

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
January 25th 2023  
[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 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 (see page 3,

suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 6 Race reports and results
- 9 Club kit
- 11 Wednesday night map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

[Like us on Facebook @dulwichrunners](#)

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Connect with us:



## 2023/24 membership

**No they aren't due yet, but if you are not a fully paid up member then you cannot compete in any races as a Dulwich Runner or take part in the club champs.**

Any membership queries contact: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

The club membership year is April 1 to March 31 (the same applies to EA reg.)

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

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you

15 months for new registrations from Jan 1 to March 31)

EA reg is £16 and can only be arranged through your 1st claim club.

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
Feb 11	Surrey League XC	Lloyd Park
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall
Mar 4	Sri Chinmoy 10k - L	Battersea Park
	18 <b>date tbc</b> Victoria Park 5 miles - S	Mile End
Apr 23	London Marathon (or alternative) - L	London or alt.
Jun 13	Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	15 Elmore 7 - L	Chipstead, Surrey
	<b>tbc</b> Golden Stag Mile - S	Finsbury Park
Sep 3	<b>date tbc</b> Big Half - L	Central London

## Club Championship Races, 2023

Usually shortly before Christmas, a list of club champs races for the following year is issued. Over the last 2 years this has proved to be more of a challenge, with limited information on whether events will go ahead and their dates. The picture for next year is a little clearer but there remain quite a few gaps

and uncertainties, notably over dates. In order to provide as much information as possible well in advance, a list of club champs events has been issued, but it includes a number of races for which dates have not yet been confirmed. More details are provided below.

4 March	Sri Chinmoy 10k, Battersea Park	<b>L</b> <a href="https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962">https://www.eventrac.co.uk/e/sri-chinmoy-10k-races-in-battersea-park-6962</a>
18 March	<b>(date tbc)</b> Victoria Park 5 miles	<b>S</b> <a href="https://vphthac.org.uk/fixtures.html#gsc.tab=0">https://vphthac.org.uk/fixtures.html#gsc.tab=0</a>
23 April	London Marathon (or alternative)	<b>L</b>
13 June	Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug)	<b>S</b> <a href="https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298">https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298</a>
1 July	Brockwell parkrun	<b>S</b>
15 July	Elmore 7	<b>L</b>
<b>? July</b>	<b>(date tbc)</b> Golden Stag Mile	<b>S</b>
3 Sep	<b>(date tbc)</b> Big Half	<b>L</b>

**Marathon, 1/2M, Elmore 7 & 10k events classed as long (L) - 5 mile, 5km, parkrun and mile short (S).  
 4 events to qualify, including at least one from each distance category.**

In response to the results of the recent survey, we have attempted to spread the events more evenly across the calendar, subject to constraints arising from other events, notably cross country races and relays in which the club participates.

We were unable to find any suitable trail races, so have opted for the Elmore 7, undulating course of rural lanes and minor roads.

Brockwell parkrun chosen, but if parkrun is off because of events in the park we'll choose another date

Finding a suitable 10k has proved problematic. One possibility is the Vitality 10k but no date set and entry cost is high. We have selected the 4 March event in Battersea Park.

Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

No date yet for the Golden Stag Mile which was 22 July in 2022, likely to be a Friday evening in July, or possibly early August.

Still awaiting a date for the Big Half, held on 4 Sept. in 2022, assuming it will be early Sept. again.

Updates on events with dates to be confirmed will be issued as soon as details known. We'll let people know in Shorts when races are open for entry and provide links

## English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster [Markafos@gmail.com](mailto:Markafos@gmail.com)

Feb 11	Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire.
May 13	Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
June 3	Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
July 23	Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
Aug 20	Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
Sept 23	John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

# Club 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 track speed/strength

Crystal Palace track still closed evenings but open during daytime for your own sessions. - Hopefully more news soon, meantime we normally hold two alternative sessions:

At "hell hill" - Low Cross Wood Lane, College Road, opposite Sydenham Hill station. Meet half way up hill by gates on left into wood - 7pm start - warm-ups and drills before main session - similar to previous club hill sessions a mix of gradients and durations suitable for all abilities. Any questions Tom: [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

At Peckham Rye Common a Mark Callaghan led session - meet outside front of Peckham Rye Common Round Cafe at 7pm - warm ups then to the slope for main session. Any questions Mark: [m.s.callaghan@outlook.com](mailto:m.s.callaghan@outlook.com)

### Training advice

Any questions re your training please contact me. If you're planning a spring marathon, i'm happy to advise on that, and how club sessions can be a key part of training. Tom Poynton Coach in Running Fitness - [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

## 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. - for all standards and abilities - Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

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

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: [ebepri1@yahoo.co.uk](mailto:ebepri1@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 - 9am 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

# 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.

## A spring marathon training plan

A spring marathon training plan - February update

I hope the advice for January has proved useful and that your training has gone well.

More training advice is on my blog at: <https://wingsonourheels.wordpress.com/> and do get in touch (at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) or in person) if you have any questions or want any further advice.

As we get a bit closer to race day the training starts to become a bit more marathon-specific. In particular the long run gets longer - up to 2:45 hours, if you're feeling strong. This is mostly run at a fairly easy pace, but (particularly later on in the month) it is worth dipping into a bit more of a harder effort, perhaps increasing the overall pace and/or adding in say a mile or two at marathon pace later on in the run. It is also worth varying the distance each week and having the odd easy week to avoid too much accumulated fatigue.

The additional demands of the long run point towards doing some easier running the day beforehand, and ensuring you recovery properly afterwards. The final Surrey League XC fixture should be fine for most of you but you should keep your run the next day at a manageable pace. If you are thinking of doing the national XC champs two weeks later, do consider what impact, if any, it might have on your run the next day (some of you will be fine, others less so). I've suggested a slightly shorter long run for the day after, and I'd suggest doing that even if you are

not running the XC.

Those of you not running XC could instead do a threshold run (about 10m - half marathon pace) for about 30 mins, with a warm-up and cool-down taking this to about an hour in total – this could be on a Thursday or Friday if you want to be fresh for the Sunday long run.

Interval sessions start to become a little less important in this period and you could go to the Tuesday sessions every other week to keep some speed and avoid letting it drift too much. The plan therefore includes an interval session every two weeks, although they will take place every week and it's up to you which ones you attend.

Adding in a mid-week mid-distance run that gradually gets longer and closer to marathon pace, even slightly faster, starts to become a bit more important. Again, this could do this fortnightly, and do it in a week when you are not doing an interval session.

All this points towards the dangers of working in a seven day micro-cycle – there's only so much harder training you can fit into a week. Building in enough recovery and adding in more varied intensities and durations whilst keeping the benefits of regular club sessions points towards a fortnightly cycle, although different people have different approaches.

### Mon 30 Jan – Sun 5 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:00-2:15 hours at an easy pace. Otherwise two, preferably three, easy runs for 40-60 min elsewhere in the week.

### Mon 6 – Sun 12 Feb

Tuesday easy run, Wednesday 70 min fast-steady club run, Saturday Surrey League XC (or threshold session), Sunday long run for 2:15-2:30 hours at an easy pace (especially if you raced hard the day before) plus one, preferably two, easy runs for 40-60 mins elsewhere in the week.

### Mon 13 – Sun 19 Feb

Tuesday interval session, Wednesday 60 min easy-steady club run, Sunday long run for 2:30-2:45 hours at an easy pace. Otherwise two, preferably three easy runs for 40-60 mins elsewhere in the week.

### Mon 20 – Sun 26 Feb

Tuesday easy run, 75 min Wednesday fast-steady club run, Saturday National XC champs (or threshold session), Sunday long run for 1:30-2:00 hours at an easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins elsewhere in the week

# Complete LWT's Great North Wood Survey

The London Wildlife Trust (LWT) would like to hear about your experience in the Great North Wood so that they can continue to improve your experience when visiting the woods. Here in Dulwich, the Great North Wood includes Dulwich Wood, Hitherwood, Sydenham Hill Wood & Cox's Walk and further afield includes One Tree Hill and Crystal Palace Park. Complete LWT's Great North Wood visitor survey here, it should take no more than ten minutes.

<https://www.surveymonkey.co.uk/r/GNWvisitors2022>

## 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 Barry Graham 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.

## Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



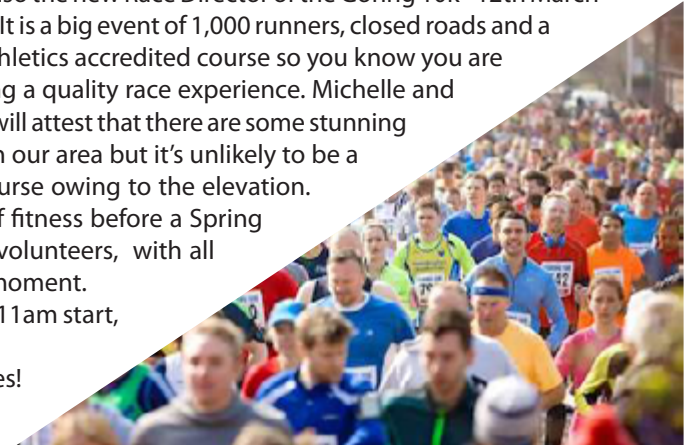
I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at [www.goring10k.com](http://www.goring10k.com) or please email me Elkie Mace: [runwithelkie@gmail.com](mailto:runwithelkie@gmail.com)



**Dulwich Runners**

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

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

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Feedback and requests **Andrea Ceccolini**  
Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

Home, Run, Clock, Trophy, Play, Medal, People, Menu

## 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.

## Canterbury 10

Clare Norris writes:...A freezing but bright morning brought over a thousand runners (including me and Belinda) for the Canterbury 10 miler, one of the longest standing races in the UK we are led to believe. A slick affair got the race off on time and a pretty be it undulating route with 2 significant hills through the frozen farm tracks and smaller roads just South of Canterbury.

Belinda started conservatively but with new found confidence after an excellent 10K in Richmond the week before and a good block of Winter training saw negative splits and a storming finish. I had the reverse with a speedy first 10K but struggled with a stitch the last 3 miles. Nonetheless a great atmosphere and definitely a run to recommend.

Belinda Bell 1:17:17  
Clare Norris 1:13:50



Claire

Belinda



## CF64 Winter Race

22.01.23

Andy Murray writes...This trail race is named after its Cardiff outskirts postcode, taking place at Cosmeston Country Park near Penarth and over 6.4 miles. Places filled up quickly and we had intended to run with Ros's brother on his birthday but he was post-op and had to watch. We had run the Parkrun here in the summer on firm paths amongst trees, giving only fleeting views of lakes. This time the extra distance was made up by several traverses of hilly fields at one corner of the park, giving us good countryside views.

Snow and then overnight frosts meant very treacherous footing for most of the race and we were warned to walk single file past a long icy patch in the first dip. Most around us jogged rather than raced because of the ground conditions.



Ros had raced fairly hard at Parkrun (on tarmac paths in Cardiff) the previous day and was not too confident on the many rutted and icy stretches but kept in sight of Andy, out for a steady run, and topped her age group. We enjoyed this well -organised and scenic race and also brother's long birthday pub lunch afterwards.

179 /5m65+ Andy Murray	63.08
182/1w65+ Ros Tabor	63.34
287 finished	



# Box Hill Fell Race

7.75 miles (12.5 km) 1880 ft (570m) ascent

22 January

Box Hill exerts a strange hold on some people. The same faces turn up year after year. This year was no exception. Nine DRs toed the start on a beautifully sunny frosty morning. There should have been ten, but tragedy struck Mark Foster. As we ran from the race HQ to the start, he pulled a calf muscle which reduced him to a hobble, with no chance of running. A huge disappointment.

The course had been changed from previous years. The start and finish were at the foot of Burford Bank to the north of Box Hill. We were spared the quagmire at the stepping stones and the horror of going up and down the steps to the top. Instead, there was a runnable flinty path for the first climb. After that the course was much the same, apart from a detour into the woods for the penultimate climb up Juniper Top and some extra steps to get back to the path to the finish.

First home for Dulwich was Jon who had a brilliant run, coming in 12th and the last man to get under the hour. There was a timing point just over half-way which showed he had picked up four places over the second half.

Matt Trueman, a new member, in his first race for Dulwich came in 28th. Given that he was wearing ordinary trainers, he had an outstanding run, picking up 9 places over the second half. Clearly a man to watch. Sign him up for cross-country!

Alex once again had a solid run, holding his own over the second half and providing ever cheerful support at the finish. Justin, myself, and Andrea battled it out over the course. I had caught up with Andrea at the halfway point and managed to squeeze past him on the narrow traverse path across White

Hill. After that Justin was on my tail as we climbed up through the woods to Juniper Top and overtook me on the long grind back towards the top of Box Hill. He opened up quite a gap, as I was starting to struggle, but amazingly I got a second wind and having overtaken a Serpentine runner, nearly caught him on the stony gully down to the bottom of the Zig Zag Road. However, on the final descent he went like a rocket and gained 13 places over the second. I was happy with my best run here since 2018, and was pleased to have picked up 5 places in the second half. Andrea definitely dug deep to keep with us, after struggling in the cross-country the week before and did well to only lose a couple of places.

Eleanor was our only woman, and she had a superb run, again having a fast second half, gaining 5 places. She finished with a broad grin, clearly taking to fell running!

Our last man in was Barnaby Haywood. Sadly we failed to meet up with him and I believe this was his first go at Box Hill and he had a steady consistent run, gaining 3 places over the second half.

1 Max Nicholls (Kent AC)	48.42
12 Jon Phillips	59.52
28 Matt Trueman	63.56
45 Alex Loftus	45.05
122 Justin Siderfin	76.18
126 Hugh Balfour	76.37 (4M60)
129 Andrea Ceccolini	77.01
157 Eleanor Simmons	80.35 (7 W40)
220 Barnaby Haywood	94.15
249 finished	



# Vets AC XC 8km

21 January

This year's championship race took place on sunny crisp conditions on Wimbledon Common mainly on firm flat ground, but there were some frozen puddles to negotiate along with a circuit of Queensmere Pond, involving a descent followed by a climb. The distance was slightly short of 5 miles.

Steve Smythe adds special mention should be made of Gary Budinger who got to the course many hours before the race to kindly mark the course out and it should be noted he often helps out uncredited at races - marshalling etc when he is not racing.

He was then the only one of the near 100 strong entry to go off course!  
It was only a few metres even if the time suggests a few kilos.

Just to clarify about a recent article (I blame the publisher) which was meant as some alternative light relief from some very long race reports. I have known Gary for almost half a century (and much admire his competitiveness and unbreakable jovial nature) and while the remarks may occasionally seem mean they are just bad meaningless jokes and Gary has no problem himself with them and has told people that and curiously actually likes the attention!

One of Gary's favourite comics is Ricky Gervais who says of his own comments they are only words and jokes and no one's died and just because someone takes offence doesn't mean they are right.

Just to prove there was no hard feelings at the post race venue

Jonathan Whittaker had a strong to finish 3rd M40, while Steve Smythe had his best performance for several years with his pace comfortably ahead of recent parkruns. Second claimer, Jo Quantrill continued her good run of form, picking up W65 gold. I had my now usual close contest with Dave West, with Dave winning out this time having stormed past me on the descent.

This was my 10th cross country race of the season and uncannily finished in an identical time to last year, while Dave was a minute faster. Cross country regular, Gary Budinger completed our team. **Mike Mann**

Gary actually bought me drinks. Ok, initially it was tap water (or he said it was but it was a strange colour) and then there was a problem at the second attempt when the barman said Florins are no longer legal tender but eventually I did get my first drink or two from him in a half century though the shock of paying meant Gary had himself gone a funny colour by the end of a long day and he did go slightly off course again on the way back to the station.

A piece of useless trivia - There was a well known songwriter called Bob Russell who knew Gary and got quite offended that some people thought they were related when Gary was clearly a lot more 'muscular' and wrote a song about it. However the Hollies who had the big worldwide hit with it did slightly change it from the original title "he ain't my brother, he's heavy,"

21 Jonathan Whittaker	32:19 3rdM40
47 Steve Smythe	36:36 (missing park run for once to make a point)
51/1W65 Jo Quantrill	37:56 (2nd cl)
57 Dave West	39:07
58 Mike Mann	39:23 3rdM70
66 Gary Budinger	42:03

**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.**

## Cardiff

697 Ran			
Pos	Gen		
269	57	Ros Tabor	26:44
324	244	Andy Murray	27:41

## Bromley

590 Ran			
Pos	Gen		
374	263	Peter Jackson	29:58

## Forest Of Dean

99 Ran			
Pos	Gen		
8	8	Robert Tokarski	22:33

## Kingston

339 Ran			
Pos	Gen		
152	34	Lindsey Annable	28:04

## Brockwell , Herne Hill

413 Ran			
Pos	Gen		
1	1	Lewis Laylee	16:30
8	8	Jonny Hough	19:12
28	28	John Kazantzis	20:29
29	1	Rebecca Schofield	20:38
55	50	Stephen Trowell	21:50
73	60	Edward Simmons	22:38
74	61	Ryan Duncanson	22:38
80	7	Catherine Buglass	22:47
88	9	Nicola Richmond	23:18
123	91	Hugh French	24:42
274	63	Sharon Erdman	29:06

## Beckenham Place

262 Ran			
Pos	Gen		
47	5	Laura Vincent	23:20

## Ashford

201 Ran			
Pos	Gen		
8	1	Kim Hainsworth	21:13

## Highbury Fields

460 Ran			
Pos	Gen		
167	128	Martin Kelsen	24:30

## Crystal Palace

369 Ran			
Pos	Gen		
5	5	Alastair Low-Macrae	18:35
10	1	Polly Warrack	19:32
26	4	Yvette Dore	21:44
42	5	Ola Balme	22:43
91	12	Teresa Northey	24:40
114	85	David Benyon	25:35
333	181	Bob Bell	36:53
334	117	Belinda Cottrill	37:09

## Wormwood Scrubs

141 Ran			
Pos	Gen		
19	18	Will Lawn	20:57

## Mile End

409 Ran			
Pos	Gen		
241	57	Claire Steward	27:33
254	182	Paul Keating	28:00

## Dulwich

674 Ran			
Pos	Gen		
6	6	Robert Armstrong	16:39
7	7	Aaron Wilson	16:40
52	47	Chris Beardsall	18:53
53	48	Mark Callaghan	18:54
59	53	Gower Tan	19:08
70	64	Rob Fawn	19:30
88	80	Rob Mayes	20:05
89	81	Rupert Winlaw	20:08
98	87	Chris Cooper	20:26
109	95	Lee Wild	20:46
112	98	Ebe Prill	20:50
125	8	Michelle Lennon	21:15
141	121	Sum Mattu	21:32
203	20	Naomi Crowther	22:55
220	24	Christiana Campbell	23:22
244	199	Huw Russell	24:00
260	212	Graham Laylee	24:23
288	41	Gabriela Rothova	25:02
358	269	Lloyd Collier	27:05
463	107	Clare Wyngard	30:29
527	345	Michael Dodds	32:05

## Burgess

641 Ran			
Pos	Gen		
156	126	Ed Gibson	23:16

238	176	James Gordon	24:42
465	146	Stephanie Burchill	29:56
501	172	Shoko Okamura	31:08

## Preston Park , Brighton

486 Ran			
Pos	Gen		
1	1	Thomas South	17:19

## Fulham Palace

569 Ran			
Pos	Gen		
218	161	Barrie John Nicholls	25:31

## Cleethorpes

142 Ran			
Pos	Gen		
20	18	Colin Frith	23:55

## Peckham Rye

328 Ran			
Pos	Gen		
27	3	Emma Ibell	21:40
320	134	Susan Vernon	40:00
326	162	Chris Vernon	01:05:51

## Portobello , Edinburgh

266 Ran			
Pos	Gen		
11	11	Matthew Wright	20:45

## Clapham Common

938 Ran			
Pos	Gen		
163	131	Cameron Timmis	23:00
344	235	Ian Sesnan	25:51
538	146	Harriet Roddy	29:03

## Squerryes Winery

134 Ran			
Pos	Gen		
26	20	James Wicks	25:29

## Sutcliffe

241 Ran			
Pos	Gen		
1	1	Andy Bond	16:26
35	28	Michael Fullilove	21:33



# DULWICH RUNNERS KIT

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

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



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



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

**Socks only £5**



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



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

**For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)**



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 8

All routes go anti-clockwise

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

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

