



## These are your SHORTS

Please send any reports, running news etc to:

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

### DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

## In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 3 Club runs & training
- 10 Race reports and results
- 16 Club kit
- 18 Wednesday night maps.

Feel free to send in any race reports, photos also welcome.

**No Wednesday club run - 21st June**  
**Either run or help at the Mid Summer Relays**  
**- See inside Shorts for details**

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always put here.  
Facebook and WhatsApp are also widely used.

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

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

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

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

## \*\*\*2023/24 membership renewals\*\*\* Now overdue

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.

email renewal request forms were sent end of March  
(If you can't find it check your junk/spam folders.)

Please do not reply to the email unless to request changes to your details or to not renew.

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

## '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](mailto:ros.tabor49@gmail.com)

# DULWICH RUNNERS 2023 FIXTURES

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

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

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Jun 13	Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
	14 Dino Dash Relays - 7.30pm	Crystal Palace Park
	21 Dulwich Midsummer relays	Dulwich Park
Jul 1	Brockwell parkrun - S	Brockwell Park
	6 Assembly League	tbc
	7 Mark Hayes mile	Dulwich College track
	14 Golden Stag Mile - S (alternative to June 3 Tracksmith)	Finsbury Park
	15 Elmore 7 - L	Chipstead, Surrey
Aug 3	Assembly League	Victoria Park tbc
Sep 3	Big Half - L	Central London
	7 Assembly League	Beckenham Place Park tbc

**NOTE: All Assembly League dates and venues to be confirmed**

## Club Championship Races 2023

### Remaining events

- 13 June Speedy Steeds 5km (or any others in the Sri Chinmoy summer series, 27 June, 18 July, 8 Aug) S  
<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961#rc16298>
- 1 July Brockwell parkrun S
- 14 July Golden Stag Mile (alt. club champsmile event), Friday 14 July. Bookings open 1 June.  
<https://meets.rosterathletics.com/public/competitions/details/about?id=16697> S
- 15 July Elmore 7 L <https://register.enthuse.com/ps/event/SLHElmore72023>
- 3 Sep Big Half L <https://www.thebighalf.co.uk/the-events/how-to-enter>

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.

No suitable trail races so we chose the Elmore 7, undulating course of rural lanes and minor roads.

If Brockwell parkrun is off we'll choose another date

Difficult to find a suitable 10k, one option is the Vitality 10k but no date set and high entry cost.

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

Golden Stag Mile race is 1 day before the Elmore 7 which isnt ideal if people want to run both club champs events. The Golden Stag Mile still counts to the Club Champs as an alternative to the Tracksmith Mile for anyone who cant make the date or get a place.

Updates on events with dates to be confirmed will be issued as soon as details known

2023 Club Championship rules have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories. Rules & races here: <https://www.dulwichrunners.org.uk/club-championships>  
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

**Join us after our club champs in Battersea Park next Tuesday 13th at the Pear Tree Club in the park.**

## Pacers at Brockwell parkrun, 24 June

the organizers at Brockwell parkrun has accepted our offer to provide pacers for the event on 24 June. This is a week before our club champs parkrun there on 1 July. Could those of you prepared to act as pacers please contact me with your proposed time. My suggestion is to pace within your comfort zones as opposed to your maximum pace. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Big Half entries – the draw for community places has been done

Names were pulled out with a 50/50 split between male and female. Everyone successful has been emailed. Please reply asap. We have applied for some more community places, but there is no indication when, or if, we will receive any. If we do, the people who were unsuccessful this time will have priority.

## Dino Dash Relays - Wednesday 14 June at 7.30pm.

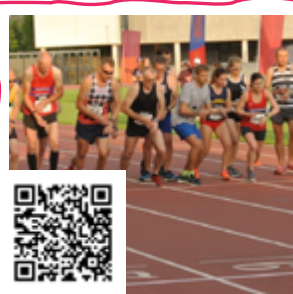
Team captains will be in touch. <https://crystalpalacefunrunners.co.uk/dino-dash> for more details

## Mark Hayes Mile - 7 July

Dulwich College track Friday 7 July, start 7.30pm. A series of seeded races with the slowest race going off first. Those wishing to take part contact me with either recent or estimated times (not pbs). [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Dulwich Runners Club Championships 2023

- Edition 3 – Elmore 7 Plus Others now Available to Enter!



**1 mile (SHORT CATEGORY)**  
 Tracksmith Mile, Tooting Track  
**Saturday 3 June 2023, 2.00pm**  
 Likely to sell out well in advance.  
*The Golden Stag Mile at Finsbury Park on Friday 14 July will remain as an alternative.*

<https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith2/>



**5 Km (SHORT CATEGORY)**  
 Speedy Steeds 5K, Battersea Park  
**Tuesday 13 June 2023, 7.00pm**  
 Entry closes 3 days before.  
*Or any others in the Sri Chinmoy summer series on 27 June, 18 July or 8 August*

<https://www.eventrac.co.uk/e/sri-chinmoy-5k-races-in-battersea-park-6961>



**Elmore 7M (LONG CATEGORY)**  
 Chipstead, Surrey  
**Saturday 15 July 2023 (2pm)**  
 Entry open.  
*Organised by South London Harriers. All runners receive free entry into the Chipstead Flower Show.*

<https://register.enthuse.com/ps/event/SLHElmore72023>



**Big Half (LONG CATEGORY)**  
 Tower Bridge, London  
**Sunday 3 September 2023 (am)**  
 Standard Price Entries open.  
*We hope to receive discounted community places although these cannot be guaranteed.*

<https://www.thebighalf.co.uk/the-events/how-to-enter>

# 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.

champs (1 July), Assembly League (3m-3.5m). Later in July sessions focus on 5k speed and additional guidance and advice for the Big Half 3 September.

At Dulwich College track and fields over the summer, some hill sessions September and hopefully back at Crystal Palace track for winter if floodlights fixed ( alternative arrangements if not). Every Tuesday, except 13 June (5k club champs race then).

Sessions suitable for anyone who regularly runs several times a week and whilst there is 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.

Training focused on the 1 mile club champs (2 June & 14 July), Mark Hayes mile (date TBC) 5k club champs (13 June) parkrun

Subject to any last-minute adjustments, proposed sessions for the next few weeks are:

**13 June** - No session - 5k club champs Battersea Park  
**20 June** - Field - 2\*(3mins @5k effort + 90 secs rec).  
Track - 4\*(90 secs @3k effort + 1 min rec) + 3\*(225m @1 mile

**27 June** - Field - 5mins @10k effort with a couple of short faster speed on whistle + 3\*(2.30 mins @5k effort +90 secs rec, diagonally across field).

effort + v.slow jog rec).  
Note: midsummer relay on Wed.

Track - 2\*(2:30 mins @3k effort + 90 secs rec) + 2\*(400m @1m pace + v.slow jog rec. back to start line).  
Note: Brockwell Parkrun club champs on Saturday July 1st

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](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. - 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

# Dulwich Midsummers Team Relay & Children's Fun Run

Wednesday 21st June 2023 - Dulwich Park, SE21 7BQ

We are pleased to announce that our popular event open to all levels of ability will take place again this June. This is a really important fundraising event for the club so please run or volunteer if you can.

## Relay Race

3 x 1 mile  
Start time 7:30pm  
Minimum age 7  
Advance entry: £15 per team On the day entry: £18 per team  
Run Britain license applied for.  
Further details from Ange and Ebe:  
[dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

## Children's Race

1 mile  
Start time 7:00pm,  
for ages 4-14 - all children will receive a medal.  
Cost £2 (on the day entry only)  
For more info contact Hugh French:  
[hughfrench@hotmail.com](mailto:hughfrench@hotmail.com)

1. You can enter as a team via Opentrack - enter via relay entry (second green box), choose 'or add a club not in the database' and include DR in the unique name), <https://data.opentrack.run/en-gb/x/2023/GBR/dr-midsummer-relay/>
2. If you do not have a team and would like to be added to a Dulwich one, let Ange know - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)  
If not running, it would be great if you help on the night. Let Alice know if you can - [alice.williams1712@gmail.com](mailto:alice.williams1712@gmail.com)

**DULWICH RUNNERS**  
**MIDSUMMER RELAYS**  
**AND CHILDREN'S FUN MILE**

**Wednesday 21 June, Dulwich Park**  
**Children's Fun Mile 7pm**  
**Midsummer Relays 3x 1 mile 7.30pm**

Children's Fun Mile (age 4-14)  
£2 entry on the day only  
£15 per relay team online in advance  
£18 per relay team on the day subject to availability  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Scan me to enter

Prizes will be awarded for winning male, female and mixed (minimum 1 female runner) relay teams.

Please form and enter your own teams, or if you do not have a full team, email your interest to Ange and we will put some teams together. If you don't want to run, we will also need many volunteers.

**Every year the Club hosts an annual children's one mile race, which takes place before the midsummer relays on 21 June.**

In order for it to be successful, every club member needs to drum up some support. "What can I do though?" I hear you asking. Answers below:

If you have children or know children bring them along.  
Spread the word – ask a school to put it in their newsletter. Tell any parents you know about it.  
Promote the event – put a flyer on a noticeboard, in a club, in a church, in a school etc.  
Get it onto social media – retweet any promotion, put it onto your fb feed, get it on snapchat etc etc  
Wear a sandwich board around Dulwich for the next few weeks promoting the event.

# Assembly League

## What is the 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
- 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.

### All dates and venues TBC - all on Thursdays

May 4: Victoria Park - June 1: Crystal Palace - July 6: Venue TBC Aug 3: Victoria Park - Sept 7: Beckenham Place Park

## 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.

- 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



# 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:

Barnet & District AC / London Heathside (Finsbury Park) - including Golden Stag Mile and Fast 5000s.
Blackheath & Bromley (Norman Park) - including the "So Clean Mile"
Cambridge Harriers & British Milers Club (Sutcliffe Park, Eltham) <a href="https://entry4sports.co.uk/#/">https://entry4sports.co.uk/#/</a> 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:

Dave Clarke Mile 28 June, Wimbledon Pk (entries close 22 June) <a href="https://data.opentrack.run/en-gb/x/2023/GBR/dc1mile23/">https://data.opentrack.run/en-gb/x/2023/GBR/dc1mile23/</a>
Golden Stag Mile (alt. club champs mile event), Friday 14 July. Bookings open 1 June. <a href="https://meets.rosterathletics.com/public/competitions/details/about?id=16697">https://meets.rosterathletics.com/public/competitions/details/about?id=16697</a>
Tracksmith London Twilight 5000s Race 1: 20 July, Stratford Olympic warm up track <a href="https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k/">https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k/</a>
Finsbury Park 5000s: 21 July. open for booking on 9 June <a href="https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/">https://data.opentrack.run/en-gb/x/2023/GBR/finsbury-park-5ks/</a>
Cambridge Harriers - 19 July & 16 August. Entries close 4 days in advance.
Tracksmith London Twilight 5000 Race 2: 30 August, Battersea Park <a href="https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/">https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith5k2/</a>
Stan Allen Miles 6 September, Tooting Bec <a href="https://data.opentrack.run/en-gb/x/2023/GBR/stanallenmiles/">https://data.opentrack.run/en-gb/x/2023/GBR/stanallenmiles/</a>

We'll endeavour to update this list every couple of weeks.

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 T&F Championships TBC
Kent 3000m and 10000m, 28 June, Dartford (entries close 24 June) <a href="http://kcaa.org.uk/track-field.htm">http://kcaa.org.uk/track-field.htm</a>

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.

# 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)

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.

## Masters International Championships

25 Jun British Masters 30km Multi-Terrain Champs Gravesend  
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

## Bob Graham Round (30th June) pacers / support needed!

As some of you know, three DRs (Michael Williams, Ben Smith and Alex Loftus) are planning an attempt on the Bob Graham Round (BGR) this Summer. The BGR is one of three classic sub-24 hour mountain challenges in the UK, the other two being the Ramsey Round in Scotland and the Paddy Buckley Round in Wales. It dates back to June 1932, when Keswick hotelier Bob Graham broke the Lakeland 24-hour record by crossing 42 fells in the Lake District, over 66 miles with 27,000ft of ascent. (Everest is 29,035ft, just for scale). To be officially ratified in the 'Bob Graham 24-hour Club', you must complete it in under 24-hours, and each runner must be accompanied by a witness on each summit.

The route crosses roads at 4 distinct points so it's broken down into five distinct legs and we're hoping to have a team of pacers taking turns to join us on each leg. This is not only to verify that we've actually reached each summit but – more importantly – to help make sure the three of us are on course, running at a steady pace and are still sane, fed and watered! This is where we're hoping that other DRs might be willing to join us for a leg or two. Although it might seem a somewhat selfish request, we'd also hope it might be a beautiful night & day for running in the Lakes. In the reciprocal spirit of the BGR, we'll also return the favour when anyone else is keen to do the same.

We've now set a tentative, weather-dependent date of June 30th, and there should be at least a couple of cars going up from Dulwich. If, nearer the time, the forecast doesn't look optimal, we'll aim for the weekend after (7th-8th July), with the same scheduled departure of 7:15pm from the Moot Hall in Keswick. On the basis of a 23-hour round (the schedule is likely to change quite a bit!) this would mean rough timings for each leg as follows:

Leg 1. Keswick to Threlkeld: Depart 1915. Arrive 2301.  
Leg 2. Threlkeld to Dunmail Raise: Depart 2316. Arrive 0342  
Leg 3. Dunmail Raise to Wasdale: Depart 0357. Arrive 0949  
Leg 4. Wasdale to Honister: Depart 1009. Arrive 1508  
Leg 5. Honister to Keswick: Depart 1522. Arrive 1818

The 1st of July should dawn at around 3-ish near to the summit of Fairfield, with some of the most beautiful views on this island.

There are likely to be at least a couple of cars going up from Dulwich. If anyone is able to offer any help in our attempt – whether as a pacer or road support – please do write to us on:

[asmithcalledben@gmail.com](mailto:asmithcalledben@gmail.com)  
[mikathlon@gmail.com](mailto:mikathlon@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)



## John Carke memorial Fell Race

16th June 7.30pm 3.3 miles 930 ft ascent

For all those who enjoyed the ups and downs of the GBR and everyone else who wants to try a gentle introduction to fell running, this is the only category A fell race inside the M25. It is held around the Yardley Valley in Epping Forest and is well organised by Orion Harriers. It is a brilliant little low key race in a beautiful location.

Entry is via the Spond app which has to be uploaded and you need to register. Use the group code OYPHU. Entry fee is £3. Entry is also available on the day at the Orion Clubhouse, Bury Road Chingford E4 7QJ which is the race HQ and is about 15 minute walk from Chingford Station. Hugh Balfour

# An introduction to developing your running i.e. how to make the most of your Dulwich Runners membership

## Who is this aimed at?

I thought I would pull something together on a fairly “quick and dirty” basis about what the training sessions are intended to achieve, why we do what we do and how this fits with wider club activity. This is primarily intended for those of you who are fairly new to the club and/ or structured endurance training although it might be of wider interest.

## General principles of endurance running

Essentially, we train in order to improve our aerobic capacity (your cardiovascular system can deliver more oxygen which your neuromuscular system is better able to use), our lactate threshold (you can run at a faster pace at which energy production becomes increasingly anaerobic, leading to fatigue) and our running economy (you use less energy to do the same level of running). These improvements will vary person-to-person, and it can be a bit of a genetic lottery. Sometimes progress can take a while to become apparent, so don't expect overnight success but consistent intelligent training should pay benefits for almost everyone.

Different training paces provide these benefits in different ways, although it is well worth noting that whilst training at your target pace has its place, there is a lot more to improving your 5k time than simply running at your 5k pace regularly.

Most coaches and experienced athletes generally think of doing most training at a fairly easy or steady pace, with a small proportion at or faster than about marathon pace. There's no one set formula or consensus about how this should best be done although the 80/20 rule is often cited as a general rule. Don't fall into the trap of thinking that running at an easy conversational pace isn't much use and that for training to be effective you need to be collapsed on the ground at the end of a session. You'd be amazed at how slowly so many elite level athletes will do so much of their training.

## Intensity and pace

In setting the training sessions and plans, I will generally refer to your pace at a particular distance e.g. 5k pace, 10k pace etc. Almost all of you will be racing regularly so should have at least one recent pace to refer to, and you can then use one of the many online comparators to work out a pace at a different distance. For most of you, 3k, 5k and 10k should each be about 10-20 seconds a mile different from each other. Do try to refer to recent races and avoid the temptation to refer to either very old races when you were much younger and fitter, or those imaginary races which you haven't yet achieved in real life. Another helpful approach although it can be a bit vague, is perceived effort or exertion. Borg scales are often used and worth looking up, but with someone new to running I could just use easy, moderate and sprinting which is at least nice and easy to understand.

## What is in a week?

Most people organise their training on a weekly cycle, which includes a variety of sessions of different distances and intensities. But there are risks around relying on a relatively narrow range of sessions as well as failing to allow sufficient recovery between harder sessions.

So you could do some sessions every fortnight rather than weekly, vary your distances and efforts a bit more, and also cut back your mileage occasionally (e.g. one week a month) to ensure you can absorb your training.

But in general terms a week might look something like:

Monday – 40-60 minutes easy run

Tuesday – interval session

Wednesday – 30-60 minute easy or steady club run

Thursday – 40-60 minute easy or steady run

Friday – rest day

Saturday – 40 minute easy run or Parkrun (at whatever pace you want)

Sunday – 80-120 minute long run mainly at easy or steady pace.

## Training blocks

Like many other clubs, our training sessions are aligned to target races and we build up over typically 8-12 weeks, which is about the time it takes for the training to make a noticeable difference, with a focus on a particular race (or series of races).

We also like to vary the stimulus simply because the human mind and body occasionally needs something new – if we did 8\*800m @5k pace with 75 seconds recovery every week then despite its merits as an individual session you would (1) get bored, which can lead to over-training (2) miss out on the benefits of training at a broader range of paces, intensities and distances and (3) adapt over time and have a reduced response to each session. By varying the session each week we can cover a wider range of training stimuli, and in focusing more on shorter faster sessions in the summer and being more endurance-based in the winter we can similarly periodically freshen things up and better target the key races in each period.

## Further advice

A while back I wrote up a short note about the Tuesday sessions, which is at:

<https://wingsonourheels.wordpress.com/2022/10/28/tuesday-interval-sessions-some-additional-information/>

Feel free to ask me (or the other coaches) questions before and after the Tuesday sessions, or contact me by e-mail or Whatsapp. We can also point you in the direction of some suitable further training resources if needed.

There are also lots of good books out there with training advice: I've set out my recommendations at:

<https://wingsonourheels.wordpress.com/2022/10/28/training-books-some-recommendations/>

## Wednesday club runs

These are a great way to get to know people in the club and the distances and paces on offer allow you to run in a group that works for you, whether it be a shorter easier recovery run or a faster mid-distance run as part of a marathon build-up. Most people feel a reduced perception of effort when running in a group, and that applies to easier and steady runs as well as the more intense interval sessions. I should be around most Wednesdays so happy to chat after a run if you've got any questions.

We also have had a number of groups doing their Sunday long runs together particularly ahead of spring marathons, so do ask around and check Shorts to see what is on offer. It might also be worth contacting others in the club to arrange meeting up to run at other times e.g. on Thursday evenings.

## Races

There is a great range of races on offer with the club which are either free or at low cost. They also vary over the course of the year, which makes life more interesting and are often a focus for a training block. Do bear in mind though that inter-club competitions can be a bit more competitive than other races simply because those taking part will have run regularly for some time, so do adjust your expectations around (and the importance you attach to) where you finish in the rankings.



## 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 - **HXBW5** - valid until 3rd of July 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.




**v1 Dulwich Runners**





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

 [app.dulwichrunners.org.uk](https://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](mailto:barry@bg1.co.uk)  
All road, xc, fell, tri and track results etc, are welcome.

## East Grinstead Triathlon

Lloyd Collier writes: Having been a cyclist for the last 3 years and riding round in circles an awful lot over the road at HHV (as those on Strava will know!) I fancied a change this year so for my 50th I treated myself to an Ironman entry for Copenhagen 2023.



This means learning to swim again [I need to swim for ~80mins with 2,500 people climbing on my back], remembering how to run >10m effectively [for a ~4hour trot with lots of eating on route], and unlearning everything I've learned on my track bike over the last 3 years [constant steady effort for ~5 hours rather than max power for 1-2 mins].

So, no small task. My work work most helpful in making me redundant in

February with a 23-years-of-loyalty-hard-earned compensation package meaning I have 6 months off to train :)

EG was the first race of the year and a good test of progress. So it was most satisfying to beat all but one of my TWTC teammates - and indeed I was only 20s down on our first home which over a 75min race is nothing.

400m swim - 7:45  
16m hilly bike - 45  
5K run - 19:53



Most pleasingly it was also my first ever AG podium in a triathlon with 3rd V50.

Suzannah also competed and was 2nd V50. That's two local races this year {Penshurst NYD XC being the other} and two twin-podiums for Tunbridge Wells' Old Power Couple as we're now known locally!

## Assembly League, Crystal Palace

1 June

This was the first Assembly League race that the club has hosted for a number of years, and the initial feedback indicates that it was well received by many of the participants. The regular 2 lap Crystal Palace parkrun route was used and the only issue was at the foot of the descent in the 2 way traffic section where there were a few near misses at the sharp left hand turn at the foot of the descent. If, as seems probable, we are asked to host a race

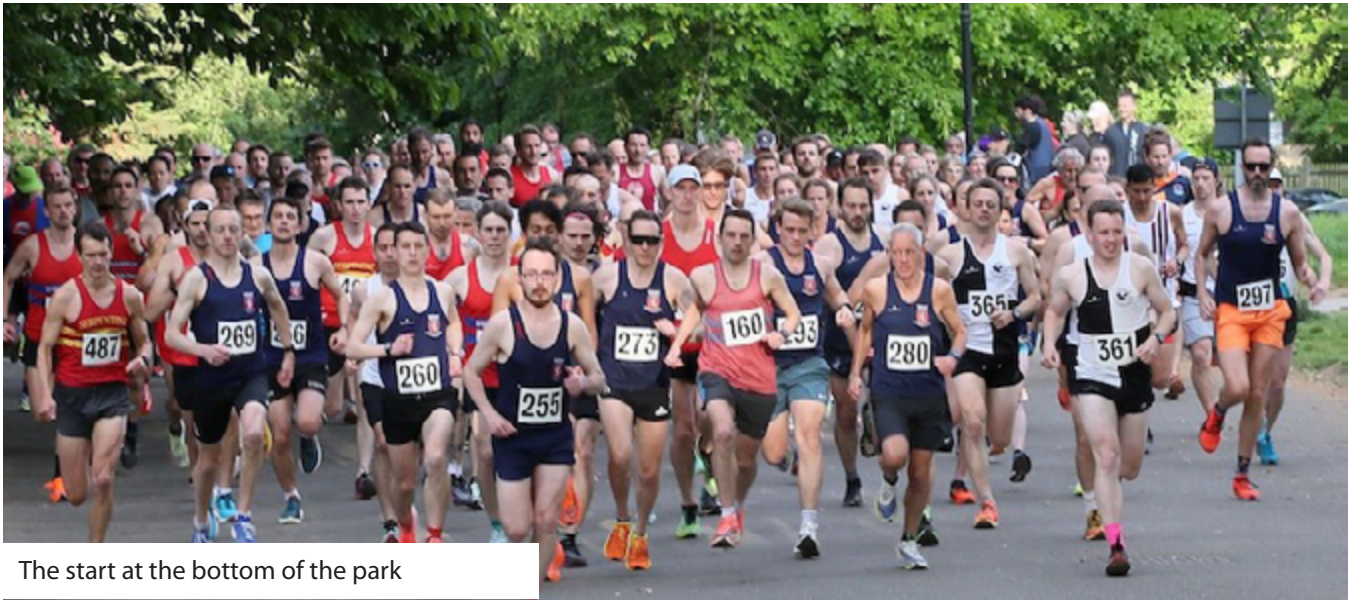
there at the same venue next year, this can be easily addressed. A big thank you is due to the volunteers who helped out on the course as marshals and at the finish.

The race was dominated by Kent AC and ourselves, with Ed Chuck finishing in first place overall and a strong pack of 5 Dulwich competitors, Jack Brotchie, Rob Armstrong, Joe Hallsworth, Andy Bond and Fred Bungay after the foursome from Kent AC finishing immediately behind Ed. Michelle Lennon 2nd W55, Mike Mann 2nd M70, Clare Norris 2nd W45, Andy Bond 3rd M45, and Ebe Prill 3rd M60. We had a respectable turnout with 34 runners.

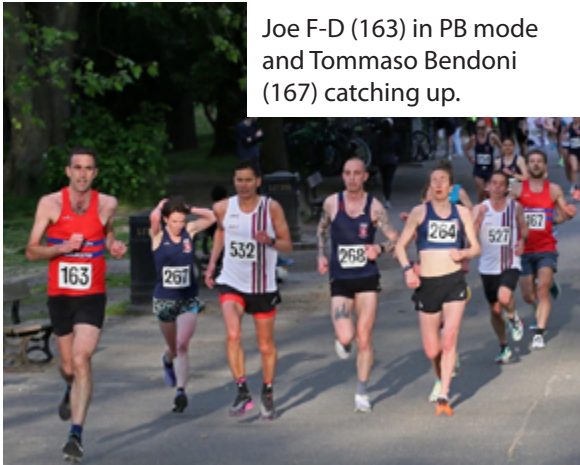
We are awaiting confirmation of dates and venues of the remaining races this summer. Mike Mann

Pos	Name	Time	AG
1	Edward Chuck	15:39	84.20% M V35
6	Jack Brotchie	16:33	80.60% M V35
7	Robert Armstrong	16:34	77.60% M SEN
9	Joe Hallsworth	16:41	77.20% M SEN
10	Andy Bond	16:42	87.30% M V45
11	Fred Bungay	16:46	76.70% M SEN
21	Adrian Russell	17:11	82.40% M V45
29	Hugh Stobart	17:50	72.70% M SEN
40	Tommaso Bendoni	18:17	70.40% M SEN
47	Joe Farrington-Douglas	18:39	74.90% M V40
69	Rob Mayes	19:31	66.10% M SEN
82	Warren Keefe	19:52	72.40% M V45
84	Ed Simmons	19:55	69.10% M V40
95	John Kazantzis	20:32	74.00% M V50
99	Eberhard Prill	20:38	77.70% M V60
102	Justin Siderfin	20:55	70.30% M V50
107	Sum Mattu	21:06	63.10% M V35

108	Katie Smith	21:08	73.20% W V40
111	Clare Norris	21:19	74.40% W V45
112	Michelle Lennon	21:26	82.40% W V55
120	Katie Styles	21:58	69.80% W V40
128	Ola Balme	22:08	80.00% W V55
139	Naomi Crowther	22:51	66.50% W V40
145	Belinda Cottrill	23:09	65.30% W V35
149	Ajay Khandelwal	23:31	63.90% M V50
151	Mike Mann	23:47	78.70% M V70
157	Dave West	24:22	67.90% M V60
158	Jo Quantrill	24:23	84.20% W V65
163	Tom Poynton	24:49	59.20% M V50
171	Barrie John Nicholls	25:40	67.40% M V65
174	Midge Cameron	26:08	69.70% W V55
178	Paul N Keating	26:54	57.20% M V55
179	Claire Barnard	26:59	55.20% W V35
184	Lindsey Annable	28:41	61.00% W V55



The start at the bottom of the park



Joe F-D (163) in PB mode and Tommaso Bendoni (167) catching up.



Michelle Lennon (156) and Sum Mattu (144)



Ed Chuck in the lead. There's theories how his vest got faded. One is that a mysterious old running master from the founding days of our club gave him the very first sacred club vest. He never looked back since.

Katie Smith leading the Dulwich women's field



(almost) all of us after the race

# The Ocean Lake Triathlon



Kay, Clare

Clare Norris writes: When Kay suggested the Ocean Lake Triathlon, it hadn't clicked that it would then make a cluster of 4 races in 6 days. And after a run up of a few months of a sporadic knee pain, I really wasn't sure how I'd fare. Initially buoyed by a strong run in the assemble league on the Thursday night at CP only to have my confidence dented in the Tracksmith mile by being beaten by a kid who looked about 7 years old. Big shout out to Belinda Bell for looking after my youngest in Belair to allow me to make that one.

And so when the alarm went off at 4.30am on Sunday, I was feeling rather jaded for the early start at Leybourne lakes. I was sorry to note only 10 women entered out of a field of 120. The lake was stunning in the early sun and Kay and I stayed with each other for most of the 750 m swim. Just ahead of me out of the water, I had a good transition while she struggled a bit with a new wetsuit, so I was onto the bike leg first by 40 seconds or so. Trying not to be put off by all the super looking tri bikes, I tried to have faith in the Herne hill velodrome sessions that I've been going to each week with Clare Wyngard. I could see Kay gaining slightly as we reached halfway on the bike which spurred me to push hard as I knew her run leg was a lot quicker than mine. Into transition first, I had a swift T2 of 36 seconds and embarked on the 5km parkrun route around the lake. It was a question of whether I had gained enough lead to hang on for the run. 65 seconds ahead, I held on for a lap and a half before, like a gazelle, she sprinted past me, hardly sweating. And so...she finished 30 seconds ahead of me with a 5km of 20.17. A great atmosphere and the coffee really tasted excellent after all that! My prize? Well I treated myself to a gorgeous pair

of new shorts from Lululemon...

So a welcome rest day today and just the Vets 5K at Battersea on Tuesday evening. What a fun week of racing in this gorgeous sunshine.

Kay Sheedy writes: Ocean Lake Triathlon is a local event in Kent, set in the beautiful Leybourne Lakes Country Park and has been running for the last 10 years. Despite being a relatively small event, it always attracts a very decent standard of competition.

Due to the recent nice sunny weather, the lake had warmed up and was a very pleasant 19 degrees. I found the swim pretty enjoyable and managed to get into a good rhythm early on. T1 was a very leisurely 2 and a half minutes, during which I probably lost a full minute wrestling with a wetsuit that refused to come off, before realising that my ankle timing chip was in the way!

The bike leg is a slightly uninspiring route, doing 2 laps of the A228 (a 50mph road with a fair amount of traffic for 8am on a Sunday morning) I was a little disappointed with the time but there was some headwind to contend with and a few "gentle inclines" over bridges, which slowly sapped the energy from my legs.

The run leg is basically Malling parkrun in reverse (2 laps of flat but quite uneven trail/stony paths) and having not done any kind of speedwork for a month due a calf injury I was thrilled to get round in a decent time without any pain.



Kay

Overall time 1:17:23  
Swim 750m 16:58  
T1: 2:26  
Bike 20km: 36:24  
T2: 1:16  
Run 5km: 20:17

# Vets League, Hillingdon

## 5 June

My second venture onto the outdoor track this season was more successful than my first, but that was not difficult as I had struggled badly in a 1500m a month earlier where I should have pulled out. This time, running as a M70 for HHH in the Southern Vets League, I felt comfortable throughout in a "steady as she goes run" where I maintained my pace throughout in a time slightly faster than my indoor performances in the winter, completing my 3000m in a time of 13:42. So a respectable race but no cigar! Mike Mann

# Crystal Palace Canter

## 6 June

A small turnout of just six runners this month with some regulars taking part in a Vets' 5km in Battersea later. Dulwich times as follows. Conditions were definitely on the cool side for June! Mike Mann and Dave West officiated.

Belinda Bell 23:09  
Paul Keating 27:26  
Claire Steward 29:24

# Tracksmith Amateur Mile,

Saturday 3. June

Ebe writes: Part of our club champs (with the alternative mile race of the Golden Stag mile coming up on 14. July) and a brilliantly organised event with many great runs over 17 heats and 238 runners on a fine afternoon at Tooting track. Jack Brotchie paced in so many of them, I lost count (5 at least).

Many heats had more than one pacer, catering for the range of abilities and ambitions found even within a heat. Ed Chuck in the final and fastest heat broke the club record (held previously by Lewis Laylee) by 0.5 seconds in a thrilling race, improving his PB to 4:17.28 and being the quickest 'vet' of the day (narrowly ahead of Mike Cummings from Herne Hill, which also fielded many of the entrants).

Nick Impey ran a new M40 club record in 4:36.51, while Andy Bond in the heat before held the M40 one for 10 minutes, but improved on his M45 one in a new PB, smashing the 4:43 barrier of his previous best two miles in 4:40.78! Incidentally in the same heat with Fred Bungay who ran the second fastest mile of a DR man that day and obliterated his old PB in a superb 4:36.01.

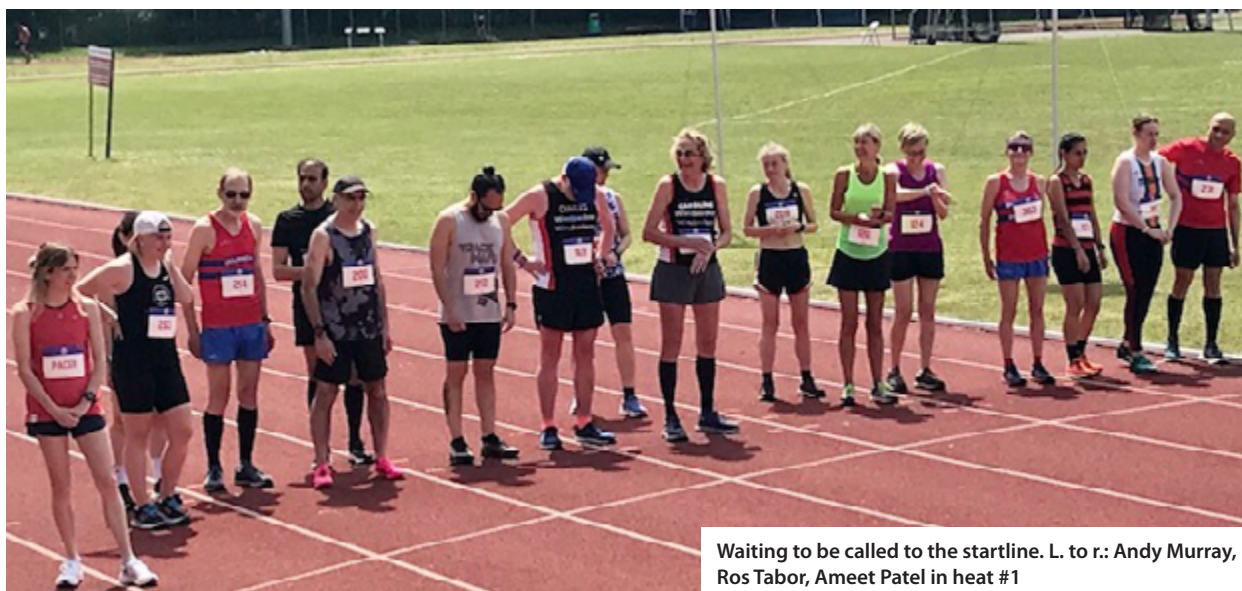
Of 26 DRs altogether six men ran under 5min! Helen Shannon was our fastest women in a brilliant 5:53.91 in her debut over the distance, being also 1. W40 on the day.

Dulwich had the most entries of all clubs entered but despite many awesome performances didn't win any of the heats. Closest came Murray Humphrey in his mile debut and first track race with an eye watering sprint on the final straight, making up most of the long distance to the winner ahead over 40 metres or so.

Pos	Name	Time	AG
4	Edward Chuck	4:17.28	PB-1/1 89.1% M V35
3	Fred Bungay	4:36.01	PB-5/2 81.0% M SEN
6	Nick Impey	4:36.51	PB-7/3 86.0% M V40
8	Andy Bond	4:40.78	PB-11/4 90.4% M V45
8	Adrian Russell	4:53.41	84.1% M V45
9	Steven Kendall	4:59.68	PB-36/6 77.9% M V35
9	Tony Tuohy	5:23.54	SB-11 86.2% M V60
15	James Burrows	5:24.37	SB-12 74.3% M V40
13	Ed Simmons	5:33.42	PB-66/13 71.8% M V40
3	Ian Lilley	5:40.86	SB-14 75.6% M V50
11	Edward Smyth	5:41.49	SB-15 70.0% M V40
12	Justin Siderfin	5:42.53	SB-16 74.7% M V50
13	Hugh French	5:52.40	SB-17 70.9% M V45
9	Helen Shannon	5:53.91	PB-23/1 75.7% W V40
10	Eberhard Prill	5:58.92	SB-18 77.9% M V60
14	Laura Vincent	6:01.73	SB-2 74.1% W V40
5	Michael Fullilove	6:04.94	SB-19 76.6% M V60
15	Clare Norris	6:07.67	PB-29/3 77.7% W V45
14	Alice Williams	6:10.47	PB-31/4 70.8% W V35
7	Harriet Roddy	6:12.18	PB-32/5 67.6% W SEN
10	Ros Tabor	7:25.95	SB-6 96.2% W V70
12	Ameet Patel	7:37.83	SB-20 60.1% M V55
13	Andrew Murray	7:38.11	SB-21 66.6% M V70

There were too many good runs to mention all here. I should mention Ros Tabor though who achieved a stellar age-grading of 96% as W70 in the first heat of the day and then went on to officiate in the other heats. A link to the full set of results by heat and as summary here if you like to have a better picture: <https://data.opentrack.run/en-gb/x/2023/GBR/tracksmith2/event/T1/>

Altogether a very enjoyable afternoon (with pizza!), and well done all!



Waiting to be called to the startline. L. to r.: Andy Murray, Ros Tabor, Ameet Patel in heat #1



Ros (on the right) doing whatever officials do to make a race count with Ed just starting his third lap.



Laura Vincent starting her final lap



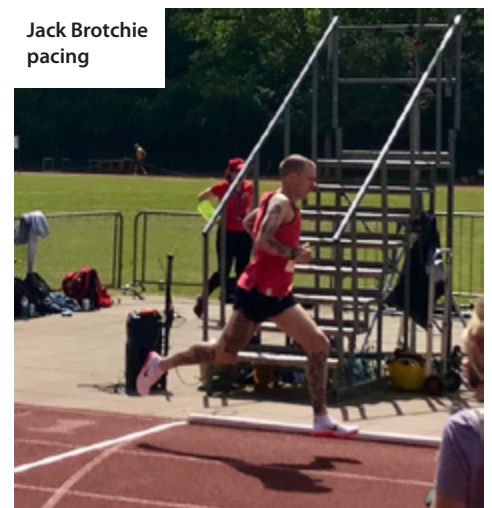
Nick in full flow on the back straight



Helen with one lap to go



A close race between Ed Smyth (r.) and Justin



Jack Brotchie pacing

### Wimbledon Common

499 ran  
Pos Gen  
178 26 Teresa Northey 25:27

### Beckenham Place

316 ran  
Pos Gen  
46 4 Kay Sheedy 22:35

### Bath Skyline

340 ran  
Pos Gen  
117 21 Katie Prior 25:56

### Nonsuch

794 ran  
Pos Gen  
388 72 Lindsey Annable 28:17

### Crystal Palace

381 ran  
Pos Gen  
41 35 Paul Hodge 22:44  
139 104 Matthew Trueman 26:10  
248 64 Belinda Cottrill 30:26  
336 127 Chris Bell 37:41  
349 188 Bob Bell 39:14

### Eastville

451 ran  
Pos Gen  
36 32 Jamie Robinson-Nicol 20:54

### Dulwich

634 ran  
Pos Gen  
38 34 Rupert Winlaw 18:37  
39 35 Gower Tan 18:43  
52 46 James Blackwood 19:16  
75 67 Robert Tokarski 19:53  
123 106 Mark Foster 21:09  
129 11 Libby Turnell 21:17  
134 114 James Auger 21:21  
136 116 Stephen Trowell 21:22  
394 273 Ajay Khandelwal 27:19  
431 113 Gabriela Rothova 28:09  
453 293 Tom Barker 28:45

### Gladstone

221 ran  
Pos Gen  
47 5 Becca Schulleri 23:53

### Hilly Fields

226 ran  
Pos Gen  
64 56 Murray Humphrey 24:27

### Burgess

500 ran  
Pos Gen  
1 1 Lewis Laylee 16:26  
486 186 Susan Vernon 49:33

### Marlay

385 ran  
Pos Gen  
1 1 Timothy Bowen 16:30

### Fulham Palace

541 ran  
Pos Gen  
276 191 Barrie John Nicholls 26:50

### Tonbridge

471 ran  
Pos Gen  
41 2 Kim Hainsworth 21:02

### Peckham Rye

369 ran  
Pos Gen  
51 2 Yvette Dore 21:27  
55 3 Emma Ibell 21:43  
61 5 Ola Balme 21:55  
239 141 Andy Bond 29:01

### Blandford

167 ran  
Pos Gen  
35 7 Ange Norris 23:20

### Hastings

349 ran  
Pos Gen  
69 52 Nicholas Brown 23:35

### Tooting Common

730 ran  
Pos Gen  
34 29 John Kazantzis 20:06

### Tøyen

160 ran  
Pos Gen  
2 2 Thomas South 17:02

### Clapham Common

920 ran  
Pos Gen  
18 17 Shane Donlon 18:48  
695 218 Sharon Erdman 30:50  
920 428 Ian Sesnan 56:57

### Bethlem Royal Hospital

82 ran  
Pos Gen  
81 49 Dave West 53:32

### Tetbury Goods Shed

78 ran  
Pos Gen  
2 2 Lloyd Collier 21:29

### Squerryes Winery

192 ran  
Pos Gen  
35 4 Eleanor Simmons 23:28

### Land's End

113 ran  
Pos Gen  
21 17 Lee Wild 22:49

### Wallaceneuk

71 ran  
Pos Gen  
2 1 Polly Warrack 18:48  
3 2 Alastair Low-Macrae 19:16

### Charlton

169 ran  
Pos Gen  
15 14 Michael Fullilove 20:35  
22 20 Stephen Smythe 21:10

### Swanley

60 ran  
Pos Gen  
22 20 Peter Jackson 29:28

### Thames Path , Woolwich

407 ran  
Pos Gen  
162 121 Paul Keating 26:16  
206 53 Claire Steward 28:05

# DULWICH RUNNERS KIT

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



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



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



**Crop tops - £25**



### **Beast from the East !**

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



**Socks only £5**



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

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

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





## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

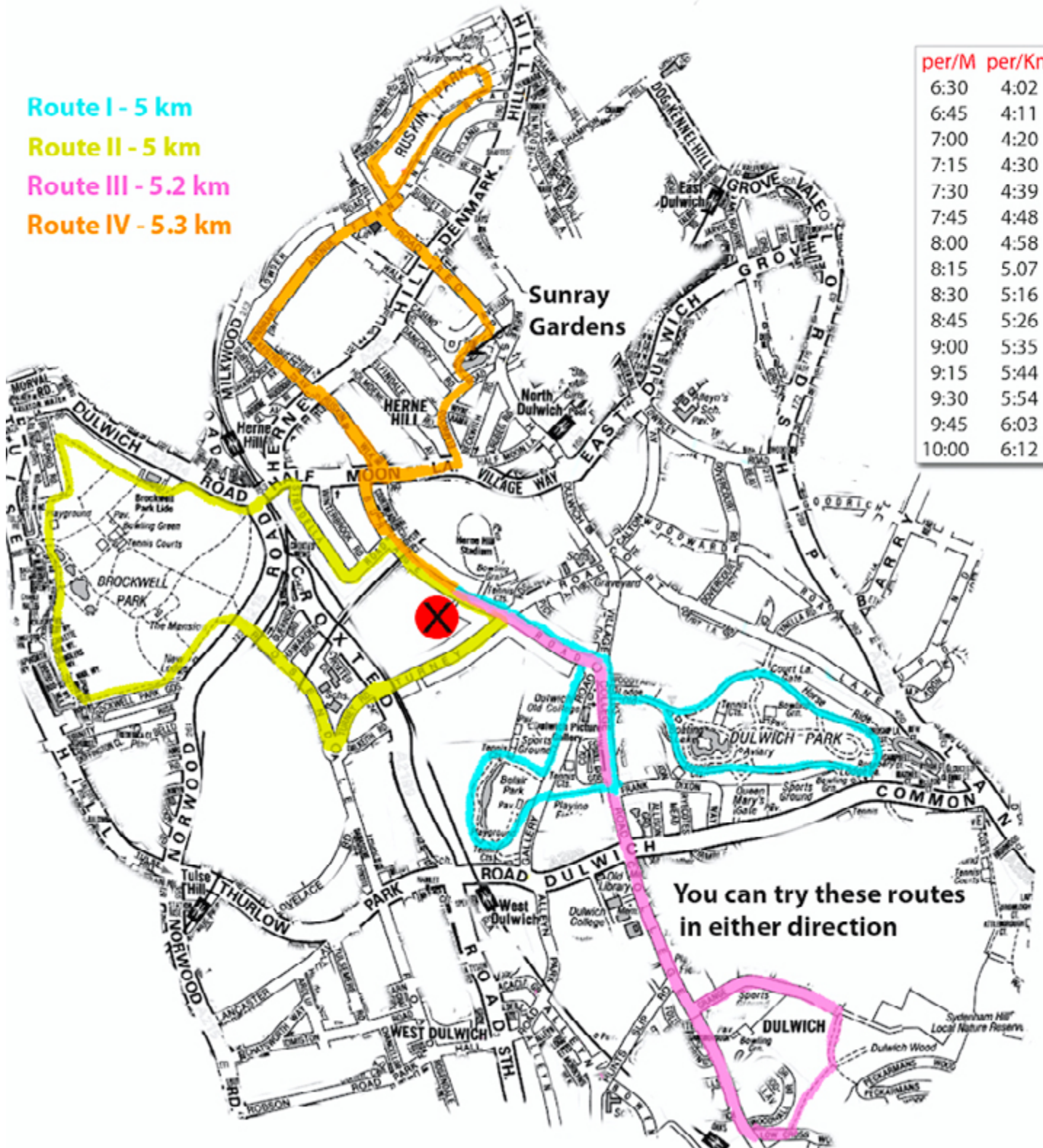


Pro Mid Layer 1-4 Zip Top

# Dulwich Runners 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

# Dulwich Runners Summer Map 3

