



# SHORTS

Dulwich Runners AC

Weekly Newsletter

March 27th 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 27 Club Night, Edward Alleyn Club  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 2 Crystal Palace track

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and upcoming races etc
- 4 Race reports and times - 2 Golds in Poland
- 5 parkrun times
- 6 Club kit
- 7 Social events etc
- 8 Wednesday map + Strava links

*And much more !*

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our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS

If your membership card/ details has expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

**To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.**

Please do not post the form back.  
You can email it back with any changes etc, this will save on postage costs, paper etc

Preferred payment method is by Direct Bank Transfer and the details are in the email.

You can also pay with cash at the club any Wednesday evening or any training session.

**Please do not pay by cheque if at all possible.**

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed  
**Barry Graham (Membership secretary)**

## TRACK SESSIONS

Tuesday training returns to Crystal Palace track.  
£2.50 per session - Suitable for all abilities.  
At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.  
Warm up drills from 7.10pm taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 45 mins.

### 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## 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)

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

*A brief look ahead*

- Apr 4 Assembly League Beckenham
- Apr 10 Thames towpath 10 - Club champs
- Apr 28 London Marathon - Club champs

## NEW RUNNERS ROTA

A big thankyou to **Barry Graham** for running with new people **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

<b>Charlie Lound</b>	<b>27/03</b>
Stephanie Lundon	6/4
Mike Mann	13/4

## 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 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** **Track**

2019		Race	Venue
Apr	4	Assembly League - Beckenham Place Park - 7pm start	Beckenham
	10	Highgate Harriers Open	Parliament Hill
	14	Thames Towpath 10 long	Chiswick, London
	28	London Marathon (or alt.) long	London
	29	Blackheath and Bromley Open fixture	Norman Park, Bromley
May	2	Assembly League - Victoria Park - 7.30pm start	Hackney
	18	BMAF road relays- Sutton Park	Birmingham
	27	BUPA 10k	The Mall, London
Jun	6	Assembly League	t.b.c
	3	Blackheath and Bromley Open fixture	Norman Park, Bromley
	10	Sri Chinmoy 5k short	Battersea Park
	16	Eltham Park 5 short	Eltham
	17	Blackheath and Bromley Open fixture	Norman Park, Bromley
Jul	4	Assembly League	t.b.c
	14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
	22	Blackheath and Bromley Open fixture	Norman Park, Bromley
	26	date tbc SOAR Mile short	t.b.c
Aug	1	Assembly League - Victoria Park	Hackney
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	21	SEAA road relays	t.b.c
	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
<b>2020</b>			
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 dates and venues to be confirmed**

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

## Thames Towpath

**10 April 14 - Race now full, entries closed**

## 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 10	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
26 July tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

## Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap. Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up. See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

## Masters Events - major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park May 18, with such a large percentage of good vets, we could do very well.

The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

## 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](http://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](http://www.startfitness.co.uk) SurreyXCSF10

## Training

Already quite a few of Dulwich's best are sadly currently injured.

You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured.

It is best to train slightly less and know when to back off than do a little bit too

much and pay the price but sometimes injuries are unavoidable.

Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills.

ie running say 8:00 mile pace on a tougher

more off-road route may be better for your legs and fitness than a 7:30 on flat roads. And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases the chance of injury. - **Steve Smythe**

## Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

Wed Mar 27	90 mins slow
Thur Mar 28	3 x 10 mins mar. pace with 3 min easy between
Fri Mar 29	40 mins easy or rest
Sat Mar 30	parkrun at 90% or brisk 4M
Sun Mar 31	16M with 13M at close to Mar. pace - first 3M easy (if doing Brighton do 3 easy, 10M @ mar. pace, 3 easy)
Mon Apr 1	50M run in a green hat (or 30 mins easy)
Tue Apr 2	800m reps
Wed Apr 3	80 mins steady (60 mins if doing Brighton)
Thur Apr 4	warm up and approx 10km tempo pf 10 mins slightly slower than mar. pace, 10 mins slightly faster, 10 mins at mar. pace, 10 mins slightly slower or Assembly League

## 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](http://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](mailto:ros.tabor49@gmail.com)



### Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners. If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Fri Apr 5	40 mins easy or rest
Sat Apr 6	parkrun or steady 5
Sun Apr 7	12M relaxed if doing Brighton or 23M steady (1 min outside goal pace) if doing London

### Suggested future long run weekends

Sun Mar 31	16M steady - with 13M at just outside mar. pace if doing London, slower if doing Brighton
Sun Apr 7	12M if doing Brighton, 23M relaxed if doing London
Sun Apr 14	Brighton Mar. or Thames Towpath 10
Sun Apr 21	12M easy if doing London
Sun Apr 28	London Marathon



# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, fell, xc, tri and track results etc, are welcome.

## World Masters Championships. Torun, Poland

**T**he Dulwich Runners contingent had a successful first few days in the magnificent setting of Torun, which is a medieval city with one of the best indoor track facilities in the world.

**Day One March 24**

### "Two golds for Dulwich"

This looked Ros's best event on past form but her W65 race was complicated by being included with the W70s but Angela Copson of that age group shot off from the start and won easily while the W65s ran tactically.

Ros sat in behind an American but when she slowed before halfway, Ros took it up herself half a lap behind Copson. Only the German Elfriede Ganter went with her but Ros was easily able to kick away over the last two laps and open an eight second gap.

Despite the slow start it was easily her fastest of her three 3000m this year and it was great to win in her last indoor season in the age group though later this year she will be up against Copson!

On paper this looked an easy race for Clare and the plan was for her to sit in until quite late and use her speed with many more races to come.

Spain's Esther Carrette Pedrosa, clearly her nearest challenger, started reasonably quickly and Clare followed and soon it was just the two of them.

Clare was clearly finding it difficult to hold back and in the last kilometre which she covered well inside world record pace and she took 20 seconds out of the Spaniard in the last four laps to win in 10:31.69.

Tony, who though he seems to find it impossible on the road ran a beautifully controlled race and finished strongly to finish seventh.

Steve Smythe was in the M60 B race and he ran for position rather than time and was involved in a sprint finish for second which he won.

It was his first indoor 3000m for 10 years and he outsprinted the same runner he did 10 years ago with 14 laps building up to an one lap kick.

Quite a few watching did not realise there was a faster race to come

and you do not get a medal for second in a B race!

Wayne Lashley ran his first indoor 400m and did very well with a very sharp 54.86 considering a lack of races, an earlier niggle and not as much speedwork as planned.

W55: 1 Clare Elms 10:31.69

W65: 1 Ros Tabor 13:20.98

M55: 7 Tony Touhy 9:49.49

M60: B: 2 Steve Smythe 11:22.48 (14th)

M35: 400 ht: 4 Wayne Lashley 54.86

**Day 2, March 25**

The cross-country was held on a very cold day on a tough, twisty course in woods next to the track. Lots of short hills, turns and sand on a 2km lap which had an unbelievable hair pin turn just 40 metres from the finish.

Britain had one of the biggest squads in Poland which with a three to score event in each age group does allow team medals to be won without the slightest chance individually and a record five Dulwich Runners won world masters medals in a day First off was Andy Murray, who ran steadily and was second scorer in 21st as the team were a clear second.

Steve Smythe was next off and he was the leading Briton in his race and was a minute up on one of the runners who had been 30 seconds quicker at the 3000m and while beaten by Poland, they gained a narrow 20 second advantage over Germany to take silver medals.

Tony was in the next race for the M55s and though slowing each lap in the first three laps, he came through and then held his position well and firmly placed as third scorer looked like he had nailed a certain team gold while Ben Reynolds won the individual race.

However, Britain's second finisher decided it was not necessary to have a number on both his front and back and was disqualified. On the plus side, Tony moved up to 10th individual but it cost Britain a certain gold and even with quite a wait to the third scorer, Britain only lost out on gold by 14 seconds. This was a genuine team competition as eight teams finished.

Ros made it four team medals out of four

in the W65 race. She was close to a medal position on lap one but the opposition much tougher than the 3000m, proved tough and Ros was sixth but just lost out on fifth but as second scorer she on a silver to match Andy (in a slightly faster time). Each race, the Dulwich Runner had finished slightly higher than the last and the trend looked almost certain to happen in the combined W50 and W55 race.

Clare's most likely opponent was again the Spaniard and very soon they were well clear but were running with the leading younger two W50s.

Clare was not entirely confident as she had struggled on nearly every cross-country race this winter and been well below her road and track form but she felt easy and stayed with the other three.

By halfway, Clare was more confident and though beforehand she was going to ignore the younger W50s led by 3000m silver medallist Annette Kealy of Ireland and she started to pull away from everyone with ease and her last lap was significantly the fastest even though she eased back at the end.

She won W55 gold by 54 seconds from the Spaniard and won the combined race by 24 seconds and was also quicker than all the W45s in the next race and all the British women of all ages.

Her team-mates also did well and they packed four in the first six and won the team gold by 20 minutes and they would have won W45 and W50 gold too.

Probably not good advice but Ros decided to double up for sharpening purposes and run the 400m but she struggled and was some way from qualifying.

Four years ago Ros won the European Masters 400m title on this track but now at the bottom of her age group, finds it harder. Her age group final was won in a world record 68.39 seconds.

However, Ros on her best form this year would have easily medalled in the W70s which she joins in July (as long as she doesn't warm up with a cross-country)

**Steve Smythe**

M65: 21 Andy Murray 42:20 TEAM: 1 POL

1:43:43; 2 GBR 2:02:26; 3 ROU 2:06:04

M60: 12 Steve Smythe 34:26. TEAM:

1 POL 1:36:45; 2 GBR 1:48:08; 3 GER

1:48:31

M55: 10 Tony Tuohy 31:25. TEAM: 1 IRL

1:32:13; 2 POL 1:32:21; 3 GBR 1:32:27

W65: 6 Ros Tabor 41:45. TEAM: 1 GER

2:01:16; 2 GBR 2:08:14

W55: 1 Clare Elms 32. TEAM: 1 GBR

1:43:41; 2 GER 2:05:34; 3 IRL 2:17:53

W65: 400 ht: 5 Ros Tabor 84.56

## Hastings Half Marathon

**Sunday 24<sup>th</sup> March 2019**

This was the 35<sup>th</sup> edition of this well established and organised event. Unlike the sub-zero temperatures of last year, the sun came out which doubtless brought some late entrants to the race and boosted the already great support around this hilly course. This was my 6<sup>th</sup> time here and despite the long drive there and back, it is a great event and one I'll keep coming back to.

The course is a loop with some monster hills (at least they felt that way to me) - the first half largely uphill including big inclines off the seafront and the second half much the opposite, before a long straight finish along the coast. Several water stations and plenty of support along the way with a few bands, a choir and strong crowds through the villages, old town and along the prom.

Probably not your typical PB course however, boosted by a strong run in Tokyo and as a final tester ahead of London, my target was to break 90-minutes and better my 1:33:01 PB set during the Tokyo Marathon. Prior to that, my half marathon PB was at Hastings last year, where Lucy Pickering paced me through the second half dragging me along that long finish straight!

I set out hard, attacking the hills and maintaining sub 6min/mile pace, although started to regret that by around mile six. Nevertheless, kept pushing through half way in the knowledge the second half was largely downhill and, with minimal wind this year, the final two miles along the prom felt stronger than prior years.

Delighted to have taken 5 mins of half marathon PB, also setting 10k (41:00) and 10mile (1:06:58) PB's in the process!

**Gower Tan**

81 Gower Tan 1:28:13 chip 10<sup>th</sup> M45-49  
Finishers - 2,60

## Beckenham Place

187 Ran			
Pos	Gen		
85	79	Michael Dodds	25:16
89	82	Paul Keating	25:26
113	20	Claire Steward	27:18
116	22	Clare Osborne	28:06
181	64	Clare Wyngard	42:18

## Brockwell

386 Ran			
Pos	Gen		
10	10	Jonny Hough	19:26
14	14	Gower Tan	19:44
82	77	Gideon Franklin	22:46
104	10	Lucy Pickering	23:30
178	34	Claire Barnard	25:32
206	51	Sharon Erdman	26:41
213	161	Alex Haylett	27:10
281	191	John Breslin	29:32

## Bromley

696 Ran			
Pos	Gen		
136	118	Colin Frith	23:00

## Burgess

518 Ran			
Pos	Gen		
4	4	Andy Bond	16:08
50	3	Kim Hainsworth	20:12
513	319	Chris Vernon	53:06
517	198	Susan Vernon	54:06

## Cannon Hill , Birmingham

913 Ran			
Pos	Gen		
152	15	Susan Cooper	22:58

## Catford

194 Ran			
Pos	Gen		
8	8	Ross Rook	19:46

## Cornwall

343 Ran			
Pos	Gen		
80	74	Bob Bell	24:03
228	168	Nick Bell	30:41

## Dulwich

482 Ran			
Pos	Gen		
4	4	Stephen Davies	16:42
5	5	Thomas South	16:47
8	8	Daniel Mann	17:05
24	23	Tom Wilson	18:42
26	25	Grant Kennedy	18:44
30	29	Rob Cope	19:30
46	44	Michael Fullilove	19:30
69	4	Rosalind Johnson	19:59
121	114	Cameron Timmis	21:28
213	185	Hugh French	23:55
258	46	Hannah Harvest	25:08
438	295	Mick Mead	32:29

## Fairview

137 Ran			
Pos	Gen		
14	1	Laura Vincent	22:31

## Fulham Palace

587 Ran			
Pos	Gen		
238	186	Barrie John Nicholls	24:56
544	221	Lindsey Annable	34:18

## Highbury Fields

419 Ran			
Pos	Gen		
76	7	Tess Bright	22:19

## Hilly Fields

288 Ran			
Pos	Gen		
6	6	James Burrows	19:12
14	1	Belinda Cottrill	19:58

## Hoblingwell

84 Ran			
Pos	Gen		
18	2	Jenny Ross	24:45

## Leicester Victoria

401 Ran			
Pos	Gen		
65	7	Marjorie Epton	23:06

## Malling

280 Ran			
Pos	Gen		
279	111	Tereza Francova	01:18

## Melksham

206 Ran			
Pos	Gen		
6	6	Joe Farrington-Douglas	18:55

## Mount Edgcumbe

71 Ran			
Pos	Gen		
10	10	Matthew Ladds	22:13
43	10	Karina Burrowes	30:16

## Peckham Rye

321 Ran			
Pos	Gen		
17	17	Justin Siderfin	19:48
36	2	Yvette Dore	20:38
61	4	Emma Ibell	21:44

## Riddlesdown

174 Ran			
Pos	Gen		
20	2	Ange Norris	21:21

## South Norwood

176 Ran			
Pos	Gen		
101	85	Peter Jackson	28:13

## Tooting Common

669 Ran			
Pos	Gen		
202	169	Ian Sesnan	24:32

## Torun

136 Ran			
Pos	Gen		
49	44	Andy Murray	24:50
65	13	Ros Tabor	25:50

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](mailto: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](mailto:ros.tabor49@gmail.com)



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



Bufs/snoods - only £6

Socks only £5



## SHORTS!

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



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



HOODIES CLEARANCE  
ONLY £10 each

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !....

## 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)



Instagram

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 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?

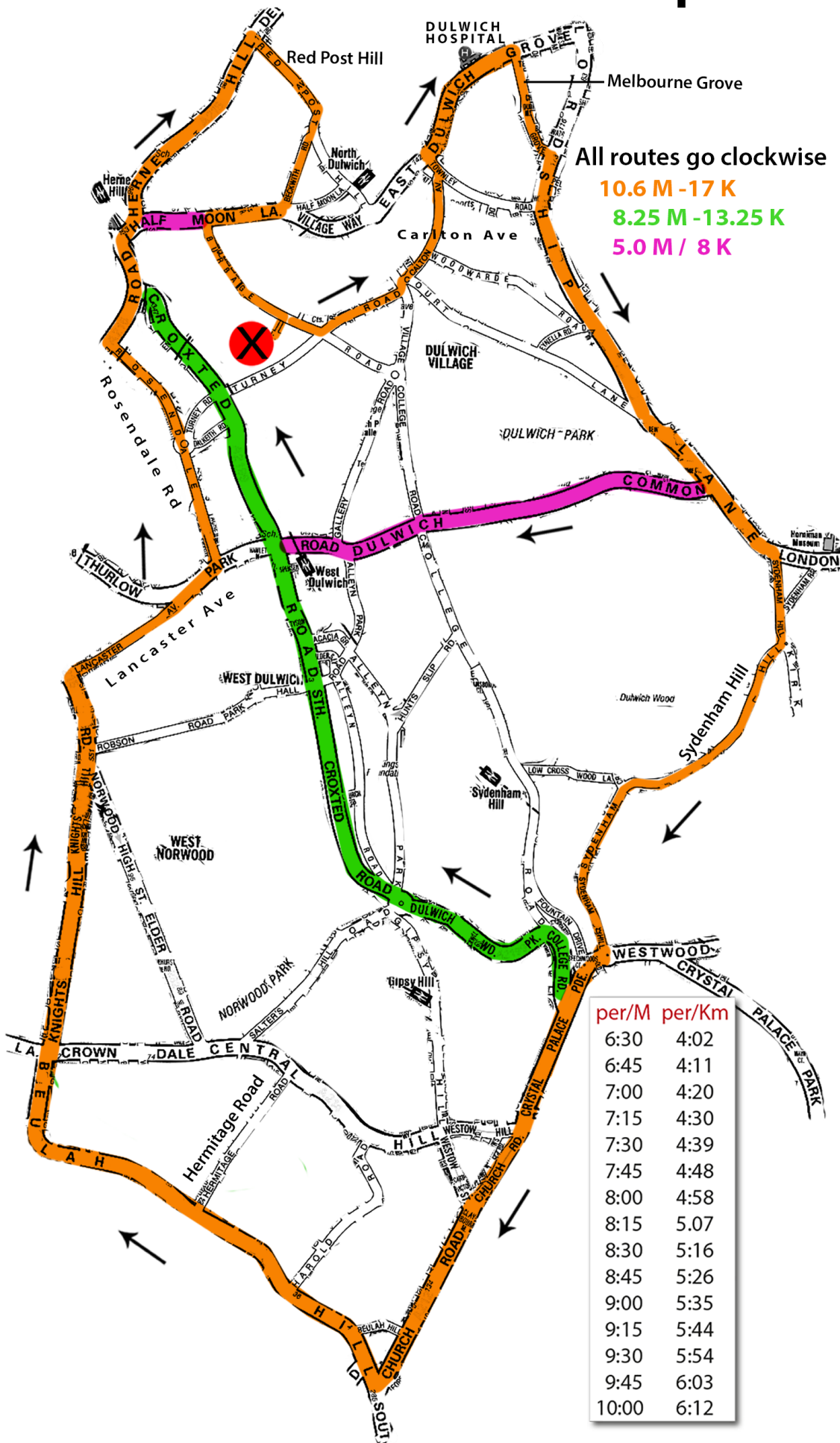
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

# Dulwich Runners Winter Map12



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