



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 5th 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 5	Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Thu 6	Assembly league - Leyton Jubilee Park
Jun 10	Sri Chinmoy 5k - club champs Battersea Park
Tue 11	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 - Meet 7.30pm for a 7.45pm start. £2.65 per session t.b.c No session ** see note on following page

In your SHORTS this week !

- 1 General information
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And much more !

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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



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

A brief look ahead

Jun 6	Assembly league - Leyton Jubilee Park
Jun 10	Sri Chinmoy 5k - club champs Battersea Park
Jun 12	DinoDash Relay - Crystal Palace Park
Jun 16	Eltham Park 5 - club champs - Eltham - race full
Jun 26	DR MIDSUMMER RELAY - Dulwich Park

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



Thanks go to **Andy Murrays** 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

Volunteers may be needed

5/6

Katie Styles

12/6

Ros Tabor

19/6

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)

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>

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 are more suitable for all levels of ability than the pure track sessions at Ladywell, and 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 grass 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

Dulwich Runners track session

The initial Dulwich Runners Tuesday track session at Ladywell attracted a more than expected 25 runners for a session 4 x (500m, 30 secs recovery, 300m) 3-4 mins between sets and then 3x 150m and there was a reasonable range of speeds. The 30 seconds recovery being the key part, the 500m was handicapped so that everyone finished the 500m at a similar time.

It was very busy initially and future sessions will be 15 minutes later - ie meet at 7.30 warm up for a 7.45 session

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.

**As next week's session is the day after the club 5km, I am not planning a Tuesday session on the track as I think it is an injury risk for an intensive session the day after a road 5km and suggest a grass session might be better if you want to do speedwork.

If anyone is not running Monday or still wants a session, I will suggest something though not 100pc sure I will be able to be there but the following week (june 18) there will be a session at Ladywell meeting at 7.30pm.

steve.smythe@athleticsweekly.com

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	6 Assembly League - Leyton Jubilee Park	Leyton
	10 Sri Chinmoy 5k short	Battersea Park
	12 DinoDash Relay	Crystal Palace Park
	16 Eltham Park 5 now FULL short	Eltham
	26 Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4 Assembly League - Crystal Palace Park t.b.c	t.b.c
	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	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: ebepill@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019	Track races and meetings	Venue
Jun	17 Blackheath and Bromley Open meeting	Norman Park, Bromley
	19 BMC meeting	Eltham
	21 Golden Stag Mile	Finsbury Park
	29 HHH open meeting	Tooting
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
	12 Blackheath and Bromley Open meeting	Norman Park, Bromley
	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

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
14 July tbc	Sevenoaks Seven Mile	long
Jul/Aug tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Club champs

Eltham 5 Race now full:

https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-56553257315?fbclid=IwAR07ZzaqLZQ_7Z9aZi5zL6wpjd2aFk_97tjl-Q4kDEZyvGl2kk9NQCKG8ss

Sevenoaks 7

filling up very fast so enter ASAP

<https://register.primoevents.com/ps/event/Sevenoaks72019#>
and <https://entries.opentrack.run/>

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

Michael Hutchinson will be talking about his book *Faster: The Obsession, Science and Luck Behind the World's Fastest Cyclists* at 4.30 on Sunday 16th June at The Big Velo Fete at Herne Hill Velodrome. There's lots of other stuff going on over the weekend too, including a duathlon and a cross country race: <http://www.hernehillvelodrome.com/velofete/>

England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England in the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

Steve Smythe

SOAR Mile Race now full

Our Mile club championships is the Soar Mile. It will take place again at the London Marathon Community Track next to the London Stadium in Stratford's Olympic Park on the evening of Friday 2 August.

A good festival atmosphere can be expected with seeded races to enable people to run with those of similar ability. So far 29 Dulwich members have entered. It will sell out well in advance with 250 spaces only so please enter as soon as you can.

<https://entries.opentrack.run/2019/thesoarmile/>

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

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.

The 3rd race of the 2019 Assembly League at Leyton Jubilee Park Thursday June 6th @7.30pm

REGISTRATION, CHANGING AND BAG DROP - from 6.30PM
At The Pavilion (not at the Eton Manor Clubhouse, but nearby).
The Pavilion will be open, changing rooms and space to leave belongings.

Runners to collect their numbers from their Club Representatives on the tables outside the Pavilion.

THE RACE - 7.30pm Start

A new 5K course around Jubilee Park consists of a first 500m perimeter of grass sports pitches, followed by waterside and woodland pathways - either tarmac or gravel.

Parts of this route are narrow and one 10 metre section is two-way, requiring runners to fall into single file and keep right.

Please listen to marshals and only overtake when it is safe to

do so. See Route Maps below.

AFTERWARDS

A selection of cakes, crisps and drinks will be available to buy next to the Pavilion. Stay and have a drink in the sun and support your club mates.

The Hare and Hounds pub is a 5 minute walk away on Lea Bridge Road. It serves food until 10pm.

Please clear all belongings of the Pavilion by 9pm.

GETTING TO THE PARK

Please avoid driving wherever possible, and car share if you have to drive. Parking is very limited around the park.

A very small number of spaces may be available in the park's Seymour Road car park, Marsh Lane car park, Marsh Lane itself or on nearby residential streets or Orient Way.

There is plenty of cycle parking.

The closest stations are Leyton, Lea Bridge or Leyton Midland Road. Buses serve the park from Stratford and Walthamstow Central

Directions to the venue are as follows: underground Leyton (15 mins), overground Leyton Midland (15 mins), train Lea Bridge (10 mins), buses (58, 158, 48, 55, 56

*Assembly League races are open to all members, no matter what standard or ability.
They are free to enter, no registration needed, just turn up on the day put on your club vest and run!*



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

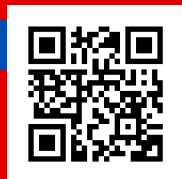
Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

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

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.

Edinburgh Marathon

"Sub 3... by 3 seconds"

My window of opportunity for the marathon came after running the Big Half in March. My time there qualified me for a good for age place and my husband was supportive of some solo parenting on Sundays so I could start my long runs. Edinburgh was the last of the Spring marathons and gave me 14 weeks to prepare, just the minimum I thought I could get away with.

Owing to injury issues I knew my training was going to have to be light on miles and include the twice weekly swims that I'd done through the xc season to work on strength and endurance. So my weekly runs were Tues track, Thurs tempo or speed and Sunday long. My weekly mileage rarely exceeded 35 m. Each run was quality and the swims (60mins and 90mins) substituted the steady runs. I was doing three 20 min bodyweight strength sessions too per week. I did five runs over 18m, most with sections at goal pace. I joined fellow Dulwich Runners on runs along the Thames path to the east and little did I realise at the time that training into a headwind was good preparation for the day itself.

So onto the day... we flew the day before to Edinburgh (the hassle on the train with 2 x kids, car seats and travel costs etc, was too much to entertain). Ironically the train would have been a far better bet as our flight was delayed by 8 hours. I won't bore you with the saga but suffice to say it wasn't the stress free pre race day I'd hoped for and we won't be flying FlyBe again.

The forecast was for rain in the morning and then to clear up by 11ish, so the first hour of the race (starting at 10am) would be cool at least. However, the sea front course was susceptible to strong winds.

The course starts in the city, is 5m downhill at the start and then passes along small coastal towns before getting onto

the proper countryside around mile 14. At mile 17 there was an unceremonious truck parked across the road and we were directed 180 degrees back into the wind to Mussleburgh where the finish is.

As is the way with marathons the first 17-18m were steady and I felt pretty good. My gels and hydration had gone well and I was confidently passing people. I even had illusions of upping my pace to 6:30 min mile in the final 6 miles. This was until we turned and felt the grueling headwind. Those running around me dropped their pace and I knew I couldn't drop too far from 7 min miles if I wanted to stay below sub 3. I think having such a defined goal helped with maintaining pace in the last 2- 3 miles. The support too buoyed me along, from my family, fellow runners and the locals.



I saw 3 hrs something something and crossing the line my watch said 2:59:58 and I wondered how accurate my timing was vs the chip timing. It wasn't until I receive my official time 30 mins by text of 02:59:57 and 8th lady that I really celebrated.

The 25 min walk back to the buses was painful but I'd knew to expect it. I would recommend the race to others with the caveats of the wind and possible heat being issues.

Elkie Mace

8 Lee Fedden (114) 2h 35m 18s
10k: 35m 1s - Half: 1h 14m 54s - 30k: 1h 47m 16s
Gun Time: 2h 35m 20s Over 35 : Male

136 Elkie Mace (1214) 2h 59m 57s
10k: 42m 5s - Half: 1h 28m 48s - 30k: 2h 6m 6s
Gun Time: 3h 0m 48s Over 35 : Female

358 Richard Barclay (1856) 3h 17m 25s
10k: 47m 28s - Half: 1h 39m 51s - 30k: 2h 21m 4s
Gun Time: 3h 19m 51s Male

Joanne Shelton Pereda (4919) 4h 11m 15s
10k: 52m 11s - Half: 1h 53m 3s - 30k: 2h 48m 57s
Gun Time: 4h 16m 17s Over 40 : Female

European Olympic Distance Triathlon Championships Weert, Netherlands

I traveled to Weert in The Netherlands at the weekend to compete in the European Championships for Olympic Distance Triathlon, which was my A race of the year. I was selected to represent Ireland in my Age Group. I moved up to 35-39 this year, although this is no solace as it's probably one of the most competitive Age Groups in triathlon so I was racing against myself rather than realistically hopeful of a medal.

The weather had been pretty bad in the run up to race meaning the water was cold and it was a wetsuit swim. But unfortunately for me, the temperatures soared just in time for the race meaning it was hitting 30 degrees C during the run portion. I don't race well in the heat so I knew I had to race clever. The swim venue was an amazing man made blue lagoon with an exciting beach start and race into the water. It was a bit longer than the prescribed 1500m and as swimming is my weakest discipline I came in near the back of the pack. A quick transition (one of the fastest of the day) and



I was onto the bike. I was very happy with how my cycling has been going in training in the lead up to the race but some of the cycling talent there was incredible. I managed to get a 40km PB of 61 minutes, which was just shy of my initial planned pace of sub 1 hour. However, I decided a couple of days in advance I couldn't risk burying myself too much on the bike and I needed to feel good going onto the run in that heat.

As the temperatures soared through the 2 hours of the race, this decision proved sensible as aside from some super running talent in the top few places, I posted one of the faster run splits of the day. A 40 minute 10K in that heat saw me jump about 12 places on the run. Water over my head at every aid station along with a season of Cross Country racing with Dulwich in my legs helped me to out-suffer a lot of the competition who were dropping like flies in the sun. And I made sure to save something for the sprint finish on the blue carpet.

By no means a day for an Olympic Distance PB but I was very happy with my overall race plan and execution in conditions that don't favour me. Now the rest of the summer will consist of

Assembly League, a few triathlons for fun and more time for socialising!

Des Crinion 2h:15 (25th in Europe)

Serpentine RC Last Friday of the Month 5k

31 May 2019

The norm has become something of an exception for this race series with the constant events and following grass restorations in Hyde Park but on this occasion runners had the chance of running the original 'A' course for Serpentine's monthly 5k.

Lining up it looked like we would have quite a few no shows from the club's entries but the civil service contingent appeared from Hyde Park Corner in a mad dash to get to the start line and pin their numbers on just as the race announcements were being made. Alastair recovered from all this a little too late - his sprint on the final straight not quite enough to get ahead of Ian and they both came in just the other side of 18 minutes.

Ahead of both of them, Tony TT Tuohy had a very respectable run after a stellar return to form at the weekend in the mile and 10k: he cruised in just slower than his season's best and chuffed with another 90%+ age grading.

Having been demolished by Lee a week or so before at the

Beckenham relays, I had no inclination to chase off after him on the as ever super fast start of the race but I noticed him starting to come back to me after a mile or so and the scent of blood got me back into gear: I passed Lee a little too early and he was right on my heels all the way to the finish - both of us coming in under 16 minutes. A course best for me and an astonishing 3min PB for Lee. Some have commented that Lee's Edinburgh marathon a few days before means I shouldn't take it as a victory but I don't know about that.

At the other end, Ebe was happy enough with his time albeit not his fastest. While Graham tapped out another on form 5k - unlucky to be passed on the line by some who should know better.

Tim Bowen

5	Tim Bowen	15:53 SB
6	Lee Fedden	15:56 PB
30	Tony Tuohy	17:10
57	Ian Fenn	18:00
58	Alastair Locke	18:01
125	Eberhard Prill	20:24
191	Graham Laylee	22:39

Run Through Wimbledon 10K

29th May 2019

Having done the Vitality 10K on Monday didn't really need two 10K races in a week but Belinda said this was a fast 10K from doing it last year so Team Bell and friends turned up on a slightly chilly Wednesday evening

The course was mainly on trail paths with a series of tight turns. Also turned out by our collective timers to be slightly long but having said that was an enjoyable well organized run with the nicest flapjacks at the end.

15	Belinda Cottrill	43:02
79	Bob Bell	50:03

Surrey Masters Champs, Kingsmeadow

2 June

This was the first of a series of rehab races I plan to undertake over the next few weeks. The hot and windy weather was not ideal for a 5000m but my main main problem was lack of fitness. Although slow, I managed to finish intact and hope to improve with further races under my belt.

Mike Mann 5000m 24:13

Dublin mini-marathon

I did the 10k Ladies Dublin mini-marathon on Sunday 2nd June in 1 hr 17.31 - for me at present that is good - !! Only a race walker could do it in that time in walking pace though I did walk some of itbut ran most of it very slowly Once more I am champion slow member!

Denise Brady

B&B Open Meeting

3 June

In the second of my current series of comeback races, I decided to have a crack at the 1500m. This went much better than my 5000m the previous day and for the first time I actually felt like I was racing despite being anchored at the back of the field throughout.

My time of 6:10 (tbc) was a minute faster than an earlier attempt at the mile a month earlier. My first lap of around 90 secs was over-ambitious based on my pre-injury pace, but I settled down reasonably well thereafter never feeling unduly uncomfortable. In the first 1500m race Tony Tuohy was close to his target time despite dozing off in lap 2 and it was good to see Kevin Chadwick, recently rejoined, back on the track after a gap of 3 years and with a marathon still in his legs, so expect to see improved times from him. - **Mike Mann**



Aldenham

167 Ran
Pos Gen
2 2 Jonathan Whittaker 19:28

Banstead Woods

219 Ran
Pos Gen
4 4 Tony Tuohy 18:17

Beckenham Place

256 Ran
Pos Gen
135 32 Clare Osborne 27:18

Bethlem Royal Hospital

In case you hadn't noticed there is yet another park run in the Bromley/Croydon area. I missed the 1st one but managed to get to the 2nd this week. It is apparently the first to be run entirely within an NHS property. Its all off road with a course very similar to the one in Beckenham Place Park - 2 laps around 2 large fields connected by a narrow path through the trees. There is a small car park on site but no restrictions on the road outside the main entrance.

You need to get there on time as its a 10 min walk from the main gate to the assembly point where they conduct the notices then everyone walks about 150 metres through the woods to the start in the first field. Its well sign posted and about half way to start you pass the community centre where you can leave bags / use toilets/ have post race coffee. No other shelter if its raining. At the moment the course has been mowed by the groundsmen which is probably just as well as it was fairly rutted. Note no dogs allowed on this run.

185 Ran
Pos Gen
112 88 Peter Jackson 29:03

Burgess

550 Ran
Pos Gen
170 23 Ros Tabor 23:24

Castlewellan

237 Ran
Pos Gen
15 2 Michelle Lennon 20:37

Cannon Hill , Birmingham

820 Ran
Pos Gen
137 5 Susan Cooper 22:22

Crane Park

208 Ran
Pos Gen
1 1 Thomas South 17:44

Crystal Palace

473 Ran
Pos Gen
17 17 Michael Williams 19:33
26 26 Tom Wilson 19:59
27 1 Rosalind Johnson 19:59
47 3 Yvette Dore 21:19
58 4 Belinda Cottrill 21:44
103 89 Graham Laylee 23:40
131 23 Helen Lister 24:27
133 110 Ebe Prill 24:28
135 111 Bob Bell 24:30
189 151 Michael Dodds 26:20
241 60 Claire Steward 28:01
417 163 Clare Wyngard 35:42

Dulwich

624 Ran
Pos Gen
7 7 Daniel Mann 17:05
14 14 Timothy Bowen 17:21
68 66 Mark Foster 20:04
79 5 Kristen Stephenson 20:29
104 7 Alice Williams 21:09
114 105 James Auger 21:20
129 119 John Nicholas English 21:44
137 13 Charlotte Sanderson 21:57
208 178 Hugh French 23:22
294 58 Annie Hackett 25:14
365 88 Natasha Chivers 26:49

Fulham Palace

591 Ran
Pos Gen
187 157 Barrie John Nicholls 24:04
452 150 Lindsey Annable 30:09

Gladstone

213 Ran
Pos Gen
66 6 Becca Schulleri 24:51

Greenwich

329 Ran
Pos Gen
12 12 Michael Fullilove 20:04

Holkham

274 Ran
Pos Gen
13 11 Justin Siderfin 20:39

Leicester Victoria

404 Ran
Pos Gen
80 11 Marjorie Epton 23:59

Llanerchaeron

114 Ran
Pos Gen
1 1 Andy Bond 16:22

Orpington

243 Ran
Pos Gen
42 37 Colin Frith 24:07

Peckham Rye

367 Ran
Pos Gen
2 2 Charles Lound 17:58
37 1 Emma Ibell 21:02

Portsmouth Lakeside

321 Ran
Pos Gen
62 54 Paul Vivash 23:40

Potternewton

129 Ran
Pos Gen
15 2 Laura Vincent 22:19

Riddlesdown

274 Ran
Pos Gen
30 2 Ange Norris 21:31

Riverside

551 Ran
Pos Gen
486 185 Susan Vernon 38:27
534 317 Chris Vernon 45:11

South Norwood

158 Ran
Pos Gen
32 30 Matthew Ladds 24:10

Southwark

397 Ran
Pos Gen
172 144 Paul Keating 25:38

Sutton Park

293 Ran
Pos Gen
4 4 Joe Twomey 19:34

Tilgate

579 Ran
Pos Gen
68 62 Gary Budinger 23:52

Tooting Common

747 Ran
Pos Gen
236 207 Ian Sesnan 24:39

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



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

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



Socks only £5



Bufs/snoods - only £6



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com

HOODIES CLEARANCE
ONLY £10 each



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC
10% off www.startfitness.co.uk SurreyXCSF10

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.

Anniversary Games Tickets Saturday 20th July

I have 2 spare tickets for the Anniversary Games at the Olympic Stadium. 1 adult and 1 senior priced at £30 and £20 respectively. They are level 1 block 18 which is past the finish line/near the high jump area. The block gives you a good view of the finish of races. If interested please contact Lindsey on lindsey.annable@gmail.com

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)

5 kg weight vest

I have a 5 kg weight vest made by "Gold Coast" which I am offering to anyone in Dulwich Runners. If anyone is interested in acquiring it please call me on 07596 524189 or email me on bernard.imber@btinternet.com. I have no idea what it is worth.

Bernard Imber

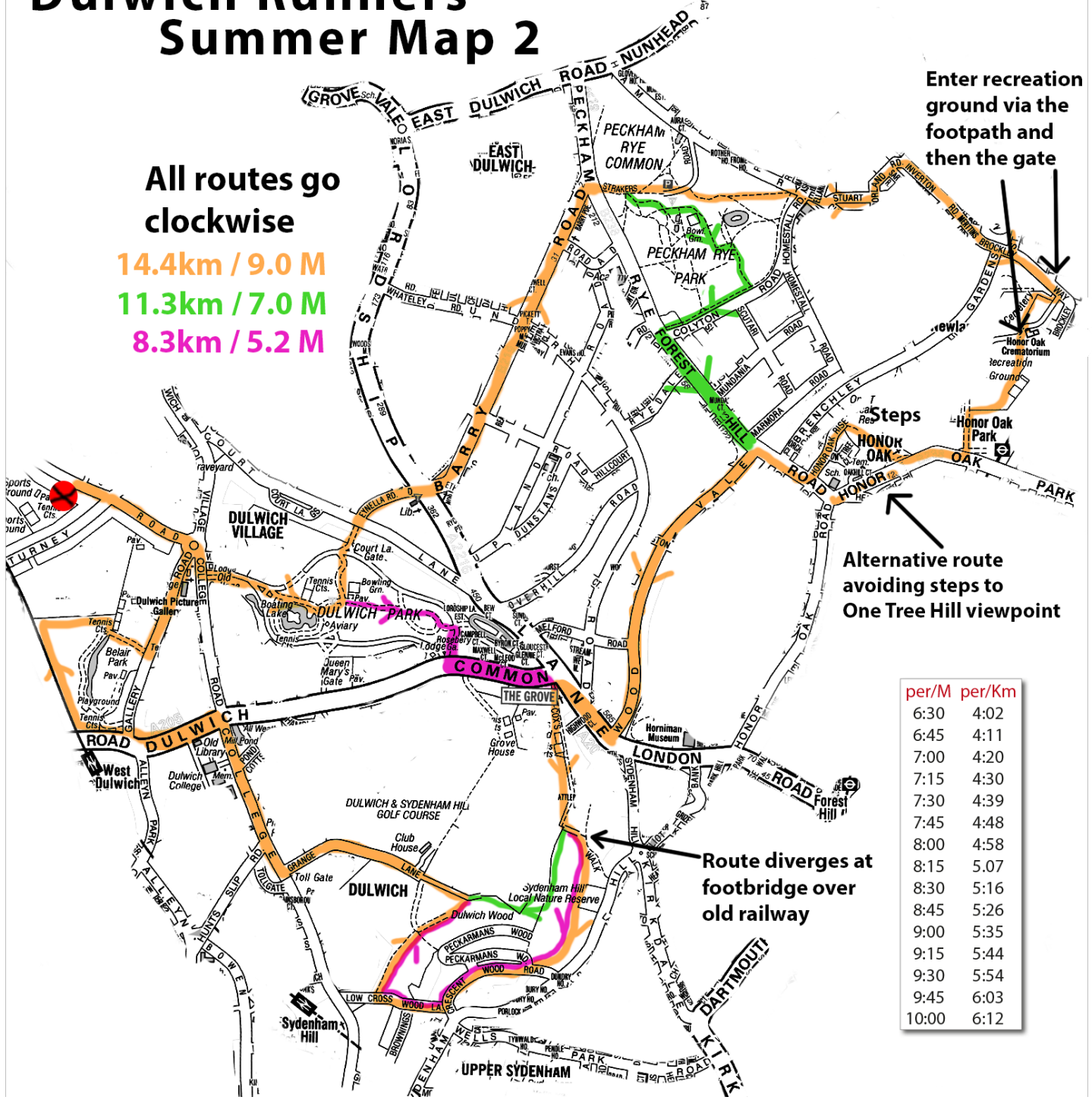
Dulwich Runners Summer Map 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M



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

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