



These are your SHORTS

Please send any reports, running news etc to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk)

**DEADLINE for submissions 17:30 TUESDAY**

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 3 Fixtures
- 4 Club runs & training
- 6 Race reports and results
- 8 Club kit
- 10 Wednesday night maps.

Feel free to send in any race reports, 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:



## Note - Christmas run dates

There will be no club runs between Christmas and New Year.

Track - Tuesday 2nd Jan.

Club house run - Wed. 20th Dec. then Wed. 3rd Jan

Please read Shorts each week as all club info on races, training events etc is always in here. Facebook and WhatsApp are also widely used.

Facebook group - <https://www.facebook.com/groups/2409157697>

To be added to the WhatsApp group - contact Ebe - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

to the ladies' WhatsApp group - contact Kay/Katie - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)



# DULWICH RUNNERS 2023/24 FIXTURES

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)  
Katie Smith, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Dulwich Runners Cross Country (Xc) Fixtures 2023/24

These races are open to all Dulwich Runners members. They're free to enter as the club pays for race entry. All you need is a club vest which can be bought on a Wednesday evening. Speak to captains Kay Sheedy, Katie Smith, Ed Chuck and Alex Loftus for more information. Men and ladies will run in Division 1

Races with trophy 🏆 icon feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Take part in at least 4 races (at least 2 Surrey League) to qualify. Cake and social events also feature post race

### Surrey League XC

- 🏆 13 January Division1 Race3
- 🏆 10 February Division1 Race4

[www.surreyleague.org](http://www.surreyleague.org)

### Ladies & Men run at the same venue

- Wimbledon Common
- TBC

### Other popular fixtures (Ladies & Men run at the same venue)

- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 27 January South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



**Dulwich Runners Club Championships 2024**

<i>Paddock Wood Half Marathon (L)</i>	<i>3 March</i>
<i>Dulwich Parkrun (S)</i>	<i>16 March</i>
<i>London Marathon or alternative (L)</i>	<i>21 April</i>
<i>Sri Chimnay 5km summer series (S)</i>	<i>11 &amp; 25 June, 9 &amp; 23 July</i>
<i>Eltham 5 Mile (Trail) (S)</i>	<i>16 June</i>
<i>Mark Hayes Mile (S)</i>	<i>12 or 19 July (TBC)</i>
<i>Big Half Marathon (L)</i>	<i>1 September</i>
<i>Middlesex 10km (L)</i>	<i>29 September</i>

**Compete in at least four of the eight events including one long (L) and one short (S) to complete the championship and be eligible for prizes!**

The Committee is pleased to announce the proposed set of club championship events for 2024 with these shown on the accompanying poster. We have worked hard to map out the entire year of potential races and holidays to try and provide some balance and variety to people's racing calendars.

We have sought to retain successful events from 2023 with a few changes to hopefully improve participation as well as provide something different. Most notably the Mark Hayes Mile will now be the club championship event at this distance which should hopefully make the distance more inclusive. We have a 10km race we have used in the past and included the Eltham Park trail race which in the last two years featured on power of 10.

A few dates such as the Mark Hayes Mile will be confirmed nearer the time. We will also earmark one of the Battersea 5km races as the feature race (likely to be the 25 June) but that will not stop people taking part in the other three summer 5km races if they are more convenient.

As in previous years you can choose to complete any marathon with the last one counting for the awards the Valencia Marathon in early December 2024.

We will update the rules on the club website with these races in the new year.

# 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, arrive by 7pm to sign in pay & sort out which group you'll run with.**

**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 7pm for 7.10 start. Group training focussed on getting faster over 5-10k.

You must 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.

Depending on numbers, we may split into two or more groups, and subject to last-minute changes we should be doing:

No session 26 December - will set out Jan sessions closer to the time. If this is your first time or have any questions or feedback contact Tom Poynton (Coach in Running Fitness) [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

### Track etiquette

We are a big group with others on track at the same time, act safely, treat them with the same respect we'd expect to receive. All members using the track must: give others plenty of space when overtaking or moving off the track.

- keep to lanes 1&2 whilst running reps, use outer lanes for warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

## Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use 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. - all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: [tomshakhli@gmail.com](mailto:tomshakhli@gmail.com)

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

# Marathon talk

## 10th January

I'll be giving a talk about marathon training after the club runs on 10th January, covering a range of targets from getting round as a first timer to getting a GFA time and beyond. Plenty of opportunities to ask questions and hear from others about their own experiences. If you have any questions beforehand either in person or via [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) Thanks, Tom

## 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 the club membership secretary 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.

## SAVE THE DATE

Chris Vernon writes:

I will be entering my ninth decade in January.

Please join me on 13th January at Burgess Park parkrun to celebrate my new age group.

## Masters Champs

**30 Dec** British Masters 10 Mile Road Champs– Buntingford  
**16 Mar 2024** BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs -Corwen.  
**17 - 24 Mar 2024** European Masters Athletics Champs Indoor – Torun, Poland  
**15 - 19 May 2024** European Masters Athletics Champs Non Stadia Porto Santo, Portugal  
**13-25 Aug 2024** World Masters Track & Field -Gothenburg, Sweden

## Sportshoes.com 10% off for the club

10% off on [Sportshoes.com](https://www.sportshoes.com) for the club

The monthly code will now only be shared on Facebook and WhatsApp to prevent it being found by non members with a Google search.

## Box Hill Fell Race

Saturday 20 January 2024 11am

Entries for this brilliant race open Boxing Day at 12, through SiEntries.

Details - South London Orienteers. <https://slow.org.uk>

If you've never done fell running, Box Hill near Dorking is an ideal introduction. 7.5 miles (12 km), well marked mainly good paths

(no bogs, becks or boulder fields and no chance of getting lost). About 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. January the course is very slippery in places and you need proper fell shoes (Walshes or Inov8s). You'll have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes not allowed.

A very popular race and fills up very quickly (in a couple hours). Entry last time was £10 so it won't break the bank. If interested, i'm at the club most Wednesdays, or email me Hugh Balfour [hugrbalfour01@gmail.com](mailto:hugrbalfour01@gmail.com)

## Dulwich Runners Book Swap

### The last Wednesday of each month


Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.


Let's keep it to running related books - instructional, inspirational, fact or fiction.

Even if you don't have any, come and browse and borrow one.





**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](mailto:app.dulwichrunners.org.uk)

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

 Download on the **App Store**

 **GET IT ON Google play**

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](#).

## Sports Massage

Sports massage to:

- Enhance recovery
- Prevent injury
- Improve posture and function
- Pre and post event massage

**10% discount to club members**

Ola is an experienced Sports massage therapist & club runner  
To find out more and book an appointment:

[olabalme1@gmail.com](mailto:olabalme1@gmail.com)



and National champs plus other events for Masters. See fixture list in Shorts and website.

### Which races to go for

Races are from mid October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Crooke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

### Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully to ensure that you don't miss out.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, though don't worry if you have to withdraw later for a good reason, such as injury or illness.

### Footwear

Early season road or trail shoes, as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on poorly drained courses eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

### 2023/24 Ken Crooke XC Championships

For the 2023/24 cross country season, the champs races will consist of the 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 4 events, including 2 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories. Those, mostly 60+, competing for Vets AC in Div 4 at different venues will be included.

Qualifying races are the 4 Surrey League races, London champs, the 2 South of Thames races and South of England champs.

Further information 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)  
photos by Laura Vincent

### Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures during the season details can be found in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. This season both our men and women compete in Division 1. You need to be EA registered to compete in the Surrey League and most other events.

### Distance

Men's Surrey League races are around 8km. Women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.



### Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in both the women's and men's Surrey League there is now a B team

competition where the second 5 and 10 runners respectively score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

### Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The 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 are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

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

## South of Thames XC

Laura Vincent writes: Three laps of Lloyd Park is a hard sell at the best of times, but in December the malodorous quagmire is enough to wonder whether it's best to finish the race with a bonfire and burn all of our kit. Nevertheless, it was not enough to put a small, but mighty team of seven Dulwich ladies off the last XC of the year. The South of the Thames races are one of our few opportunities to race together and we were further bolstered by fourteen Dulwich men and a strong, supporting contingent of Dave, Dylan, Gavin, Eleanor, Clare, Andrea and Kay's partner, Dan.

**Kay** had a fantastic race finishing in sixth place and looked comfortable throughout. Honourable mention to her custom, long DR socks: one red and one blue, and also to Fred's homemade headband. **Katie Smith** was next in with another stonking run which is more fuel to my 'why I won't run with her on Wednesdays anymore' argument. She also was chief Precision Hydration chew monitor sorting out many of the team with 30 grams of pure carbs just before the race. **Rosie** was next in, running really strongly despite a frantic dash to be in time for the start. The top news however is **Ange** is sneaking back to her finest form post stress fracture. This occurred at the same race, albeit in Aldershot, last year, so to see her running so strongly and first W60 is worthy of a celebration of the highest order. As usual she totally hustled me, running with me for most of the first lap, doubting pace, talking a good game, and then gradually worked up the field leaving me for dust.

**Laura** survived, although notes that she has both feet on the ground in most of the race photos and looks like she might have been freshly dug up. **Harriet** had an excellent first two laps, but perhaps overcome by the mud fumes, was

found shortly after the start of lap three in the woods, dizzy, head down and parting ways with her lunch. She showed exceptional determination and resilience to get back out there with the help of **Katie Styles**, and finish. She then had to rally even further for a large, family Christmas party. Not only did **Katie Styles** keep Harriet company on the first part of lap three and run evenly throughout, she had (I'm unsure of the exact medical quantities) been drained of huge levels of blood on Wednesday and was running in depleted mode.



All in all it was enough for an excellent 3rd place for the Women's team and first W60 for Ange.

6 Kay Sheedy 51:51  
14 Katie Smith 55:03  
19 Rosie Murton 56:39  
28 Ange Norris 1:00:05  
32 Laura Vincent 1:01:23  
41 Harriet Roddy 1:03:55  
48 Katie Styles 1:05:28

## Hogarth Santa Run

17th December 2023

Every year tradition dictates that we do a Christmas run. For years the club did the Mince Pie 10 over the challenging South Downs and we had continued taking part in the race for some time since. However we decided we weren't fit enough for 10 miles of hills and muddy terrain so we were on the hunt for something more benign.

The Hogarth Santa Run fitted the bill nicely - a gentle 7.5km loop between Barnes Bridge and Hammersmith Bridge starting at the Hogarth Health Club and being held in aid of Shelter. What's more there was a full Santa suit included in the entry fee. We hadn't consulted the club fancy dress



running experts, Gower and Gregorz, prior to taking part in this race so there were one or two costume challenges to negotiate - trousers with a waist so big that it could fit in three people, belts with a buckle that weren't the best at holding the jacket together and an itchy beard that blew around in the slightest puff of wind.

Fully kitted out we gathered on the club tennis court for a pre-race warm up and a welcome speech from Shelter. Whilst I call it a race, it was more a leisurely run and we were asked to walk over Hammersmith Bridge as the footpath is narrow due to ongoing works. The local council didn't want pedestrians out for a leisurely Sunday stroll being swamped by running Santas! Barrie also wanted to take the run easy as he had unfortunately fainted when he got up in the early hours a week ago and banged his head. Worried about the cuts not

healing well, he'd gone to the Minor Injuries Unit only to be rushed to A & E for a delightful 8 hours of tests and a firm rollicking for not having called an ambulance on the night. The jury is still out as to what it was and more tests await.



The run is always attended by a secret celebrity and this year it was Harry Judd. Harry is an accomplished runner and 3.14 marathoner. Ever the competitive, he won Strictly Come Dancing some years ago and was miffed not to clinch top spot in the recent TV reality show 'Race Across the World'. Sporting the full Santa suit and beard we cynically joked it could have been anyone behind the costume but it was genuinely him as he welcomed everyone back across the finish line.

We were set off in waves as there were around 200 Santas in total, but it was still a sight to behold as we streamed down the streets of Chiswick towards the river. A local choir sang carols as we left and mince pies and mulled wine were on the menu for our return. Barrie and I jogged together so I could keep an eye on him and stop him running too hard. We ran for a while behind a lady with a portable beat box blasting out Christmas tunes which added to the festive fun.

At the end we were presented with a lovely Santa medal with a sparkly beard just to keep the Santa theme going. The local Porsche dealership were offering test drives around the neighbouring streets but many Santa nerves were jangling about driving such an expensive piece of engineering after mulled wine! After all it's a very different proposition to the more sedate reindeer-drawn sleigh. Never one to miss out, Barrie had a quick spin and one of the drivers took him on the motorway for a bit of a blast. A thoroughly enjoyable festive event and I am sure we will be back next year. Ho ho ho!

Lindsey Annable and Barrie John Nicholls

To see 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

176 Ran  
Pos Gen  
29 25 Tony Tuohy 21:42

## Bromley

578 Ran  
Pos Gen  
361 262 Peter Jackson 29:05  
483 313 Steve Wehrle 33:56

## Brockwell , Herne Hill

319 Ran  
Pos Gen  
1 1 Nick Impey 17:31  
2 2 Timothy Bowen 17:43  
42 30 Mark Foster 22:08  
54 37 Stephen Trowell 22:48  
78 10 Lucy Pickering 23:47  
100 69 Graham Laylee 24:24  
113 80 Hugh French 24:50  
163 40 Lucy Clapp 26:46  
166 42 Klara Saville 26:48  
165 41 Catherine Buglass 26:48  
168 44 Ros Tabor 26:49  
248 83 Sharon Erdman 29:52  
258 144 Andy Murray 30:16

## Beckenham Place

208 Ran  
Pos Gen  
180 68 Claire Barnard 35:07

## Crystal Palace

309 Ran  
Pos Gen  
20 19 Matthew Trueman 20:58  
54 2 Yvette Dore 23:47  
271 174 Bob Bell 36:23  
279 95 Chris Bell 37:20

## Riddlesdown

108 Ran

Pos Gen  
30 29 James Wicks 26:16

## Wycombe Rye

400 Ran  
Pos Gen  
19 16 John Kazantzis 20:45

## Dulwich

583 Ran  
Pos Gen  
49 45 Rob Fawn 18:07  
77 66 Stephen Davies 19:10  
82 70 Rupert Winlaw 19:21  
84 72 Alastair Low-Macrae 19:25  
110 91 Rob Mayes 19:58  
327 228 Michael Dodds 25:58  
453 136 Clare Wyngard 30:11  
561 306 Fazlur Rahman 38:26

## Tilgate

433 Ran  
Pos Gen  
130 107 Gary Budinger 26:39

## Burgess

492 Ran  
Pos Gen  
96 78 Hugh Balfour 21:34

## Southwark

371 Ran  
Pos Gen  
38 34 Lee Wild 20:31

## Osterley

283 Ran  
Pos Gen  
89 17 Lindsey Annable 26:17  
282 161 Barrie John Nicholls 01:35

## Peckham Rye

280 Ran

Pos Gen  
42 4 Michelle Lennon 21:50  
81 10 Katie Thompson 23:38  
110 84 Wander Rutgers 25:09  
182 54 Claire Steward 28:40

## Folkestone

257 Ran  
Pos Gen  
27 23 Miles Gawthorp 21:24

## Tooting Common

446 Ran  
Pos Gen  
36 3 Helen Shannon 21:26

## Brooklands

401 Ran  
Pos Gen  
112 88 Dave West 24:43

## Kiessee

46 Ran  
Pos Gen  
14 12 Ebe Prill 21:58

## Cyclopark

131 Ran  
Pos Gen  
30 27 Nicholas Brown 24:53

## Charlton

136 Ran  
Pos Gen  
39 34 Stephen Smythe 24:59

## Thames Path , Woolwich

140 Ran  
Pos Gen  
1 1 Andy Bond 17:12

# DULWICH RUNNERS KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Bufs-snoods £6 each



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



Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**Crop tops - £25**



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



**Socks only £5**



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

**! 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



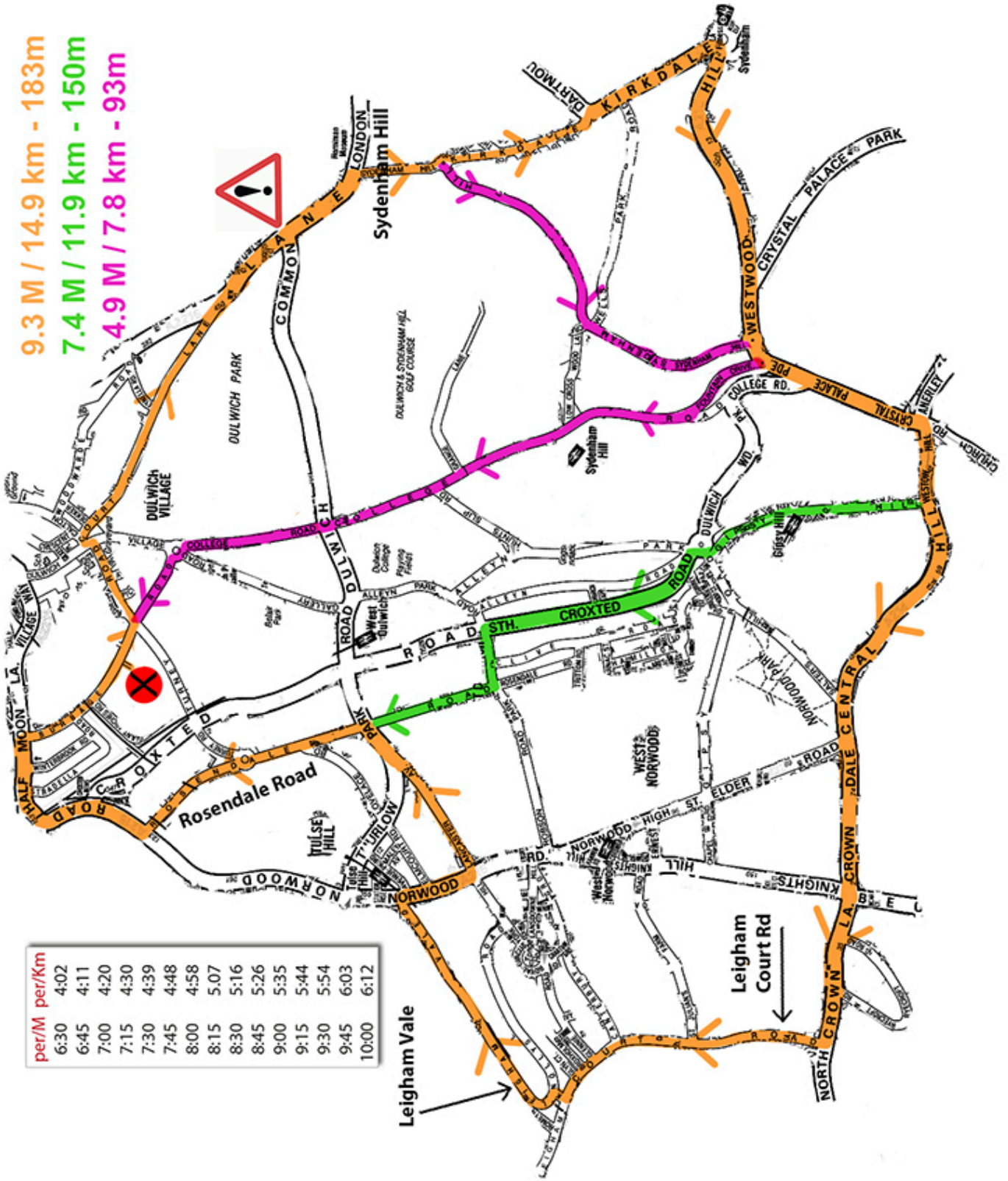
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 3

9.3 M / 14.9 km - 183m  
 7.4 M / 11.9 km - 150m  
 4.9 M / 7.8 km - 93m



# Dulwich Runners Winter 5km routes

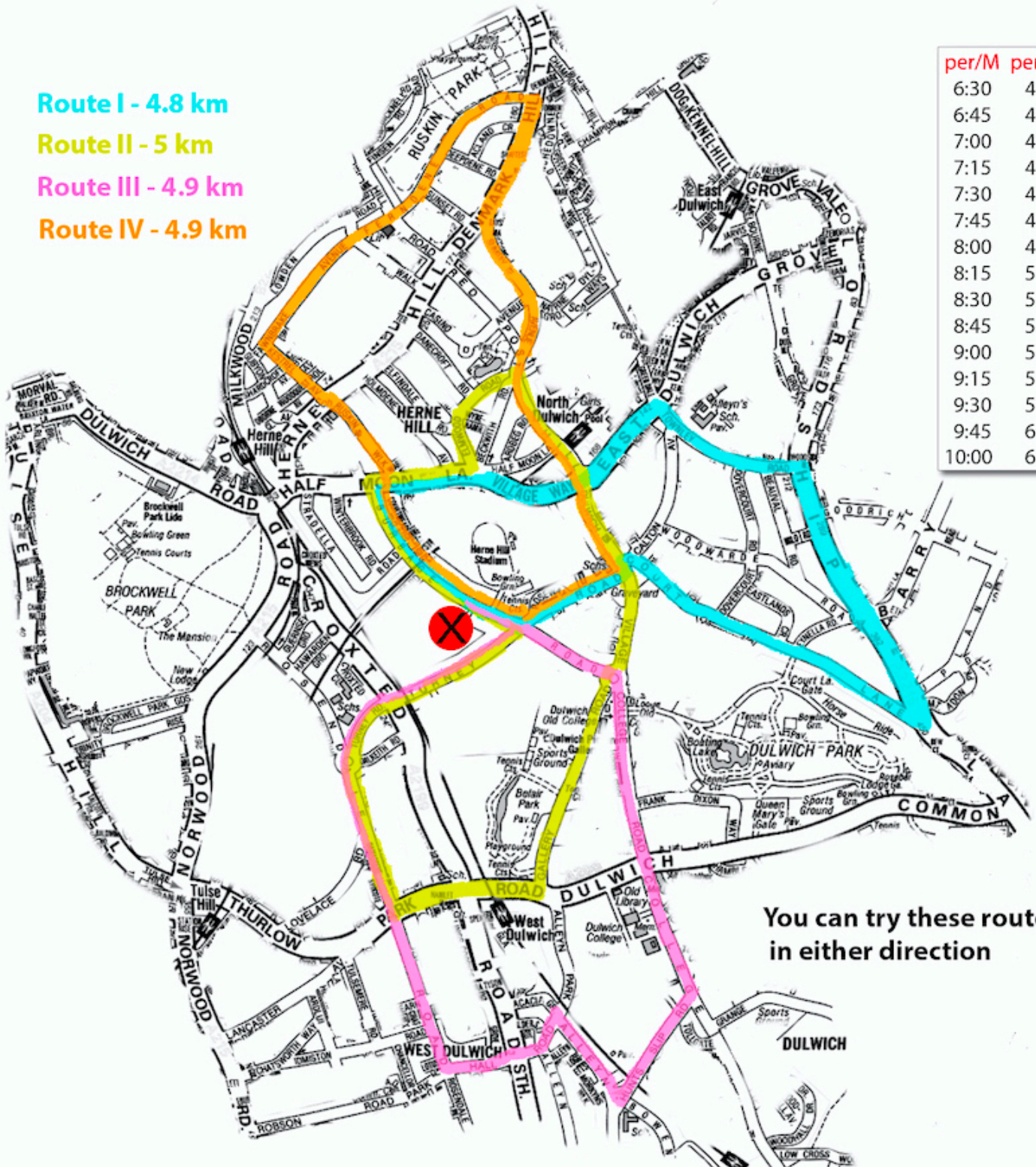
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction