



# SHORTS

Dulwich Runners AC

Weekly Newsletter

March 6th 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 6 Club Night, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 10 Club champs - Vitality Big Half

Tue 12 Crystal Palace track

Like us on Facebook @dulwichrunners

## 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

## 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 will 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)

## 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)

## 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.

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Marathon schedule and other goodies! etc
- 5 Race reports and times
- 6 Parkrun times
- 7 Club kit - New winter additions !
- 8 Social events etc
- 9 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)

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

### A brief look ahead

Mar 10 Club champs - Vitality Big Half

Mar 16 Riddlesdown parkrun - club cross country champs

## NEW RUNNERS ROTA

A big thankyou to **Paul Keating** and **Lucy Clapp** 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

**Grant Kennedy**

**6/03**

Matt Ladds

13/03

Emma Ibbell

21/03

Charlie Lound

28/03

## 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	10	Vitality Big Half	long	London
	16	Riddlesdown parkrun	DR XC champs	
	24	SEAA 12/6 Stage Relays		Milton Keynes <b>t.b.c</b>
Apr	4	Assembly League - Beckenham Place Park - 7pm start		Beckenham
	14	Thames Towpath 10	long	
	28	London Marathon (or alt.)	long	London
May	2	Assembly League - Victoria Park - 7.30pm start		Hackney
	18	BMAF road relays- Sutton Park		Birmingham
	27	BUPA 10k		
Jun	6	Assembly League - venue tbc		<b>t.b.c</b>
	10	Sri Chinmoy 5k	short	Battersea Park
	16	Eltham Park 5	short	Eltham
Jul	4	Assembly League - venue tbc		<b>t.b.c</b>
	14	date tbc Sevenoaks Seven	long	Sevenoaks, Kent
	26	date tbc SOAR Mile	short	
Aug	1	Assembly League - Victoria Park		Hackney
	29	Assembly League - Beckenham Place Park		Beckenham
Nov	3	Regents Park 10k	short	Regents Park, London

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

## The Big Half - Sunday 10th

**Dont forget club champs rules:**

*"In order to score points in the club championships you must be a paid up first claim member and wear a club vest"*

full rules here: <https://tinyurl.com/y4n3zfrn>

If you need a club vest let me know and I will sort something out .

Also let me know if you have a charity place and will be wearing your charity vest. [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

## Details of the pub for Sundays post Big Half social

<https://whatpub.com/pubs/SEL/10590/richard-i-greenwich>

Richard I - . Located in quiet Royal Hill on the edge of Greenwich town centre.

We have a heated marquee reserved in the garden from 11am in the morning and is a approx 10 minute walk from the bag collection area.

**NOTE:** for those travelling from Dulwich, Tulse Hill, Herne Hill areas, there are no trains running to London Bridge due to engineering works.

## Cross Country club champs Riddlesdown parkrun

16th March

The last event of the xc club champs. You must wear a club vest and If you are new to parkrun, you must register on the parkrun website in advance and turn up with your barcode.

The course is a mix of grass, flinty a gravelly path. Parking in the front of Warlingham School, Tithepit Shaw Lane CR6 9YB, or on the roads if this is full.

Nearest stations Kenley and Upper Warlingham.

Toilets in the school next to the new block.

The event will greatly appreciate some volunteers so if anybody doesn't want to run and can volunteer please let Ange know.

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 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

## 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. Any further information will be here in Shorts as and when it becomes available.

Apr	4	Beckenham Place park - start 7pm
May	2	Victoria park - start 7.30pm
Jun	6	venue t.b.c.
Jul	4	venue t.b.c.
Aug	1	Victoria park
Aug	29	Beckenham Place park

# 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

## 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

## 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.

The rules are simple -

220 miles - 11 runners to a team

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

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

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

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

## Advance Details Of Fixtures

For those of you who like to plan their schedules well in advance, here are some details of road relays and cross country fixtures over the period from September 2019 until April 2020.

**Note that the dates for Surrey League cross country are recommended ones and subject to confirmation.**

2019	
21 Sep	SEAA road relays
28 Sep	England Masters cross country Inter-Area Challenge
12 Oct	Surrey League cross country
9 Nov	Surrey League cross country (men)
16 Nov	British & Irish Masters cross country, Southport
7 Dec	Surrey League cross country (women)
2020	
4 Jan	County cross country champs
11 Jan	Surrey League cross country
25 Jan	South of England cross country champs
8 Feb	Surrey League cross country
22 Feb	England cross country champs, Nottingham
21 Mar	England area 12 and 6 stage relays
4 Apr	National 12 and 6 stage relays, Sutton Park

# Training

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

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

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

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

seems to help.

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

ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads.

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

the chance of injury.

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

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

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

## Marathon Schedule

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

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

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

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

Wed Mar 6	45 mins relaxed
Thur Mar 7	8km mostly at a minute outside goal HM pace but 1 minute every mile at HM pace
Fri Mar 8	40 mins easy or rest
Sat Mar 9	easy 20 minutes and strides
Sun Mar 10	Half Marathon
Mon Mar 11	40 mins easy or rest
Tue Mar 12	easy speed session
Wed Mar 13	45 mins easy
Thu Mar 14	45 mins steady with faster 15 second bursts every 2 mins
Fri Mar 15	40 mins easy or rest
Sat Mar 16	Parkrun (Riddlesdown?)
Sun Mar 17	Slow long run - 23M plus

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.

## Start Fitness Surrey Ladies League Lloyd Park, Croydon

March 2

Dulwich went into the match in danger of relegation but a much stronger team than the previous two fixtures, easily survived with a fine fourth place and had Marta ran, who had done two of the three previous leagues, then we would have probably finished third. With no men's fixtures, the team had a slightly better support than normal.

Elkie, in her second league race of the year, achieved her first ever League top 10, but was probably below her very best form of pre Christmas. She finished as second vet behind Olympic marathoner and former National champion Mara Yamauchi.

Clare, broke off from track training to help the club, though did not feel at her best and injured her knee, but did still achieve what has been a par run over the last four years and she was first W50 by over two minutes and meant we had two of the top 15.

Ange Norris, was easily second W55 in the race (three minutes behind Clare) and was only one place down on her highest league position of the last decade with her usual,

strong well-paced run.

There was a great battle to be fourth and fifth scorer and Rebecca (our only non vet!) produced her usual fast finish to pip Anna in the last few metres as both achieved their highest league position. In her 4 leagues, Anna has gone 110th, 103rd, 88th and here 56th.

Not far behind was Belinda who ran well without her usual canine assistance and led home the B team.

Ola was not at her very best and carrying a few niggles, but did well to hold off fellow W50 Michelle, who had another very good run.

Shortly after Lucy P finished strongly to hold off a very good run by Yvette who gained her first ever top 100 place.

Laura is coming back from injury and was not at her fittest yet and she finished just ahead of Eleanor, who is clearly running strongly at the moment.

Joanne was her usual consistent self while Jenny Shutt made an excellent debut.

While the turn out was very good, it is still disappointing that a number of potential runners who attend Tuesday and Wednesday training nights do not support the club in competition.

**Steve Smythe**

9 Elkie Mace 2 V35+	31:09
13 Clare Elms 1 V55	31:50
45 Ange Norris 2 V55	34:57
54 Rebecca Schulleri SEN	35:27
56 Anna Thomas V35	35:28

63 Belinda Cottrill V35	35:56
68 Ola Balme V50	36:10
70 Michelle Lennon V50	36:15
73 Lucy Pickering V50	36:30
74 Yvette Dore V45	36:32
91 Laura Vincent V35	37:55
93 Eleanor Simmons V40	38:00
118 Jo Quantrill (2 <sup>nd</sup> claim/SLH)	40:07
137 Joanne Shelton V40	42:04
161 Jenny Shutt V35	50:26

**TEAM Div 1:**

1 Herne Hill 32; 2 Thames H&H 43; 3 Hercules W 149; **4 Dulwich R 177**; 5 Fulham RC 179; 6 Belgrave 187; 7 Ranelagh 209; 8 TH&H B 221; 9 Clapham Chasers 226; 10 Herne H B 227; 11 Kent AC 232; 12 S Lon 261; 13 Epsom & E 299; **14 Dulwich R B 348**; 15 Reigate P 364; 16 West 4 373; 17 Advent 471; 18 HW B 494; 19 CC B 498; 20 S Lon B 528

**Final standings:**

1 TH&H 295; 2 Herne H 315; 3 HW 594; 4 CC 551; 5 Fulham 665; 6 Ranelagh 676; 7 Belg 713; 8 S Lon 769; 9 Kent 947; 10 E&E 1110; **11 Dulw R 1157**; 12 Herne H B 1165; 13 Rei P 1357; 14 THH B 1369; 15 Guildford & G 1375; 16 CC B 1549; 17 W4H 1768; **18 Dulw B 1979**; 19 Ful B 1992; 20 S Lon B 2001

**Champions:** Thames H&H Relegated to Div 2: Advent Runners, West 4 H, Guildford & G

**Leading individuals:** U20: 1 K Balme (Herne H) 7. W50: 1 S McDonald (S Lon) 4; 2 A Riddell-Webster (Ful) 8; 3 R Hutton (S Lon) 9; **4 A Norris (Dulw, W55) 13**



I -r Elkie Mace, Laura Vincent, Yvette Dore, Eleanor Simmons, Anna Thomas, Belinda Cottrill, Michelle Lennon, Joanne Shelton, Ola Balme, Jenny Shutt, Clare Elms, Rebecca Schulleri, Lucy Pickering, Ange Norris

## Women's Surrey League Lloyd Park

March 2

On another pleasant day, with not much mud at Lloyd Park there was a good turnout of Dulwich women.

Elkie led the women home in another brilliant run. Multi world recorder - Clare ensured we had two runners in top 13. Ange has been one of the main scorers in the league this season. For Becca it was a nice event to finish off the season. Anna had one of the best runs as the final scorer.

Belinda is going from strength to strength. Ola was just ahead of Michelle - our representative at the National cross country in Leeds last week also had a good run.

Lucy had a storming finish, followed closely by Yvette who also had a good season. Laura, Eleanor seemed quite happy after with their runs so did Joanne who had one of the best applauds.. We were very impressed that Jenny, a new member was very keen and said she enjoyed the race.

Well done everyone for ensuring we stayed in Division 1. The team finished 4th on the day.

Thanks for the support from Tom, Tony, Barry, Mike and Steve  
**Ola Balme**

## Eton vs Winchester 5 miles 320 ft ascent Alumni Race

Saturday 2 March

This inaugural multi-terrain race was held at Winchester on a course that was half tarmac path, beside the River Itchen and half grass downland, on Twyford Down, beside the M3. It was a race that re-defined "low-key"; there being only 20 starters and 3 teams: Old Etonians (including me), Wykamists and Old Wykamists.

The start, nevertheless, was fast and furious, with the field quickly splitting into

two groups. I was leading the rear group of five, while the remaining 15 hared off. Assuming that would be the pattern of the race, I was pleasantly surprised to overtake one of the Wykamist after about a mile.

We left the tarmac after 1.5 miles and set off for two laps round Twyford Down. I knew there was a hill at the start of each lap, but it was still quite a shock when I first saw it. As many of you know, I am quite keen on hills, but even I would describe this as "brutal" in the context of a race like this. However, dig in and keep going was the motto, and then running along the top, I gained more places. But what goes up must come down and we got our due reward with a glorious decent - steep at first, then a fast run down a dry valley to the start of the climb.

On the second lap, I pushed on a bit harder and was rewarded by overtaking another boy. Then a hard push to the finish ended with me throwing up the moment I stopped. That meant, either I had run to my limit, or that the falafel wrap I had for lunch didn't agree with me. I like to think it was the former, but I suspect it was the latter. At tea, we discovered that we had comfortably beaten both Winchester teams, with our four scorers coming in 1st, 2nd, 6th, and 9th. We celebrated in an extremely crowded pub, followed by a beautiful walk back to the station, past the Cathedral, with all its stained glass windows lit up in the dark.

9 Hugh Balfour 36.28  
20 ran



March 2nd

## Amager Fælled

89 Ran  
Pos Gen  
31 26 Bob Bell 23:12

## Banstead Woods

222 Ran  
Pos Gen  
2 2 Tony Tuohy 18:36

## Beckenham Place

211 Ran  
Pos Gen  
5 5 Stephen Smythe 19:33  
99 25 Claire Steward 27:26  
118 35 Clare Osborne 28:48

## Bexley

510 Ran  
Pos Gen  
8 8 Michael Fullilove 20:23

## Brighton & Hove

453 Ran  
Pos Gen  
91 81 Gary Budinger 23:29

## Brockwell , Herne Hill

423 Ran  
Pos Gen  
100 8 Nicola Jane Richmond 22:44  
254 188 Alex Haylett 27:55  
271 73 Natalie Davys 28:21

## Bromley

759 Ran  
Pos Gen  
408 310 Peter Jackson 28:05

## Burgess

554 Ran  
Pos Gen  
15 15 Joe Twomey 17:44  
16 16 Tom Shakhli 17:50  
212 31 Jenny Ross 23:50  
347 254 Freddie Vernon 26:24  
552 335 Chris Vernon 57:49  
553 218 Susan Vernon 57:52

## Canterbury

139 Ran  
Pos Gen  
1 1 Alastair Locke 18:19  
42 9 Helen Lister 25:49

## Clapham Common

709 Ran  
Pos Gen  
250 220 Ian Sesnan 25:03

## Catford

228 Ran  
Pos Gen  
10 10 Gary Sullivan 2nd claim 20:53

## Crystal Palace

368 Ran  
Pos Gen  
11 11 Tom Wilson 20:00  
17 1 Belinda Cottrill 20:41  
279 78 Clare Wyngard 32:15  
280 202 Michael Dodds 32:22

## Dulwich

417 Ran  
Pos Gen  
4 4 Edward Chuck 15:25  
17 17 Daniel Mann 17:02  
19 19 Thomas South 17:06  
23 23 James Burrows 17:49  
27 27 Edward Harper 18:28  
28 28 Edward Simmons 18:31

30 30 Grzegorz Galezia 18:49  
32 1 Hayley Seddon 18:59  
35 2 Chloe Green 19:08  
49 45 Olivier Montfort 19:55  
59 54 Ian Lilley 20:16  
66 59 Giles Robertson 20:31  
84 77 Timothy Bowen 21:03  
95 87 John English 21:22  
103 93 Paul Vivash 21:30  
151 135 Graham Laylee 22:46  
182 160 Ajay Khandelwal 23:38

## Felixstowe

198 Ran  
Pos Gen  
4 4 Eugene Cross 19:23

## Highbury Fields

352 Ran  
Pos Gen  
11 11 Paul Collyer 18:57

## Hilly Fields

316 Ran  
Pos Gen  
20 2 Kim Hainsworth 20:58  
110 11 Ros Tabor 24:56  
134 116 Andy Murray 25:45

## Kew Woods

97 Ran  
Pos Gen  
20 2 Charlotte Sanderson 23:18

## Letchworth

101 Ran  
Pos Gen  
51 13 Karina Burrowes 29:42

## Long Eaton

598 Ran  
Pos Gen  
33 31 Matthew Ladds 19:55

## Malling

297 Ran  
Pos Gen  
14 1 Tereza Francova 20:49

## Navan

129 Ran  
Pos Gen  
1 1 Des Crinion 19:14

## Orpington

162 Ran  
Pos Gen  
162 102 Colin Frith 63:28

## Peckham Rye

385 Ran  
Pos Gen  
1 1 Andy Bond 16:28  
6 6 Charles Lound 18:24  
27 1 Dee O'brien 20:15

## Richmond

473 Ran  
Pos Gen  
121 107 Barrie John Nicholls 24:28  
435 154 Lindsey Annable 37:21

## Southwark

356 Ran  
Pos Gen  
140 108 Paul Keating 25:52

## Springburn , Glasgow

133 Ran  
Pos Gen  
7 6 Jonny Hough 19:19

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



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.



Bufs/snoods - only £6

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

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Big Half drinks - see page 2

## 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 9

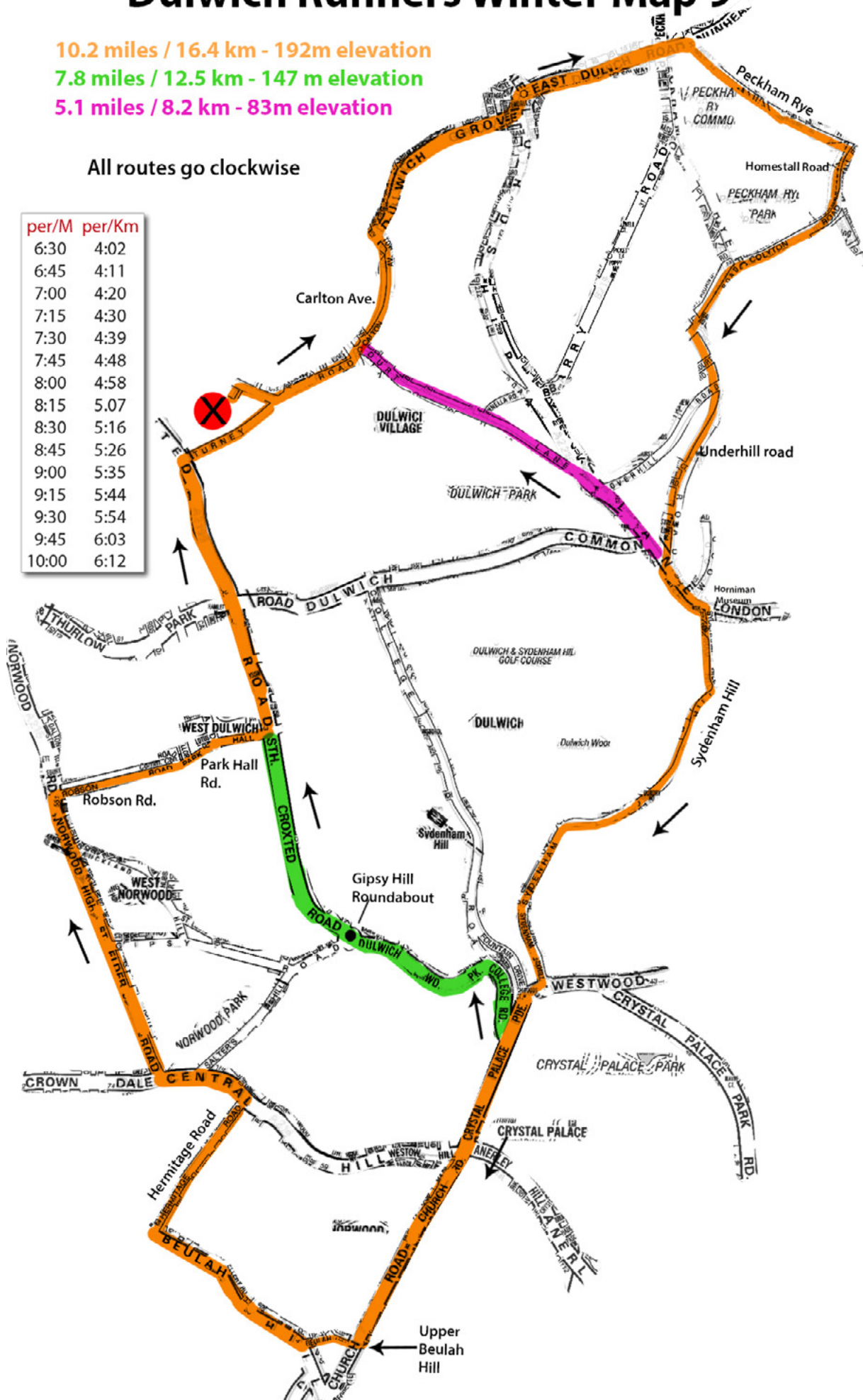
10.2 miles / 16.4 km - 192m elevation

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



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