



# SHORTS

Dulwich Runners AC

Weekly Newsletter

January 22nd 2020

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:

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

DEADLINE 17:30 TUESDAY

Wed 22	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 28	<b>Crystal Palace Track</b> - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for cost and new payment system

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Reports, results, Surrey league full report and pics
- 5 parkrun times
- 6 Club kit
- 9 Map for tonights runs

*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>

### 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

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

## Rehydration !

After your run come up 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.

## EVENT HORIZON

### A brief look ahead

- Jan 25 South of England Xc champs - Parliament Hill
- 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*



## NEW RUNNERS ROTA

Thanks go to **Mike Mann, Ebe Prill, Emma Kelly, Ange Norris and Mick Ward** 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

<b>Ian Sesnan</b>	<b>22/1</b>
Jo Shelton	29/1
Tom South	5/2
Claire Steward	12/2
Katie Styles	19/2
Ros Tabor	26/2

## 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 2019-20 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				
Jan	25	South of England cross country champs		Parliament Hill
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Dulwich parkrun	short	Dulwich Park
	22	National Cross Country champs,		Nottingham
Mar	1	Vitality 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
tb		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: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto: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 Dulwich parkrun short
  - 1 Mar Vitality 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.

## Ken Croke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## 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](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) or [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

## Marathon Training

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

## Suggested training in coming weeks.

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

Jan	Wed 22	Hour at one min a mile slower than Mar pace
	Thurs 23	1 mile easy then 2 miles at Mar pace, 1 mile slower, 2 miles at Mar pace
	Fri 24	30 mins easy or rest
	Sat 25	Southern XC or parkrun
	Sun 26	15-18 miles at a min a mile slower than Mar pace (less if have raced Southern)
	Mon 27	30 mins easy or rest
	Tues 28	5 x 1600m at 10km pace with two min recovery or 400m jog
	Wed 29	65 mins at one min a mile slower than Mar pace
	Thu 30	9km of alternative pace at steady (20-30 secs slower than Mar pace, half Mar, Mar per kilometre ie for sub 3 runner would be kilos of 4:40, 4:00, 4:20 etc
	Fri 31	30 mins easy or rest
	Sat 1	parkrun or hills
Feb	Sun 2	17-20 miles with 5 miles just outside Mar pace in middle of run - ie between 10 and 15 miles
	Mon 3	30 mins easy or rest
	Tue 4	6 x 1000m at 5k-10km pace with one to two min recovery or 200m slow jog
	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](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,** [ebepirill@yahoo.co.uk](mailto:ebepirill@yahoo.co.uk) or in person.

## 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.

### Post race refreshments

for runners and spectators alike after this coming Saturdays Southern Cross Country Champs.

I have reserved some tables for us again. Handy for Kentish Town underground and Thamelink to get home.

Good beer and Thai food to be had

Pineapple  
51 Leverton Street  
Kentish Town  
London  
NW5 2NX

<https://whatpub.com/pubs/NLD/6101/pineapple-london>

## 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)

### Cherry Smith

Members will be sorry to hear another piece of sad news. Cherry passed away on the 14th Jan at the age of 77. She was the last surviving founder of Run and Become, the first specialist running shop in London, which opened in 1982. The shop in Victoria was the place to go to pick up the running gossip from her husband Tony who died 13 years ago and who allowed you to try your shoes on the pavement outside the shop. In the early days our president Ron was quick to negotiate a 10% discount for DR members and many of us still go there to be served by Cherry and Tony's daughters.

*Chris Vernon*

### Terry Young

one of the original first five Dulwich Runners to run the very first London Marathon in 1981, died of Lung Cancer yesterday at his home in Bredon, Gloucestershire. He had been ill for more than a year but seemed to be recovering. *Ron Searle*

# Race Reports & Results

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

## Box Hill Fell Race - 8 miles (13 Km) 1900 ft (580 m) ascent

We broke a number of records this year: the largest number of DRs in the race, the fastest time and highest finish and possibly the most blood!

On a beautiful crisp winter's day 15 DRs stood in the quagmire which is the start, at the foot of the notorious Box Hill steps. There had been a few last minute drop-outs due to injury, including myself. Having jogged to the shop at 7 am I decided that the injured tendon at the back of my right knee would not thank me for racing round Box Hill.

For those unfamiliar with the course it is one lap starting and finishing at the aforesaid quagmire near the stepping stones. There are three big climbs and a couple of short sharp ones, and half a dozen exciting descents. If you are Jack Ramm it is all runnable, but for most mere mortals there is quite a lot of walking.

Jack and Ed got off to a flying start, and at the top of the first big climb they were lying 2nd and 4th respectively. From there on Jack flew round, mostly doing battle for second place with Andrew Barrington from VPH – the leader was about 30 seconds in front of them, and they were a couple of minutes clear of the rest of the field by the half way point. However at the top of the final descent the leader took a wrong turn and that put Jack in the lead, but with

Andrew on his shoulder. Overtaking while descending the steps is almost impossible, but Andrew tried it and Jack took a tumble trying to fend off the challenge and so finished 2nd, covered in mud and a certain amount of blood. It was a brilliant run, which was only 47 seconds outside the record.

Meanwhile, Ed was finding it harder going. A minor hip injury slowed him on the descents, but he put in a brave effort to finish in the top 20. A few minutes behind him Graham was running strongly and did well to be under 70 minutes. Next in were Ross and Max Catterall (doing his first race as a DR – great one to choose!); both had good runs and clearly enjoyed the variety of ups and downs.

Katie was our first lady home with an outstanding run; 5 minutes quicker than last year and a big Box Hill pb. Des was just behind her, but not quite able to repeat his fine performance from last year, when he warmed up with the Denbies Vineyard Parkrun. However, Mark, coming in just behind him produced a repeat performance from last year down to the second!

Andrea had a steady run, but fell on one of the descents and suffered a nasty cut to his knee. However he gamely carried on, even though he outdid Jack in the mud and blood stakes. Behind him Ros had a steady debut race as she continues her return to health. Tom was next in,

but with an injury found it hard going. Christina, Becca and Laura all had good runs, especially Laura who took 4 minutes off her time from 2 years ago, before rushing off to Bournemouth for a work appointment at 2.30. Our final team member, Sharon ran a plucky race and thoroughly enjoyed a different sort of challenge.

Finally a big thank you to Ange Norris who cycled from Carshalton to cheer the team on, she offered timely support and encouragement at two of the key road crossings. But Box Hill was not finished with us. I had borrowed a friend's car to give lifts, and on the way home we got a puncture at the bottom of the Zig Zags. We can now produce scientific evidence that it takes 4 Dulwich Runners 40 minutes to change the wheel on a car you don't know.

*Hugh Balfour*

1	Andrew Barrington (VPH)	54.36
2	Jack Ramm	54.36 (2019 58.51)
18	Ed Chuck	63.32
61	Graham Little	68.56
99	Ross Rook	73.19
112	Max Catterall	74.41
114	Katie Styles	75.13 (2019 80.16)
118	Des Crinion	75.57 (2019 70.56)
122	Mark Foster	76.39 (2019 76.39)
146	Andrea Ceccolini	78.26
157	Ros Johnson	80.20
190	Tom Wilson	86.18
196	Becca Schulleri	87.51
198	Laura Vincent	88.11 (2018 92.21)
263	Sharon Erdman	116.21
268	finished	

## Men's Surrey League, Beckenham

11 January

It's tough at the top and once again the quality of the teams in Division 1 proved too much for us, so we continue to prop up the division despite a good turnout, though some of our leading scorers were a little short of full fitness.

With the club co-hosting this and the earlier junior races with Kent AC, I was involved in laying out the course on the side of the road where the start was located. I have to admit that, conscious of the excellent dry surfaces on the other side of the road, we made little effort to avoid the muddy patches caused largely by the infilling of clay as a result of the earthworks in the area of the new car park.

The course was deliberately designed to cover a small area, with good visibility for the benefit of both runners and spectators. The downside was that it contained 5 short but testing hills per lap, and the feedback was that it was a tough technical course.

With all the twists and turns this posed a potential marshalling challenge, with some of the front runners getting confused, but the volunteers from the club, some of whom had to be switched to the more challenging positions at the last minute, performed an admirable task in directing runners.

*Mike Mann*

## Vets AC Xc Champs

18 January

With Ros and Andy, as well as Stephanie Burchill involved in marshalling and the finish, just two of us took part in this year's championship race on Wimbledon Common on the usual course of around 7km. There was a combination of surfaces to contend with, firm and frozen in places near the start and muddy across the playing fields and along the brook. Competing in a mixed masters event, it made a pleasant change to end up in the middle of the field rather than at the back.

*Mike Mann*

Mike Mann 34:49 (1st M70)  
Gary Budinger 35:41

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

## Burgess

884 Ran			
Pos	Gen		
38	4	Kim Hainsworth	19:13
68	9	Michelle Lennon	20:02
274	36	Katie Prior	23:47
475	111	Claire Steward	26:47
602	425	Joseph Brady	28:45
654	451	Paul Keating	29:34
742	260	Stephanie Burchill	32:02

## Bromley

744 Ran			
Pos	Gen		
363	279	Peter Jackson	29:19

## Brockwell

611 Ran			
Pos	Gen		
24	24	Jonny Hough	19:39
30	30	William Hooper	19:58
130	12	Anna Thomas	22:43
196	166	Graham Laylee	24:28
383	284	Desmond Edwards	28:30
589	375	Alex Haylett	35:44

## Beckenham Place

210 Ran			
Pos	Gen		
29	28	Stephen Smythe	22:11

## Crystal Palace

642 Ran			
Pos	Gen		
3	3	Andy Bond	16:57
22	1	Alexie Shaw	20:07
45	3	Helen Lister	21:26
46	4	Belinda Cottrill	21:29
60	7	Yvette Dore	21:51
164	144	Bob Bell	24:45
176	23	Emma Kelly	24:56
187	25	Carys Morgan	25:10
355	89	Jenny Bomers	28:34
487	337	Paul Hilton	31:32

## Dartford

393 Ran			
Pos	Gen		
49	47	Michael Fullilove	22:03

## Dulwich

778 Ran			
Pos	Gen		
13	13	Danie Mann	17:12
37	36	Stephen Davies	18:18
68	4	Ali Campbell	19:21
96	90	Matthew Ladds	19:58
102	9	Sara Roloff	20:03
118	104	Tom Shakhli	20:24
129	114	James Auger	20:43
194	25	Victoria Read	21:55
259	224	Miles Gawthorp	23:30
389	308	Michael Dodds	25:53
411	321	Ian Sesnan	26:16
514	147	Clare Wyngard	28:38
553	168	Elizabeth Begley	29:28
645	422	Mick Mead	31:16

## Felixstowe

320 Ran			
Pos	Gen		
6	6	Matthew Cooke	19:19

## Fulham Palace

810 Ran			
Pos	Gen		
349	81	Claire Barnard	25:45

## Hampstead Heath

580 Ran			
Pos	Gen		
82	6	Tess Bright	23:13
296	236	Mike Crilly	29:21

## Highbury Fields

579 Ran			
Pos	Gen		
10	10	Paul Collyer	18:51

## Hilly Fields

377 Ran			
Pos	Gen		
5	5	Alex Loftus	20:11

## Leicester Victoria

565 Ran			
Pos	Gen		
82	12	Marjorie Epton	24:12

## Medina I.O.W.

404 Ran			
Pos	Gen		
67	6	Lucy Pickering	24:30

## Orpington

219 Ran			
Pos	Gen		
219	141	Colin Frith	65:09

## Osterley

429 Ran			
Pos	Gen		
99	76	Barrie John Nicholls	25:17
122	32	Lindsey Annable	26:07

## Peckham Rye

470 Ran			
Pos	Gen		
3	3	Kevin Chadwick	18:07
54	3	Helena Flippance	22:03
77	69	Dan Hill	22:43
92	82	Ebe Prill	23:08
239	57	Lauren Gill	27:22

## Riddlesdown

158 Ran			
Pos	Gen		
17	1	Ange Norris	23:30

## Wimbledon Common

631 Ran			
Pos	Gen		
244	208	Andy Murray	27:38
252	38	Ros Tabor	27:48

# 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

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto: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.



Buffs-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

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



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



## **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  
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!*

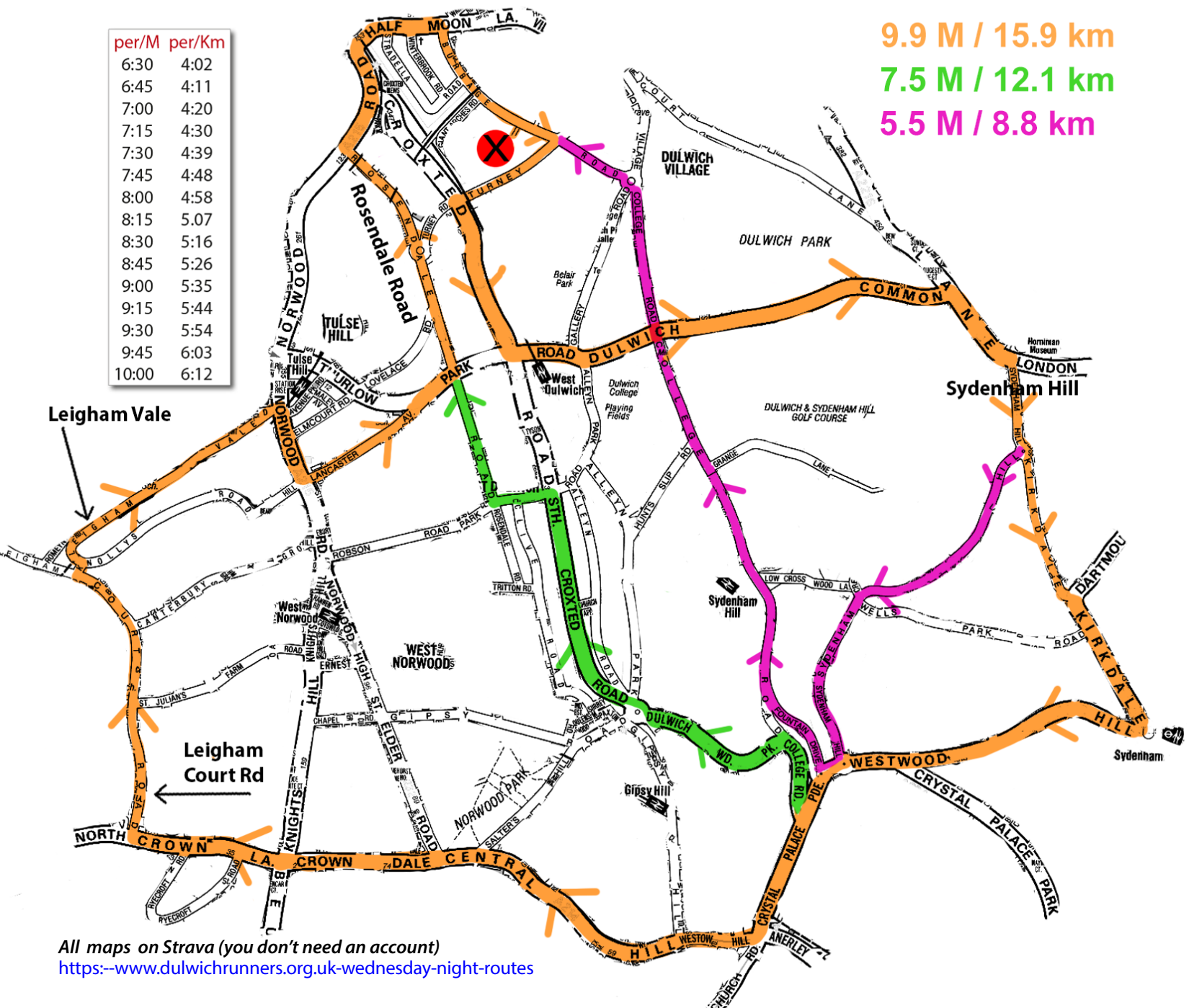
*If you want more details speak to anyone on the committee.*



# Dulwich Runners Winter Map 3

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

9.9 M / 15.9 km  
 7.5 M / 12.1 km  
 5.5 M / 8.8 km



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