SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 3rd April 2013

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

- THE COMING WEEK –

Wed 03 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 06 **Parkruns – Free to enter,various locations 9am start**
http://www.parkrun.org.uk/

Tue 09 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
4 Marathon Training Schedule
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6 Emily wins 100k title
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And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

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

A brief look ahead

Apr 18 Beckenham assembly league
** Assembly League race at Beckenham has been put back put back to Thursday 18 April.
Apr 21 London Marathon

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Jim Dowsett, Joanne Shelton and Hugh Balfour** for taking out new runners last week.
If you are listed to take out 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 either swap with someone or let us know as early in advance as possible . Thanks. – **Ros**

Roy Hibberd	**03/04**
Paul Hilton	10/04
Paul Keating	17/04
Jo Hewett	27/04

LUCKY VEST - Tonight

Don't forget , wear your Dulwich Runners vest 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 prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We have now entered a team for the Welsh Castles Relay taking place on 8/9 June, but we still need additional participants as cover for injuries etc.

Although there are several tough mountain stages, many of the stages are relatively flat or even downhill and you only have to run once over the weekend. It is highly enjoyable social, as well as running, occasion, but for those hard pressed for time, it is not essential to spend the entire weekend in Wales, and some of the late Sunday stages can be done as a day trip from London.

At present one team of 11 is entered for the Green Belt Relay, taking place on 11/12 May but would like to enter a second team if more come forward.

Mike Mann

GREEN BELT RELAY

Following the cancellation of this year's event, we have decided to organise some Sunday runs on some of the stages across the North Downs as a partial replacement. We intend to run stages 16 (Lullingstone to Tatsfield, stage 17 (Tatsfield to Merstham) and part of stage 18 (a there and back run from Merstham taking in the off-road section).

The planned dates are 12 and 19 May and 2 June, and we expect to start at 10am. After the run the reward will be a visit to a local pub for refreshments and food. Each of the runs will be around 12 miles, but the first one from Lullingstone is quite tough but suitable for those who have run spring marathons or half marathons. If you are interested, regardless of whether or not you signed up for the GBR, please contact Martin or myself.

Mike Mann

Sports Massage

Patrick O'connor writes…… You may know that I am a member at Breeze Yoga BreezeYoga@sut5.co.uk and receive their regular newsletters and offers.

Some of our club runners use the Sports Massage services of Nick Murrell but they may not know that he is offering a 20% discount on 1 hour massages in March / April to all Marathon runners.

I do not know if this is restricted to Breeze or if it is available to all his customers but the reduction may tip some people to go and get that treatment that helps them get round on the day

ASSEMBLY LEAGUE 2013

This year's Assembly League races begin in April.

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

18 April	Beckenham **note changed date**
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.

Mike Mann *(on behalf of ADSC).*

Wednesday Night Map

On page 9 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.

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 them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Arrives around 9.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name and money by 7:10

Don't just sit there salivating…join in ! - **Ros**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Apr	18	Beckenham Assembly League **note changed date**		Beckenham Sports Club, Foxgrove Rd
	21	**London marathon (or alternative)**	L	**London**
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k **(club champs)**	S	Dulwich Park
	20	**2 Miles club champs race**	S	**Dulwich Park**
Jul	4	Battersea Park Assembly League		Battersea Park
	12	**1 Mile club champs race**	S	**Dulwich College Track**
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	**Lingfield (Dry Hill) 10**	L	**Lingfield (Dry Hill)**
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	**Trail race, Lloyd Park parkrun**	S	**Lloyd Park**

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. ↗

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		**Surrey Road League**	
7 Apr	Paddock Wood 1/2M	5 May	Richmond 1/2M
14 Apr	Darenth Valley 10k	12 May	Sutton 10km
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.
Contact Steve Smythe for details
stevesmythe2006@yahoo.com Or
steve.smythe@athleticsweekly.com

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details.
stevesmythe2006@yahoo.com or
steve.smythe@athleticsweekly.com

FRIDAY TRACK SESSIONS AT DULWICH COLLEGE 2013

Friday track sessions will be run subject to enough people committing to turning up on a regular basis.
This is so that the sessions do not cost the club money for hiring the track from Dulwich College.
This will mean we need 10+ runners at each session.
So what is different to Steve's Tuesday night track sessions. Well the main aspect is speed. We concentrate on the short distances so work over 100mts, 200mts 400mts 800mts 1k and 1500mts. This means we work over much shorter distances with longer recoveries but at a more intense effort. Style is more important with this speed work so time is spent on this to improve efficiency. The more efficient you run means that the effort goes into the speed rather than trying to keep you running in a straight line. Combine this with the speed endurance of Steve's sessions and you should see improvements right across the spectrum of all types of runs.
You may have noticed that I have spoken only about speed and this is **your** speed. This does not matter if you run at 13min+ pace to whatever. We work just as hard with all levels and, **we aim to improve all abilities on their speed, so don't be shy about coming along.**
Details. Friday evenings 7pm for 7:15 start at Dulwich College Track. College Rd. Dulwich. Cost £2(TBC) Duration approx 1hr. Starting 12th April 2013.
So what do YOU need to do now? Send me an e-mail that you are interested and that you will attend on a regular basis. e-mail martin.morley11@ntlworld.com or speak to me on Wednesday night. Cheers. - ***Martin Morley.***

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace
Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms, Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races Mile reps Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 30h March

At least 36 Dulwich Runners did a parkrun last weekend. Clare E (88.12%), Ros and Claire S (84.90%) and Tony (83.41%) featured amongst the top age-graded performances in the 100 plus parkruns

Banstead Woods

Tony won by 13 seconds.

1 Tony Tuohy	17:41
147 ran	

Brockwell

Stephanie set a course PB.

61 Clare Quirico 14W	25:31
65 Stephanie Burchill 15W	25:48 (course PB)
96 Barry Walker	29:46
114 ran	

Bromley

110 Martin Morley	24:15
127 Colin Frith	24:37
142 Di Morgan 30W	25:04
146 Paul Hilton	25:10
338 ran	

Burgess

4 Andrew Bright	19:46
33 Barry Evans	29:05
40 ran	

Crystal Palace

Alastair Locke just missed out on winning by six seconds but did set a course PB.

2 Alastair Locke	19:00 (course PB)
8 Jozef Danko	20:51
12 Andy Cottrill	21:39
16 Bob Bell	22:31
24 Mike Dodds	23:03
27 Clare Wyngard 3W	23:17
31 Jo Shelton 4W	23:36
38 Belinda Bell 5W	24:21
48 Jane Harbage 11W	25:24
52 Ruki Sidhwa 13W	25:35
56 Penelope Bell 16W	26:04
96 ran	

Dulwich

Graham's son Lewis broke 20 for the first time with 19:54. Claire Steward ran her first sub-23 of 2013 by coming third.

9 Ebe Prill	18:41 (1M50)
17 Joseph Brady	20:10
33 Duncan Wilson	21:41
35 Graham Laylee	21:49
42 Claire Steward v3W	22:51
57 Ameet Patel	24:48
80 Ajay Khandelwal	32:09
82 ran	

Greenwich

Clare made it 54 wins from 54 parkruns winning ny over three minutes.

3 Clare Elms 1W	18:48
8 Steve Smythe	21:32 (1M55)
87 ran	

Hilly Fields

Ben returned for his first race for some time and won by 45 seconds.

1 Ben Fairhall	18:16
43 ran	

Old Deer Park

Ros won at her first visit to Old Deer Park. Andy did his 20th different parkrun venue.

12 Ros Tabor 1W	23:31
14 Andy Murray	23:40
33 ran	

Richmond

Chris Vernon writes:

If you ever plan to motor West, take the highway that's the best. Yes folks the South Circular not Route 66 took me to the home of old rubber lips himself for my 20th different parkrun venue.

According to the announcements Richmond is under threat of being banned by the Royal Parks for being too successful with numbers often topping 300, which they fear will cause damage to the SSSI. They have banned mob matches and have asked everyone to keep to the paths and not to chain bikes to the trees. If only some of the runners had gone to the other Richmond parkrun which had only 33 participants including Ros and Andy.

Pulling on the two blue hoops I was surprised to be the only DR present which does not often happen in big races in South London but then I spied Lindsey and Barrie lurking in very fetching matching blue outfits presumably for some costume drama or pantomime.

At the off, the huge field filed between the narrow posts and up the hill to the Star and Garter where it turned left downhill across the park with stunning views over South London. It was a bright sunny morning but with a bitter wind which cut right through you.

On the second leg of the one lap triangular course which was off road, we passed a huge herd of deer which seemed unconcerned and thankfully did not stampede across our path. At Sheen gate there was the impending start of a 10k which explained the confusing kilometre markers on our route - I bet they had to pay the Royal Parks so no worries about the environment here!

Then came the sting in the tail, an undulating and largely uphill mile to the finish at the Richmond Gate which according to regulars puts 45 secs onto your standard time, a good excuse anyway.

Lindsey Annable writes….another one ticked off the list which is well worth returning to. A well organised and low key event and rounded off with a pleasant stroll back to the car park at Pembroke Lodge.

Quite a large field assembled for this Easter parkrun despite the school holidays. We were all greeted with a speech from the run director that the event had been asked to respect the delicate ecosystem in the park. To that end we were to avoid the grass and use the gravel paths to pacify Royal Parks and ensure the future of the parkrun here.

A funnel system was also implemented at the start but we got away well. Half way round I was confronted by a fleeing herd of deer and had to pause whilst they crossed the run route. I don't know who looked more scared – the deer or the runners – one of the deer bolted wildly in front of us in a bid to move quickly to quieter ground. ↗

Dulwich Parkrun, 1st Anniversary

A big thank you to **Paul Devine, Ian Lilley, Alastair Locke and Ebe Prill** who have kindly agreed to be pace setters to help mark Dulwich parkrun's 1st anniversary on 13 April.

We would still like more Dulwich Runners of all abilities to volunteer to be pacemakers, so please get in touch this week if you'd like to get involved.

It's a bit of fun, but also a great way to help promote the club. Oh, and I'm making a lot of cake...

To get involved, please contact rob@rememberacharity.org.uk

Thank you. - Rob Cope

British 100km Championships, Perth, March 31

Emily Gelder won her fourth successive British 100km title. As she got injured in the race last year and had to miss the London Marathon, she ran it more controlled this time but still ran a top class 8:16:55 for the 62 miles and won by 17 minutes.

She should part form of a very strong Dulwich women's team in the London Marathon and is also available to run for us in the British Masters Relays. These are her 42 laps of around a mile and a half.

11:12	11:27	11:25	11:38	11:22	11:28	11:31
11:25	11:33	12:39	11:18	11:26	11:32	11:26
11:26	11:36	12:06	11:44	11:19	11:35	11:54
11:43	11:28	11:23	11:26	11:19	11:50	12:00
12:26	11:50	13:09	11:51	12:15	12:21	12:06
12:09	12:32	12:26	12:09	12:31	12:45	12:14

It was my first parkrun since the New Year and on relatively reduced training I was pleased to be ahead of my previous time in September. Barrie had a strong run, going well up the hilly second half and being just two seconds outside his year's best on the course.

It was nice to see Chris at the end of the run who was at Richmond for the first time on his parkrun travels. He had a steady run despite a chest infection.

110	Barrie John Nicholls	24.07
140	Lindsey Annable 20W	25.19
257	Chris Vernon	32.15

285 ran

Shorne Woods

Pleasant country park. Three laps on tracks, all good but a few more twists and turns than we'd like.

Passed parkrun founder with 1km to go. Cold.

6	Duncan Hussey	19.24
13	Oscar Hussey	20.08 (1st U15)

78 ran

Norman Fowler Memorial, Tonbridge AC, 1 April, 1 mile Race 3 of 5

My last outing in spikes was at the snow covered National Cross Country in Sunderland. A few weeks later and several hundred miles south, you'd think that conditions would have improved but, like some sort of April Fools prank, the Celsius hit the dizzy heights of 2 and with a strong easterly blowing down the back straight, even by midday, it felt like -2. Certainly couldn't determine whether I'd actually put on a pair of shorts such was the strength of the chill wind.

Despite this, there were several hardy souls showing off their winter track training outdoors for the first time. Not being one of them, I had to settle for a steady effort whilst Oscar, having outgrown all footwear bar his trainers, pushed round to set a PB.

5	Duncan Hussey	5.29.85
9	Oscar Hussey	5.41.25 (PB)

10 ran

Last Friday Serpentine 5k Hyde Park 29 March

45	Ian Lilley	19.03	
81	Andy Murray		21.47
89	Ros Tabor	22.08	
120	Carolina Lilley		26.22

146 ran

Folkestone 10, March 29

Caro Oliver led the Dulwich contingent.

108	Cara Oliver 8W	68:20 (chip 68:15)
257	Colin Frith	79:11
276	Martin Morley	80:36

588 ran

Maidenhead Easter 10

29 March 2013

Four Dulwich Runners entered this independently looking for a quicker run in marathon training or a fast course to challenge for the M50 club record.

The race starts on an industrial estate – handy for parking, but not readily accessible by train. The flat course laps the estate, tracks along and back round the access road before heading out along country roads and tracks. It was sunny and dry, but still bitterly cold and a strong enough breeze to affect the pace in places.

Buzz shot off ahead, with Tony in pursuit making a typically quick start followed by Dave and Charlie. Buzz felt he had 'died' a bit at the end, but still ended in a time consistent with predictions for London, even with masses of miles in his legs. Dave moved up gradually through the field, dragging Charlie with him and closing on Tony. ↗

Charlie overtook Dave at around seven miles and continued to close on Tony. However, Tony rallied around the nine mile mark and pulled away again, finishing in a new V50 club record. Charlie came in next, happy to come away reassured after recent niggles, followed closely by Dave who had also picked up again in the last miles to record a strong time in his first longer race for around a year.

Dulwich also came in (unofficially) third in the team race.

(Gun times)

13	Buzz Shephard	55:30	
30	Tony Tuohy	57:56	1M50
32	Charles Lound	58:11	
38	David Beaver	58:44	3M50

Kingston Breakfast Run 16M, March 24

Buzz ran it at around his marathon race pace and came third overall.

3rd Buzz Shephard 1:32:37 (1:32:35 chip)

Jon Hyde 2:06:35 (2:06:08)

1207 ran

Gravesend Duathlon, March 17

Clare won the women's race. She had a two minute lead after the 6.5km run, though caught on the bike leg she set off 10 seconds back and she pulled away to win by two minutes on the 4km run.

7 Clare Elms 1W 24:17 run, 41:25 bike, 14:19 run – 80:01 total

DULWICH RUNNERS HOODIES

Several people have asked for hoodies, but I only have a few XXS and XS left.
I have arranged for us to be able to order some more (in larger sizes) at the same price (£15), but I need to have 10 definite orders.
Please let me know of you are interested BY WEDNESDAY 3 APRIL.
Thanks – Ros ros@28kerfield.freeserve.co.uk

Now available £15 each. Cheques should be made out to Dulwich Runners AC. – **Ros**

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

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Ola is an experienced Sports Massage Therapist and club runner.
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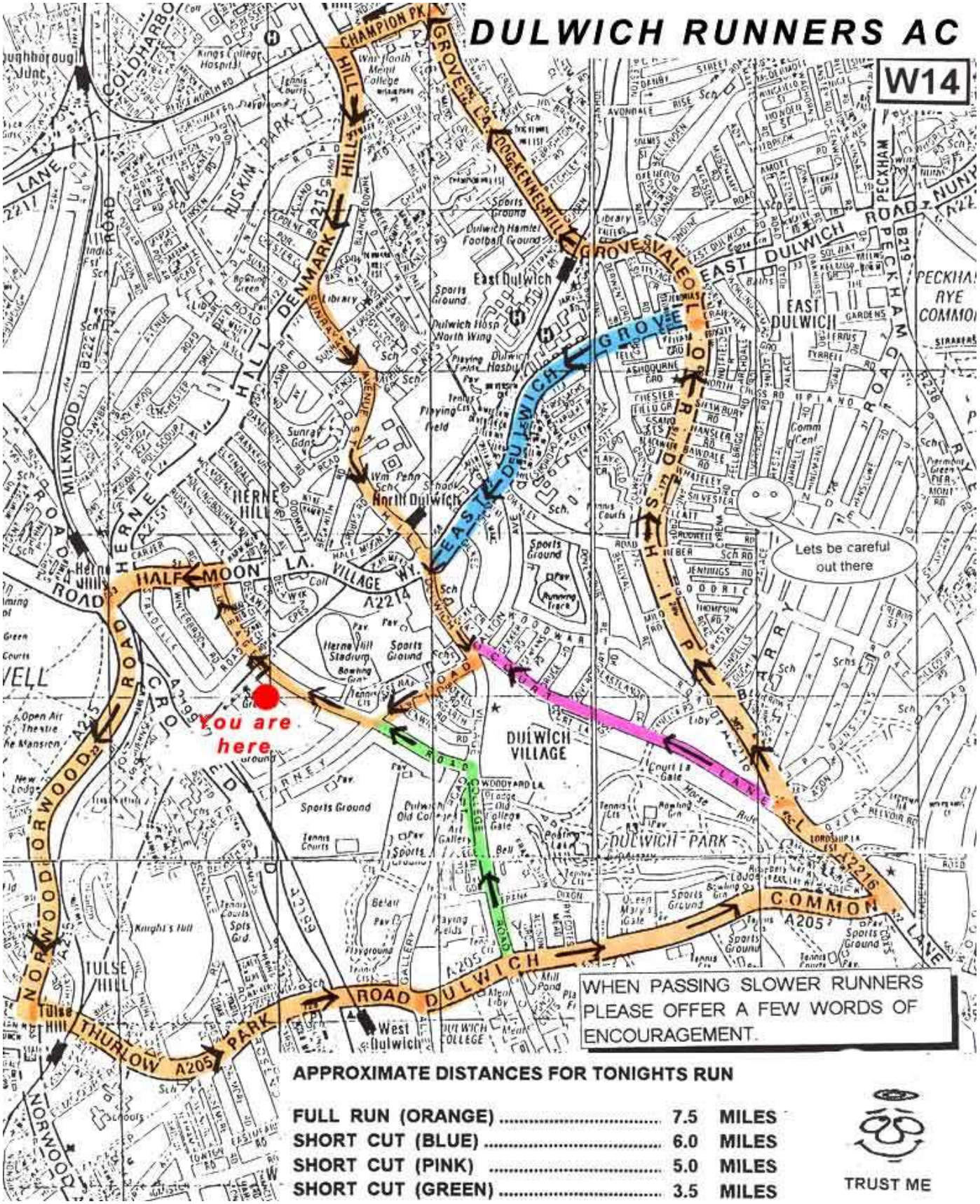
020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

DULWICH RUNNERS AC



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	7.5	MILES
SHORT CUT (BLUE)	6.0	MILES
SHORT CUT (PINK)	5.0	MILES
SHORT CUT (GREEN)	3.5	MILES

TRUST ME