



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College, track and grass
£2 per session - suitable for all abilities

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

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Club championships 2020/21 events, rules etc
- 4 Race reports and results
- 6 Club kit
- 8 Wednesday night run map.

Feel free to send in any running or sport related
stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and would like to join or require further details about the club please contact me.
barry@bg1.co.uk

Dulwich Runners Committee Meeting Notice - Wednesday 1 September 2021

Club Secretary, Yvette Dore, writes:

The Dulwich Runners General Committee will next meet on Wednesday 1 September at 8.30pm after the Club Run. If there are any items you would like to add to the agenda for the Committee to discuss, **please submit them to me by midday on Tuesday 31 August.**

The last meeting of the Committee took place on Wednesday 14 July, and was the first to be chaired by Ebe Prill, our recently appointed Co-Chair. Items on the agenda and discussed by the Committee included the resumption and plans for Club social activities, including the Club's 41st Anniversary celebrations which will take place on the

weekend of 18/19 September (see Shorts for further details).

The Committee heard an update from Tom Poynton, who has been appointed to the role of Welfare Officer alongside Andrea Pickup, on their actions in initiating the newly established roles. Plans for Tuesday training sessions in the Autumn, and the provision of training for a Club member to be qualified to run as a guide for blind and visually impaired runners, were also progressed.

Please send any items for the Committee to discuss at the next meeting to secretary@dulwichrunners.org.uk by **midday on Tuesday 31 July.**

Dulwich Runners AC Birthday Celebration

Please join us in September 2021 for a celebration of the Birthday of our wonderful running club after 41 years.

Saturday September 18th - 9am Park Run in Dulwich Park Coffee & Cake afterwards. - Please wear your club vest.

Sunday September 19th - Birthday Party 2pm-6pm at the club house. - Tickets £20 will include food and 1 drink email dulwichrunnerssocialsec@gmail.com to confirm a ticket/veg or meat options.

Please reach out and invite any previous club members who would like to join us over the weekend.
Regards - Michelle

Club Runs & Training Sessions

Wednesday Evening Club Runs

NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable has been reintroduced as the clubhouse changing rooms, showers, toilets and bar are now all open for us to use.

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

The 6pm and 7pm Tuesday sessions at Dulwich College fields and track will continue until 31 August. For the month of September there will be a 6pm session only at Dulwich College but we are also offering a 7pm hill session, free of charge, starting at the foot of the hill adjacent to Sydenham Hill station on College Road.

Hill sessions suitable in particular for those planning to compete in the forthcoming cross country season, but newer less experienced runners may wish to choose the 6pm track/grass session though are welcome to give the hills a try. Details of track training sessions at Crystal Palace track from the start of October will follow in due course.

Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com (suspended until August 29th)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

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

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgehill Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: eleanorsimmons@yahoo.co.uk

Thursday Training Sessions

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

DULWICH RUNNERS 2021 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:
Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles.

Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity.
For full course details how it works etc, see the website: http://www.stragglers.org/river_relay
If interested or want any more details, email Ange: angenorris@googlemail.com

NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.

Cross Country Fixtures

Hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures.
Men and women Surrey League fixtures to be held on the same dates, but all venues provisional tbc. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

| 2021 | | | |
|------|--------|------------------------------|---------------------------|
| Oct | 16 | Surrey League 1 | Epsom Downs (tbc) |
| | 9 | Surrey Masters Champs | Morden Park |
| | 23 | SEAA Relays | Wormwood Scrubs |
| | 23 | tbc Surrey Masters Champs | Richmond Park |
| | 30 | BMAF Relays | Long Eaton |
| Nov | 13 | Surrey League 2 | Denbies Vineyard (tbc) |
| | 20 | SEAA London Champs | Parliament Hill Fields |
| | 27 tbc | South of Thames 5m | Morden Park |
| Dec | 4 | Kent Masters Champs | Dartford |
| | 11 | SEAA Masters | Horspath, Oxford |
| | 18 | South of Thames 7m | Beckenham Place Park |
| 2022 | | | |
| Jan | 8 | Kent County Champs | Brands Hatch |
| | 9 | Surrey County Champs | Denbies Vineyard, Dorking |
| | 15 | Surrey League 3 | Richmond Park (tbc) |
| | 29 | SEAA South of England Champs | Beckenham Place Park tbc |
| Feb | 19 | Surrey League 4 | Lloyd Park (tbc) |
| Mar | 6 | ECCA National Champs | London |

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebeprill@yahoo.co.uk (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

10km - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running. It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short – around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

Adidas Shoe trial - Wednesday 8th September

Try out some of the latest Adidas shoes with no obligation to buy.

Emma, the Adidas representative, is coming again with some shoes for us to trial on our Wednesday evening run. It's a great opportunity to try out a completely different type of shoe for size and comfort.

Shoes available are detailed below. Choose which you'd like to try out for your run then use the link to order your size. She will bring them along on the Wednesday evening in named bags.

Adizero adios Pro 2:

LIGHT, FAST RUNNING SHOES MADE FOR EXPLOSIVE SPEED ON RACE DAY.

Run past your goals and never look back. Set new ones and chase them. The adizero adios pro 2 is here with evolved technologies that will help you take your run to the next level. Training run or 26.2, these adidas running shoes are designed for explosive speed that propels you toward the finish line. They're light and breathable with just the right combo of flex and support. Lightstrike cushioning fuels a snappy, energy-filled ride.

Adizero adios 6:

LIGHTWEIGHT RUNNING SHOES BUILT FOR SPEED.

Low stack height traditional racing flat. The intervals, tempo runs and chilly morning sessions paid off. You made it to the starting line. All that's left is to kick into gear and go the distance in these adidas running shoes. Their mesh upper is so lightweight you'll barely feel it on the course. Lightstrike cushioning gives a responsive and snappy ride.

SOLARGLIDE 4 SHOES:

NEUTRAL RUNNING SHOES FOR YOUR DAILY MILES.

An extra run squeezed in at lunch. An added mile to your daily loop. However you go about boosting mileage, these adidas shoes give you the comfort to keep up. They offer an energised ride thanks to a flexible outsole that works with the responsive feel of Boost. Plus, they strike the perfect balance of breathability and support to keep you going. An EVA Rail helps guide the foot, and a heel split reduces irritation at the Achilles.

https://docs.google.com/forms/d/e/1FAIpQLScCgnl34zu1ggEW8JRd32jD1iHS_sZuENJGYyb7fs3TJsoJAQ/viewform

Race Reports & Results

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.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

The Big Half

Sunday 22 August

Preliminary results

About 50 Dulwich Runners took part in the popular London Half marathon, the first large race after the easing of Covid restrictions with a field of more than 10000 runners, and yeah, it sure was nice to be back racing in company and with big support along the way!

The race results don't allow for searching by club, only individually so it took a long time to compile a list that still might miss some runners.

Please let me know ebeprill@yahoo.co.uk if you're not in the results listed below and will it report next week.

There were many brilliant performances and PBs achieved in good race conditions, well done all!

For now I leave you with Jonathan Whittaker's excellent concise report for the South London press:

Dulwich Runners provided a strong set of performances in the fourth edition of the Vitality Big Half Marathon. The race follows parts of London Marathon in reverse and has rapidly attracted a following from elite and club runners alike. Ed Chuck (70:15) was again in excellent form, enjoying significant TV coverage whilst running with the women's elite champion Charlotte Purdue for much of the race. His 21st place was in the top 10 for non elite runners.

Jack Ramm (72:30) and Jon Phillips (74:05) both had great races to finish in the top 100 with Phillips recording a new personal best in the process. Andy Bond (75:27) and Tom South (75:32) are also in terrific form, finishing in the top 4 within the men's 45-49 age group.

In the women's race Polly Warrack (84:03, 40th), Kay Sheedy (85:48, 47th) and Rebecca Schulleri (89:50, 79th) all recorded personal bests to finish in the top 100. Yvette Dore (95:42) finished in the top 10 in the 45-49 age group with Claire Steward 2nd in the 65-69 group in 1:51:22.

Women

| | | |
|------|---------------------|---------------------|
| 35 | Polly Warrack | 84:03 PB |
| 41 | Kay Sheedy | 85:48 PB |
| 70 | Becca Schulleri | 89:50 PB |
| 103 | Marta Miaskiewicz | 92:36 |
| 128 | Alice Williams | 94:05 |
| 134 | Clare Norris | 94:42 (20th W40) PB |
| 152 | Yvette Dore | 95:42 (7th W45) |
| 198 | Katie Wise | 97:43 |
| 256 | Charlotte Sanderson | 99:58 PB |
| 672 | Claire Steward | 111:22 (2nd W65) |
| 1130 | Belinda Bell | 119:09 |
| 1313 | Lindsey Annable | 122:29 (W50) |

Men

| | | |
|------|------------------------|--|
| 21 | Ed Chuck | 70:15 |
| 50 | Jack Ramm | 72:30 |
| 80 | Jon Phillips | 74:05 PB |
| 107 | Andy Bond | 75:27 (3rd M45) |
| 110 | Tom South | 75:32 (4th M45) |
| 208 | Shane Donlon | 78:46 PB |
| ?? | Steve Kendall | 78:55 (Strava, bib 901 -DR vest but yet to find in results) |
| 356 | Gower Tan | 81:57 (12th M50) PB |
| 402 | Joe Wood | 82:44 PB |
| 448 | Tom Shakhli | 83:48 |
| 457 | Alex Loftus | 83:53 (30 M45) PB |
| 509 | Alex Kay | 84:43 |
| 724 | Paul Greenhalgh | 87:43 (M40) |
| 725 | Austin Laylee | 87:44 PB |
| 785 | Justin Siderfin | 88:39 (M45) |
| 792 | Joe Farrington-Douglas | 88:46 (M40) |
| 820 | Rob Fawn | 89:05 |
| 835 | Jamie Nicol | 89:16 |
| 849 | Jonny Hough | 89:25 (M40)PB |
| 873 | Alex Bazin | 89:47 (M40) |
| 875 | Chris Cooper | 89:50 (M45)PB |
| 902 | Chris Nunn | 90:11 (M45) PB |
| 905 | Ed Simmons | 90:13 (M40) |
| 1184 | Mike Fullilove | 93:28 (37th M55) |
| 1187 | Michael Nogas | 93:29 PB |
| 1263 | James Auger | 94:45 (M45) |
| 1382 | Ebe Prill | 96:01 (45th M55) |
| 1406 | Matt Ladds | 96:17 |
| 1649 | Rupert Winlaw | 98:48 (M50)PB |
| 2110 | Graham Laylee | 103:40 (30th M60) |
| 2139 | Cameron Timmis | 103:59 (M50) |
| 2499 | Tomas Lane | 107:24 |
| 2792 | Miles Gawthorp | 110:04 (M45) |
| 3456 | Tomasz Strzyz | 115:50 |
| 3521 | Barrie Nicholls | 116:31 (23rd M65) |
| 3738 | James Rimmer | 118:35 |
| 4918 | Paul Keating | 136:11 (M50) |

Lindsey Annable writes: As this was down as a club champs it was needless to say in Barrie's race calendar. In fact he has participated in all three races since it was started in 2018. I had also run in the last event before the pandemic struck.

Barrie had purchased a regular place, paying some rather pricey entry ticket to get in, but I had the good fortune to have a community place via the club. Barrie is training for the London marathon so has been upping the mileage of late, rather worried that only six weeks remain to the event. I had actually put in far more long runs this year compared to 2019 but had really struggled to recover from them. As a consequence I was pretty apprehensive approaching the day and didn't sleep at all well the night before.

The organisers seemed to have upped their game this year after the logistics were sadly lacking last time. There were plenty of facilities and the baggage drop was efficient, albeit with a long but fast moving queue to deposit our bags on the South side of the river.

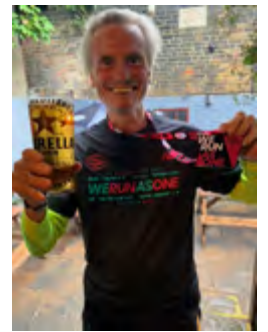
It still seemed a tad haphazard as to which wave we were in and despite myself and Barrie being in different waves, we started together. Looking around there were all sorts of letters on the bibs from A - D in our wave and in hindsight we probably could have started even later. Christine Ohuruogu was the celebrity starter and waved us off with a big smile, a huge Vitality Big Half flag and a loud klaxon.

I'd trialed half marathon pace in parkrun the day before and felt pretty comfortable. Sunday was totally different and I contemplated dropping out at mile 3,4,5,6 and 7! In fact the temptation to drop out was really strong as we went over Tower Bridge as I could have just gone down the stairs

Claire Steward writes: Fourth time at The Big Half and amazingly my quickest time by three and half minutes. Maybe I just tried harder; it felt horribly tough and I was losing the will to live by mile 12, then encouraged and cajoled through the final mile by a random Good Samaritan who had decided it was his mission to get me to the finish ASAP. Job done.

Pre-race was a bit frantic finding myself joining a massive queue but with far fewer runners than last year and clearly stated time slots for baggage drop-off and race start, it all went quite smoothly. Baggage retrieval at the finish worked

and got the Thames Clipper quite easily to Greenwich. Still once I had reached the 7 mile marker I decided to grit my teeth and get on with it. The less said about the race experience the better - it was just painful and an all time PW. Barrie worked hard, having run the parkrun at pace the day before and having added on mileage afterwards in his quest to build up to London. He enjoyed awesome support from fellow DR runners around the course to the extent that a group of three runners behind him kept chanting his name, copying DR club mates. He thought he had lost them only for them comically to hit full voice at ten miles with a 'Barrie Barrie' chant ringing out strongly!



When I finished Barrie was hanging around outside the VIP hospitality entrance at the Cutty Sark waiting for me. In fact I think if I'd been much longer he would have no doubt mooched his way in there. He saw James Cracknell going in as well as a Blue Peter presenter who he recognised but couldn't name. Thanks to Jonathan for his support at mile 6 and many of the marshals who seemed to recognise the Dulwich vest and give us a cheer. Former member Di Morgan was also manning a water station at mile 10 although I was far too stressed at that point to acknowledge her support. We hope DRs had successful runs and there were PBs aplenty. Barrie is already talking about a repeat performance for next year but I am certainly taking that Thames Clipper to Greenwich next year

perfectly, unlike the chaos of last year. There seemed to be Dulwich Runners everywhere, before the race, during the race on the contraflow sections, afterwards collecting goody bags and baggage, and finally in the pub.

No crazy mix up of chip and bib number this year, my official result was within one second of my Garmin and my halfway time showed a negative split of 20 secs - hurrah. Second FV65 so I was feeling quite pleased with myself until I discovered the first woman ran 93 mins and first FV70 (ex-Olympic marathon runner) ran 98 mins! Actually, I still feel pleased with myself, it was way better than I could have hoped.

Stockholm 10k

19.8

17 months ago, just before U.K. lockdown we got on a plane to visit my wife's family in Sweden for Easter, and ended up staying permanently. At the time I was feeling reasonably confident about running a 3 hour marathon but with Paris cancelled and then my two 'backup plans' going the same way it never happened.

Finally Sweden has allowed mass races (with up to 900 gathering in start and finish areas) again in July. It's obviously been quite open here but they have been slower than U.K. on the running front. At least there has been one thing to look at enviously back home from afar....

So this evening race near the centre of the city was my return to real racing, which is my lifeblood as a runner. A plantar fasciitis injury that halved my mileage through winter and spring and an extra 8kg gained through lack of motivation have overshadowed my 'pandemic training' since my 2020 marathon plans were scuppered so expectations here were modest.

I managed a 'warm up' and race taster at our newly returned local parkrun (21'28) a few days before and so decided to aim for about 43-44 minutes - some 6 minutes slower than my 2019 PB.

I started calmly and felt ok at this pace for about 6k then it became a grind as the flat course suddenly started being less flat. But the missing ingredient in these last months has been other runners. I hung in with a handful of runners of similar pace and despite the 2nd 5k being 40 seconds slower I managed a strong last km and sneaked in just under 43'. I think in the circumstances I have to be happy with that. I am training for Lidingöloppet in late September a 30km XC mass event. It remains to be seen how they will work around the 900 rule but it should go ahead in some form, presumably staggering start times through the day. This was a nice little confidence booster 5 weeks out.

<https://www.marathon.se/racetimer?v=/sv/race/show/4922%3Flayout%3Dmarathon>

Paul Collyer 42'57 (77th/473 in men's category)



To have your results here ...update your parkrun profile to show you as a member of Dulwich Runners AC. If no longer a member please remove DR as your club.

Banstead Woods

215 Ran
Pos Gen
25 22 Tony Tuohy 21:21

Beckenham Place

244 Ran
Pos Gen
1 1 Andy Bond 18:49
70 59 Michael Mann 25:09
80 11 Carys Morgan 25:36
86 68 Dave West 25:47

Brockwell

226 Ran
Pos Gen
10 8 Jamie Nicol 19:59
21 17 Mark Foster 21:05
41 30 Lloyd Collier 22:23

Bromley

477 Ran
Pos Gen
112 92 Colin Frith 24:04
129 104 Stephen Smythe 24:39
325 86 Clare Osborne 31:00

Burgess

368 Ran
Pos Gen
65 53 Hugh Balfour 22:14
367 127 Susan Vernon 55:40

Cannon Hill

438 Ran
Pos Gen
87 6 Susan Cooper 23:03

Cassiobury

409 Ran
Pos Gen
19 19 Nicholas Brown 20:36

Canterbury

117 Ran
Pos Gen
5 1 Kim Hainsworth 22:12

Catford

172 Ran

Pos Gen
5 4 Ross Rook 19:45

Clapham Common

492 Ran
Pos Gen
1 1 Shane Donlon 17:37

Crystal Palace

231 Ran
Pos Gen
108 18 Belinda Cottrill 26:22
146 33 Clare Wyngard 28:47
147 102 Michael Dodds 28:48
169 43 Charlotte Sanderson 29:59
201 120 Bob Bell 33:38

Dulwich

339 Ran
Pos Gen
35 30 James Brown 19:20
50 42 Tom Shakhli 20:26
69 57 Lee Wild 21:23
86 9 Ola Balme 21:56
201 150 Edward Simmons 26:29

Gladstone

190 Ran
Pos Gen
28 26 Des Crinion 22:10
47 38 Stephen Williams 23:16

Greenwich

322 Ran
Pos Gen
21 18 Michael Fullilove 21:08

Haga

94 Ran
Pos Gen
52 44 Paul Collyer 25:41

Hilly Fields

197 Ran
Pos Gen
26 3 Emma Ibell 22:56

Hove Promenade

462 Ran
Pos Gen

67 6 Michelle Lennon 21:15

Lanhydrock

391 Ran
Pos Gen
8 7 Kevin Chadwick 20:30

Medina I.O.W.

385 Ran
Pos Gen
57 3 Lucy Pickering 23:04

Melton Mowbray

147 Ran
Pos Gen
12 1 Alison Peel 22:46

Richmond

321 Ran
Pos Gen
89 67 Barrie John Nicholls 25:12
149 31 Lindsey Annable 27:50

Riddlesdown

194 Ran
Pos Gen
17 17 James Wicks 21:48

Rothay Park

165 Ran
Pos Gen
26 20 Joe Sheppard 22:27

Storeys Field

330 Ran
Pos Gen
64 51 Buzz Shephard 21:28

Tooting Common

406 Ran
Pos Gen
107 79 Ian Sesnan 23:56

Wakefield Thornes

302 Ran
Pos Gen
226 79 Claire Barnard 34:20

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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



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

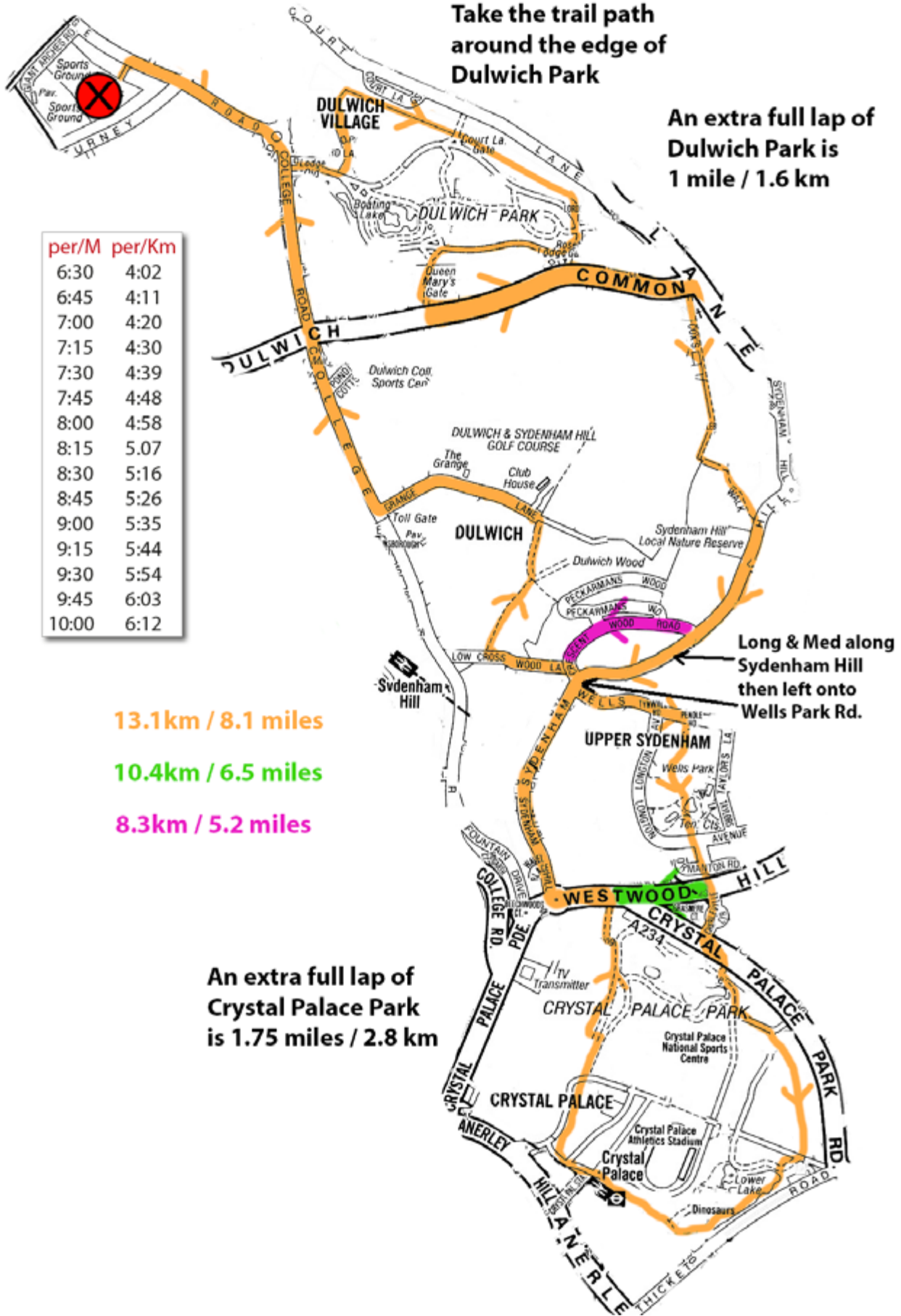


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map 5



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>