



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
- 3 Fixtures
- 4 Club runs & training
- 6 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:



Note - Christmas run dates

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

Track - Tuesday 19th December then Tuesday 2nd January

Club house run - Wednesday 20th December then Wednesday 3rd January

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

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

To be added to the WhatsApp group - contact Ebe - dulwichchair@gmail.com

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



DULWICH RUNNERS 2023/24 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
Katie Smith, Kay Sheedy, dulwichladiescaptain@gmail.com

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

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

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

Surrey League XC

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

www.surreyleague.org

Ladies & Men run at the same venue

- Wimbledon Common
- TBC

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

- 9 December SEAA Masters Oxford
- 🏆 16 December South of Thames 2 Lloyd Park
- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 27 January South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>
Further race details on will appear in the Shorts Newsletter each week.



Dulwich Runners Club Championships 2024

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

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

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

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

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

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

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

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

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

Usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed - Crystal Palace Track

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

You must pre-register with Crystal Palace Arena here <https://www.dulwichrunners.org.uk/tuesday>

You need to reactivate your Crystal Palace membership on your apps and pay online.

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

19 Dec: 10 min@10k + 2x800m@5k + 2x400m@3k with 90 sec recovery.

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

Track etiquette

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

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

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee.

Further details Mike Mann mcmann90@yahoo.co.uk

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 from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

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

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

Longer & steady - 08.45am 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

Marathon talk 10th January

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

Masters Championships

30 Dec British Masters 10 Mile Road Champs – Buntingford
16 Mar 2024 BMAF (Open) Cross Country Champs - also the EMAA Inter-Regional Cross Country Champs - Corwen.
17 - 24 Mar 2024 European Masters Athletics Champs Indoor

– Torun, Poland

15 - 19 May 2024 European Masters Athletics Champs Non Stadia Porto Santo, Portugal

13-25 Aug 2024 World Masters Track & Field Champs - Gothenburg, Sweden

Box Hill Fell Race

Saturday 20 January 2024 11am

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

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

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

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

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

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.

Sportshoes.com 10% off for the club

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

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

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](#).

Sports Massage

Sports massage to:

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

10% discount to club members

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

olabalme1@gmail.com



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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com
photos by Laura Vincent

Surrey League

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

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

All those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season, and runners must return their numbers to their captains after the race, or take them home, and they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England

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

The Sid Crouch Turkey Trot

Sunday 10th December 2023

Sid Crouch won the inaugural event in 1986 and it has been held every year since, excluding 2020. It's the primary aim of many a Dulwich Runner to get their name on that trophy.

Claire Steward has the record number of wins – 2017, 2022 and now 2023 (Spoiler alert! Do read on though as there's more than one winner in this event.)

Dee Fay won in 1992 and 1997

Clare Wyngard won in 2018 and jointly with Ian Sesnan in 2014

Sue Vernon was joint winner with Martin Morley in 2011 and added to that today being 1st walker.



There was an excellent turnout for this year's Trot in Dulwich Park with 30 runners, 2 walkers and several helpers and supporters. Thanks to you all for making it a fun event and a special thank you to Andrea for speedily providing us with the results. Other volunteers included Ebe – finish line manager, Mike Mann – numbers manager, Rob Taylor – numbers assistant, Rob and Gavin – photographers.

It's interesting to consider the rationale behind each runner's predicted times – some go for the challenge of setting a time close to their pb, others prefer an easy run, some seem to pick a time out of a hat, while others needed to estimate an adjustment to their times for their costumes. However, the task is to finish closest to your predicted time or be first over the line, (while not being disqualified due to finishing more than 1.30 faster than your predicted time. We had a few as you'll see below.)

Alicja and baby, just one week before due date, was far too



cautious when predicting her time. She was first over the line, but unfortunately way too quick.

Dylan wanted a gentle run but obviously not too gentle. He now has 100% disqualification rate in the Trot – 2 out of 2.

Joe S is an improving runner and more so than he realised. At some point he thought he may have been going too fast so tactically held back a tad. Unfortunately for him he was still too quick for the TT rules and annoyingly just 8 seconds off

his pb. You can smash that pb Joe, very soon.

The BBC's weather prediction was spot on as the rain arrived at 11 am but we were finished and adjourned to the cafe for presentations and refreshments.

The winners

1st runner across the line – Claire Steward. This is her second win in a row and 3rd in the history of the Trot. Nearest to predicted time – This was an astonishing close competition with 2 runners a mere 2 seconds



away. Tom Mountain is probably the person with the closest prediction who has not won. But he was pipped by Katie Styles who goes home with the coveted turkey.

1st walker across the line – Sue Vernon. She may be an ever present, I don't know, but she's definitely a stalwart of this event.

Best fancy dress – This was voted by the independent and impartial set of judges. Thanks to everyone who made a festive effort. We were treated to some excellent costumes which was reflected in the spread of votes. The winner was Hugh Balfour in his shepherd's outfit.

Num.	Gun Time	Name	Predicted	Start Time	Actual	Diff	
85	00:44:15	Alicja Fermanczyk	00:39:00	09:50	00:34:25	00:04:35	More than 90s faster than predicted
42	00:45:40	Dylan Wymer	00:22:30	26:20	00:19:20	00:03:10	More than 90s faster than predicted
40	00:46:20	Joe Sentence	00:22:30	26:20	00:20:00	00:02:30	More than 90s faster than predicted
22	00:47:35	Claire Steward	00:32:00	16:50	00:30:45	00:01:15	First runner across the line
20	00:47:40	Sue Vernon (walker)	00:48:50	00:00	00:47:40	00:01:10	First walker across the line
26	00:47:53	Joe Brady	00:28:00	20:50	00:27:03	00:00:57	
41	00:47:57	Maeve Lane	00:22:30	26:20	00:21:37	00:00:53	
32	00:48:07	Sophie Sentence	00:25:00	23:50	00:24:17	00:00:43	
30	00:48:15	Jo Shelton Pereda	00:26:00	22:50	00:25:25	00:00:35	
38	00:48:16	Clare Norris	00:23:00	25:50	00:22:26	00:00:34	
35	00:48:22	Catherine Buglass	00:23:47	25:03	00:23:19	00:00:28	
28	00:48:23	Midge Cameron	00:26:30	22:20	00:26:03	00:00:27	
86	00:48:29	Grzegorz Galezia	00:20:00	28:50	00:19:39	00:00:21	
51	00:48:33	Nicola Richmond	00:22:00	26:50	00:21:43	00:00:17	
25	00:48:34	Clare Wyngard	00:28:35	20:15	00:28:19	00:00:16	
21	00:48:38	Chris Bell (walker)	00:41:30	07:20	00:41:18	00:00:12	
48	00:48:39	Harriet Roddy	00:22:00	26:50	00:21:49	00:00:11	
66	00:48:43	Yvette Dore	00:21:30	27:20	00:21:23	00:00:07	
44	00:48:44	Ola Balme	00:22:22	26:28	00:22:16	00:00:06	
37	00:48:48	Katie Styles	00:23:13	25:37	00:23:11	00:00:02	-2.19 Best predicted time
74	00:48:52	Tom Mountain	00:19:30	29:20	00:19:32	00:00:02	+2.35 So close!
81	00:48:54	Joe Farrington-Douglas	00:19:00	29:50	00:19:04	00:00:04	
27	00:48:55	Mike Dodds	00:27:15	21:35	00:27:20	00:00:05	
58	00:48:58	James Auger	00:21:30	27:20	00:21:38	00:00:08	
39	00:48:58	Hugh Balfour	00:24:00	24:50	00:24:08	00:00:08	
33	00:49:03	Tom Poynton	00:24:45	24:05	00:24:58	00:00:13	
70	00:49:13	Andrew Scott	00:19:45	29:05	00:20:08	00:00:23	
36	00:49:21	Emma Hatch	00:23:30	25:20	00:24:01	00:00:31	
34	00:49:31	Mike Mann	00:24:15	24:35	00:24:56	00:00:41	
56	00:49:42	Cameron Timmis	00:22:00	26:50	00:22:52	00:00:52	
29	00:50:35	Colin Frith	00:26:07	22:43	00:27:52	00:01:45	
23	00:53:59	Bob Bell	00:31:00	17:50	00:36:09	00:05:09	

Presentations at Christmas Party

2023 Club Championship End of Year Trophies

8. December

Ebe writes: Our party at The Plough saw the annual presentations done with the customary aplomb by Barrie and Lindsey. The updated table of the club championship awards below shows some corrections from the one last week, even more have completed the club champs and one of those, Claire was awarded 2nd WV60+ overall. This time there are no completion medals for sustainability reasons, but instead the committee decided to donate £5 for each member who completed to The Running Charity, so for 45 completing £225 in total. Well done everyone! The Running charity was picked for being “an independent charity harnessing the power of running to support young people who are experiencing homelessness or manage complex needs. What started as a pilot scheme of twelve young people in a Kings Cross Day Centre is now a national organisation guiding and inspiring hundreds.” (<https://therunningcharity.org>). We will also donate an equal £225 to the St Matthews Project for helping “the young people of Lambeth to fulfil their potential and improve their well-being both physically and emotionally through targeted support to children and families.” (<https://thesmp.net/about/>). This came from another suggestion in the committee as we wanted to donate our surplus from staging the Midsummer Relays.

The Gill Johnson awards for best performance on the road were announced by Ola. The Female shield went to Polly Warrack for her 17:35 5K achieved at the Friday Night under the Lights race in Battersea Park on 21 April this year.

The Male Shield to Ed Chuck for multiple club records this year, namely his 14:29 5K in the same series at Battersea Park but on 17. February, plus his Cambridge Half Marathon record of 65:44 achieved on 5. March.

It was a lovely event and a great occasion to catch up with many of you at the end of a successful year for the club. Thanks to all who attended and to all helping with making the party possible, namely our social secretary Michelle, our treasurer Andrea, my co-chair Ange, our president Barrie, and to Lindsey and Ola.

Overall Championship Winners (on Age Grading)

1st	Andy Bond (90.3%)
2nd	Ros Tabor (87.9%)
3rd	Tom South (86.1%)

Completion:	Points
James Burrows	194
Barrie John Nicholls	194
Dave West	190
Joanne Shelton-Pereda	185
Andrew Murray	185
Alexander Loftus	184
Jonathan Whittaker	184
John Kazantzis	184
Rob Emes	184
Cameron Timmis	183
Jack Leafe	182
Paul N Keating	180
Mark Callaghan	180
Timothy Bowen	177
Murray Humphrey	176
Steven Kendall	176
Joe Farrington-Douglas	172
Hugh French	169
Edward Smyth	165
Jonny Hough	164
Miles Gawthorp	158
Robert Tokarski	157
Austin Laylee	148
James Gordon	145

Age Group Winners (on points)

	Senior W	Senior M	W40	M40	W50	M50	W60+	M60+
1st	Harriet Roddy (202)	Aaron Wilson (203)	Helen Shannon (206)	Andy Bond (204)	Michelle Lennon (206)	Grzegorz Galezia (207)	Ros Tabor (205)	Tony Tuohy (206)**
2nd	-	Ben Howe (195)	Laura Vincent (203)	Tom South (200)	Lindsey Annable (197)	Chris Beardsall (202)	Claire Steward (202)	Ebe Prill (206)
3rd	-	Sean Cordon (193)	Clare Norris (198)	Shane Donlon (195)* Ade Russell (195)* *Joined 3rd on head to head 4:4	-	Justin Siderfin (199)	-	Mike Mann (195)
								** 1st on head to head 6:2

London Marathon Club Places 2024

As previously advertised, the club have been allocated 2 guaranteed places for next year's London Marathon. The number allocated is determined by our number of EA registered members.

All members were invited to put themselves forward based on the following criteria.

- Been a member for at least 12 months
- Entered the ballot and been rejected
- Not eligible for championship or GFA place
- Not had a club place in the previous 2 ballots (2020 and 2023)

The first is allocated on merit based on points given for participation in club events. (See table below) The second is from a ballot of all the remaining names. The draw took place at the Christmas party and we now have 2 lucky recipients.

Place allocated on merit – Helen Shannon

Place from the ballot – Maeve Lane

Reserves have also been drawn. This is because these are club places so in the event of either person knowing that they will be unable to run before the registration deadline, the place will be passed to the reserve. London Marathon are concerned that too many club places are being referred and consequently allocating fewer places to those clubs. Deferral is still an option if anyone becomes injured after the registration date.

First reserve – Harriet Roddy

Second reserve – Rob Meadows

LM '24 Club place on merit																		
Club Event	Grzegorz Galezia	Rob Mayes	Lee Wild	Rob Fawn	Alex Haylett	Harriet Roddy	Helen Shannon	Maeve Lane	Ed Simmons	Rupert Winlaw	Miles Gawthorp	Ross Rook	Mark Callaghan	Joe Farr.-D.	Andrew Scott	Claire Steward	Graeme Finnie	Rob Meadows
10K (R1)							x				x		x					x
5M (R2)	x					x	x									x		
Parkrun (R3)	x		x							x	x	x			x			
7M (R4)	x					x	x		x		x		x	x		x		
Half (R5)	x		x				x	x		x			x	x		x	x	x
Marathon (R6)	x		x		x			x		x	x						x	
Mile (R7)	x					x	x		x				x	x				
5k (R8)	x					x	x		x		x	x		x	x	x	x	
AL 4 May						x	x					x	x			x	x	
AL 1 June		x							x					x				
AL 6 July												x						
AL 3 Aug						x									x	x	x	
AL 7 Sep												x						
SL 14 Jan									x				x	x				
SL 11 Feb	x					x			x				x					
SL 14 Oct						x	x					x						x
SL 11 Nov						x	x		x									x
Greenbelt May 13							x							x				
Greenbelt May 14							x							x				
Midsummer Relays 21 Jun	x			x		x	x						x	x	x			
Total	9	1	3	1	1	10	12	2	7	3	5	6	8	9	4	6	5	4

To see your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Bromley

414 Ran

Pos Gen

95	81	Colin Frith	23:30
236	176	Peter Jackson	28:42
350	219	Steve Wehrle 2nd cl	34:18

Brockwell

225 Ran

Pos Gen

4	4	Thomas South	17:26
8	7	Andrew Inglis	18:46
49	4	Nicola Richmond	22:32
54	6	Ola Balme	22:45
74	56	Stephen Trowell	23:46
109	78	Graham Laylee	25:20

Beckenham Place

154 Ran

Pos Gen

85	17	Claire Barnard	29:30
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Crystal Palace

249 Ran

Pos Gen

113	86	Michael Dodds	27:56
163	42	Clare Elizabeth	30:35
194	125	Bob Bell	33:24
222	82	Chris Bell	37:41

South Norwood

87 Ran

Pos Gen

14	1	Christina Dimitrov	23:24
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Mile End

240 Ran

Pos Gen

113	90	Dave West	26:07
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Dulwich

343 Ran

Pos Gen

10	10	Murray Humphrey	17:19
25	24	James Brown	18:31
38	34	Matt Wood	19:19
40	3	Libby Turnell	19:24
54	45	Rob Fawn	19:56
92	77	Robert Tokarski	21:51
233	163	Lee Wild	27:10
337	197	Fazlur Rahman	40:28
339	110	Susan Vernon	52:21

Tilgate

285 Ran

Pos Gen

105	91	Gary Budinger	27:30
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Burgess

304 Ran

Pos Gen

19	18	Harrison Minter	19:48
79	63	Hugh Balfour	22:48
87	14	Katie Thompson	23:09

166	40	Ros Tabor	26:47
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Southwark

226 Ran

Pos Gen

109	78	Paul Keating	26:39
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Victoria , Glasgow

273 Ran

Pos Gen

48	43	Jamie Robinson-Nicol	21:55
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Peckham Rye

154 Ran

Pos Gen

1	1	James Blackwood	17:29
2	2	Andy Bond	18:16
10	10	Joe Farrington-Douglas	19:27

Tooting Common

332 Ran

Pos Gen

39	37	John Kazantzis	21:47
154	112	Ian Sesnan	27:46

Centennial

500 Ran

Pos Gen

11	10	Tim R Taylor	19:00
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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 Winter Map 2

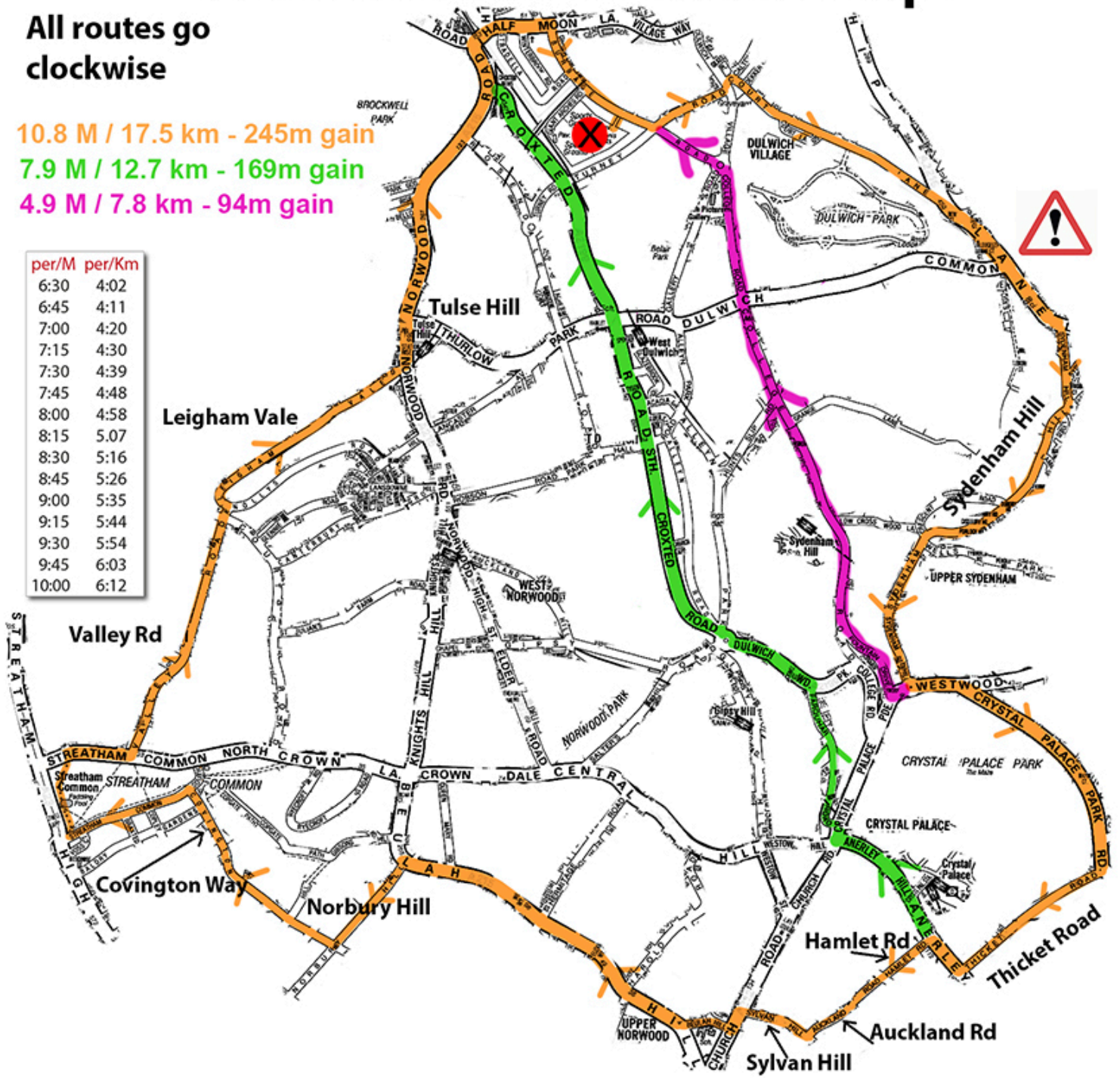
All routes go clockwise

10.8 M / 17.5 km - 245m gain

7.9 M / 12.7 km - 169m gain

4.9 M / 7.8 km - 94m 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



Dulwich Runners Winter 5km routes

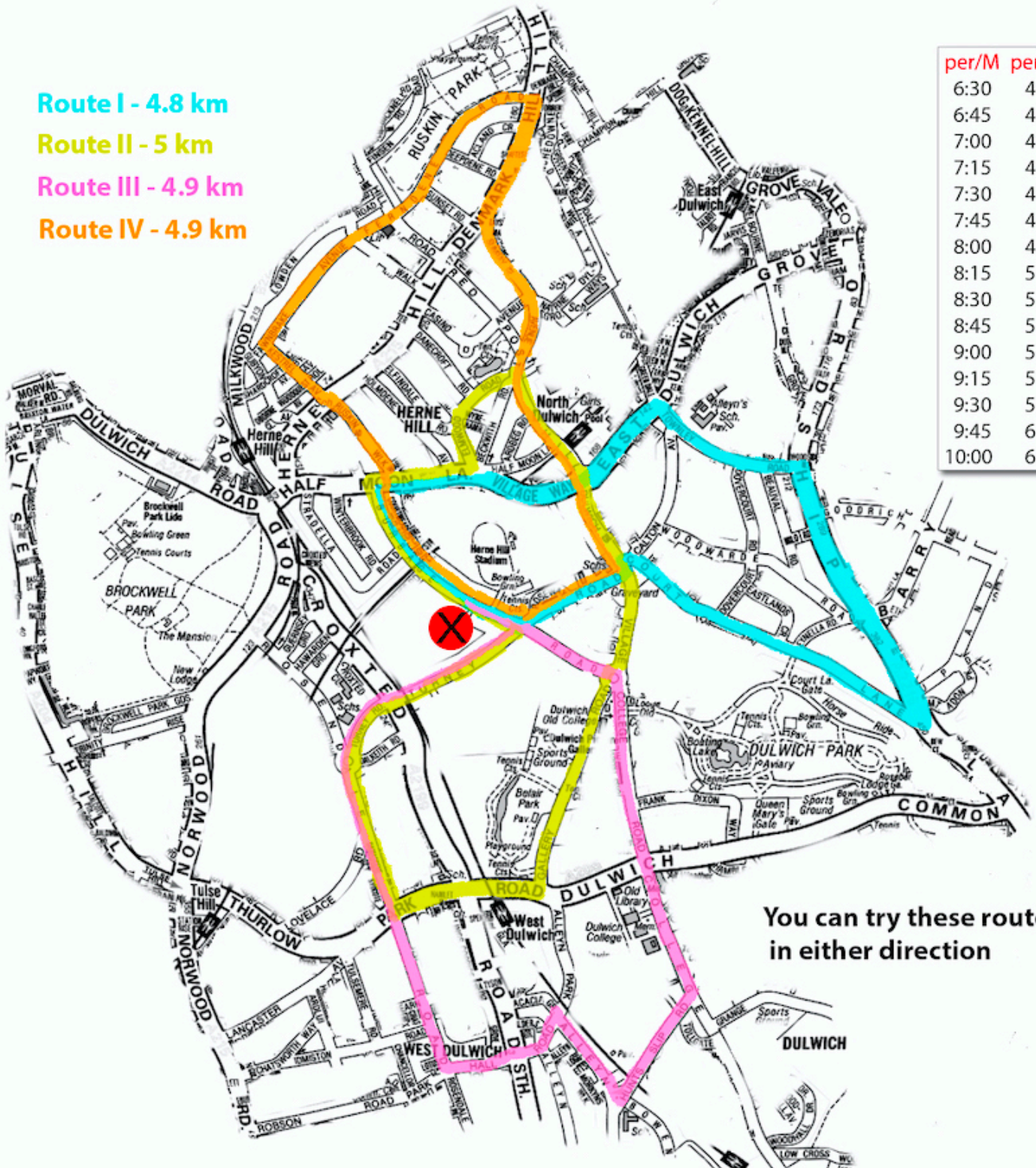
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction