



SHORTS

Dulwich Runners AC
Weekly Newsletter
October 7th 2020
www.dulwichrunners.org.uk

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

Wednesday night groups of six runs from the club-house carpark have started and also Tuesday training sessions at Crystal Palace track.

NOTE: our clubhouse remains closed and there are no toilets or changing facilities.

SEE PAGE 2 for full details

In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 4 Race reports, results etc,
- 8 Virtual races etc
- 9 Club Kit
- 11 Wednesday night map

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return as and when appropriate. Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

The current rules allow us to train and run in groups of six with people from other households, but still maintaining a two-metre gap from those you do not live with.

Therefore we now have group sessions on Tuesdays and Wednesdays.

Details of these plus some training sessions from coach

Steve Smythe that are suitable for up to 6 people maintaining a 2m distance can be found in Shorts.

We will advise you of further changes to the rules, meanwhile stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups.

Ros Tabor - On behalf of Dulwich Runners AC Committee

Membership fees 2022 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news !

if you have renewed your membership or have joined as a new member and in light of the restrictions on athletic activities owing to Covid-19

then your **membership will automatically be extended until 31st March 2022.**

So that's two year's membership for the price of one.

It is important for you to note that this only applies to club membership fees and that your individual England Athletics registration fee in 2021 will still need to be paid (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it is not too late to do so.

DULWICH RUNNERS 20/21 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.

**The fixture lists will return once events can go ahead.
All events listed were either cancelled/postponed.**

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

Wednesday Evening Runs Autumn 2020/21

Wednesday night runs have started in groups of six each with a leader and catering for different paces

Runs start at the clubhouse car park at 7pm.

NOTE: the clubhouse is closed there are no toilets or changing facilities.

Group leaders will ensure groups are limited to 6 with staggered starts. Please make sure to maintain social distancing at the start of the run in Burbage Road.

You can just turn up but arrive a bit earlier to enable us to sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike Mann or Ebe Prill in advance. (email details below)

The groups are currently organised as follows.

sub 7 minute mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 minute mile pace led by Gower Tan
gower.tan@gmail.com

8-9 minutete mile pace (and slower) - groups led by
Ebe Prill ebeprill@yahoo.co.uk and
Mike Mann mcmann90@yahoo.co.uk

Standard run is about 8-9 miles, the slowest group will also have the choice of 5 miles, depending on numbers on the night.

If you are a new runner, we will place you with someone to run with at your preferred pace and distance.

TUESDAY TRACK SESSIONS AT CRYSTAL PALACE

We have now arranged with Crystal Palace NSC/GLL for the use of the Crystal Palace track on Tuesday nights over the autumn and winter.

In order to book and access the discounted Dulwich Runners rate you will first need to be set up as a member on the Crystal Palace/ GLL booking system. **Register here:** <https://www.dulwichrunners.org.uk/tuesday>

Due to Covid-19 restrictions, all individual track bookings will need to be made online through the new GLL Booking App. How to book using the app [instructions can be found here](#)

Details of timings etc will be provided in due course but **for now if you intend to attend track sessions or would just like to give track a try, please register at the link above so that you can be set up on the system.**

NOTE: you must register to comply with Crystal Palace Arena Covid rules

Training Sessions

My training suggestions - *Steve Smythe*

Tuesday sessions

Oct 13 depending on pace 5 x 1000 off 6 mins, 6 x 1000 off 5 mins and 8x1000 off 4 mins

Oct 20 depending on pace 3x1600 off 9 mins, 4 x 1600 off 8 mins or 5x1600 off 7 mins

Oct 27 depending on pace 3 x 2000 off 11 mins, 4 x 2000 off 10 mins or 5x2000 off 9 mins

Nov 3 depending on pace 12x400 off 2 mins 30, 15x400 off 2 mins 30 or 20x400 off 2 mins Tempo

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

NB: on paces it is best to do sessions off road and go slower than suggested than risk injury on the road. ie good grass is much better than joining the masses in Dulwich Park even if you can't go quite as quick

Thursday sessions

Oct 8 10 mins steady then 2 blocks of 8 mins at Marathon pace, 6 mins at HM pace, 4 mins at 10M pace, 2 mins at 10km pace, 1 mins at 5km pace (then back to marathon pace etc)

Oct 15 40 mins of 5 min blocks - alternating approx Marathon and HM pace (20-30 secs a mile difference)

Oct 22 4 x 10 min tempos (HM pace) with 2 mins float between

Oct 29 40 mins approx marathon pace but put one min at 10km pace every km and go back to previous pace asap

Nov 5 40 mins setting off at approx marathon pace and up pace 10-15 secs a mile every mile every 10 mins

One suggested session if hill long enough could be

5 x 15 secs hills

4 x 30 secs

3 x 45 secs

2 x 60 secs

(1 x 2 mins)

all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

Surrey League Cross Country

Since the EA guidance was issued, there is has been an increase in Covid-19 cases with the prospect of further national and local restrictions. Recently several races in public parks have been cancelled including the Battersea Park 5k/10k and a half marathon in Wimbledon Common.

EA have put back the opening of their licencing process until 19 October. This will not allow sufficient time for the second Surrey League set of fixtures in early November to proceed. The two South of Thames races have also been cancelled and all the races organised by SEAA are yet to be confirmed.

The way forward being charted by the Surrey League includes pre-registration of runners, starts in waves and chip timing in compliance with the EA guidance.

With the difficulty in obtaining permission to hold races in public parks likely to continue, private venues are considered more likely to be licensed and several options are being considered, including National Trust land and large country estates. These could include venues that have been used for other races in recent years such as Polesden Lacey and Denbies Vineyard.

Other venues where races have not been held before could prove more of a challenge as they would involve designing a course from scratch, but this may not be insurmountable. Please let me know if you have any ideas; these do not have to be in Surrey, but Kent would be preferable to options north of the river.

Mike Mann mcmann90@yahoo.co.uk

Want your race results and reports in SHORTS ? make sure & email them to barry@ibg1.com
All road, xc, fell, tri and track results etc, are welcome.

Although things appear to be picking up and there are a few events now starting to take place, you are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Dornay Lake Marathon

As you've seen from the recent editions of Shorts, races are back. The organisation has changed but the essence of the race is still there.



Whilst many were watching the London Marathon from the comfort of their sofa, or getting ready for laps of Dulwich Park, I was on the way to Dornay Lake for

the Active World Marathon. Some things never change, getting out of the car I was reminded how much the wind whips across the lake and that I probably should have brought some gloves. What has changed is the pre/post-race facilities. Dornay Lake has a lovely conference centre with great changing facilities. This was closed. No spectators were allowed. Staggered starts, the sub 3 hours and 6+ hours set off at 9am, 4-6 hours set off at 10am and my wave, the 3-4 hours start at 11am. Baggage drop is now self-service (well monitored by the AW staff). Drinks stations were much the same. Post event, there was no presentation and the medal and goodie bag collection was also self-service.

Race rules are standard but you are asked to run in your own space. This was interpreted in many ways.

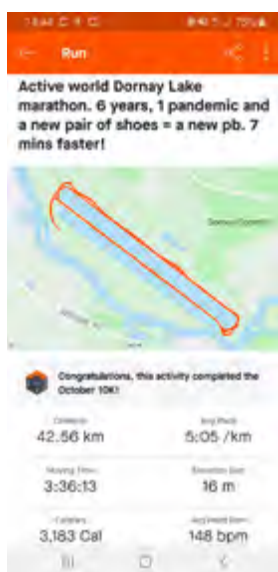
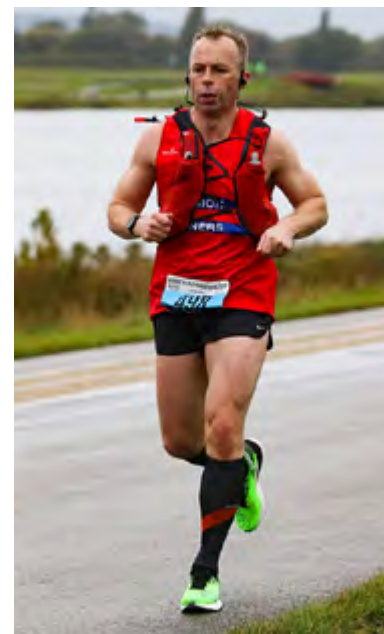
The start was well managed, my wave was called into a spacious holding area where whilst the cold weather precautions were stripped off, we received a quick briefing as to how the start works. We were called to the start line in groups of 6, 2 starting either side of the start line, 2 metres back the next pair and 2 metres further the last pair. As we found our marks, we were sent off. Very smoothly done.

Out on the course, it felt the same as any other race. Slower runners were asked to keep to the left and overtakers to the right. Plenty of marshals cheering us along even if there were no supporters. The course was 4 laps of a

horseshoe shape with only the turnaround point being a hairpin. I spent 13 miles trying not to run too fast and was happy to see at the end of lap 1 I was on pace and the end of lap 2 I was 30 seconds ahead of pace.

Lap 3 was starting to feel tough, although the wind was blowing across the course (16-20mph) it felt like you were always running into the wind.

I crossed the start finish on pace again but knew I was struggling with each subsequent km losing more and more seconds. What is it about the 20 mile mark that the wheels come off. Aspirational pace still remains an aspiration.



As Chris pointed out last week, runners are either injured or in the best condition of their careers. The event had a LOT of fast runners:

- | | | |
|---------------------|---------|--------------|
| 1 Will Mackay | 2:26:14 | SenU40 |
| Bedford & County AC | | |
| 2 Jack Blaiklock | 2:27:17 | SenU40 |
| Thames H&H | | |
| 3 Chris Richardson | 2:27:41 | SenU40 Metro |
| A'deen RC | | |
| 4 Samuel Barnes | 2:28:38 | SenU40 |
| Serpentine Rc | | |
| 5 Rob McTaggart | 2:29:04 | SenU40 |
| Bournemouth AC | | |

Personally, I was hoping to beat my PB from my first marathon back in 2014, where I ran 3:43:08. My last road marathon in 2018 I came in at 4:13:52 so I had some work to do in training.

For a little while after I was thinking I never want to feel like this again, everything hurt. This morning I've entered the ballot for London, I'll have recovered by then.

Miles Gawthorp 3:36:07, a new PB. I am over the moon.



“After running the royal parks half marathon last year, I knew I wanted to do more races, but also knew that I needed some structure with my training.”

I had the help of wife and kids who handed me water and gels throughout the run - so big thanks to them especially given the foul weather. In the latter stages I had the added bonus of other DRs arriving and giving encouragement too.

One worry was the virgin marathon app. I started the app, but it didn't seem to be tracking my distance properly. I also started my gps watch a few hundred meters after I

Virgin Virtual London Marathon - my first marathon....

Joining Dulwich Runner's club has done exactly that. During the winter I started marathon training with club in preparation for the Brighton marathon, but then for it to be delayed and then cancelled, I lost some motivation over the spring. However, later in the summer it was a pleasure to start doing the Wednesday night club runs and regular Sunday long runs again.

What triggered me to enter this virtual marathon, more or less last minute, was firstly the realisation that there might not be any "real" races for some time to come, and also that I just wanted to get the distance done! I hadn't been doing any marathon specific training - no long runs since April (nothing longer than about 25k at least), so I wasn't perfectly prepared, but I'd been doing fairly consistent mileage at a range of paces, so I figured it was still doable.

Being my first marathon, my first goal was to finish, and second goal was to finish at a steady running pace. Anything beyond 32k was unknown territory for me. I settled on 3hr 10mins as a target, based on various race predictor websites and my Big half time earlier in the year. I didn't want to be too ambitious and then crumble in the last 10k.

Running with lots of Marathon veterans, I was worried about the shame of bonking in front of everyone, and also wasn't quite confident enough to attempt a sub 3 hour with Gower et al, so decided to set off on my own. The plan was 25 laps of Dulwich Park. Yes it is monotonous - but you can also just switch off and let your feet take you round. What was amazing, and unexpected, was the number of other runners and supporters out doing the virtual marathons. I got encouragement from spectators the whole way through.

started. I was relying on the app to tell me when I was done, but because it wasn't working I had to use my gps watch instead. In my marathon addled state I got the distance wrong and stopped approx. 40m too early! However, I knew I'd done the distance since I hadn't started the watch at the start, and I'd done the 25 laps of the park. I sent off my strava screen shot to virgin marathon and they seemed to have accepted it as evidence! Lucky for me as it was a few meters short. So in theory I can use this for a good for age for 2021 (along with my big half time earlier this year).

I set off at a steady pace, and in fact kept the pace pretty steady for the first 32k or so. Every little twinge or niggle spelled impending disaster, but luckily nothing developed into anything more than an irritation. My heart rate was kept nice and low in the 150s for most of the race. After 32k, I felt I had some gas in the tank for the last 10k so upped the pace to a roughly 3 hour marathon pace, and finished strong (though the last 5k were tough). I'm pleased to have done a negative split (approx. 1hr 33 min, 1hr 31 min for first and second half marathon). I would have liked to have stayed to watch the rest of the DRs finish up, but I had a cold and hungry family to rescue, so retreated back home to put my feet up!

Thanks to all for the support and wise words over the recent months, and especially to Tom South for organising the Sunday Long runs - I think they made all the difference. Hopefully one day I'll get the chance to run in a "real" marathon!

737 James Brown	3.03.50
Place (Gender)	706
Place (Cat.)	184

Virtual London Marathon

4 October 2020

Claire Steward writes: In 2018 I had a fairly shocking run for my thirteenth London Marathon, but with the generous Good for Age qualification time for women of my advanced years, I was able to gain entry for 2019. Last year I was unable to do enough training (can't remember why), so deferred to 2020, which of course didn't happen. When I received the information about running a Virtual London I wasn't interested and although I've done numerous off-road marathons in the past without all the crowds and razzamatazz associated with London, I couldn't imagine running that distance without some support and aid stations. Fast forward to July and I was missing races, the Wednesday club runs, getting tired of solo runs or just meeting up with one or two people so I started going to the Tuesday daytime grass sessions, then the Thursday sessions.

In mid August while enjoying post-session coffee watching the swimmers in the sunshine at Brockwell Lido, all seemed well with the world, and when Barrie John and Lindsey said they had signed up, I decided to do the same. I had seven and half weeks to do some slightly more serious training and set myself a target of increasing my longest run each week from 12 up to 22 miles before an eight day taper. Amazingly, all went to plan, my dodgy knees, ankles, back and everything else held together, I had sorted out a route from my house finishing in Dulwich Park, bought a new Garmin (battery in the old one was unlikely to last long enough) and was ready to go.

Of course, the best laid plans can always come unstuck, starting with the awful weather which meant that I had run

with a pack containing a foil blanket, a long jacket, hat, buff, gloves, energy drink, gels, mobile phone with the timing App, and reading glasses so that I could see my phone. Setting off in a monsoon, I started the App and hurriedly stuffed my phone into a plastic cover, started the Garmin and set off. Just over one mile into my run I realised I had already gone off my planned route and had to quickly adjust to get back on course. At four miles a friend gave me a cheer, and with my running number pinned on my backpack I got some enthusiastic hooting and cheering from passing motorists. Around six miles I looked at my phone to discover that I had been running for just over four minutes and had covered zero miles. Hey ho.



After eight miles I was in Norman Park. Lots of runners there from Blackheath & Bromley, and Petts Wood clubs, and some soggy supporters while I did three laps before heading back to retrace my route towards Crystal Palace Park. The miles were ticking along nicely and I reached half way in 2:13, well ahead of my anticipated time, and therefore unfortunately missing Joe and Mick at Penge East, despite us all running around looking for each other for a while. I zigzagged my way through Crystal Palace Park, to the top exit by the caravan site and amazingly a bedraggled Paul was there to meet me and he accompanied me for the last five miles down Sydenham Hill and into Dulwich Park for three and a half laps to the virtual finish.

It was great to see everyone there, runners and supporters, and some friends of mine had brought dry clothes, rehydration drink and snacks. I realised afterwards that I had done the whole thing on half a bottle of Lucozade Sport and three gels. My finish time of 4:33:51 qualifies me for GfA for next year (don't be jealous guys, I know it's much easier for the women, but that's cos there's not so many of us still daft enough to try to run marathons). I uploaded my time and it appears in the results so I assume it's been accepted. Job done - so happy!

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		3 Oct		10 Oct		17 Oct		24 Oct		31 Oct	
			Pts		Pts		Pts		Pts		Pts
Chris Nunn	M45	21:25	50								

NB: you will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search the opentrack listings
opentrack.run - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit

- your result. You need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

The Virtual London Marathon - our way

5th October 2020

I had firmly hung up my marathon shoes many years ago until Barrie asked me to accompany him on the Virtual London Marathon. Barrie had had a place for the 2020 race anyway which has been deferred to 2021.

The chance to do the virtual marathon was an enticing prospect as a one-off unique event, hopefully never to be repeated. Neither of us had done any training and I was pretty anxious about the 26.2 miles having struggled with long Covid for months. They still don't know how the virus affects the body long term either.

Our plan was therefore to do the marathon in our own good time. I agreed to take part on the proviso we had a break half way through. After all, Martin Yelling was encouraging everyone to do the marathon their way.

Our London marathon experience actually started early with a trip across Blackheath on Friday morning. We were filming near the Woolwich Waterfront Leisure Centre which is a familiar landmark on the marathon course. Barrie's agent has been recruiting 'social bubbles' to film and TV sets so I have taken my first tentative steps into the business. Part of the role on Friday was to hobble across a hospital courtyard on crutches, comforted by my on-set husband. I was hoping the crutches were not a bad omen for Sunday.

The day was so long on Friday that I felt truly exhausted all day Saturday which made me even more anxious about the marathon. Sunday was a shocker for weather and we put our planned start time back to 10a.m. in the hope the rain might ease off. As we all know it didn't so we headed out with waterproofs and a cap to keep the rain off our faces. The plan was to complete just over sixteen miles in our first stint before our lunch break. We ran up to a very soggy Richmond Park and did a lap and a half of the Tamsin Trail before heading back home. We managed to jog a large part of it but walked some of the tougher hills to conserve energy.

The weather no doubt cut numbers of Sunday visitors to the park but we had lots of nice cheers from people who were out. We encouraged and received support from a few drenched runners who were slogging round the park. Quite

Hells Bells. Oh No Not Yet Another Virtual VLM Report!

When I woke up I realized my phone hadn't charged so delayed leaving for B's, who I was running with, until I thought I had enough charge. We eventually started off from Tooting Bec Lido at about 9.30, running through Wandsworth to the Thames. It was evident that Tooting Bec was "home" to some runners who had their supporters out. Wandsworth to Chiswick was very busy along the tow path with VLM runners and a few supporters although walkers also gave encouragement to anybody with a number on.

Our route, that had been devised by a committee, took us round Richmond Park, where we discovered that having a pee cost 20. Money we didn't have but luckily was helped out by a fellow runner who was more prepared. We also stopped at the café to get some water (credit card). A wrong turn took us to a steep slippery path, which we joked was a replacement for Beachy Head. Heading out of the

a few drivers pipped their horns and waved enthusiastically which was really welcome.

When we were up and running I started to wonder if a lunch break was a good idea - maybe we should have kept going. However I started to

feel quite cold towards 16 miles and the batteries definitely were running on empty.

A quick lunch, cup of coffee and complete change of outfit did the trick as we headed out for part 2. Our plan had been to run south of the river to Chiswick Bridge but the path can very often get muddy never mind all the overnight rain we had had. We therefore revised the plan to run north of the river where the pathway was paved.

I'd feared most of the final few miles would be a painful crawl but I managed to run albeit slowly with lots of walk breaks. I started to suffer with twinges in one knee no doubt because of the total absence of any long distance training. Barrie had loads left probably due to his prolific marathon running in the last few years but dutifully kept with me and spurred me on.

We loved the app and the cheers it gave you at each mile marker. When we broke for lunch Barrie's distance counter was on 16.6 and mine was on 16.61. For some reason it seemed to register him ahead of me after lunch but it didn't matter. We were in it for the experience and not the time.

Crossing the virtual finish line was amazing. I'd seriously doubted I could ever do the marathon after struggling so long with Covid fatigue. Barrie just carried on running - he still had so much left.

I certainly don't regret doing the virtual London Marathon. It was tough and the weather didn't help but there was a real spirit of camaraderie among fellow runners and support from the general public. Well done to all fellow runners from Dulwich too.

Barrie has a track record in getting filming work the day after a marathon. This year proved no different - I am sat writing this report as part of his filming social bubble waiting to go on set in Holloway prison. All in a day's filming!

Barrie John Nicholls 6:38:29 (Actual 5:56:24)

Lindsey Annable 6:40:16 (Actual 5:57:02)

park we met up with our walking friends who had set off 3 hours before us. We walked with them across Wimbledon Common and then set off again. As we headed for "home" my watch warned me of low phone battery. My garmin told me we had run 26.2 miles in 6:12 but although B got a congratulatory message on checking my phone it was dead! So after a couple of miles walk to get to where we started it was then home to charge the phone battery. On doing so it told me I had done 26.07 miles so went out of the house where I almost immediately finished.

So was it worth doing?

Well there was great camaraderie both between fellow runners and people just out enjoying the rain. Our course was quite complicated and meant a lot of stops to check our route. We found it was too wet and cold to keep pausing our run so we didn't bother. We also knew we were meeting friends so our time was never going to be fast, but despite the weather it was fun (we think).

Belinda and Bob Bell 6:12 (including many route checks, queuing for loos, buying water and socializing) excluding all that something sub 3:00 🤪

Bob Bell



VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

We thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running.

The Championship takes the form of a weekly

SOLO 5K time trial taking place from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions
- Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. When you're out for your next run take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc.

You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar.

Entries have started to be sent in, but we want lots more.

NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

DULWICH RUNNERS CLUB KIT

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



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



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Buffs-snoods - only £6
An ideal face covering!

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



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 & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket

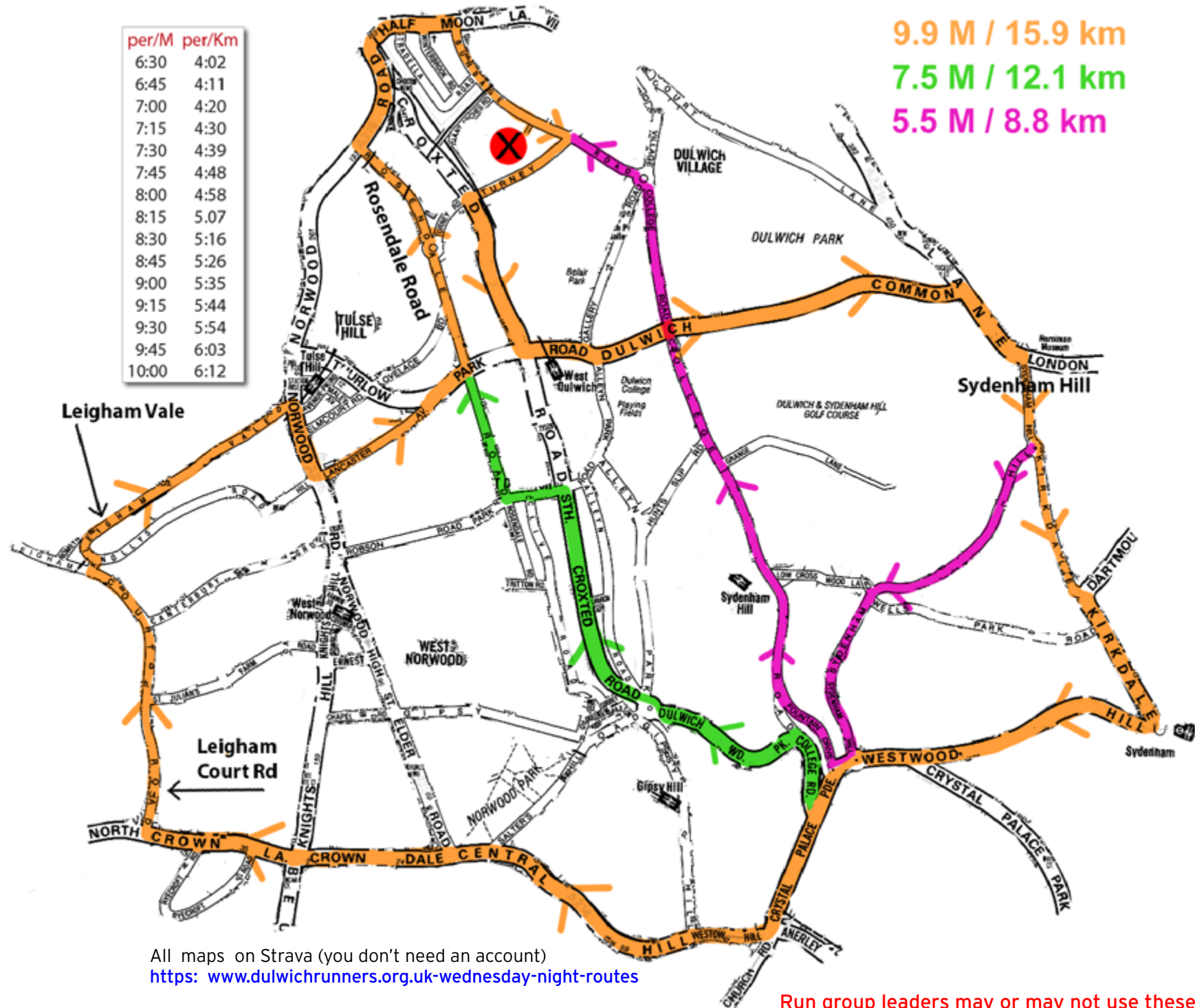


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 3

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

9.9 M / 15.9 km
 7.5 M / 12.1 km
 5.5 M / 8.8 km



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

Run group leaders may or may not use these routes