

## These are your SHORTS

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

### DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start  
£1 fee per run payable by card/device only, no cash  
Changing rooms, showers & bar available.  
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track  
track and grass intervals suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Cross Country
- 4 Fixtures
- 5 Race reports and results
- 8 Club kit
- 10 Wednesday night route.

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:



## Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail [dulwichrunnerssocialsec@gmail.com](mailto:dulwichrunnerssocialsec@gmail.com) to confirm meat/veg choice.  
Cost £7.00

## 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](mailto: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

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 1 Nov - multiple groups - 1600m, 4-5x800m and then 1600m with 75/90 seconds recovery. Shorter reps should be about 5k pace effort, longer about 10k pace effort. 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](mailto: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.

Also, please don't spit on the track!

### Coaching Survey

Thanks to everyone who responded. I am working through the comments made and will provide a summary of what was raised and how we'll respond. But feel free to provide any further feedback at any point - either by e-mailing me at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person.

I have added a bit more coaching advice at: <https://wingsonourheels.wordpress.com/>

## Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

**If interested in any of these runs check in advance with the respective contacts**

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

Road & other   Club Champs   Assembly League   Track   Cross Country

Date	Race	Venue
Oct 29	Surrey Masters	Nonsuch Park
Nov 12	Surrey League XC	Wimbledon Common
	19 London Champs,	Parliament Hill
	26 South of Thams XC 5M	Lloyd Pk
Dec 3	Kent Masters Champs	Dartford
	10 SEAA Masters XC	Oxford
	17 South of Thams XC 7.M	Aldershot tbc
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

## Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail [dulwichrunnerssocial@gmail.com](mailto:dulwichrunnerssocial@gmail.com) to confirm meat/veg choice.  
 Cost £7.00

## 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](http://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](http://vetsac.org.uk) - World Masters Athletics Championships Indoor – Toruń 2023 [wmaci2023.com](http://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](mailto: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.

### 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](mailto:ceccolini@gmail.com)

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](http://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](#).

Home
Run
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Awards
Next
Results
Members
More

## 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

# Race Reports & Results

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

## Yorkshire Marathon 2022

Sunday 16th October

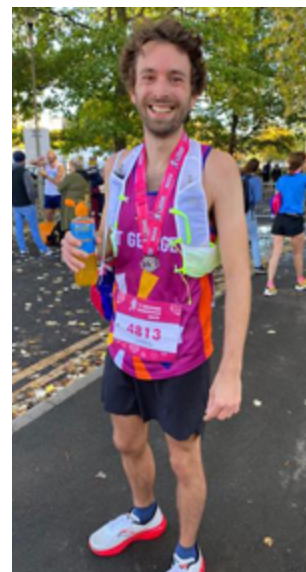
James Piper writes: Having failed to gain a place at the London Marathon this year, I decided to opt for the Yorkshire rendition of this notoriously challenging distance. It was something of a homecoming as I grew up in East Yorkshire. My parents still live there and they joined my girlfriend (now fiancée!) in cheering me on as I wearily approached the finish line. I also saw it as an opportunity to raise some money for the hospital where my girlfriend is a Clinical Nurse Specialist, St George's in Tooting. I managed to raise £595 for their children's services, which provided a much-needed motivational boost in the difficult final few kilometres.



It's a beautiful course, beginning at York University campus before taking in the historic sites of the city centre, where the crowd support was at its most fervent. Local musicians and various other entertainers and community groups (including a village vicar and his congregation) were strategically positioned throughout the course to provide support (and blessings). Although a road race, the course takes in

some beautiful Yorkshire countryside, resplendent in the Autumn sun.

Having achieved 3:27:42 at the Brighton Marathon in 2019, my target this year was sub 3:15. I set off with the intention of maintaining a 4:35 min/km pace but, as ever, the excitement got the better of me and I decided to see how I would get on aiming for 4:25-4:35 min/km. The first half flew by, with a mix of adrenaline and charming countryside scenes to distract me. The second half began to take its toll with a long, steady incline against the wind between 24-29km. The knowledge of a 180 degree turn at 29km and the sight of the faster runners coming back the other way was a little dispiriting. From 30km onwards I had to dig deep, with the sight of others having hit 'the wall' instilling fear that I may suffer the same fate. I battled through at a reduced pace between 4:45-4:55 min/km before approaching what I thought was the final bend. I turned the corner to face the sharpest incline of the course, which felt rather cruel and sadistic (in reality it was only an elevation of 13m, and 142m across the course as a whole, but at the end of a marathon 13m feels insurmountable!) The hill gave way to the reward of a downhill 'sprint' to the finish line, which I crossed in a chip time of 3:13:12. My parents and girlfriend were on hand to take unflattering photos and cheer me across the line.



I'm thrilled with the PB and the £595 raised for St George's Hospital Charity. I recommend the event to anyone interested in trying one of the lesser-known UK-based marathons. It's well organised, with terrific support and glorious views of the Yorkshire countryside.

## Cabbage Patch 10M

Sun 16th October

Joseph Brady writes: In these turbulent times of war, and a topsy turvy economy, it's nice to find that there are still some things that you can rely on!

The Cabbage Patch 10 miler in Twickenham - well organised, well marshalled, tried & trusted flat scenic route across Kingston bridge and along the river Thames towpath.

The weather on the day was sunny, cool and crisp. Local cafes in Twickenham allow runners to use their loos for that all important pre run toilet break.

Back to the Cabbage Patch pub afterwards for a Sunday morning 11am pint followed by prize giving consisting of cash, beers, real cabbage and bikes. One lucky (but unlucky) guy won a bike in the raffle but was given just 10 seconds to claim it. His no-show meant the next lucky number drawn won it instead!

The overall winner completed the course in 48 minutes. I was happy to get in under 80 minutes. Jo also was also very pleased with her run. Carys did well on her first long road race for some time. Lucy was pacing another runner. Maybe this race should be in the Club Champs in 2023!

Joseph Brady 1.19: 35  
Carys Morgan 1.26.06  
Joanne Shelton Pereda 1.31: 12  
Lucy Pickering 1.39.44





# Croydon 10km

23rd October 2022

Dave West writes: As a lifelong Croydon resident, this event has always had a special place in my sporting life. Beginning as a 10 miler, it was my first race in 1985. Traffic increased over the years, both trams and Sunday trading came to Croydon, and it was reduced to 10km. In 1991 the 10km was nominated as a Dulwich club championship event and that remains my PB for the distance. Thirty-one years later I'd just be grateful to get within 20 minutes of that time.

The weather forecast for the day was accompanied by amber warnings and at 7:30am the first thunderclap heralded the arrival of heavy rain that was to continue intermittently throughout the day. Fortunately, the start was delayed to allow the last tram to pass and the rain eased with just a few spots during the run. It did however leave a lot of standing water and muddy puddles to upset those with pristine trainers and white socks!

The race starts at the lower end of Lloyd Park, which will be familiar to anyone who has run XC, climbing just over 100 feet in the first three quarters of a mile before easing along Oaks Road and crossing the tram track for the second time. Emerging at the top of a hill, there is a chance to make up for the slow start with a long and welcome downhill. There is also time

to spot the restored Shirley Windmill, the original race finish, on the left but this is an area of faded glories. In Victorian times, the area was popular with day trippers and charabancs brought thousands of working-class visitors on a rare day off to perambulate around the Addington Hills, get drunk and generally let their hair down (trail running would have to wait for the invention of better footwear). This road was lined with wall-to-wall tea shops and ale houses to satisfy their needs. Today, there are just a couple of hundred soggy runners rushing past and one solitary pub remains open.

Eventually the race hits the flatter main road into the metropolis, aka Croydon town centre with its many skyscrapers and empty shops. A fairly tedious stretch of road now, it was once the southern boundary of land owned by the East India Company, which trained officers here for their private army; at the time, twice the size of the British Army and controlling half the world's trade. There is little left to see from their occupation of Addiscombe, but a single flint fronted farmhouse does remain from the 1660s squeezed incongruously between 1930s semis. That was part of the farm that existed in the centuries before the East India Company bought the land and is still there, whilst the dwellings of the trainee slave traders and opium dealers have vanished almost without trace. As has the original Darth Vader, who lived nearby for over 50 years but has now returned to the stars. Meanwhile the race continues...

Shortly, the race turns at warp speed into Sandilands, an area of multi-million pound houses with lots of short ups and downs sapping any remaining energy from the

legs before finally crossing the tram line for a third and final time to finish where it all began. Just like the wealthy residents who may have had their hopes dashed by recent Government U-turns, this is the part of the course where high hopes can crash and burn and it can all go horribly wrong. There were people walking the inclines where I was in the field.

Despite the challenging conditions, there were excellent runs from the two Martins, and second claimer Jo who got three vouchers for being first W65. Carys also appeared to enjoy her day. Dave and Paul were less happy, but on reflection both have been struggling for form recently and their times were in line with recent Parkrun form over a 10km course worth at least 1-2 minutes. For both of us it was another step in the right direction. The race was at least spared the mini-tornado that struck a nearby pub just a few hours later, although that may have just been the ghosts of Croydon past making their presence felt.

Twenty-four hours later, I was in a Croydon gym chatting to the cleaner about my weekend and he told me that needed to learn to be, "comfortable with my uncomfortable", wise words that I will remember and seemed appropriate.

52	Martin Double	45:08
54	Martin Kelsen	45:33
95	Jo Quantrill	49:36
(Second Claim, 1st W65)		
97	Carys Morgan	50:04
124	Dave West	53:11
186	Paul Keating	60:38

227 finished



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.

### Bushy

1233 Ran  
Pos Gen  
719 502 Sam Jenkins 28:28

### Banstead Woods

197 Ran  
Pos Gen  
6 6 Tony Tuohy 19:50

### Bromley

439 Ran  
Pos Gen  
243 183 Peter Jackson 28:45

### Wakefield Thornes

191 Ran  
Pos Gen  
52 6 Claire Barnard 25:57

### Brockwell , Herne Hill

275 Ran  
Pos Gen  
2 2 Aaron Wilson 17:28  
24 19 John Kazantzis 20:49  
32 27 Mark Foster 21:03  
45 38 Robert Tokarski 21:48  
49 42 Stephen Trowell 21:54  
57 8 Ola Balme 22:14  
218 78 Sharon Erdman 29:38

### Maidstone

261 Ran  
Pos Gen  
10 1 Kim Hainsworth 20:48

### Bath Skyline

262 Ran  
Pos Gen  
84 16 Katie Prior 25:26

### Crystal Palace

267 Ran  
Pos Gen  
1 1 Chris Busaileh 18:24  
7 7 Eugene Cross 19:29  
59 6 Belinda Cottrill 24:15  
120 93 Michael Dodds 27:15  
136 28 Clare Wyngard 28:10

### Gunnersbury

494 Ran  
Pos Gen  
207 156 Harry Lawson 26:58

### Riddlesdown

107 Ran  
Pos Gen  
28 25 James Wicks 24:49  
29 4 Ange Norris 24:49

### Eastville

498 Ran  
Pos Gen  
26 25 Jonathan Whittaker 20:12

### Dulwich

494 Ran  
Pos Gen  
6 6 Adrian Russell 16:47  
52 45 Rob Mayes 19:56  
59 50 Hugh French 20:12  
76 63 Chris Cooper 20:42  
79 8 Lucy Mordaunt 20:47  
87 67 Sum Mattu 21:00  
114 86 Martin Kelsen 22:01  
120 92 Ben Boxall 22:11  
146 111 Giles Robertson 22:51  
159 119 Miles Gawthorp 23:08  
171 127 Austin Laylee 23:24  
172 128 Graham Laylee 23:25  
176 26 Naomi Crowther 23:32  
221 161 James Gordon 24:32  
345 101 Shoko Okamura 28:09  
419 141 Stephanie Burchill 31:01

### Lower Hutt

196 Ran  
Pos Gen  
119 26 Nicola Stevenson 29:08

### Worsley Woods

376 Ran  
Pos Gen  
7 6 Wayne Lashley 18:51

### Gladstone

242 Ran  
Pos Gen  
12 12 Des Crinion 19:50  
43 3 Becca Schulleri 23:39

### Crane Park

130 Ran  
Pos Gen  
1 1 Thomas South 17:16

### Burgess

452 Ran  
Pos Gen  
19 13 Will Lawn 19:33  
132 101 Michael Mann 23:46  
204 40 Ros Tabor 26:02  
439 159 Susan Vernon 54:18  
447 230 Chris Vernon 66:23

### Southwark

415 Ran  
Pos Gen  
138 115 Joseph Brady 24:08

### Preston Park , Brighton

435 Ran  
Pos Gen  
4 4 Hugh Stobart 16:59

### Peckham Rye

235 Ran  
Pos Gen  
1 1 Andy Bond 16:56

### Malling

211 Ran

Pos Gen  
31 29 Nicholas Brown 22:53  
60 46 Dave West 25:21

### Tooting Common

555 Ran  
Pos Gen  
200 131 Ian Sesnan 25:41

### Ludlow

75 Ran  
Pos Gen  
5 4 Tom Shakhli 20:16

### Haga

99 Ran  
Pos Gen  
14 13 Paul Collyer 20:32

### Hasenheide

174 Ran  
Pos Gen  
29 27 Ebe Prill 20:39

### Clapham Common

766 Ran  
Pos Gen  
704 320 Joe Sheppard 34:37

### Felixstowe

216 Ran  
Pos Gen  
56 10 Hannah Issett 24:59

### Littleport

116 Ran  
Pos Gen  
18 1 Katie Styles 23:11

### Mura Di Lucca

52 Ran  
Pos Gen  
3 3 Andrea Ceccolini 20:09

### Sizewell

103 Ran  
Pos Gen  
17 3 Eleanor Simmons 24:24

### Alexandra , Moss Side

230 Ran  
Pos Gen  
5 5 Jonny Hough 19:05

### Sandhurst Memorial

146 Ran  
Pos Gen  
41 35 Barrie John Nicholls 25:17  
44 9 Lindsey Annable 25:55

### Charlton

162 Ran  
Pos Gen  
38 35 Stephen Smythe 23:30

# 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](mailto: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](mailto:ros.tabor49@gmail.com)**





## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 8

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

9.3 miles / 15.0 km - 189m gain  
 7.2 miles / 11.65 km - 123m gain  
 4.7 miles / 7.6 km - 77m gain

