



# SHORTS

Dulwich Runners AC

Weekly Newsletter

March 4th 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 4	<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 10	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 11 parkrun times
- 12 Club kit
- 15 Map for tonights runs

*And much more !*

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## 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

Mar 22 Southern 12 & 6 stage relays - Milton Keynes

*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, lasts around 1 hour.

**There is no fee. Suitable for all standards.**

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



## LUCKY VEST

*Tonight in the clubhouse*



Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize !  
Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## NEW RUNNERS ROTA

Thanks go to **Gower Tan and Megan's group** 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

**Cameron Timmis** 4/3

Tony Tuohy 11/3

Laura Vincent 18/3

Mick Ward 25/3

## 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 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.

## 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>

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					
Mar	22	Southern 12 and 6 stage relays		Milton Keynes	Road & other
Apr	2	Assembly League		Beckenham Place Park	
	4	National 12 and 6 stage relays		Sutton Park	Cross country
	26	London Marathon or alternative	long	London or alt.	
May	7	Assembly League		Victoria Park	
Jun	4	Assembly League		Jubilee Pk, Leyton	Club Champs
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Assembly League
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@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:

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.

## 2020 Assembly League

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

**Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.**

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

### All Thursdays

Apr 2	Beckenham	5km	7:15
May 7	Victoria. Pk	5km	7:30
Jun 4	Jubilee Pk, Leyton	5km	7:30
Jul 2	Crystal Palace	5km	7:30
Aug 6	Victoria Pk	3.5M	7:30
Sep 3	Beckenham	5km	7:15



## Weekend of 16th and 17th May

It's that excellent time of year again.

Teams of 11 compete on a route around London which is as off road as possible. It starts on Saturday morning at Hampton Court and ends at Kingston on Sunday evening. Each member of the team needs to run a stage on both Saturday and Sunday. Although it is a relay, each stage has a start time and is like an individual race, so runners can be as competitive, or not, as they like. The stages are graded according to distance and

terrain so there is something for everyone.

If you would love a weekend of running in scenic places, this is for you. Many members come back again each year for this, but we also encourage anybody else to come and try it. You'll not be disappointed.

Let me know via email, ([dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)), or in person on a Wednesday evening if you'd like to run. I will allocate places on a first come first served basis.

If you want any more information, just ask me or take a look at the website - <http://www.greenbeltrelay.org.uk/>

NB This clashes on the Saturday 16th with the BMAF road relays in Birmingham. This only effects any master runner (over 35 for women and over 40 for men) who may want to run there. Due to the timings, it is actually possible for women to run both.

**Ange Norris**

## Thanks and relay runners required

Steve Smythe says a kind thanks to the Dulwich Runners who put something towards the Soar club vest I received last week though not sure when I will be able to race in it. After 50 years of running, 45 years of marathoning and 35 years of coaching, my body seems to be saying enough is enough but I can hopefully make it through to the London Marathon (if it goes ahead).

The half marathon results across the board were very good this week but any football coach who was anyway responsible for two relegations in the same season and not putting out a full team in the National event would have already been sacked.

It would be good if to make up for the Surrey League and National XC (though there were some exceptional individual if not team performances in both) if we can get good teams out in the next two

big relay events - the South of England relays at Milton Keynes on Sunday March 22 [http://www.seaa.org.uk/images/2020/126STAGE/126RR2020\\_Entry\\_Details-compressed\\_2.pdf](http://www.seaa.org.uk/images/2020/126STAGE/126RR2020_Entry_Details-compressed_2.pdf) (the National event at Sutton Park is a few weeks later) and the BMAF Relays for all those aged over 35 on Saturday May 16.

The men (needing 12) already seem well organised and have had encouraging signs of interest and we should have a very good team in Milton Keynes but the women (needing 6) have yet to get the same commitment. We don't just want to put out numbers but a high proportion of our fastest runners or for the women ideally 2 teams, so we can cover both bases. Relays are probably the best club events open to members and where in the past we have had the most success.

If we could put a women's team or two out featuring most of Clare and Lucy E, Elkie, Marta, Roz J, Ali, Polly, Sara, Kim, Katie, Andrea, Emma, Yvette, Ange, Michelle, Laura, Helen, Lucy, Ola etc etc etc, we could do very well

## 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)

## MARCH SCHEDULE

This is my suggested training for the month of March for those doing the London Marathon.

Those doing an earlier one may need to make adjustment so they taper earlier.

Wed 4	65 mins at one min a mile slower than marathon pace
Thu 5	3 M at marathon pace, 1 mile slower, 2 M at marathon pace
Fri 6	30 mins easy or rest
Sat 7	Easy parkrun or 30 mins
Sun 8	21 M steady at a minute a mile slower than marathon pace
Mon 9	40 mins easy or rest
Tue 10	10 x 800m at 5km pace with one to two min recovery or 200m slow jog
Wed 11	70 mins at 45 secs a mile slower than marathon pace
Thu 12	12km of alternative pace at steady (30 secs slower than mar pace, 1/2M mar per km
Fri 13	40 mins easy or rest
Sat 14	Easy parkrun or 40 mins steady
Sun 15	22M a min slower than mar pace but put 10km in middle at just outside mar pace
Mon 16	45 mins easy or rest
Tue 17	20 x 400m at 5km pace with one min to 90 secs recovery or 200m jog
Wed 18	75 mins at 30 secs a mile slower than mar pace
Thu 19	12km alternating 1/2M pace and a min a mile slower than mar pace every 4 min/km
Fri 20	45 mins easy or rest
Sat 21	Easy parkrun or 40 mins steady
Sun 22	18M with first half at 60-90 secs a mile slower than mar pace, second half at mar pace
Mon 23	50 mins easy or rest
Tue 24	5 x 1600m at 10km pace with two min recovery or 400m jog
Wed 25	80 mins at 30 secs a mile slower than mar pace
Thu 26	7 M acceleration run - ie for sub-3 marathoner, M of 8:00, 7:45, 7:30, 7:15, 7:00, 6:45, 6:30
Fri 27	50 mins easy or rest
Sat 28	Easy parkrun or 40 mins steady
Sun 29	23 M at 30-45 sec a mile slower than mar pace
Mon 30	55 mins easy or rest
Tue 31	8 x 1000m at 5k-10km pace with one to two min recovery or 200m slow jog

## 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.

## 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)

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.

## Vitality Big Half

March 1

**Steve Smythe writes....**Dulwich Runners probably got their greatest ever exposure on the BBC with four Dulwich men amongst the leading women for most of the race though ultimately the leading two women won the battle of the sexes.

In terms of PB's and turn outs it was one of the club's greatest ever club championships even if the course is a little too narrow, too twisty and has a few short sharp hills.

The men packed superbly and we had five (Jack, Tim, Buzz, Shane, Andy) in the top 120 of a National championships and while no official team details were available we must be well in the top 10 The women were nowhere near their best of recent years but packed similarly with 5 in the top 99 (Marta, Ali, Elkie, Sara and Polly) and again are well in the top 10 nationally.

- 91 Jack Ramm 71:21 (PB) 818 pts 1st man  
(Previous PB 73:53) (10k 33:28) looked good until last few miles but still 2:30 PB)
- 93 Timothy Bowen 71:25 (PB) 824 2nd man  
(Previous PB 71:45) (10K 33:31) strong finish taking 10 secs off Jack in last 10km)
- 98 (5M40) Buzz Shephard 71:30 (PB) 859 3rd man (1st M40 in pts)  
(Previous PB 71:42) (10K 33:26) Possibly overdid first 5k in 16:33 but came back again)
- 105 Shane O'Neill 71:57 (PB) 811 Man age graded (3rd SM in pts)  
(Previous PB 72:38) (10K 33:32 (PB!)) (Also probably set off too quick but carried on form of his life)
- 115 (2M45) Andy Bond 72:26 (PB) 869 Overall age graded (2nd M40 in pts)  
(Previous PB 73:39) (10K 34:20) (More even-paced than most of club and excelled to be 2nd M45)
- 198 Tom South 75:11 (PB) 824 1st M40 (3rd M40 in pts)  
(Previous PB 78:05) (10K 35:47 (Ran 2nd 10km in faster 35:33 as great form continues and set 3 minute PB)
- 215 Daniel Mann\_ 75:44 (PB) 798  
(Previous PB 77:09) (10K 35:47 (Similar pace to Tom and not able to accelerate but still best ever distance race)
- 353 James Burrows 78:49 (PB) 757  
(Previous PB 79:29) (10K 37:13 (Just missed 10km PB and held similar pace throughout with good run.)
- 441 Robert Hollands 80:20 (PB) 735  
(Previous PB 80:35) (10K 38:08 (Another strong well-paced run with unusually best 5km was up to 20km)
- 447 Martin Belzunce 80:29 (PB) 731  
(Previous PB 84:56) (10K 38:20 (set four minute PB with quicker second 10km (38:10)
- 466 Grant Kennedy 80:46 (PB) 732  
(Previous PB 83:11) (10K 38:06 (Carried on his strong form with a two minute plus PB)
- 490 (7M50) Stephen Davies 81:16 802 1st M50  
(PB: 74:31) (10K 37:51) (Good run considering his stress fracture and missed training but started too fast)
- 523 Kevin Chadwick 81:44 730  
(PB 81:31) (10K 38:29) (Just missed PB as found last 5km hard)
- 538 Shane Donlon 81:58 (PB) 721  
(PB n/k) (10k 37:54) (rare club race for recent recruit but also found last 5km hard (20:07) compared to 18:39 opener)
- 539 Ben Smith 81:58 (PB) 724  
(Previous PB 83:54) (10k 38:43) (strong run for another newish recruit who is improving fast.)
- 541 Eugene Cross 81:59 (PB) 728  
(Previous PB 85:42) (10k 38:07) (sub-3 marathoner now has respectable HM too but probably too fast first half.)
- 592 Tom Shakhli 82:45 (PB) 714  
(Previous PB 83:16) (10k 38:49) (Took small amount off PB but capable of much more.)
- James Brown 83:10 (PB) 739  
(Previous PB n/k) (10k 38:49) (first known half-marathon and best run to date at any distance.)
- 629 Edward Harper 83:14 701  
(PB 77:46) (10k 39:36) (long way from fitness of 2019 but ran steady and sensibly.)
- 651 Paul Collyer 83:28 781 (2nd M50 in pts)  
(PB 82:28) (10k 39:37) (a minute down on PB with well paced run.)
- 678 Ian Lilley 83:42 765  
(PB 81:34) (10k 39:30) (Very slightly slower second half but overall held pace well.)
- 696 Charles Lound 83:51 791 (3rd M50 in pts)  
(PB 75:42) (10k 39:16) (A long way from his form of recent years and not at his usual strength.)
- 705 Tom Wilson 83:56 738  
(PB 83:32) (10k 39:09) (Close to his PB and just lost pace after being well on target at 15km.)

719 Des Crinion 84:03 698  
(PB 82:17) (10k 40:07) (Nowhere near fully fit but quicker second 10km of 39:45.)

761 Alexander Loftus 84:38 (PB) 732  
(Previous PB 85:42) (10k 39:59) (steady run to hold pace well and take minute off PB.)

782 Gower Tan 84:55 (PB) 767  
(Previous PB 87:46) (10k 40:25) (Perfect pacing to break 85 for first time.)

791 Matthew Cooke 84:59 (PB) 698  
(Previous PB 88:18) (10k 40:01) Just drifted slightly off pace in last 5km but still three minute PB.)

63W Marta Miaskiewicz 85:06 774 1st woman  
(PB 83:37) (10k 40:07) (Not quite in last year's form yet but steady run to be our leading woman.)

64W Ali Campbell\_ 85:15 765 2nd woman  
(PB 81:32) (10k 40:06) (Long way from last year's superb run but steady when not at full fitness in rare recent race.)

903 Oliver Cooper\_\_ 86:16 678  
(no details on Po10) (10k 40:39) (Steady run but long way from peak fitness.)

927 Joe Farrington-Douglas 86:35 (PB) 693  
(Previous PB 87:10) (10k 40:19) (Lost two minutes in second 10km but still set PB.)

928 Will Lawn 86:36 (PB) 674  
(Previous PB n/k) (10k 41:04) (One of first races according to Po10 and paced it well.)

79W Elkie Mace 87:10 762 3rd woman  
(PB 83:21) (10k 41:49) (Not at full fitness after injury but ran quicker second 10km of 41:00)

80W Sara Roloff 87:14 (PB) 761  
(Previous PB 89:20) (10k 41:21) (Big PB with best ever race performance.)

1074 Alex Bazin 87:47 (PB) 680  
(Previous PB 96:23) (10k 41:10) (Slightly slowed on second half but still 9 minutes PB.)

1133 Matt Wood\_ 88:26 (PB) 660  
(Previous PB n/k) (10k 41:45) (first race on Po10 and held pace very well)

1144 Ed Simmons\_ 88:30 674  
(PB 85:58) (10k 41:04) (slowed on second half but still well inside 90.)

99W Polly Warrack 88:49 (PB) 734  
(Previous PB 91:49) (10k 42:01) capable of more judging by training pace but held form well to break 90 for first time)

1344 Jonny Hough 90:05 (PB) 676  
(Previous PB 90:06) (10k 42:33) (Drifted slightly off 90 minute pace on second half but a second up on last year!.)

123W Katie Styles 90:05 (PB) 740  
(Previous PB 94:23) (10k 42:38) (Probably best road run to date to match XC form and set 4 minute PB)

124W Roz Johnson 90:06 (PB) 744  
(PB 90:53) (10k 42:33) (set a PB with steady run but capable of much faster when fully fit)

135W Alice Williams 90:47 (PB) 725  
(Previous PB 91:54) (10k 43:27) (Final club race before move saw a faster second 10km and an one minute PB)

155W (7W45) Yvette Dore 91:35 (PB) 782 1st W40  
(Previous PB 92:28) (10k 43:40) (first 5km a little too slow but picked up pace second half to set a one-minute PB)

1522 Grzegorz Galezia 91:49 710  
(PB 83:53) (10k 43:12) (Not anywhere near his 3:00 marathon fitness of last year and slowed second half.)

1609 Euan Davies\_ 92:36 631  
(no details on Po10) (10k 40:48) (slowed six minutes in second 10km and struggled.)

183W (7W50) Michelle Lennon 93:00 817 1st W50  
(PB 92:28) (10k 43:11) (Went out a little too quick and lost two minutes on second 10km but only just missed PB.)

1842 Matthew Ladds 94:20 (PB) 620  
(Previous PB 94:32) (10k 44:01) (Only slowed a little on second half to narrowly set PB.)

225 (10 W45) Emma Ibell 94:41 (PB) 765 (2nd W40 in pts)  
(Previous PB 94:49) (10k 45:27) (Started slowly but picked up pace well to just edge 9 year-old PB.)

2060 Michael Fullilove 95:39 725  
(PB 87:43) (10k 44:34) (Not in his shape of last year and slowed slightly second half.)

2122 Martin Double 96:04 (PB) 639  
(Previous PB 99:01) (10k 45:58) (Faster second half to set three minute PB.)

2186 David Benyon 96:29 608  
(no details on Po10) (10k 45:30) (Held pace well until last 5km)

2399 James Auger 97:46 644  
(Previous PB 1:54:53) (10k 44:07) (Too quick a start and lost 4 minutes in second 10km but still 17 minute PB)

2685 Eberhard Prill 99:06 700  
(PB 84:23) (10k 46:21) (Long way from best fitness held it together well.)

2823 Cameron Timmis 99:43 648  
(PB 98:23) (10k 47:06) (Minute outside PB but paced it excellently.)

424W Lucy Pickering 99:53 780 Woman age graded (2nd W50 in pts)  
(PB 90:58) (10k 46:55) (Ran solid throughout to break 1:40.)

446W Rebecca Schulleri 100:23 650

(PB 90:57) (10k 48:31) (Took easier after great National last week and .picked up pace throughout)  
 3156 James Rimmer 101:14 577  
 ((no details on Po10) (10k 47:59) (Steady run and held form well.)  
 524W Laura Vincent 101:43 (PB) 653  
 (Previous PB 1:47:50) (10k 47:51) (Paced it steadily to just edge last year's time but capable of much faster.)  
 527W Lucy Clapp 101:44 775 (3rd W50 in pts)  
 (Previous PB 99:17) (10k 46:54) (Lost a few minutes on second half after being close to PB pace.)  
 573W Belinda Cottrill 102:42 (PB) 644  
 (Previous PB 1:49:28) (10k 47:35) (Drifted off 1:40 pace on second half but still set 7 minute PB.)  
 4096 Graham Laylee 105:48 687 1st M60  
 (PB 99:34) (10k 50:05) (Not at very fittest run good steady race.)  
 4124 Joseph Brady 105:56 632  
 (PB 83:03) (10k 49:49) (slowed very slightly on second half.)  
 940W Sadie Sholem 108:32 (PB) 626 (3rd W40 in pts)  
 (Previous PB not known) (10k 51:18) (Fairly even pace throughout.)  
 963W Clare Norris\_ 108:53 (PB) 633  
 (Previous PB not known) (10k 50:11) (Found last 5km tough in what was possibly first half-marathon.) 976W Stephanie London  
 109:03 672 (PB 1:45:03)) (10k 50:52) (After good even first 15km, just slowed near end.)  
 1038W Katie Prior 109:45 (PB) 594  
 (Previous PB 1:53:15) (10k 50:46) (Another to slow in last 5km but just did enough to break 1:50.)  
 5162 Miles Gawthorp 110:06 572  
 (PB 98:41) (10k 50:45) (lost a lot of time between 10km and 15km but better last 5km.)  
 1259W Emma Kelly 112:12 (PB) 585  
 (Previous PB not known) (10k 52:23) (Held form well and not too much slower on second half.)  
 1268W Claire Barnard 112:17 (PB) 583  
 (Previous PB 1:52:52) (10k 53:26) (Excellent paced again and ran quicker second 10km to edge PB.)  
 1442W Jenny Bomers 113:55 (PB) 583  
 (Previous PB not known) (10k 54:04) (Also paced it well and only lost seconds on second half.)  
 1550W Midge Cameron 114:53 (PB) 686  
 (Previous PB 1:59:21) (10k 54:07) (Good steady run .to break 1:55 and set 5 minute PB)  
 6618 Bob Bell 115:31 655 (2nd M60 in pts)  
 (recent PB 98:52 recent) (10k 52:34) (Long way from full fitness and 4 minutes slower in second half.)  
 Claire Steward 115:52 815 1st W60  
 (PB: 95:51 missing details of run but well up in age group)  
 6811 Barrie John Nicholls 116:07 652 (3rd M60 in pts)  
 (PB 1:45:25) (10k 56:17) (Used his experience to run two minutes quicker on second 10km.)  
 Andy Murray 116:32 649  
 (Missing details of run but must have been better than the Spurs match he went to in afternoon.)  
 1896W Lindsey Annable 117:25 647  
 (Previous PB 1:50:33) (10k 56:33) (Also picked up on second half with 55:02 second 10km as continues comeback.)  
 2566W Karina Burrowes 122:58 531  
 (Previous PB ?) (10k 56:23) (Not at full fitness lost a little ground on second half to just miss 2 hours.)  
 2677W Michelle Key 123:45 (PB) 532  
 (Previous PB 2:06:17) (10k 57:57) (Paced it well after slowish first 5km .)  
 9816 Desmond Edwards 128:27 465  
 (PB 1:52:23) (10k 59:39) (steady run well outside his best form.)  
 7341 Paul Keating 135:54 492  
 (PB 1:50:10) (10k 53:59) (slowed a little on second half.)  
 5634W Elizabeth Begley 151:07 589 (2nd W60 in pts)  
 (Previous PB 2:20:17) (10k 65:45) (Found second half much tougher.)  
 6846W (7W70) Susan Vernon\_ 177:31 586 (3rd W60 in pts)  
 (wrong PB on PO10) (10k 82:09) (Pace did not fall off much over second hard as had one of best age category results in race)

**Claire Steward writes:** Last year I reported on my 9 week training plan in an attempt to break two hours for this race. This followed a nightmare end to 2018 with a diagnosis of osteoarthritis. I missed my target by 27 seconds. By the end of 2019 I seemed to be getting back into the swing of things – not quick but fairly consistent and pretty much pain-free – completing Eridge 10 in September, Cabbage Patch 10 on October, Lausanne Half and Algarve Challenge in November. Then things went pear-shaped at the end of December – A&E at King's with a resting heart rate of 140, echocardiogram, a prescription for beta blockers which rendered me knackered and reduced my usual HR so low that my GP advised me to stop them immediately.

**Lindsey Annable writes...**Barrie has ever present status for this relatively new event but it was my first attempt at the race. We'd entered last year quite early on to ensure a place but I hadn't quite envisaged such a slow comeback to running. I had done the bare minimum of training with a very gradual build up to slowly paced 12 miles. Needless to say I was really worried about the race. Barrie is in the midst of marathon preparation which is not going too badly although he is managing plantar fascia niggles.

We had been put on different starts and bizarrely Barrie was in the D wave behind me. I can only think the organisers mixed up our predicted times as we'd entered at the same time. I made my way to Tower Hill and arrived earlier than planned so found a sunny patch of grass to sit on. Despite the gathering crowds Paul and former DR member Kaylee saw me and we headed for the race pens, bumping into Claire S on the way.

Even though we were early into the pens they were really crowded – so absolutely no chance for a warm-up. I decided to head for the toilets which ended up being totally the wrong decision. I queued for 45 minutes only to see Claire and Paul walk past me as I missed the start of my wave. A debate with my fellow queue-ers ensued – stay and wait, leave and risk hitting another queue, start the race and hope there are facilities

Further investigations have been promised but not forthcoming, no one seems in a hurry to carry them out, and I felt fine so once again I had just nine weeks to try to get fit for a half marathon. By the time I had built up to a couple of slow thirteen mile runs it was time to taper so I really had no idea what to expect.

After the departure of the baggage truck there was 45 minutes of hanging around in the start pen before we were finally on our way. After a slowish start I settled into a steady pace and miraculously managed to maintain it to finish in under two hours – job done!

Baggage retrieval was a shambles as I shuffled my way towards truck #8 past

down route? What do you do? Most of us decided to stick it out – after all we had already waited so long.

Then the next wave came through and I spotted Barrie. He said I looked very cold and nervous as he also walked past me! My only warm up was a gentle jog towards the start where I saw Barrie again standing by the start gantry. He said he was waiting for the 2 hour pacer but I told him there wasn't one and he should set off. He paused to double check so I started and reeled out quite a quick first mile (well for me). I was probably so relieved to get going finally!

Needless to say as we descended into the tunnel I heard Barrie's familiar voice as he sailed past me. Here we go again I thought! He'd found out that his wave didn't have a two hour pacer, briefly toyed with the idea of sticking with the 2 hour 10 group but then decided he'd have to run his own race.

He pulled away but a quicker second 5km from me brought him back into sight. That was the story for the rest of the race although he did put in a stronger kick in the third and fourth 5km to widen the gap. I am not sure whether he'd heard the shouts of supporters and twigged I wasn't far behind!

We both achieved our goal of sub 2 and ran negative splits which was a real surprise. I was totally shocked I had the strength to keep going and speed up throughout the

crowds still holding their numbers aloft at trucks one and two. On arrival at the pub I realised that I hadn't received the text message with my result and discovered I was listed as DNS. Once back home I found the envelope that had contained my chip (lucky I hadn't chucked it away) – chip number 16808, bib number 16888! What a cock-up. I found my result by looking up the stats for 16808 but it's been allocated to another runner. London Marathon Results Corrections Service responded that it can take up to two weeks to update results, and I'm not the only one in the club who is affected. I wonder how many there are altogether? On the positive side, it wasn't raining, I broke two hours, fourth FV65 (according to currently listed results), knees held up, and no crazy elevated heart rate.

race apart from a slow final km. I don't remember how many times I said in the pub afterwards 'I don't believe it' but it was a lot - as some of you will attest to! Barrie was also pleased to have broken 2 hours without aggravating his foot further.

Did I enjoy the race? It was great to be able to run some of the marathon course again, pass across the iconic Tower Bridge and the atmosphere was fantastic. The benefit of starting in a slower wave was that we passed people throughout the race, particularly in the second half. The fact many fellow DRs seemed to have great races suggests it inspires good performances. Many DRs braved the cold to support too which was really welcome so thank you from us to John O'Byrne, Ange, Bernard and former member Steve Wehrle.

However there were very long (and cold) queues to cross the road to the baggage lorries, a long wait to get any food and drink on board and I won't share what I thought about the start logistics... It's a shame too some have incorrect results so here's hoping they are all sorted.

A few beers in the pub and lively banter soon dispelled memories of freezing queues and we had a very pleasant trip back into town on the Thames Clipper. Job done and a confidence booster for us both.

# Dulwich Runners' times in Big Half-Marathon 1 March 2020

		points in age category m/f								age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Jack Ramm	71.21	50								818	1st man
Timothy Bowen	71.25	49								824	2nd man
Buzz Shephard	71.30		50							859	3rd man
Shane O'Neill	71.57	48								811	Man age graded
Andy Bond	72.26		49							869	Overall age graded
Tom South	75.11		48							824	1st m40
Daniel Mann	75.44		47							798	
James Burrows	78.49	47								757	
Robert Hollands	80.20	46								735	
Martin Belzunce	80.29	45								731	
Grant Kennedy	80.46	44								732	
Stephen Davies	81.16			50						802	1st m50
Kevin Chadwick	81.44	43								730	
Shane Donlon	81.58	42								721	
Ben Smith	81.58	41								724	
Eugene Cross	81.59	40								728	
Tom Shakhli	82.45	39								714	
James Brown	83.10		46							739	
Edward Harper	83.14	38								701	
Paul Collyer	83.28			49						781	
Ian Lilley	83.42		45							765	
Charles Lound	83.51			48						791	
Tom Wilson	83.56		44							738	
Des Crinion	84.03	37								698	
Alexander Loftus	84.38		43							732	
Gower Tan	84.55			47						767	
Matthew Cooke	84.59	36								698	
Marta Miaskiewicz	85.06					50				774	1st woman
Ali Campbell	85.15					49				765	2nd woman
Oliver Cooper	86.16	35								678	
Joe Farrington-Douglas	86.35		42							693	
Will Lawn	86.36	34								674	
Elkie Mace	87.10					48				762	3rd woman
Sara Roloff	87.14					47				761	
Alex Bazin	87.47	33								680	
Matt Wood	88.26	32								660	
Ed Simmons	88.30	31								674	
Polly Warrack	88.49					46				734	
Jonny Hough	90.05		41							676	
Katie Styles	90.05					45				740	
Roz Johnson	90.06					44				744	
Alice Williams	90.47					43				725	
Yvette Dore	91.35						50			782	1st w40
Grzegorz Galezia	91.49			46						710	
Euan Davies	92.36	30								631	
Michelle Lennon	93.00							50		817	1st w50
Matthew Ladds	94.20	29								620	
Emma Ibell	94.41						49			765	
Michael Fullilove	95.39			45						725	
Martin Double	96.04		40							639	
David Benyon	96.29	28								608	
James Auger	97.46		39							644	
Eberhard Prill	99.06			44						700	
Cameron Timmis	99.43		38							648	
Lucy Pickering	99.53							49		780	Woman age graded
Rebecca Schuller	100.23					42				650	
James Rimmer	101.14	27								577	
Laura Vincent	101.43					41				653	
Lucy Clapp	101.44							48		775	
Belinda Cottrill	102.42					40				644	
Graham Laylee	105.48				50					687	1st m60
Joseph Brady	105.56			43						632	
Sadie Sholem	108.32						48			626	
Clare Norris	108.53						47			633	
Stephanie Lundon	109.03						46			672	
Katie Prior	109.45					39				594	
Miles Gawthorp	110.06		37							572	
Emma Kelly	112.12					38				585	
Claire Barnard	112.17					37				583	
Jenny Bomers	113.55					36				583	
Midge Cameron	114.53							47		686	
Bob Bell	115.31				49					655	
Claire Steward	115.52								50	815	1st w60
Barrie John Nicholls	116.07				48					652	
Andy Murray	116.32				47					649	
Lindsey Annable	117.25							46		647	
Karina Burrowes	122.58					35				531	
Michelle Key	123.45					34				532	
Desmond Edwards	128.27	26								465	
Paul Keating	135.54			42						492	
Elizabeth Begley	151.07								49	589	
Susan Vernon	177.31								48	586	
unofficial	82	25	14	9	4	17	5	5	3		to be awarded Captains' awards



# PB, flapjacks and wet feet.

While most of Dulwich was running the Big Half, I made my way back to Regents Park for a 10k. The goal: sub 51mins.

I was very glad to look out the window first thing to find that Storm Jorge had gone away again. Blue sky beckoned. The Bakerloo line was not on strike this weekend. Conditions optimal.

I have had a number of 10k pacing disasters in my time, like the time I missed the 1km marker, panicked and got to two km in 9 mins. Given I am not a 45 minute 10km runner this was officially Not Good. So the plan was to put myself a bit behind the 50 minute pacer as that would stop me going off too quickly and the wheels falling off around 7km. What could possibly go wrong?

We set off. I did think the 50min pacer was perhaps a bit speedy. But no matter. He's the pacer right? 1 km marker – I looked at my watch. 4 mins 40 seconds. That means he must have done it in around 4 mins 30. AARRGH! What kind of a 50 min pacer is this guy?

Carry on. Slow down a bit and don't panic. Next- Regent park's most ginormous puddle next to the pond. All across the path and at least 3 metres across. No way round it. Deep enough for

wet feet it turned out.

Pondering whether I had spare socks led to me missing the 2km marker. I passed 3km at 14mins 30 seconds which was still on the quick side. Meanwhile another runner was trying to be encouraging and suggested we close the gap to the 50 min pacer! Very kind, but no thanks! I will sit steady and perhaps even slow down a bit. I settled into a rhythm – 5kmin at 24 mins 45 seconds. Half way there. And 2 seconds off a 5 km PB. This was not the plan! The 50 minute pacer had disappeared into the distance. Helpfully, at around 7km a woman from Bedford AC overtook me and sat in front of me, pulling me round for the next bit. Turns out she was a way better pacer than the official pacer. Managed to speed up for the last bit and overtake two people on the home straight.

50mins 34 seconds. Whoop whoop! This was the same course as the November 2019 club champs where I took 52 mins 33 seconds so I am feeling dead chuffed.

Lessons learnt: 1) just because they are wearing a pacer t shirt doesn't mean they are actually pacing. 2) take spare socks to every event from now on 3) Longer runs and quicker runs pay off. 4) Mornington Chaser events have the best flapjacks.

Sonja Jutte 50:34

## Midgley Moor Fell Race 5M/8K 1250ft 380m

Sunday 23 February

Some of you will know that I have had a bad start to 2020 with an ongoing knee injury. However while staying in Yorkshire it seemed to be a bit better and so ten days ago I had a go at the York Parkrun, which produced few complaints from the aforesaid knee, although 23.35 was close to my Parkrun pw. However, throwing caution to the wind, the next day I decided to head up to Calderdale, west of Halifax to do this little fell race. It was only 5 miles and 1250 feet of ascent, how bad could that be?

I started to get a bit worried at the registration where lots of people were clutching maps and muttering about "route choices" across the moor. I then bumped into Darren Fishwick, an acquaintance from previous fell races. Darren is a nutter even by fell running standards – he once did 130 fell races in one year. So when he said "Aye, it's a tough race, this one", I was seriously concerned, given my injury and lack of fitness.

The start was straightforward: a steep climb across a couple of fields, except that the fields were quagmires!

Then it was over a lane across another field and through a gap in a wall which was only about 9 inches wide. A struggle to get through with a bum bag and impossible for anyone over 13 stone!

Then it was up onto the moor where we felt the full blast of the wind, and I found myself running continuously in 3 or 4 inches of water and mud. As we got higher the rain (had I mentioned it was raining?) turned to sleet. I was amazed that a runner from Rossendale Harriers whom I was following was only wearing a running vest. Everyone else was well wrapped up in long-sleeved tops and waterproofs. Eventually, passing the first two checkpoints, we reached to top of the moor and the path turned north, and there was a level section, where the Rossendale bloke and a few others got away from me. I finally decided it was time to put on my waterproof, and 30 seconds later the sun came out!

The course then descended sharply on a very narrow path bisected by a foot deep gully. This was easily the hardest section

for me, being out of practice descending and not wanting to aggravate my knee. What goes down must go up, and there followed a steep climb back to the moor.

At the top as we reached checkpoint 5, I realised the runner in front of me was a local as he greeted the marshal by name. He turned left and ran along a wall so I followed him. I soon noticed we seemed to be on our own, and I got worried when my guide left the trod by the wall and struck out across the heather. I was even more worried when I saw a line of runners on the skyline 300 yards to my left. But after ¾ mile of heather basing we reached the final checkpoint, and then it was a boggy sprint across the fields to the finish. My guide did know where he was going, as two minutes after I had finished I saw the Rossendale runner coming in. Our route across the moor had gained me 4 places and 3 minutes, and I can't claim any of it was due to my navigational skill.

Anyway I survived what was a pretty tough race, and under the circumstances was pleased with my performance in what must rate as a classic little Yorkshire fell race.

Winning time 41.33  
72 Hugh Balfour 65.45  
125 finished

## National Cross Country

*Katie Styles writes...* Three of us made the trip up to Nottingham for the nationals and to try out a different course. We were a bit confused when we were walking towards the venue in Wollaton Park and saw lots of kids who had already raced with mud splashes all over their faces. After a quick course recce it became clear it was due to the "river" we had to cross at the start of every lap. This race was going to be interesting.



The race area felt like a mini festival with tents squeezed into every little space and mud and wellies underfoot. We didn't have such luxuries so instead found a spot under a tree that wasn't too muddy and was easy for the boys to find. After a quick warm up we were joining the masses to get through the start tent and onto the start line. There were 900 other women racing and there was a buzz in the atmosphere.

It was a wide start at the bottom of a hill like the parliament hill course but the hill was fortunately a lot smaller. The gun went and we were off straight into a big boggy and smelly puddle. We did a short loop back around to near the start with lots of support from the crowds and cheers from our men's



team. This was our first experience of the river crossing. It was quite wide, reasonably deep and the splashing meant you were wet from the waist down or the rest of the race. So this was proper cross country then.

The second lap was larger and took us around the edge of a lake which was scenic when on the rare moments we could take our eyes away from the course. There was all sorts of different mud and terrain to run through such as long grass and grassy lumps and logs to jump over every lap. The



race had been reasonably flat for the first half but the long and final lap took us up the big hill to the grand Wollaton house, a very steep incline, then over and into a wooded section and up another hill. At this point I heard Becca from shouting at me from behind for the second time that I

was stronger than this and could go faster. I didn't feel very fast on the day and my head wasn't in race mode so I was hoping she would catch me up so we could offer each other moral support. She did about five minutes from the end where we agreed we would finish together. It was nice having her for the final, very muddy log jump, final hill and extremely muddy finish which meant that there was no sprinting even if I had the legs for it. We crossed the line and had a big hug. Yvette crossed the line not far behind describing the race as not Tough



Mudder but the Hunger Games. We were exhausted, very muddy but really pleased we'd made the trip.

The course threw everything at us, mud, hills, log jumps and the infamous river crossing. A great day out we would definitely repeat. It should also be noted that the marshals were really friendly and encouraging. Unfortunately Anna was injured so we didn't field a women's team but we were pleased to be within the top 300 people in the results.

Then it was just time to watch the men which was quite the spectacle with 1,700 people racing.

## South Of England Indoor Champs

23 February

Following the previous week's "warm-up" event this was a meeting to be taken more seriously. All races were seeded with men and women combined and age categories separated.

With 9 competitors allocated to each race, the 800m races were started on the curve rather than in lanes which is the standard practice indoors. This was not ideal with the first bend coming soon after the start. Wayne had a steady run in his first indoor race of the season. Tony had a strong run with an improvement of almost 2 secs over last week's time. I had a poor start responding slowly to the gun and left at the back of the field with a scramble round the initial bend. This resulted in a very uneven first lap as I made the school boy error of overtaking 3 runners on the banked bend, but settled down afterwards, finishing with a 2 sec negative split.

Both Clare and Tony were competing in their first 1500m of the season but put down good markers. My own race was very different from last week, 18 secs faster than my lacklustre effort then, a rate of improvement which will be difficult to sustain.

*Mike Mann*

## South Oxhey parkrun

*Chris Vernon writes* I set off for Watford to share the love with Watford Joggers at Cassiobury parkrun and to gather another sea! On arrival at my friends house his watsapp pinged, parkrun cancelled. Plan B was developed but 10 mins later Rickmansworth was off with flooding so as a last resort South Oxhey emerged as I was determined not to miss a run on 'leap day' after 1.5 hrs on the road in the pouring rain.

Having forgotten my walking poles I was not prepared for 3 laps of muddy fields with a bit of a hill that some will know as part of the London loop. At the start a small field set off in the rain up the hill with a cheery wave from the RD who said you are bound to fall over! Luckily the rain abated after lap one as I tried to find a less slippery route, avoiding the mole hills but always ending in ankle deep mud before the welcome bit of tarmac leading to the finish.

## England Inter Area Masters Indoors Lee Valley

March 1

There were victories for Clare in the W35 3000m (dropping 20 years) to win by over half a lap in 10:45.43 and Tony in the M50 3000m (though behind the first M60) in 10:15.90.

Clare was also second in a tactical W35 1500 (4:57.13), Wayne was second in the M35 800m in a much more promising 2:06.16 and contributed a leg in the 4x200m team that finished second and Ros, a long way from full fitness, was second in the W70 800 in 3:29.08 and fourth in the W70 60m in 13.26.

Mike was fourth in the M70 800m in 3:01.03 in an exciting race that had the first four separated by a second and was also in the third team in the M70 4x200m relay.

*Steve Smythe*

There being no cafes in the vicinity the team supply free tea and coffee out of the back of their van, most welcome and well done them. A parkrun first for me.

Not a bad run, all things considered and another 1st MV75 to add to my collection at my 316th run at 81 locations.

## The Big Half

After months of training under Martin Morley and preparation with her lovely guide Sylvie this was Sue's first big race as a visually impaired runner at the age of 74.

Everything went to plan as they made their way through the crowds at the start, hitting four even 5k splits so the family could meet her three times round the course. She loved the shouts of encouragement from DR's, her Popchoir and other friends.

The best bit is that she has raised nearly enough to buy all the beds and mosquito nets needed for the school dormitory in Tanzania in memory of our son Oliver who died in an accident in Africa 20 years ago. Thanks to all who contributed.

February 29

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

## Banstead Woods

225 Ran  
Pos Gen  
9 9 Tony Tuohy 19:47

## Beckenham Place

92 Ran  
Pos Gen  
43 35 Stephen Smythe 27:31

## Beckton

30 Ran  
Pos Gen  
7 6 Matthew Ladds 23:16

## Bethlem Hospital

37 Ran  
Pos Gen  
1 1 Andy Bond 20:19

## Bexley

264 Ran  
Pos Gen  
25 23 Michael Fullilove 23:38

## Brockwell , Herne Hill

238 Ran  
Pos Gen  
11 11 Jonny Hough 19:27  
57 3 Ola Balme 22:16

## Bromley

489 Ran  
Pos Gen  
259 187 Peter Jackson 29:01

## Burgess

300 Ran  
Pos Gen  
32 1 Kim Hainsworth 20:00  
47 39 Joe Sheppard 20:35

112 76 Joseph Brady 24:06  
250 81 Stephanie Burchill 30:30

## Catford

111 Ran  
Pos Gen  
6 6 Justin Siderfin 21:08  
101 36 Denise Brady 39:16

## Crystal Palace

276 Ran  
Pos Gen  
20 1 Ali Campbell 21:26  
54 2 Belinda Cottrill 23:23  
77 68 Bob Bell 24:27  
177 34 Sharon Erdman 29:08  
187 39 Natalie Davys 29:37  
247 80 Joanne Shelton Pereda 36:15

## Dulwich

315 Ran  
Pos Gen  
2 1 Edward Chuck 16:16  
19 14 Joe Wood 19:09  
160 110 Michael Dodds 25:13  
195 49 Claire Steward 26:33  
268 155 Mick Mead 32:22

## Fulham Palace

297 Ran  
Pos Gen  
1 1 David Wilson 16:27  
22 1 Georgina Clarke 19:52  
174 117 Barrie John Nicholls 26:23  
233 64 Lindsey Annable 29:41

## Malling

241 Ran  
Pos Gen  
23 3 Tereza Francova 23:02

## Market Rasen

95 Ran  
Pos Gen  
15 15 Stephen Williams 22:27  
19 19 Colin Frith 23:27  
24 1 Emma Bell 24:12

## Peckham Rye

161 Ran  
Pos Gen  
9 9 Alex Loftus 19:59  
31 29 Kevin Chadwick 23:04  
48 3 Michelle Lennon 24:20  
134 44 Lauren Gill 32:16

## Sandhurst Memorial

143 Ran  
Pos Gen  
94 75 James Wicks 31:37

## South Oxhey

89 Ran  
Pos Gen  
87 57 Chris Vernon 56:51

## South Norwood

96 Ran  
Pos Gen  
46 43 Barry Graham 26:32  
52 48 Dave West 28:10

## Tilgate

452 Ran  
Pos Gen  
1 1 Ben Short 16:47  
106 93 Gary Budinger 25:17

## Tooting Common

248 Ran  
Pos Gen  
9 9 Tom Wilson 19:39

# 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



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



Bufs-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

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



# NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces 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 THIS 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 9

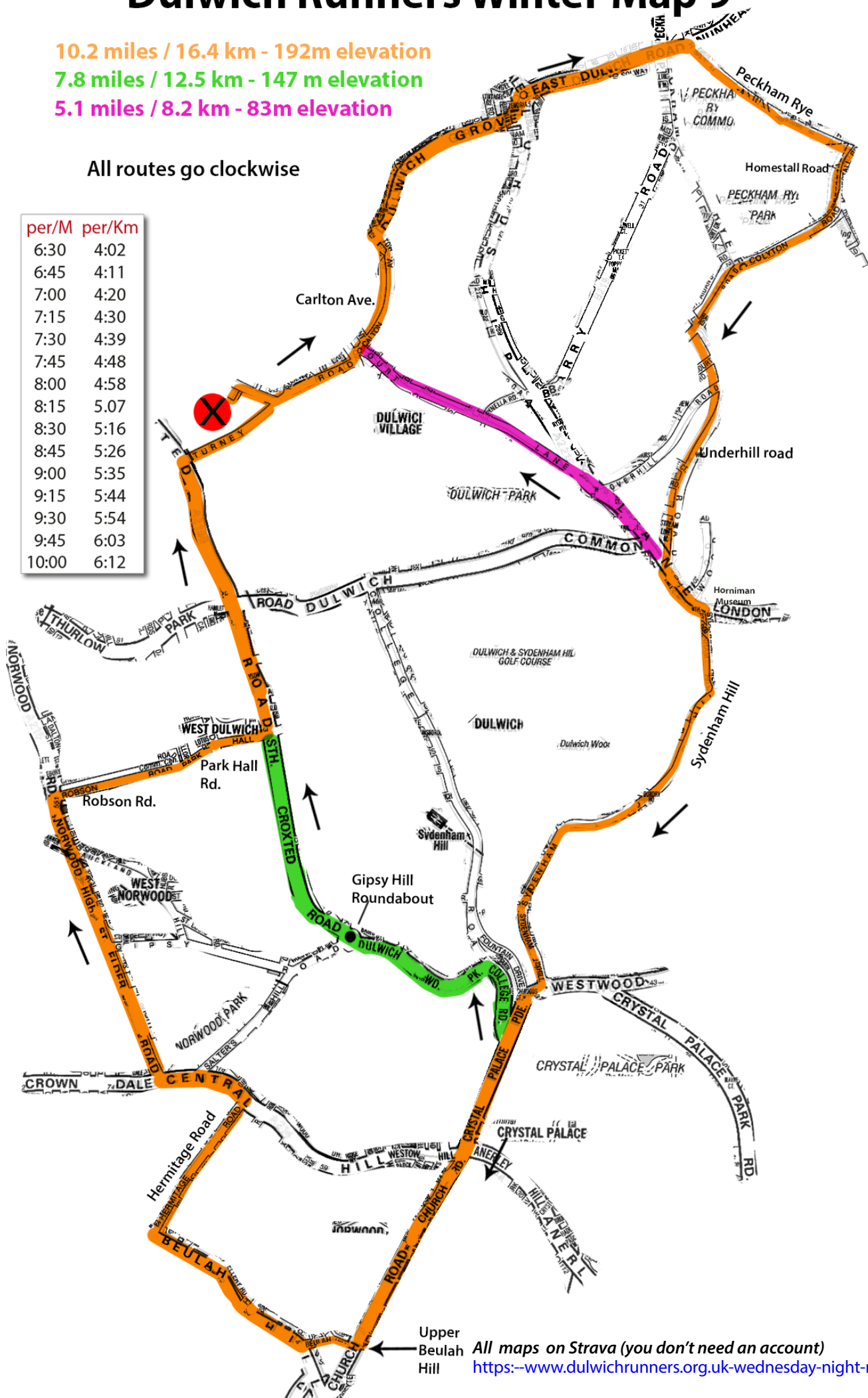
10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

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



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