



SHORTS

Dulwich Runners AC
Weekly Newsletter
April 24th 2019

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 24 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sun 28 London Marathon
Tue 30 **Back at Dulwich College Track £2 per session**
Start with a warm up taken by Elkie Mace at
7:10pm then at 7.25 1st part of session will be on
grass, 2nd part track. - page 2 for more details

In your SHORTS this week !

- 1 General information
- 4 Fixture list & race details
- 5 Upcoming races etc
- 6 Race reports - **Another World Record for Clare Elms**
- 7 parkrun times
- 8 Club kit
- 9 Social events etc
- 10 Wednesday map + Strava links

And much more !

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Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)
our website: www.dulwichrunners.org.uk

Connect with us:  

DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS NOW DUE

To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc, this will save on postage costs, paper etc

Preferred payment method is by Direct Bank Transfer and the details are in the email.
You can also pay with cash at the club any Wednesday evening or any training session.
Please do not pay by cheque if at all possible.

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed
Barry Graham (Membership secretary)

TRACK SESSIONS

NOTE: Back to Dulwich Track April 30th
Back at Dulwich College track on College Rd.
Cost is £2 per session
Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by Steve Smythe will start on grass and then on to track .
These sessions more suitable for all levels of ability than the Crystal Palace sessions. - page 2 for more details

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

Apr 28 London Marathon - Club champs
May 2 Assembly League Victoria Park - 7.30pm start

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

Thanks go to **Andy Murray, Midge Cameron, Tony Tuohy, and Richard Barclay** for taking out new runners lastweek
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 asap. - Thanks. - Ros

Barrie John Nicholls	24/4
Ange Norriss	1/5
Teresa Northey	8/5
Ebe Prill	15/5
Ian Sesnan	22/5
Jo Shelton Perada	29/5

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.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.
All maps also on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

Back to Dulwich College track on College Road for Tuesday summer training.

From Tuesday 30th April

Cost is £2 per session and we meet at the pavillion by the tennis courts which is where you pay

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track .

These sessions are more suitable for all levels of ability than the Crystal Palace sessions.



MIDSUMMER RELAY 26 JUNE

Put the date in you diary now.

This event is the major fundraiser for the club so you all need to support it by either running or helping on the day.

Please promote it and encourage entries from your friends, family and work colleagues.

There is also a 1 mile fun run for children.

Details and entry form are on the website.

Ros



DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

Entry: Race starts at 7.30pm

£15 per team
(Limited entries on the day)

7.00pm children's 1 mile fun run
£2 per child

www.dulwichrunners.org.uk

Scan with
camera on
phone/device...
visit our site



 @dulwichrunners



DULWICH RUNNERS 2019 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**

2019	Race	Venue
Apr 28	London Marathon (or alt.) long	London
May 2	Assembly League - Victoria Park - 7.30pm start	Hackney
18	BMAF road relays- Sutton Park	Birmingham
27	BUPA 10k	The Mall, London
Jun 6	Assembly League	t.b.c
10	Sri Chinmoy 5k short	Battersea Park
12	DinoDash Relay	Crystal Palace Park
16	Eltham Park 5 short	Eltham
26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul 4	Assembly League	t.b.c
14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
26	date tbc SOAR Mile short	t.b.c
Aug 1	Assembly League - Victoria Park	Hackney
29	Assembly League - Beckenham Place Park	Beckenham
Sep 21	SEAA road relays	t.b.c
28	England Masters cross country Inter-Area Challenge	t.b.c
Oct 12	Surrey League cross country (men)	t.b.c
26	BMAF XC Relays	Long Eaton
Nov 3	Regents Park 10k short	Regents Park, London
9	Surrey League cross country (men)	t.b.c
16	British & Irish Masters cross country,	Southport
2020		
Jan 4	County cross country champs	t.b.c
11	Surrey League cross country (men)	t.b.c
25	South of England cross country champs	t.b.c
Feb 8	Surrey League cross country (men)	t.b.c
22	England cross country champs,	Nottingham
Mar 21	England area 12 and 6 stage relays	t.b.c
Apr 4	National 12 and 6 stage relays	Sutton Park

Surrey League Xc dates and venues to be confirmed

Note: All track fixtures on separate fixture list below

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men Xc: mcmann90@yahoo.co.uk Men road: ebepriill@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2019	Track races and meetings	Venue
Apr 29	Blackheath and Bromley Open meeting	Norman Park, Bromley
May 6	HHH open meeting	Tooting
22	BMC meeting	Eltham
Jun 2	Surrey Masters T&F Champs	Kingsmeadow
3	Blackheath and Bromley Open meeting	Norman Park, Bromley
17	Blackheath and Bromley Open meeting	Norman Park, Bromley
19	BMC meeting	Eltham
21	Golden Stag Mile	Finsbury Park
29	HHH open meeting	Tooting
Jul 14	VAC T&F champs	Kingsmeadow
17	BMC meeting	Eltham
22	Blackheath and Bromley Open meeting	Norman Park, Bromley
24	VAC 5000m champs	Battersea
Jul/Aug tbc	SOAR Mile club champs (short)	t.b.c
Aug 12	Blackheath and Bromley Open meeting	Norman Park, Bromley
14	BMC meeting	Eltham
24	HHH open meeting	Tooting
Sep 11	Highgate end of season open meeting	Parliament Hill
18	VAC 10,000m champs	Battersea

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
Jul/Aug tbc	SOAR Mile	short
3 Nov	Regent's Park 10k	short

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

British Masters Relays, Sutton Park, May 18

Over the last few years, Dulwich's women have probably been one of the most successful clubs in the country in this event with a range of medals in the various age groups.

The men did pick up medals in the M55 once but generally the men have been well down on the women's levels but we regularly get good teams out but always seem to be missing a few potential members.

This year, there was plenty of notice in Shorts of what the date was and then Captain Ebe has done an excellent job of reminding runners and e-mailing all potential runners.

Despite this, many have not bothered replying to Ebe and additionally far too many of our best Vets are not available.

In my view for anyone over 35, this is the most important club event of the year - a national race that we can do really well in and if everyone supported it we would do very well instead of just quite well.

There are lots of races in the year but most people do the majority of the races for themselves. This is one where I think it is good if people acknowledge being a club member is of some assistance and turn out and help the club achieve it's potential. The club pays for the travel. If you can run for the club here, please do so.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

Congratulations to Lucy Elms

Lucy Elms has been selected for England to run in the Trofeo Opitergium' U20 European Road Championships in Italy at 5km.

<https://www.englandathletics.org/athletics-and-running/news/england-team-selected-for-u20-european-road-race-in-italy/>

Obviously Dulwich's first ever junior international selection and it was on the strength of her 18:04 5km.

She has just come back from two weeks training at altitude at Fort Romeu with her Birmingham University colleagues.

Marathon thoughts

The marathon could be looked upon as a 10km race at the end of a 20 mile run.

How well you do often depends on getting through the first 20 using as little energy as possible and then using whatever energy you have spread out over the whole of the last six. Go too fast in the early miles - however easy it feels - and you will pay for it later.

While it may be ok to have a minute in hand at halfway on your goal pace - as the first half

Marathon Schedule	
Wed 24	30 mins relaxed
Thu 25	25mins relaxed with strides
Fri 26	20 mins easy or rest
Sat 27	15mins relaxed with strides
Sat 28	London Marathon

REVISED CLUB CHAMPS RULES

A few changes have been made to the club championships rules which can be found here in full https://static1.squarespace.com/static/5a427faa8c56a85fe95229f9/t/5ca73e7f419202c6a737d0f1/1554464383624/DR_CLUB_CHAMPIONSHIP_RULES_2019_v0.2.pdf. The changes

and include the following:

- separate men's and women's captains awards for some events depending on turnout and performances (para 1.3)
- changes to club vest rules to include events other than the marathon where charity places are available (para 1.6)
- new rule on running with dogs (para 1.7)
- new rule on number swapping (para 1.8)
- separate men's and women's captains awards for cross country championships (para 2.3)

Please make sure that you are familiar with these changes.

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.



Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners.

If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email dulwichladiescaptain@gmail.com 1st come, 1st served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap.

Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up.

See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

is easier - any more and you are likely to have a much harder and painful and unpleasant second half.

With assistance from staying well hydrated (but don't drink too much) and energy gels and good pacing and lots of good training in the bank and a determined and sensible approach on the day, it is possible to be strong in the last few miles, and if you are, you will overtake lots of runners and get a good psychological boost.

Get the pacing wrong and it is likely it will be others who will be overtaking you.

Good luck to everyone who is running London. - **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.

Tonbridge Open Bank Holiday Monday

April 22

Clare had an exceptional winter setting 8 world W55 records at 800m (three), 1500m (two), mile, 3000m and 5km road and winning three world individual and one team gold in Poland but now the focus turns to outdoor track and this was her first meeting of the summer.

The minimal target was Carolyn Oxton's 20 year-old UK outdoor W55 1500m record of 4:57.5 but ideally German Silke Schmidt's world record of 4:51.26 was within range as Clare had run slightly faster indoors in setting the indoor world record.

The conditions were not ideal. Though it was warm, there was quite a strong breeze along the back straight and Clare was drawn in the fastest of the 3 women's

races but she was the only non teenager and traditionally younger athletes go off fast and are indisciplined.

Thanks to a few men in Dulwich's training group, Clare is used to being cut up and baulked at the start and as anticipated she was swamped at the start by the younger athletes and was at the back despite going through 200m far too fast in around 36 seconds.

While Phoebe Barker, who ran for Britain in the World Cross Country Champs a few years ago was way out ahead, some of the others began to come back to her as Clare went through 300m in 55 and 400m in 75. Clare's second lap was 78 and the third was 79 but by the last lap, she was up to second and the record looked certain if she could hold it together after the fast start.

On the last lap, Clare actually kicked strongly with a 76 final circuit as she fought to hold off a runner 44 years her junior, who was on her way to running the fastest under-13 girls time in the country.

Clare's time was 4:48.65, the first W55 ever

to break 4:50 and it got the world record by well over two seconds and is nine seconds quicker than the British mark.

She scored 102.35% at age-grading, her highest ever at 1500m even though it was only her 50th fastest time for the distance.

Women's 1500m Race 3:

2 Clare Elms 4:48.65 (*World W55 record*)

Tony Tuohy was drawn in the second fastest of 5 races but was also up against much younger athletes who shot off at the start and Tony was way back despite a fast start. His pace was almost identical to Clare's from less than a hour earlier and he caught a few of the stragglers but he was struggling from a hard 25 mile bike timetrial a few days earlier and unlike Clare was not able to speed up on the last lap and produce his usual finish and he ended up three seconds slower than Clare.

Steve Smythe

1500m race 4:

10 Tony Tuohy 4:51.79

London Easter 10K

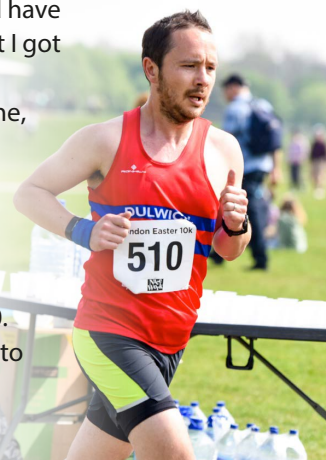
I entered the London Easter 10K in hope of continuing my current good form following PBs in the Thames Towpath and Big Half and getting an official 10K race PB.

However I didn't expect it to be quite so warm on Monday or Regents Park to be as undulating as it was. The race is in its 8th running consisted of 3 laps around the top end of the park above the boating lake, down the Broad Walk and a loop skirting the Zoo. I hoped to

come under 39 mins which would have matched something close to what I got as part of the Towpath 10.

I did pace slightly better this time, still a bit too fast to start and even though slowed at mile 5, my finish was fairly strong trying to chase down (unsuccessfully) someone who passed me at the last km and I finished with a 39:30. Will have to wait for a cooler day to improve on that!

11 Eugene Cross 39:30



April Assembly League Beckenham Place Park

Dulwich Runners: 1st men's A team, 1st men's B team, 1st women's team

Andy Bond 12.45	Tom Wilson 14.58	Katie Styles 17.16
Jack Ramm 12.52	Lloyd Collier 15.08	Charlotte Sanderson 17.17
Alastair Locke 13.18	Gower Tan 15.10	Graham Laylee 18.00
Steve Davies 13.28	Ebe Prill 15.21	Gary Budinger 18.11
Shane O'Neill 13.30	Mike Fullilove 15.36	Barrie John Nicholls 18.14
Paul Devine 13.38	Andrea Pickup 15.39	Paul Keating 18.28
Tom South 13.44	Martin Double 16.00	Teresa Northey 18.30
Rob Hollands 13.52	Laura Vincent 16.09	Ros Tabor 18.47
James Burrows 13.52	Michelle Lennon 16.14	Claire Barnard 18.56
Joe Farrington-Douglas 13.59	Rebecca Schulleri 16.16	Hannah Harvest 19.07
Des Crinion 14.02	Ola Balme 16.18	Ian Sesnan 19.09
Elkie Mace 14.20	Ed Smyth 16.26	Andy Murray 19.17
Steve Rolfe 14.35	Eleanor Simmons 16.54	Helen Lister 19.21
Eugene Cross 14.45	Lucy Clapp 17.05	Claire Steward 21.15
Marta Miaskiewicz 14.56	Miles Gawthorp 17.15	

Banstead Woods

251 Ran			
Pos	Gen		
3	3	Paul Devine	17:52

Beckenham Place

194 Ran			
Pos	Gen		
3	3	Thomas South	17:30
115	24	Clare Osborne	26:55
128	97	Peter Jackson	28:05

Brockwell , Herne Hill

235 Ran			
Pos	Gen		
12	11	Mark Foster	20:24
29	2	Anna Thomas	21:40
30	28	Cameron Timmis	21:42
45	4	Nicola Richmond	22:46

Bromley

768 Ran			
Pos	Gen		
32	2	Kim Hainsworth	19:32

Burgess

351 Ran			
Pos	Gen		
15	15	Charles Lound	18:48
165	135	Paul Keating	24:31
196	45	Claire Steward	26:04

Catford

179 Ran			
Pos	Gen		
11	11	Stephen Smythe	20:28

Colwick

353 Ran			
Pos	Gen		
115	22	Hannah Harvest	26:55

Crystal Palace

329 Ran			
Pos	Gen		
9	9	Tom Wilson	19:20
25	2	Rosalind Johnson	20:33
33	4	Belinda Cottrill	20:58
129	102	Bob Bell	25:03
329	129	Clare Wyngard	01:01:58

Dartford

257 Ran			
Pos	Gen		
51	6	Teresa Northey	24:02

Dulwich

383 Ran			
Pos	Gen		
40	38	Alex Loftus	19:08
55	50	Michael Fullilove	19:34
64	59	Ebe Prill	19:51
73	68	Matthew Ladds	20:25
90	82	Tom Shakhli	21:06
137	121	Graham Laylee	22:42
207	34	Karina Burrowes	24:38
237	43	Colleen Williams	25:57

Folkestone

334 Ran			
Pos	Gen		
83	74	Colin Frith	24:30

Greenwich

335 Ran			
Pos	Gen		
1	1	Andy Bond	16:34

Hastings

474 Ran			
Pos	Gen		
9	9	Joe Farrington-Douglas	18:28

Hull

643 Ran			
Pos	Gen		
65	59	Paul Hodge	22:03

Lullingstone

62 Ran			
Pos	Gen		
62	19	Tereza Francova	44:09

Marlay

571 Ran			
Pos	Gen		
1	1	Timothy Bowen	16:25

Medina I.O.W.

444 Ran			
Pos	Gen		
86	10	Lucy Pickering	24:25

Old Deer Park

109 Ran			
Pos	Gen		
25	23	Barrie John Nicholls	24:54
108	40	Lindsey Annable	50:19

Örebro

109 Ran			
Pos	Gen		
4	4	Paul Collyer	18:56

Oxford

479 Ran			
Pos	Gen		
18	16	Ross Rook	19:15

Peckham Rye

248 Ran			
Pos	Gen		
2	2	Joe Twomey	17:57
22	21	Alex Bazin	20:43

Pontypridd

390 Ran			
Pos	Gen		
69	3	Ros Tabor	23:36
87	79	Andy Murray	24:39

Riddlesdown

222 Ran			
Pos	Gen		
20	2	Ange Norris	20:42

Sheringham

440 Ran			
Pos	Gen		
14	1	Hayley Seddon	20:08

South Norwood

149 Ran			
Pos	Gen		
36	2	Charlotte Sanderson	23:43
146	96	John O'Byrne	41:48

Sunny Hill

Chris Vernon writes

Time to tour again to visit London's newest venue on only its 4th running with the majority of the field out to bag their LonDone position. I was the first DR to visit.

Despite the efforts of the climate protesters I managed to get to the start on time. Sunny Hill is a compact park at Hendon, the course is all tarmac for its two laps which include six brutal but short hills that challenged the old ticker! To compensate there were glorious views to Wembley from the top on this lovely Easter Saturday.

It was good not to be last, to make the top 100 and be 1st VM75

88 Ran			
Pos	Gen		
81	53	Chris Vernon	53:43

Tooting Common

489 Ran			
Pos	Gen		
27	25	Jamie Nicol	20:14
167	138	Ian Sesnan	25:02

Trelissick

341 Ran			
Pos	Gen		
43	6	Laura Vincent	23:07

Wakefield Thornes

315 Ran			
Pos	Gen		
85	13	Claire Barnard	24:41

Worcester Pitchcroft

341 Ran			
Pos	Gen		
179	42	Elizabeth Begley	28:16

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of DR AC.

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Socks	£5 pair
Bufs/snoods	£6 each

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



Socks only £5



Bufs/snoods - only £6



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com

HOODIES CLEARANCE
ONLY £10 each



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC
10% off www.startfitness.co.uk SurreyXCSF10

SOCIAL SPOT

P
O
T

Upcoming events.

Post London Marathon pub for refueling, Sun 28th -

for runners and spectators alike, will be the Sanctuary Pub, next to St James tube station, see details below:-

<https://whatpub.com/pubs/WLD/15932/sanctuary-house-hotel-london>

Post Marathon Season Pizza Night Wednesday 15th May

To celebrate the end of a busy spring marathon season and share tales of PBs & chafing we will be hosting a pizza night after the club run on 15th May.

All welcome (even if like myself you didn't run a marathon this spring!).

It will be £7pp payable on the night with the remainder subsidised by the Social Fund.

As previously we will be ordering from Rocca in Dulwich Village. See the menu below, please let us know your pizza choice if attending via email dulwicksocialsecs@gmail.com or comment on the FB post.

Thanks - Matt

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

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

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 CHARITY 10K FUNDS

We have had 3 nominations for charities for the left over money from the Dulwich Charity 10k account.

St Matthews Project www.thesmp.net – working with young people from the St Matthews estate, Brixton. Football + development activities.

Knights Youth Centre www.knightsyouthcentre.org.uk – working with young people from the Clapham Park Estate.

Southwark Home Start www.homestartsouthwark.org.uk -working with parents with children under 5 in Southwark who are finding it hard to cope.

The money will be divided between these 3 charities. They will each get about £350.

Ros Tabor ros.tabor49@gmail.com

pizza

margherita mozzarella, tomato, basil 6.35

provenzale onion, anchovies, olives, mozzarella 7.15

funghi field & wild mushrooms, garlic, mozzarella 7.95

calabrese (n) aubergine & courgette,

mozzarella, olives, capers & pinekernels 8.95

americana pepperoni, tomato, mozzarella 8.75

regina gloucester old spot ham, mushrooms, mozzarella,
olives 8.75

prosciutto dry cured ham, mozzarella, rocket, parmesan 9.15

sarda sardines, baby pinach, piquillo, peppers, olives, garlic,
chillies, tomato, parmesan, (no mozzarella) 8.25

piccante piquillo peppers, hot "nduja",
jalapenos 9.05

we make our pizza dough with organic stone-milled
wheat from dorset

Dulwich Runners Summer Map 11 / B

All routes go anti-clockwise

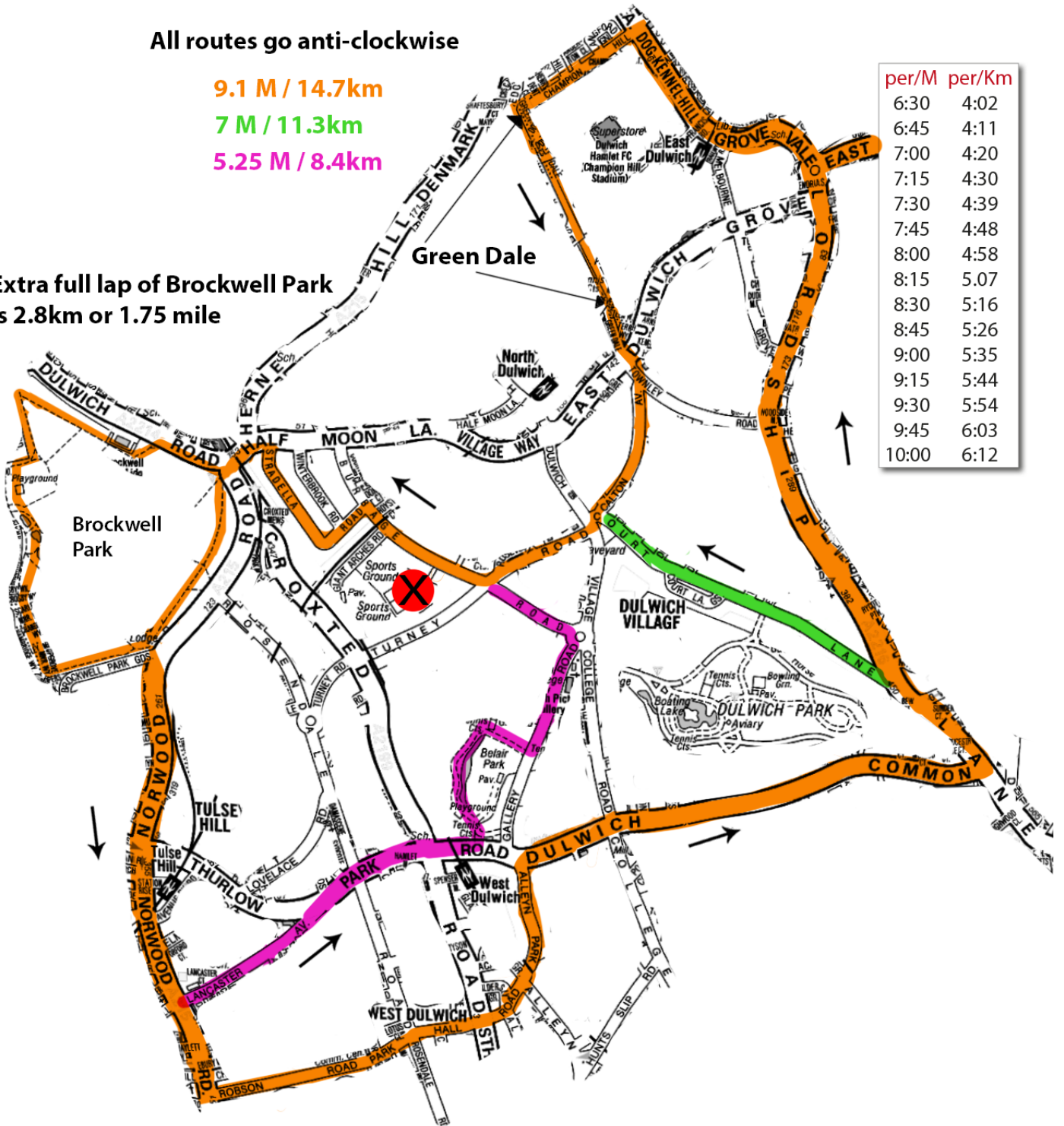
9.1 M / 14.7km

7 M / 11.3km

5.25 M / 8.4km

Extra full lap of Brockwell Park is 2.8km or 1.75 mile

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



All maps on Strava (you don't need an account)

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