



These are your SHORTS

Please send any reports, running news etc to:

barry@bg1.co.uk

DEADLINE for submissions 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start

£1 fee per run pay contactless only.

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Fixtures
- 4 Club runs & training
- 7 Race reports and results
- 11 Club kit
- 13 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

to the ladies' WhatsApp group - contact Kay/Katie - 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

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

DULWICH RUNNERS 2023/24 FIXTURES

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

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

Dulwich Runners Cross Country (Xc) Fixtures 2023/24

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

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

Surrey League XC

- 🏆 **14 October** Division 1 Race1
- 🏆 **11 November** Division1 Race2
- 🏆 **13 January** Division1 Race3
- 🏆 **10 February** Division1 Race4

www.surreyleague.org

Ladies & Men run at the same venue

- Richmond Park
- Mitcham Common
- Wimbledon Common
- TBC

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

- | | | |
|----------------------|--------------------------------|--------------------------|
| 21 October | SEAA Relays | Wormwood Scrubs |
| 28 October | Surrey Masters | Nonsuch Park |
| 28 October | British Masters Relays | Long Eaton, Derbyshire |
| 🏆 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>

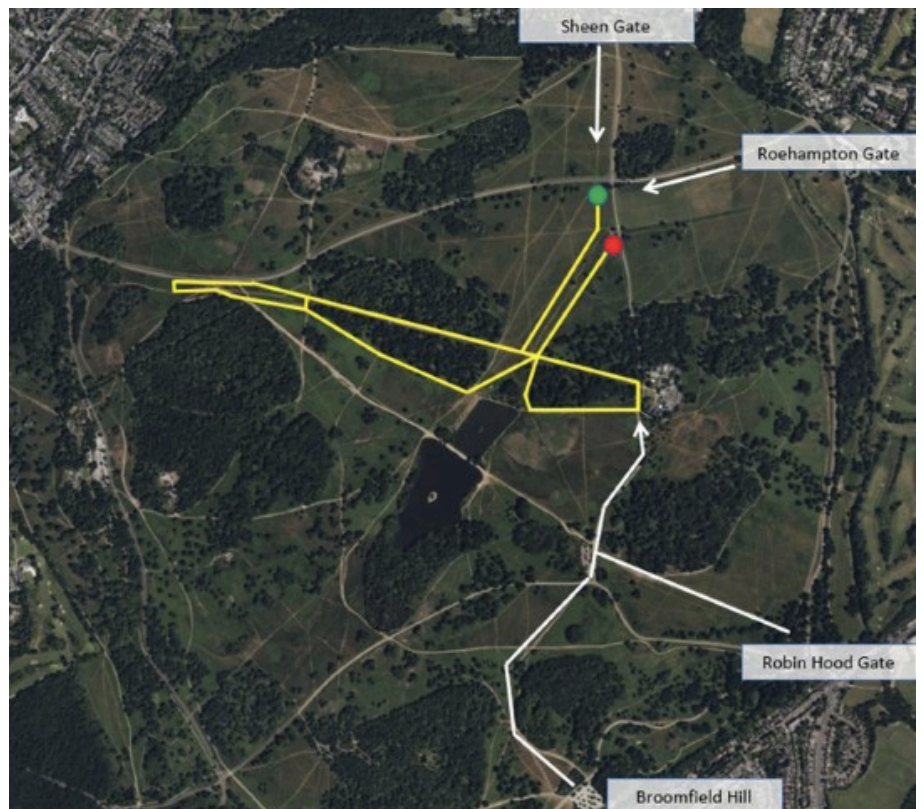
Further race details on will appear in the Shorts Newsletter each week.



Surrey League Div 1 races Richmond Pk.

14th October

The Cross Country season begins this weekend (Saturday 14th October) with the first Surrey League fixture in Richmond Park. The Senior Ladies' race (6.6km) starts at 11am and the Senior Men's race (8.5km) starts at 2pm. Conditions are likely to be very dry and on hard packed trails. The start/finish area will be near Sheen Cross roundabout, close to Sheen Gate and Roehampton Gate (see the map below). All members registered with EA are welcome to race and your captains will allocate you a number for the whole season. Any questions, please get in touch with them.



Vets fixtures

Saturday October 14 - English Masters Cross-Country Team selection races, Markeaton Park, Derbyshire
Anyone looking for a place in the England Masters team in the British and Irish Masters International at Tollcross Park in Glasgow would probably need to run this event.

Saturday October 28 - British Masters Cross-Country Relays, Long Eaton
Though a long way up this is easy to get to - a fast and flat course of around 3km
M35 and M45 5 Stages - M55 4 stages M65/M75/W35/W45/W55/W65 3 stages

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.



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

Which races to go for

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

Entry for other races

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

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

Footwear

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

2023/24 Ken Crooke XC Championships

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

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

Further information contact your captains at:



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

Surrey League

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

Distance

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



Scoring

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

competition where the second 5 and 10 runners respectively score.

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

Surrey League entry

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

Other Races

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

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 hill training Sept. - Oct.

7pm every Tuesday in September and October - Low Cross Wood Lane (opposite the College Lane entrance to Sydenham Hill station).

Do at least 5-10 mins of gentle jogging before we start at 7:00pm with warm-ups and drills ,then main session, finish 7:45-7:50pm or so. Session free of charge. Arrive ready to run - it should be safe to leave jackets or bottles etc. We will be running up and down a well-lit traffic-free path – please keep enough room for any pedestrians to pass.

Exact session will vary week by week, but expect a series of reps with 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

Tuesday Morning Speed - Dulwich Park

Start 11am in Dulwich Park, meet by cricket nets, will use the grass and or the parkrun circuit - followed by coffee. Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

Runs start at 8am from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 min/mile.

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

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

Longer & steady - 08.45am from Dulwich Park. Circa 7.30/mile pace - Tom Shakhli: tomshakhli@gmail.com

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

Autumn training update

Tuesday training now at Low Cross Wood Lane, traffic-free path through the woods opposite Sydenham Hill station – all September, early October, then to Crystal Palace track when floodlights are in use. Hill sessions are good preparation for the cross-country season, and a useful component of a more general period of training.

If planning a marathon next spring, between now and Christmas is a time to build overall fitness, making the most of the club training and racing so you're faster and stronger by the time you start the more specific training period. This period your long runs should be around 90-105 mins, slightly longer if you are feeling strong, all at a nice easy conversational pace, avoiding any temptation to race others, at least for now. Otherwise you don't really need a detailed training plan for this period, instead to get the miles in, varying distance, pace and terrain to avoid monotony and to widen the range of stimuli and to build up

gradually to avoid injury or being too tired to train the next day. But whilst a typical week will vary from one person to another, you could be looking at something like the following between now and Christmas:

Monday – rest day or a 40-60 minute easy pace run

Tuesday – interval session

Wednesday – club run pace and distance to suit you

Thursday – 40-60 minutes easy pace run

Friday – rest day

Saturday – Cross-country or Parkrun (either at/ close to 5k pace or at a controlled 10k-1/2M pace as part of a longer run)

Sunday – long run at a nice easy pace

To not make each week too similar try to alternate Wednesday club runs between longer and shorter, vary the pace of parkruns, or some longer runs longer than others. Some may prefer to substitute some or all of the easy runs for cross-training. There's no suggestions about strength and conditioning work, pilates or yoga, as the amount and type needed varies from person to person but these are all really important to building a stronger more resilient body so consider what works for you.

Masters Championships

Oct? British Masters 1/2M Champs Gravesend

08 Oct British Masters Marathon Champs - Chester

14 Oct England Masters Cross Country Team Selection Race (for Nov international) -Derby

28 Oct British Masters Cross Country Relays - Long Eaton (team entry)

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.

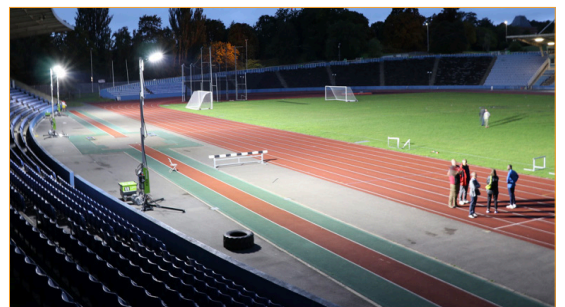
Provisionally this year's championship will be held in Richmond Park on the afternoon of Wednesday 15th November 2023.

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, n.reddaway@gmail.com & andrewcatton2@aol.com, to express an interest

Crystal Palace update

Temporary floodlights now in place - the track closing w/c 2 October for repairs. Expected 15-20 working days weather dependent, will update when ready. Looking at early November return, later than I would have liked but at least we will have proper floodlights and an improved track. Tom - tpoynton@hotmail.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 Sportsshoes.com for the club

With a monthly code. Please don't share outside of Dulwich Runners.
code for September is - **DQHZI9 valid to 3/11/23**- 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

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
All road, xc, fell, tri and track results etc, are welcome.

Switchback 5 miles

8th October 2023

The 20th edition of this low-key trail race took place in glorious, if unseasonal, weather after a four-year break. The course starts in Lloyd Park and partly follows the XC course that many will know (and love?), before a road crossing takes the runners into a circumnavigation of Addington Hills, London's largest area of heathland, which includes a viewpoint at 460ft above sea level with views across London as far as Wembley and Harrow. Runners will however see little of this as the undulating mix of wooded, rooty trails and other parts with sand and pebbles require the eyes to be firmly down rather than gazing at the distant horizon. This area also includes the eponymous switchbacks; a rolling series of gullies where the aim is to get up sufficient speed on the downhill to carry you up the next short incline before repeating the process several times. It crams a lot into just five miles, but a stunning place to run and I'm lucky to live locally.

There were 10 Dulwich Runners this time, with a number of prizes and all seemed pretty happy with their runs. For myself, I'd run an all-out Parkrun the previous day but the legs were fine (a benefit of super shoes?) and I felt pretty good on the largely uphill first half, before making best use of the terrain on the descent; local knowledge being a definite benefit with a negative second half split of 2½ minutes.

The Switchback 5 is a great race and for just £10, we got a well marshalled and waymarked, 5-mile trail run. A china race mug with free tea and unlimited homemade cakes afterwards. There was also changing and, for anyone so inclined, the bar was open when we finished. What's not to like?

Ola Balme adds: this is one of my favourite races. A friendly low-key xc race. Relatively hot and firm under foot for Lloyd Park. There was a good turnout by Dulwich, men scooping up some of the prizes. A few of our newest members - Sophie and Grace had good runs.

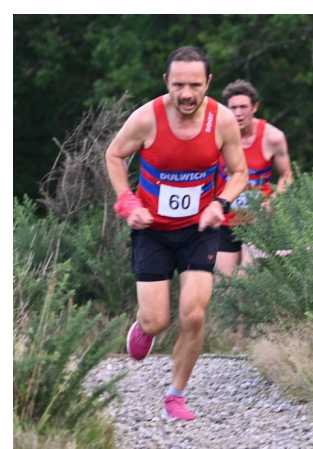
The best part is sampling some of the delicious home made cakes after and relaxing in the sun.

We had support from Eleanor's mum and Jo Quantrill.

2	Jack Leafe	31:30 (2nd overall)
3	Eugene Cross	31:39 (1st MV40, 3rd overall)
15	Joe Sentence	37:10
21	Emma Hatch	38:03 2ndF
31	Ola Balme	39:08 3rdF (1st FV50)
46	Eleanor Simmons	42:28 (1st FV40)
50	Grace Ingledew	43:28
57	Dave West	44:10
58	Sophie Sentence	44:28
65	Paul Keating	46:54
131 finished		



Eleanor



Eugene



Sophie



Ola



Dave

Kielder Marathon 2023

On 8th October Tom and I ran the 13th edition of Kielder marathon. It is an event that doesn't say explicitly that it's a trail run, but if you were hoping for a nice gentle run on tarmac round a reservoir you would be sorely disappointed. It is however beautiful and if you are a sucker for a hill then I would highly recommend the long journey!



Harriet's thoughts:

Having run this once before on much less training I felt like I had a point to make. Whilst my preparation wasn't perfect, sessions were missed and sometimes other things in life had to take priority I went into it thinking I could give it a good go, and the motivation of getting my own back on the course that finished me off 4 years ago was strong. I probably in hindsight set out slightly too fast but I felt strong and enjoyed running with Tom. I ran with some caution between there and mile 17 where I slowed slightly so I could maintain energy through to the end, and let Tom run ahead but kept him just about in sight when the views opened up. Between there and mile 20 was really hard but eventually caught up to Tom, here the fog really lifted and the scenery was a pleasant distraction.

Around mile 21 there is a hill which has a sign saying 'steep incline' which for a race that's always hilly was somewhat concerning but after shuffling to the top the finish line was within grasp. The last part of the race was sore and my pace suffered but I was proud of how I pushed through and kept moving. The last 400m of the race was a lovely downhill without the threat of having to go uphill again. I was pleased with my 3:47, in fact before this race I think I would have been content with that time on a flat road race. Maybe now I might be brave

Run for Ron

This was a wonderful atmosphere with 38 members at Dulwich parkrun for the commemorative Run for Ron. Several who had been members in the 80s, 90s and 2000s made a massive effort to be there, coming from as far away as Leicester, Tewkesbury, Bristol and Devon. In memory of summer Wednesday evening runs that used to start with a slower sociable lap of Dulwich Park, we ran together in

enough to try a road one. I also snuck in as 10th woman which was a great boost. I am proud of how I raced and the result I achieved.

Tom's thoughts

Kielder Marathon self proclaims itself "England's most beautiful marathon". Perhaps, but when we arrived in thick fog we were sceptical of that. One thing became clear quite quickly after the start of the race. It's one of England's hilliest. Although you don't cross any major mountains, there is no flat, you are always going up or down. And it takes a toll on the legs. I felt I was going well through halfway, keeping to a sensible pace. But at around 15 miles the hills began to tell on my legs. At this stage I was running on my own, slightly ahead of Harriet, just about holding it together. But after crossing the dam at the foot of the reservoir, I began to struggle and my mile 20 I was shuffling only a little faster than walking pace.

On a steep uphill Harriet powered past me saying as she went "you'll probably overtake me again". Fat chance, I thought and wished her luck. She was clearly on for a good time. As my running became more of a struggle, the weather improved and the scenery began to live up to the strapline. I consoled myself that although I was exhausted I was in a beautiful place and might as well enjoy myself. I crossed the line at a disappointing 4:04:54 with nothing left in my legs. It was my first marathon for seven years and I came away with a new respect for the distance and resolved to do much more long training before my next.

The race is so well organised, with great support, an impressive amount of aid stations and WCs for such a remote event, and does really deserve the most beautiful title. It was great to race in a club vest again, with some people even recognising the club even if they were slightly confused why we had come so far!

Finishers

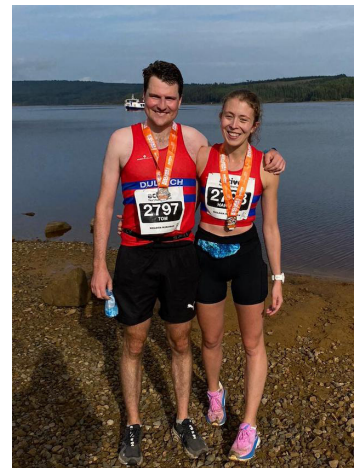
Tom 4:04:54 Position 122

Harriet 3:47:58 Position 69, 10th female

1st Man 2:49:05

1st Woman 3:18:37

Final finisher 7:24:42 Position 621



groups for the first lap or two.

Post run we went to the club house for refreshments, a lot more chat and plenty of reminiscing. Everyone agreed it was fantastic to catch up with old friends and meet others that some had only heard of by name.

Barry D took some group photos and added a 'Who do you know?' quiz to the bottom.

Thanks to Steve W and Sue V for all their organisation and everyone who came and made it a memorable and fitting occasion. Ron would have loved it.



Burgess Parkrun Pacing,

7 October

A big thank you to all the pacers who stepped forward to pace at Burgess last Saturday. There were 13 in total, all of whom finished close to their allocated pace - Alex Loftus, Ebe Prill, Gower Tan, Yvette Dore, Hugh Balfour, Hugh French, Charlie Lound, Mike Beadle, Claire Steward, Ange Norris, Clare Wyngard, Mike Dodds and Bob Bell. We had also many supporters, most wearing club vests so we had 38 runners in total, a great advert for the club. With the cross country season about to start with races most Saturdays over the next few months we'll take a break from pacing until the spring. Mike Mann



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.

Banstead Woods

233 Ran
Pos Gen
7 6 Tony Tuohy 20:14

Eastbourne

263 Ran
Pos Gen
10 10 Ian Lilley 19:59

Kingston

337 Ran
Pos Gen
59 6 Katie Prior 23:05

Brockwell

376 Ran
Pos Gen
1 1 Jon Phillips 17:37
3 2 Sean Cordon 17:58
9 7 Andrew Inglis 18:43
300 103 Sharon Erdman 30:30

Beckenham Place

311 Ran
Pos Gen
210 148 Paul Hilton 30:01
217 151 Peter Jackson 30:18
275 168 Steve Wehrle 2nd cl. 35:54

Royal Tunbridge Wells

281 Ran
Pos Gen
123 107 Lloyd Collier 27:09

Crystal Palace

415 Ran
Pos Gen
12 1 Polly Warrack 20:08
13 11 Alastair Low-Macrae 20:09
59 52 Matthew Trueman 22:55
102 10 Jennifer Gridley 24:05
212 51 Belinda Cottrill 27:57
377 150 Chris Bell 37:26

Riddlesdown

187 Ran
Pos Gen
17 16 James Wicks 21:59

Eastville

528 Ran
Pos Gen
144 120 Jamie Robinson-Nicol 25:05

Dulwich

561 Ran
Pos Gen
6 6 James Dazeley 15:42

52 50 James Brown 19:02
61 59 Matt Wood 19:22
75 71 Rob Fawn 19:51
95 90 Olivier Montfort 20:45
122 7 Gracie Ingledew 21:31
186 158 Rob Mayes 23:20
277 225 Ajay Khandelwal 25:48
560 320 Fazlur Rahman 50:43

Beckton

116 Ran
Pos Gen
15 15 Tommaso Bendoni 21:32

Gladstone

272 Ran
Pos Gen
54 48 Stephen Williams 24:00

Hilly Fields

257 Ran
Pos Gen
71 7 Emma Ibell 23:30

Burgess

682 Ran
Pos Gen
1 1 Andy Bond 16:21
14 13 Dylan Wymer 17:48
16 15 Timothy Bowen 17:56
45 39 Alex Loftus 20:11
59 50 Ebe Prill 20:55
60 7 Michelle Lennon 20:56
66 56 Andrea Ceccolini 21:04
78 8 Laura Vincent 21:27
96 82 Gower Tan 21:53
108 94 Stephen Smythe 22:03
112 12 Klara Saville 22:07
122 14 Katie Thompson 22:26
140 22 Yvette Dore 22:46
157 27 Shoko Okamura 23:13
179 137 Graham Laylee 23:49
182 140 Hugh Balfour 23:53
210 37 Catherine Buglass 24:19
211 38 Rebecca Davis 24:20
224 171 Dave West 24:32
229 175 Hugh French 24:42
252 189 Joseph Brady 25:20
278 202 Charles Lound 25:46
293 70 Ros Tabor 26:00
296 210 Paul Keating 26:05
321 83 Midge Cameron 26:30
325 87 Lindsey Annable 26:38
338 230 Chris Lawrence 26:55
377 250 James Gordon 27:47
382 112 Claire Steward 27:59
391 118 Clare Norris 28:14
423 136 Ange Norris 28:49
432 140 Clare Wyngard 28:57
534 304 Michael Dodds 31:52
538 308 Bob Bell 32:02

663 278 Susan Vernon 45:57

Aberystwyth

130 Ran
Pos Gen
8 8 Justin Siderfin 19:50

Southwark

497 Ran
Pos Gen
55 50 Lee Wild 21:11

Preston Park , Brighton

536 Ran
Pos Gen
1 1 Theo Gittens 16:54
2 2 Thomas South 17:07

Fulham Palace

689 Ran
Pos Gen
338 250 Barrie John Nicholls 27:46

Peckham Rye

351 Ran
Pos Gen
10 10 Mark Callaghan 19:15

Hastings

374 Ran
Pos Gen
124 98 Nicholas Brown 26:08

Tooting Common

681 Ran
Pos Gen
78 69 Austin Laylee 22:00

Hasenheide

151 Ran
Pos Gen
38 3 Christina Dimitrov 23:31

Clapham Common

1039 Ran
Pos Gen
46 45 Matthew Ahluwalia 19:44

Sutcliffe

222 Ran
Pos Gen
22 22 Michael Fullilove 20:45
34 34 Ross Rook 21:21

Holyrood

240 Ran
Pos Gen
199 74 Claire Barnard 33:57

DULWICH RUNNERS KIT

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



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



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Crop tops - £25



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



Socks only £5



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

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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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

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

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

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



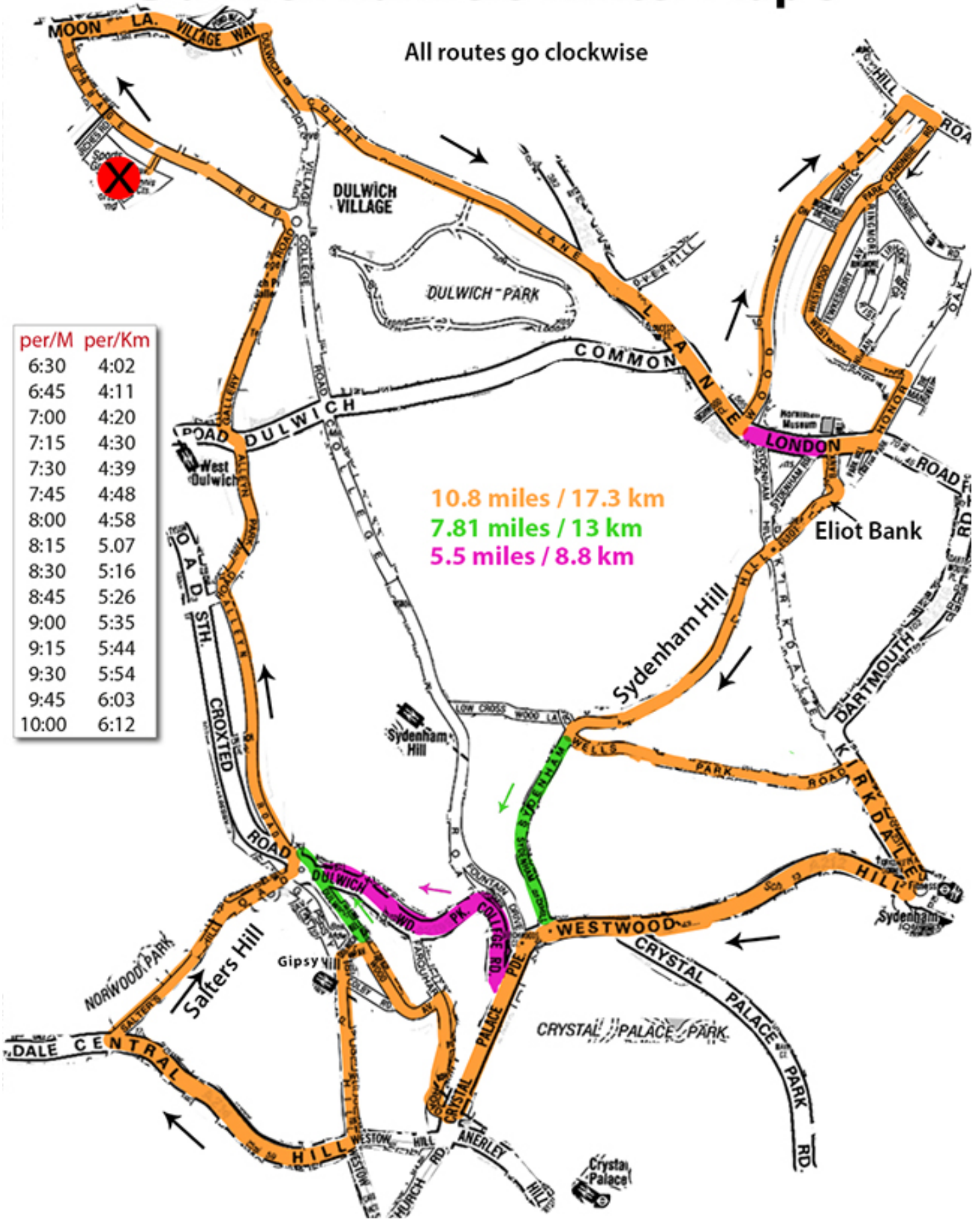
Showerproof Team Jacket



Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 5

All routes go clockwise



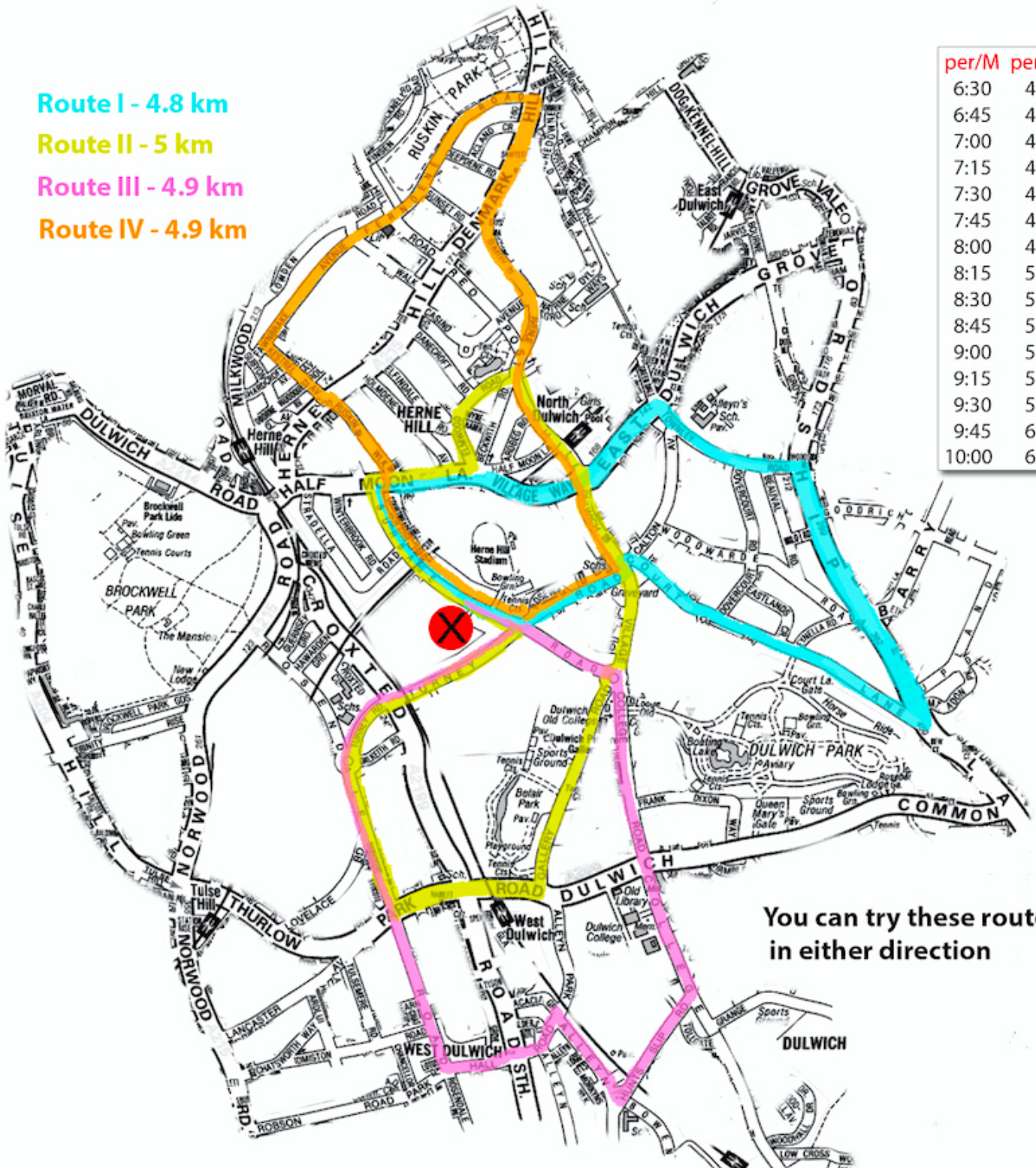
Dulwich Runners Winter 5km routes

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