

SHORTS



Dulwich Runners AC
Weekly Newsletter
December 1st 2021
www.dulwichrunners.org.uk

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 Crystal Palace Track
- suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Turkey Trot
- 3 Club runs & training
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- 10 Club kit
- 12 Wednesday night run 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

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Connect with us:



Dulwich Runners AC membership 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.

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.

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 this year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Dulwich Runners Christmas Party

Saturday 11th December

This years club Christmas party is being held on Saturday 11th December at the Edward Alleyn Club, starting at 7pm, with food being served at 8:30pm.

The evening includes a welcome drink, food, presentation of the marathon awards, and the Gill Johnson awards with music and dancing til late. (after party at Hootanannys).

Price of a ticket is £20 which includes food and your welcome drink.

We need confirmation of your attendance and any dietary requirements by Monday 6th December.

You can either confirm and pay at the club on a Wednesday night or by contacting Michelle and Gower at dulwichrunnerssocialsec@gmail.com - Hope to see you at the party of the year.

See the map at the end of Shorts for info on changes regarding our Wednesday run routes

Turkey Trot Handicap Race



10 am Sunday 12th December

Dulwich Park, start by Queen Mary's Gate

5k – parkrun course

A weekend of Dulwich Runner festivities. What more could you want? After the Christmas party on Saturday 11th, what better way to shake off a hangover than by the traditional annual 5k handicap race!

Runners are given a handicap according to recent parkrun/5k times, which should give an exciting sprint finish; everyone eager to win this most prestigious race.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for a prize.

Presentation of prizes is afterwards in the Dulwich Park café.

Prizes are awarded for –

- 1st runner across the line
- 1st walker across the line
- Runner closest to predicted finish time NB Everyone runs without a watch.
- Best fancy dress – Christmas theme

Defending champion – Alex Bond

To take part, email Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. You can pay on a Wednesday night or on the day.

Deadline – Friday 10th December as I will need to sort handicaps.

Include –

- Name
- Most recent parkrun/5k time
- Predicted finish time on 12/12/21
- Running or walking

NB Any person finishing in 2 mins or more faster than their predicted finish time will be disqualified.

Club Runs & Training Sessions

Wednesday Evening Club Runs

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

each time you run - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out 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.

NOTE: £1 club run fee for members and guests

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Dec	7	400s
	14	800s
	21	1000s

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

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

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile
Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

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



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

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 the men's Surrey League there is now a B team competition where the second 10 runners 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 men 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. This means that runners should return their numbers to their captains after the race, or take them home, in which case 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 and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

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

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

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.

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, but 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 and 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 heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. 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.

2021/22 Ken Croke XC Championships

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 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.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

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

Cross Country Fixtures

2021				Distances , Start times etc
Dec	4	Kent Masters	Dartford	8.7k 11.30 M50 5.4k 12.00 M60, all women 8.7k 1.20 M40
	11	SEAA Masters	Lloyd Park	6k M70, all women 11.45 10k M40, 50, 60 2.10
	18	South of Thames 7.5m	Beckenham Place Park	7.5m 2pm
2022				
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	Surrey League 3 (men)	Richmond Park	8k men and women start times tbc
	15	Surrey League 3 (ladies)	Mitcham Common	" " "
	29	South of England Champs	Venue tbc	8k women 2.05 15k men 2.50
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc
	19	Surrey League 4 (ladies)	Effingham Common	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

21/22 Ken Crooke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

SEAA Masters Cross Country

11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

Update

This is an important masters event suitable for all vets over 40. To be entered register your interest no later than 23 November.

South Of Thames 7.5M Beckenham

Saturday 18 December

Our next cross country champs event is the South of Thames 7.5 miles at Beckenham Place Park, start is close to the Mansion at 2pm.

A 3 lap course, taking in a large part of the park, similar to the one used 2 years ago for this event. We are looking for a big entry to this race, hopefully matching the 40 or so runners we fielded for the London Champs.

To enter contact either the joint ladies captains or Mike Mann by December 5th at the latest.

dulwichladiescaptain@gmail.com
mcmann90@yahoo.co.uk



URGENT REQUEST FOR VOLUNTEERS

We have agreed to provide marshals for this event, starting at 2pm. We need around 10 marshals so if you are not planning to run your help will be much appreciated. Contact me at mcmann90@yahoo.co.uk.

Box Hill Fell Race

Saturday 22 Jan. 2022

Confirmed on, no entries date yet, will advise here

If you've never done any fell running, Box Hill near Dorking is an ideal intro. 7.5 miles (12 km), marked, mainly good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, quite challenging climbs and exciting descents. Very slippery in places, you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Xc spikes not allowed. A popular race that fills up very quickly (in a few hours). Entry last time was £10.

i'm at the club most Wednesdays, or email me:

hugh@christchurchpeckham.info **Hugh Balfour**

Contacts:

dulwichladiescaptain@gmail.com - thomas_south@hotmail.com - chuckedward@googlemail.com

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

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.

Last Friday 5k

26 November

Ebe Prill writes: Paul challenged me to this race in fond memory of battles past. Our head to head count over the last decade or so runs currently to something like the Rugby score if Wales would be playing Germany (and Wales having a bad day). Astonishingly we did almost a hundred races together and this was a chance to pull one back. To even things up Paul's training regime over the past year mainly consisted of pies & pints and the occasional stroll along the Epsom downs. And raising two kids of course while keeping up with his oldest one at Junior parkrun.

I meanwhile had embraced Erdinger alcohol free and switched to dark matter (chocolate). Plus doing around five times his weekly mileage. Still somewhat nervous about the Welsh Terminator's sprint ability and sheer grit I started reasonably fast, tucking in behind strong man Ian Lilley. On a blustery day the place to be, especially up the first and worst incline of the two lap B course. This month the course was modified with a few more turns to avoid hurdling a security gate for visitors of Winter Wonderland. On the first downhill I found the pace easy enough to move up a gear and go ahead of Ian and Paul. There I remained in a hopeful sub20 mood while the kilometres ticked away nicely, all under four minutes. With each turn I couldn't help noticing that the unmissable figure of Ian came closer and closer and for the last mile or so we ran together again. Paul though kept a reassuring distance but was never out of sight. Ian with an encouraging "sub twenty in the bag, almost there" went down the last descent and I prepared myself for a sprint off along the final straight along the lake.

Suddenly a friendly "Hi Ebe" came from right behind me and Becca appeared magically at our side as if conjured out of a parallel universe. She then proceeded to race past us (and another poor chap just ahead) in an insuppressible finish that

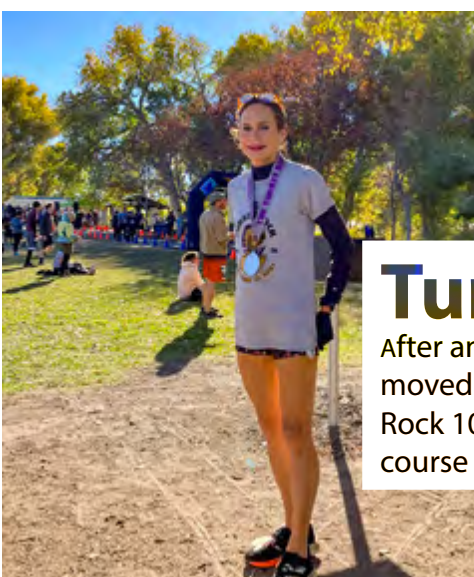
fully confirmed the fine form she has come into this year. Close behind I got over the line just ahead of Ian for once. Though he claims he went as hard as he dared with some ongoing niggles I think he generously let me have this one on the eve of his birthday. At track he usually is way up on me when it comes to fast finishes.

I take it though and we were both happy with staying well under 20 on this course. For Ian it was the first race this year coming back from a long spell of injury worries (in comparison he ran 17:50 the last time here in January 2020). And Paul? He showed his class in still making it under 20 on very limited training and also in his only race this year. Bloody mindedness I call it. He will be back (as Terminators do) but for now I chalk one up for me. To make it a close run... ahem 23:73 ... to be continued :)



GB IL PD EP KS AT BS

56 (6th W) Becca Schulleri	19:41 (SW 75.2%)
58 (52nd M) Ebe Prill	19:43 (VM55 80.3%)
59 (53rd M) Ian Lilley	19:44 (VM45 74.2%)
64 (57th M) Paul Devine	19:57 (VM40 70.2%)
81 (15th W) Katie Styles	20:39 (VW40 73.5%)
112 (23rd W) Anna Thomas	22:22 (VW40 67.8%)
126 (97th M) Gary Budinger	24:20 (VM60 66.2%)



Turkey Rock 10km

After an overall win in Los Angeles Clare Elms moved onto a race in Las Vegas - the Turkey Rock 10km on Thanksgiving Day - on a grassland course - and she was easily first woman in 39:18

Peckham Rye parkrun

27 November

Six volunteers from our club provided successful pacing for 20 (Rob), 21 (Mike), 22 (Joe), 23 (Ebe), 25 (Michelle) and 29 minutes (Andy) with good feedback from participants of the parkrun.



Two new parkruns in our area.

Chris Vernon writes: Two weeks ago I went to Swanley parkrun as the first DR to visit. One word of warning if you go there, leave yourself plenty of time to queue for the complicated ticket machine in the car park.

It is a challenging two lap course with a leg sapping, muddy incline and an uphill finish, so for me it was a slow time as you will have noted, or not, last week!

There is plenty of interest en route with a tiny railway (not working in the winter) which you cross several times, a lake, woods and plenty to do for the kids afterwards.

My walk at the back was made less lonely by the enthusiastic marshals and the company of Daphne who had recently had a knee replacement. We had much in common as she was a frequent visitor to Capetown so we shared parkrun experiences at the foot of Africa.

There is a good cafe by the lake close to the finish where a

family of Egyptian geese boss the other birds.

This week Sue, who was suffering from a heavy cold and I went to Sutcliffe Park, Eltham on a bitterly cold, damp morning. This parkrun has been around for 12 weeks and my tardy appearance was due to the need to boost my Wilson index!

Sutcliffe has a new sports centre and a track which is the home of Cambridge Harriers. There is a car park right by the start and toilets and a cafe in the centre.

The three lap course round the lake, which is a nature reserve, is all on tarmac or gravel and is well marshalled which helps to alleviate the boring repetition of the laps.

Soon after the start Mike Fullilove had to pull out with an injury (hope it is not too serious Mike). What a pity as it was his 300th run.

We were accompanied by tail walker Jo who received a rousing cheer as she completed her 150th run just as the sun came out.

Sue Vernon 49.44 111th 1st FV75

Chris Vernon 49.45 112th 1st MV75

114 Ran

Project 20: Week 8

Recreating a chess game, and vicariously enjoying a club victory

If a player believes in miracles he can sometimes perform them (Viktor Korchnoi)

Ajay Khandelwal

This Monday I played a game of chess with Jack R. In fact, we recreated the game between Viktor Korchnoi and Anatoly Karpov Candidates match (game 2) Moscow 1974 Sicilian Defence, Dragon Variation. Just like a running race in the club collective memory (for instance the Paddock Wood race where I shot past Ebe and apparently violently squeezed his left kidney to make my point), every important chess match ever played has been recorded and annotated with exclamation marks and question marks to convey surprise and wonder. I wonder, what would it be like for us to re-create a classic running race from club lore, and to explore all the possibly outcomes and variations possible?

Just like chess every running race begins with hope, and the same moves, and ends the same, with only one winner. But in

the middle game the possibilities are endless and nearly infinite. Whilst we played our chess game, pondering the thoughts of these great players, Jack also communicated fragments from his weekend race. I was transported to a 23 km trail race in the South Downs and felt like I was deep in the forest, with soft ground underfoot, and canopy overhead. At one point we talked about the fragility of life. What happens if you get lost in trail race, even by 500ft, and break your ankle.

"You have 3-4 hours to live", reckoned Jack.

A shiver went down my spine as I returned my attention to the chess board and the attack being launched on my King by Karpov-Ramm.

Jack was playing Karpov, the world champion, with the white pieces. We knew the outcome of the game. He, being Karpov, won. He is a very modest man, so I asked about this trail race. Where did he come?

"I won", he said, almost apologetically.

.....

I didn't make it to parkrun this week, but have been buoyed by the fact that "S!" – said he didn't know me at all, and berated me for not competing for the club, and has briefed his lawyers about my slander. What "S!" doesn't realise is that for us club mortals, every criticism from our club coach is a love letter!

I did manage to get the end of Odysseus's excellent Tuesday session which was full to the brim with Dulwich Runners cutting through the balmy weather.

Ashford

124 Ran			
Pos	Gen		
10	1	Kim Hainsworth	20:56

Beckenham Place

155 Ran			
Pos	Gen		
31	27	Martin Double	23:17
59	6	Claire Barnard	25:30
60	51	Dave West	25:40

Bethlem Royal Hospital

59 Ran			
Pos	Gen		
45	14	Clare Osborne	32:44

Brockwell

248 Ran			
Pos	Gen		
1	1	Timothy Bowen	16:41
48	38	Stephen Trowell	21:56
181	55	Sharon Erdman	29:10
193	60	Natalie Davys	29:51
219	75	Sarah Lyness	31:22

Bromley

431 Ran			
Pos	Gen		
146	115	Colin Frith	25:42
259	174	Peter Jackson	29:07

Burgess

392 Ran			
Pos	Gen		
52	41	Robert Tokarski	20:57
81	62	Hugh Balfour	22:01
96	74	Martin Kelsen	22:29

Charlton

134 Ran			
Pos	Gen		
46	40	Stephen Smythe	23:30

Canons Park

84 Ran			
Pos	Gen		
1	1	Shane O'neill	16:42

Catford

170 Ran			
Pos	Gen		
1	1	Andy Bond	17:27

Crystal Palace

267 Ran			
Pos	Gen		
17	15	David Benyon	20:50
29	3	Yvette Dore	21:37
34	6	Emma Kelly	22:08
109	81	Michael Dodds	26:09
157	36	Clare Wyngard	28:44
164	38	Jenny Bomers	28:55
170	42	Katie Styles	29:07
218	130	Bob Bell	32:18

Dulwich

364 Ran			
Pos	Gen		
4	4	Andrew Inglis	16:42
5	5	Thomas South	16:46
26	24	Tom Shakhli	19:07
45	40	Andrew Scott	19:45
51	45	Rob Mayes	20:04
70	7	Clare Norris	20:55
71	59	Grzegorz Galezia	20:56
125	98	Graham Laylee	23:01
166	23	Claire Steward	24:59

Fulham Palace

325 Ran			
Pos	Gen		
162	33	Polly Warrack	26:15

Gladstone

186 Ran			
Pos	Gen		
7	7	Des Crinion	19:48

Haga

101 Ran			
Pos	Gen		
29	23	Paul Collyer	20:44

Harleston Magpies

64 Ran			
Pos	Gen		
4	4	Justin Siderfin	20:31

Hilly Fields

177 Ran			
Pos	Gen		
35	5	Emma Ibell	23:05

Leicester Victoria

185 Ran			
Pos	Gen		
61	10	Marjorie Epton	25:59

Osterley

221 Ran			
Pos	Gen		
66	56	Barrie John Nicholls	25:32
81	12	Lindsey Annable	26:09

Peckham Rye

206 Ran			
Pos	Gen		
35	29	Joe Farrington-Douglas	21:37
51	43	Ebe Prill	22:51
83	65	Lee Wild	24:47
89	17	Michelle Lennon	25:09
148	84	Andy Murray	28:38

Riddlesdown

88 Ran			
Pos	Gen		
17	17	James Wicks	24:03
24	2	Ange Norris	25:25

Southwark

260 Ran			
Pos	Gen		
46	44	Dan Hill	21:50

Sutcliffe

114 Ran			
Pos	Gen		
111	39	Susan Vernon	49:44
112	70	Chris Vernon	49:45

Tooting Common

393 Ran			
Pos	Gen		
26	21	Austin Laylee	20:42

DULWICH RUNNERS KIT

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

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



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



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

Socks only £5



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

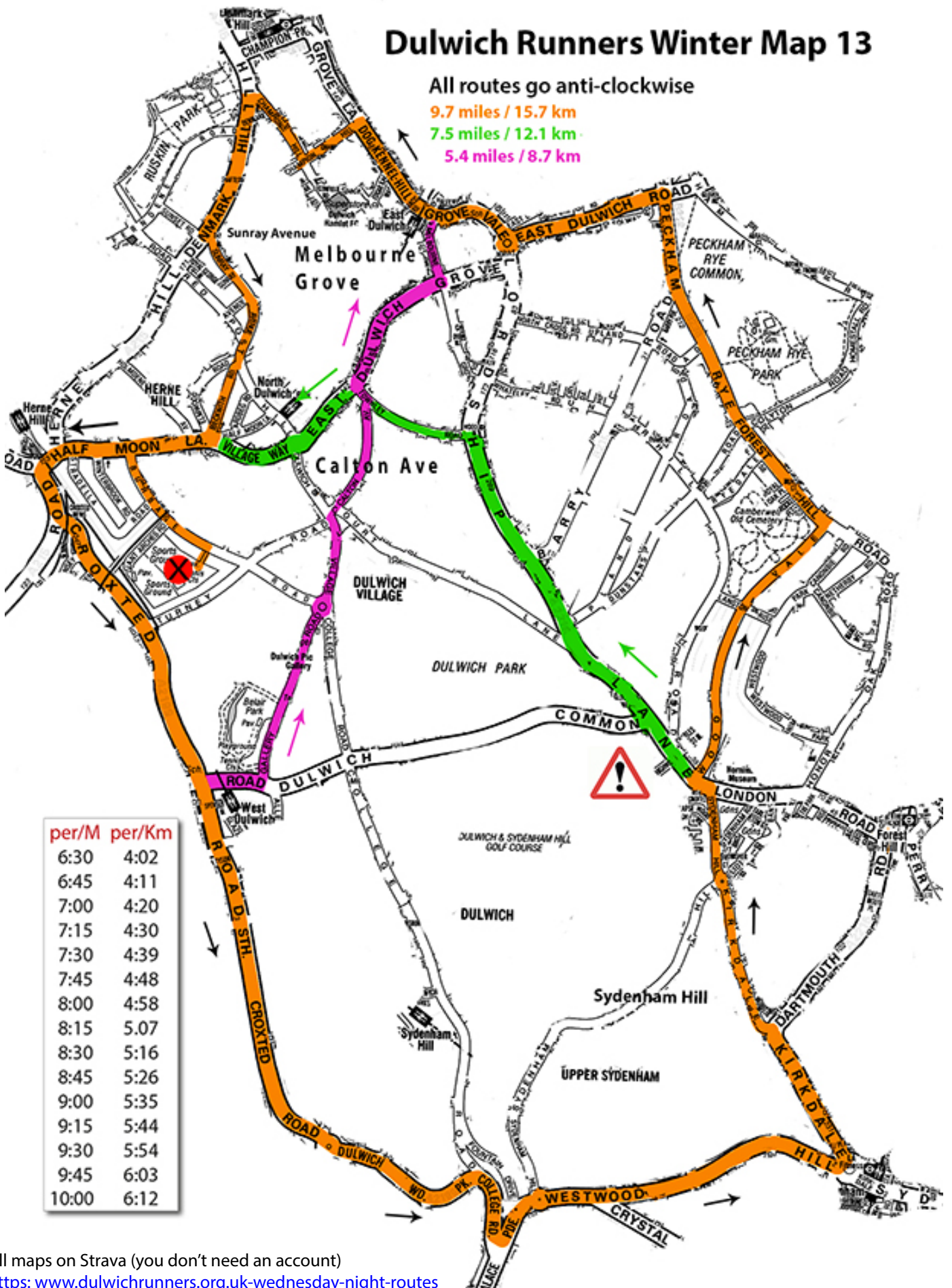
Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.7 km

7.5 miles / 12.1 km

5.4 miles / 8.7 km



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

Amended Winter Routes

Transport for London introduced an Ultra Low Emission Zone in October with its border being the A205 South Circular. Whilst this will help remove Nitrous Oxides and some fine particulate matter on roads in Dulwich, Herne Hill, Nunhead etc, there is a risk that the South Circular could be worse as cars and vans divert. Having briefly cycled along the road along Dulwich Common on a Sunday I realised how bad air quality was. As a result we have reviewed and amended many of the winter routes that followed the South Circular for significant stretches particularly where there were narrow pavements, selecting alternative routes which hopefully should be more pleasant although I can't guarantee as flat! These include routes such as Court Lane and Melbourne Grove which have reduced traffic flows as a result of the Low Traffic Neighbourhoods initiative. These changes particularly affects the shorter 5 mile routes.

You can see the updated routes here: <https://www.dulwichrunners.org.uk/wednesday-night-routes>

New copies will be available on a Wednesday night.

We have also added a take care symbol for the Grove Pub junction where there is no pedestrian phase for the traffic lights. When descending Sydenham Hill you may find it safer to cross at the signalised pedestrian crossing at the foot of the hill.

Also to note that I will be revising the Summer routes in the next couple of weeks to similarly reduce A205 running so if anyone has any feedback on any routes please let me know at jonathanwhittaker79@yahoo.co.uk

Jonathan Whittaker