



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 26th 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 26	NO CLUB RUN Dulwich Runners Midsummer Relays
Tue 2	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

In your SHORTS this week !

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

And much more !

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

A brief look ahead

Jun 26	DR MIDSUMMER RELAY - Dulwich Park
Jul 4	Assembly League - Crystal Palace Park
Jul 14	SevenOaks Seven - Club champs - Kent

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

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.

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)

NEW RUNNERS ROTA

Thanks go to **Andy Murray and Tom South** for taking out new runners lastweek

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

Gower Tan	3/7
Cameron Timmis	10/7
Tony Tuohy	17/7

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

Track sessions

Because of this Saturday's Herne Hill Open, there will not be a track session Saturday but track training will resume next Tuesday. Meet 7.30pm for session.

It's worth noting that the Tuesday session was originally

a track session at Dulwich but with the track surface getting worse and becoming to many a serious injury risk, the sessions became more grass orientated. The sessions at Ladywell (on an excellent surface) through July will be short and sharp but end as we get into August.

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
Jun	26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4	Assembly League - Crystal Palace Park	Crystal Palace
	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: ebepri11@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019		Track races and meetings	Venue
Jun	29	HHH open meeting	Tooting
Jul	14	VACT&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.

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

Thames River Relay Sunday 8th Sept.

Starts 9 a.m. at Dorney Lake, finishes at Kingston
Teams of 5 to run a marathon distance between them
Stages range from 4.4m - 6.5m.

A scenic baton relay alongside the Thames, mainly off road. It is for runners of all abilities.

See the website - http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early.

If you would like to take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

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

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>

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.

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members

are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.

Children's Fun Run

Before the Midsummer Relay Race takes place, there is a Children's Fun Run (for children aged 4-14). It is a one mile lap of the park and is a great opportunity for the club to attract new runners and their families. The success of the Children's Fun Run depends on each of

us promoting the event and encouraging people to take part.

If you have children or grandchildren - bring them along. If you have a connection to a local school or club - ask them to promote the event. If you are on social media - publicise the event so people get to hear about it. Hopefully, with everyone's help, we can beat last year's figure of 60 children running

DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

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

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

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

www.dulwichrunners.org.uk

Scan with
camera on
phone/device...
visit our site



[@dulwichrunners](https://twitter.com/dulwichrunners)



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.

Kaunas Marathon

Sunday 9th June 2019

Having completed two spring marathons this year with successive PB's (Tokyo 3:17:21 and London 3:14:51), the sensible strategy would have been to leave it at that until the autumn, with the added satisfaction of remaining largely unscathed by injuries – something of a marathon first for me. Beyond my fundraising target for Cancer Research UK, my 2019 running goal was a Boston qualifying time. Tokyo adequately ticked that box. With nothing to lose and full of confidence, I set myself another goal for London, targeting 3:15 and a GFA place for 2020. Job done I thought, until reading the small print and realisation that my 50th birthday needed to be 7 months earlier.



And so, with heart ruling head and a revised GFA target of 3:10, the search for another marathon was on. Flat, fast, certified and not too hot. Copenhagen was just too soon...fast forward to Kaunas! A bout of evil tonsillitis almost put an end to my masterplan, and I should surely have recognised by then that my run of good luck wasn't going to last. Undeterred, I broke my promise never to fly Ryanair and booked the flight to Lithuania.

Kaunas is lovely with very little not to like. A beer is less than €2, a posh burger €3, it is clean, pretty and friendly. They held several events on race day, including a 10k and half as well as the marathon. The course is two loops broadly following the river – very flat, decent support and scenic for much of the route.



The organisation was slick – easy registration, efficient bag-check, tons of water and aid stations, showers, free post-race massage, unlimited free refreshments etc. There was a tiny stretch of cobbles at the start / finish and part of the riverside

path (apx 1 mile) was gravel, however it was compressed and fine to run on – other than that the road surface was great. Support was pretty good, with a couple of bands and entertainment at various parts of the course, reflecting the friendly local culture.

Alas the weather was less favourable and despite the 8:30am start time, it was obvious that the forecast was being optimistic. By 8:45am I had passed a building with a temperature display reading 27 degrees and by 11:00am it was well over 30 degrees, with zero cloud cover and little shade to hide under.

My race strategy was to run the first 15-20k with the 3:15 pacers and then push on if I felt strong. Things went broadly to plan with my half-way split spot on and feeling confident until 30k, when the wheels rapidly came off. A combination of the heat (despite dousing myself with water at every 2k station) and mounting pain in my right knee completely de-railed my focus. I was forced to stop and get my angry knee iced, at which point I knew my goal was gone - and that the last 10k were going to be painful. My head dropped as the 3:15 pacers came back past me, and I struggled home in 3:25:50. All things considered and given the conditions, I wasn't too disappointed - still my 3rd fastest marathon and 53rd overall, so no complaints.



One I'd happily do again and highly recommend.

53 Gower Tan 3:25:50
Age category place: 4
Participants: circa 350 started



Golden Stag Mile Finsbury Park

June 21

This excellent event at the easily accessible Finsbury Park track probably deserved a bigger Dulwich presence.

There were 15 races each with around a dozen runners.

Rebecca was first in action and finished very well but was overcautious in the early laps and finished a few seconds outside her PB.

Race 8: 6 Rebecca Schulleri 5:53.0

In race 13, Clare Elms got boxed on the first lap and held up and then could not quite catch the group ahead and ran the last two laps alone. She broke the British record by 26 seconds and the world record held by German Silke Schmidt, who was the IAAF World Masters athlete of the year a few years ago by almost five, however she was totally underwhelmed by her run which was below her training form and very disappointed.

It does mean she now holds the world and British marks, indoor, outdoor and on the road and she now holds the British marks for the W40, W45, W50 and W55 age groups. *Steve Smythe*

Race 13: 7th Clare Elms 5:12.64 (*world masters record*)

In race 14, Steve Davies ran very well considering he has been focussing more on distance running and ran strongly with a good finish and was exactly four seconds outside his PB.

Race 14: 7th Steve Davies 4:53.12

Ed Chuck was seeded in the final race - he too got boxed and did not get a clear run but did finish very strongly and encouragingly he was only a few seconds outside his PB. Coincidentally it was the third consecutive Dulwich seventh.

Race 15: 7th Ed Chuck 4:34.14

Southern Vets League, Battersea

24 June

We have unconfirmed times for Gary Budinger and myself for this latest Vets League fixture. Official times, including those for Lucy Clapp will follow next week. The weather was much kinder than 2 weeks previously; warm and still though a touch on the muggy side. Following my rather pedestrian 400m, we all competed in 1500m races. I was around a second faster than my season's best to date, with Gary finishing a few seconds behind me. *Mike Mann*

400m
Mike Mann 84.2 (tbc)

1500m
Mike Mann 6:04 (tbc)
Gary Budinger 6:08 (tbc)

Southern Athletics League, Eastbourne

June 15

Clare competed for Kent AC in five events to complete a highly effective and challenging training session.

800 B: 2 Clare Elms 2:28.2
400 A: 3 Clare Elms 69.8
1500 A: 2 Clare Elms 4:54.1
4x100: 4th 59.4
4x400: 2nd 4:36.4

Southern Vets League, Hillingdon

10 June

Lucy Clapp and myself took part in the second fixture of the season on a dreadful night for track racing, windy with bursts of a heavy rain with a temperature of barely 10 degrees. Against the background of these conditions, it was probably not surprising that our performances were below par. The rain was fairly light during our 800m races but intensified later by the time of the 3000m. *Mike Mann*

800m
Lucy Clapp 3:05
Mike Mann 3:10.8

3000m
Lucy Clapp 12:40.7
Mike Mann 13:17.7

Bromley Midsummer Evening 10k

19 June

and a bit more than a ¼ of a Picnic – 23 June

Claire Steward writes: After doing Bromley parkrun on 15 June, I returned to Norman Park for a late entry to the Bromley Midsummer 10k, last Wednesday. It's an off-road race following a similar route to the Ted Pepper 10k. Mark Foster was the only other Dulwich representative, finishing some way ahead of me and, like most participants not tempted to hang around afterwards as it started to drizzle and reached monsoon proportions by the time I was driving home.

Winner 36:20
39 Mark Foster 44:55
160 Claire Steward 56:30 (1st FW65)
345 finishers, Final finisher 1:22:44

The reason for going to Bromley parkrun was to meet up with old friends that I met in 2013 when I was taking part in Trionium's 'hardest half' the Midsummer Munro (MM), a half marathon around Box Hill with 3,100' of ascent/descent, thus being equivalent to a Scottish Munro. I have also taken part in The Picnic Marathon (four times), a legendary but sadly now defunct race which consisted of running the MM course then turning round and doing it again. No longer considering myself fit enough to take part in the MM, I agreed to help my friend Amanda with the water station at the half way turnaround point.

At the pre-race briefing, it transpired that there was an entrant who was going to be very slow so it was agreed that she could set off before the rest of the field but crucially before the marshals were in position. Since Amanda and I are all too familiar with the route we jogged round the first mile and a half with her before going off to set up our water station which is situated at the bottom of a very ruggedly steep slope which the racers then have to go back up. The leading runners took around 57 minutes to get to us and after the last runner had been through about 90 minutes later we were able to pack up, leave our post and run back to the start. In all we covered about 9 miles, more than half the MM and hence a bit more than a quarter Picnic



June 22nd

Ally Pally

404 Ran
Pos Gen
2 2 Joe Twomey 18:36

Barclay

141 Ran
Pos Gen
25 23 Mike Crilly 25:08

Beckenham Place

324 Ran
Pos Gen
1 1 Stephen Davies 17:21
8 1 Clare Elms 18:30
159 122 Andy Murray 26:02
194 53 Clare Osborne 27:13

Brockwell , Herne Hill

334 Ran
Pos Gen
48 47 James Auger 21:47
102 87 Michael Mann 23:34
192 54 Sharon Erdman 27:15

Burgess

561 Ran
Pos Gen
561 215 Susan Vernon 52:10

Catford

284 Ran
Pos Gen
8 8 Ross Rook 18:43

Clapham Common

715 Ran
Pos Gen
384 306 Alex Haylett 27:24

Croxteth Hall

492 Ran
Pos Gen
42 3 Mel Edwards 22:29

Crystal Palace

472 Ran
Pos Gen
15 15 Michael Williams 19:57
21 21 Eugene Cross 20:17
39 1 Tereza Francova 21:22
71 67 Paul Hodge 22:38
108 98 Bob Bell 23:44
113 12 Eleanor Simmons 23:53

Dulwich

445 Ran
Pos Gen
47 46 Michael Fullilove 19:43
140 10 Charlotte Sanderson 22:38
371 260 Mick Mead 30:47
445 158 Elizabeth Begley 49:11

Hadleigh , Essex

148 Ran
Pos Gen
10 1 Belinda Cottrill 22:38

Highbury Fields

420 Ran
Pos Gen
417 287 Paul Collyer 54:47

Letchworth

179 Ran
Pos Gen
146 53 Karina Burrowes 35:49

Mile End

445 Ran
Pos Gen
133 13 Tess Bright 23:29

Peckham Rye

425 Ran
Pos Gen
1 1 Andy Bond 16:31
49 3 Emma Ibell 20:54
185 29 Michelle Key 25:46
232 55 Claire Steward 27:08
277 196 Peter Jackson 29:13

Poznan

163 Ran
Pos Gen
28 26 Matthew Ladds 22:11

Seaford Beach

203 Ran
Pos Gen
19 1 Laura Vincent 21:49

South Norwood

141 Ran
Pos Gen
11 11 Andrea Ceccolini 20:29

Tooting Common

645 Ran
Pos Gen
206 180 Ian Sesnan 24:19

Torbay Velopark

314 Ran
Pos Gen
15 1 Kim Hainsworth 19:19

Wimbledon Common

610 Ran
Pos Gen
262 219 Barrie John Nicholls 26:01
293 55 Claire Barnard 26:53
345 80 Lindsey Annable 28:20

Whiteley

257 Ran
Pos Gen
22 22 Justin Siderfin 21:51

Yeovil Montacute

418 Ran
Pos Gen
18 2 Yvette Dore 21:32

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

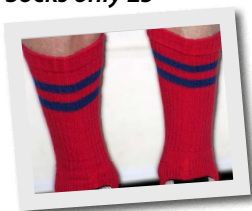


DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



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](#) 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)