



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 29th 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 29 Club Night, Edward Alleyn Club

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

Thu 30 Assembly League - Beckenham Place Park

Last one of the current season so lets have a massive turnout. 7:15 start
Free to enter, just turn up and run !

Tue 04 Hill Sessions - See below

NOTE: Dulwich sessions are finished for this year

In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 Race reports and times
- 5 Parkrun times
- 7 Club kit - new kit additions !
- 8 Social events etc
- 9 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

----- EVENT HORIZON -----

A brief look ahead

Aug 30 Assembly League - Beckenham Place Park

Sep 15 Park run (5k club champs) Beckenham Place Park

TRACK SESSIONS

Dulwich grass sessions have now ended

The next three Tuesdays (September 4, 11, 18) there will be a hill session opposite Sydenham Hill station.

The session will start at 7.20pm and be around 40 minutes.

The likelihood is track sessions will commence at Crystal Palace on Sept 25 but will confirm at a later date.

Steve Smythe

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 to go on the mailing list

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)

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.

NEW RUNNERS ROTA

Thankyou to Hugh Balfour, Mike Dodds, Clare Wyngard and Andy Murray for running with new people last week

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

Sharon Erdman

29/8

Paul Hilton

5/9

Emma Ibell

12/9

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

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:

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

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.

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

2018		Race	Venue
Aug	30	Assembly League start 7.15	Beckenham Place Park
Sep	12	Highgate Harriers / City of London Open Meeting	Parliament Hill
Sep	15	Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
Nov	10	Surrey League Xc Men	(tbc)
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	24	South of Thames 5 mile XC (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
Mar	10	Validity Big Half (L)	London

Beckenham Place parkrun Club Champs - Sep 15

For those not familiar with this parkrun here is a link to the course and other details you may find useful.

<http://www.parkrun.org.uk/beckenhamplace/course/>

As we are using this for a Club champs event they have requested that we supply a few volunteers, so if you aren't intending to run or would just like to volunteer and get the parkrun credits contact them here:

beckenhamplaceoffice@parkrun.com or just turn up on the day and offer to help.

Ladywell 10000 - Sun 2 Sept

Entries are now on sale. Last year it sold out well in advance. Races are seeded by time with opportunities for anyone who can run under 55 minutes.

<http://www.kentac.org.uk/about-us/ladywell-10000/>
limit now reached and have a waiting limit of 50!

SEAA Road Relays - 23 SEPT

The SEAA 6/4/3 stage relays take place at Crystal Palace on 23 September. We will be looking to enter strong men's and women's senior and vets teams, so we will be approaching those of you who competed last year plus other in-form runners based on recent race performances. In the meantime please keep that date free and if you are able to contact your captains about your availability that would be helpful, and please reply promptly to emails and other communications from your captains.

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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
 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

Thames River Relay

Sunday 9th September

This is a 5 stage relay along the Thames from Dorney Lake to Kingston - approx 26 miles. Stages vary from about 4 miles to 6.5 miles.

Have a look at the website - (it still has 2017 dates but will be updated soon) www.stragglers.org/river_relay

It costs £10 per runner.

Let me know on dulwichladiescaptain@gmail.com or on a Wednesday. Teams have to be mixed with at least one vet.

Ange Norris

Big Half - Club Champs 10 March 2019

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - *Mike Mann*
<https://www.thebighalf.co.uk/how-enter/>

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com

All road, fell, xc, tri and track results etc, are welcome.

Congratulations to Ed Chuck

his 31:47.57 10,000m to win the Surrey track Championships by 29 seconds was not only the fastest any Dulwich Runner has ever run at 10km on road or track but was by far and away the greatest track run by any male Dulwich Runner ever.

It obviously must have been a surprise to the organisers as they had him listed as Chuck Edwards when the result first appeared on Power of 10!

HHH Open Meet - 10,000

I had been looking forward to the Ladywell 10k, and had registered as soon as applications were open, but my elder sister then announced she would be celebrating her birthday on the same day (although her birthday was some three weeks before). I was weighing up whether I could do both (what time would I have to leave Teddington?), and was therefore relieved to stumble on the Herne Hill Harriers open meet.

The goal was to dip under 32 minutes, which would mean 25 laps of 76.8 seconds. Having failed to stick to the goal of 73 second laps for the 5k track race in Willesden the week before I was apprehensive as to whether I could avoid drifting over the longer distance. Conditions were however pretty good (light breeze, slight drizzle for some of the race), and the start time was an uncommon 12pm, which meant that I could have a normal breakfast and not worry about the best time to eat before.

I had hoped that there would be several other runners aiming for the same mark, and that I could latch on to them and ease off on my quasi-devotional observance of my watch. However, probably because of the race's proximity to the Ladywell 10k, the race wasn't particularly well attended. After the first lap I was running with just one other runner, who didn't seem to show much inclination for heading to the front, so I reverted to half-minutely watch checking, trying to make sure that every 200m went past in 38 seconds.

After about 18 laps the chap behind started to drift off by a few seconds a lap, and the race became a time-trial. While it got harder I felt pretty in control and I knew I was inside the time. I thought about pushing with two laps left, but was still concerned about the wheels falling off, so waited for the final 200m, and crossed the line with 12 seconds to spare. With goal achieved the email to the Ladywell organisers cancelling my entry went off, and potential familial recriminations for ducking early out of a birthday were avoided.

1st Ed Chuck 31:47:57

In the Run Britain rankings, though Andy remains top of the Dulwich R lists just ahead of Lewis though Ed is closing fast Top 16

Top 16

1019 Andy Bond - 2.3 (31 M40)
 1034 Lewis Laylee -2.3 (179 U20)
 1236 Ed Chuck -2.0
 2456 Wayne Lashley -0.7 (235 M35)
 2831 Steve Davies -0.3 (75 M45)
 3359 Shane O'Neill 0.1
 3540 Buzz Shepherd 0.2 (224 M40)
 4564 Jonathan Whittaker 0.9
 4676 Greg Hills 0.9
 4928 Lloyd Collier 1.1
 5096 Alastair Locke 1.1
 5215 Tom South 1.2
 5244 Daniel Mann 1.2
 6065 Charles Lound 1.6 (107 M50)
 6802 Tony Tuohy 1.9 (26 M55)
 nb Tim Bowen not listed as Ireland

On Monday Ed finished second in the very tough Canterbury 1/2M in 74:21.

Steve Smythe

Canterbury Half Marathon

As a Man of Kent (I think, rather than a Kentish man) I keep half an eye open for races around where I grew up, so a bank holiday half on the outskirts of Canterbury had an easy appeal. The director Michael Powell grew up a very few miles from the race route, and the farm lanes through which the route passes are typical of the scenery in his A Canterbury Tale. So far so dreamy. Coming off the back of the HHH 10k two days before, and with post-race lunch with parents planned, on paper it looked like a nice way to end the long weekend.

The only wrinkle in the plan were the hills. East Kent is not a hilly place, but the course takes in c. 900ft of climbing. This seems unnecessary, given that the run doesn't pass into Canterbury proper (and so could be held in any number of locations), but probably owes to the fact that parking for the race was provided by Canterbury Rugby club just over the road from the start. The (ambitious but not implausible) plan was to try to duck under the 73 odd minute course record (which would require 5:35 miling), but with all the hills it was going to be tough to work out what speed to go at any point in time. I planned pretty meticulously, working out what speeds I should aim for through different inclines. I drew up a little crib sheet with target paces over various sections of the route, and the idea was to stick rigidly to the plan. And then the race started.

All the careful plotting of pacing went out the window over the first 4 miles as I locked onto a rather strong looking chap who was taking us through at roughly 10s/mile quicker than target pace. I clung on. Perhaps this guy would soften as we began the long second climb. He didn't. Perhaps I could catch him on the descent? I couldn't. As the course wound round the stubbly fields I lost sight of the strong looking chap (who turned out to be Chris Greenwood of Kent AC, who went on to break the course record by two minutes).

The remaining 6.5 miles were a dispiriting grind of undulation punctuated by a 600 metre 8% gradient which coincided with glimpsing a fast-finishing chap appear behind me. The final 2 miles were a desperate attempt to keep fast-finisher at bay, and thankfully the end came just in time. I finished a minute and a bit behind schedule, but this was a huge relief as I had felt in trouble after the first 4 miles. Lesson learned - if you're going to make a plan where you're operating on the edge of what you can do, stick with the d--n thing!

2nd Ed Chuck 1:14:2

Women top 10

551 Clare Elms 2.9
 2040 Helen Lister 5.8
 2858 Christina Dimitrov 6.7
 3565 Kristen Stephenson 7.4
 3667 Belinda Bell 7.5
 3884 Ange Norris 7.7
 4553 Kim Hainsworth 8.2
 4614 Michelle Lennon 8.3
 4708 Rebecca Schulleri 8.4
 4789 Tess Bright 8.4

Woldingham Marathon

A tough local marathon with 8 climbs of the north Downs from various angles.. 2 laps for the full marathon, 1 for the half marathoners.

They started us all off together, so it was tricky to see looking ahead who was doing the full race. Last year's winning time was 3.48, so I planned a 3.45 pace which is a steady first half of the lap with most of the climbing, then a quicker pavement section along the B269 Limpsfield road (grim) before doubling back along the top of Woldingham golf course and back to the school.

I tried to reign myself back on the first lap and kept the max HR% to around 80% and let others around me overtake. It was only after I passed the girls school for the second time I could see who was doing the full distance. 2 guys were ahead & another 4 were out of sight.

During the descent to Slines Oak Rd you could see your position as runners had to do a u turn and run back up the climb again. The 2 guys I was with took the Oxted Downs climb steady and I made it up to them and decided to press on. The next runner was miles ahead so no chance of catching unless he completely blew up. I made it up the last big climb to Titsey Hill and began the final slog along the

B269 getting soaked by passing cars. It was a relief to make it onto the bridleway around the golf course.

One of the guys I passed a long way back must have had a second wind and almost caught me. Had to bury myself into a driving rain bloc headwind for the last 2km to the finish to hold him off.

Brutal race; especially with the rain, but big thanks to the organisation putting on such a friendly race, and to the marshals who stuck it out on such a wet day.

5 Michael Williams 3.45

Ronde de Beychevelle 10.2k

25th August.

Imagine a small village on the Haut Medoc. Slight rain. 20 degrees in the morning. 56 runners in a mix of trail and road around the vinyards.

I am the snail of the snails at the moment. Too much cheese and wine and no training. 48mins 43seconds.

Bring on Marathon du Medoc.

Duncan Wilson. Labarde, France (for now).

32 Duncan Wilson 48:43 (5M50)

Herne Hill Harriers Open Tooting Bec 10000m incorporating Surrey County Championship

Saturday 25th August

Churning out 400m in 76 sec for 25 laps, Ed Chuck showed pretty emphatically that his re-writing of the Dulwich Runners record book is not yet complete this year. No stranger to a long track race (he ran a track marathon in May this year) his debut 25-lapper obviously held no fear and his 31:47, winning the race by half a minute, surpassed expectations and knocked a minute-and-a-half from Simon Loach's long-standing club mark. Based on this his 5k/5000 time could be in for further revision, maybe in the 15:20s. In the same race, Dulwich's comparative newcomer Marta also made a great debut, better than her road 10k; both her and Ed came away from the meeting as Surrey Champions.

1 Ed Chuck 31:47.57 Dulwich senior club record, Surrey County Champion
14 Marta Miaskiewicz 38:49.46 1st woman, Surrey County Champion

800m race 2

Wayne's preparation for the World Masters Champs in Malaga next month moved on nicely with a good season's best. And his afternoon wasn't done yet...

4 Wayne Lashley 2:04.79 SB

800m race 8

Yep, not an illusion, Gary the Bud just ran his first 800m since... well, before the war I think it was. And he didn't do too badly at all, just missing breaking three and beating a local rival easily who'd had the temerity to issue a run-off challenge to him. Less Thrilla in Manila, more Pootling in Tooting.

11 Gary Budinger 3:00.25

1500m race 1

The second instalment of Wayne's double-header workout surprised him; with the 800m still in his legs he started fairly conservatively but soon went with the flow and ended with a time that's second only to his 4:17 PB. Two-minute flat-out warm-up anyone? Work that one out.

6 Wayne Lashley 4:21.96

1500m race 2

I ran a tad slower each lap than my previous race at the distance, picked up a bit for the last lap and ended up with the same time, near as dammit; a bit disappointing. Meanwhile, Clare was following closely and only slipped slightly back on the last lap but knocked the best part of two seconds off her season's best to add some more height to her lofty view from the top of the UK W50 rankings.

5 Tony Tuohy 4:43.31

8 Clare Elms 4:47.15 SB

1500m race 3

Elms the Younger was back for her first race in some time having been away travelling (apparently that's what the young people do) and partaking in virtually no running at all while away. Lightly trained since her return, she ran steadily for three laps but then drew gasps from us onlookers as she seemed to turn on the afterburners for the last and nearly break five minutes, a barrier that had seemed so elusive only a few months ago. I need to travel more.

6 Lucy Elms 5:01.00

-Tony Tuohy

Dartford Harriers AC Open, Tooting Bec

Monday 27th August

Official results not yet available

800m women

Lucy fancied an 800m and Clare was of course there to support but with everyone else racing Clare couldn't help herself and signed up for a late entry. Only trouble was, they'd both have had a better race with the men; as it was, Lucy soon found herself leading the race in the unaccustomed role of pacemaker to Mum. Clare took it on in the home straight and passed the bell in a handy 71 seconds while Lucy was amazingly still in striking distance until the last 150m when both of them were

slowed by the headwind, each a couple of seconds down on season's/personal best times.

1 Clare Elms 2:24
2 Lucy Elms 2:27

800m men

Two days on, and Wayne repeated his best-of-the-season recent form. And he was doubling up again later... As for me, in my first 800m of the summer, I found myself tailed off by the entire (much faster/younger/superior/generally all-round better) field by the time we were breaking lanes on the back straight. As they all disappeared into the distance I tried not to make it look too embarrassing by passing the bell with the clock showing 69 seconds; that speed was wishful thinking and at this point I knew things would end badly. My legs actually gave up with 300m to go - that's a long way in an 800m and the

finish line seemed to recede as I tip-toed up the final straight. 69 and 77, good pacing. You have to laugh; well, Coach Steve did when he stopped berating/insulting me. Very annoyingly he was right again though.

Wayne Lashley 2:04

Tony Tuohy 2:26

1500m

An hour after the 800m Wayne and I lined up for more. In a virtual re-run of Saturday Wayne repeated his strong showing here; all hopefully looking good for the approaching World Masters. My plan after the 800m debacle was to run easily and steadily to the bell and pick up for a faster last lap; incredibly, it worked, 77-79 pace for the first 1100m and a 75 to finish. All good training, that's how I'll record today...

- Tony Tuohy

Wayne Lashley 4:21

Tony Tuohy 4:50



Bakewell

254 Ran			
Pos	Gen		
36	4	Susan Cooper	21:45

Banstead Woods

203 Ran			
Pos	Gen		
5	5	Paul Devine	18:36
9	1	Lisa Rooney	19:07
36	3	Laura Vincent	22:04

Brockwell

280 Ran			
Pos	Gen		
1	1	Lewis Laylee	16:22
2	2	Timothy Bowen	16:37
25	23	Mark Foster	20:31
63	56	Graham Laylee	22:57
73	63	Gower Tan	23:48

Bromley

638 Ran			
Pos	Gen		
89	84	Colin Frith	21:20

Bushy

1157 Ran			
Pos	Gen		
327	291	Barrie John Nicholls	24:08
356	41	Lindsey Annable	24:27

Catford

137 Ran			
Pos	Gen		
4	4	Tom Wilson	19:24
8	1	Rosalind Johnson	20:15

Clacton Seafront

123 Ran			
Pos	Gen		
4	4	Rob Hollands	19:07

Crystal Palace

263 Ran			
Pos	Gen		
5	5	Thomas South	17:56
16	16	Eugene Cross	20:33
63	60	Paul Hodge	23:29
98	10	Clare Wyngard	24:26
103	91	Michael Dodds	24:35
125	17	Joanne Shelton Pereda	25:38
155	131	Ameet Patel	27:00

Dulwich

275 Ran			
Pos	Gen		
4	4	Stephen Davies	16:46
46	3	Kim Hainsworth	20:29
68	6	Ola Balme	21:22
81	75	Ajay Khandelwal	22:26

Fell Foot , Newby Bridge

278 Ran			
Pos	Gen		
34	3	Ange Norris	22:00

Folkestone

266 Ran			
Pos	Gen		
22	22	Michael Fullilove	20:25

Leicester Victoria

304 Ran			
Pos	Gen		
237	79	Marjorie Epton	32:02

Medina I.O.W.

329 Ran			
Pos	Gen		
34	3	Lucy Pickering	22:08

Nonsuch

624 Ran			
Pos	Gen		
45	42	Nicholas Brown	20:28
226	30	Carys Morgan	25:33

Peckham Rye

200 Ran			
Pos	Gen		
2	2	Joe Twomey	18:08
4	4	Charles Lound	18:48
60	9	Jenny Ross	24:46
75	16	Claire Steward	25:38
121	37	Caroline Maynes	29:03

Poole

786 Ran			
Pos	Gen		
121	5	Michelle Lennon	21:19

Torbay Velopark

332 Ran			
Pos	Gen		
149	30	Emily Warburton-Brown	26:44

Trelissick

219 Ran			
Pos	Gen		
39	32	Robbie Puddick	25:06

Victoria Dock

104 Ran			
Pos	Gen		
55	49	Paul Keating	25:40

Wakefield Thornes

293 Ran			
Pos	Gen		
85	8	Claire Barnard	24:40

Weymouth

387 Ran			
Pos	Gen		
220	61	Sharon Erdman	28:15

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 1st in age group in each race, 49 for 2nd 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





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



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



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

SOCIAL SPOT

P
O
T

Upcoming events.

watch this space!



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.

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
www.hernehillsportsmassage.co.uk

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)

CRYSTAL PALACE NATIONAL SPORTS CENTRE

The Crystal Palace Sports Centre and track remain under threat.

A new consultation has been launched comprising an on-line questionnaire and exhibitions/workshops.

Members of the Committee will be attending the workshop for Clubs on 4th/5th September.

If you have not already done so please sign the permission and complete the Mayor's Survey on <https://cpsp2020.com/>

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

Algarve Running Challenge

7-11 NOVEMBER

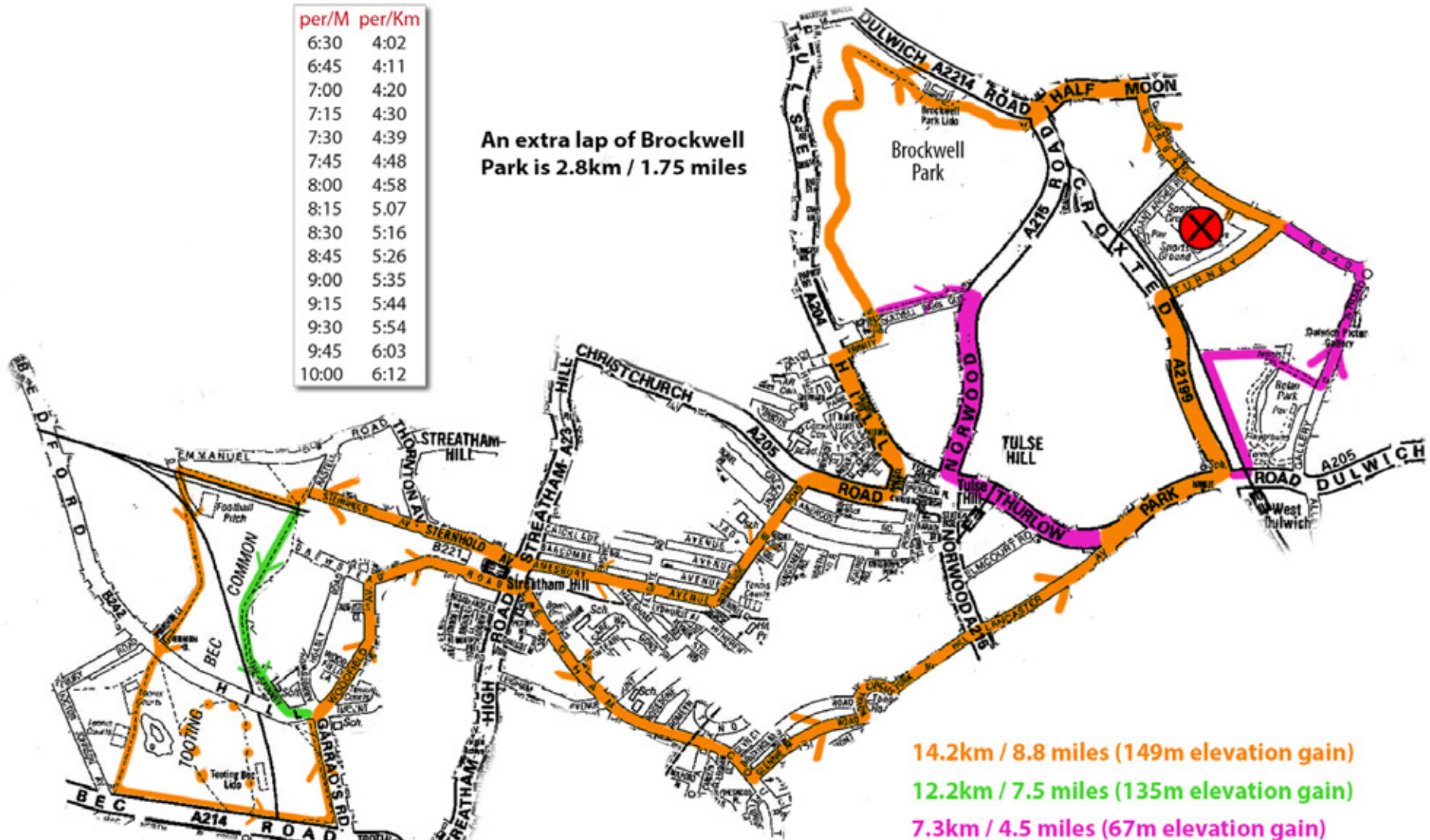
For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann

Dulwich Runners Summer Map 0

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

An extra lap of Brockwell Park is 2.8km / 1.75 miles



14.2km / 8.8 miles (149m elevation gain)

12.2km / 7.5 miles (135m elevation gain)

7.3km / 4.5 miles (67m elevation gain)

A mini internal lap of Tooting Bec past the Lido is 1km

We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

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