



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 7th 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 7	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 13	Dulwich College £2 per session Start with warm up drills at 7:10pm then 7.25 main session on grass. <i>Tuesday night sessions at Ladywell have now ended and full group training resumes on grass at Dulwich for the month of August.</i>

Connect with us:



In your SHORTS this week !

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

And much more !

Like us on Facebook @dulwichrunners

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

A brief look ahead

Aug 29 Assembly League - Beckenham

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



LUCKY VEST

tonight in the clubhouse

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



Many thanks to **Andy Murray** 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

Colleen Williams

7/8

Tom Wilson

14/8

Lindsey Annable

21/8

PHYSIO TALK

Physiotherapists from a local practice (GP physios on Lordship Lane) will be visiting the club and giving a short talk after the run on 21 August.

It will be useful for injury prevention / treatment, so try and arrange to stay behind that day.

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)	t.b.c
	12 Surrey League cross country (women)	Reigate Priory Park
	26 BMAF XC Relays	Long Eaton
Nov 3	Regents Park 10k (short) entry see below	Regents Park, London
	9 Surrey League cross country (men)	t.b.c
	9 Surrey League cross country (women)	t.b.c
	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)	t.b.c
	11 Surrey League cross country (women)	t.b.c
	25 South of England cross country champs	t.b.c
Feb 8	Surrey League cross country (men)	t.b.c
	8 Surrey League cross country (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
Surrey League Xc dates and venues to be confirmed		

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

2019	Track races and meetings	Venue
Aug 11	Newham and Essex Open	Olympic Park
	14 BMC meeting	Eltham
	24 HHH open meeting	Tooting
Sep 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

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

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>

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.

Lausanne Marathon

The club has been given 2 free entries to the Lausanne Marathon 27 October 2019. <https://en.lausanne-marathon.com/>

If you are interested in having one of these places please email:

Ros - ros.tabor49@gmail.com by Sunday 11th August.

If there are more than 2 people interested we will draw for the places on Wednesday 14th August.

Newham and Essex Open Stratford

August Sunday 11

The same venue as the Soar Mile is hosting an open track meeting on the afternoon of Sunday 11 August. 400, 800 and 1500 metres. Best to enter in advance at <https://drive.google.com/file/d/1d1i1PlyWpbiQrq8yepnXgjOTJQhDdn/preview>

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



The Vitality Big Half Sunday 1 March 2020 - Club Places

This is a club championship race.

The following five were awarded with a club place based on club appearances:

Marta Miaskevich (11), Laura Vincent (9), Yvette Dore (10), Daniel Mann (11), Ebe Prill (12).

The other 5 places will be decided before the clubrun tonight by draw among the remaining 14 applicants.

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.

SOAR SUMMER MILE Olympic Park

August 2

Steve Smythe writes...The Soar Mile is an excellent event with a fast track, competitive races, pacemakers and a great atmosphere and free beer.

Whether it is the right event for a club champs though is debatable and maybe it should just be an additional race that the club should support.

The number of entries looked like it might be a great Club Championships but far too many members entered did not turn up, and together with a number of runners who could have run but did not enter when they had the chance and the final number of runners made it one of the worst supported club miles in history.

It was still a great event and there were plenty of superb performances, highlighted by Clare setting a world record – her 19th world or British record of the year.

r1:

Bob Bell was in the wrong race and ignored the pacemaker from the off and won the race easily.

Ameet produced his usual kick to squeeze inside seven.

It looked as if Hannah, who was first woman in the race, would join him but found the last lap tough and was just outside her Soar time of 2017 as was Claire Barnard, who ran a strong, steady race.

Steve with achilles, calf and breathing problems was at least faster than 2018, and remains the only runner who was once the quickest miler in the club who is now the slowest (for the second year running).

1 Bob Bell (Dulw, M65) 6:34.68; (6:25.09 2018, 6:38 MH)

3 Ameet Patel (Dulw, M55) 6:57.86;

4 Hannah Harvest (Dulw, W) 7:09.90;

6 Claire Barnard (Dulw, W) 7:22.64;

7 Steve Smythe (Dulw, M60) 7:38.19;
(7:50.79 2018)

r2:

Clare Norris, who has shown impressive recent track speed in the last month, utilised it with a superb last lap where she came

from well back to be first woman and second overall.

Tess ran a more aggressive race and was well ahead of the pacemaker initially, but not at full fitness, found the final lap hard. Belinda had a steady race, and according to Power of 10, was a PB, but is capable of much quicker.

Ros fell short of a world record by a few days. 70 on Tuesday, she ran a time that was better than the W70 world record and actually puts her top of the W65 rankings. With a good steady race, she had her best track quality performance of the year and a strong finish but now needs to find a mile after Tuesday.

Colin was not at the same level of fitness last year and eased around sensibly after his injury problems of 2019..

Jo had an excellent race, and backed up her good track training, with her first sub-7. Barry John was down on last year but quicker than in the Mark Hayes race.

Mike Mann had to drop out.

2 Clare Norris (Dulw, W40) 6:07.82; (6:17 MH)

4 Tess Bright (Dulw, W) 6:11.08; (6:03.3 2018)

7 Belinda Cottrill (Dulw, W35) 6:17.02
(6:24 MH)

11 Ros Tabor (Dulw, W65) 6:37.56;

13 Colin Frith (Dulw, M60) 6:43.08;
(6:23.80 2018) (7:00 MH)

16 Jo Shelton-Pereda (Dulw, W40)
6:57.73; (7:00.42 2018)

17 Barry John Nicholls (Dulw, M65)

7:12.60 (7:06.91 2018) (7:29 MH)

Mike Mann DNF (6:25 MH)

r3:

Michelle went halfway between her 2018 time and Mark Hayes race with a good performance but is capable of much quicker.

Ebe is a long way down on his best fitness but finished well just ahead of Lucy Clapp, who found the last lap hard work.

4 Michelle Lennon (Dulw, W50) 6:11.60;
(6:08.4 2018) (6:15 MH)

6 Ebe Prill (Dulw, M55) 6:19.32;

11 Lucy Clapp (Dulw, W50) 6:22.90 (6:18.9 2018) (6:26 MH)

r4:

Yvette has made great progress all year,

and has trained well on the track as of late, but this was her best short run yet as she easily broke six for the first time, just behind former member Gary, going 16 seconds quicker than in 2018.

Mike had a steady run and was just behind while Laura was not feeling great but did set a PB but just missed a sub-6.

8 Yvette Dore (Dulw, W45) 5:54.59; (6:10.9 2018)

9 Mike Fullilove (Dulw, M55) 5:54.83;

12 Laura Vincent (Dulw, W35) 6:00.98;
(6:04,2 2018)

r6:

Justin continued his improvement and had his usual strong finish and his PB was enough to win the captain's award.

Matt achieved a PB, 10 seconds up on last year and the Mark Hayes race, while Ross's improvement was a smaller amount but still progress.

Marta is not at her best at such a short event and was lacking pace on the last lap but did battle to a PB.

5 Justin Siderfin (Dulw, M45) 5:15.79
(5:27 MH)

8 Matt Cooke (Dulw, M35) 5:18.87;
(5:29.02 2018) (5:29 MH)

13 Ross Rook (Dulw, M35) 5:27.76;
(5:32.29 2018) (5:31 MH)

19 Marta Miaskiewicz (Dulw, W35)
5:40.54.

r7:

Tom was the only Dulwich overall race winner of the night and after following the pacemaker, he produced a strong kick to go inside 5 for the first time.

1 Tom Shakhli (Dulw, M35) 4:58.15;

r8:

Tony was never with the leaders and on his own, but running a perfect race, he ran three fairly even laps and then kicked hard to get inside five minutes and then spent a fair amount of time after laying down.

Kevin did likewise but a second or so a lap slower for his bets run yet in his return to the club.

Clare was hoping she might get some help to set a record, and having been unwell since her 5000m record the previous

Saturday, she was not at her very best but though never quite getting the pace she required, she dug in well on the last lap and her reward was a two second improvement on her W55 world record from the Stag Mile. It gained her a huge 102.9% on age-grading. Ian made an attempt to go with Tony but struggled on the second half.

James Burriows had a steady race and though well down on his 2016 form, he did at least show improvement on last year.

4 Tony Tuohy (Dulw, M55) 4:59.07; (5:05 MH)

6 Kevin Chadwick (Dulw, M35) 5:05.17; (5:16 MH)

11 Clare Elms (Dulw, W55) 5:10.35; (5:15.40 2018)

12 Ian Lilley (Dulw, M45) 5:17.70 (5:02.43 2018)

14 James Burrows (Dulw, M35) 5:22.80. (5:29.64 2018)

r10:

Daniel ran a perfect race, holding back and then blasting a 64 last lap to be first man, albeit behind the fastest woman. It was his best performance ever and came after some good track sessions and in contrast

to 2018 when he went off too quick.

Paul was not happy with his run, getting caught and boxed early on and not getting a clear run. But he finished strongly and was nine seconds up on his run from last year and he caught Steve D in the final strides. Steve ran the opposite way to Daniel and went out far too quick and did not make the most of his improved 800m speed from the week before.

2 Daniel Mann (Dulw, M40) 4:45.32 (5:01.33 2018)

9 Paul Devine (Dulw, M40) 4:51.45; (5:00.68 2018)

10 Steve Davies (Dulw, M50) 4:52.29; (4:49.12 2018)

r11:

Wayne was short of his best mile performance levels but ran a steady race that won him the men's age graded award.

13 Wayne Lashley (Dulw, M35) 4:50.21; (4:43.61 2018)

r12:

In the day's final race, which was won in 4:01,

Ed ran a steady race with the customary look at his watch every few strides but as he set a PB but missed Lewis's club record from last year by 1.4 seconds, regretting his Assembly League second place of the night before. Tim, running solo, was some way down on his form of last year after not feeling at his best recently and would have run much quicker had he been in an earlier race

14 Ed Chuck (Dulw) 4:27.87 (4:31.69 2018) (4:37 MH)

17 Tim Bowen (Dulw, M35) 4:41.41 (4:32.27 2018) (4:56 MH)

Top Age graded

1 Clare Elms 1029
2 Ros Tabor 992
3 Tony Tuohy 901
Ed Chuck 838
Tim Bowen 836
Daniel Mann 831
Michelle Lennon 825
Lucy Clapp 822
Paul Devine 814
Yvette Dore 812

Dulwich Runners' times in Stratford SOAR Mile 2 August 2019

	Time	Points In Age Category M/F								Age Grade Pts.	Club Champs Awards
		ms	m40	m50	m60	fs	f40	f50	f60+		
Edward Chuck	4.27.87	50								838	1st man
Tim Bowen	4.41.41	49								836	2nd man
Daniel Mann	4.45.32		50							832	3rd man
Wayne Lashley	4.50.21	48								800	Man age graded
Paul Devine	4.51.45		49							814	1st m40
Steve Davies	4.52.29		42							571	[no club vest]
Tom Shakhli	4.58.15	47								767	
Tony Tuohy	4.59.07			50						902	1st m50
Kevin Chadwick	5.05.17	46								766	
Clare Elms	5.10.35							50		1,029	Overall age graded
Justin Siderfin	5.15.79		48							781	captains' award (m)
Ian Lilley	5.17.7		47							782	
Matthew Cooke	5.18.87	45								728	
James Burrows	5.22.8	44								724	
Ross Rook	5.27.76	43								708	
Marta Miaskiewicz	5.40.54					50				752	1st woman
Yvette Dore	5.54.59						50			812	2nd woman
Mike Fullilove	5.54.83		49							760	
Laura Vincent	6.00.98					49				718	3rd woman
Clare Norris	6.07.82						49			738	1st w40
Tess Bright	6.11.08					48				682	
Michelle Lennon	6.11.6							49		826	1st w50
Belinda Cottrill	6.17.02					47				679	
Ebe Prill	6.19.32		48							711	
Lucy Clapp	6.22.9							48		823	Woman age graded
Bob Bell	6.34.68				50					733	1st m60
Ros Tabor	6.37.56								50	992	1st w60
Colin Frith	6.43.08				49					699	
Joanne Shelton Pereda	6.57.73						48			665	captains' award (w)
Ameet Patel	6.57.86		47							635	
Hannah Harvest	7.09.9					46				588	
Barrie John Nicholls	7.12.6				48					669	
Claire Barnard	7.22.64					45				571	
Stephen Smythe	7.38.19				47					609	
	34	8	5	4	4	6	3	3	1		

Self Transcendence 5k, Battersea Park

Monday 5th August

In contrast to last week the final Battersea 5k of the summer attracted eight Dulwich men, five of whom were fresh from heroic exploits at the Soar Mile a few days earlier and all of whom were looking for show-downs to propel them to their fastest times. The Dublin Dynamo's 15:57 was very close to his season's best but belied the fact that he was running on fumes for the final km and only fear of being caught by Jack got the job done. Meanwhile Jack is making a right meal of getting a sub-16; he came so close here but it's a superb PB anyway. He wasn't that far ahead of an equally superb PB (again) from Tom, who knocked seven bells out of his best time for the third successive race; his summer's focus on this distance with the winter marathon training behind him has paid off hugely and

is testament to the hard graft he's put in to now be over 45 seconds up on last year's PB. The LockeStar's form has also come on a bundle lately and his excellent run very nearly got to Tom, failing to get his own PB by a mere three seconds.

Tom's relentless early pace had the rest of us suffering from the start, as first me then Steve, Paul and Dan backed off from it. I watched them all go but kept my head down and was rewarded first by catching Dan with a mile to go, obviously dying and having a right mare of a run; perhaps he was still feeling that 63 second last lap at the Soar Mile... With half a mile left I could see Paul was just pulling ahead of Steve and I was mortified to note that I was getting closer to Steve, which meant I was obliged to have a go despite being deep into the death throes by now. With 400m to go it was now or never as I changed gear thinking this kick is not going to last long (correct). I made up the two seconds on Steve quickly but was already flat out as I came alongside which galvanised him into his own last

effort just as mine was expiring. He got his two seconds back and the impetus had put the pair of us almost on top of Paul, who just lost out to the on-rushing Steve by a whisker, reversing their close sprint at the Soar Mile last Friday. Paul's 16:51 continues to improve his best summer's running for three years, while Steve's was only just short of this season's best and won him the 1st M50. My 16:53 improved my best-for-4-years again and I was quite pleased with that after I'd had a lie down.

Tony Tuohy

5	Tim Bowen	15:57
8	Jack Ramm	16:02 PB
13	Tom South	16:26 PB
16	Alastair Locke	16:32
24	Steve Davies	16:51 1st M50
26	Paul Devine	16:51
28	Tony Tuohy	16:53 2nd M50 M55 club record
38	Daniel Mann	17:14
213	finished	

BBC 10k Regents Park

30th July 2019

There must have been countless reports appear in Shorts over the years for this historic race as it has been attended by many Dulwich Runners over the years. Attendance seems to have dwindled now to a few stalwarts but it is always a must-run in our diaries if we are able to do so. It is the oldest race to be run in Regents Park and was started by none other than long term DR member Steve Wehrle.

I think the nostalgia element of the race must have overtaken my better judgement as I put in for it. I hadn't even run 6 miles in the last eight months and only gone over a parkrun distance three times as well. Barrie has done the race probably more times than me and the same could be said for Claire who was the only other DR representative.

Each year the race seems to battle with extreme weather. We've had blisteringly hot and humid conditions to torrential downpours. This year threatened the latter with strong winds forcing registration inside and playing havoc with the km markers. A downpour before the start really made me question my judgement even more.

Despite the weather Paul Keating turned up to add some welcome support, showing true DR grit – nothing that a DR waterproof and umbrella couldn't deal with! Miraculously the weather cleared and we had a rain free run for the entire route. The course had been altered by last minute building work at one far corner which, according to Claire's Garmin, made it short despite the BBC team moving the finish back.

Barrie had a good run despite being tired after a long training run at the weekend. Claire wasn't far behind although had to stop a few times. I managed to run or should I say jog the whole course which was probably foolhardy and I certainly suffered for days afterwards. Steve, sporting race number 1 in honour of being the founder member, was not far outside the hour.

Recovery drinks of the alcoholic variety were served in The Metropole pub with the BBC club also kindly buying a round for all participants. A very pleasant end to a historic race.

Lindsey Annable

83	Barrie John Nicholls	50:44
89	Claire Steward	51:50
112	Lindsey Annable	57:04
124	Steve Wehrle	62:48
130	ran	

Vets AC 5 miles Battersea Park

Tuesday 6th August

Despite the hard 5k on Monday I couldn't resist returning to Battersea the next day to test out my form again, recovery permitting. As usual for this fixture it turned into a solo time trial but the focus was good even while feeling general fatigue and despite a dip in pace for the fourth mile I picked it up a bit for the last and clocked only 20 seconds short of my PB from 2014, a genuine surprise. Must be biorhythms or something.

2nd Tony Tuohy 27:51 **M55 club record**



August 3rd

Beckenham Place

224 Ran

Pos	Gen		
87	11	Claire Barnard	24:55
142	40	Clare Osborne	28:43

Burgess

466 Ran

Pos	Gen		
152	135	Freddie Vernon	24:00
461	288	Chris Vernon	47:59
466	177	Susan Vernon	54:34

Brockwell , Herne Hill

308 Ran

Pos	Gen		
26	25	Mark Foster	20:06
68	9	Lucy Clapp	22:23
93	79	Graham Laylee	23:18

Bromley

619 Ran

Pos	Gen		
30	2	Kim Hainsworth	19:50

Cannon Hill , Birmingham

508 Ran

Pos	Gen		
265	52	Susan Cooper	32:15

Carlisle

259 Ran

Pos	Gen		
3	3	Joe Twomey	18:43

Clapham Common

602 Ran

Pos	Gen		
1	1	Joe Toomey	16:34
258	214	Ian Sesnan	24:45

Crystal Palace

357 Ran

Pos	Gen		
19	2	Yvette Dore	20:31
43	6	Belinda Cottrill	21:53
73	64	Bob Bell	23:03
124	103	Michael Dodds	24:43
141	25	Joanne Shelton Pereda	25:19
282	102	Clare Wyngard	32:09

Dulwich

392 Ran

Pos	Gen		
4	4	Daniel Mann	17:05
5	5	Timothy Bowen	17:20
26	1	Teresa Murphy	18:58
65	5	Michelle Lennon	21:04
97	10	Sara Roloff	22:02
219	45	Sonja Jutte	26:08
274	201	Miles Gawthorp	28:08
354	239	Mick Mead	33:15

Finsbury

424 Ran

Pos	Gen		
221	54	Teresa Northey	26:58

Greenwich

321 Ran

Pos	Gen		
13	13	Michael Fullilove	20:38
89	15	Ros Tabor	24:52
122	97	Andy Murray	26:32

Horsham

506 Ran

Pos	Gen		
78	75	Gary Budinger	22:50

Mole Valley

390 Ran

Pos	Gen		
206	159	Peter Jackson	29:38

Peckham Rye

265 Ran

Pos	Gen		
32	2	Emma Ibell	21:06
61	57	Alistair Clarke	23:01
152	33	Claire Steward	27:02

Richmond

411 Ran

Pos	Gen		
166	142	Barrie John Nicholls	26:49
202	42	Lindsey Annable	28:25

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)

INCREASE EFFICIENCY
IMPROVE SPEED
REDUCE INJURY

Biomechanics and Strength
Training for Running

HUNTER MOVEMENT

THE YARD
Peckham
133 Copeland Road
SE15 3SN

SATURDAY
August 10
11 AM
£50

Contact dave@hunter-movement.com for more information & to sign up

I am a personal trainer and specialise in strength training for endurance athletes. I wanted to get in touch regarding a seminar I am holding this weekend. The Seminar is at Crank in Peckham and starts at 11am.

The seminar looks at the biomechanics and strength training for running. Helping to improve speed, efficiency and reduce injury. Strength training can sometimes be overlooked in the endurance world, however I believe it has big benefits to help improve your running.

Dave Hunter - Personal Trainer

Website: www.huntermovement.com

Email: dave@hunter-movement.com

Dulwich Runners Summer Map 3

An extra full lap of Dulwich Park is 1 mile / 1.6 km

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

Take the path over the top of the tunnel

Take the Hamilton Rd turning before the Gipsy Hill RBout

An extra full lap of crystal Palace Park is 1.75 miles / 2.8 km

- 14.5 km / 9.1 miles (213m elevation gain)
- 11.5km / 7.1 miles (180m elevation gain)
- 7.7km / 4.8 miles (111m elevation gain)

All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

