



## 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
- 7 Club kit
- 9 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:



## Dulwich Runners Committee Meeting Notice – Wednesday 21 September 2022

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 21 September at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss please submit them to me by midday on Tuesday 20 September.

The last meeting took place on Wednesday 6 July, where the Committee discussed proposals to improve the Club's ability to attract and welcome members from diverse backgrounds, and in support of work being undertaken by Sport England to improve diversity and inclusion in amateur athletics and clubs generally, including introducing an initiative to monitor diversity among the Club's membership and adopting an equality and diversity policy statement on the Dulwich Runners website.

The Committee also discussed and debriefed on the Mid-Summer Relays in Dulwich Park and Mark Hayes Mile at Dulwich College Track, which it was agreed were well-supported and successful events.

Please send any items for the Committee to discuss at the next meeting to [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk) by midday on Tuesday 20 September.

## 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 hill training in September

7pm every Tuesday in September - Low Cross Wood Lane opposite Sydenham Hill station, College Road.

Please do at least 5-10 mins of gentle jogging before the 7:00pm start, with some warm-ups and drills and then main session , finishing 7:45-7:50pm . Sessions are free. Arrive ready to run - it should be safe to leave any jackets or water bottles etc.

Running up and down a well-lit traffic-free path – leave room for pedestrians to pass.

Sessions will vary week to week, expect reps with a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session.

If targeting an autumn marathon you might prefer to stick to what's in your plan and run your intervals on flatter ground that similar to terrain you'll be racing on. Dulwich Park opens until 8pm in September, I suggest meeting up to run there.

Let me know if you have any questions, comments or feedback. Tom (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.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
Sep 17/18	<b>Kent track &amp; field masters</b>	<b>Erith</b>
24	Southern 6/4/3 stage road relay champs.	Crystal Palace
Oct 2	London Marathon (or alt. marathon) (L)	London or alt.
15	Surrey League XC	Effingham Common
22	SEAA XC Relays	tbc
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 10	SEAA Masters XC	tbc
17	South of Thams XC 7M	Aldershot tbc
Jan 14	Surrey League XC	tbc
28	South of England Champs	Beckenham
Feb 11	Surrey League XC	Lloyd Park

Note: The September Assembly League Race has had to be cancelled.

## Kent Track and Field Masters

For those affiliated to Kent county (either born or resident in the county or London Boroughs of Bexley, Bromley, Lewisham, Greenwich - check with captains if unsure) the annual track and field masters champs is available for booking until 25 August.

The event will be held on the weekend of 17/18 September at the David Ives Stadium, Erith, DA8 3AT. Events include 100m, 200m, 400m, 800m, 1500m and 5000m. Open to aged 35 and above.

Entry details can be found at: <http://kcaa.org.uk/onlinereg/newmeeting9.php?MeetID=9>

## SEAA Road Relays Champs. Crystal Palace Park

Saturday 24 September 2022

*if you are not able to run the organisers would be really grateful for volunteers. They have contacted Yvette Dore with the following message:*

"In order to support this event we must maintain a level of officials and marshals to assure the smooth and safe running of this event. As your club is located reasonably locally to Crystal Palace Park, we would be very grateful if you could provide any help on the day. If your club provides a number of volunteers, then SEAA will make a donation to your club. As well as this travel expenses and lunch will be provided (excluding ULEZ or congestion charges)."

If you can help please let Yvette know at: [yvette.dore@hotmail.co.uk](mailto:yvette.dore@hotmail.co.uk)

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](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](#).

## 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](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

## MXAlps70 Montreux

Saturday 30th July 2022

Toby de Belder writes: I'm writing this several weeks after the event, returning to the Swiss Alps for the Jungfrau marathon (more about that later)...3 years since UTMB and my last Alpine ultra, it was time to return post pandemic. I found this race that passes through Villars ski resort, that we have known for 15 or so years.

I've been running plenty. Using lockdown to keep fitness up by running for 700 consecutive days (5k min). But running an ultra in the alps you really need some mountain training. So crammer style, we went out 4 days before the event for me to get 2 days of "training".



It was a very low key bib collection and no usual kit check. (I brought ruck sack with head torch, jacket, trousers, hat, medical kit...). But great setting that was to be the start by Aigle Castle, a medieval fortress amongst the vineyards.

Bag pipes from the castle's courtyard, followed by Queen's We Will Rock You (Freddie Mercury lived in Montreux and is the icon for the race) was our motivating starting music. And we were straight into a climb. Well, maybe 500m of runnable road to space us out a bit. But as opposed to UTMB or Verbier with 2,000+ runners, Montreux had about 150, so not much jostling.

This was a proper climb. From road, to wide trail, to single file path and simply up at about 15% for 10km. There was a short breather - where it was possible to trot for 10 minutes - through a village at c900m before further climbing and striding. Most of the climb was under pine tree cover and after 2.5hrs and almost 2,000m of ascent we popped out near the gondola station Roc D'Orsay, part of Villars skiing area. It was fantastic to see my wife and son there, first aid (food) station; Thomas (aged 4) keen to sprint up to the summit. Windy, partly technical descent pass a few alpine lakes. Glorious.



And so it repeated. Long, lung-busting ascents; tricky (rocky and windy) descents. And so difficult to get into any regular running. But I know that. And perfectly content as all the while, views of mountains, lakes, pine trees. On the way up to Leysin, we passed the ski jumping hill, and ski lifts and gondola at its summit. Great view from the top.

I probably had my low - you always have at least one! - on the awkward climb out of the village of Courbeyrier. Firstly, I was expecting an aid station in the village, which was at 40ish km. And then the climb was narrow, shingle-like under foot and being mid afternoon in the heat of the day. Oh and my poles decided not to operate (click into place), so just held them as useless batons. I was pretty much on my own. Unlike the constant snakes of trail runners in the UTMB, the MXAlps was sparse and well strung out especially by this stage. The winner finished in 8hrs, the last finished in over 25hrs!

A little sit down, refuel (orange segments aplenty) and emptying my trail shoes of shingle, I was off again with more gusto, despite a further 400m of head down, switchback climbing. The reward was an incredible view high above lake Geneva. This wasn't the final climb but (maybe kidding myself) the last significant one. I was yo-yoing with one other; he had me on the downs, I passed him on the ups. Most of the descents were steep with boulders, which I'm so timid on.



I could hear the penultimate aid station well before seeing it. Bob Marley tunes blasting through the mountains was a bit trippy; I was a bit tired but not hallucinating. One final ascent through some farmland and ski slopes and then down down down. For about 12km. My legs were dragging, and stumbled, tripped and fell about 5km out. I dusted myself down (after some expletives) and trotted the last run into Montreux. I'm sure the tourists and locals were bemused along the fancy water-edge; I even stopped to check I was going the right way (a few shrugged). Just over 12hrs after leaving Aigle, I was out sprinted by my 4 year old son to Queen tribute band and over the finish line.

A small but spectacular event and challenging route. Thumbs up.

12:34:18  
38/145 (15 DNFs)  
5,070m (16,633ft) ascent in 70.6km

# Jungfrau Marathon

10th September 2022

Toby de Belder writes: This one has been on my bucket list for some years. It's been cited as the most beautiful marathon in the world, and I've run the other Swiss mountain icons of the Eiger and Matterhorn (Zermatt Marathon), so as soon as registrations opened, I was online. This was about 18mths ago. I deferred last year due to travel uncertainties, which meant coming out solo as coincided with my little boy's first week of school.



This is a big, well organised, very well organised marathon. Interlaken isn't the easiest town to get to but the marathon entry includes train ticket from any inbound Swiss city: Geneva to Bern, Bern to Interlaken. Swiss trains like clockwork. The build up to the start in the centre of picturesque Interlaken was traditional with alphorns, followed by climatic Final Countdown and Conquest of Paradise (UTMB style). The first 10km - a loop of the town and some surrounding villages on a wide road - allowed the 4,000 runners to find their positions and string out. Predictably, I shot off too fast having in mind 5mins/km until 25k, then 8mins/km up the mountain. First 10k in under 44mins. Oops.

The road turned to trails and still relatively flat, with excellently provisioned aid stations every 5km. The views along the river, carving the mountains were fantastic. Though I did wince with a slight calf shock at around 15km. Eased up and hoped it was nothing serious. The local support was incredible, noisy (cow bells and hopp, hopp, hopp) and generous (whether with a

sweet, a hand or supportive expressions).

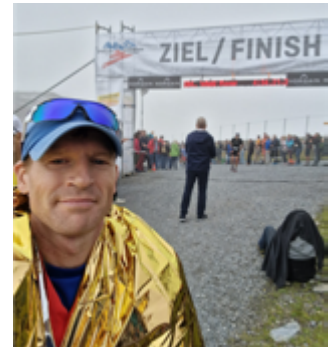
The course had a mid-way loop at Lauterbrunnen; the end of the valley. 26km complete, maybe 300m climbed. We turned the corner: climbing time. Literally through the wall...there's a cardboard wall you run/walk through with Pink Floyd blaring out. This is the first steep climb to Wengen, zigzagging up the mountain trail. I was amazed some were able to continue running. About 500m ascent in just a couple of kilometres; there wasn't any running for me. Wengen was cacophonous. Must be amazing for the Lauberhorn ski race. Beautiful Swiss town and a few kilometres of runnable road.

Not for long. Back to trail, and often into forest, the gradient increased. There were still some running (head explodes). I made the most of water and isotonic drinks, occasionally a banana bite (but passed on the bouillon) at the aid stations every other km. I liked the regularity of them as well as distance markers..every 250m! Ticking off 36.25, 36.50, 36.75.... I was keeping inside my 4hr30 target.

There were two slightly cruel false summits. One just before 40km, near Kleine Scheidegg, the mountain pass in between the Eiger and Lauberhorn...not that we could see either with low clouds. And then came the two kickers, proper hands on knees climbing. Unfortunately (or fortunately) no passing up the narrow trail, which I marginally blame for missing my target time by under a minute. The final slog up to Eigergletscher at 2,320m, meant the last 15km we climbed over 1,600m. Great atmosphere going up the shoot to the finish but I was more than happy to take the cable car down!

Trail shoes now retired for 2022.

4:30:56  
258th out of 4,013



## THH 2nd Sunday 5 Mile Trail, Wimbledon Common

11.09.22

We returned to this monthly trail race after a few years' absence, in need of some hill racing prior to the cross country season. Early morning mist had lifted but the morning was still humid. We ran steadily on the first section, flat alongside Beverly Brook, where there is now a firm surface. We then left the woods up a steady hill on a fenced path through a golf course, Ros maintaining a better pace than Andy. Back into the woods was an easier down and flat section on soft paths, where Andy caught up with Ros by the start of the second loop. Towards

the back of the field there was quite a gap between runners. The second loop went similarly to the first, Andy just about catching up by the finish on the playing fields. Slow times indicated we need more of the same to get XC fit, so may be back on 9 October.

41 Ros Tabor 48:33  
42 Andy Murray 48:36  
52 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.**

### Banstead Woods

230 Ran  
Pos Gen  
4 4 Tony Tuohy 19:51

### Richmond

360 Ran  
Pos Gen  
77 5 Michelle Lennon 23:06  
153 24 Lindsey Annable 26:22

### Bromley

513 Ran  
Pos Gen  
146 122 Colin Frith 24:26  
325 241 Peter Jackson 29:35

### Old Deer Park

149 Ran  
Pos Gen  
64 53 Michael Dodds 27:40  
83 23 Clare Wyngard 29:42

### Brockwell , Herne Hill

330 Ran  
Pos Gen  
1 1 Andrew Inglis 17:42  
30 26 Jonathan Whittaker 20:36  
33 29 William Hooper 20:45  
43 36 Mark Foster 21:44  
44 37 Stephen Trowell 21:47  
81 60 Hugh French 23:36  
184 47 Catherine Buglass 27:39  
223 64 Sharon Erdman 28:50

### Royal Tunbridge Wells

214 Ran  
Pos Gen  
13 12 Lloyd Collier 21:34

### Crystal Palace

326 Ran  
Pos Gen  
35 2 Polly Warrack 21:34  
44 3 Yvette Dore 22:01  
59 6 Ola Balme 22:40  
76 67 Paul Hodge 23:42  
177 37 Eleanor Simmons 27:35  
224 53 Belinda Cottrill 29:36  
324 177 Sam Jenkins 53:50

### Gunnersbury

503 Ran  
Pos Gen  
22 20 Harry Lawson 20:11

### South Norwood

194 Ran  
Pos Gen  
66 7 Carys Morgan 25:28

### Derry City

90 Ran  
Pos Gen  
1 1 Aaron Wilson 16:23  
4 1 Alexandra McClelland 19:23

### Wormwood Scrubs

105 Ran  
Pos Gen  
17 15 Tommaso Bendoni 22:40

### Dulwich

400 Ran  
Pos Gen  
7 6 Thomas South 16:25  
20 18 Ryan Duncanson 18:17  
29 27 Rupert Winlaw 18:45  
33 31 Grzegorz Galezia 18:56  
37 34 Stephen Davies 19:07  
55 48 Rob Fawn 19:53  
120 104 Chris Lawrence 22:39  
152 13 Teresa Northey 23:19  
154 131 Ben Boxall 23:22  
159 14 Laura Denison 23:30  
168 143 Rob Mayes 23:49  
181 18 Lauren Gill 24:15  
198 166 James Gordon 24:46

### Tilgate

368 Ran  
Pos Gen  
155 130 Gary Budinger 27:14

### Gladstone

213 Ran  
Pos Gen  
6 5 Des Crinion 19:46

### Burgess

450 Ran  
Pos Gen  
92 74 Dan Hill 22:07

### Peckham Rye

245 Ran  
Pos Gen  
1 1 Andy Bond 16:15  
18 17 Ebe Prill 20:48  
27 23 Lee Wild 21:50  
36 31 Martin Kelsen 22:12  
241 96 Susan Vernon 48:18  
244 127 Chris Vernon 72:49

### Hastings

307 Ran  
Pos Gen  
36 31 Nicholas Brown 21:13

### Tooting Common

480 Ran

Pos Gen  
18 16 Austin Laylee 19:58  
118 93 Graham Laylee 23:26  
124 97 Michael Mann 23:39  
145 113 Ian Sesnan 24:21  
187 136 Dave West 25:31  
224 59 Ros Tabor 26:20  
253 159 Andy Murray 27:25  
401 149 Stephanie Burchill 32:07

### Haga

104 Ran  
Pos Gen  
28 26 Paul Collyer 21:49

### Clapham Common

597 Ran  
Pos Gen  
3 3 Shane Donlon 18:09  
486 161 Nicola Stevenson 31:06

### Catford

161 Ran  
Pos Gen  
23 22 James Wicks 21:59

### Leazes

289 Ran  
Pos Gen  
47 42 Sum Mattu 24:33

### Chevin Forest

127 Ran  
Pos Gen  
22 4 Laura Vincent 24:26

### Harleston Magpies

43 Ran  
Pos Gen  
3 3 Justin Siderfin 20:34

### Charlton

162 Ran  
Pos Gen  
43 40 Stephen Smythe 24:33

### Mote Park

177 Ran  
Pos Gen  
15 4 Kim Hainsworth 22:03

# 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 2

All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m gain

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

