



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 28th 2019

www.dulwichrunners.org.uk

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 28 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 3 **Grass sessions have ended and next Tuesday's session will be on the hill opposite Sydenham Hill station - meet 7.15pm for warm up**

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races etc
- 4 Cross country information
- 5 Race reports & results
- 8 parkrun times
- 9 Club kit, Social events etc
- 11 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



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@athleticsweekley.com to go on the mailing list

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

A brief look ahead

Aug 29 Assembly League - Beckenham



Many thanks to **Sonja Jutte and Hugh Balfour** for taking out new runners last week and 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 asap. - Thanks. - Ros

Joseph Brady	28/8
James Burrows	4/9
Eugene Cross	11/9
Yvette Dore	18/9
Sharon Erdman	25/9



LUCKY VEST

August winner -

Sonja Jutte



Wear your Dulwich Runners vest or t-shirt 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 spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

Rehydration !

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

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.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

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

DULWICH RUNNERS 2019/20 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

2019	Race	Venue
Aug 29	Assembly League - Beckenham Place Park	Beckenham
Sep 22	SEAA road relays	Crystal Palace Park
	28 England Masters Inter-Area Xc Challenge	Bury St Edmunds
Oct 6	National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	26 BMAF XC Relays	Long Eaton
Nov 3	Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	t.b.c
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
Dec 14	or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020		
Jan 4	County cross country champs	t.b.c
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	t.b.c
	25 South of England cross country champs	t.b.c
Feb 8	Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar 21	England area 12 and 6 stage relays	t.b.c
Apr 4	National 12 and 6 stage relays	Sutton Park

Mornington Chasers - Regent's park 10k
 (not open yet): <https://www.chaser.me.uk/tenk/tenk.php>

2019	Track races and meetings	Venue
Sep 1	Ladywell 10000	Catford
	1 St Marys Richmond AC Open	Twickenham
	4 Sth London Harriers 1500m & 5k Festival	Purley
	11 Highgate end of season open meeting	Parliament Hill
	18 VAC 10,000m champs	Battersea

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepriill@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019 Club Championships

Here are the club championship races for 2019

Four long and five short with two dates to be confirmed.

To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Ladywell 10000

1 Sept

Kent AC's annual festival of 10000m running back for its third year on Sunday 1 September. Seven seeded races open to anyone faster than 55 minutes for 10000m. Food and drink available for spectators and runners to buy. This event sells out quickly so enter at: <https://www.entrycentral.com/event/110805>

St Mary's Richmond AC Open

Sunday 1 September

Open track meet including the lesser spotted 3000m event at the Sir Mo Farah Track near Strawberry Hill. Tony has already got his name down...

https://entries.opentrack.run/2019/SMRAC_open_meeting/

Ken Crooke Cross Country Champs

In 2019/20 will include the following events.

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

Thames River Relay

Sunday 8th Sept.

Starts 9 a.m. Dorney Lake, finish at Kingston, teams of 5 run a marathon distance between them, stages from 4.4m - 6.5m.

A baton relay alongside the Thames, mainly off road, for runners of all abilities. http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early. To take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

Mike Mann





Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season that start on 12 Oct 2019. Fixture details will be posted nearer the time, details on Surrey League fixtures can be found elsewhere in Shorts and <http://surreyleague.org>

Keep these dates free if possible. Our men were promoted to Division 1 at the end of last season and we will need to perform consistently well throughout the season to avoid the drop. The ladies compete in Division 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from around 8km in autumn to 12km plus for the men later in the season, and normally not more than 8k for women.

Scoring

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

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

To take part please inform your captains to enable as many as possible online entries

for men & women to be made in advance. Men and women keep their numbers for the entire season, so either give them to your captains after the race, or take them home, in which case you must bring them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

Apart from Surrey League there are cross country race most Saturdays during the season eg: the county champs (incl. Masters), London Champs, 2 South of Thames races, South of England and National champs, plus some other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

There are cross country races most Saturdays early October to late February. Our main priority is the 4 Surrey League races, and the races that make up the Ken Croke cross country championships (see below for further details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races can be regarded as medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry to the two South of Thames races and the South of England champs There are other races which are not high priority, but nice to do eg: SEAA relays and Reigate Relays. Note that

Lloyd parkrun, 28 September is the first race in this season's Ken Croke cross country champs (see below for further details).

Entry for other races

For virtually all races other than the Surrey League captains have to submit entries in advance. Details will be put in Shorts, by email and Facebook, requesting those

interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis, check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, but late autumn onwards spikes or fell shoes are best. Make sure to buy cross country spikes, not track spikes. Spikes come in lengths from 6mm to 15mm and are screwed in. As it gets muddier change to longer spikes, particularly on courses like Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Croke championships

2019/20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

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.

10000m Surrey Championship

Saturday 24th August

Ed Chuck writes...I went into this race hoping to match, or somewhat better, my performance from last year. While last year's result here was a bit of watershed for me, and went about as perfectly as I could have hoped, I have been getting through many more miles in training, and had thought that given training times I should be able to match or go faster than last year's 31.47.

I don't often pay attention to the weather forecast, and had ignored/overlooked the forecast for the bank holiday weekend. Getting to Tooting at 11am, the temperature had however become unignorable - a pretty punchy 25C which rose to about 28C during the race.

I saw coach Steve was trackside and he suggested that perhaps it "might" be a sensible idea not to go for a time here, to run for the win, and to try instead to chase a time at Ladywell. I took Steve's sensible suggestion, mulled it over, and decided to set off at target pace (c.31.30-40) and then see what happened. I could always dial it back if it got a bit tough...

The race started and over the first few laps I built a 7-8 second lead, going around in 76s laps. The pace felt comfortable... I continued. The steeplechase pit to the side was being filled with water, and started to overflow onto the track. A minor irritation - I find running with wet feet distracting. A few more laps, Steve helpfully called out roughly how far behind the two closest chaps were. We approached the 7th or 8th lap. I was suddenly very hot. Uncomfortably hot. Steve announced a gap of 17-18 seconds, so I decided to finally follow his advice and drop the pace a bit.



Laps of 79 seconds. The tap flooding the steeplechase pit was finally turned off. 5k passed in 16.08, and with 12.5 laps left I was now very much focused on winning and didn't care about the time. A couple of 80s laps. Mouth very dry. Steve (calmly but clearly) announced that the gap behind was diminishing - 14s, and firmly suggested taking a drink (which became a splash over the head). One of the chaps had left the other and was starting to speed up. It was getting hotter?

Lots of discomfort; dread of how bad the end was going to feel. 2 miles to go, an 83s lap. Gap down to 11s. At this point had the chap behind taken another 3s the next lap I would have probably toddled off to the side. I was cooking and blowing up, and if the writing was on the wall that I was going to be passed, my brain would have given up.

Mercifully he must have drawn breath, as next lap the gap stayed the same. If I could just make it to the final 2 laps I thought that I had enough left that he'd have to run c. 70s laps to win. With 3 laps left Steve instructed another drink. Final two laps. Gap down to 8 seconds. Last lap, 5 seconds. Last year I managed a 70s final lap; this year, eyeballs out, the final lap went through in 80s, and the chap behind ran out of road, finishing 2 seconds later. I crawled over to the nearest bit of shade I could find, under some temporary stairs, and lay down. A good samaritan offered water;

a concerned wife turned up with a hat and disappeared off for more water. She said later (affectionately I think) that I was breathing like a donkey.

Quite why I didn't follow Steve's advice at the start isn't clear to me. I've blown up in hot conditions before, and last year running sensibly at the VLM meant that even though 10 mins slower, I finished higher than this year. Only defence is that I hadn't felt the effect over this distance, which in hindsight was an unwisely fine distinction to make. However, a win is a win, although next time I'll probably follow Steve's advice.

1 Ed Chuck 32:55.49 Surrey Champion

Herne Hill Harriers Open Tooting,

Saturday 24th August

10000m (Surrey Championship)

Tony Tuohy writes... Ed Chuck may have been about a minute slower than last year but he defended his title well. Despite slowing in the second half in scorching temperatures he prevailed by just four seconds from a real threat posed by SLH's Paul Prothero (15:12 for 5000m just a couple of weeks ago).

1 Ed Chuck 32:55.49 Surrey Champion

800m race 1

It's been four years coming but Wayne got back within touching distance of his best with his fastest two-lap run since that 2:02.06 PB. Even-paced laps and an elbow-to-elbow battle up the home straight kept him honest to record a big and timely improvement as the Euro Masters Champs approaches in a couple of weeks.

4 Wayne Lashley 2:02.31 SB

800m race 3

The third race was graced by three Dulwich Runners out of the ten taking part. Des already had a couple of 2:15s to his name this year but passed the bell this time a little below that pace in 68-69 seconds. I came through bang on 70, unscathed after an early fending off of a whippersnapper intent on cutting me up. Clare was a further second down but getting a bit crowded by more whippersnappers (I was told this later; I haven't got eyes in the back of my head). We all ended up with not bad times but a bit short of real satisfaction (Can't get no...). Des got through well at the end to win the race but a couple of seconds off his best, while I actually thought I was going to chase him down with 250m to go before reality bit hard, but still managed my second best time in two years. Clare faded slightly but still recorded another 2:23, little more than a second short of this season's best, which is in W55 record territory; could be worse.

1 Des Crinion 2:17.68

4 Tony Tuohy 2:20.07

7 Clare Elms 2:23.95

1500m race 1

Little more than an hour after the 800m I lined up for a 'workout' 1500m, intending three steady laps and a faster finish (hopefully). That plan went for a burton with the first 300m ran at 4:30 pace as I tried not to get left behind by the entire field. Three even-paced though obviously slower laps followed, with no finishing kick evident, but a surprisingly nippy sub-4:40 with that 800m already in the legs isn't bad at all.

8 Tony Tuohy 4:39.92

1500 race 3

Mike was testing a recurring calf strain suffered in a few previous track races. It survived without problem this time so his run was decent enough in the circumstances, a few seconds short of this year's best.

7 Mike Mann 6:09.01

3000m SC

A few hours recovery from the 800m meant Des took up his option to debut in the steeplechase. Yep, the steeplechase, that's what I said. This prompted the rest of us to hang around for the end of the meeting to keep an eye out for any accidents, sorry I mean action. Des professed to having hurdled a bit in a past life and did in fact make a fair fist of it, clearing all the jumps and gaining a refreshing bath each lap at the water. Of course, his supporters were thoroughly relieved he got round unscathed...

2 Des Crinion 12:12.49

Crawley AC Open

Monday 26th August

Tony Tuohy

1500m race 1

It was certainly El Scorchio today (over 30c) and with a stiff headwind in the home straight conditions conspired to hold back my hoped-for well-inside 4:39 to half a second short of Saturday's effort at Tooting - and that was after already running an 800m. Ho hum.

7 Tony Tuohy 4:40.37

1500m race 2

Clare's initial disappointment was lessened a bit by getting a 4:48, which is only two seconds outside her own UK W55 record. This was after a slowish start and a faster second half after negotiating her way round most of the field, all a century or so younger than her, so again, not bad in the conditions.

2 Clare Elms 4:48.7

800m

Wayne was unfortunately made to wait an hour after the published start time to get under way, which thoroughly spoiled his warm-up. A slow first lap followed by no ability/inclination to pick up resulted in a poor time compared to Saturday but hopefully vital race practice as the Euro Masters Champs approach.

? Wayne Lashley 2:06.?

HHH Open Meeting

24 August

The high temperatures posed a problem for the longer races, in particular the 10,000m which Ed Chuck won for the second year in a row, but his time was about a minute down on last year as he slowed midway through the race. The heat might have been a problem for Des Crinion in the 3000m steeplechase. This was something of an experiment but he demonstrated good technique over the jumps and near total immersion in the water jump each lap ensured that he remained cool. The 1500m was also rather experimental for me as I had suffered from a calf strain in my last track races, including the SOAR mile where I pulled up. In the event I had no problem with this though unusually my breathing became laboured as I finished around 5 secs short of my season's best in 6:09. See separate report from Tony for full results and write-up.

Mike Mann

parkrun in Japan

This year parkrun started in Japan. I took the opportunity on 24 August to participate at Futakotamagawa, which is along the river in the west of Tokyo. The start time is 8am. It was already very hot and humid when I arrived. I was spotted at the station by a couple of Australians with whom I walked the kilometre or so to the start. It is an out and back run, totally flat on paths and some grass with marshals and signs making it easy to navigate the turns.

Afterwards several people gathered at a nice Starbucks nearby from where you can enjoy good views over the Futakotamagawa river. I had a welcome frappuccino to help cool off. This was the 21st event with 126 runners, including many foreigners visiting Japan. I found the results online later in the day, with my time of 25:35 rather short of the 15:52 course record.



I like to get my runs in before the sun has fully broken through at 7am.

- *Gideon Franklin*



There are concerns about the impact of the heat on the Olympics next year and I learnt that the start time for the marathon has been brought back to 6am (10pm if you plan to watch in the UK). When I am in Japan in the summer when possible

Vets AC 5 Miles

27 August

The final race of the summer series took place in uncomfortably hot conditions. My time of 38:43 was slow but 26 secs faster than my previous effort in June. *Mike Mann*

Higginson park, Marlow parkrun

This week's parkrun marked an important milestone for Clare. Not only did she run an entire course for the first time since her open heart surgery at the beginning of the year – she actually managed that at a windy Hastings just over a month ago – but she dipped under the 30 minute barrier.

It's a good opportunity, then, both to thank the many, many DRs who have regularly enquired about her progress and passed on their best wishes over the past 7 months and also to describe briefly where she is with her recovery. This is going well although she continues to be prescribed a small amount of daily medication, including to control her heart rate. The basic instruction is to keep this below an average of 130 bpm although occasional spikes to, say, 150 should be OK. What this represents in terms of exercise, and especially the three disciplines of the triathlon, is that she is back to regular, but gentle, swimming and has started to go out on bike rides on the roads.

Running is the most challenging of the disciplines, of course, for heart rate and so, since the Vitality 10k when she wasn't supposed to be running at all – but did for a fair bit of it – we have been walking and gently running usually on a one

third/two thirds ratio, subject to inclines, and with a view to progressively reducing the former provided the 130/150 bpm guideline is not breached (much!).

This has been going well and a flat course like Marlow offered a good chance to really test how things were going. It's basically out and back along the Thames path from a park on the edge of town to Temple lock with a couple of laps of that park, including around local hero Steve Redgrave – a statue, not the real one – to make up the distance. We were there to meet up with someone whom we have kept in touch with after an Exodus cycling trip to Sardinia exactly 2 years ago, appropriate in a way as Exodus is a main parkrun sponsor.

Our friend Chris's flat overlooks the High Wycombe course but he pointed us towards nearby Marlow in preference (fine by me - after a terrible experience in the 2004 Green Belt Relay I really don't mind if I never run in High Wycombe again!). The Marlow parkrun is picturesque and flat, as you'd expect, but with some tricky little bridges over some streams and, just past its first birthday, it probably can't expand much beyond 200 runners given the narrowness of the towpath.

Mike Dodds



August 24

Bakewell

Pos	Gen		
198	52	Susan Cooper	27:28

Banstead Woods

Pos	Gen		
1	1	Paul Devine	18:10

Beckenham Place

Pos	Gen		
120	30	Claire Steward	27:08
148	46	Clare Osborne	29:04

Bedgebury Pinetum

Pos	Gen		
6	6	Joe Farrington-Douglas	20:39

Bethlem Royal Hospital

Pos	Gen		
39	36	Colin Frith	24:08

Brockwell , Herne Hill

Pos	Gen		
41	2	Sara Roloff	20:57
48	4	Lucy Pickering	21:11
156	30	Charlotte Sanderson	25:45
224	62	Sharon Erdman	28:01
263	181	Desmond Edwards	30:03

Bromley

Pos	Gen		
333	268	Peter Jackson	29:37

Burgess

Pos	Gen		
436	277	Chris Vernon	48:26
449	164	Susan Vernon	61:53

Cannon Hill , Birmingham

Pos	Gen		
180	14	Ros Tabor	24:21
310	264	Andy Murray	26:49

Catford

Pos	Gen		
1	1	Andy Bond	16:32
7	7	Ross Rook	19:34

Clacton Seafront

Pos	Gen		
2	2	Rob Hollands	19:38

Crane Park

Pos	Gen		
1	1	Thomas South	16:57

Crystal Palace

Pos	Gen		
4	1	Elkie Mace	17:39
21	2	Yvette Dore	20:47
40	4	Belinda Cottrill	22:03
86	78	Paul Hodge	24:04
307	199	Tom Wilson	34:56

Dulwich

Pos	Gen		
10	10	Timothy Bowen	17:40
14	14	Ben Smith	18:01
18	18	Joe Wood	18:27
38	37	Alastair Locke	19:40
50	2	Kristen Stephenson	20:22
53	3	Alice Williams	20:28
95	7	Helen Lister	22:36
174	29	Hannah Harvest	25:14
258	64	Natasha Chivers	28:32
326	222	Mick Mead	33:22

Dundalk

Pos	Gen		
7	1	Michelle Lennon	21:10

Eastbourne

Pos	Gen		
6	5	Ian Lilley	19:01

Eden Project

Pos	Gen		
47	8	Laura Vincent	21:23

Felixstowe

Pos	Gen		
8	8	Eugene Cross	19:17

Fulham Palace

Pos	Gen		
151	119	Barrie John Nicholls	25:26

Futakotamagawa

Pos	Gen		
43	36	Gideon Franklin	25:35

Gunnersbury

Pos	Gen		
353	246	Matthew Ladds	31:58

Higginson , Marlow

Pos	Gen		
54	46	Michael Dodds	25:24
103	33	Clare Wyngard	29:58

Hogmoor Inclosure

Pos	Gen		
1	1	Lewis Laylee	16:46
36	33	Graham Laylee	24:11

Holkham

Pos	Gen		
11	10	Camilo Vargas	20:44

Llanelli Coast

Pos	Gen		
9	1	Emma Ibell	21:06

Longrun Meadow

Pos	Gen		
16	15	Kieran New	19:25

Medina I.O.W.

Pos	Gen		
20	3	Kim Hainsworth	20:38

Milton Keynes

Pos	Gen		
221	38	Lauren Gill	27:59

Peckham Rye

Pos	Gen		
5	5	Charles Lound	18:52
19	19	Cameron Lund	20:36

Riddlesdown

Pos	Gen		
20	1	Ange Norris	21:13

Ruchill

Pos	Gen		
2	2	Joe Twomey	18:17

Tamar Lakes

Pos	Gen		
35	2	Lucy Clapp	22:30

The Pastures

Pos	Gen		
2	2	Tom Shakhli	18:44

Tonbridge

Pos	Gen		
488	341	Toby De Belder	35:48

Weymouth

Pos	Gen		
397	288	Barry Graham	30:42

Wakefield Thornes

Pos	Gen		
79	10	Claire Barnard	24:35

Wormwood Scrubs

Pos	Gen		
22	19	Stephen Williams	21:54

For your results to appear here ...
you need to update your parkrun profile to show you
are a current member of DR AC.

DULWICH RUNNERS CLUB KIT

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



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



Bufs/snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com

! Available now !
Women's "Racer Back"
vests - £25



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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)

Dulwich Runners Summer Map B

All routes go anti-clockwise

9.1 M / 14.7km

7 M / 11.3km

5.25 M / 8.4km

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

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

