



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
December 18th 2019  
[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

**No club runs on 25th Dec  
or 1st Jan – parkruns available.  
and....**  
There are no track sessions at Crystal  
Palace for the next two Tuesdays 24 & 31

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races etc
- 4 Reports, results etc- Turkey Trot-
- 7 parkrun times
- 8 Club kit,
- 10 Wednesday route map

*And much more !*

Like us on Facebook @dulwichrunners

Connect with us:



## TRACK SESSIONS

### Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25  
main session with Steve Smythe.  
£2.50 for members (non members the standard £4.45)  
**No trackside payment - Either pay at reception...(You  
may be asked for proof of membership) or Online at:**  
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

## EVENT HORIZON

### A brief look ahead

- Dec 21 South of Thames 7.5 miles - Lloyd Park
- Jan 4 Kent XC champs - Brands Hatch
- Jan 5 Surrey XC champs - Denbies Vineyard, Kent
- Jan 11 Surrey League XC - mens and womens

See full fixture list for more events and details

### Thursdays morning sessions

speed-hill work mostly on grass taken by Steve Smythe.  
Start 11:15 - 11:30 in various local parks.  
There is no fee. Suitable for all standards.  
[steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

### When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.  
This summer we will be celebrating 40 years!  
I have decided that it is time for me to stand down as  
Chair, so I will not be going for re-election at the AGM  
in March. I have really enjoyed my time, but it's time  
for someone else to take over.

I am happy to discuss the role with anyone interested,  
and thank you all for your support over the years.

Ros Tabor - [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## NEW RUNNERS ROTA

I am very pleased that we have been attracting a large number  
of new runners every week (often too many for the person  
on the rota).

Thanks for taking out new runners last week goes to **Ange  
Norris and Tom South** .

Thank you very much to members who regularly volunteer  
to run with new people on a Wednesday even though its not  
their turn.

If you're on the list please try and turn up that night and make  
sure anybody new has someone to run with. If you can't make  
it, please try and either swap with someone or let us know  
asap. - Thanks. - Ros

**Teresa Northey**

**no club run**

**no club run**

**18/12**

**25/12**

**1/1**

## Rehydration !

After your run come up to the bar, have a drink and a chat,  
it's a good way to get to know fellow runners (hot drinks also)

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE**

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map  
printing, club costs etc.
- We use the register to compile the new runners'  
rota, so please write legibly.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts.  
Copies will be at the clubhouse, but feel free to print your  
own and if your map is still in one piece after the run please  
don't throw it away as they can be used again, just leave it in  
the clubhouse.

**All maps also on Strava (you don't need an account)**

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

# DULWICH RUNNERS 2019-20 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.*

2019		Race		Venue
Dec	21	South of Thames 7.5 miles	2pm	Lloyd Park
<b>2020</b>				
Jan	4	Kent county cross country champs		Brands Hatch
	5	Surrey county cross country champs		Denbies Vineyard, Kent
	11	Surrey League cross country	men	Beckenham
	11	Surrey League cross country - 8k	11am women	Wimbledon Common
	25	South of England cross country champs		Parliament Hill
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Dulwich parkrun	short	Dulwich Park
	22	England cross country champs,		Nottingham
Mar	1	Validity Big Half	long	London
	21	England area 12 and 6 stage relays		t.b.c
Apr	4	National 12 and 6 stage relays		Sutton Park
	26	London Marathon or alternative	long	London or alt.
Jun	15	Sri Chinmoy 5km	short	Battersea Park
Jul	18	Richmond Summer Riverside 10km	long	Richmond
tbc		SOAR Mile late July/early August tbc	short	t.b.c
Sep	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Road & other

Cross country

Club Champs

Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
 Men road: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2020 Club Championships Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

- 15 Feb Dulwich parkrun short
  - 1 Mar Validity Big Half long
  - 26 Apr London Marathon (or alternative) long
  - 15 Jun Sri Chinmoy 5km, Battersea Park short
  - 18 Jul Richmond Summer Riverside 10km long
  - late July/early August tbc SOAR Mile short
  - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
  - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

## Gill Johnson Awards

These awards were introduced last year in memory of former club member Gill Johnson who sadly died in 2017. The awards are for outstanding road performances, and last year they went to Clare Elms and Ed Chuck. Congratulations to this year's winners, Marta Miasiewicz and Tim Bowen.

## Congratulations to Clare Elms,

who won the Athletics Weekly Masters woman athlete of the year - of all the categories - world athlete and uk and junior athletes, Clare got the highest percentage vote of any athlete and won by the biggest margin. She got well over a 1000 votes and it was more than the likes of Mo Farah, Laura Muir, Eilish McColgan, Laura Weightman and world champions Alyson Dixon and Jonathan Albon got combined. World 200m champion ina Asher-Smith was the only female athlete who got more votes than Clare.

## Training

**There are no track sessions at Crystal Palace for the next two Tuesdays.**

This is my suggestion for the next few weeks if you are preparing for a half or full marathon in the spring.

Dec	Wed	18	One hour slow
	Thur	19	Tempo - 45 mins at 1/2M pace but a slower min every 5 mins of the run
	Fri	20	30 mins easy or rest
	Sat	21	South of Thames XC or parkrun
	Sun	22	90 mins if done XC, 2 hours at a slow pace if not
	Mon	23	30 mins easy or rest
	Tue	24	short hill session
	Wed	25	Christmas parkrun (Beck, Bromley, Dulwich etc) or 20 min blast
	Thurs	26	60 mins slow
	Fri	27	30 mins easy or rest
	Sat	28	parkrun or hills
	Sun	29	2 hours slow pace with faster last 30 min
	Mon	30	30 mins easy or rest
	Tue	31	longer hill session
Jan	Wed	1	NYD parkrun or 20 min blast
	Thur	2	60 min slow
	Fri	3	30 mins easy or rest
	Sat	4	parkrun or XC
	Sun	5	2 hours 15 min at a slow pace

## Ken Crooke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## Surrey County Champs

Requests to enter these champs taking place at Denbies Vineyard, Dorking on 5 January have been trickling in slowly. **Contact your captains by 23 December** to take part. **Note that entries for the Kent champs on 4 January are now closed.**

## Ladies' Surrey League Xc race January 11 Help needed please

**At Wimbledon Common.** Due to permissions required to hold a race, the agreed course needs more marshals than was first thought. For this race to go ahead, we need to provide at least one named person who is willing to help. Without sufficient marshals, we are told that the race will be cancelled.

If anybody can help, please email Ange and Ola - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

Our race is at 11 a.m. Details of exactly what time you would be needed have not been given yet. We need to know by January 2nd at the very latest.

## South Of England Xc Champs

25 January

If you want to be entered for these champs at Parliament Hill Fields on 25 January, please note that the closing date for entries is coming up soon.

### Update

**Numbers to date are highly disappointing for an important event right on our doorstep that provides useful marathon preparation. If you want to take part, today Dec 18 is your last chance to enter this race.**

## South Of Thames 7.5M 21 December - Start 2pm

We have 35 entries in total for this race which is encouraging given the closeness of the race to Christmas. The start is close to Lloyd Park tram stop on the New Addington branch, but the race HQ, from which there is access to the park, is about 5 minutes walk from the Sandilands stop on the ElmersEnd/Beckenham Junction branch. The race HQ is the Sandilands Club, CR0 5DB where the presentation will take place afterwards...showers, toilets and bar (remove muddy shoes)

Free parking at small car park close to Lloyd Park tram stop and neighbouring streets and outside race HQ. The course (3 laps of 4km) consists of undulating grassland, very muddy in places, long spikes are recommended.

## Mens' Surrey League Xc race January 11 Help needed please

**At Beckenham Place Park** we are co-hosting the third men's Surrey League fixture with Kent AC. This means that some of us will be busy prior to the race so it would be helpful to have some volunteers (non-runners and women whose Div 1 fixture at Wimbledon starts at 11am) to hand out race numbers prior to the start and to marshal the course and assist with the finish.

The senior men's race starts at 2.30pm but there are 2 junior races beforehand starting at 1.30pm and 2pm.

Runners, please note that information on the race can be found on the Surrey League website.

Contact me if you are able to help. [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## National Cross Country Champs, Nottingham 23 Feb.

The National cross champs is at Wollaton Park, Nottingham on 22 February. It's an important event in the cross country calendar and you are strongly encouraged to take part. If there's sufficient interest, there is the prospect of the club being able to fund coach travel to the venue as a day trip, using funds from the club legacy of former member Ken Crooke.

At this stage we are asking to gauge interest to see if hiring a coach can be justified, but will require firm commitments shortly afterwards as the closing date is in the first half of January. **If interested contact your captains by 23 December**



# Big Half Sun 1st March 2020

The community places for our club are filled.  
Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry->  
Possible more regular entries as last year, but no guarantee.



The club has 10 places for the Brighton Marathon.  
Regular entry is closed, the club places go for the same fee.  
**Let me know by Monday 24 February latest,**  
[ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) or in person.



## Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org>  
Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

## Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

## Scoring

Surrey League, first 5 women for the club and the 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 not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

## Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home,

## Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

in which case you must bring them to the next race. 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

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

## Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Croke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Croke cross country champs (see below for further details).

## Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to

put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

## Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

## Ken Croke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

**For further information please contact your captains at:**

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

or [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk)

# Race Reports & Results

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

## Alumni Race Wimbledon Common 5 miles

Saturday 14th December

This an annual cross-country race held over a Thames Hare and Hounds course for old boys and girls from schools all over the country. It is the third time I have competed for my alma mater (Eton). I nearly didn't race, having suffered two back injuries in the last month, which meant little running and much lost fitness. However, a visit to the osteopath on Tuesday resolved the problems enough for me to be back running and have a go.

The course has lots of hills and lots of mud, so I set off conservatively, nearer the back of the field than the front (not much change there then) and didn't worry too much in the

narrow sections where overtaking is very difficult. I spent much of the second half trying to chase down two blokes in front of me whom I thought might be M60s (it turned out they were both M55). I caught one of them a couple of times and thought I had him in the mud-fest of the Butts, half a mile from the finish. Alas he got away from me on the final descent and sprint round the bog (playing fields) to the finish.

I had no problems with my back, even when jumping over and under several fallen trees, and was surprised and pleased to be only 46 seconds slower than last year. I was also a scorer for our team in the open category (10th out of 22) as well as the M50 where we came 2nd out of 20.

Winning time 25.44  
131 Hugh Balfour 37.40 (3M60, 1M65)  
215 finished

## Turkey Trot Christmas Handicap

Sunday 15 December 2019

On a chilly and bright sunny Sunday morning 30 Dulwich Runners arrived for the traditional post party handicap race in Dulwich Park. The entry was larger than in

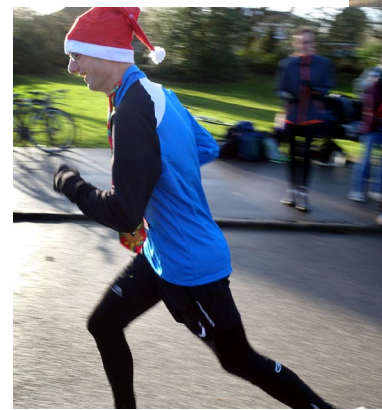
recent years and included several newish members running the race for the first time. Watches were withdrawn and after some pre-race photography from Grzegorz the race was on. First to go was the only walking contestant, Chris Bell. Runners were then set off with handicaps based roughly on recent parkrun times. A couple of runners (and a dog) withdrew during the race, but everyone else ran hard and finished within 5 and half minutes of each other.

First across the line was Alex Bond. Chris Bell won the walkers' prize. Bob Bell,

running as a Christmas tree sandwich, won the award for best fancy dress, although many other runners managed Santa or Snowman outfits, or at least Christmas hats or decorations. Andy Bond was only 2 seconds slower than his predicted time, so won that award.

We then adjourned to the park café for postrace coffee and the presentation. Special thanks to Mike, Steve, Aileen and Bridget for helping with organisation; to Grzegorz for photos: to Ebe, Laura, Miles, Bernard and Tom for support.

**Ros Tabor**





# Dulwich Runners Turkey Trot Handicap 5.03K, 15-Dec- 2019

## Results In Start Order

POS.	NAME	parkrun	[Handicapped To Finish At C.48.50]	Finish Pos.	Finish Time	Net Time	Predicted time	Diffe rence	
			start time						
1	Chris Vernon	48.50	10.00.00		DNS		49.20		
2	John O'Byrne	48.50	10.00.00		DNS		49.00		
3	Chris Bell	41.00	@ 7.45	14	<b>49.13</b>	<b>41.28</b>	41.00	+0.28	1 <sup>st</sup> Walker
4	Sue Vernon	36.10	12.45		DNS		37.36		
5	Stephanie Burchill	31.09	17.45	28	<b>52.38</b>	<b>34.53</b>	35.00	-0.07	
6	Nick Bell + buggy	30.00	18.45	18	<b>49.22</b>	<b>30.37</b>	30.00	+0.37	
7	Dave West	29.01	19.45	10	<b>49.02</b>	<b>29.17</b>	28.40	+0.37	
8	Clare Wyngard	28.48	20.00	8	<b>48.59</b>	<b>28.59</b>	28.28	+0.31	
9	Claire Steward	28.29	20.15		DNF		28.29		
10	Mike Dodds	26.38	22.15	3	<b>48.06</b>	<b>25.51</b>	26.42	-0.51	
11	Midge Cameron	25.18	23.30	11	<b>49.03</b>	<b>25.33</b>	25.20	+0.13	
12	Sonja Jutte	25.10	23.45	15	<b>49.14</b>	<b>25.29</b>	25.04	+0.25	
13	Carys Morgan	25.07	23.45		DNS		24.20		
14	Ian Sesnan	24.59	23.45	13	<b>49.11</b>	<b>25.26</b>	24.50	+0.36	
15	Colin Frith	24.24	24.30	25	<b>51.10</b>	<b>26.40</b>	26.45	-0.05	
16	Miles Gawthorp	24.17	24.30		DNS		22.32		
17	Sue Cooper	23.42	25.00	21	<b>49.47</b>	<b>24.47</b>	23.50	+0.57	
18	Richard Craig-McFeely	23.42	25.00	20	<b>49.47</b>	<b>24.46</b>	23.50	+0.56	
<b>19</b>	<b>Alex Bond</b>	<b>23.00</b>	<b>25.45</b>	<b>1</b>	<b>46.58</b>	<b>21.13</b>	<b>23.00</b>	<b>-1.47</b>	<b>1<sup>st</sup> Finisher</b>
20	Lucy Pickering	22.50	26.00	9	<b>49.02</b>	<b>23.02</b>	22.20	+0.42	
21	Bob Bell	22.28	26.15	26	<b>51.13</b>	<b>24.58</b>	22.50		<b>Best Fancy Dress</b>
22	Rebecca Schulleri	21.45	27.00	27	<b>51.15</b>	<b>24.15</b>	21.45	+2.30	
23	Clare Norris	21.45	27.00	6	<b>48.52</b>	<b>21.52</b>	22.00	-0.08	
24	James Auger	21.32	27.15	5	<b>48.13</b>	<b>20.58</b>	20.36	+0.22	
25	Toby Bond	21.30	27.15	19	<b>49.39</b>	<b>22.24</b>	21.30	+0.54	
26	Katie Styles	21.09	27.45	16	<b>49.14</b>	<b>21.29</b>	21.21	+0.08	
27	Belinda Cottrill + Milo	20.31	28.15		DNF		21.00		
28	Yvette Dore	20.28	28.15	22	<b>50.17</b>	<b>22.02</b>	20.55	+1.07	
29	Des Crinion	20.20	28.30	2	<b>47.55</b>	<b>19.25</b>	19.45	-0.20	
30	Jamie Steere	20.00	28.45	4	<b>48.10</b>	<b>19.25</b>	19.31	-0.06	
31	Jonny Hough	19.50	29.00	7	<b>48.56</b>	<b>19.56</b>	19.50	+0.06	
32	Gower Tan	19.17	29.30	24	<b>50.30</b>	<b>21.00</b>	19.45	+1.15	
33	Joe Farrington-Douglas	19.17	29.30	12	<b>49.04</b>	<b>19.34</b>	19.54	-0.20	
34	Tom Shakhli	18.10	30.45		DNS		17.50		
35	Shane Donlon	18.06	30.45	17	<b>49.17</b>	<b>18.32</b>	18.06	+0.26	
<b>36</b>	<b>Andy Bond</b>	<b>16.09</b>	<b>32.45</b>	<b>23</b>	<b>50.17</b>	<b>17.32</b>	<b>17.30</b>	<b>+0.02</b>	<b>Closest To Predn, Fastest</b>

December 14

*For your results to appear here ...  
you need to update your parkrun profile to show  
you are a current member of Dulwich Runners AC.*

## Bexley

298 Ran  
Pos Gen  
30 28 Michael Fullilove 23:02

## Brockwell

383 Ran  
Pos Gen  
3 3 Timothy Bowen 16:39  
9 9 Shane Donlon 18:13  
22 22 Jonny Hough 19:36  
33 33 Austin Laylee 20:31  
35 35 Mark Foster 20:40  
52 51 James Auger 21:52  
76 4 Ola Balme 22:33  
91 9 Lucy Pickering 23:01  
95 85 Graham Laylee 23:05  
99 12 Lucy Clapp 23:12  
108 95 Michael Mann 23:29  
110 97 Edward Simmons 23:32  
370 131 Claire Steward 35:24

## Bromley

569 Ran  
Pos Gen  
212 172 Colin Frith 26:07  
318 243 Peter Jackson 28:20

## Burgess

457 Ran  
Pos Gen  
51 2 Michelle Lennon 20:24  
457 174 Susan Vernon 54:42

## Catford

173 Ran  
Pos Gen  
1 1 Alasdair Galloway 18:40  
12 12 Justin Siderfin 21:12  
22 1 Vicky Boyle 21:59

## Crystal Palace

307 Ran  
Pos Gen  
16 15 Alastair Locke 20:33  
32 4 Laura Vincent 21:52  
42 7 Helen Lister 22:21

51 9 Belinda Cottrill 22:54  
81 65 Bob Bell 24:06  
113 21 Claire Barnard 25:18  
232 69 Natalie Davys 29:52

## Cyclopark

82 Ran  
Pos Gen  
42 8 Tereza Francova 28:13

## Dulwich

412 Ran  
Pos Gen  
7 7 Thomas South 17:03  
16 16 Kevin Chadwick 18:10  
59 3 Sara Roloff 20:24  
316 81 Elizabeth Begley 29:14  
357 254 Mick Mead 31:40

## Fulham Palace

426 Ran  
Pos Gen  
7 7 Joe Twomey 18:10  
172 145 Barrie John Nicholls 25:33

## Highbury Fields

314 Ran  
Pos Gen  
8 8 Paul Collyer 18:58

## Hilly Fields

233 Ran  
Pos Gen  
13 13 Ian Lilley 20:35

## Horsham

303 Ran  
Pos Gen  
66 62 Gary Budinger 23:49

## Kingston

331 Ran  
Pos Gen  
120 24 Teresa Northey 25:10

## Leicester Victoria

316 Ran  
Pos Gen  
97 15 Marjorie Epton 25:49

## Lloyd , Croydon

204 Ran  
Pos Gen  
2 2 Wayne Lashley 19:00  
21 3 Anna Thomas 23:37

## Peckham Rye

275 Ran  
Pos Gen  
1 1 Andy Bond 16:41  
39 4 Helena Flippance 21:55  
55 7 Yvette Dore 22:42  
58 9 Emma Ibell 22:55  
154 42 Lauren Gill 27:19  
199 65 Clare Wyngard 29:48  
200 135 Michael Dodds 29:48

## Richmond

411 Ran  
Pos Gen  
173 36 Lindsey Annable 27:01

## Riddlesdown

96 Ran  
Pos Gen  
10 2 Ange Norris 23:22

## Salisbury

340 Ran  
Pos Gen  
141 25 Charlotte Sanderson 26:25

## Tooting Common

446 Ran  
Pos Gen  
168 134 Ian Sesnan 25:10

## Valentines

237 Ran  
Pos Gen  
3 1 Kim Hainsworth 19:53

# DULWICH RUNNERS CLUB 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](mailto:ros.tabor49@gmail.com)



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



Bufs-snoods - only £6

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

[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



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





## **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 and hoodies.

You just click on 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

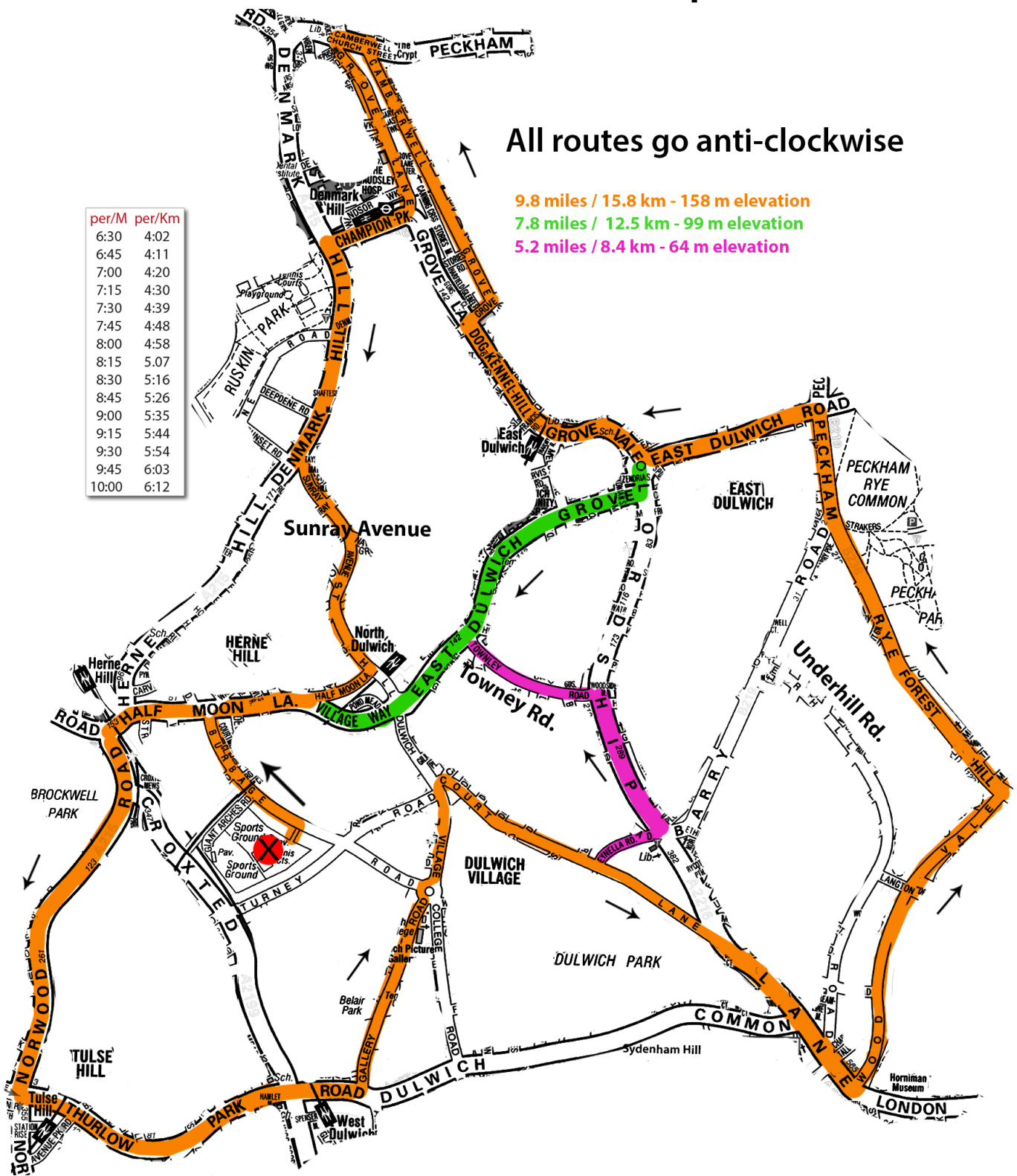
All routes go anti-clockwise

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





***DULWICH RUNNERS  
IS 40 NEXT YEAR!  
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running  
And are looking for someone who could produce a design suitable for printing  
on a t-shirt, (front, back or both)*

*Use your imagination to create something fantastic!*

*If you want more details speak to anyone on the committee.*