DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 5th 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 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 6 **Assembly League - O2 Dome, Nth Greenwich**
Free and for all club members whatever your standard or ability. see map page 6

Tue 11 **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
7 Race reports & results
9 Parkrun results
10 Dulwich Runners relays entry form and info
12 Wednesday map

And much more !

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

You can follow us on

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.
Warm up taken by **Andrea Pickup** 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 Session Saturday

This Saturday there is likely to be another track session at Ladywell at 10am. see facebook or e-mail for confirmation.
Steve steve.smythe@athleticsweekly.com

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

LUCKY VEST

Tonight in the clubhouse

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 spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

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

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

Jul	6	Assembly league - o2 Dome, Nth Grreenwich
Jul	12	Dulwich Runners Relays - Dulwich Park
Jul	14	Mark Hayes Memorial Mile - Dulwich Park
Jul	21	SOAR Mile (club champs) - (**entry closed**) Battersea Pk

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks t Paul Keating for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
No new runners last week
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

Laura Lane	**5/7**
Alastair Locke	12/7
Charlie Lound	19/7
Chris Loizou	26/7

Wednesday Night Map

This weeks map for Wednesday night, can be found 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

SPOT

Watch this space for future events.

Friday 14th July

Post Mark Hayes Mile drinks in The Alleyn's Head.

Saturday 22nd July
Brewery Hash Run

Thomas South has very kindly plotted a brewery hash run starting at 2pm at Gipsy Hill brewery, then London beer factory (both Gipsy Hill).

Then onto Bullfinch brewery at the bottom of Rosendale Road (Herne Hill), then onto Canopy (also Herne Hill).

Next stop Brixton Brewery on Station approach, then onto Clarkshaws and then onto Brick brewery in Peckham (if people are still going by this point!).

All welcome and it is likely that it will be walking/public transport from Bullfinch onwards. We'll give rough timings for each brewery nearer the time if anyone wants to meet us mid route.

Thanks - Matt

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

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

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)

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

HOODIES...

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

Buffs/snoods - only £6

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004,
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

We now have enough people to help at the relay
THANKS VERY MUCH
so everyone else can run!

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 2017/18 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**

2017		Race		Venue	
Jul	6	Assembly League		O2, North Greenwich	
	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 *(entries now closed)*		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	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF Relays		Long Eaton	
Nov	11	Surrey League 2	men	Priory Park, Reigate	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	26	South of Thames 5		Beckenham	
Dec	2	Surrey League 2	women		**tbc**
	2	Kent Masters			**tbc**
	9	SEAA Relays		Long Eaton	
	16	South of Thames 7.5		Aldershot	
2018					
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

2017 CLUB CHAMPIONSHIPS

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 (L)

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

Suggested Summer Schedule

Wed 5/7	4 miles slow with strides
Thurs 6/7	Assembly League
Fri 9/7	rest or easy 4M
Sat 10/7	Track
Sun 11/7	slow 45mins
Mon 10/7	3 miles or rest
Tues 11/7	Track
Wed 12/7	6 miles steady
Thurs 13/7	3 miles with strides
Fri 14/7	Mark Hayes Mile
Sat 15/7	parkrun - not flat out
Sun 16/7	slow hour
Mon 17/7	3 miles or rest
Tues 18/7	Track or grass
Wed 19/7	steady 30 mins
Thurs 20/7	3 miles with strides
Fri 21/7	Soar Mile Battersea

Mile Club Champs - SOAR Mile - 21 July

Race Entries Closed

54 club members have entered out of 234 overall.

M60 (5): Bob Bell, Mike Mann, Andy Murray, Barrie John Nicholls, Ian Sesnan
M50 (6): Joseph Brady, Ameet Patel, Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy
M40 (11): Lloyd Collier, Rob Cope,Will Cotter, Steve Davies, Martin Double, Jim Dowsett, Hugh French, Ajay Khandelwal, Ian Lilley, Justin Siderfin, Tom South SM (11): Tim Bowen, James Burrows, Paul Devine, Alex Haylett, Greg Hills, Mark Lacey, Matt Ladds, Wayne Lashley, Alastair Locke, Shane O'Neill, Jonathan Whittaker
W60: (1): Ros Tabor
W50: (3): Ola Balme, Lucy Clapp, Clare Elms,
W40 (4): Lindsey Annable, Yvette Dore, Sharon Erdman, Andrea Pickup SW (13): Ellie Balfe, Claire Barnard, Selma Benattia, Christina Dimitrov, Lucy Elms, Hannah Harvest, Roz Johnson, Helen Lister, Rebecca Schulleri, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent

Mark Hayes Memorial Mile

Dulwich College Track

Friday 14 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold this series of races. It should also provide excellent preparation for those of you planning to run the clubs champs SOAR Mile on 21 July.

Could those of you intending to take part in these races at Dulwich College Track on the evening of 14 July please contact Mike Mann at: mcmann90@yahoo.co.uk including your predicted mile time before 12 July. For those of you who are unsure about your predicted time, speak to Steve Smythe at this or next week's Tuesday's grass/track session or provide details of any recent 5k or parkrun times.
We are not looking for accurate predictions as this is simply to allocate runners to a series of around 5 races on the night. The first race will start around 7.30.

You don't need to wear club vests. You will be allocated to races and provided with race numbers on arrival. There will be a presentation following the final race of the evening at around 8.30. Afterwards we will be adjourning to the Alleyns Head for food and drinks.

There will also be a 600m race for youngsters, so please let us know if you plan to bring children along and don't worry about their predicted times. There is no entry fee but as usual donations are invited which will go to Karine and her family.

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m.
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

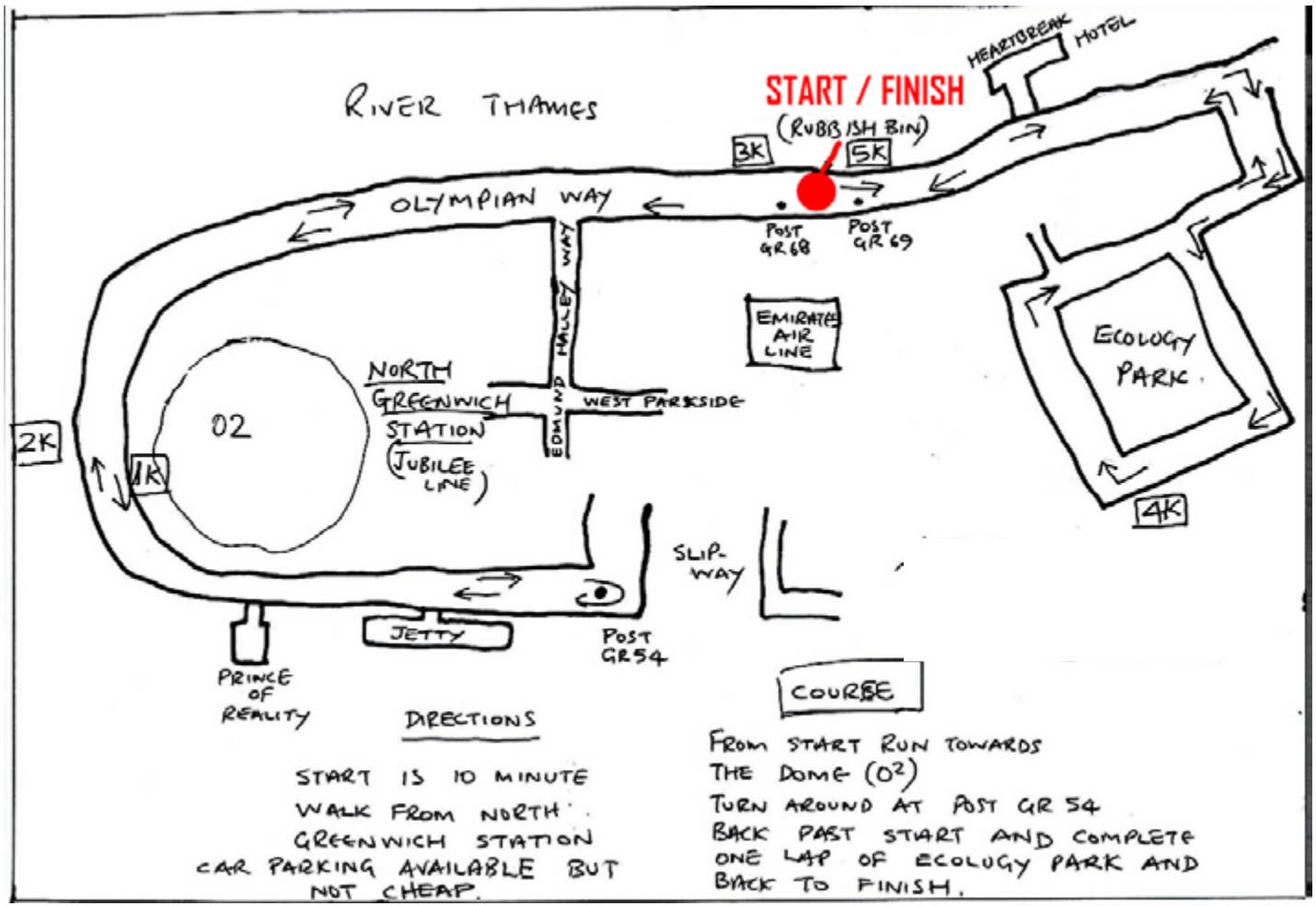
All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

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

Assembly League - o2 Dome, Nth Greenwich

Thursday 6th July 7.30pm start

Free to enter and open to all club members whatever standard or ability.
No need to pre-enter just turn up put on your club vest and run !....



Assembly League Races

These races 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.
Venues are provisional as follows:

July	6	O2, North Greenwich	7.30	**open to all members and all abilities**
July	27	Victoria Pk, Hackney	7.30	
Sep	7	Beckenham	7.15	

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

The Harry Hawkes 10m

9.30 am Sunday July 16th

Start - Giggs Hill Green in Thames Ditton.
It's a fast, flat course on a very scenic route with sections along the river and through woodland, although most of the course is on surfaced road.
Trophies for both men and women's teams.

Stragglers are offering a £3 discount to any Dulwich member entering the race.
The affiliated runner entry fee is £23 (plus £2 online booking fee). With the discount this drops to £20.

Race details at : www.harryhawkes10.com

To enter click the entry button on the site When prompted for a voucher code at the bottom of the form, enter the following discount code: CLUB£3

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.

VETS INTER-AREA TRACK & FIELD SOLIHULL

2 July

Ros and myself were representing Vets AC at this annual match at Solihull between the different vets area organizations. With 10 year age bands we both felt a bit out our depth competing at the top end of our age categories, but it was good preparation for the European Masters in Denmark at the end of the month. We were both thrown in the deep end with myself being asked to do the 3000m in addition to the 1500m a few days before and Ros asked to run the W60 400m on arrival at the stadium with very limited time to warm up.

Despite this Ros ran an impressive 400m race, with her time only very slightly down on her run at Birmingham a week earlier, but she was less happy with her 800m later on, finishing down on recent times. I had a reasonably solid 1500m race, just fractionally slower than my Birmingham time, but I still feel that my performances at this distance are around 5 secs below par. My 3000m at the end of the day was probably my best outdoor track performance of the season to date and only 3 secs adrift of some strong indoor runs back in the winter. I take two messages from this. There is still room for improvement in my 1500m times, but on the basis of my 3000m time I am on target for a sub 20 minute 5000m in Denmark if all goes well on the day.

-Mike Mann

400m	Ros Tabor	78.8
800m	Ros Tabor	3:04.3
1500m	Mike Mann	5:33.4
3000m	Mike Mann	10:33 (unofficial)

Serpentine 5K

Not really one that you want to admit to, and could possibly have got away with it, as the sole DR there, just as it used to be. The alternative course again, which I think I prefer, even though it may be a bit slower, or is that just wishful thinking.

93 Steve Williams 20:48

Ultra Butcher Race 110 km, 15,000 ft ascent

After a decent PB in the London Marathon, the next running objective of the year was to face the distance of 100km. I chose the 110 km Ultra Butcher race (Bieg Rzeznika) in the wild Bieszczady Mountains on the Polish-Ukrainian border.

I have run quite a few medium-range ultra races (50-80km) but I approached the 100k distance with due humbleness. Although there was no requirement to run in pairs, I stood at the start line with a Spartan friend of mine, Kasia. At the beginning the course was quite leisurely. With a start in the Polanczyk Spa, it was an enjoyable run along the coastline of the lake and gentle forest paths. The weather was great – sunny and dry, maybe a bit too hot. The slopes were gently undulating so you could enjoy the pure pleasure of running. The first food stop was after 30 km – we relished on lovely chicken broth, home baked bread with hand churned butter with bear garlic, and a magic, thirst-quenching, life-reviving beverage that the locals call Coca Cola. This was the drink of the day for me. I hardly drank anything else. After a short refreshment, we took off again, chatting, enjoying the scenery and taking pictures. Although in the distance you could hear an occasional roll of thunder, the rain held up for quite a while. After 12 hours we managed to cover 80 km, which meant that we should be able to reach the finish line after 16 hours, at around midnight.

But then the skies opened and the rain that had been hanging in the air for a long time finally started. And the pouring rain in the Bieszczady mountains meant that the forest paths soon turned into muddy rivers and the ground turned into sticky sludge. Running turned into walking and struggling to keep the balance on the slippery clay surface. Without trekking poles, even walking was barely possible – and this was still on a relatively flat surface. We started dreading the approaching climb and descent to and from the Lopiennik mountain, which we had been forewarned about by even the most experienced ultra runners. But for the time being, advancing at a crawling pace, exhausted, soaked to the bone, covered in mud, we managed to reach the food station and check point at 87km.

Although we had a change of dry shoes and clothes in our deposit bags, we got chilled to the bone. A glass of Port and hot tea helped a bit, but not completely. Having put on space blankets, we finally managed to overcome the shivering, and we took off to face the peak ahead of us. Initially we cherished the dry shoes so we jumped between puddles

and tried not to sink in mud too much. But soon it started pouring again and there was not point wasting energy trying to keep your shoes dry so you just went straight ahead, sinking up to your calves in the mud. We were crawling forward, slowly but steadily. After a while a small group of 9 runners formed. Clinging together in a bunch was strangely comforting in these conditions.

Soon, after sliding a steep muddy slope, we reached the last water station. The marshals instructed us to stick together and make noise – apparently 7 bears were seen on our path earlier on that day. We naturally complied with the instructions and, occasionally shouting and whistling, we soon approached the bottom of the Lopiennik peak. And here's where the real struggle started. The slope was at times steeper than 45 degrees. With this kind of slant the ascent on the slippery slope was a nightmare. You'd get two steps up, and slide one step back; fall down and get back up again. Two guys in our group did not have trekking poles – they had to crawl on all fours to make any progress. A record-breaker slid down a few meters to finally land on a tree trunk. It was no longer difficult - it was simply bloody dangerous. Groping for whatever you could hold on to, trying to find traction on the slimy soil, we finally managed to reach the peak. The descent was equally steep and not at all easier. The procedure was similar – sliding on your feet, if you were lucky, or on your bum, trying to get hold of the bushes or trees to stop or slow down. Finally the steepness slowly started to level out. We had successfully managed to cover the biggest obstacle in one piece.

The last section was just a gentle descent to the town of Cisna. But at this stage, at 2 am, after 18 hours on the road, even that was excruciating. Blisters on our feet, chafes and general exhaustion were showing. Besides, we were not sure how far the finish line was. Kasia's watch had died and mine seemed to have gone crazy. So instead of 1km to the finish, as we thought, there were 4km left! This was a mental kick below the belt. Your mind and body started to rebel, but despite that blow we clumsily trotted on and soon reached the asphalt section leading to the stadium with the finish line. Finally... the end! At the finish– another familiar face, Monia, kissed us, congratulated and handed over a medal and a trophy pack of beer. All you need after 19 hours on your feet! We strolled to a warm tent where, together with other exhausted but beaming ultra runners, we drank the well-earned beer and devoured the longed-for hot soup.

Summing up, I managed to break the mental barrier of running 100km in one go. This was a real baptism of fire. So far, the classic Butcher Runs (approx. 80k) were quite manageable. This time we had a chance to experience what a real ultra race means. The last 30km cost us as much energy as the first 80. We managed to cover nearly 110 without major damage. I personally recorded five blisters, one black toe and armpit chafings, but no major injury. This first 100k race will be very memorable. And what's next? The Butcher organizers have 140 and 160km in stock. But for now, I'm not thinking about running. It's a great feeling just to eat, drink and be merry, trying to recover. Although my feet are already getting a bit itchy.

- Grzegorz Galezia

parkrun July 1st

Ashton Court
348 Ran

Pos	Gen		
77	9	Laura Vincent	23:44

Beckenham Place
167 Ran

Pos	Gen		
1	1	Andy Bond	16:27
25	25	Nicholas Brown	21:36
102	84	Peter Jackson	27:19

Belton House
289 Ran

Pos	Gen		
286	140	Emily Warburton-Brown	51:27

Bexley
392 Ran

Pos	Gen		
13	13	Michael Fullilove	20:58

Brockwell
242 Ran

Pos	Gen		
1	1	Gary Ironmonger	17:11
19	17	Mark Foster	19:47
183	127	Edward Lockhart	29:03

Burgess
279 Ran

Pos	Gen		
40	35	Hugh Balfour	20:04
41	36	Dan Hill	20:05
273	158	Chris Vernon	39:00
279	118	Susan Vernon	41:34

Cannon Hill
588 Ran

Pos	Gen		
177	159	Andy Murray	24:21
192	21	Ros Tabor	24:45

Croxteth Hall
276 Ran

Pos	Gen		
12	1	Mel Edwards	20:11

Crystal Palace
283 Ran

Pos	Gen		
11	11	Tom Wilson	19:59
28	28	Andy Cottrill	21:24
29	1	Belinda Cottrill	21:26
57	6	Clare Wyngard	23:38
59	53	Michael Dodds	23:41
73	64	Bob Bell	24:16
110	88	Ameet Patel	25:51
192	60	Penelope d'Arcy Graham	30:11

Dulwich
253 Ran

Pos	Gen		
4	4	Edward Harper	17:34
26	2	Ellie Balfe	20:25
52	48	Paul Devine	22:03
183	124	Mick Mead	28:53
249	147	Ajay Khandelwal	41:52

Fulham Palace
338 Ran

Pos	Gen		
98	89	Barrie John Nicholls	22:53
153	25	Lindsey Annable	24:48

Malling
177 Ran

Pos	Gen		
12	1	Tereza Francova	20:39

Mount Edgcumbe
47 Ran

Pos	Gen		
25	19	Paul Hilton	30:15

Ormeau
428 Ran

Pos	Gen		
66	62	Colin Frith	22:52

Orpington
194 Ran

Pos	Gen		
194	114	John O'byrne	52:58

Peckham Rye
160 Ran

Pos	Gen		
31	27	Alex Bazin	21:52
33	28	Gideon Franklin	22:10
63	12	Michelle Key	24:53

Royal Tunbridge Wells
228 Ran

Pos	Gen		
153	33	Rhoda Collier	31:23
154	121	Lloyd Collier	31:23
155	122	Rafe Collier	31:24

Southwark
250 Ran

Pos	Gen		
118	104	Paul Keating	25:25
128	19	Kaylee Coxall	26:22

Tooting Common
437 Ran

Pos	Gen		
80	72	Cameron Timmis	21:54

Western Springs
62 Ran

Pos	Gen		
19	16	Nick Bell	23:43

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 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.

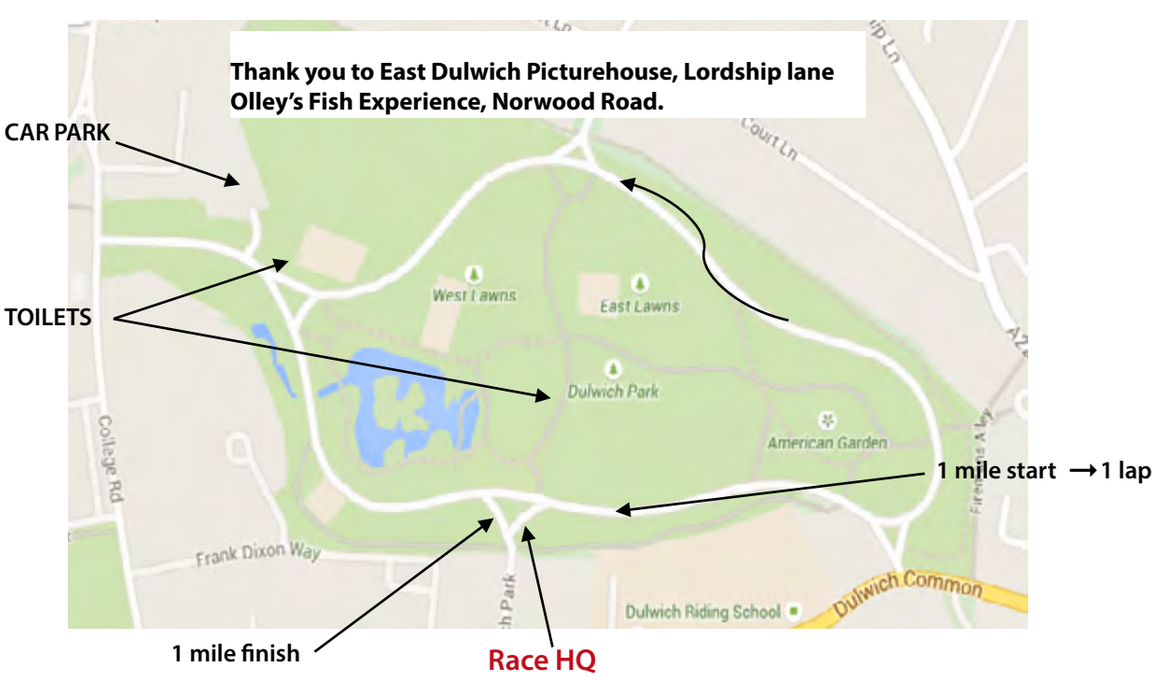
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

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.

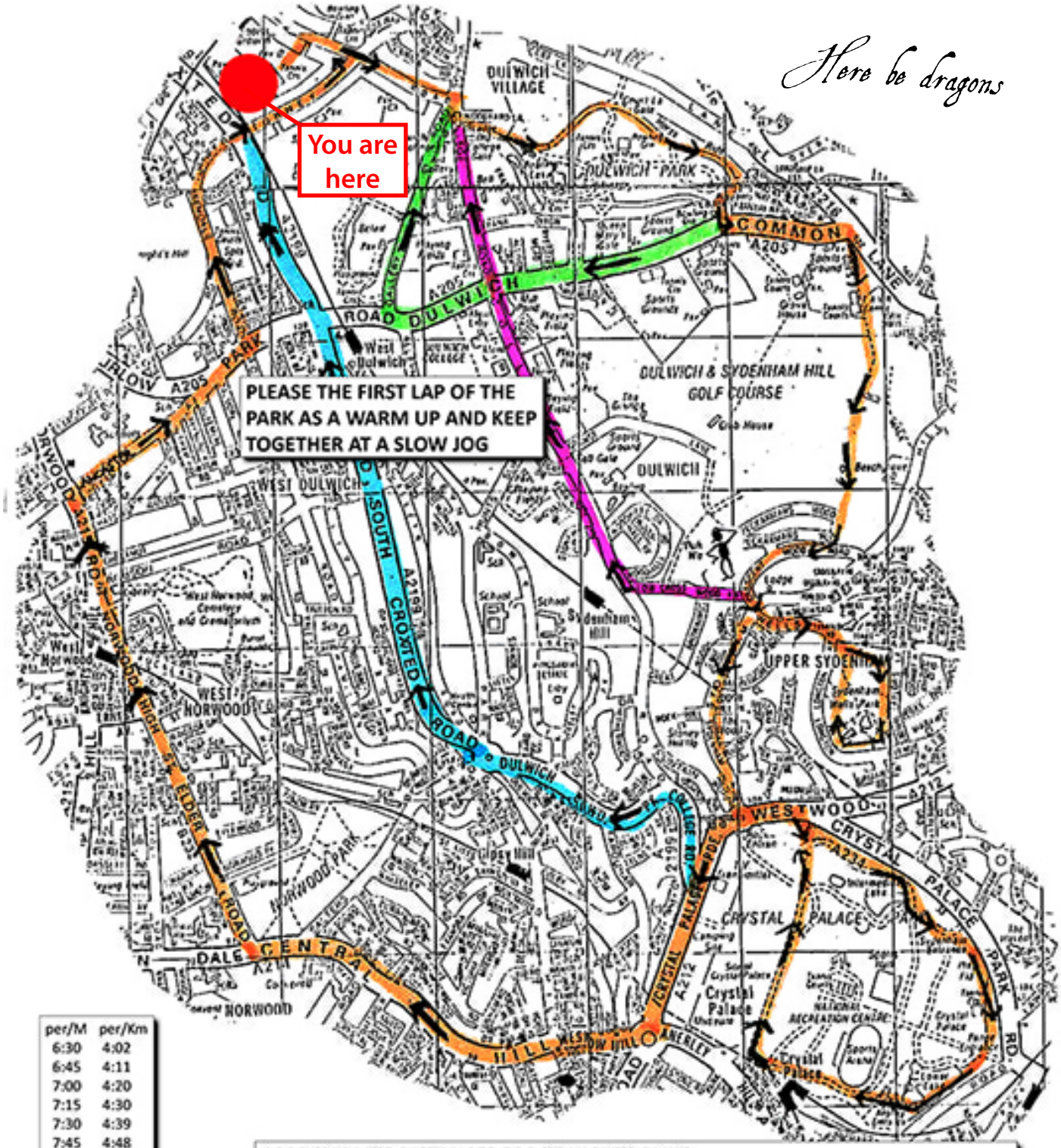
PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

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

DULWICH RUNNERS AC S8



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

Distances in 2nd column include a lap of Sydenham Wells Park & 3rd column a lap of Crystal Palace park also

				Syd. Wells Park		Crystal Palace Pk	
		M	Km	M	Km	M	Km
FULL RUN	ORANGE.....	6.3	10.1	7.3	11.7	9.2	14.8
SHORT CUT	BLUE	5.2	8.4	6.2	10.0	8.1	13.0
SHORT CUT	PURPLE	3.7	6.0	-	-	-	-
SHORT CUT	GREEN.....	1.9	3.1	-	-	-	-

an extra lap of Dulwich Park adds 1.1miles to all runs