DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 25th May 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 *25* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Fri *26* **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 Martin – for details

Tue *03* **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**
Grass warm up then various track reps.

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.

DULWICH TRACK SESSIONS

Back at Dulwich Track

Improve your speed & strength over all distances

Tuesdays with Steve Smythe
Start 7pm. **Fee £2 – pay Steve**
Fridays with Martin Morley
7:15 for 7:30 start. **Fee £2 – pay Martin**

WELSH CASTLES RELAY, 11-12 JUNE
The Relays Team is in the process of finalising stage allocations and transport plans for our forthcoming trip to Wales. Those of you who have entered will be hearing from us shortly. *Relays Team*

FOR SALE FOR SALE FOR SALE
A pair of Adidas spikes never worn size 6.5 (uk) 7 (us). £30 new, any financial contribution welcomed. Please contact Jo Quantrill via jjquantrill@tiscali.co.uk

In your *SHORTS* this week !

page 3 Club Champs/fixture List
page 4 National Road Relay report/results
page 5 Green Belt Relays roundup & results
page 6 White Peak..but no snow
page 7 Parkruns

And much more !

NEW RUNNERS ROTA

Thanks to Clare Wyngard & Joe Brady 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**

Volunteer req.	25/05
Kevin Wood	01/06
Jose Barretta	08/06
Stephanie Burchill	15/06
Lindsey Annable	22/06

LUCKY VEST

This month's winner was **Joe Brady**
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

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**

WEDNESDAY NIGHT £1 RUNNING FEE

We need this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros

Friday Track Sessions Dulwich College Track.

The sessions are for all abilities and will benefit all runners from one mile up 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.

Cheers. - Martin.

Club's summer BBQ Party !!!

Let's celebrate the bank holiday week-end together! Party is from 3PM onwards at the club house !

We are thinking of the **Bank holiday Monday 29th August**. If you can't make this date, please let me know as the date is provisional, though bear in mind it is the only afternoon we have available at the club house. Only other option would be to organise our party on a Friday evening. **All comments and suggestions very much welcome**

Tickets will be on sale as soon as the date and numbers are confirmed, and the price will cover the club's costs for disposable plates, cups and cutlery. We'll also provide some small extras, including one complimentary drink from the bar

You only need to bring the food you fancy eating and we will cook it for you on our on a first-come first-saved basis. and your picnic rug to sit on.

Any BBQ-owner who would not mind bringing it for the day, please contact me, if we can avoid hiring equipment it will help us keep the ticket price down.

BBQs are for sharing so if everybody could bring a little bit extra that would make the party even more friendly for all of us! And please let us know of which variety it will be (savoury (side/salad) or sweet (dessert/cake)) as this will help us help you coordinate what you want to bring and share with others on the day.

If you are interested please let me know **asap** how many tickets you require (if any children their ages please), so we can advise you of ticket prices.
carolineschurmann@yahoo.fr

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		Event	Venue
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
	Sat 08	**Richmond Park**	
Nov	Sat 12	**Lloyd Park**	
	Sun 20	**Epsom 10** (M)	Epsom
Jan	Sat 14	**Reigate Priory Park**	
Feb	Sat 11	**Esher**	

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

SURREY LEAGUE CROSS COUNTRY, 2011/12

Dates and venues for next season's Surrey League cross county are as follows. The women's matches will be on the same dates but most will be at separate venues (tbc). Note that we will be co-hosting the January fixture with Reigate Priory, so that we will need volunteers to help with marshalling, results etc. *Mike*

8 October	Richmond Park
12 November	Lloyd Park
14 January	Reigate Priory Park
11 February	Esher

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!

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

Ros

Changes to arrangements at Dulwich College track

Arrangements for entrance to the sports club have changed as of 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

Race Reports & Results

National Masters Road Relays, Sutton Park, May 21

At the home of British road relay running in the splendid setting of Sutton Park, It didn't look encouraging as we tried to defend our title in the women's race when missing our best runner through injury and our expected next best runner doing the first leg and only coming in 12th but a solid team performance from the quartet saw us finish a fine fourth in the National Championships.

Andrea Pickup, running for the fourth year in a row for us, wasn't at her best on leg one. She was in the mix for second place up the first hill but struggled on the second half and her 18:46 was well down on her best of 17:58 from a few years ago.

Emily Gelder, our National 100km champion, was running a distance almost 60 miles below her best and making her relay debut for us but she had a splendid run and moved through the field all the way to fourth with the leg's second best time (and only five seconds off the best).

Nicola Richmond only came into the team at 9pm Saturday night when Clare Elms decided after a late fitness test, her injury wouldn't enable her to run (or even walk or limp). Nicola had run here 2 years ago and had lost a medal position late on the final leg and now gradually getting back to fitness after the birth of her daughter, she was a little wary, but she ran well and kept us in the hunt around a minute off the medals and passed Sale but couldn't stop Blackheath and Woodford Green going by.

On the last leg, **Ola Balme**, also running for the fourth year running, had a strong run and easily caught Blackheath to move us up to fourth and held off the teams behind but couldn't make an impression on the top three as she was 10 seconds up on her time of last year.

Ros Tabor ran the first leg for a W55 team and was in a good battle for the lead with fellow internationals Ann Ford, Jane Morley and Zena Marchant and came in a close fourth and as second fastest W60 should have aided her English selection for later in the year.

A pity that the other W55s in the club couldn't run as we would have almost certainly won, albeit outside our still standing course record when we won a few years ago.

W35

Andrea Pickup 12th	18:46
Emily Gelder 4th	18:33
Nicola Richmond 5th	20:27
Ola Balme 4th	19:12
(Club record: Clare Elms	16:32 2008)

W55

Ros Tabor 32nd (4th W55)	20:51

The men's age groups were controversially changed with the M40 and M50 and M60 races scrapped and now replaced by a longer M35 race than previously and a M45 and M55 event.

On paper a while ago we looked like we could have a very strong M45 and M55 team but injury claimed some or hampered the fitness of others and a few others wouldn't run so after a bit of reassessing, we abandoned plans for a M55 team and settled on a solid M45 team.

To come 12th with probably one of the six who ran in something like good shape, was a good performance in the circumstances and compares ok with our 18th, 9th, 11th, 9th of the previous 4 years in the M50 event and we could have come 8th but for an injury on the day.

Steve Smythe was well down on his best M50 time of 16:39 but was up on recent poor runs and then **Duncan Hussey**, making his relay debut for us, moved us up further with a strong run.

Chris Loizou, (or Christ in programme and official results!) wasn't quite the messiah but did well after recent injury problems and moved us up a little further. **Mike Mann** wasn't at his best, but was competing in an age group almost 20 years too young for him and we lost a little ground. Adrian Greer, with probably the star run of the team moved us back up the field and he will be eligible for the M55s next year and along with Nick Brown, the elder Steve Smythe, Steve Williams, Neville Webb and Mike would be an almost certain medal challenging team in 2012.

We saved the best for last, with **Tony Tuohy** unsure how his calf would be after the problems in the Euro Vets the week before. He thought it would be ok but he re-pulled it right after the start and had to ease slowly through the first mile and any thought of a sub-16 was forgotten. He picked the pace up during the second half and was visibly limping but such was his fitness he was still easily our fastest and moved us up five places overall and 4 in the M45s but it would have been much more but for the injury.

51 Steve Smythe	18:05 (19th M45)
47 Duncan Hussey	17:50 (18th)
42 Chris Loizou	18:44 (15th)
45 Mike Mann	18:55 (17th)
36 Adrian Greer	18:13 (16th)
31 Tony Tuohy	17:27 (12th)

Next year with hopefully a little more luck with injuries, and a little more effort it would be good to get a M35 team (Buzz is a vet next year), a M45 team (Charlie joins the M45s), a M55 team, a W35 team, a W45 team and a W55 team...

Steve Smythe

GREEN BELT RELAYS - May 2011

A great weekend of team running saw Dulwich Runners come 7th and 11th overall of 39 teams that started.

Highlights are 4 stage winners with Mike Williams we believe also setting a stage record by 4 seconds on leg 3 and although 4th on his second run was just 12 seconds down on the winner!

Catherine Lee excelling in 2 stage with wins on legs 2 and 13 and very proudly wearing her stage winners t shirt's.

Alexie also won her stage on Saturday the very tough stage 4 and like Mikes rated at 10 difficulty.

I understand that Alexie went off course on Sunday hence not getting a 2nd stage win for herself.

The weekend went very smoothly and was as usually expertly run by Stragglers.

We are compiling the reports and pictures and Stephanie will put them on the web site over the next couple of weeks.

Full results are on the Green Belt Relay website.

Thanks to all our helpers and runners and see you next time. – GBR Relay Team

	GREEN BELT RELAY 2011 TEAM RESULTS								
Leg	Name	Miles	Team	Runner		Time	Position	Team Pos	
1	Hampton Ct	12.7	Vet	Claire	Tinker	01:34:31	22	22	
			Sen	Kim	Hainsworth	01:29:50	16	16	
2	Staines	10.5	Vet	Jo	Shelton	01:24:05	27	21	
			Sen	Catherine	Lee	01:10:44	10	11	STAGE WINNER
3	Boveney	11.0	Vet	Ange	Norris	01:20:06	17	19	
			Sen	Mike	Williams	01:05:21	1	7	STAGE WINNER + Course Record
4	Little Marlow	12.2	Vet	Emma	Ibell	01:42:04	23	20	
			Sen	Alexie	Shaw	01:27:30	7	7	STAGE WINNER
5	Great Kingshill	13.5	Vet	Tiarnan	O'Clerrigh	01:34:23	10	18	
			Sen	John	Fletcher	01:39:32	21	8	
6	Chipperfield	8.4	Vet	Clare	Osbourne	01:11:43	25	19	
			Sen	Caroline	Schurmann	01:06:15	16	9	
7	St Albans	12.0	Vet	Joe	Brady	01:36:06	22	19	
			Sen	Chris	Treble	01:21:46	8	9	
8	Letty Green	10.6	Vet	Gary	Sullivan	01:11:55	7	15	
			Sen	Mel	Edwards	01:22:40	17	9	
9	Dobbs Weir	10.2	Vet	Andy	Murray	01:15:53	9	14	
			Sen	Wai	Ming Loh	01:16:50	10	8	
10	High Beach	9.7	Vet	Charlie	Lound	01:00:11	3	11	
			Sen	James	Godber	01:03:28	4	7	
11	Toots Hill	7.5	Vet	Martin	Morley	01:00:48	21	11	
	Finish		Sen	Jose	Barretta	00:53:28	8	7	
	Blackmore								
12	Blackmore	10.9	Vet	Ange	Norris	01:20:06	10	11	2nd female by just 3 seconds
			Sen	Chris	Treble	01:12:53	6	6	
13	Thorndon Pk	6.9	Vet	Emma	Ibell	00:50:18	22	11	
			Sen	Catherine	Lee	00:44:04	5	6	STAGE WINNER
14	Thames Chase	7.9	Vet	Joe	Brady	01:00:34	17	11	
	Finish		Sen	Wai	Ming Loh	00:54:26	10	7	
	Davey Down								
15	QE2 Bridge	12.2	Vet	Charlie	Lound	00:58:09	4	11	
			Sen	Kim	Hainsworth	01:05:52	13	7	
16	Lulligstone Pk	13.2	Vet	Gary	Sullivan	01:39:38	9	11	
			Sen	Mike	Williams	01:22:11	4	6	just 12 seconds behind winner
17	Tatsfield	10.5	Vet	Andy	Murray	01:14:05	15	11	
			Sen	Alexie	Shaw	01:15:48	17	6	
18	Merstham	8.55	Vet	Claire	Tinker	01:04:32	20	11	
			Sen	James	Godber	00:56:46	6	7	
19	Box Hill	10.4	Vet	Tiaran	O'Clerigh	01:15:12	11	11	
			Sen	Jose	Barretta	01:11:29	5	6	
20	West Hanger	5.6	Vet	Jo	Shelton	00:40:17	21	11	
			Sen	Mel	Edwards	00:39:49	20	7	
21	Ripley	8.4	Vet	Clare	Osborne	01:11:32	28	11	
			Sen	Caroline	Schurmann	01:04:18	17	7	
22	Walton Bridge	9.15	Vet	Martin	Morley	01:04:46	16	11	
	Finish		Sen	John	Fletcher	01:01:56	12	7	
	Hawker Centre								
				DR Mixed Vets team		27:10:54			
				DR Mixed Team		25:26:19			
				Serpentines winning Tean		21:28:40			

White Peak Marathon – Sat. 21 May 2011

Claire Steward writes: I did this race for the first time last year. It was sweltering and with little shelter for most of the distance it was really knackering, but it's a lovely course and passes very close to Wirksworth, where my brother lives.

This year the weather was cooler and quite blustery at times, my brother regretting that he hadn't taken some warmer clothes for his marshal's duties at Parsley Hay, the crucial turning point where the Tissington and High Peak trails meet, and runners have a short out-and-back detour to make up the exact marathon distance. As I went passed, he handed me my sport drink and informed me that I was 4th woman.

Despite having to make an emergency pit-stop and getting an attack of cramping calf muscles just metres from the finish I was much happier with my run this time and even enjoyed the series of three quite steep descents between 21 and 24 miles, where I made another stop when the runner in front of me went crashing to the ground as he missed his footing; it's tough on the quads at that stage of the race.

I finished 16 mins quicker than last year and held on to the W4 position. The nice thing about a race on Saturday is being able to wine and dine extravagantly on Saturday evening without worrying about getting up the next day. Sunday passed pleasantly with late breakfast and visit to Chatsworth, home of the Duke and Duchess of Devonshire, sadly only to those parts open to the public, to see how those wealthy old families like to show off their wealth.

Winner: 2:57:01 (His first ever marathon!)
Me: 40 (W4) 3:37:49
198 finishers

Over the Edge Bike Ride, May 22

This 55 mile ride goes over some of the toughest terrain in the Yorkshire Dales. It is organised by the British Heart Foundation and is one of 3 distances, the others being 22 miles and 29 miles. There were over 350 starters and I did it with Dave Chown, son of the late Colin Chown and his Uncle Vince. Many of you will remember Colin and Dave.

The course consisted of 3 major climbs: the Blackstone Edge Pass near Rochdale, Hebden Bridge to Heptonstall and Cragg Vale. As if the hills didn't make the ride tough enough an incredibly strong wind made the ride very difficult, even when riding on the level. At some points we were almost forced to a standstill. On the high exposed ground the gusting wind made it very difficult to control the bikes and at one point I thought I was going to go airborne. Added to this was the problem of frequent squally hail showers.

In spite of this the scenery was fantastic and we all enjoyed the challenge, at least with hindsight, and felt a sense of achievement at completing the course. We finished in approximately 5h30m. I would say that the wind added at least 50% to the total effort. We have done this ride before, once in hot sunny weather, so the conditions are not always like this year. Perhaps next year we could get a few more Dulwich Runners people to take part next year .

Bernard Imber

VAC/Rosenheim League 3k, Walton 18.05.11

After 3 races in 3 days at Euro vets the previous weekend, [where, to add to last week's report I was 3rd M55 Brit home in the half marathon and we were 3rd behind Germany and France, so won a bronze team medal] the legs were a bit heavy but I needed a bit of track race experience prior to some more competitive races coming up.

This was a low-key event with a variety of ages and abilities and the field spread out quite a bit soon after the start. I was relieved that I kept up 3.55/km pace despite it feeling a lot harder towards the end.

8 Andy Murray 11.45.7

Parkruns 5km, - May 21st.

Brockwell Park.

Mark and Ian set course bests.

12 Mark Foster	19:44 (course PB)
25 Ian Butler	20:56 (course PB)
32 Jozef Danko	21:46
46 Ian Sesnan	23:13
80 Barry Walker	26:38

Bromley

29 Mike Fullilove	20:21
41 Nolan Wilkens	21:20
55 Oscar Hussey	21:54
86 Ameet Patel	24:27

Crystal Palace

Armed with his 'runner of the month' prize, namely the first pair of racing flats he has owned for at least 25 years – anyone remember Nike terras? – Mike ran his quickest ever time over the CP course but the bad news for him was that his wife Clare Wyngard ran her fastest too, one place ahead of him in eleventh overall. They were both helped by Bob Bell, not quite at his fastest, but not far off, to make for a good intra-DR tussle towards the sharp end of this race. Meanwhile, at that sharp end, Will Davis came home in 4th.

If you look at the Parkrun web-site you'll see that most of the field is credited with course PBs. These are due to timing problems cropping up again at this parkrun with the times being almost half a minute light so, unlike with Mike and Clare, who did run PBs on the day but not quite so spectacularly as the official results suggest, most of the PBs are probably not genuine. The times given below are corrected.

4 Will Davis	21.13	4th overall
11 Clare Wyngard	22.36	1st W
12 Mike Dodds	22.49	1st MV50-54
14 Bob Bell	23.16	1st MV 55-59
26 Ruki Sidhwa	25.16	

Sittingbourne 10km, May 22

Buzz followed up his Kent silver medal on the track with another good run finishing second of the 200 runners on a testing course.

2nd Buzz Shephard 35:25

Run for Freedom 5k, Washington DC, 21/05

This was meant to be 5k ... there were rumours on the start line that it was going to be under-distance ... but in the end it was about 500m over-distance. The race was flat and off-road, consisting of an out-and-back course along a narrow river path.

9th, Ed Smyth, 22:07

approx 200 finishers

SELF-TRANCENDENCE 5K, 23 MAY

The first of the summer series of Monday evening races at Battersea Park took place in pretty dreadful conditions with strong swirling winds, tree pollen in the air, aggravating eyes and throats, and twigs underfoot. Nevertheless the race was well supported with around 150 taking part.

The conditions probably affected the times of our three runners participating. These races provide a good sharpener over the shorter distances, and hopefully the running conditions will improve as we move into the summer.

Forthcoming races in June, all starting at 7pm are 2 miles on 6 and 27 June, 5k on 13 June and a 3x1 mile relay on 20 June, for which we have entered teams in the last couple of years. You can turn up and enter immediately before the races. *Mike*

24 Nolan Wilkens	17:50
29 Duncan Hussey	18:14
45 Mike Mann	19:07
141 Stephanie Burchill	25:55

Notts 10 mile race 22/05/11

Billed as a flat fast 10 mile course for the Midland County Championships, I thought I would try this one. Before the event, at the impressive National Water Sports venue, I thought that this would perhaps be the opportunity to get back to around 70 minutes for 10 miles. However, sadly somebody had booked the wind for the day, so many PBs and course bests were literally blown away.

In the end I was pleased to hang on and finish in 73 minutes and 14 seconds. Despite the very exposed course-more ideal for sailing and wind surfing-the winner finished in 52.18. The first lady in 58.25.The first V50 finished in 58.35 and more impressively the first V60 in 61.56

Colin Frith

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.

A reminder that all wanting to run the *Club Championship* Richmond 10k race should get an application in soon.

Charlie Lound

Date	Race
Surrey Road League races 2011	
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	
5 June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2 October	Sittingbourne 10K
6 November	Deal 5K
* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship	

The Beckenham 10K takes place on **Sunday June 5th**. at **10 a.m**. Entry limit is **300** and can be done on line via Beckenham Running Club.
It is part of the Kent Grand Prix

Algarve running Challenge – Wed. 2nd to Sun. 6th Nov.

As in previous years, the club will have some runners taking part in the Algarve Running Challenge. Held in Monte Gordo in Southern Portugal. there are four races over different surfaces and distances (cross country, trail, track and road). Last year we were blessed with very sunny and hot weather. Nearby towns, such as the old fishing village Tavira, with its quaint charm was not wasted on us, and Villa Real only a short cycle ride away are worth visiting. Cheap food and drink, Mike Mann completed some of his best races here last year !

We usually stay in a hotel by the seafront with its own outdoor swimming pool and indoor gym. The bedrooms have their own lounge, comfortable and inexpensive. Huge sandy beaches, nice forest trails (see pic) and good cycling opportunities. This year's event has not yet been advertised but it will shortly be possible to enter online at:
http://www.trackandfield.co.uk/default.asp?UniqueID=190
Don't hesitate, contact Andy, Ros, Mike M, Steve S or Caroline for their advice re the running events, choice of hotels, meal deals etc.

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

HEBER FUN RUN Saturday, 18 June 2011

Don't miss your chance to run the inaugural Heber Fun Run! All you need besides a pair of trainers is to register!
Registration forms are due by Wednesday, 8 June.
for entry form either : *office@heber.southwark.sch.uk* *or* shorts@dulwichrunners.org.uk

Adults are invited to Dulwich Park on the 18th June to run a 5k at 10 am, followed at 11am by a 1 mile fun run for students of the school. Please see the chart below for the entry fees. Students are also encouraged to get sponsorship for their run (sponsor forms will be available upon receipt of your child's application). Every runner will receive a Run Heber T-Shirt, please state your size on the application form below. Funds raised at this event will be going towards books for the whole school and cameras for the classrooms.

Distance		Entry Fee
5K	Adults only	£10
1 Mile	Students of Heber School only	£1

Please return form by Wednesday, 8 June with your payment for 5K or 1 mile run
In an envelope marked FUN RUN to the school office.

Heber Primary **School** Heber Road, Lordship Lane, London SE22 9LA 020 8693 2075

13th ANNUAL HARVEL 5

(The biggest and probably best 5 Mile race in Europe)
SATURDAY 4th JUNE 2010 (2PM

We are receiving more entries for "The Harvel 5" than ever before so we will have either no entries on the day or they will be very limited, as your club runners have supported our race in the past we would like to give your club runners the opportunity of running with us again but my advice is to enter now to be certain of a place so I would be most grateful if you would forward this event to all your running members, you can enter on line at the Runners world site or the Run Britain site.

HARVEL HASH HOUSE HARRIERS
The drinking club with a running problem! Sponsored by the Amazon & Tiger

This friendly but competitive, beautiful but tough race packs a lot into its five-mile out-and-back route. Tracing a path through the beautiful Kent countryside, the Harvel 5 covers tarmac, woodland, rocky slopes and all the mud a keen cross-country competitor could wish for.

With a field of over 600 runners the largest 5 mile race in Europe, free beer waiting at the water station for thirsty runners and a mini village fete in full swing at the finish, it has a party atmosphere that's hard to beat.

Number of Runners: Last year there were 668 entries and 581 finishers. The race limit this year has been increased to 700.

The course is not suitable for wheelchair entrants. All runners and joggers welcome. Minimum entry age is 15.

For more details please see our Web site harvelh3.org

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.

Ola Balme
Sports and Therapeutic Massage

Special Offer for Club Members

For enhancing your running performance, sporting injury treatment and prevention.

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.

For inquiries or to book an appointment, please call

020 8678 7205

0750 655 4004

ola.balme@btinternet.com

VIRGIN LONDON MARATHON 2012

Good for age entries

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2012 Virgin London Marathon.

Do I qualify?

You can apply for a good for age entry if you've run a full marathon in the same time, or faster than, the times listed below:

Men	Time (in hours)	Women	Time (in hours)
Age 18 - 40	2.45 - 3.10	Age 18 - 49	3.15 - 3.50
Age 41 - 59	Sub 3.15	Age 50 - 54	sub 4.00
Age 60 - 64	Sub 3.30	Age 55 - 59	sub 4.15
Age 65 - 69	Sub 4.00	Age 60 - 64	sub 4.30
Age 70+	Sub 5.00	Age 65 - 69	sub 5.30
		Age 70+	sub 6.30

How do I apply?

To apply for a good for age entry, you'll need to send us the following:

- **Proof of performance**
  A photocopy of your running results, for example a certificate or newspaper clipping.
  - The results will need to be from a marathon completed in 2010 or 2011.
- **Proof of age**
  A photocopy of your photocard driving license, passport or birth certificate.

What's the closing date for applications?

Please send your good for age application to this address:

Good for age
Virgin London Marathon
PO Box 3460
London
SE1 0YA

Your application will need **to reach us by 15th July 2011**. Late entries aren't accepted under any circumstances and it's your responsibility to make sure everything we need reaches us by the closing date, so we recommend you send everything to us by special delivery and check it has been received. Your application will be reviewed by our panel and if it's accepted we'll send you a good for age entry form. The completed entry form will need to be returned to us by 29th July 2011.

If you have any questions, please call us on **0207 902 0200**.

nb see also the virginlondomarathon web site (entries) for Championship entry for those achieving the following times in 2010 and 2011 (later application date of 6 Jan 2012).

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2.45	**Full marathon**	sub 3.15
Half marathon	sub 1.15	**Half marathon**	sub 1.30