



SHORTS

Dulwich Runners AC

Weekly Newsletter

February 27th 2019

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 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 2 Surrey League Xc - women @ Lloyd Park - 1pm start

Tue 5 Crystal Palace track

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our website: www.dulwichrunners.org.uk

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 5 Marathon schedule and other goodies! etc
- 6 Race reports and times, National Xc etc
- 8 Parkrun times
- 9 Club kit - New winter additions !
- 10 Social events etc
- 11 Wednesday map + Strava links

And much more !

Connect with us:



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

A brief look ahead

Mar 2 Surrey League Xc - women @ Lloyd Park - 1pm start

Mar 10 Club champs - Vitality Big Half

Mar 16 Riddlesdown parkrun - club cross country champs

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 taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 45 mins.

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)

NEW RUNNERS ROTA

A big thankyou to **Colleen Williams, Mick ward, Tom Poynton and Lucy Clapp** for running with new people last week.

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 asap. - Thanks. - Ros

Paul Keating	27/02
Grant Kennedy	6/03
Matt Ladds	13/03
Emma Ibbell	21/03
Charlie Lound	28/03

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. 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>

Ladies' Surrey League Cross Country - Lloyd Park

(There is a race for men too)

This Saturday - 2nd March , Start - 1 p.m.

It's the last fixture of the season; let's make it our best one.

If you haven't run Surrey league yet this season, let us know you can come and we'll allocate you a number.

It's a race for everyone, you only need to be a member of the club.

We need lots of runners to try and avoid relegation to division 2 next year.

Ange and Ola Dulwich Captains - dulwichladiescaptain@gmail.com

Travel / Parking: Tram is the easiest way of getting to the start. Alight at Lloyd Park Tram stop, which is adjacent to the start. Lloyd Park is on line 3 running from Wimbledon to New Addington via East and West Croydon stations for easy access.

Limited on street car parking

Refreshments: Café near to the start/finish. Please remove muddy shoes

DO NOT GET CHANGED IN THE CAFE.

there are toilets and changing facilities next to the Cafe.

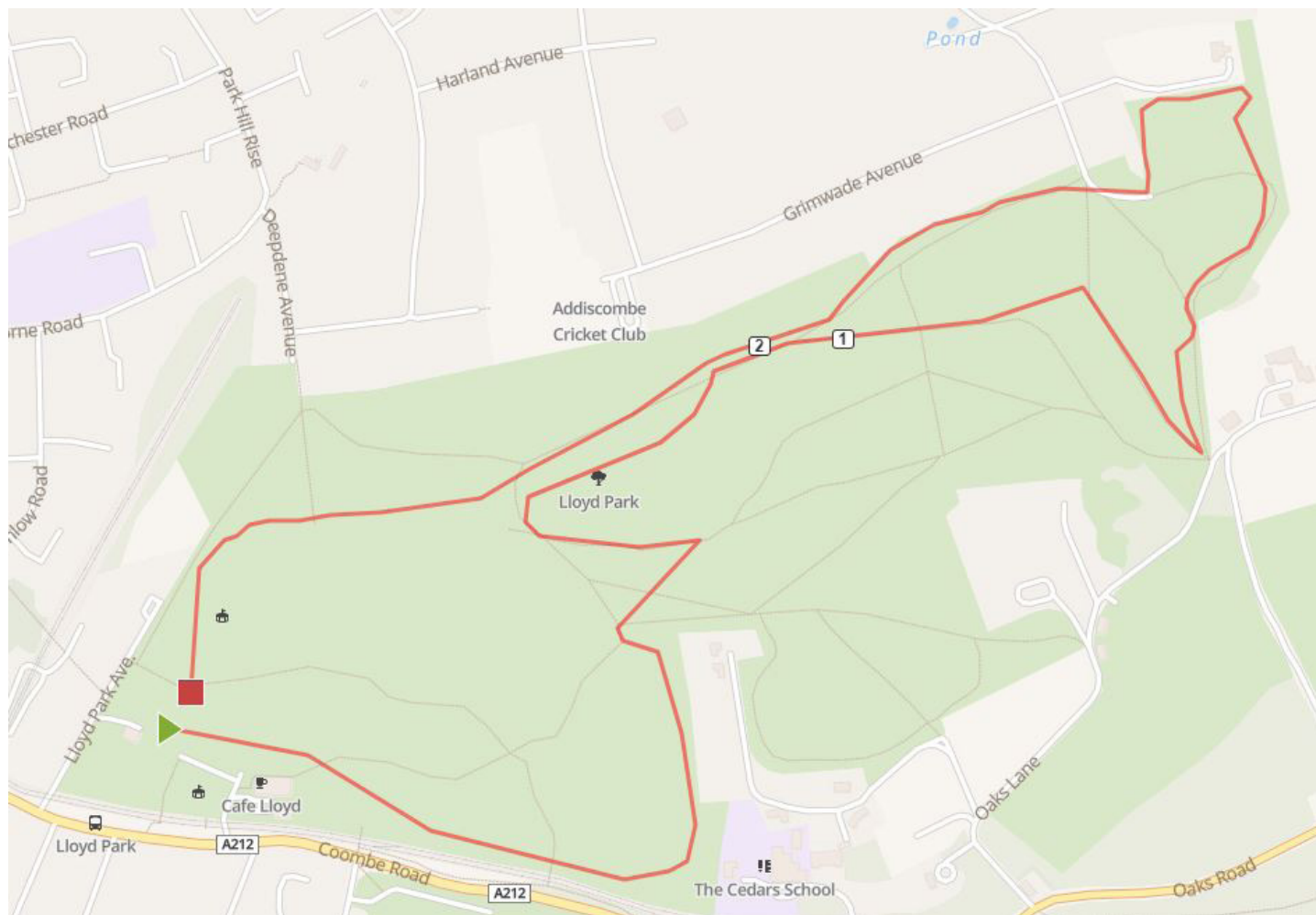
Course - Approx. 5 miles made up of 2 laps over varying, and in parts, hilly terrain. All on grass/trails and is suitable for spikes and can be muddy/waterlogged underfoot.

There are some exposed tree roots, overhanging branches and rutted sections of the course.

https://gb.mapometer.com/running/route_3178560.html

VOLUNTEERS WELCOMED! Anyone that would be able to help on the day in any capacity (ie setup, finish line or marshalling) would be very much welcomed! Do let us know.

Open race for men and boys at 2pm - Any men or boys at a loose end that would like a race, there will be one at 2pm after the women's league has finished. 8k for men, 4k for boys - with results to go on Power of 10.



DULWICH RUNNERS 2019 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
Mar	2	Surrey League Xc 1pm	Women	Lloyd Park
	10	Vitality Big Half	long	London
	16	Riddlesdown parkrun	DR XC champs	
	24	SEAA 12/6 Stage Relays		Milton Keynes t.b.c
Apr	4	Assembly League - Beckenham Place Park		Beckenham
	14	Thames Towpath 10	long	
	28	London Marathon (or alt.)	long	London
May	2	Assembly League - Victoria Park		Hackney
	18	BMAF road relays- Sutton Park		Birmingham
	27	BUPA 10k		
Jun	6	Assembly League - venue tbc		t.b.c
	10	Sri Chinmoy 5k	short	Battersea Park
	16	Eltham Park 5	short	Eltham
Jul	4	Assembly League - venue tbc		t.b.c
	14	date tbc Sevenoaks Seven	long	Sevenoaks, Kent
	26	date tbc SOAR Mile	short	
Aug	1	Assembly League - Victoria Park		Hackney
	29	Assembly League - Beckenham Place Park		Beckenham
Nov	3	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: ebepriill@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

Here are the club championship races for 2019
 Four long and five short with two 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.

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

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

Any further information will be here in Shorts as and when it becomes available.

Apr	4	Beckenham Place park
May	2	Victoria park,
Jun	6	venue t.b.c.
Jul	4	venue t.b.c.
Aug	1	Victoria park
Aug	29	Beckenham Place park

Cross Country club champs Riddlesdown parkrun

16th March

The last event of the xc club champs. You must wear a club vest and if you are new to parkrun, you must register on the

parkrun website in advance and turn up with your barcode. The course is a mix of grass, flinty a gravelly path.

Parking in the front of Warlingham School, Tithepit Shaw Lane CR6 9YB, or on the roads if this is full.

Nearest stations Kenley and Upper Warlingham. Toilets in the school next to the new block.

The event will greatly appreciate some volunteers so if anybody doesn't want to run and can volunteer please let Ange know. dulwichladiescaptain@gmail.com

Thames Towpath

10 April 14

This race fills up and sells out quickly each year, with already over 300 entered, of which 18 from Dulwich. if you intend doing this event then sign up ASAP

Masters Events major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park 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.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

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

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



Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

The rules are simple -

220 miles - 11 runners to a team

Each runner must run once each day. (Varying distances and degrees of difficulty.)

It takes in some beautiful countryside, as much as possible off road on footpaths and towpaths.

more details - <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered so are looking for interested runners. If we have too many people we will try and get a second team. Give your name to Ange - on any Wednesday at the club or email dulwichladiescaptain@gmail.com 1st come, 1st served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Advance Details Of Fixtures

For those of you who like to plan their schedules well in advance, here are some details of road relays and cross country fixtures over the period from September 2019 until April 2020.

Note that the dates for Surrey League cross country are recommended ones and subject to confirmation.

2019	
21 Sep	SEAA road relays
28 Sep	England Masters cross country Inter-Area Challenge
12 Oct	Surrey League cross country
9 Nov	Surrey League cross country (men)
16 Nov	British & Irish Masters cross country, Southport
7 Dec	Surrey League cross country (women)
2020	
4 Jan	County cross country champs
11 Jan	Surrey League cross country
25 Jan	South of England cross country champs
8 Feb	Surrey League cross country
22 Feb	England cross country champs, Nottingham
21 Mar	England area 12 and 6 stage relays
4 Apr	National 12 and 6 stage relays, Sutton Park

Training

Already quite a few of Dulwich's best are sadly currently injured.

You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured.

It is best to train slightly less and know when to back off than do a little bit too much and pay the price but sometimes injuries are unavoidable.

Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs

seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills.

ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads.

And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases

the chance of injury.

Many years ago, many of Britain's running clubs moved away from their more central bases and moved further out to get better training runs. Blackheath moved to Hayes and Cambridge H moved to Bexley.

Because I'm old, nearly all my runs tend to move out of London rather than into and I have never seen the attraction of moving towards the centre, which may be flat but tends to contain more roads, traffic, people, tourists and traffic lights even if it does have some nice parks.

I am convinced if I had done all my runs into London, I would now not be in my 50th cross-country season and embarking on my 44th year of marathon racing.

Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

Thur Feb 28	10km of 1500m steady, 1000m mar pace, 500m 1/2M pace, 300m 10km pace, 200m 5km pace and back to steady - repeat 3 more times if easier you could run 5 mins steady, 3 mins mar pace, 2 mins 1/2M, 1 mins 10km pace, 30 secs 5km pace and repeat
Fri Mar 1	40 mins easy or rest
Sat Mar 2	Surrey Ladies League or parkrun
Sun Mar 3	Faster long run - 15 mins slow, 30 mins a mile outside mar pace, 30 mins at 30 sec outside mar pace, 30min at mar pace, 5 mins at faster than mar pace, 30min at 30sec a mile slower than mar pace, 30 mins easy (ie for 3 hour runner pace would be 8:15 for 15, 7::50 for 30, 7:20 for 30, 6:50 for 30, 6:40 for 5, 7:20, for 30, 8:00 for 30)

Mon Mar 4	40 mins easy or rest
Tue Mar 5	400m reps
Wed Mar 6	45 mins relaxed
Thur Mar 7	8km mostly at a minute outside goal HM pace but 1 minute every mile at HM pace
Fri Mar 8	40 mins easy or rest
Sat Mar 9	easy 20 minutes and strides
Sun Mar 10	Half Marathon

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.

While she was not entirely happy with all the times, Clare Elms had her most productive week of racing which culminated in her setting four world records in 8 days (plus one near miss!)

Lee Valley Middle Distance Open

Wednesday, February 20

After breaking the W55 800m world record the previous Saturday in her first indoor 800m for five years, she decided she needed another 800m race especially as the world and European champion and 400m specialist Virginia Mitchell will be amongst her opponents in Poland.

However, what should have been a simple journey to Lee Valley was spoiled by the Dartford Bridge closing and traffic to the Blackwall Tunnel grinding to a halt.

Clare abandoned her car south of the river and a mixture of three miles running and three tubes and trains got her to Lee Valley too late to run in her allotted race but she was allowed in the final race 16 of the 800m for those caught in the traffic. Baulked by youngsters on the first lap, and not relaxed after her journey, she did at least finish strongly and was able to take 0.23 of a second off her record but will hope to go faster

later in the season.

A hour later, she decided to run the 1500m and again not getting a clear run, she started slowly but moved well on the last few laps but doing a lot of her own pace work, this time she finished the wrong side of her world record with 4:54.07, to miss her record by 0.20 of a second.

The same man, using Clare as a pacemaker until the last 100m, who sprinted past her in the 800m, also did the same in the 1500m, and would have helped had he made the pace ahead and Clare would have broken the record.

Also over 800m, Wayne Lashley ran his first indoor race of the year and was strong but lacked sharpness with a 2:09.47. Des Crinion almost won his 800m race and was pipped on the line but was clearly capable of going faster judging by his 30-second last 200m.

-Steve Smythe

Race 3: 800m: 5 Wayne Lashley 2:09.47

Race 9: 800m: 2 Des Crinion 2:15.75

Race 16: 800m: 4 Clare Elms 2:25.66 (World and British and club W55 record)

1500m: 5 Clare Elms 4:54.07

Harbour Club Serpentine 5km

February 22

In the middle of trying to improve track 800m and 1500m speed, a 5km is not on most schedules but Clare saw the near perfect forecast and decided to give the 5km record another go, having been encouraged by her Olympic Park 5km helping Lucy.

The conditions were good - warm and sunny and not too windy and Clare set out fast with her 17:41 target. She was up on schedule for the first 2km but did lose a few seconds in the fourth kilometre which climbs up from the lake.

While much of the final kilometre is downhill, it does have a tough short final climb back up to the finish and Clare powered a 3:30 final kilometre and found a late sprint in the straight. Her watch said 17:39 but times are often rounded in the road and she was relieved to see 17:39 confirmed mid evening. It was an official British best but was also technically a world best. The World Masters Association don't ratify 5km road records but Fiona Matheson's British best was the fastest W55 ever recorded in the world on a certified course (and



Tony Tuohy Ebe Prill Clare Elms Tim Bowen

incidentally a much easier course than Hyde Park!).

Clare won the women's race by a minute and her performance scored 99.0% on age-grading.

This time running without a pram and warming up for the National, Tim Bowen ran a steady 16:39.

Tony Tuohy had an excellent run too with a 17:08 and his time was a club V55 record. NB Clare's time was too but you may have guessed that!

Tony also went top of the UK M55 rankings for 2019 at this early stage of the year and scored over 90% on age-grading (world class) for the first time in a measured road race.

In case he is getting too cocky after defeating Ros on age-grading to win the parkrun overall champs, it has to be pointed out that Clare has done 90% plus 308 and Ros 288 times!

Ebe Prill made it a good club quartet of runs with a 19:01 to just miss the 19 minute barrier but his best for a while. Former member Matt Galvin ran 18:22.

Steve Smythe

11 Tim Bowen

27 Tony Tuohy

1W/33 Clare

71 Ebe Prill

16:39

17:08 (club M55 record)

17:39 (World and British and club W55 record)

19:01

National Cross Country Championships Harewood House

February 23

The National Cross-Country is in many runners view one of the greatest races available to do.

2000 senior men and 1000 senior women in the highest quality race in Britain in front of big crowds and a great atmosphere.

This year saw the first ever running at Harewood House. It was a magnificent setting with such a large area that for once the senior men's race could be held over two laps instead of three which meant lapping was not its usual problem.

The ground was so firm, that spikes were not necessary. While the ground was so much better than Parliament Hill's usual mud, the course was not that much easier. Each lap (and only on the senior men's course) had a gruelling long hill and while that was followed by a very fast descent, there was a very tough short climb towards the end of the lap.

Some clubs had huge contingents, put their runners up overnight but we did not. The club has regrettably failed miserably to encourage club runners to compete in it but this year anyway we had six of our best men running and I am fairly sure we achieved our highest ever team position bettering our 43rd last year with an excellent 36th.

Ed Chuck has been in great form this winter, winning a Surrey League, but this run was probably his best ever on the country and his 124th was far and away the greatest by a Dulwich Runner and up from his 351st last year.

Jack is another on the way up, improving race by race and he was an excellent 314th. Tim had warmed up with a 5km the day



Michelle Lennon

before and far from fully fit had a good steady run.

Alastair also ran well - to improve on his previous best of 494th and was only 20 seconds down on Tim.

Tom's previous best was 875th and though not 100%, ran excellently to advance 266 places on his previous best.

Des Crinion has made a great debut season for us on the country doing almost everything and he had a great debut in the race and completed the scoring six.

Apart from our strong sextet, we had one extra runner - Steve Smythe, who was not looking forward to coming around 1000 places lower than his best of 265th (as a vet) in 2003 though was 176th as a junior in 1978.

He had spent the previous five hours rushing around up and down the hill reporting and videoing, clocking up seven miles, but wanted to try a new course.

A slow start which got slower when the runners come to a halt in a bottleneck on the turn at the top of the first hill got better and he vaguely enjoyed moving

through in the second half and seeing his average pace go from 8:00 at one stage to just inside 7:00 at the finish and what probably his best run of the winter.

In an ideal world we should have 15-20 men doing this race but even worse, we only had one senior women.

Michelle Lennon had a good run which curiously appeared to be her National debut though she has done the Southern's a few times, and she was comfortably in the top half Clare was entered but decided to support after her world record run the day before and one planned the following day.

There was still an Elms competing. Lucy ran in the under-20 women's race. It was a much smaller field than the senior races but very high quality and showing great improvement on her 93rd last year, she powered through for a top 40 place for her best run ever on the country.

Lucy was running for Dulwich. She was also in the programme for her previous club Blackheath and had she run for them instead, they would have easily won medals (and come within points of winning).
- **Steve Smythe**

124 Ed Chuck	40:26
314 Jack Ramm	42:53
416 Tim Bowen	43:54
445 Alastair Locke	44:16
609 Tom South	46:05
769 Des Crinion	47:23
1193 Steve Smythe	51:31

Team 36th 2677 points
144 teams scored - approx. 200 finished
2006 finished

Senior Women	
401 Michelle Lennon	38:36
1034 finished	

Junior women	
37 Lucy Elms	23:42
129 finished	

Inter Area Masters Match Lee Valley

February 24

After a very long day yesterday supporting Lucy and the team, Clare was back on track and this time had no problem with Blackwall Tunnel and got there in a quarter of the time. She decided to want to run in the Vets AC W35 team rather than the W50s in the hope of getting a faster race.

However, the race only had only two other competitors and after a slow first lap, Clare decided to go past the other two and push on.

Gradually she wound the pace up and though now well clear - she won by 15 seconds - she held on well and the result, despite her slow start and lack of opposition, was a further three seconds off her world indoor record.

And it was such a good run that she also ran inside the world outdoor record too. Her fourth record in 8 days and sixth in the last month.

Wayne improved five seconds on his midweek 800m, with four 31 second 200m laps, showing much better form and speed. Tony did not run quite as well as he did in his road 5km but he got closer to ten minutes in a season's best.

Ros scored a two-second yearly best in the 400 as she edges towards 80 seconds with just a slightly too fast first lap. Her 200m, though faster in pace, was not quite as notable but did she beat one opponent by one hundredth of a second.

Steve Smythe

W35 1500: 1st Clare Elms 4:50.75 (World W55 record)

M35: 800: 3 Wayne Lashley	2:04.21
M50: 3000: 2 Tony Tuohy	10:04.47
W60: 400: 4th Ros Tabor	81.13
W60: 200 4th Ros Tabor	38.72



Beckenham Place

215 Ran			
Pos	Gen		
42	4	Carys Morgan	23:34
105	31	Clare Osborne	27:20
109	34	Claire Steward	27:29

Bedgebury Pinetum

198 Ran			
Pos	Gen		
22	6	Tereza Francova	22:38

Brockwell , Herne Hill

439 Ran			
Pos	Gen		
26	25	Jamie Nicol	19:29
27	26	Mark Foster	19:41
48	2	Anna Thomas	20:50
97	6	Katie Styles	22:30
136	120	Graham Laylee	23:42
183	152	Hugh French	24:55
260	202	Alex Haylett	27:11

Burgess

498 Ran			
Pos	Gen		
10	10	Charles Lound	17:55
60	55	Matthew Ladds	20:29
432	140	Karina Burrowes	32:12

Catford

197 Ran
Chris Vernon writes

After a lacklustre start to my club championship challenge last week - someone has to be last but some consolation to be leading the unofficial MV75 class!

This week it was back to touring for my 280th parkrun and my 72nd venue. For those who have not visited one of our nearest parkruns, Catford (which started last summer) is a 3 lapper, squeezed into a small park just outside the centre with a mixture of grass and paths. It was a lovely day for my struggle round with the tail walker, let's hope the doctors can help with my pain relief soon. It was good to have the company of other DRs on the course, thanks for the shout out guys as I was lapped multiple times!

Pos	Gen		
6	6	Justin Siderfin	19:30
8	8	Michael Fullilove	19:57
19	1	Laura Vincent	21:06
181	62	Susan Vernon	41:23
195	124	Chris Vernon	54:40

Clapham Common

748 Ran			
Pos	Gen		
287	233	Ian Sesnan	25:12

Crystal Palace

358 Ran			
Pos	Gen		
21	1	Yvette Dore	21:19
87	78	Bob Bell	24:02
111	98	Michael Dodds	25:02
112	14	Helen Lister	25:06
352	126	Clare Wyngard	43:35

Dulwich

367 Ran			
Pos	Gen		
7	7	Tom Marshall	16:32
15	15	Rob Hollands	17:38
38	2	Hayley Seddon	19:20
93	84	John English	21:26

Fire Service College

264 Ran			
Pos	Gen		
2	2	Andy Bond	17:33

Gladstone

223 Ran			
Pos	Gen		
26	4	Becca Schulleri	21:40

Grovelands , Enfield

223 Ran			
Pos	Gen		
120	19	Sharon Erdman	27:31

Henstridge Airfield

160 Ran			
Pos	Gen		
5	5	Jonny Hough	19:50

Hilly Fields

326 Ran			
Pos	Gen		
6	6	James Burrows	18:48

Horsham

353 Ran			
Pos	Gen		
54	49	Gary Budinger	23:31

Medina I.O.W.

277 Ran			
Pos	Gen		
25	1	Lucy Pickering	21:55

Peckham Rye

312 Ran			
Pos	Gen		
5	5	Joe Farrington-Douglas	18:52
12	12	Rob Cope	20:12
13	13	Grant Kennedy	20:13
19	19	Alex Bazin	20:27
195	57	Michelle Key	28:21

Richmond

470 Ran			
Pos	Gen		
115	92	Barrie John Nicholls	24:32
451	190	Lindsey Annable	42:14

Örebro, Sweden

57 Ran			
Pos	Gen		
1	1	Paul Collyer	19:11

Riddlesdown

149 Ran			
Pos	Gen		
18	4	Ange Norris	21:56

Seaton

204 Ran			
Pos	Gen		
49	7	Jenny Ross	24:15

South Norwood

157 Ran			
Pos	Gen		
95	75	Peter Jackson	28:40

Southwark

392 Ran			
Pos	Gen		
82	10	Charlotte Sanderson	23:31
155	119	Paul Keating	25:33

Trelissick

207 Ran			
Pos	Gen		
16	15	Cameron Timmis	23:04

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.

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

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



Bufs/snoods - only £6

Socks only £5



SHORTS!

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



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P
O
T

Upcoming events.

Watrch this space !....

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)



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!

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

If people mention [@dulwichrunners](https://www.instagram.com/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.

Dulwich Runners Winter Map 8

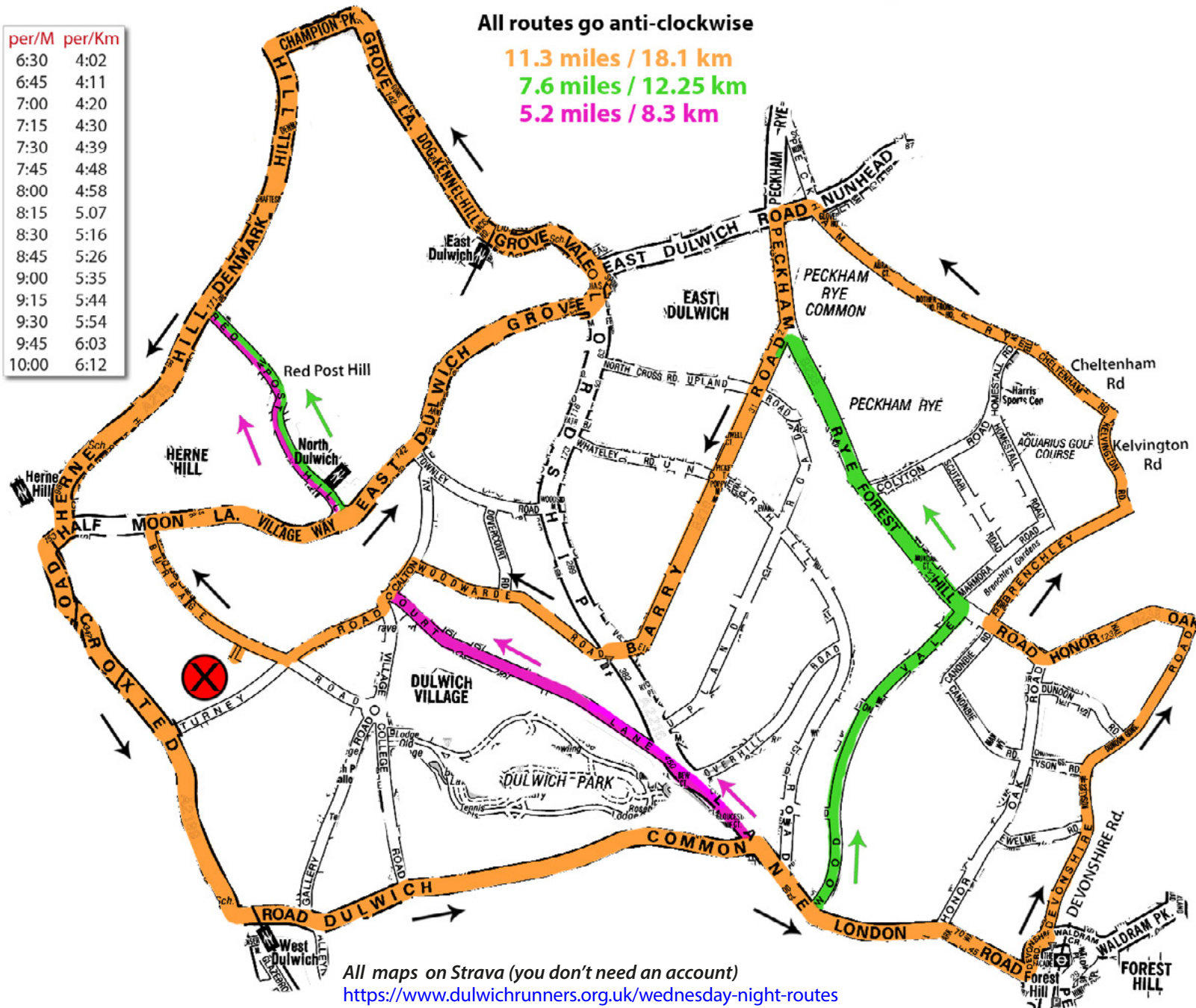
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All routes go anti-clockwise

11.3 miles / 18.1 km

7.6 miles / 12.25 km

5.2 miles / 8.3 km



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

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