



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 29th 2020
www.dulwichrunners.org.uk

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

Wed 29	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 4	Crystal Palace Track - 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, Southern Xc womens report and pics
- 7 parkrun times
- 8 Club kit
- 11 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>

EVENT HORIZON

A brief look ahead

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

See full fixture list for more events and details

Thursdays morning sessions

speed-hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary. This summer we will be celebrating 40 years! I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over. I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

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)

NEW RUNNERS ROTA

Thanks go to **Andy Murray, Sara Roloff and Mike Mann** 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

Volunteers may be needed	29/1
Tom South	5/2
Claire Steward	12/2
Katie Styles	19/2
Ros Tabor	26/2

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE

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

Wednesday Night Map

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

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

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

DULWICH RUNNERS 2019-20 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

2020				
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Beckenham parkrun	short	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
tbc		SOAR Mile late July/early August tbc	short	t.b.c
Sep	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Road & other

Cross country

Club Champs

Assembly League

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

2020 Club Champs Races

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

- 15 Feb Beckenham parkrun short
 - 1 Mar 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.

Club Champs: Beckenham Place Parkrun, 15 February

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

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

National Cross Country Champs

22 February

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

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.visitlee valley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Entry is in advance.

Marathon Training

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

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

Suggested training in coming weeks.

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

Jan	Wed 29	65 mins at one min a mile slower than Mar pace
	Thu 30	9km of alt. pace at steady (20-30 secs slower than Mar pace, half Mar, Mar per km ie for sub 3 runner would be k's 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 hilly courses than trying to run faster on the flat all the time.

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

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

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

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

Adidas Shoe trial

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

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

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

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



The club has 10 places at the Brighton Marathon.

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

Let me know by Monday 24 February latest, ebepri11@yahoo.co.uk or in person.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Big Half Sun 1st March 2020

The community places for our club are filled.

Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry->

Possible more regular entries as last year, but no guarantee.

Race Reports & Results

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

Southern Cross Country Parliament Hill

Ola Balme writes...Another great turnout at the Southern.

Marta led the women with another blustering run with Katie not far behind is in good form. Sara said she found the race very hard and struggled a lot with the sticky mud.

Most of the team was closely packed. Ola is improving and managed to carry on running after taking a stumble and brief slide.

Becca "loved it and was glad that I am getting stronger again. Also felt like the ladies team was especially supportive of each other and friendly and also great support from various familiar voices around the course which we all know makes all the difference especially as it is not the sometimes typical almost harsh shouting you can hear from coaches from other clubs along the course. Loved the mud but of course made it hard and challenging to navigate. Shame it's 4 to score as came 5th.. but great running from the ladies!!

Next was Emma who also had a good run, followed closely by Eleanor who is getting quicker. Ange was also running strongly. Next home was Yvette, Laura and new to cross country Helena, all looking composed.

Sonja's report

My first ever race at Parliament Hill! I met the others on the train at Herne Hill. Interestingly higher enthusiasm for the event correlated with higher (in fact total) ignorance of it. Those who had run this before were a little bit more subdued.....what had a let myself in for?

A lovely undulating muddy, fantastically supported and marshalled course it turns out. I have never experienced a start line like it - there was a good Dulwich Ladies crowd in our start pen which was fab. I formulated objective 1 as I looked at the hill ahead (Don't go off too quickly and blow on hill number 1). Upon getting to the top of the first uphill there was a lovely view of Highgate and Hampstead Heath and the views continued really throughout. This really is a stunning part of London. (Mental note: get here for the occasional run).

See many more pics from this race and others at:
<https://www.facebook.com/groups/2409157697/photos/>

After the first downhill I experienced some of the densest mud I have encountered; no shoes were lost despite the mud trying its best. I dodged a little pile up and managed to settle into a bit of a rhythm while looking where to put my feet on some bits. This is definitely much more interesting than road running..... It was almost over too quickly!

Thanks to all those supporting, cheering and pub-organising. It was a fab run. The little post race highlight was outside the Lido. Lifeguards were power-hosing cross country shoes! Whoop whoop!

Hannah was incredible at the finish straight. We had great support from Hannah's son who stayed to watch after his race. Lindsey was also running strongly.

DULWICH RUNNERS AC

POS 24 SCORE 704

24 out of 54 teams

694 finishers

POS	NAME	GUN TIME	SCORE
121	Marta Miaskiewicz	00:35:09	121
164	Katie Styles	00:36:28	164
203	Sara Roloff	00:37:43	203
216	Ola Balme	00:38:11	216
223	Rebecca Schulleri	00:38:20	
226	Emma Ibell	00:38:23	
240	Eleanor Simmons	00:38:51	
249	Ange Norris	00:39:02	
261	Yvette Dore	00:39:18	
269	Laura Vincent	00:39:34	
293	Helena Flippance	00:40:06	
474	Sonja Jutte	00:45:05	
518	Hannah Little	00:46:17	
559	Lindsey Annabel	00:47:49	



CROSS COUNTRY CHAMPIONSHIP 2019 - 2020
After 7 events - Best 5 events including 3 Surrey Leagues

	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	Surrey Lge 3	Surrey Lge 4	London Champs	Southerns	South of Thames		
MEN	Mob match	Effing ham	Wimble don	Beckenham	Lloyd Park	Parl. Hill	Parl. Hill	Morden	running total	
	28/9/19	12/10/19	09/11/19	11/1/20	8/2/20	16/11/19	25/1/20	23/11/19		
Jack Ramm	49	49	49	50		50	50		297	6
Tom South	48	46	45	46		49		50	284	6
Martin Belzunce	47	43	42	43		48			223	5
Matt Cooke		38	36	40		47		48	209	5
Ed Chuck	50	50	50	49					199	4
Mike Mann	37	28		22		33	36	37	193	6
Gower Tan	43	36		27		41		43	190	5
Tim Bowen		44	47	47			49		187	4
Des Crinion		33	34	33		42	44		186	5
Danny Mann		45	43	41				47	176	4
Tom Wilson	40	29	28			36		41	174	5
Andrea Ceccolini	41	34	30	26		39			170	5
James Burrows		41	38	42			47		168	4
Nick Wood		42	37	35		46			160	4
Ebe Prill	39		24	21		35	37		156	5
Grant Kennedy		37	33	37		43			150	4
Andy Bond		48	48	48					144	3
Ross Rook			29	29		40		44	142	4
Jonny Hough	42	32	26			38			138	4
Wayne Lashley			44	44				49	137	3
Justin Siderfin		35	27	32				42	136	4
Tom Shakhli			41			45		46	132	3
Kevin Chadwick				45		39	48		132	3
Alex Loftus	44			38			46		128	3
Mike Williams			40	36			45		121	3
Joe Farrington-Douglas			32	31			42		105	3
Ed Simmons				25		38	41		104	3
Shane O'Neill		47	46						93	2
Sumrit Mattu				34			43		77	2
Martin Double	38							38	76	2
Charles Lound		40		30					70	2
Miles Gawthorp			25					39	64	2
Gideon Franklin		27				34			61	2
Eugene Cross			31	28					59	2
Joe Twomey	46								46	1
Tony Tuohy	45								45	1
Ben Smith								45	45	1
Will Lawn						44			44	1
Lloyd Collier								40	40	1
Will Lawn						40			40	1
Paul Devine		39							39	1
Rob Hollands			39						39	1
Shane Donlon				39					39	1
Jopseph Brady	36								36	1
Gary Budinger								36	36	1
Ian Lilley			35						35	1
Barrie John Nicholls								35	35	1
Andy Murray								34	34	1
Mark Foster		31							31	1
Hugh Balfour		30							30	1
James Auger				24					24	1
Miles Gawthorp				23					23	1

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020
After 7 events - Best 5 events including 3 Surrey Leagues

	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	Surrey Lge 3	Surrey Lge 4	London Champs	Southerns	South of Thames	
WOMEN	Mob match	Reigate	Mitcham	Wimbledon	Richmond	Parl. Hill	Parl. Hill	Morden	running total
	28/9/19	12/10/19	9/11/19	11/1/20	8/2/20	16/11/19	25/1/20	23/11/19	
Ange Norris	47	48	47	45		46	43	46	322
Sara Roloff	50		42	49		45	48	44	278
Anna Thomas	46	45	46	47		48		42	274
Yvette Dore	48	49	43				42	45	227
Michelle Lennon	45	43	45	42				43	218
Ola Balme		42	41	44		44	47		218
Marta Miaskiewicz			49			49	50	48	196
Katie Styles		47		48			49	49	193
Emma Ibell		46	48				45	47	186
Jane Bradshaw	44	41	44	46					175
Eleanor Simmons		38	40	43			44		165
Lucy Clapp		36		39		43		40	158
Elkie Mace			50			50		50	150
Midge Cameron			37	33		42		38	150
Sonja Jutte			36	35			39	37	147
Madi Robinson	43	37		37					117
Hannah Little			39				38	39	116
Clare Elms		50		50					100
Rebecca Schulleri				40			46		86
Belinda Cottrill	41	44							85
Laura Vincent		40					41		81
Naomi Crowther		35		38					73
Katie Prior			38	34					72
Lindsey Annable							37	33	70
Ros Tabor		34						34	68
Roz Johnson	49								49
Tess Bright						47			47
Carys Morgan	42								42
Alexie Williams	41								41
Ellie Balfe								41	41
Lucy Pickering				41					41
Helena Flippance							40		40
Helen Lister		39							39
Catherine Buglass								36	36
Shoko Okamura				36					36
Sharon Erdman			35						35
Claire Steward								35	35
Jenny Shutt			34						34
Elizabeth Begley				32					32

A Canterbury Tale ~ Canterbury 10 Mile

26th January 2020



So it came to pass that on the fourth weekend of January the Bell Family headed east from London to the fair City of Canterbury for their annual pilgrimage to the Canterbury 10 mile. This race is renowned for bad weather but this year it was good. Unfortunately neither Belinda (torn calf muscle) or Bob (wonky knee) were anywhere near fit but deeds must sometimes be done so strapped up they set off into the Kent countryside with just under 1,500 other runners. Trying not to cause anymore

damage was the priority so steadiness rather than speed was the name of the game. Shame as it really was an ideal running day.

Even the river at Paxbourne co operated by being at it's lowest for many years (surprising given the recent rain) but we were able to run right through the ford without a hint of getting wet. Sadly the steep hill between miles 4 and 5 remained thereby dropping both Belinda's and Bobs average mile pace.

Neither of us had a good run but did have a enjoyable morning on this scenic well marshalled and almost traffic free course. Belinda capped it off with, to much amusement of onlookers, an ice bath swim in the sea at Whitstable. Milo got his paws wet but decided that was enough and Bob watched from the Yacht Club bar with a pint in hand.

Bob Bell

211 Mike Fullilove	1:12:57 (Chip 1:12:49)
363 Belinda Cottrill	1:17:52 (Chip 1:17:39)
679 Bob Bell	1:29:09 (Chip 1:28:56)
1446 ran	

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

Bethlem Hospital

75 Ran
Pos Gen
46 36 Dave West 29:43

Bexley

525 Ran
Pos Gen
24 21 Michael Fullilove 21:50

Brockwell

598 Ran
Pos Gen
28 28 Mark Foster 19:54
70 69 James Auger 21:25
78 3 Anna Thomas 21:40
122 12 Lucy Pickering 22:33
161 22 Lucy Clapp 23:37
175 27 Catherine Buglass 23:50
322 248 Desmond Edwards 27:11

Burgess

744 Ran
Pos Gen
55 4 Michelle Lennon 19:40
84 78 Matthew Ladds 20:27
311 66 Karina Burrowes 25:06
744 302 Susan Vernon 57:27

Beckenham Place

277 Ran
Pos Gen
30 29 Martin Double 22:08

Catford

Pos Gen
11 1 Kim Hainsworth 20:32

Clapham Common

919 Ran
Pos Gen
151 142 Cameron Timmis 22:29

Crystal Palace

532 Ran

Pos Gen
1 1 Andy Bond 16:51
58 7 Belinda Cottrill 22:12
119 104 Bob Bell 23:55
145 123 Paul Hodge 24:36
147 23 Emma Kelly 24:38
176 146 Joseph Brady 25:23
179 148 David Benyon 25:26
285 66 Claire Steward 27:39
332 242 Peter Jackson 29:01
337 243 Paul Keating 29:05
382 269 Michael Dodds 30:35
394 121 Clare Osborne 31:11
486 184 Clare Wyngard 36:17
531 320 Chris Vernon 54:25

Dulwich

694 Ran
Pos Gen
22 22 Ben Smith 17:40
29 29 Stephen Davies 17:56
53 5 Ali Campbell 19:08
55 49 Tom Shakhli 19:10
62 56 Austin Laylee 19:24
83 74 Max Catterall 19:54
150 134 Stephen Smythe 21:34
204 178 Graham Laylee 22:55
269 225 Simon Burnett 24:13
284 49 Teresa Northey 24:31
298 53 Hayley Seddon 24:45
343 72 Hannah Issett 25:44
378 88 Colleen Williams 26:15
492 144 Elizabeth Begley 28:45

Fulham Palace

690 Ran
Pos Gen
2 2 Thomas South 17:04
260 211 Barrie John Nicholls 25:23
690 257 Lindsey Annable 55:21

Hampstead Heath

509 Ran
Pos Gen
252 54 Ros Tabor 28:11
263 205 Andy Murray 28:23

Leicester Victoria

537 Ran
Pos Gen
103 12 Marjorie Epton 24:30

Lullingstone

77 Ran
Pos Gen
77 27 Tereza Francova 43:59

Orpington

206 Ran
Pos Gen
59 53 Colin Frith 26:08

Peckham Rye

422 Ran
Pos Gen
15 15 Alex Bazin 19:46
42 39 Oliver Bottle 21:22
140 20 Caroline Maynes 24:49
269 74 Lauren Gill 28:55

Riddlesdown

134 Ran
Pos Gen
5 5 Ian Lilley 19:53
6 6 Paul Devine 20:17

Tooting Common

883 Ran
Pos Gen
288 242 Ian Sesnan 26:09

Wakefield Thornes

360 Ran
Pos Gen
91 15 Claire Barnard 26:37

Western Springs

210 Ran
Pos Gen
151 98 Nick Bell 31:49

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



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



! 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



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 4

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

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise



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