



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk or 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
- 10 Club kit
- 12 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:



Dulwich Runners AC AGM - Save the Date

The 2023 Dulwich Runners AC AGM will take place on **Wednesday 19 April**, at the Alleyns Club House after the Club Run. Further information will be in Shorts in the coming weeks, in the meantime, please do save the date.

Yvette Dore - DR Club Sec.

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

If you have not already booked please email dulwichrunnerssocialsec@gmail.com and also confirm meat/veg choice.
Meat or veg option £7.00

The Awards for the Ken Crooke Cross Country Championship 2022/23 will be presented.



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

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.

'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

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 Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Cross Country Track

Date	Race	Venue
Mar 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.
May 17	Beckenham Team Relays	Beckenham place Park
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
	14 Golden Stag Mile - S	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

SEAA 12/6 stage road relays Sunday 2 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

- 4 March Sri Chinmoy 10k, Battersea Park L
- 18 March Victoria Park 5 miles S <https://vphthac.org.uk/fixtures.html#gsc.tab=0>
- 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
<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 S
- 15 July Elmore 7 L
- 3 Sep Big Half L As in previous years we hope to receive discounted community places although these cannot be guaranteed. <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.

As a result of the survey, we've spread events more evenly across the calendar subject to other events, notably cross country races and relays in which the club participates.

Unable to find any suitable trail races we chose the Elmore 7, undulating course of rural lanes and minor roads.
 If Brockwell parkrun is off for any reason we'll choose another date
 Finding a suitable 10k has proved problematic. 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.

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.

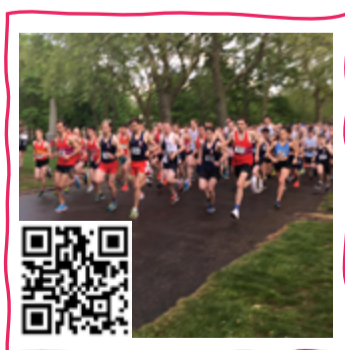
Dulwich Runners Club Championships 2023

- March and April 2023 Events Now Available to Enter!



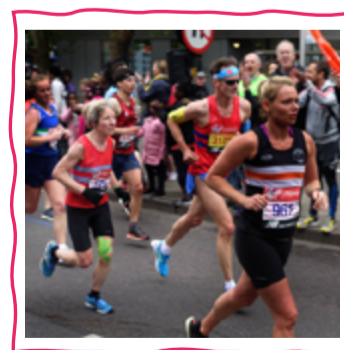
10 km (LONG CATEGORY)
 Sri Chinmoy Mad March Hare,
 Battersea Park
Saturday 4 March 2023, 8.30am
 Registration closes 3 days prior to race

<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://vphthac.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

To be in the team/or more information, email Ange - 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, 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 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



Beckenham Team Relay - Wednesday 17th May 2023 @ 19.30

Entries not yet open but check here in April: <http://www.beckenhamrunning.co.uk/races/relay>
queries: races@beckenhamrunning.co.uk

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 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. 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

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

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

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

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

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

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

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 - World Masters Athletics Championships Indoor - Toruń 2023 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

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.



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"

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](#).

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@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Nationals cross country women's race



Katie

Katie Styles writes: As big fans of cross country me and Becca had the nationals in our sights early in the season. As the race was in Cheshire this year we planned a weekend away with the clubs old women's captain Anna Thomas who now lives in Sheffield. She wasn't racing but was part of our support crew providing big cheers and moral support on race day.

The venue was Bolesworth Castle, a private estate with lots of grounds and a large stately home. We arrived hoping for hills and mud but were disappointed to see that the course snaked around mostly flat and dry fields. However, the atmosphere was fantastic, with all the flags and club tents, thousands of runners and supporters there was a real sense of occasion.

There were over 750 people in the womens race and the start was really wide. As the only two women racing for Dulwich Runners we lined up at the front next to some very speedy looking women. The 8k course narrowed soon after the start and was lined by supporters on both sides loudly cheering everyone on before heading into the first of two fields.

Me and Becca settled into a good pace running near each other. As the course was flat it felt to me like a very fast pace and I dropped back near the end of the first of two laps as I knew I wouldn't be able to sustain the speed. Becca was looking really strong and I could see her ahead gradually picking off other runners. Although flat compared to the races we do in



Becca

the South East there were a couple of gentle draggy climbs including one at the end of each lap. This is where Ed and Jack were giving us much appreciated loud cheers at the end of the first lap. One of the benefits of going around fields was that I had sight of the front runners at various points and managed to spot and cheer on Lucy Elms who had a storming run coming in the first 100 women. For me the second lap was all about getting round and trying not to slow down too much from the fast pace set in the first couple of miles. The race felt very competitive throughout with lots of runners around me jostling for position and the sharp elbows were deployed a few times. This all added to the feeling that this was a special event and was the biggest race I've done since Covid times by a long way.

The second time going up the drag at the end of the lap couldn't have come soon enough and I was pleased to be able to find some acceleration on the finish straight to overlap a few runners before crossing the line. Becca was already in the finish area seeming to still have lots of energy and was chatting to some London runners..Lucy, Claire and a friend from her tri



Anna - Katie - Becca

club. After a rocky start to the year she felt this was her best performance of the XC season and it showed in the results.

We were aiming to beat our best position at the nationals to date which was around 280th. We were both really pleased to have made a massive improvement on that with me coming in at 238th and Becca 31 seconds ahead in 220th.

Once recovered we supported the Dulwich men in their first lap - the start with 1,500 runners was a sight to behold - and then headed to a local pub for much needed refreshments.

We also had a lovely long hilly walk in the countryside the following day. All in all, despite the disappointing lack of mud and hills, it was definitely worth the trip up North; Cheshire is a beautiful part of the country.

1 Sarah Astin, Belgrave Harriers - 29:28
220 Becca - 37:18
238 Katie - 37:49
773 ran

Inter Counties XC Prestwold Hall Loughborough

11th March

*Another week,
another race.*

Ed Chuck (far left) writes: First time for me in a Surrey vest. Ground conditions very heavy, course otherwise not bad (rolling hills, but nothing monstrous), save for a not-too-clever starting arrangement



involving teams put into county pens (with the exiting gate one runner wide) leading to lots of runners trying to push through from the start, followed by a turn which then bunched everyone up. I got trodden on at the start which hurt for the first mile, but then eased up.

After the start the running itself was pretty unremarkable, I came 36th overall (and second Surrey scorer), which was lower than I had hoped (top 30), but I was in pretty good company, and the standard, while probably not quite as strong

as the national, looks to have been more competitive than previous years. As a county we ultimately came 5th, as we were slightly depleted compared to last year (when Surrey won.) When I finished my foot was suddenly in a lot of pain and on closer inspection the top of my spike (and foot!) had been shredded when I was trodden on at the start - had I seen it at the time I probably would have stopped, but adrenaline is a powerful thing!

BMAF 3000m Champs

11 March

Tony Tuohy and myself ran in the same heat at these indoor champs at Lee Valley, with both of us identifying scope for improvement. I registered an improvement of 9 secs compared with a month earlier, but was looking for a time closer to 13:30 while it was Tony's first indoor race of the season. Mike Mann

Tony Tuohy 10:53.65
Mike Mann 13:45.59

Ken Crooke Cross Country Championships 2022-23 | Women

To qualify complete minimum 5 events incl. 3 Surrey leagues. Best 5 races count

#	Date	Event	Meeting	Venue	Priority
R1	15 Oct 22	3MXC	Surrey Women's League Division 1	Effingham Common	Yes
R2	12 Nov 22	5KXC	Surrey Women's League Division 1	Wimbledon	Yes
R3	19 Nov 22	6KXC	London Championships	Parliament Hill	No
R4	26 Nov 22	5MXC	South of Thames CCA 5 Championships	Lloyd Park	No
R5	17 Dec 22	7.5MXC	South of Thames CCA 7.5 Championships	Aldershot	No
R6	14 Jan 23	4.9MXC	Surrey Women's League Division 1	Beckenham	Yes
R7	28 Jan 23	8KXC	South of England Championships	Beckenham Place	No
R8	11 Feb 23	8KXC	Surrey Women's League Division 1	Lloyd Park	Yes

Award	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6	R7	R8							
1st	Kay Sheedy	W V35	248	49.6	20:05	50	19:39	49	24:55	49	--	50:17	50	--	31:16	50	34:03	49	
2nd	Katie Smith	W V40	237	47.4	22:00	48	20:54	47	27:15	47	--	55:06	48	37:11	47	35:46	43	39:10	41
3rd	Katie Styles	W V40	236	47.2	22:17	47	22:12	42	--	39:02	45	--	36:33	49	33:04	49	36:17	46	
1st V50	Ola Balme	W V55	232	46.4	22:31	46	22:27	41	27:41	45	37:53	48	55:34	47	37:13	46	--	38:36	43
Captain's Award	Harriet Roddy	W SEN	221	44.2	22:48	44	22:11	43	27:34	46	--	--	--	--	35:43	44	38:00	44	
1st V40	Eleanor Simmons	W V40	219	43.8	23:15	43	22:31	40	29:02	43	39:00	46	--	37:54	45	39:56	40	38:49	42
	Michelle Lennon	W V55	203	40.6	23:48	41	22:49	38	--	--	--	--	41:14	43	36:22	42	39:38	39	
	Midge Cameron	W V55	191	38.2	25:58	38	24:44	36	--	--	--	--	42:22	42	44:01	39	44:00	36	
	Rebecca Schuller	W SEN	194	48.5	--	20:08	48	--	35:25	50	--	36:41	48	33:30	48	--	--	Min Races	
	Ange Norris	W V60	176	44.0	--	22:32	39	28:11	44	38:06	47	65:18	46	--	--	--	--	Min Races	
	Polly Warrack	W SEN	150	50.0	--	19:21	50	23:58	50	--	--	--	--	--	--	32:44	50	Min Races	
	Clare Norris	W V45	141	47.0	--	21:28	45	--	--	--	53:25	49	--	33:52	47	--	--	Min Races	
	Laura Vincent	W V40	137	45.7	22:40	45	21:26	46	--	--	--	--	--	34:49	46	--	--	Min Races	
	Belinda Cottrill	W V35	121	40.3	--	23:38	37	--	--	--	--	38:45	44	--	--	39:36	40	Min Races	
	Ros Tabor	W V70	107	35.7	36:52	35	34:21	35	--	--	--	--	--	--	--	43:30	37	Min Races	
	Emma Hatch	W V35	98	49.0	--	--	--	--	--	--	--	35:58	50	--	34:48	48	--	Min Races	
	Alicja Furmanczyk	W V35	97	48.5	--	--	26:28	48	36:49	49	--	--	--	--	--	--	--	Min Races	
	Alex McClelland	W SEN	94	47.0	21:02	49	--	--	--	--	--	--	--	--	--	37:20	45	Min Races	
	Lindsey Annable	W V50	81	40.5	26:24	37	--	--	45:55	44	--	--	--	--	--	--	--	Min Races	
	Gabriela Rothova	W V35	79	39.5	--	--	--	--	--	--	--	42:48	41	--	40:19	38	--	Min Races	
	Rosie Murton	W SEN	47	--	--	--	--	--	--	--	--	--	--	--	35:43	47	--	Min Races	
	Olivia Bishton	W V45	45	--	--	--	--	--	--	--	--	--	--	35:09	45	--	--	Min Races	
	Christina Dimitrov	W V35	44	--	21:37	44	--	--	--	--	--	--	--	--	--	--	--	Min Races	
	Yvette Dore	W V50	42	--	--	29:11	42	--	--	--	--	--	--	--	--	--	--	Min Races	
	Nicola Richmond	W V50	42	--	23:31	42	--	--	--	--	--	--	--	--	--	--	--	Min Races	
	Sue Cooper	W V40	41	--	--	--	--	--	--	--	--	--	--	38:08	41	--	--	Min Races	
	Christiana Campbell	W SEN	40	--	24:13	40	--	--	--	--	--	--	--	--	--	--	--	Min Races	
	Emma Benyon	W V35	39	--	25:50	39	--	--	--	--	--	--	--	--	--	--	--	Min Races	
	Jenny Bomers	W V40	36	--	32:02	36	--	--	--	--	--	--	--	--	--	--	--	Min Races	
	Joanne Shelton-Pereda	W V45	35	--	--	--	--	--	--	--	--	--	--	--	--	45:09	35	Min Races	

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.

Wimbledon Common

378 Ran
Pos Gen
47 6 Ola Balme 22:43

Bromley

551 Ran
Pos Gen
351 241 Peter Jackson 29:33
383 111 Carys Morgan 30:34

Old Deer Park

116 Ran
Pos Gen
43 31 Barrie John Nicholls 26:55
114 46 Lindsey Annable 58:23

Brockwell , Herne Hill

338 Ran
Pos Gen
6 5 Jonny Hough 18:54
13 11 John Kazantzis 20:03
33 29 Mark Foster 21:17
40 35 Stephen Trowell 21:39
41 2 Catherine Buglass 21:42
53 45 Hugh French 22:50
88 10 Lucy Pickering 24:00

Beckenham Place

237 Ran
Pos Gen
12 2 Kay Sheedy 21:04
34 31 Sam Jenkins 23:13

Crystal Palace

322 Ran
Pos Gen
52 3 Eleanor Simmons 23:15
55 4 Yvette Dore 23:20
72 7 Belinda Cottrill 24:11
159 115 Michael Dodds 27:13
190 48 Clare Wyngard 28:34
242 155 Paul Hilton 31:14
288 171 Bob Bell 35:49
310 116 Chris Bell 44:12

Valentines

222 Ran
Pos Gen
47 41 Dave West 24:55

South Norwood

136 Ran
Pos Gen
1 1 Andy Bond 19:52

Riddlesdown

110 Ran
Pos Gen
15 14 James Wicks 24:50

Eastville

485 Ran
Pos Gen
72 63 Jamie Robinson-Nicol 22:24

Dulwich

512 Ran
Pos Gen
14 11 Adrian Russell 16:41
48 6 Polly Warrack 18:32
62 51 Jonathan Whittaker 19:09
74 58 Ryan Duncanson 19:34
78 62 Rob Fawn 19:38
106 17 Michelle Lennon 20:33
111 88 Rupert Winlaw 20:41
130 104 Lee Wild 21:20
144 116 Alastair Low-Macrae 21:49
207 160 Harry Bennett 23:32
261 196 Miles Gawthorp 25:11

Kirra

221 Ran
Pos Gen
69 53 Colin Frith 25:30

Gladstone

211 Ran
Pos Gen
5 5 Des Crinion 20:05

Hilly Fields

221 Ran
Pos Gen
43 5 Emma Ibell 23:24

Burgess

476 Ran
Pos Gen
23 21 Charles Lound 19:10

47 40 Martin Kelsen 20:31
118 99 James Gordon 23:16
457 201 Susan Vernon 43:25

Southwark

351 Ran
Pos Gen
165 43 Claire Steward 26:57

Peckham Rye

300 Ran
Pos Gen
8 7 Wander Rutgers 19:27
17 16 Michael Nogas 19:50
47 40 Tommaso Bendoni 22:22
130 93 Harry Lawson 25:47

Folkestone

291 Ran
Pos Gen
22 3 Kim Hainsworth 20:35

Tooting Common

480 Ran
Pos Gen
173 123 Ian Sesnan 25:50

Worthing

411 Ran
Pos Gen
166 128 Gary Budinger 26:59

Haga

55 Ran
Pos Gen
16 15 Paul Collyer 24:18

Clapham Common

706 Ran
Pos Gen
11 11 Shane Donlon 18:46

Sutcliffe

186 Ran
Pos Gen
28 24 Michael Fullilove 22:13

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



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



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

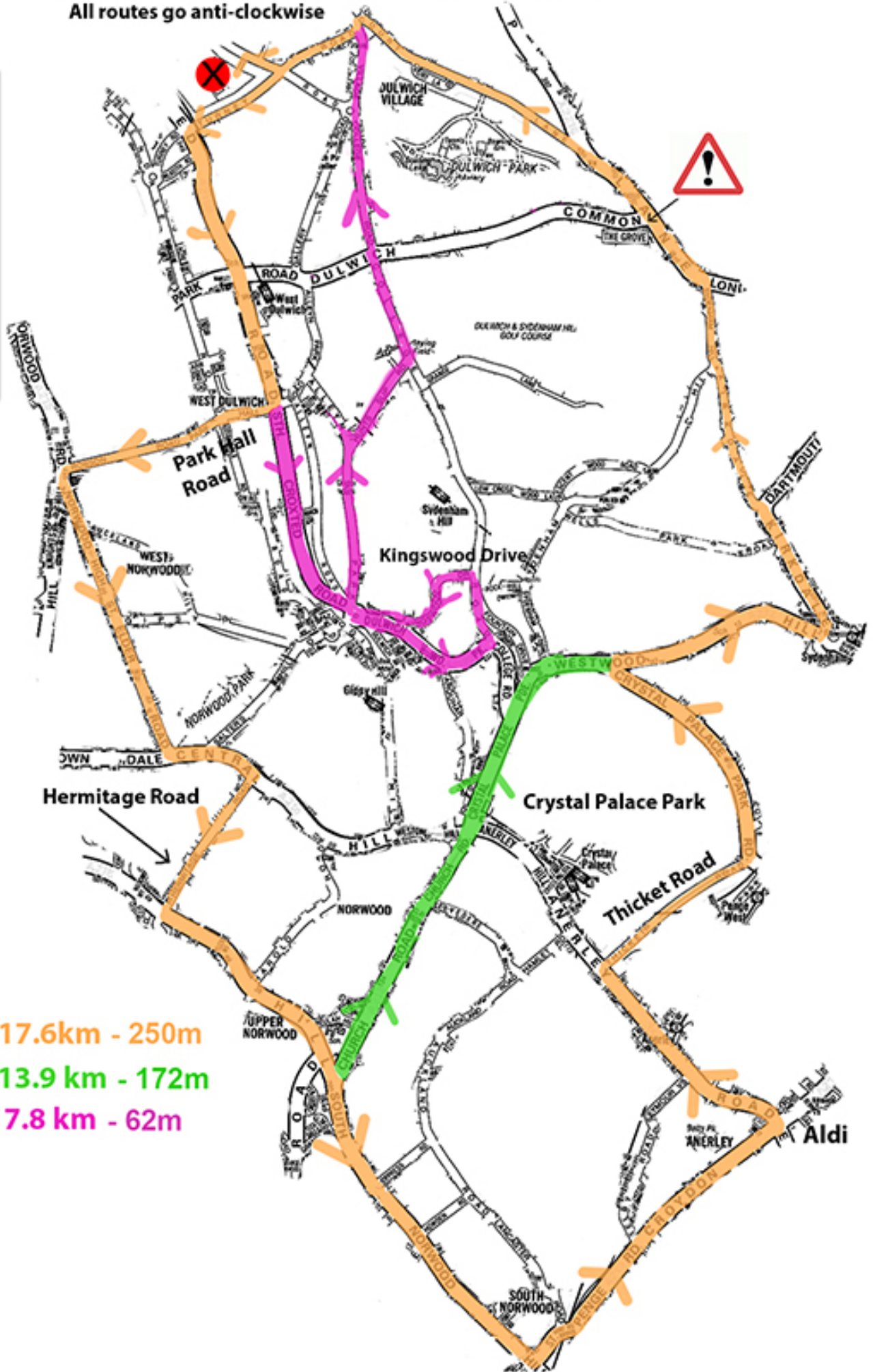


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 1

All routes go anti-clockwise

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



10.9 M / 17.6km - 250m

8.7 M / 13.9 km - 172m

4.9 M / 7.8 km - 62m