

SHORTS



Dulwich Runners AC
Weekly Newsletter
September 22nd 2021
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 for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College, track and grass
£2 per session - suitable for all abilities

In your SHORTS this week !

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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

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Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and would like to join or require further details about the club please contact me.
barry@bg1.co.uk

Social dates for your diaries.

Wednesday 17th November - pizzas and medals.

After the club run we will be presenting the medals for each separate club champs distance this year. (Not to be confused with the overall club champs medals which will be presented at the Christmas party as usual. These are normally done after each race but with the flexibility of races for each distance this year, this hasn't been possible.) We will be ordering pizzas, details tbc nearer the time.

Saturday 11th December - Christmas party. More details to follow.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short

around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: £1 club run fee for members and guests which is to be paid upon arrival when you register.

Tuesday Evening Speed Training

For the month of September starting next Tuesday 7th there will be no more 7pm track/speed sessions at Dulwich College as it is getting too dark. There will be still be the 6pm session with Anna Thomas and Tom Poynton.

£2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

In addition there will also be hill sessions on the hill going up through the woods opposite Sydenham Hill station, College Rd, (aka 'Hell Hill') starting at 7pm with Katie Styles and Andrea Pickup (two groups). No charge for these.

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields.

To gain entry the code is **C1478X**

Details of track training sessions at Crystal Palace track from the start of October will follow in due course.

Tuesday Morning Speed Training

With evening sessions at Dulwich College fields and track finishing end of September and switching to Crystal Palace track, morning sessions will start at Dulwich Park from 5 October for anyone available.

Meet by cricket nets at 11.00. Sessions will use either the grass and or the parkrun circuit - followed by coffee

Further details Mike Mann mcmann90@yahoo.co.uk

Thursday Morning Hill Training

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective run leaders



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 16 Oct. Details of these, venues etc can be found in Shorts and on the website. Details on arrangements start times, location etc. will be posted nearer the time. Information on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if possible. While the dates are set, we are waiting for venues to be confirmed. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, its first 5 women for the club and first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry

For the men's Surrey League, all those intending to take part should inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

In addition to the Surrey League there are a number of other cross country races, most of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

Which races to go for

There are cross country races on many Saturdays from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Championships will be held at the iconic venue of Parliament Hill Fields, with the South of England championships expected to be held at Beckenham Place Park. You are encouraged to compete in both these races.

Entry for other races

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases

more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of the deadline given, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Croke championships

The Ken Croke cross country champs will include 4 Surrey League races, and 4 other races: either the London champs Parliament Hill 20 Nov., South of Thames 5M Morden Park 21 Nov. (TBC), South of Thames 7M Beckenham Place Park 18 Dec., Lloyd parkrun 5 Feb. England National Champs Parliament Hill 5 March. To qualify you will need to complete 5 events, including 3 Surrey League races.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com

thomas_south@hotmail.com

chuckedward@googlemail.com

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

For further info about events in Shorts, how to enter etc, contact your captains:
Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com
Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Cross Country Fixtures

Hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures.

Men and women Surrey League fixtures to be held on the same dates, but all venues provisional tbc. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

2021			
Oct	9	Surrey Masters Champs	Morden Park
	16	Surrey League 1 (men)	Epsom Downs
	16	Surrey League 1 (ladies)	Richmond Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2 (ladies)	Wimbledon Common
	14	Surrey League 2 (men)	Denbies Vineyard
	20	SEAA London Champs	Parliament Hill Fields
	21	South of Thames 5m	Morden Park
Dec	4	Kent Masters Champs	Dartford
	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8	Kent County Champs	Brands Hatch
	9	Surrey County Champs	Denbies Vineyard, Dorking
	13	Surrey League 3 (men)	Richmond Park
	13	Surrey League 3 (ladies)	Mitcham Common
	29	SEAA South of England Champs	Beckenham Place Park tbc
Feb	19	Surrey League 4 (men)	Lloyd Park
	19	Surrey League 4 (ladies)	Effingham Common
Mar	6	ECCA National Champs	London

Surrey Masters Cross Country, 9 October

The first race of this season's cross country season takes place at Morden Park on 9 October. It's masters event so only those over 40 can compete and eligibility for Surrey is by residence or birth. If you're unsure whether you're eligible, contact your captains or myself. Distance is around 6km for women and M60s+ and 9km for M40/50s.

Please contact your captains before the end of September. As with all cross country events, the club pays the cost of entries, so please be sure that you are available before signing up. **Mike Mann**

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebeprill@yahoo.co.uk (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

10km - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running. It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short - around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

41st birthday celebrations

Ange Norris writes: What a great weekend it was! Thank you to all of you who came to either the parkrun or the party. It's just a shame not everyone could make it.

We were blessed with fine weather on Saturday morning but I don't think heavy rain would have deterred the mass of DRs. Nobody could have missed the red and blue vests; there were 68 runners spread out throughout the 449 parkrunners. Also, thank you to those of you who answered the plea for volunteers; it was very much appreciated by the run director and thanks to those who brought cakes - always appreciated by hungry runners!

The results are at the back of Shorts but that only tells a part of the story. I definitely can't pick out everyone's performance but -

PBs

Ed Chuck, Andy Bond, Tom South, Tom Shakhli. Kev Chadwick, Joe Farrington-Douglas, James Brown, Chris Lawrence, Grzegorz Galezia, Kay Sheedy, Hugh French, James Auger, Lee Wild, Clare Norris, Dave Benyon, Emma Kelly and Shoko Okamura.

Top age grading

We had 10 runners with age grading over 80% -

Andy Bond, Tom South, Ed Chuck, Michelle Lennon, Lucy Pickering, Ros Tabor, Chris Beardsall, Tony Tuohy, Ola Balme and Grzegorz Galezia.

Other parkrun milestones

Barrie John Nicholls completed his 200th parkrun.

We had 6 runners who have completed more than 300 parkruns -

Jo Quantrill (2nd claim), Mike Dodds, Graham Laylee, Clare Wyngard, Belinda Cottrill and Chris Vernon.

Special appearance by ex-member John Mcglashan.

Sunday party

This was a great mix of the old and new! We spent time chatting about our many memories of the club, eating and drinking and everyone seemed to have a good time. It seems like a very long time since we've been able to get together, which made it even more special.

Thanks to Michelle, our social secretary, for taking on the organisation and Gower for being her chief assistant.

I'm already looking forward to the next one.

Race Reports & Results

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Brighton "ultra" Marathon

12 September

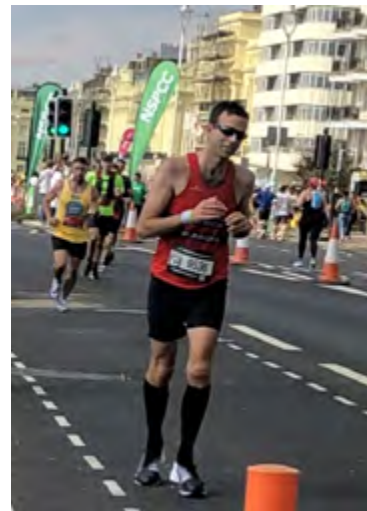
Having made a bit of a fool of myself by bantering that I'd overcook the beginning of the Big Half and then die in the last few miles, only to do exactly that, I was determined not to repeat the mistake here. I set myself what I thought was a more realistic target than the sub-3 that everyone else in Dulwich seems to be getting.

Come race day - a good 5 degrees warmer than the forecast - my spanking new super shoes shot me out of the "fast start" pen with fellow DR Shane as if I was on the track. I let Shane go ahead and tried (really!) to hold back my pace and keep something back for the latter stages. I then mysteriously lost 4 minutes off my pace between mile 9 and 10 where it later turned out a sadistic volunteer had extended the hill section by about a third of a mile. Shane looked like he was near the front without breaking sweat so I thought I'd better push on to regain my target. By the 13 mile point I was feeling better than at the end of the Big Half, but with a growing dread that I had to run literally twice as far (no one had told me this secret about marathons).

The next 2 hours felt like 2 years in slow motion. The idea of not finishing hadn't even crossed my mind but now it felt like that errant volunteer was moving every mile marker away from me whilst mocking my earlier confidence. As I headed back through Hove I spotted old DR running buddy Matt Cooke coming up at a more sensible pace. Shoreham industrial estate has a special place in hell. Several

runners took advantage of the lack of crowds to have a bit of a rest, but I knew if I stopped I might never make it back to Brighton. Gradually the distant speck of the pier grew larger, but only slightly quicker than it took the Victorians to build.

As I hobbled to the 26.2 mile point I was overtaken by two children (apparently my own daughters cheering me on) but by that point I could barely see let alone run so wasn't really aware of the extra mileage at the end.



As I staggered back up the prom I spotted Shane who was his usual tiggerish self having smashed sub-3 on a long course in tough conditions. I think Matt was more in my camp and had a tough second half, but I hope he didn't suffer too badly.

Suffice to say I have not acquired a taste for the marathon but have hopefully learnt a hunk of humility, some tough lessons about training and pacing, and even more respect for the long distance runners who put the long hours into training and seem somehow to come back for more.

29 Shane Donlon	2:56:32 PB
386 Joe Farrington-Douglas	3:26:55 PB
791 Matt Cooke	3:43:57

Cleethorpes 10k

19.9.21

It was unfortunate that we had organised this outing before we knew the date of the Anniversary Celebration, as we would both have liked to be there. Colin reckons he's been a member for 36 yrs, and I think it's my 30th anniversary. This event was sold as a "one off" fast flat seafront run to replace the Humber Bridge 1/2M, which is none of those, and they couldn't organise it for this year. It was predominantly flat, apart from a short sharp hill up to the sand dunes with another 100m along the top before getting onto the coastal path for the big finish on the Promenade, with lovely sea view to your right - if you looked whilst

aiming for the line.

Another rolling start, with 1200+ runners going off in groups of about 40 at 1 min intervals was well organised and it meant it felt a bit more normal having people around and in front of you all the way.

Colin was away immediately after the elite start and his diligent training worked and he cruised around and was happy with his time. I was, according to Garmin, a bit more erratic, but after my last result this was a good improvement and I was happy with it.

We like to think we were with you in spirit on Sunday as we were wearing the vest.

261 Steve Williams	48:34 4thMV65
347 Colin Frith	50:35 16thMV60

Bob Graham Round

17th-19th September (Elapsed time: 26 hours and 12 minutes)

My brother, Tim, and I spent much of our childhood in the mountains and, with us both having taken to running in recent years, there was some kind of daft logic to an attempt on the Bob Graham Round (42 summits in the Lake District over 66 miles in under 24 hours). And so we found ourselves standing outside the Moot Hall in Keswick at ten on a Friday night, ready to set off.

Weirdly, another runner had chosen the exact same time and day to set off. Clearly much faster (and more competent) than us, we suggested that she and her support team should set off a few minutes ahead of us, and they were soon out of sight, distant headtorches north of Keswick. The first section climbs Skiddaw, Great Calva and Blencathra – 3 serious hills – while also covering a fair bit of ground, and a slightly tricky scramble so we were lucky to be joined by a couple of others, one of whom knew every detail of the route and guided us down to the end of the leg a few minutes ahead of schedule. In a car park in Threlkeld at 2 in the morning our wonderful roadside support had camping chairs and what looked like a sweet shop laid out for us to refuel, which helped to lift spirits for the next two legs, ones that we'd have to do unsupported.

Navigation was far trickier with only

the two of us. Even though we'd scoped Leg 2 – covering the Dodds, Helvellyn and Fairfield – over the summer, darkness and mist slowed us down and we arrived at Dunmail (the next sweetshop-roadside-stop) about 40 minutes behind schedule. Our fellow BGR contender was a good 30 minutes ahead at this point. Leg 3 is the biggest, taking in a steep climb back into the mist, some tricky navigation, decisions on routes, and then the big summits of Bow Fell, Scafell Pike and Scafell. The latter has tended to be climbed via Broad Stand with ropes but, after a huge rock fell off the mountain, Lord's Rake is now a safe and maybe slightly quicker scramble, so we opted for that, before a dreamlike scree run down to Wasdale – a 900 metre descent over in a about half an hour.

Wasdale is often described as the graveyard of BGR attempts and our fellow contender sadly pulled out with a knee injury a few minutes after we arrived. There's no easy way out and – 42 miles into the run – there are some seriously big climbs ahead. At that point we were 2 hours behind our schedule – the cumulative effect of route finding in the mist – so it was seriously tempting to just stay there and head to the pub – but another friend, fired up from waiting 2 hours longer for us, was ready and waiting to climb Yewbarrow – a fierce, straight-up ascent – before heading on to the other

big fells of Kirk Fell and Great Gable. With the mist clearing, the epic scale of the round became much clearer and it was a real lift to see all the ground we'd covered over the last 20 hours.

Arriving at Honister Pass, it was clear that we were no longer on for completing the round in under 24 hours but our friend from the first leg generously agreed to guide us over the last three fells. As before, his navigation couldn't have been more precise and, after a tricky scramble down Robinson, we only had the last 6 miles of track and road back to Keswick. For the whole of the week before, I'd had crazy dreams about the round – nightmares about falling off Broad Stand or missing summits and having to start again. In my dream about the last section, I found my road legs and treated the road as a tempo effort. The sleep-deprived reality was somewhat different and we both had a few moments falling asleep while jogging, gently hallucinating in the glow of the headtorch. Back at the Moot Hall, our wonderful support were taking cover from the warzone that Keswick had become at chucking out time. With our 26 hour effort, we'd missed last orders (and membership of the Bob Graham Round Club!) but had spent the most brilliant, bizarre and fun day (and a bit) together in the hills. I feel no particular need to try again for under 24 hours but if any other DRs are ever up for the round, it would be a joy to help support you!

Alex Loftus

Ashtead 10km

19th September 2021

After a summer of decidedly mixed running and a few health issues, this weekend was very much a mystery. Saturday's fast and flat Parkrun was frankly a disappointment; incredibly hard work for a time not significantly faster than the ones I've run on tougher courses recently. It didn't augur well for Sunday's trail race over a course twice the distance which was advertised as "muddy in places and very uneven, rutted and pot-holed".

The Ashtead 10km near Leatherhead is a Trionium production organised by the infamous Dr Rob (who also organises the Knacker Cracker, Leith Hill ½ and Midsummer Munro, tough races all). Inevitably, if you know Dr Rob, the event starts with the singing of the National Anthem and there are numerous Union flags in evidence, but this event definitely lacks the killer punch of the aforementioned.

It's an out and back course, so you know that the welcome downhill at the mile point is going to be a sting in the tail at 5 miles coming back. Starting on fairly uneven terrain, the course soon becomes a good gravel track for much of the remainder. Whilst undulating, the outward journey is mostly steady uphill with the reverse coming home apart from the hill around 5 miles. Recent good weather has resulted in a course that lacks the promised mud with only the beginning and end section rutted and pot-holed...thankfully.

As seems to be the norm these days, I struggled to hold my pace at the start but once on the gravel section things improved and I found myself overtaking and even feeling quite strong on the uphill stretches. Halfway was reached

Reigate 1/2M

Sunday 19th

Run Reigate had a great atmosphere with all the roads closed and local shops and schools having stalls in Priory Park. Well organised with time waves and pacers meant that even with over a thousand runners in the half, there was no congestion and no need to weave.

A new route this year with some single track and plenty of hills, with a few nasties a mile from the end. But having learnt from a suicidal first fast 5k at Paddock wood, I gazed at the sheep and tried to hold back for negative splits. It rewarded me with 1.36, 4th in my category and 13 female out of 125. Onwards and upwards!
Clare Norris



in under 26 minutes and I continued to pick up places until the hill at 5 miles where I lost a place then immediately regained it at the top. A strong finish brought me home in 51:53 and in 64th place out of 154 starters. With the winner posting a fraction under 36 minutes and the last finisher just inside 80 minutes, this isn't a fast race!

Not a performance to frighten the horses, or the Belted Galloway Cattle that munch on the common, but it was good to feel like I was racing again rather than just surviving. Definitely a better way to finish a running weekend and topped off with the enjoyable Club Anniversary Party just a couple of hours after the finish. Cheers! - **Dave West**

South Mynd Tour Fell Race

14.3 miles (23Km) 4165 ft (1270m) ascent

Sunday 19 September

This was the last counter in the English Fellrunning Championships, so I sacrificed a Sunday and the DR party to head to Shropshire. For those of you who are unfamiliar with the geography of that part of the world, the race was held over the southern part Long Mynd. This is a flat-topped ridge about 10 miles north to south, 3 miles at its widest and rising to a highest point of 1690 ft (516m). It is mainly grass, heather and bilberries – no crags, boulder fields or mist-shrouded summits. Easy running country you might think. And you would be wrong.

What distinguishes the Long Mynd is that to the east the plateau is dissected by several huge steep-sided valleys (in some cases more like ravines) and western side is very steep escarpment. I had reced the course while on holiday nearby in July and realised that we would get closely acquainted with the valleys and the escarpment. So it was with some trepidation that I waited at the start at Little Stretton.



The first issue was which direction to run in from the start. The reason being that there was a large area of fields that was out of bounds and we could either go left and up a somewhat runnable path or go right, taking a slightly shorter route up a brutally steep climb to checkpoint (CP) 1 on the summit of Grindle. I went with the majority up the steep climb which seemed to be a good decision.

Once over Grindle we headed south into Callow Hollow. This involved a quad-shredding descent – 500ft of descent over 300 yards. I managed it, but my legs felt shattered and only slowly recovered as we traversed for a mile and a half on a narrow sheep trod to the next descent. This was just as steep, but fortunately half the distance.

After that the route went up and down a couple of times through the forest that covers the southern flanks of the Long Mynd, before heading out to Black Knoll the most southern point. At this stage in the race, I got into good rhythm and was running well. Morale was high, but I was conscious there was a long way to go.

After Black Knoll there was another quad-shredding descent down the western escarpment, immediately followed by a brutal climb back up. Halfway up the photographer asked if we were enjoying it, to receive a curt “NO” from the lady just in front of me – she had a pretty bad time in the bracken and gorse of the last descent, which I fortunately avoided by following a local.

Once back on the plateau, there was a flatish mile and a half past the gliding club (also out of bounds) before descending again. In this section I was flagging, runners started to overtake me, and by the time I started the final climb up to the last checkpoint, my legs had run out of fuel. Near the top I was overtaken by Keith Holmes from Dark Peak whom I had been competing against all summer, and that, coupled with the onset of cramp, caused my morale to plumb new depths.

The final two and a half miles to the finish on a gentle mainly grassy path, should have been an opportunity to pick up the pace. Most people did, but I was reduced to a pathetic hobble as I battled cramp and exhaustion. Finally, the miracle happened: I got to the finish.

There is no doubt that this was a disappointing end to the season. I lost 18 places over the last four miles including three in my age category, and it has been many years since I have struggled so badly. Thinking about it, the thrashing my quads took on the three really steep descents took its toll, and I would have been wiser to take them much more gently. But I was consoled by finishing in under three hours which was my initial target and averaging a 12.30 min/mile pace. There is always next year and if this tale of woe has whetted your appetite or if you are just bored with running on level flat terrain, Mark Foster is trying to organise those interested in doing some fell running next year.

Winning time	1.49.56
141 Hugh Balfour	2.58.56 (6 M65)
162 finishers	

The Dream of Dulwich Runners:

Roving Runner Ajay finds Inspiration Amongst his Club Mates

A few weeks ago I fell off my bike onto my wrist at about 2 mph. I'd been watching the Tour De France earlier in the day, and so decided the correct procedure was to get immediately back on my bike, get into an aero tuck, straddling the top tube, and cycle to the nearest A and E, using my good wrist, as I didn't want to lose anytime in the General Classification de Lewisham. The doctors told me it was broken, and then decided to play tug of war on it, whilst giving me laughing gas. Deliriously I remember reciting the Ottolenghi recipe for lime butter Hasselback beetroot from Ottolenghi's *Flavour* cookbook as I was convinced, due to Lockdown fever, that everyone must try it.

I then shared my theory that doctors were actually violent and sadistic people bursting with aggression and that their profession allowed them to live out these desires in a socially acceptable way. All I remember was that they both pulled harder, and laughed more manically than before! I must admit I was feeling quite sorry for myself.

To make things more interesting, I then had my wisdom tooth drilled out. Not the same day, but a few weeks later. It was a big drill. It took a long time. Reader, I am delicate creature. I can't even make those pain-filled running faces that certain members of our clan are so adept at. I was feeling more sorry for myself than ever! This weekend I stood on the weighing scales and found myself, even with the lighter titanium in my wrist, and minus some heavy tooth enamel, ahem, above my ideal race weight. I couldn't remember the last time I had gone for a run. I had deviated from the path of Dulwich Runners, and I was being duly punished by the fates!

Therefore, it was a miracle to be invited to the great Dulwich Runners anniversary weekend, starting off with the Dulwich Park run, which we were hosting. Despite my disintegrating state, I was able to bring my fluffy wolf (Benji – a 7 month Bichon Frise), to help marshal the red sea of Dulwich runners. What a magical turnout.

Was I hallucinating or did Sue Vernon have a red head? Was that really Gregorz coming in like a bullet train despite having been drinking Chianti in Tuscany all summer long? Was the winner our very own Ed Chuck, a name that, well, just sounds like a human rocket? Was Ros, the true leader of the free world, resurrected and running? Reader, for a few wonderful minutes, the dull throb in my wrist and mouth, all but vanished. This was sheer beauty. I was watching the celestial dance of the Dulwich running club. Even though I was standing – rather heavily it's true – I merged into the running masses, and I swear, my feet didn't touch the ground once. The sun blazed. Michelle Lennon handed out the moistest banana cake. Jokes were shared. Pictures were taken. The birds sang!

The next day, this was repeated in a different form. I came in rather bedraggled, as I had been in a wet field on a wolf training workshop earlier in the day. I walked into to be dazzled with a very chic group of club mates. Barry N was looking debonair in light crisp seersucker jacket, hair immaculately coiffured. Kay had a stunning deep red dress with matching blue waist band in homage to the club colours. Even Ebe realised he had unconsciously put on a red shirt and blue trousers.

I looked at the lovely photo boards, the great t-shirt display, the fluttering banners. It was an immersive and evocative setting. I set about on my mission to talk as much rubbish

to as many people as I could, safe in the knowledge that what goes in the club stays in the club. Reader, I succeeded. I noticed with alarm that a new trend of drinking Erdinger alcohol free beer had take off, especially amongst the slimmer and faster club members and certain people who work in breweries! Fortunately, I found some old school types who carried on the mission of mixing running and drinking beer that the original six founding members had intended when they met in the Clockwork pub forty-one years ago.

I wondered if there was a statistical significance about the number of Barry's in our club (was it because the first meetings took place on Barry road?). Someone asked me if every coach in the club is called Steve? And what about the preponderance of Toms? Even as I was talking to seeming ordinary people, I had images flash through my mind. When I talked to Gregorz, I remembered the time he was chased by a bear deep in the wood; the time he ran a marathon in an underground salt mine, and the time he ran 100 miles in under 24 hours. He even ran up and down a building, to complete 8,848 metres, an urban Everest. He looked normal. But he was clearly crazy. We talked about ordinary things. But all the time I was thinking. This man is crazy – with images of bears, mines, and mountains – flashing through my head. This led on nice to chatting with Chris Vernon, who I recall from my very first Wednesday night runs in the snow. I'm both scared of heights and can't stand the cold. So I asked him about the time he was airlifted by a helicopter, from Namche Bazaar (on a trip to Everest with some Dulwich Runners) at 3,400 metres, about to suffer a cardiac! I enjoyed the vicarious trauma of listening to his jolly tales. Nowadays he is a park run tourist, just back from Snowdonia.

Then I bumped in Gower Tan. I felt like I as at a turn of the century meeting at the Royal Geographical society. This man was clearly the most deranged of all. He was running the Marathon de Sables in a few weeks, carry a 7kg ruck sack. I knew that he has recently done the 100 mile SDW – along with another crazy man, Michael W. I felt strangely dangerous standing next to this man. I pondered, if your surname is Tan, do you unconsciously think of it as an instruction? Does it mean you are destined to spend time getting a tan in the Sahara? Go and Tan. If you say his same fast enough it does sound like an order!

After this I remember having a brief chat with Ian L. The last time I remember spending time with him involved a very enjoyable game of table tennis in the complete dark. The man is a Jedi knight, I tell you! I then reminisced with Claire S. She has the super power of being able to predict her race times to within 10 seconds and also out-dancing everyone at the Christmas party!

As the crowds thinned out I found myself chatting to newish member Huw F. He told me that he read a column I had written a few years back called project sub 19, or similar, and he had got inspired himself (yes reader, you got it right, I basically changed his life with poetry; but hang on, in that case, why did I buy him a drink...) In fact, he's run 5 days a week for 45 weeks and just ran sub 20! I was impressed. Having lost my own running mojo, it was inspiring to prop up the bar with a club mate who embodied the running spirit. Just like a certain virus, running is also contagious, and I reckon the Dulwich Runners party has boosted my running immunity ten-fold. See you out on there, dreaming the Dulwich dream on....

Ajay Khandelwal

**To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.
If you are no longer a member please remove DR as your club.**

Ashford

221 Ran			
Pos	Gen		
21	1	Kim Hainsworth	21:04

Beckenham Place

240 Ran			
Pos	Gen		
49	7	Eleanor Simmons	24:24
87	13	Claire Barnard	26:01

Brockwell

239 Ran			
Pos	Gen		
13	10	Jonny Hough	19:09

Bromley

482 Ran			
Pos	Gen		
349	89	Clare Osborne	31:40

Dulwich

449 Ran			
Pos	Gen		
1	1	Edward Chuck	15:06
2	2	Andy Bond	15:41
3	3	Thomas South	15:53
14	13	Tom Shakhli	17:00
19	17	Kevin Chadwick	17:20
28	23	Andrew Inglis	17:47
31	26	Joe Farrington-Douglas	17:59
33	28	James Brown	18:07
34	29	Martin Belzunce	18:08
35	30	Chris Lawrence	18:08
36	31	Chris Beardsall	18:16
39	34	Grzegorz Galezia	18:33
40	35	Des Crinion	18:43

43	4	Kay Sheedy	18:46
55	45	Lloyd Collier	19:19
56	46	Tony Tuohy	19:22
59	49	Rupert Winlaw	19:27
60	50	James Burrows	19:29
63	53	Andrea Ceccolini	19:33
64	54	Charles Lound	19:37
65	55	Stephen Trowell	19:37
67	57	Sam Jenkins	19:47
68	58	Hugh French	19:48
73	62	James Auger	19:59
77	66	Michael Fullilove	20:04
82	71	Ebe Prill	20:19
89	6	Michelle Lennon	20:28
91	77	Edward Smyth	20:30
92	78	Lee Wild	20:31
95	7	Clare Norris	20:33
97	82	Mark Foster	20:44
99	84	Timothy Bowen	20:46
105	90	David Benyon	20:58
116	9	Yvette Dore	21:18
117	10	Lucy Pickering	21:20
122	104	Joe Wood	21:44
123	11	Ola Balme	21:47
124	105	Tom Poynton	21:49
126	12	Emma Kelly	21:55
134	109	Martin Kelsen	22:07
152	21	Christiana Campbell	22:35
158	127	Graham Laylee	22:47
172	139	Miles Gawthorp	23:14
178	144	Cameron Timmis	23:19
186	152	Martin Double	23:34
187	153	Gideon Franklin	23:35
191	157	Michael Mann	23:42
197	162	Ian Sesnan	23:49
207	168	Barrie John Nicholls	24:01
216	30	Susan Cooper	24:19
218	32	Katharine Bond	24:23
238	187	Dave West	24:43
239	37	Belinda Cottrill	24:45

265	200	Edward Simmons	25:32
269	48	Lindsey Annable	25:37
275	206	Michael Dodds	25:52
280	53	Shoko Okamura	26:02
291	62	Jenny Bomers	26:34
301	70	Clare Wyngard	26:57
304	211	Andy Murray	27:04
311	75	Catherine Buglass	27:12
323	82	Ros Tabor	27:27
409	249	Steve Wehrle	32:43
442	151	Susan Vernon	43:07
447	258	Chris Vernon	48:27
448	259	John O'Byrne	61:16

Haga

84 Ran			
Pos	Gen		
19	18	Paul Collyer	21:44

Hull

468 Ran			
Pos	Gen		
165	135	Paul Hodge	26:10

Sutcliffe

261 Ran			
Pos	Gen		
75	67	Stephen Smythe	23:52
252	87	Denise Brady	43:34

Tooting Common

428 Ran			
Pos	Gen		
178	38	Claire Steward	26:28

Stephanie Burchill		50						1	51
Claire Steward					50			1	51
Elizabeth Begley					49			1	50
Men Senior									
Edward Chuck	50	50						2	102
Jack Ramm		49			50			2	101
Timothy Bowen		47			49			2	98
Martin Belzunce	49				45			2	96
James Burrows	47				47			2	96
Shane Donlon	48				42			2	92
Grant Kennedy	44				44			2	90
Eugene Cross	45				40			2	87
Kevin Chadwick	40	-			43			2	85
Will Lawn	46				34			2	82
Edward Harper	41				38			2	81
Des Crinion		42			37			2	81
Matt Cooke	42	-			36			2	80
James Rimmer		38			27			2	67
Ben Howe		48						1	49
Shane O'Neill					48			1	49
Fred Bungay		46						1	47
Rob Hollands					46			1	47
Hugh Stobart		45						1	46
Jon Phillips		44						1	45
Will Cole		43						1	44
Max Catterall	43							1	44
Ben Smith					41			1	42
Michael Nogas		41						1	42
Rob Meadows		40						1	41
Tom Shakhli					39			1	40
Ross Rook	39							1	40
Arthur Coates		39						1	40
Jamie Nicol	38							1	39
Edward Smyth	37	-						1	38
Oliver Cooper					35			1	36
Alex Bazin		-			33			1	34
Matt Wood					32			1	33
Ed Simmons					31			1	32
Euan Davies					30			1	31
Matt Ladds					29			1	30
David Benyon					28			1	29
Desmond Edwards					26			1	27
Men V40									
Andy Bond	50				49			2	101
James Brown	48				46			2	96
Ian Lilley	49				45			2	96
Joe Farrington-Douglas		49			42			2	93
Tom Wilson	46				44			2	92
Justin Siderfin	44	45						2	91
Jonny Hough	47				41			2	90
Martin Double	45				40			2	87
Miles Gawthorp	43				37			2	82
Buzz Shephard					50			1	51
Kev Chadwick		50			-			1	51
Tom South					48			1	49
Lloyd Collier		48						1	49
Daniel Mann					47			1	48
Mike Williams		47						1	48
Matt Cooke		46			-			1	47
Chris Nunn		44						1	45
Alex Loftus					43			1	44
Ed Smyth		43						1	44
Hugh French	42							1	43
Alex Bazin		42						1	43
Tom Poynton		41						1	42
Alex Haylett	41							1	42
Chris Cooper		40						1	41
James Auger					39			1	40
Cameron Timmis		-			38			1	39
Men V50									
Stephen Davies	50				50			2	102
Tony Tuohy	49	50						2	101
Grzegorz Galezia		49			46			2	97
Michael Fullilove	46				45			2	93
Ebe Prill		46			44			2	92
Joseph Brady	45				43			2	90
Paul Keating	43				42			2	87

Paul Collyer						49				1	50
Charles Lound						48				1	49
Andrea Ceccolini	48									1	49
Stephen Trowell		48								1	49
Gower Tan						47				1	48
Mark Foster	47									1	48
Rupert Winlaw		47								1	48
Cameron Timmis		45								1	46
Gideon Franklin	44									1	45
Ameet Patel	42									1	43
Men V60											
Barrie John Nicholls	48	47				48				3	146
Bob Bell	49					49				2	100
Andy Murray	46					47				2	95
Neville Webb		50								1	51
Graham Laylee						50				1	51
Colin Frith	50									1	51
Steve Williams		49								1	50
Mike Mann		48								1	49
Barry Graham	47									1	48
Chris Vernon	45									1	46
John O'Byrne	44									1	45
Gary Sullivan						25				1	26

Best 4 count for year including 1 each short, long. 4 including one short and long needed for completion medal.
Those reaching a 0 ending birthday may have results currently in 2 sections - will be combined at year end

2020 Club championship Overall championship After 3 events	5K Beckenham 15/02/20	1M Dul,Wimb	5k Battersea or other	c 5k parkrun 2021	5M 2nd Sun. Sep/Oct/ Nov	1/2M Big Half 01/03/20	1/2M Big,P Wd etc 2021	Marathon LON or other 04/10/21	10k Reg Pk etc 2021	Events count	Total	Avg.
	Short				Long							
Michelle Lennon	788	812				817				3	2,417	806
Yvette Dore	749	809				782				3	2,340	780
Kevin Chadwick	689	788				730				3	2,207	736
Matt Cooke	700	703				698				3	2,101	700
Barrie John Nicholls	668	660				652				3	1,980	660
Emma Kelly	563	719				585				3	1,867	622
Jenny Bomers	550	610				583				3	1,743	581
Andy Bond	827					869				2	1,696	848
Tony Tuohy	821	842								2	1,663	832
Timothy Bowen		814				824				2	1,638	819
Jack Ramm		813				818				2	1,631	816
Edward Chuck	760	847								2	1,608	804
Stephen Davies	800					802				2	1,602	801
Ola Balme	770	778								2	1,548	774
Ian Lilley	757					765				2	1,522	761
Marta Miaszkiewicz	736					774				2	1,510	755
Grzegorz Galezia		792				710				2	1,502	751
James Burrows	725					757				2	1,482	741
Martin Belzunce	736					731				2	1,467	733
James Brown	723					739				2	1,461	731
Joe Farrington-Douglas		766				693				2	1,460	730
Ebe Prill		756				700				2	1,456	728
Roz Johnson	710					744				2	1,454	727
Shane Donlon	722					721				2	1,443	722
Eugene Cross	708					728				2	1,436	718
Katie Styles		694				740				2	1,434	717
Grant Kennedy	697					732				2	1,429	714
Des Crinion		727				698				2	1,425	712
Tom Wilson	685					738				2	1,423	711
Michael Fullilove	696					725				2	1,421	711
Rebecca Schulleri		746				650				2	1,396	698
Clare Norris		761				633				2	1,394	697
Justin Siderfin	642	741								2	1,383	691
Jonny Hough	700					676				2	1,376	688
Midge Cameron	684					686				2	1,370	685
Edward Harper	666					701				2	1,367	683
Will Lawn	682					674				2	1,356	678
Alex Bazin		664				680				2	1,343	672

Bob Bell	682				655				2	1,337	669
Cameron Timmis		668			648				2	1,316	658
Laura Vincent	660				653				2	1,312	656
Andy Murray	654				649				2	1,303	651
Martin Double	630				639				2	1,269	635
Joseph Brady	637				632				2	1,269	634
Edward Smyth	582	685							2	1,267	633
Sonja Jutte	590	648							2	1,238	619
Miles Gawthorp	627				572				2	1,199	599
Claire Barnard	599				583				2	1,182	591
James Rimmer		594			577				2	1,171	585
Susan Vernon	560				586				2	1,145	573
Paul Keating	554				492				2	1,047	523
Belinda Cottrill	337				644				2	980	490
Buzz Shephard					859				1	859	859
Andrea Pickup		853							1	853	853
Tom South					824				1	824	824
Ros Tabor	822								1	822	822
Claire Steward					815				1	815	815
Shane O'Neill					811				1	811	811
Ben Howe		804							1	804	804
Kay Sheedy		804							1	804	804
Daniel Mann					798				1	798	798
Charles Lound					791				1	791	791
Lloyd Collier		788							1	788	788
Fred Bungay		785							1	785	785
Paul Collyer					781				1	781	781
Lucy Pickering					780				1	780	780
Hugh Stobart		779							1	779	779
Mike Williams		778							1	778	778
Lucy Clapp					775				1	775	775
Gower Tan					767				1	767	767
Emma Ibell					765				1	765	765
Ali Campbell					765				1	765	765
Elkie Mace					762				1	762	762
Sara Roloff					761				1	761	761
Will Cole		761							1	761	761
Stephen Trowell		758							1	758	758
Neville Webb		758							1	758	758
Mike Mann		757							1	757	757
Mark Foster	747								1	747	747
Andrea Ceccolini	743								1	743	743
Rob Hollands					735				1	735	735
Polly Warrack					734				1	734	734
Rupert Winlaw		733							1	733	733
Chris Nunn		733							1	733	733
Alex Loftus					732				1	732	732
Vicky Jessett		729							1	729	729
Alice Williams					725				1	725	725
Ben Smith					724				1	724	724
Steve Williams		724							1	724	724
Eleanor Simmons		715							1	715	715
Tom Shakhli					714				1	714	714
Madison Newey		707							1	707	707
Anna Thomas	702								1	702	702
Tom Poynton		700							1	700	700
Christiana Campbell		689							1	689	689
Graham Laylee					687				1	687	687
Katie Smith		686							1	686	686
Chris Cooper		680							1	680	680
Catherine Buglass		678							1	678	678
Oliver Cooper					678				1	678	678
Ed Simmons					674				1	674	674
Max Catterall	674								1	674	674
Stephanie Lundon					672				1	672	672
Colin Frith	670								1	670	670
Ross Rook	666								1	666	666
Michael Nogas		665							1	665	665
Matt Wood					660				1	660	660
Naomi Crowther		658							1	658	658
Gideon Franklin	656								1	656	656
Barry Graham	652								1	652	652
Lindsey Annable					647				1	647	647
James Auger					644				1	644	644
Rob Meadows		635							1	635	635
Euan Davies					631				1	631	631
Sadie Sholem					626				1	626	626
Carys Morgan	623								1	623	623
Shoko Okamura	621								1	621	621
Matt Ladds					620				1	620	620
Stephanie Burchill		618							1	618	618
Jamie Nicol	613								1	613	613
David Benyon					608				1	608	608
Arthur Coates		608							1	608	608
Elizabeth Begley					589				1	589	589
Becca Davis		588							1	588	588
Hugh French	586								1	586	586
Hannah Harvest	584								1	584	584
Jon Phillips		571							1	571	571
Alex Haylett	547								1	547	547
Clare Osborne	545								1	545	545
Ameet Patel	544								1	544	544
Michelle Key					532				1	532	532
Karina Burrowes					531				1	531	531
Katie Prior					465				1	465	465
Gary Sullivan					465				1	465	465
Desmond Edwards					465				1	465	465
Chris Vernon	391								1	391	391
John O'Byrne	337								1	337	337

Dulwich Runners' times in Mark Hayes Mile 29 June 2021 or other meetings 29/06/2021

		time	points in age category m/f								age grade points	club champs awards
	Other meeting		ms	m40	m50	m60+	f s	f40	f50	f60+		
Ed Chuck	28 Jul Wimbledon	4.27	50								847	1st man
Jack Ramm		4.36	49								813	2nd man
Ben Howe		4.39	48								804	3rd man
Tim Bowen		4.43	47								814	Man age graded
Fred Bungay	28 Jul Wimbledon	4.44	46								785	
Hugh Stobart		4.47	45								779	
Jon Phillips		4.48	44								571	
Will Cole		4.56	43								761	
Kev Chadwick		4.59		50							788	1st m40
Joe Farrington-Douglas		5.12		49							766	
Des Crinion	28 Jul Wimbledon	5.17	42								727	
Kay Sheedy		5.17					50				804	1st woman
Lloyd Collier		5.18		48							788	
Mike Williams		5.22		47							778	
Tony Tuohy		5.23			50						842	1st m50
Grzegorz Galezia		5.24			49						792	
Michael Nogas		5.35	41								665	
Matt Cooke		5.35		46							703	
Justin Siderfin		5.38		45							741	
Chris Nunn		5.39		44							733	
Rebecca Schulleri	28 Jul Wimbledon	5.39					49				746	2nd woman
Stephen Trowell		5.44			48						758	
Ed Smyth	28 Jul Wimbledon	5.44		43							685	
Vicky Jessett		5.45					48				729	3rd woman
Rupert Winlaw		5.47			47						733	
Alex Bazin		5.55		42							664	
Andrea Pickup		5.55							50		853	Overall age graded
Madison Newey		5.56					47				707	
Rob Meadows		5.56	40								635	
Tom Poynton		5.58		41							700	
Emma Kelly		5.58					46				719	
Chris Cooper		6.00		40							680	
Ebe Prill		6.03			46						756	
Clare Norris		6.05						50			761	1st w40
Yvette Dore		6.05						49			809	Woman age graded
Arthur Coates		6.07	39								608	
Christiana Campbell		6.14					45				689	
James Rimmer		6.19	38								594	
Cameron Timmis		6.21			45						668	
Neville Webb		6.22				50					758	1st m60
Katie Styles		6.23						48			694	
Eleanor Simmons		6.24						47			715	
Michelle Lennon		6.28							49		812	1st w50
Katie Smith		6.31						46			686	
Catherine Buglass		6.36						45			678	
Naomi Crowther		6.37					44				658	
Steve Williams		6.40				49					724	
Ola Balme		6.45							48		778	
Mike Mann		6.52				48					757	
Sonja Jutte		6.59						44			648	
Jenny Bomers		7.08					43				610	
John McGlashan		7.08									guest	
Karine Brissy Hayes		7.16									guest	
Becca Davis		7.18					42				588	
Barrie John Nicholls	6 Aug Chelmsford	7.27				47					660	
Stephanie Burchill		9.58								50	618	1st w60
			13	11	6	4	9	7	3	1		

DULWICH RUNNERS KIT

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



Bufs-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 always 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 2

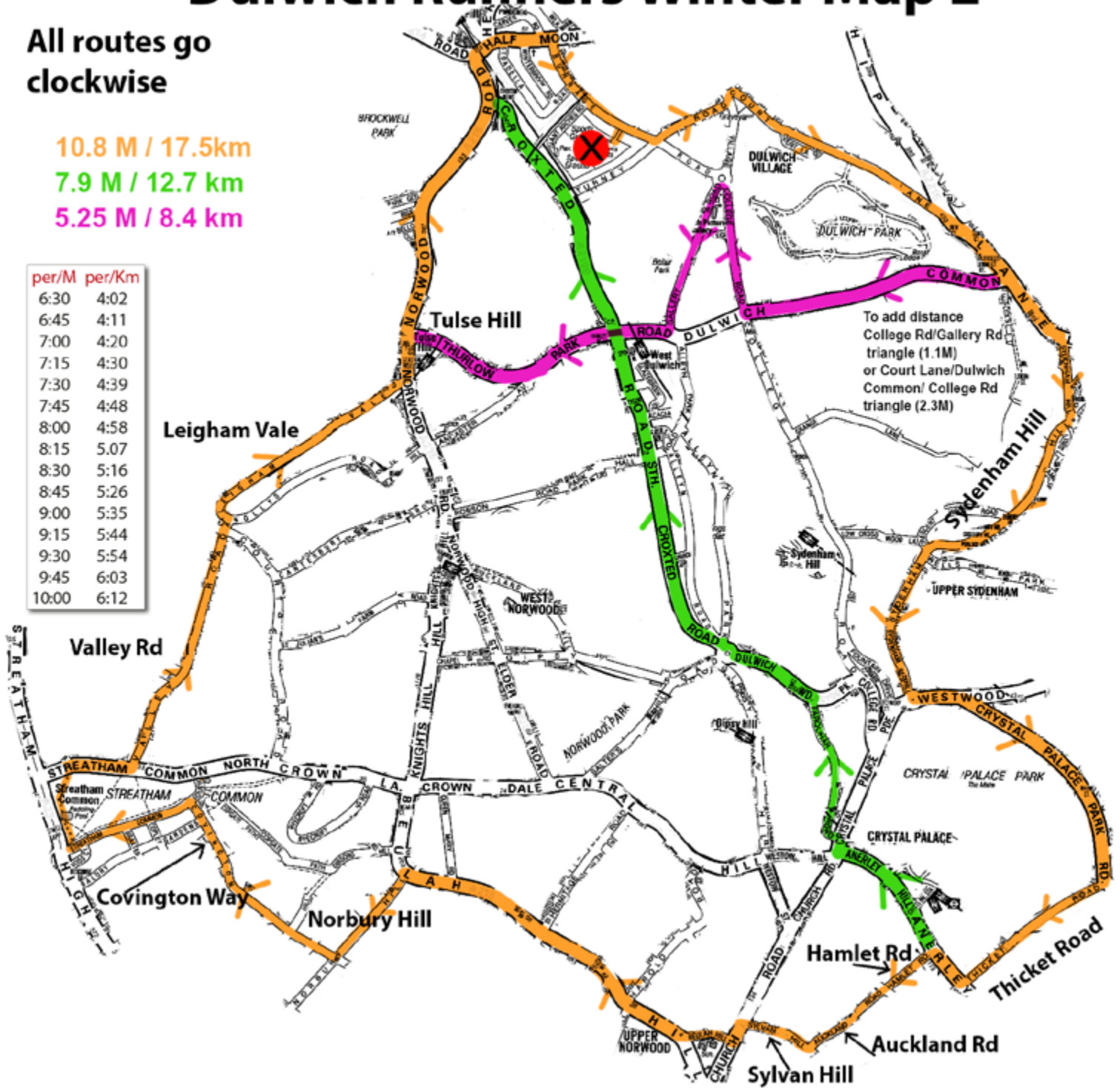
All routes go clockwise

10.8 M / 17.5km

7.9 M / 12.7 km

5.25 M / 8.4 km

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



To add distance
College Rd/Gallery Rd
triangle (1.1M)
or Court Lane/Dulwich
Common/ College Rd
triangle (2.3M)

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