SHORTS

Newsletter
Wednesday 27th April 2011

These are your SHORTS! Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed *27* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar
Easter Quiz Run – below for details

Fri *29* **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 to Steve to Martin

Tue *03* **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**

TO SUBSCRIBE to Shorts send an email with the subject *subscribe* to: shorts@dulwichrunners.org.uk
An email with the title *unsubscribe* to the same address will remove you from the list.

PLEASE NOTE

I am away next week so all articles for SHORTS 03/05 must be sent to shorts@dulwichrunners.org.uk and not to my personal email.
Thanks – BG

DULWICH TRACK SESSIONS

Back at Dulwich Track

Improve your speed & strength over all distances

Tuesdays with Steve Smythe
Start 7pm. **Fee £2 – pay Steve**
Fridays with Martin Morley
7:15 for 7:30 start. **Fee £2 – pay Martin**

WEDNESDAY NIGHT £1 RUNNING FEE

It seems that some members are running on Wednesday nights without paying the £1 fee.
We need this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros

In your *SHORTS* this week !

page 2 Assembly League details
page 2 Easter Quiz Run
page 3 Club Champs/fixture List
page 4… Race reports

And much more !

NEW RUNNERS ROTA

If your name is on the rota to run with new runners, please can you 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 swap with someone. Thanks. – **Ros**

Cameron Timmis	27/04
Marlene Russell	04/05
Chris Treble	11/05
Steve Wehrle	18/05
Dave West	25/05

LUCKY VEST

Wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a draw and maybe win £5 in the clubhouse that evening
To purchase a vest and or any other club kit contact **Steve Cook** – stevecook6@googlemail.com

Dulwich Runners Midsummer 5k volunteers needed!

You can do your bit for the Big Society (!) by helping to organise our midsummer 5k race.
This year's race will be on Wednesday 22nd June in Dulwich Park.

If you are interested in being on the race committee, please contact me.

Thanks. – **Ros**

Royal Wedding antidote – rock out with English Rogues!

Friday 29th April. It's Royal Wedding Day. You've watched the nuptials, had your street party, waved your flags, stuffed your face – but somehow your day is incomplete. The wave of patriotism has welled up inside you and as evening approaches you feel yourself needing something else, a further release for all that pent-up energy still bursting for a way out (and this is even after you've had a run of course). It's obvious that you badly need to let your hair down (what's left of it in some cases), subject your eardrums to a serious assault and allow your limbs to move in an alternative fashion – in short, you need to Rock (yes, with a capital R).
If you STILL haven't previously indulged yourself with our little show, this is what we do: I'm drumming with classic rock/blues band English Rogues (a suitably patriotic name for such a day?) doing tracks from the likes of Eric Clapton, ZZ Top, Jimi Hendrix, Bryan Adams, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc., you get the picture! Plenty of stuff to play air guitar to, bang your head, generally rock out – blistering guitar solos with mad 'Animal' drumming – admit it, you want it now, because you're weak.
And as if any more persuasion is needed, it's really local. We probably run past it every other Wednesday night. The Royal Albert, 42 Westow Hill, Crystal Palace, SE19 1RX, from 9pm. http://tinyurl.com/6hfd3h3
Surely no finer way to start the weekend?

Friday Track Sessions Dulwich College Track.

These sessions are for all abilities and will benefit all runners from one mile up to marathon distance. If you are new to the club or track sessions don't be put off!! They are designed to suit your speed, not super elite athletes although it will help them as well. I would encourage all club members to try these sessions as after just a few weeks you will find your longer runs feel much easier when you run them slightly slower pace runs.

With summer on the way races tend to get shorter as the temperature gets warmer so it you wish to improve your 2 mile, 5K and 10K times these sessions are ideal. They will help not only your speed but also your pace judgement which is very important of course.

For those who use heart-rate monitors I will organise some of the earl sessions so we can find your resting heart-rate and also determine your maximum heart-rate and then I can work out your heart-rate zones for ;

cont...

Dear EASTER RUNNERS,

A special Easter run is being organised on **Wednesday 27th April** to celebrate Easter.
To enter just pick up the special 6 miles Easter map on Wednesday night instead of your regular club maps (club maps will also be available on the night if you do not wish to do the Easter run).
It will be more fun and advantageous if you can pair up with someone.
There will be 11 questions listed on the back of the Easter map as you go on your run. Answers will be found along the way. Rest assured it is nothing too challenging and hopefully you will enjoy going through streets which we are not too familiar with on our usual runs.
At the end back at HQ we will give the answers and hand out Easter prizes.
No runner should leave empty-handed though!
I hope you all love chocolate.....!

Any queries, please ask Caro (carolineschurmann@yahoo.fr)

...cont

1) Recovery run efforts.
2) Easy runs (Long Slow Distance LSD)
3) Moderate intensity. (Tempo and Long intervals)
4) Fast. (Short intervals & hills)
5) Max. (as it name says maximum speed and effort, thankfully short but many reps)

This will then enable you to run your training runs at the right pace and not deplete your reserves and run tired, which is of no benefit to you.

Please arrive early as we will need to do a proper warm-up before running at your speed.
There is a £2 track fee payable each week, so please bring some coins with you.

For those of us that feel we have earned a reward for running so fast I suggest we look to adjourn to Alleyn's Head Refreshment Centre (some call it a pub) where we can discuss about the weather, running, shopping etc.

Cheers. – Martin.

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		Event	Venue
May	Thu 05	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
June	Thu 02	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
	Tue 07	**2 miles, Dulwich Park** (S)	Dulwich Park
	Sun 19	**Richmond 10k** (M) http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K	Richmond Park
	Wed 22	**Dulwich Runners Midsummer 5k race**	Dulwich Park
July	Thu 07	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
	tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Aug	Thu 04	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
Sept	Thu 01	**Assembly League Beckenham sports club, Foxgrove Road – 7:15pm**	Beckenham
	tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,Bromley
	Sat 08	**Richmond Park**	
Nov	Sat 12	**Lloyd Park**	
	Sun 20	**Epsom 10** (M)	Epsom
Jan	Sat 14	**Reigate Priory Park**	
Feb	Sat 11	**Esher**	

Club Champs races in red, any additional info for races i.e.; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Richmond 10k – Looks like entries are open

http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K Looking at last year's results there might be a limit of around 600-700 so be quick and enter asap

SURREY LEAGUE CROSS COUNTRY, 2011/12

Dates and venues for next season's Surrey League cross county are as follows. The women's matches will be on the same dates but most will be at separate venues (tbc). Note that we will be co-hosting the January fixture with Reigate Priory, so that we will need volunteers to help with marshalling, results etc. *Mike*

8 October	Richmond Park
12 November	Lloyd Park
14 January	Reigate Priory Park
11 February	Esher

ASSEMBLY LEAGUE 2011

The assembly league is a series of short evening inter - club races (about 5k) held on the first Thursday of each month in 3 different venues. The races are for men and women of all abilities, with the first 4 to score as a team. In the past Dulwich Runners women have won the league several times. The club pays to enter the league, so races are free to enter. The races are friendly and people usually go for a drink afterwards.

Put the dates in your diaries now!

5 May 7.15	Greenwich, Dome
2 June 7.15	Victoria Park
7 July 7.15	Greenwich, Dome
4 August 7.15	Victoria Park
1 Sept 7.15	Beckenham

Ros

Changes to arrangements at Dulwich College track

I have been informed by Dulwich College that arrangements for entrance to the sports club will change from 1st May.

1. Entrance to the building will be by individual swipe card. These can be obtained from reception at a one-off cost of £5.
2. The sports club car park will only be for the use of local residents (presumably those who live in Pond Cottages) and staff. The car park to be used by members, visitors and guests will be the main college car park. The swipe card will be needed to gain access to this. There will of course still be parking available on College Rd and Hunts Slip Rd although this may fill up.

Clearly this will only affect runners who need parking and/or toilet/changing facilities.

Graham Laylee

London Marathon 17th April

In 1995 Barrie stood on the start line of his first London Marathon, having recently joined Dulwich Runners. His time back then was 4 hours 3 minutes and 55 seconds. The temptation had always been there to have another crack at the four hour barrier but perhaps a sixteen year gap was just a little too long. Nonetheless training had gone well and it seemed Barrie would go close to 4 hours.

That was until a bad injury at Cranleigh disrupted his progress. In fact it was quite a feat that Barrie was on the start again of the London Marathon. The four weeks prior to the marathon had been a test of patience resting the injury and doing very limited training to try and counteract the inevitable loss of fitness. Barrie was looking forward to the race but also anxious at the same time that his injury could reoccur at any moment.

He had a good first half and sat close to the sub 4 hour pacer, which was probably a little ambitious, but fortunately the leg held. I was stood at our usual spectating point on Tower Bridge but we both managed somehow to miss seeing one another! I stood there for 3 hours worrying about Barrie's whereabouts!

The second half for Barrie was much harder with the eighteen mile marker being where he truly hit the wall, no doubt a little earlier than normal due to missed training. Thereon in it was a hard struggle and Barrie dragged himself to the finish line at a much slower pace.

He found the constant encouragement from the crowd incredible and described the supporters, as well as the runners, as real heroes of the race. At times the noise was deafening, apparently, but in such a positive way that it brought a tear to your eye. I stationed myself at mile 23 later in the race and again missed seeing Barrie but witnessed the substantial effort the runners were making at this stage.

It was such a relief for me to see Barrie at the repatriation point. We briefly went to the Leukaemia and Lymphoma research party for whom Barrie was running and where he had a post race massage. After a quick celebratory beer in Soho with some fellow DRs we headed home.

Well done to all who ran. The training alone, never mind the race, requires such commitment and dedication, it's a real achievement for all that complete it.

Barrie John Nicholls 4.45.04

Lindsey Annable

London Marathon 2011

Claire Steward writes: Last year at London I just managed to get inside 3:30 despite missing some long training runs and 20-mile races. This year, with no post-Christmas holidays scheduled, I hoped if I could do better. There were the usual doubts in the final few weeks – I've done too much / too little, I did my longest runs too early, and more worryingly, my brain is rotting.

I have long ago given up trying to perform mathematical calculations during races – I get half way through multiplying miles or kilometres by minutes and seconds and then can't remember why I was doing it in the first place. At race registration, I saw a familiar looking face and when she smiled, we had the usual chatter about Sunday's race and wished each other luck; 24 hours later, I realised it was Jo Pavey – thankfully I hadn't asked if she had done London before or what time she hoped to do!

Brain power was equally elusive at the finish as I was convinced that I had run something over 3:26 and turned my Garmin off in disgust. Later, my time was confirmed as a more respectable 3:24:05 and I realised that I must have been reading the 26 miles as 26 minutes – Dohhh! I suppose it will only get worse!

It was disappointing to be less than one minute outside my PB but by the time we met up at the EDT for our second round of celebratory drinks, I was feeling pretty pleased with my result. As ever, the crowd support and encouragement from friends and strangers was amazing. Hopefully, I'll be back for more next year.

Ohope 1/2M - Whakatane - New Zealand 3rd April 2011

*Bob Bell write....*Last time we were in New Zealand I entered the Rounds the Bays race in Auckland having only found out about it whilst out for a jog before going on to a wedding. Surprisingly although being the equivalent of the JP Morgan Corporate Challenge I was able to enter on the day. This time we entered this promising sounding event online thus avoiding the late entry fee and built our mini tour of South West North Island to coincide with this race.

Whakatane is reckoned to be the sunniest place in New Zealand and we arrived on the Saturday to a warm evening. Registration was held on a trestle table in a campsite and we were informed that 140 had pre registered for either the half, a 10K or the 5k Doggie Dash and yes you read that right doggie as in four legged friends and if you didn't have one then you could hire one for the race. About the same number of runners were expected to enter on the day.

We were awoken in the night by what sounded like a water cannon attacking the roof of our accommodation. Sure enough it was raining, in fact it was pouring and I would swear that there was surf forming on the puddles. Conditions eased slightly by 7.30 and we set off for the walkers start at 8.00. We arrived to find about 20 walkers huddled either under the trees or a small gazebo used for the officials.

The start had by then turned into a lake and Chris and the others had to gingerly tread round the puddles and across the timing mat before getting on to the road. I started an hour later, by which time the conditions had improved a bit but not enough to encourage many entries on the day so about 100 of us had the same issue of hopping over or around the puddles.

The course was basically two laps up and down a peninsular with the Pacific on one side and a rather attractive lagoon on the other, so full marks on the picture front but no marks on measurement as it turned out that the course was long by 600 metres.

Chris found that the marshals were few and far between which was a problem for those she was with that had done it the year before as the course, although fairly straight forward was, we were told, changed from the previous year as some locals had complained.

I was amazed at this news as the number of entries was never going to be big. Ohope is as sleepy as they come and there was loads of road space for those who wanted to get out of their drives to achieve this without a problem. So much for the great Kiwi love of sport! Also the lack of marshals meant no water for Chris until the 10K mark. Given the weather this wasn't the problem it would have been if the weather had been the same as the day before.

As neither of us had done any training and I hadn't run at all for three weeks our only aim was to get round which was achieved despite the weather and us both having scree trapped inside our shoes from having done the Tongariro Crossing a few days before. (When you are limited on space shoes have to multitask)

At the finish somebody collected our timing chips and there was a table with some cups of water. The organiser was gracious enough to acknowledge to those few people standing around that we had travelled 11,500 miles but that was it and we were quickly off in search of a cup of tea and to continue our holiday.

All in all given that we had driven out of our way, stopped in town that isn't on the main tourist route and paid the equivalent of GBP20 to enter then probably not a great way to spend our time but then runners are mad aren't they?

And finally in case you were wondering only one dog plus owner turned up but it was fast completing 5K in 21.34.

Bob Bell 39th	1 53 07
Chris Bell 3rd Walker	3 06 59

Parkruns 5km, April 23rd

There were women's wins for Ola and Clare W while both Ros and Tony got the highest age graded performance of their respective races.

Brockwell Park

A win for Ola with Emma Vernon second in a PB, with Paul and Jozef also PBing and Mike winning the age grading.

8 Mike Mann	19:34	1M60
10 Ola Balme	19:52	1W
11 Paul Hodge	19:54	PB
16 Mark Foster	20:21	
18 Hugh Balfour	20:30	
20 Emma Vernon	20:37	2W PB
24 Jozef Danko	21:14	PB
32 Graham Laylee	22:32	

Bromley

Buzz led most of the race but couldn't drop the Surrey Schools champion and had to settle for second. Steve Smythe ran his quickest of year.

2 Buzz Shephard	6:58
7 Nolan Wilkens	18:21 (2nd cl)
14 Steve Smythe	19:07(1M50)
95 Ameet Patel	23:59 (2nd cl)

Banstead

Tony Tuohy was a fine second and just missed his PB by two seconds

5 Tony Tuohy	17:11 (course PB)
123 Barry Walker	26:34

Richmond Park run 23rd April

I thought this would be a good speed training run with the short summer races approaching, although expected Barrie would be taking it easy after his marathon. The course isn't the easiest with a short hill to start and whilst there is a downhill in the first mile, it means the last half of the race is all uphill.

My thoughts of achieving a sneaky victory over Barrie with his tired marathon legs were all but dashed as he gradually glided away from me showing surprising speed. We both enjoyed the run although found it hard. The spirit of parkrun is just amazing, though, with the race organisers prompting us to welcome first-timers with a round of applause and all participants being clapped to the finish line.

107th Barrie John Nicholls 24.41
126th Lindsey Annable 26.05 (1st VW40 -44)
248 ran

Lindsey Annable

London Marathon, 17th April 2011

On the Wednesday before London, my hamstring problem had all but convinced me to pull out from the race. Fortunately, I bumped into Wai at the club and he kindly fitted me in for a physio appointment on Thursday after work. After much prodding and stretching, it seemed that the actual muscles were OK and the pain was from a nerve, so I decided to rest and stretch for two days and give it a go.
It was great to bump into Dulwich Runners, and friends from other clubs at the club championships start.

On the start line it was overcast, but we could feel already the warmth from the sun. I started cautiously, but soon fell into a comfortable PB pace. Concentrating on trying to stay relaxed (if that makes sense) actually seemed to help the miles go by. As it was clearly getting warmer, I took on plenty of water and went through all the showers.

I was still pretty much on track when, going round the Rotherhithe roundabout at around 11 miles, I felt a sharp pain on the outside of my right calf. This temporarily reduced me to a hobble and I thought that was that. I kept going, at a slower pace, and by mile 15 the pain had subsided.

By then I was more relaxed about the time and just wanted to get to 20 miles and re-evaluate. In any case, after the underpass and high buildings, my Garmin was half a mile out and my mental arithmetic was shot!

I got into the 'easier to run home than get the bus' phase and was pleasantly surprised to get home in 2:45:39. That's my slowest (chip) time in six marathons, but perhaps one of the better overall efforts. The support from other Dulwich Runners, friends and families is a major contribution - it really would be a tough decision to pull out after all that cheering on - with familiar faces at regular intervals and some people popping up several times!

Charlie Lound

Surrey Road League and Kent Grand Prix

Dulwich Runners are registered in two local road leagues. By taking part in these races you can earn points for the club and take part in the individual championships. For details on these (including individual qualification for the Kent GP), see the Surrey Athletics or Kent Athletics websites.

We have also included two of the races, the Ranelagh Richmond 10k and the Paddock Wood Half Marathon in our club championship.

The first Surrey League race is the Sutton 10k next Sunday – online entries are still available up to the day before. I've noticed that the Richmond half marathon is already full. This serves as a reminder that all wanting to run the *Club Championship* Richmond 10k race should get an application in soon.

Charlie Lound

Date	Race
Surrey Road League races 2011	
1 May	Sutton 10k
8 May	Richmond Half Marathon
5 June	Dorking 10 miles
19 June	Richmond 10k*
16 July	Elmore 7 miles
24 July	Elmbridge 10k
14 August	Wimbledon 5k
Kent Grand Prix races 2011	
June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2nd October	Sittingbourne 10K
6th November	Deal 5K
* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship	

Peckham 10k Charity Charity Fun Run

Saturday May 7th 11am
Peckham Rye Park, Strakers Rd, London SE15
Caudwell Children Charity
Postal entries close on 6th May
Runners can enter on-day by reporting to car park between 10 and 10.45am,
cost £10.00 includes medal and tee shirt.

For further information call 0797 783 1519.

Kind regards

Mark Caswell – Run Organiser

There will be some entry forms in the clubhouse

GREEN BELT RELAY 21/22 MAY

We are in the process of allocating stages and will be in touch with you shortly. Where possible, we've tried to take account of your preferences.

If any of you who have not responded have any strong preferences for legs, please let us know as soon as possible.

Currently we are somewhat over-subscribed, so we will have to add some of you to the reserve list, as least for the time being. However this could well change if anyone has to pull out due to injuries etc.
Relays Team

WELSH CASTLES RELAY 11-12 JUNE

Now that our entry has been accepted, we are in the process of registering details with the organisers of all those who have put their names forward for this memorable event.

We have sufficient runners for a team of 20 and a few reserves, but if anyone else is interested and available that weekend, please let us know and we can add you to the list. We can't guarantee you a run, but we can put you on the reserve list to cover for people who drop out.

Anyone interested please contact Caroline or myself.
Mike Mann
carolineschurmann@yahoo.fr
mcmann90@yahoo.co.uk

1066 RELAY: 8 MAY

Four teams have now been entered for this relay which takes place on the morning of Sunday 8 May, starting in Pevensey and finishing in Rye. We will be fielding a senior women's team. a vet women's team, a vet men's team and a mixed team.

We will be contacting those of you who have put your names forward shortly with leg allocations and transport details. In the meantime for further details please check out the race website www.spanglefish.com/1066relay *Mike Mann*

"**Don't forget that Dulwich Runners** are on Twitter, drop in and say you like them."

"Tweet Tweet - Dulwich Runners are now on Twitter
http://twitter.com/dulwichrunners
Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

What is the Good Gym? The Good Gym will help you do good and keep fit by pairing you with a local, less mobile, older person. You'll run to their house, deliver something nice and have a quick chat: it gives you the motivation to go for a run and they get a friendly visit and a free newspaper.

They also hold monthly runs which combine running with feel-good community tasks like tidying up a community centre's cupboards, gardening chores or decorating an old people's home.

I've been chatting to the lovely people behind the Good Gym about setting up a similar scheme in Southwark. So, if you know of any community centres, schools or libraries who could benefit from the help of a group of willing runners or, indeed, think you might be interested in becoming a Good Gym runner, please drop me a line on catherinesianlee@googlemail.com. At this stage, it's all about gauging (and drumming up) local interest so please do get in touch if you have any thoughts on the how we could lead the Good Gym charge in beautiful Southwark!
Catherine Lee

Sam Mayne
TRI ADVENTURE
Trail Running – Navigation
Mountain Biking
(T) 07792453136
(W) www.triadventure.co.uk

facebook

Dulwich Runners now have our own group on the flickr photo website (at long last). It already has pics from the Green Belt Relay and a growing selection of other content.
There is a link from the photo section of the Dulwich Runners website. Or use the following link to go there directly
http://www.flickr.com/groups/1411047@N20/

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops'. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

Once I have reviewed the application you will be able to add your flickr pics, initiate or contribute to discussions and generally build the group.
So seek us out on www.flickr.com. And help to make our photo site lively and up to date. – **Kev Wood**

BBC RUNNING CLUB
Regent's Park 10K
Date: Thursday 26th May 2011
Start Time: 6:30 p.m.
Place: The Hub, Regent's Park London
First 100 only To get an entry form for this race contact Steve Wehrle on steve.wehrle@bbc.com

Tic Toc - Clock buddy wanted!

In a moment of extreme weakness I stupidly agreed to temporarily take over the bookings for the two race clocks that Dulwich Runners are the proud owners of. The hiring of the clocks brings in much needed funds for the club to spend on worthy needs for the club members. Peter Gibbons has done it for what seems like the last millennium and done it really well. It is a tough act to follow.

I suggested offering race organisers a special extra priced feature of having the clocks run slightly slow to create more PB's for their race – all new innovation eh?

But what is really needed is a clock buddy.

A clock buddy would deal with any booking that had to be picked up or returned if I am away. All you would need to do is a bit of e-mail or phone liaison and picking up the clock(s) when necessary so that the hirer can collect at their agreed time. You would need a bit of space in a shed or garage to store them while waiting for collection.

So, if you could raise that hand and volunteer to help I would be really grateful. I may even let you have first pick of the chocolate brownies on club night.
Giles Gibson.

Run the Park and win a prize!

As part of the Dulwich Festival we are hosting a Festival of Running in Dulwich Park on Tuesday May 10th from 7pm until the park closes. The aim of this fun run is to raise some money for the Festival charities and enjoy running as many 'Dulwich Miles' (laps of the park) as you wish. Every mile completed gains runners a chance to **win a prize** and contribute to a grand total to see how far across Europe we can get.

Entries are £2, or £1 for children under 12, and can be purchased from the Dulwich Festival Box Office or on the night in the Park.

We hope to see you there.

Gillian Cavell – Dulwich Park Runners

Race Entry Forms... will only be included in SHORTS if they are Club Champs races. For any other races please write a small note with a link to the entry
Thanks. Ed