



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 20th 2021
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

NOTE: All club runs and organised training suspended until further notice

Connect with us:



Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Fixtures
- 3 25 training session ideas !
- 5 Club championships 2020/21
- 6 Results
- 10 Club Kit
- 12 Wednesday night map we would have used !...

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Dulwich Runners AC all club runs & training suspended during lockdown

Dear Club Members

You should all be aware of new lockdown restrictions that were announced Monday 5th January 2021

As a result and effective immediately all organised club running and training sessions that currently take

place on Tuesdays, Wednesdays, Thursdays, and sessions at Crystal Palace track are suspended until further notice.

You can still run with 1 person from another household, but that is up to individuals to arrange.

Ros Tabor - On behalf of Dulwich Runners Committee

Membership fees 2022 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news !

if you have renewed your membership or have

joined as a new member, in light of the restrictions on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

This only applies to club membership fees, your individual England Athletics registration fee will still need to be paid in 2021 (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it's not too late to do so.

Southwark are running a grant scheme

for Southwark based business who have been affected by restrictions.
I assume some of whom may be members of the Club

Details of who/what businesses are eligible and how to apply can be found here:

<https://www.southwark.gov.uk/business/business-support-and-advice/covid-19-support-and-information-for-businesses-and-employers?chapter=7>

James Reed

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.

Cross Country Update

Most of you will have realized this already, but it has now been officially confirmed that it will not be possible to stage any Surrey League cross country races this season.

Together with other cancellations this effectively means that the entire 2020/21 season is a write-off, hopefully there will be a return to competition in the autumn.

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

UK Athletics consultation on the equalisation of race distances in Cross-Country.

This can be found below and only takes a few minutes to complete.

[UKA Cross Country Consultation](#)

All Club Sessions, Wednesdays and Tuesday track currently suspended

Due to the new national lockdown, track sessions continue to remain cancelled. Here are some ideas for speed sessions you could do over the next month, by yourself or with a running buddy. Options given depending on your pace.

26 Jan 1000m reps: 5/6 x 1000 off 6 mins, 6 x 1000 off 5 mins and 8 x 1000 off 4 mins
2 Feb 1600m reps: 3 x 1600 off 9 mins, 4 x 1600 off 8 mins or 5 x 1600 off 7 mins

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after. Until your body has fully adapted, keep it controlled and be sure to a good warm up. For the Sydenham Hill suggest focussing initially on just half the hill. ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be
5 x 15 secs hills
4 x 30 secs
3 x 45 secs
2 x 60 secs
(1 x 2 mins)
all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent and contagious it would be beneficial to keep the time out

training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km

runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point half an hour or so away and run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than half-marathon race pace.

2021 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

With London and surrounding areas now in Tier 3 events should be regarded as provisional. We will review and update them around the end of March.

It may seem a long time ago to many of you but we actually did complete 2 events of the now defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a half marathon and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later. This will be followed by one of the Sri Chinmoy 5k races in Battersea, details to follow. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of races are available yet.

With the London Marathon scheduled for early October,

we have chosen the Paddock Wood Half Marathon in early September.

There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. However runners will be free to use any parkrun event at Dulwich once it restarts, helping to reduce pressure on numbers at a popular venue.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

9 May (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early August SOAR Mile

5 September Paddock Wood Half Marathon

4 October London Marathon (or alternative)

Suggested dates 30 October or 6 November Dulwich parkrun, but any dates after parkrun reopens

'5k and 10k League'

With the uncertainty over whether races will go ahead and their format and also whether members will be comfortable in taking part in races with large numbers of participants, particularly in the first half of the year we intend to introduce a league of 5k and 10k races. Any races over these distances completed in the first 6 months of 2021, whether they are traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club championships. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc)

We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.

You can upload any type of run -

Your own run - done by yourself or with one other person

A virtual race - any result from a virtual race

An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.

You can enter as many times as you like to try and improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - opentrack.run/competitions and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021

Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

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

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

The Parks of the Democratic Republic of Lewisham.

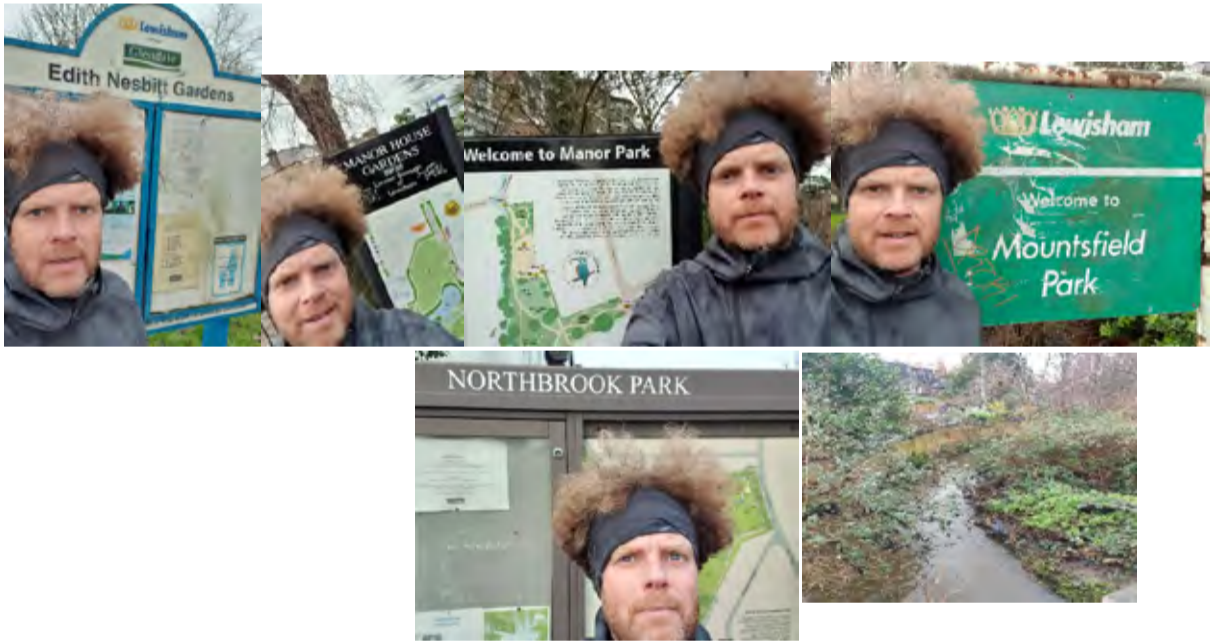
Believe it or not but just to the side of Southwark, homeland of Dulwich, is the London Borough of Lewisham. Famed for the Catford Cat, Gyrotory, Millwall FC, Lewisham Shopping Centre and maybe not much else, it does rather miraculously for an inner-city institution, have some parks/open land. With inspiration from some earlier Shorts, I thought I would tick off the parks, gardens, fields, heaths and barren lands of the Borough that forgot to get some river frontage.

Outing 1. Lee, Hither Green and a tad of Catford.

- 1. **Edith Nesbit Gardens.** This is more a square hidden in the back streets behind the glorious splendour of the Leegate, a barren Mad Max type shopping centre, that was empty even before Covid. I had not heard of Edith so upon look up discovered she wrote children's books. Online the surname finishes with one 't' but the park name has two. I assume it's the same person. **Verdict:** this is certainly not a runner's park unless you want a quick warm-up and live very local.
- 2. **Manor House Gardens.** Verges on a hidden gem, there is water recreation if you are brave enough, Tennis, 5-a-side, some kind of Ice House and the House itself, which was once owned by a Baring chap (Marchant Banker), who lends his name to a near-by road, and seemed to be Lord of the Manor (literally). On the Heritage list this one. **Verdict:** Okay for a run, maybe a lap then out onto the mean streets.
- 3. **Manor Park.** A never knew it was there invention. Like a lot of Lewisham parks, you don't know they exist since you cannot see them from the roadside, like Dulwich/Brockwell/Burgess. This is quaint and almost an oasis of calm. There appears to be a café, kept flower beds, and some kind of River (stream) called the Quaggy which dominates this part of London Town, often flooding downtown Lewisham. Here the Quaggy flows almost innocently alongside back gardens with a photo opportunity on the bridge before you dash out into the Hither Green neighbourhood. **Verdict:** Just a bit of land (cynical) for a nice running detour if training in this part of the Metropolis.
- 4. **Mountsfield Park.** Home of the world famous Catford Parkrun and once almost, a Club Champ venue. Plenty of us have done the 3 laps here and as result you get all those Strava segment things flashing up. The signs here need working on and not sure what Lewisham's policy is on their park sign upkeep. Another with a few tennis courts that lay empty expect when you turn up with your rackets. The café was open, and I suspect craft beer was being sold, covertly, code-word style, as it was busy. **Verdict:** Has a parkrun, and some decent hills for reps.
- 5. **Northbrook Park.** Usually a quiet park on Baring Road with a sectioned off part for dogs, where just after work time there are maybe 5000 dogs on patrol. Has a zip wire and year-round soccer goals up, and if you're brave enough to climb over the fence, old stables with lots of interesting graffiti. **Verdict:** 530m circuit here for laps, and maybe a sly mile time with the slope.

Side-dish. Lee and Hither Green is from a running perspective, pretty good, as all the roads are blocked to cars, flower beds put up overnight without consultation, so I am told, described as East Germany by some, a democracy by others.

Writes Ross Rook, native of Dulwich, resident of Lewisham.



EA Virtual Relays- 5 miles

Clubs competed in teams of 8, made up of 4 women and 4 men each running 5 miles. The top 50 teams progressed to round 2 of the competition. The event started on the 26th December, but Dulwich were short of a full team at the initial closing date but the extension due to bad weather allowed an excellent 19 to enter and TT the 5 miles. The top 8 came an impressive

14th team with over 3000 athletes entered and 128 Clubs took part. The second round is between 11th/15th Feb. so it would be great to get as many Dulwich Runners to compete as possible, as it is a fun event and it is also great to have a goal to train for with the shortage of real races.

Clare Elms

Below is the scoring team but being backed up by many good runs!

14: Dulwich 3:52:59

44 Jack Ramm	25:48	375 Kevin Chadwick M40	29:05
80 Buzz Shephard	26:24 7th M40	479 Alex Loftus M45	29:52
88 Tom South	26:31 2nd M45	704 Shane Donlon M35	31:04
120 Andy Bond	26:56 5th M45	1134 Hugh French M45	33:55
473 Clare Elms	29:49 1st age- grading 99.46%, 1 W55 (& W45/W50)	1172 Eberhard Prill M55	34:09
639 Kay Sheedy	30:41 4th W35	Becca Schulleri SNR	35:11
1013 Alice Williams	33:10	1395 Yvette Dore W45	35:36
1096 Kim Hainsworth	33:40	1399 Lucy Pickering W55	35:38
127 Steven Kendall M35	27:00	1418 Clare Norris W40	35:47
		1434 Laura Vincent W35	35:51
		2318 Caroline Schurmann W40	48:21

n RESULT S

FLEET & MARATHON 19/3/89

John O'Grady 1h 9m 25s P.B. (18th)
 Adrian Greer 1h 13m 10s
 Bill Macenzie Smith 1h 14m 00s
 Ann Roden 1h 16m 01s
 Ken Brady 1h 18m 01s
 Bernard Imber 1h 18m 24s
 Colin Doran 1h 18m 25s P.B.
 Paul Foster 1h 21m 40s
 Jonathan Hurford 1h 22m 40s P.B.
 Mike Fleming 1h 24m 40s
 Tom McKenzie 1h 26m 30s
 Bob Bell 1h 27m 59s P.B.
 Ray Powell 1h 28m 17s
 Russell Daker 1h 29m 00s P.B.
 Jill Craig 1h 29m 01s
 Steve Wehrle 1h 29m 52s
 Neil Payne 1h 30m 34s
 Sue Vernon 1h 30m 34s P.B.
 Ian Sennan 1h 31m 34s
 Mick Walker 1h 33m 19s P.B.
 Harry Handscombe 1h 34m 09s
 Peter Shaw 1h 37m 32s
 Andrew Fuller 1h 37m 37s
 Brian McHenry 1h 42m 10s
 Dave Freeman 1h 42m 36s
 Judith Knott 1h 45m 56s
 Ursula Wells 1h 46m 15s P.B.
 Marjorie Epton 1h 48m 20s P.B.
 Tony Henley 1h 53m 30s
 Ron Searle 1h 54m 00s
 Andrew Marshall 1h 55m 02s
 Denise Brady 1h 58m 00s

Well done to all but a special mention to JOG who is the first person in the club to have broken 70 minutes for a ♀, to Colin Doran who crucified his previous best time and to Sue Vernon who actually got under 90 mins for the first time, (if you deduct the time it took her to get to the start line).

(Other interesting time---- Julian Wade 1h 17m 30s)

Steve Wehrle

DATES FOR THE DIARY

FEBRUARY.

- 9th Men's league cross country at Tilford
- 10th Sunday run in the country (not Richmond...sorry about the mistake last week)
- 24th Ladies league cross-country at Coulsdon

MARCH.

- 3rd Woking 10, or usual Sunday run from the P.E. Centre, College Road

**CANTERBURY 10 27th January 1991
 DULWICH RUNNERS' RESULTS**

Jim Estall	51.38	Mike Dodds	63.21
Walter Busuttil	53.06	John Mason	63.22
Paul Foster	54.38	John O'Byrne	64.11
Colin Doorn	56.04	Ange Norris	64.13
Colin Bailey-Wood	56.17	Paul Chapman	64.38
David Jones	56.26	Harry Handscombe	66.50
Steve Williams	56.55	Giles Brindley	67.11
Mark Hyys	56.59	Jacqui Crayford	67.38
John Tymukas	58.36	Debbie Picout	67.40
Junior Galley	58.53	Dennis Masini	68.28
Tony Edwards	59.31	Phil McBrown	68.39
Bernard Imber	60.47	Tony Henley	69.00
Barry Dabrowski	60.24	Clare Wyngard	71.24
Dave West	60.30	Viv Crowe	72.07
Mike Fleming	60.30	Jude Knott	73.31
Bob Bell	61.02	Reiko Heaton	75.32
Jonathan Hurford	61.14	Dave Freeman	79.46
Marco Johnston	61.20	Jo Quantrell	80.??
Ian Sennan	61.28	Dennis Barker	80.53
Chris Vernon	61.49	Tom Callaghan	84.05
Richard Pole	62.11	Deniac Brady	95.??
Steve Wehrle	62.58	Ursula Radley	94.??

Shorts this week was compiled by Geoff Gartside tel 081-659-4335 at home or 071-257-2426 at work.

Please phone anything of interest to **SHORTS** by Tuesday evening, particularly results of races.

Runners Needed for a Research Study



This online study is examining the relationships between psychological factors, nutrition intake, and gastrointestinal (GI) symptoms during running.



Participation involves the following:

- Tracking information about your training runs for one week
- Completing a 10-15-minute electronic survey



To be eligible, you must:

- Be aged 18 years or older
- Run at least 20 miles/32 km per week
- Have run at least one run that was ≥ 60 minutes in the past two weeks

Contact person: Alex Ehler (aehle003@odu.edu)

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And another survey.....

My name is Georgia Dunn and I am a PhD researcher from Anglia Ruskin University.

My research is focused on those who require the use of spectacles, and how these spectacles could impact their running gait.

Below is the link for the survey and participation would be greatly appreciated for furthering my PhD research as it would further my understanding of running experiences with and without spectacles.

<https://angliaruskin.onlinesurveys.ac.uk/running-with-spectacles>

Georgia Dunn

PhD Researcher, School of Psychology and Sport Science

Faculty of Science & Engineering, FSE Student Representative

Anglia Ruskin University, Cambridge Site

Please click here to view our e-mail disclaimer <http://www.aru.ac.uk/email-disclaimer>

Calendar news - Dulwich Runners 2021 calendar is now on sale

Firstly, thank you again to everyone who has been a part of this by submitting photos and voting for the photos to be included. I'm sure you'll love the result. All those Christmas present problems can now be solved!

It is available through our online shop, which can be found at:

<https://www.fluidic.co.uk/c/6078/dulwich-runners>

All of the photos in the calendar are below

It is available in different formats/prices.

Members order directly from the website and funds will be forwarded to the club.



Cover



Jan



Feb



March



April



May



June



July



Aug



Sept



Oct



Nov



Dec

DULWICH RUNNERS CLUB KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-snoods £6 each



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



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Buffs-snoods - only £6
An ideal face covering !

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 & hoodies. Just click 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 Winter Map 5

All routes go clockwise

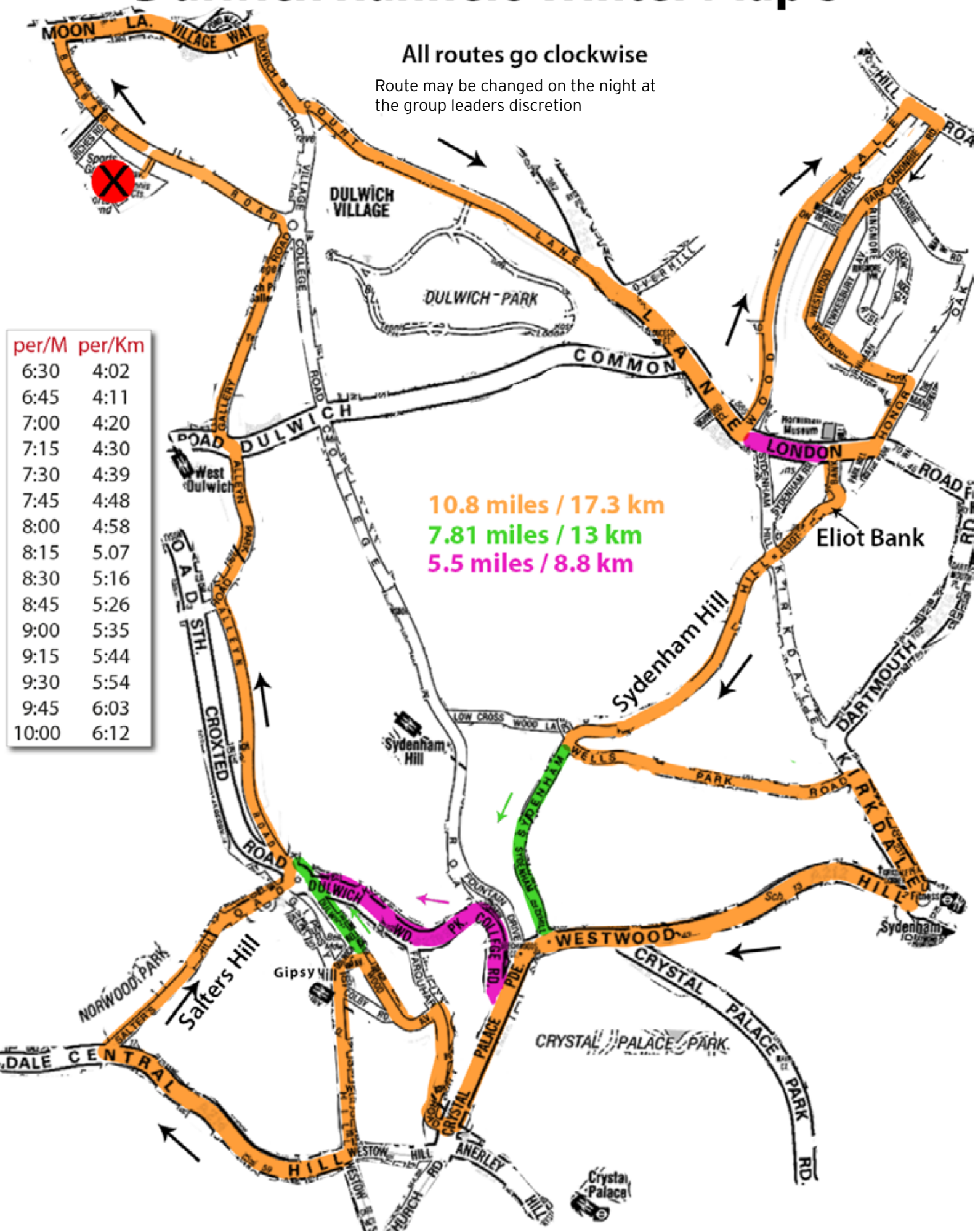
Route may be changed on the night at the group leaders discretion

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



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

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