



# SHORTS

Dulwich Runners AC

Weekly Newsletter

May 30th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 30 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

### Dulwich College track, College Rd.

cost £2 per session - Start with a warm up at  
Tue 5 7:10pm then 1st part of session will be on grass,  
2nd on the track. - page 2 for more details

## In your SHORTS this week !

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 5 Fixture list, 2018 Club Champs and all other races
- 5 Summer running tips and training schedule
- 7 British Masters report and times
- 9 Beckenham relay report
- 12 Parkrun times
- 13 Wednesday map + Strava links

**And much more !**

**Like us on Facebook @dulwichrunners**

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



**The clubhouse will be closed on Wednesday 27 June as we will all be at the Dulwich Midsummer Relays either running, helping or supporting !**

## TRACK SESSIONS

### Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.

### Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

[steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## Battersea Park Assembly League - June 7th

The council are now charging the organisers to use the park so there is a £2 per person entry fee to cover this.

Please bring the correct change if possible and put in envelope where you sign in and pick up race numbers on the bandstand.

### ----- EVENT HORIZON -----

*A brief look ahead*

- jun 7 Assembly League - Battersea Park
- Jun 13 Dino Dash relays - Crystal Palace park
- Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.



Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know as early in advance as possible.

Thanks. - Ros

**Cameron Timmis**

**30/5**

Tony Tuohy

6/6

Mick Ward

13/6

## Wednesday Night Map

This map for this Wednesday's runs can be found at the back page of Shorts.

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 it in the clubhouse - Thanks

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE**

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Dulwich Hash House Brewery Run  
Saturday 7th July.**

Back by popular demand after the success of last year. A social run visiting various local breweries and pubs in South London over approx 6 miles. You can walk/ run/ get the bus between various venues while enjoying a drink or two. Activities will include the Barry Graham dash !



Instagram

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

## Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.

Arrives close to 9pm and the cost is **£6.50**

Just give me your name and money when you sign in - Ros  
Don't just sit there salivating...join in !

## Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

## Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

## Algarve Running Challenge

**7-11 NOVEMBER**

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

*Mike Mann*

## Opportunity To Participate In Dementia Research Focus Group Participation Request

I am studying a Masters in Dementia and am particularly interested in finding out more about what members of the public know about dementia and attitudes towards decisions that might be made towards the end of life for people with dementia. The hope is that this information would contribute to improving how professionals and agencies talk about dementia with the public, patients and carers.

I am planning to set up a focus group locally late June / early July, involving 6-8 people. The focus group would involve talking about dementia and being taken through a case study, with participants giving their views about what happens. It would last about an hour and there would be a £10 voucher as a "thank you".

For more details, please contact me on 07855 457681 or [hannah.luff.16@ucl.ac.uk](mailto:hannah.luff.16@ucl.ac.uk) and I can send you a participant information sheet.



## NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



### Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

## DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Bufs/snoods	£6 each

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## SHORTS!

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



Socks only £5



Bufs/snoods - only £6

## HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros



Keep dry in a Dulwich Runners waterproof jacket.  
Incorporated hood. - all sizes available - £25



## Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

**A series of club medals is awarded for each event:**

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

**Also there are age group points competitions for the year – medals for top 3 in each category**

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> etc. Plus one point per event completed.

**Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed**

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

**Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)**

### Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)  
7 Jun Battersea Park Assembly League 5k  
27 Jul SOAR 1 Mile London Stadium, Stratford  
15 Sep *tbc* Beckenham Place Parkrun 5k  
24 Nov Beckenham Place S of Thames XC 5m

### Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)  
8 Apr Paddock Wood Half Marathon  
22 Apr London Marathon (or any certified marathon up to 24 Nov)  
30 Sep Middlesex Victoria Park 10k



## DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



# 27.JUNE.2018

3 x approx. 1 mile lap

Entry: Race starts at 7.30pm  
£15 per team  
(Limited entries on the day)

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

7.00pm children's 1 mile fun run  
£2 per child

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## Dulwich Runners Midsummer Relay 2018

The date for this year's 3 x 1 mile relay in Dulwich Park is Wednesday 27 June.

**This is the major fundraiser for the club** so I hope you will all do what you can to publicise it with your friends, family, work colleagues etc. The more teams we have the better the event will be.

This year the relay is being held in memory of Gill Johnson, a member who sadly died of cancer last Autumn. A portion of the entry fee will be sent to the hospice which cared for her.

If you can't run, then your help will be needed.

Entry form on our facebook page:  
[www.facebook.com/groups/2409157697/](https://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

Thanks - Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## Children's Fun Run at the Midsummer Relays 27 June 2018

Perhaps due to the fact that my Personal Bests resemble those of a small child, I have been asked to organise the Children's Fun Run at the Midsummer Relays on 27 June 2018. With this in mind please can anyone with children at a local school please try and drum up some support at the school by e.g. having something put into the school newspaper, putting up a poster on a noticeboard, placing something on a WhatsApp group or social media, speaking to the PE teacher and/or just generally trying to spread the word. Similarly if you have a nephew, niece or a family friend with children aged 4-14 please can you try and encourage them to attend. If you are able to make contact with a school, please can you let me know so I can try and ensure that most of the local schools have been approached in some way or other. My email is [hughfrench@hotmail.com](mailto:hughfrench@hotmail.com) - 07980 114467. Many thanks. Hugh French (28.53.42 5K runner)

# DULWICH RUNNERS 2017/18 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.  
*Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.*

2018		Race	Venue
Jun	3	Surrey Masters Champs	Ewell Court
	7	Assembly League (incorporating 5k club champs)	Battersea Park
	11	B&B Open Meeting	Norman Park
	13	Dino Dash Relays	Crystal Palace Park
	20	BMC Meeting	Eltham
	24	South of England/VAC Champs	Battersea
	27	Dulwich Runners Midsummer relays 3 x 1M	Dulwich Park
	30	HHH Open Meeting	Tooting
Jul	5	Assembly League	Tottenham Marshes
	7	BMC Meeting	Eltham
	13	Mark Hayes Memorial Mile	Dulwich College Track
	16	B&B Open Meeting	Norman Park
	18	BMC Meeting	Eltham
	27	SOAR Mile (track) (S) (Inc. club champs mile)	London Stadium, Stratford
Aug	2	Assembly League	Victoria Park, Hackney
	13	B&B Open Meeting	Norman Park
	15	BMC Meeting	Eltham
	25	HHH Open Meeting	Tooting
	30	Assembly League (note new date)	Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile (S)	(tbc)

Road & other   **Cross country**   **Club Champs**   **Assembly League**   **Track**

## Dino Dash Relays Crystal Palace Park

Wednesday 13th June - 7.30pm start, 3 x 3km runs

In past years we have had a good turnout and done very well at these local relays

If people would like to take part, can they contact Ange at [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or myself Tom South or Ange at the club tonight

If enough people are interested, Ange will pay for entries and people would owe Ange £5.

## Dulwich Mid summer Relays 27 June

**Entries from club members have been disappointing so far.**

To make this event a success, we urgently need your participation. Taking part is also in your own interests as the mile legs will provide excellent practice for the Mark Hayes and SOAR Miles taking place in July. You are invited to enter teams of 3 yourselves, or failing that if you are interested let your captains know and we can put together teams.

- Mike Mann

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

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

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: [www.englandathletics.org](http://www.englandathletics.org)

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Thanks - Ros

## Mark Hayes Mile

13 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold a series of races every July at Dulwich College track.

It should provide excellent preparation for those planning to run the club champs SOAR Mile, expected to take place at Battersea track on 20 July.

Further details about arrangements including a social function afterwards will appear later.

- Mike Mann

## SOAR Mile

Confirmation that the SOAR Mile, now scheduled for Friday 27 July at the London Community Track, next to the Olympic Stadium, will be used as our club champs mile. As last year these will take the form of a series of graded races during the evening. Entries are expected to be open shortly. The Mark Hayes Mile two weeks earlier on 13 July at Dulwich College Track will provide good preparation, particularly for those of you not competing regularly on the track.



## Summer Training

While some people seem keen on doing events that while may be fun and rewarding and having good scenery, will remove any possibility of them ever fulfilling their potential or utilising their speed. In my view the summer should be used to recover from the winter endurance races (if done) and making the most of the warm weather to improve speed and speed endurance, this should mean you will run faster at the mile and 5km, which ultimately will make you a better runner at all distances at the end of the summer.

Oposite is my suggestion for the coming week. It doesn't have to be full of miles at this stage of year.

Note Bruce Tulloh ran a sub-14 minute 5km off 30 miles a week, 60 years ago. The key is to do enough to hold the endurance built up over the winter but staying fresh and improving the speed and keeping sharp.

## Suggested 5km training for next few weeks

Steve Smythe

**Wed May 30** 40 minutes relaxed

**Thur May 31** either tempo (at HM pace 10 mins, 20 mins at 10k pace, HM pace 10 mins) or short rep speed (focusing on mile speed in 1 minute reps)

**Fri June 1** 4M easy with 6 x strides over 150m increasing pace on each

**Sat June 2** Parkrun (ideally off-road) or hills (suggest first half easier, second half aim for 5K PB pace or faster)

**Sun June 3** Slow 70 mins

**Tue June 5** speedwork focusing on faster than 5K pace on longer recovery 300m grass reps

**Wed June 6** easy 30 mins with strides

**Thur June 7** Assembly League Battersea

## 2019 London Marathon Good for Age Places Qualifying

*Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.*

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

**PLEASE NOTE:** if the number of Good for Age applicants exceeds number of places available, then the qualifying time will be reduced evenly across age group categories listed above until 3,000 runners of that gender are accepted.

### Club Championship Marathons reminder

Please ensure your DR membership is paid up for 2018/19. Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome) after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete. **Andy Murray**

## Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - **Ros Tabor**

# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, fell, xc, tri and track results etc, are welcome.

## British Masters Championships

The biggest attraction this year was the first ever BMAF Championships here and that proved a success with 200 runners and a number of Dulwich Runners (but again should have been more.)

Tony Tuohy, who was only a few seconds away from medalling (4 seconds behind second) in the M55s, was the leading Dulwich Runner but only just as yet again with dubious pacing - you'd think at his age he'd learn - he just about held off Clare Elms by a few seconds.

Clare led the women's race overall until the last few strides - losing out to someone 14 years younger and a recent W35 European Masters bronze medallist - but did have the consolation of winning the W50 national title by a huge 44 seconds.

More importantly, she also easily won the overall masters title for men and women and indeed was the best of the 9000 participants over the 35 races in terms of age-grading.

She scored a huge 100.6 per cent plus - probably because it was faster than the world age best for a 54 year-old.

Clare's mile success has not always been known nationally as the BMAF have only just recently decided to recognise the distance for British record purposes on the track <http://bmaf.org.uk/outdoor-track-records/>

and Clare now has official ownership of

the British track records at W40 (4:57.5), W45 (4:56.59) and W50 (5:05.42) - though did run a sub-5 which wasn't deemed ratifiable at Dulwich a few years ago.

It's worth noting that Clare who is a W55 later this year, and hasn't really started her more targeted speedwork yet this summer, should have no problem with that mark if she stays fit as that is 5:40.07. The world record is 5:17.37.

Lucy Clapp was exactly a minute slower than Clare (on gun and chip) and this was faster than her track PB and seemingly the benefit of doing more track races as she continues to improve.

Ros and Graham shared gun and chip time.

It's fair to say Graham doesn't have son Lewis's natural speed but he is proving consistent around the 6:30s.

Ros was not too pleased with her time and was down on her 6:30 last year and she finished second to 1984 Olympic marathon Yuko Gordon in the W65s, who was five seconds ahead.

Ros was more pleased to hear she was third overall on age grading (men and women) with 97.2%.

Ola is somewhat down on her best form due to injuries but she is hopeful they are gradually easing and she wasn't too far back on Ros and Graham.

Andy also not at his best or near his 2017 form, followed with a steady run while the Dulwich Vets contingent was completed by Gary Budinger.

Apparently Gary likes short races as it means he only has to stop talking for a few minutes but it looks like he might have been carrying on a long

conversation judging by his time here, which he described as 'shocking'.

**Steve Smythe**

47 (5 M55) Tony Tuohy 5:11 (5:14)  
2W (1W50) Clare Elms 5:13 (5:16)  
21W (7W50) Lucy Clapp 6:13 (6:16)  
27W (2W65) Ros Tabor 6:39 (6:43)  
108 (15 M60) Graham Laylee 6:39 (6:43)  
28W (8 W50) Ola Balme 6:40 (6:46)  
111 (9 M65) Andy Murray 6:48 (6:53)  
116 (19 M55) Gary Budinger 7:20 (7:25)

## British age group Championships

### U20 men

Lewis has had injury problems of late but did some great training at university and has returned to form quickly with a huge 16:06 parkrun rPB recently and just seven seconds back on the winner in his age group here, he ran his fastest mile ever.

8 Lewis Laylee 4:32 (4:34)

### U17 women

Katie has had injury problems too and in her first race for a month, she was a bit down on last year's form but still placed in the top 10 of her age group again with an encouraging run.

9 Kate Balme 5:39

In the open race ones I know of - Tereza Francova ran 5:56 (2nd woman in parkrun wave) Gideon Franklin ran 6:34, Barrie John Nicholls 7:01, Lindsey Annable 7:29 - apologises if any others missed but no names came up on a Dulwich search.

## Cambridge Harriers Open Meet/BMC race Eltham

May 24

After feeling guilty for directing Lucy into what turned out to be the wrong race on the Monday, Clare tried to make amends by pacing Lucy to a sub-5 and both pulled out of the Beckenham relays to run on the track.

It went well for 800m but Clare felt that Lucy, who was not following closely in the windy conditions, was dropping back on the third lap and she slowed and tried to nurse her along. They were thus a few seconds down on the required pace with a lap to go, but still with every chance of reaching the target with a strong finish. Though they both accelerated, they couldn't quite make up the time and Lucy was nine hundredths of a second down on her Monday PB time and a frustrating few metres short of the required pace.

**Steve Smythe**

12th Clare Elms 5:00.26

13th Lucy Elms 5:00.80

## UK Youth Development league, Bromley

May 27

Lucy was due to run the Westminster road mile and would have almost certainly made the top five in the Under-20s but one more attempt on a sub-5 beckoned before her A levels so she chose to run in the under-20 league instead.

She had run 5:01.09 the previous Sunday, 5:00.71 on Monday and 5:00.80 on Wednesday!

On paper, this looked less likely than the others as because it's a league, the focus is on places rather than time but Lucy got her pacing perfectly and had the right competition with a close battle with a rival throughout and the result was a 4:57.58 for probably her best ever race and probably her most satisfying after her near misses.

It is alleged her mum had a double celebration with the mile result with a few bottles of prosecco!

4 Lucy Elms 4:57.58

**Steve Smythe**

# Vitality London 10,000

Monday 28th May

**Tony Tuohy writes...** This year's event was the biggest yet with a huge 17,000 entries and 14,475 finishers; once again it was the designated UKA Team Championship so the club had a dozen free places, as always eagerly sought after. In fact we had a total of fifteen runners including those who entered themselves and the fast course yielded a good number of PBs despite warm and humid conditions. The course runs from the Mall right in front of Buckingham Palace out to the City, rising very slightly, and back again with the same slight drop, providing an opportunity for negative splits for the more pace-conscious runner... I'll get me coat then...

Ed Chuck's obvious potential for a fast time was realised in spectacular fashion with the club's first sub-33 clocking since Buzz Shephard's run at Chichester in 2013. It's been on the cards after recent performances from 5k to marathon and there could be even better to come as his negative split was a huge 33 seconds suggesting a slightly cautious first half. Can't be bad though, in what appears to be Ed's debut 10k. Wayne has been back in excellent training form for a few weeks and was well pleased to finally nibble a bit from his PB after near misses in the last couple of years; he had an excellent run, holding on well to the end to snatch the required two seconds from the jaws

**Claire Steward writes:** I did this race in 2015 (the BUPA 10,000) and was the last Dulwich finisher and second FV60 in 48:12. This time around I was lucky enough to get a place through the club and although disappointed with my time, I was once again second in my now even older age category – FV65 (also well and truly beaten by FV70 legend, Angela Copson).

It was a beautiful day, it was well organised although the pre-race facilities – baggage, toilets, water etc are spaced far apart, and making my way to the second wave start pen seemed to take forever. Indeed, many runners in the faster first wave were still trying to make their way forward through a bottleneck at the last minute. There was good support from a scattering of Dulwich spectators amongst the crowds. Post-race coffee and beers

of another close encounter - no habitual pre-race mishaps this time either so no comedy gold to speak of, more's the pity.

Next in, Steve Davies was on course for his aimed-for sub-35 at halfway but it drifted away from him through the second half; still probably in a post-marathon hiatus his legs are sure to come good this summer. No such problem for Tom South, whose hope for a sub-37 was achieved in style, passing halfway well inside the target and then negative splitting to the tune of 25 seconds just for good measure for a superb result to easily justify his place. A little more debatable was my own place, as I watched Tom ease away after 6k, relegating me to a mental shut-down that I only shook off far too late for a decent last mile or so to record my slowest time here in seven attempts. I'd hoped for more but 2nd M55 was some solace and a lack of training in recent months lets me hope there's room for improvement once more. If I get my finger out...

Des Crinion took time-out from pacing Becca to run a perfectly paced race, though short of his best fitness from last year. Helen was easing round too, she's already been much faster this year before her marathon and has only slipped in a couple of parkruns since. Michelle bagged a 10 second PB a couple of months ago but here smashed that by another 21 seconds despite slowing down after a fast first half; her gradual improvement shows no signs of stopping. Michelle's gradual slowing was in contrast to a tremendous second half from Becca who was constantly passing

runners throughout (without the aid of a pacemaker...), falling just short of catching Michelle and her own best time from just a few weeks ago.

No mistake from Laura though, whose perfectly judged run revised her PB from last year by the best part of three minutes after plenty of recent hard work and resistance to cakes (apparently). By contrast, Eleanor set out at a brave pace that proved too much and really suffered in the second half, only to be 'rewarded' with missing her PB by just five seconds; a misjudgement, but the fitness is there. New names Russell and Caroline with matching times obviously ran round together at a hopefully enjoyable pace; they came in a minute ahead of Claire's decent run a week after two stages of the Green Belt Relay. Finally, Elizabeth Begley is in remarkable form and turned in her best run here for years just a couple weeks after an excellent PB 10k at Colchester.

		5k	10k
114	Ed Chuck	16:45	32:57
241	Wayne Lashley PB	17:20	34:47
286	Steve Davies 6th M45	17:27	35:30
343	Tom South PB	18:19	36:13
412	Tony Tuohy 2nd M55	18:14	36:50
747	Des Crinion	19:46	39:38
1258	Helen Lister	21:06	42:43
1315	Michelle Lennon PB	21:12	43:00
1343	Becca Schulleri	21:45	43:06
1634	Laura Vincent PB	22:17	44:19
2703	Eleanor Simmons	23:23	47:58
3648	Russell Morgan	24:46	50:25
3657	Caroline Maynes	24:46	50:26
4153	Claire Steward	25:50	51:35
8953	Elizabeth Begley	30:59	62:10
14,475 finishers			

was orchestrated by Tom – although he managed to chose a pub which he discovered was closed after initially going to a completely different pub of the same name. Thankfully, due to my second wave start and my comparatively slow run, by the time I was ready for my beer everything was sorted.

**Colin Frith writes:** Like several thousand others including Sir Mo and a number of Dulwich Runners I ran around the streets of London on a fairly hot Sunday morning. Having had a cold / virus for some ten days previous to this event I was pleased to finish especially in the heat in a time of 47.35. A big thank you to Paul Keating, Ros, Andy and Clare for their encouragement. Particularly at the 8k stage when I was struggling with the heat.



## Week of PBs

*Wayne Lashley writes...*

Last week was designed to set the impetus for the rest of my summer season. I had a 1500m race at Blackheath & Bromley's open meeting on the Monday (21st May), the Beckenham Relays on the Wednesday (23rd May) and then the Vitality London 10km race on Monday 28th May.

Despite having not done any specific middle distance speed work, I still felt I had shown enough promise in the training I had done to post a strong time in the 1500m and the Beckenham Relays. The 10km race, however was an unknown. This would be a true test of my achilles and whether it could handle the stress of racing.

I forgot how nervous track racing makes me. The intensity is like nothing else. There is no hiding place. I started my 1500m race well and moved to second place but quickly became isolated as the first runner galloped off, chasing a 4:15 minute time and third place was comfortably slower. I knew I was running well and hoped I might sneak a time under 4:20 minutes but alas I ran 4:23.75 mins. It was a new PB by over second but I was actually a little disappointed.

## Beckenham team relays

**Wednesday 23 May**

As last year another great turnout of Dulwich Runners saw 10 teams compete and win prizes over three legs of 2.6 miles of undulating road and paths around and through Beckenham Place park. It included the usual fast downhill start and the killer uphill finish of energy sapping 600 meters to the White Mansion.

Several drop-outs up to the day before the race made it a bit more challenging to keep all entered teams in place, but a great last minute response meant we could also stay competitive in at least two of the three categories for mixed, male and female teams.

This year only Andy Bond remained from last year's silver winning men's team, and he started us off in style in 13:40, finishing

The Beckenham Relays was a great opportunity for Dulwich Runners to get some top 3 places but as I was in the same team as Ed Chuck and Andy Bond, my priority was to not hold them back. It is a chastening experience being reeled in so ruthlessly by Tonbridge and Kent Runners but the damage on my leg was not too severe and Ed brought us home in a brilliant third place. Bizarrely, my time of 14.05 mins was only my third attempt at this event and also comfortably my fastest. It counted as another PB; I was on a roll.

With all these improvements, I rocked up to the Crystal Palace Park Run thinking I would knock out a stella time that would send shockwaves to the Paul Devine training camp ahead of the Assembly League at Battersea Park. I was spectacularly wrong. After a mile, I was spent and produced my slowest time at Crystal Palace since my comeback began. I did the classic park run sulk and took the position tab but to display my dissatisfaction I did not scan my barcode (In fairness, I had actually lost my barcode during the week but I'd have thrown my toys out of the pram regardless). When Bank Holiday Monday arrived, therefore, I was not confident of how I would run and had no expectations.

First of all, I arrived at Green Park ahead of the 10km race at 8.30am; a full one

his leg in a brilliant second place (behind the fastest runner in the whole relay, the only man under 13 minutes), just a few seconds down on his time last year (he then later in the week confirmed his excellent form with his first sub16 5k race at the LFOTM in Hyde park). Andy handed over to Wayne Lashley who is coming back into shape after injury just in time to run his best leg ever here after two previous appearances in 2012 and 2015 (he also showed he's on a roll by achieving his 10k PB this Monday). Wayne's 14:05 was the 6th fastest time in his leg and enough to keep the team in third place.

Over to Edward Chuck, who is improving in leaps and bounds over all sorts of distances (he ran two marathons this Spring already) and develops into one of our fastest runners. This shorter stuff suits him well and he not only had a thrilling battle for second place but ran the fastest time in his leg and (as far as I have checked) with 13:22 the fastest ever

and a half hours before the start of the race (no comedy gold this time Tony). I started the race sensibly this time. The first part of the course before Aldwych is notoriously narrow. So much so, a steward found herself in the wrong place at the wrong time and was bundled into the roadside barriers (not by me, before the complaints come in).

I focused on keeping relaxed and getting my breathing right. I knew I was running well when I started to notice I was running alongside runners I don't normally run alongside. When I got to New Fetter Lane (mile 5), I was suffering and produced my slowest mile (5.42 mins) and it could have all unravelled at this point. I was stunned to see in the next mile that despite how much everything was hurting, mile 6 was run in 5.30 mins. I put that down to the encouragement I got from Dulwich supporters along the Strand and by Trafalgar Square.

I managed to hold form as the finish line approached and when I saw the clock, I could see a PB was on but it would be close. A final acceleration to the line sealed the deal...by 2 seconds; Unbelievable! Where the hell did that come from? With more specific speed work to come, this last week sets me up beautifully for the summer ahead and proves my achilles is definitely on the mend.

time of a Dulwich Runner at these relays. Catching up with Kent AC's Jonathan Tipper (who ran 13:26 but was quite a bit ahead initially) cost Ed some strength and while having his nose in front after 2 miles he couldn't quite hold Jon Tipper (who's a 2:28 marathoner after all) up the final hill, keeping team M1 in third place overall. Ed was a bit hard on himself after losing so narrowly out on silver but consoled himself a few days later with a fantastic sub33 10k PB at the Vitality 10000!

So, after the male team delivered, what could our mixed teams achieve? Dulwich's fastest of those came first last year and quite often our best medal prospects lie within the mixed category. This year Chloe Green stepped in for Clare Elms and Steve Davies started team X1 off with a very strong 14:07, seventh fastest in his leg and only a few seconds down on his times in 2017 and 15. Alastair Locke, another fast man coming back

from injury took over and achieved the tenth best time in the second leg in 14:36, slower than his very strong performance last year but a promising sign of coming back into race fitness. Chloe had her first race here and - normally used to longer distances - acquitted herself very well, the fifth fastest female time of 16:37 in her third leg not only secured silver for team X1 but was also the fastest time for our women on the day.

The next two fastest men and the next fastest woman came together in team X2, another medal prospect judging by last year's results for mixed teams. Ed Harper confirmed his improving curve with an excellent first leg in 14:37 (15th position), one of his strongest runs yet, equivalent of a 17:30 5k time. Becca Schulleri came all the way from North London to take part here for the first time. She ran the second leg to form in a strong 17:07 debut, coming tenth fastest woman in a leg where many of the quickest female runners competed. Tom South is currently a man on a mission, improving over all distances after his Brighton marathon. And once let loose without his running backpack there is no holding him (as he also proved some days later with a big 10k PB). Taking over from Becca he raced almost two minutes faster than on his last appearance here in 2015 and his quick 14:50 brought team X2 almost to bronze. In the end they missed out by a narrow 9 seconds to the third placed mixed team.

Ahead of them by time but not position in category was team M2: Newcomer Joe Twomey was only a second adrift of Tom with a brilliant debut of 14:51 on the first leg (18. position), handing over to Rob Hollands, also in his first relay here. Rob, recovered well after a big marathon PB earlier at London ran according to his improving form a strong 15:33. Another new club member, Joe Farrington-Douglas completed the third leg in a promising 15:59, keeping the team in 18. place overall (16th male team).

Memorable was his determined uphill sprint finish with superb arm and leg drive. Look up the pics on Facebook! First up for team M3 was Charlie Lound (who as longstanding road captain had organised the teams in recent years, an effort I only now learn fully to appreciate). So, what is a legend like Charlie doing in team M3 you might ask? Team M2 at least, or X2. But he is currently beset by post-marathon niggles and opted for taking it easier. Easier in his case being 15:21! Yes, down on his previous times but still a strong run. Handing over to Joshua Groenendijk who improved his debut from last year by 7 seconds to 16:03, getting closer and closer to breaking 19 minutes for 5k. Battersea Assembly league next week should do

it Josh! Mark Foster brought team M3 home in his best run here so far in 16:49, improving equally by 7 seconds and securing 29. place (22. men).

Our third mixed team was next in order, with a fast starting Michelle Lennon up first. She is in fine form after following up the London marathon with her quickest Half this year and the Bewl Water marathon a week later. This was confirmed by her best time in the relays yet and 17:30 made her the seventh fastest women in her leg. James Burrows took over from her in a welcome return to racing after some time out. Light training meant that he was somewhat off his best here from previous years but he moved through the field, coming past me in the process, in a very respectable 16:03. He handed the glory leg over to Holger Betz who acquitted himself well in his debut at these relays in a time of 16:20, securing 13th mixed team for Dulwich X3. Judging by his smile in the race photo he enjoyed his run, which sadly will be one of his last race for us for now as he is moving back to Berlin with his family in the summer.

Dulwich's first female team F1 suffered probably the most (in terms of medal prospects) from rearrangements and the strategic decision to favour the mixed teams. A look at last year's results showed that it would be hard to defend the third place and that even our three fastest female times this year would not have changed the position of fifth ladies team confirmed this. Nevertheless all ran really well, considering that Andrea Pickup had a strain from speed training the day before and Helen Lister is slowly coming back to form from a post-marathon chest infection. Andrea has run in these relays every year bar one since 2010, when her best time was 15:53! This year, despite the niggle she managed a good 17:23, not much down on her time from last year and coming 5th fastest woman in the first leg. Helen up next bettered that performance with a strong 17:18, somewhat slower than last year but improving in form after illness. Yvette Dore ran here for the first time and confirmed her steady improvement in speed this year with a sterling run of 18:13, keeping team F1 in fifth place.

Hugh Balfour started for our fourth male team, running a stonking 17:10 first leg, improving on his last two performances here by almost 40 seconds (and beating his M60 rival from Kent AC in the process). I took over from him, not in real race form while in the process of healing a longstanding hamstring tendon issue. So I didn't want to push hard, but race is race and once settled into it I felt quite good, passing more than were passing me (James being the only one I remember). The final hill felt brutal

though, as usual and I managed to just keep it under 17 minutes, my 16:56 being a minute slower than I was two years ago. Our team's glory leg fell to Barrie Nicholls in his first appearance here. And he came good with a solid run of 20:34, impressing me with a gutsy finish up the hill, in grit and determination not behind any other runner I've seen.

Dulwich's second female team was started off by Lucy Clapp in a first-rate run of 18:03, her debut at these relays and one of her best races so far for the club. Next up was Anna Thomas who has focused more on cross country than road racing in recent years and was a bit down on her best here in 2015. She nevertheless ran a classy 18:13 second leg, handing over to newcomer Steph Lundon who was willing to run on very short notice the day before and without much race experience so far. She acquitted herself really well in a time of 20:55 and seemed to have enjoyed it, bringing team F2 home as 9th female team.

Eleanor Simmons ran first for team F3 in her best run here so far, improving by 14 seconds on last year with a time of 18:27. Taking over from her was Emma Ibell whose great shape earlier in the season has taken a dip due to injuries and lack of training, so she wanted to have a more relaxed run. The spirit of the race got to her though and she ran a strong 17:53, not that much down on her time last year. The final leg was brought home by Lindsey Annable, her first appearance here and she ran well according to form in 21:17, securing 11th place out of 24 female teams.

Everyone I spoke to enjoyed this event in fine conditions and many stayed for drinks and food (there was Lasagne served) at the Beckenham club house. Thank you also to several Dulwich Runners supporting along the course and to Jim Dowsett for taking excellent photos of the race. - **Ebe Prill**

Full results here: <http://www.beckenhamrunning.co.uk/wp-content/uploads/2018/05/BRC-2018-Relay-Final-Results.pdf>

#### Dulwich Runners teams:

M1, 41:07, 3. male (3. overall)  
 X1, 45:20, 2. mixed (15.)  
 M2, 46:23, 16. male (18.)  
 X2, 46:34, 4. mixed (20.)  
 M3, 48:13, 22. male (29.)  
 X3, 49:53, 13. mixed (41.)  
 F1, 52:54, 5. female (53.)  
 M4, 54:40, 36. male (64.)  
 F2, 57:11, 9. female (74.)  
 F3, 57:37, 11. female (76.)

128 teams took part (55 mixed, 49 male, 24 female)

## Westminster Vitality Miles

May 27

The event attracted a world record for a mass participation mile - close on 9000 entries over a great course on the perimeter of Green Park starting in the Mall and finishing just in front of Buckingham Palace.

The course is flat but generally times weren't great - even Britain's best male milers who were chasing a sub-4 could only run 4:05.

It always surprises me that more Dulwich Runners don't do this event. Mile speed helps runners doing all distances and it's easy to recover from. - **Steve Smythe**

**Lindsey Annable writes:** This great festival of mile races returned yet again to the Mall giving participants the chance to run the last mile of the marathon.

We have been 'ever-presents' so far (okay we're only 6 years in but we're aiming to keep going for as long as we can as it's such a fantastic event). This year the timing wasn't particularly fortuitous as we had been dining the day before at the Ritz accompanied with a few bubbles. I'd also been unwell all week and still wasn't feeling recovered. Still, we went for the experience rather than a race time.

This year, unbeknown to us, the format had changed whereby all the adult races were of mixed ability rather than graded by anticipated time. Barrie, for the first time in his life, was a true A-lister with a place in the A race of the first wave. I'd been given a spot in the C race which is our normal slot and where we are usually joined by Ros and Andy.

We only realised the move to mixed ability races once down at the start. In my wave there was bemusement all around as the B wave headed off with three women walking as soon as the gun went off. Hats off to them for taking part but poor marks to the organiser for not making this clear. They set off three

abreast and probably unknowingly to them got in the way of faster runners who wanted to find the shortest line for a good time.

Barrie pledged to take the race steady but obviously put in some work to come just outside 7 minutes. I felt completely breathless by 400m and realised this wasn't going to be my day so just slogged through it in a rather woeful time. That said there are worse courses to have a bad race on!

There's always lots of activities to take part in afterwards. They were interviewing various athletes and Seb Coe gave a very poignant interview referring to the sad passing of Sir Roger Bannister and how he had really turned the mile into an iconic distance for this country. Well said.

We also dabbled in a meditation session for half an hour. Feeling very Zen after the meditation, we wandered down to watch some of the later races and spotted Ros and Andy as well as other DRs in the faster Masters races. We also watched the Olympians race which included many participants from the games as far back as 1948 and saw the elite men and women events. They were hoping for the first sub-four mile on the course but

**Gideon Franklin writes:** This is a well organised event to be recommended to anybody who has not yet had the experience. Green Park is turned into a base camp for the day with changing areas, toilets, left luggage tents and plenty of activities for kids. You can warm up around St James's Park if you like to be a bit away from the crowds.

The run itself takes in some of the final stretch of the London marathon, people setting off in several waves coded by the colour of their number. Big signs mark 800m, then how far there is to go at 400m and 200m. On Sunday it was a sunny day and happy scene.

the hot temperatures and heavy pollen count put paid to that. Even the great David Weir couldn't emulate his sub three minute mile of the previous year but still stormed to a resounding victory. Before heading home we walked a final circuit of the park just in time to give Lewis Laylee a shout of encouragement as he ran down Birdcage Walk, looking strong and like he was going well. We rounded off the day in true British fashion with a pot of tea in the Conrad hotel at St James, proudly sporting our medals of course.

Bank Holiday Monday proved another intense workout as Barrie was invited to take part in a HIT session with Jo Wicks on the Chelsea pitch. That wasn't one to turn down so we found ourselves doing burpees and 'climbing the mountain' on the haloed Chelsea turf. Barrie now has a treasured trinket box full of Chelsea grass (plucked as we left). Now where has my lock of hair gone?!

Bring on next year's Westminster Mile when hopefully we can forgo the champagne preparation the day before!

Barrie Nicholls	7:01
Lindsey Annable	7:29

## Edinburgh Marathon

May 27

Marathon Club record-holder Shona McIntosh ran her final race for the club in leading us to National team medals at London in 2017, but in Hunters Bog Trotters colours, here she finished a fine second in 2:49:05 (and first W35).

**Steve Smythe**





May 26

**Ex members:** If you are not a current member of the club you cannot run or compete in any events as a Dulwich Runner, your results will not be shown, it would therefore be appreciated if you could remove the club from your parkrun profile.

## Beckenham Place

190 Ran			
Pos	Gen		
2	2	Stephen Davies	18:25
7	7	Stephen Smythe	19:14
186	70	Susan Vernon	38:54

## Beckton

54 Ran			
Pos	Gen		
19	3	Jenny Ross	24:04

## Bexley

460 Ran			
Pos	Gen		
14	14	Michael Fullilove	20:30

## Brockwell

297 Ran			
Pos	Gen		
7	7	Lloyd Collier	18:07
46	2	Lucy Pickering	21:57
97	88	Michael Dodds	23:45
135	25	Clare Wyngard	24:54
221	73	Ruth Bennett	28:45
236	158	Desmond Edwards	29:22

## Bromley

650 Ran			
Pos	Gen		
49	6	Kim Hainsworth	21:13
114	102	Colin Frith	23:03

## Catford

137 Ran			
Pos	Gen		
6	6	Ross Rook	20:00
65	55	Peter Jackson	26:52

## Crane Park

171 Ran			
Pos	Gen		
1	1	Andy Bond	16:40

## Colby

159 Ran			
Pos	Gen		
5	5	Paul Devine	19:16

## Crystal Palace

276 Ran			
Pos	Gen		
4	3	Alastair Locke	18:00
25	24	Tom Wilson	20:27
30	29	Martin Double	21:02
33	2	Helen Lister	21:21
39	3	Belinda Cottrill	21:50
88	10	Carys Morgan	24:17
89	11	Joanne Shelton Pereda	24:20
137	114	Ameet Patel	26:50
149	122	Paul Hilton	27:08
170	137	Bob Bell	28:59
258	87	Penelope d'Arcy Graham	37:31

## Didcot

It was good to find lots of parking and toilets (thank you Didcot FC) at the start after my drive from London. The course begins with three laps of a field, then the last 1.5K or so is on a hard surface along paths near the railway line before finishing again in a field. It is all quite flat, although you need to slow to go around a barrier on each of those initial laps. A nice contrast to other Oxfordshire parkruns I have done.

219 Ran			
Pos	Gen		
37	32	Gideon Franklin	22:44

## Dulwich

289 Ran			
Pos	Gen		
1	1	Edward Chuck	16:14
29	29	Matthew Cooke	19:50
214	157	Mick Mead	28:42

## East Grinstead

94 Ran			
Pos	Gen		
9	1	Michelle Lennon	23:03

## Gladstone

178 Ran			
Pos	Gen		
29	3	Becca Schulleri	21:56

## Hackney Marshes

315 Ran			
Pos	Gen		
186	45	Ros Tabor	26:17
187	142	Andy Murray	26:18

## Hampstead Heath

320 Ran			
Pos	Gen		
3	3	Paul Collyer	19:38

## Hastings

338 Ran			
Pos	Gen		
17	16	Nicholas Brown	20:53

## Leicester Victoria

421 Ran			
Pos	Gen		
89	7	Marjorie Epton	23:32

## Lyme Park

109 Ran			
Pos	Gen		
30	2	Susan Cooper	24:46

## Malling

201 Ran			
Pos	Gen		
201	90	Tereza Francova	45:59

## Peckham Rye

212 Ran			
Pos	Gen		
12	11	Ebe Prill	19:40
74	7	Caroline Maynes	24:06

## Pomphrey Hill

383 Ran			
Pos	Gen		
89	10	Teresa Northey	24:35

## Southwark

265 Ran			
Pos	Gen		
127	25	Claire Steward	25:39
160	120	Paul Keating	27:05

## Tooting Common

473 Ran			
Pos	Gen		
148	129	Ian Sesnan	24:06

## Trelissick

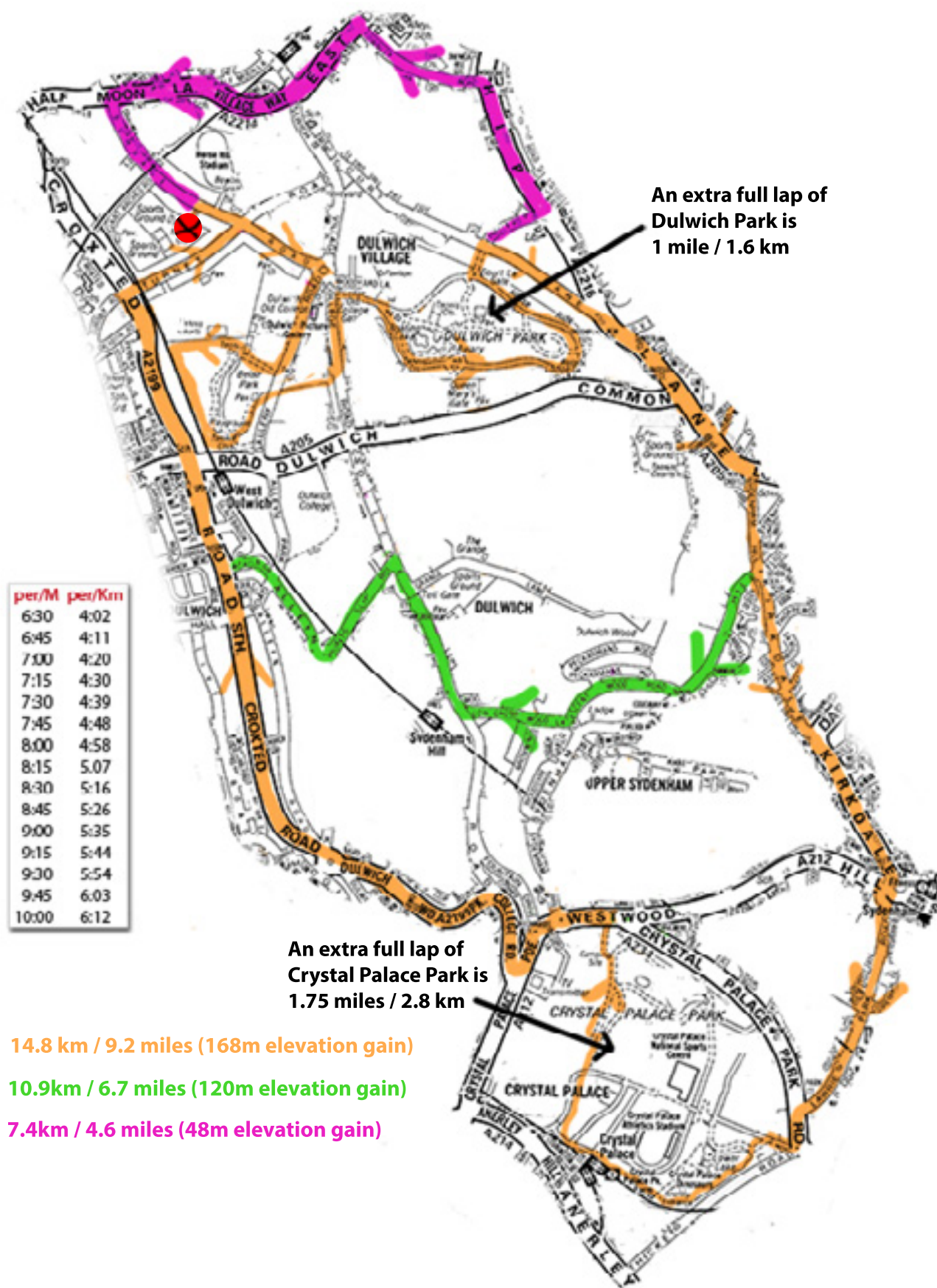
158 Ran			
Pos	Gen		
35	29	Cameron Timmis	23:34

## Wakefield Thornes

318 Ran			
Pos	Gen		
272	108	Claire Barnard	36:21

**New members especially, and others....**  
For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners AC. or send them in.

## Dulwich Runners Summer Map 9



We are in the process of redoing and putting the maps onto Strava (you dont need an account to view them)and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

DULWICH RUNNERS MIDSUMMER RELAY  
WEDNESDAY 27 JUNE 7.30 DULWICH PARK  
3 x 1 LAP (APPROX 1 MILE) **£15 PER TEAM**

---

ENTRY FORM

TEAM NAME:

TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:

(individual names can be entered later)

Please complete, scan and email to [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME