DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 9th March 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 *09* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Sun 13 **Marathon Training**, Mile Reps
12 x 1mile Start at 9am Dulwich Park

Tue *15* **Track Session with Steve Smythe**
At Ladywell Track, Catford
7 pm **Fee £2.45** to reception

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.

Track Sessions at Ladywell

Improve you speed & strength over all distances

Tuesdays with Steve Smythe at Ladywell track
Start 7pm. Track **Fee £2.45**
pay at reception

map: http://tinyurl.com/3xexuwq

Annual Subs Overdue

Final reminders have been sent for 2011 membership renewal. Your current membership expired on 31st Dec 2010, so in order to compete in this year's club champs and other events you will need to renew ASAP.

If you haven't received your renewal form then contact me at barry@bg1.co.uk

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

In your *SHORTS* this week !

page 2 Clever Running !
page 3 Club Champs Fixture List
page 4 The Challenge – Monster Month
page 6 If you go down to the woods today !
page 7 Stroll along the river

And much more !

NEW RUNNERS ROTA

Thanks to ****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**

Barrie John Nicholls	09/03
Brendan Pelican	16/03
Mary Roberts	23/03
Marlene Russell	30/03
Ian Sesnan	06/04

A big thank you to Christine Dawson for baking the superb cakes for Jose's charity .

LUCKY VEST

This month's winner was Christine "Cake" Dawson !
if you wear your Dulwich Runners vest on the club run on the **first Wednesday** of any month 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

Paddock Wood club champs

Goodish news: there is a train from London Bridge at 7.37, Norwood Junction 7.48, E Croydon 7.55, P Wood 8.57, also one at 8.31 LB, 8.44 C, 9.27 PW (but start time is 10 – beware loo and bag drop queues).
Both are change at Tonbridge. Check with the national rail website nearer the day.
B.Ching
PS: As most people are driving to Paddock Wood there will not be any club organised coach or lunch

Lift Share

Hi. I'm running the Surrey Spitfire 20 on March 13 and wondered if anyone else from the club was going and was interested in sharing lifts.
Thanks, Anna Steward –annaingrenoble@yahoo.co.uk

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

Brighton & London Marathon

If you are running either of these this year please can you put your name on the sheet which is on the notice board

Steve Werhle

Fielding a combined age of 1,032 years, making them one of the youngest squads in competition, the Dulwich Runners team "*The Reds'n'Blooz*" were always going to be a threat to the more established teams at last Saturday's 'Wine & Wisdom' Quiz held at St. Barnabas Parish Hall in aid of Save The Children.

Using their pacing skills to maximum effect, the team of Ros, Andy, Tiarnan, Joseph B., Stephanie B., Mike Dodds, and The Bells, focused on utilising negative-splits to their advantage, targeting a top-five placing in the 10-round event. After the half-way mark the team were fourth from the back of the field but always keeping the leaders clearly in view they gradually moved up through the pack, and knowing they had joined the leading group made a last dash for the finish, winning by a clear margin of 4 points from the nearest team.

Chocolate fondants all round at the finish – and the prize – Dulwich Runners have the honour of putting together next year's Quiz. It's time we had a new Committee.

Tiarnan Ocleirigh

CURRY NIGHT

Anyone for it? "Keep Wednesday 23th March post run evening free"

We are planning a club curry night at the Surma Curry house. We have been there before and for some strange reason, they are happy to welcome us back !. Like previous visits there will be a buffet with enough choice to please the green veggies to the little baby lamb eaters.

The 23rd is approaching fast. Minimum number of 25.

The cost is expected to be around £15 a head plus drinks.

email me asap if you wish to join us:
carolineschurmann@yahoo.fr

Surma Curry House, 42 Lordship Lane, SE22 8HJ

Athletics Weekly: Club offer

Nb while the magazine may not be for the casual beginner, Athletics Weekly (which 2 Dulwich Runners work for) is now far more suitable for the club runner with articles on how to improve as well as the usual weekly list of race results and fixtures and news of the top Olympic sport. There is a special subscription offer now available if you go to www.subscribeme.to/athletics-weekly/cluboffer or call 01778392018 which if you subscribe gets you a free pair of hilly socks worth £11 and gives a donation of £5 to Dulwich Runners and gives you access to the digital version as well as the old fashioned paper copy which has had a redesign in recent weeks.

CLUB CHAMPIONSHIP FIXTURES 2011

Date		Event	Venue
Mar	Sun 27	**Paddock wood 1/2M (L) entry form** http://www.paddockwoodac.co.uk/	Paddock wood
Apr	Sun 17	**London Marathon** or other marathon run before final club champs race (L)	London
June	Tue 07	**2 miles, Dulwich Park** (S)	Dulwich Park
	Sun 19	**Richmond 10k** (M)	Richmond Park
July	Tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Sept	Tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,
Nov	Sun 20	**Epsom 10** (M)	Epsom
Don't forget to take a look at the Cross Country fixture list on page 8			

This is this time of the year when we need people interested in participating in either or both Green Belt Relay (21st-22nd May) and Welsh Castle Relay (11th-12th June) to come forward and let us know so we can enter our teams with the race organisers.

The GBR takes place over Saturday and Sunday, meaning each runner gets to run a leg per day. The route is very scenic as we run through the countryside around London on a mixture of footpaths, towpaths and quiet roads. Some of you have already expressed interest in response to a request a few months ago, but this is a general request to all those interested to put your names forward.

Just a quick reminder for those thinking of running the Green Belt Relay (21-22 May), training should have started and it would be a good idea to enter the Paddock Wood 1/2M 27th March, as well while you're at it....! More info on this in the coming weeks.

The organisers have indicated that we are likely to be successful with our entry to the Welsh Castle Relay (11-12 June) and we should know in just over a month.

Finally it looks like we now have 2 teams of 5 for the 1066 Relay (for details) on 8 May, but we are trying to make up a third. Those interested should contact Mike at mcmann90@yahoo.co.uk

The WCR takes place over a week-end in Wales, starting in Carnaervon, North Wales, finishing at Cardiff Castle. Each runner only runs a leg on either Saturday or Sunday, all on road. Usually this relay turns out to be a short holiday away and free minibus transport is organised by the club, leave Friday morning, back Sunday evening. We will enter one team of 20 .

information about these relays can be found online and on the club's website. **Those interested in taking part please email by end of February** as we need to enter teams with the organisers.

carolineschurmann@yahoo.fr

Info: http://www.greenbeltrelay.org.uk/index.htm

and http://www.lescroupierswcr.org/

"**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**

A big thank you to Giles for the superb Choccy Brownies and Mince Pies that he's treated us to in the past few weeks, top class Carbo-loading !

PS: If you want more then don't forget to tell him what a great runner and cook he is ! (Ed..)

The Man - Ajay Khandelwal

The Challenge

I wonder if you could help me? A request to the Dulwich runners for ideas.

I'm looking to improve my running time for the Brighton Marathon in 2011 and I want to get as many ideas as possible from the great and good of Dulwich runners

I will take up a range of practical and crazy tips and will write a weekly column for shorts letting you all know how I get on (22 columns)

Email ideas to ninderajay@hotmail.co.uk or find me on face book.

The Challenge

The brief

Profile

Age: 40

Status: Mid Life Crisis

Height: 5'10

Weight: 72 kg

Marathon PB: 4.19 (London 2010)

Half PB: 1.41 (Paddock Wood 2010)

Running philosophy: chaos, fantasy, laziness and short cuts."

Dietary failings: "chocolate and red wine"

Weekly Routine

Working Hours 9 – 5, usually cycle in (30 minutes/ 6 miles)

Tower Bridge Area

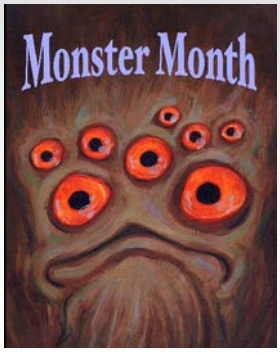
Thursday based at home, Wood Vale, SE23 3EE

Can run some lunchtimes, and to or from work; weekends; Wednesday club runs.

2 young children to juggle

Current mileage 7-15 miles a week.

Goal to run Brighton Marathon faster than Jo Shelton and slower than Grant Barnes !



Mileage: 29 miles + track

Highs: Finding Steve W's stash of food and drink at mile 13 in Bushy Park

Lows: Realising that Jo S has a strong finish up her sleeve

Monster Month

Wednesday: 7 threshold miles with Josef D and Cameron T. Unfortunately Cameron had a nasty fall and got a bloody cheek. Josef refused to wait, "Come on, our average mileage is going way down, we need to keep moving." So, whilst Cameron crawled into a bush, we sprinted off, happy in the knowledge that we would get our goal mileage, even though we had to leave a fellow runner en route. These are the sorts of sacrifices required of the dedicated marathon runner.

Friday: 4, very slow, solo miles after work

Sat: Cross training in the form of day long DIY

Sunday: Steve W Richmond long run. Good turn out, and some excellent runs from the club with most people running 20 – 23 miles. I cramped up at mile eighteen, so was disappointed. My nemesis Jo S absolutely trashed me, grinning from ear to ear, as she recounted how she managed 22 miles effortlessly. She is aiming for 3.45 at Brighton, and looks on target to get it.

Tuesday: A bit of track. Are 2000 metre reps legal? Was accused of varying my pace like a yo yo.

Fun runner update: haven't heard from Charlie this week so assuming he has found a suitable giraffe costume.

Strategy update: Realised that I need to focus on the LSD. So will be doing the Spitfire 20 this week, and Cranleigh 21 to get myself ready for the distance. Have decided not to race the Paddock Wood half, as my average recovery time after a race is about 2 years, not 2 weeks.

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	
30th January	Canterbury 10
27th February	Tunbridge Wells Half Marathon
6th March	Greenwich Meridian 10k
27th March	Paddock Wood Half Marathon*
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	

Maidstone Duathlon 6th March

9.5Km run, 42.Km cycle, 3.5Km run. Total 55Km

Bike built by Steve Cook performed quite well shame about the rider !

2:34:19 29th of 105

9.5Km run 45:08secs – T1 1:19secs – 42Km bike 1:29:38secs – T2 1:51secs – 3.5Km run 16:21secs.

Martin Morley

Paddock Wood Half Marathon

Dulwich Runners entries now number 50 – nb entries may close soon so important to enter asap if you want to guarantee a run in our next club champs.

http://www.sportsystems.co.uk

Sen men (7): Steve Ackroyd, Grant Barnes, Jose Barretta, Josef Danko, James Godber, Tom Marshall, Mike Williams

M40 (7): Joseph Brady, Mark Foster, Per Hedberg, Charles Lound, Tiernan Ocleirigh, Cameron Timmis, Tony Tuohy

M50 (10): Mike Dodds, James Godkin, Graham Laylee, Martin Morley, Andy Murray, Barrie John Nicholls, Steve Smythe, Gary Sullivan, Mike Ward, Steve Williams

M60 (2): Mike Mann, Steve Wehrle

Sen Women (16): Lindsay Beckett, Susan Cooper. Mel Edwards, Kim Hainsworth, Emma Ibell, Meg Hughes, Cliona Kelly, Marlene Russell, Caroline Schurmann, Alexie Shaw, Joanne Shelton, Anna Steward, Laura Stephens, Elkie Thorndyke, Sonia Townsend, Charlie Wood

Vet Women (5): Christine Dawson, Clare Elms, Jo Hewett, Clare Osborn, Ruki Sidhwa

W50 (3): Claire Steward, Ros Tabor, Clare Wyngard

Race Reports & Results

Frank Harmer Memorial 10k 6-03

My first ever 10k which was at Brockwell Park wasn't as bad as I thought. I was very nervous and cold when I arrived, even though I was wrapped up. I walked one lap before the race started, which helped get used to it and keep warm.

My motivation was still a little low after a bad run on Wednesday night, however I managed to complete the race in 60:22, which isn't bad for a newbie who is also 6'5 and nearly 17 stone. I remember the race official telling my wife that I had picked a very hard 10k for a first race.

You can't keep me down that easily!
Typical stubborn northerner.

Peckham 10k next....

John Gregory

Frank Harmer 10k Brockwell Pk Sun 6-03

A few Dulwich Runners supported this low key local race. The course is 3 and a half times round Brockwell Park.

As we struggled up the hill and against the wind, we were cheered on by several other members on their normal Sunday morning training runs.

Tiarnan Ocleirigh	40.33
Mike Mann	41.10
Ros Tabor	44.39
Graham Laylee	45.29
Mike Crilly	47.58
Charles Wild	48.08
Mick Mead	50.46
Michelle Broscombe	51.56
John Gregory	60.22

Ros Tabor

ORION 10 MULTI MOB MATCH, EPPING FOREST, 5 MARCH

Although the Dulwich turnout wasn't great with just 8 men taking part, we performed creditably as a team, finishing in third place amongst the 5 competing clubs on a chilly day with thankfully only light winds. Scoring was based on the first 6 to finish from each team and we ended up behind the hosts, Orion Harriers and local club Springfield Striders.

The 10 mile course, which was well marked and marshalled, wasn't for the faint-hearted, offering a bit of everything including hills, forest trails, sections of road, squelchy grass and plenty of mud of the glutinous shoe sucking variety, with some of it rather evil smelling.

There was 750 feet of climbs in total, and although there were fewer hills than at Parliament Hill Fields, these were longer, and one in particular, in the 7th mile, considerably steeper.

For those of us deciding to not to race it outright, it proved an excellent training run. Not surprisingly times were relatively slow. Most of us ended up with bloodied legs as a result of scrapes brambles and other assorted vegetation.

Charlie had a strong run, moving up from 4th to 2nd place for a time, and finishing only a second behind the 2nd place runner , who was probably 20 years his junior. He decided to use spikes which must have been an assistance over the many boggy sections, but there was more ready than we had expected with the result that his feet took something of a pounding.

cont...

Self Transcendence 10, Battersea, March 5

Tony carried on his good form of late to run his fastest 10 for over 20 years and go close to his PB with an unusually even run.

Crystal Palace Canter 5k, March 1

Ola not only was first woman she beat all the men by close on a minute.

1 Ola Balme	19:24	
5 Clare Wyngard	22:30	2W
6 Mike Dodds	22:31	
7 Jo Quantrill	23:23	

...cont

A few minutes behind Mike, who latched onto a group and had a fairly steady race, there was a close battle between Andy and Hugh, with Andy getting ahead late on in the race. Behind him, Joe Brady demonstrated good endurance over the longer than usual distance.

In a surprise return to competitive running following a long lay-off through injuries, Barry Dabrowski performed much better than most of us expected to finish final scorer, despite having to stop three times to sort out shoe laces. Dave West added this to the large number of cross country races he has completed this season, but struggled a bit with the longer distance, and he was followed by another club stalwart, Barrie John.

Thanks to Lindsey her support at various points of the course, and to Kev for organising our participation in the event and for his support. *Mike*

2 Charlie Lound	65:44
16 Mike Mann	78:17
26 Andy Murray	82:09
27 Hugh Balfour	82:30
31 Joe Brady	85:51
35 Barry Dabrowski	87:10
45 Dave West	90:46
65 Barrie John Nichols	106:01

Mike Mann

Thames Riverside 20, Sunday 6th March

Mel Edwards wrote…

…Organised by Clapham Chasers and billed as a 20 mile race or pace with a range of pacing groups to choose from, this seemed like the perfect opportunity to test out running at marathon pace over a long distance (at least before I entered two other 20+ mile races in March and came down with a cold!).

The course started at Bishops Park, Putney, and followed the Thames towpath for 10 miles down to Richmond before turning back. It hadn't crossed my mind how early I would need to get up to get there in advance of the 8am start and Sue arrived looking equally bleary eyed and unenthusiastic as I felt.

After a rather brisk start by the pacers for my group, we settled into a relaxed pace and I began to enjoy the run and not having to check my Garmin. Unfortunately, by five miles one of the pacers had disappeared and the other one stopped at a drinks station leaving those of us who didn't want to stop on our own and inevitably running a bit faster than planned.

About half a mile before the turn around point, I spotted Sue hurtling along in the other direction – having somehow registered herself the same group as me, she had not only caught up with pacing group in front but had dropped them completely!

cont…

…cont

On the return part of the course, we faced an onslaught of runners participating in a 10K race taking place in the opposite direction and then several large groups of army cadets, which provided a welcome distraction and seeing the runners at the back of the pack reminded me how far I've come since my first race in 2009!

Although the course was very flat, most of the course was off-road and the uneven surfaces and stretches of mud meant that I spent more time looking at the ground and less time enjoying the scenery than I would have liked. By 15 miles, I was running on my own with just a few stragglers from the faster pacing group in sight. The last couple of miles were quite hard going and not helped by the realisation that the course was going to be a smidgen too long (Sue confirmed this later – around 0.2 miles).

The finish was a low key affair reminiscent of a park run. There were no medals or t-shirts but this was more than made up for by the wide selection of free cake, which was much appreciated! We're still awaiting the official results to be put online – some detective work by Sue suggests a trip to the pub by the organisers might be responsible for the delay! – so our semi-official results emailed by the race organisers are below (with our very unofficial Garmin times for 20 miles in parentheses).

Sue Cooper	2:29:49 (2:28:25)
Mel Edwards	2:49:35 (2:48:03)

Silverstone Half Marathon 6th March 2011

This was the weekend of two halves, the first being a trip to the Orion 10, which was a ten mile run around Epping Forest. The second was the Adidas Silverstone Half Marathon, which took place on the famous F1 race track on Sunday. I had been disappointed to be missing the 23 mile training run in Richmond Park but was pleased to complete the same distance, albeit with a night's sleep in between.

The 99th running of the Orion 10 sounded a beautiful run according to Kev's description and he was not far wrong with the forest setting and lovely countryside. The course was tough in places but not made any easier by the fact that I do not own any cross country shoes. In places the mud was inches deep, forcing us to slow down to more of a 'walk and wade' gait rather than a run. I took the race at a steady pace, mindful of the half marathon the next day. Afterwards there was a bracing cold shower in the temporary club house and tea and cakes, which was a nice end to a scenic Saturday afternoon.

Sunday morning dawned with an early start to catch the coach to Silverstone. I was looking forward to what was billed as the 'chance to tear around the tarmac of Britain's most famous Formula 1 track.' This was second year of doing the race, having participated in 2010 and I thoroughly enjoyed the experience again.

There was more press there than ever before this year as Katie Price aka Jordan was running the race as part of her preparation for her sub-4 marathon. Or at least that is the time she is predicting for the big race. She managed the Silverstone Half in 2.35 so she obviously has a good deal more work to do. After all the mud of Saturday I found it a welcome change to run on the tarmac. I managed to take the chequered flag at 1.54.38. Next round the Spitfire 20! Happy days!

Barrie John Nicholls

Parkruns 5km, March 05

There were women's wins for Ros and Kim while Steve Ackroyd set a big PB.

Crystal Palace

4	Duncan Hussey	19.30
8	Steve Ackroyd	20.14 PB
10	Alistair Clarke	21.29
14	Josef Danko	22.25
15	Oscar Hussey	22.34
17	Claire Steward	22.49 17W PB
20	Bob Bell	23.08
27	Jo Shelton	24.50 5W

Bromley

11	Kim Hainsworth	20:27 1stW PB
35	Colin Frith	22:08
61	Clare Osborne	24:46 10W PB
68	Di Morgan	25:25 12W

Lloyd Park

7	Ros Tabor	23:49 1W

Preparation for London Marathon 2011

SUNDAY RUNS, RACES AND REPS

Includes: middle and long distance multi-terrain / road races, Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park ***(Provisional – dates and events subject to change)***

Weeks to go!		Event / Distance	Information
5	13 Mar	12 X 1 mile in Dulwich Pk.	Dulwich Park 9am
4	20 March	18 MILE RUN	Dulwich Park 9am
3	27 March	Paddock Wood Half	CLUB CHAMPS
2	3 Apr	10 x 1 mile	Dulwich Park 9am
1	10 Apr	Easy 10 miles	High Elms 9am
Zero	17 Apr	**London Marathon**	CLUB CHAMPS – Marathon

The traditional Sunday Dulwich Park runs start at 09:30 or 09:00 for longer runs for marathon prep.
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS' (High Elms Runners on Sunday) start from High Elms at 9:00, For more information contact Steve Wehrle or Claire Steward, For XC events, contact the Cross Country Captains for further details

Well done to all who ran 20 miles + at Richmond on Sunday. Reasonable weather and a park full of runners and cyclists!
This Sunday it's back to Dulwich Park at 09:00 for the wonderful 12 x 1 mile reps , come and join us for all or some of them – **Steve Wehrle**

SOUTH OF THAMES 7.5M, 19 MARCH

This final cross country match of the season takes place on 19 March at Farthing Down, Coulsdon. Entries are about to be submitted and include all those who have requested to run plus our fastest runners. The race starts at 2pm at the north end of Farthing Down. The race HQ is at South London Harriers, 194a Brighton Road, Coulsdon, CR5 2NF. Parking is at the public car park on Lions Green Road. The downland course is suitable for spikes and cross country fell or trail shoes. ***Mike***

XCountry Fixture List 2010/11				
Date		***Event***	***Venue***	***Distance***
Mar	12	BMAF Champs	Perry Park, Birmingham	
	19	South of Thames	Farthing Down	7.5m
	26	Vets AC XC		

1066 RELAY MAY 8TH 2011
ENTRIES REQUESTED

Nick Brown writes: Inspired by running in the Green Belt Relay, I am now organising the inaugural **1066 Relay** on behalf of my local club Hastings Runners. This will be a 5 stage off-road team relay following the historic route of the 1066 Country Walk from Pevensey, where William the Conqueror landed, to Rye.

The 34 mile event starts in the grounds of Pevensey Castle, one of Britain's oldest fortresses, and passes by such iconic landmarks as Herstmonceux Castle and Battle Abbey before passing through Battle Great Wood.

The final two stages cover some glorious countryside, including a fantastic panoramic view at Icklesham next to the windmill which Paul McCartney uses as a recording studio, before a fast, flat finish along National Cycle Network route 2 into the charming town of Rye. cont...

...cont

This is an ideal prep run before the GBR, and I would be happy to take any interested runners round some of the relay stages nearer the time.

There is an entry limit of 60 teams, so please book early to avoid disappointment. Check out the website www.spanglefish.com/1066relay for more detailed information

Also I would be happy to take runners around the course nearer the time, if people were interested in running some of the stages beforehand. There will be **a team** limit of 60 teams, so would be great if Dulwich could field several or more teams in this (only 5 runners per team needed!) – **Nick Brown**

1066 RELAY, 8 MAY: ENTRIES REQUESTED

Entries are now invited for this relay which Nick Brown is organising on behalf of Hastings Runners. It starts in Pevensey and finishes in Rye and takes place on Sunday 8 May. Since there are only 5 stages, it should be possible to enter several teams, but we need to get an early idea of numbers before submitting entries. Two reasons for taking part are that it takes in some fantastic scenery and it should provide excellent preparation for the Green Belt and Welsh Castles Relays, which follow shortly afterwards. Could all those interested please email me at mcmann90@yahoo.co.uk by 26 January

Next events.

Sunday 20 March
Sunday 17 April

Trail – 12Km run with basic navigation, 1hr collect as many check points as you can £12.50
Sprint – 12Km run, 18Km bike with basic navigation, 2hr collect as many check points as you can. £20.00

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

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.

BBC/DULWICH RUNNERS 18th Tour 2011

Starting to plan this year's trip to Majorca from Friday October 14th to Tuesday October 18th, (4 nights).
There is a marathon/half marathon and 10km, all starting at the same time on the Sunday. If interested let me have your name and a non refundable £10 asap. Either give to me or post to; 30, CHARTERHOUSE ROAD, ORPINGTON, KENT BR6 9EL
Total cost for flights and accommodation will be appx £350. This will be clearer when I have numbers.
First 50, so get moving! – **Steve Wehrle**

36 PLACES NOW GONE FOR MAJORCA TRIP 14 – 18TH OCT. Last chance to sign up for this event

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' and there are further DR photos that are not yet in the group on my page. 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

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020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

A few races which club members have supported in the past

Race entry forms will only be included for club champs races, you can enter most races at:
www.runnersworld.co.uk/events
or the address on the ads

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