DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 13th 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 *13* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Fri *15* **Track Session with Martin Morley** (details)
Dulwich College, 7:15pm **Fee £2 to Martin**

Sun *17* **London Marathon !**

Tue *19* **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.

TRACK SESSIONS AT DULWICH

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
Start 7:15pm. **Fee £2 – pay Martin**

Track reminder
Just in case you went to Ladywell and thought it was a bit quiet from a Dulwich perspective, a reminder that track sessions have now switched to Dulwich College for the summer

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

In your *SHORTS* this week !

page 2 Assembly League details
page 2 Club Champs & Fixtures list
page 4.. Race results & reports
page 5 Its all about the goodies !
page 7 Beckenham Assembly league results
page 8 No carthorses here !

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**

Jo Shelton	13/04
Ros Tabor	20/04
Cameron Timmis	27/04
Marlene Russell	04/05
Chris Treble	11/05

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
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**

Dear EASTER RUNNERS,

A special Easter run is being organised on **Wednesday 27th April** to celebrate Easter.

To enter just pick up the special 6 miles Easter map on Wednesday night instead of your regular club maps (club maps will also be available on the night if you do not wish to do the Easter run).

There will be 11 questions listed on the back of the Easter map as you go on your run. Answers will be found along the way. Rest assured it is nothing too challenging and hopefully you will enjoy going through streets which we are not too familiar with on our usual runs.

At the end back at HQ we will give the answers and hand out Easter prizes.

No runner should leave empty-handed though!

I hope you all love chocolate.....!

Any queries, please ask Caro (carolineschurmann@yahoo.fr)

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

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		*Event*	*Venue*
Apr	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.

Ssessions 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.

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!

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

Best wishes to all running the London marathon
Steve Wehrle
Barry John Nicholls
Roy Hibberd
Alex Luff
Charlie Lound
Andy Murray
Clare Elms
Steve Smythe
Kim Hainsworth
Sue Cooper
Mel Edwards
Charlie Wood
Giles Gibson
Claire Steward
Jose Barretta
Oscar Hussey (Mini Marathon)

After the race 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

Andy Murray suggests...Perhaps after a couple of post marathon drinks we could move on to the velodrome.
Free bike-powered cinema!
Marathon runners do not have to power the film.

Herne Hill Velodrome, Burbage Road, Herne Hill, SE24 9HE
Sunday 17 April, 8.30pm

Watch the classic cycling movie, **Belleville Rendez-vous** (plus a selection of short cycling films), in the surroundings of a 1948 Olympic venue.

The cinema will be bike-powered, courtesy of Electric Pedals with volunteers needed to keep the film going! Before the films, the velodrome track will be open from 6.30pm-8pm from a free open session (provided the track is dry). If you are aged 8+, simply bring your bike along and ride around a London Olympic venue.

This is an outdoor event so bring whatever you need to stay warm and dry. Seating will either be in one of the velodrome stands or on the grass (depending on weather and numbers), so you might like to bring a blanket or folding chair to sit on. The film will go ahead rain or shine! Refreshments on sale, courtesy of Cafe on the Rye.

If you'd like to help power the projector and PA please bring a bike with reasonably smooth tyres (i.e. no mountain bike knobblies). For technical reasons fixed wheel bikes cannot be used to generate power.

Belleville Rendez-Vous (cert 12) is a delightful, witty animation for all ages. It tells the story of Madame Souza, who prepares her orphaned grandson, Champion, to be a world-beating cyclist. During the mountain stage of the Tour de France, Champion is kidnapped by the French mafia and whisked across the Atlantic to the city of Belleville. Madame Souza and her beloved pooch Bruno team up with the Belleville Sisters, an aged song-and-dance team, to rescue him. Sylvain Chomet, France 2003, 80mins, cert 12.
Presented by Herne Hill Velodrome in association with Electric Pedals, Hackney Bicycle Film Society, Free Film Festivals and Save the Velodrome.

After reading an article about the 2010 Spartathlon, won by Emily Gelder, I went on the website, mainly to see the route, and found three photos of Emily finishing. They are photos 8-10 in the 2010 gallery. They may be of interest to DRs.

Somehow a pair of Kalenji running gloves found their way into my bag sometime in Feb. I may have picked them up by mistake, but they are very small.
If anyone has lost a pair, they can contact me at: hugh@christchurchpeckham.info

and I'll have them with me on Wednesdays.
Thanks- **Hugh Balfour**

Race Reports & Results

Brighton & Paris Marathons

Good marathons from Alexie (3:04), Ajay (3:57), Jo S (4:24) and Jo H (5:01) at Brighton and Caroline (3:37) at Paris in very hot conditions and this week attention turns to London.

Clare E, debuting but not 100% with a calf twinge after winning nearly all her pre London races, , Charlie W and her growing friend and Emily G, just weeks after her national 100km title should all be on the Championship women's start. For the men, Charlie L is on the championship men's start but has also had a leg problem while others in the sub-3 territory should be Mike W (in his best shape ever and nearer 2:45), Steve S (in his worst shape ever) Tom M, who should run well after his half marathon PB and Jose Barretta.
The other Steve S has had injury problems too and probably won't run.

Andy M and Steve W are marathon regulars while other women who should run well after their best ever training and half marathon results are Kim H, Sue C and Mel E. There are plenty of others running too and good luck to everyone
Steve Smythe

Race Reports & Results cont.

Paris Marathon - 10/04

"I ran Paris in 3.37.21 last Sunday, so an improvement of almost 40 minutes on my previous best marathon time. I made it to the start with a few minutes to spare and feeling relatively fresh. I wished I had taken a little easier and little extra self-care the day before but in the end I felt quite ready lining up on the start line for the 3h:45ers and fell into a pace straight away, only a bit faster than target pace (my Garmin should confirm), but this was to be expected.

Although sunny I don't think I suffered particularly from the heat, but I was horrified though to find myself quite tired even before half-way, but I am certain my ability to keep up a decent pace was all down to training and as I had rehearsed this situation many times before during training and long runs I knew I had it in me to keep pushing despite the tiredness.

What I had not expected were the three impromptu toilets stops which I believe were the results of an effective refuelling strategy. I slowed down at all water stations to sip water, surprised to find starting and gathering speed again without major issues. I was lucky enough to catch glimpse of super coach Steve exiting a long traffic underpass which felt tough on the legs.

As usual, I finished the last few kilometres very noisily, which prompted many runners to utter some encouraging words towards me, and for once I was still overtaking people , still refusing to kill the pace too much. I finished strong, at least it felt like it.

A big thank you extended to all those club runners who texted me lovely encouraging messages before and after the race. I had them all in mind as it hurt hard..."

Caroline Schurmann

Brockwell Park

Mike, Ola and Ros dominated the age graded though it was Nicola and Barry who set the course PBs.

11	Mike Mann	19:20	1M60
12	Ola Balme	19:27	1W
21	Ros Tabor	21:23	3W
24	Ian Butler	21:35	
27	Cameron Timmis	21:38	
28	Graham Laylee	21:51	
32	Nicola Richmond	22:23	5W (course PB)
58	Barry Walker	26:10	(course PB)

Sevenoaks Sprint Triathlon 10 April

Ruki (Sidhwa) and Clare (Wyngard) commenced their triathlon season with this friendly, well organised but tough triathlon at the weekend. It couldn't be any worse than running the Brighton Marathon we decided! It comprised a 400m pool swim, 25km (hilly) bike and 8km off road run up and down and around Knole Park. Fortunately we were finished just after 10am so were able to relax as the heat of the day increased.

Clare did 1.50.39 (won't bore you with the splits but as this is a running club, my run time was 41.50). Ruki did 2.01.42; 46.22 for the run. This triathlon provides amazing goody/gym bags filled with full size deodorants, original source shower gels, Powerbar water bottle, energy bars and gels and powders, a tri magazine as well as a "Buff" neck thing. I now have a very nice collection of "Buffs".

There is also a prize draw which cleverly keeps everyone hanging around for the presentation, as the prizes include a laptop, holiday, wetsuit etc - and free entry to yet more triathlons. Ruki was not chuffed to win the latter prize especially as it was for a triathlon she has already entered! Clare was not chuffed to miss out on the 1st Female Supervet prize by 1 second. She didn't realise this until she looked at the results later and was beaten by a V50 who did 1.50.38. But overall, we had a very enjoyable and successful morning.

Clare Wyngard

Parkruns 5km, April 9th

Ros Tabor had the best age-graded Parkrun of the week in all the 50 or so round Britain with her 21:23 at Brockwell which was worth 91.66%. Tony Tuohy was top at Banstead with his 17.17 earning 83.89%, slightly bettering Clare Elms' 19:28 at Bromley which earned 83.82% and Claire Steward was top at Crystal Palace with her 81.29%

Bromley

Clare taking it even easier than Thursday was easily first woman and slightly quicker was Ola who won at Brockwell.

4	Clare Elms	19:28	1W
15	Nolan Wilkens	20:39	(2nd Claim)
19	Martin Morley	21:04	(course PB)
31	Colin Frith	21:44	
72	Clare Osborne	25:13	

Crystal Palace

8 Jozef Danko 22:11
11 Joseph Brady 22:25
13 Claire Steward 23:26
15 Mike Dodds 23:56

Banstead

Tony set a course PB but lost out on winning by a second
2 Tony Tuohy 17:17

Darent Valley 10K April 10

Three DRs made it for the early doors start on a crisp (but for the Brightoners later, not so crisp!) morning. I was advised to not run this hard all the way, and did wobble on that front on the morning, but Trevor S who ran it too, also agreed that I shouldn't, and so I didn't –for the first two mi at least. For those who haven't done this course, it is quite a pleasant route, but has inclines that don't make it a PB course, one of particular note at mile five.

But mile six makes up for it– in terms of relief. The course had to be slightly altered at Lullingstone apparently, and so by both Tony T's & my Forerunner, was 0.32 mi – 170m– over distance, a good 33 sec or so.

Andrea P was first lady, despite having an icky tummy the night before, and by her own admission, thought she would have to stop (and do a "Paula")

5 Tony Tuohy 35:54 (1st vet)
17 Jose Barretta 39:45
18 Nolan Wilkens 39:54
21 Andrea Pickup 40:191W/
336 Richard Pole 60:40

José

Tony writes:

Although apparently going much faster than last year the 4th and 5th miles show I didn't run up the hills any better – good job I got going again as I had dropped to 7th on the last hard hill (and was only 2nd V40) but got back to 5th and 1st V40 after belting that last downhill mile!

	2010		2011	
	Garmin Data			
1	5.32		5.19	
2	5.54	11.26	5.47	11.06
3	5.47	17.13	5.39	16.45
4	5.57	23.10	5.58	22.43
5	6.17	29.27	6.17	29.00
6	5.23	34.50	5.10	34.10
7	1.13	**36.03**	1.44	**35.54**

Brighton Marathon 10/04

Joanne Shelton writes….

Was it the weather on the day (hot and sunny)? Or the squeaky fold out bed I'd slept on the night before?, or the Hen and Stag parties which were going on in the corridor outside our hotel room at 3am? Or did Ajay sneakily slip something into my pasta? I don't think I'll ever know. Basically I finished in 4:24:47 a perfectly respectable time but slightly outside of my target of sub 4 hours. I felt good over the first 10 undulating miles overtaking Ajay and the 4 hour pacer group around mile 6.

Coming back into Brighton towards the half way point I just didn't feel right I had no aches or pains, I just didn't feel like running any more. Seeing Trish, Kim, Steph, Kaylee and then Sue spurred me on for a bit (I'd already seen Ros and Andy four times by mile 10) but I just couldn't keep any decent rhythm going. At the turnaround point in Hove, Ajay caught up with me and kindly offered some gels and water. I tried to keep going with him and the 4 hour pace group but managed to get squished out the back when the road narrowed slightly.

Between miles 19 and 22 I was walking more than running. This was through an industrial site with hardly anyone around and whilst there was music pumping out of various speakers it wasn't really enough to lift my spirits or feet. As we headed back in to Brighton the crowds reappeared and I was running more than walking again. It felt slightly weird running past people sitting outside their beach huts with cups of tea and ice creams. I heard a couple of spectators say it didn't feel that hot.

With Brighton Pier getting closer I started to feel a bit more like my normal self again and managed to put in a final spurt to the finish. I am a bit disappointed with my time but I am glad that I finished and didn't totally give up and drop out. I think we sometimes forget what an achievement it is to complete a Marathon, regardless of how fast a time we do it in.

Congratulations to Joanna, Ajay and Alexi for their amazing runs and a huge thank you to everyone who came down to support us

ASSEMBLY LEAGUE –Beckenham 07/04

A good turn out saw us finish third in both men's A and B team sections and we won the women's equivalents with ease with Clare holding back to win the women's race only taking the lead in last mile yet still winning by 30 seconds. Andrea Pickup, though a League regular, was making a rare race appearance this year and wasn't far from her best in third and with Ola in fifth, we won with plenty in hand. Ola though having been running the leagues for 16 years, seemingly set a big course PB.

The B team of Kim and Sue (both with two of their best ever short races) and Ros – faster than in 2010, were easy B team winners. There were good runs from the other women in the team of Nicola – her best run since the baby, Claire S, Clare O and Stephanie.

Buzz led home the men with a strong performance with Tony closing him down over the last mile with a big course PB. Mike W, continued his relentless progress with a huge PB. The men's team were completed by Duncan who was his usual consistent self on the course.

Jose Barretta was near his best while there was a very good run from Tiernan Ocleirigh. Mike Mann was first M60 and completed the B team scorers. League regulars Russell Daker, Andy Murray and Martin Morley were next with good runs, albeit outside their fastest sub 16s of the mid-90s with fell specialist Hugh Balfour next home.

Other men in action were Jo Brady, league debutante Oscar Hussey (battling with Ros, 50 years her senior and again showing great potential) and three other regulars, Graham Laylee, Ian Sesnan and Kev Wood.

Last year's times are given in brackets.

9 Buzz Shephard 14:44 (14:40 Sept, 14:46 Apr)
10 Tony Tuohy 14:49 (PB) (15:53 Sept, 15:10 Apr)
14 Mike Williams 15:10 (PB) (16:53 Sept)
23 Nolan Wilkens (2nd claim) 15:50
1W/24 Clare Elms 15:54 (15:42 Sept, 15:59 Apr)
32 Duncan Hussey 16:09 (16:03 Sept, 16:25 Apr)
40 Jose Barretta 16:27 (16:23 Sept)
46 Steve Smythe 16:37 (16:13 Sept, 16:15 Apr)
47 Tiernan Ocleirigh 16:37
49 Mike Mann 16:42 (1M60) (16:36 Sept, 16:25 Apr)
3W/55 Andrea Pickup 16:50 (17:28 Sept, 16:46 Apr)
5W/66 Ola Balme 17:11 (PB) (17:46 Sept)
81 Russell Daker 17:47 (17:18 Apr)
8W/83 Kim Hainsworth 17:54
87 Andy Murray 18:05 (17:40 Sept, 18:31 Apr)
11W/96 Sue Cooper 18:41
97 Martin Morley 18:44 (18:16 Apr)
98 Hugh Balfour 18:44
12W/103 Ros Tabor 19:09 (19:18 Sept, 19:11 Apr))
104 Joseph Brady 19:09
109 Oscar Hussey 19:24
18W/117 Nicola Richmond 19:44
19W/118 Claire Steward 19:45 (20:02 Sept, 19:37 Apr))
124 Graham Laylee 19:58 (19:22 Sept)
141 Ian Sesnan 20:58 (21:18 Apr)
38W/156 Clare Osborne 22:15 (22:57 Apr)
162 Kev Wood 23:21 (21:41 Sept, 28:53 Apr))
42W/165 Stephanie Burchill 23:40 (23:30 Sept)

Club course Debut times pre 2008

Tuohy 16:01 1994, Williams 16:38 2007, Elms 16:56 2007, Hussey 16:10 1995, Barretta 17:26 2007, Smythe 14:55 1993, Ocleirigh 17:26 2007, Mann 17:18 2000, Pickup 20:54 1994, Balme 21:49 1995 Daker 16:43 1993, Murray 16:14 1993, Morley 16:49 1995, Tabor 19:22 1996, Brady 18:53 2003, Laylee 19:46 2007, Richmond 20:53 2005, Steward 19:42 2003, Sesnan 17:09 1995, Wood 17:43 1993, Burchill 21:53 1994)

Men's TEAM:

1 Kent 20
2 Cambridge H 46
3 Dulwich Runners 65
4 Ravensbourne School 116
5 Serpentine 118

B TEAM:

1 Kent 65
2 Cambridge H 177
3 Dulwich Runners 182
4 Ravensbourne School 277
5 Eton Manor 304

Women's TEAM:

1 Dulwich Runners 9
2 Kent 26
3 Eton Manor 30
4 Serpentine 39
5 Beckenham RC 53

B TEAM:

1 Dulwich Runners 30
2 Kent 48
3 Victoria Park & Tower Hamlets 97
4 Eton Manor 101
5 Beckenham RC 128

Steve Smythe

Fullers Towpath 10 - 10th April

*Peter Jackson writes…*Always surprising more DR's don't do this race which has a course very similar to the Cabbage Patch and is well marshalled by the West 4 club.

My first sighting of Clare was when she was trying to break in to the men's changing rooms to store her kit (she's obviously missing Di's calming influence) and once the race started she fairly quickly disappeared into the distance, obviously taking her tapering for next weeks marathon in her normal way. For my plan this was 2 miles further than I have run in training for the last 6 months, so I decided to go for 9 minute miling and see how I lasted. cont…

…cont

Despite the heat, I lasted well even managing to do a sub 8:30 last mile and finished well within my target and felt OK. The best thing was I got another Fullers glass for my collection. This years being another gold one engraved with the date and name of the race. It has to be one of the best ever race mementos and as Claire said the only reason I enter regularly.

126	Paul Hodge	01:14:07	chip	01:13:30
175	Claire Steward	01:17:38	chip	01:17:21
228	Charles Wild	01:21:51	chip	01:21:28
313	Peter Jackson	01:28:35	chip	01:28:07

Kent Grand Prix – the next race is at Folkestone on Good Friday,

We scored a few points at Dartford last week and lie 10th of 33 teams largely on the strength of Paddock Wood where we got the highest score.

Pos	MALE TEAMS	Canterbury 10M	TunWells 1/2M	Greenwich 10K	PadWood 1/2M	Dartford 10M/tot
1	Maidstone Harriers	484	395	481	261	307 1928
2	Tunbridge Wells Harriers	339	506	385	314	267 1811
3	Paddock Wood AC	291	368	286	405	333 1683
4	Orpington Road Runners	250	414	215	291	376 1546
5	Larkfield AC	358	243	159	295	263 1318
6	Canterbury Harriers	223		491	229	98 1041
7	Thanet Road Runners AC	268		411	36	307 1022
8	Dartford Road Runners	309	182	436		0 927
9	Cambridge Harriers	68	98		268	331 765
10	Dulwich Runners AC	82			503	134 749

The women lie 5th, again largely thanks to Paddock Wood

Pos	FEMALE TEAMS	Canterbury 10M	TunWells 1/2M	Greenwich 10K	PadWood 1/2M	Dartford 10M
1	Maidstone Harriers	141	121	167	117	157 – 703
2	Paddock Wood AC	108	160	140	115	124 647
3	Larkfield AC	133	150		157	108 548
4	Kent AC	62	66	66		145 339
5	Dulwich Runners AC		89	47	179	0 315
6	Dartford Road Runners	142		124		0 266
7	Bexley AC	87			25	141 253
8	Sevenoaks AC	43	92	71	38	0 244
9	Tunbridge Wells Harriers	47	135		13	33 228
10	Invicta East Kent AC	69			73	43 185

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	
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	

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.

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

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**

What is the Good Gym? The Good Gym will help you do good and keep fit by pairing you with a local, less mobile, older person. You'll run to their house, deliver something nice and have a quick chat: it gives you the motivation to go for a run and they get a friendly visit and a free newspaper.

They also hold monthly runs which combine running with feel-good community tasks like tidying up a community centre's cupboards, gardening chores or decorating an old people's home.

I've been chatting to the lovely people behind the Good Gym about setting up a similar scheme in Southwark. So, if you know of any community centres, schools or libraries who could benefit from the help of a group of willing runners or, indeed, think you might be interested in becoming a Good Gym runner, please drop me a line on catherinesianlee@googlemail.com. At this stage, it's all about gauging (and drumming up) local interest so please do get in touch if you have any thoughts on the how we could lead the Good Gym charge in beautiful Southwark!

Catherine Lee

Next events.

Sunday 17 April

Trail – 12Km run with basic navigation, 1hr collect as many check points as you can £12.50
Sprint – 12Km run, 18Km bike with basic navigation, 2hr collect as many check points as you can. £20.00

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

Tic Toc - Clock buddy wanted!

In a moment of extreme weakness I stupidly agreed to temporarily take over the bookings for the two race clocks that Dulwich Runners are the proud owners of. The hiring of the clocks brings in much needed funds for the club to spend on worthy needs for the club members. Peter Gibbons has done it for what seems like the last millennium and done it really well. It is a tough act to follow.

I suggested offering race organisers a special extra priced feature of having the clocks run slightly slow to create more PB's for their race – all new innovation eh?

But what is really needed is a clock buddy.

A clock buddy would deal with any booking that had to be picked up or returned if I am away. All you would need to do is a bit of e-mail or phone liaison and picking up the clock(s) when necessary so that the hirer can collect at their agreed time. You would need a bit of space in a shed or garage to store them while waiting for collection.

So, if you could raise that hand and volunteer to help I would be really grateful. I may even let you have first pick of the chocolate brownies on club night.

Giles Gibson.

Dulwich Runners now have our own group on the flickr photo website (at long last). It already has pics from the Green Belt Relay and a growing selection of other content.
There is a link from the photo section of the Dulwich Runners website. Or use the following link to go there directly
http://www.flickr.com/groups/1411047@N20/

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops' and there are further DR photos that are not yet in the group on my page. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

Once I have reviewed the application you will be able to add your flickr pics, initiate or contribute to discussions and generally build the group.
So seek us out on www.flickr.com. And help to make our

Ola Balme
Sports & Therapeutic Massage

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

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.
If you would like to know more, discuss a course of treatment or make an appointment, please call:
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

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