DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 11 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 11 May **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start Showers, Bar

Fri 13May **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 to Martin

Tue 17 May **Track Session with Steve Smythe**
Dulwich College, 7pm **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.

In your *SHORTS* this week !

page 2 Algarve Challenge
page 3 Club Champs/fixture List
page 4… Race reports

And much more !

NEW RUNNERS ROTA

Thanks to **Marlene** for running with 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**

Chris Treble	11/05
Clare Wyngard	18/05
Lindsey Annable	25/05

LUCKY VEST

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.
This month's winner was Joe Brady.
To purchase a vest and or any other club kit contact **Steve Cook** – stevecook6@googlemail.com

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 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**

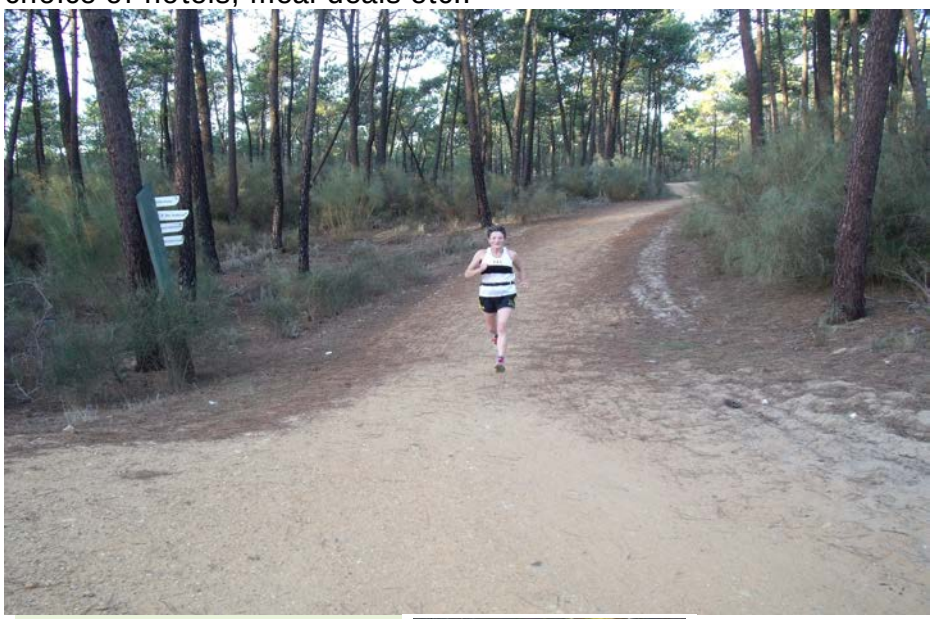
Algarve running Challenge from Wednesday 2nd to Sunday 6th November

This year once again, some club runners are taking part in the Algarve Running Challenge in Monte Gordo in Southern Portugal. This includes 4 races over different surfaces and distances (cross country, trail, track and road). Last year we were blessed with very sunny and hot weather in marked contrast with the damp weather back home. The nearby towns are worth visiting, such as the old fishermen-town Tavira whose quaint charm was not spoilt on us, and nearby Villa Real, only a short cycle ride away. The company is good and the food, beer/wine cheap. We only need to add that Mike Mann completed his best races during those days!

We usually stay in a hotel which is by the seafront and has its own outdoor swimming pool and indoor gym. The bedrooms have their own lounge, are comfortable and not expensive. There is 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 and ask Andy, Ros, Mike M, Steve S or Caroline for their advice re the running events, choice of hotels, meal deals etc..



Friday Track Sessions Dulwich College Track.

These 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.

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

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.

Graham Laylee

Assembly League 5km, North Greenwich, May 5

A very strong women's team performance saw us gain a clear victory in both the overall women and B

RYE BAY 1066 RELAY

This inaugural 5 stage relay was superbly organised by Nick Brown (still second claim Dulwich?) and Hastings Runners. This was an extremely enjoyable event and well worth the effort of such an early start.. Dulwich walked away - or should that be ran away- with numerous prizes. With nearly 40 friendly teams competiting through a mixture of demanding but scenic routes this is certainly one to put in the race calendar. Around the course there were a number of celebrity starters, finishers and other events taking place.It was a thoroughly enjoyable day and event which was rounded off by many Dulwich Runners with a three course meal in the famous George in Rye.

Special thanks to Nick Brown, Hastings Runners and all their helpers on the day.

Further special thanks to Martin, Caroline and Mike for organising the Dulwich contingent

Colin Frith (Fastest 3rd leg for a bald man born in Grimsby before 1960!)

Colin Frith

Ahead of Duncan was Clare Elms, who eased through the race, and even had to briefly stop with a heel injury but still won by 25 seconds though was unable to walk properly after the race.

Steve Williams and Mike Mann both ran their quickest times for some time and Mike was denied a club M60 best as both were first in their age group by some distance.

Andrea Pickup ran solidly for fifth woman and not far behind came Alexie Shaw who completed our winning team and was another looking for speed after the marathon. We had three more in the top half dozen with Ola Balme narrowly ahead of a returning from injury Catherine Lee while Kim Hainsworth went inside 20 for the first time.

Further back most of the men were league regulars though Oscar Hussey, 40 years younger than most around him did well and there were other good women's runs from Ros, Claire, Mel, Stephanie and Helen.

9 Buzz Shephard 16:14
11 Tony Tuohy 16:16 (first Vet)
21 Mike Williams 16:50
23 Nolan Wilkens 17:13 (2nd cl)
1W/42 Clare Elms 17:41 (1W45)
54 Duncan Hussey 18:03
59 Steve Williams 18:20 (1M55)
61 Mike Mann 18:21 (1M60)
74 Steve Smythe 18:45
5W/76 Andrea Pickup 18:48 (1W40)
77 Ed Smyth 18:49
7W/86 Alexie Shaw 18:55
10W/104 Ola Balme 19:23 (2W40)
11W/108 Catherine Lee 19:29
12W/120 Kim Hainsworth 19:46
134 Andy Murray 20:03
148 Martin Morley 20:35
152 Jo Brady 20:43
153 Ian Butler 20:43
155 Colin Frith 20:51
19W/159 Ros Tabor 20:55 (1W60)
26W/185 Claire Steward 21:35 (2W55)
196 Dave West 21:59
205 Oscar Hussey 22:07
41W/229 Mel Edwards 23:30
55W/249 Stephanie Burchill 25:32
61W/259 Helen Warner 27:53
260 Kevin Wood 28:36

1066 RELAY, 8 MAY

The inaugural running of the 1066 Relay proved a great success, both for the organising club, Hastings Runners and Nick Brown in particular, and for own runners and teams. It was modelled on the Green Belt Relay, but it was rather better in that more of it consisted of off road through some beautiful countryside and with excellent marshalling and route marking, there were no navigational challenges. The relay started in Pevensey and finished in Rye, taking in 33 miles in total, which meant we were finished by lunchtime.

It was an early start which proved a bit of a logistical challenge, but everyone reached their allotted starts on time and no one was left stranded at their finish points. The heavy rain which had come through earlier cleared in good time, giving way to bright sunshine and excellent running conditions.

As expected the Dulwich Ladies were clear winners with a winning margin of 17 minutes, and also 5th team overall. Our Vets Men team, consisting of M50s and above finished in an impressive 3rd place overall, but the big surprise was the performance of the Dulwich All Stars who finished 1st mixed team and 4th overall. Our Dulwich Super Stars, more of a last minute scratch team did well to finish in 11th place. There were 39 teams in all taking part in the event.

The strength of our women's team was illustrated by 3 of its members, Alexie, Kim and Andrea, each winning their stages. We also had 3 M50 individual stage winners, Andy, Steve Williams and Mike Mann. Ange Norris had an excellent run to finish 1st lady in the final stage.

We completed an enjoyable day with an excellent lunch at the historic George Inn in Rye, one of the race sponsors. *Mike*

<u>Team Results</u>

3. Dulwich Male Vets 3:56.49
4 Dulwich Mixed (All Stars) 4:00.23
5. Dulwich Senior Women 4:03.01
11 Dulwich Mixed (Super Stars) 4:16.59

<u>Individual Results</u>

LEG 1 (6.4m)
4 Andy Murray 43:24 (1st M50)
5 Kim Hainsworth 44:07 (1st Lady)
7 Martin Morley 46:23
9 Joe Brady 47:30

LEG 2 (11.1m)
2 Mike Williams 71:38
5 Steve Williams 77:37 (1st M50)
6 James Godber 79:11
8 Alexie Shaw 79:50 (1st Lady)

LEG 3 (3.2m)
6 Colin Frith 21:59
10 Ferenc Takacs 23:13
11 Caroline Schurmann 23:17
26 Di Morgan 26:55

LEG 4 (7.05m)
4 Andrea Pickup 51:37 (1st Lady)
6 Mike Mann 52:07 (1st M50)
7 Tiarnan O'Cleirigh 54:37

18 Claire Steward 60:38

LEG 5 (5.5m)
(2 Nick Brown (race organiser) 36:50)
4 Russell Daker 38:43
6 Ange Norris 39:58 (1st Lady)
13 Mel Edwards 44:10
30 Stephanie Burchill 50:18

1066 RELAY:
LEG 1 PEVENSEY TO HERSTMONCEUX CASTLES
Runners from 39 teams lined up for the start (and a full 39 ran each stage afterwards) by the ruined Pevensey Castle. The first half was on country lanes with a couple of short hills. The leader went off ahead but the next few were quite close, Andy overtaking Martin for 6th and then another runner for 5th, with Kim ahead sticking close to 2nd and 3rd. The second half was in meadows with a river on the left and cows on the right. Andy moved through to overtake Kim but lost touch with 3rd in the last mile as the runners climbed to a farmyard and gate, beyond which was a final road downhill. Our 4 runners home in the first 9 was an encouraging start. *Andy*
LEG 4 KENT STREET TO ICKLESHAM
This leg, billed as the second toughest and fractionally over 7 miles, was largely off road, apart from a mile or so on minor roads. Andrea, Tiarnan and myself started off close together, but I noticed that Andrea was rather more agile than me in tackling the numerous stiles (there must have been around 25 in total). I did consider, but quickly reject, a rather ambitious vaulting technique; even if it had worked on most, it was bound to end in disaster somewhere. There were a few early hills just to test us, but the first significant one came around halfway through the leg, though was thankfully on a minor road, rather than path or grass. Some further hills followed, but the most memorable one was close to the finish. This so steep that even Andrea, not far in front of me, decided to walk the steepest section, as there was no advantage in attempting to run it. All in all it was a very enjoyable and scenic stage. Apart from a bit more hill training, I think I may ask Steve to organise a few stile sessions in advance of next year's relay. *Mike*
LEG 5 ICKLESHAM TO RYE
The first part was on a ridge leading up to a windmill, then dropping sharply down through Winchelsea to a cycle path in the flat Brede valley. Rye's town crier was there to announce the finishers entering the final straight. Russell, Ange and Mel looked strong and Stephanie kept going well to overtake a few despite starting a little fast. *Andy*

Ronde de Lanne 10k May 8 2011
The group I'm away with did this 10k on our 3rd day in France. We'd already clocked up about 180k on the bike in the first 2 days, taking in the Col de Aspin, immediately followed by Col de Breyde which I had to erm, push the bike up the first 1 mile, even though it wasn't quite as steep as Aspin. Then the following day, I went off with the stronger group, which I managed ok 'till one guy had a turn on the front, and I had to ask them to wind it down after just 1 1/2 mins of his 3 min stint at the front - it took me about 4 mins to recover from that. We then hit the Col de Payresourde. Procreate a duck! Spent the next hour in bottom gear lamenting not having larger ratio cogs on the back and smaller ones on the front (managed to beat one guy who had a granny gear :-)) climbing 9 miles at an ave of 8% and kicking up in places of 14 -20%. Still, every descent was worth the effort of the climbs. Sooo much fun - max speed so far 45 mph. New brake blocks needed soon! The 2 mile jog yesterday was painfully slow.

On Sunday, we drove to a local 10k race called Ronde de Lanne. I was so dreading it, as my legs could hardly move at any great speed without feeling completely done in from the above. It was a very warm morning, and there was another pesky climb for about 1/2 mile. I didn't actually feel like I was really racing 'til about 6k in. Finished about 15 sec behind a girl in our group who won first lady - she did 37.37 last week for 10k, so I wasn't too disheartened. Finished 29th - 41:21. For 7 euros though, it was great value. Fairly nice varied course, then loads of meat, bread, cheese and wine was brought out! Col de Tourmalet - missing out 2 others straight after as our tour organisers have taken pity on us :-) the next day - 145K.
José

Ranelagh Half Marathon 8th May
The unexpected often happens and it did for me on this run: a PB. I squeezed 9 seconds off my previous best to finish in 1:29:20 (although I made it 17 seconds and the big clock staring me in the face agreed - so I prefer 12 seconds faster!).
I entered this race with the view to it being a good warm up for the GBR. However, after my recent injury niggles, I wasn't planning to gallop and would have been happy with 1:35 ish time.

The day started ominously when I left home as it was raining, which worsened during the journey. Ahhh, but the rain clouds disappeared as I arrived in Richmond and the conditions were very good: bright, sunny and mild. The course is good, with hardly a slope to bother me and will be familiar to anyone who has run the Cabbage Patch 10, as it covered some of the same route.
I was chugging along nicely and at five miles decided to crank it up a bit. When I got to 10 miles I checked the time and it was 62 minutes (that's 10 mile PB!) and realised that a sub-90 was on. At 12 miles I realised a PB was on. That's when it got difficult because I had to put a bit more effort in to make certain. When I could smell the finishing line I went for it and had a glorious sprint finish with another runner who just pipped me at the post.
In all, a good day, albeit a rather surprising one.
Official time: 1:29:20

Postion: 51st out of 738

Parkruns 5km, May 7th

There were some fast runs with Buzz and Tony setting course PBs but only good for third in their respective races despite running over two minutes quicker than one parkrun winner of the week who chose a more modest race with numbers usually in the 30s

In the first of this season's vets fixtures at Battersea Park representing Herne Hill Harriers, my performance in the 1500m was a little below par, probably not helped by the 1066 relay the previous day.
Mike Mann 5:02.? (tbc) 1st M60

Southern Vets league, Sutcliffe Park, May 7
Andrea running for Blackheath and short of warm up after going to the wrong track! was second in the women's 3000m. Ros running for Cambridge won the W50 3000m and the W60 400m. Steve Smythe, competing as a non scorer, was 4th in the M50 3000m. Full results not available but approx Steve 10:58, Andrea 11:02, Ros 12:20 and 79.

Crystal Palace

Mike celebrated his award of 'CP parkrunner of the month' with his fastest time for quite a few weeks but was still over 10 seconds behind wife Clare running her quickest time on this course in 2011.

Ed Smyth	20.05	3rd
Clare Wyngard	23.08	
Mike Dodds	23.19	
Jo Shelton	25.30	

Bromley

Duncan Hussey	18.26	4th
Mike Fullilove	20.34	
23 Nolan Wilkens	20:37	

Banstead Woods

Tony Tuohy	17.07	3rd
Jo Quantrill	22.51	

Greenwich

1st Steve Smythe	19:12

Relays
Last weekend we did very well in the Hastings Relays, especially in the women's event which we won and we look like having another strong team in the Beckenham Relays today – again great support from the women and rather more moderately amongst our better men. Coming up we have the Green Belt Relay and on the same day we have entered many teams for the British Masters Relays up near Birmingham. We will be defending our women's title at the home of British road relay running at Sutton Park where we have an especially strong team if Clare's injury is OK but we will have a competitive quartet whatever.

On paper we should have been challenging for medals in both the M45 and M55 sections and while a few injuries have given some legitimate reasons for not running, there has been a lack of commitment from some of those who are fit in supporting what is regarded by most clubs with veteran runners, as the most important relay event of the year.

London Marathon

In theory we should have had a team in this year's National championships in the London Marathon. Even with a pregnant runner, we would have finished fifth ahead of the mighty Serpentine but with one of our runners unable to fit into a club vest we weren't counted as a finishing team. Only the winners Cornwall who timed a very good 8:39:15 also managed to get two runners inside three hours.

Had we counted our third woman home Kim Hainsworth, who wasn't part of the Championships, we would have finished fourth and also beaten Reading (9:26:29) , but had Alexie Shaw, who run 3:04 at Brighton, ran the same time at London we would have beaten both Belgrave (8:57:34) and Stockport (9:06:29) and finished second.

Next year we potentially could have a squad of Clare, Emily, Alexie plus possibly Andrea, Charlie and Catherine and Kim where if most run to their potential should mean National medals and London team money would almost be a formality based on past year results!

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.

The first Surrey League race is the Sutton 10k next Sunday – online entries are still available up to the day before. I've noticed that the Richmond half marathon is already full. This serves as 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	
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	
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	

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.

Ron Searle

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

GREEN BELT RELAY 21/22 MAY

We are in the process of allocating stages and will be in touch with you shortly. Where possible, we've tried to take account of your preferences.

If any of you who have not responded have any strong preferences for legs, please let us know as soon as possible.

Currently we are somewhat over-subscribed, so we will have to add some of you to the reserve list, as least for the time being. However this could well change if anyone has to pull out due to injuries etc.

Relays Team

WELSH CASTLES RELAY 11-12 JUNE

Now that our entry has been accepted, we are in the process of registering details with the organisers of all those who have put their names forward for this memorable event.

We have sufficient runners for a team of 20 and a few reserves, but if anyone else is interested and available that weekend, please let us know and we can add you to the list. We can't guarantee you a run, but we can put you on the reserve list to cover for people who drop out.

Anyone interested please contact Caroline or myself.

Mike Mann

carolineschurmann@yahoo.fr

mcmann90@yahoo.co.uk

"**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**

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

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.

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

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