SHORTS

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

Fri *17* **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 Martin – for details click here

Tue *21* **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**

Wed 22 No club run – Dulwich 5K see below

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**

Dulwich Runners Midsummer 5k 22 JUNE

As you know there will be no run from the club next week, as it is our 5k race.

Thank you all those who have already volunteered, can anyone else who is able to help please see me on Wednesday night or email me.

Ros – ros@28kerfield.freeserve.co.uk

In your *SHORTS* this week !

page 3 Club Champs/fixture List
page 4 Club Champs 2mile age graded roundup
page 5 Race reports and results
page 6 Two for one
page 7 Welsh castle Relays – results
page 8… DR Champs scores

And much more !

NEW RUNNERS ROTA

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**

Stephanie Burchill	15/06
Lindsey Annable	22/06
Joseph Brady	29/06
Susan Cooper	06/07
Nicola Cadbury	13/07

LUCKY VEST

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

WEDNESDAY NIGHT £1 RUNNING FEE

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 .

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 earlier 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 !!! Monday 29th August

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

As soon as we have an idea of numbers we will confirm the price which is to cover the club's costs.. We'll also provide some small extras, ticket price will also include one drink from the bar

Just bring the food you want to eat and we will cook it for you on a first-come first-saved basis, Oh, and don't forget 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 so we can advise you of ticket prices.
carolineschurmann@yahoo.fr - **All comments and suggestions very much welcome**

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		Event	Venue
June	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.

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!

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

Ros

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

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

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

Richmond 10k entries, June 19

Club entries are now up to 48 (31 men, 17 women) out of 759 in total.

Vet women (9): Lindsay Annable, Ola Balme, Christine Dawson, Clare Elms, Jo Hewett, Clare Osborne, Sue Rowlands, Ruki Sidhwa, Claire Tinker

Vet men (10): Joseph Brady, Timmis Cameron, Ian Butler, Mark Foster, Duncan Hussey, Paul Hodge, Paul Keating, Ajay Khanderwhal, Charles Lound, Tony Tuohy

M50 (10): Mike Dodds, Peter Gibbons, Graham Laylee, Barry John Nicholls, Tiernan Ocleirigh, Andy Murray, Martin Morley, Steve Smythe, Gary Sullivan, Dave West

W50 (2): Ros Tabor, Clare Wyngard

M60 (2): Barry Dabrowski, Mike Mann

Senior women (6): Mel Edwards, Emma Ibell, Catherine Lee, Caroline Schurmann, Marlene Russell, Alexie Shaw

Senior men (9): Jozef Danko, Neil Daniels, John Fletcher, Tom Marshall, Wai Ming Loh, Oliver Montford, Buzz Shephard, Ferenc Takacs, Chris Treble

Club 2 Mile Championships, June 7

Age graded score as worked out by Andy so confirmation of the awards are Ros first overall and rest as per below

Ros Tabor (50+)	912	(first overall)
Tony Tuohy	849	(first Vet)
Claire Steward (50+)	848	(second age-graded)
Mike Mann (60+)	835	(1st M60)
Andrea Pickup	799	(1st female vet)
Buzz Shephard	796	(fastest overall man)
Steve Smythe	792	(1st M50)
Mike Williams	774	(fastest senior man)
Ola Balme	773	(third age-graded)
Charles Lound	770	
Catherine Lee	769	(fastest woman)
Duncan Hussey	765	
Andy Murray	759	
Tiarnan Ocleirigh	757	
Alexie Shaw	753	(fastest senior woman)
Clare Wyngard	752	(fastest W50)
Martin Morley	750	
Russell Daker	727	
Nicola Richmond	720	
Paul Hodge	719	
Wayne Lashley	715	
Mark Foster	712	
Colin Frith	703	
Oscar Hussey	702	
John Fletcher	693	(captain's award)
Stephanie Burchill	688	
Chris Loizou	686	
Graham Laylee	678	
Jose Barretta	678	
Chris Treble	666	
Olivier Montfort	666	
Steve Cook	666	
Joseph Brady	646	
Claudia Pickup	645	
Melanie Edwards	637	
Barrie John Nicholls	635	
Mick Mead	634	
Caroline Schurmann	626	
Steve Ackroyd	615	
Clare Osborne	606	
Chris Vernon	596	
Jozef Danko	592	
Michelle Allard	566	
Cory W Malcolm	532	

Parkruns 5km, - June 11th

no Bromley this week ☹

Crystal Palace

Ultra consistent Clare now has run 22:40, 22:41, 22:39, 22:38, 22:27 the last 5 weeks

18 Graham Laylee 22:14 (course PB)
19 Clare Wyngard 2W 22:27 (course PB) (1st overall age grading 75.35%)
24 Carys Morgan 3W 23:07 (debut)
30 Jozef Danko 23:51
83 ran

Banstead Woods

Tony was a clear second

2 Tony Tuohy 1stV 17.35 1st age grade 82.56%
41 Jo Quantrill 2nd cl. 22.45 2nd age grade 80.37%.

Brockwell Park.

This was Buzz's sixth parkrun victory overall though first at Brockwell.

1 Buzz Shephard 17:11 (2nd age grade 76.33%)
34 Cameron Timmis 22:19
39 Ian Sesnan 22:43 (course PB)
84 Barry Walker 28:12
90 Chris Vernon 29:02

Greenwich

Clare tested out her foot injury and couldn't resist putting the men in their place as she had her first hard run for a month and barely got out of breath.

1W/2 Clare Elms 18:15 (1st age-grading 89.41%) (women's course record by 15 secs) (course PB)
3 Steve Smythe 18:34 (1M50) (2nd age grading 81.42%)
4 Duncan Hussey 18:36 (course debut)
21 Oscar Hussey 21:56 (course debut/1st U15 man)
Record 86 finishers

Eltham Park 5, Sunday June 12

Colin Frith failed to keep the title in the Frith household following son Ian's win in 2010. Conditions were unpleasant but a pleasant mostly Woodland course that's worth doing.

13 Nolan Wilkens 30:19 (2nd claim)
19 Steve Smythe 31:09 (1st M50)
67 Colin Frith 35:03
91 Jozef Danko 36:22
277 Richard Pole 51:45

The Burgess Hill (Mid Sussex) Triathlon 12 June 2011

Ruki and Clare left Beckenham at 5am to get to Burgess Hill for another sprint triathlon at another unearthly hour! Many thanks to Ruki from the Relay Team for ferrying Clare and her bike so Mike Dodds could have the car to get to Wales for his Castles leg!

The 400m pool swim was a bit busy as they started us off at 10 second intervals. The 25.5km undulating bike ride became a 26km one due to road closures and change of route. At least setting off so early meant the rain was only light at 8am for the ride and a little heavier for the 5km out and back flattish run.

Ruki and Clare both had strong races and all went well which is always a relief with all the kit etc that could go wrong! Clare scraped in a WV50 win by 41 seconds over one of Ruki's Crystal Palace Triathlete team mates!

		Swim	Bike	Run	Total
88th	Clare:	8.24	55.49	22.43	1.26.57
	1st WF 50 (out of 13)				
154th	Ruki:	8.19	1.01.55	24.43	1.34.56

265 finishers (of which 64 were female!)

Clare Wyngard

Battersea Park 5k, June 13

Despite having run a 11 mile XC run the day before, which is a marathon for the lightly trained Tony, discounting the slightly short Dome, he set a PB. There were solid runs from James and Duncan while Chris was well up on recent Parkrun form.

21 James Godber 17.54
23 Duncan Hussey 18.08
117 Chris Vernon 27.35
136 runners

South Downs Marathon, June 12

3rd Rob Watts 3:08:29

Crystal Palace Canter 7th June

Neville Webb V55 19.37 (first)
Ian Sesnan V50 22.10
Jo Quantrill VW55 22.55 (2nd claim)

BBC 10k 26th May & Hatfield Broad Oak 30th 06

Lindsey Annable writes….A rather belated tale of two races! Both are very familiar parts of our running calendar so whilst they were a little too close together to take the two of them seriously, the Hatfield Broad Oak and its village festival is just too good to miss.

First to the BBC 10k, which proved the point that arriving later than intended for a race is never a good experience. We decided to drive and set off from Putney in good time but hit horrendous traffic as thundery storms and hail brought cars to a standstill. A journey of probably about 8 miles or so took an hour and 40 minutes so we arrived with just 20 minutes to go with our numbers still to collect and still to get changed.

It was hardly surprising that neither of us had the best of races. I had a good first half and was feeling strong until I was blighted by bad stitch, which slowed me down considerably. Barrie was going incredibly well until 9km when his marathon injury reoccurred and he limped over the last km. We still enjoyed the race, though, which was miraculously blessed with clear skies, and the post race drinks nearby were a relaxing end to the evening.

Hatfield Broad Oak is really more than a race with its flower festival, stalls, and entertainment. We arrived at the village in plenty of time although queued for nearly half an hour to get into the car park, which ridiculously couldn't allow pedestrians out and cars in at the same time.

It was obviously our weekend to get stuck in traffic! So after hurried final preparations for the race we lined up under blue skies and hot sunshine.

Again our runs weren't the most perfect. Barrie's calf caused him soreness from 2km in although he managed to come in very close to his BBC time. I didn't feel right even in the first km and in the second half the wheels came off and I was reduced to a slow shuffle. The only bonus that the race photos had captured a very good photo of me – one of the first ever and even better than Barrie (if that's possible)!

Afterwards we went around the flower festival which this year had the theme of celebrities so there were arrangements to represent Winston Churchill, Robert Burns and Michael Jackson among others. We also listened to a local brass band, sampled the food and drink and watched a judo demonstration. After buying a couple of second hand books for the princely sum of £1 each we headed home having enjoyed our day thoroughly.

BBC 10k

Barrie John Nicholls	50.02
Lindsey Annable	53.07

Hatfield Broad Oak

Barrie John Nicholls	50.30

BMAF Championships, Oxford, June 5

Confirmation of times

6 M35-45 race Tony Tuohy 34:44.14 (Club Vets record, BMAF M45 silver)

16 Andy Murray 41:29.50 (5th M55)

8th woman Ros Tabor 43:58.72 (W60 club record, W60 gold)

Southern Vets League, June 10

Ros won her 1500m comfortably sitting in until 300m out and showed good speed in the 200m and remarkable for a W60 London Marathon winner now ranks sixth W60 in Britain at 200m (and third at 1500)

W60: 200:	1 Ros Tabor	35.8 (PB?)
W60: 1500:	1 Ros Tabor	5:51.4
M50:	4 Steve Smythe	5:02.2

Sri Chinmoy 5k 13th June

4 Dulwich Runners, supported by Sue Vernon took part in this 5k race, part of the ever popular series of Monday night Sri Chinmoy events held in Battersea Park. It was competitive at the front. I started far too fast and fell apart completing the course in a disappointing 17:54.

Given my best 10k since my return has been 35:54 (back in April) you'd have thought that in a race half the distance I might have managed a slightly faster pace per mile. Still, Saturday's Welsh Castles Relay run was very much in the legs so I guess I shouldn't grumble too much.

7 Tony Tuohy	16.44
21 James Godber	17.54
23 Duncan Hussey	18.08
117 Chris Vernon	27.35

James Godber

Your Way 5km, Regents Park, June 8

Cory scored a big PB the day after his 2 mile PB

49 Andy Murray	19:51
Cory Wharton Malcolm	23:56 (PB)

WCR 2011 for Dulwich Runners a great success.

Full report to follow next week but main points are:

Following on from her great runs in the GBR Alexie Shaw wins her stage at WCR.

Wonderful weather on Saturday lead to 3 course records (by others).

Raining cats and dogs on Sunday but this still leads to 3 more course records (by others).

Strong runs from all DR's ensure that Dulwich finish 24th overall and 22nd open team. This is the best position for quite a few years.

Thanks to all that ran, drove the minibus, helped with transport, stepped up when others had to pull out due to injury even at very short notice.

A great weekend yet again, but better weather has been put on the wish list for next year.

Thanks again to all who helped.

The Relay Team.

WELSH CASTLES RELAY RESULTS 2011

Leg	Dist	Time	Pos	WCR 2011		Route
1	9.1	01:12:08	35	Edwards	Mel	Caernarfon to Penygroes
2	10.8	01:27:57	55	Takacs	Ferenc	Penygroes to Criccieth
3	12.3	01:15:39	12	Godber	James	Criccieth to Maentwrog
4	9.5	01:01:31	8	Lee	Catherine	Maentwrog to Harlech Castle
5	9.6	01:04:15	9	Mann	Mike	Harlech Castle to Barmouth
6	10.7	01:11:28	14	Murray	Andy	Barmouth to Dolgellou
7	9.75	01:07:20	31	Shaw	Alexie	Dolgellou to Dinas Mawddwy
				ALEXIE STAGE WINNER		
8	10.8	01:23:48	48	Oyeyinka	Sam	Dinas Mawddwy to Foel
9	8.6	00:59:30	21	Morley	Martin	Foel to Llanfair Caereinion
10	13.3	01:20:03	10	Williams	Mike	Llanfair Caereinion to Newtown
11	12.3	01:25:22	25	Shackleton	Paul	Newtown to Llanbadarn Fyrydd
12	11.2	01:18:24	23	Brady	Joe	Llanbadarn Fyrydd to Crossgates
13	10.6	01:14:35	30	Tabor	Ros	Crossgates to Builth Wells
14	11	01:15:40	20	Lound	Charlie	Builth Wells to Drovers Arms
15	12.8	01:23:49	22	O'Clerigh	Tiarnan	Red Kite to Brecon
16	8.8	01:04:21	29	Loizou	Chris	Brecon to Beacons Reservior
17	9.2	01:16:33	48	Schurmann	Caroline	Becons Reservoir to Cyfarthfa Castle
18	9.1	01:03:57	23	Richmond	Nicola	Rhyd y Car centre to Abercyron
19	10.8	01:30:22	50	Dodds	Mike	Abercynon to Caerphilly Castle
20	10.7	01:06:39	15	Fletcher	John	Caerphilly Castle to Cardiff Castle

1st Team	Serpentne RC
2nd Team	Les Croupiers RC
3rd Team	Sale Harriers
24th Team	Dulwich Runners
59 Teams took part.	

Here is a link to some pictures from Paul Shackleton:

http://www.flickr.com/photos/pollyannacowboy/sets/72157626825966565/

Dulwich Runners Club Champs. - 2011
Scores after 4 events

Attached are the latest Club Championship scores following the 4th event of 9, the 2 miles in Dulwich Park last week (short category).

Leaders in each age group at present – 4 events completed unless indicated as (3) – are:

Senior Women

Caroline Schurmann 185
Mel Edwards 182

Women 40+

Claire Steward 193 (also heads 50+)
Clare Elms (3) 153

Senior Men

Mike Williams 202
Jose Barretta 189

Men V40

Charles Lound 201
Tony Tuohy (3) 153

Men 50+

Steve Smythe 202
Andy Murray 192

[50,49 etc for 1st,2nd.. in category each race +1 point for each event]

Overall Championship top 5 (age graded)

Claire Steward 3455
Charles Lound 3218
Steve Smythe 3190
Andy Murray 3136
Mike Williams 3098

[2010 updated WAVA % scores x1000]

Full list (87 participants below

The next event is medium category, this Sunday's Richmond 10k.

The final scores for the year will be each runner's total best 5 events, to include at least one short, medium and long race.

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2011

POSITION AFTER 4 EVENTS — BEST 5 EVENTS TO COUNT (must include at least 1 sh/med/long) — 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS — EVENTS COMPLETED

	SHORT			MEDIUM			LONG				
Name / Championship c	**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											incl. 1 per event
Caroline Schurmann	47	-	-	46		-	43	45	-	4	**185**
Melanie Edwards	48	-	-	45		-	42	43	-	4	**182**
Alexie Shaw	49	-	-	-		-	50	49	-	3	**151**
Kim Hainsworth	-	-	-	49		-	49	48	-	3	**149**
Charlie Wood	-	-	-	50		-	48	46	-	3	**147**
Sue Cooper	-	-	-	47		-	44	44	-	3	**138**
Marlene Russell	-	-	-	43		-	41	41	-	3	**128**
Joanne Shelton	-	-	-	44		-	40	39	-	3	**126**
Emma Ibell	-	-	-	48		-	46	-	-	2	**96**
Elkie Thorndyke	-	-	-	-		-	47	47	-	2	**96**
Clare Osborne	46	-	-	-		-	36	-	-	2	**84**
Sonja Townsend	-	-	-	-		-	37	40	-	2	**79**
Anna Steward	-	-	-	-		-	35	36	-	2	**73**
Emily Gelder	-	-	-	-		-	-	50	-	1	**51**
Catherine Lee	50	-	-	-		-	-	-	-	1	**51**
Michelle Allard	45	-	-	-		-	-	-	-	1	**46**
Laura Stephens	-	-	-	-		-	45	-	-	1	**46**
Claudia Pickup	44	-	-	-		-	-	-	-	1	**45**
Carys Morgan							-	42		1	**43**
Lindsay Beckett	-	-	-	-		-	39	-	-	1	**40**
Cliona Kelly	-	-	-	-		-	38	-	-	1	**39**
Alex Luff							-	38		1	**39**
Sophia Lewis	-	-	-	-		-	-	37	-	1	**38**
WOMEN V40											
Claire Steward (50+)	45	-	-	48		-	47	49	-	4	**193**
Clare Elms	-	-	-	50		-	50	50	-	3	**153**
Ros Tabor (50+)	47	-	-	49		-	48	-	-	3	**147**
Clare Wyngard (50+)	46	-	-	47		-	46	-	-	3	**142**
Jo Hewett	-	-	-	42		-	43	47	-	3	**135**
Ola Balme	49	-	-	-		-	49	-	-	2	**100**
Christine Dawson	-	-	-	46		-	45	-	-	2	**93**
Ruki Sidwha	-	-	-	45		-	44	-	-	2	**91**
Stephanie Burchill (50+)	44	-	-	41		-	-	-	-	2	**87**
Andrea Pickup	50	-	-	-		-	-	-	-	1	**51**
Nicola Richmond	48	-	-	-		-	-	-	-	1	**49**
Angela Oritsejafor		-	-	-		-	-	48	-	1	**49**
Lindsey Annable	-	-	-	44		-	-	-	-	1	**45**
Sue Rowlands	-	-	-	43		-	-	-	-	1	**44**

MEN SENIOR											
Mike Williams	49	-	-	50		-	49	50	-	4	**202**
Jose Barretta	45	-	-	47		-	46	47	-	4	**189**
James Godber	-	-	-	49		-	47	48	-	3	**147**
Chris Treble	46	-	-	44		-	44	-	-	3	**137**
Steve Ackroyd	43	-	-	43		-	42	-	-	3	**131**
Jozef Danko	41	-	-	41		-	41	-	-	3	**126**
Tom Marshall	-	-	-	-		-	50	49	-	2	**101**
Wayne Lashley	48	-	-	48		-	-		-	2	**98**
Neil Daniels	-	-	-	46		-	-	46	-	2	**94**
John Fletcher	47	-	-	42		-	-	-	-	2	**91**
Buzz Shephard	50	-	-	-		-	-	-	-	1	**51**
Rob Watts	-	-	-	-		-	48	-	-	1	**49**
Edward Hill	-	-	-	45		-	-	-	-	1	**46**
Ed Smyth	-	-	-	-		-	45	-	-	1	**46**
Olivier Montfort	44	-	-	-		-	-	-	-	1	**45**
Grant Barnes	-	-	-	-		-	43	-	-	1	**44**
Oscar Hussey	42	-	-	-		-	-	-	-	1	**43**
Cory Wharton-Malcolm	40	-	-	-		-	-	-	-	1	**41**

MEN V40											
Charles Lound	49	-	-	49		-	49	50	-	4	**201**
Tony Tuohy	50	-	-	50		-	50	-	-	3	**153**
Tiarnan Ocleirigh	47	-	-	48		-	47	-	-	3	**145**
Joseph Brady	44	-	-	47		-	46	-	-	3	**140**
Duncan Hussey	48	-	-	-		-	48	-	-	2	**98**
Ajay Khandelwal	-	-	-	46		-	-	49	-	2	**97**
Cameron Timmis	-	-	-	45		-	45	-	-	2	**92**
Paul Hodge	46	-	-	-		-	-	-	-	1	**47**
Mark Foster	45	-	-	-		-	-	-	-	1	**46**
Per Hedberg	-	-	-	-		-	44	-	-	1	**45**

MEN V50											
Steve Smythe	50	-	-	50		-	48	50	-	4	**202**
Andy Murray	47	-	-	46		-	46	49	-	4	**192**
Mike Mann (60+)	49	-	-	49		-	47	-	-	3	**148**
Chris Loizou	44	-	-	47		-	-	48	-	3	**142**
Martin Morley	46	-	-	45		-	45	-	-	3	**139**
Barrie John Nicholls	40	-	-	41		-	-	46	-	3	**130**
Steve Wehrle (60+)	-	-	-	39		-	40	45	-	3	**127**
Giles Gibson	-	-	-	-		-	42	47	-	2	**91**
Mick Ward	-	-	-	44		-	43	-	-	2	**89**
Graham Laylee	43	-	-	-		-	44	-	-	2	**89**
Mike Dodds	-	-	-	42		-	41	-	-	2	**85**
Steve Cook	42	-	-	40		-	-	-	-	2	**84**
Chris Vernon (60+)	39	-	-	37		-	-	-	-	2	**78**
James Godkin	-	-	-	-		-	50	-	-	1	**51**
Steve Williams	-	-	-	-		-	49	-	-	1	**50**
Gary Sullivan	-	-	-	48		-	-	-	-	1	**49**
Russell Daker	48	-	-	-		-	-	-	-	1	**49**
Colin Frith	45	-	-	-		-	-	-	-	1	**46**
Roy Hibberd	-	-	-	-		-	-	44	-	1	**45**
Peter Gibbons	-	-	-	43		-	-	-	-	1	**44**
Mick Mead	41	-	-	-		-	-	-	-	1	**42**
John O'Byrne	-	-	-	38		-	-	-	-	1	**39**
No. of Participants	44	0	0	48	0	0	52	33	0		

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
Claire Steward	848	-	-	861		-	854	892	-	4	**3,455**	864	892	**1**
Charles Lound	770	-	-	845		-	811	792	-	4	**3,218**	805	845	**2**
Steve Smythe	792	-	-	813		-	821	764	-	4	**3,190**	798	821	**3**
Andy Murray	759	-	-	790		-	807	779	-	4	**3,136**	784	807	**4**
Mike Williams	774	-	-	786		-	783	754	-	4	**3,098**	774	786	**5**
Jose Barretta	678	-	-	731		-	724	652	-	4	**2,784**	696	731	**6**
Ros Tabor	912	-	-	915		-	909	-	-	3	**2,736**	912	915	**7**
Clare Elms	-	-	-	937		-	908	884	-	3	**2,728**	909	937	**8**
Caroline Schurmann	626	-	-	696		-	666	630	-	4	**2,616**	654	696	**9**
Tony Tuohy	849	-	-	875		-	850	-	-	3	**2,574**	858	875	**10**
Mike Mann	835	-	-	879		-	860	-	-	3	**2,573**	858	879	**11**
Melanie Edwards	637	-	-	638		-	656	610	-	4	**2,541**	635	656	**12**
Tiarnan Ocleirigh	757	-	-	777		-	764	-	-	3	**2,297**	766	777	**13**
Alexie Shaw	753	-	-	-		-	774	737	-	3	**2,265**	755	774	**14**
Martin Morley	750	-	-	762		-	728	-	-	3	**2,239**	746	762	**15**
Clare Wyngard	752	-	-	736		-	719	-	-	3	**2,207**	736	752	**16**
Kim Hainsworth	-	-	-	742		-	727	672	-	3	**2,141**	714	742	**17**
Charlie Wood	-	-	-	778		-	727	632	-	3	**2,137**	712	778	**18**
James Godber	-	-	-	739			718	675	-	3	**2,131**	710	739	**19**
Chris Loizou	686	-	-	781		-	-	605	-	3	**2,072**	691	781	**20**
Sue Cooper	-	-	-	711		-	661	620	-	3	**1,992**	664	711	**21**

Joseph Brady	646	-	-	684		-	654	-	-	3	**1,983**	661	684	**22**
Chris Treble	666	-	-	646		-	637	-	-	3	**1,949**	650	666	**23**
Steve Ackroyd	615	-	-	644		-	625	-	-	3	**1,883**	628	644	**24**
Marlene Russell	-	-	-	631		-	632	605	-	3	**1,868**	623	632	**25**
Barrie John Nicholls	635	-	-	689		-	-	522	-	3	**1,845**	615	689	**26**
Joanne Shelton	-	-	-	636		-	615	585	-	3	**1,836**	612	636	**27**
Steve Wehrle	-	-	-	647		-	640	543	-	3	**1,830**	610	647	**28**
Jozef Danko	592	-	-	596		-	575	-	-	3	**1,763**	588	596	**29**
Jo Hewett	-	-	-	560		-	529	484	-	3	**1,573**	524	560	**30**
Ola Balme	773	-	-	-		-	786	-	-	2	**1,559**	780	786	**31**
Duncan Hussey	765	-	-	-		-	757	-	-	2	**1,522**	761	765	**32**
Tom Marshall	-	-	-	-		-	783	700	-	2	**1,483**	741	783	**33**
Emma Ibell	-	-	-	735		-	713	-	-	2	**1,448**	724	735	**34**
Wayne Lashley	715	-	-	706			-	-	-	2	**1,421**	711	715	**35**
Mick Ward	-	-	-	722		-	694	-	-	2	**1,416**	708	722	**36**
Christine Dawson	-	-	-	711		-	657	-	-	2	**1,368**	684	711	**37**
Elkie Thorndyke	-	-	-	-		-	702	665	-	2	**1,367**	684	702	**38**
Graham Laylee	678	-	-	-		-	689	-	-	2	**1,367**	683	689	**39**
Stephanie Burchill	688	-	-	645		-	-	-	-	2	**1,334**	667	688	**40**
John Fletcher	693	-	-	614		-	-	-	-	2	**1,308**	654	693	**41**
Mike Dodds	-	-	-	683		-	624	-	-	2	**1,308**	654	683	**42**
Steve Cook	666	-	-	635		-	-	-	-	2	**1,301**	651	666	**43**
Ruki Sidwha	-	-	-	655		-	636	-	-	2	**1,292**	646	655	**44**
Cameron Timmis	-	-	-	649		-	609	-	-	2	**1,258**	629	649	**45**
Giles Gibson	-	-	-	-		-	664	592	-	2	**1,256**	628	664	**46**
Neil Daniels	-	-	-	676		-	-	533	-	2	**1,209**	605	676	**47**
Ajay Khandelwal	-	-	-	657		-	-	545	-	2	**1,202**	601	657	**48**
Clare Osborne	606	-	-			-	591	-	-	2	**1,197**	598	606	**49**
Chris Vernon	596	-	-	569		-	-	-	-	2	**1,165**	582	596	**50**
Sonja Townsend	-	-	-	-		-	579	531	-	2	**1,110**	555	579	**51**
Anna Steward	-	-	-	-		-	560	472	-	2	**1,032**	516	560	**52**
Steve Williams	-	-	-	-		-	855	-	-	1	**855**	855	855	**53**
James Godkin	-	-	-	-		-	847	-	-	1	**847**	847	847	**54**
Andrea Pickup	799	-	-	-		-	-	-	-	1	**799**	799	799	**55**
Buzz Shephard	796	-	-	-		-	-	-	-	1	**796**	796	796	**56**
Gary Sullivan	-	-	-	786		-	-	-	-	1	**786**	786	786	**57**
Emily Gelder	-	-	-	-		-	-	781	-	1	**781**	781	781	**58**
Catherine Lee	769	-	-	-		-	-	-	-	1	**769**	769	769	**59**
Rob Watts	-	-	-	-		-	752	-	-	1	**752**	752	752	**60**
Russell Daker	727	-	-	-		-	-	-	-	1	**727**	727	727	**61**
Nicola Richmond	720	-	-	-		-	-	-	-	1	**720**	720	720	**62**
Paul Hodge	719	-	-	-		-	`	-	-	1	**719**	719	719	**63**
Peter Gibbons	-	-	-	719		-	-	-	-	1	**719**	719	719	**64**
Mark Foster	712	-	-	-		-	-	-	-	1	**712**	712	712	**65**
Colin Frith	703	-	-	-		-	-	-	-	1	**703**	703	703	**66**
Oscar Hussey	702	-	-	-		-	-	-	-	1	**702**	702	702	**67**
Ed Smyth	-	-	-	-		-	679	-	-	1	**679**	679	679	**68**
Edward Hill	-	-	-	678		-	-	-	-	1	**678**	678	678	**69**
Laura Stephens	-	-	-	-		-	674	-	-	1	**674**	674	674	**70**
Olivier Montfort	666	-	-	-		-	-	-	-	1	**666**	666	666	**71**
Grant Barnes	-	-	-	-		-	650	-	-	1	**650**	650	650	**72**
Claudia Pickup	645	-	-	-		-	-	-	-	1	**645**	645	645	**73**
Angela Oritsejafor	-	-	-	-		-	-	639	-	1	**639**	639	639	**74**
Mick Mead	634	-	-	-		-	-	-	-	1	**634**	634	634	**75**
Per Hedberg	-	-	-	-		-	614	-	-	1	**614**	614	614	**76**
Lindsay Beckett	-	-	-	-		-	607	-	-	1	**607**	607	607	**77**
Lindsey Annable	-	-	-	604		-	-	-	-	1	**604**	604	604	**78**
Carys Morgan	-	-	-	-		-	-	595	-	1	**595**	595	595	**79**
Sue Rowlands	-	-	-	590		-	-	-	-	1	**590**	590	590	**80**
John O'Byrne	-	-	-	588		-	-	-	-	1	**588**	588	588	**81**
Cliona Kelly	-	-	-	-		-	583	-	-	1	**583**	583	583	**82**
Michelle Allard	566	-	-	-		-	-	-	-	1	**566**	566	566	**83**
Cory Wharton-Malcolm	532	-	-	-		-	-	-	-	1	**532**	532	532	**84**
Alex Luff	-	-	-	-		-	-	501	-	1	**501**	501	501	**85**
Sophia Lewis	-	-	-	-		-	-	483	-	1	**483**	483	483	**86**
Roy Hibberd	-	-	-	-		-	-	458	-	1	**458**	458	458	**87**

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

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, are 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.

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.

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

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.

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

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Sports and Therapeutic Massage

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

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- 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

Dulwich Runners now have our own group on the flickr photo website. 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**

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