



## These are your SHORTS

Please send any reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

### DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start  
£1 fee per run pay contactless only.  
Changing rooms, showers & bar available.  
Paces and distances to suit all abilities  
Tuesday speed work suitable for all abilities (see page 3,

## In your SHORTS this week !

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

Feel free to send in any running or sport related stories, anecdotes etc, 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:



**Club Social Event - Pizza Night**  
**Wednesday 15th March**  
**From 8.30 in the clubhouse.**

**Meat or veg option £7.00**  
**Add your name to the list at the clubhouse.**



## '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)

## 2023/24 membership

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

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

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

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

From Jan 1 £7.50 plus if required EA £16 (if you have never been registered with EA before they will give you 15 months for new registrations from Jan 1 to March 31)

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

# DULWICH RUNNERS 2022 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)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Mar 4	Sri Chinmoy 10k - L	Battersea Park
18	Victoria Park 5 miles - S	Mile End
Apr 2	SEAA 12/6 stage road relay	Queen Elizabeth Olympic Park
6	Assembly League	Beckenham Place Park tbc
23	London Marathon (or alternative) - L	London or alt.
Jun 1	Assembly League	tbc
May 4	Assembly League	Victoria Park tbc
Jun 13	Speedy Steeds 5km (or any of the Sri Chinmoy summer series) - S	Battersea Park
Jul 1	Brockwell parkrun - S	Brockwell Park
6	Assembly League	tbc
15	Elmore 7 - L	Chipstead, Surrey
tbc	Golden Stag Mile - S	Finsbury Park
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**

**SEAA 12/6 stage road relays Sunday 2nd April at Queen Elizabeth Olympic Park**  
 If you want to run, contact your captains ASAP and by 18/3/23 latest.

## Club Championship Races, 2023

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

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

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

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

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

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

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

Finding a suitable 10k has proved problematic. One possibility

is the Vitality 10k but no date set and entry cost is high. We have selected the 4 March event in Battersea Park. Sri Chinmoy series of 5km races at Battersea Park in 2023 are scheduled for the 13 June, 27 June, 18 July and 8 August. Any of these are eligible, but 13 June is recommended.

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

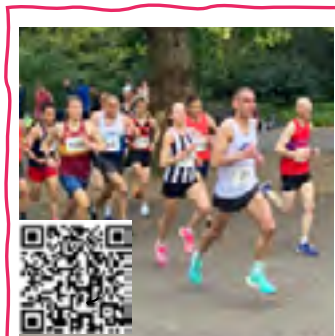
Updates on events with dates to be confirmed will be issued as soon as details known.

**The rules for the 2023 Club Championship have been updated - you need to complete at least 4 out of 8 races, including one in each of the short and long categories.**

The rules and a table of the races can be found on the website here: [Club Championships Information-Dulwich Runners](#)  
 As entries open we'll update the links above, email you, facebook posts and shorts updates to keep you informed.

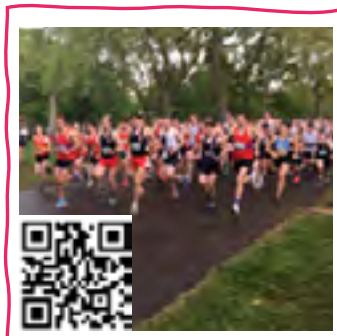
## Dulwich Runners Club Championships 2023

▪ March and April 2023 Events Now Available to Enter!



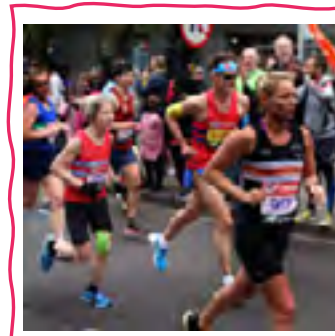
**10 km (LONG CATEGORY)**  
 Sri Chinmoy Mad March Hare,  
 Battersea Park  
**Saturday 4 March 2023, 8.30am**  
 Registration closes 3 days prior to  
 race

<https://www.eventrac.co.uk/e/sri-chinmoy10k-races-in-battersea-park-6962>



**5 Mile (SHORT CATEGORY)**  
 Mike Penman Open 5 Miles, Victoria  
 Park, London, E9 5EG, **Saturday 18  
 March 2023, 2.30pm**  
 On the Day Entry only (closes 30  
 minutes before race time) - FREE

<https://vphtac.org.uk/open5/index.html>



**Marathon (LONG CATEGORY)**  
 London Marathon, Blackheath,  
**Sunday 23 April**  
 (or alternative marathon)  
 Some London Marathon charity  
 places are still available

You can nominate any other marathon as long as it occurs by mid December - typically up to and including the Valencia Marathon



## weekend of 13th & 14th May

This is described by the organisers as a 22-stage running relay covering 220 miles of the Green Belt around the outside of London over a single weekend. The course follows footpaths and towpaths as much as possible, plus some minor roads.

It largely follows the Green Belt Way which is a long distance footpath, with a variety of scenic landscapes ranging from rivers, meadows, fields and hills to market towns and villages.

Teams are 11 people who all run one stage on both Saturday and Sunday. Although the race is a relay, each stage starts at a fixed time which allows each stage to be a competitive race in its own right. The length of each stage varies but we will always try to match runners with stages according to distance and difficulty, as this is an event for all standard of runners. We have entered a team so we need 11 people to fill it, plus some reserves to cover last minute injury/illness etc.

Have a look at these links: <https://www.dulwichrunners.org.uk/green-belt-relay> & [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.org.uk)  
To be in the team/or more information, email Ange - [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com) or let me know on a Wednesday evening.

# 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 events we encourage all first and second claim members to take part whatever your standard, form or ability
- Just turn up on the evening with a club vest and we will give you a number to pin on your vest. If you need a club vest then Ros Tabor can sell you one on a Wednesday evening!
- Races normally either 5km or 5.6km (3.5 miles) and usually start at 7.30pm unless otherwise advised.
- Beckenham Place Park uses the parkrun course, mixture of surfaces so consider this in your shoe choice.
- After each race organisers normally have a bar for food and drink.

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

April 6: Beckenham Place Park - May 4: Victoria Park - June 1: Venue TBC - 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





# Club Runs & Training Sessions

## Wednesday Evening Club Runs

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

**time you run** - Contactless payments only

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

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

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

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

## Tuesday evening track speed/strength

Tuesday night "hell hill" sessions all February, from March will move to flatter venue as Xc season ends and spring marathons and other road races approach.

From Tuesday 7 March - Cox's Walk 7pm, meet by entrance on South Circular (opposite the old Grove Tavern pub) led by Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) Well lit path, little footfall, a good place to run at speed, we'll adjust if needed.

Peckham Rye Common sessions all March led by Mark Callaghan [m.s.callaghan@outlook.com](mailto:m.s.callaghan@outlook.com). Meet outside front of Peckham Rye Common Round Cafe 7pm - warm ups then the slope for main session.

From some time in April (dates tbc) club aims to have a single track session at Crystal Palace or Dulwich College -updates when more known.

Comments /suggestions for sessions welcome but our summer focus is shorter races not least club champs and Assembly League, with a few possible adaptations later on for those planning an autumn half or full marathon.

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

Longer & faster - 9am from Dulwich Park. Circa 7.00/mile pace - Tom South: [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

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

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

# Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a.

Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.  
[vetsac.org.uk](http://vetsac.org.uk) - World Masters Athletics Championships Indoor - Toruń 2023 [wmaci2023.com](http://wmaci2023.com)

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

16 Apr - British Masters 10k Road Champs - Grangemouth  
20 May - British Masters Open Road Relays - Birmingham  
04 Jun - British Masters 1 Mile Road Champs - Edinburgh  
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

# 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)

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

# A spring marathon training plan

A spring marathon training plan - March update

In March we build on February's work and the long runs get longer and include more sections at or near marathon pace. These don't really need to go beyond about 22m or 3:15 hours, whichever comes first. I've suggested below some long run sessions, although feel free to adapt these to how you are feeling and those leading Sunday long runs might have their own ideas. Another alternative is to do a 20m race or supported run e.g. the Hillingdon 20 and the Riverside 20, where you could mix up some easy and marathon pace running or run it all at about 10-20 seconds a mile slower than marathon pace - it is best to avoid racing it all at a "full on" intensity which will compromise your recovery for several days, if not longer.

### Mon 20 - Sun 26 Feb

Tue. easy run, 75 mins. Wed fast-steady club run, Sat National XC champs (or threshold session), Sun. long run or easy pace 1:30-2:00 hours (especially if raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

### Mon 27 Feb - Sun 5 March

Tue. intervals, Wed. 60 mins. easy-steady run, Sat. Sri Chinmoy 10k, Sun. 2:30-2:45 hours easy pace (especially if you raced hard the day before). Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

### Mon 6 - Sun 12 March

Tue. easy run, Wed. 70-80 mins. steady club run, Sun. 2:30-2:45 hours, mainly easy pace with 4-5m at marathon pace - or Paddock Wood half. Otherwise two, preferably three easy runs for 40-60 mins. elsewhere in the week.

### Mon 13 - Sun 19 March

Tue. intervals, Wed. 60 mins. club run, Sun. easy pace 1:30-2:00 hours - or Victoria Park 5m. Alternatively you could run the 5m at say 10m pace with lots of easy running before and after to make it part of your long run. Otherwise one, preferably two easy runs for 40-50 mins. elsewhere in the week.

### Mon 20 - Sun 26 March

Tue. easy run, Wed. 80-90 mins. fast-steady club run, Sun. long run for 2:45-3:00 hours, mainly easy pace but include 3m at marathon pace, 2 miles easy, 3 miles at marathon pace. Otherwise one, preferably two easy runs for 40-60 mins. elsewhere in the week.

I've included an easier week, to allow for recovery, although you could move this around a bit depending on how you feel.

There are two club championship races in this period, and some of you may well be running the Paddock Wood half too. Shorter tune-up races are not essential but can be good race practice (kit, crowds, gels etc), give some idea of target time to go for (with some caveats), and make a bit of a change from all those long runs although you shouldn't really have a mini-taper and recovery too often.

I've continued to suggest running the interval sessions every fortnight. You could substitute them for an easy run if you race "full on" the 5m and 10k races as they provide a very similar stimulus. Similarly, the Wednesday club runs continue to alternate between an easier run and a longer, faster run.

# Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from Barry Graham when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person - see their website for more information: <https://www.vitahealthgroup.co.uk/> Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

# Dulwich Runners Book Swap -

## Wednesday 22nd March

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 are unlikely to re-read them, bring them along to the club house on Wednesday 22nd March.

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. If it's popular we can have a regular book swap evening.



# Tracksmith

As some of you may know, Tracksmith is opening their first retail store outside of Boston this spring. Located in Marylebone and run by second-claimer Jack Brotchie, they're currently looking for part time staff - have a look at the job description here <https://www.tracksmith.com/gb/pages/london-retail-associate-part-time> or email directly at [jack.brotchie@tracksmith.com](mailto:jack.brotchie@tracksmith.com)

# 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

**Dulwich Runners**

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

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

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

Download on the App Store

GET IT ON Google play

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](#).

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

## National XC Champs

Mike Beadle writes: Maybe my debut at a cross country race – and the National at that – is worth a brief note. I'm only an irregular club attendee but the National Cross Country Championships proved irresistible, as it took place at Bolesworth, a 19th century castle, near my hometown of Chester.

The 12km course was criticised by Athletics Weekly as “deceptively tough ... boring ... splendid but remote ... without any major hills”, which I think sums up most of West Cheshire, though it undersells the grandeur of the castle overlooking the course.

The run itself was straightforward, zig-zagging around the edges

of grassy fields with the going being underfoot. At only one point was there enough mud to suck my shoe off but I'm told previous Nationals were so wet that flippers were more use than spikes.

Jack Ramm's helpful advice was to run at my flat half-marathon pace but this was forgotten amongst first the adrenalin of start with the thundering of 3,000 feet echoing in my ears and then the first downhill section. I kept a better pace for the rest, with a sprint at the end letting me pick up a few places to finish 909th (and importantly 250 places ahead of my cousin), in a time of 51mins and a pace of 4:15/k which is about right. A long way out at the front, winner James Kingston and runner up Jack Gray were fighting a very close race, eventually separated by just 6 seconds.

My teammates were mostly astoundingly fast, with Ed Chuck (38th, 38mins) and Jack Ramm (109th, 39mins) particularly impressive, with a team placing of 33rd. Ed's home-made barabirith was welcome at the end, though a little tougher than the course.



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

### Banstead Woods

173 Ran  
Pos Gen  
20 15 Tony Tuohy 20:58

### Brockwell

354 Ran  
Pos Gen  
9 9 Jonny Hough 19:05  
37 2 Izzy Pickles 21:18  
44 39 Stephen Trowell 21:50  
51 3 Catherine Buglass 22:19  
65 53 Lee Wild 23:04  
86 71 Hugh French 23:54

### Beckenham Place

307 Ran  
Pos Gen  
55 47 Rob Mayes 24:12  
112 22 Claire Barnard 26:48  
154 40 Laura Vincent 28:42

### Highbury Fields

391 Ran  
Pos Gen  
20 18 Paul Collyer 19:42

### Canterbury

122 Ran  
Pos Gen  
14 14 Sam Jenkins 23:13

### Crystal Palace

356 Ran  
Pos Gen  
18 1 Yvette Dore 21:31  
35 5 Eleanor Simmons 22:57  
51 7 Belinda Cottrill 23:29  
81 69 Michael Mann 24:32  
98 13 Teresa Northey 25:06  
167 129 Michael Dodds 27:30  
170 34 Clare Wyngard 27:48  
310 179 Bob Bell 36:16  
340 139 Joanne Shelton Pereda 42:45

### Cannon Hill

573 Ran  
Pos Gen  
439 144 Stephanie Burchill 31:54

### South Norwood

162 Ran  
Pos Gen  
11 2 Christina Dimitrov 21:40

103 78 Peter Jackson 29:53

### Riddlesdown

157 Ran  
Pos Gen  
154 63 Ange Norris 57:57

### Bury St Edmunds

221 Ran  
Pos Gen  
2 2 Harry Lawson 17:41

### Mile End

345 Ran  
Pos Gen  
198 134 Paul Keating 27:47

### Dulwich

547 Ran  
Pos Gen  
28 27 Harrison Minter 18:42  
31 30 Mark Callaghan 18:48  
51 48 Rob Fawn 19:55  
52 49 Lloyd Collier 19:56  
59 54 Ebe Prill 20:18  
71 63 Robert Tokarski 20:40  
73 64 Rupert Winlaw 20:42  
74 65 Ryan Duncanson 20:43  
93 83 Martin Kelsen 21:13  
210 172 James Gordon 24:14  
245 193 Miles Gawthorp 25:07  
317 70 Shoko Okamura 27:08

### Burgess

531 Ran  
Pos Gen  
25 21 Charles Lound 19:26  
41 4 Michelle Lennon 20:35

### Homewood

84 Ran  
Pos Gen  
20 19 Dave West 26:11

### Cross Flatts

122 Ran  
Pos Gen  
7 7 Tommaso Bondoni 18:57

### Ormeau

533 Ran  
Pos Gen  
31 25 Jamie Robinson-Nicol 20:38

### Peckham Rye

299 Ran  
Pos Gen  
39 34 Huw Russell 21:33  
51 39 Dan Hill 22:14

### Malling

258 Ran  
Pos Gen  
6 1 Kay Sheedy 19:50

### Tooting Common

639 Ran  
Pos Gen  
1 1 Andy Bond 16:40  
46 35 John Kazantzis 20:52  
504 207 Polly Warrack 31:55

### Worthing

437 Ran  
Pos Gen  
140 113 Gary Budinger 25:41

### Queenstown

129 Ran  
Pos Gen  
30 21 Graham Laylee 25:37  
61 19 Claire Steward 30:00

### Clapham Common

801 Ran  
Pos Gen  
328 228 Ian Sesnan 25:58

### Jamaica Pond

58 Ran  
Pos Gen  
7 7 James Wicks 23:02

### Walmer And Deal

221 Ran  
Pos Gen  
1 1 James Mackenzie 17:42

### Futakotamagawa

82 Ran  
Pos Gen  
1 1 Timothy Bowen 18:20

### Sutcliffe

167 Ran  
Pos Gen  
32 27 Michael Fullilove 22:34



# DULWICH RUNNERS KIT

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

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



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



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

**Socks only £5**



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

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

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



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

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



College Hoodie



Micro Fleece Jacket



Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top



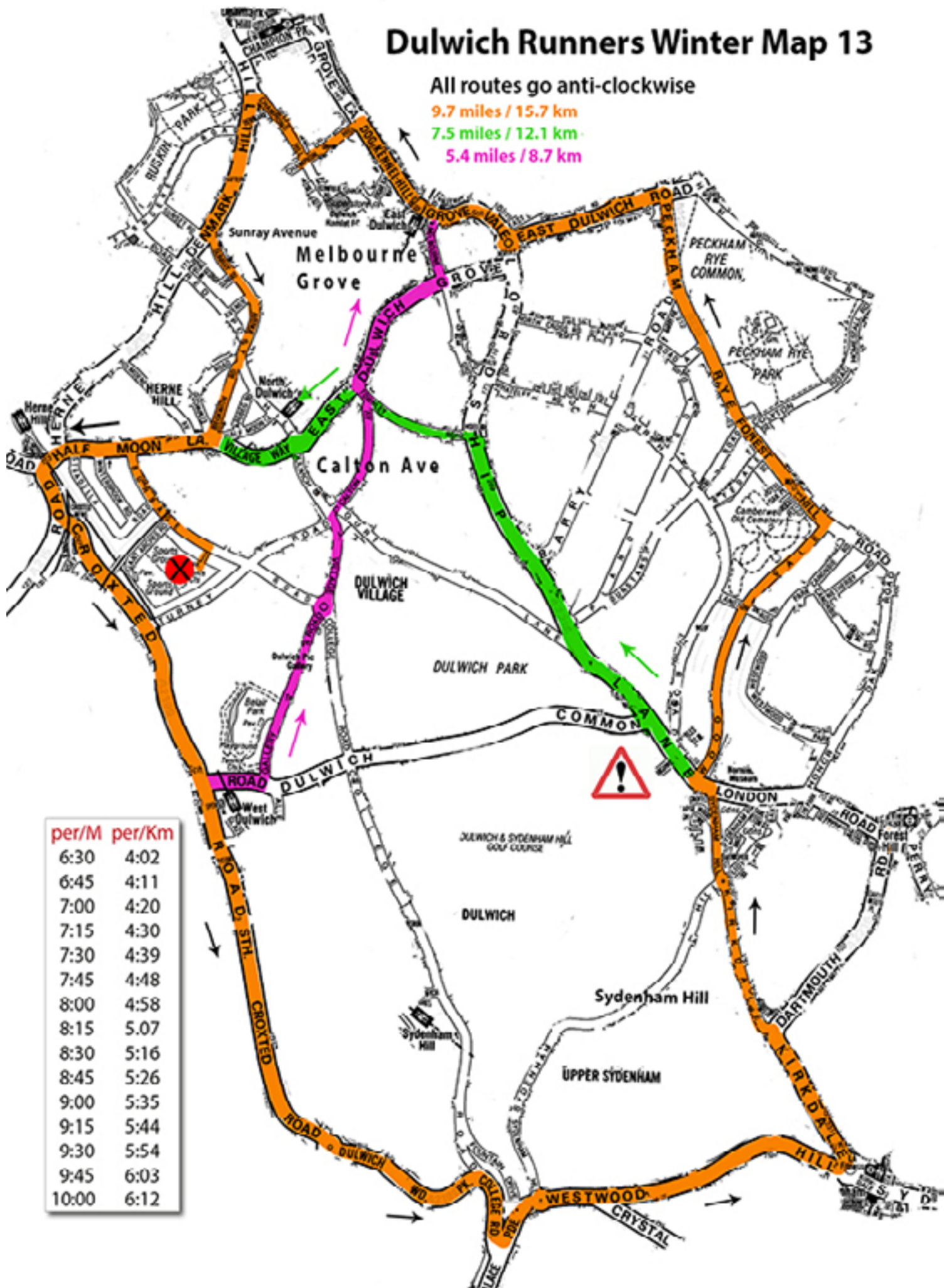
# Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.7 km

7.5 miles / 12.1 km

5.4 miles / 8.7 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