There was however an odd, brief, almost out of body experience on the last time where my Heart Rate maxed out, my racing brain called for more power to kick on and for a few seconds nothing happened until my HR dropped a little whereby normal service was resumed (captured in graphic detail on my Garmin as my Real Time Stamina instantly dropped from 65% to 13% before recovering to 54% over the rest of the lap). With each lap being progressively faster and ending with a sprint, it obviously did me no lasting damage!

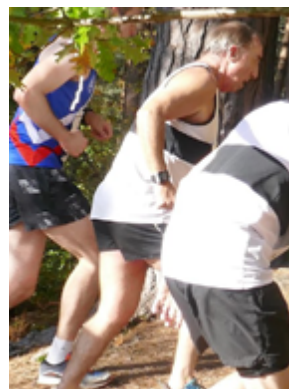
Overall, my run was probably on a par with the previous Surrey League Div 4 fixture on the Reigate course, albeit we had a weaker team and I was 7th scorer on that occasion. I was 11th this time with Mike closing the Vets AC team (1st M70), but we finished in 4th so a stronger showing all round. Having three races in one venue (Men Divs 3/4, Men Div 2 and Women Div 2 in that order) works well with both Ros Tabor (1st W70) and second claimer Jo Quantrill (29:08 and 1st W65) running in the last race.



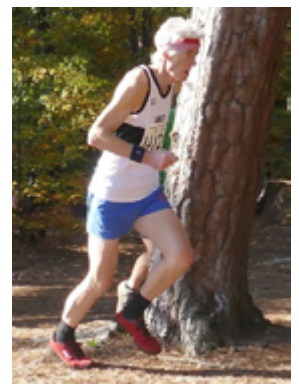
Andy



Dave



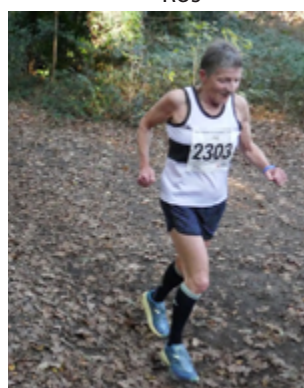
Gary



Hugh



Mike



Ros

Istanbul Marathon - intercontinental limp

6 November 2022

Grzegorz Galezia writes: In the midst of the heated debate on the club forum on whether the New York Marathon surpasses Abingdon, last weekend I ticked off a race that happened to be held exactly on the same day and, in many respects, came surprisingly close to the NYCM (which I ran in 2015).

With Achilles tendonitis I had developed for no particular reason just 2 weeks before, I wasn't sure whether I'd be able to run this marathon at all. But since we went all the way to Turkey and since my leg didn't hurt even after 20km+ of intensive sightseeing the day before, I decided to give it a try with the option of pulling out if the injury gets too painful.

The Istanbul marathon bore quite a few similarities to the New York City event! In both you travel to the start line in a ferry, begin the race by crossing a huge bridge, and get wonderful support along the course, with the exception of one section, which is completely dead. In NY it is the Williamsburg area, where the locals mind their own business and pretend the marathon is not happening. In Istanbul the dead section was



a bit longer and stretched for more than 25km when you were running along the coastline and where there were hardly any supporters. Only toward the end the great atmosphere came back. On the personal note, another similarity was that I ran NY soon after an operation and I ran Istanbul injured so my pace during both was recreational.

Istanbul is the world's only marathon that runs across two continents. A charter ferry takes you to the Asian side of Turkey. The marathon party starts already on the ship. The organizers arranged for a live band to entertain the runners during the cruise. It played energetic, well known tunes so everybody could join in singing, and some even dancing on the deck. The more warmth-loving runners clustered inside, sipping their strong sweet Turkish tea or the powerful muddy coffee. Whichever option you chose, cruising into the rising sun above the Bosphorus Strait was a film-like experience.

Once we arrived in Asia, we had to walk a couple of kilometres to the start line but, again, with live bands accompanying us, the stroll was very enjoyable.



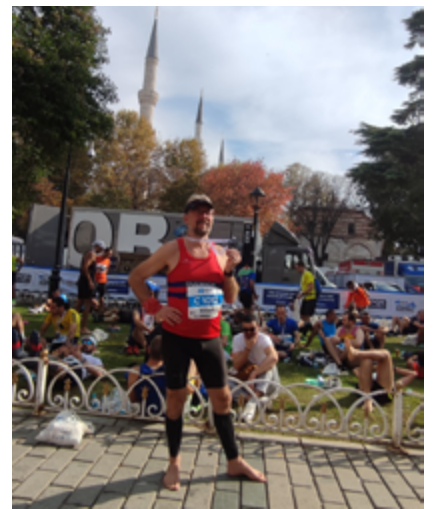
The race starts with the 1-mile long Bosphorus Bridge, strangely resembling NY's Verrazano Bridge, which happens to be nearly exactly the same



length. Then you descend into the Besiktas district, take the Galata bridge, and follow the old town and run along the motorway between the old city walls and the Sea of Marmara way out into the modern outskirts of Istanbul to then turn back and follow the same motorway to Sultanahmet.

The atmosphere on the course was great but it was mainly thanks to organized groups of volunteers, who were doing a fantastic job, cheering, making lots of noise with all kinds of instruments and high-fiving the runners. Numerous bands along the course and a disco with a DJ and strobe lights in one of the tunnels made it really fun to run. However there was not much spontaneity and interaction among the general public. The organized cheering came to a sudden end and after we passed the old town there was a long section where there were hardly any larger volunteer groups and passers-by were not very active.

Running along the waterfront could be probably nice and contemplative but not when you're on your feet for 3 hours. By that time also the weather got too lovely for running a marathon - 24 degrees, without a single breeze. Luckily, the water stations were frequent and you could easily cool down by splashing water on your head and shoulders.



Apart from water, the pit stops provided oranges, bananas, apples and lots of ... Red Bull. The atmosphere improved when we turned back and approached the old town again. After the last ascent into the shaded alleys of the Gulhane Park you passed Hagia Sophia and finally crossed the finish line right in front of the Blue Mosque. To be frank I was glad it was over. I haven't spent nearly four hours running a marathon for a long time. My Achilles didn't complain more than before the race. But since I was running in a calf-saving mode, my quads got a serious thrashing. The shuffle back to the hotel on the hilly streets was not pleasant. Nonetheless after a couple of hours' rest I was ready to hit the town to celebrate the bagging of another marathon.

All in all, the Istanbul marathon is a great race for "globetrotter marathoners". The course is not fast - there are quite a lot of ups and downs. And this year's summer temperature definitely didn't help. But if you want to spend a lovely weekend in an exotic location, Istanbul is the one for you. Labyrinthine streets and markets, omnipresent mosque domes, waking up to the muezzin's call to prayer make it an unforgettable experience. Now it's time to recover and, hopefully, repair my Achilles before next month's marathon in Valencia.

Drogo 10 miles

I have done this race a number of times over the last 15 years and it is an amazing run. Always having considered it a challenging trial race it is now run under Fell Running Association rules so I suppose it's a fell race now, which suits me fine. It does include some quite brutal climbs with over 500 metres of climbing overall. Also it's the only race I have a 100% record in as fastest Dulwich runner and long may that continue (though happy to be challenged if anyone dares). It's a beautiful hard proper race starting and finishing at Castle Drogo. This year the weather was bright and sunny.

The start is a fast drop down to the river Teign a couple of miles on the flat and then an inevitable steep climb up the sides of the valley. Tracking the river on the valley side you gradually descend before bending back sharply to Fingle Bridge and the climb back up the valley side, with a last fast (in theory) mile to the finish at Castle Drogo. Although no Dulwich runners competed my partner Maf did and she did a great time, as she unfurls her plan to beat me in a race. Not the Drogo though .. not this year.

- 1 Luke Roberts Scarpa 01:05:50
- 78 Mark Foster Dulwich Runners 01:28:28
- 152 Mary Ann Foxwell (partner of Dulwich runner) 01:37:51
- 429 ran

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Wimbledon Common

439 Ran
Pos Gen
53 6 Michelle Lennon 23:13

Banstead Woods

270 Ran
Pos Gen
12 12 Tony Tuohy 20:21

Bromley

496 Ran
Pos Gen
122 107 Colin Frith 23:43
289 213 Peter Jackson 28:20
422 266 Chris Goodman 34:35

Kingston

325 Ran
Pos Gen
11 11 Jonathan Whittaker 19:35

Brockwell , Herne Hill

309 Ran
Pos Gen
32 26 James Auger 20:39
35 28 Robert Tokarski 20:52
68 55 Stephen Trowell 22:33
96 11 Catherine Buglass 23:40

St Albans

495 Ran
Pos Gen
20 18 Des Crinion 20:16

Beckenham Place

264 Ran
Pos Gen
98 12 Claire Barnard 26:30

Highbury Fields

390 Ran
Pos Gen
31 27 Paul Collyer 19:57

Crystal Palace

348 Ran
Pos Gen
28 1 Laura Denison 22:03
30 2 Yvette Dore 22:14
45 40 Paul Hodge 22:54

134 30 Belinda Cottrill 26:16
326 191 Bob Bell 38:11

Riddlesdown

133 Ran
Pos Gen
131 80 James Wicks 47:36

Dulwich

452 Ran
Pos Gen
6 5 Andrew Inglis 16:55
35 32 Chris Cooper 19:33
40 35 James Brown 20:02
53 48 Ebe Prill 20:46
55 50 Rob Mayes 20:50
87 77 Ben Boxall 21:59
91 79 Miles Gawthorp 22:05
102 10 Clare Norris 22:22
141 116 Graham Laylee 23:19
151 124 Joseph Brady 23:36
195 148 James Gordon 24:45

Riverside

390 Ran
Pos Gen
144 28 Claire Steward 27:14

Gladstone

267 Ran
Pos Gen
37 32 Stephen Williams 23:41

Hilly Fields

220 Ran
Pos Gen
7 7 Andrew Scott 20:02

Burgess

542 Ran
Pos Gen
241 186 Martin Kelsen 25:29
380 113 Stephanie Burchill 29:43

Osterley

283 Ran
Pos Gen
97 73 Michael Dodds 26:14
131 36 Clare Wyngard 28:23

Peckham Rye

247 Ran

Pos Gen
3 2 Tommaso Bendoni 18:20
19 16 Lee Wild 21:00
76 64 Wander Rutgers 24:23
103 74 Mark Callaghan 25:43

Tooting Common

568 Ran
Pos Gen
189 132 Ian Sesnan 25:05

Darndale

16 Ran
Pos Gen
13 12 Andy Bond 30:07

Cirencester

144 Ran
Pos Gen
44 5 Shoko Okamura 25:21

Clapham Common

712 Ran
Pos Gen
380 227 Joe Sheppard 27:31

Berkeley Green

104 Ran
Pos Gen
2 2 Aaron Wilson 17:25

Illeauanmanagh

54 Ran
Pos Gen
8 8 Sam Jenkins 23:04

Charlton

189 Ran
Pos Gen
81 53 Paul Keating 27:31

Delftse Hout

27 Ran
Pos Gen
12 2 Lindsey Annable 26:18
26 13 Barrie John Nicholls 68:58

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer – Both styles are a bargain £15.



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

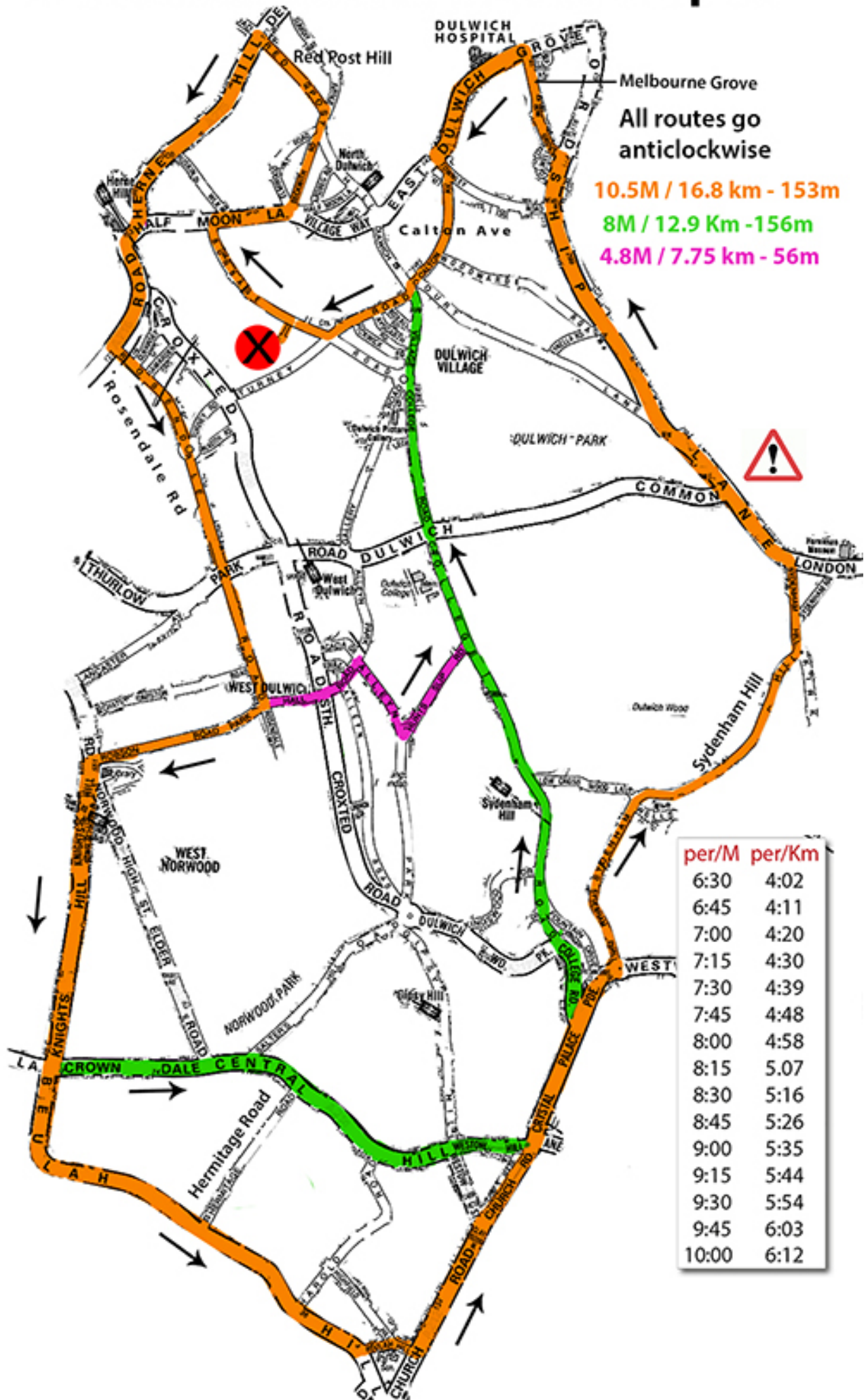


Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

Dulwich Runners Winter Map 12



All routes go anticlockwise

10.5M / 16.8 km - 153m

8M / 12.9 Km - 156m

4.8M / 7.75 km - 56m

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