



SHORTS

Dulwich Runners AC

Weekly Newsletter

December 26th 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 26 Closed, no club run

Tue 1 Crystal Palace track - closed

NOTE: club will be closed on the 26 December, but open on 2 January

Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Upcoming races, information etc
- 5 Race reports and times
- 6 Parkrun times
- 8 Club kit - New winter additions !
- 9 Social events etc -
- 10 Wednesday map + Strava links

And much more !

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

Connect with us:



TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.

Warm up drills from 7.10pm lead by **Katie Styles** and **Anna Thomas** & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and take circa 45 mins.

----- EVENT HORIZON -----

A brief look ahead

Jan 5 Surrey & Kent County Champs

Jan 12 Surrey League - Men @ Mitcham Common

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 to go on the mailing list

Rehydration !

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



Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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 as early in advance as possible.

Thanks. - Ros

Volunteers may be needed 02/01

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND 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. Some 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 2018/19 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2019	Race	Venue
Jan	5 Surrey County Champs	Lloyd Park
	5 Kent County Champs	Brands Hatch
	12 Surrey League Xc Men - DR XC champs	Mitcham Common
	19 Vets AC Champs	Wimbledon Common
	26 South of England Champs - DR XC champs	Parliament Hill Fields
Feb	2 Catford parkrun short	Catford
	9 Surrey League Xc Men - DR XC champs	Lloyd Park
	9 Surrey League Xc 11am Women - DR XC champs	Richmond Pk
	23 England National Cross Country Champs	Harewood House, Leeds
Mar	2 Surrey League Xc 1pm Women	Lloyd Park
	10 Vitality Big Half long	London
	16 date tbc Riddlesdown parkrun - DR XC champs	
	24 SEAA 12/6 Stage Relays	Milton Keynes t.b.c
Apr	14 Thames Towpath 10 long	
	28 London Marathon (or alt.) long	
Jun	3/10 date tbc Sri Chinmoy 5k short	Battersea Park
	16 date tbc Eltham Park 5 short	Eltham
Jul	14 date tbc Sevenoaks Seven long	Sevenoaks, Kent
	26 date tbc SOAR Mile short	
Oct	6 Regents Park 10k short	Regents Park, London

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

2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four dates to be confirmed. To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

	2 Feb	Catford parkrun	short
	10 March	Big Half	long
	14 April	Thames Towpath 10	long
	28 April	London Marathon (or alt.)	long
	3 or 10 June tbc	Sri Chinmoy 5k	short
	16 June tbc	Eltham Park 5	short
	14 July tbc	Sevenoaks Seven	long
	26 July tbc	SOAR Mile	short
	6 Oct	Regent's Park 10k	short

Ladies' Surrey League Xc

Note changes

The third race at Farthing Downs has been cancelled. The last 2 fixtures of the season are now as follows:-

Sat 9 Feb - Richmond Park 11am start
 Sat 2 March - Lloyd Park 1pm start

Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off www.startfitness.co.uk SurreyXCSF10

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org
 Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members. If you are interested please contact me or another committee member. ros.tabor49@gmail.com

Track training

Because of the calendar, there will be **no Tuesday track sessions obviously on Christmas Day and New Year's Day.**

While numbers have been ok this winter, the consistency of many has been disappointing.

To get the benefit of track training, it has to be a regular part of training. Certainly when I broke 2:30 for the marathon, I did not miss a single session over the winter and my better seasons have all been built on consistent speed training.

December	
Wed 26	1 hour steady
Thurs 27	hills
Fri 28	4M easy or rest
Sat 29	parkrun
Sun 30	2 hours slow
Mon 31	4M easy or rest

The round trip to get to track takes me four hours - I leave at 6 and get home around 10 - and I'm questioning whether I want to give up so much time consistently when many others don't and some that do pay no attention to my instructions anyway and so many in the club don't do races that I want to do and my own racing is probably drawing to an end anyway. I may return sometime in the new year - but will issue instructions to others so the sessions can continue - but for the moment here is my suggestion for a schedule over the next month.

January	
Tues 1	hills
Wed 2	1 hour steady
Thurs 3	200s on grass or tempo - 10km at slightly slower than Mar pace with 30 secs bursts every km at HM pace
Fri 4	4M easy or rest
Sat Jan 5	County Champs or parkrun

Masters Events major events coming up

March 9 British Masters Open Cross Country Championships, Stormont, Belfast
 March 24-30 European Masters Indoors, Torun, Poland April 7, British Masters 10k Road Championships, Port of Blyth
 May 18 (tbc) British Open Masters Road Relays, Sutton Coldfield
 May 25 British Masters 1-Mile Road Championships, Westminster
 June 2 British Masters 10-Mile Road Championships, Dorking
 June 16 British Masters 5km Road Championships, Horwich
 June 30 British Masters 30km Multi-Terrain Championships, Gravesend
 July 7 British Masters Half Marathon Championships, Ashbourne, Derbyshire
 August 10-11 British Masters Outdoor track Championships, Birmingham
 Sept 5-15 European Masters Track & Field Championships - Jessolo, Italy
 September 21 British Masters 10000m Track, Jarrow
 September 28 England Masters Inter Area XC, venue tbc
 October 20 British Masters Marathon Championships, York
 October 26 British Masters Open Cross Country Relay Championships, Long Eaton
 November 16 (tbc) British Masters International cross-country, Southport
 BMAF Relays, May 2019

If we were to focus on one Masters event, most would probably choose the relays at Sutton Park, which is provisionally May 18,

with such a large percentage of good vets, we could do very well. The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

I have gone through quickly the latest membership list which may not be totally up to date and apologises if I have missed anyone of those competing but we look like we could field more than one team in most age groups

M35: Tim Bowen, James Burrows, Paul Devine, Rob Hollands, Jonny Hough, Wayne Lashley, Alastair Locke, Daniel Mann, Russ Rook, Buzz Shepherd, Tom South, Jonathan Whittaker, Tom Wilson
M45: Andy Bond, Joseph Brady, Andrea Ceccolini, Lloyd Collier, Rob Cope, Will Cotter, Steve Davies, Mark Foster, Grzegorz Galezia, Duncan Hussey, Michael Hutchinson, Ian Lilley, Charlie Lound, Olivier Montfont, Justin Siderfin, Gower Tan, Cameron Timmis, Mike Williams, Nick Wood
M55: Colin Bailey Wood. Hugh Balfour, Nick Brown, Gideon Franklin, Colin Frith, Mike Fullilove, Graham Laylee, Barrie John Nicholls, Ebe Prill, Ian Sesnan, Steve Smythe, Tony Tuohy, Neville Webb, Steve Williams, Duncan Wilson
M65: Bob Bell, Mike Mann, Andy Murray
W35: Selma Benattia, Belinda Cottrill, Sue Cooper, Tereza Francova, Emily Gelder, Kim Hainsworth, Roz Johnson, Elkie Mace, Alexie Shaw, Jo Shelton, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent
W45: Lindsey Annable, Ola Balme, Midge Cameron, Lucy Clapp, Yvette Dore, Emma Ibell, Michelle Lennon, Lucy Pickering, Andrea Pickup, Victoria Read, Nicola Richmond
W55: Clare Elms, Ange Norris, Clare Wyngard
W65: Ros Tabor, Claire Steward

 Brighton Marathon
WEEKEND



The club has 10 places for the Brighton marathon (Sunday 14 April). Regular entry is now closed, club places go for same fee. If more than 10 apply we will decide same way as with London club places (those who secured a London place will be considered last for this one).

Let me know at ebepriill@yahoo.co.uk or in person **by 31 January 2019**.



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 13 October. Further details on times, location etc. will be posted by your captains nearer the time. Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance of promotion to Division 1.

Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and 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, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League, all those intending to take part should inform their captains to enable as many as possible online entries to be made in advance. For the women's Surrey League, and now the men's runners have to be entered in advance. The women keep their numbers for the entire season and this system is

being introduced for the men from this season. This means that runners should return their numbers to their captains after the race, or take them home, in which 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

In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

Which races to go for

There are cross country races on most Saturdays 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 Crooke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

Other races can be regarded as medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. This year we are hosting the South of Thames 7 mile race and the South of England is back at its usual venue at Parliament Hill Fields. We would like a good entry in both these events. There are a number of other races which are not high priority, but are nice to do. These include the SEAA relays and the Reigate Relays.

Entry for other races

For virtually all 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

those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Runner's Shop (Beckenham), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

This year the Ken Crooke cross country championships will include the 4 Surrey League races, the London championships on 17 November, the South of Thames long race on 15 December, the South of England championships on 26 January and the Riddlesdown parkrun in March (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

Contacts

For further information please contact your captains at: dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebepriill@yahoo.co.uk

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

South Of Thames Beckenham

SA belated thank you to all those of you who marshalled the course at Beckenham Place Park in dreadful weather conditions. There were problems with runners going off course during the initial short lap, though in the event despite runners going round part of the first lap in the wrong direction, this had little impact on the overall distance. This was not down to marshalling and more to do with last minute changes to the finish funnel, for which we were not responsible, resulting in some critical marker cones at the top of the hill just after the start being moved out of position. Our marshals did a fine job in ensuring that the the runners were back on course for the two long laps. We have received excellent feedback on the course from other local clubs, despite the problems during the first lap, which many runners were in fact unaware of, and it is likely that the 2020 championship race will take place at the same venue.

With the rain and the large number of runners from the club, sorting out results had to done inside the Mansion and it took time, with the token system meaning that we had to wait to collect discs from all our runners before the results could be completed and handed in, but the club HQ at the cricket club in Foxgrove Road provided welcome shelter from the elements and drinks.

Although we failed to pick up any team medals this time, there was an excellent turnout from the club once again, with one of the highest entries to the event, and some good individual performances. Most of the key local cross country events so far this season have been very well supported, in particular the Surrey League and the two South of Thames races. In some other events, notably outside London, numbers have been down but this may be down to poor team medal prospects this year and other personal commitments, making it difficult for people to take a whole day out. *Mike Mann*

CROSS COUNTRY CHAMPIONSHIP MEN 2018 - 2019 Best 5 events inc. 3 Surrey Leagues					
	Surrey League 1	Surrey League 2	London Champs	South of Thames	Running Total
	Richmond 13/10/2018	Banstead 10/11/2018	Parl. Hill 17/11/2018	Beckenham 15/12/2018	
Jonathan Whittaker	44	46	48	46	184
Alastair Locke	37	44	49	48	178
Des Crinion	40	41	46	44	171
Ed Chuck	50	50		50	150
Ebe Prill	32	32	44	37	145
Ed Harper	43	43		42	128
Paul Devine	41	42		45	128
Nick Wood	36	36		43	115
Andrea Ceccolini	30	31	45		106
Shane O'Neill	49	49			98
Gower Tan	22		40	36	98
Tim Bowen	48	48			96
Andy Bond	47	47			94
Tom South	45		47		92
Wayne Lashley	46	45			91
Danny Mann	42			47	89
Martin Double	23	29		34	86
Ian Lilley		38		41	79
Rob Hollands	38	39			77
Ross Rook			41	35	76
Charlie Lound	39	35			74
Matt Cooke	35	37			72
Joseph Brady			39	32	71
Justin Siderfin	33	34			67
Grzegorz Galezia	24		43		67
Jonny Hough	29	33			62
Graham Laylee		28		33	61
Hugh Balfour	27	30			57
Jack Ramm			50		50
Steve Davies				49	49
Mark Foster			42		42
Mike Williams		40			40
Grant Kennedy				40	40
Steve Smythe				39	39
Mike Mann			38		38
Joe Farrington-Douglas				38	38
James Burrows	34				34
Eugene Cross	31				31
Bob Bell				31	31
Olivier Montfort	28				28
Colin Frith		27			27
Graham Little	26				26
Ed Simmons	25				25
Ed Smyth	21				21

CROSS COUNTRY CHAMPIONSHIP WOMEN 2018 - 2019 After 3 events - Best 5 events inc. 3 Surrey Leagues					
	Surrey League 1	Surrey League 2	London Champs	South of Thames	Running Total
	Wimbledon 13/10/2018	Nonsuch 10/11/2018	Parl. Hill 17/11/2018	Beckenham 15/12/2018	
Ola Balme	45	49	46	46	186
Anna Thomas	40	46	49	41	176
Katie Styles	39	39	45	38	161
Lucy Clapp	38	41	43	34	156
Elkie Mace	49		50	50	149
Michelle Lennon	44	47		44	135
Rebecca Schulleri		44	47	43	134
Emma Ibell	43	50		37	130
Eleanor Simmons	37	42	44		123
Yvette Dore		40	42	40	122
Joann Selton Pereda	34	38		32	104
Clare Elms	50			49	99
Christina Dimitrov		48	48		96
Marta Miasiewicz	48			48	96
Ange Norris	46			45	91
Belinda Cottrill		43		47	90
Lucy Pickering		45		39	84
Helen Lister	42			35	77
Anna Ward			41	36	77
Sharon Erdman	33	37			70
Ros Tabor	36			33	69
Hayley Seddon	47				47
Laura Vincent				42	42
Victoria Read	41				41
Midge Cameron			40		40
Hannah Harvest	35				35

Men - events still to come			
Surrey League 3	Surrey League 4	Southern Riddles Champs	Riddles down
Mitcham 12/01/2019	Lloyd Park 9/02/2019	Parl. Hill 26/02/2019	parkrun

Women - events still to come			
Surrey League 4	Surrey League 5	Southern Riddles Champs	Riddles down
Richmond 9/02/2019	Lloyd Park 02/03/19	Parl. Hill 26/02/2019	parkrun

Please let me know if there are any mistakes
Thanks - Ros Tabor ros.tabor49@gmail.com

Beckenham Place

138 Ran

Pos Gen

6	1	Clare Elms	19:08
10	9	Stephen Smythe	19:58

Brockwell , Herne Hill

223 Ran

Pos Gen

13	13	Mark Foster	20:01
26	26	Gower Tan	21:03
44	2	Anna Thomas	22:01
50	4	Katie Styles	22:33
107	89	Hugh French	25:56
142	29	Sharon Erdman	27:30
176	125	John Breslin	29:02
184	130	Daniel Mercer	29:41

Burgess

242 Ran

Pos Gen

23	23	Hugh Balfour	20:42
241	155	Chris Vernon	46:26
242	87	Susan Vernon	47:20

Canons Park

128 Ran

Pos Gen

1	1	Shane O'Neill	17:13
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Catford

114 Ran

Pos Gen

1	1	Andy Bond	16:54
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Cleethorpes

167 Ran

Pos Gen

78	62	Colin Frith	26:40
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Crystal Palace

298 Ran

Pos Gen

12	12	Matthew Cooke	19:31
19	19	Tom Wilson	20:06
22	1	Belinda Cottrill	20:15
29	27	Justin Siderfin	20:53
33	3	Rosalind Johnson	21:04
72	65	Graham Laylee	23:24
82	74	Bob Bell	23:45
123	20	Clare Wyngard	25:33
126	22	Joanne Shelton Pereda	25:38
154	122	Michael Dodds	26:30

Dulwich

362 Ran

Pos Gen

16	15	Thomas South	17:47
18	17	Tony Tuohy	17:52
19	18	Rob Hollands	17:56
23	2	Elkie Mace	18:06
24	22	Edward Harper	18:07
41	38	Ebe Prill	19:45
63	7	Michelle Lennon	20:32
64	8	Kim Hainsworth	20:35
74	9	Laura Vincent	21:07
75	10	Alice Williams	21:10
179	34	Jenny Ross	25:14
183	35	Hannah Harvest	25:20
212	51	Colleen Williams	26:05
227	56	Claire Steward	26:57
350	125	Stephanie Williams	39:09

Fulham Palace

359 Ran

Pos Gen

154	122	Barrie John Nicholls	24:44
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Lloyd , Croydon

190 Ran

Pos Gen

6	6	Jonathan Whittaker	18:53
31	28	Martin Double	22:54

Macclesfield

274 Ran

Pos Gen

78	10	Marjorie Epton	26:18
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Malling

216 Ran

Pos Gen

15	1	Tereza Francova	21:16
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Peckham Rye

219 Ran

Pos Gen

4	4	Charles Lound	18:39
31	31	Rob Cope	21:56
46	43	Alex Bazin	22:57

Riddlesdown

140 Ran

Pos Gen

20	2	Ange Norris	22:17
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Southport

316 Ran

Pos Gen

19	3	Charlotte Sanderson	21:04
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Southwark

193 Ran

Pos Gen

102	83	Paul Keating	25:44
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Studley

173 Ran

Pos Gen

12	10	Eugene Cross	20:52
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Tooting Common

375 Ran

Pos Gen

185	154	Ian Sesnan	26:02
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Wakefield Thornes

216 Ran

Pos Gen

69	8	Claire Barnard	24:56
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Walsall Arboretum

387 Ran

Pos Gen

19	18	Joe Twomey	18:27
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Warszawa-Praga

50 Ran

Pos Gen

6	6	Grzegorz Galezia	19:46
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For your results to appear here ...
 you need to update your parkrun profile to show you
 are a current member of DR AC. or send them in.



322	99	Natalie Davys	28:44
323	100	Sharon Erdman	28:50
408	146	Chris Bell	38:36

Eastbourne

383 Ran			
Pos	Gen		
71	59	Nicholas Brown	23:05

Hilly Fields

188 Ran			
Pos	Gen		
14	13	James Burrows	20:20

Lloyd , Croydon

200 Ran			
Pos	Gen		
35	5	Anna Thomas	22:53

Navan

167 Ran			
Pos	Gen		
3	3	Des Crinion	18:12

Peckham Rye

233 Ran			
Pos	Gen		
10	8	Kieran New	19:56
20	5	Belinda Cottrill	20:45
27	21	Gower Tan	21:15
79	64	Bob Bell	24:22

Rushmoor

379 Ran			
Pos	Gen		
18	17	Tom Wilson	20:33
32	3	Rosalind Johnson	21:20

Southport

302 Ran			
Pos	Gen		
166	39	Charlotte Sanderson	28:21

Southwark

134 Ran			
Pos	Gen		
53	43	Paul Keating	25:20

Stevenage

303 Ran			
Pos	Gen		
51	45	Matthew Ladds	22:54

Trelissick

191 Ran			
Pos	Gen		
28	22	Cameron Timmis	23:03
34	9	Laura Vincent	23:25

Tring

310 Ran			
Pos	Gen		
21	21	Justin Siderfin	22:21

Walsall Arboretum

519 Ran			
Pos	Gen		
22	21	Joe Twomey	18:48
173	25	Jenny Ross	25:10

Worcester

630 Ran			
Pos	Gen		
418	134	Elizabeth Begley	32:08

Ashford

251 Ran			
Pos	Gen		
29	6	Yvette Dore	21:51

Banstead Woods

268 Ran			
Pos	Gen		
3	3	Tony Tuohy	18:34

Beckenham Place

146 Ran			
Pos	Gen		
3	1	Clare Elms	18:42
15	14	Stephen Smythe	20:43

Bromley

624 Ran			
Pos	Gen		
181	150	Colin Frith	23:59

Burnham-On-Crouch

77 Ran			
Pos	Gen		
2	2	Jonathan Whittaker	17:41

Cannon Hill , Birmingham

512 Ran			
Pos	Gen		
127	12	Susan Cooper	24:11

Canons Park

238 Ran			
Pos	Gen		
2	2	Shane O'Neill	17:12

Catford

120 Ran			
Pos	Gen		
12	11	Edward Smyth	21:27
16	14	Gary Sullivan	21:56

Congleton

211 Ran			
Pos	Gen		
71	17	Marjorie Epton	24:13

Dulwich

414 Ran			
Pos	Gen		
2	2	Lewis Laylee	15:55
9	9	Alastair Locke	17:18
10	10	Daniel Mann	17:24
16	16	Thomas South	17:47
26	25	Grant Kennedy	19:11
35	34	Matthew Cooke	19:46
40	38	Ebe Prill	20:04
45	43	Alexander Dodds	20:15
47	3	Chloe Green	20:18
54	5	Kim Hainsworth	20:30
78	12	Katie Styles	21:37
87	74	Graham Laylee	22:02
104	17	Eleanor Simmons	22:43
116	21	Helen Lister	23:05
157	124	Scott Williams	24:15
167	132	Michael Dodds	24:22
173	39	Clare Wyngard	24:26
209	159	Ian Sesnan	25:26
244	64	Colleen Williams	26:27
279	200	John Breslin	27:20
298	210	Ameet Patel	27:58

DULWICH RUNNERS CLUB KIT



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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

PB Teamwear Christmas Delivery & Opening

Please note for members to have received items in time for Christmas the latest date to place an order was Sunday 25th November. Orders placed after that date we will of course try to oblige but may not be able to post in time.

Anything not despatched by the 20th December will follow asap in the New Year.

We will be closed during the interim period as usual, from Thursday 20th December to Thursday 3rd January.

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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



CLEARANCE OF HOODIES £10

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space



Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

If people mention [@dulwichrunners](#) on their posts then we can easily repost pictures on the main Dulwich Runners account of key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

Rehydration !

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

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

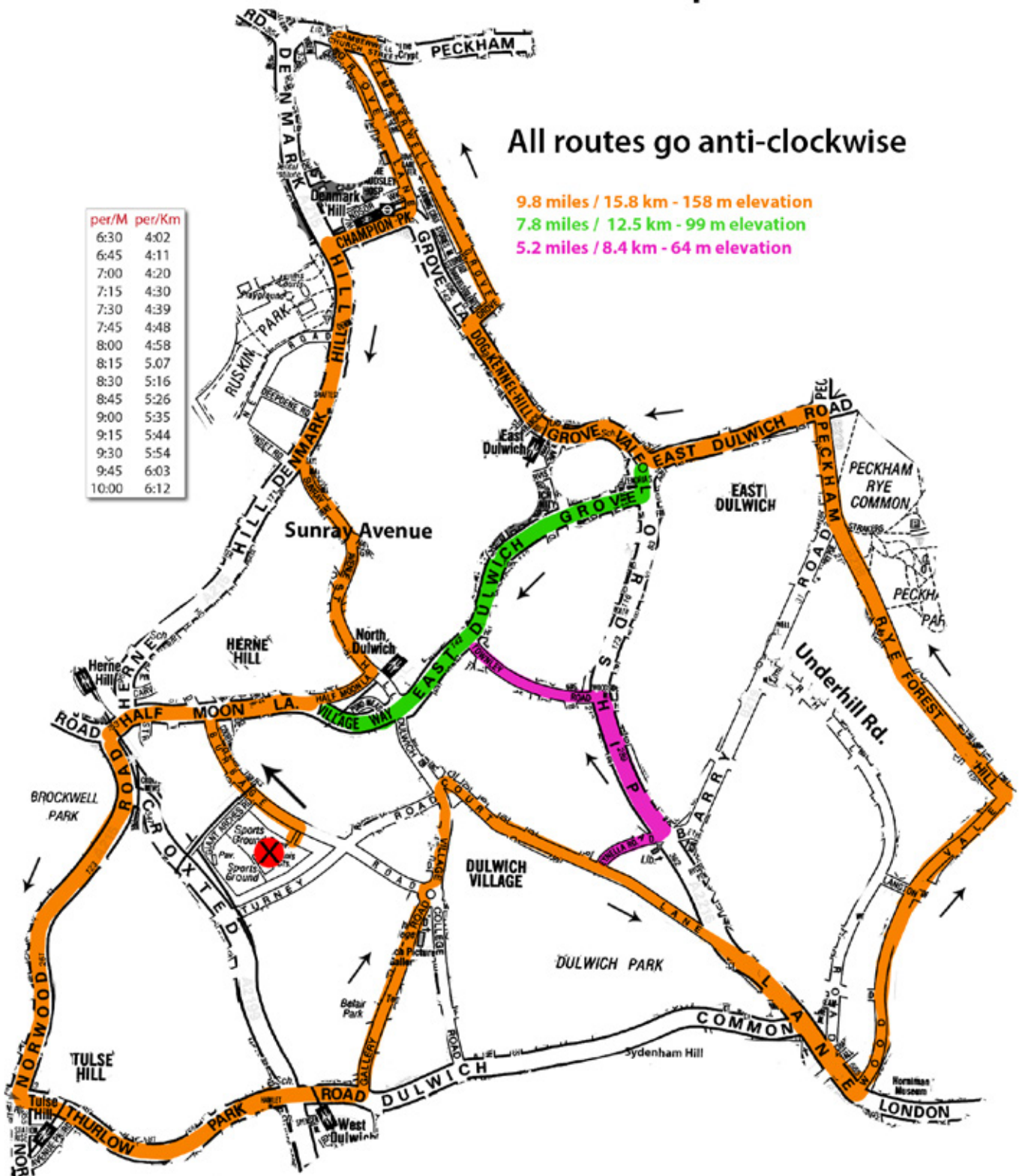
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

Dulwich Runners Winter Map 14



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

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