SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 1st 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 *01* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Thu *02* **Assembly League, Victoria Pk, Mile End**
7:15 important see here

Fri *03* **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 Martin – for details click here

Tue *07* *No* **Track Session Club 2 mile Champs in Dulwich Park – 1st race 7:10,** see below

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

DULWICH TRACK SESSIONS

Back at Dulwich Track

Improve your speed & strength over all distances

Tuesdays with Steve Smythe
Start 7pm. **Fee £2 – pay Steve**

Fridays with Martin Morley
7:15 for 7:30 start. **Fee £2 – pay Martin**

Club Championships: June 7

Next Tuesday, there will be no track session at Dulwich College because of the Club 2 mile Championships in Dulwich Park. The likelihood is there will be two races, one probably at 7.10pm and one around 7.30pm, the race starting near the playground near the 10k start.
If you intend to compete please e-mail stevesmythe2006@yahoo.com so we have an idea of numbers and can work out who will be in which race

FOR SALE FOR SALE FOR SALE
A pair of Adidas spikes never worn size 6.5 (uk) 7 (us). £30 new, any financial contribution welcomed.
Please contact Jo Quantrill via jjquantrill@tiscali.co.uk

In your *SHORTS* this week !

page 3 Club Champs/fixture List
page 4 Race reports and results
page 5 Parkruns

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**

Kevin Wood	01/06
Jose Barretta	08/06
Stephanie Burchill	15/06
Lindsey Annable	22/06

LUCKY VEST this Wednesday

May winner was **Joe Brady**
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

Assembly League: Thursday 2/06 7.15pm

Traditionally the fixtures at Victoria Park are where we normally have our weakest League team as it is harder to get to than Beckenham or Greenwich. However, we have made a good start in the first two fixtures and need as many Dulwich Runners (first and second claim members) of all abilities and men and women to run this fast flat 3.5 mile around Victoria Park

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 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.

Club's summer BBQ Party !!!

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

We are thinking of the **Bank holiday Monday 29th August**. If you can't make this date, please let me know as the date is provisional, though bear in mind it is the only afternoon we have available at the club house. Only other option would be to organise our party on a Friday evening. **All comments and suggestions very much welcome**

Tickets will be on sale as soon as the date and numbers are confirmed, and the price will cover the club's costs for disposable plates, cups and cutlery. We'll also provide some small extras, including one complimentary drink from the bar

You only need to bring the food you fancy eating and we will cook it for you on our on a first-come first-saved basis. and 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 (if any children their ages please), so we can advise you of ticket prices.
carolineschurmann@yahoo.fr

CLUB FIXTURES 2011 inc Club Champs. & Assembly League

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

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

Race Reports & Results

SURREY MASTERS TRACK AND FIELD CHAMPS, 28 MAY

Ros and myself ran the 800m and 5000m in windy conditions at Ewell track. Starting in lanes, we both set off rather ambitiously in our 800m races, with times at the bell of 71 secs and 81 secs respectively. Ros finished in a fast time, whereas I just managed to hold onto my lead at the finish line. The 5000m a couple of hours later was a bit of a struggle, and I found I was gradually fading in the second half of the race. ***Mike Mann***

800m

Ros Tabor	2:51.0	1st W60
Mike Mann	2:31.6	1st M60

5000m

Ros Tabor	21:12.3	1st W60
Mike Mann	19:14.4	1st M60

BUPA London 10,000

Open road races and especially National Championships are really only for first claim runners so it was surprising to see Andrea Pickup running in a Blackheath and Bromley vest and score in their team and she was caught near the end by former member Teresa Gaillard de Laubenque.

420 Teresa G. de Laubenque	39:55 (72nd W)
424 Andrea Pickup	39:57 (73rd W)
492 Gary Sullivan	40:49 (6th M50

Cambridge H Open, Sutcliffe Park, May 25

Buzz Shephard set a PB in running a time worth around 4:36 for a mile

800:	2 Debbie Niccol (2nd cl)	2:19.02
1500:	9 Buzz Shephard	4:18.54 (PB)

BMC Manchester, May 28

1500: C: 4th Debbie Niccol (2nd cl) 4:33.75 (PB)

Dunsfold Duathlon, 4.5k run, 15K bike, 4.5k run, May 28

Steve Smythe reports I did this last year in August and it poured with rain. This year it was dry but the wind on an open airfield was awful and close on dangerous with the crosswinds. It didn't go well on the way there when I punctured half way between the station and the airfield and the bike wobbled the last 5 miles and then had to find someone to help change the tube.

The first run wasn't good but I held on for a solid sixth and a seemingly smooth changeover deteriorated at the end as I lost about a minute due to bike helmet and pedal/shoes issues and then could barely get above jogging pace as I hit the teeth of the wind. I settled into it later and repassed the half dozen who'd gone by at the start and got back to sixth at the finish though the bike seemed to lose control on the last lap, which I put down to the winds.

The second run was awful due to the run, ride, wind and lack of fitness well over a minute slower than the bad first one and I lost one and gained one and just about held off someone coming up fast, which was just as well as he was a fellow M50 and I kept my unbeaten M50 record in my five duathlons by about five seconds. Then checked my bike and I found I had another puncture, and it took about 4 hours to get home.

6 Steve Smythe 64:46 (17:09, 0:40, 28:17, 0:22, 18:18) (1M50)

Parkruns 5km, - May 28th

Ola B set a course record in her women's victory while Clare E made a return from injury and eased round to win the women's race while Clare W and Nicola R gained second places and set their course bests. Duncan Hussey and Oscar Hussey produced the best men's performances with a set of PBs

Bromley

5	Duncan Hussey	18:07 (course PB)
39	Colin Frith	20:56
50	Oscar Hussey	21:36 (course PB)
87	Di Morgan	24:20
95	Clare Osborne	24:39 (missed course PB by 1 sec

Crystal Palace

*Mike Dodds writes…*Saturday was the first anniversary of the CP parkrun, although it won't be celebrated 'properly' until next week's running (4th June). Will had another strong run to occupy 4th place overall and register a PB.

Likewise Clare was officially given a PB although she did actually run a few seconds quicker last week but suffered from some slightly eccentric, and ungenerous, timekeeping in those results. Mike had been hoping that she would be letting up a bit with a full Olympic distance triathlon on the following day but no such luck! Meanwhile Chris Vernon was very pleased to beat the half hour.

4	Will Davis	20:25 (PB)
13	Clare Wyngard	22:39 (PB)2nd W
16	Mike Dodds	23:20
45	Chris Vernon	29:54

49 finished

The organisers are hoping for a bumper turnout at the 4th June anniversary celebration . The Lucozade sponsors will be present and runners are being encouraged to wear fancy dress and to bring cakes etc. for afterwards, see web-site and flyer opposite for further details

Hackney Marshes 21/5/11

Graham Laylee 21:02

Brockwell Park.

14	Ola Balme	19:11	1W (Women's course rec./course PB)
24	Andy Murray	20:40	
25	Nicola Richmond	20:41	2W (course PB)
29	Ian Butler	20:56	(eq course PB)
37	Graham Laylee	21:44	
49	Ian Sesnan	22:54	(course PB)
78	Barry Walker	25:54	

Greenwich

5	Clare Elms	19:48	1W
6	Steve Smythe	19:48	

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	

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

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, 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

13th ANNUAL HARVEL 5

(The biggest and probably best 5 Mile race in Europe)
SATURDAY 4th JUNE 2010 (2PM
We are receiving more entries for "The Harvel 5" than ever before so we will have either no entries on the day or they will be very limited, as your club runners have supported our race in the past we would like to give your club runners the opportunity of running with us again but my advice is to enter now to be certain of a place so I would be most grateful if you would forward this event to all your running members, you can enter on line at the Runners world site or the Run Britain site.

HARVEL HASH HOUSE HARRIERS
The drinking club with a running problem! Sponsored by the Amazon & Tiger

This friendly but competitive, beautiful but tough race packs a lot into its five-mile out-and-back route. Tracing a path through the beautiful Kent countryside, the Harvel 5 covers tarmac, woodland, rocky slopes and all the mud a keen cross-country competitor could wish for.
With a field of over 600 runners the largest 5 mile race in Europe, free beer waiting at the water station for thirsty runners and a mini village fete in full swing at the finish, it has a party atmosphere that's hard to beat.
Number of Runners: Last year there were 668 entries and 581 finishers. The race limit this year has been increased to 700.
The course is not suitable for wheelchair entrants. All runners and joggers welcome. Minimum entry age is 15.
For more details please see our Web site harvelh3.org

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 (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**

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