



These are your SHORTS

Please send any reports, running news etc to:

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
- 2 Fixtures
- 3 Club runs & training
- 8 Race reports and results
- 10 Club kit
- 12 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:



Please read Shorts each week as all information 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

to the ladies' WhatsApp group - contact Kay/Katie - dulwichladiescaptain@gmail.com

'Wear your club vest Wednesday' makes a return

Back by popular demand! Wear your club vest for the run on the first Wednesday only of each month and you will be entered into a draw to win a free drink.



If you need a club vest or other club kit: ros.tabor49@gmail.com

2023/24 membership

If you are not a fully paid up member then you cannot compete in any races at all as a Dulwich Runner or take part in the club champs etc.

Payment only by direct bank transfer or contactless on a club night. (no cash or cheques)

Bank details will be on the renewal form.

Full 1st claim membership £47 includes EA reg. of £17 - 1st claim membership without EA reg £30 - 2nd claim £30 EA reg is £17 and can only be arranged through your 1st claim club.

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

Any membership queries contact: barry@bg1.co.uk

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 Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Sep 3	Big Half - L	Central London
7	Assembly League	Beckenham Place Park
23	SEAA 6/4/3 stage road relays	Aldershot

Club Championship Races 2023

Remaining event

3 Sep Big Half L <https://www.thebighalf.co.uk/the-events/how-to-enter>

SEAA 6/4/3 stage road relays

Save the date - will be at Aldershot on Saturday 23rd September.

Separate men's/women's/age group teams. Your captains will be in touch nearer the time when we have more details.

Inter Financial Services AA Cross Country

15th November 2023

The Inter Financial Services Cross Country has been going for well over 100 years in one form or another.

It's open to anybody working in finance, which makes it a pretty broad church.

Provisionally this years championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

Format still being agreed with the park but probably one mass start 5 mile race.

To enter as an individual or team contact Tom Neil or Andrew tomwlawrence@me.com, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

RUN FOR RON - SAVE THE DATE

DRS will be taking part in the Dulwich Parkrun on Saturday 30th September with a social walk for the first lap. We will then adjourn to the Clubhouse in Burbage Road for breakfast. This will be a time when we can share our memories of Mr Searle. So we know how many we will be catering for, please would you email vernonrun@aol.com to confirm your attendance. We will be collecting for the British Heart foundation in Ron's memory. A Justgiving page has been set up so please do have a look and give what you can. Many thanks. - Chris and Sue Vernon

parkrun pacing

10 of us took part in pacing at Brockwell parkrun on 24 June with everyone finishing close to their predicted times. Our pacing efforts seemed to be appreciated by those taking part and it is an easy and effective way of promoting the club. We would like to provide pacers at other local parkruns, starting with Burgess parkrun later in the summer, so watch this space.

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 interval training

Start 7:00pm, warm-ups and drills, main session start 7:10pm. £2:00 per session, contactless payment start of each session.

Dulwich College track and fields until end of August, hill sessions September - back at Crystal Palace track for winter. Floodlights fixed soon and we'll know more about timings in the next few weeks - any delay we'll will make other arrangements.

Tuesday training late July and August focused on around 5k pace. Suitable for anyone who regularly runs several times a week and whilst no minimum standard novice runners would probably be better off building an aerobic base through steady runs of 40-60 minutes. If new to the sessions, feel free to do just some of the session or to miss out some of the intervals and you could also prepare with some fartlek sessions in advance. Subject to last-minute adjustments, sessions for the next few weeks are:

22 August

Field - 2*3:00mins @ 5k effort + 90 secs recovery
Track - 3*3:00mins @3k effort + 2 mins recovery

29 August

Field - 4*3:30mins @ 10k effort + 90 secs recovery
Track - 2*2:30mins @3k effort + 90 secs recovery
Note: Big Half on Sunday

Questions or advice on any of the above particularly if you are new to these sessions. Tom Poynton (Coach in Running Fitness) - 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

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

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

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: thomas_south@hotmail.com

Longer & steady - 9am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

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

Assembly League

- A summer evening race series that ran every year from 1975 to 2019 with a partial return 2022 and full season of 6 races is planned for 2023.
- Races free to enter, no need to book in advance, men and women run together.
- A competition between 15-20 London running clubs from north and south of the river.
- Extremely popular, all first and second claim members encouraged to take part whatever your standard or ability

Rules

- A team's first four runners score.
- Lowest score = first place and so on.
- Unlike Surrey League a team's 5th, 6th etc finishers impact the score of slower teams who's first four finishers place after them. This rewards a strong turnout.
- 1st place team gets 15, 2nd gets 14 so seasons end team with the Highest point total wins.
- For individual awards same applies- 1st place runner in that category getting 15, 2nd 14 and so on.

What is the Assembly league ?

- Just turn up on the evening with a club vest and we'll give you a number to pin on your vest. Club vests can be bought from Ros Tabor on a Wednesday evening.
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham uses the parkrun course, mixture of surfaces so consider this in your of shoe choice.
- After each race organisers normally have a bar for food and drink.
- Individual champion is the runner with the most points.

Awards

- Men's A and B team, individual, U20, M40, M45 and subsequent veteran categories.
- Women's A and B team, individual, U20, W35, W40 and subsequent veteran categories.

History

- Dulwich have enjoyed team and individual success. The men are still the reigning champions from 2019



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

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.

Masters International Championships

20 Aug British Masters 10 Mile Road Champs Prudhoe
08 Oct - British Masters Marathon Champs - Chester

Oct? British Masters 1/2M Champs Gravesend
03 Dec - British Masters 5k Road Champs - London

Guide to Track events



Even though we aren't a traditional "track club" many members take part in a variety of track events over the spring and summer, with the Mark Hayes Mile and Club Mile Champs longstanding staples of the calendar. We've also a comprehensive set of club records for the various age groups

and distances. Even if you don't think you're a track runner, the shorter distances can help improve speed and finish for road events. With that in mind we thought we'd give you some more information about what open track events are available to enter and what shoes to wear.

Events

Many of the historic track based London clubs organise track and field meets from April to September open to members of all clubs and even unattached runners. These generally cater for all ages and abilities. Common distances that you might like include 400 metres, 800 metres, 1500 metres and 5000 metres. The Mile (1609

metres), 3000 metres and 10000 metres are less common but very popular. Most events now need to be entered in advance from the club's respective website or race entry websites, the most commonly used being <https://data.opentrack.run/en-gb/x/> and <https://entry4sports.co.uk/#/>

Competitive and easily accessible meetings include those hosted by:

Blackheath & Bromley (Norman Park) - including the "So Clean Mile"

Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <https://entry4sports.co.uk/#/> scroll down for details

Dartford Harriers (Central Park)

Hercules Wimbledon (Wimbledon Park - note this is a very worn running track which isn't great for joints and muscles) including the Dave Clarke Mile

Herne Hill Harriers (Tooting Bec Track, near Streatham) including the Stan Allen Miles

Highgate Harriers (Parliament Hill Fields, near Kentish Town) including the Night of the 10000 PBs

Kent AC (Ladywell)

Newham and Essex Beagles (Stratford Olympic Warm up Track).

Both Blackheath and Herne Hill Harriers have recently relaid tracks which are better for your joints and fast times! Some open evenings available for bookings:

Cambridge Harriers - 16/08. Entries close 4 days in advance.

Kingston Summer Open - Sunday 20/08, Kingsmeadow - incl 3000m <https://data.opentrack.run/en-gb/x/2023/GBR/kingston-open-2/>

Blackheath and Bromley Open - Monday 21 Aug. Entries close 18 Aug.

Epsom and Ewell Matilda's Mad Miles - Thur 24/08, 7pm, Harrier Centre, West Ewell <https://eandeharriers.weebly.com/harriers-events.html>

Tracksmith London Twilight 5000 Race 2: 30/08 Battersea Park <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/>

SLH Endurance Open - Tues 5/09, 7pm, Woodcote High School - 1500m and 5000m <https://data.opentrack.run/en-gb/x/2023/GBR/slhchamps/>

Stan Allen Miles 6/09, Tooting Bec <https://data.opentrack.run/en-gb/x/2023/GBR/stanallenmiles/>

Vets Track and Field Champs - Sat 9/09, Finsbury Park (likely to be open to all aged 35 and over) <https://data.opentrack.run/en-gb/x/2023/GBR/vactfc23/>

Vets AC 10000m - Wed 13/09, 5.50pm (first race), Battersea Park - open to all aged 35 and above <https://data.opentrack.run/en-gb/x/2023/GBR/vet10ktr23/>

Veterans AC (VAC) also host meetings only open to VAC members (aged 35+). A number of Dulwich Runners also compete for VAC with their super cheap second claim membership. Please visit <http://www.vetsac.org.uk/> for more details of their events.

Shoes

Many road shoes manufactured nowadays with high stack height may be unsuitable for track competition but traditional racing flats (e.g. ASICS DS Racer, Saucony Fastwitch) will be fine. While World Athletics has set out shoe requirements (World Athletics | Book of Rules | Official Documents - see Table C2.1A) that official events are supposed to follow there remains an element of discretion with officials more likely to be flexible for slower pace heats and less formal competitions.

It is always worth checking and the Tracksmith Mile Organisers has told us that any shoe is fine for times greater than 5 minutes. Having said that 'spikes' will generally be better providing a more responsive connection with the track and should

County Championships

Kent Masters eligible athletes - county masters champs weekend 16/17 Sept, Medway Park track Gillingham. Entries close 24 Aug. details/how to enter <http://www.kcaa.org.uk/track-field.htm>

lead to slightly faster times. Not all spikes are suitable for all track events. Shoes suitable for all out pace in the 400m won't be very good for the 1500m or 5000m as you will want more support for your Achilles and ankle. As with all shoes get the opinion of a suitable running shop. Some cross country shoes can be used if they give you sufficient heel support. You'll also need screw in spikes these are much smaller than cross country spikes. Max permitted is 6mm but normally runners go for 3mm to 5mm. As with any new shoe don't try them out for the first time at a race meet - build up training in them beforehand.

Want to know more - Please speak to Jonathan Whittaker or Mike Mann or your club captains who will be happy to help.

Big Half Training 3rd September 2023

The Big Half on Sunday 3rd September is a club champs race and therefore a target race for many of you. So I thought it would be useful to set out some suggestions that I hope helps at least some of you (this could result in a PB, or it could get you injured: who knows?!). If you are also targeting an autumn marathon, then a focus on the half still works if your marathon is a couple of months later, although if anything less then the priority has to be the marathon training. My aim is to cover the broad spectrum of experience, abilities, aspirations and weekly training loads across the club but do get in touch if you have any specific questions or advice on how to tailor it to suit you.

The half-marathon needs a bit less time to focus on than a full marathon as the demands of that distance aren't as different from the 5-10k focus most club runners will have over the course of a year. So something like 6-8 weeks should be fine if you are already running well over a range of distances.

Most people find that including some sort of running at about 10 mile pace in the c6-8 weeks before a half-marathon works well. Essentially, we're talking 5k pace plus c25-40 seconds per mile (less for the speedier runner, more for the less-speedy), so slightly slower than what you'd do at a Tuesday interval session, but not by too much and avoid any temptation to try to turn it into a 5k pace session.

If you are new to this, then start with something relatively light and gradually build up. This can be done through longer reps (a mile or more with recovery of about a couple of minutes), or a single run. Some people prefer one or the other, but alternating between the two can also work well.

For example you could start with a single run of 3m, gradually building up by a mile or so each week to say 6-7m. Or you could do longer intervals, starting at 3*1m with about 2 minutes recovery, then 3*2k, 3*1.5m, 3*3k, 3*2m, 3*4k & 3*2.5m (if you don't mind mixing up imperial and metric measurements!). All of these runs should start and finish with some gentle easy running and ideally some of the drills we do on Tuesdays.

Wednesday club runs can often be used for this if you can get the recovery right from the previous day's session – alternatively they can be a really valuable time on feet conversational run. Or you could do these on a Thursday and Friday if you need a bit more recovery time, which can often be a factor for veteran runners. Using Parkrun is another option, ignoring any temptation to race it "full on", adding on a bit more running before or after to get the target distance.

You may find though that doing this and an interval session plus a long run is too much – you could instead do three harder sessions a fortnight plus a long run each week.

Wherever you run these sessions, please do so safely – somewhere traffic-free such as a park would be great, as stopping for traffic can really affect your running, and you don't want to be tempted to take silly risks when crossing a road. Somewhere flat is ideal, but if there are some undulations, a bit of rough ground or bad weather then that should still work so long as you keep the effort constant and adjust your speed accordingly. There are loads of good places to do this, not least the main carriageway in Dulwich Park.

It would be great to get people to run these sessions together. Responses to last autumn's coaching survey included some suggestions for additional sessions to cover tempo sessions and whilst I don't think these need a coach to be there I can help organise, advise further if needed and even turn up occasionally.

The Tuesday sessions will continue to provide the speed and strength you need to do well in a half-marathon and we are focusing more on 3/5 & 10k pace work now that the main middle-distance races are over.

Long runs thankfully don't need to be as lengthy as for marathon training, but I would recommend regularly going over 13.1m at a mainly easy and steady pace – perhaps top out at about 17m or 2:15 hours, whichever comes first. You could throw in some faster segments closer to the time, particularly if you are at the faster end of the spectrum, but be wary of repeating in them what you've already done in the week. And as always, build up gradually and don't suddenly impose a training load that your body isn't used to.

So, something like: 9 July 90-100 minutes easy pace; 16 July 90-110 minutes easy pace; 23 July 100-115 minutes easy pace; 30 July 105-120 minutes easy pace; 6 August 105-120 minutes easy pace; 13 August – 110-135 minutes mainly easy pace but with 2*1m @half marathon (HM) pace; 20 August – 110-135 minutes mainly easy pace but with 3*1 mile at HM pace; 27 August 90-120 minutes easy pace but with 2*1m at HM pace.

The easy and steady runs should also continue, in whatever volume works for you, although I would definitely recommend shifting the emphasis to easy-paced running given the extra running at about 10m pace and the increased distance of the long runs.

A tune-up race in this period is popular but not essential, and in any event the race calendar is largely empty in late July and August.

It's well worth having a few easier days before the Big Half so that you feel fresh, perhaps making any mid-week running easier than usual. The next key race after that will be the Southern road relays in Aldershot on 23 September. You should then have enough time to recover and do a couple more speed sessions to prepare, and use the fitness built up to do well then. Tom Poynton – Coach in Running Fitness – tpoynton@hotmail.com

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.

10% off on Sportsshoes.com for the club

With a monthly code. Please don't share outside of Dulwich Runners.

The new code for the month of June is - **CSXEP2** - valid until 3rd of August 2023' - giving you 10% off the whole range on orders (excluding Brooks products) and free standard shipping, worth £4.99 on all orders over £50. Make sure to select United Kingdom in your shipping address to apply the promotion code without errors

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.



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

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



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

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004



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

Thames Hare & Hounds 2nd Sunday 5 Mile Trail Race Wimbledon Common

13 August

Three of us turned up this month. The near perfect conditions should have meant much faster times, but we were slightly slowed by an unexpected barrier on each lap! (see photos below) - Ros Tabor

Mike Mann adds..The 3 of us competing at this month's trail race on Wimbledon Common all posted faster times than the June race which took place in hot conditions.

Mike Mann	43:12
Ros Tabor	48:05
Andy Murray	48:33



Sri Chimnoy 'Kangaroo Hop' 5k Battersea Park

08.08.23

Andy murray writes: This was the fourth Tuesday evening 5k of the summer organised by the friendly Sri Chimnoy/Run and Become team. This year we were able to count our fastest of the four for the DR club championship so there were several of us trying to improve on our June and July times.

Conditions on Tuesday were cool and drizzly and this seemed to be less draining than previous warmer conditions, resulting in several much improved times.

32 James Blackwood 16:22 (faster than 16.56 in June) p.b.

46 Jack Leafe 16:29 (faster than 17:35 June, 17:16 July) p.b.

105 Robert Emes 17:27 (first attempt)

129 Joe Farrington-Douglas 17:49 (faster than 19:04 June) p.b.

[147 Clare Elms 2nd claim 18:04 1st w50]

150 Tony Tuohy 18:09 (faster than 13 June, 18 July both 18:20, slower than 27 Jun 18.04) 2nd m60

202 Graeme Finnie 18:58 (first attempt) p.b.

242 John Kazantzis 19:46 (faster than 20:10 July) p.b., first time sub-20

261 Clare Norris 20:17 (first attempt)

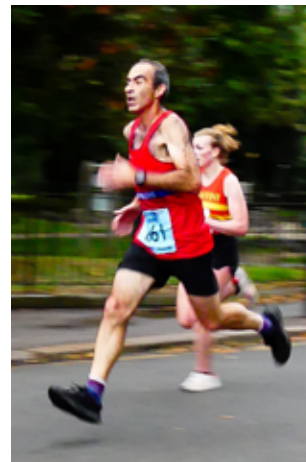
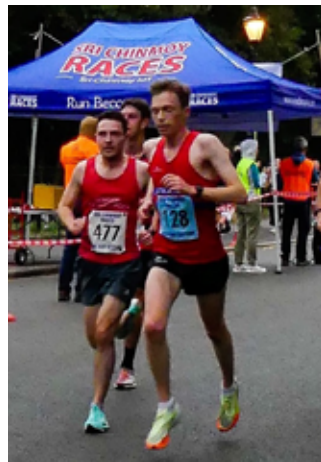
358 Philippa Goodhew 23:51 (faster than 24:10 June) p.b.

374 Ros Tabor 25:39 (faster than 26:05 June, 25:41 July) 1st w70

382 Andy Murray 26:41 (faster than 27:26 June) 1st m70

386 Claire Steward 27:40 (first attempt)

pics (taken by Dave West) James Blackwood, John Kazantzis



Bromley

540 Ran
Pos Gen
441 267 Steve Wehrle. 2nd cl. 37:00

Bexley

310 Ran
Pos Gen
11 10 Justin Siderfin 21:17

Wakefield Thornes

289 Ran
Pos Gen
134 22 Claire Barnard 29:18

Brockwell , Herne Hill

301 Ran
Pos Gen
29 25 Mark Foster 21:18
41 35 Stephen Trowell 21:55
70 7 Lucy Pickering 23:40
93 78 James Gordon 24:22
96 81 Graham Laylee 24:31
195 51 Sharon Erdman 28:37

Crystal Palace

387 Ran
Pos Gen
8 1 Polly Warrack 20:00
31 3 Laura Denison 22:15
50 5 Yvette Dore 23:06
59 7 Jennifer Gridley 23:23
352 132 Chris Bell 37:31

Oak Hill

252 Ran
Pos Gen
55 8 Katie Prior 23:40

Whitstable

351 Ran
Pos Gen
1 1 Andrew Inglis 18:13

South Norwood

163 Ran
Pos Gen
66 10 Carys Morgan 27:24

Congleton

287 Ran
Pos Gen
60 13 Philippa Goodhew 23:34

Riddlesdown

176 Ran
Pos Gen
18 17 James Wicks 22:52

Huddersfield

632 Ran

Pos Gen
10 10 Matthew Trueman 18:48

Eastville

533 Ran
Pos Gen
54 47 Jamie Robinson-Nicol 21:31

Dulwich

531 Ran
Pos Gen
4 4 James Dazeley 15:59
24 23 Jon Phillips 17:32
130 112 Lloyd Collier 22:01
227 183 Paul Vivash 24:46
280 214 Rob Fawn 26:10

Gladstone

215 Ran
Pos Gen
17 2 Becca Schulleri 21:16

Burgess

488 Ran
Pos Gen
1 1 Lewis Laylee 16:24
118 100 Hugh Balfour 23:26

Southwark

407 Ran
Pos Gen
27 24 Lee Wild 20:11
83 9 Harriet Roddy 23:19

Fulham Palace

427 Ran
Pos Gen
178 126 Barrie John Nicholls 26:07
243 70 Lindsey Annable 28:17

Blandford

171 Ran
Pos Gen
142 47 Catherine Buglass 34:21

Folkestone

347 Ran
Pos Gen
28 25 Miles Gawthorp 21:37

Leicester Victoria

289 Ran
Pos Gen
1 1 Mathew Horrocks 17:01
21 20 Edward Martin 20:44

Tooting Common

652 Ran
Pos Gen
187 140 Ian Sesnan 25:09
301 70 Belinda Cottrill 27:28

Dalby Forest

157 Ran
Pos Gen
13 2 Ola Balme 21:34

Clapham Common

824 Ran
Pos Gen
457 310 Michael Dodds 27:39
542 137 Clare Wyngard 29:27

Malmö Ribersborg

109 Ran
Pos Gen
1 1 Andy Bond 16:12

Bethlem Royal Hospital

131 Ran
Pos Gen
43 36 Dave West 26:09
46 38 Paul Keating 26:36

Leazes

123 Ran
Pos Gen
20 16 Sum Mattu 21:38

Rothay Park

134 Ran
Pos Gen
13 12 James Brown 21:28

Central , Plymouth

284 Ran
Pos Gen
32 27 Paul Hodge 23:19
39 7 Katie Styles 23:45

Grove Fields

146 Ran
Pos Gen
120 45 Elizabeth Begley 37:01

Sutcliffe

286 Ran
Pos Gen
27 23 Ross Rook 20:46

Charlton

168 Ran
Pos Gen
56 50 Stephen Smythe 23:37

Mote Park

153 Ran
Pos Gen
8 1 Kim Hainsworth 21:15

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



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



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



College Hoodie



Micro Fleece Jacket



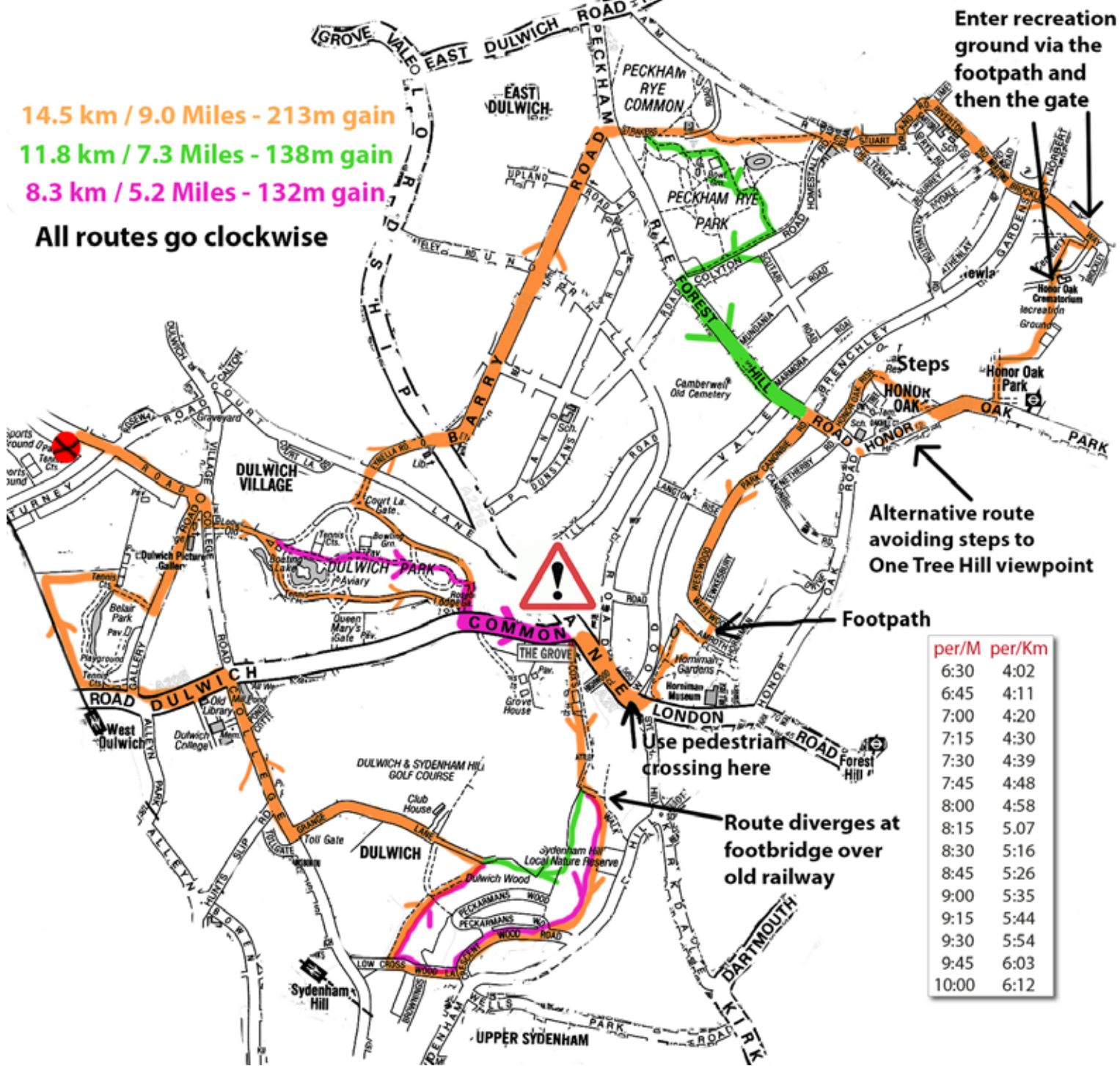
Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 6

14.5 km / 9.0 Miles - 213m gain
 11.8 km / 7.3 Miles - 138m gain
 8.3 km / 5.2 Miles - 132m gain
 All routes go clockwise

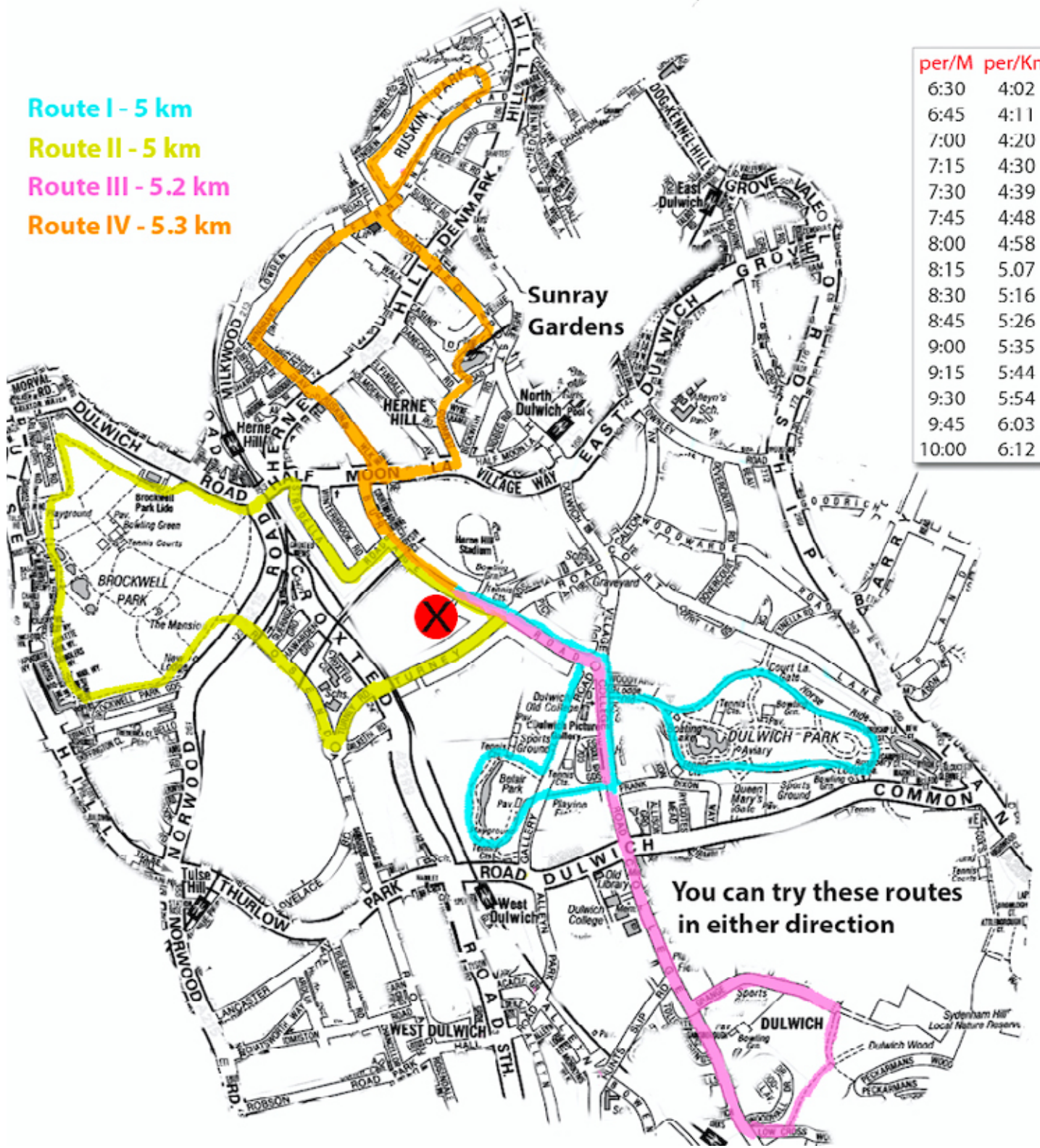


	per/M	per/Km
	6:30	4:02
	6:45	4:11
	7:00	4:20
	7:15	4:30
	7:30	4:39
	7:45	4:48
	8:00	4:58
	8:15	5:07
	8:30	5:16
	8:45	5:26
	9:00	5:35
	9:15	5:44
	9:30	5:54
	9:45	6:03
	10:00	6:12

Dulwich Runners Summer 5km routes

- Route I - 5 km
- Route II - 5 km
- Route III - 5.2 km
- Route IV - 5.3 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



You can try these routes in either direction