



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
December 16th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

Wednesday runs in groups of six from the clubhouse carpark & track sessions at Crystal Palace track.

**NOTE: our clubhouse remains closed and there are no toilets or changing facilities.**

**SEE PAGE 3 for full details**

## ***In your SHORTS this week !***

- 1 General information
- 2 Fixtures
- 3 Club runs and training sessions
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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 club runs & training during lockdown**

### **Dear Club Members**

The current rules allow us to run in groups of six but still maintaining a two-metre gap from those you do not live with.

We have group sessions on Tuesdays and Wednesdays. Details of these plus some training sessions from coach Steve Smythe that are suitable for up to 6 people

maintaining a 2m distance can be found in Shorts.

We will advise you of further changes to the rules, meanwhile stay safe and well, and do keep in touch with each other -either through the Club's Facebook, Strava and WhatsApp groups.

**Ros Tabor - On behalf of Dulwich Runners Committee**

## **Membership fees 2022 extension**

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

### **Good news !**

if you have renewed your membership or have joined as a new member, in light of the restrictions

on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

**This only applies to club membership fees and that your individual England Athletics registration fee which we have no control over will still need to be paid in 2021 (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)**

***If you have not renewed it is not too late to do so.***

# DULWICH RUNNERS 20/21 FIXTURES

Further information 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.

## Cross Country Update

If restrictions allow (and there is uncertainty surrounding this) the following cross country fixtures have been pencilled in for January.

9	Jan	Surrey Champs, Lloyd Park
9	Jan	Kent champs, Brands Hatch
16/17	Jan	Priory Relays
30	Jan	Surrey League, Denbies Vineyard

All these events will effectively be time trials with starts in waves. Updates will be provided as soon as any further information is available.

## Surrey County Xc champs Jan 9th

**Scheduled for Lloyd Park**  
subject to coronavirus restrictions.

## Kent County Xc champs Jan 9th

**Brands Hatch** and dependent on demand possibly Jan 10th Jan as well. However with the entire county currently in Tier 3, there is more uncertainty surrounding these champs, with those

resident in London boroughs not permitted to travel into Kent.

Although these restrictions may be relaxed, it's not clear if this allows time for them to be held on the planned date.

Entries for Surrey open shortly so to be entered contact your cross country captains before 22 December -

men: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)  
ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

To be eligible you need to have been born in Surrey, or be a current resident in one of the following London boroughs: Wandsworth, Lambeth, Southwark, Croydon.

Lewisham, Greenwich and Bromley count as Kent. Further info on the Kent champs will be posted when available

### Update

We have been informed that there are no current plans to hold the Kent championships in January. News is awaited on the Surrey championships, but with London moving into Tier 3 restrictions, these may well be postponed or cancelled.

If you require information about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## The Big Half 2021 April 25th Central London Community entries £10

**Preference will be given to fully paid up member of Dulwich Runners**

Who would like one?

Before applying on behalf of the club I'd like an idea of numbers of those seriously interested. 2019 we had around 50 places (not guaranteed this time).

Bear in mind: it will most likely NOT be part of next year's club champs (as London marathon moved to Oct. & Paddock Wood 1/2 on Sept 5th seems the better option, and as a smaller race it's more likely to go ahead in autumn).

Depending on the Covid situation there is the risk that this might not take place in April. Please only express interest if you are willing to guarantee paying the £10 for the community place regardless of whether at the time of completing your entry the race takes place on April 25th or has been postponed. No hedging bets on this as the club has to guarantee the number of places that we are allocated. It is a nice race goal for Spring and we can but hope !

Deadline for expressing interest by Friday 18 December

Email me [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) or comment on my post in our Facebook group.

No need to respond again if you already have.

# Wednesday Evening Runs 7pm...

Groups of six, each with a leader staggered starts, and catering for different paces...

**Arrive by 6:50pm to register and organise which group you will run with....leave the clubhouse car park at 7pm**

**NOTE: the clubhouse is still closed and there are no toilets or changing facilities.**

Please make sure to maintain social distancing at the start of the run in Burbage Road.

You can just turn up but arrive a bit earlier to enable us to sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike

Mann or Ebe Prill in advance. (email details below)  
The groups are currently organised as follows.

sub 7 min mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 min mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 min mile pace (and slower) - groups led by Ebe Prill [ebeproll@yahoo.co.uk](mailto:ebeproll@yahoo.co.uk)  
Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

If for any reason you are unable to sign in you should contact Ebe and Mike after your run.  
If you have any Covid-19 symptoms in the days after your run, you should contact Ebe and Mike immediately.  
[ebeproll@yahoo.co.uk](mailto:ebeproll@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## TUESDAY TRACK SESSIONS CRYSTAL PALACE

**NOTE: you must register first to comply with Crystal Palace Arena Covid rules**  
Register here: <https://www.dulwichrunners.org.uk/tuesday>

After registering you need to download the GLL Booking App.  
Here <https://www.better.org.uk/coronavirus/booking>

How to book and pay for a session using the app [instructions can be found here](#)

## Training Sessions

### Tuesday sessions

#### 22nd December

5 X 1000m off 6 minutes  
6 X 1000m off 5 minutes  
8 X 1000m off 4 minutes

#### 29th December

3 or 4 X 1600m off 9 minutes  
4 X 1600m off 8 minutes  
5 X 1600m off 7 minutes

### Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be  
5 x 15 secs hills  
4 x 30 secs  
3 x 45 secs  
2 x 60 secs  
(1 x 2 mins)  
all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

# 2020/21 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ as between races, but we feel this is the right way to go until things return to normal.

With London and surrounding areas now in Tier 3, many race plans yet to be published and uncertainty over when restrictions will be eased, the programme of events should be regarded as provisional. We intend to review and update it around the end of March.

It may seem a long time ago to many of you but we actually did complete 2 events of the now defunct 2020 programme. These were Beckenham parkrun in February and the Big Half in early March. Although we are intending to include a half marathon and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later. This will be followed by one of the Sri Chinmoy 5k races in Battersea, details of which are not yet available. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative,

with runners free to choose which race to enter. However no details of this monthly series of races are available yet.

With the London Marathon scheduled for early October, we have chosen the Paddock Wood Half Marathon in early September.

There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. However runners will be free to use any parkrun event at Dulwich once it restarts, helping to reduce pressure on numbers at a popular venue.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

**9 May** (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

**late Jun/Jul** Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

**17 July** Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

**late July/early August** SOAR Mile

**5 September** Paddock Wood Half Marathon

**4 October** London Marathon (or alternative)

**Suggested dates 30 October or 6 November** Dulwich parkrun, but any dates after parkrun reopens

## '5k and 10k League'

With the uncertainty over whether races will go ahead and their format and also whether members will be comfortable in taking part in races with large numbers of participants, particularly in the first half of the year we intend to introduce a league of 5k and 10k races. Any races over these distances completed in the first 6 months of 2021, whether they are traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club championships. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

Want your race results and reports in SHORTS ? make sure & email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## TH&H Virtual Alumni race 2020

Every year the penultimate Saturday before Christmas our friends at TH&H put on the Alumni race - a race open to schools who have to field a team of at least 4 alumni.

The field is always led in by various Loughborough lads in their 20s but with a wonderful long tale of camaraderie as the Vs increase towards the back of the field. The event has massively caught the imagination in the last few years and the field has doubled in size over that period.

I am the (self-appointed) Chief Whip for the Old Shirburnian Pilgrims XC - a position I've held since 2014 - and we have got ourselves organised with V20,30,40,50,60 "reps" who reach out each year to their fellow runners to see how many warm and uninjured bodies we can nurse to the start line. We had a very successful few years from 2013-6 winning silverware for fun but it's been a little barren since then.

Anyway, this year of course it went virtual using the excellent Open Track system which meant my usual excuses

about the dog eating my rugby shorts or my sick-note chit from Matron wouldn't wash.

More seriously, I have (mostly) recovered from 18months of plantar fasciitis and have recovered my running mojo, even if I do have a lot of work to do to get back to where I was but 2 short years ago..

So, I decided on Brockwell for my attempt, right round the outside to replicate the infamous muddy "Butts" on Wimbledon common between the Windmill and the lake as well as getting a reasonable amount of climb in. I worked out to go anti-clockwise and that if I started at the very top of the hill I'd only have to do it twice.

All in all, a thoroughly muddy and fun virtual race. I was pleased to sneak in just under 7:30miling based on current form.

Lloyd Collier V45, P116, AGP16, 37:35



## Thames Hare & Hounds Virtual Alumni Cross Country Race

Every year on a Saturday in mid-December members of alumni cross-country associations from an increasing number of schools gather at the TH&H clubhouse at north-west corner of Wimbledon Common for a festival of mud and sweat known as the Alumni Cross Country Race. This year, of course, it couldn't happen. Instead, a "virtual" race was held in which we ran a challenging 5 mile cross country course of our choosing. I was stupid enough to choose the traditional Wimbledon Common course, a figure of eight, starting and finishing on the playing fields by the clubhouse, with the neck of the eight by the windmill.

Having had an ongoing knee problem since the beginning of the year, I wasn't confident about running anything like normal, and just hoped I would get round in one piece. I set off at a fairly conservative pace and managed the twisting muddy climb up to the golf course. The course then headed straight back to the Windmill before plunging down the valley below the Alps to do the small loop of the eight. It was running round this bit that I started to get the sinking feeling that I was on the wrong path, and sure

enough I was and getting back on the course added an extra quarter of a mile.

The last mile is always interesting as the course takes us over the Butts, an old Victorian shooting range - now just steep banks and deep mud! I was pleased to keep running over them and then have a quickish finish.

It was brilliant to be trying to race again, even if it was against the clock. We (Eton) fielded a much smaller and weaker team than in previous years, but no doubt when we get back to the real thing, we will be back in force.

174 Hugh Balfour (2 M65) 40.11  
293 ran (all over the world)

## Runthrough UK Stratford Olympic Park 10k

Christiana Campbell 44:39

### DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		5 Dec		12 Dec		19 Dec		26 Dec	
		Pts		Pts		Pts		Pts	
Chris Nunn	M45	19:50	49	20:26	50				

# Club Championships 2020

We would normally be giving out awards for the year around now but unfortunately we only completed two of the nine scheduled events. It is possible that this year's

aces may count in 2021 - watch out for details of next year's champs in Shorts soon.

So let's remember when we were able to Parkrun at Beckenham Place, also a sunny spring day when we were able to squeeze into a pub in Greenwich for post-race refreshment...

**Andy Murray**

## Beckenham Place parkrun (5k club championship) Saturday

15th February 2020

**A**nd so it came to pass once again - the Dulwich Runners 2020 club championship series kicked off with a visit to the muddy quagmire of a parkrun at Beckenham Place Park for a 5k that resulted in times that in most cases didn't bear too much resemblance to best times on the road...

Dulwich made up nearly 60 of the 240-strong field and amazingly filled the first 16 places.



Not surprisingly Ed C and Andy B (1st overall age graded) were well clear at the sharp end although the heavy going slowed

them to a minute or so down on what they might expect in dry conditions. Nearly a minute back was a fine run from Martin B making light work of the second lap to catch a good return to racing from Steve after his stress fracture hiatus. He in turn held off an equally fine run from on-rushing Shane not far ahead of James Burrows who must be fit as he wasn't far short of his course best here.

I rounded off the sub-19 times (just) having been passed by most of the above by the start of the second lap as I began my big move backwards. Last year's fitness/ form is a distant memory... Will ran a time that compared very favourably with his best road parkruns so must be on the up. Ian has been getting back to decent form recently but found conditions were very much not to his liking and struggled here. He held off an improving Eugene, Grant and Matt, all with new course bests, mixing it with Max and James Brown - these last six all finished in a mere 11-second window.

Ed Harper isn't at his fittest but did well to hold off Kevin, who is running well at the moment. Jonny managed a course best to round off the sub-20s as first-timer Andrea just missed out.

Another fine run from Marta made her easily 1st lady with Mark, Ross and Tom following. A bit further back Jamie headed a phalanx of Dulwich ladies vying for position; Roz belied recent fitness issues by managing to head Yvette (course best), Anna and Michelle within seconds of each other. Ever-reliable Ola (1st W50) was just in front of Martin D, Mike and Justin with Laura and Miles not too far back.



In the 23s were Ed S followed by Belinda ('assisted' by Milo the dog!) followed by Joe, Gideon and, judging by previous parkruns, a great run from an obviously improving Shoko. Into the 24s and Hugh was followed by Colin winning the 1st M60 battle from Bob, with Claire and Carys holding off club champs ever-present Barrie John.

Into the 25s saw Alex just holding off an impressive run from esteemed Shorts editor Barry, largely helped I'm sure by being a shadow of his former self (in a good way). Hannah was equally impressive in such bad conditions and was well ahead of the next Dulwich bunch comprising Midge, Ros, Andy M and Sonia. Emma's first go here was an excellent effort in the mud, as was Jenny's, remarkably a parkrun PB despite most of her previous runs being on tarmac. She just headed Paul while a little further back were more good efforts from Ameet and Clare. And speaking of good efforts, the Dulwich contingent was rounded off by an impressive trio of remarkably long-standing club stalwarts still throwing themselves through the mud - Sue Vernon, Chris Vernon and John O'Byrne, great efforts from all.

**Tony Tuohy**

## Dulwich Runners' Times Beckenham parkrun 15 Feb 2020

		Time	Points In Age Category M/F							Age Grade Pts	Club Champs Awards
			MS	M40	M50	M60	F S	F40	F50		
Edward	Chuck	17.13	50							760	1st Man
Andy	Bond	17.19	50							827	Overall Age Graded
Martin	Belzunce	18.08	49							736	2nd Man
Stephen	Davies	18.26		50						800	3rd Man
Shane	Donlon	18.35	48							722	
James	Burrows	18.46	47							725	
Tony	Tuohy	18.59		49						821	1st M50
Will	Lawn	19.03	46							682	
Ian	Lilley	19.12	49							757	1st M40
Eugene	Cross	19.14	45							708	
Grant	Kennedy	19.15	44							697	
Max	Catterall	19.17	43							674	
Matthew	Cooke	19.19	42							700	
James	Brown	19.23	48							723	
Edward	Harper	19.32	41							666	
Kevin	Chadwick	19.45	40							689	
Jonny	Hough	19.52	47							700	
Andrea	Ceccolini	20.01		48						743	
Marta	Miaskiewicz	20.12			50					736	1st Woman
Mark	Foster	20.13		47						747	Man Age Graded
Ross	Rook	20.26	39							666	
Tom	Wilson	20.36	46							685	
Jamie	Nicol	21.12	38							613	
Rosalind	Johnson	21.16				49				710	2nd Woman
Yvette	Dore	21.22					50			749	3rd Woman
Anna	Thomas	21.23				48				702	Woman Age Graded
Michelle	Lennon	21.26						50		788	1st W40
Ola	Balme	22.11						49		770	1st W50
Martin	Double	22.14	45							630	
Michael	Fullilove	22.23		46						696	
Justin	Siderfin	22.29	44							642	
Laura	Vincent	22.41				47				660	
Miles	Gawthorp	22.50	43							627	
Edward	Smyth	23.13	37							582	
Belinda	Cottrill	23.33				36				337	Min - Dog Aided
Joseph	Brady	23.42		45						637	
Gideon	Franklin	23.46		44						656	
Shoko	Okamura	23.53				46				621	
Hugh	French	24.04	42							586	
Colin	Frith	24.15			50					670	1st M60
Bob	Bell	24.37			49					682	
Claire	Barnard	24.42				45				599	
Carys	Morgan	24.50				44				623	
Barrie John	Nicholls	24.55				48				668	
Alex	Haylett	25.04	41							547	
Barry	Graham	25.06			47					652	
Hannah	Harvest	25.18				43				584	
Midge	Cameron	25.33					48			684	
Ros	Tabor	25.41						50		822	1st W60
Andy	Murray	25.42			46					654	
Sonja	Jutte	25.43					49			590	
Emma	Kelly	26.21				42				563	
Jenny	Bomers	27.12				41				550	
Paul	Keating	27.14		43						554	
Ameet	Patel	28.12		42						544	
Clare	Osborne	29.39					48			545	
Susan	Vernon	39.56						49		560	Captains' Award W
Chris	Vernon	48.45			45					391	Captains' Award M
John	O'Byrne	50.18			44					337	
59			14	10	9	7	11	3	3	2	59

# Vitality Big Half

March 1 2020

**Steve Smythe writes....**Dulwich Runners probably got their greatest ever exposure on the BBC with four Dulwich men amongst the leading women for most of the race though ultimately the leading two women won the battle of the sexes. In terms of PB's and turn outs it was one of the club's greatest ever club championships even if the course is a little too narrow, too twisty and has a few short sharp hills.



The men packed superbly and we had five (Jack, Tim, Buzz, Shane, Andy) in the top 120 of a National championships and while no official team details were available we must be well in the top 10 The women were nowhere near their best of recent years but packed similarly with 5 in the top 99 (Marta, Ali, Elkie, Sara and Polly) and again are well in the top 10 nationally.

## Dulwich Runners' times in Big Half-Marathon 1 March 2020

	time	points in age category m/f								age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Jack Ramm	71.21	50								818	1st man
Timothy Bowen	71.25	49								824	2nd man
Buzz Shephard	71.30		50							859	3rd man
Shane O'Neill	71.57	48								811	Man age graded
Andy Bond	72.26		49							869	Overall age graded
Tom South	75.11		48							824	1st m40
Daniel Mann	75.44		47							798	
James Burrows	78.49	47								757	
Robert Hollands	80.20	46								735	
Martin Belzunce	80.29	45								731	
Grant Kennedy	80.46	44								732	
Stephen Davies	81.16			50						802	1st m50
Kevin Chadwick	81.44	43								730	
Shane Donlon	81.58	42								721	
Ben Smith	81.58	41								724	
Eugene Cross	81.59	40								728	
Tom Shakhli	82.45	39								714	
James Brown	83.10		46							739	
Edward Harper	83.14	38								701	
Paul Collyer	83.28			49						781	
Ian Lilley	83.42		45							765	
Charles Lound	83.51			48						791	
Tom Wilson	83.56		44							738	
Des Crinion	84.03	37								698	
Alexander Loftus	84.38		43							732	
Gower Tan	84.55			47						767	
Matthew Cooke	84.59	36								698	
Marta Miaskiewicz	85.06					50				774	1st woman
Ali Campbell	85.15					49				765	2nd woman
Oliver Cooper	86.16	35								678	
Joe Farrington-Douglas	86.35		42							693	
Will Lawn	86.36	34								674	
Elkie Mace	87.10					48				762	3rd woman
Sara Roloff	87.14					47				761	
Alex Bazin	87.47	33								680	
Matt Wood	88.26	32								660	
Ed Simmons	88.30	31								674	
Polly Warrack	88.49					46				734	
Jonny Hough	90.05		41							676	
Katie Styles	90.05					45				740	
Roz Johnson	90.06					44				744	
Alice Williams	90.47					43				725	
Yvette Dore	91.35						50			782	1st w40
Grzegorz Galezia	91.49			46						710	
Euan Davies	92.36	30								631	
Michelle Lennon	93.00							50		817	1st w50
Matthew Ladds	94.20	29								620	
Emma Ibell	94.41						49			765	
Michael Fullilove	95.39			45						725	
Martin Double	96.04		40							639	
David Benyon	96.29	28								608	
James Auger	97.46		39							644	
Eberhard Prill	99.06			44						700	
Cameron Timmis	99.43		38							648	
Lucy Pickering	99.53							49		780	Woman age graded
Rebecca Schuller	100.23					42				650	
James Rimmer	101.14	27								577	
Laura Vincent	101.43					41				653	
Lucy Clapp	101.44							48		775	
Belinda Cottrill	102.42					40				644	
Graham Laylee	105.48				50					687	1st m60
Joseph Brady	105.56			43						632	
Sadie Sholem	108.32						48			626	
Clare Norris	108.53						47			633	
Stephanie Lundon	109.03						46			672	
Katie Prior	109.45					39				594	
Miles Gawthorp	110.06		37							572	
Emma Kelly	112.12					38				585	
Claire Barnard	112.17					37				583	
Jenny Bomers	113.55					36				583	
Midge Cameron	114.53							47		686	
Bob Bell	115.31				49					655	
Claire Steward	115.52								50	815	1st w60
Barrie John Nicholls	116.07				48					652	
Andy Murray	116.32				47					649	
Lindsey Annable	117.25							46		647	
Karina Burrowes	122.58					35				531	
Michelle Key	123.45					34				532	
Desmond Edwards	128.27	26								465	
Paul Keating	135.54			42						492	
Elizabeth Begley	151.07								49	589	
Susan Vernon	177.31								48	586	
	82	25	14	9	4	17	5	5	3		

# Calendar news - Dulwich Runners 2021 calendar is now on sale

Firstly, thank you again to everyone who has been a part of this by submitting photos and voting for those to be included. I'm sure you'll love the result.  
All those Christmas present problems can now be solved!

It is available through our online shop, which can be found at:  
<https://www.fluidic.co.uk/c/6078/dulwich-runners>

All of the photos in the calendar are below  
It is available in different formats/prices.

Members order directly from the website and funds will be forwarded to the club.



Cover



Jan



Feb



March



April



May



June



July



Aug



Sept



Oct



Nov



Dec



# DULWICH RUNNERS CLUB KIT

Vests £18 each  
T-shirts short sleeved £20 each  
T-shirts long sleeved £22 each  
Socks £5 pair  
Buffs-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



Buffs-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 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](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**



**Pro Mid Layer 1-4 Zip Top**

# Dulwich Runners Winter Map 14

Route may be changed on the night at the group leaders discretion

All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation  
 7.8 miles / 12.5 km - 99 m elevation  
 5.2 miles / 8.4 km - 64 m elevation

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

