SHORTS

Newsletter
Wednesday 18th May 2011

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

– THE COMING WEEK –

Wed 18 **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar
Easter Quiz Run – below for details

Fri 20 **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 Martin – for details

Tue 24 **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**
Grass warm up then various track reps.

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.

A big thank you to Ros for doing SHORTS the past two weeks.
BG

In your *SHORTS* this week !

page 3 Club Champs/fixture List
page 4 Grim II – Return of The Beast
page 5 European Masters !?
page 6 Join The Ratrace !
page 7 Beckenham relays, report & results

And much more !

NEW RUNNERS ROTA

Thanks to Chris Treble 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**

Clare Wyngard	18/05
Lindsey Annable	25/05
Kevin Wood	01/06
Jose Barretta	08/06
Stephanie Burchill	15/06

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

This month's 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

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

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

Dulwich Runners Midsummer 5k volunteers needed!

You can do your bit for the Big Society (!) by helping to organise our midsummer 5k race.
This year's race will be on Wednesday 22nd June in Dulwich Park.

If you are interested in being on the race committee, please contact me.

Thanks. – **Ros**

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

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

We usually stay in a hotel which is by the seafront and has its own outdoor swimming pool and indoor gym. The bedrooms have their own lounge, are comfortable and not expensive. 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

Friday Track Sessions Dulwich College Track.

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

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

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

cont...

...cont

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

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

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

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

Cheers. – Martin.

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

East Grinstead Triathlon May 15th 2011

Clare and Ruki did this sprint triathlon at the weekend. It comprised a 500m pool swim, a 26km "undulating" (i.e. forgotten how hilly it was!) cycle leg and a 5km run. The 2 lap run is a ridiculous route – along East Grinstead High Street passing window shoppers and pub goers (at that time of the morning?) and winding up and down side streets and crossing two roads. It also added an extra loop around a green and tree to make it even longer – obviously a short course in previous years. Still, it was reasonably flat.

Unfortunately Ruki's chain came off during her ride. Clare was pleased to knock 2 minutes off last year's time, considering the run was longer. It was lovely to have John McGlashan supporting us on the ride (going faster in the opposite direction!) and at the finish.

Clare Wyngard 1.31.05 (147th/369; 3rd V-W50/16) 22.01 for run
Ruki Sidhwa 1.40.06 (225th) 24.08 for run
Clare Wyngard

Hastings Runners 5M Road Race - Sunday 15 May 2011

*Ian Butler writes…*A flat and fast 5 Mile along the Hastings sea front, run as an out & back that looped around a solitary marshal standing at the point where the promenade literally hits a brick wall. In inclement weather I'm guessing this would be a battle against the elements, but on a sunny and breezy day it was a great chance to run my favourite distance at a good pace.

Starting and finishing in front of the town hall we ran through the pedestrian area and out onto the esplanade, my 1st mile in around 6:45 and then settling into 6:50 or thereabouts. After almost 5 months off, and having trained for just the past 6 weeks, it felt an achievement to finish in under 35 minutes.

77 Ian Butler 34:23 2nd MV
328 finishers
Ian Butler

Full results:
http://www.hastingsrunners.org.uk/5mile2011/results.htm

Grim II: Beast in the East 10K Swanley, May 14

Those familiar with the Grim series might wonder how a Spring fixture could possibly fit with the tough, mud- and bog-soaked reputation of its December counterpart. The answer is simple: by sending runners over all the lung-busting climbs, daredevil descents and uneven, sandy terrain you can squeeze into a 1.8K motocross circuit.

Within minutes of starting, my heart was hammering and the opening stretch through neighbouring fields did nothing to calm my trepidation at what lay in store. Soon enough, we hit the relentless ups and downs at full pelt. Each climb felt steeper than the last and the relief at conquering each peak was soon countered by a dizzying drop below. Respite came in the form of a short woodland stretch, though the terrain was still tricky underfoot and a rather perilous scramble net almost saw me hit the ground at force.

My growing dread at the thought of a second lap of the motocross course was only aggravated by the lack of signage and marshals, leaving the first 40 runners (myself, Chris, Wai and Kim included) forced to clamber over a fence to get back on track. The finish then arrived sooner than expected –our diversion meant we'd missed 0.8K of the original route. Given my screaming quads as I crossed the line, it was strange to feel somewhat short-changed at the news – thankfully though, the organisers agreed to acknowledge the winners and later contacted us with the promise of a refund too. What's more, they've even granted us free entry to do it all again next year…
Catherine Lee

Our times over not-quite-10K:

Catherine Lee	42:54 (1W)
Chris Treble	43:11
Wai Ming Loh	43:19
Kim Hainsworth	44:55 (5W)

Due extra respect for completing the full 10K:

Ferenc Takacs	55:11
Caroline Schurmann	55:58

Sudbury Court 10k, May 15

4 Rob Watts 37:03

EUROPEAN MASTERS ROAD RACES, THIONVILLE, FRANCE, 13-15 MAY

Four of us travelled to Eastern France for these road championships held every 2 years. The events consist of a 10k and a half marathon, but also include cross country relays on the day in between. The championships took place in Lorraine in eastern France, quite close to the Luxembourg border. The area is industrial with steel works and power stations nearby but the town of Thionville was pleasant with some old WW1 fortifications, nice parks and a good choice of eating and drinking places. For the most part the event was well organised, though the half marathon presentation in which several of us were involved took an inordinate amount of time.

The first event the 10k took place in warm unbroken sunshine. The first two races were OK, but by the time of Tony's race at midday the sun was strong. Tony had an excellent race, finishing only seconds outside his pb but unfortunately managed to damage a calf in the process. Ros was in her usual consistent form, well recovered from a recent calf problem and finishing in a similar time to Chichester. Andy had one of his best runs for several years, around 30 secs faster than Chichester. My performance was inexplicably below par, with heavy legs from the halfway point. Ros was first Briton to finish and won team gold while I was in a bronze medal winning team.

The cross country relays were a team event (3 per team) with the women and M60+ running 2k each and the remaining men running 4k each. They took place on a bone hard playing field with loads of zig zags. They are quite a fun event with several scratch teams with different ages and even nationalities, but in some of our age categories the results were highly competitive. Ros competing in a W50 team which included one walker finished in a creditable 4th position.

Tony was forced to ease his way around the course and his team also finished 4th. Andy, running in a British B team was up against some strong competition and finished 5th. I decided to make up for my poor performance the previous day and had a blast round the course, treating it as a track race. I sat behind the leaders, most of whom I had beaten by over 3 minutes the day before, finishing 3rd on my leg but closely in touch, but our team finished 4th. No individual times were posted for the cross country relays, and changing over made it difficult to record our own times.

After our efforts of the previous few days we were somewhat nervous about Sunday's half marathon. This was a largely flat course with the first half along the Moselle and the return taking in some small villages. Tony was on course for a good run until 13k when his tightened forcing him to adjust his pace and running cadence and costing him around 5 minutes. Ros had another good run, finishing close to her Paddock Wood time and winning individual bronze. Andy struggled a bit with the effects of tree pollen, while my run, while not especially fast was a big improvement on my 10k and unusually even paced, with my km times varying by no more than 2 or 3 seconds throughout. I finished in the bronze medal winning team.

Mike

<u>10k Results</u>

Tony Tuohy	34:31 (12th M45)
Mike Mann	39:58 (18th M60)
Andy Murray	41:08 (27th M55)
Ros Tabor	43:54 (5th W60)

<u>Half Marathon Results</u>

Tony Tuohy	1.21:15 (19th M45)
Mike Mann	1.27:01 (9th M60)
Andy Murray	1.32:28 (23rd M55)
Ros Tabor	1.35:15 (3rd W60

Well done in the European Masters to Ros who won individual and team medals and to Mike who won team medals and Andy who ran his quickest 10k for some time while Tony just missed the club M45 record in the 10k but suffered a calf injury in the half.

Ros was recently featured in Athletics Weekly due to her recent successes

Steve Smythe

Parkruns 5km, - May 14th.

Brockwell Park.

Ola gained a win (her tenth out of 10 runs at Brockwell) and there were lots of PBs with Clare W's probably the pick

8 Ola Balme	19:17	1W
11 Paul Hodge	19:46	(course PB)
13 Mark Foster	20:07	
22 Sam Oyeyinka	20:55	
27 Graham Laylee	21:40	
28 Jozef Danko	21:48	
35 Giles Gibson	22:15	
47 Ian Sesnan	23:09	(course PB)

Bromley

17 Nolan Wilkens	19:43 (2nd cl)
31 Colin Frith	20:48 (course PB)

Crystal Palace

18 Clare Wyngard	2:40	3W (course PB)
21 Bob Bell	23:18	
23 Mike Dodds	23:38	
27 Jo Shelton	24:14	

Capitol Hill Classic 10k, Washington DC, 15 May

Ed Smyth flew back and wrote...Ouch ... a tough race. I know I am still recovering from being a long time injured, but I seem to be getting slower and slower with each race rather than faster! I would not usually have considered racing at 7.30am (and having to register at 6.30am!) but as I had just flown in the night before and was still adjusting to the time zone, it didn't actually feel that early.

The race went through a series of wide, traffic-free streets and was mostly flat with the exception of a tough hill in the final mile. I started at what felt like a reasonably comfortable pace, but just got progressively slower, but enjoyed the novelty of doing a race abroad.

71 Ed Smyth 41:30
899 finishers

Kent Championships, Ashford, May 15

Buzz Shephard had probably his greatest run and enjoyed his biggest achievement to date when he took the silver medal in the Kent Championships. Running a steady pace of around 78 seconds per lap he ran a more even race than normal and kept the pace going well to record a PB of 16:12.1, fairly similar to his slightly short 5K at the Dome.

2nd Buzz Shephard 16:12.1

Steve Smythe

Ratrace/Runners World Trailblazer 10K at Bedgebury Pinetum 14th May

For those who don't know it, Bedgebury Pinetum is a Forestry Commission Park just off the A21 about 5 minutes south of Bewl Water. They've got a 13K mountain bike trail a 9K and 4K family cycle trail a high level tree walk plus several walking trails, and climbing areas for children. The only charge is a flat fee of £8.50 for the car park there's no other entry charges but you can hire bikes of all sizes including the trailers for infants. This location was the South East venue for the new series of 10K trail runs being sponsored by RW and Ratrace

It seemed a bit expensive initially at £30 but this included a technical T-shirt, the local parking fee plus a goody bag and other freebees for spectators. There was all the extras you would expect from a high profile event - chip timing, good marshaling, several pre and post race activities etc. The race was organised into waves to prevent jams on the course and these were based on predicted times with the fastest group first. I suggested a modest 55-60 mins finish and went in Wave 4 which allowed me to wear a very fetching pink wristband (I kept Lynn close so no-one got the wrong idea during the warm up).

Another bonus was that Saucony were on site offering the runners to race in a new pair of Peregrine Trail shoes with no obligation to purchase them after, but an extra £15 off if you did buy them. This was too good to turn down as my old trail shoes have been coated in mud a bit too often and I always find it a bit of a lottery choosing off road shoes. The first one and a bit kilometer was straight uphill which was a bit of a shock to my legs and lungs but after this the course was similar to the Sevenoaks Seven/Eridge 10.

There was surprisingly little shade from the trees so I was grateful for the 2 water stations, downing half a bottle at each. The last K was also uphill so in the end I was quite pleased to finish in 52:57 on the watch (52-53Chip) which was only a minute down on my Ted Pepper time - I must be slowly improving. The goody bag presented at the end was about the best I've ever seen full of gels milk shakes magazines and even a Men's Health DVD.

1st Man	38;34	
1st Lady	42:53	
235th - Moi	52:53	out of 730 finishers

Oh and the shoes were like carpet slippers and are now in my kitbag

Peter Jackson

Beckenham Relay, May 11

Steve Smythe writes….There was an easy win for the women's team as we did well to put six teams out overall though the women outnumbered the men by 11 to seven. Alexie Shaw led the women in on the first leg with a steady run and Andrea Pickup consolidated the position on leg two and Debbie Nicholls, who has been training on the track with us the last few months, ran the second quickest women's run of the day in her club debut.

The B team came third, Caroline and Kim (two minutes up on her 2010 run) ran to recent form but the revelation was Catherine Lee, who in our winning team last year was much faster this year and indeed quicker than all bar Debbie in the A team.

On reflection we made a tactical error putting our best two men in a men's team rather than a mixed as with one of our B women runners we would have easily won the mixed instead of finishing eighth with a mediocre final leg in the men's after a good run by Mike Williams and a strong one from Duncan Hussey.

The M50 team were steady with Russell quickest with Colin getting a rare 'win' over Martin. The mixed team were led off well by Tiernan and finished off well by Charlie and Marlene while the women's C team of the evenly matched Clare O and Ruki plus a quicker leg from Claire T saw them finish 51st out of 60 teams.

The course used was the one used last year through Beckenham Place Park rather than the previous one though it does have a very hard finish.

8th Dulwich men 46:16

Mike Williams	14:25
Duncan Hussey	15:30
Steve Smythe	16:21

1st women (13th) Dulwich Women 48:21

Alexie Shaw	16:24
Andrea Pickup	16:13
Debbie Nicholls	15:44

3rd women (31st) Dulwich Women B 52:14

Caroline Schurmann	18:44
Kim Hainsworth	17:18
Catherine Lee	16:12

33rd Dulwich M50 52:56

Martin Morley	17:54
Russell Daker	17:09
Colin Frith	17:53

39th Dulwich mixed 54:14

Tiernan Ocleirigh	16:21
Charlie Wood	18:31
Marlene Russell	19:22

51st Dulwich Ladies C 61:04

Clare Osborne	20:58
Ruki Sidhwa	21:14
Claire Tinker	18:52

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

GREEN BELT RELAY 21/22 MAY

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

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

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

Relays Team

WELSH CASTLES RELAY 11-12 JUNE

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

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

Anyone interested please contact Caroline or myself.

Mike Mann

carolineschurmann@yahoo.fr

mcmann90@yahoo.co.uk

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

"Tweet Tweet - Dulwich Runners are now on Twitter
http://twitter.com/dulwichrunners
Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

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

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

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

Catherine Lee

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

facebook

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

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

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

BBC RUNNING CLUB
Regent's Park 10K
Date: Thursday 26th May 2011
Start Time: 6:30 p.m.
Place: The Hub, Regent's Park London
First 100 only To get an entry form for this race contact Steve Wehrle on steve.wehrle@bbc.com

Tic Toc - Clock buddy wanted!

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

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

But what is really needed is a clock buddy.

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

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

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