



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
November 6th 2019  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 6	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 12	<b>Crystal Palace Track</b> - starts @ 7.10 with warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session with Steve Smythe @ 7.25 <b>see below for important details about the new payment system</b>

## In your SHORTS this week !

- 1 General information
- 5 Fixture list & race details
- 5 Upcoming races etc
- 6 Cross country information
- 7 Race reports, results - Club champs and tables
- 14 parkrun times
- 15 Club kit, Social events etc - Christmas Party info
- 18 Wednesday route map

**And much more !**

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Connect with us:



----- EVENT HORIZON -----

### A brief look ahead

Nov 9	Surrey League Xc - men & women
16	London Xc champs - Parliament Hill
23	South of Thames 5M Xc - Morden Park
30	Kent Masters Xc champs - Dartford

See full fixture list for more events and details

## TRACK SESSIONS

### Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.

£2.50 for members (non members the standard £4.45)

**No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:**

<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>



## LUCKY VEST

### Tonight

### in the clubhouse

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize!

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn. Last week thanks go to **Gower Tan and Dylan Wymer** . If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

<b>Charlie Iound</b>	<b>6/11</b>
Stephanie London	13/11
Mike Mann	20/11
Andy Murray	27/11

## Thursdays morning sessions

speed-hill work mostly on grass taken by Steve Smythe.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

[steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE**

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

**All maps also on Strava (you don't need an account)**

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

# Surrey League Ladies Cross Country - Event 2 Mitcham Common 9th November 2019

**Note - we run at 1 p.m.**

If you ran at the first race in Reigate Priory or have let us know you intend to run Surrey league, then you just need to turn up. (With your number if you took it home last time.) If anyone else fancies running then let us know so we can allocate you a number.

**Venue:** Mitcham Common, Millhouse Ecology Centre  
Windmill Road, Mitcham CR4 1HT

**DIRECTIONS:** The Eco Centre is located on Windmill Road, off the A236 (Croydon Road). There is a car park at the Eco Centre but THE NUMBER OF SPACES IS EXTREMELY LIMITED. Please do not use the Harvester Pub Car Park next to the Eco Centre. There is also no street parking near the start.

**Public Transport:** Rail/Tram nearest station is Mitcham Junction. Mitcham Eastfields is also a short walk away.

Trains leave Clapham Junction every half an hour for both Mitcham Junction and Mitcham Eastfields. Nearest tram stop is Beddington Lane. If walking from Mitcham Junction there is a footpath inside the common running parallel to Croydon Road. Once you arrive at the junction of Carshalton Rd and Croydon Rd, the footpath to Windmill Road is clearly signposted. Also be aware the walk from Beddington Lane Tram Stop is on a very narrow path next to a busy road. By Bus 264 (Croydon to Tooting), 118 (Brixton to Morden), 127 (Purley to Tooting), and the S1 (Banstead to Mitcham) all stop within walking distance to the Common.

**Course:** Mitcham Common is a variety of undulating and underfoot conditions. There may be some deep mud. Spikes is advised but please be aware that there are 2 sections of stony paths where you cross a disused road. Courses will be fully marshalled on the day. Please see attached course map.

**Facilities:** Race HQ is at the Millhouse Ecology Centre Windmill Road. Limited toilets at the Eco Centre but no changing facilities so come ready to race.

**First Aid:** Qualified first aiders will be in attendance and nearest A&E is St George's Hospital Tooting.

Hope to see lots of you there.  
Ange and Ola





# Surrey League Mens Cross Country - Event 2 Wimbledon Common 9th November 2019

**Note - we run at 3 p.m.**

The race HQ and start are just north of the Wimbledon Windmill. Course is 2 laps, around 8.5km. First 2km of each lap is fast and flat past Kingsmere Pond before turning right and parallel to the A219 then looping back towards the

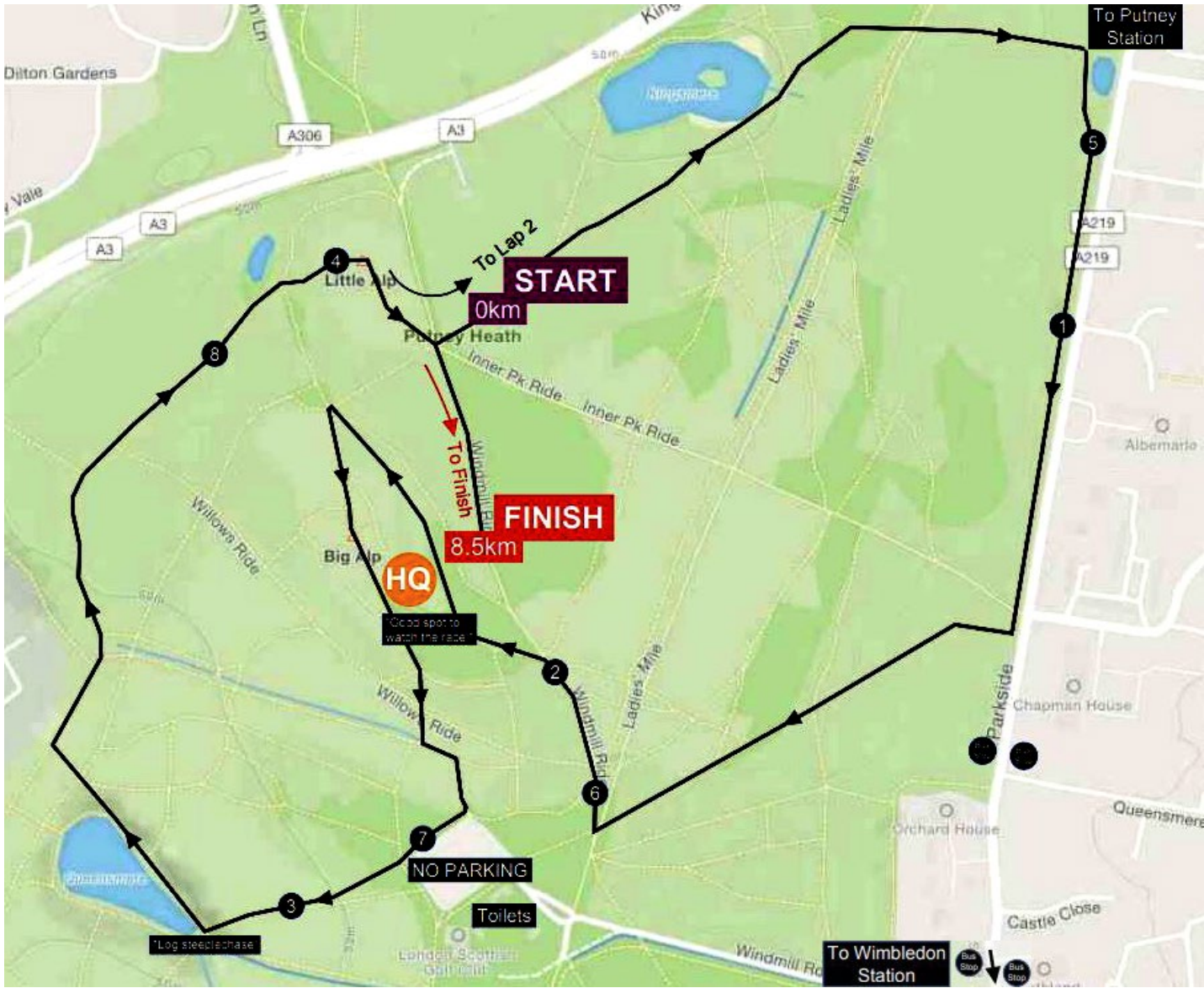
start. Second half of the lap is more challenging with several climbs and descents. Muddy in places so spikes or fell shoes are recommended.

Please arrive by foot, bike or public transport if possible. Car park close to the Windmill is likely to be quite full, parking on the streets and around the the common is difficult. Numbers can be collected from Ebe Prill prior to the start. Runners who have competed for the club and those who have made their intentions known will be registered with numbers allocated. Any new members wishing to run should contact Ebe or myself beforehand.

[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

[ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

Mike Mann





***DULWICH RUNNERS  
IS 40 NEXT YEAR!  
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running  
And are looking for someone who could produce a design suitable for printing  
on a t-shirt, (front, back or both)*

*Use your imagination to create something fantastic!  
If you want more details speak to anyone on the committee.*

# DULWICH RUNNERS 2019-20 FIXTURES

Further information 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.*

Road & other   **Cross country**   Club Champs   **Assembly League**

2019	Race	Venue
Nov	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	Mitcham Common
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	7 SEAA Masters XC Champs	Horspath, Oxford
	21 South of Thames 7.5 miles 2pm	Lloyd Park
2020		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	Wimbledon Common
	25 South of England cross country champs	Parliament Hill
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
 Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Ken Crooke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## London Champs - 16 Nov.

We already have a lot of you signed up for these champs at Parliament Hill. For any of you who haven't yet and are interested, now is your last chance.  
 Post race drinks at the Pineapple pub nearby.

## Kent Masters Cross Country Champs - 30 Nov.

Taking place at the usual venue at Dartford on 30 November.  
**To enter, contact your captains by 13 November.**  
 Eligibility by birth or residence; captains will be able to advise.

## Cross Country In December

The cross country season is pretty busy throughout, but there are a few gaps in the fixture list during December, when there are some races which you may want to enter yourselves.

For those not competing in the Kent Masters champs the day before, there is the Pirie 10 on 1 December, organised by South London Harriers, and on 29 December there is an open race in Joyden's Wood Bexley, hosted by Cambridge Harriers. Details can be found on their respective websites.

## Hogs Back Road Race

Sunday, 8 December 2019

An 11.4 km Guildford & Godalming Athletics Club road run around the Loseley Estate. The event has been held for 59 years. Race goes out of the estate along quiet roads, up The Mount (and along a short section of gravel track) for you to enjoy the views, then back into the Loseley estate. Take a look at your run trace and you'll have run the shape of a Hog.  
<https://register.primoevents.com/ps/event/HogsBackRoadRace>

## Masters Events

To aid your race planning please visit the masters page on the club website at: <https://www.dulwichrunners.org.uk-masters> to find details of events and dates up to summer 2020

## Men's Surrey League Cross Country - 9 November

**Wimbledon Common start 3pm**

Race HQ and start are just north of the Wimbledon Windmill. Course is 2 laps, first half of each lap fast and flat, second half has several climbs and descents.

Fell shoes, trail or spikes are advised as will be muddy in places. Full details <https://surreyleague.org/slm/match/112/>

All those who ran last time plus all regular cross country competitors will be registered with numbers allocated, available for collection from Ebe Prill on the day, but any members newly joined intending to run should check with Ebe or myself. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## South of Thames 5 miles 23 November

Entries now closed for the London champs on 16 November, where it looks like we will have the highest entry for many years. The next event, also one of our club champs races, comes a week later, 23 November with the South of Thames 5m at Morden Park (start time 2pm).

To take part **contact your captains by 14 November**

## SEAA Masters XC, 7 December

These champs take place at Horspath near Oxford on 7 December. There are 2 races: a 6km race for W40, 50 and 60 and a 10km race for the men. There are 3 to score in each of the 10 year age categories. We could do well both individually and as teams in some of the age categories but in the last few years not many have taken part.

To enter **contact your captains by 20 November**, and if you can contact others in your own age categories so that we have teams, even better.

## Big Half Sun 1st March 2020

The community places for our club are filled. Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry->  
 Possible more regular entries as last year, but no guarantee.





### Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org>  
Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

### Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

### Scoring

Surrey League, first 5 women for the club and the 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 not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

### Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which

case you must bring 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

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

### Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays.

Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

### Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater

for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

**For further information please contact your captains at:**

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

or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# Race Reports & Results

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

## Dulwich Runners 10k Club Championships 2019

Tom South writes...

*44 Dulwich Runners took part in the final club championship event for 2019, at the Mornington Chasers Winter 10km at Regents Park. This was last used as part of the club championships 3 years ago, but over a slightly different course, due to some work going on in the park.*

It was a perfect morning for running, especially considering how awful the weather had been on the Saturday. No wind and no rain but with a slight chill in the air, people were looking forward to the challenge of a reasonably flat course, with some very tight bends to negotiate.

First in and in first place was Andy Bond, who set a new club M40 record in the process. Andy led from the gun and ran a well controlled run, picking up the pace on the final lap to ease away from Jack. He also reset his own V45 club record by a second. **33.:17**

Second in and second overall was Jack Ramm, who was racing the 10km for the first time, so sets a PB. Like Andy he ran a controlled race and sat on Andy's shoulder, but couldn't quite hang on when Andy put a burst with 2km to go. **33.:38**

Third in and third place was Tom South, who showed how not run a 10km. I went into the race with a target pace and decided to throw that out of the window and paid the price, but still came out with a two second pb. **34:31**

Fourth in for the club and 10<sup>th</sup> overall, and making his club championship debut was Martin Belzunce. He has been training well with the club, and all I can say what a stunning run, taking 4 minutes off his previous best for a 10km finishing in **36:34**. Fifth in and 13<sup>th</sup> overall was Joe Twomey. He ran a controlled race, running even splits for each of the three laps, though not quite up with his pb set earlier this year. **37:12** Not far behind, and 14<sup>th</sup> overall was Tom Shahkli, who has been training for a recent half marathon, and making his debut over 10km. He ran controlled laps and managed to put in a strong final lap to finish in **37:20**. Seventh runner in and 20<sup>th</sup> overall was Grant Kennedy. Suffering a bit from celebrating South Africa's rugby world cup he had no excuse for a poor run, wearing a brand new pair of 'magic shoes' he set a 25 second pb to finish in **37:53**.

Eighth man in and 23 overall was James Burrows. James is currently building up his fitness in preparation for next year's London Marathon, he came home in **38:24**.

Ninth in and twenty fifth overall was Eugene Cross, who has maintained his form well since breaking the 3 hour barrier in the marathon recently at Budapest. He set a new pb for the 10km distance by over a minute to finish in **38:31**.

Tenth in was one of Dulwich Runners North London contingent, Des Crinion. Des has been concentrating on triathlons over the summer, so his running form not quite up to his early year form, but it is coming back nicely. **39:38**.

Not far behind Des was club stalwart and cross-country regular Matt Cooke who has run most of the club champs this year. Not far off his PB in this run, he ran a fine **39:47**.

Following in Matt, was another triathlete, Justin Siderfin. This was a strong run by Justin, coming off some good track training on a Tuesday night, to be 3 seconds off his pb. **40:08**

Next man in was Joe Farrington Douglas.

Though not quite up to his form from earlier this year, he ran a fine **40:10**.

Chasing Joe down the closing straight was Gower Tan. Gower was using this run as a sharpener before heading off to Cuba this week for the Havana marathon. Also, this is a default pb, as according to the power of 10, this was his first 10km. **40:13**

Kim Hainsworth lead the Dulwich Runners women in this race to finish 5<sup>th</sup> woman overall. This was another strong run from Kim who has competed in most of the club championships this year. This was on a par with her recent parkrun performances. **41:33**

Second Dulwich lady in and with probably her best racing performance this year was Katie Styles. She has combined her cycle and running cycling to good effect to smash her 10km by 90 seconds. **41:49**.

Not far behind Katie was Mark Foster, who is another cross country and club championship regular, Mark ran his fastest 10km of the year to finish in **41:52**

Following in Marks footsteps, was Cameron Lund, who had issues with his chip. This was Camerons debut in the club champs and he ran a respectable time over the 10km distance. **42:17**

Third lady in was Yvette Dore, who has been in stunning form all year. Not far off her 10km pb, which is most impressive as its only three weeks since Yvette ran the Amsterdam marathon. **42:24**

Not far behind Yvette, and fourth Dulwich lady, was Marta Miaskiewicz. Marta is lightly trained at the moment, so not quite at her best today, but still posted a respectable **42:31**

Sixth lady was Sara Roloff. This was her second club championship event since joining the club and only a couple of weeks since she ran a pb at the Frankfurt Marathon. Sara, when she has not a marathon in her legs will post a faster 10km. **43:11**

Not far behind Sara, was the men's road captain Ebe Prill, who ran a 20 mile trail race in Slovakia last weekend. Ebe ran a steady run here to complete the club championships this year. **43:17**.

Not far behind Ebe, was another Dulwich lady who has been in fine form this year, Michelle Lennon. She ran a controlled run here in **43:23**.

Next Dulwich lady in was Belinda Cottrill, who is not often seen running without her dog, Milo. She has done more training lately but not far off her pb today. **43:35**.

Next man in, was endurance runner Miles Gawthorp. This was his debut road 10km, the only other time he has raced this distance is cross country, so set a default pb. **45:23**

Next lady in was Laura Vincent, though not fully fit after her 20 mile trail run in Slovakia last weekend, where she had a fall. She ran an even paced run, with a faster last lap to finish in a fine **45:51**

A second down on Laura was men's cross-country captain Mike Mann. As with Laura, ran a very even paced run, to break the clubs M70 club record for 10km. **45:52**.

Next in was long time club member Cameron Timmis, who like the previous three Dulwich Runners in this race. **46:37**

Next in, is a recent new member Kay Sheedy. She has put in a lot of training with the club since joining, regularly doing track on a Tuesday and the Wednesday night club runs, and has steadily improved. **46:4** Following Kay in, was a regular club championship and cross-country participant Lucy Clapp. She performed

well here in **47:01**.

Not far behind, was another club stalwart Gideon Franklin. This was another strong run by Gideon, and was one of the few runners who got faster on each lap of this 10km race. **47:22**

Next in was Alex Haylett, who is very lightly raced this year, but hopefully will be making some more appearances for the club. He ran very consistently for this three lap course. **49:21**

Not far behind, was regular club championship participant Joe Brady. Obviously Joe was showing no ill effects from his recent half marathon in Lausanne, with a storming last lap to finish in **49:23**. Not far behind, was another long term club member Bob Bell. He had a strong run to finish in **49:40**

Making her club championship debut and next in was Emma Kelly. Emma joined the club at the tail end of the summer, and has thrown herself into track and hill training, as well as Wednesday night club runs. She was rewarded with a new 10km, shaving off two minutes from her previous best. **49:47** Not far behind was Barrie John Nicholls. He ran his best 10km this year to finish in **50:17**. Following him in was Claire Barnard. Claire ran consistently for the first two laps and really stormed the last lap to come in in a new pb by over two minutes. **50:59**

Not far behind, and competing in her first 10km was Midge Cameron. She has consistently improved since she joined the club at the tail end of last year. **51:38**

Next in was the inspirational Claire Steward, who like Joe, was showing no ill effects from her recent half marathon, to post her fastest 10km this year. **52:32**

In close order was Sonja Jutte, who has thrown herself into club events since joining the club running cross country, road relays club champs. She was rewarded with a 30 second pb here to finish in 52.33.

Next in was the unstoppable Ros Tabor, who also broke the clubs F70 club record for 10km. **52:34**.

Following in, and making a welcome return to racing after her injury layoff was club stalwart Lindsey Annable. A steady run here, and she will come back stronger as well. 54:12

Not far behind was Sharon Erdman who ran a steady run here, racing over the 10km distance for the first time in three years. **54:45**

Following was Paul Hodge, who has raced this distance several times previously **55:30** Next in was Jenny Bomers, who joined the club towards the end of August, and competing in her first club champs event. Jenny is another new member who has thrown herself into training since joining and it benefitted her here, achieving a massive PB of 7 minutes. **56:29**

After Paul was another long-term club member Clare Osborne who returned to compete in the club champs this year. According to the power of 10 this was her first time in racing the 10km in 8 years. She ran very even splits to finish 61:03.

Final person in, was another long-term club manager Paul Keating. He has been injured of late, but got round in a respectable **62:37**.

A big thank you to Becca, who came along to support us and take photos, despite giving up her place due to a recent knee injury, as well as Andy, who had to drop out of the race due to injury.

# Dulwich Runners - Mornington Chasers Regents Park 10k

3 November 2019

	Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Andy Bond	33.17		50							873	Overall age graded
Jack Ramm	33.38	50								795	1st man
Thomas South	34.31		49							829	2nd man
Martin Belzunce	36.34	49								740	3rd man
Joe Twomey	37.12	48								721	
Tom Shakhli	37.20	47								729	
Grant Kennedy	37.53	46								718	
James Burrows	38.24	45								717	
Eugene Cross	38.31	44								710	
Des Crinion	39.38	43								680	
Matthew Cooke	39.47	42								687	
Justin Siderfin	40.08		48							730	1st m40
Joe Farrington-Douglas	40.10	41								690	
Gower Tan	40.13		47							741	man age graded
Kim Hainsworth	41.33					50				744	1st woman
Katie Styles	41.49					49				739	2nd woman
Mark Foster	41.52			50						736	1st m50
Cameron Lund	42.17	40								623	
Yvette Dore	42.24						50			781	3rd woman
Marta Miaskiewicz	42.31					48				719	
Sara Roloff	43.11					47				712	
Eberhard Prill	43.17			49						738	
Michelle Lennon	43.23							50		809	1st w40
Belinda Cottrill	43.35					46				703	
Miles Gawthorp	45.23		46							640	
Laura Vincent	45.51					45				671	
Michael Mann	45.52				50					797	1st m60
Cameron Timmis	46.37		45							639	
Kay Sheedy	46.44					44				651	
Lucy Clapp	47.01							49		775	1st w50
Gideon Franklin	47.22			48						674	
Alex Haylett	49.21	39								562	
Joseph Brady	49.23			47						624	
Bob Bell	49.40				49					699	
Emma Kelly	49.47					43				612	
Barrie John Nicholls	50.17				48					684	
Claire Barnard	50.59					42				596	
Midge Cameron	51.38							48		706	
Claire Steward	52.32								50	817	1st w60
Sonja Jutte	52.33					41				594	
Ros Tabor	52.34								49	855	woman age graded
Lindsey Annable	54.12							47		640	
Sharon Erdman	54.45						49			612	
Paul Hodge	55.30			39						545	no vest
Jenny Bomers	56.29					39				545	no vest
Clare Osborne	61.03						48			548	
Paul Keating	62.37			46						488	
	47	12	6	6	3	11	3	4	2		



## Reigate Relays

This is a low key but competitive event that is supported well by many local clubs. We had one ladies' team of 3 – Ola, Jane and Ange. It was only 2 weeks since our previous race at Reigate Priory but we were all looking forward to running there again. The weather was in our favour – being an afternoon race most of the rain had passed over and the wind had died down. There were only some light showers while we were there and the park was beautiful with the autumnal colours.

The conditions under foot were far swampier with more widespread and deeper mud than 2 weeks ago – just the way we like it! It was therefore necessary to try and pick your racing line more carefully.

First up was me, Ange. As men and women run together, the

start was fast and furious and after 200m I didn't dare look round fearing there might be nobody behind me. Luckily, as others slowed after the initial charge, I began to overtake. Unfortunately, later on I took a tumble on the downhill and lost a few places, one of them being to a woman.

I handed over to Jane who gave chase to the lady who had overtaken me when I was on the ground. She had a strong run, seeming to make light work of the mud, then handed over to Ola. By then the field was stretched out so Ola was far more on her own making it much harder for her to judge her pace. However, she ran well to bring the team home in 12th place out of 39 teams.

31	Ange Norris	19.41
37	Jane Bradshaw	20.03
53	Ola Balme	21.00

## Congratulations to Clare Elms

who won three titles at the British Masters Awards She won Britain's best middle distance award, Britain's best long distance award and the overall top women's award.

She will receive her trophy at the British Masters Indoor Championships in a few months.

That award was decided by the British Masters Athletics Federation but she has also been nominated for Athletics Weekly readers awards where there the vote is open to everyone.

There are a number of categories - international male and female, British male and female, junior male and female and Master male and female

the main link is <https://www.athleticsweekly.com/athletics-news/aw-aoty-2019-1039926252/>

You need to scroll down to the bottom after reading the details and then click on click here to cast your votes which

should take you to.

<https://www.athleticsweekly.com/uncategorized/aw-aoty-2019-vote-1039926297/>

if it says form closed and you definitely haven't voted, then there is a problem, let [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) know.

### Clare's info is

Clare Elms: Set W55 world indoor marks at 800m, 1500m, mile and 3000m, world outdoor marks at 1500m (4:46.64) and mile (5:10.35) and world bests on the road at mile (5:09), 5km (17:39) and five-mile (29:05). Also set UK outdoor records at 800m (2:22.38), 3000m (10:11.24) and 5000m (17:42.99). Won four golds (1500m, 3000m, cross-country and XC team) in the world indoors in Poland and six golds (1500m, 5000m, 10,000m, cross-country, 10km and XC team) at the European Masters in Italy.

**Steve Smythe**



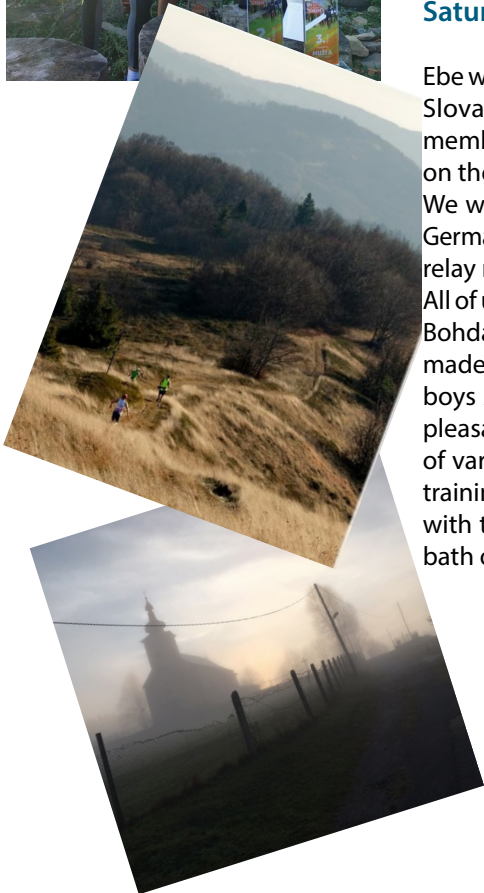
## Čergov range 31k trail race (Beh hrebenom Čergova)

Saturday 26. October

Ebe writes: Five of us Dulwich runners went over to Eastern Slovakia for this mountain run, invited by former club member Jozef Danko who also celebrated his 40. Birthday on the day of the race.

We were joined by two runners from my home town in Germany, Volker and Jasper, who knew Jozef from a previous relay race.

All of us stayed at Jozef's new house in his village of Šarišské Bohdanovce (close to the regional capital Kosice) and were made very welcome by him, his wife Zuzana and their two boys Adam and Alex. A truly great experience and very pleasant time, involving lovely food and company, drinks of various spirit content, loads of running around (partly training but mostly involving playing Dinosaurs or football with the boys), and the bucket of terror (a post run cold bath on the terrace).



# 2019 Club Championships

Within age groups after 4 events [Marathon scoring open until 24 nov]

	Short					Long					Bonus for no. of events	TOTAL 5 events max inc. 1.S,L	5+ events compl.
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Jun	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 14 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul				
<b>WOMEN SENIOR</b>													
Marta Miaskiewicz	50	[48]	50	[50]	[48]	[48]	50	50	50	9	259	C	
Kim Hainsworth	49	[46]	49		50	[45]	48		48	7	251	C	
Belinda Cottrill	[37]	45		47	46		49		49	6	242	C	
Laura Vincent	46	[43]		49	45	[40]	46		45	7	238	C	
Tess Bright				48			44	44	47	5	235	C	
Claire Barnard				45	42	36	45		43	5	216	C	
Sonja Jutte	41	39			41				44	4	169		
Hannah Harvest	39	41		46		38				4	168		
Ali Campbell		49				50		49		3	151		
Elkie Mace		50				49		47		3	149		
Rebecca Schulleri	48	47				42				3	140		
Sara Roloff		44			47			46		3	140		
Anna Thomas	47					43			46	3	139		
Katie Styles		42			49	41				3	135		
Karina Burrowes	40	40				37				3	120		
Hayley Seddon						47		48		2	97		
Alice Williams						46		45		2	93		
Jenny Shutt							44	42		2	88		
Jenny Ross	43					39				2	84		
Chloe Green						30		32		2	64		
Cherry Newsam	45									1	46		
Kay Sheedy					44					1	45		
Charlotte Sanderson	44									1	45		
Emma Kelly					43					1	44		
Roz Johnson								43		1	44		
Helen Lister	42									1	43		
Michelle Key								41		1	42		
Jenny Bomers					39					1	40		
Natalie Davys	38									1	39		
<b>WOMEN V40</b>													
Yvette Dore	50	50	[50]	[50]	[50]	50	50	50	[50]	9	259	C	
Joanne Shelton Pereda	48		[47]	48		46	48	[47]	48	7	245	C	
Teresa Northey	49		48			47	47	48		5	244	C	
Sharon Erdman	47	49			49	44			47	5	241	C	
Emma Ibell			49				49		49	3	150		
Clare Osborne	45				48		46		46	4	189		
Eleanor Simmons						49		49		2	100		
Colleen Williams	46					45				2	93		
Clare Norris				49						1	50		
Stephanie Lundon						48				1	49		
Vicky Gashe								46		1	47		
<b>WOMEN V50</b>													
Michelle Lennon	50	[49]	50	[49]	[50]	50	50	[49]	50	9	259	C	
Lucy Clapp	48			[48]	49	48	48		49	6	248	C	
Lucy Pickering	49	50				49		48		4	200		
Midge Cameron	47		49		48	47				4	195		
Lindsey Annable	46				47					2	95		
Ange Norris								50		1	51		
Clare Elms				50						1	51		
Ola Balme							49			1	50		
Clare Wyngard	45									1	46		
<b>WOMEN V60</b>													
Ros Tabor	50	50	50	50	[49]		50			6	256	C	
Claire Steward		49	49		50	50	49			5	252	C	
Susan Vernon	49									1	50		
Elizabeth Begley						49				1	50		
<b>MEN SENIOR</b>													
Edward Chuck	50	50		50		50		[48]	50	6	256	C	
Jack Ramm	47	47			50		50	[43]	49	6	249	C	
Alastair Locke	49		49			48		46	48	5	245	C	
James Burrows	46			[44]	[45]	46	49	45	46	7	239	C	
Joe Twomey	44	45	48		48	[43]	48			6	239	C	
Des Crinion	45	44			43	44	46			5	227	C	
Eugene Cross	40	42	46		44	[40]	45	[40]		7	224	C	
Joe Farrington-Douglas	42	43	47		41	[38]	44			6	223	C	
Grant Kennedy	43				46	42		35	45	5	216	C	
Tom Shakhli	34			47	47	41		37		5	211	C	

Matt Ladds	39					33	43	33	41	5	194	C
Alex Haylett	36		44		39	31	38			5	193	C
Timothy Bowen	41	49		49				50		4	193	
Matt Cooke		39		45	42				43	4	173	
Ross Rook		40		43		34	42			4	163	
Wayne Lashley	48			48					47	3	146	
Edward Harper		46				47		42		3	138	
Jonathan Whittaker	35	41							44	3	123	
Alex Bazin			45			32	40			3	120	
Greg Falconer	37					35	41			3	116	
Shane O'Neill		48	50							2	100	
Lee Fedden						49		49		2	100	
Rob Hollands						45		44		2	91	
Steve Rolfe							47	41		2	90	
Jamie Nicol	38						39			2	79	
Martin Belzunce					49					1	50	
Finn Nugent								47		1	48	
Kevin Chadwick			46							1	47	
Cameron Lund									42	1	43	
Cameron Lund					40					1	41	
Ben Smith								39		1	40	
Ed Simmons						39				1	40	
Oliver Cooper								38		1	39	
Robert Yates						37				1	38	
William Bancroft								36		1	37	
Stephen Pinkster						36				1	37	
Richard Barclay								34		1	35	
<b>MEN V40</b>												
Andy Bond	50	50			[50]	50	50		50	6	256	C
Daniel Mann	49	49	50	50		49	49	[47]		6	253	C
Tom South	[47]	[48]	49			49	48	49	[48]	8	252	C
Justin Siderfin	46			48		48	42			5	237	C
Cameron Timmis	39	42				45		46		5	223	C
Hugh French	37	41				37	45			5	210	C
Grzegorz Galezia		44				45		46	47	4	186	
Gower Tan	44				47		48	43		4	186	
Paul Devine				49		47		44		3	143	
Stephen Davies	48			42				49		3	142	
Miles Gawthorp	41					46		42		3	132	
Martin Double		43					38	47		3	131	
Ian Lilley		47		47						2	96	
Tom Wilson		46						45		2	93	
Paul Collyer		45				46				2	93	
Rob Cope	45					44				2	91	
Olivier Montfort	43					43				2	88	
Jonny Hough	42					41				2	85	
Christopher Cooper	40					39				2	81	
Buzz Shephard								50		1	51	
Gary Clarke						40				1	41	
Peter Jenkins		38								1	39	
Ajay Khandelwal	38									1	39	
Spencer Sutcliff							37			1	38	
Alex Loftus								32		1	33	
<b>MEN V50</b>												
Tony Tuohy	50	50	50	50					50	5	255	C
Ebe Prill	49		[47]	[48]	[49]	49	49	49	49	8	253	C
Gideon Franklin	[45]	48	46		48	47		47		6	242	C
Paul Keating	44		43		46	46	48			5	232	C
Charles Lound		49				50	50	50		4	203	
Michael Fullilove	48		49	49				48		4	198	
Mark Foster	47		48		50	48				4	197	
Ameet Patel	43		44	47					48	4	186	
Joseph Brady			45		47					2	94	
Paul Hodge					39		37			2	78	
John English	46									1	47	
Mike Crilly							37			1	38	
<b>MEN V60</b>												
Stephen Smythe	50	50		[47]		50		50	50	6	256	C
Graham Laylee	48	[48]	50			49	50		49	6	252	C
Bob Bell	[47]	49		50	49	48	[47]		48	7	251	C
Barrie John Nicholls	[46]	[47]	49	48	48	[46]	48	49	[47]	9	251	C
Andy Murray	44	46	48			47	49			5	239	C
Mike Mann					50					4	54	
Hugh Balfour	49									1	50	
Colin Frith				49						1	50	
Michael Dodds	45									1	46	
Chris Vernon	43									1	44	
137	75	49	30	34	47	73	46	53	38	448		41

Best 5 count for year inc. 1 each short, long. 5 inc. one short and long needed for completion medal.  
Marathon points are temporary - Bracketed points [ ] are discards, outside top 5 scores.



2019 Club champs. Overall championship After 9 events inc. marathons	Short					Long					Events count	TOTAL 5 events max inc 1.5L	Avg.	Avg. of all races
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 14 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul					
Ros Tabor	891	899	913	992	[855]		895			5	4,590	918	C	918
Tony Tuohy	895	911	887	902					857	5	4,452	890	C	890
Andy Bond	870	890			873	[848]	852		865	5	4,350	870	C	870
Edward Chuck	835	827		838		827		[769]	832	5	4,158	832	C	832
Michelle Lennon	[816]	831	844	826	[809]	[812]	823	[785]	823	5	4,146	829	C	829
Tom South	805	836	813		829	[787]	[785]	[769]	796	5	4,078	816	C	816
Daniel Mann	810	828	812	832		778		[705]		5	4,060	812	C	812
Stephen Smythe	821	804		[609]		829		801	796	5	4,052	810	C	810
Yvette Dore	[759]	789	815	812	[781]	[766]	787	[753]	786	5	3,989	798	C	798
Claire Steward		808	797		817	773	785			5	3,980	796	C	796
Marta Miaskiewicz	[769]	792	811	[752]	[719]	785	793	784	[771]	5	3,966	793	C	793
Lucy Clapp	779			823	775	772	789		[766]	5	3,938	788	C	788
Jack Ramm	734	803			795		775	[707]	810	5	3,916	783	C	783
Ebe Prill	804		[727]	[711]	738	759	776	766	[726]	5	3,842	768	C	768
Alastair Locke	778		745			779		755	763	5	3,819	764	C	764
Kim Hainsworth	749	740	754		744	[709]	[715]		723	5	3,710	742	C	742
Justin Siderfin	748			781	730	712			727	5	3,698	740	C	740
James Burrows	754			724	[717]	747	740	730	[712]	5	3,696	739	C	739
Joe Twomey	727	755	729		721	[707]	710			5	3,640	728	C	728
Bob Bell	741	732		733	699	[679]	[634]		717	5	3,623	725	C	725
Joe Farrington-Douglas	729	742	733		690	[685]	711			5	3,605	721	C	721
Des Crinion	735	749			680	712	707			5	3,582	716	C	716
Graham Laylee	720	705	722			[690]	712		712	5	3,571	714	C	714
Eugene Cross	716	723	717		710	[693]	705	[696]		5	3,571	714	C	714
Belinda Cottrill	[365]	724		679	703		722		715	5	3,544	709	C	709
Grant Kennedy	720				718	708		631	687	5	3,463	693	C	693
Laura Vincent	700	704		718	671	[649]	[634]		668	5	3,461	692	C	692
Tess Bright				682		698	683	686	709	5	3,457	691	C	691
Barrie John Nicholls	697	683	707	[669]	684	[628]	675	[533]	[667]	5	3,445	689	C	689
Gideon Franklin	708	703	681		674	667		[639]		5	3,432	686	C	686
Andy Murray	687	681	682			674	686			5	3,410	682	C	682
Charles Lound		814				816	855	850		4	3,335	834		834
Tom Shakhli	483			767	729	695		654		5	3,328	666	C	666
Cameron Timmis	673	674			639		666		664	5	3,317	663	C	663
Teresa Northey	664		679			624	639	629		5	3,234	647	C	647
Lucy Pickering	829	849				790		762		4	3,230	808		808
Joanne Shelton Pereda	647		652	665		[618]	643	[573]	619	5	3,224	645	C	645
Timothy Bowen	705	836		808				830		4	3,179	795		795
Matt Ladds	674					610	649	540	624	5	3,097	619	C	619
Michael Fullilove	798		790	760				745		4	3,092	773		773
Sharon Erdman	627	639			612	567			617	5	3,061	612	C	612
Grzegorz Galezia		787				770		754	736	4	3,047	762		762
Alex Haylett	619		619		562	584	591			5	2,974	595	C	595
Mark Foster	753		746		736	692				4	2,927	732		732
Gower Tan	753				741		715	698		4	2,908	727		727
Claire Barnard				571	596	546	584		560	5	2,857	571	C	571
Hugh French	574	608				539	564		565	5	2,849	570	C	570
Paul Keating	611		564		488	550	594			5	2,807	561	C	561
Matt Cooke		696		728	687				679	4	2,790	698		698
Midge Cameron	698		714		706	652				4	2,769	692		692
Ross Rook		708		708		634	657			4	2,708	677		677
Ameet Patel	595		611	635					608	4	2,449	612		612
Sonja Jutte	595	605			594				592	4	2,387	597		597
Hannah Harvest	550	655		588		593				4	2,386	597		597
Ali Campbell		814				800		772		3	2,386	795		795
Elkie Mace		825				793		764		3	2,382	794		794
Wayne Lashley	777			800					750	3	2,327	776		776
Emma Ibell			797				744		769	3	2,310	770		770
Clare Osborne	596				548		573		569	4	2,286	571		571
Paul Devine				814		765		690		3	2,270	757		757
Stephen Davies	864			571				811		3	2,246	749		749
Edward Harper		792				751		697		3	2,239	746		746
Sara Roloff		720			712			717		3	2,150	717		717
Rebecca Schulleri	719	737				680				3	2,135	712		712
Katie Styles		700			739	692				3	2,130	710		710
Anna Thomas	713					692			695	3	2,100	700		700
Jonathan Whittaker	597	723							694	3	2,014	671		671
Greg Falconer	719					641	643			3	2,003	668		668
Martin Double		688				614	655			3	1,958	653		653
Alex Bazin			672			616	642			3	1,929	643		643
Miles Gawthorp	679				640			557		3	1,877	626		626
Karina Burrowes	582	597				578				3	1,758	586		586
Lee Fedden						809		801		2	1,610	805		805

Shane O'Neill		804	789							2	1,593	797	797
Paul Collyer		810				778				2	1,588	794	794
Ian Lilley		802		782						2	1,584	792	792
Hayley Seddon						775		756		2	1,531	765	765
Tom Wilson		779						722		2	1,501	750	750
Rob Hollands						730		719		2	1,450	725	725
Rob Cope	735					712				2	1,447	724	724
Olivier Montfort	723					710				2	1,433	717	717
Alice Williams						708		691		2	1,400	700	700
Steve Rolfe							707	691		2	1,398	699	699
Jonny Hough	689					671				2	1,360	680	680
Eleanor Simmons						682		648		2	1,330	665	665
Jamie Nicol	666						624			2	1,290	645	645
Christopher Cooper	664					621				2	1,286	643	643
Joseph Brady			620		624					2	1,244	622	622
Jenny Ross	612					600				2	1,212	606	606
Colleen Williams	605					512				2	1,117	559	559
Lindsey Annable	399				640					2	1,039	519	519
Clare Elms				1,029						1	1,029	1029	1,029
Jenny Shutt								509	506	2	1,014	507	507
Paul Hodge					545			509		2	1,054	527	527
Chloe Green						512			482	2	994	497	497
Ange Norris									874	1	874	874	874
Buzz Shephard									837	1	837	837	837
Hugh Balfour	821									1	821	821	821
Mike Mann					797					1	797	797	
Ola Balme								795		1	795	795	795
Kevin Chadwick				766						1	766	766	766
Finn Nugent									764	1	764	764	764
Martin Belzunce					740					1	740	740	
Clare Norris				738						1	738	738	738
John English	715									1	715	715	715
Colin Frith					699					1	699	699	699
Ben Smith									693	1	693	693	693
Ed Simmons						690				1	690	690	690
Stephanie Lndon						689				1	689	689	689
Roz Johnson									685	1	685	685	685
Oliver Cooper									677	1	677	677	677
Stephen Pinkster						671				1	671	671	671
Ajay Khandelwal	670									1	670	670	670
Cherry Newsam	664									1	664	664	664
Robert Yates						660				1	660	660	660
Michael Dodds	659									1	659	659	659
Gary Clarke						658				1	658	658	658
Charlotte Sanderson	653									1	653	653	653
Kay Sheedy					651					1	651	651	
Cameron Lund									635	1	635	635	635
William Bancroft									633	1	633	633	633
Cameron Lund					623					1	623	623	
Richard Barclay									623	1	623	623	623
Emma Kelly					612					1	612	612	
Susan Vernon	606									1	606	606	606
Peter Jenkins		597								1	597	597	597
Helen Lister	596									1	596	596	596
Elizabeth Begley						582				1	582	582	582
Natalie Davys	555									1	555	555	555
Jenny Bomers					545					1	545	545	
Spencer Sutcliff								509		1	509	509	509
Mike Crilly								509		1	509	509	509
Michelle Key									486	1	486	486	486
Alex Loftus									482	1	482	482	482
Vicky Gashe									482	1	482	482	482
Clare Wyngard	431									1	431	431	431
Chris Vernon	365									1	365	365	365
137	75	49	30	34	47	73	46	53	38	399			41



November 2

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of Dulwich Runners AC.

## Banstead Woods

137 Ran  
Pos Gen  
2 2 Tony Tuohy 19:19

## Bethlem Hospital

97 Ran  
Pos Gen  
1 1 Andy Bond 19:18

## Burgess

326 Ran  
Pos Gen  
20 17 Matthew Ladds 20:05  
174 45 Karina Burrowes 26:52  
263 98 Stephanie Burchill 31:09

## Brockwell

183 Ran  
Pos Gen  
5 5 Shane Donlon 18:54  
26 26 Austin Laylee 21:42  
100 28 Catherine Buglass 27:37

## Clapham Common

273 Ran  
Pos Gen  
1 1 Andrew Wallace 17:59  
7 1 Emma Howsham 19:16  
33 3 Polly Warrack 21:24

## Crystal Palace

248 Ran  
Pos Gen  
11 11 Tom Wilson 20:45  
19 1 Belinda Cottrill 21:28  
37 4 Helen Lister 23:30  
63 53 Bob Bell 24:53  
70 58 Eugene Cross 25:10

## Dulwich

247 Ran  
Pos Gen  
6 5 Alex Loftus 19:26  
8 7 James Brown 19:40  
19 16 James Auger 21:13  
58 12 Sara Roloff 23:51  
70 17 Hannah Little 24:33  
121 38 Colleen Williams 27:18  
141 49 Clare Wyngard 28:43  
142 93 Michael Dodds 28:46

## Greenwich

296 Ran  
Pos Gen  
28 27 Michael Fullilove 22:22

## Highbury Fields

273 Ran  
Pos Gen  
93 77 Paul Collyer 24:17

## Leicester Victoria

292 Ran  
Pos Gen  
69 7 Marjorie Epton 23:51

## Peckham Rye

192 Ran  
Pos Gen  
4 4 Joe Twomey 19:05

## South Norwood

120 Ran  
Pos Gen  
76 62 Peter Jackson 29:36

## Southwark

273 Ran  
Pos Gen  
253 112 Susan Vernon 40:30

## Squerrys Winery

111 Ran  
Pos Gen  
2 1 Tereza Francova 23:17

## Tooting Common

274 Ran  
Pos Gen  
274 134 Ian Sesnan 48:30



# SOCIAL SPOT

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T

*Upcoming events.*

Watch this space !.....

***THE SOCIAL EVENT OF THE YEAR IS COMING.***

The Dulwich Runners Christmas party will be held on Saturday 14th December, starting at 7:30pm The venue will be at The Lordship pub in East Dulwich:-

<https://whatpub.com/pubs/SEL/10796/lordship-east-dulwich>

Tickets will be £20, which will include food, dancing and of course the all important price giving. Details on how to pay and food will follow



## Cox's Walk Oak Trees

We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

<https://you.38degrees.org.uk/petitions-save-the-cox-s-walk-footbridge-oak-trees>.

## Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Dulwich Runners are on Instagram.....So if you would like to see photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to Jonathan Whittaker who will take care of it!

And If people would mention [@dulwichrunners](#) on their posts then we can easily repost pictures on the main Dulwich



Instagram

Runners account of key achievements that you want to share, or cover club races .

# DULWICH RUNNERS CLUB 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  
They are traditionally cut either 'racing' style, or  
slightly longer- Both styles are a bargain £15.



Bufs-snoods - only £6

Socks only £5



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...  
get yourself a bobble hat £15

[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**! Available now !**  
**Women's "Racer Back"**  
**vests - £25**



## **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 and hoodies.

You just click on 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

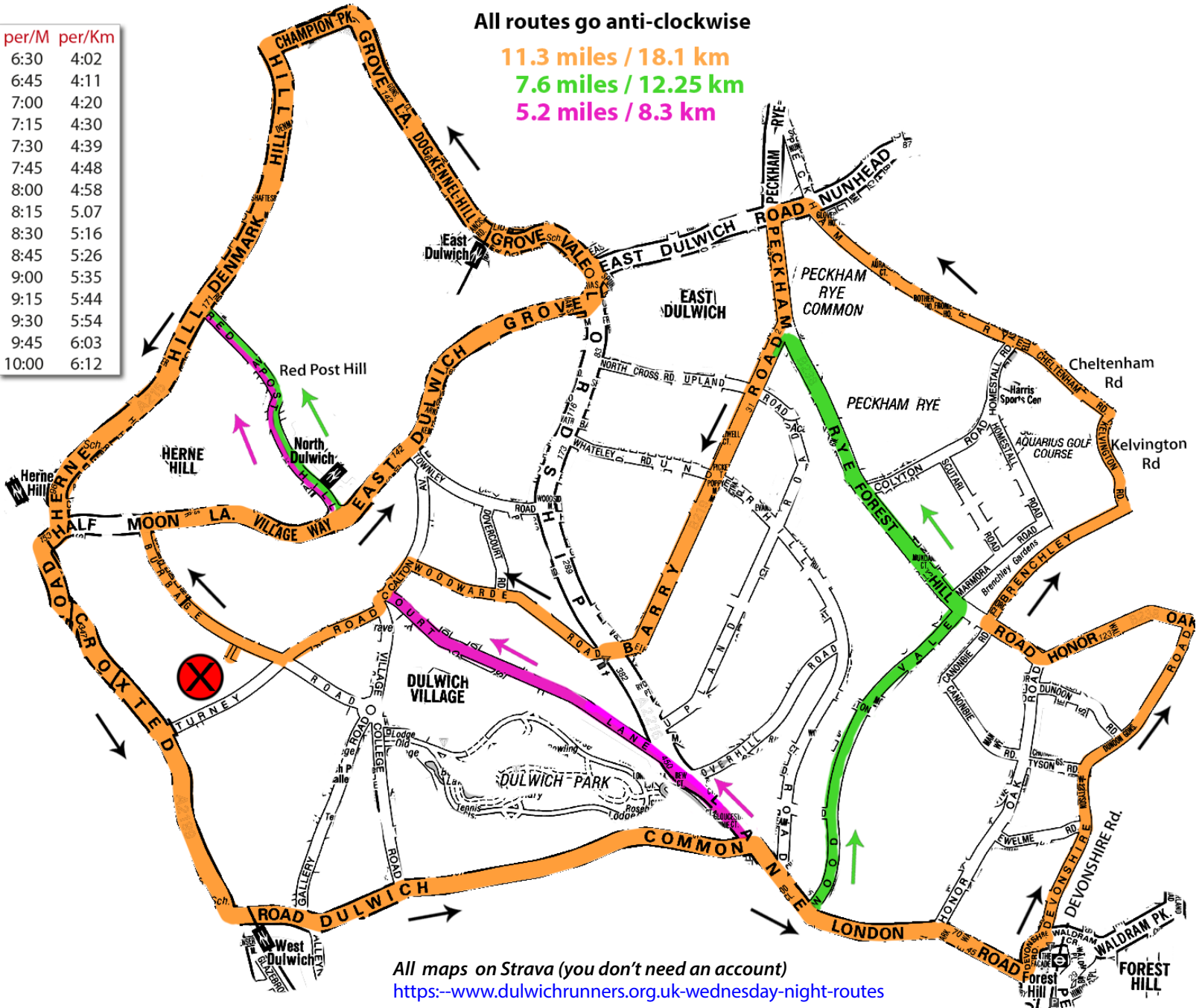
All routes go anti-clockwise

11.3 miles / 18.1 km

7.6 miles / 12.25 km

5.2 miles / 8.3 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



All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>