DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 6th April 2011

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

– THE COMING WEEK –

Wed 06 **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Thur 07 **Assembly League**, Beckenham Sports Club
Foxgrove Road, 7pm start

Tue 12 **Track Session with Steve Smythe**
At Dulwich College,
7 pm **Fee £2 to Steve**

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

Track Sessions at Ladywell

Back at Dulwich from next Tuesday 12th

Improve your speed & strength over all distances

Tuesdays with Steve Smythe at Dulwich College
Start 7pm. Track **Fee £2 – pay Steve**

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
page 2 Club Champs & Fixtures list
page 4/5 Race results & reports
page 7 The Challenge – Countdown

And much more !

NEW RUNNERS ROTA

Thanks to Olga Gillane for taking out the 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**

Ian Sesnan	06/04
Jo Shelton	13/04
Ros Tabor	20/04
Cameron Timmis	27/04
Marlene Russell	04/05

LUCKY VEST this Wednesday

March 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

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**

Changes to arrangements at Dulwich College track

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

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

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

Steve and Martin will be advising on dates for the start of track sessions at Dulwich.

Graham Laylee

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

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
	Wed 22	**Dulwich Runners Midsummer 5k race**	Dulwich Park
July	Thu 07	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
	tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Aug	Thu 04	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
Sept	Thu 01	**Assembly League Beckenham sports club, Foxgrove Road – 7:15pm**	Beckenham
	tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,Bromley
Nov	Sun 20	**Epsom 10** (M)	Epsom

Club Champs races in red

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

Richmond 10k – Looks like entries are open

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

Friday Track Sessions Dulwich College Track.

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

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

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

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

...cont

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

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

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

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

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

Cheers. - Martin.

Run the Park and win a prize!

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

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

We hope to see you there.

Gillian Cavell - Dulwich Park Runners

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

Best wishes to all running in either the Brighton or London marathons in the next 10 days!
After the London marathon I have reserved some space in the MARQUIS pub, Chandos Place, just opposite Charing x stn.
Not a huge space but somewhere to shelter if raining and children welcome.
Hope to see you there by early evening!
cheers
Steve Wehrle

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

Race Reports & Results

Dartford 10, 3 April

I was hoping to finish in around 62' for this, but I had a) forgotten just how un- flat it is for miles 2.5 to 5 or 6 I think it was, and b) thought my lactate threshold would have miraculously improved a fair amount after PW last weekend – which it hadn't.

By mile 4 / 5, 62' was well out of the window. From mile 5, I saw in the 100m distance a nice pair of legs and, rightly guessed, that they were the first lady's. By mile 7, I had reeled her in, and slightly smugly, started to leave her behind –only another 19 mins to run I casually thought. ½ – ¾ of a mile later, my pins began to rapidly suffer. My smugness had gone away faster from me, than I could from said lady, and she was back on my shoulder, and I had to work like a dog to keep her behind me.

If it had been a flat run into the finish, she would have done me, but fortunately, the last long incline was to my advantage, which enabled me to put about 10 sec between us again, which I maintained for the final 200m. First "lady" was more like first "girl" – about 20 years old she looked. I picked up a slight calf injury Rollapaluzing on Fri night. I wore those long, tight pop socks for support, which I like to think may have helped it from worsening. Ok now though☺

21 64'02" – Me, 1:05 quicker than last year.
74 71'28" – Meg Hughes (PB!) ex DR
146, 76'23" – Mick Ward
1st & 2nd, – 52'10" & 52'11"

José.

CROYDON HALF MARATHON 3rd April 2011

Chris Vernon writes:

It was a lovely day on Sunday for the first running of the Croydon Half Marathon, which is essentially 2 laps of the Croydon 10k course including two long climbs alongside Lloyd Park. The finish had an interesting twist as the runners had to cross the tramline 150 metres from the line which produced some minor moments with Croydon's version of 'Race The Train'. The Vernon family were out in force to see Michelle's first half.

The front of the field were well strung out by the 2 mile mark and that's the way it stayed with the first runner doing 71.31, 4 minutes clear of 2nd place. Katie Crowe had a strong run to finish as 6th senior woman. Next up was 2nd claimer Jo Quantrill recording the same time as her first half 20 years ago at Brighton. Mike Crilly (naughty boy, no DR vest) was next in the results and Michelle, struggling with lack of training and not enough to eat, managed to finish with a smile and a wave, accompanied across the line by her youngest son.

83	Katie Crowe	1.40.36	6th SW Chip 1.40.34
114	Jo Quantrill	1.45.51	11th FV Chip 1.45.44
137	Mike Crilly	1.48.52	Chip 1.48.44
313	Michelle Vernon	2.16.28	Chip 2.16.08

There were 369 finishers

Miles for Missing People 10km Regents Park, April 2

After a week off after Paddock Wood, Tony returned with a strong run that he thought was worth more but for having to weave around lapped runners on the three lap course.

3 Tony Tuohy 35:24

Parkruns 5km, April 2nd

Steve Smythe writes...There were wins for Clare, Andrea, Ola and Buzz. Clare actually had the highest age-graded score of the thousands of parkrunners in action bettering Olympic marathoner Liz Yelling into second while Ros had the third best age-graded score.

Bromley Clare Elms (W45) 17:53 91.24%
Poole Liz Yelling (W35) 16:33 90.74%
Brockwell Ros Tabor (W60) 21:52 89.63%
Frimley Paula Fudge (W55) 21:33 88.40%
Bushy Park John McDonnell (U20) 14:58 88.08%

Parkruns 5km, April 2nd

Bromley

Clare was Second overall in a record field of 266 owing to being a mob match between Beckenham, Petts Wood and Orpington. Oscar Hussey set a PB.

2	Clare Elms	17:53 1W (W45)
5	Nolan Wilkens	18:07
13	Duncan Hussey	18:45
79	Oscar Hussey	21:45 (PB)
85	Steve Smythe	21:59

Crystal Palace

Finishing third overall, Andrea Pickup ran her fastest time on the toughish Crystal Palace course.

3 Andrea Pickup 19:28 1W (course PB)
9 Joseph Brady 22:27
12 Graham Laylee 22:52
15 Claire Steward 23:53 5W
16 Jo Shelton 24:56 6W

Roundshaw Downs

Neither of us went flat out as we were saving our energy for a shopping trip on the Purley Way!

39 Mike Dodds 24:00
40 Clare Wyngard 24:23

Cambridge

Buzz's first run at Cambridge but his fifth win in 9 Parkruns overall.

1 Buzz Shephard 17:08

Brockwell Park

Ola Balme was first woman and Mike Williams set a PB in second.

2 Mike Williams 17:25 (PB)
4 Mike Mann 19:35 1M60
6 Ola Balme 19:50 1W
9 Andy Murray 20:35 (course PB)
11 Mark Foster 20:51
15 Jozef Danko 21:38
17 Emma Vernon 21:44 2W/ (course PB)
18 Ros Tabor 21:52 3W/1W60
51 Barry Walker 27:38
56 Chris Vernon 29:46

Marathon

Good luck to those marathoners who are running Brighton or Paris Marathons this weekend

Steve Smythe

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	

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
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,

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

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

Just a quick reminder for those thinking of running the Green Belt Relay (21-22 May), training should have started

Welsh Castle Relay (11-12 June) Entry now confirmed

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.

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

1066 RELAY: 8 MAY

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

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

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

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

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

Thanks - **Giles**

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 !

Countdown

mileage: 15
highs: it's the final countdown
lows: walking into a huge heavy door unshod and almost crushing my little toe

I am a bundle of nerves. I have no idea if I can run 5km, let alone 26.2 miles. Maybe my 12 week taper wasn't such a great idea after all? Maybe its not enough and I should have just gone full out and done a six month taper? This week I have ridden my bike at 5mph, as I was afraid I might get knocked over. I have avoided my chicken pox ridden daughter, I have stopped shaken hands with strangers, or even people I know, or even scratching my own head.

I have started walking around the house with a surgical mask and wiping down door handles with disinfectant, and wrapping myself head to toe in cling film. I am booked to see a physio although there is actually nothing wrong with me. I understand this is perfectly normal behaviour in the last stages of marathon preparation.

I've had a flurry of last minute advice with club psychologist Mel telling me have a floor time (3.59?), a realistic time (3.57?) and an optimistic time (2.09?).

I think I've got that covered then. She also told me to split the race into three and try and run each third slightly faster, aiming for a negative split. Michael "I only get out of bed for PB" Williams poured cold water on this. "How do run faster at the end when your legs are shot to pieces?".

I reviewed my performance last year at London and noted I ran the first half in 2.01 and the second half in 2.17, so it doesn't look like I'm going to get faster as the day goes on. So negative splits out and steady as she goes back in. Got a message from all round action man Grant B Sunday, "ran 17 miles but knees hurt, thinking of pulling out." Hope he is ok, and hopefully this public outing will make sure that he doesn't go AWOL on the big day.

Finally, I would like to say thank you to all those many people in the club who have given me advice, coaching and general counsel over the last few months (mostly useless). Good luck to my fellow DR runners at Brighton and London, I salute you, and I

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

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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

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