



## 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
- 6 Race reports and results
- 8 Club kit
- 10 Wednesday night maps.

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

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

Like us on Facebook @dulwichrunners

Connect with us:



Please read Shorts each week as all information is always in here.

Facebook and WhatsApp are also widely used.

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

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

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

## 'Wear your club vest Wednesday' makes a return

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



If you need a club vest or other club kit: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## \*\*\*2023/24 membership\*\*\*

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

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

Bank details will be on the renewal form.

Full year April 1 to March 31 - 1st claim £47 includes EA reg. £17 - without EA reg £30 - 2nd claim £30

October 1 to March 31 1st claim £32 includes EA reg. £17 - without EA reg £15 - 2nd claim £15

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)

# DULWICH RUNNERS 2023/24 FIXTURES

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

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

## Dulwich Runners Cross Country (Xc) Fixtures 2023/24

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

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

### Surrey League XC

- 🏆 **11 November** Division1 Race2
- 🏆 **13 January** Division1 Race3
- 🏆 **10 February** Division1 Race4

[www.surreyleague.org](http://www.surreyleague.org)

### Ladies & Men run at the same venue

- Mitcham Common
- Wimbledon Common
- TBC

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

- 🏆 **18 November** London Championships Parliament Hill
- 🏆 **25 November** South of Thames 1 Beckenham Place Park
- 2 December Kent Masters Central Park, Dartford
- 9 December SEAA Masters Oxford
- 🏆 **16 December** South of Thames 2 Lloyd Park
- 6 January Kent Senior Championships Brands Hatch
- 7 January Surrey Senior Championships Denbies Vineyard
- 20 January Veterans AC Championships Wimbledon Common
- 🏆 **27 January** South of England Championships Beckenham Place Park
- 24 February England National Championships Weston Pk, Staffordshire

For more information about cross country including suitable shoes for different conditions see our dedicated section on the club website <https://www.dulwichrunners.org.uk/crosscountry>

Further race details on will appear in the Shorts Newsletter each week.



## Vets fixtures

**Saturday November 19** - BMAF Road Relay Championships, Melton Mowbray

Traditionally we have done well but this year instead of Sutton Park in May we have Melton Mowbray in November.

If everyone (or at least most) of the potential A team runners turned out we could do very well in the M35s, M45s, M65s and W55s especially at both Long Eaton and Melton Mowbray.

**Sunday December 3** - BMAF 5km Championships, Battersea Park

Fast 5km course and local.

# 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

Waiting for confirmation of Crystal Palace track reopening - 6 November work probably delayed by weather. Will advise when open - Until then hill training 7pm every Tuesday at Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 minutes gentle jogging before session at 7:00pm which starts with warm-ups, drills - then main session and finish about 7:50pm. Sessions are free. Arrive ready to run - it should be safe to leave any jackets, water bottles etc. We'll be running on a well-lit traffic-free path - leave room for pedestrians to pass.

The exact session varies week by week, expect reps, a variety of gradients, intensities and lengths. These should make you faster and stronger, and help with leg strength, co-ordination and technique ahead of the cross-country season.

To make the most of the sessions you should be regularly running several times a week. If you are returning from injury or illness etc feel free to build up gradually by taking longer breaks or do some easy running part way through the session. Questions, comments or feedback. Tom (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 from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am. Contact Ebe: [ebepriill@yahoo.co.uk](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 - 08.45am 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 Championships

**11 Nov** British & Irish Masters Cross Country International (selected team entry) - Glasgow

**19 Nov** British Masters Open Road Relays - Mallory Park (team entry)

**03 Dec** British Masters 5k Road Champs - Battersea Park

**30 Dec** British Masters 10 Mile Road Champs - Buntingford

**16 Mar 2024** BMAF (Open) Cross Country Champs - also the

EMAA Inter-Regional Cross Country Champs - Corwen.

**17 - 24 Mar 2024** European Masters Athletics Champs Indoor - Torun, Poland

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

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

## Inter Financial Services AA Cross Country

15th November 2023

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

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

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

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

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

## Box Hill Fell Race

**Saturday 20 January 2024 11am**

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

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

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

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

A very popular race and fills up very quickly (in a couple hours). Entry last time was £10 so it won't break the bank. If interested, I'm at the club most Wednesdays, or email me Hugh Balfour [hughrbalfour01@gmail.com](mailto:hughrbalfour01@gmail.com)

## Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals.

**Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from the club membership secretary when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person - see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

## 10% off on Sportshoes.com for the club

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

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

## Dulwich Runners Book Swap

### The last Wednesday of each month

Thanks to those who brought books along last time. I hope they're being enjoyed by their new owners.

If you're someone who reads about running just as much as you do it, then you probably have a stash of running related books. If you're unlikely to re-read them, bring them to the club house on the last Wednesday of any month.


Let's keep it to running related books - instructional, inspirational, fact or fiction.

Even if you don't have any, come and browse and borrow one.





**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](mailto: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



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

### Which races to go for

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

### Entry for other races

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

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

### Footwear

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

### 2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)  
[alexloftus75@gmail.com](mailto:alexloftus75@gmail.com)  
[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
photos by Laura Vincent

### Surrey League

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

### Distance

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



### Scoring

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

competition where the second 5 and 10 runners respectively score.

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

### Surrey League entry

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

### Other Races

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

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

## Surrey Masters Xc Champs Ladies & M65 Nonsuch Park

Saturday 28 October

A somewhat select group gathered at Nonsuch Park for the first race of the Surrey Masters, ladies and M65+ - the men M35-60 went off an hour later and ran three laps to our two. The going would be best be described as good to soft – firm in the open, muddy in the woods. In any event Katie shot off from the start and had an excellent run. She was nearly two minutes up on last year and out sprinted two women who came in a second behind, to win the silver medal and finish 6th overall.

A couple of minutes behind Katie, Michelle and Hugh battled it out round the two laps. Michelle opened up a good gap on the firmer open parkland, then Hugh closed the gap once

we got back into the woods with the mud, sharp bends and slight incline. In the end it came down to a sprint finish which Michelle just won. They both finished in the bronze medal places. Hugh was particularly pleased to have overtaken two men mid-way through the race to move into third place. Midge meanwhile ran really well to come in 9th in the W55s (out of 19). She seemed to thrive in the conditions. Dave was our last runner in, having had a good steady run, five seconds quicker than last year despite to more challenging conditions.

It was wonderful to have support from Ange and from the guys who raced an hour later and to come away with three medals meant a very good afternoon.

W40	W55
2 Katie Smith 25.50 (6th overall)	3 Michelle Lennon
27.40	
(14 finished)	9 Midge Cameron 31.32
	(19 finished)

M65

3 Hugh Balfour 27.41
15 Dave West 32.24
(22 finished)

23 run; the later start encouraging a faster pace than the usual parkrun o'clock. Barrie also ran a stormer, coming in at just outside 25 minutes. Gary was next in showing an improvement on last month and gaining in fitness after his knee surgery. I brought up the rear with a half minute improvement on September but feeling like I was running through treacle for the whole race for some reason.

Barrie had to shoot off for a costume fitting at Kings Langley studios which fortunately accommodated the race time. I had to go home for a far less glamorous Zoom call so there were no post race coffees for us.

125 Graham Laylee 22:56
146 Barrie John Nicholls 25:09
158 Gary Budinger 26:14
164 Lindsey Annable 26:46

## Last Friday of the Month 5km Hyde Park

27th October 2023

Lindsey Annable writes - A select group of DRs gathered for this monthly 5km in the lovely Hyde Park. Despite gloomy weather predictions, bright autumnal sunshine graced the undulating course, making it a rather pleasant run.

Graham was first in for Dulwich surprising himself with a sub



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

### Richmond

420 Ran  
Pos Gen  
92 15 Katie Prior 24:12

### Bromley

564 Ran  
Pos Gen  
333 236 Peter Jackson 29:55  
464 287 Steve Wehrle2nd cl. 35:37

### Ashton Court

510 Ran  
Pos Gen  
157 120 Hugh French 25:28

### Town Moor

464 Ran  
Pos Gen  
62 57 Rob Mayes 20:29

### Brockwell , Herne Hill

346 Ran  
Pos Gen  
2 2 Edward Chuck 16:07  
3 3 Aaron Wilson 16:37  
43 38 Mark Foster 22:01  
52 46 Stephen Trowell 22:19

### Beckenham Place

256 Ran  
Pos Gen  
159 44 Claire Barnard 32:20

### Norwich

525 Ran  
Pos Gen  
34 2 Libby Turnell 20:03

### Crystal Palace

341 Ran  
Pos Gen  
133 25 Belinda Cottrill 26:42  
312 115 Chris Bell 37:46

### Brueton

421 Ran  
Pos Gen  
3 3 Adrian Russell 17:00

### South Norwood

141 Ran  
Pos Gen  
60 44 Andy Bond 27:45

### Riddlesdown

115 Ran  
Pos Gen  
6 5 Dylan Wymer 20:14

19 17 James Wicks 23:31  
35 4 Ange Norris 25:56

### Eastville

554 Ran  
Pos Gen  
123 104 Jamie Robinson-Nicol 24:19  
551 205 Catherine Buglass 01:23

### Dulwich

676 Ran  
Pos Gen  
1 1 Harry Lawson 15:45  
6 5 Andrew Inglis 16:40  
9 8 James Blackwood 16:56  
82 66 Justin Siderfin 19:31  
86 70 Rupert Winlaw 19:38  
90 74 Andrea Ceccolini 19:41  
119 15 Alexandra McClelland 20:38  
144 115 Gower Tan 21:04  
155 126 Ebe Prill 21:12  
166 133 James Auger 21:26  
217 32 Shoko Okamura 22:39  
342 239 Ajay Khandelwal 26:32  
583 203 Elizabeth Begley 32:38  
584 204 Rhian Stansfield 32:39

### Burgess

611 Ran  
Pos Gen  
200 163 Toby Irvine 24:21  
491 155 Stephanie Burchill 31:25

### Sheringham

193 Ran  
Pos Gen  
3 3 Jon Phillips 18:00

### Southwark

471 Ran  
Pos Gen  
47 42 Lee Wild 20:50  
203 160 Paul Keating 26:08  
220 42 Claire Steward 26:49

### Fulham Palace

648 Ran  
Pos Gen  
263 190 Barrie John Nicholls 26:25  
278 198 Michael Dodds 26:44  
303 68 Lindsey Annable 27:14  
417 115 Clare Wyngard 29:43

### Peckham Rye

314 Ran  
Pos Gen  
48 42 Wander Rutgers 22:11

### Folkestone

215 Ran

Pos Gen  
134 108 Miles Gawthorp 29:35

### Hastings

179 Ran  
Pos Gen  
6 6 Edward Simmons 20:18  
57 6 Eleanor Simmons 24:57

### Tooting Common

687 Ran  
Pos Gen  
35 30 John Kazantzis 20:40  
67 59 Austin Laylee 21:56  
257 186 Ian Sesnan 26:21

### Zandvlei

194 Ran  
Pos Gen  
2 2 Alastair Low-Macrae 19:52  
4 1 Polly Warrack 20:54

### Catford

158 Ran  
Pos Gen  
6 5 Andrew Scott 19:46

### Presint 18 , Putrajaya

82 Ran  
Pos Gen  
19 3 Ros Tabor 27:07  
23 20 Andy Murray 28:22

### Bethlem Royal Hospital

64 Ran  
Pos Gen  
64 42 Dave West  
01:06:16

### Sutcliffe

211 Ran  
Pos Gen  
24 24 Michael Fullilove 20:49  
62 53 Nicholas Brown 24:00

### Charlton

146 Ran  
Pos Gen  
44 39 Colin Frith 25:07  
56 45 Stephen Williams 26:02

### Frogmary Green Farm

216 Ran  
Pos Gen  
17 3 Laura Vincent 22:56

# 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



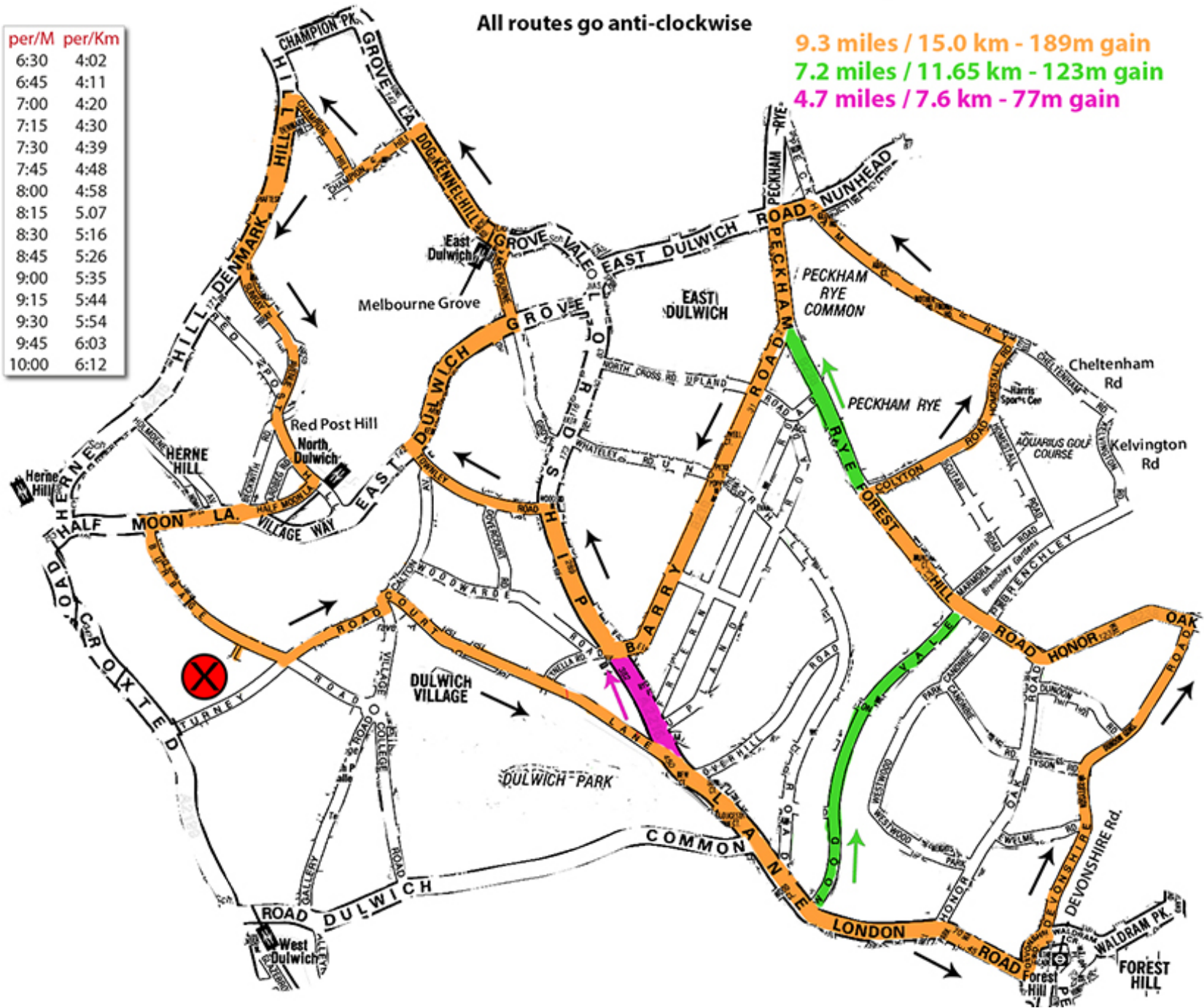
Mid Layer 1-4 Zip Top

# Dulwich Runners Winter Map 8

All routes go anti-clockwise

9.3 miles / 15.0 km - 189m gain  
 7.2 miles / 11.6 km - 123m gain  
 4.7 miles / 7.6 km - 77m gain

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





# Dulwich Runners Winter 5km routes

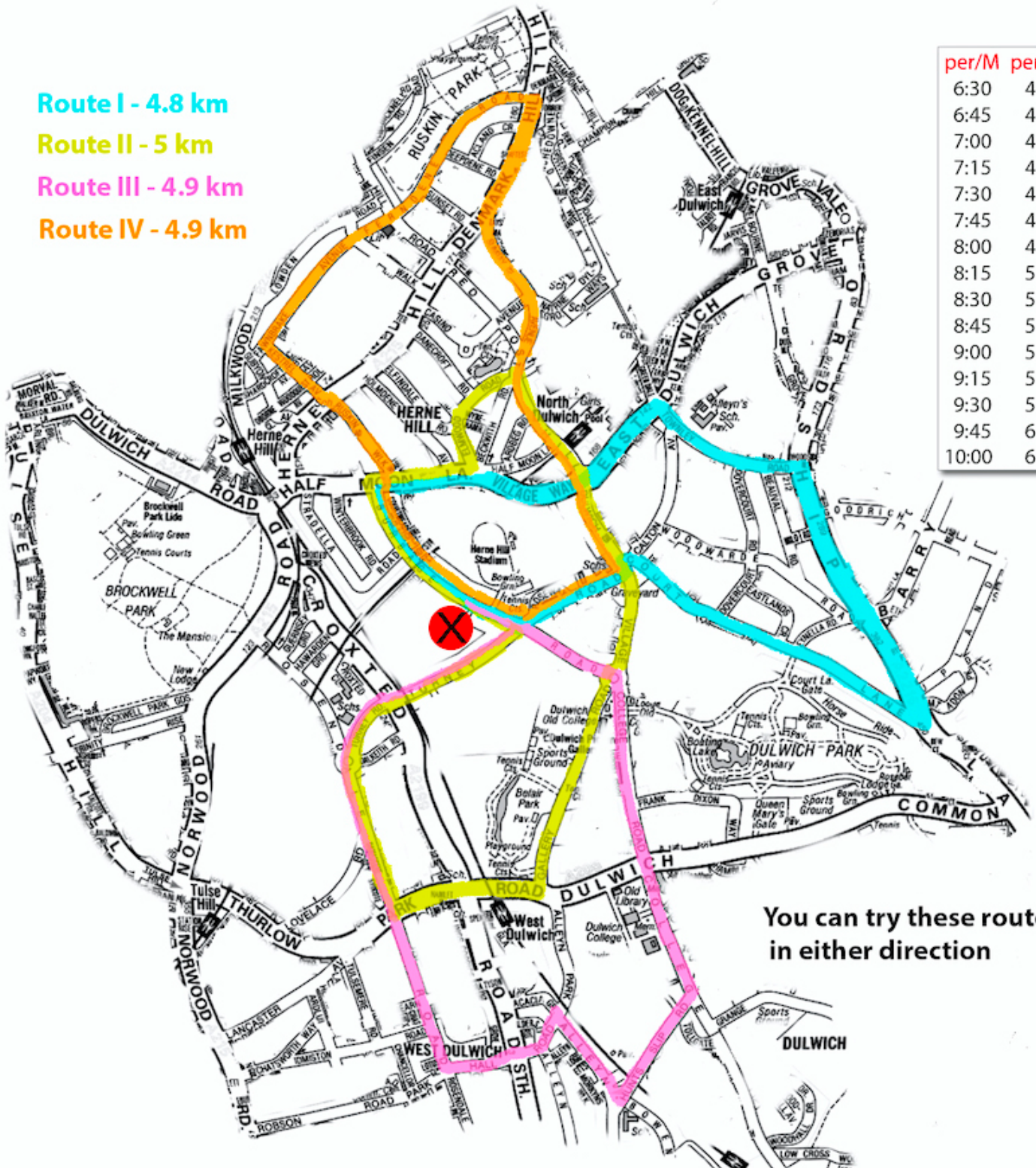
Route I - 4.8 km

Route II - 5 km

Route III - 4.9 km

Route IV - 4.9 km

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



You can try these routes in either direction