SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 25th January 2012

These are your SHORTS! Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed	25	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 – 7 for 7:15 start. Showers, Bar
Sat	28	**South of England XC Champs, Brighton**
Sun	29	**Canterbury 10**
Tue	31	**Track Session with Steve Smythe** see below **Ladywell Track** http://g.co/maps/sqrjq pay at desk on entrance, fee £2.55

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Ladywell Track Sessions

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – **Ros**

Due to unforseen circumstances there will not be any showers, men or womens, in the clubhouse tonight.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 (large) for anyone who gives me their name by 7:10.
Don't just sit there salivating join in ! – **Ros**

In your *SHORTS* this week !

page 2 Club Champs, XC Fixture List
page 3 All things Cross Country
page 4.. Relays relays and more relays !
page 6.. Race reports & results
page 8 Marathon Training Schedule
page 10 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Jan 28 South of England Champs
Feb 11 Mens & Womens Surrey League XC
Feb 25 National XC Champs

full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **John O'Byrne and Jose Barretta** for taking out new runners last week.
If your name is on the rota to run with new runners, please can you 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 swap with someone. Thanks. – **Ros**

Sam Oyeyinka	25/01
Ian Sesnan	01/02
Jo Shelton	08/02
Claire Steward	15/02
Tiarnan Ocleirigh	22/02

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

Curry Night Wednesday 15th February

As many of you know our lovely Social Secretary Carloine is leaving us to go back to France and I thought we should wave goodbye to her in our usual style,having a good old nosh up at The Surma Curry House on Lordship Lane.

So please let me know if you are up for coming along so I can confirm numbers. We will book for about 8.30pm so you all can get in a run before hand.

Thanks – Jo Hewett joanna_hewett@hotmail.com

LUCKY VEST

January winner was Ameet Patel

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening before the run.

To purchase a vest and or any other club kit contact

Sue Cooper susan.cooper@hsbc.com or

Nicola Richmond nicola.j.richmond@gmail.com

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			*Event*		*Venue*
Jan	Sat	28	South of England Champs		Stanmer Park, Brighton
Feb	Sat	11	Surrey League 4 Cross Country - men & women		Esher
	Sat	25	National Champs		Parliament Hill
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event, also **Cabbage Patch 10** has been confirmed as **21 Oct**, not a week earlier as previously advertised

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MARATHON Training Schedule

"Steve Wherle is one of our most experienced marathon runners, including and having completed all 31 London Marathons !

This is his proposed schedule of weekend runs, races and reps to help you prepare for a spring marathon. Steve is at the club most Wednesdays if you would like to discuss the programme."

Provisional – dates and events subject to change so keep checking in SHORTS

DULWICH RUNNERS
2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
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 them in the clubhouse.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.
Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:
Kent: http://www.kcaa.org.uk/road%20races.htm#prov
Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012
Charlie Lound

Kent Grand Prix and Championship Races

29 January	Canterbury 10
12 February	Deal Half
4 March	Thanet 20 *
6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
3 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
12 August	Wimbledon 5km *

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS, 28 JAN

Those of you who notified your captains are entered for these champs at Stanmer Park, Brighton on 28 January. Women's race (8k) starts at 2.05pm and the men's (15k) at 2.50pm. Falmer Station is adjacent to the course and be reached by trains from Victoria or London Bridge (change at Brighton or Lewes).

Parking is available at Brighton & Hove Albion's Amex Stadium on the south side of the A27 just off the B2123 sliproad signposted to Rottingdean. There is no parking in Stanmer Park itself. To reach Stanmer Park and changing facilities at Sussex University from the car park or station use the underpass across the A27 close to the station. – *Mike*

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Any questions, let me know.

Tim Wright -Captain, Orion Harriers -
www.orionharriers.org.uk
079 1018 5162

Dulwich Runners and Relays.

It's that time of year again and we start thinking of….London Marathon followed nicely by relay events. Each year we participate in a number of relays that all in the past have thoroughly enjoyed and want to do again. I'd like to think it is because they are so well organised but think it is more likely just how great the events are and to run in some stunning scenery.

The relays are for all abilities, yes I know you have heard this all before but for Dulwich Runners (DR's) it is true.

We can only enter and enjoy these events because we use all our runners possible whatever their level. We do target some relays with a stronger team but this is for only a couple.

Whether you are new to the club or new to running relays or an old stager now is the time to put your name forward.

So what are the relays we enter and when?

South of England Road Relay Championships. Milton Keynes Sunday 25th March.

(NOT ENTERING THIS YEAR)

New course and venue this year.

This we have done several times over the past years and for the men it is a 12 stage event with alternate short and long stages. The ladies do 6 stages over the same course. At the sharp end there are some top clubs with very fast runners and we usually finish anywhere between low 30's to 40th team out of 50+ teams. We have fielded 2 teams before both men and ladies. Good fun to be running with and against some class runners. Always interesting to see if you can hold or better DR's position on your leg.

The 1066 Relay. This is near Battle in Sussex Saturday 6TH May

We ran this last year (first year of the event) with 4 teams over 5 stages and everyone thought it was great. All run in one day and only one long stage (10 miles) and a nice short stage (3 mile), with 6+ miles for the other 3 stages. Very good organisation from one of our 2nd claim members and his team of helpers. This allows us to put some very specific teams together, i.e. Senior Ladies, senior men, Vets Ladies, MV50 men, mixed and any combination you can come up with. Slick organisation required to get everyone at their start and picked up at their finish which means we all have to be flexible but that just makes it all the more fun. Because of where it starts and time of start means early rise to get to leg one on time! Looking to field even more teams this year.

BMAF Masters Relays. Saturday 12TH May

This I'm afraid is not one for the youngsters of the club, as you have to be over a certain age. Women 35+ and men 40+. This will be a nice warm-up for the GBR for those of the correct age. They are held in different venues around the country and are just as competitive as open races. This year it is in Sutton Park, no not Surrey but Birmingham. Again all levels of ability as clubs can struggle to field a full team. Always good to watch some old people running remarkably fast and some remarkably slow with most in the middle.

(GBR). Saturday & Sunday 19TH & 20TH May

This is one we have done for many years and have had several stage winners. It is a 22 stage relay over Saturday and Sunday and each team member has to run a stage on both days. Sounds hard? Well yes it is but we have never had anyone not do both days unless through injury!!

We try to get at least 2 teams but have managed 3 in years past. This limits the composition of the teams, especially as we have to have 11 members of course for each team. This year we would like to field a women's team which could stand a good chance of being amongst the prizes. The relay takes you all around London and most is outside the M25 and taking in some truly stunning countryside.

The stages are graded by how hard and we match team members current abilities to the different stages so don't worry (unless you have upset one of the organisers of course!!) you won't be out of your depth. Most are amazed at how well they run on both days and this is one that although some only come for their stages it is well worth making the weekend of it so you can support and encourage other team members and see just how good the countryside is at this time of the year. Camera's at the ready.

Welsh Castle's Relay (WCR). Saturday & Sunday 9TH & 10TH June

We do this as often as we can be accepted by the organisers. Like the GBR it is always oversubscribed and due to its nature they do have only a limited number of teams allowed. This is for 90% of the team a weekend away. As the name suggests it is in Wales and starts in North Wales at Carnaervon Castle and over Saturday and Sunday wends its way down the coast a bit and then down the middle of Wales to the south finishing in Cardiff Castle grounds. We normally travel up on the Friday and return Sunday evening.

This is the easy one as you only have to run once, the hard part is that this is Wales and it seems to have a lot of hills and even some mountains! Still we again match stages to team members current fitness levels and again we have had some good stage wins, our ladies hold more stage wins than the men (OK a lot more, I know, I know). Do I need to mention the stunning scenery again? Don't think so as again this a great time to see Welsh countryside (and a couple of industrial sites) at its best.

South of England Vets Relays. Aldershot, September 22/23 (dates tbc)

These are short distance stage approx. 3 ½ miles and there are only men's or women's teams in the different age categories. We look to see how many are prepare to run and then try to select a strong team. This includes you as it can be a challenge to get a complete team to the event on the day.

Seem to suffer a lot of injuries just before these, too much track work but also holidays, just a couple of the excuses sorry reasons why. You will have the chance to see some very good club runners and some internationals that are representing their clubs just like you.

So what do you have to do now?

E-mail therelaysteam@dulwichrunners.org.uk and tell us you would like to be considered for which relay/s (hopefully all of them). That's it simples!!

For more information. If you would like any more info then please seek out and speak to Mike Mann, Martin Morley, Andy Murray or Kim Hainsworth. All will be happy to answer your questions, allay your fears or why not speak to others that have done these relays themselves before.

WEB-SITE INFO. Have a look at Dulwich Runner's web-site as there are buttons for GBR and WCR with reports from previous years. 1066, GBR & WCR have their own web-sites which, like ours are well worth a look.
Web-site for 1066 is www.spanglefish.com/1066relay GBR is www.greenbeltrelay.org.uk and WCR is www.lescroupiersrunningclub.org.uk then go to Welsh Castles Relay page.
DR's have to apply for these relays so please respond as soon as possible so we can gauge numbers and apply accordingly.

Thanks. ***THE RELAYERS TEAM***

Race Reports & Results

5km Results for January 21st

Brockwell

Solid runs but nothing extraordinary and no PBs.

18 Chris Loizou	19:02	
24 Ebe Prill	20:00	
32 Paul Devine	20:36	
35 Paul Hodge	20:40	
46 Samuel Oyeyinka	21:37	
55 Graham Laylee	22:26	
102 Lucy Hiley 19th W	25:30	First Timer!

Bromley

Solid runs from both the Husseys while Kim Hainsworth narrowly edged Emma Ibell to reverse recent results. Colin and Martin eased around while 11 year-old Lucy Elms kept the family tradition going with a PB.

6 Duncan Hussey	19:02
30 Kim Hainsworth 6thw	20:43
31 Emma Ibell 7thw	20:44
39 Oscar Hussey	21:04
75 Colin Frith	22:45
80 Lucy Elms 8thw	22:50
94 Martin Morley	23:22

Crystal Palace

Crystal Palace parkruns are not always renowned for their accuracy of their results and the official results show both former winners Wayne Lashley and Will Davis around eight minutes down on their PB. Angela Oritsejafort did set a PB in finishing as third woman.

13 Jozef Danko	21:47	
16 Angela Oritsejafor 3rd W	22:07	
21 Bob Bell	23:18	
34 Jonah Albert	24:55	First Timer
35 Jane Harbage 10th W	24:57	
36 Clare Osborne 11th W	25:16%	
37 Wayne Lashley	25:31	
41 Will H H Davis	26:16	

(I have it on good authority that Wayne Lashley missed the start and was about ¾ of a lap behind the leader and to make matters worse his beloved garmin kept giving up the ghost, as for Wills time alien abduction is suspected.... what ? Ed)

Riddlesdown

Another win for Angie.

8 Angie Norris 1W	21:46

Veterans AC Championships, Wimbledon, January 21

Dulwich Runners dominated the event in terms of medals. Clare Elms tested her foot out and was pleased with her run which resulted in a new women's overall course record and a three and a half minute victory.

Ola Balme finished second woman and was first W40 and close to her fastest ever. Ros Tabor was first W60 with a strong run closely followed by Clare Wyngard who won W50 gold and who had one of her best ever runs and was over a minute up on her times of 2007, 2008 and 2009.

Second claimer Jo Quantrill took W55 bronze, one place up on Stephanie Burchill who improved 47 seconds on her previous run

Mike Mann was Dulwich's first man and took M60 gold while Andy Murray took M55 silver after a battle with former National masters overall champion Barry Attwell.

7 Clare Elms 1st W 35:18 (women's rec./1st W45)

12 Mike Mann	37:58 (1st M60)
15 Ola Balme 2nd W	38:52 (1st W40)
16 Andy Murray	39:20 (2nd M55)
28 Ros Tabor	42:56 (1st W60)
29 Clare Wyngard	43:16 (1st W50)
30 Jo Quantrill	43:34 (3rd W55)
40 Stephanie Burchill	51:11

Box Hill fell Race 7.5m 1700ft - Sat 21 Jan.

Hugh Balfour writes… Six DRs gathered at the foot of Box Hill on Saturday for the annual eponymous fell race. Claire, Jo, Neil and I knew what we were letting ourselves in for. However, for Mike and Nicola, it was their first time, and they seemed quite relaxed as a result. I suppose in their case ignorance was bliss! The conditions were excellent: dry under foot, and mild except for a stiff breeze.

The start was briefly delayed by a man pushing a buggy with a dog on a lead, who wandered obliviously in front of 250 runners 20 seconds before the off. The dog who was obviously tired of living, literally had to be dragged to safety. Then with no one left to trample to death, we were off.

Mike went off well and had an excellent run. I think he is the fastest DR to have competed in this race. Despite my best intentions, I made the rookie error of going off too fast, and consequently suffered over the first half of the course, and was convinced I was on for a poor time. But I managed to pick up the pace over the last third and was delighted to record another pb.

Neil came in next and was obviously struggling with fitness as he was well down on his previous time. Nicola had a good strong first race here, despite complaining that she hates running up hills! Claire also had a strong run, but was slightly down on last year. The performance of the day really goes to Jo, who finished just behind Claire, nearly 6 minutes up on her time last year, and looks as though she can go a lot faster yet.

The team competition was won by Springfield Striders with 122 points. Dulwich came 8th out of 15 with 361 points.

I thoroughly recommend this race, which is well organised and friendly, with the added bonus of properly refurbished showers at the Friends Life clubhouse.

Winning time		49.43	(last year)
15	Mike Williams	56.48	
58	Hugh Balfour	63.03	(64.21)
135	Neil Daniels	72.25	
153	Nicola Richmond	74.19	
172	Claire Steward	77.08	(76.13)
189	Joanne Shelton	79.29	(85.21)

252 finishers

Well done to all those who did the 8 x 1 mile rep session last Sunday.
Average times given below

Ed	Smyth	6: 09
Paul	Hodge	6: 25
Mike	Mann	6: 27
Ebe	Pril	6: 28
Paul	Devine	6: 29
Josef	Danko	6: 50
Ajay	Khandewal	6: 55
Steve	Wright	6: 58
Claire	Steward	7: 22
Mike	Dodds	7: 27
Anna	Thomas	7: 28
Jane	Harbage	7: 37
David	Harbage	7: 41
Paul	Keating	7: 41
Ameet	Patel	7: 41
Olga	Gillane	7: 42
Vicki	Fong	7: 48
Patrick	Mcmorrow	7: 52
Jessica	Sale	7: 53
Steve	Wehrle	7: 56
Peter	Jackson	7: 57
Nicole	King	8: 13
John	O'byrne	8: 44
Zoe	Wright	8: 45
Roy	Hibberd	8: 47

Ola Balme
Sports & Therapeutic Massage

January Special Offer £10 off

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
12	**28 Jan (Sat)**	**S of England XC Champs**	**Brighton**
12	29 Jan	Canterbury 10	Canterbury 11:00
11	5 Feb	Long run from Dulwich Park	0:900 * (see below)
10	**11 Feb (Sat)**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	10 x 1m reps	09:00 Dulwich Park
8	**25 Feb (Sat)**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	12 x 1m reps	09:00 Dulwich Park
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10 (tbc)	High Elms 09:00
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

(**dates in bold are club and or club champs races including XC champs**

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

Coming Sunday 29th some are going to do the Canterbury 10.

*** CHANGE OF PLAN for the Sunday , 5th Feb** , long run from Dulwich Park at 0900, meet by car barrier inside College Rd. gate. Route to Beckenham Place Park and West Wickham.

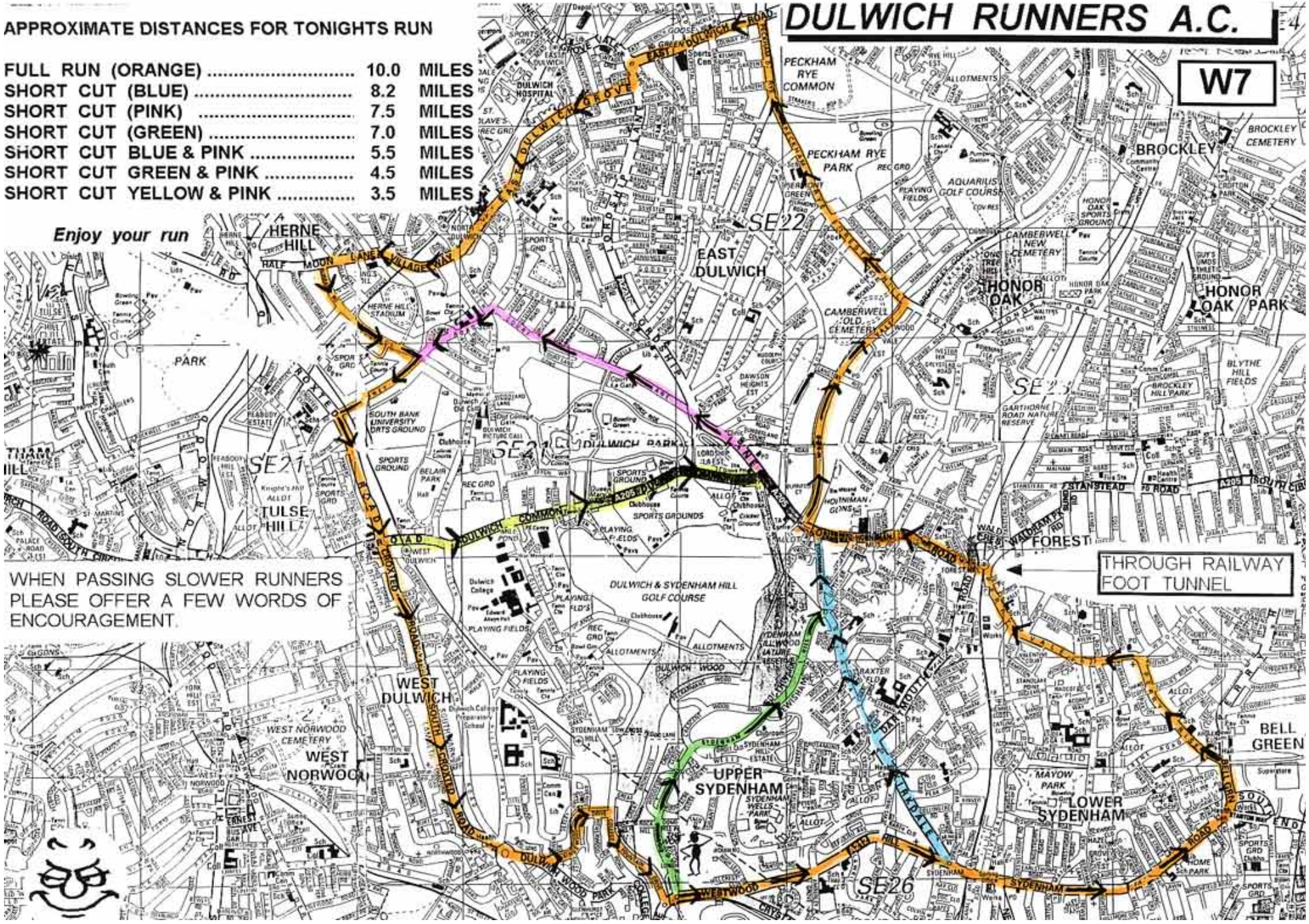
DULWICH RUNNERS A.C.

W7

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.0	MILES
SHORT CUT (BLUE)	8.2	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	7.0	MILES
SHORT CUT BLUE & PINK	5.5	MILES
SHORT CUT GREEN & PINK	4.5	MILES
SHORT CUT YELLOW & PINK	3.5	MILES

Enjoy your run



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

THE RUNNERS shop where you matter

JANUARY SALE

The Runners Shop, 106 Beckenham Road, Beckenham, Kent, BR3 4RH, England. 0208 663 0630

http://www.runnersshop.co.uk/index.php/

GREAT BARGAINS ON SHOES AND CLOTHING

Until Saturday 28th January 2012

Up to 25% off shoes and clothing.

15% off the new range of Asics and New Balance shoes with this token

15% Discount Voucher for any shoe purchased from the 2012 Asics and New Balance range

Saturday 7th January 2012 – Saturday 28th January 2012

15% discount voucher

Conditions apply not to be used with other discounts or promotions

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Run Become
www.runandbecome.com

Saturdays
Start: 8am

10 Mile
3 Mar (SMA)
8 Sept (SMB)
20 Oct (SMC)

10K
24 Mar (SKA)
7 July (SKB)
4 Aug (SKC)
29 Sept (SKD)
10 Nov (SKE)

Mondays
Start: 7pm

5K
14 May (M5A)
21 May (M5B)
18 June (M5C)
2 July (M5D)

2 Mile
28 May (M2A)
9 July (M2B)

3x1 Mile
(Relay)
25 June (R3A)
6 Aug (R3B)

Race HQ: South Carriage Drive, Battersea Park, SW11 4NJ → Google Maps

Far end of Rosary Gate Car Park, within the Park. Vehicular entrance: Rosary Gate at corner of Prince of Wales Drive and Queenstown Road.

Facilities: Water station, toilets, baggage area, showers (at the track)

Minimum age: 2&1M 11 yrs | 5K 13 yrs | 10M 16 yrs | 10K 15 yrs
Parental Consent required for entrants under age 16

Fees:

2Mi	£5.50 (Club £3.50)
5K	£6 (Club £4)
Relay	£10.50 per team of 3
10K	£10 (Club £8)
10Mi	£10 (Club £8)

Saturdays on-day entries: £1 extra

Cheques payable to: Run and Become, 42 Palmer Street, London SW1H 0PH (Please enclose a stamp addressed envelope/email address for confirmation) Postal closing date 4 days prior to race. For maps and further details please see website. Organised by Sri Chinmoy AC in conjunction with Run and Become, under UK Athletics Rules. All courses UKA Certified Accurate. Road Race Permits applied for.

www.uk.srichinmoyraces.org