DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 31 2017

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

- THE COMING WEEK –

Wed 31 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 1 **Assembly Lgue inc. Club champs 5k, Battersea pk**
See note below

Tue 6 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results, National Masters Relays
8 Green Belt Relay
10 Parkrun results
11 Wednesday map
12 Dulwich Runners Relays entry form and details

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

Runners are being asked to pay £1 each to run in the Assembly League at Battersea this Thursday. - This is to help towards the £500 which Serpentine AC pays to hire the park.
There will be an envelope for the runners of each club to put their £1s by the signing in sheets.
So don't forget your cash if you want to run, and it's a club championship race! ***- Ros Tabor***

------- EVENT HORIZON -------
A brief look ahead

Jun 1 Assembly Lgue inc. Club champs 5k, Battersea Pk
Jun 21 Dino Dash Relays, Crystal Palace Park

TRACK SESSIONS

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

Track training

With a view to getting people sharp for the club mile and the track season, is there any interest in doing some track sessions on days other than Tuesday. It will have to be a good track so am thinking Ladywell on Thursday evenings or on Saturdays mornings there or Crystal Palace when the race situation fits. - Let me know if interested.
Steve steve.smythe@athleticsweekly.com

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take 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 as early in advance as possible.
Thanks. – Ros

Paul Hilton	**31/5**
Emma Ibell	7/6
Paul Keating	13/6

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.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

Thurdays 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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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 it in the clubhouse - Thanks

SOCIAL SPOT

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
Don't just sit there salivating…join in !

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)

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

SHORTS!

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

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Andy Harwich

Andy Harwich, who had probably treated more Dulwich Runners than any other Osteopath in last 30 years, sadly died on Saturday. Andy, who was only in his early 60s, first treated me in the late eighties, and he had helped me get to every London marathon in the last 30 years, though it had seemingly required more visits to him every spring every year to get there. It was three times in the last ten days before London this year.
He apparently had been contemplating retirement.
I'm fairly sure over the years, I have recommended him to well over 40 different members and I know in some cases, another specialist had said there was nothing they could do to get that person back running and Andy had sorted it in one or two visits.
Steve Smythe

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

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

www.dulwichrunners.org.uk

This is the major fund raiser for club funds, it's essential that as many members as possible either run or help.

So put the date in your diary now !

Entry form and more info can be found at the end of Shorts

Dulwich Runners 2017 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**

		Race	Venue
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park ***£1 fee***
	4	Surrey Masters Track and Field Championships	Ewell
	12	Blackheath & Bromley Open Meeting,	Norman Park
	21	BMC/Cambridge Harriers Open Meeting	Eltham
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps	Crystal Palace Park
	24/25	British Masters Champs	Birmingham
Jul	6	Assembly League	O2, Nth Greenwich tbc
	10	Blackheath & Bromley Open	Norman Park
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps	Dulwich Park
	14	Mark Hayes Mile	Dulwich Track
	19	Cambridge Harriers Open/BMC	Eltham
	21	Mile club champs - SOAR Mile	Battersea Park
	22	HHH Open	Tooting Bec
	27	Assembly League	Victoria Pk, Hackney tbc
Aug	16	Cambridge Harriers Open/BMC	Eltham
	21	Blackheath & Bromley Open	Norman Park
	26	HHH Open	Tooting Bec
Sep	7	Assembly League	Beckenham tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common
	10	Kent Masters Champs	Bromley
Oct	1	Sittingbourne 10	Sittingbourne

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.
Entries are now open: https://entries.opentrack.run/2017/thesoarmile/

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

June 1	Battersea Park **£1 fee**
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, near bandstand in centre of park (no HQ)
O2, on riverside east of North Greenwich station (no HQ)
Beckenham, HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Pk Road

For further information about any races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Suggested Summer Schedule

Wed 31/5	5M very easy
Thurs 1/6	Assembly league, Hyde Park
Fri 2/6	rest or easy3M
Sat 3/6	hills
Sun 4/6	steady 10M
Mon 5/6	rest or easy 4M
Tues 6/6	speed session
Wed 7/6	60 mins relaxed with faster second 10 mins Thurs 8/6
Fri 9/6	rest or easy 4M
Sat 10/6	hills
Sun 11/6	steady 11M

Kent AC is pleased announced the 1st..

LADYWELL 10000

Sunday 3rd September

150 Athletes of all abilities
6 Races over 10000M
3pm First Race

Entries open June 1st

Join the event Facebook group: Ladywell 10000
or send an email to ladywell10000@gmail.com
to register your interest and be kept up to date.

Mike Fullilove: An apology

The performance at the BMAF relays attributed to Mike Fullilove in the Dulwich over 55 B team in last Week's 'Shorts' was obviously far too slow for a man of his calibre.

No, I have to confess it was mine as a late replacement for the other Mike. I was just going up there anyway to support the women's teams but got roped into actually competing at the eleventh hour.

Having said that, if Steve is correct to say that the times over the Sutton Park course pretty much equate to a flat 5k – as he obviously is – then 22-19 was still pretty good going for me and better than any parkrun I've done in a long, long while! ***- Mike Dodds***

Dino Dash Relay

Crystal Palace Park

Wed. June 21 @ 7.30pm

This is another race that since its inception three years ago has filled up and reached its capacity of 300 runners very quickly and DR teams have previously done extremely well in the prizes.

Each team member will complete a 3km lap of traffic-free park paths within Crystal Palace Park, taking in views of the famous Dinosaurs !
Teams of 3, entry @ £5 per person

Contact by Sunday 18th June:
Men: chas.lound@btinternet.com
Women: dulwichladiescaptain@gmail.com

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me. ***- Mike Mann***

British Masters Relays

Last week. the organisers made an error with the results and Ian Sesnan ran 21:45 and Andy Murray 22:37
- Steve Smythe

41 Dulwich Runners Ac M45 'B' 1:24:51

Duncan Hussey	(38) 19:22
Mike Mann	(42) 21:07
Ian Sesnan	(43) 21:45
Andrew Murray	(41) 22:37

Track Session, Saturday

If you are doing the Assembly league Thursday, it makes little sense to run a parkrun unless you are just doing it to add one to numbers run for the sake of it. Very few go faster parkrunning 36 hours on a slower, probably inaccurate course on a Saturday morning than a fast flat course with far more runners of a similar pace.
It makes more sense if you are interested in improving your speed to do a short sharp track session.
This week there will be a session - provisionally at Ladywell track at 10am - confirmation on DR facebook. ***- Steve Smythe***

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.

Beckenham Relays Beckenham Place Pk 3x 2.6m

24th May

Tony Tuohy writes...
Yet another record turnout saw 122 teams finish Beckenham's low-key but thoroughly enjoyable annual relay. Dulwich has plenty of previous in landing prizes here but the event's spreading fame is making that more difficult these days; our own record entry of eleven teams focused as usual on doing well in the mixed and ladies categories but also with high hopes for the overall with what looked like our strongest ever men's team.

The testing 2.6 miles circuit starts with a fast descent then a hard climb (all in the first mile), followed by a flat mile in the park before the same tough 600m climb to the finish as the Assembly League. I didn't hang about down the hill but was soon watching The LockeStar drift away en route to a big course best, handing over in 5th to a remarkable run by Andy Bond. He came up the hill bouncing like Bambi and I don't think any Dulwich Runner has approached his superb 13:37 before. This put The Dublin Dynamo in touching distance of the prizes and he didn't disappoint; the winner was well away but Tim left his closer rivals easily to take the team to second with a fine sub-14 run. In 10th overall Mark L, Steve D and Clare were winning the 1st mixed prize comfortably, Steve's course best falling just short of a sub-14 but the notable run of the team.

My seventh visit here was my slowest (think I'm starting to repeat myself) but wasn't too bad and Tom was a minute faster than his previous go; Paul's excellent debut run completed our team. Ian L, Steve R and Lloyd ran similarly in a solid team, as did James, Will and Padraig. Our next mixed team saw Dan Mann chasing me hard up the hill followed by debut man Joshua and a tremendous 16:40 from Lucy Elms, still very lightly trained as she takes care of her shins. Our first ladies team were all on good form; Selma and Helen were close with Selma just getting the nod and Andrea brought the team home comfortably taking 3rd prize.

Charlie was the thorn after the roses in our next twist on the mixed theme, following solid runs from Laura and Michelle, while Gary yet again proved he's at his best in a relay while leading in Ian S and Mark F. One more mixed team contained good debut runs from Justin (superior to any of his parkruns) and Christina with Hugh matching his previous outing here to the second. One more ladies team completed our contingent and while Emma and Jo ran well to match their current parkrun form Eleanor ran a blinder to record possibly her best short distance race. Finally, Ameet blagged himself a run with the Crystal Palace Fun Runners and was also well up to his best form.

2 Dulwich i:	**41:42**
Alastair Locke	14:09
Andy Bond	13:34
Tim Bowen	13:59
10 Dulwich x (mixed):	**44:49**
Mark Lacey	14:54
Steve Davies	14:01
Clare Elms	15:54
12 Dulwich ii:	**45:03**
Tony Tuohy	14:26
Tom South	15:47
Paul Devine	14:50
14 Dulwich iii:	**46:29**
Ian Lilley	15:41
Steve Rolfe	15:28
Lloyd Collier	15:20
19 Dulwich xi (mixed):	**47:27**
Daniel Mann	14:37
Joshua Groenendijk	16:10
Lucy Elms	16:40
23 Dulwich iv:	**47:48**
James Burrows	15:43
Will Cotter	16:17
Padraig Prunty	15:48
36 Dulwich vi (ladies):	**50:49**
Helen Lister	16:48
Selma Benattia	16:45
Andrea Pickup	17:16
38 Dulwich ix (mixed):	**51:17**
Laura Vincent	18:40
Michelle Lennon	17:34
Charles Lound	15:03
44 Dulwich v:	**52:26**
Gary Sullivan	16:38
Ian Sesnan	18:52
Mark Foster	16:56
50 Dulwich viii (mixed):	**52:57**
Justin Siderfin	16:13
Christina Dimitrov	18:56
Hugh Balfour	17:48
70 Dulwich vii (ladies):	**56:30**
Emma Ibell	17:38
Jo Shelton	20:11
Eleanor Simmons	18:41

90 Crystal Palace Fun Runners:
Ameet Patel 20:51

122 teams took part.

Vitality London 10,000

30th May

This enormous event is the designated UKA Team Championships and as such the club get twelve free allocated places, six men and six women, gleefully snapped up by those of us lucky enough to get the nod as a club selection; indeed, some were grateful that a few of the club's current speedsters were unavailable on this occasion and unable to snaffle a place... In the end we had a total of sixteen Dulwich Runners at the start line including those who entered of their own volition, elbowing their way through over 12,000 runners starting in The Mall and finishing at Buckingham Palace, via Trafalgar Square, the Bank of England and Whitehall. The unchanged course is generally flat although rises a bit going out to the city and obviously then drops a bit when returning, so a negative split is always possible if you don't overcook the first half, which was definitely possible on this warm day with very high humidity.

Mr. Wayne 'Comedy Gold' Lashley made a half-hearted attempt to give me some new material, as my sources reported that he was still in a queue to powder his nose just five minutes before the start. Having previous for missing the start on another occasion, he was cutting it dangerously fine to get back into the huge throng, but in fact made it okay, albeit with a longish discrepancy between gun and chip time. That explained why he took so long to pass me (after halfway) as I'd been wondering where he'd got to on account of him beating me regularly now (even if I haven't thrown the towel in yet...). I think he does this late start thing at this event deliberately just to score highly in the results on the how-many-runners-did-you-pass stats. Anyway, his excellent 35:04 fell only 15 seconds short of his PB so you can't argue much about his strategy. I fell about 40 seconds behind and wasn't too pleased with my time but as I'm a bit of a wimp in heat and humidity, and therefore lost about a kilogram in sweat, it could have been worse. Daniel Mann was nearly a minute slower than his Regents Park 10k back in March and as I can't see myself putting nearly a minute into him too often (it was only 11 seconds at the Beckenham Relays) I reckon he suffered a bit in the second half.

Paul's 37:30 was a decent enough run after his little hiatus since the London Marathon and he kept Tom at bay to the tune of half a minute or so; Tom's run was very decent too, just short of his time at Regents Park in March. Duncan Wilson was unfit last year here (49:14) but the contrast now is hugely impressive; his 40:27 is a return to form he last had seven or eight years ago – I didn't see him on the day and want to know if he employed a ringer. Selma and Andrea 'enjoyed' a battle royal down Birdcage Walk to the finish in front of Buckingham Palace with Andrea determinedly just getting the nod on the line. However, with Andrea managing to wangle lining up next to Jo Pavey in the elite start area, Selma had to catch her up and therefore clocked the faster chip time, scoring a sizeable PB and impressively over a minute faster than she was last year. Will's uncharacteristic-looking time is a result of having to stop with a muscle strain in his upper thigh that responded to some stretching so he eventually got going again and finished. Katie's form is on the up again and she's inching towards last year's PB territory, but that's exactly where Yvette currently is, shaving eleven seconds from her mark of two years ago. Ros was pleased with her sub-46, which improved on both her previous 10ks this year and was 1st W65 in the whole event. Clare Wyngard's current fitness can't be in doubt as she has only been slightly faster than her 46:46 once in the last five years, and the same could be said of still-improving Laura, who managed to squeeze a handy five seconds inside her PB. The Dulwich presence was completed by Colin Frith, who gave me a tremendous shout as we passed in opposite directions after the halfway loop, and Elizabeth Begley, managing to clock virtually the same time for the fourth year in a row.

- Tony Tuohy

208	Wayne Lashley	35:04
257	Tony Tuohy	35:46 4th M50
322	Daniel Mann	36:34
386	Paul Devine	37:30
445	Tom South	38:04
691	Duncan Wilson	40:27
775	Selma Benattia	41:12 PB
848	Andrea Pickup	41:46 9th W45
1047	Will Cotter	43:01
1526	Katie Styles	45:17
1653	Yvette Dore	45:47 PB
1678	Ros Tabor	45:53 1st W65
1891	Clare Wyngard	46:46 7th W55
1986	Laura Vincent	47:07 PB
2633	Colin Frith	49:21
8023	Elizabeth Begley	63:28

12,000 finishers

Vitality Westminster Mile

28.05.17

This has been put on by City of Westminster and London Marathon since 2013 as an Olympic legacy participation event. There are mile races throughout the day for club and open entrants, Sweatshop running groups, Parkrunners, children, Olympians and then UK senior and junior championships. The course is on wide roads from the Mall to Buckingham Palace around St James Park.
Barrie and Lindsey have run it since 2013 and had medical/injury problems to be wary of this time.

Ros and Andy have run it since 2014, with Ros trying to save something for the 10k (with same start and finish) the next day and Andy struggling with a foot injury but boosted by an extra track session the previous day. Ros lined up at the front for a quick start, followed by Andy, who gradually closed on her, not quite catching but beating her on chip time. Barry followed not far back, looking well and in a faster time than last year. Lindsey's injury restricted her speed.

- Andy Murray

Chip times:

Andy Murray	6.27 (2016 6.33)
Ros Tabor	6.29 (6.28)
Barrie John Nicholls	6.43 (6.49)
Lindsey Annable	7.28 (6.58)

Vitality Westminster Mile

Sunday 28th May 2017

This race is now in its fifth edition and has grown to around 8000 competitors across a number of waves. We've run every year since the race's inception although probably have some way to go before qualifying as ever presents! We were put in the second race of the day which also included Andy and Ros as well as a fellow thespian friend of Barrie's who runs well under sub 6. Not quite sure how the seeding system worked there....
The course is truly iconic with a straight run down the mall, past Horseguards Parade and along Birdcage Walk to finish in front of Buckingham Palace. Essentially much of it is the last part of the marathon course with much less pain - although that could be up for debate....
The only criticism this year was that they routed slower runners to the left-hand side of the Birdcage Walk after just half way which must have made the mile over distance as the finish line wasn't positioned to compensate. We can't think why they did this as there seemed to be few incidences of slower runners impeding faster ones from the next race.
Ros shot off and headed the DRs until what looked like late in the race as Andy's final time was faster by two seconds. Barrie was close to Andy for much of the race and came very near if not better than previous races despite health concerns earlier in the week. I had a rather disastrous run pulling my calf at around 900m in and slowing to a walk by the finish. Having had no problems at all in training recently I suspect it might have been bought on as I was doing my strides and twisted my foot slightly in a hole in the park grass.
We stayed on after the run to sample some of the activities on offer although my participation was confined to sitting in a deckchair to avoid hobbling on my injured leg. Barrie tried out a yoga class and even rode a bike at a special Smoothie stand to mix me a restorative drink! Whilst I sat relaxing in my deckchair as Barrie pedalled hard (this is how it should be!) I did see Ola as her children were entered for the British Junior Championship races. We also listened to an interview with Seb Coe and the ever-enduring Jo Pavey. Both were running in the Olympians wave which comprised athletes from all disciplines.
We did walk down (hobble in my case) to see the final few junior races just in time to see Katie come in at around a very fast 5:15. We hope Callum had a good run too. The race results are hard to search as it only seems to work by race so apologies if I have missed off any other DRs who ran.

-Lindsey Annable

Andy Murray	6:27
Ros Tabor	6:29
Barrie John Nicholls	6:43
Lindsey Annable	7:28

parkrun May 27th

Beckenham
179 Ran

Pos	Gen		
8	8	Tom Wilson	19:32

Brockwell
271 Ran

Pos	Gen		
1	1	Lewis Laylee	17:30
23	22	Mark A Foster	20:21
49	4	Lucy Pickering	21:55
55	51	Ian Sesnan	22:16
64	57	Graham Laylee	22:36
89	14	Lucy Clapp	23:42
133	27	Sarah Banting	26:20

Burgess
246 Ran

Pos	Gen		
18	18	Gary Sullivan	19:37
239	152	Chris Vernon	45:09
245	91	Susan Vernon	53:42

Crane Park
146 Ran

Pos	Gen		
1	1	Andy Bond	16:31

Crystal Palace
238 Ran

Pos	Gen		
4	4	Steve Rolfe	18:47
41	2	Belinda Cottrill	23:23
60	54	Mike Dodds	24:16
64	58	Bob Bell	24:26
81	13	Clare Wyngard	25:07
88	75	Ameet Patel	25:54

Cannon Hill, Birmingham
562 Ran

Pos	Gen		
86	7	Susan Cooper	22:16

Dartford
179 Ran

Pos	Gen		
10	10	Duncan Hussey	20:24

Druridge Bay
230 Ran

Pos	Gen		
2	2	Gregory Hills	18:09

Dulwich
262 Ran

Pos	Gen		
4	4	Stephen Davies	16:53
11	11	Alastair Locke	18:14
30	29	Rob Cope	20:07
39	38	Ajay Khandelwal	20:34
40	39	Paul Vivash	20:35
45	2	Michelle Lennon	20:54

Greenwich
218 Ran

Pos	Gen		
25	25	Joseph Brady	21:53

Hilly Fields
243 Ran

Pos	Gen		
28	28	Stephen Smythe	21:20

Horsham
422 Ran

Pos	Gen		
88	83	Gary Budinger	23:59

Orpington
161 Ran

Pos	Gen		
40	35	Colin Frith	24:21

Peckham Rye
175 Ran

Pos	Gen		
11	1	Helen Lister	19:55
37	5	Emma Ibell	21:48
54	45	Alex Bazin	22:38
55	46	Gideon Franklin	22:40
65	52	Matthew Ladds	23:17
75	15	Laura Vincent	23:58
121	39	Karina Burrowes	27:34

Portobello, Edinburgh
314 Ran

Pos	Gen		
35	32	Jim Dowsett	21:18

Riddlesdown
230 Ran

Pos	Gen		
23	3	Ange Norris	20:57

Sheringham
240 Ran

Pos	Gen		
5	5	Justin Siderfin	20:56

Southwark
237 Ran

Pos	Gen		
106	90	Paul Keating	25:33

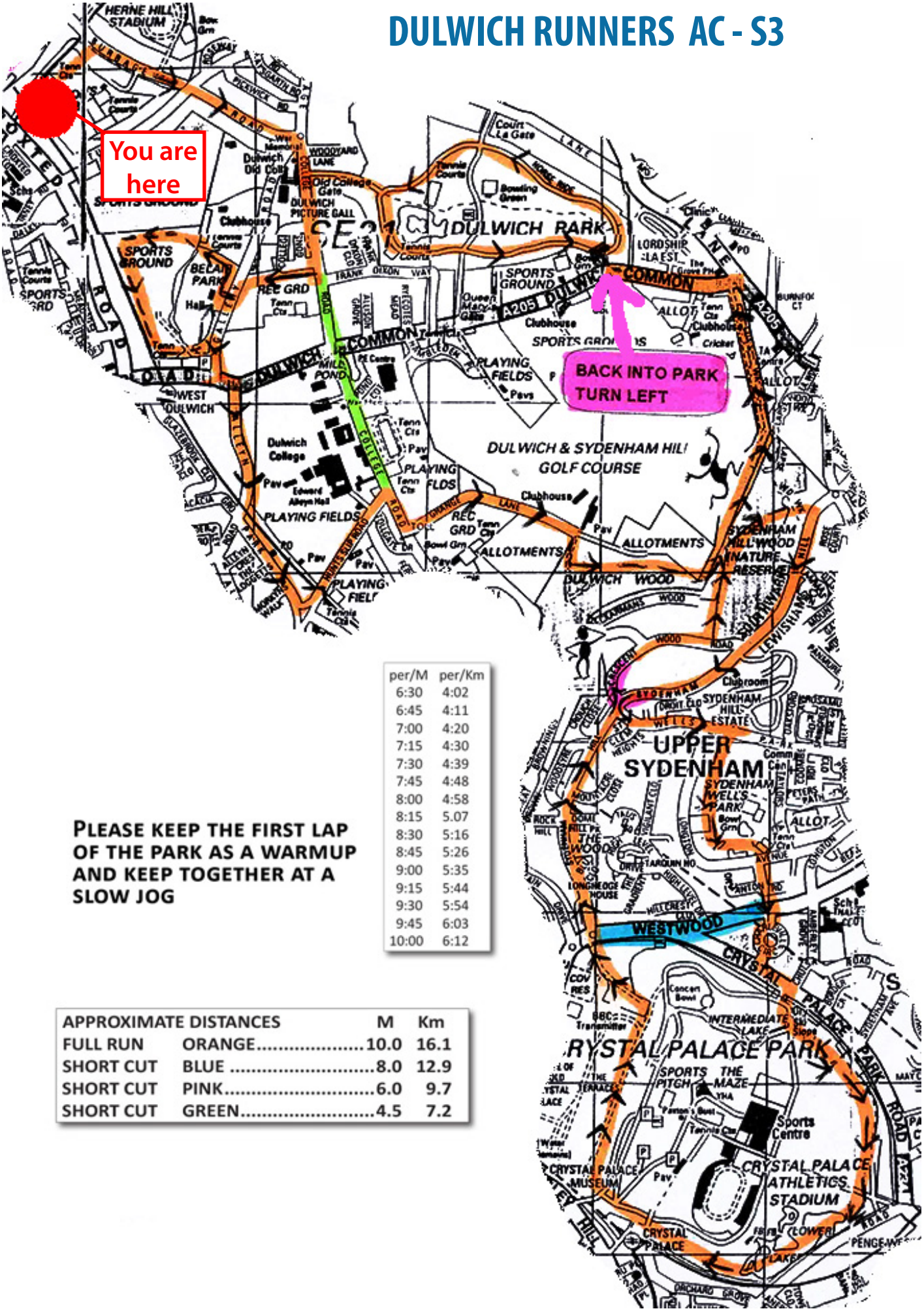
Western Springs
77 Ran

Pos	Gen		
22	17	Nick Bell	23:46

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC - S3



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

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARMUP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.0	9.7
SHORT CUT	GREEN	4.5	7.2

DULWICH RUNNERS MIDSUMMER RELAY
WEDNESDAY 12 JULY 7.30 DULWICH PARK
3 x 1 LAP (APPROX 1 MILE) **£12 PER TEAM**

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:
LEG 2 name:
LEG 3 name:
(individual names can be entered later)

Please complete, scan and email to ros.tabor49@gmail.com

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION

Contact: 020 7701 2546
ros.tabor49@gmail.com

THE START: **7:30pm** in Dulwich Park, near Queen Mary's Gate, London SE21
see enclosed map or www.streetmap.co.uk (enter SE21 7BQ)

Public transport: For transport details to the park https://tfl.gov.uk/plan-a-journey/?to=se21+7bq

Trains - closest stations are N and W Dulwich
from London Victoria to Herne Hill and West Dulwich
from Orpington via Bromley South & Beckenham to West Dulwich and Herne Hill
from London Bridge to North Dulwich (or from East/West Croydon)
from Kings Cross, Farringdon and Blackfriars to Herne Hill (and northwards from Sutton and Wimbledon)
Tube - Victoria line to Brixton and bus
Buses - P4 (Brixton-Lewisham), P13 (Streatham-New X) to Dulwich Park (Queen Mary's Gate)
12, 40, 176, 185, 312 from central London to Dulwich Library/Plough, walk via Eynella Road
68, 468, 196 to Herne Hill station – walk via Half Moon lane, Burbage Road
37 to Half Moon Lane walk via Burbage Rd
3 to Croxted Road/Thurlow Park Road (nr. West Dulwich station) walk via Dulwich Common

Parking: Car park in Dulwich Park (in College Road gate, turn left at barrier), or Bel Air Park (Gallery Road).

ENTRIES: **£12 PER TEAM – ENTRY FORM ON WEBSITE.** You can enter your team, and fill in the individual names later.

RACE NUMBERS: Will be available at the start

CHANGING: Tent available, also for left baggage.
Attach the race number to the front of your vest / T-shirt.
Please do not run wearing headphones.

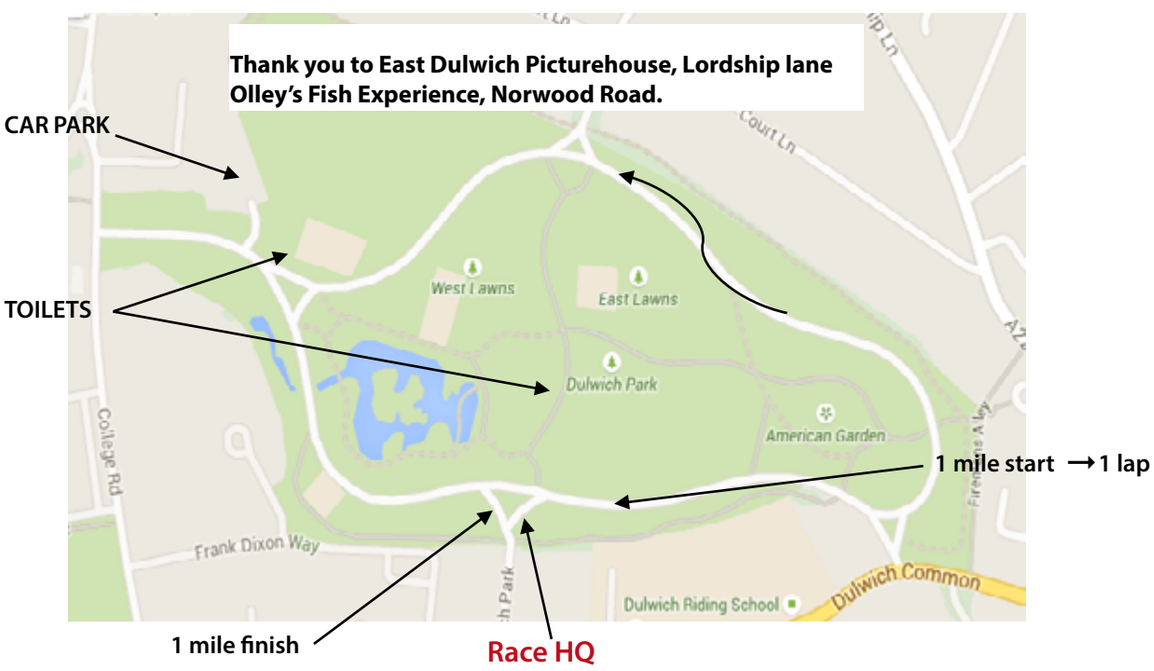
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

COURSE: The relay (tarmac path) follows the main driveway, keeping the sand track to the left. 3 laps per team, each lap is just over 1 mile. Start , change over and finish at NE end of Queen Mary's gate.

PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

RESULTS: (and info on Dulwich Runners) www.dulwichrunners.org.uk



The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway