



SHORTS

Dulwich Runners AC
Weekly Newsletter
February 5th 2020
www.dulwichrunners.org.uk

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

Wed 5	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 11	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

In your SHORTS this week !

- 1 General information
- 3 Fixture list & upcoming races, training etc
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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

- Feb 8 Surrey League XC mens and womens fixtures
- Feb 15 Dulwich parkrun 1st club champs race of 2020 !
- Feb 22 National Cross Country champs, Nottingham

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, lasts around 1 hour.
There is no fee. Suitable for all standards.
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

NEW RUNNERS ROTA

Thanks go to **Mike Mann and Tom Wilson** for running with new people last week.

It really helps when people are willing to volunteer to help even though its not their turn.

I expect we will have big numbers for at least the next 2 Wednesdays, so I shall probably be asking for your help again.

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

Tom South	5/2
Claire Steward	12/2
Katie Styles	19/2
Ros Tabor	26/2

LUCKY VEST Tonight In the clubhouse



Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize!
Vests £18 each from Ros ros.tabor49@gmail.com

Rehydration !

After your run come 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>

Ladies' Surrey League Richmond Park

Saturday 8th Feb

Start 1 p.m. - division 1

Approx. 5 miles

We need as many of you as possible to run to try and save us from relegation.

It's the last Surrey league this year, let's make it a good one.

If you haven't run a Surrey League race yet this year and want to run, let us know so we can allocate you a number.

The start/finish area will be near Sheen Cross roundabout, close to Sheen Gate and Roehampton Gate.

The course

Winter rain has made the ground soft and the surface slippery. Spikes recommended, though trail shoes may be worn.

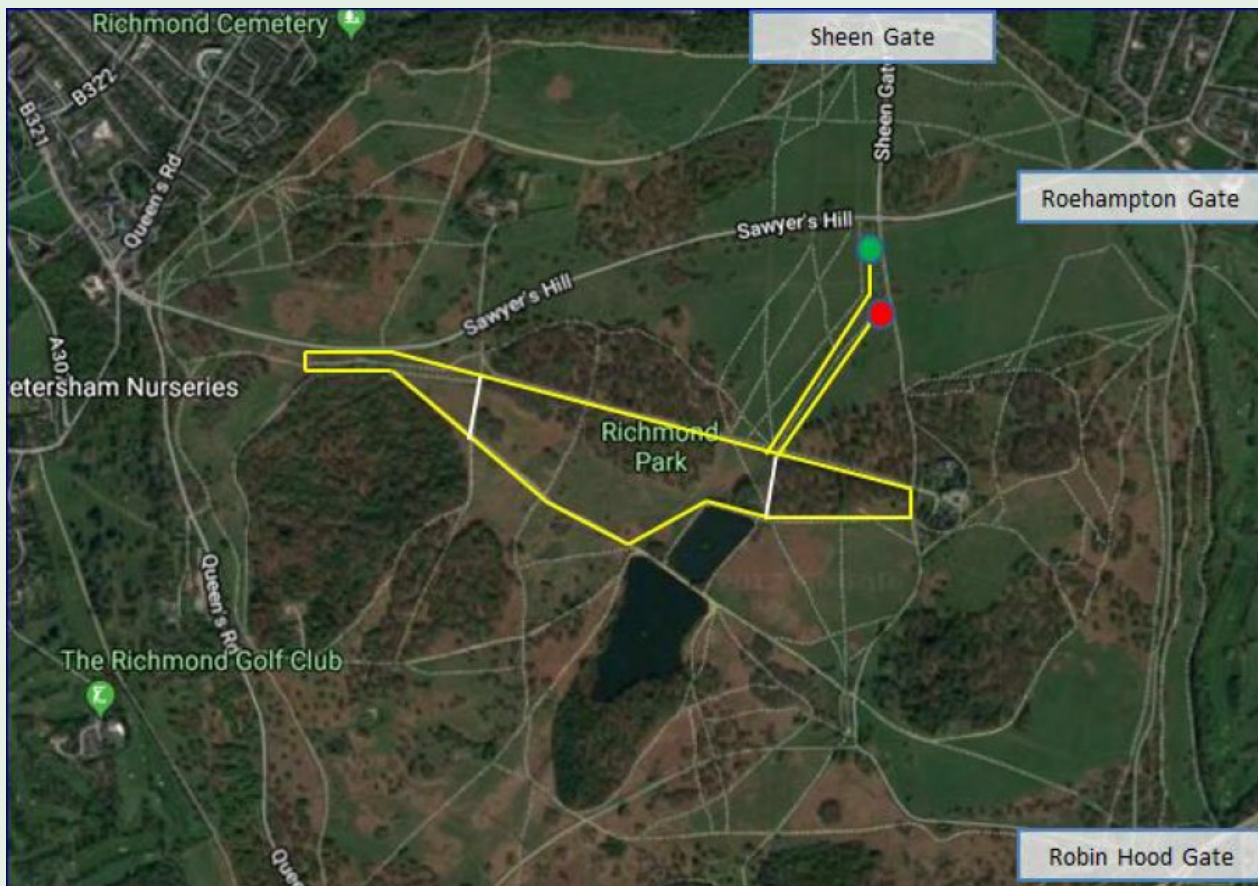
A wide and bumpy start, the course makes its way to the Jubilee Pond before following a grass path beside a brook to the foot of Queen's Ride and the start of the lap.

Turn right and ascend Queen's Ride, all the way up until the road is reached. Follow the road to a dip, where there is a narrow path on the left. After a short while, cross the horse ride where there is a large clump of reeds and immediately bear left, to join the main path around Sidmouth Wood. Follow this path all the way down the hill to the Pen Ponds.

Turn left before the ponds onto the grass then bear right to run beside the lower Pen Pond. Continue up towards the Ballet School before two left turns lead to a descent to the bottom of Queen's Ride and the end of the lap. Senior Women will run two laps.

At the bottom of Queen's Ride turn right to follow another grass path beside the brook to the finish.

The location of the start and finish, the course and car parks is shown below.



We will arrive about 12 noon.

Please arrive by 12.30 p.m. to give time for everyone to warm up. We are not allowed to put up the tent so bring a large black bag for your gear if it looks like rain.

Note - Toilets are available at Sheen Gate, Roehampton Gate and Robin Hood Gate car parks. Some of the toilets in the park may incur a 20p charge for use.

If anyone is driving and can offer lifts, or would like a lift, or knows the best way by train - let us know by email or Facebook.

Richmond Park is a beautiful place to run. It has protected status as an important habitat for wildlife. We are therefore advised by Sir David Attenborough to tread lightly!

if you can't run but would be able to marshal, please let us know

End Of Surrey League Cross Country Drinks will be held at The Half Moon in Herne Hill from 7:30pm. Details of the pub are as follows:- <https://whatpub.com/pubs/SEL/10824/half-moon-herne-hill>

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.*

2020				
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Beckenham parkrun	short	Beckenham Place Park
	22	National Cross Country champs,		Nottingham
Mar	1	Validity Big Half	long	London
	22	Southern 12 and 6 stage relays		Milton Keynes
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: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

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

15 Feb Beckenham 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.

Club Champs: Beckenham Place Parkrun, 15 February

Our first club champs event for 2020 is a parkrun, and we originally chose Dulwich but due to recent problems caused by the number of runners at the finish funnel (though now sorted) and also course congestion it has been decided to use Beckenham Place parkrun 15 February, where current numbers are much lower at around 300.

A flat mostly grass course, muddy in places, and some gravel path, suitable for trail shoes or spikes. We will be adding to the numbers so the organisers would welcome some volunteers to help with marshalling, so if you are not running, you are encouraged to sign up as volunteers on the day.

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Indoor Track Races Lee Valley, Edmonton

Lee Valley has a series of open track races on their 200 metre indoor track in January and February.

Wednesday 29 January - 3 km and Dream Mile

Wednesday 19 February - 800 m and 1500 m

Details <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Entry is in advance.

Men's Surrey League Cross Country, 8 Feb

The final Surrey League fixture of the season is at Lloyd Park, 8 February, start 3pm. The best transport option is to use the tram to the Lloyd Park stop, adjacent to the start. Parking in nearby streets and small car park near the start (free but make sure you display a ticket).

Cafe near start/finish area, toilets and changing rooms adjacent to the cafe (please remove muddy shoes).

Course is 2 laps, roughly 5 miles, grass and trails. Likely to be muddy and waterlogged in places, with the mud heavier than at the South of Thames race before Christmas, so suitable for long spikes. All divisions are running at Lloyd Park and Div 1 is the final race, so course will be cut up in places. If you took race numbers with you at the end of the Jan race at Beckenham, please bring them with you.

To mark the end of the season, everyone regardless of whether or not you have participated this season is invited for drinks at the Half Moon, Herne Hill from 7.30pm.

National Cross Country Champs

22 February

We currently have 17 men and women signed up for the National Cross Country Champs taking place at Nottingham on 22 February. Entries will close very soon so if you would like to be entered, now is your final opportunity to contact your captains. dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebepriill@yahoo.co.uk

Suggested training in coming weeks.

Here is my training suggestion for the next few weeks for prospective marathon runners - *Steve Smythe*

Wed 5	70 mins at one min a mile slower than Mar pace
Thu 6	10km alternating half-Mar pace and a min a mile slower than Mar pace every 3 mins
Fri 7	30 mins easy or rest
Sat 8	Surrey League XC
Sun 9	20 miles slow (60-90 secs a mile slower than Mar pace)
Mon 10	30 mins easy or rest
Tue 11	8 x 800m at 5k pace with one to two min recovery or 200m slow jog
Wed 12	75 mins at one min a mile slower than Mar pace
Thu 13	10km at Mar pace with 30 secs faster (at HM pace) every 5 mins, then 30 secs slow jog then back to Mar pace
Fri 14	30 mins easy or rest
Sat 15	Parkrun
Sun 16	22 miles slow (60-90 secs a mile slower than Mar pace)
Mon 17	30 mins easy or rest
Tue 18	16 x 400m at 5km pace with one min to 90 secs recovery or 200m jog
Wed 19	80 mins at one min a mile slower than Mar pace
Thu 20	6 miles acceleration run - ie for sub-3 Marer, miles of 8:10, 7:50, 7:30, 7:10, 6:50, 6:30
Fri 21	30 mins easy or rest
Sat 22	National XC Champs or Hills
Sun 23	15 miles slow but last 5 miles nearer HM pace
Mon 24	30 mins easy or rest
Tue 25	mile at half-Mar pace, 16 x 200m relaxed at 5km pace, 1 mile at half-Mar pace
Wed 26	60 mins at one min a mile slower than Mar pace
Thu 27	5 miles steady to relaxed with 8 x one min bursts at half-Mar pace every 4 mins
Fri 28	30 mins easy or rest
Sat 29	easy 30 mins
Sun Mar 1	Half-Marathon race

Training paces

*Steve Smythe writes...*Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

Adidas Shoe trial

Welcome to a unique opportunity to try out one of adidas' newest running shoes for free, with zero obligation to buy. On Wednesday 5th February, our local adidas representative Emma will be coming to the club with the new Ultraboost 20 for you to try.

You will be able to use them for the entire run, and simply hand them back afterwards.

The Ultraboost 20 is a high-performance shoe featuring a foot-hugging knit upper. Stitched-in reinforcement is precisely placed to give you support in the places you need it most. The soft elastane heel delivers a more comfortable fit. Responsive cushioning returns energy to your stride with every footstrike for that 'I-could-run-forever' feeling.

Often when trying on new shoes people respond with, 'Well they feel good now, but you only really know if they're right when you take them for a run outside.' Well, now's your chance.



The club has 10 places at the Brighton Marathon.

Regular entry is closed, the club places go for the same fee.

Let me know by Monday 24 February latest, ebepriill@yahoo.co.uk or in person.

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

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.

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

South of England Championships Parliament Hill

January 25

Men

Steve Smythe writes...Parliament Hill was the famous venue used for the South of England XC - the men running 15km (though probably a kilometre short) and the women a mere 8km. There is no equality in South of England cross-country.

For everyone there was lots of cloying mud and with the usual hills, everyone's pace was around a minute a mile down on what would have been achieved on the road.

There have been some exceptional club runs in recent years on various surfaces from Tim, Ed, Andy and Buzz but Jack's run here - 36th - was way above anything previously achieved by a Dulwich Runner on the country.

Jack was ahead of 30 minute 10k and 66 half-marathoners and held in the top 40 when no one from the club has ever made the top 100.

Tim, Kevin, James and Alex all had steady runs with the A team completed by Mike W who with 40-50 mile trail runs to come, this was a sprint.

Des, Sumrit, Joe, Edward, newcomer Will, Andrea, Jonny, Ebe and Mike gave us a respectable 14 finishers.

The team made the top half but Jack's top 40 obviously elevated us but we were missing a lot of potential scorers.

Mike Mann adds...this was not an event for the faint hearted despite the fact that that the men's course was shorter than its advertised 15km. With thick, cloying, foul smelling mud in all the usual places anyone without long spikes struggled as some of the

Women

A great turn out of 14 - though we were missing a few faster runners who were injured or felt unable to take part due to niggles etc Marta ran strongly over the second half to lead us home with Katie making a faster state than normal and holding her position well.

Sara also started quickly and hung on well and the scoring team was completed by an excellent run from Ola - her best of the winter. Rebecca also had her best run of the winter and there were solid runs from Emma and a very good one from Eleanor who finished ahead of Ange, Yvette and Laura who were not quite at their very best.

Helena, Sonja, Hannah and Lindsay completed the finishers. we were a fine 24th - way above our Surrey League form though are capable of a top 10 with all potential scorers in form.

Women TEAM: 1 Highgate 66; 24 Dulw R 704;
70 teams finished

bends particularly on downhill cambers were hard to negotiate, with fell or trail shoes getting clogged up almost immediately. That included Michael Williams and myself. Fell shoes are fine in wet sloppy mud such as at Lloyd Park in the South of Thames race prior to Christmas but they weren't up to the job here.

After careering sideways on the bend at the foot of the first hill with arms flailing, I decided to ease off and treat it as a training run, which somewhat surprisingly proved quite enjoyable. I was only spurred into action on the finishing straight by the sight of a Vegan Runner ahead of me who I managed to overtake. When I removed my shoes at the end they were more than double their normal weight. Late in the final lap, I was lapped by Jack gliding over the mud in probably his best run of an outstanding season. Thanks to Bernard, John O'Byrne, Barry, Andy, Ros and some of our women who had run earlier for their support during the race.

36	Jack Ramm	50:54
232	Tim Bowen	57:26
380	Kevin Chadwick	60:50
457	James Burrows	62:11
494	Alex Loftus	62:51
543	Michael Williams	63:57
605	Des Crinion	65:12
613	Sumrit Mattu	65:18
649	Joe Farrington Douglas	66:09
733	Edward Simmons	67:55
769	Will Lawn	69:03
812	Andrea Ceccolini	70:09
850	Jonny Hough	71:30
1039	Eberhard Prill	79:15
1069	Michael Mann	80:56

Men TEAM: 1 AFD 97...39 Dulwich R 2142;
81 teams finished

121	Marta Miasiewicz	35:09
164	Katie Styles	36:28
203	Sara Roloff	37:43
216	Ola Balme	38:11
223	Rebecca Schulleri	38:20
226	Emma Ibell	38:23
240	Eleanor Simmons	38:51
249	Ange Norris	39:02
261	Yvette Dore	39:18
269	Laura Vincent	39:34
293	Helena Flippance	40:06
474	Sonja Jutte	45:05
518	Hannah Little	46:17
559	Lindsey Annable	47:49

More awards for Clare

Having won the British Masters athlete of the year and the European athletics distance runner award, Clare also was chosen as runner-up in both the World Masters distance runner and the World Masters middle distance runner for 2019.

Reading the various athlete descriptions you will probably know some of the others nominated!

<https://world-masters-athletics.com/news/2019-athletes-of-the-year/>

Clare's major races in 2019 were as follows

Middle distance (800m/1500m)

Jan 30	Indoor Mile Lee Valley 5:15.44	World record
Feb 10	Indoor 1500m Lee Valley 4:53.87	World record
Feb 16	Indoor 800m Lee Valley 2:25.89	World record
Feb 20	Indoor 800m Lee Valley 2:25.66	World record
Feb 24	Indoor 1500m Lee Valley 4:50.75	World record
Mar 16	Indoor 800m Lee Valley 2:22.40	World record
Mar 28	Indoor 800m World Masters 2:23.10	Silver medal
Mar 30	Indoor 1500m World Masters 4:54.97	Gold medal
Apr 22	1500m Tonbridge 4:48.65	World record
May 12	1500m Ashford, Kent Champs 4:46.64	World record
May 26	Road Mile, the Mall, London, BMAF Champs 5:09	World Best
Jun 21	Mile Finsbury Park 5:12.64	World record
Jun 29	800m Tooting 2:22.39	UK record
Aug 2	Mile Olympic Park 5:10.35	World record
Sep 7	1500m European Masters 5:03.71	Gold medal
Sep 13	800m European Masters 2:28.10	Silver medal

Endurance (3000m upwards)

Feb 22	Road 5km Hyde Park 17:39	World Best
Mar 10	Indoor 3000m British Masters 10:13.40	World record
Mar 24	Indoor 3000m World Masters 10:31.40	Gold medal
Mar 25	8km World Masters (cross-country) 32:51	Gold medal & team gold
Jun 11	Road 5M Battersea 29:05	World Best
Jun 26	3000m Wimbledon 10:11.24	UK record
Jul 17	5000m Eltham 17:50.0	UK record
Jul 27	5000m Milton Keynes 17:42.99	UK record
Sep 1	10,000m Ladywell 37:39.60	English best
Sep 8	4km European Masters (cross-country) 14:33	Gold medal & team gold
Sep 9	10,000m European Masters 39:19.51	Gold medal
Sep 13	5000m European Masters 19:00.30	Gold medal
Sep 15	10km road European Masters 37:56	Gold medal
Oct 27	10km road Leeds 36:38 English best but later measured 23m short	
Nov 16	6km XC British Masters International 22:31	Gold medal & team gold
Nov 28	5000m Ladywell 17:36.4	UK record
Dec 8	10km Telford 36:54 English best due to Leeds short.	

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020

After 7 events - Best 5 events including 3 Surrey Leagues

	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	Surrey Lge 3	Surrey Lge 4	London Champs	Southerns	South of Thames		
MEN	Mob match	Effing ham	Wimble don	Beckenham	Lloyd Park	Parl. Hill	Parl. Hill	Morden	running total	
	28/9/19	12/10/19	09/11/19	11/1/20	8/2/20	16/11/19	25/1/20	23/11/19		
Jack Ramm	49	49	49	50		50	50		297	6
Tom South	48	46	45	46		49		50	284	6
Martin Belzunce	47	43	42	43		48			223	5
Matt Cooke		38	36	40		47		48	209	5
Ed Chuck	50	50	50	49					199	4
Mike Mann	37	28		22		33	36	37	193	6
Gower Tan	43	36		27		41		43	190	5
Tim Bowen		44	47	47			49		187	4
Des Crinion		33	34	33		42	44		186	5
Danny Mann		45	43	41				47	176	4
Jonny Hough	42	32	26			37	38		175	5
Tom Wilson	40	29	28			36		41	174	5
Andrea Ceccolini	41	34	30	26		39			170	5
James Burrows		41	38	42			47		168	4
Nick Wood		42	37	35		46			160	4
Ebe Prill	39		24	21		35	37		156	5
Grant Kennedy		37	33	37		43			150	4
Andy Bond		48	48	48					144	3
Ross Rook			29	29		40		44	142	4
Wayne Lashley			44	44				49	137	3
Justin Siderfin		35	27	32				42	136	4
Tom Shakhli			41			45		46	132	3
Kevin Chadwick				45		39	48		132	3
Alex Loftus	44			38			46		128	3
Mike Williams			40	36			45		121	3
Joe Farrington-Douglas			32	31			42		105	3
Ed Simmons				25		38	41		104	3
Shane O'Neill		47	46						93	2
Miles Gawthorp			25	23				39	87	3
Sumrit Mattu				34			43		77	2
Martin Double	38							38	76	2
Charles Lound		40		30					70	2
Gideon Franklin		27				34			61	2
Eugene Cross			31	28					59	2
Joe Twomey	46								46	1
Tony Tuohy	45								45	1
Ben Smith								45	45	1
Will Lawn						44			44	1
Lloyd Collier								40	40	1
Will Lawn						40			40	1
Paul Devine		39							39	1
Rob Hollands			39						39	1
Shane Donlon				39					39	1
Jopseph Brady	36								36	1
Gary Budinger								36	36	1
Ian Lilley			35						35	1
Barrie John Nicholls								35	35	1
Andy Murray								34	34	1
Mark Foster		31							31	1
Hugh Balfour		30							30	1
James Auger				24					24	1

Corrected final version

February 1

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

Beckenham Place

240 Ran			
Pos	Gen		
5	5	Joe Farrington-Douglas	19:48
27	25	Ebe Prill	22:16
74	65	Colin Frith	24:58
89	12	Claire Barnard	25:35

Bethlem Hospital

56 Ran			
Pos	Gen		
4	4	Stephen Smythe	23:15
34	11	Clare Osborne	32:44

Bexley

588 Ran			
Pos	Gen		
27	23	Michael Fullilove	22:35

Brockwell , Herne Hill

542 Ran			
Pos	Gen		
23	19	Gower Tan	19:48
24	20	Jonny Hough	19:49
39	33	Mark Foster	20:22
93	7	Lucy Pickering	22:21
99	9	Ola Balme	22:33
157	24	Lucy Clapp	24:10
195	132	Graham Laylee	25:09
371	104	Sharon Erdman	28:52

Bromley

827 Ran			
Pos	Gen		
465	330	Peter Jackson	28:19

Burgess

741 Ran			
Pos	Gen		
78	64	Joe Sheppard	20:53
265	177	Joseph Brady	24:41
330	212	Andy Murray	25:37
392	102	Claire Steward	26:33
469	263	Paul Keating	27:57
735	325	Chris Vernon	49:52
740	293	Susan Vernon	58:51

Catford

279 Ran			
Pos	Gen		
2	2	Andy Bond	17:08

Crystal Palace

531 Ran			
Pos	Gen		
21	18	Alastair Locke	20:15

39	3	Yvette Dore	21:02	Pos	Gen		
54	6	Helen Lister	21:51	4	4	Kevin Chadwick	18:09
62	9	Belinda Cottrill	22:09	14	14	Alex Bazin	19:44
189	144	Bob Bell	25:21	21	1	Michelle Lennon	20:18
191	31	Charlotte Sanderson	25:23	59	4	Emma Ibell	22:02
365	234	Paul Hilton	29:55	74	63	Dan Hill	22:27
				106	88	Gideon Franklin	23:55
				227	50	Michelle Key	27:10
				303	88	Lauren Gill	29:37

Dulwich

647 Ran			
Pos	Gen		
17	13	Daniel Mann	17:08
24	20	Martin Belzunce	17:26
57	44	Joe Wood	19:01
82	5	Sara Roloff	19:51
86	7	Ellie Balfe	20:03
108	82	Tom Shakhli	20:45
114	88	Paul Vivash	20:50
160	125	Olivier Montfort	22:01
320	231	Michael Dodds	25:28
360	77	Colleen Williams	26:36
528	325	Mick Mead	31:28
647	235	Clare Wyngard	49:39

Hackney Marshes

521 Ran			
Pos	Gen		
58	50	Paul Collyer	20:37

Hilly Fields

327 Ran			
Pos	Gen		
5	4	Alex Loftus	19:34
119	15	Hannah Little	25:46

Kingston Park

139 Ran			
Pos	Gen		
8	2	Tess Bright	22:09

Leicester Victoria

515 Ran			
Pos	Gen		
135	25	Marjorie Epton	25:51

Malling

370 Ran			
Pos	Gen		
28	1	Tereza Francova	22:38

Old Deer Park

136 Ran			
Pos	Gen		
55	12	Lindsey Annable	27:57

Peckham Rye

440 Ran

Preston Park

634 Ran			
Pos	Gen		
1	1	Thomas South	17:20

Riddlesdown

123 Ran			
Pos	Gen		
21	3	Ange Norris	23:50

Stranmillis College

53 Ran			
Pos	Gen		
11	2	Laura Vincent	23:01

Tilgate

601 Ran			
Pos	Gen		
106	93	Gary Budinger	24:27

Tooting Common

718 Ran			
Pos	Gen		
716	265	Ian Sesnan	50:02

Valentines

352 Ran			
Pos	Gen		
6	1	Kim Hainsworth	20:12

Victoria Dock

217 Ran			
Pos	Gen		
32	27	Matthew Ladds	20:25

Wildflower

116 Ran			
Pos	Gen		
3	3	Alexander Dodds	21:52

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



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



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

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces 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
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.

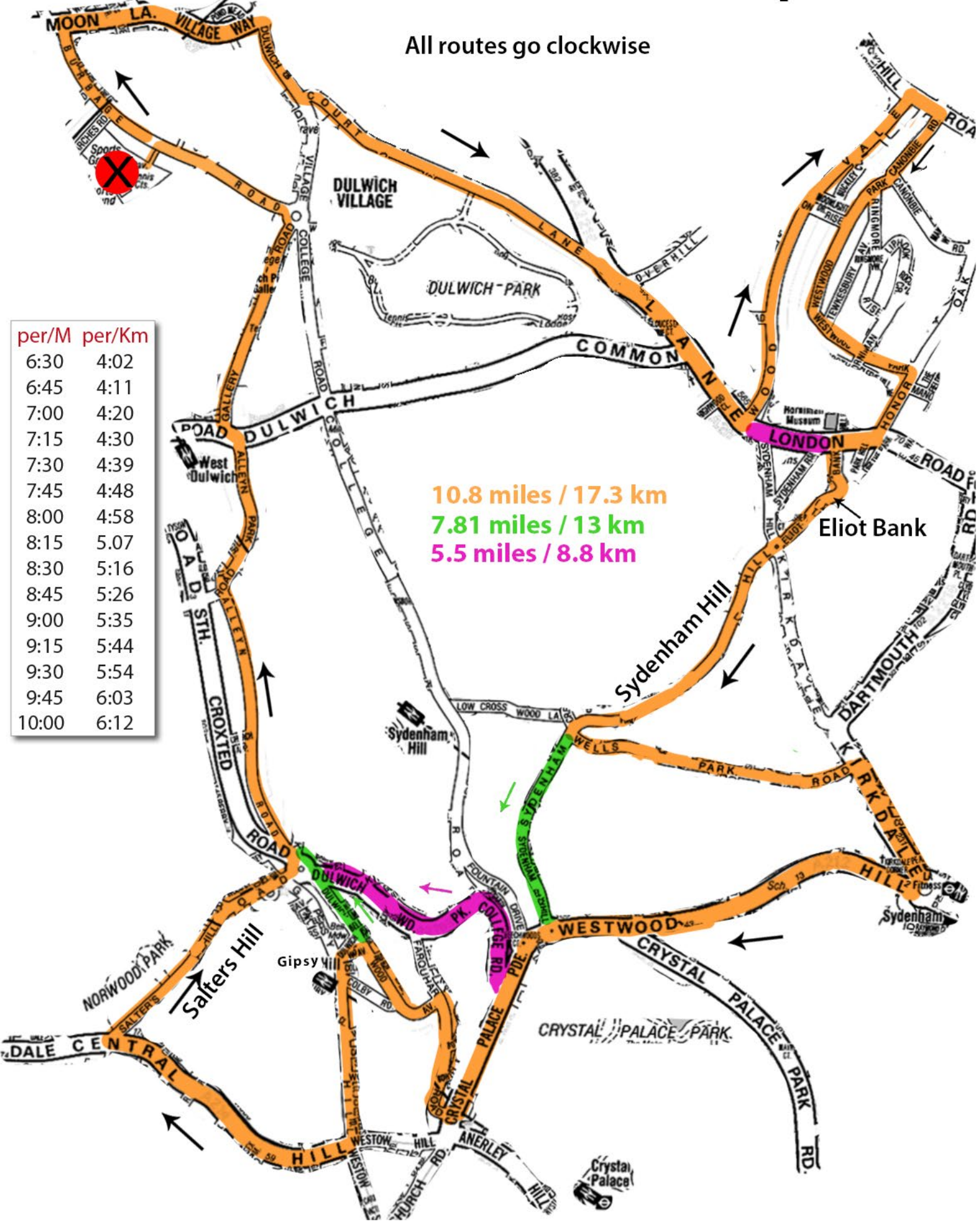
Dulwich Runners Winter Map 5

All routes go clockwise

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

10.8 miles / 17.3 km
 7.81 miles / 13 km
 5.5 miles / 8.8 km

Eliot Bank



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