SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 10th April 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk

- THE COMING WEEK –

Wed 10 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 13 **Parkruns – Free to enter,various locations 9am start**
http://www.parkrun.org.uk/

Tue 16 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports etc
7 Hugh reaches 4,500' without a pilots licence !
8 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

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

A brief look ahead

Apr 18 Beckenham assembly league
** Assembly League race at Beckenham has been put back put back to Thursday 18 April.
Apr 21 London Marathon

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

LUCKY VEST

April winner was Charlie Lound.
Don't forget , 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 the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

NEW RUNNERS ROTA

Many thanks to Chris Loizou for taking out new runners last week.
If you are listed to take out 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 either swap with someone or let us know as early in advance as possible . Thanks. – **Ros**

Paul Hilton	**10/04**
Paul Keating	17/04
Graham Laylee	24/04
Alastair Locke	01/05
Charlie Lound	08/05

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We have now entered a team for the Welsh Castles Relay taking place on 8/9 June, but we still need additional participants as cover for injuries etc.

Although there are several tough mountain stages, many of the stages are relatively flat or even downhill and you only have to run once over the weekend. It is highly enjoyable social, as well as running, occasion, but for those hard pressed for time, it is not essential to spend the entire weekend in Wales, and some of the late Sunday stages can be done as a day trip from London.

At present one team of 11 is entered for the Green Belt Relay, taking place on 11/12 May but would like to enter a second team if more come forward.

Mike Mann

GREEN BELT RELAY

Following the cancellation of this year's event, we have decided to organise some Sunday runs on some of the stages across the North Downs as a partial replacement. We intend to run stages 16 (Lullingstone to Tatsfield, stage 17 (Tatsfield to Merstham) and part of stage 18 (a there and back run from Merstham taking in the off-road section).

The planned dates are 12 and 19 May and 2 June, and we expect to start at 10am. After the run the reward will be a visit to a local pub for refreshments and food. Each of the runs will be around 12 miles, but the first one from Lullingstone is quite tough but suitable for those who have run spring marathons or half marathons. If you are interested, regardless of whether or not you signed up for the GBR, please contact Martin or myself.

Mike Mann

Sports Massage

Patrick O'connor writes…… You may know that I am a member at Breeze Yoga BreezeYoga@sut5.co.uk and receive their regular newsletters and offers.

Some of our club runners use the Sports Massage services of Nick Murrell but they may not know that he is offering a 20% discount on 1 hour massages in March / April to all Marathon runners.

I do not know if this is restricted to Breeze or if it is available to all his customers but the reduction may tip some people to go and get that treatment that helps them get round on the day

ASSEMBLY LEAGUE 2013

This year's Assembly League races begin in April.

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

18 April	Beckenham **note changed date**
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.

Mike Mann *(on behalf of ADSC).*

Wednesday Night Map

On page 8 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own 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.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Arrives around 9.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name and money by 7:10

Don't just sit there salivating…join in ! - **Ros**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Apr	18	Beckenham Assembly League **note changed date**		Beckenham Sports Club, Foxgrove Rd
	21	**London marathon (or alternative)**	L	**London**
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k **(club champs)**	S	Dulwich Park
	20	**2 Miles club champs race**	S	**Dulwich Park**
Jul	4	Battersea Park Assembly League		Battersea Park
	12	**1 Mile club champs race**	S	**Dulwich College Track**
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	**Lingfield (Dry Hill) 10**	L	**Lingfield (Dry Hill)**
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	**Trail race, Lloyd Park parkrun**	S	**Lloyd Park**

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. ↗

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		**Surrey Road League**	
14 Apr	Darenth Valley 10k	12 May	Sutton 10km
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.
Contact Steve Smythe for details
stevesmythe2006@yahoo.com Or
steve.smythe@athleticsweekly.com

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

FRIDAY TRACK SESSIONS

The response has been good so we are looking to start this on Friday 26th at Dulwich College Track, College Rd. Dulwich. Start time is 7:15pm so please arrive at 7pm for the warm-up.

Duration is approximately 1 hour and it is aimed at all levels. Remember people running at 13min+ pace will improve far more than a currently faster runner!!
Any questions/comments then please contact me.
Martin Morley

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details.
stevesmythe2006@yahoo.com or
steve.smythe@athleticsweekly.com

The Turks Head 10km 9th June

run in the Marble Hill area along some of the Cabbage Patch course.
For those not running in the Welsh Castles it looks a nice one to do and there's entertainment and food in the local pub afterwards.
It is being held as part of the Twickenham Alive Riverside Festival. See *www.bearcatrunningclub.com/turks-head-10k*

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 6th April

At least 36 Dulwich Runners did a parkrun last weekend. Clare E (88.12%), Ros and Claire S (84.90%) and Tony (83.41%) featured amongst the top age-graded performances in the 100 plus parkruns

Brockwell

15 Neville Webb	19:25 (course pb)
17 James Burrows	19:30 (course pb)
22 Bruce Blackwell	20:12 (debut)
52 Anna Thomas 3W	22:09
56 Graham Laylee	22:19
159 Barry Walker	29:39
185 ran	

Bromley

75 Colin Frith	22:47
132 Di Morgan 21W	25:11
295 ran	

Burgess

Ebe Prill writes…My first win at a park run: I started fast and found myself in the lead after about a hundred meters. Was closely followed by the second and third for the first kilometre, but managed to keep up the pace and put more distance between us over the next mile. Brought it home safely by about 10 seconds (despite the nervous premonition of a sudden sprint surge from behind).

Felt very nice to be cheered on while crossing the line first. The track training on Tuesdays and the repeated 5 k parkruns on Saturdays certainly helped a lot with improving speed over distance. But of course I was lucky too, that no sub-18 runner turned up on that crisp sunny morning. Still I had to run it as hard as I could, and improved on the previous fastest time by a Dulwich Runner (sorry Alex, you'll have to race it again!).

1 Ebe Prill	18:31 (course PB)
25 Paul Keating	24:06 (course PB)
55 ran	

Crystal Palace

8 Steve Ackroyd	20:33
11 Josef Danko	20:58
12 Andy Cottrill	21:12
25 Belinda Bell 2W	23:52 (PB)
30 Joanne Shelton 4W	24:25
31 Claire Steward 5W	24:31
44 Penelope Bell 8W	25:47
83ran	

Andy Cottrill

Dulwich

Possibly some times were missed here.

4 Tony Tuohy 17:05 (1M50)	
15 Rob Cope 19:12	
19 John Fletcher	19:57
33 Ian Sesnan	21:48
40 Christian Moody	22:13
41 Mike Dodds	22:22
42 Clare Wyngard 2	22:22 (course PB)
75 Stephanie Burchill 14W	27:44 (1W55)
88 Ajay Khandelwal	31:11
97 ran	

Hilly Fields

Another win for Ben.

1 Ben Fairhall	17:45
60 ran	

Richmond Old Deer Park

Chris Vernon writes… Last week took me to one of London's smallest parkruns where the final leg of the Addidas Boost tour was being held.On arrival I soon found out the reason for its small size - the cost of parking,we parkrunners are a mean lot.

Addidas put on a good show with 10 Olympic athletes on hand and lots of tasty prizes which coupled with a target of 500 plus runners and new course records made for an interesting morning.

The course is on a flat grass field specially redesigned for this week as two laps instead of the usual 3 laps(my pet hate) .Local resident Lindsey was the only other DR present as Barrie was off filming. There were plenty of other 'tourists' present from all over the SE as well as locals such as Stragglers,W4,Striders,SLH etc with many in 50,100 and even 250 teeshirts.

After the start the huge field were soon strung out around the field. I was lapped before the end of my first lap by the winners James Shane and Andi Jones in record times. I suppose we all did pb's as it was a new course! 800m runner Joe Thomas was 19th and marathoner Scott Overall was 41st in 19.18 so there will be plenty of parkrunners boasting about famous scalps they took.Lindsey had a good run just inside the top 300.

An entertaining raffle draw ,based on finishing positions, followed despite the failed PA.Both men's and women's course records were broken and the record for the biggest parkrun outside Bushey was beaten with over 500 more than last weeks 33 finishers which the organisers handled without a problem.We had taken part in a memorable piece of parkrun history.

295 Lindsey Annable	25.10
481 Chris Vernon	30.43
553 ran	

Eastbourne Parkrun 30th March

Having only just resumed light training after a 3 month lay - off over the winter, this was a shock to the system in more ways than one! With a bitterly cold wind, temperatures barely above freezing, and a snow flurry to boot.

I was wrapped up like Michelin man with tracksters, 3 layers of clothing, hat and gloves! Must be an age thing, as most of the younger runners wore far less! I would have been happy beforehand with anything sub 20 mins, as it's not a particularly quick course, so was pleased to record 19.31.

6 Nick Brown 19:31 1M55

Paddock Wood 1/2M un 7 April

Per Hedberg 1:51:43 (chip)

English Masters' Inter Area Indoor Track & Field Match Lee Valley Sunday 7 April

4 Dulwich Runners took part in the inaugural masters' indoor track match, all running for their masters' club, VAC. We were running in age group races against other masters' clubs (mostly Midlands, Eastern, and Southern plus a few from the South west and Northern Ireland).

W35 800m
3rd Cara Oliver 2:32.3
W60 800m
3rd Ros Tabor 2:56.1
M50 1500
2nd Tony Tuohy 4:34.0
M50 3000m
1 Tony Tuohy 9:43.6
M60 3000m
3 Mike Mann 11:30.1Mike, Tony and Ros also took part in medley relays.

Andy Murray/Ros Tabor

Dulwich Parkrun, 1st Anniversary

A big thank you to **Paul Devine, Ian Lilley, Alastair Locke and Ebe Prill** who have kindly agreed to be pace setters to help mark Dulwich parkrun's 1st anniversary on 13 April.

We would still like more Dulwich Runners of all abilities to volunteer to be pacemakers, so please get in touch this week if you'd like to get involved.

It's a bit of fun, but also a great way to help promote the club. Oh, and I'm making a lot of cake...

To get involved, please contact rob@rememberacharity.org.uk

Thank you. - Rob Cope

Croydon Half Marathon:

2 Buzz Shephard	01:15:47 (Chip 01:15:44)
83 Andy Cottrill	01:34:17 (Chip 01:34:11)
178 Jim Dowsett	01:43:12 (Chip 01:42:54)
? Jo Quantrill 2nd claim	01:43:31 (Chip 01:43:21)
327 Belinda Bell	01:56:32 (Chip 01:56:11)
341 Penelope Bell	01:57:58 (Chip 01:57:37)

Andy Cottrill

Victoria Park 5, April 6

Buzz ran a 5:04 first mile but struggled after such a fast start and faded mid race and was disappointed with his time though technically it was a PB. Clare Elms wasn't at her very best either but was pleased with her run in the circumstances which is the fastest by any Britishwoman aged over 40 this year.

26 Buzz Shephard	26:56 (26:51 chip) (PB)
62 Clare Elms 3W	29:01 (28:55)

204 ran

DULWICH RUNNERS HOODIES

Several people have asked for hoodies, but I only have a few XXS and XS left.
I have arranged for us to be able to order some more (in larger sizes) at the same price (£15), but I need to have 10 definite orders.
Please let me know of you are interested BY WEDNESDAY 3 APRIL.
Thanks – Ros ros@28kerfield.freeserve.co.uk

Now available £15 each. Cheques should be made out to Dulwich Runners AC. – **Ros**

Llanbedr to Blaenafon Fell Race Saturday 6 April

15 Miles 4,500 feet ascent

This was a race I nearly didn't do. I had picked up a calf injury in the Orion 15 two weeks ago, and to my dismay it wasn't getting better. At least not quickly enough. However with some encouragement from my wife, and a prayer from her for the injured calf, I set off to Wales.

I had always thought that this race was rather illogical, running between two villages north and south of Abervagenny. But I now see there is a logic, although pretty twisted. The race takes in three mountains: Crug Mawr (1804ft), The Sugar Loaf (1954ft) and The Blorenge (1804ft). The point is that each is tougher than the last, and the locals told me that the race really starts at the foot of The Blorenge: not a good sign.

The first challenge was to find the race HQ at the Blaenafon rugby club. It is a small place, but a maze of little streets. I passed the same cash point queue at least twice before I finally found it. It was a bleak but beautiful spot. The valleys were still in the grip of winter, and above 1000 feet the hills were decked with snow. But with the blue sky, bright sunshine and gleaming snow there were moments of almost alpine beauty.

Having got a lift to the start at Llanbedr, I set off slowly up Crug Mawr. I knew this part of the course well, as this is the last mountain in the Black Mountains race, but it looked very different going the other way, with no leaves on the trees and snow on the ground. I got to the top without difficulty, and no problems with the calf strain – Helen's prayer was working! Then had a glorious mad descent down a long snow slope; then on down to the valley between Crug Mawr and The Sugar Loaf.

The Sugar Loaf is a beautiful mountain, but getting onto it involved zig-zaging round the lower slopes to keep the farmers happy. Once on the mountain proper we had a fine ascent up a ridge leading directly to the summit, with the snow patches making it look positively alpine. However the descent on the south side was narrow, steep, muddy and very slippery, and conscious of what lay ahead I eased up, and ran gently with one of the guys I had travelled to the start with. This proved to be a good move as the next challenge was finding the route through Abergavenny; he was familiar with it, and we reached the checkpoint and drinks station at Llanboist in 2.05; a little bit down on what I had hoped but not bad, and crucially my calf was fine. But The Blorenge lay ahead.

To understand Blorenge, you have to know it is mis-named. It sounds like a nice pudding, but t is nothing of the sort – the race website calls it “The Killer” - much more appropriate. Basically it rises 1600 feet in 3⁄4 a mile, and on this occasion the top 800 were covered in snow.

We started off going through a long dark tunnel under a canal, up through some very pretty woods, then on to the open fell and the snow. Of course it is a concave slope so it gets steadily steeper, and I just kept kicking steps in the snow or trying to use other people's. The occasional slips were really discouraging, adding up to an extra 20 or 30 feet of ascent. Finally I got to the top, to be greeted by cheers from the small crowd watching there. That was nice but then it got worse.

The last two miles were over a gently sloping plateau that ought to have provided good running to the finish. Unfortunately my legs had turned to jelly, and the pleasant running surface now comprised deep wet snow, mud, water, rocks and occasional ice. It made Epping Forest look quite pleasant. I was running, but it felt as though I was stuck in a space warp. Time was passing, but the radio masts in the middle of the moor got no closer. Not really knowing where I was going, I was trying to keep the girl in front in view, but by the time I reached the masts she was a long way ahead. Then I trod in a puddle and found myself up to my thighs in freezing water with ice floating in it – I later discovered that amost everyone fell into this “puddle”.

At last Blaenafon came into view as I ran down through the old spoil heaps. But I still had to find the finish at the rugby club, and once on the road through the council estate, my policy of following the stud marks of other runners gave out. The locals are obviously quite used to seeing exhausted, lost runners, as a kind lady called to me, “Straight down to the end of the road and turn right, darling”. To cap it all, I was involved in a sprint finish with a runner who had caught me up while I was trying to find the way through the estate. I lost.

I realise I may not have sold this race to you, but I would not have missed it for the world. It was incredibly beautiful, with some wonderful running over the first half of the course and a real challenge over the last part. Everyone was amazingly friendly and encouraging – a great atmosphere, and the £7 entry fee not only paid for the race but also for a huge amount of food at the end and a t shirt declaring “I beat The Blorenge”. Roll on next year.

38 Hugh Balfour 3.12.35
67 finishers – winner 2.15.18; final finisher 4.22.14
Hugh Balfour

Hercules Wimbledon Open, Crystal Palace, April 7

Alex was pleased to have his first race at the famous Crystal Palace track but wasn’t at his best after knee problems and was in a race which started very fast and he worked his way through but still started too quickly.

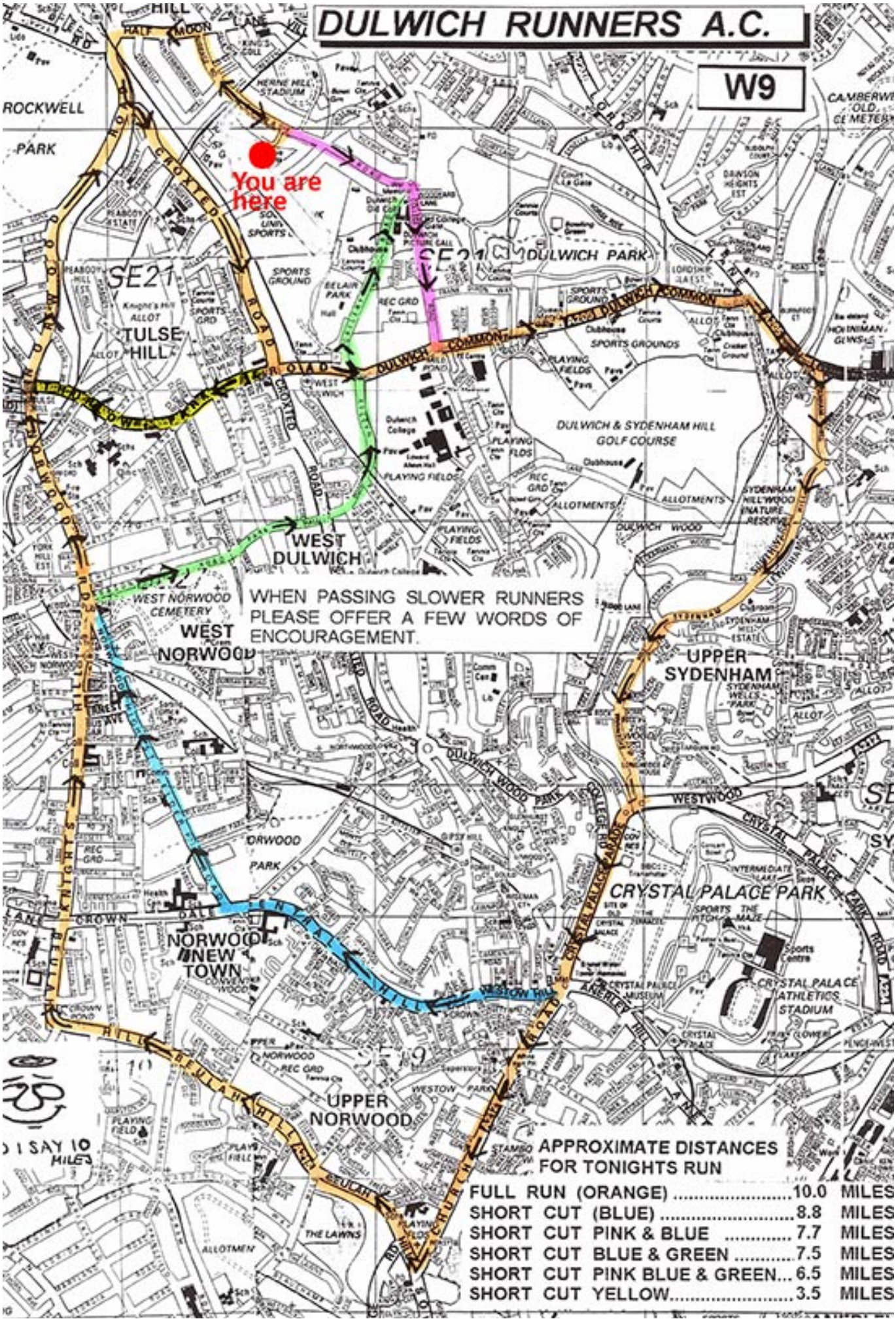
6 Alex Elms 2:24.54

Crawley Open track meeting, March 31

U15 boys 800m

Alex made a great start to his track season just missing his PB and finishing strongly on a cold day.

2 Alex Elms 2:21.48


DULWICH RUNNERS A.C.
W9
You are here
ROCKWELL PARK
TULSE HILL
SE21
DULWICH PARK
DULWICH COMMON
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
UPPER NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.8 MILES
SHORT CUT PINK & BLUE ..... 7.7 MILES
SHORT CUT BLUE & GREEN ..... 7.5 MILES
SHORT CUT PINK BLUE & GREEN... 6.5 MILES
SHORT CUT YELLOW..... 3.5 MILES