



SHORTS

Dulwich Runners AC

Weekly Newsletter

January 23rd 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 26 Sth of Thames Xc (DR Xc champs) - Parliament Hill

Tue 29 Crystal Palace track

In your SHORTS this week !

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

And much more !

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our website: www.dulwichrunners.org.uk

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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 to go on the mailing list

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

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

A brief look ahead

Jan 26 Sth of Thames Xc (DR Xc champs) - Parliament Hill

Feb 2 Catford parkrun - club champs

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

Feb 26 England National Cross country Champs - Leeds

NEW RUNNERS ROTA

A big thankyou to Hugh Balfour and Andrea Cecciolini for running with new people last night

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 as early in advance as possible.

Thanks. - Ros

Joseph Brady

James Burrows

Yvette Dore

Sharon Erdman

23/01

30/01

06/02

12/02

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

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

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

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
Jan	26	Southern Xc Champs -	DR XC champs	Parliament Hill Fields
Feb	2	Catford parkrun	short	Catford
	9	Surrey League Xc	Men -	Lloyd Park
	9	Surrey League Xc 11am	Women -	Richmond Pk
	23	England National Xc Champs		Harewood House, Leeds
Mar	2	Surrey League Xc 1pm	Women	Lloyd Park
	10	Virginity 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	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	
Oct	6	Regents Park 10k	short	Regents Park, London

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

2019 Club Championships

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.

2 Feb	Catford 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
6 Oct	Regent's Park 10k	short

South Of England Champs Parliament Hill - 26 January

Your captains will be there to distribute race numbers and chips. The women's race starts at 2.05 with the men going off at 2.50.

The following men are entered: Steve Davies, Alastair Locke, Matt Cooke, Nick Wood, Mark Foster, Tim Bowen, Ross Rook, Andrea Ceccolini, Des Crinion, Shane O'Neill, Hugh Balfour, Grant Kennedy, Gower Tan, Jonny Hough, Charlie Lound, Ebe Prill, Tom South. **Please note that only those entered will be able to participate.**

Both runners and supporters are invited to post race refreshments at the Pineapple, 51 Leverton Road NW5 2NX

Catford Parkrun - 2 February Volunteers Needed

Our first club championship event of the year is the Catford parkrun on 2 February. Since we will be adding to number of participants there, we have offered to provide some volunteers, so if you are not able to run your assistance and support would be greatly appreciated. If you normally help out at another local parkrun, think about coming to Catford instead that day. If you are able to help out please contact me Mike Mann at mcmann90@yahoo.co.uk

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

Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off www.startfitness.co.uk SurreyXCSF10

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

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/>



The club has 10 places for the Brighton marathon (Sunday 14 April). Regular entry is now closed, club places go for same fee. If more than 10 apply we will decide same way as with London club places (those who secured a London place will be considered last for this one). Let me know at ebepriil@yahoo.co.uk or in person by 31 January 2019

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members. If you are interested please contact me or another committee member. ros.tabor49@gmail.com



Weekend 18th & 19th May

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

The rules are simple -

220 miles - 11 runners to a team

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

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

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

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

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

Training

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

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

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

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

seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills. ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads. And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases

the chance of injury.

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

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

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

Marathon Schedule

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

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

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

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

Wed Jan 23	75 min steady (30 sec a mile slower than goal mar. pace)	Fri Feb 1	40 mins easy or rest
Thu Jan 24	12km of 2km relaxed then 1km at 10km, HM, Mar, slightly slower then easier ie: kms for sub3 runner of 3:45, 4:00, 4:15, 4:30, 4:45 x 2	Sat Feb 2	Parkrun club champs Catford
Fri Jan 25	40 mins easy or rest	Sun Feb 3	Brisk 2 hour run just short of mar. pace
Sat Jan 26	Area cross-country or brisk hour	Mon Feb 4	40 mins easy or rest
Sun Jan 27	approx 2hs 40m slow (approx a min. a mile slower than goal mar. pace (21-23M)	Tue Feb 5	400m reps
Mon Jan 28	40 mins easy or rest	Wed Feb 6	60 mins steady (min. a mile slower than goal mar. pace)
Tue Jan 29	800m/600m reps	Thu Feb 7	12km of 2km easy, 10km at slower than mar. pace with 30 sec bursts every km at 5km pace
Wed Jan 30	80 mins steady (30 secs a mile slower than goal mar. pace)	Fri Feb 8	40 mins easy or rest
Thu Jan 31	12km of 1km relaxed then 5km at mar. pace, 1km relaxed, 5km of mar. pace	Sat Feb 9	Surrey League
		Sun Feb 10	approx 2h 40mins slow (approx a min. a mile slower than goal mar. pace (21-23M)

Race Reports & Results

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

Box Hill Fell Race 7.5M 12km 2000ft 600m

Saturday 19th January

A good crowd of "Box Hill Lunatics" headed off from south London on a bleak Saturday morning. Seven of us were crammed in to my elderly Alhambra, and others joined at the registration. Sadly a few had to drop out at the last minute due to family and work commitments, but we were joined by the late addition of Jack, of whom more later.

Both Laura Vincent and I were doubtful starters, as we were both nursing injuries, but were going to do a warm up test run and then decide. On arrival Laura, quickly and wisely decided not to run. I did a ten minute warm up, with no noticeable pain from my calf injury, so decided to give it a go.

Jack, wearing a pair of my fell shoes, got off to a flying start, and soon found himself in the lead group of about ten runners well clear of the rest of the field. He managed to run up every hill, was pretty rapid on the descents, and his 7th place was the best finish position by a DR ever, and the first time someone from the club has run under 60 minutes on the new course. Some way behind Jack, **Des** had a good solid run, and was unlucky not to dip under 70 minutes.

I came in next, in what was my slowest time over the new course. The first two climbs and descents went quite well, but

towards the end of a section of road my calf started hurting, and while not bad enough to cause me to stop, definitely slowed me over the second half. It got worse at the top of the second to last climb back up to the top of Box Hill, which I ran, enabling me to get away from Grzegorz and Mark who were catching me. Running through the woods, it felt as though my calf



Hugh, Jack, Des, Grzegorz
Laura, Katie, Lucy, Martin, Marta

cramping up, and a runner whom I think was the eventual M60 winner got away from me. But at that stage in the race, it was a matter of digging in and carrying on. It did mean that getting back to car was a pretty painful hobble!

Just behind me, **Grzegorz** and **Mark** were chasing each other round the course, with Mark taking the lead on the climbs and Grzegorz burning him off on the descents.

In the end honours went to Grzegorz by 7 seconds. Not far behind them **Marta** and **Martin** came in together, the sprint finish being won by Marta, but Martin had an excellent run, taking over two minutes off his time from two years ago. **Katie**, by now a Box Hill veteran, had a good steady run, but not quite equal to her times over the last two years. Our last runner was **Lucy** who had a great first run and sprinted to the finish with the biggest smile I have ever seen on a runner's face! It got bigger when it was announced she had won the FV50 prize, as the first FV50 had won the FV40 prize. Taking home a bottle of wine is not a bad start to racing at Box Hill!

Thanks to everyone for coming, and especially to Laura for her support, photos and film of the first ascent, with Jack showing us how it should be done!

As a footnote, having expected to be pretty crippled on Sunday, I woke up to find my calf almost completely healed. However, I am not about to recommend Box Hill as the cure for running injuries!

Hugh Balfour

7	Jack Ramm	58.51
57	Des Crinion	70.56
113	Hugh Balfour	76.12 2MV60
115	Grzegorz Galezia	76.32
116	Mark Foster	76.39
125	Marta Miasiewicz	77.52
126	Martin Double	77.53
140	Katie Styles	80.16
149	Lucy Pickering	83.05 2FV50
252	finished	

Veterans AC Champs 4.5M Wimbledon

January 19

A small Dulwich contingent (and Gary!) took part. Conditions were good and dry on a course that was slightly extended to avoid treework by the Brook.

Steve felt he had to run after a disappointing parkrun and was easy winner of a less than competitive M60 category though

struggled on the hills.

Gary continued his recent improvement with a strong run while Andy continues to improve after his heart pacemaker op and took M65 bronze.

Jo Quantrill won W60 silver.

Ros would have run but had to officiate.

Mike M, still injured, also officiated.

14	Steve Smythe	30:52 (1M60)
30	Gary Budinger	35:06 (6M55)
37/10W	Jo Quantrill (2c)	35:47 (2W60)
46	Andy Murray	38:38 (3M65)

Apologies to Nick Wood for allocating him the incorrect number at last weeks Surrey League Xc which should have been 270, not 271. This meant he was down as Graham Little in the official results - corrected below

- **Mike Mann**

events to come		
Surrey League 4	Southern Champs	Riddles down
Lloyd Park	Parl. Hill	parkrun
9/02/2019	26/02/2019	16/03/19

CROSS COUNTRY CHAMPIONSHIP MEN 2018 - 2019 After 5 events - Best 5 events inc. 3 Surrey Leagues						
	Surrey League 1	Surrey League 2	Surrey League 3	London Champs	South of Thames	Running Total
	Richmond	Banstead	Mitcham	Parl. Hill	Beckenham	
	13/10/2018	10/11/2018	12/01/2019	17/11/2018	15/12/2018	
Des Crinion	40	41	42	46	44	213
Ed Chuck	50	50	50		50	200
Jonathan Whittaker	44	46		48	46	184
Alastair Locke	37	44		49	48	178
Paul Devine	41	42	45		45	173
Nick Wood	36	36	40		43	155
Ebe Prill	32	32		44	37	145
Andrea Ceccolini	30	31	39	45		145
Andy Bond	47	47	49			143
Wayne Lashley	46	45	47			138
Tom South	45		44	47		136
Danny Mann	42		46		47	135
Gower Tan	22		33	40	36	131
Ed Harper	43	43			42	128
Rob Hollands	38	39	43			120
Martin Double	23	29	30		34	116
Ross Rook			32	41	35	108
Justin Siderfin	33	34	36			103
Grzegorz Galezia	24		34	43		101
Shane O'Neill	49	49				98
Jack Ramm			48	50		98
Jonny Hough	29	33	35			97
Tim Bowen	48	48				96
Ian Lilley		38			41	79
Steve Smythe			37		39	76
James Burrows	34		41			75
Charlie Lound	39	35				74
Matt Cooke	35	37				72
Joseph Brady				39	32	71
Eugene Cross	31		31			62
Graham Laylee		28			33	61
Hugh Balfour	27	30				57
Steve Davies					49	49
Mark Foster				42		42
Mike Williams		40				40
Grant Kennedy					40	40
Mike Mann				38		38
Joe Farrington-Douglas					38	38
Tony Tuohy			38			38
Bob Bell					31	31
Tom Poynton			29			29
Olivier Montfort	28					28
Colin Frith		27				27
Graham Little	26					26
Ed Simmons	25					25
Ed Smyth	21					21



Banstead Woods

261 Ran			
Pos	Gen		
2	2	Tony Tuohy	18:22

Beckenham Place

228 Ran			
Pos	Gen		
2	2	Andy Bond	16:58
3	3	Stephen Davies	17:30
6	1	Clare Elms	18:49
13	11	Stephen Smythe	19:46

Bexley

533 Ran			
Pos	Gen		
15	14	Michael Fullilove	20:48
18	2	Kim Hainsworth	21:04

Brockwell , Herne Hill

551 Ran			
Pos	Gen		
35	34	Jonny Hough	20:09
60	55	John Dudding	21:13
171	142	Graham Laylee	23:48
457	292	Daniel Mercer	30:31

Bromley

764 Ran			
Pos	Gen		
187	25	Claire Barnard	24:24

Burgess

544 Ran			
Pos	Gen		
9	9	Paul Devine	17:46
93	90	Ian Lilley	21:32
538	333	Chris Vernon	46:52

Cannon Hill , Birmingham

919 Ran			
Pos	Gen		
828	307	Susan Cooper	37:34

Clapham Common

941 Ran			
Pos	Gen		
367	312	Ian Sesnan	25:14

Cleethorpes

196 Ran			
Pos	Gen		
16	14	Colin Frith	23:06

Crane Park

272 Ran			
Pos	Gen		
3	3	Thomas South	17:52

Crystal Palace

412 Ran			
Pos	Gen		
50	2	Belinda Cottrill	21:52
64	5	Yvette Dore	22:15
109	100	Bob Bell	23:59

Dulwich

495 Ran			
Pos	Gen		
1	1	Edward Chuck	15:36
20	19	Dominic Wilson	18:41
24	23	Tom Wilson	18:58
27	2	Rosalind Johnson	19:22

38	34	Ebe Prill	19:44
68	63	Rob Cope	20:27
89	81	Ajay Khandelwal	21:19
96	87	Olivier Montfort	21:29
98	89	John English	21:30
203	173	Michael Dodds	24:32
226	40	Teresa Northey	25:09
493	196	Clare Wyngard	61:17

Finsbury

657 Ran			
Pos	Gen		
23	22	Paul Collyer	19:01

Hilly Fields 363 Ran			
Pos	Gen		
5	5	James Burrows	18:50

Felixstowe

166 Ran			
Pos	Gen		
23	4	Hannah Issett	24:40

Leicester Victoria

466 Ran			
Pos	Gen		
109	11	Marjorie Epton	23:59

Malling

284 Ran			
Pos	Gen		
19	2	Tereza Francova	21:51

Mole Valley

352 Ran			
Pos	Gen		
4	4	Des Crinion	19:35

Newbury

557 Ran			
Pos	Gen		
32	30	Matthew Ladds	21:02
232	38	Karina Burrowes	28:05

Peckham Rye

426 Ran			
Pos	Gen		
41	1	Michelle Lennon	21:03
42	41	Alex Bazin	21:09
146	19	Jenny Ross	25:12
264	81	Claire Steward	29:24
426	174	Emily Warburton-Brown	56:17

Richmond

545 Ran			
Pos	Gen		
164	145	Barrie John Nicholls	25:11
539	205	Lindsey Annable	52:12

Riddlesdown

173 Ran			
Pos	Gen		
18	2	Ange Norris	22:06

South Norwood

149 Ran			
Pos	Gen		
2	2	Alastair Locke	18:34
95	71	Peter Jackson	29:08

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.

Contacts

For further information please contact your captains at: dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebepri11@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



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



Socks only £5



Bufs/snoods - only £6



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



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



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P *Upcoming events.*

O Beer & Cheese matching

T Wednesday 13th February at 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

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
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 3

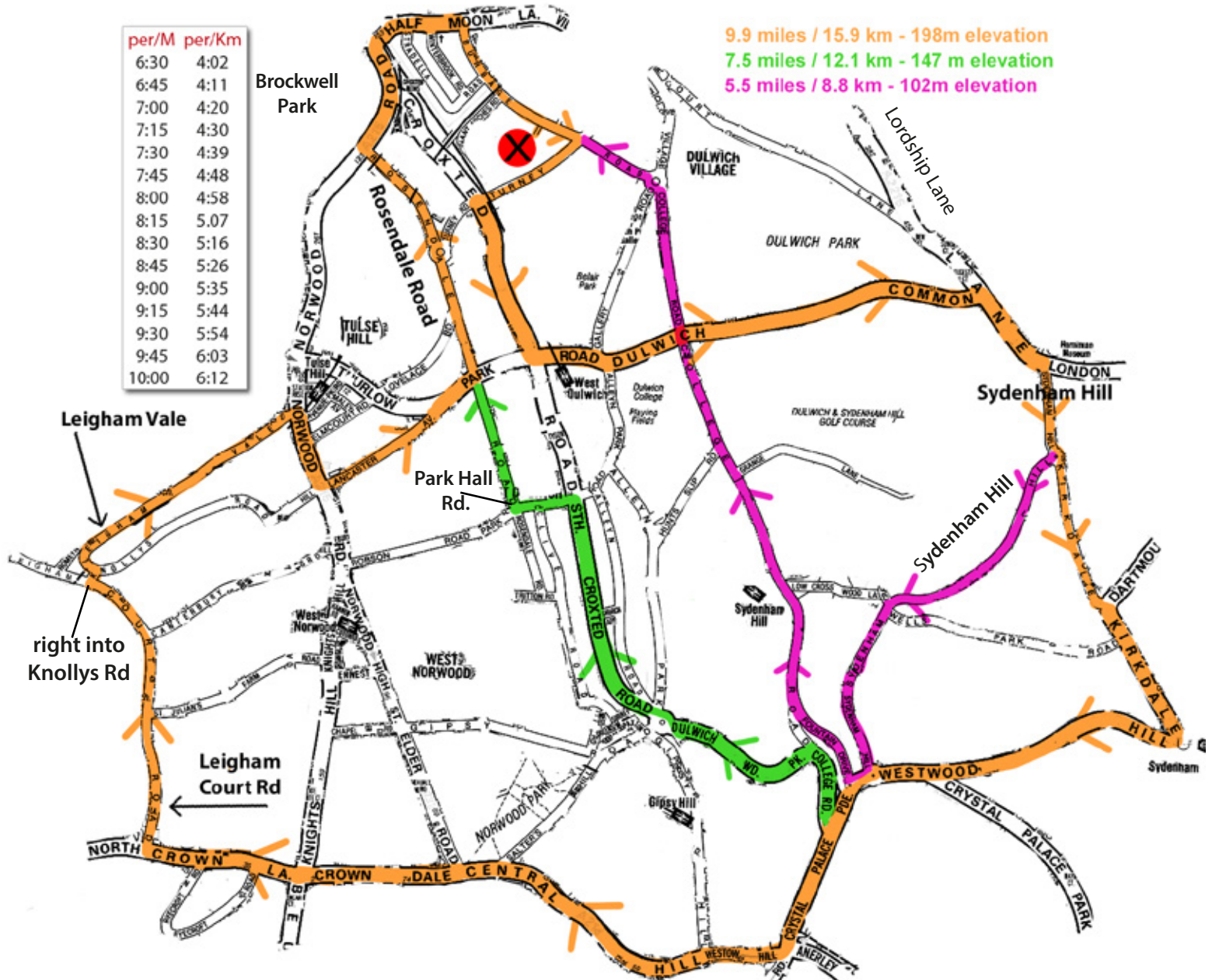
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

Brockwell
Park

9.9 miles / 15.9 km - 198m elevation

7.5 miles / 12.1 km - 147 m elevation

5.5 miles / 8.8 km - 102m elevation



Leigham Vale

right into
Knollys Rd

Leigham
Court Rd

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

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