



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 15th 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 15 Club Night, Edward Alleyn Club

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

Dulwich College track, College Rd.

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

Tue 21 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 Fixture list, 2018 & race details
- 4 Race reports and times
- 6 Parkrun times
- 7 Club kit - new kit additions !
- 8 Social events etc
- 9 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

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

A brief look ahead

Aug 30 Assembly League - Beckenham Place Park

TRACK SESSIONS

Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up drills and stretches taken by **Elkie Mace**, starts around 7.10pm..

Main session by **Steve Smythe** on grass and track is more suitable for all levels of ability than Crystal Palace sessions.

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

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)

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out 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

Natalie Davys

Yvette Dore

Sharon Erdman

15/8

22/8

29/8

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>

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
Aug	15	BMC Meeting	Eltham
	20	Blackheath & Bromley Open Meeting	Norman Park, Bromley
	25	HHH Open Meeting	Tooting
	27	Dartford Harriers Open Meeting	Central Park, Dartford
	30	Assembly League (note new date)	Beckenham Place Park
Sep	12	Highgate Harriers / City of London Open Meeting	Parliament Hill
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

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

Herne Hill Harriers Open - 10000m - Tooting Bec Track

Saturday 25th August, 12 noon

This includes the usual selection of races up to 1500m but also the 10000m incorporating Surrey Champs starting at 12 noon. If you don't get a place at Ladywell this would be one to consider. Enter online at hernehillharriers.org for £4.50 prior to the night before. Otherwise £5.50 on the day - get there an hour before

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

Big Half - Club Champs 10 March 2019

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**
<http://www.thebighalf.co.uk/how-enter/>



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://willesdentriathlon.co.uk/events/>

Thanks - Des Crinion & Becca Schulleri

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/>
limit now reached and have a waiting limit of 50!

SEAA Road Relays - 23 SEPT

The SEAA 6/4/3 stage relays take place at Crystal Palace on 23 September. We will be looking to enter strong men's and women's senior and vets teams, so we will be approaching those of you who competed last year plus other in-form runners based on recent race performances. In the meantime please keep that date free and if you are able to contact your captains about your availability that would be helpful, and please reply promptly to emails and other communications from your captains.

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



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.

Cotswold Classic 113 Triathlon

had / have two sporting objectives for 2018. one, a sub-5hr Middle Distance triathlon - also known as a Half-Iron or 70.3(m) or 113 (k).

More on the other later in the year.

As such, 2018 is the Year of the Half, with 3 attempts. Now, although the distance is standard at a 1900m swim, a 56m cycle and a half-marathon, no two races are identically measured. So, the first one, back in May down in Lydd was so short on the bike that going <5 did not count. The second attempt was in 31Deg heat at Holkham in Norfolk where a combination of all 3 disciplines being long, a vile lake (it stunk like, was the colour of, and resembled in consistency, cow shit), a hilly ride, the wrong sort of wind and a horrible run where the tarmac bits were all uphill and the downhill bits were horribly stony and rutted all combined to a PW on the day of 5:18. All of which meant that the pressure was on for this one, last chance saloon for my season given other priority matters in September and October [nuptials and my first age group race for team GB].

First concern / topic of debate was the lake temperature – which at T-10 days was a balmy (barmy) 27Deg meaning mandatory non-wetsuit. for those who don't swim the wetsuit makes you about 10% quicker owing to its slipperiness and buoyancy – keeps those heavy lazy legs of mine horizontal rather than acting like



a massive pair of anchors. Thankfully the rain the weekend prior helped it fall to ~22 and despite a warm week [and the organisers not being able to say for sure until Sunday morning] it ended up at a wetsuit optional 22.8.

Team Windrush were all in the 7:00 wave meaning the usual early start to eat a decent breakfast and get to transition. We camped literally next door, a 10 minute walk away. No car park, no queuing, straight in to rack. The usual pre-race faffing; nerves, toilet queues, wetsuit on, need the toilet again, wetsuit off, team hug, toilet again and finally in the water waiting for the hooter.

The lake is by far the nicest lake I've ever raced in. the water was clear, clean, deep enough, and featured only the briefest section that smelled a little bovine... I hung back at the start of the swim and eased my way through the field. Objective one done – 39:00 PB swim. tick!

A quick transition and out on the bike. Being so much a better cyclist than swimmer means I am then passing people all the way round, but I have to try not to get sucked into racing – keep that heart rate steady Lloyd. After 4 years I have finally learned how to use my tribars properly and get forward over the seat to get the back horizontal.

The cycle is great. almost all pancake flat, not much traffic and featuring a single tiny hill mid-lap, some lovely views off the top of the hill and only a few broken surfaces. there is one major road to cross where the police were holding people to alternate the traffic flow so I lost a minute there at the start of lap 2. The bike was "Helpfully Measured" at around 88K. short enough to help but not so short to not be able to claim full 70.3 bragging rights. All the while making sure not to be in anyone's draft zone – Triathlon is an individual time trial remember. One of the guys was incredibly unlucky on the bike and got a 5:00 drafting penalty while overtaking someone else!

Then, T2 and out on the run. I've been practising my transitions and on the results breakdown my T2 was my strongest discipline on the day – top 10 of the 800 or so racing.

The run is also great. it's a tiny bit narrow in a couple of places but the surface is good underfoot, it's pancake flat, there's loads of shade, and 3 well-stocked aid

stations on each of the 3 laps. also ever so slightly helpfully measured at 400m short. I got in a good groove with a girl from Bustinskin Tri (great name, horrible kit) and we worked well together through the middle of the run, keeping the pace constant.



I had been doing the maths in my head on the bike and knew that 7:00m is ~1:31 pace and 8:00/m is ~1:44. as I left T2 on 3:17 race time elapsed I knew I'd done it, barring something going badly wrong so I set out at a super-comfortable 7:30pace. The run in longer-distance triathlon is not like running running. you have to keep moving, walk the length of the fuel stations grazing, keep topping up the electrolytes, eating bananas, getting salty snacks in to make sure you don't bonk. So the run times don't really reflect the effort level.

So although the legs fell off a little in the last 3m I finished strongly with a decent overall time and my first ever top 10 in AG in a big event.

Perhaps best of all was the fact that the finish line was 20m from that lovely clean lake so every single one of us crossed the line, took our shoes off, and jumped straight in!

Lloyd Collier
73rd, 9th in AG 4:55:44

Swim 39:01	T1 2:32
Bike 2:34:13	T2 1:04
Run	1:38:53

Kent AC Club Champs 1500m Ladywell

Thursday 9th August

Two Dulwich Runners of the well-over-50 vintage bagged a couple of guest spots to run in the Kent AC club champs races on a still and mild night at the Ladywell track. Both of us running the same race had me pondering a bit (alright, I was scared) that the Legend, aka Clare Elms, was on a current improvement curve better than mine and defeat was definitely an option. Not that being beaten by Clare is in any way disgraceful but I unaccountably found myself belting off a first lap in 74 seconds (it was the fear wot did it...) in pursuit of the leader/pacemaker who mercifully slowed after that. I felt good enough to go past during the third lap (wonders will never cease) and push on to finish with a 75, only to be just out-dipped by my original pacemaker, but at least recording an improvement over the mile races I've run recently. Meanwhile Clare stayed doggedly in pursuit after laying off the first lap but had a bit of jockeying for position to contend with involving a couple of youngsters and had to content herself with a couple of seconds down on her season's best time; which she didn't.

Tony Tuohy

Race B

3 Tony Tuohy 4:45.6
6 Clare Elms 4:51.0

Sri Chimoy 5km

13 August

Two Dulwich Runners started the last Sri Chimoy 5km on Monday night, in the coolest conditions this race has had this summer. Tom South ran another consistent run, after having an easy week in Devon. Performance of the evening though came from Laura Vincent, who said a new 5km PB by 1 second

26 Thomas South 17:16
142 Laura Vincent 20:43 (W13) PB

Hercules Wimbledon 3000m Open meeting Wimbledon Park

Wed 1st August

A belated report, but definitely needed in order to highlight one outstanding run.

Three Dulwich men signed up for this well organised meeting comprising seven 3000m races graded on time. It was Dan's debut at the distance but as he was too cautious with his estimated time he soon found himself taking the lead in the first race and having to press on alone. The third km was his fastest and resulted in a decent debut time, but expect faster now he's got the hang of it. My own form is either abysmal or average these days so while not quite matching the 9:52 I managed in June this one wasn't too bad.

The best was saved for last though as Lewis set off lapping in the low 70s, which soon had him on a schedule well inside his club record of 8:58. He kept this up on the heels of what turned out to be a handy group of pacemakers until the last couple of laps when those watching thought he was about to falter; how wrong we were, as he stayed strong to the finish to record a huge improvement to the club record that also comfortably surpassed Kofi Agyei's previously superior M40 record of 8:54. Lewis's tally of senior club records on the track now comprises the Mile, 1500m and 3000m and I'll wager he's not done yet.

Tony Tuohy

Race 1

Daniel Mann 1st 9:53.99

Race 2

Tony Tuohy 9th 9:55.17 1st M50/55

Race 5

Lewis Laylee 5th 8:48.76 Senior club record



Aug 11th

Alice Holt

265 Ran

Pos Gen

1	1	Lewis Laylee	17:46
50	44	Graham Laylee	24:39

Banstead Woods

202 Ran

Pos Gen

6	6	Tony Tuohy	18:09
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Brockwell

302 Ran

Pos Gen

64	6	Anna Thomas	21:51
67	7	Lucy Pickering	22:00
142	108	Michael Dodds	24:21
146	111	Lloyd Collier	24:30
151	39	Clare Wyngard	24:41

Bromley

547 Ran

Pos Gen

58	53	Colin Frith	21:36
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Beckenham Place

169 Ran

Pos Gen

104	88	Peter Jackson	27:52
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Burgess

354 Ran

Pos Gen

30	29	Hugh Balfour	20:17
354	124	Susan Vernon	61:16

Conwy

303 Ran

Pos Gen

1	1	Joe Twomey	18:13
94	15	Jenny Ross	25:27

Crystal Palace

285 Ran

Pos Gen

2	2	Stephen Davies	17:40
32	1	Belinda Cottrill	21:37
39	3	Yvette Dore	22:07
51	48	Bob Bell	22:49
201	152	Paul Hilton	30:17
203	154	Paul Hodge	30:22

Cannon Hill

463 Ran

Pos Gen

65	2	Susan Cooper	23:29
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Dulwich

308 Ran

Pos Gen

38	2	Tess Bright	20:16
42	3	Kim Hainsworth	20:27
102	10	Eleanor Simmons	23:45
103	93	Edward Simmons	23:46

Foots Cray Meadows

105 Ran

Pos Gen

9	9	Michael Fullilove	20:48
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Hasenheide

218 Ran

Pos Gen

89	18	Ros Tabor	23:30
106	81	Andy Murray	24:27

Llanelli Coast

162 Ran

Pos Gen

7	7	Oliver Bottle	19:55
14	1	Emma Ibell	21:23
110	36	Abbie Grace Bottle	31:36

Marlay

478 Ran

Pos Gen

3	3	Timothy Bowen	16:41
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Newbury

405 Ran

Pos Gen

67	62	Matthew Ladds	23:13
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Old Deer Park

125 Ran

Pos Gen

40	6	Lindsey Annable	23:59
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Orpington

188 Ran

Pos Gen

188	110	John O'byrne	50:58
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Peckham Rye

205 Ran

Pos Gen

13	12	Justin Siderfin	19:41
90	15	Claire Barnard	24:52
123	32	Sharon Erdman	27:06
205	81	Emily Warburton-Brown	49:36

Reigate Priory

260 Ran

Pos Gen

7	7	Paul Devine	19:20
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Riddlesdown

166 Ran

Pos Gen

15	14	Nicholas Brown	20:37
32	4	Ange Norris	22:27

South Norwood

158 Ran

Pos Gen

3	3	Alastair Locke	19:01
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Southwark

294 Ran

Pos Gen

173	135	Paul Keating	26:54
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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.



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

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.

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

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)

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



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 Till 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






Hello

You can help me raise money for this great cause by donating directly to my fundraising page - <https://www.justgiving.com/Gill-Johnson63>

JustGiving sends your donation straight to Cancer Research UK and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

Thank you for your support! - Ashleigh Johnson

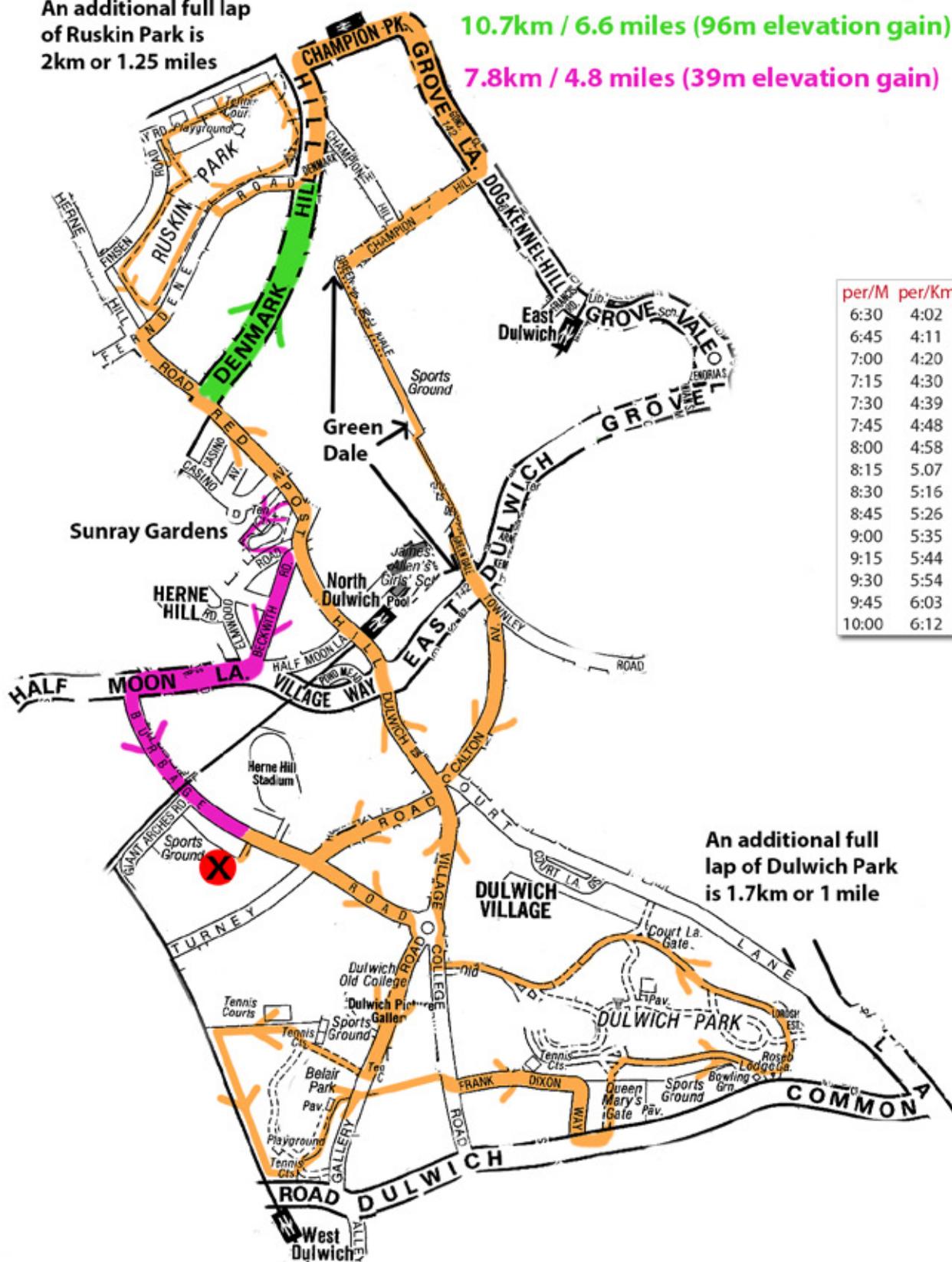
Dulwich Runners Summer Map 15

An additional full lap
of Ruskin Park is
2km or 1.25 miles

12.7km / 8.0 miles (127m elevation gain)

10.7km / 6.6 miles (96m elevation gain)

7.8km / 4.8 miles (39m elevation gain)



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>