



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 25th 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 25 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Fri 27 SOAR MILE - Club Champs race - Stratford

Entries now closed

Dulwich College track, College Rd.

cost £2 per session - Start with a warm up at

Tue 31 7:10pm then 1st part of session will be on grass,
2nd on the track. - page 2 for more details

In your SHORTS this week !

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 5 Fixture list, 2018 Club Champs and all other races
- 6 Race report and times -
- 9 Parkrun times
- 10 Wednesday map + Strava links

And much more !

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

Connect with us:



TRACK SESSIONS

Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.

[Like us on Facebook @dulwichrunners](#)

Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list

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 to Joseph Brady and Claire Barnard for taking out new guest 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.

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

James Burrows
Lindsay Annable

25/7
1/8

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

July 27 SOAR mile - club champs race - Stratford

Aug 02 Assembly League - Victoria Park, Hackney

Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

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**

2018		Race	Venue
Jul	27	SOAR Mile (track) (S) (Inc. club champs mile) entries closed	London Stadium, Stratford
Aug	2	Assembly League	Victoria Park, Hackney
	13	B&B Open Meeting	Norman Park
	15	BMC Meeting	Eltham
	25	HHH Open Meeting	Tooting
	30	Assembly League (note new date)	Beckenham Place Park
Sep	15	Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
Nov	10	Surrey League Xc Men	(tbc)
	24	South of Thames 5 mile XC (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile XC	Beckenham Place Park
Jan	12	Surrey League Xc Men	Mitcham Common
Feb	9	Surrey League Xc Men	Lloyd Park
2019			
Mar	10	Vitality Big Half (L)	London

SOAR mile

Re the mile Friday pm.

suggest going to Pudding Mill Lane DLR - about 5 minutes walk to the track (line is between Canary Wharf and Stratford) - one stop from Stratford if you get Central line or Jubilee line to Stratford these are the start lists - the organiser may have changed some since but some have changed from the original. - **Steve Smythe**

Race 1 6.45pm

Bob Bell
Graham Laylee
Michelle Lennon
Colin Frith
Jo Shelton-Pereda
Barrie John Nicholls
Lucy Pickering
Lindsey Annable
Ammet Patel

Race 2 7pm

Tess Bright
Emma Ibell
Eleanor Simmons
Lucy Clapp
Yvette Dore
Gideon Franklin
Anna Thomas
Laura Vincent

Race 3 7.15pm

Rebecca Schulleri
Martin Double
Alex Haylett
Grant Kennedy
Steve Smythe

Race 4 7.30pm

Christina Dimitrov
Roz Johnson
Gary Sullivan

Race 5 7.45pm

Ed Harper
Matt Cooke
William Cotter
Ross Rook

Race 6 8pm

James Burrows
Dec Crinion
Clare Elms
Rob Hollands
Daniel Mann
Jack Ramm
Tom South

Race 7 8.15pm

Paul Devine
Ian Lilley

Race 8 8.30pm

Jonathan Whittaker

Race 9 8.40pm

Andy Bond
Ed Chuck
Steve Davies

Race 10 8.50pm

Wayne Lashley

Race 11 9pm

Tim Bowen

Race 12 9.10pm

Lewis Laylee

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: www.englandathletics.org

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. ros.tabor49@gmail.com



Mine and Becca's Triathlon Club are hosting a 5K track event next month

Thursday evening 16th August.

It will be done in waves of predicted times where people hopefully go for a 5K PB.

You submit your fastest recent 5K with cash prizes for fastest male, fastest female and most improved Male & Female (relative to their PB). Sure to be of interest to some Dulwich Runners looking for a PB or a cash prize. There's also a team event for clubs with a prize for best overall team performance. Obviously then there is a social afterwards!

for further details and to enter :

<https://willesdentiathlon.co.uk/events/>

Thanks - Des Crinion & Becca Schulleri

Big Half - Club Champs 2019, 10 March

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - **Mike Mann**
<https://www.thebighalf.co.uk/how-enter/>

Sri Chimnoy - Mon. 30th July 3 x 1 mile relays

start at 7pm

<https://uk.srichinmoyraces.org/races/london>

London Sri Chinmoy Races - Sri Chinmoy Marathon Team
uk.srichinmoyraces.org

At the moment, we have three teams lined up for this event, (team one - Lewis Laylee, Wayne Lashley and Tim Bowen, Team 2, Tom South, Des Crinion and Steve Rolfe, team 3 Christina Dimontrov, Roz Johnson and Lucy Clapp). It works out at £4 per person to enter, if you would like to run, please contact Tom South, who is organising teams.
thomas_south@hotmail.com

Ladywell 10000 - Sun 2 Sept

Entries are now on sale. Last year it sold out well in advance. Races are seeded by time with opportunities for anyone who can run under 55 minutes.

<http://www.kentac.org.uk/about-us/ladywell-10000/>

Thames River Relay

Sunday 9th September

This is a 5 stage relay along the Thames from Dorney Lake to Kingston - approx 26 miles. Stages vary from about 4 miles to 6.5 miles.

Have a look at the website - (it still has 2017 dates but will be updated soon) www.stragglers.org/river_relay

It costs £10 per runner.

Let me know on dulwichladiescaptain@gmail.com or on a Wednesday. Teams have to be mixed with at least one vet.

Ange Norris

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

A series of club medals is awarded for each event: Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award



Also there are age group points competitions for the year – medals for top 3 in each category

- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;
- Age groups -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1st in age group in each race, 49 for 2nd etc. Plus one point per event completed.

Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;

Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

Short

- 3 Feb Dulwich Parkrun 5k (71 DR's ran)
- 7 Jun Battersea Park Assembly League 5k
- 27 Jul SOAR 1 Mile London Stadium, Stratford
- 15 Sep tbc Beckenham Place Parkrun 5k
- 24 Nov Beckenham Place S of Thames XC 5m

Long

- 24 Mar Run Through Hyde Park 10k (28 DR's ran)
- 8 Apr Paddock Wood Half Marathon
- 22 Apr London Marathon (or any certified marathon up to 24 Nov)
- 30 Sep Middlesex Victoria Park 10k

2019 London Marathon Good for Age Places Qualifying

Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

PLEASE NOTE: if the number of Good for Age applicants exceeds number of places available, then the qualifying time will be reduced evenly across age group categories listed above until 3,000 runners of that gender are accepted.

Club Championship Marathons reminder

Please ensure your DR membership is paid up for 2018/19 Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome) after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete. **Andy Murray**

Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - **Ros Tabor**

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.

'Gone in 60 Seconds'

The Blackheath and Bromley Open Series represented a slightly more serious attempt to join Tom South's select band of "Track Tarts" with a sub 60 second run. Having consulted with coach Steve about the merits of doing a 800m followed by a 400m for extra mile speed work instead of the default 1500m, both races were entered before the ridiculous price increase for late entries.

The 800m went well with a small PB with 65 / 67 lap efforts. Being in race 4 out of 4 for the 400m then meant an extra rest and a time to watch people run 51 seconds and still come last...

Lucy Elms and I were in the same race but whilst I got a plum lane 3 draw Lucy was consigned to Lane 8 with no-one to chase. On my inside was a high quality M70 runner who must be one of the best out there in his age group and I was keen to avoid my previous pitfall of starting too slowly and being overtaken in 50m so decided to do a standing start.

The standard of the race was what I needed and good energy and pacing allowed me to enter in the home straight just in the lead - then followed an agonising wait as the clock ticked 55, 56, 57, 58 and then 59 as I crossed the line for initially a 1:00.05 only to be rounded up to 1:00.01. Next time no 800m warm up and find some track spikes rather than the "bricks" (aka racing flats or trainers) I used!

In the other races Wayne was pleased with his 800m seasons best run getting close to his PB. Clare was just a shade outside of her seasons best from the Herne Hill Harriers Open and Christina improved on how she ran the second lap to record another PB and improve her speed for the mile distance. Eleanor also used the 800m to good effect with a PB of her own helping to prepare for her standout sub 6 minutes run at Finsbury Park on Friday.



Thanks to Steve and the other runners for waiting on to watch our 400m race!
- *Jonathan Whittaker*

400m race 4

1 Jonathan Whittaker	60.01 PB
7 Lucy Elms	65.17 PB

800m race 1

5 Wayne Lashley	2:04.83 SB
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800m race 2

2 Jonathan Whittaker	2:12.28 PB
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800m race 3

4 Clare Elms	2:23.33
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800m race 4

7 Christina Dimitrov	2:33.80 PB
10 Eleanor Simmons	2:41.06 PB

European Standard Distance Triathlon Championships Tartu, Estonia

21/07/18

I was in the interesting destination of Tartu, Estonia for the European Standard Distance Triathlon Championships at the weekend. Given the recent hot weather in Europe, the temperature rules meant this was my first non-wetsuit Standard distance triathlon, adding to the challenge. There was a slightly longer swim distance (1750m) to account for the downstream current but the bike and run course were exactly standard distances at 40km and 10km respectively.



I came out of the water mid pack (sub 25mins) which is as expected with the step up in competition. I was glad to get on the bike and go about the business of chasing down others including 2 friends (one competing for IRL and the other for GB). I was really happy with a 61minute bike time on a flat course which suited me and came off the bike having gained a few places.

By the time I finished the bike the clouds had parted and we were running in the midday sun with little or no respite from the heat. There is no doubt (being Irish) I struggle in the heat and was throwing water over my head at every aid station but I could see everyone else was suffering too! I managed to grind out and suffer through a 40minute 10k. Admittedly not quite the run time

I wanted but my bike split was still fast enough to give me an overall PB of 2 hours 9 Minutes. Safe to say I left everything on the course finishing 22nd in my age group in Europe.

Next up for triathlon is the European Sprint Distance championships in Glasgow in 3 weeks.

Des Crinion



Orsted Great Grimsby 10K

22nd July 2018

I returned to my home town for the weekend to compete in this event. With some 4,000 entries this major event for the town is very well organised with an enthusiastic crowd and marshals. Its a generally flat and fast course but at this time of the year it is normally a bit too hot and the route has very little shelter. I lined up with former Dulwich stalwart, now Lincoln Wellington runner, Martin Morley.

I was hoping to duck under 46 minutes but was conscious of the heat. The race was set off in two waves. Martin and I got as close as we could to the front and we started off with the 40 and 45 minute pacers but they soon left us in their wake.

The event is also quite unique in that it has an accurately measured "mad mile" at 7km were some at least really go for it. As well as the normal prize categories there are also awards for those completing the fastest mad mile times. Although I did not break 46 mins I was in the heat happy with my new veteran 60 personal best. I just need to knock another 10 minutes off this time to post an actual PB! That was over 30 years in the Dulwich 10k!

444 Colin Frith chip time 46.45, (13MV60 of 56) mad mile time 7.40

858 Martin Morley 50.38 (7MV65 of 29) mad mile time 8.25

3075 finishers

1st Male 30.12

1st Female 34,50

Sri Chimnoy 5km Battersea Park

Monday 23rd July

Two Dulwich Runners, Mike Mann and Tom South lined up with 148 other runners in this popular Monday night race. Everyones time suffered in the energy sapping heat.

27 Tom South 17:24

95 Mile Mann 22:05 (first v70)

Golden Stag Mile

20th July

Barnet and District AC welcomed runners to Finsbury Park stadium on Friday evening for 13 races over the Mile distance. Prizes were on offer for each race and people were encouraged to cheer runners on from the higher number lanes which they increasingly did! Six members took part either to hone their speed and tactics for the Soar Mile or to set a time in lieu of not being able to compete at Stratford.

Ros was in race 6 - caught between races - too fast for the race before but not really having anyone to run with in this race. Still she was able to record a season's best by 5 seconds and just outside her 1500m form from the Surrey Masters. Her time was also easily the best of the FV65+ category.

The next race on the card saw Mike, Matt and Eleanor. Mike had the bad luck of being handicapped with a hamstring injury and so was not at his good form from the Mark Hayes Mile. He had been in two minds to compete but some good adrenaline and sterling competition made him persevere and record the MV70 best time and we think a new club record at this distance!

Matt had a good run improving his time from the previous week by a massive 15 seconds. A good sprint finish saw him keep the next finishers easily at bay.

Eleanor's decision to do a 800m at Bromley midweek paid dividends with her excellent short form speed translating well into the mile distance. She picked off runners throughout the race to get into a great position for a podium and despite a brilliant sprint finish overtaking 4th she was unable to quite catch the 3rd place finisher on the final straight. She easily achieved the fastest time for FV35+ and a massive PB to go under the 6 minute mark which bodes well for future races.



Christina was next up looking to achieve a 5:40-5:45 time. She also had an excellent race and got herself into a brilliant position with 150m to go. For a moment I thought she was going to edge out what turned out to be a grumpy fellow(!) into 3rd place but he found something extra in the last 20m. Still Christina was pleased to record a new PB and ahead of her goal time.

Jonathan was in the last but one race with a 72s lap race strategy to replicate his 1500m form and by default beat his PB from Dartford last year. A slow lap 2 and being confined to lane 1 resulted in a need for a swift side step move and run in lane 3 at the start of the 3rd lap to get on the shoulder of the leader for the remainder of the race. The leader was pretty relaxed and for good reason as he had an excellent sprint finish! In hindsight Jonathan should have attacked with 200m to go but despite a deafening crowd on the final straight and a 68s final lap he was pipped to the Golden Stag Mug and a jar of premium Olive Oil by a Victoria Park Runner who said it was his first mile race ever!

Jonathan Whittaker

Race 6

11 Ros Tabor 6:33.66 (99th overall) - seasons best

Race 7

4 Eleanor Simmons 5:53.47 (70th overall and first placed female for all age groups over 35) - personal best

8 Matthew Ladds 6:05.29 (80th overall)

12 Mike Mann 6:16.31 (94th overall) - new M70 club record (TBC)

Race 8

4 Christina Dimitrov 5:39.19 (57th overall, 6th female) - personal best

Race 12

2 Jonathan Whittaker 4:51.54 (11th overall) - personal best

135 runners competed.

Lots more photos can be found here: <https://tinyurl.com/yb9ma9bb>



July 21

Ashton Court

431 Ran			
Pos	Gen		
127	14	Teresa Northey	25:01

Beckenham Place

196 Ran			
Pos	Gen		
129	105	Peter Jackson	28:20

Bexley

425 Ran			
Pos	Gen		
6	6	Michael Fullilove	20:11

Burgess

392 Ran			
Pos	Gen		
66	65	Hugh Balfour	21:08

Cannon Hill , Birmingham

736 Ran			
Pos	Gen		
141	10	Susan Cooper	23:00

Catford

167 Ran			
Pos	Gen		
14	3	Kim Hainsworth	21:13

Clapham Common

491 Ran			
Pos	Gen		
96	90	Cameron Timmis	21:50

Crystal Palace

345 Ran			
Pos	Gen		
7	7	Alastair Locke	19:17
48	3	Belinda Cottrill	22:36
51	48	Bob Bell	22:45
96	89	Michael Dodds	24:23
104	10	Clare Wyngard	24:42
111	12	Joanne Shelton Pereda	24:55
227	171	Paul Hilton	29:49

Dulwich

334 Ran			
Pos	Gen		
38	36	Mark A Foster	20:09
65	60	Alex Haylett	21:37
72	7	Ola Balme	21:58
87	77	Graham Laylee	22:31
136	114	Hugh French	24:17
334	127	Claire Steward	49:09

Foots Cray Meadows

Pos	Gen		
45	5	Claire Barnard	25:13
79	16	Sharon Erdman	28:09

Fulham Palace

446 Ran			
Pos	Gen		
190	156	Barrie John Nicholls	24:53

Letchworth

131 Ran			
Pos	Gen		
16	15	Matthew Ladds	22:17
64	13	Karina Burrowes	29:17

Old Deer Park

116 Ran			
Pos	Gen		
36	5	Lindsey Annable	24:45

Peckham Rye

238 Ran			
Pos	Gen		
1	1	Charles Lound	18:11
11	10	Oliver Bottle	19:54
16	2	Emma Ibell	20:59
116	25	Caroline Maynes	26:53
203	72	Annie Hackett	32:54

Riddlesdown

195 Ran			
Pos	Gen		
1	1	Dylan Wymer 2nd claim	16:18
23	1	Ange Norris	21:35

Roundshaw Downs

255 Ran			
Pos	Gen		
10	10	Kieran New	19:45

South Norwood

101 Ran			
Pos	Gen		
38	7	Carys Morgan	25:24

Tooting Common

551 Ran			
Pos	Gen		
10	10	Joe Twomey	17:51
210	40	Jenny Ross	25:09

Trelissick

154 Ran			
Pos	Gen		
2	2	Robbie Puddick	19:32

Victoria Dock

91 Ran			
Pos	Gen		
1	1	Andy Bond	16:08

Whitstable

360 Ran			
Pos	Gen		
31	31	Duncan Wilson	22:42

New members especially, and others....

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

SOCIAL SPOT

P
O
T

Upcoming events.

watch this space!



Instagram

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

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 **£6.50**

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)

Photographs needed!...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

Algarve Running Challenge

7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann

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

I will be leaving London for sunnier climates soon....so just wanted to let you all know.

I will leave for 7 months sabbatical from work after 10 years service to HSBC and will be doing a few personal projects and I fair bit of travelling worldwide.

I will be based in one of Isle of Wight, Sydney Australia, Bordeaux or Buenos Aires, Los Angeles. Take your pick and see you there.

I have entered the Big Half on 10th March 2019.

See y'all in Spring 2019.

Regards - Duncan Wilson (aged 55 and three quarters).

Runaddict1@icloud.com

Gill's 55th Birthday Celebration!



After raising an amazing **£1600** at the wake of My Mums Funeral, I would like to join you all back in celebration of her birthday.

Saturday 25th August 2018

From 4pm Til Late.

At:

241 Stanstead Road

Forest Hill

SE23 1HU



All Donations and money raised will be going to Cancer Research.

We will have music, Karaoke (for when the drunk singers in you want to pay for a singalong!), a Raffle with some great prizes, and lots of food.

This will be free admission but donations more than welcome at the Door.

any other fundraising ideas welcome, and I look forward to seeing you all there!

Ashleigh x





NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

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
Bufs/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



Bufs/snoods - only £6

HOODIES...

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

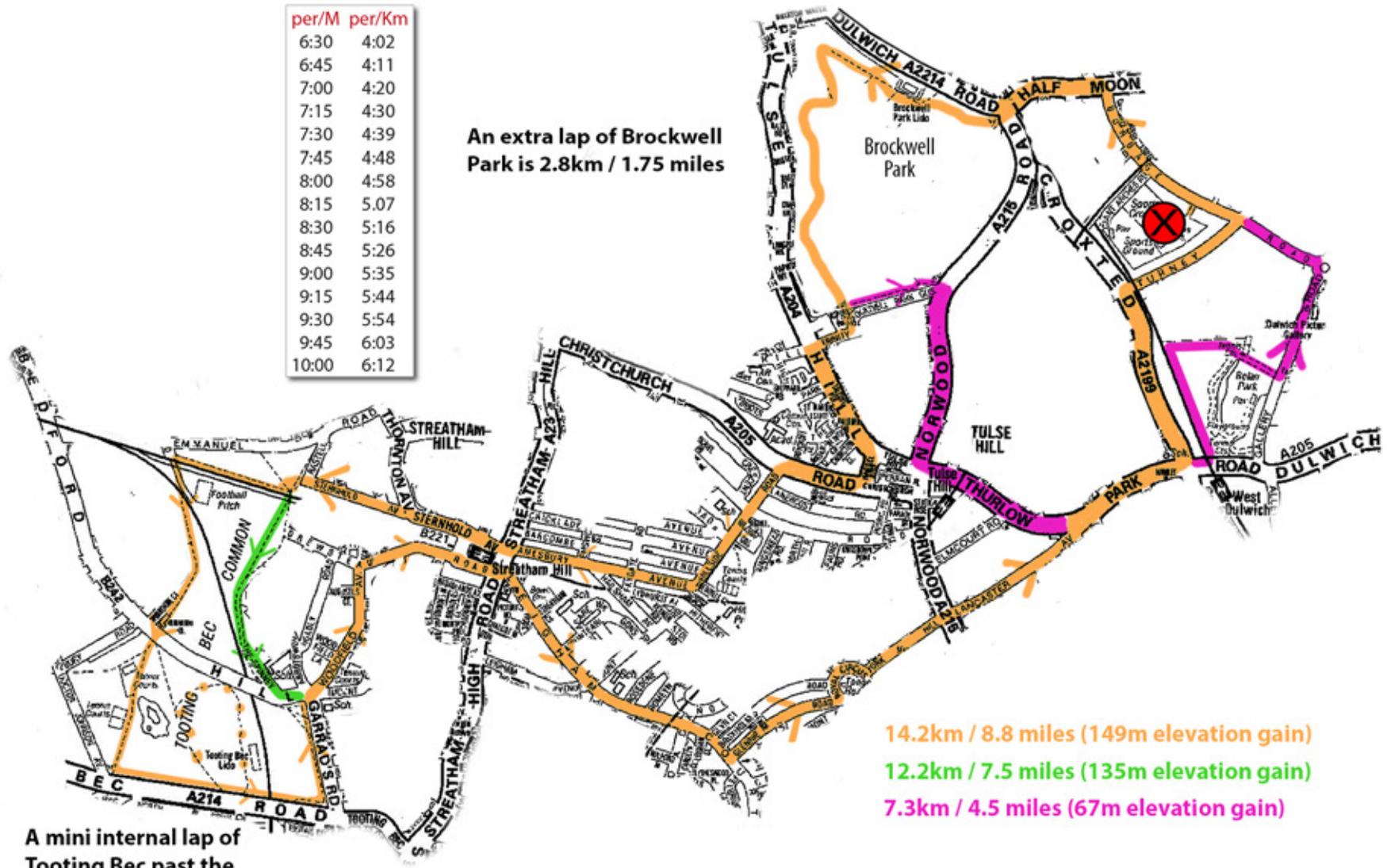


Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Dulwich Runners Summer Map 0

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

An extra lap of Brockwell Park is 2.8km / 1.75 miles



14.2km / 8.8 miles (149m elevation gain)
 12.2km / 7.5 miles (135m elevation gain)
 7.3km / 4.5 miles (67m elevation gain)

A mini internal lap of Tooting Bec past the Lido is 1km

We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>