SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 8th June 2011

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

– THE COMING WEEK –

Wed 08 **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Fri 10 **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 Martin – for details click here

Sat-Sun 11/12 **WELSH CASTLES RELAY**

Tue 14 **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**

In your *SHORTS* this week !

page 3 Club Champs/fixture List
page 4 Too fast or not too fast…that is the question !
page 5 Race reports and results
page 9 Club 2Mile Champs roundup & results
page 11 Assembly league, Victoria Park results

And much more !

NEW RUNNERS ROTA

Thanks to Clare Wyngard & Joe Brady for taking out new runners last week. If your name is on the rota to run with new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and swap with someone. Thanks. – **Ros**

Jose Barretta	08/06
Stephanie Burchill	15/06
Lindsey Annable	22/06
Joseph Brady	29/06
Sue Cooper	06/07

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Back at Dulwich Track

Improve your speed & strength over all distances

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

LUCKY VEST

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

WEDNESDAY NIGHT £1 RUNNING FEE

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

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**

WELSH CASTLES RELAY, 11-12 JUNE

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

Friday Track Sessions Dulwich College Track.

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

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

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

...cont

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

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

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

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

Cheers. - Martin.

Club's summer BBQ Party !!! Monday 29th August

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

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

Just bring the food you want to eat and we will cook it for you on a first-come first-saved basis, Oh, and don't forget your picnic rug to sit on !

Any BBQ-owner who would not mind bringing it for the day, please contact me, if we can avoid hiring equipment it will help us keep the ticket price down.
BBQs are for sharing so if everybody could bring a little bit extra that would make the party even more friendly for all of us!
And please let us know of which variety it will be (savoury (side/salad) or sweet (dessert/cake)) as this will help us help you coordinate what you want to bring and share with others on the day.
If you are interested please let me know **asap** how many tickets you require so we can advise you of ticket prices.
carolineschurmann@yahoo.fr - **All comments and suggestions very much welcome**

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

Date		Event	Venue
June	Sun 19	**Richmond 10k** (M) http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K	Richmond Park
	Wed 22	**Dulwich Runners Midsummer 5k race**	Dulwich Park
July	Thu 07	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
	tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Aug	Thu 04	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
Sept	Thu 01	**Assembly League Beckenham sports club, Foxgrove Road – 7:15pm**	Beckenham
	tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk, Bromley
	Sat 08	**Richmond Park**	
Nov	Sat 12	**Lloyd Park**	
	Sun 20	**Epsom 10** (M)	Epsom
Jan	Sat 14	**Reigate Priory Park**	
Feb	Sat 11	**Esher**	

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

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!

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

Ros

Changes to arrangements at Dulwich College track

Arrangements for entrance to the sports club have changed as of 1st May.

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

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

Graham Laylee

STARTING OFF TOO FAST (OR SLOW)

Starting races of all descriptions too fast is a common complaint amongst club runners, and not just inexperienced ones. One runner who left the club a year ago was a serial offender, matching his pbs for 5k and 10k in the course of marathons, only to fade badly, sometimes down to walking pace in the second half. It can also be a problem for older experienced runners, possibly in an unrealistic attempt to match performances of long gone days.

One recent case in point was a 800m where I went through the bell in 71 secs, only to complete the second lap 10 secs slower. The 800m may be something of an usual distance as Ros achieved a good time off a similar fast start at the same meeting, and in the past I have achieved some surprisingly fast times in this distance off uneven splits, (although it has rather taken the edge off the enjoyment of the final 200m). In my experience this tactic does not work well in the 1500m/1 mile, or indeed other distances.

"The risk of taking on the pace is that you get hung out to dry in the final stages of the race"

Across all distances the generally recognised ideal is even paced running, but this can be easier said than done, and there are some exceptions to this rule. For understandable reasons less experienced runners (and less understandably more experienced ones) start off over cautiously only to find that playing catch-up later on in the race is only partially successful. If you are running against club mates or known rivals, that is one way of regulating your pace at the start. In a 10k it is not a disaster to be 10 secs too fast at 1k, as you can then ease back, but you are likely to encounter problems if you continue too fast for 2k or 3k. Also note that the distance markers on the course may be inaccurate.

Similarly in the club mile next month, you can ease back (or press on harder) after the first lap if necessary (and here you will know that the distance will be accurate). Those of you who go to the track sessions on Tuesday and Friday should have a reasonable idea of your 1500m/1 mile pace, so you can use this as a benchmark.

There are exceptions to the virtues of even paced running. These apply particularly to track races, but not exclusively so.

In track races it is sometimes necessary to go with the pace of the race and not pay undue attention to the clock.

For example some races may be tactical, with most of the race at a pedestrian pace and then exploding in the final 400m. I experienced a couple of these on the indoor track earlier this year. It is possible, though in my view unlikely, that this will happen in one of the mile races next month. The risk of taking on the pace is that you get hung out to dry in the final stages of the race. On the other hand slow tactical races play right into the hands of fast finishers. In these circumstances being positive and taking on the pace can draw the sting from these fast finishers.

On other occasions you may start off deliberately at a fast pace in order to keep pace with a rival you are looking to beat. The advantages of such a tactic may be slightly stronger on the track than road but in both cases the runner who has gone off too fast will often come back to you. Alternatively you may be setting yourself unrealistic expectations in attempting to go with a fast starting pace.

In my experience where I have tried this approach in 3000m or 5000m races, I have often faded in the second half, (possibly because I have often done these races on the back of 800m or 1500m races) but there have been some occasions, usually highly competitive races, where this tactic has paid off.

In cross country races you will have not the benefit of distance markers to help regulate your pace, so it is even more important to regulate yourself using rivals and colleagues. For some reason there is a tendency for cross country races to start off at a frenetic pace. This can be sensible where for example the course narrows after 500m, but in my experience on most of the courses we use, this rarely happens so there is limited advantage in such a tactic. Also there is an element of unknown on cross country courses, particularly new ones, and you may regret having adopted this tactic when faced with a long muddy hill a few minutes later.

I am sure others will disagree with some of these views or have other advice to add, so I would welcome other views, in particular those of our coaches.

Mike Mann

Parkruns 5km, - June 4th
Crystal Palace

Mike Dodds reports…A large contingent of Dulwich Runners helped the CP parkrun to roughly double its usual attendance and celebrate its anniversary in style.

Claire Steward and Andrea Pickup were way out in front in the age percentage reckoning, with the former exceeding 80%. Also well up on the percentages was young Oliver running around with mum Emma. Another parent child combination was Jozef pushing baby Adam around in a buggy in close proximity to Ruki whilst mum Zuzana, running the event for the first time, was a couple of minutes behind those three.

The Dodds-Wyngard family duel led again to a couple of course bests although Mike was so doolally at the end - in the way that only a bout of speed endurance combined with the passing of the years can produce - that he didn't realise it until recovering at home some hours later. He was still behind Clare, buoyed, no doubt, by her 'CP parkrunner of the month' award for May.

With the anniversary came the prize-giving for the inaugural year of competition. Mike was presented with the runner-up trophy in the men's points table - having clocked up nearly 30 runs, and also volunteered a few times, he was always going to be hard to beat.

Most of the participants stayed for the presentation with the incentive of ample supplies of homemade cakes, including some especially delicious ones brought by Bob Bell, but made by daughter Penny, who was a volunteer official. These were washed down with Lucozade from the sponsors, delightful at 9.30 on a Saturday morning.

2	Nolan Wilkens	19:06	2nd cl
6	Andrea Pickup	19:44	1W
8	Will Davis	20:35	
18	Clare Wyngard	22:38	4W (PB)
19	Mike Dodds	22:40	(PB)
24	Claire Steward	23:15	6W
29	Emma Ibell	23:53	8W
30	Oliver Bottle	23:54	
36	Jozef Danko & Adam !	24:52	
37	Ruki Sidhwa	24:55	9W
45	Cory Wharton-Malcolm	25:44	(PB)
55	Christina Friend	26:37	15W
67	Zuzana Dankova	28:40	
77	Chris Vernon	29:59	
81	Sue Vernon	36:33	

82 finished

Andrea maintained her unbeaten parkrun record winning her sixth (all between 19:25 and 19:47) while Clare Wyngard set a PB in her 29th parkrun and the last 4 weeks she has run 22:40, 22:41, 22:39, 22:38 at the Palace!

Brockwell Park.

Ola Balme gained another league win and there were PBs for Ian, Alistair and Ian while Barry W just missed out.

14	Ola Balme	19:36 1W
19	Ian Butler	20:29 (PB)
22	Alistair Clarke	20:48 (PB)
28	Graham Laylee	21:57
33	Ian Sesnan	22:46 (PB)
52	Barry Walker	25:14

Bromley

Steve Smythe has been running doing little girl's training as of late and as per Tuesday his result - his fastest this year - was still showing as women's winner Tracey Mills, whose one previous park run was 38 minute.

7	Steve 'Tracey' Smythe	18:31
20	Michael Fullilove	19:54
95	Ameet Patel	24:02 (2nd claim)

Banstead Woods

Jo Quantrill	22.48	2nd claim

Bushy Park

Mike Williams smashed his PB and 17 minute barrier to finish second (out of 792 runners!) as he scored an age graded best of 79.27%, Alexie Shaw had her best 5km and only missed out on victory by 10 seconds.

2	Mike Williams	16:58	
29	Alexie Shaw	19:00	3W (PB)

Castleton Fell Race 6.4 miles 1500 feet

Hugh Balfour writes. It is always helpful when work fits round running.

I was in Yorkshire this weekend to take a wedding. The rehearsal was on Friday afternoon. So there was nothing else to do on Friday evening, but go fell running. The weather was glorious as I battled down the A1 and round Sheffield to the Peak District. Castleton is at the head of the Hope Valley in the Dark Peak, and the race was simply up Lose Hill along the ridge to Mam Tor and then back to the start.

It is part of the Accelerate Gritstone Series and the large number of runners testified to its popularity. The official results haven't been published yet, but I would guess there were well over 300, which is a huge field by fell running standards. But at 7.30, after an ominous warning that every year someone falls and gets injured, we were off.

The first half mile up a metalled lane was fine, but as we funnelled into a narrow rocky sunken lane, there was serious congestion for 200 yards. After that we were out on the open hillside, climbing Lose Hill. By half way up I was struggling; the virus I had at the beginning of May was taking its toll. I was ok on the flat and descending, but seriously lacking in power for climbing.

But the summit of Lose Hill eventually arrived, and from there was a steady undulating run along the ridge with glorious views of Kinder Scout and Edale(not that I was taking in the view – too many ankle breaking rocks for that!).

The final climb was 400 ft to the top of Mam Tor. This was mostly runnable, with, unusually, a small crowd of airborne spectators – it is a favourite spot for paragliding. Half way up I met the leading runners flying back down, in growing numbers, until I too ran round the trig point and could start the breakneck descent back to Hollins Cross, the low point on the ridge.

This was great running, fast and easy, grass all the way. But from Hollins Cross life got interesting. The route followed a steep narrow rocky path down the hillside, as challenging a descent as I have done, and I was pleased that only one runner overtook me, and I was in one piece at the bottom. Then we were back on the lane where we had started; a half mile sprint to the finish, or in my case stagger.

My legs were shot, and refused to go as fast as the runners who insisted on overtaking me. However, in the end I was pleased with my run, given my relative lack of fitness, and it was wonderful to be able to race in such a beautiful place.

94 Hugh Balfour 57.28
(Approx 300 finishers)

BMAF Championships 10,000m, Oxford, June 5

While Mo Farah was producing the greatest ever British 10,000m track run by some distance with a 26:47 European record in America,
http://www.runnerspace.com/eprofile.php?do=videos&event_id=120
Tony Tuohy smashed a 10,000m track record of his own – the Dulwich club vets record with a 34:44, despite starting a little too quickly with a sub-17 first half and win a national M45 silver medal. Ros won the W60 gold in 43:58., which is a club W60 record. Official times next week

VETS LEAGUE, 6 JUNE

In the second fixture of the season I competed as an M50 in the 800m, and later as a M60 in the 3000m. In the 800m, having started too fast the previous week, I tucked in behind the leader and kicked with 250m to go, winning the race comfortably. Not a spectacular time but at least it was relatively even and quite relaxed. I decided simply to go for maximum points in the 3000m and forget about the time, with the club 2 miles coming up the following day. ***Mike Mann***

800m 2:33.05 1st M50
3000m 11:18 1st M60

Cork City Marathon 6th June

Joanne Shelton writes.....

Following my disappointing run in the Brighton Marathon, I was determined to have another go at the distance whilst I still had all that training in my legs. I know I sound like a fruit loop but I headed off overseas anyway to have a crack at the Cork City Marathon and aalthough I was determined to finish in under four hours, I also wanted to enjoy it.

Now Cork is a bit of a hilly city so it was never going to be flat but I think the organizers did well to keep it undulating at worst and without sending us off through industrial wastelands. Not only was there a full Marathon but also a relay race over the entire course and a half marathon as well. The Marathon and relay started at the same time in St Patrick's Street in the centre of the City with relay changeover points every five miles. The Half Marathon starting later on out in Mahon. All three races finished together on St Patrick's Street. It sounds like a recipe for chaos but all the races seemed well organized although very laid back. The PA system at the start was only switched on 15 minutes before the race got underway!!!

Anyway, the race. We did a small loop around the main shopping area then headed out to an area called Blackpool (no tower I'm afraid). Then it was off out to the South East of the City and under the Jack Lynch tunnel towards Mahon. Here we ran along the waterfront until the half way mark. Then we were back on the streets and dual carriageways heading towards the Marina area of the City.

This is where I started to struggle a bit. I had only managed a couple of 15 mile training runs since the Brighton Marathon so I was heading into slightly unknown territory. I managed to keep going. Just thinking to myself that if I kept putting one foot in front of the other, I'd get to the finish.

By mile 19 I think I'd got through the worst of the mental torture and realised I could get under 4 hours even if I was doing 10 minute miles. We were now running along residential streets and the support which had been a bit sporadic to begin with was now starting to pick up a bit. The main support though was from the other runners. Especially the Marathon runners. Just after 24 miles we ran over a slightly humpy bridge and I felt myself flagging a bit. Only to feel a hand on my back from another runner pushing me on. I then found myself behind two men who where running at the same pace as me so I got stuck in with them.

They asked if it was my first marathon. When I replied that hopefully it would be my first under 4 hours, they both said come on then and carried me along with them to the finish line. It felt amazing to achieve my goal and hear my name being called out as I crossed the finish line. I was even given my medal by the Mayor of Cork.

Although whilst writing this I feel as though I have dislocated a hip, I thoroughly enjoyed the whole experience.

Gun Time: 3.56.42 Chip time: 3.56.18

Winning time: 2.25.32

Beckenham 10km, June 5

Buzz Shephard had a great run to set a PB on a tough course in breezy conditions moving from fourth to second in the last mile. Andrea Pickup, back in the right vest, had a much better run than the week before and also finished strongly to match Buzz's second place.

Nicola Richmond had her best run for a couple of years and finished seventh 7

2	Buzz Shephard	34:38
29	Andrea Pickup	39:03 2W
66	Nicola Richmond	42:22 7W
187	Paul Keating	51:21
190	Elizabeth Marks	51:28

Gatorade 10km Bluewater 5th June

*Duncan Hussey writes…*With a turnout of nearly 2,000, the roads closed and Iwan Thomas participating, you would think you would have all the ingredients for a highly competitive course with plenty of kilometre markers in all the right places. Seemingly not and with the aptly named Kenyan Run Fast team going sub 30, it was a relatively quiet experience over a windy, undulating course with few distance markers to help with pace setting. Greatest source for amusement was one spectator shouting out at 7k that the leaders were "only 6 minutes ahead". Not sure if that's an incentive or a chastisement.

21 Duncan Hussey 38.28 (2nd MV45)

Gatorade 2km Bluewater 5th June

Whilst the 10k was in progress, Oscar organised himself to take part in the mass 2km. Frustratingly, there's no results or clock but he thought he came 11th and was probably first U13.

11 Oscar Hussey

Richmond 10k entries, June 19

So far 45 entries for the club and we look to have fairly strong men's team but we aren't at full strength in the women's. It's possible you can still enter http://www.sportsystems.co.uk/ssUploads/fckeditor/Richmond10KEntryForm_2011.pdf

Vet women (8): Ola Balme, Christine Dawson, Clare Elms, Jo Hewett, Clare Osborne, Sue Rowlands, Ruki Sidhwa, Claire Tinker
Vet men (10): Joseph Brady, Timmis Cameron, Ian Butler, Mark Foster, Duncan Hussey, Paul Hodge, Paul Keating, Ajay Khanderwal, Charles Lound, Tony Tuohy
M50 (10): Mike Dodds, Peter Gibbons, Graham Laylee, Barry John Nicholls, Tiernan Ocleirigh, Andy Murray, Martin Morley, Steve Smythe, Gary Sullivan, Dave West
W50 (2): Ros Tabor, Clare Wyngard
M60 (2): Barry Dabrowski, Mike Mann
Senior women (5): Mel Edwards, Emma Ibell, Catherine Lee, Caroline Schurmann, Marlene Russell
Senior men (8): Jozef Danko, Neil Daniels, John Fletcher, Tom Marshall, Wai Ming Loh, Oliver Montford, Buzz Shephard, Chris Treble

Harvel 5 – Sat 4 June 2011

Claire Steward writes: Organised by the Harvel Hash House Harriers, 'The drinking club with a running problem', this 5-mile multi-terrain race was last on the Club Championship menu in 2002. Approached by impossibly narrow lanes, there was ample parking in a huge field a short walk from the village hall and the green. With 534 finishers, it's not a small race but still has the feel of a local village event as finishers and friends milled around on the Green enjoying beer, cakes, ice cream and burgers in the sunshine.

My time was marginally quicker than 2002 and 2008, perhaps due to the fact that the loop around Trosley Country Park was bone dry (unlike previous years), the Garmin measured the course as being slightly short, and chip timing. We all agreed that it's a lovely event and maybe it could be considered for next year's champs.

and Mike Mann says…All 6 DRs who took part in this race were regulars and in common with earlier years it took place on one of the warmest days of the year so far. It is a multi-terrain race with about 3 miles of the course on dirt tracks through Trosley Country Park, with some hills although none of them steep. Harvel Hash House Harriers advertises itself as a drinking club with a running problem, and true to form beer was available on request at the drinks station (it may come as a bit of a surprise to some that I declined).

Chip times

(Winner 28:03)

Mike Mann	32:45
Colin Frith	34:55
Martin Morley	35:30
Joe Brady	35:59
Claire S	36:27
Richard Pole	49:13

Club 2 Mile Championship, Dulwich, June 7

A solid club championships turn out though missing a few cub champs regulars including quite a few of the Tuesday track group and the women's turn out was slightly disappointing

Race 1

Ferenc opened up a big lead with a rather unwise burst of speed but was walking by the end of lap one and exiting the race by which time 11 year-old Oscar Hussey had taken up the pace. On the second lap though Nicola Richmond pulled away for an easy victory. Oscar held on for second with Jozef Danko just edging Joseph Brady who with his three runs in the last 3 years all within 4 seconds has the most consistent record.

Ros Tabor was close behind and was comfortably first W50 and won the Overall championships on age grading while Graham Laylee was an isolated sixth. Clare W won her battle against Claire S and was rarely one of the few who have improved in each of the last three years. Close behind came Mel Edwards who had her best ever short distance race.

Steve Cook, not quite at his fittest narrowly beat Caroline Schurmann, who though a long way down on her winter form, was a minute up on her 2010 run.

Mick Mead ran similar to last year though Cory Wharton Malcolm took a whole minute off his PB and a big sprint got him just inside 15 minutes. Barry John Nicholls was up on last year too while Clare Osborn was close. Michelle Allard made a good club debut and just beat her sub 16 target. The race's youngest competitor Claudia Pickup ran strongly with Stephanie Burchill up on her 2010 time. Chris Vernon completed the field with a strong run.

1 Nicola Richmond 13:07 (12:42 in 09)
2 Oscar Hussey 13:22
3 Joseph Danko 13:26 (13:59 in 10)
4 Joseph Brady 13:27 (13:23 in 09, 13:24 in 10)
5 Ros Tabor 13:29 (13:30 in 09, 12:53 in 10)
6 Graham Laylee 13:47 (13:17 in 09, 13:14 in 10)
7 Clare Wyngard 14:03 (14:37 in 09, 14:21 in 10
8 Claire Steward 14:05 (13:40 in 09, 13:51 in 10)
9 Mel Edwards 14:10
10 Steve Cook 14:31 (13:51 in 09, 14:00 in 10
11 Caroline Schurmann 14:34 (15:43 in 10)
12 Mick Mead 14:45 (14:43 in 10)
13 Cory Wharton Malcolm 14:59 (16:31 in 09, 16:03 in 10)
14 Barry John Nicholls 15:06 (14:34 in 09, 15:14 in 10)
15 Clare Osborn 15:35 (15:17 in 10)
16 Michelle Allard 15:57
17 Claudia Pickup (guest) 16:08
18 Stephanie Burchill 16:24 (16:30 in 10)
19 Chris Vernon 17:35 (16:46 in 10)
Francesca Pickup (gst) Ferenc dnf Ajay dnf

Race 2

Last year Buzz Shephard won in 10:05 with Tony second, this year it was 10:06 with Tony again second. Buzz started very fast and just missed out on breaking 10 minutes again. Tony was slightly slower than 2010 but had run a hard track 10,000m a few days earlier.

Mike Williams set yet another PB in third while Wayne was an isolated fourth in a PB. Charlie Lound, not fully fit, eased around the first lap and picked up the second to finish as second vet ahead of Duncan H. John Fletcher finished strongly on the second lap and with a big improvement won the Captain's award. Steve Smythe was first M50 just ahead of Catherine Lee who was first woman and matched her 2010 time to the second. Mike Mann was first M60 and just held off Chris Treble who confirmed his recent improvement.

Andrea Pickup was first female Vet having matched Catherine on the first lap and she just dipped inside 12 ahead of Tiernan and Alexie, the latter probably tired after winning a long bike Sportive over 80 miles on Sunday.

Paul Hodge carried on his own improvement with a 26 second PB beating Jose Barretta, who was another suffering from the bike ride. Mark Foster wasn't quite in his usual sub-12 shape and he finished just up on guest Jennie Butler. Oliver Montfont was close to his past two years runs though Russell Daker wasn't at his best. Ola Balme and Andy Murray finished close together while Martin Morley had a steady run just up on Steve Ackroyd, who had barely run for 8 weeks after injury which kept him out of the Edinburgh Marathon but was quicker than last year and club champs regular Colin Frith and Chris Loizou completed the runners. Chris has the most up and down record of the last 3 years with a 17 something and 10 something leading up to his 13 minute run this year.

1 Buzz Shephard 10:06 (10:05 in 10)
2 Tony Tuohy 10:29 (10:46 in 09, 10:22 in 10)
3 Mike Williams 10:39 (11:14 in 10)

4 Wayne Lashley 11:05 (11:14 in 10)
5 Charlie Lound 11:12 (11:03 in 09, 10:40 in 10)
6 Duncan Hussey 11:22 (10:57 in 10)
7 John Fletcher 11:30 (PB) (11:54 in 09)
8 Steve Smythe 11:42 (12:27 in 09, 11:27 in 10)
9 Catherine Lee 11:45 (12:10 in 09, 11:45 in 10)
10 Mike Mann 11:52 (11:41 in 09, 11:19 in 10)
11 Chris Treble 11:53 (12:12 in 10)
12 Andrea Pickup 11:55
13 Tiernan Ocleirigh 11:57 (11:56 in 09, 12:39 in 10)
14 Alexie Shaw 12:00
15 Paul Hodge 12:05 (12:59 in 09, 12:31 in 10)
16 Jose Barretta 12:10 (12:00 in 09, 11:16 in 10)
17 Mark Foster 12:13 (11:50 in 09, 11:59 in 10)
18 Jenny Butler 12:16 (guest)
19 Oliver Montfont 12:23 (12:28 in 09, 12:13 in 10)
20 Russell Daker 12:32 (11:50 in 09, 11:59 in 10)
21 Ola Balme 12:42 (12:24 in 09)
22 Andy Murray 12:44 (12:46 in 09, 12:21 in 10)
23 Martin Morley 13:00 (12:53 in 09)
24 Steve Ackroyd 13:01 (13:15 in 10)
25 Colin Frith 13:18
26 Chris Loizou 13:31 (17:03 in 09, 10:45 in 10)

Club Championships Awards

Overall winner: Ros Tabor
Fastest man: Buzz Shephard
Fastest woman: Catherine Lee
Senior men's award: Mike Williams
Senior women's award: Alexie Shaw
W40+: Andrea Pickup
W50: Ros Tabor
M40: Tony Tuohy
M50: Steve Smythe
M60: Mike Mann
Age Graded 2: tbc? Claire Steward
Age Graded 3: tbc? Andy Murray
Captain's: John Fletcher

Surrey Road League and Kent Grand Prix

Dulwich Runners are registered in two local road leagues. By taking part in these races you can earn points for the club and take part in the individual championships. For details on these (including individual qualification for the Kent GP), see the Surrey Athletics or Kent Athletics websites.

We have also included two of the races, the Ranelagh Richmond 10k and the Paddock Wood Half Marathon in our club championship.

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

Charlie Lound

Date	Race
Surrey Road League races 2011	
5 June	Dorking 10 miles
19 June	Richmond 10k*
16 July	Elmore 7 miles
24 July	Elmbridge 10k
14 August	Wimbledon 5k
Kent Grand Prix races 2011	
5 June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2 October	Sittingbourne 10K
6 November	Deal 5K

* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship

ASSEMBLY LEAGUE
Victoria Park, June 2

While building work in the park had caused doubts over the available course, sadly the route was changed for no real apparent reason to just under 3 miles instead of the 3.5 miles that had been used for the past 35 years when a slight adjustment to the start could have easily made it 5km..

The women won on countback from Victoria Park – scores were the same with 3 scorers but our third beat theirs which was a good result without our usual top two league runners.

Catherine Lee had her best ever League run to take third and with Alexie a solid sixth and Ola also in the top 10 we just about edged it but helped by our first B runner Kim H, who had her best ever league run also, finishing ahead of Victoria Park's third we won the team race on the day and have a six point lead at halfway.

With a track 10,000m at the weekend, Ros took it comfortably and Mel Edwards improving her speed every race and a strong run from Stephanie completed the women's team. The B team finished second but also have a big six point lead in the Standings.

Buzz Shephard was slightly caught out by the change of course and suffered his first defeat to Tony, who had another exceptional run while Mike Williams was close with another top class run. There was a long gap to our fourth scorer which saw us just sixth on the day where Jose had a strong run and he just got the better of John Fletcher. Mike Mann was first M60 as usual while Chris Treble also had his best League run and completed the B team which were fourth.

The rest of the male competitors were the usual regulars – average age 55 plus, Andy, Colin (edging rival), Martin, Graham and Kevin and we could do with a few younger league competitors!

At the halfway stage, the men just edge third and the B team lie 2nd. Individually, Tony is second Vet, Mike first M60, Clare 2nd woman (though she had to watch this time), Ola first W35, Clare first W45 and Ros first W55.

11	Tony Tuohy	15:37	(1M45)
13	Buzz Shephard	15:40	
17	Mike Williams	15:48	
29	Nolan Wilkens(2nd cl)	16:31	
48	Jose Barretta	17:19	
50	John Fletcher	17:23	
53	Steve Smythe	17:30	(2M50)
63	Mike Mann	17:48	(1M60)
55	Catherine Lee	17:36	3W
69	Chris Treble	17:59	
75	Alexie Shaw	18:02	6W
92	Ola Balme	18:31	9W
97	Kim Hainsworth	18:40	10W
116	Andy Murray	19:25	
126	Colin Frith	19:52	
132	Martin Morley	20:12	
137	Graham Laylee	20:22	
138	Ros Tabor	20:23	18W (1W60)
161	Mel Edwards	21:17	26W
198	Stephanie Burchill	24:39	44W
203	Kev Wood	26:25	

Standings after three matches: M40: 1 McGrory 44; 2 Tuohy 42. **M50:** 1 Cross 26; 3 Smythe 21. **M60:** 1 Mann 30; 2 Evans 26

TEAM: 1 Kent 43; 2 Cambridge H 54; 3 Victoria Park & Tower Hamlets 60; 4 Stock Exchange 64; 5 Serpentine 82

Standings: 1 Kent 45; 2 Cambridge H 39; 3 Dulwich Runners 35

B TEAM: 1 Victoria Park & Tower Hamlets 128; 2 Kent 142; 3 Stock Exchange 162

Standings: 1 Kent 44; 2 Dulwich Runners 37; 3 Serpentine 33

Women

Standings: 1 Gounelas 41; 2 C Elms (Dulw) 30. **W35:** 1 Balme 27; 3 A Pickup (Dulw) 20. **W45:** 1 Elms 20; 2 C Grady (Kent) 13. **W55:** 1 Tabor 30; 2 K Hancock (Serp) 25; 3 C Steward (Dulw) 18

TEAM: 1 Dulwich Runners 18; 2 Victoria Park & Tower Hamlets 18; 3 Serpentine 32; 4 Eton Manor 34; 5 Beckenham RC 71

Standings: 1 Dulwich Runners 36; 2 Serpentine 30; 3 Eton Manor 29

B TEAM: 1 Victoria Park & Tower Hamlets 48; 2 Dulwich Runners 54; 3 Serpentine 69

Standings: 1 Dulwich Runners 35; 2 Kent 29; 3 Victoria Park & Tower Hamlets 29

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

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

We usually stay in a hotel by the seafront with its own outdoor swimming pool and indoor gym. The bedrooms have their own lounge, are comfortable and inexpensive.

Huge sandy beaches, nice forest trails (see pic) and good cycling opportunities. This year's event has not yet been advertised but it will shortly be possible to enter online at:

http://www.trackandfield.co.uk/default.asp?UniqueID=190

Don't hesitate, contact Andy, Ros, Mike M, Steve S or Caroline for their advice re the running events, choice of hotels, meal deals etc.

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

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

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

Catherine Lee

HEBER FUN RUN Saturday, 18 June 2011

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

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

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

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

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

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

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

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops'. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

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

Tic Toc - Clock buddy wanted!

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

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

But what is really needed is a clock buddy.

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

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

Ola Balme
Sports and Therapeutic Massage

Special Offer for Club Members

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

What could you benefit from?

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

Ola is an experienced Sports Massage Therapist and club runner.
For inquiries or to book an appointment, please call
020 8678 7205
0750 655 4004
ola.balme@btinternet.com

VIRGIN LONDON MARATHON 2012

Good for age entries

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic

'good for age' entry into the 2012 Virgin London Marathon.

Do I qualify?

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

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

How do I apply?

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

Proof of performance

A photocopy of your running results, for example a certificate or newspaper clipping.
The results will need to be from a marathon completed in 2010 or 2011.

Proof of age

A photocopy of your photocard driving license, passport or birth certificate.

What's the closing date for applications?

Please send your good for age application to this address:

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

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

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

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

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