



# SHORTS

Dulwich Runners AC

Weekly Newsletter

February 6th 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 6 Club Night, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 9 Surrey League Xc - men & women

Tue 12 Crystal Palace track

Like us on Facebook @dulwichrunners

## 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.

### 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

## 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 will go into a free draw and could win the £5 cash spot prize!

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## 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)

## 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.

## In your SHORTS this week!

- 1 General information
- 2 Fixture list & race details
- 4 Marathon schedule and other goodies! 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](http://www.dulwichrunners.org.uk)

Connect with us:



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

### A brief look ahead

Feb 9 Surrey League Xc - men Lloyd Pk - women Richmond Pk

Feb 16 Dulwich parkrun - rearranged club champs race

Feb 23 England National Cross country Champs - Leeds

## NEW RUNNERS ROTA

A big thankyou to **James Burrows** 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

**Yvette Dore**

**06/02**

Sharon Erdman

13/02

Emma Ibbell

19/02

Paul Keating

26/02

## 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 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
Feb	9	Surrey League Xc	1:30pm	Men -	DR XC champs	Lloyd Park
	9	Surrey League Xc	11am	Women -	DR XC champs	Richmond Pk
	16	Club Champs Dulwich parkrun		short		Dulwich Park
	23	England National Xc Champs				Harewood House, Leeds
Mar	2	Surrey League Xc	1pm	Women		Lloyd Park
	10	Validity Big Half		long		London
	16	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		
May	18	BMAF - Sutton Park				Birmingham
	27	BUPA 10k				
Jun	10	Sri Chinmoy 5k		short		Battersea Park
	16	Eltham Park 5		short		Eltham
Jul	14	date tbc Sevenoaks Seven		long		Sevenoaks, Kent
	26	date tbc SOAR Mile		short		
Nov	3	date tbc 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](mailto:mcmann90@yahoo.co.uk)   Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)   Ladies: [dulwichladiescaptain@gmail.com](mailto: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.

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 tbc	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

## 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

**NOTE:** The date of the Regents Park 10k has been changed from 6 October to 3 November, because the October date clashes with the national road relays final.

## Men's Surrey League Cross Country - 9 February

Final Surrey League fixture on 9 February at Lloyd Park, Croydon. Note earlier start time 1.30pm. After 3 matches we remain in 2nd position overall, but following our weaker showing in January, our lead over 3rd place Fulham is only just over 100 points, so there is all to play for. Hopefully many of our injured leading scorers will be fit to return, and a strong turnout of potential scorers and non-scorers to show our commitment to our supporters and the opposition. Those who kept their numbers after the last race are reminded to bring them, though to be fair to Wayne he turned up in good time last time with his number before having a good run.

Start and finish are close to the Lloyd Park tram stop on Coombe Road. Travel by tram if possible, there is parking on the roads nearby. Course about 5 miles, two equal laps. The route is grass and trails which can be waterlogged in places, 12mm spikes or cross country fell shoes recommended. Cafe near the start/finish area (please remove muddy shoes), toilets and changing rooms adjacent to the cafe *Mike Mann*

## Club Champs Update: Dulwich parkrun 16 February

Following the cancellation of the Catford parkrun on 2 February as a result of ice on the course, this club champs event has been moved forward to 16 February, but using Dulwich parkrun. The reason for this switch of venue is part of the Catford course is on grass, putting those without trail or cross country shoes at a disadvantage. The road course at Dulwich will hopefully encourage a good turnout.

# Surrey League - Ladies'

## 3rd match Saturday 9th Feb

### Richmond Park TW10 5HS

### 11am start

5 miles

The third ladies' Surrey League cross country race is at Richmond Park. The start is 100m from the entrance to Isabella Plantation, across the road from the Broomfield Hill car park.

The course is 2 laps of the red route on parkland and

wooded trails. Spikes or trail shoes are recommended.

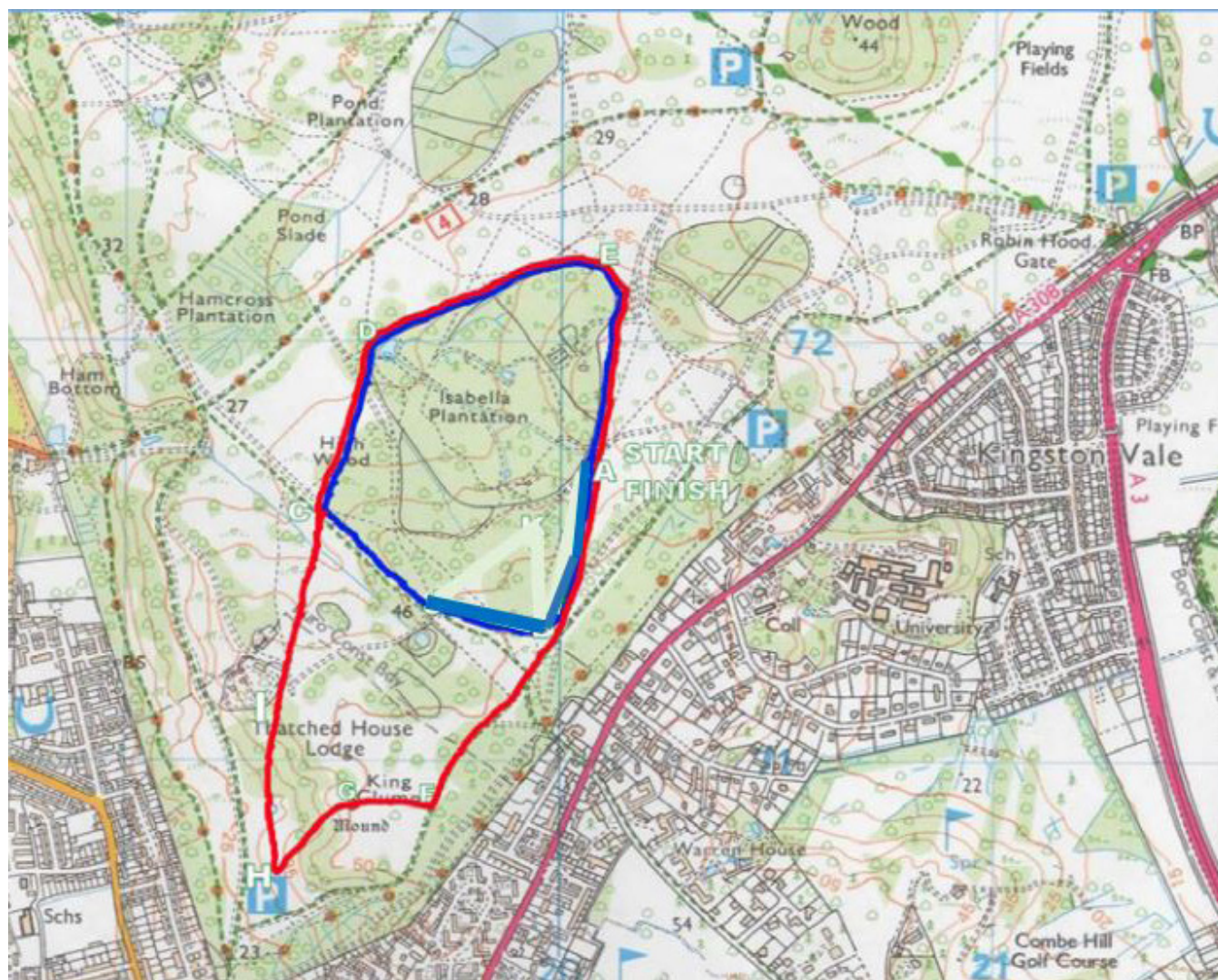
Getting there - parking is free at the Broomfield Hill car park and also at Robin Hood and Kingston gates. (Both 20 minutes walk from the start). Toilets are also at the Robin Hood and Kingston gates. Public transport details are here - <https://www.royalparks.org.uk/parks/richmond-park/visitor-information/opening-times-and-getting-here>

All ladies can run. Any who haven't yet run a Surrey League race this season need to let Ange and Ola know they want to run so they can be allocated a number in advance.

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

#### Helpers

If any member can help on the day please let Ange and Ola know.



## Masters Events major events coming up

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.

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](http://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](http://www.startfitness.co.uk) SurreyXCSF10

## 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.

## 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](http://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](mailto: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](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

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

## 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.

Wed Feb 6	60 mins steady (min. a mile slower than goal mar. pace)
Thu Feb 7	12km of 2km easy, 10km at slower than mar. pace with 30 sec bursts every km at 5km pace
Fri Feb 8	40 mins easy or rest
Sat Feb 9	Surrey League
Sun Feb 10	approx 2h 40mins slow (approx a min. a mile slower than goal mar. pace (21-23M))
Mon Feb 11	40 mins easy or rest
Tue Feb 12	Tues Feb 12: 2000m/200m reps
Wed Feb 13	75 mins steady (a min a mile slower than goal mar. pace) but quicker last 15 mins
Thu Feb 14	12km of 2km at steady (15 secs a mile slower than mar. pace, 1km HM pace, 2km mar. pace, 1km steady, 1km HM pace, 3km mar. pace

Fri Feb 15	40 mins easy or rest
Sat Feb 16	Hills
Sun Feb 17	3h with 1st & last hour slow (at least min. -90sec a mile slower than goal pace) middle hour within 15-30secs of mar. pace
Mon Feb 18	40 mins easy or rest
Tue Feb 19	1600m/1200m reps
Wed Feb 20	80 mins steady (a min a mile slower than goal mar. pace) but quicker last 20 mins
Thu Feb 21	12km of 1km steady, 1km HM pace, 1km mar pace x 4
Fri Feb 22	40 mins easy or rest
Sat Feb 23	National XC or parkrun
Sun Feb 24	2 hours relaxed fast steady pace

# 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.

## Ayo Falola Dream Mile and 3000m Lee Valley

January 30

When Clare competed in this meeting four years ago, she set a world W50 record and she returned for her first indoor race in four years.

Tony had run a 3000m earlier - slightly disappointingly and fading off a 10:00 pace to run 10:13.33 but was clearly going to run a similar pace to Clare when tired for the mile and agreed to run the right pace.

Clare's target for the world record was 5:19.87 held by American Kathryn Martin - normally well within her range but with no warm up track races and not too many track sessions and a lot of XC and road races, she wasn't as prepared as she would have like.

Needing 40 second laps, she went to the back of the field behind Tony and the pace seemed perfect. She continued to reel off the laps at the right pace but had to move wide and overtake some of those who were slowing.

Tony carried on his perfect pacing until three quarters of a mile but realised he was struggling and moved wide and Clare passed and kicked on.

Over the last 400m, Clare accelerated and easily broke the record with 5:15.44 with

Tony two seconds back.

Not only did Clare better the indoor world record but it was also two seconds better than the outdoor record, and clearly she can go even faster with more training and racing.

Des Crinion ran in the next mile and he finished strongly but just failed to break five minutes but excellent running having run 9 miles around Parliament Hill a few days earlier.

**Steve Smythe**

3000: B: 10th Tony Tuohy 10:13.33

Mile: C: 9th Clare Elms 5:15.44 (world W55 record)

Mile: C: 10th Tony Tuohy 5:17.16

Mile: B: 9th Des Crinion 5:00.54



## Beckenham Place

With Catford off, a few rushed to Beckenham.

Andy ran there and started late but still came through to win from Tony and Clare. It was Clare's 150th parkrun and 150th first finish - the first to reach that landmark unbeaten though there are 17 people with more first finishes though the top women averaged around 50 losses ]

166 Ran

Pos Gen

1	1	Andy Bond	18:25
2	2	Tony Tuohy	18:32
3	1	Clare Elms	18:57
7	6	Jonny Hough	20:11
8	7	Stephen Smythe	20:24
9	8	Jamie Nicol	20:26
16	15	Hugh Balfour	20:47
68	9	Laura Vincent	25:08
83	16	Hannah Harvest	26:35
97	74	Paul Keating	27:33
99	25	Sharon Erdman	27:39

## Bexley

337 Ran

Pos Gen

22	19	Michael Fullilove	22:36
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## Brockwell , Herne Hill

354 Ran

Pos Gen

69	6	Katie Styles	22:20
125	105	Jonathan Senker	24:03

## Bromley

487 Ran

Pos Gen

263	205	Peter Jackson	28:44
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## Burgess

445 Ran

Pos Gen

278	70	Claire Steward	27:24
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## Cannon Hill , Birmingham

741 Ran

Pos Gen

719	259	Susan Cooper	43:28
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## Dulwich

332 Ran

Pos Gen

24	1	Chloe Green	20:17
40	2	Michelle Lennon	21:05
60	7	Belinda Cottrill	22:11

61	54	Ajay Khandelwal	22:21
65	8	Yvette Dore	22:26
91	81	Bob Bell	23:33
138	117	Michael Dodds	25:02
146	123	Barrie John Nicholls	25:26
268	185	Mick Mead	31:30
327	119	Clare Wyngard	51:16
328	120	Lindsey Annable	51:17

## Highbury Fields

262 Ran

Pos Gen

20	19	Paul Collyer	19:46
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## Hilly Fields

238 Ran

Pos Gen

2	2	Daniel Mann	18:15
3	3	Des Crinion	19:17
18	1	Marta Miaskiewicz	20:52
31	29	Alex Haylett	22:41
62	58	Matthew Ladds	24:24
121	104	Colin Frith	27:13
230	66	Karina Burrowes	39:18

## Leicester Victoria

374 Ran

Pos Gen

281	99	Marjorie Epton	31:42
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## Lullingstone

33 Ran

Pos Gen

6	1	Tereza Francova	23:40
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## Peckham Rye

295 Ran

Pos Gen

9	9	Joe Twomey	19:40
24	24	Mark Foster	21:08
25	25	Justin Siderfin	21:12
62	58	Gideon Franklin	23:30
75	66	Graham Laylee	23:51
93	15	Jenny Ross	24:40
97	82	Rob Cope	24:58

## Riddlesdown

97 Ran

Pos Gen

18	2	Ange Norris	23:04
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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.



### Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season that started on 13 Oct 2018. 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. Men and women 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 other cross country races, most of which take place on Saturdays. 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 Croke 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 Croke championships

2018/19 the Ken Croke cross country championships will include the 4 Surrey League races, London championships, South of Thames long race, South of England championships on 26 January 2019 and the Riddlesdown parkrun in March 2019 (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

### Update

As a result of the late change to the women's Surrey League programme, with the January fixture cancelled and switched to March, the women need only to complete 2 Surrey League fixtures, though still 5 in total in order to qualify. The qualifying rules for the men are unchanged.

### Contacts

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 [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

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



HOODIES CLEARANCE  
ONLY £10 each



# SOCIAL SPOT

**P**  
**O**  
**T**

*Upcoming events.*  
**Beer & Cheese matching**  
Wednesday 13th February 9pm at the clubhouse.

This will be subsidised by the clubs social fund, but looking at £5.00 per person. Price might change depend on numbers.

If interested please send Tom a message on facebook, speak to him at the track or club, or send an email to [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

I will need to have finalised numbers by Sunday 10th February.

## 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](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



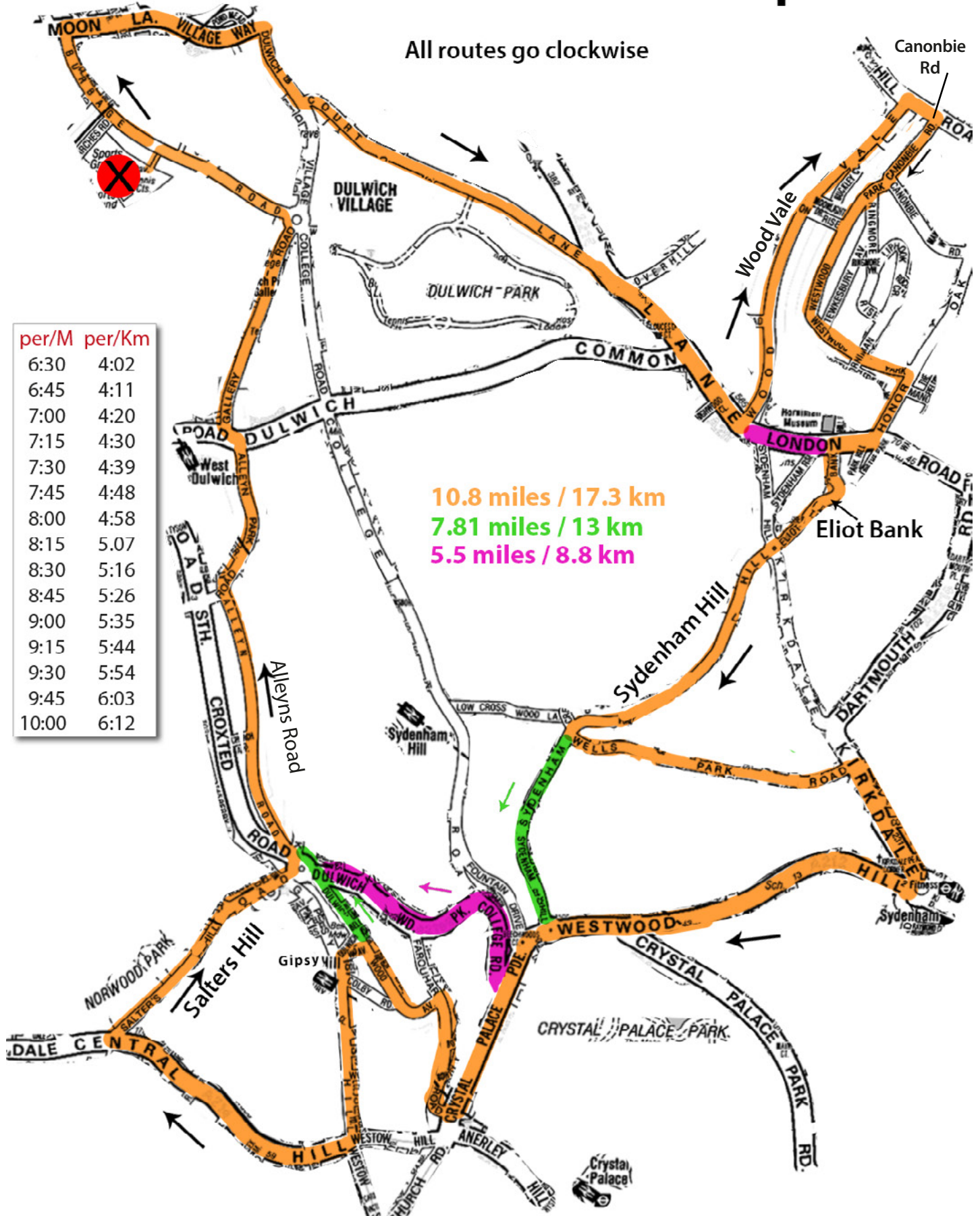
Instagram

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](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 5

All routes go clockwise



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

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