DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 30rd 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 30 **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Tue 05 **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 your 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

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

Could this be the Shorts Race Report of the future? See attached video taken by Trek and Run using a headcam at the recent Sevenoaks Rotary 10k. It's entertaining if somewhat eccentric and features our very own Colin Frith who seems to have a starring role! Not quite sure though if all participants enjoyed the close attention.....

http://www.trekandrun.com/videos/running/europe%20runs.html – *Duncan Hussey*

In your *SHORTS* this week !

page 2 Assembly League details
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page 11.. Club Champs so far

And much more !

NEW RUNNERS ROTA

Thanks to Mick Ward for taking out the new runners last week. No 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**

Marlene Russell	30/03
Ian Sesnan	06/04
Jo Shelton	13/04
Ros Tabor	20/04
Cameron Timmis	27/04

LUCKY VEST

This month's winner was Christine "Cake" Dawson !
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

Curry Curry Curry

A big thanks to Caroline for organising a fantastic curry evening last week

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		Event	Venue
Apr	Thu 07	**Assembly League Beckenham sports club, Foxgrove Road - 7pm**	Beckenham
	Sun 17	**London Marathon** or other marathon run before final club champs race (L)	London
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
	Sun 23	**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 ,maps etc will be in SHORTS as and when it becomes available.

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 usually people go for a drink afterwards.

Put the dates in your diaries now!

The first event is at Beckenham Sports Club, Foxgrove Road, on Thursday 7 April.

7 April 7.00	Beckenham
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

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 23 June in Dulwich Park.

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

We shall have our first meeting at 9.00 this Wednesday (30 March).

Thanks.

Ros

"**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**

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 downstairs at the clubhouse.
Steve Werhle

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.

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.

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/
Dulwich Runners team entry now confirmed

Just a quick reminder for those thinking of running the Green Belt Relay (21-22 May), training should have started
Welsh Castle Relay (11-12 June) Entry now confirmed

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*

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 !

Omnibus Edition

Have you noticed it? Everywhere you look there are runners out there, putting in the miles. You can smell the desperation. These are people who have just realised they have to run a marathon in 3 weeks. No risk of burnout for these fresh faced runners with their box fresh trainers and their indoor palour! Fools! They think they can create a micro-taper, a symptom of our every faster, ego driven world. Haven't these people heard of natural cycles, of day and night, high and low, sun and rain, misery and ecstasy, creation and destruction, base and peak, Caro who acts like she's permanently got her hand in an electric socket versus new member Fraenck who looks like he swallowed 3 kg of cannabis in marakesh?

My new radical innovation is taking a bit of the electricity and a bit of the dope, and mixing it together: it will hence forth be known as the Ajay8, is the eight week tapering period. Run, then relax for a couple of months, then marathon. My thinking is I'll be fresh as a daisy on April 10th, whilst poor Jo S, who peaked sometime in 1974, will be a wilting crocus.
Jo, do your feet hurt? Feeling a bit tired, never mind. You had some great training runs! I had some lousy training runs, but it's not about the training runs, is it?

So with this in mind you may have noticed that I didn't submit a column last week (sorry ed.); but I just needed sometime doing nothing. Really, doing nothing is an art.
A lot of people in the club don't understand this, they just run, run, run. I mean have you seen Clare E, wins a race, breakfast, lunch and dinner. Anticipation, adrenaline release, it's like breaking and entering! Where is the poetry in that? Now, I've tried to educate myself in these matters. I've studied the Kenyans. I've read about the regimes used in Iten, by the Kalenji. Those guys know how to rest. It's an art. They spend more time and effort resting then they do running! That's my school of running, and I could out rest Clare E breakfast, lunch and dinner. Easy does it.

So with this in mind I went out for a 20 mile run with Steve Ever Present and a bunch of overcooked and over keen Dulwich wannabees. I decided at mile 14 it was time to get out. Yes, the rumours are true, I got the bus from Elmers End to the Dartmouth Arms and met my family for a pint and some lunch. You call that poor form, I call that a yet-to-be invented Duathlon. Look out for it on Eurosport in 2012, you heard it here first.
On Wednesday, I had some taunts from Josef that I would never beat his 3.55.12 marathon time. "Never" he said in his deepest Slovakian growl, at which point I just blew the guy away.

Later I breezed by Grant (aka the Bourne Identity), and he laughed, yes laughed "it's another flash in the pan. I've seen it all before!" Well, he never saw me again, as I pelted down Court Lane. Hey I even chewed up Tough man Tony Tuohy, so what if he was badly injured? A pummelling is a pummelling at the end of the day.

Thursday, I thought I'd take some more advice from outside the club, as I was finding it hard to find anyone that could stick with me. It's lonely out front. Jason at Crystal Palace injury clinic was excellent and gave me a foam roller (£8, that must be 1000% mark up but still, it's good quality foam), and some bridging exercises.

Friday I met my wife at Look Mum No Hands (49 Old Street), a great cycling cafe for the growing ranks of club MAMILS (middle aged men in lycra) and club YWILS (young women in lycra - I made that one up.) for a Belgian Beer, and then a deli for a meal (Bottega Prelibato), ending up drinking whisky at the Boundary in Shoreditch. Now that's how to relax muscles and prepare for racing. That new East London line train back to Forest Hill, that was good, highly recommended.

Saturday, rolled out of bed and got a body massage, including legs from Roberto at Dulwich Therapy Rooms. Decided I was missing my bike so went down the cellar and built it up. I'm looking forward to doing some serious FREEWHEELING after the marathon.

Sunday. Held a coffee rendezvous for various Dulwich club cars setting off for Paddock Wood. Grant did a brilliant job burning it up in his 2.0 litre boy racer. As this race was inside my 8 week taper (TM), I was always going steady. I ran with Sonia and Cliona (new members). We ran at 9.30 minute miles going up to 8.00 minute miles. I really enjoyed shouting at them. "YOUR NOT TRYING. RUN HARDER. SERIOUSLY. RUN FASTER." It seemed to help as they both loped huge chunks off their PBs.

We saw Steve W looking comfy on our travels, Claire O, not so comfy, and Anna Steward (no relation of Claire) , who is running London for a dementia charity as her father is suffering from it. I think I promised to sponsor her, (she told me she read my column!) so Claire send me your details. John T was on the sideline, doing his sterling snapping away as usual.

Noticed at the end that Caro hadn't run her normal time. Is it because she is cross training with Le Coq, aka, a certain Hungarian landscape gardener. I have warned him off - "no hanky panky" before London, its club rules, you must keep her resting heart rate below 75, or else the Prince of Darkness will cast a long dark shadow over you!

After the run a few motley runners decamped at mine. Grant was bar man with some fine tasty beers, Jose chopped salad meticulously, and Cameron organised the service. Clare S and Jo S ate ice cream. About 4.00 the party moved onto the Plough where a good night was had by all from what I hear. It seems like a lot of people are backing Jo against me (ok every single person in the club) on April 10th. And it is true I appear to have ignited a competitive firework that was lying latent in her. Last year she ran 4.17, and now she is on track for 3.45. her plan is 8.30 pace. Now, I can't tell you my plan. But what I can say, is, let the games begin. Based on my 8 week taper, the Ajay8 (TM), I will be PEAKING on April 10th. I'm going to put in the run of my life and can't wait to get to the start line now.

if you've got this far, well done and let me make you an offer. A friend of mine is organising the stewards for the day (Brighton Marathon) and needs 5-10. You will be paid £6.50 an hour and it's like to mean 10 hours pay for 5 hours work. Your job will be to stop the public running onto the road. If you are interested please email me your details. I will have full details on the 4th April.

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	

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.

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
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,

Race Reports & Results

Joe Cartwright 2k Fun Run Paddock Wood

*Duncan Hussey writes...*Whilst many from the club were merrily pacing the lanes of the Kent countryside, Oscar had success in taking third place in the U18 2k Fun Run. In a field of approximately 100, he made a steady start holding sixth before reeling in three to finish just behind a 17 and a 16 year old.

3 Oscar Hussey 8.30

Vets AC XC Wimbledon Common 26-03

Only one DR ran the final VAC XC fixture of the season. A very pleasant temperature for running and good conditions underfoot helped, although having to stop and tie up a shoelace didn't. Good support from Ros and Andy around the course. Tea and cakes at Belgrave Hall afterwards rounded off a good afternoon.

11 (1W) Stephanie Burchill 50:31

Parkruns 5km, March 26

Bromley

10 Steve Smythe 19:14
32 Colin Frith 21:18

Brockwell Park

10 Mark Foster 20:41
52 Barry Walker 27:04

Crystal Palace

21 Clare Steward 24:17 4W
23 Emma Ibell 24:42
27 Clare Wyngard 26:27
28 Mike Dodds 26:33
30 Paul Keating 27:15

Watford Half Marathon, February 6

558th Alastair Young 1:41:11 (1:40:20)

Newton's Fraction Half Marathon, March 20

Rather a dramatic drop off in performance but certainly not weight in just over a month for formerly one of the quickest male runners though apparently may have injured himself in the race.

387th (last) Alastair Young 3:11:59 (3:11:48)

Newham 10k 27 March

My first race since injury in Slovenia and Paul also returning from a long lay off. We decided to try this 10K as it offered the chance to run through a section of the Olympic site not yet open to the public. Neither of us having run much more than an hour recently we decided to run together and aim for just breaking the hour. Our predicted time put us in the second of the 4 starting waves and we warmed up at the back of our group noting that both the 55 min and 60 min pacers were in front of us.

We were a bit surprised when the 60 min pacer quickly disappeared into the distance after we started, but we caught him at 4K where we discovered he had slowed to jogging pace as he was only 30 seconds behind the 55 min guy. (they obviously forgot to explain to him that the object was even pace not finishing time!) We had been steadily working our way through the field and reached halfway in 27 mins which was a bit of a surprise but felt OK and this was followed by completing the second half in 26-50. Perfect even pace and felt no worse than a Weds night run.

The course was more undulating than expected as we continually crossed over or under railways, roads and canals that criss cross the Olympic site. Despite all the news programmes about the event, it is still pretty amazing to see the scale of the construction site up close. The first half of the race took in the new Stratford transport terminus, the athletes accommodation area , a view of the media centre and close encounters with the Aquatics Centre and the Athletics Stadium.

The second half of the race back via part of the Capital Ring and the picturesque streets of Newham was not quite so interesting which is probably why we speeded up. Official chip times shown below - now I know why Paul was a bit slow across the start line as the extra second gained him 2 places over me.

1st Man 31.22
1st Lady 36.30 2nd Lady was Sonia O'Sullivan 39.03
962 Paul Hilton 53.49
964 Peter Jackson 53.50
2394 finishers

Peter Jackson

WINS FOR EMILY, CLARE AND WOMEN'S TEAM

National 100K Championships inc Anglo Celtic Cup, March 27

Emily Gelder had another amazing 100km performance - running 7 minute 40 second miles for 62 miles she won another national title. Emily was third at 50km (31.1 miles) in 3 hours 55 and keeping pretty much same pace up she passed strong opposition but just missed breaking 8 hours but her 8:00:37 was a Scottish all comers record and ranks amongst the dozen fastest British performances of all time.

Emily's next race will be a relative sprint, and in a Dulwich vest in the London Marathon where she will hopefully be under three hours again, and she says racing commitments permitting, she may be able to run for Dulwich in the National Masters Relays in May.

1st Woman Emily Gelder 8:00:37

Paddock Wood Half Marathon, March 27

A superb turn up which saw us provide the overall women's winner and win the women's team event and our B team were a fine third overall and the men came second and there were category wins for Clare, Ros and Mike while Tony, Claire S and Alexie also won individual awards.

It was a great turn out with 55 representing Dulwich and there were lots of PBs despite the fact that the course, while generally flat, has lots of short sharp climbs over railway bridges etc.

Clare won the women's race but wasn't entirely happy with her PB as her Hastings PB of the week before left her slightly tired, but with Alexie, Ola and Kim also setting PBs, the other sharing a time with Charlie, we were easy winners.

Club Championships Prizes were given out on the day but some may be subject to change as the age grading given in official results is in conflict with the ones Andy used to calculate club score later with Ros getting the highest score.

The men did well with rare racer Tom leading us home with great Pbs by Tony and Mike behind.

Support was given on the course by John O'B, John T and John Mc - a possible bar from John's racing for the club but compulsory supporting and Catherine.

One former club captain was on course also but seemingly there just to support one runner which involved driving the whole race round beside him and not offering a single word of encouragement to another Dulwich Runner!

17 76:12 Tom Marshall (PB/76:10 chip) 78.28% 783pts
(Improving year by year - 78:08 then 77:07 then 76:12)

22 77:28 Tony Tuohy (PB/77:27 - 83.78%) (1M45) 850pts
(Despite an achilles ache causing a slowing down over second half, still a 3 minute PB)

23 77:32 Michael Williams (PB/77:31) 77.81% 784pts
(Almost three minutes up on his PB to confirm great shape with very
fast last few miles)

27 77:55 Charles Lound (77:53) 80.21% 811pts
(Hamstring problem stopped him racing out with Tony but carried on
to ensure we gained second team.)

33 79:05 Roberts Watts (79:02) 75.43% 752pts
(Two minutes up on previous half but six down on PB as gradually
returns to form)

1W/35 79:23 Clare Elms (PB/79:22) 91.06% (1stW/W45) 930pts
(Not at very best but still won women's race easily and set her PB
in regaining her title)

48 80:31 James Godkin (80:25) 83.21% 847pts
(Fourth Paddock Wood in last 7 years and all have been within 83
seconds as easily was first Dulwich M50)

56 81:55 Stephen Williams (81:49) 83.84% (1M55) 855pts
(Fastest half marathon for many many years and was first M55 in
race)

65 82:37 James Godber (82:32) 72.19% 718pts
(Gradually regaining fitness but six minutes down on his 2004 time)

78 83:44 Steve Smythe (83:43) 80.67% 821pts
(Slowest ever run on course by some distance but 12 seconds from
total despondency.)

79 83:56 Jose Barretta (83:52) 71.88% 724pts
(Just under 30 seconds down on last year and close to Dulwich best.)

95 84:52 Duncan Hussey (84:49) 74.74% 757pts
(Struggled in second half after too fast a start)

100 85:10 Alexie Shaw (PB/85:07) 77.26% 775pts
(Eight minutes up on previous appearance four years earlier as smashed PB and in her second club race enjoyed her second team win for us.)

119 86:51 Michael Mann (86:46) 84.34% (1M60) 860pts

(Two minute down on previous year but still enough to win first M60
prize.)
121 87:02 Tiarnan Ocleirigh (86:56) 75.14% 764pts
(Consistent run up on previous appearance 2 years ago.)
126 87:13 Edward Smyth (87:09) 68.39% 679pts
(Did well to get close to PB after recent injury problems.)
164 89:06 Andy Murray (89:00) 79.16% 807pts
(Steady run to break 1:30 and quickest PW race for 5 years and one
of highest ever age graded scores.)
165 89:06 Ola Balme (PB/89:03) 79.04% 800pts
(Though hadn't trained for it until late decision to run, set a PB
and helped team to win)
206 90:37 Kim Hainsworth (PB/90:32) 72.61% 727pts
(18 minutes quicker than her previous run 2 years ago and set PB
after struggling briefly mid race.)
207 90:37 Charlie Wood (90:32) 72.61% 727pts
(Just missed out on 1:30 target despite her condition.)
262 93:14 Chris Treble (PB/92:57) 63.98% 637pts
(Over 7 minutes better than previous year as set PB.)
283 94:10 Grant Barnes (94:06) 64.51% 650pts
(Set a possible PB with strong effort.)
284 94:11 Elkie Thorndyke (93:45) 69.86% 702pts
(Dulwich debut with strong run. Possibly PB?)
306 94:57 Emma Ibell (94:49) 71.17% 719pts
(Close to best recent half marathon.)
307 94:59 Ros Tabor (94:55) 87.33% 939pts
(One of slowest halfs in recent years but easily good enough to be
first W55/W60.)
317 95:35 Steve Ackroyd (94:53) 62.41% 625pts
(Did well after recent injury problems to possibly set PB?)
334 96:04 Sean Fishpool (95:30) 63.24%
(Former club champion probably down in error as Dulwich.)
378 97:37 Joseph Brady (97:28) 64.5% 653pts
(Slight improvement on his 2010 form but 14 minutes down on 5 years
ago.)
405 98:25 Claire Steward (98:15) 82.45% 881pts
(First actual W55 and pretty much on a par with all Paddock Woods
of last decade and one of best ever age graded scores.)
425 99:11 Laura Stephens (98:09) 66.34% 674pts
(One of first known club competitive appearances and inside 1:40.
PB?)
443 99:38 Susan Cooper (PB/99:32) 66.04% 661pts
(PB but below the form of recent 20 milers which may have slowed her
here.)
453 99:51 Martin Morley (99:41) 71.29% 728pts
(Six minutes down on last year as ease back to fitness.)
455 99:53 Graham Laylee (99:44) 67.63% 689pts
(Club champs regular just squeezed inside 1:40.)
462 1:40:03 Michael Ward (99:54) 68.08% 694pts
(Five minutes up on 2010 but potentially a lot quicker.)
485 1:40:44 Melanie Edwards (1:40:25) 65.32% 656pts
(One of the fastest improving runners in club took 10 minutes off
best time to win Captain's award.)
491 1:41:02 Caroline Schurmann (99:33) 65.13% 667pts
(20 minutes up on 2010 but not quite at best not helped by taking
over 90 seconds to start by being too far back.)
516 1:41:58 Cameron Timmis (1:41:16) 59.99% 609pts
(Another improver 14 minutes up on ranked half time last year.)
555 1:43:13 Jozef Danko (1:43:02) 57.79% 575pts
(Solid run but below his 2010 form.)
556 1:43:14 Giles Gibson (1:41:46) 64.37% 664pts
(Not at best and also down on last year's form.)
579 1:43:53 Clare Wyngard (1:43:43) 71.47% 739pts
(Not at sharpest but up on 2008 and 2009 finish times.)
687 1:46:29 Marlene Russell (1:46:00) 62.48% 635pts
(Nine minutes up on her 2009 time and 400 places higher.)
728 1:47:22 Ameet Patel (1:47:03) 59.98%
(Second claimer who was up on his 2010 clocking.)
736 1:47:27 Per Hedberg (1:47:08) 60.4% 614pts
(Rare half marathon appearance in recent years.)
811 1:49:17 Michael Dodds (1:49:05) 61.31% 624pts
(Not a wife beater in this race!)
817 1:49:23 Joanne Shelton (1:48:31) 60.34% 617pts
(Five minutes improvement on 2009 and 2010 races and beating 60% for first time.)
839 1:50:04 Christine Dawson (1:49:42) 65.67% 673pts

(Not at full health in rare half marathon performance.)
849 1:50:18 Lindsay Beckett (1:48:56) 59.66% 608pts
(First known club appearance.)
916 1:52:33 Ruki Sidhwa (1:52:03) 63.66% 651pts
(Very slightly down on 2010 form.)
1000 1:54:48 Cliona Kenny (1:53:07) 57.31% 583pts
(Made top 1000 in first club championships race)
1016 1:55:17 Clare Osborne (1:54:25) 58.62% 596pts
(Slightly up on 2010 form and one of best ever halfs.)
1034 1:55:49 Sonja Townsend (1:54:08) 56.81% 580pts
(14 minutes up on previous known half at Barns Green in 2009.)
1092 1:57:38 Anna Steward (?) 55.94% 560pts
(Just outside best and no known chip time.)
1147 1:58:55 Emily Wheeler (1:56:58) 55.33% ?pts
(Another club champs debutante who did well to break two hours.)
1151 1:59:03 Stephen Wehrle (1:57:45) 61.53% 633pts
(Just inside two hours for London ever present though not in best
form.)
1522 2:11:43 Joanna Hewett (2:10:16) 52.59% 536pts
(One of fastest ever halfs - 7 minutes up on Barns Green finish time
in October)
MEN'S TEAM: 1 Medway & Maidstone 78; 2 Dulwich Runners 89; 3 Paddock Wood 133
WOMEN'S TEAM: 1 Dulwich Runners 37; 2 Larkfield 66; 3 Dulwich
Runners B 111

South of England Road Relays, Milton Keynes, 27 March

Dulwich's dominant team performances at Paddock Wood can be partially explained that most clubs were focussing on the Southern relays that day! Teresa Gaillard de Laubenque, who was originally due to run at Paddock Wood, instead ran for Serpentine's team that finished sixth and timed 21:15 for the near 3.5 mile leg.
The week before she finished 3rd woman in the tough cross-country Orion 15 in
1:57:15.

Club Championships after 2 Events

Attached is a spreadsheet showing the full list of competitors so far this year – 67 have completed at least one event. So far we have had one medium event (Chichester 10k) and one long (Paddock Wood half). To count in the final positions members will have to complete 5 events , including at least one short, one medium and one long event – see website and Shorts for the remaining fixtures. There are age group competitions and an overall age-graded competition.

Leading positions are as follows

Age Groups (50 for a win plus 1 for each race)

Senior Women

1 Charlie Wood	100
1 Kim Hainsworth	100
3 Emma Ibell	96

Women over 40

1 Clare Elms	102
2 (1 W50) RosTabor	99
3 (2 W50) Claire Steward	97

Senior Men

1 Mike Williams	101
2 James Godber	98
3 Jose Barretta	95

Men over 40

1 Tony Tuohy	102
2 Charles Lound	100
3 Tiarnan Ocleirigh	97

Men over 50

1 Steve Smythe	100
2 (1M60) Mike Mann	98
3 Andy Murray	94

Overall (subject to checking new points basis; % of best for age X 1000)

1 Clare Elms	1874
2 Ros Tabor	1863
3 Claire Steward	1751
4 Mike Mann	1738
5 Tony Tuohy	1724
6 Charles Lound	1649
7 Steve Smythe	1634
8 Andy Murray	1597
9 Mike Williams	1570
10 Tiarnan Ocleirigh	1535

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2011

POSITION AFTER 2 EVENTS — BEST 5 EVENTS TO COUNT — 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS — EVENTS COMPLETED

	SHORT			MEDIUM			LONG				
Name / Championship category	**Dulwich Park 2 miles 7 June**	**Dulwich Track 1 mile 12 July**	**Bromley Parkrun 5k 1 Oct**	**Chichester Priory 10k 6 Feb**	**Richmond 10k 19 Jun**	**Epsom 10m 20 Nov**	**Paddock Wood Half Marathon 27 Mar**	**London (or any other certified) Marathon 17 April**	**Eridge 10m trail 11 Sep**	Events completed	**TOTAL POINTS**
WOMEN SENIOR											
Charlie Wood	-	-	-	50		-	48	-	-	2	**100**
Kim Hainsworth	-	-	-	49		-	49	-	-	2	**100**
Emma Ibell	-	-	-	48		-	46	-	-	2	**96**
Sue Cooper	-	-	-	47		-	44	-	-	2	**93**
Caroline Schurmann	-	-	-	46		-	42	-	-	2	**90**
Melanie Edwards	-	-	-	45		-	43	-	-	2	**90**
Joanne Shelton	-	-	-	44		-	40	-	-	2	**86**
Marlene Russell	-	-	-	43		-	41	-	-	2	**86**
Alexie Shaw	-	-	-	-		-	50	-	-	1	**51**
Elkie Thorndyke	-	-	-	-		-	47	-	-	1	**48**
Laura Stephens	-	-	-	-		-	45	-	-	1	**46**
Lindsay Beckett	-	-	-	-		-	39	-	-	1	**40**
Cliona Kelly	-	-	-	-		-	38	-	-	1	**39**
Sonja Townsend	-	-	-	-		-	37	-	-	1	**38**
Anna Steward	-	-	-	-		-	36	-	-	1	**37**
WOMEN V40+											
Clare Elms	-	-	-	50		-	50	-	-	2	**102**
Ros Tabor (50+)	-	-	-	49		-	48	-	-	2	**99**
Claire Steward (50+)	-	-	-	48		-	47	-	-	2	**97**
Clare Wyngard (50+)	-	-	-	47		-	46	-	-	2	**95**
Christine Dawson	-	-	-	46		-	45	-	-	2	**93**
Ruki Sidwha	-	-	-	45		-	44	-	-	2	**91**
Jo Hewett	-	-	-	42		-	42	-	-	2	**86**
Ola Balme	-	-	-	-		-	49	-	-	1	**50**
Lindsey Annable	-	-	-	44		-	-	-	-	1	**45**
Sue Rowlands	-	-	-	43		-	-	-	-	1	**44**
Clare Osborne	-	-	-	-		-	43	-	-	1	**44**
Stephanie Burchill (50+)	-	-	-	41		-	-	-	-	1	**42**

MEN SENIOR											
Mike Williams	-	-	-	50		-	49	-	-	2	**101**
James Godber	-	-	-	49		-	47		-	2	**98**
Jose Barretta	-	-	-	47		-	46		-	2	**95**
Chris Treble	-	-	-	44		-	44	-	-	2	**90**
Steve Ackroyd	-	-	-	43		-	42	-	-	2	**87**
Jozef Danko	-	-	-	41		-	41	-	-	2	**84**
Tom Marshall	-	-	-	-		-	50	-	-	1	**51**
Wayne Lashley	-	-	-	48		-	-	-	-	1	**49**
Rob Watts	-	-	-	-		-	48	-	-	1	**49**
Neil Daniels	-	-	-	46		-	-	-	-	1	**47**
Edward Hill	-	-	-	45		-	-	-	-	1	**46**
Ed Smyth	-	-	-	-		-	45	-	-	1	**46**
Grant Barnes	-	-	-	-		-	43	-	-	1	**44**
John Fletcher	-	-	-	42		-	-	-	-	1	**43**
MEN V40											
Tony Tuohy	-	-	-	50		-	50	-	-	2	**102**
Charles Lound	-	-	-	49		-	49	-	-	2	**100**
Tiarnan Ocleirigh	-	-	-	48		-	47	-	-	2	**97**
Joseph Brady	-	-	-	47		-	46	-	-	2	**95**
Cameron Timmis	-	-	-	45		-	45	-	-	2	**92**
Duncan Hussey	-	-	-	-		-	48	-	-	1	**49**
Ajay Khandelwal	-	-	-	46		-	-	-	-	1	**47**
Per Hedberg	-	-	-	-		-	44	-	-	1	**45**
MEN V50+											
Steve Smythe	-	-	-	50		-	48	-	-	2	**100**
Mike Mann (60+)	-	-	-	49		-	47	-	-	2	**98**
Andy Murray	-	-	-	46		-	46	-	-	2	**94**
Martin Morley	-	-	-	45		-	45	-	-	2	**92**
Mick Ward	-	-	-	44		-	43	-	-	2	**89**
Mike Dodds	-	-	-	42		-	41	-	-	2	**85**
Steve Wehrle (60+)	-	-	-	39		-	40	-	-	2	**81**
James Godkin	-	-	-	-		-	50	-	-	1	**51**
Steve Williams	-	-	-	-		-	49	-	-	1	**50**
Gary Sullivan	-	-	-	48		-	-	-	-	1	**49**
Chris Loizou	-	-	-	47		-	-	-	-	1	**48**
Graham Laylee	-	-	-	-		-	44	-	-	1	**45**
Peter Gibbons	-	-	-	43		-	-	-	-	1	**44**
Giles Gibson	-	-	-	-		-	42	-	-	1	**43**
Barrie John Nicholls	-	-	-	41		-	-	-	-	1	**42**
Steve Cook	-	-	-	40		-	-	-	-	1	**41**
John O'Byrne	-	-	-	38		-	-	-	-	1	**39**
Chris Vernon (60+)	-	-	-	37		-	-	-	-	1	**38**

OVERALL CHAMPIONSHIP - AGE GRADED

Name	SHORT			MEDIUM			LONG						
	Dulwich Park 2 miles 7 June	**Dulwich Track 1 mile 12 July**	**Bromley Parkrun 5k 1 Oct**	**Chichester Priory 10k 6 Feb**	**Richmond 10k 19 Jun**	**Epsom 10m 20 Nov**	**Paddock Wood Half Marathon 27 Mar**	**London (or any other certified) Marathon 17 April**	**Eridge 10m trail 11 Sep**	**TOTAL POINTS**	average	best	position
Clare Elms	-	-	-	944		-	930	-	-	**1,874**	937	944	**1**
Ros Tabor (50+)	-	-	-	924		-	939	-	-	**1,863**	931	939	**2**
Claire Steward (50+)	-	-	-	870		-	881	-	-	**1,751**	875	881	**3**
Mike Mann (60+)	-	-	-	878		-	860	-	-	**1,738**	869	878	**4**
Tony Tuohy	-	-	-	874		-	850	-	-	**1,724**	862	874	**5**
Charles Lound	-	-	-	838		-	811	-	-	**1,649**	825	838	**6**
Steve Smythe	-	-	-	813		-	821	-	-	**1,634**	817	821	**7**
Andy Murray	-	-	-	790		-	807	-	-	**1,597**	799	807	**8**
Mike Williams	-	-	-	786		-	784	-	-	**1,570**	785	786	**9**
Tiarnan Ocleirigh	-	-	-	771		-	764	-	-	**1,535**	767	771	**10**
Charlie Wood	-	-	-	777		-	727	-	-	**1,504**	752	777	**11**
Martin Morley	-	-	-	762		-	728	-	-	**1,490**	745	762	**12**
Clare Wyngard (50+)	-	-	-	743		-	739	-	-	**1,482**	741	743	**13**
Kim Hainsworth	-	-	-	742		-	727	-	-	**1,469**	735	742	**14**
James Godber	-	-	-	738		-	718	-	-	**1,456**	728	738	**15**
Jose Barretta	-	-	-	731		-	724	-	-	**1,455**	728	731	**16**
Emma Ibell	-	-	-	736			719	-	-	**1,455**	727	736	**17**
Mick Ward	-	-	-	723		-	694	-	-	**1,417**	708	723	**18**
Christine Dawson	-	-	-	709		-	673	-	-	**1,382**	691	709	**19**
Sue Cooper	-	-	-	711		-	661	-	-	**1,372**	686	711	**20**
Caroline Schurmann	-	-	-	696		-	667	-	-	**1,363**	681	696	**21**
Joseph Brady	-	-	-	678		-	653	-	-	**1,331**	666	678	**22**
Ruki Sidwha	-	-	-	660		-	651	-	-	**1,311**	656	660	**23**
Mike Dodds	-	-	-	683			624	-	-	**1,307**	654	683	**24**
Melanie Edwards	-	-	-	638		-	656	-	-	**1,294**	647	656	**25**
Chris Treble	-	-	-	646		-	637	-	-	**1,283**	642	646	**26**
Steve Wehrle (60+)	-	-	-	641		-	633	-	-	**1,274**	637	641	**27**
Steve Ackroyd	-	-	-	643		-	625	-	-	**1,268**	634	643	**28**
Marlene Russell	-	-	-	632		-	635	-	-	**1,267**	633	635	**29**
Cameron Timmis	-	-	-	649		-	609	-	-	**1,258**	629	649	**30**
Joanne Shelton	-	-	-	637		-	617	-	-	**1,254**	627	637	**31**
Jozef Danko	-	-	-	596		-	575	-	-	**1,171**	585	596	**32**
Jo Hewett	-	-	-	562		-	536	-	-	**1,098**	549	562	**33**
Steve Williams	-	-	-	-		-	855	-	-	**855**	855	855	**34**
James Godkin	-	-	-	-		-	847	-	-	**847**	847	847	**35**
Ola Balme	-	-	-	-		-	800	-	-	**800**	800	800	**36**
Gary Sullivan	-	-	-	786		-	-	-	-	**786**	786	786	**37**
Tom Marshall	-	-	-	-		-	783	-	-	**783**	783	783	**38**
Chris Loizou	-	-	-	781		-	-	-	-	**781**	781	781	**39**
Alexie Shaw	-	-	-	-		-	775	-	-	**775**	775	775	**40**
Duncan Hussey	-	-	-	-		-	757	-	-	**757**	757	757	**41**
Rob Watts	-	-	-	-		-	752	-	-	**752**	752	752	**42**
Peter Gibbons	-	-	-	719		-	-	-	-	**719**	719	719	**43**
Wayne Lashley	-	-	-	704		-	-	-	-	**704**	704	704	**44**
Elkie Thorndyke	-	-	-	-		-	702	-	-	**702**	702	702	**45**
Barrie John Nicholls	-	-	-	689		-	-	-	-	**689**	689	689	**46**
Graham Laylee	-	-	-	-		-	689	-	-	**689**	689	689	**47**
Edward Hill	-	-	-	681		-	-	-	-	**681**	681	681	**48**
Ed Smyth	-	-	-	-		-	679	-	-	**679**	679	679	**49**
Neil Daniels	-	-	-	677		-	-	-	-	**677**	677	677	**50**
Laura Stephens	-	-	-	-		-	674	-	-	**674**	674	674	**51**
Giles Gibson	-	-	-	-		-	664	-	-	**664**	664	664	**52**
Ajay Khandelwal	-	-	-	657		-	-	-	-	**657**	657	657	**53**
Stephanie Burchill (50+)	-	-	-	652		-	-	-	-	**652**	652	652	**54**
Grant Barnes	-	-	-	-		-	650	-	-	**650**	650	650	**55**
Steve Cook	-	-	-	636		-	-	-	-	**636**	636	636	**56**
Per Hedberg	-	-	-	-		-	614	-	-	**614**	614	614	**57**
John Fletcher	-	-	-	614		-	-	-	-	**614**	614	614	**58**
Lindsay Beckett	-	-	-	-		-	608	-	-	**608**	608	608	**59**
Lindsey Annable	-	-	-	607		-	-	-	-	**607**	607	607	**60**
Clare Osborne	-	-	-			-	596	-	-	**596**	596	596	**61**
Sue Rowlands	-	-	-	593		-	-	-	-	**593**	593	593	**62**
John O'Byrne	-	-	-	588		-	-	-	-	**588**	588	588	**63**
Cliona Kelly	-	-	-	-		-	583	-	-	**583**	583	583	**64**
Sonja Townsend	-	-	-	-		-	580	-	-	**580**	580	580	**65**
Chris Vernon (60+)	-	-	-	569		-	-	-	-	**569**	569	569	**66**
Anna Steward	-	-	-	-		-	560	-	-	**560**	560	560	**67**

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

Next events.

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.

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

Ola Balme
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Do you suffer from a sporting injury, shoulder strain, backache?

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020 8678 7205, 0750 655 4004

ola.balme@btinternet.com

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

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