



# SHORTS

Dulwich Runners AC

Weekly Newsletter

March 20th 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 20 Club Night, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 26 Crystal Palace track

Like us on Facebook @dulwichrunners

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and upcoming races etc
- 4 Race reports and times - World record...again !
- 5 Cross country champs tables
- 6 parkrun times
- 7 Club kit - New winter additions !
- 9 Social events etc
- 10 Wednesday map + Strava links

*And much more !*

Connect with us:



Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

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

## 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 taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 45 mins.

### Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

[steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## 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

Mar 24 SEAA 12/6 Stage relays - Milton Keynes

Apr 4 Assembly League Beckenham

## NEW RUNNERS ROTA

A big thankyou to **Clare Norris** for running with new people last week.

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

**Emma Ibbell**  
Charlie Lound

**21/03**  
28/03

## 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
Mar	24	SEAA 12/6 Stage Relays	Milton Keynes
Apr	4	Assembly League - Beckenham Place Park - 7pm start	Beckenham
	10	Highgate Harriers Open	Parliament Hill
	14	Thames Towpath 10                      long	Chiswick, London
	28	London Marathon (or alt.)           long	London
	29	Blackheath and Bromley Open fixture	Norman Park, Bromley
May	2	Assembly League - Victoria Park - 7.30pm start	Hackney
	18	BMAF road relays- Sutton Park	Birmingham
	27	BUPA 10k	The Mall, London
Jun	6	Assembly League	t.b.c
	3	Blackheath and Bromley Open fixture	Norman Park, Bromley
	10	Sri Chinmoy 5k                              short	Battersea Park
	16	Eltham Park 5                                short	Eltham
	17	Blackheath and Bromley Open fixture	Norman Park, Bromley
Jul	4	Assembly League	t.b.c
	14	date tbc Sevenoaks Seven           long	Sevenoaks, Kent
	22	Blackheath and Bromley Open fixture	Norman Park, Bromley
	26	date tbc SOAR Mile                        short	t.b.c
Aug	1	Assembly League - Victoria Park	Hackney
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	21	SEAA road relays	t.b.c
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k                          short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
<b>2020</b>			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

**Surrey League dates and venues to be confirmed**

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

## Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run. All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

## 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

## 2019 Club Championships

Here are the club championship races for 2019  
Four long and five short with two dates to be confirmed.  
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
26 July tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

## CLUB COACHES

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



### Weekend 18th & 19th May

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

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners. If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

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

## Masters Events

### - major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park May 18, with such a large percentage of good vets, we could do very well.

The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

## Surrey League Discount Codes

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

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

10% off [www.startfitness.co.uk](http://www.startfitness.co.uk) SurreyXCSF10

## Training

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

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

It is best to train slightly less and know when to back off than do a little bit too

much and pay the price but sometimes injuries are unavoidable.

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

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills.

ie running say 8:00 mile pace on a tougher

more off-road route may be better for your legs and fitness than a 7:30 on flat roads.

And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases the chance of injury. - **Steve Smythe**

## 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 Mar 20	60 mins easy
Thur Mar 21	warm up and down plus two paced 10km run - 1km at slightly slower than mar. pace, 1km slightly faster ie for sub-3 runner would be alternating kilos of 4:25 and 4:15
Fri Mar 22	40 mins easy or rest
Sat Mar 23	parkrun
Sun Mar 24	Slowish to steady long run - 20 miles but quicker second 10 ie for sub-3 runner should be 10 at 7:45, 10 at 7:15
Mon Mar 25	40 mins easy or rest
Tues Mar 26	1000m reps
Wed Mar 27	90 mins slow
Thur Mar 28	3 x 10 mins mar. pace with 3 min easy between
Fri Mar 29	40 mins easy or rest

Sat Mar 30	parkrun at 90% or brisk 4M
Sun Mar 31	16M with 13M at close to Mar. pace - first 3M easy (if doing Brighton do 3 easy, 10M @ mar. pace, 3 easy)

Suggested future long run weekends	
Sun Mar 24	12 stage relay or 20 miler slow
Sun Mar 31	16M steady - with 13M at just outside mar. pace if doing London, slower if doing Brighton
Sun Apr 7	12M if doing Brighton, 23M relaxed if doing London
Sun Apr 14	Brighton Mar. or Thames Towpath 10
Sun Apr 21	12M easy if doing London
Sun Apr 28	London Marathon



# Race Reports & Results

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

## Riddlesdown parkrun

16 March

15 Dulwich Runners took part in the last of the cross country club championship races. Riddlesdown parkrun course is 1.6 laps starting with grasslands along the ridge of the Downs overlooking the valley, then a switchback followed by a short slight uphill to a stony, and a bit puddley, stretch through trees. At the end of this, runners circle a large field with a fair amount of mud at this time of year, then onto a gravelly path, a water feature and back to the start to do most of it again.

Andy set off with intent at the front of the field. He found his spikes the right choice of footwear on most of the course but Dylan, in his trail shoes, closed the gap slightly over the stony ground. Dan wasn't far behind Dylan to give Dulwich all 3 podium places. Des came in 5th, then there was good packing for places 9 – 12 with Hugh winning the battle with a finishing sprint. Lucy P. had a good run, holding off Lloyd who was hampered by wearing road shoes, as was Gideon, so their times weren't a reflection of their current fitness. Lucy C. ran strongly to finish not far behind Lloyd. Helen came 45th overall but definitely 1st pregnant lady. Ros and Andy ran round together in an easy pace, thoroughly enjoying the course and their run.

**Ange Norris**

The event photos can be seen on - <https://www.flickr.com/photos/riddlesdown/albums/72157706024833981/page1>



Lister, Pickering, Clapp, Collier, Tabor, Balfour, Murray, Lennon  
Crinion, Dore, Norris, Mann, Bond, Wymer, Franklin

151 Ran	Pos	Gen	Name	Time
	1	1	Andy Bond	17:20
	2	2	Dylan Wymer 2nd claim	17:52
	3	3	Daniel Mann	18:06
	5	5	Des Crinion	19:21
	9	9	Hugh Balfour	21:07
	10	1	Ange Norris	21:09
	11	2	Michelle Lennon	21:12
	12	3	Yvette Dore	21:21
	17	5	Lucy Pickering	22:28
	19	14	Lloyd Collier	22:31
	21	7	Lucy Clapp	22:50
	26	19	Gideon Franklin	23:26
	45	12	Helen Lister	25:28
	49	14	Ros Tabor	25:42
	50	36	Andy Murray	25:44

## Kent Indoor Championships Lee Valley

March 16

**“Clare’s 8th world record since the end of January”**

Seeing one last chance to get some races in before travelling to Poland for this coming week’s World Masters Indoor Championships in Poland, Clare entered the 800m and 1500m.

The 800m came first. Clare had set two world records in her 2 races - both 2:25 - but she was far from happy with the time and knew she would need to run faster if she was going to take on the world outdoor and European Indoor Champion, who was voted Athletics Weekly’s masters athlete of 2018. The race had seven entries - two much faster, one similar, and three slower.

Unfortunately only the two faster decided to run.

While it was kind of a few Dulwich Runners in previous Tuesday sessions to simulate the hurly burly of racing, by running in front and across of her in track sessions, she was

relieved to get a clear run and not have her usual problem of fighting for space on the first two laps against slower runners who go off and get in the way.

Her first 200m was just inside 36 seconds - on schedule for the record though probably slower than expected, but her second 200m was slightly faster and she passed halfway in 71 seconds. The third lap - normally when most slow down - was even quicker - and she clearly had seconds in hand with a lap to go.

Her last lap was strong as she even closed on the runner ahead though just lost a bit of pace in the last 30 metres but she dipped perfectly at the finish to gain a few vital hundredths.

Her time of 2:22.40 took over three seconds off her own world record and was her fastest time for five years, and at the age of 55 is remarkably faster than a single woman over 40 has run in the UK this year.

With sore legs, she decided she had done enough for the weekend and not run the 1500m on Sunday.

**Steve Smythe**

Senior women: 800m: Clare Elms 3rd 2:22.40





March 16

## Beckenham Place

219 Ran			
Pos	Gen		
3	3	Stephen Davies	19:19
21	20	Stephen Smythe	22:18

## Blandford

173 Ran			
Pos	Gen		
2	2	Tom Shakhli	18:42

## Bromley

681 Ran			
Pos	Gen		
31	4	Kim Hainsworth	20:13
147	126	Colin Frith	23:47
371	90	Claire Steward	28:13
373	283	Peter Jackson	28:14

## Brockwell , Herne Hill

366 Ran			
Pos	Gen		
65	63	Jamie Nicol	22:21
231	171	Alex Haylett	28:44

## Burgess

462 Ran			
Pos	Gen		
35	35	Matthew Ladds	20:28
179	158	Charles Lound	24:42
320	83	Karina Burrowes	28:47
448	161	Susan Vernon	39:13

## Caffarella

43 Ran			
Pos	Gen		
1	1	Edward Chuck	16:21

## Clapham Common

623 Ran			
Pos	Gen		
237	199	Ian Sesnan	25:51

## Crane Park

231 Ran			
Pos	Gen		
1	1	Thomas South	17:46

## Crystal Palace

375 Ran			
Pos	Gen		
31	1	Belinda Cottrill	21:10
89	86	Bob Bell	23:41
150	12	Joanne Shelton Pereda	25:57

## Daventry

265 Ran			
Pos	Gen		
53	52	Michael Dodds	24:54
248	86	Clare Elizabeth Wyngard	41:23

## Dulwich

407 Ran			
Pos	Gen		
7	7	Tony Tuohy	17:34
23	23	Grzegorz Galezia	19:03
87	80	John Nicholas English	21:49
94	86	Paul Vivash	22:05
96	9	Charlotte Sanderson	22:07
148	24	Hannah Harvest	23:33
372	242	Mick Mead	32:53

## Finsbury

472 Ran			
Pos	Gen		
15	15	Paul Collyer	18:59

## Gladstone

211 Ran			
Pos	Gen		
86	19	Becca Schulleri	25:47

## Haverfordwest

44 Ran			
Pos	Gen		
1	1	Paul Devine	19:05

## Horsham

342 Ran			
Pos	Gen		
40	35	Gary Budinger	23:13

## Krakow

174 Ran			
Pos	Gen		
29	28	Mark Foster	20:30

## Leicester Victoria

344 Ran			
Pos	Gen		
55	3	Marjorie Epton	23:56

## Lloyd , Croydon

253 Ran			
Pos	Gen		
19	19	Martin Double	22:46
85	13	Carys Morgan	27:24

## Malling

308 Ran			
Pos	Gen		
17	1	Tereza Francova	21:16

## Peckham Rye

383 Ran			
Pos	Gen		
7	7	Joe Farrington-Douglas	18:42
12	1	Hayley Seddon	19:18
20	19	Rob Cope	20:00
57	54	Tom Wilson	21:51
65	4	Emma Ibell	22:19
66	5	Helena Flippance	22:21
85	9	Rosalind Johnson	23:12

## Richmond

429 Ran			
Pos	Gen		
133	119	Barrie John Nicholls	25:30
367	119	Lindsey Annable	35:24

## Riddlesdown

151 Ran			
Pos	Gen		
1	1	Andy Bond	17:20
3	3	Daniel Mann	18:06
5	5	Des Crinion	19:21
9	9	Hugh Balfour	21:07
10	1	Ange Norris	21:09
11	2	Michelle Lennon	21:12
12	3	Yvette Dore	21:21
17	5	Lucy Pickering	22:28
21	7	Lucy Clapp	22:50
26	19	Gideon Franklin	23:26
45	12	Helen Lister	25:28
49	14	Ros Tabor	25:42
50	36	Andy Murray	25:44

## Roundshaw Downs

161 Ran			
Pos	Gen		
51	7	Jenny Ross	26:12

## Southwark

305 Ran			
Pos	Gen		
116	94	Paul Keating	25:14

**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.



# DULWICH RUNNERS CLUB KIT



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.  
You just click on the link to the Dulwich Runners shop and purchase directly.  
<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>  
any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## DULWICH RUNNERS CLUB KIT

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

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



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



HOODIES CLEARANCE  
ONLY £10 each

## Dulwich Charity 10k balance – Charity required

For over 25 years the club organised the Dulwich Charity 10k race each October. Because of use of the pavement by cafes in Dulwich Village and sports ground traffic, the race developed unmanageable risks and with entry numbers declining, was held for the last time in 2013.

The profits each year were given to a selected local charity but there was a balance held to cover initial expenses and in some years we made profit additional to that promised to the charities. The unallocated balance was held in the Charity 10k's dedicated bank accounts and totals £1,055.

The accounts have been used subsequently to temporarily hold fundraising money for Dulwich Helpline and in memory of Jose Barretta but have now closed and the balance transferred to the club.

The £1055 balance represents profits that 10k runners contributed to, expecting that local charities would benefit, so we are looking for nominations of suitable ones.

**Andy Murray ex Race Treasurer**

Local charities that have benefited in the past include:

Dulwich Helpline (now Dulwich Helpline and Southwark Churches Care)

*recruiting, training and supporting volunteers to befriend isolated and vulnerable older people living in the community*

London Wildlife Trust

*preserving and enhancing London's wildlife, including managing Sydenham Hill Wood and Marsden Road centre for wildlife gardening.*

We have also donated money in memory of Gill Johnson to the friends of the hospice in Kent (local authority managed) she latterly stayed in.

.. Also benefitting in the past were

Wheels for Wellbeing

Wheels for Wellbeing (WfW) is an award-winning charity supporting disabled people of all ages and abilities to enjoy the benefits of cycling.

Emmaus Lambeth

Emmaus is a homelessness charity with a difference. They don't just give people a bed for the night; we offer a home, meaningful work and a sense of belonging. Emmaus is different because it provides a home for as long as someone needs it, in an Emmaus community. This gives people the opportunity to take stock of their lives, deal with any issues they might have, and often re-establish relationships with loved ones.

Club members have so far also put forward the following

Knights Youth Club

KYC welcome around 200 young people the club on the Clapham Park Estate each week. The young people are from challenging backgrounds where drug or alcohol misuse, criminal records, difficult family relationships, overcrowding at home, and dismal education / employment prospects are common.

KYC strives to empower these young people into positive and independent futures and enable young people to survive the difficult transitions they may be currently facing.

KYC achieves this through a weekly programme of; coaching in sports; targeted street outreach work; creative and employment-related use of ICT. These sessions are delivered by KYC's one permanent and two part time members of staff running off a tiny budget.

In 2013 KYC was externally evaluated by Exeter University which found that; 85% of young people believed in themselves more, 80% felt their communication improved, 87% developed more patience, 74% improved their organisational skills and 78% developed more resilience as a result of being involved in the club.

The St Matthew's Project

They are based in Brixton/Tulse Hill area and provide football and sports coaching as well as general mentoring to kids in the area. The St. Matthew's Project is much more than just a football club, delivering a wide range of activities and development opportunities and offering support to young people on and off the football pitch

**Members can indicate support for any of these or other charities that they know of.  
Please contact Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com) this month with any suggestions**



# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !....

## Rehydration !

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

## Sports & Therapeutic Massage

Do you:

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

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

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



Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

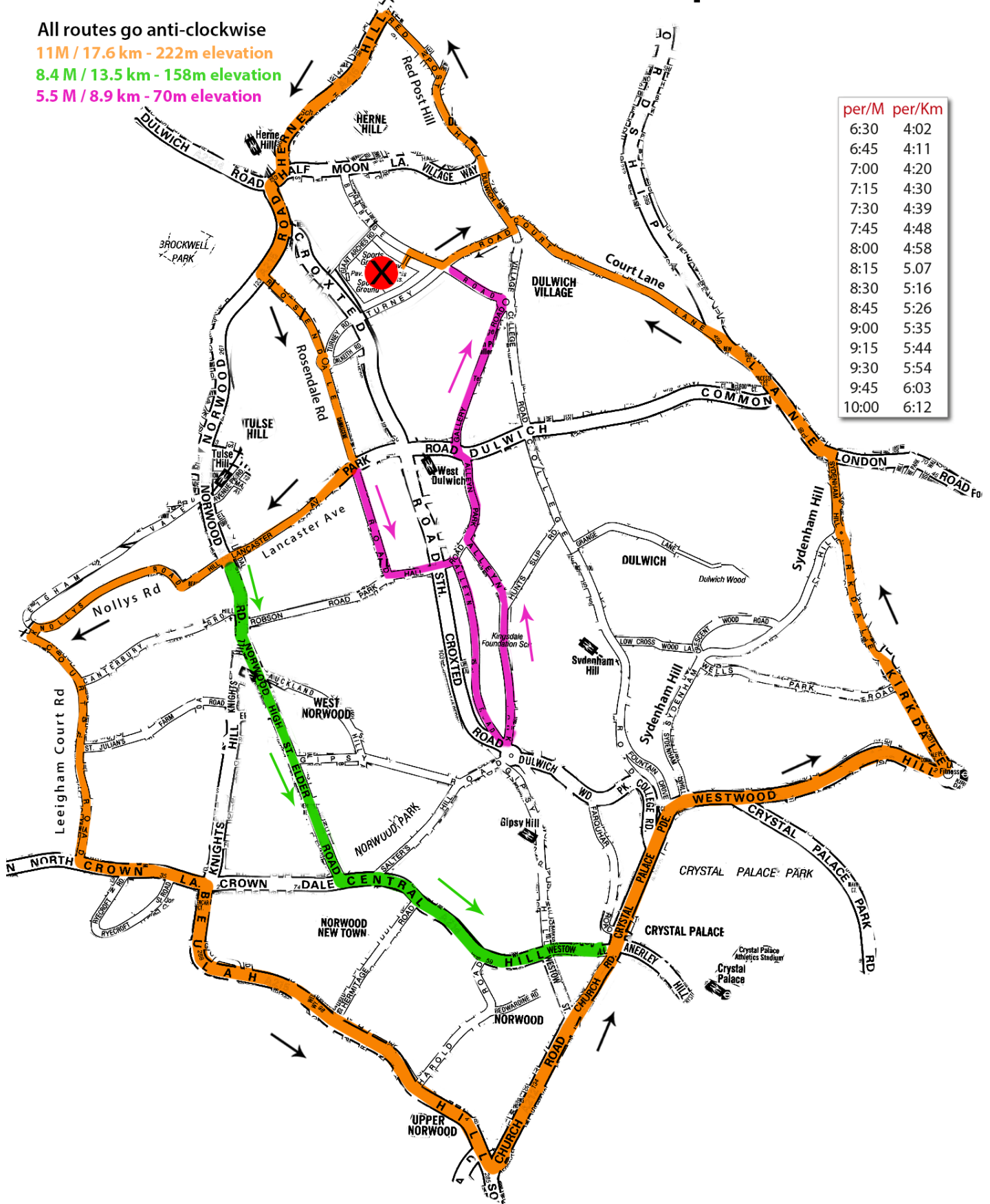
# Dulwich Runners Winter Map 11

All routes go anti-clockwise

11M / 17.6 km - 222m elevation

8.4 M / 13.5 km - 158m elevation

5.5 M / 8.9 km - 70m elevation



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