



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 10th 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 10	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sun 14	SevenOaks Seven - Club champs - Kent
Tue 16	Dulwich College £2 per session Start with a warm up taken by Elkie Mace at 7:10pm then 7.25 main session on grass. See "Speed Sessions" following page Ladywell Track session - - meet 7.30 contact steve.smythe@athleticsweekly.com

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@athleticsweekly.com to go on the mailing list



LUCKY VEST

July Winner -

Sara Roloff

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



Lucky Marshal Draw

at the Dulwich Relays was won by Chris Cooper

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.

In your SHORTS this week !

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

And much more !

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

A brief look ahead

Jul 14	SevenOaks Seven - Club champs - Kent
Jul 19	Mark Hayes Memorial Mile - Dulwich track
Aug 1	Assembly League - Victoria Park
Aug 2	SOAR MILE - Stratford
Aug 29	Assembly League - Beckenham



Thanks go to **Mike Mann** for taking out new runners 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 asap. - Thanks. - Ros

Cameron Timmis	10/7
Tony Tuohy	17/7
Laura Vincent	24/7
Mick Ward	31/7

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)

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>

Tuesday Speed Sessions

For the coming weeks, there will be a *choice of two speed sessions on Tuesdays* –

The Dulwich College session on grass as usual – and a track session at Ladywell Arena. Whilst both sessions are open to all members and are suitable for all abilities, they each have their own focus and one will therefore be more suitable depending on your training target. See below for further details

Dulwich College

Cost is £2 per session

Warm up drills and stretches etc start around 7.10pm.

Main session starts around 7.25pm

These sessions a mix of grass and track are more suitable for all levels of ability than the track sessions at Ladywell, perfect for those preparing for 5 and 10kms over the summer.

They will take a similar format to those taken by Steve previously.

A team of Elkie, Anna and Katie will be delivering these sessions at Dulwich College for June and July.

Anna and Katie are working towards their coaching qualifications and will be leading some of the sessions under Elkie's supervision.

Ladywell Arena Track

Cost is £2.65 per session tbc.

Meet 7.30pm for a 7.45pm start.

Ladywell Arena, Silvermere Road, Catford, London, SE6 4QX

Track sessions with Steve Smythe at Ladywell focusing primarily on improving speed for upcoming races including the club mile.

Dependant on how busy the track is and numbers running from Dulwich, these sessions will continue through June and July though could be switched to Crystal Palace if that is thought to be better. steve.smythe@athleticsweekly.com

A reminder of some etiquette - don't warm up on the grass immediately in front of the throws and try and not run beside someone at the same pace during the rep - stay in lane one unless you have to overtake.

When finishing rep, ideally keep to the left and filter onto grass rather than move to the right where you might hamper faster runners coming up on the outside.

If you are being overtaken on the second half of the rep, by runners you started with, you are going too fast on the first half - it is best for you and athletes who have to try and pass you during the rep that you start slower and are less aggressive in the first 100m of any rep and risk affecting others sessions. Be realistic with your pace.

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
Jul	14	Sevenoaks Seven long	Sevenoaks, Kent
	19	Mark Hayes mile	Dulwich
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short - FULL, there is a waiting list	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	22	SEAA road relays	Crystal Palace Park
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	6	National 6/4 stage road relays	Sutton Park
	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	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
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	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			

Note: Track fixtures on seperate list below

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepri1@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019		Track races and meetings	Venue
Jul	14	VAC T&F champs	Kingsmeadow
	17	BMC meeting	Eltham
	19	Mark Hayes mile	Dulwich
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	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

Mark Hayes Memorial Mile Dulwich College Track

Friday 19 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold this series of races. It's also excellent preparation for the clubs champs SOAR Mile on 2 August.

So far we have only 22 entries for Mark Hayes Mile

To take part in these races contact

Mike Mann at: mcmann90@yahoo.co.uk and

Jonathan Whittaker jonathanwhittaker79@yahoo.co.uk including your predicted mile time, **before 17 July**.

Those of you unsure about your predicted time, speak to one of

your coaches at Tuesday's grass/track session or provide details of any recent 5k or parkrun times. If doing our midsummer relays on 26 June, we can use those times, subject to a small adjustment for the longer distance. We don't need accurate predictions as it's simply to allocate runners to a series of races on the night. The first race will start around 7.30, with subsequent races at 10 minute intervals.

Please do not wear club vests. You will be allocated to races and provided with race numbers on arrival. The presentation will be after the final race at around 8.30.

Drinks will be available trackside before we head off to the Alleyns Head afterwards.

There is also a 600m race for youngsters, so please let us know if you plan to bring them along and don't worry about their predicted times.

There is no entry fee but donations which will go to Karine Brissy Hayes and her family are encouraged.

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

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.

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>

The Summer 5ks - July 6

A series of 5,000m track races at the Battersea Millennium Arena hosted by Clapham Chasers - 6th July at Battersea park. <https://www.eventrac.co.uk/race-course-map/summer-5kms-5km-06-07-2019-07-00>

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



The Vitality Big Half Sunday 1 March 2020 - Club Places

This will again be a club championship race.
The club has 10 discounted entries @ £10 each.

To get a place please let me know **by Sunday 4th August** (unless you've already asked on my post in DR FB group). 5 places will be awarded on appearances in club events (cross country, club champs, assembly league) and 5 by ballot on club night Wednesday 7th August.

To be eligible for a club place you need to have been a member for at least a year (up to deadline of 4th August). If you had one of the club places for 2019 then you will be only considered if less than 10 apply.

All members did get a place this year but due to popularity and earlier than before promotion there is no guarantee for 2020. General entry open now at £46 but possible discounts if you live in Southwark, Greenwich, Lewisham or Tower Hamlets. Also, generally discounted (early bird) entries might become available again. Good for age entries aren't open yet. Info: <https://www.thebighalf.co.uk/events/vitality-big-half/> Ebe Prill 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.

Mont Blanc 90

Friday 28th June 2019

I entered this race with a 50/50 mindset: it was not my A race for the year, 1 year old baby and work commitments each reduced my capacity to train. But the UTMB, the aforementioned A race, deserves the utmost respect and mountain training is imperative. And so that became my focus...if I get in, I need to complete this irrespective of circumstance.

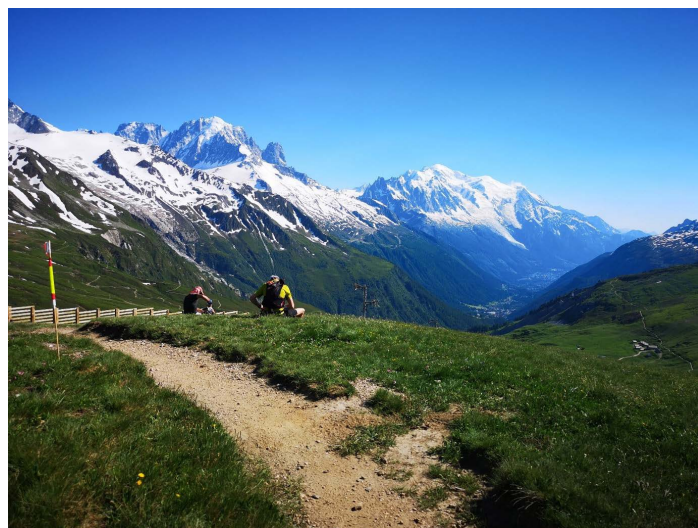
Logistical fun and games with half asleep baby at 4am to get first flight to Geneva, and transfer bus over to Chamonix. Registration included a kit check, where they removed the need for hat and gloves but mandated 2 litres of water due to current heatwave (temps were 35C, and only dropping to 20 in the middle of the night).

I did a very unsuccessful attempt of relaxing that evening: hot weather, under trained, and (still) new father tired. I would say this could have been the most stressed I've been pre-race.



Alarm set for 3:15 (for a 4am start) giving time for a peanut butter sandwich and walk over to Chamonix town centre. I was pretty much the last to arrive and so was right at the back. I do love the frisson pre-race. The race organiser gave the reassuring message that no-one will be disqualified if they take any water from anyone outside an aid station (reference to Xavier Thevenard being given ice at a US ultra when leading). With the head torches on, I weaved through a few hundred back markers when the road turned to trail and almost immediately ground to a single file halt. Slow climb up to Brevent ensued. 1300m ascent.

Only once over the col, did some space appear and give some ability to run, or skate/slide as snow underfoot. One section became a human toboggan run with runners on their backsides sliding 400m downhill. First Check Point (CP) at Planpraz made

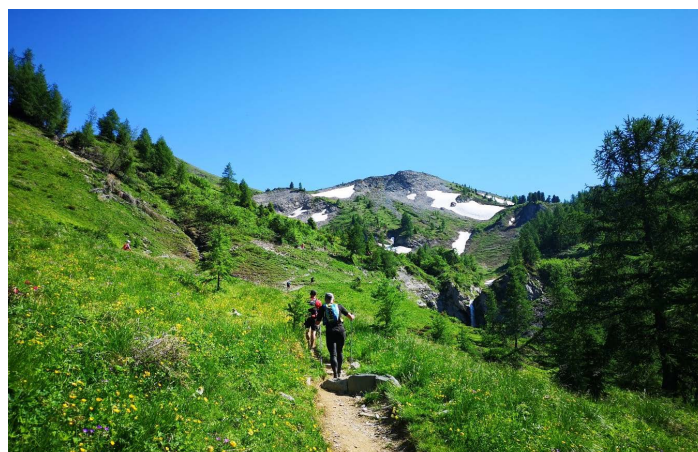


at 7am, which would have been the cutoff had the organisers not given an extra 30mins on account of the conditions.

Head torch put away and sun rising temperatures, the course followed the TMB route along the rocky section to Flegere, Tete aux Vents and down towards Vallorcine. A nice few kms of reasonable (everything is relative) running heading into next main CP/food station. I didn't hang around too long, just enough for some liquid and slap on some more sunblock.

The third major climb wasn't too severe and largely followed a full flowing river and occasional waterfall. Thankfully, also, under the shade of trees for the most part. I had enough energy for some trots still on the flats and could stride the ups well. I was picking up places both on the course and through not hanging about at the food stations/CPs. I'm not one for eating loads, just 3 or 4 orange sections, some raisins/cranberries and maybe a banana, at a push the bouillon but eschew the dried biscuits, cheese and salami.

The next climb was the breaking point of many. Middle of the day heat, pretty much fully exposed, and a 15-20% gradient on rough terrain. Any semblance of a stream had a bunch of



traileurs filling their bottles and dousing their caps or heads. Plenty stopping at the side of the trail. I was slogging it up there. But the col came (after almost 2hrs of climbing), and a great sight over the Dam d'Eosson. We were not even halfway. Seeds of doubts creeping in, especially after falling painfully on some rocks at the start of the descent. I had torn my shoes and with plenty of streams to pass through, I knew my feet were getting a hammering. I changed my socks (but didn't treat my feet soles...mistake). At least I was 2hrs inside the cut-off times.

The climbs up to Cotogne and Col Des Posettes were much more manageable than Eosson and I was awarded another stunning view.

And had I not been going for 17+ hrs, there was a lovely, easy



descent for c12kms initially out in the open, passing through La Tour and then into the woods (les Bois). This was the last valley and the time was about 8:30pm. Getting cooler and getting my head torch out again the final climb had some sneaky

steep sections. It was very rocky up to Montenvers, where hands were required with iron ladders and boulders to hurl yourself over. About 800m ascent in 4.5km..took almost 2hrs! The gradient eased up to Plan de l'Aiguille with just a few more rocks, streams and snow patches to traverse.

I walked, stumbled, and trotted (a slight exaggeration) down the long zigzags to Chamonix a whole twenty one hours and forty seven minutes after leaving it. Very pleased to have got through the mental and physical test, with no serious injuries, manky trench feet notwithstanding. UTMB is only 80km further. Phew. A few lessons learnt: don't wear trail shoes that have 750km in them, no more rucksack bladders – they're a pain to refill (and twist), treat wet feet, and don't lose sponge at the beginning of the race when 30+C.



393/555 finishers (1,003 started; 55% completed, I believe, the lowest ever in this race)

91km, 6220m +

Toby de Belder

Bewl 15

This is voted the 6th best race in the UK for a very good reason. To be precise it's 15.3 miles around Bewl Water in Kent, starting with half a mile of downhill, then an undulating trail race with panoramas of the reservoir interspersed with wooded sections. At 10 miles the race has to leave the reservoir to avoid a nature reserve. There are then about 3 miles of steep hilly country roads, before returning to the reservoir for a mile or so. To end, (you know it's coming), the half mile back up, and a bit more up, to the finish where we were greeted in by Lindsey.

This year the 10 Dulwich runners who lined up with 800+ others were unanimous in their praise for the event. It's a tough course but this can be easily forgotten with the scenery, friendly marshals and well stocked water/Lucazade/jelly baby/orange segment stations. Many had their reasons/excuses for lack of PB –

1. injured and just running for fun, (even took photos en route)
2. fell over, got stung and a wee stop – yes, that's one person!
3. slowed due to upset stomach,
4. had no intention of running 15 miles until the day before,
5. taking it easy due to late dinner post Wimbledon,
6. got cramp and had to stop,
7. just getting old!

You can pair the runner up with the excuse, but there are no prizes.

Post race, as well as the usual t-shirt, medal and goodie bag, the runners are treated to free beer and plenty of cakes (even more than Grzegorz could eat!), whilst the brass band played. There were Dulwich prizes for Lucy P, Michelle and Ange, plus a ladies' team prize. For a minute we were celebrating an unexpected first team prize, but no, the 3 ladies nearby, all about 30 years younger than us, were looking a tad disbelieving and they were right. We were very quickly demoted to third – ah well! In the words of Gower, 'Excellent event. I'm signing up for next year straight away.' - **Ange Norris**

9	Dylan Wymer (2nd cl.)	1:37:10
93	Ange Norris	1:54:34
110	Gower Tan	1:55:33
127	Grzegorz Galezia	1:57:51
161	Lucy Pickering	2:01:01
168	Michelle Lennon	2:01:39
194	Emma Ibell	2:04:42
229	Tom Wilson	2:07:48
265	Laura Vincent	2:12:20
688	Barrie Nicholls	3:08:44
736	finished	

Clapham Chasers Summer 5000m series Battersea Park

Saturday 6th July

Clapham Chasers' inaugural meeting of 5000m track races was a resounding success attracting nearly a hundred runners graded into nine races looking for fast times on a very warm Saturday morning. And despite the heat plenty of runners achieved good marks, although the small Dulwich contingent had mixed fortunes...

First up was Yvette making her debut at a distance race on the track. Her 20:51 is a solid mark when you consider she hadn't run anywhere near this speed before this year but I suspect she hoped to go a bit quicker than this as she has looked like sub-20 was getting close judging by recent road 5ks. The track is supposed to be faster but relentless laps can take some getting used to, so she should definitely have another go and a cooler day wouldn't go amiss either.

The day had really warmed up by the time Kev took to the track and he will be disappointed too as he suffered in the heat from early on despite being in recent form good enough to be well under 18 minutes. It was the same story for me; going into this

Crystal Palace Canter

3 July

50% of this lunchtime run were Dulwich Runners and that didn't include Paul Keating who, suffering from a foot fracture, came to support. Good to see Neville Webb making a comeback from long term illness. He recently sent me a picture of myself and him doing battle on the playing fields of Faversham Grammar School circa 50 years ago with him winning a mile event. This time I got slightly the better of him but he is still on the comeback trail. Jo and Claire cleaned up on Age Grading.

No run in August and next is 10th September (one week later than usual) - **Bob Bell**

1 Belinda Cottrill	22:06 (6th Age graded)
2 Bob Bell	23:08 (3rd Age graded)
3 Neville Webb	24:00 (5th Age graded)
4 Jo Quantrell (2nd cl.)	24:48 (1st age graded)
5 Mike Dodds	25:07 (8th Age graded)
8 Claire Steward	27:26 (2nd Age graded)
11 Peter Jackson	29:20 (10th Age graded)
12 ran	

Herne Bay 10k

July 7

I like this event, it's well organised, the course is traffic free although with a killer hill at about about 4 miles and being nearly all on the promenade the wind can be an issue. This year the wind wasn't too bad being behind us on the way out, making it feel warm, but not too strong a headwind on the way back. -**Bob Bell**

397 ran

109 Bob Bell 48:04 (chip 47:47)

my expectation was to go for sub-17 to match my run on the Battersea roads less than a month ago but after the first km following perfect pacemakers in a steady 3:25 (17:05 pace) I knew I was in trouble already and slipped away from there. Passing 3k in 10:19 (17:12 pace) I was really suffering and wanted to step off but got the last 2k over with in a painful 7:05 without any hint of the usual final lap kick. I can only hope it's a temporary loss of form due my tedious but typical intolerance of hot weather.

No such problems for Shane, who proceeded to show how it should be done. After a couple of good 3000m recently he set out looking for sub-16 but sensibly stayed mid-pack at first, cruising through 3k in 9:40 (16:06 pace). This was only 18 seconds slower than his 9:22 3000m a little more than a week earlier but from here he picked up the pace gradually by 1.5 to 2 seconds per lap and stormed through the field to finish in third place with a stonking great 21 second PB. Mission accomplished and I'm green with envy. Well, lobster red from the sun actually but I'm red-green colour blind... - **Tony Tuohy**

Race C

7 Yvette Dore 20:51.59

Race G

10 Kevin Chadwick 18:06.89

Race H

12 Tony Tuohy 17:24.16

Race I

3 Shane O'Neill 15:56.76 PB

Sri Chimnoy Kangaroo Hop 5km

On Monday 8th July, 6 Dulwich Runners turned up at Battersea Park to take part in the Sri Chimnoy 5km to see if they could post some fast times and to see how they had improved since the club championships on the same course last month. The weather was perfect for some fast times, compared to when the club champs were held. - **Tom South**

Results are as follows:-

6th Overall Andy Bond – 15:52 (15:58 in club champs). Andy's fastest 5km since the club champs in 2018

12th Overall Buzz Shepard – 16:22, this was Buzz's first 5km on the road since 2016.

21st Overall Tom South – 16:40 (16:45 in club champs). Setting a new PB in the process.

23rd Overall Daniel Mann – 16:43 (16:40 in club champs). Not quite up with his club champs PB, still his second fastest 5km.

75th Overall Tom Poynton 2nd cl. – 19:26 His time was just 3 seconds short of his PB set in 2014

1st Female Claire Elms – 17:48. Didn't run at the club champs, but this was Claire's second fastest road 5km this year, though she has been focusing on track races this year.

4th Female Becca Schulleri – 19:47 (20:02 in club champs). Becca set out to get under 20 minutes and smashed that target as well as getting a new PB.

Banstead Woods

213 Ran
Pos Gen
2 2 Paul Devine

Bedgebury Pinetum

184 Ran
Pos Gen
28 3 Eleanor Simmons

Brockwell , Herne Hill

343 Ran
Pos Gen
19 19 Jonny Hough
36 2 Anna Thomas
55 5 Katie Styles
138 113 Michael Dodds
179 40 Susan Cooper
284 201 Daniel Mercer
323 105 Clare Wyngard

Bromley

630 Ran
Pos Gen
8 8 Tom Wilson
68 4 Charlotte Sanderson

Burgess

479 Ran
Pos Gen
52 50 Hugh Balfour
149 18 Ros Tabor
208 169 Andy Murray
468 287 Chris Vernon
478 187 Susan Vernon

Catford

205 Ran
Pos Gen
15 1 Kim Hainsworth
19 18 Justin Siderfin

Cleethorpes

194 Ran
Pos Gen
33 31 Colin Frith

Crystal Palace

430 Ran
Pos Gen
4 4 Alastair Locke
43 41 Cameron Timmis
211 178 Bob Bell

Didcot

284 Ran
Pos Gen
63 60 Matthew Ladds
119 22 Karina Burrowes

Dulwich

397 Ran
Pos Gen
35 3 Sara Roloff
108 97 Graham Laylee
213 34 Colleen Williams
281 70 Natasha Chivers
352 240 Mick Mead

Hastings

356 Ran
Pos Gen
5 5 Joe Farrington-Douglas

Foots Cray Meadows

92 Ran
Pos Gen
1 1 Andy Bond
2 2 Oscar Hussey

Greenwich

323 Ran
Pos Gen
6 6 Michael Fullilove

Highbury Fields

491 Ran
Pos Gen
286 222 Paul Collyer

Mole Valley

320 Ran
Pos Gen
11 11 Tom Shakhli

Ormeau

390 Ran
Pos Gen
5 5 Des Crinion

Peckham Rye

294 Ran
Pos Gen
134 24 Michelle Key
149 31 Claire Steward

Sittingbourne

210 Ran
Pos Gen
13 2 Tereza Francova

Tonbridge

535 Ran
Pos Gen
285 214 Peter Jackson

Tooting Common

638 Ran
Pos Gen
203 183 Ian Sesnan

Wimbledon Common

527 Ran
Pos Gen
194 165 Barrie John Nicholls
280 53 Lindsey Annable

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

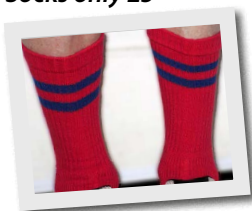


DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



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

! Coming Soon !
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)

Money from charity 10k account

St. Matthews Project

"Hi Ros

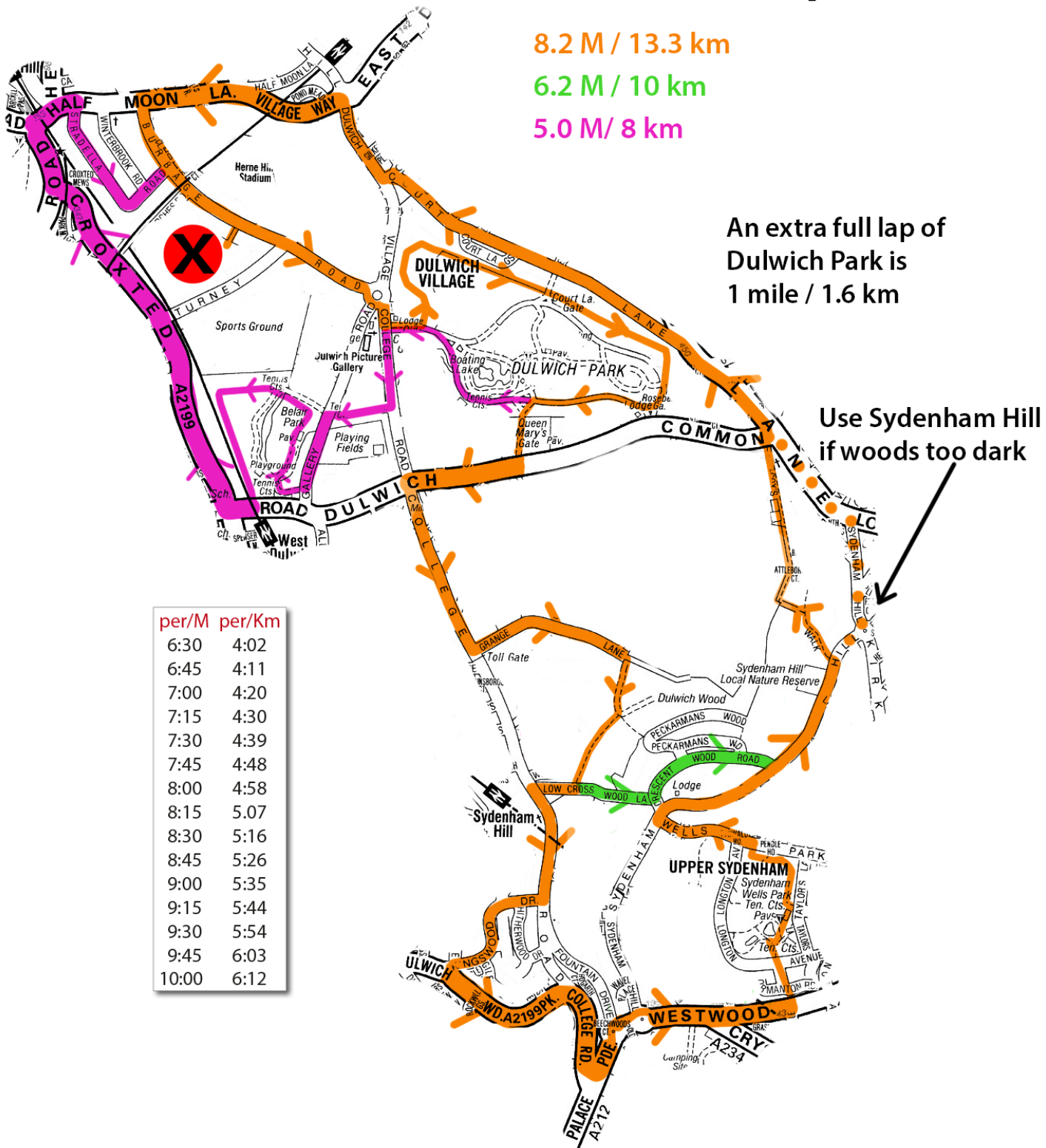
Just received your cheque.

Thank you so much, wasn't expecting that much!

We are planning a special trip to a training ground in Hertfordshire for SMFC teams this summer and this will go towards it.

Regards - Lee"

Dulwich Runners Summer Map 6



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