DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 21st 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 21 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 21 Dino Dash Relays Crystal Palace Park 7.30pm start

Tue 27 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results
8 Parkrun results
9 Dulwich Runners relays entry form and info
11 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.

Steve steve.smythe@athleticsweekly.com

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

Jun 21 Dino Dash Relays, Crystal Palace Park
Jun 24/25 British Masters Champs - Birmingham

Track Session

This Saturday there is likely to be another track session at Ladywell at 10am. see facebook or e-mail for confirmation.

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

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.
Thanks to **Lucy Clapp** for taking out 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

Matt Ladds	**21/6**
Paul Keating	28/6
Laura Lane	5/7

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

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.

DULWiCH RUNNERS HASH HOUSE run/ walk..... will take place on Saturday 22nd July. Start time to be decided but will take in the following breweries in the area, Gipsy Hill, London Beer Factory, Bullfinch, Canopy, Brixton and Brick Brewery.
Start time to be confirmed, but you will be able to do you normal park run/ training in the morning. - ***Tom South***

Wednesday Apres-Run Carbo Loading !

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

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

DULWICH RUNNERS CLUB KIT

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

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

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

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 Massage

My name is Aniela Kurzawa, and I am a local student studying at university and currently completing a level 3 course in sports massage. In order to complete the course, I need at least 25 hours of practical experience, and I am looking for the opportunity to do so with local clubs.

I have the relevant insurance and equipment and I do not charge for the sports massage, however I do accept donations for the cost of the equipment I will be using.
I would very much welcome the opportunity to work with your club members, please do let me know if this is at all possible?

If anybody is interested we suggest you contact Aniela directly at : anielakurzawa@icloud.com to arrange a suitable time and place.

RIP MARGRET FREEMAN

It is with great sadness that we announce the death of Margaret Freeman. There may be a few people left in the club who read Shorts and will remember Dave, Margaret, Wendy and Angela Freeman. Dave and Margaret moved to Malta many years ago to be near Wendy, who was married to a Maltese. Very sadly, Margaret had a massive heart attack last Friday 16th June and did not survive. She was 72. Her funeral was on Monday 16th June. The Freeman family were very involved in Dulwich Runners in the 1980s and 1990s.

- Chris & Sue Vernon

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	
Jun	21	BMC/Cambridge Harriers Open Meeting		Eltham	
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps		Crystal Palace Park	
	24/25	British Masters Champs		Birmingham	
Jul	6	Assembly League		O2, North Greenwich	**tbc**
	10	Blackheath & Bromley Open		Norman Park	
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps		Dulwich Park	
	14	Mark Hayes Mile		Dulwich Track	
	19	Cambridge Harriers Open/BMC		Eltham	
	21	Mile club champs - SOAR Mile		Battersea Park	
	22	HHH Open		Tooting Bec	
	27	Assembly League		Victoria Pk, Hackney	**tbc**
Aug	16	Cambridge Harriers Open/BMC		Eltham	
	21	Blackheath & Bromley Open		Norman Park	
	26	HHH Open		Tooting Bec	
Sep	7	Assembly League		Beckenham	**tbc**
	10	MT 5 mile race, organised by TH&H		Wimbledon Common	
	10	Kent Masters Champs		Bromley	
Oct	1	Sittingbourne 10		Sittingbourne	
	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 21/6	7 miles relaxed or relay
Thu 22/6	6 miles picking up pace 20 secs a mile ie 8:00, 7:40, 7:20, 7:00, 6:40, 6:20 - last ,mile quicker than 5K pace
Fri 23/6	rest or easy 4M
Sat 24/6	track
Sun 25/6	slow 75 mins relaxed
Mon 26/6	easy 4M or rest
Tues 27/6	Grass session
Wed 28/6	6 miles steady
Thurs 29/6	40 mins of 5 mins blocks of jog, marathon, HM, 10k, 5K, pace each minute x 8
Fri 30/6	rest or easy 4M
Sat 1/7	Track
Sun 2/7	slow 80 mins relaxed
Mon 3/7	easy 4M or rest
Tues 4/7	Grass session
Wed 5/7	4 miles slow with strides
Thurs 6/7	Assembly League

Mile Club Champs SOAR Mile Battersea Pk -21 July

The SOAR Mile at Battersea Park track on the evening of 21 July is our mile club champs event.
There will be 10 seeded races with up to 20 in each race.

The Mark Hayes Mile will take place on 14 July on Dulwich College Track. There will be a social event to follow after the race, details to follow when known. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice.
SOAR mile is filling up rapidly, entries are supposed to be open until 16 July, but it's possible they will close well in advance of this so you need to enter ASAP: https://entries.opentrack.run/2017/thesoarmile/

So far 50 club members have entered out of 183 overall.
M60 (5): Bob Bell, Mike Mann, Andy Murray, Barrie JohnNicholls, 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 (9): Claire Barnard, Selma Benattia, Lucy Elms, Hannah Harvest, Roz Johnson, Helen Lister, Rebecca Schulleri, Katie Styles, Laura Vincent

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 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

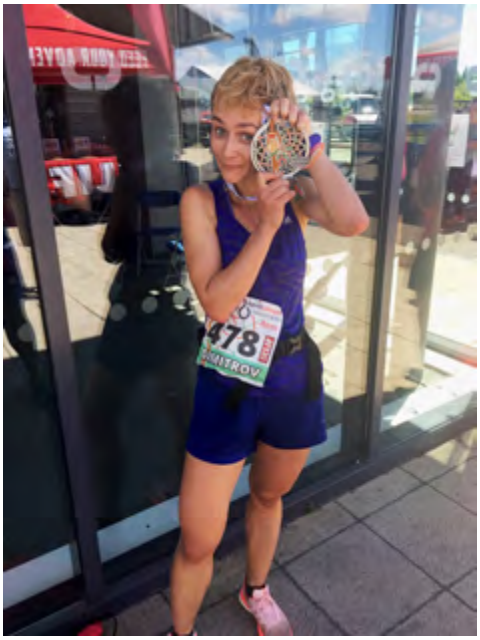
Race Reports & Results

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.

Kent Road Circuit Marathon

27 May 2017

20.5 laps of the Road Velocycling circuit just outside of Gravesend. It's maximum 300 runners but you can have as much crew and cheerleaders as you like along the circuit. For those of you that are prone to lose count of their laps, you can use rubber bands and take one off after each lap. There are also announcements for each runner starting 5 laps before the finish. Worked pretty well for me although I had secretly hoped their announcement would say I had less left to do. Didn't happen sadly



What I didn't expect was the hilly bit towards the end of each loop – a sharp short hill and then a gradual hill along to the finish line. The doom is looming because during the first 5 – 10 laps the hill never feels like a particular problem, but after around 30k, even approaching it gave me a headache. The full distance had a total elevation of 455m, which for my taste is quite a lot for a road race

Conditions on the day were tough – one of the hottest days of the year and also some wind hitting us usually in the wrong direction. There was a little bit of a shower in the beginning and so I started full steam ahead to make the most of it, felt super until about 30k when the cramps came looming. From then on I had to take it easy and my pace went downhill. I assumed that repeating laps would make it easier to keep focus, similarly to running the track. Surprisingly however, the temptation to stop towards the last few laps got me to a point where I even started walking towards the finisher path, just to change my mind and go on. I came 5th lady, which is not too bad for me.

My marathon time was 3:52 and my finish time (the full length of the course was 43.1k) was 3:58.
I'm glad I finished though because the best thing about this race is the head-sized medal (see photo). It features a Pocahontas figure; because she lived in Gravesend and has a statue and a path there.
It is a tough race but I can recommend it though maybe not if you are looking to break race records. Next year it's going to be in March so probably less hot

- Christina Dimitrov

Madeira Ultra Sky Marathon

3 June 2017

A week later I flew to Madeira (a Portuguese volcanic island which is geographically located in Africa) to attempt a 55k trail race. I was blissfully unaware that this race was part of the larger Skyrunner World series, so it was really very technical.

Technical here means tricky or dangerous or narrow or stoney or steep or nerve-wrecking and all in no particular order. There is also a 20k race option which was quite popular with trail newbies and a vertical mile competition, which the top runners did in under 60 minutes.

The coolest thing was probably the size of the race - just under 200 runners and some of the most famous professionals on the starting line. I even bumped into Anna Frost in the ladies – starstruck!. She is a world champion and real celebrity in the ultra running scene. Start was promptly at 6am to Highway to Hell on very high volume, which was in retrospect a pretty accurate prediction of what was lying ahead of us.

The route of any sky running race essentially implies you go so high you can almost touch the sky (we literally were above the clouds, see photo) and then you get back to sea level. Madeira itself is strange because there basically are no flat surfaces whatsoever; the climate is pretty humid, almost tropical, yet the heat was not too bad at all.
The first 3 hours were a 13k ascent to the peak of 1,860 metres (6,100ft) which included some climbing, narrow paths as well as sand dunes. That went pretty well and thinking about it, I probably could have pushed it a bit harder. Then came a 20k section of super tricky paths with a mix of ascents and descents, climbing up waterfalls, climbing down cliffs. This almost brought me to the edge and I started planning for my early exit. Luckily I had a halo moment when I caught up with another girl just before the second marker – she said her quads were killing her and so I thought I should probably go on.

After that all got better, I was focused and made the plan to overtake as many people as possible on the next ascent and run so fast that they wouldn't catch up and this is precisely what I did. The only real frustration was a 'surprise' 20 minute walk along a river where I slipped a few times.

I finished the race in 11:25h coming 12th woman (of only 18 female starters). The first 6 women were professional runners though so I am happy with the result. The women's winner completed the race in 7:06, the male winner in 5:45; makes me wonder if he had to walk along that river too or whether he found a short cut. But then again he is the world champion in obstacle racing apparently so I'm sure he had fun.

After the race, my legs were ok though mentally, I was extremely exhausted. I think when in the middle of the race, all pumped with adrenaline and caffeine and carbs, I really focused on the route and only after the race I got to realize that some paths were actually quite dangerous and some of my almost slip-ups could easily have gone badly.

The one thing that makes such long races so utterly different from a marathon or a half is just the duration of certain situations, like your mind can be in pain or distress for two to three hours and sometimes longer. But then it stops or you forget about it and things get better. Endurance races just make you get on with discomfort for a longer time and when you cross the finish line, you're so surprised you did it in the end. That was great actually.

- Christina Dimitrov

Project 19, week 6

Things got a bit more serious this week....
Thursday early hours. You get a cryptic email at 3am, with some code about a bench, and a park you've never been to. It's Steve secret training session. It's the equivalent of a dogging session for runners. Everyone exchanges furtive glances near the toilets at Ruskin Park as the stuff their clothes into their backpacks. He likes to keep you on your toes. Just when you get used to one thing, he cuts it up, starts something new. This is the secret session where Mike Mann always destroys me whilst being friendly, making it even worse!

Saturday morning down to Ladywell track. I was running just behind coach for the first 3 of 4 x 600 metre reps. However, on the last one I was feeling good and decided to set off ahead of him and push it. At the end the all seeing, all knowing emperor of the track pulled me up, "Ajay you were ok on lap 1, then you were slower on lap 2, then ok on lap 3, so you really shouldn't have gone so fast on lap 4. You should have been running faster, more consistently from the start." That man has eyes in the back of his head. Even though I was being castigated it was worth it to hear the rumbling voice of the coach.
Inspired, I woke up on Sunday morning and ran 7 x 600 metres at Dulwich track on my own. I've also been collecting training tips from Dulwich Legends. Did you know that Tony Touhy does 40 press up while he's waiting for the kettle to boil? Charlie Lound does 30 in the shower? And Ian Lilley does calf stretches whenever he comes into contact with water.... ***- Ajay Khandelwal***

Eltham 5

18th June 2017

I had completed this fairly local multi-terrain five miler in the past so I thought I would after a few years absence give it another go. However, I foolishly decided to follow the old Alastair Young and MIke Hobbs "training regime" with a very late night fuelled with alcohol. I was at a wedding reception until 1.30 am and even in my younger days I was never one to perform well after a few sherbets. It always seemed to work for Mike and Al though.

So with a lack of sleep and the remains of a good few pints inside me I unsurprisingly in the heat delivered a PW with a time of 43.27 (placed 109 out of 248). The winner from Cambridge Harriers (they had 6 out of the first 10) came home in 28.11. ***- Colin- must do better- Frith***

109 Colin Frith 43:27

parkrun June 17th

Banbury
262 ran

Pos	Gen		
14	14	Rob Cope	21:00

Brockwell
340 ran

Pos	Gen		
55	4	Ola Balme	21:41
101	87	Ian Sesnan	23:31
129	20	Clare Wyngard	24:14

Burgess
261 ran

Pos	Gen		
23	22	Hugh Balfour	20:35

Croxteth Hall
306 ran

Pos	Gen		
12	2	Mel Edwards	20:28

Crystal Palace
245 ran

Pos	Gen		
16	16	Andy Cottrill	20:54
19	1	Belinda Cottrill	21:06
44	4	Katie Styles	22:59
81	70	Bob Bell	24:46
103	18	Joanne Shelton Pereda	25:45
214	74	Penelope d'Arcy Graham	35:20

Dulwich
292 ran

Pos	Gen		
6	6	Lewis Laylee	17:01
7	7	Gregory Hills	17:10
23	23	Sam Mattu	19:23
64	63	Graham Laylee	22:13
81	3	Clare Cummings	23:06
88	84	Paul Devine	23:19
92	87	Mark Muffett	23:31
105	95	Michael Dodds	24:04
184	41	Colleen Williams	28:19

Cleethorpes
204 ran

Pos	Gen		
48	40	Colin Frith	24:03

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.

Peckham
For the 3rd anniversary of this parkrun Dulwich Runners provided several pacers (Charlie, Ebe, Laura, Gideon) with signs on their backs to follow for parkrun PBs. Judging by the PBs achieved by runners around them and conversations afterwards this was a success. The alternative (clockwise) route for this parkrun proves popular and the anniversary was celebrated by a very good turnout.

Toby could have been the perfect pacer for 19 minutes, but didn't quite know beforehand what he was capable of and surprised himself with a first sub-19 run and big PB. His increasingly faster training miles obviously paid off and provide a good example for a successful sub19 quest (if by chance anyone else here is on such a mission). Two more 'hidden' pacers (around the 21 minute mark) were Sam and Michelle, Michelle almost equalling her course PB here and coming first Woman. Finally Mick made a welcome debut run on a sunny morning in this fine park. ***- Ebe Prill***

216 ran

Pos	Gen		
6	6	Toby De Belder	18:57
16	16	Charles Lound	19:37
37	1	Michelle Lennon	21:10
53	49	Ebe Prill	22:10
86	14	Laura Vincent	23:54
109	85	Gideon Franklin	25:03
152	106	Mick Mead	28:54

Malling
182 ran

Pos	Gen		
17	17	Nicholas Brown	22:47

Riddlesdown
225 ran

Pos	Gen		
16	3	Ange Norris	20:48

Southwark
291 ran

Pos	Gen		
138	108	Paul Keating	25:35

Tonbridge
452 ran

Pos	Gen		
1	1	Andy Bond	16:48

Tooting Common
520 ran

Pos	Gen		
102	99	Cameron Timmis	21:50

Walsall Arboretum
478 ran

Pos	Gen		
25	23	Mark Callaghan	20:03

Western Springs
76 ran

Pos	Gen		
19	17	Nick Bell	23:32

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.

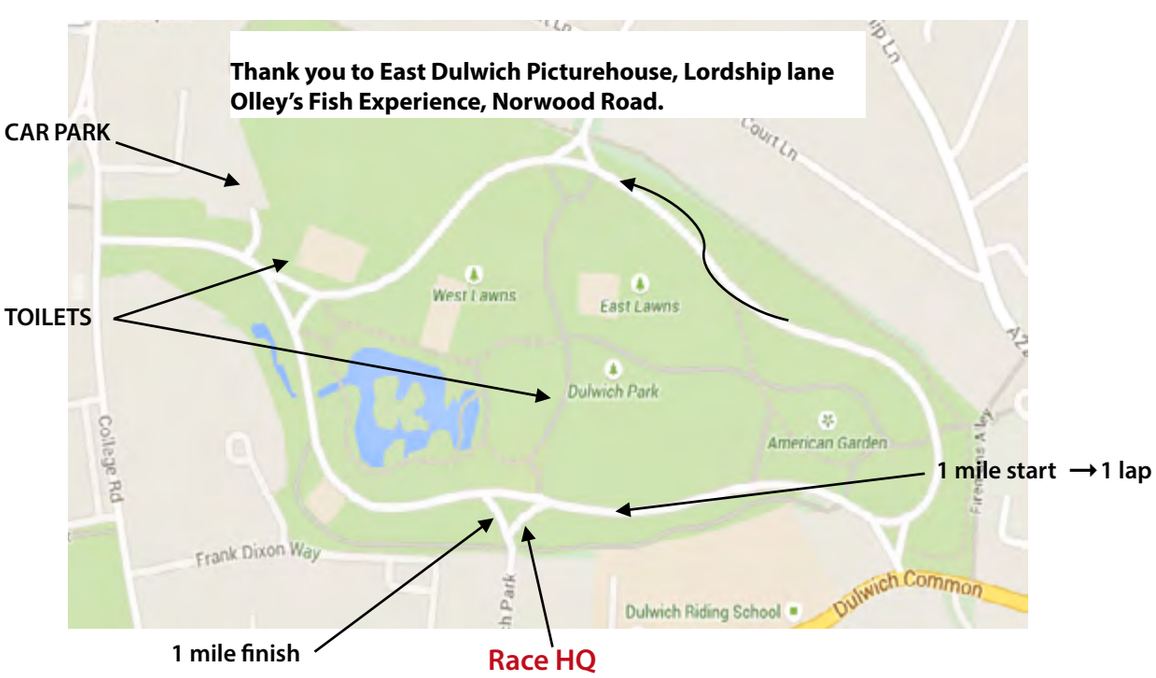
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

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.

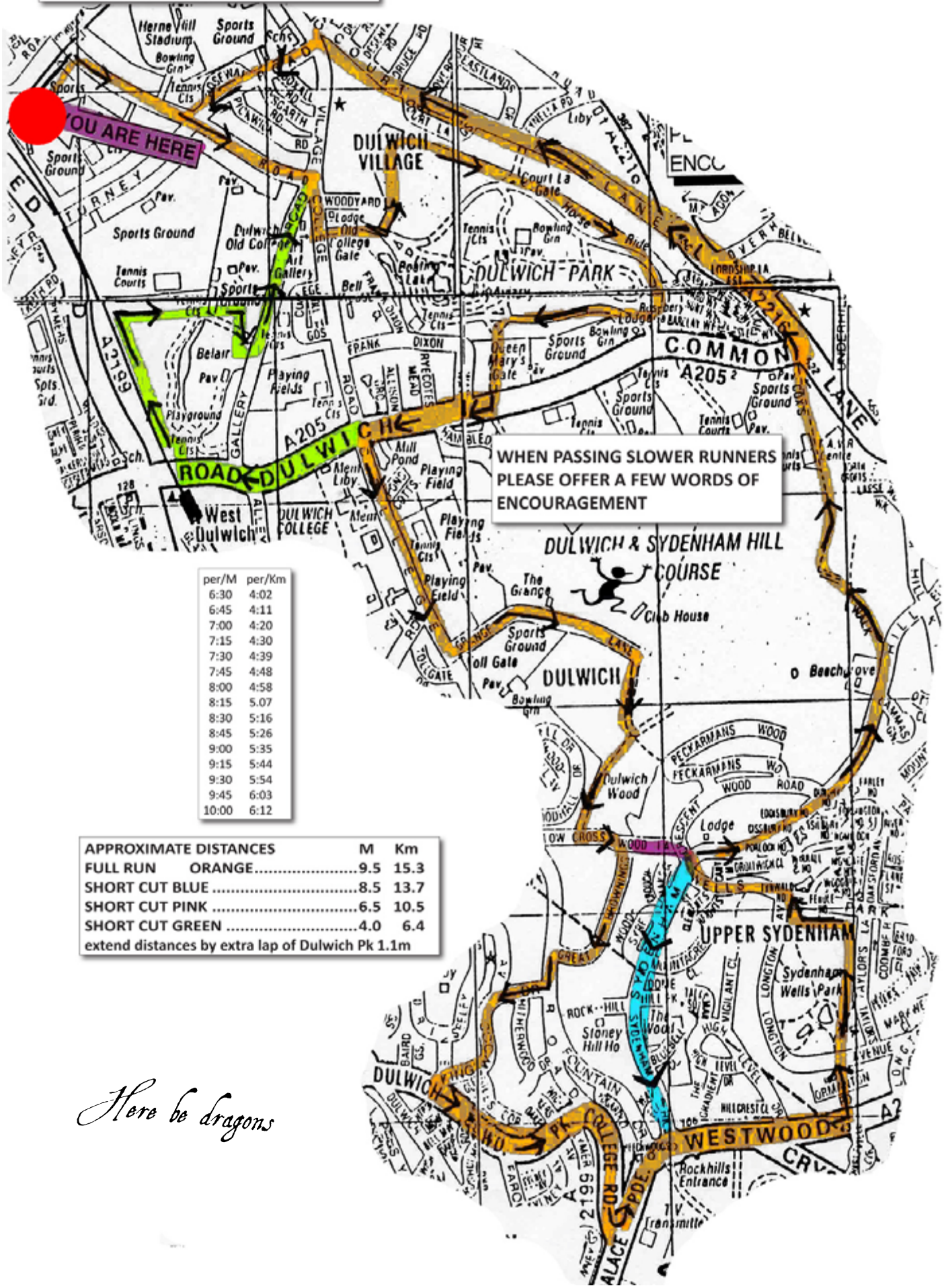
PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

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 S6



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	M	Km
FULL RUN ORANGE	9.5	15.3
SHORT CUT BLUE	8.5	13.7
SHORT CUT PINK	6.5	10.5
SHORT CUT GREEN	4.0	6.4

extend distances by extra lap of Dulwich Pk 1.1m

Here be dragons