

# SHORTS



Dulwich Runners AC

Weekly Newsletter

September 21st 2022

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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
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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:



## 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) [troyton@hotmail.com](mailto:troyton@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 24	Southern 6/4/3 stage road relay champs.	Crystal Palace
Oct 2	<b>London Marathon (or alt. marathon)</b>	(L) London or alt.
15	Surrey League XC	Effingham Common
22	SEAA XC Relays	Wormwood Scrubs
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

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

## 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)

## 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.



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

# 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.

## Great North Run

Sunday 11<sup>th</sup> September 2022

Many things keep me coming back for my annual pilgrimage to Newcastle, the north east and the worlds biggest half marathon. Last year, the amended course proved to be extra challenging and my target to crack 90 minutes in my scientist costume, raising money and awareness for Cancer Research UK, fell 37 seconds short. Unfinished business.

Following the passing of HM The Queen, it was far from certain that the event would go ahead, even though it raises over £25m for charities, many of which The Queen was a Patron of. The 5k on Friday evening and kids races on Saturday were both postponed, and it wasn't until I was en route north that Great Run confirmed it would go ahead, with some appropriate adjustments.



The usual convivial Geordie atmosphere was unsurprisingly a little more subdued for my 9<sup>th</sup> GNR outing, nevertheless preparations ploughed on. Saturday drinks on the quayside were more restrained than usual, catching up with Sum and several others, including the wife and daughters of my late friend Clive, in who's memory I was running. [Clive held a 15 year GNR running streak and had completed marathons all over the world in support of Cancer Research UK. Having beaten bowel cancer, replaced both hips, he finished GNR last year but shortly afterwards was diagnosed with oesophageal cancer and passed away in July.]



My training had gone really well until about 3 weeks ago when a lower leg injury started to cause havoc. Having missed a couple of weeks with Covid, I'd pushed just too hard playing catch up and my leg didn't appreciate it. It had been a tough decision to pull out of The Big Half, though nice to cheer for a change; I'd hoped that would give extra time for my leg to recover and get me round in a time to set the Guinness World Record for 'Fastest half marathon dressed as a scientist (male)'.

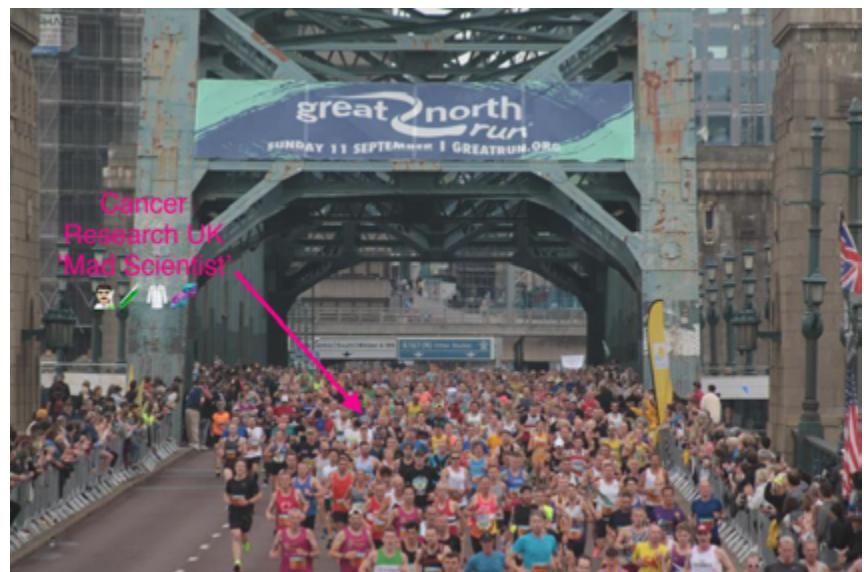
After last years near miss and with injury woes in the back of my mind, I knew it would come down to the wire. New start logistics meant a long trek to the assembly area and Garmin helpfully told me I'd clocked 7000 steps before reaching the start line! Grabbing an impromptu live interview with local station Metro Radio, helping publicity and awareness - made the extra steps worthwhile. As the start crept closer, I feared the weather would not be favourable and as we stood listening to the revised solemn music, the sun broke through the clouds. After a moving speech written by local faith leaders and a minutes silence, Eilish McColgan fired the start gun.

My full length, long sleeve, white cotton lab coat, lab gloves, safety goggles and mob cap were all identical to last year, save for the addition of an armband crafted from a black tie. I'd also added one extra test tube to my rack, dyed black as my personal mark of respect - The Queen was also Patron of Cancer Research UK. The rules stated I was required to run in full length trousers, and



I'd decided to ditch the tracksuit bottoms I used last year in favour of lighter and thinner hospital scrubs. That proved a good decision as I was already soaked with sweat by the time I'd crossed the Tyne Bridge.

Guinness World Record have many fickle rules, one of which is the requirement to take a selfie every mile. Executing this added challenge while running at pace, in a costume, carrying a rack of test tubes, wearing sweaty latex gloves.... was all going well until the mile 9 marker. My routine was working well: swap test tubes to left hand, unclip breast pocket with right hand, retrieve phone, swipe right with thumb.... eventually I realised through my steamed up goggles (rules explicitly state you cannot remove them) that my phone was locked out for 15 minutes 😱



Having set out too fast as usual and with my phone now locked, my head started to drop. My HR was also higher than it should be and I sensed the record slipping away. Support at GNR is always incredible, but this year it was encouragement from other runners, probably all targeting sub-90 too, reassuring me I was still on target. By mile 12, just after the sharp descent to the seafront, I was convinced I'd blown it. My goggles were now so fogged up I struggled to see my watch, but eventually caught sight and realised I needed to rally back to a sub-7 minute final mile.



Thankfully, the endless stretch along the iconic South Shields coast has the biggest and loudest support; running in a costume always attracts some extra encouragement and digging deep, I started to pick off runners who had passed me earlier. Even at the 400 meter to go sign, I was unconvinced I'd make it.

Reversing my quote from last year:

*Running is a bit like research - sometimes you get a breakthrough, and very often you don't. But you carry on trying until you do.*

Assuming Guinness World Records accept my four witness statements, confirmation from the race director, the selfies I managed to take, photos from supporters en route, TV clips and chip data with splits from timing mats every mile.....

Guinness World Record pending verification 😊

Heartfelt thanks to everyone who has once again encouraged and so generously sponsored me.

- Gower Tan

Gower Tan	1:29:42	1110	54 M50	1 'Mad Scientist'
Sum Mattu	1:36:24	2090	353 M35	
Rob Mayes	2:17:18	19600	4443 M30	



# Friday Under the Lights 5k

## Battersea Park

Thursday, 15 Sept 2022

Tim Bowen writes: He may get his Fridays and Thursdays muddled but credit to Ben Noad for this series of fearsome races in Battersea; he's brought out stellar fields to Friday nights in the South West London park. The Sri Chimoy series and epic Assembly Leagues at the same venue always get strong runners - but nothing like this.

And maybe standards have risen in general? Not mine personally, but the sharp end of Dulwich Runners seems to have hit the clouds. We had nine runners along this evening, Jack Ramm in the headline race, myself, Shane O'Neill, Buzz Shephard, Aaron Wilson, Andy Inglis, Ed Gibbons, Ade Russell and new signing Alex McClelland in the closely scheduled warm ups (2nd claimer, Jack Brotchie also in attendance, in his other vest) .

After the usual sledging, excusing, and sandbagging, we were lined up to go. The fading light made the always surprising unmarked speed bump even more of a surprise but otherwise we had a great atmosphere and near perfect conditions for a fast 5k. The slightly faster seeded warm up race started just a minute ahead of the punchy enough pack behind (which I was more than a little worried about being sucked into on the second lap).

Aaron Wilson goes from strength to strength and here ran a very handy 15:31 for a PB - just staying ahead of the next two.

Behind him, new club runner Ed Gibson had an astonishing run. He started conservatively and kept speeding up - taking a full minute off his PB from just 2

months earlier. A more steady approach and he'd easily have run under 15:30. More importantly, at this trajectory he'll be approaching 15mins by year end. He did well in the pub too.

Next in the trio, Andy Inglis somehow avoided WADA's drug inspection and got away with an official 15:35 - his fastest 5k since 2019.

Having started sluggishly, I was slowing going into the second lap and resigned myself to a 'C' target of sub 16:30. But after a sharp corner and with 1500 to go, everything clicked and I was into the race: my shoulders dropped, jaw slackened, eyes narrowed and all peripheral vision disappeared; there was something about the look of a distant Shane O'Neill's gait. I passed a big group at speed with 1k to go and Shane was getting closer and closer. I knew I had him. With a good 500-600m left, I'd caught up and briefly I worried that I'd overcooked it. But I wasn't going to let him get back past me, so imagining Shane right on my heels I sped in to the finish for a very surprising best 5k since Feb 2020. Golfer-duathlete Shane turned out to be not quite on my heels, as he came in for a very respectable but perhaps slightly disappointing given his so so strong start, 16:07 - still a season's best, and encouraging for his late Autumn marathon.

Ade Russell was next by the gun though ahead on chip time. His diligent training continues to pay off as he came in from the second start in 16:04, a big PB and tantalisingly close to that sub 16.

Buzz Shephard followed - though without his chip timer - in a very decent time with

his typical style of start hard and hang on. He also had a superb follow on run with a to be confirmed club record for the finish-line-to-pint stretch.

Another big gain came for Tom Shakhli with a 21 second PB and way ahead of his other times this year - 16:20; adding to already strong prospects for the men's V40 relay team this weekend.

These 'elite' styled races seem to attract far more men than women and I hope more can be done to encourage all the very speedy women out there to join in - not least because they're a great way to bag a PB. So it was encouraging to see our new club signing, Alex McClelland, at the start line and indeed she rolled out a stunning time of 18:35 - her best official 5k (albeit she's been faster at parkrun), and 14th placed woman.

Our sole runner in the elite race, Jack Ramm, was his usual chirpy self pre start but was deadly focused in the race itself. He tucked himself in nicely with a group early on and came through to a more than well deserved time of 14:47, just 11 seconds off Ed's club record, his first sub 15 on the road and a huge PB for him. 18th place doesn't really do it justice - it's an astounding, applause worthy result.

Overall, a great night's racing from everyone, well organised with plenty of rallying support - including from club stalwarts Gary Budinger, Steve Smythe and Clare Elms. (The following trip to the pub was equally demanding but somewhat less glorious.)

18 Jack Ramm 14:47 PB  
73 Aaron Wilson 15:31 PB  
77 Ed Gibson 15:33 PB  
110 Timothy Bowen 15:55  
117 Adrian Russell 16:04 PB  
119 Shane O'Neill 16:07  
?? Buzz 'my chip fell off' Shephard 16:17  
134 Tom Shakhli 16:20 PB  
168 (W14) Alex McClelland 18:35 PB

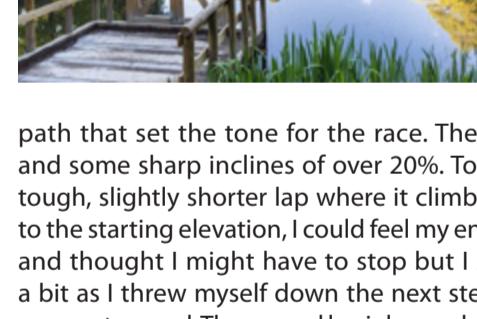
## Stan Allen Mile

7 September

Some late results from this series of mile races held on the newly relaid Tooting track in memory of former HHH coach, Stan Allen. In one of the early races, there was a tight contest between John McGlashan and myself with John winning out, having come past me at the end of a slow third lap. Clare Norris had a good run and Ed Smyth demonstrated his strength at this distance. Tony

Tuohy and Clare Elms were pitched in the same heat with Tony in his best performance of the season coming out ahead. In one of the later heats, Ade Russell had a sub 5 minute run. Mike Mann

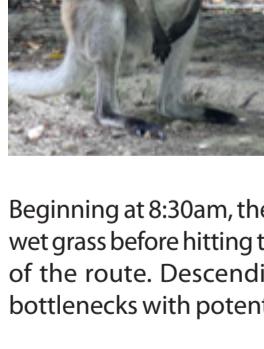
John McGlashan	6:58.5
Mike Mann	6:59.3
Clare Norris	6:18.4
Ed Smyth	5:52.4
Tony Tuohy	5:20.2
Clare Elms	5:26.5
Ade Russell	4:58.5



I was happy to go down much quicker, however that soon cleared and we ran alongside New Pond, actually a serpentine lake, on an undulating

path that set the tone for the race. There is very little flat and some sharp inclines of over 20%. Towards the end of a tough, slightly shorter lap where it climbs very steeply back to the starting elevation, I could feel my energy draining away and thought I might have to stop but I seemed to recover a bit as I threw myself down the next steep decent and the moment passed. The second lap is longer but eventually climbs relentlessly on a muddy trail to the 5-mile point, where I joined everyone around me and walked briefly just to be sociable obviously. Then, after an enjoyable but tricky, steep and uneven downhill section, where I passed about a dozen people, we hit the bottom of a half mile slog back to the finish.

My time of 58:36 was still good enough for 179th place out of 594, with the last finisher an hour behind me. With over 700 feet of climb, some uneven surfaces and gradients of over 20% it was probably worth about 5 minutes at my pace over a flat 10km. It was also long on most watches, adding possibly another minute (this was a pilot event after all). However, today wasn't about times and is really just a chance to test out a new route and to see how I'm doing in preparation for the XC season ahead. On this evidence, I've got a way to go but it's a lovely place to run and the stunning views change with each turn. Sadly, the wallabies and deer declined to take part, but I will certainly be back next year if it becomes a regular fixture.



Beginning at 8:30am, the start was on an uneven stretch of long, wet grass before hitting the gravel paths that formed the majority of the route. Descending to the lakeside, there were a few bottlenecks with potentially faster runners taking fright where



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.

## Town Moor

581 Ran  
Pos Gen  
199 149 Sum Mattu 24:51

## Hampstead Heath

328 Ran  
Pos Gen  
14 13 Harry Lawson 19:58

## Brockwell , Herne Hill

281 Ran  
Pos Gen  
12 10 Edward Simmons 19:35  
13 11 Jonny Hough 19:51  
25 23 James Auger 20:59  
45 40 Stephen Trowell 22:24  
74 6 Catherine Buglass 23:43

## Beckenham Place

194 Ran  
Pos Gen  
1 1 Andy Bond 17:41  
7 1 Alexandra McClelland 21:45

## Ashford

203 Ran  
Pos Gen  
15 1 Kim Hainsworth 20:49

## Highbury Fields

328 Ran  
Pos Gen  
43 35 Paul Collyer 20:42

## Crystal Palace

271 Ran  
Pos Gen  
2 2 Aaron Wilson 16:59  
37 2 Laura Denison 22:32  
39 37 David Benyon 23:13  
40 38 Paul Hodge 23:14  
64 9 Emma Benyon 24:16  
85 15 Belinda Cottrill 25:08  
156 35 Joanne Shelton Pereda 28:33  
249 144 Bob Bell 37:40

## South Norwood

154 Ran  
Pos Gen  
49 4 Carys Morgan 25:08

## Wanstead Flats

226 Ran  
Pos Gen  
97 14 Josephine Mottram-Epson 26:31

## Riddlesdown

108 Ran  
Pos Gen  
15 14 James Wicks 22:43

## Dulwich

465 Ran  
Pos Gen  
4 4 Thomas South 16:10  
5 5 Adrian Russell 16:27  
7 7 Jon Phillips 16:34  
19 19 Andrew Inglis 17:37  
40 36 Rob Fawn 18:49  
50 44 Grzegorz Galezia 19:15  
86 8 Yvette Dore 20:27  
102 85 Rupert Winlaw 21:04  
112 95 Martin Kelsen 21:31  
132 111 Robert Tokarski 22:14  
143 118 Ben Boxall 22:31  
163 133 Graham Laylee 23:13  
447 152 Susan Vernon 40:13  
463 266 Chris Vernon 67:24

## Gladstone

211 Ran  
Pos Gen  
19 18 Des Crinion 21:09

## Orpington

185 Ran  
Pos Gen  
120 94 Peter Jackson 29:07

## Peckham Rye

311 Ran  
Pos Gen  
22 19 Ebe Prill 20:58

136 95 Dave West 26:00  
146 32 Ros Tabor 26:28  
159 107 Andy Murray 26:50

## Hastings

334 Ran  
Pos Gen  
37 35 Nicholas Brown 21:02

## Victoria Dock

178 Ran  
Pos Gen  
9 9 Sam Jenkins 18:51

## Clapham Common

628 Ran  
Pos Gen  
53 47 Jonathan Whittaker 19:58  
510 167 Nicola Stevenson 31:00

## Severn Bridge

196 Ran  
Pos Gen  
54 48 Colin Frith 23:51

## Bethlem Royal Hospital

131 Ran  
Pos Gen  
2 1 Kay Sheedy 20:07  
20 4 Laura Vincent 23:36

## Mensola

10 Ran  
Pos Gen  
2 1 Polly Warrack 19:40

## Sutcliffe

155 Ran  
Pos Gen  
8 8 Tommaso Bendoni 18:18

## Charlton

151 Ran  
Pos Gen  
74 60 Stephen Smythe 25:54  
101 72 Paul Keating 28:24

# DULWICH RUNNERS KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Socks	£5 pair
Buff-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



The Beast from the East !  
It's always on the way!.. be prepared..get  
yourself a bobble hat £15

**Buff-snoods - only £6**  
**An ideal face covering !**



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 3

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

