DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 20th April 2011

These are your SHORTS! Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed *20* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Fri *22* **Bank Holiday no Track Session**

Tue *19* **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

In your *SHORTS* this week !

page 2 Assembly League details
page 2 Club Champs & Fixtures list
page 4.. London Marathon Results
page 5... Race reports

And much more !

NEW RUNNERS ROTA

Thanks to Jo Shelton for taking out new runners last week. If your name is on the rota to run with new runners, please can you 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 swap with someone. Thanks. – **Ros**

Ros Tabor	20/04
Cameron Timmis	27/04
Marlene Russell	04/05
Chris Treble	11/05
Chris Vernon	18/05

DULWICH TRACK SESSIONS

Back at Dulwich Track

Improve your speed & strength over all distances

Tuesdays with Steve Smythe
Start 7pm. **Fee £2 – pay Steve**
No Friday session this week Bank Holiday

LUCKY VEST

Wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a draw and maybe win £5 in the clubhouse that evening
To purchase a vest and or any other club kit contact
Steve Cook – stevecook6@googlemail.com

WEDNESDAY NIGHT £1 RUNNING FEE

It seems that some members are running on Wednesday nights without paying the £1 fee.
We need this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – **Ros**

Dulwich Runners Midsummer 5k volunteers needed!

You can do your bit for the Big Society (!) by helping to organise our midsummer 5k race.
This year's race will be on Wednesday 22nd June in Dulwich Park.

If you are interested in being on the race committee, please contact me.

Thanks. – **Ros**

Dear EASTER RUNNERS,

A special Easter run is being organised on **Wednesday 27th April** to celebrate Easter.

To enter just pick up the special 6 miles Easter map on Wednesday night instead of your regular club maps (club maps will also be available on the night if you do not wish to do the Easter run).

There will be 11 questions listed on the back of the Easter map as you go on your run. Answers will be found along the way. Rest assured it is nothing too challenging and hopefully you will enjoy going through streets which we are not too familiar with on our usual runs.

At the end back at HQ we will give the answers and hand out Easter prizes.

No runner should leave empty-handed though!

I hope you all love chocolate.....!

Any queries, please ask Caro (carolineschurmann@yahoo.fr)

Changes to arrangements at Dulwich College track

I have been informed by Dulwich College that arrangements for entrance to the sports club will change from 1st May.

1. Entrance to the building will be by individual swipe card. These can be obtained from reception at a one-off cost of £5.
2. The sports club car park will only be for the use of local residents (presumably those who live in Pond Cottages) and staff. The car park to be used by members, visitors and guests will be the main college car park. The swipe card will be needed to gain access to this. There will of course still be parking available on College Rd and Hunts Slip Rd although this may fill up.

Clearly this will only affect runners who need parking and/or toilet/changing facilities.

Graham Laylee

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		*Event*	*Venue*
May	Thu 05	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
June	Thu 02	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
	Tue 07	**2 miles, Dulwich Park** (S)	Dulwich Park
	Sun 19	**Richmond 10k** (M) http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K	Richmond Park
	Wed 22	**Dulwich Runners Midsummer 5k race**	Dulwich Park
July	Thu 07	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
	tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Aug	Thu 04	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
Sept	Thu 01	**Assembly League Beckenham sports club, Foxgrove Road – 7:15pm**	Beckenham
	tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,Bromley
Nov	Sun 20	**Epsom 10** (M)	Epsom

Club Champs races in red

Any additional info for races i.e.; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Richmond 10k – Looks like entries are open

http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K Looking at last year's results there might be a limit of around 600-700 so be quick and enter asap.

Friday Track Sessions Dulwich College Track.

Sessions for the summer start 15th April at 7:15pm.

These sessions are for all abilities and will benefit all runners from 1 mile to marathon distance. If you are new to the club or track sessions don't be put off!! They are designed to suit your speed, not super elite athletes although it will help them as well. I would encourage all club members to try these sessions as after just a few weeks you will find your longer runs feel much easier when you run them slightly slower pace runs.

With summer on the way races tend to get shorter as the temperature gets warmer so it you wish to improve your 2 mile, 5K and 10K times these sessions are ideal. They will help not only your speed but also your pace judgement which is very important of course.

For those who use heart-rate monitors I will organise some of the earl sessions so we can find your resting heart-rate and also determine your maximum heart-rate and then I can work out your heart-rate zones for ; **cont...**

...cont

1) Recovery run efforts.
2) Easy runs (Long Slow Distance LSD)
3) Moderate intensity. (Tempo and Long intervals)
4) Fast. (Short intervals & hills)
5) Max. (as it name says maximum speed and effort, thankfully short but many reps)

This will then enable you to run your training runs at the right pace and not deplete your reserves and run tired, which is of no benefit to you.

Please arrive early as we will need to do a proper warm-up before running at your speed.
There is a £2 track fee payable each week, so please bring some coins with you.

For those of us that feel we have earned a reward for running so fast I suggest we look to adjourn to Alleyn's Head Refreshment Centre (some call it a pub) where we can discuss about the weather, running, shopping etc.

If you are running Brighton or London or another marathon then these session can help you with your recovery. To those running a spring marathon, I hope your wishes and dreams come true.

Cheers. - Martin.

ASSEMBLY LEAGUE 2011

The assembly league is a series of short evening inter - club races (about 5k) held on the first Thursday of each month in 3 different venues. The races are for men and women of all abilities, with the first 4 to score as a team. In the past Dulwich Runners women have won the league several times.
The club pays to enter the league, so races are free to enter. The races are friendly and people usually go for a drink afterwards.
Put the dates in your diaries now!

5 May 7.15	Greenwich, Dome
2 June 7.15	Victoria Park
7 July 7.15	Greenwich, Dome
4 August 7.15	Victoria Park
1 Sept 7.15	Beckenham

Ros

Race Reports & Results

Virgin London Marathon, April 17

A good Dulwich turnout to run and support on a day that was fine for spectating though a little too warm to race which affected many people's times if you weren't Kenyan and finished well before midday. For the first ever time we had two women runners break three hours in the same race and realistically with all our best women entered and running well and in good condition, we could challenge for a national women's team medal in the Marathon.

Both Clare Elms and Claire Steward won silver medals in their age group.

Results

Position, gender position, age group position and half-marathon and marathon chip time – gun time in brackets

320 316 61M40 LOUND, CHARLES 80:33 2:45:39 (guntime as was on Championship men's start))

Had calf and hamstring problems which prevented PB but another consistent run – previous 5 Londons were 2:45:43, 2:43:04, 2:44:03, 2:41:47, 2:40:52!

371 364 255SM WILLIAMS, MICHAEL 82:31 2:47:10 (2:47:21) (PB)

Was on for 2:45 pace until 35km and found last few miles hard but still a big PB to confirm his great year so far.

570 553 364SM WILKENS, NOLAN 85:04 2:52:32 (2nd claim) (2:53:01) (PB)

Strong PB run – steady through first 35k – slowed in last few miles,

692 23 2W45 ELMS, CLARE 85:13 2:55:11 (2:55:16) (PB)

Bang on pace through 20 miles and seemingly sailing to age group win when calf pulled very badly 2 miles out and had to hobble in and lost out on age group by just 19 seconds but an encouraging debut that only two Dulwich Runners have ever bettered.

806 29 22SW GELDER, EMILY 87:52 2:56:59 (2:57:01)

Just a few weeks after her UK 100km title, showed good powers of recovery and only just missed PB as held pace throughout with final 5km quickest other than first downhill one.

911 876 545SM Marshall, Tom 82:13 2:58:34 (2:59:04)

Was running consistently through 30km and on for sub-2:45 but struggled in last 10km.

1385 1314 766SM GODBER, JAMES 87:08 3:04:59 (3:06:32)

Capable of much faster when fully fit but improved his PB though struggled last few miles.

1567 1470 86M50 SMYTHE, STEPHEN 85:13 3:07:32 (3:07:38)

Struggled in second half of 30th anniversary of PB due to lack of training.

2025 1862 30M55 MURRAY, ANDREW C 96:05 3:12:47 (3:13:28)

Superbly paced with last 5km just one second down on first one.

2090 1920 1034SM BARRETTA, JOSE 88:31 3:13:25 (3:14:51)

Wasn't in shape to match his 2:56 from last year's Amsterdam and struggled badly last 10km.

2880 303 214SW HAINSWORTH, KIM 96:08 3:21:24 (3:22:03) (PB)

Possibly too fast at halfway but held on well to take well over 20 minutes off her PB,

3115 337 232SW THORNDYKE, ELKIE 1:42:51 3:23:39 (3:25:01)

Superbly paced with 2 minutes quicker second half.

3168 344 2W55 STEWARD, CLAIRE 1:40:05 3:24:05 (3:24:31)

Well judged again to be second W55 and all last 5kms were 24 something.

4516 617 407SW WOOD, CHARLIE 1:42:21 3:34:21(3:34:29)

Despite her condition, with fine run, actually set a gun PB probably just slightly too quick first half

5077 740 479SW COOPER, SUSAN 1:43:11 3:38:27(3:38:53)

Much too quick first half and just missed out on PB.

5673 890 569SW Edwards, Melanie 1:50:29 3:42:05 (3:45:13)

One of the best club runs – pacing it very well and all her 5k splits were within 30 seconds of each other.

7016 1226 769SW Morgan, Carys 1:53:04 3:49:51 (3:52:11)

Did well to hold on and set good PB after a quickish opening..

7030 1231 772SW Russell, Marlene 1:51:53 3:49:56 (3:51:52)

Well inside PB – holding strong after quick start.

7941 6485 3408SM DANIELS, NEIL 1:41:49 3:54:34 (3:54:56)

Struggled badly with second half 30 minutes slower than first.

8481 6893 563M50 LOIZOU, CHRISTOPHER 1:51:40 3:56:46 (3:58:10)

Only 86 minutes outside his PB but did well after recent injury.

8751 7099 575M50 GIBSON, GILES 1:51:33 3:57:43 (3:59:26)
Solid run but really struggled in last 5km
13187 2907 1759SW Townsend, Sonja 2:06:45 4:17:40 (4:30:41)
Held form very well after taking 13 minutes to cross the start.
17174 4271 2622SW LUFF, ALEXANDRA 2:12:33 4:33:17 (4:42:54)
In club champs debut ran strongly, holding form over last few miles.
20051 14718 515M55 NICHOLLS, BARRIE J 2:05:08 4:45:04 (4:47:09)
Reasonable first half but struggled badly in last few miles.
20462 5479 3384SW Steward, Anna 2:10:31 4:46:50 (4:53:52)
Steady run but dropped pace in second half.

21349 15495 253M60 WEHRLE, STEPHEN 2:06:58 4:50:40 (4:51:48)
Ever present had one of his slower marathons as he struggled to feel cool and rested.
26415 18433 1446M50 HIBBERD, ROY 2:08:41 5:16:07 (5:20:21)
Solid first half but second half took a hour longer.
Ed Smyth dnf
Was struggling and after recent injury problems, decided best to drop out before halfway.
34718 finished

Oscar Hussey ran in the Mini marathon and finished 480th overall in the combined 3 mile race (U17, U15 and U13) in 20:53 and 160th in his U13 age group.

Here's a link to some of my marathon photos - unfortunately, I didn't manage to get pics of everybody as they were simply running too quick for me to spot them and grab my camera in time!
If anyone wants me to send them the originals, just let me know.

http://www.flickr.com/photos/58625550@N03/sets/72157626526902940/

Catherine Lee

Virgin London mini marathon 3M 17th April 11-12 Boys

This was our first experience of the Virgin London mini marathon. There are six races with three different age categories for both boys and girls. Each race covers the last three miles of the London marathon course and set off at seven minute intervals from 9am onwards. There are two races within each race – a Regional and a London Borough Challenge. Each Area and Borough selects eight runners to represent them with six to score. Very much like the main race, these races are now very competitive as can be seen from the previous winners who include Mo Farah and Stephanie Twell.

Setting off at 6.30 from Norman Park in Bromley, it could be seen that the Borough is admirably embracing its austerity regime with a double decker bus straight from the 70s. It mattered little as the bus was soon a hive of pre-race activity and nerves. Runners in each age group wear exactly the same shirts, the only difference is that the name of each borough is printed in grey. Arriving at Old Billingsgate, we were funnelled into one of the six pens and, with all the boys in our pen wearing the same deep blue shirt, it was at times difficult to locate the team in amongst a sea of blue!

After a short warm up and a few high fives, the runners were soon set on their way by Phillips Idowu. As expected, the race started at a frenetic pace. Oscar sensibly settled down to a solid pace up the Embankment and only unleashed a searing sprint passing on his family at the start of Bird Cage Walk. Not quite sure if he kept that up right until the end but he finished in a credible place with a time that correlated well with his recent parkrun performance.

The quality in the field was certainly evident with the 13 year old winner of the race coming home in an incredible 16.09. With one of the youngest teams, Bromley finished a very good 11th out of 33, with several of the boys able to run in this category for the next two years. All in all, a fantastic experience and one enhanced by seeing Jessica Judd finishing directly behind, taking the U17s race in a storming 15.38.

160 Oscar Hussey 20.53
245 ran

PS, many thanks to all those sponsored Oscar. He raised over £300 for Great Ormond Street and well done to all those who took part in the main race. We were there shouting for you at 22, although not sure if you heard over the music and/or your self-induced hypnotic states!

Duncan Hussey

Parkruns 5km, April 16th th

Parkrun, April 16

There were women's wins for Ola and Clare W while both Ros and Tony got the highest age graded performance of their respective races.

Brockwell Park

9 Ola Balme	19:27 1W
14 Hugh Balfour	20:26
17 Ros Tabor	21:20 2W
21 Ian Butler	21:35
22 Cameron Timmis	21:37
25 Graham Laylee	21:51
48 Barry Walker	25:11 (course PB)

Bromley

Clare taking it even easier than Thursday was easily first woman and slightly quicker was Ola who won at Brockwell.

24 Martin Morley	20:22 (course PB)
28 Colin Frith	20:49 (course PB)

Crystal Palace

4 Neville Webb	20:57
8 Jozef Danko	21:50
17 Mike Dodds	23:42
19 Clare Wyngard	24:15 1W
34 Chris Vernon	31:03

Banstead

5 Tony Tuohy	17:11 (course PB)

VAC and Serpentine track meeting, 13th April

Ros Tabor writes...While many of Dulwich Runners were finalizing their marathon preparations, Mike and Ros started their outdoor track season at a low key VAC and Serpentine meeting at Battersea. Conditions were cool and quite windy. Both ran in the 1500m. Mike's run was pretty leisurely. He sat in behind someone and then kicked in the last 100m to finish in 2nd place.

Ros was not warmed up, as she had been officiating in the previous race. She found the other woman in the race a little too fast at the beginning, but managed to stay with her and (like Mike) kick past in the home straight.

There are several track races organised by VAC throughout the summer. They provide a friendly atmosphere, and good track experience. for runners over 35. Details on VAC website: vetsac.org.uk

1500m

Mike Mann	5.07.0
Ros Tabor	5.48.8

Bunny Run 2 Tuesday 12 April 3 miles 300 ft ascent

Hugh Balfour writes. A few days at a friend's cottage near Skipton gave me the opportunity to have a go at a short sharp fell race. The Bunny Runs are a series of four races held at the Penistone Country Park near Haworth (home of the Brontes) during the Easter holidays, and are so called because the course is roughly in the shape of a rabbit! The weather was beautifully sunny, but freezing cold on top of the hill.

About three hundred runners that gathered for the start had two particular features. First there were lots of juniors (attracted by the huge amount of chocolate in the prizes?) many of whom were very quick. Secondly there were some seriously good runners, including Ian Holmes, a multiple British champion – think Paula Radcliffe turning up for an Assembly League! I stared fairly conservatively, but most others didn't, and the pace on the first short circuit of the bunny's "head" was fast and furious.

The first "ear" involved a short steep descent followed by a short steep ascent. Then we were on to the much longer circuit of the bunny's "body". A steady climb, then a very steep plunge into an old quarry. Then, guess what? A very steep climb out again. By this stage , I was into a good fast pace, but couldn't live with the Bingley runner who was the V60 winner. As we approached the finish, three runners overtook me, but I was pleased to catch one on the final climb up the second "ear", and another at the top before the downhill sprint to the finish. It was a great race, and I was really chuffed with my time, but I should have done it the week before as it would have made me 2nd V50 by two seconds!

Winning time 15.16
90 Hugh Balfour 20.21 (5th V50)
281 finishers

Virgin London Marathon, April 17

My first "London" and second marathon again bought me close to tears but for different reasons to the experience of running through near silent Beijing back in 2007. The crowds were amazing and as a consequence it was just all a bit emotional!

Though my run wasn't a patch on what I'd have wanted to achieve had I been running the race in 2005 instead of 2011, and in spite of missing my sub-3 target, I am still proud of getting to the end. I started sensibly (7:00 miles) but found myself carried along from mile 3 at a rather more ambitious 6:30 pace. On the positive side, this pace still felt comfortable at half distance but unfortunately it didn't last too much beyond that.

My disrupted training started to tell and that, combined with what was ultimately an overly exuberant 13 or 14 miles meant that not long after passing the 17 mile mark I was reduced to walking. Thereafter, I found myself walking a little in every mile (sometimes to take on fluids but more often simply because) and each time when I resumed running (to loud cheers from the crowd) it was at an ever slower pace!

Thanks so much to the many Dulwich Runners (including spouses) as well as friends from other clubs who were out on the course and recognised me. I hope I was able to acknowledge most of your shouts of support. It meant a lot.

James Godber
3:04:59

Lincoln 10k April 3

I seem to have evaded the Shorts Police and so having completed my marathon am now turning myself in. I ran the Lincoln 10k on a blustery early April day (3rd). It's a huge race with great support and seemingly far too many participants for its own good. Organisation from the local authorities would be best described as "strict" with roads closed hours in advance and for hours after all runners had passed through them but even with all these constraints the start was still delayed. Still, grumbles aside it was a fun event on a fast flat course. I was reasonably pleased to finish with a seasons' best. Nothing to write home about, but another brick in the wall on the road back to fitness.

James Godber
35:52 and 45th place

(better late than never ! Ed…)

Surrey Road League and Kent Grand Prix

Dulwich Runners are registered in two local road leagues. By taking part in these races you can earn points for the club and take part in the individual championships. For details on these (including individual qualification for the Kent GP), see the Surrey Athletics or Kent Athletics websites. We have also included two of the races, the Ranelagh Richmond 10k and the Paddock Wood Half Marathon in our club championship.

As well as an opportunity to represent your club, these races are reasonably priced and mostly conveniently located way to trim time off those personal bests! Our league membership does not guarantee entry to the races, so make sure you enter in plenty of time. – **Charlie Lound**

Date	Race
Surrey Road League races 2011	
1 May	Sutton 10k
8 May	Richmond Half Marathon
5 June	Dorking 10 miles
19 June	Richmond 10k*
16 July	Elmore 7 miles
24 July	Elmbridge 10k
14 August	Wimbledon 5k
Kent Grand Prix races 2011	
23rd April	Folkestone 10k
June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2nd October	Sittingbourne 10K
6th November	Deal 5K
* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship	

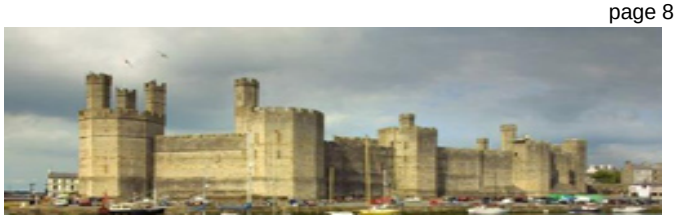
GREEN BELT RELAY 21/22 MAY

We are in the process of allocating stages and will be in touch with you shortly. Where possible, we've tried to take account of your preferences.

If any of you who have not responded have any strong preferences for legs, please let us know as soon as possible.

Currently we are somewhat over-subscribed, so we will have to add some of you to the reserve list, as least for the time being. However this could well change if anyone has to pull out due to injuries etc.

Relays Team



WELSH CASTLES RELAY 11-12 JUNE

Now that our entry has been accepted, we are in the process of registering details with the organisers of all those who have put their names forward for this memorable event.

We have sufficient runners for a team of 20 and a few reserves, but if anyone else is interested and available that weekend, please let us know and we can add you to the list. We can't guarantee you a run, but we can put you on the reserve list to cover for people who drop out.

Anyone interested please contact Caroline or myself.

Mike Mann

carolineschurmann@yahoo.fr

mcmann90@yahoo.co.uk

1066 RELAY: 8 MAY

Four teams have now been entered for this relay which takes place on the morning of Sunday 8 May, starting in Pevensey and finishing in Rye. We will be fielding a senior women's team. a vet women's team, a vet men's team and a mixed team.

We will be contacting those of you who have put your names forward shortly with leg allocations and transport details. In the meantime for further details please check out the race website www.spanglefish.com/1066relay *Mike Mann*

"**Don't forget that Dulwich Runners** are on Twitter, drop in and say you like them."

"Tweet Tweet - Dulwich Runners are now on Twitter http://twitter.com/dulwichrunners

Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

What is the Good Gym? The Good Gym will help you do good and keep fit by pairing you with a local, less mobile, older person. You'll run to their house, deliver something nice and have a quick chat: it gives you the motivation to go for a run and they get a friendly visit and a free newspaper.

They also hold monthly runs which combine running with feel-good community tasks like tidying up a community centre's cupboards, gardening chores or decorating an old people's home.

I've been chatting to the lovely people behind the Good Gym about setting up a similar scheme in Southwark. So, if you know of any community centres, schools or libraries who could benefit from the help of a group of willing runners or, indeed, think you might be interested in becoming a Good Gym runner, please drop me a line on catherinesianlee@googlemail.com. At this stage, it's all about gauging (and drumming up) local interest so please do get in touch if you have any thoughts on the how we could lead the Good Gym charge in beautiful Southwark!

Catherine Lee

Sam Mayne
TRI ADVENTURE
Trail Running – Navigation
Mountain Biking
(T) 07792453136
(W) www.triadventure.co.uk

facebook

Dulwich Runners now have our own group on the flickr photo website (at long last). It already has pics from the Green Belt Relay and a growing selection of other content.
There is a link from the photo section of the Dulwich Runners website. Or use the following link to go there directly
http://www.flickr.com/groups/1411047@N20/

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops'. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

Once I have reviewed the application you will be able to add your flickr pics, initiate or contribute to discussions and generally build the group.
So seek us out on www.flickr.com. And help to make our photo site lively and up to date. – **Kev Wood**

BBC RUNNING CLUB
Regent's Park 10K
Date: Thursday 26th May 2011
Start Time: 6:30 p.m.
Place: The Hub, Regent's Park London
First 100 only To get an entry form for this race contact Steve Wehrle on steve.wehrle@bbc.com

Tic Toc - Clock buddy wanted!

In a moment of extreme weakness I stupidly agreed to temporarily take over the bookings for the two race clocks that Dulwich Runners are the proud owners of. The hiring of the clocks brings in much needed funds for the club to spend on worthy needs for the club members. Peter Gibbons has done it for what seems like the last millennium and done it really well. It is a tough act to follow.

I suggested offering race organisers a special extra priced feature of having the clocks run slightly slow to create more PB's for their race – all new innovation eh?

But what is really needed is a clock buddy.

A clock buddy would deal with any booking that had to be picked up or returned if I am away. All you would need to do is a bit of e-mail or phone liaison and picking up the clock(s) when necessary so that the hirer can collect at their agreed time. You would need a bit of space in a shed or garage to store them while waiting for collection.

So, if you could raise that hand and volunteer to help I would be really grateful. I may even let you have first pick of the chocolate brownies on club night.
Giles Gibson.

Run the Park and win a prize!

As part of the Dulwich Festival we are hosting a Festival of Running in Dulwich Park on Tuesday May 10th from 7pm until the park closes. The aim of this fun run is to raise some money for the Festival charities and enjoy running as many 'Dulwich Miles' (laps of the park) as you wish. Every mile completed gains runners a chance to **win a prize** and contribute to a grand total to see how far across Europe we can get.

Entries are £2, or £1 for children under 12, and can be purchased from the Dulwich Festival Box Office or on the night in the Park.

We hope to see you there.

Gillian Cavell – Dulwich Park Runners

Race Entry Forms... will only be included in SHORTS if they are Club Champs races. For any other races please write a small note with a link to the entry
Thanks. Ed