DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 4 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 4 May **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start Showers, Bar

Thurs 5 May *ASSEMBLY LEAGUE 7.15 DOME O2*
5K inter club race

Fri 6 May **Track Session with Martin Morley**
Dulwich College 7:15 for 7:30 start
Fee £2 to Martin

Tue 10 May **Track Session with Steve Smythe**
Dulwich College, 7pm **Fee £2 to Steve**

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

Thanks very much Caroline and Ian for organizing the Easter Quiz Run. Great fun to have a slightly different interesting route, and then chocolate afterwards!

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**

In your *SHORTS* this week !

page 2 Assembly League details
page 2 Wedding news!
page 3 Club Champs/fixture List
page 4… Race reports

And much more !

NEW RUNNERS ROTA

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

Marlene Russell	04/05
Chris Treble	11/05
Steve Wehrle	18/05

LUCKY VEST – THIS WEEK!

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

Dulwich Runners Midsummer 5k volunteers needed!

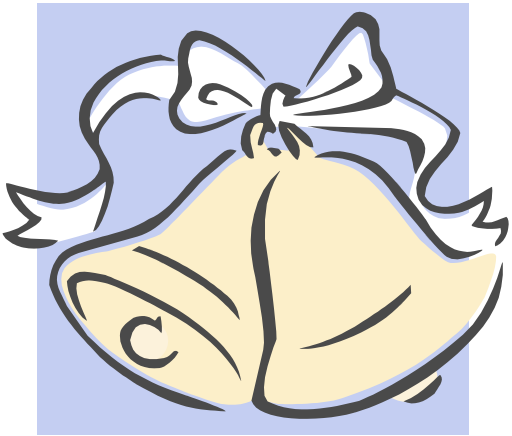
You can do your bit for the Big Society (!) by helping to organise our midsummer 5k race.
This year's race will be on Wednesday 22nd June in Dulwich Park.

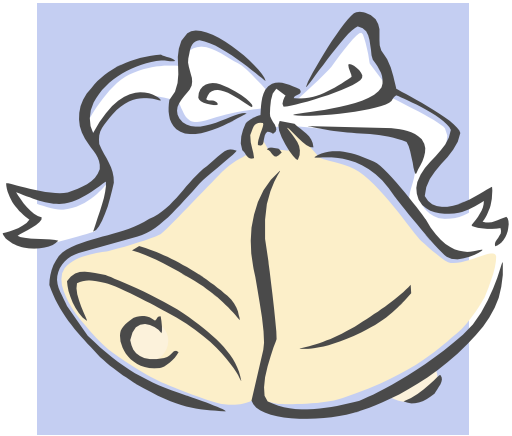
If you are interested in being on the race committee, please contact me.

Thanks. – **Ros**

Roy Wedding

Many congratulations to Roy Hibberd who got married last Saturday.
Must have been all of the publicity around the royal wedding that persuaded him.
I believe it was actually planned a couple of months ago but he kept it very quiet and we only found out about it 3 hours after the ceremony.
Steve Wehrle





Three Bridges Charity Fun Run -- West London Action for Children

Sunday 8th May, 10 am

8 mile run around Barnes, Hammersmith and Putney bridges

Meet at The Studio, 39 Lonsdale Road, Barnes SW13 9JP

£5 to enter (on the day). Brunch in garden afterwards

For more information, contact West London Action for Children:
team@wlac.org.uk / 020 7352 1155

(or Cameron - email: camerontimmis2@aol.com)

Beckenham Relays take place on 11 May starting at 7.30. We would like to put together some teams of 3 beforehand, so please let me know if you would like to take part and forward this to anyone else who might be interested.
Mike Mann

Dulwich Festival Run Tues 10 May

Preparations continue for the event on the 10th May in Dulwich Park.

As I explained before the event is for charity, lots of spot prizes, only £2.00 to enter, £1.00 for youngsters. 6.45 for 7pm start, but anyone can join in later. Run as many laps as you want/can. Finishes 8.15pm. Every lap will be counted and we are seeing how far across Europe we can get.

David Mullany (Dulwich Park Runners)

1066 RELAY, 8 MAY

Five teams have now been entered for this relay taking place this coming Sunday morning between Pevensey and Rye. We are fielding the following teams: senior women, vet women, vet men and 2 mixed teams (Dulwich All Stars and Dulwich Super Stars). All those competing have been allocated stages and should have received transport details. Good luck to all on Sunday.
Mike

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

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

We usually stay in a hotel which is by the seafront and has its own outdoor swimming pool and indoor gym. The bedrooms have their own lounge, are comfortable and not expensive. There is huge sandy beaches, nice forest trails and good cycling opportunities.

This year's event has not yet been advertised but it will shortly be possible to enter online at http://www.trackandfield.co.uk/default.asp?UniqueID=190

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

Friday Track Sessions Dulwich College Track.

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

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

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

cont...

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

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

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

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

Cheers. - Martin.

Date		Event	Venue
May	Thu 05	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
June	Thu 02	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
	Tue 07	**2 miles, Dulwich Park** (S)	Dulwich Park
	Sun 19	**Richmond 10k** (M) http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K	Richmond Park
	Wed 22	**Dulwich Runners Midsummer 5k race**	Dulwich Park
July	Thu 07	**Assembly League, Greenwich Dome – 7:15pm**	Greenwich Dome
	tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Aug	Thu 04	**Assembly League Victoria Park, Mile End - 7:15pm**	Victoria Park
Sept	Thu 01	**Assembly League Beckenham sports club, Foxgrove Road – 7:15pm**	Beckenham
	tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,Bromley
	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!

5 May 7.15	Greenwich, Dome
2 June 7.15	Victoria Park
7 July 7.15	Greenwich, Dome
4 August 7.15	Victoria Park
1 Sept 7.15	Beckenham

Ros

Changes to arrangements at Dulwich College track

I have been informed by Dulwich College that arrangements for entrance to the sports club will change from 1st May.

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

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

Graham Laylee

Not the Boxing Day 5, 02.05.11 (Witham, Essex)

You know you're having a bad race when the thought "I wish I was a dead bird in the road so I didn't have to run anymore" pops into your head! It was a probably due to a combination of the windy conditions, bad hayfever and not rehydrating properly after a bout of food poisoning. As the name suggests, the race was postponed from last year (and the year before, due to icy conditions).

The race started with a long incline before taking a loop around a residential area and then heading into country lanes. While the gently undulating course through open fields provided a picturesque setting, there was little respite from the relentless wind and running alongside fields of rapeseed was not ideal for hayfever sufferers. By 2 miles, I felt like I was running on empty and couldn't get anywhere near recent half marathon pace. After spotting the aforementioned roadkill, I quickly considered my options (stopping, walking, escaping down a public footpath) before deciding that continuing to run was probably the best option. My only comfort was that at least I wasn't getting overtaken and I managed to close the distance between myself and the woman ahead (who actually turned out to be an U18 runner). In the last mile we rejoined the town roads, passed the start line before finishing with a twisty climb up to the finish outside the football club. The general consensus appeared to be that there wouldn't be many PBs due to the windy conditions although having not done a 5 miler before then I guess I can claim this as a PB, albeit one that I'm not very happy with!

113/22W Mel Edwards 38:27 (PB)

1st finisher 25:53, 253 finished

Sutton 10km, May 1

Tony wasn't too far from His PB in being first Vet
8 Tony Tuohy 34:49 (first Vet)
33 Nolan Wilkens 37:36
67 Adrian Greer 39:58
85 Gary Sullivan 41:00
144 Joseph Brady 44:46
147 Claire Tinker 44:53
157 Ian Butler 45:03

Ted Pepper 10k, May 2

An easy win for Clare in her first post marathon race.
1W Clare Elms 38:31
20 Steve Smythe 39:21 (1M50)
24 Mike Mann 39:36 (1M60)
56 Colin Frith 43:49
69 Martin Morley 44:44
80 Claire Steward 45:42 (1W55)
89 Mike Dodds 47:05
112 Jo Shelton 49:06
117 John Clarke 50:02
119 Paul Keating 50:15

VETS AC TRACK MEETING, 27 APRIL

On a chilly breezy evening, 2 of us took part in a 3000m race at Battersea Track. In a field of 5 it inevitably ended up as something up as a rather lonely time trial for both us, but our times were not too far off expectations. *Mike*
Mike Mann 10:50.6
Graham Laylee 12:37.7

Tonbridge Lions Triathlon (400m swim, 25km bike, 5km run) 2 May 2011

Clare Wyngard set off at some unearthly hour on bank holiday Monday to compete in this low key friendly triathlon in the "posh" sports complex of Tonbridge School. I reckon I was one of the first in the country to hear about bin Laden's demise as no sane person would've been up at that time! I was a bit nervous as it was my first triathlon on my sexy new road bike – however, it worked and I knocked 4 minutes off last year's bike time. I also ran the 5km 30 seconds quicker than last year (22.58), so despite slow transitions because my feet were so numb off the bike I couldn't get my running shoes on, – I finished in 1.35.46; 5 minutes up on last year. I was 151st out of 340 competitors and I was first WV50 out of 8, beating the 2nd V50 by just over a minute. Then I leapt in the car and made it to Beckenham in time to cheer in my husband and several other Dulwich Runners finishing the Ted Pepper 10km. We were home by 11.30am!

Crystal Palace Canter 5k, May 3

3 1W Ros Tabor 20:33
7/2W Clare Wyngard 22:27
8/3W Jo Quantrill 23:33
13 Chris Vernon 28:22

CLUB CHAMPIONSHIP UPDATE. 10K (MEDIUM), HALF MARATHON AND MARATHON (FOR SOME), BOTH LONG,. HAVE NOW TAKEN PLACE. The tables after 3 events are shown below.

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2011

POSITION AFTER 3 EVENTS — BEST 5 EVENTS TO COUNT — 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS — EVENTS COMPLETED

	SHORT			MEDIUM			LONG				
Name / Championship c	**Dulwich Park 2 miles 7 June**	**Dulwich Track 1 mile 12 July**	**Bromley Parkrun 5k 1 Oct**	**Chichester Priory 10k 6 Feb**	**Richmond 10k 19 Jun**	**Epsom 10m 20 Nov**	**Paddock Wood Half Marathon 27 Mar**	**London (or any other certified) Marathon 17 April**	**Eridge 10m trail 11 Sep**	Events completed	**TOTAL POINTS**
WOMEN SENIOR											
Kim Hainsworth	-	-	-	49		-	49	48	-	3	**149**
Charlie Wood	-	-	-	50		-	48	46	-	3	**147**
Sue Cooper	-	-	-	47		-	44	44	-	3	**138**
Caroline Schurmann	-	-	-	46		-	42	45	-	3	**136**
Melanie Edwards	-	-	-	45		-	43	43	-	3	**134**
Marlene Russell	-	-	-	43		-	41	41	-	3	**128**
Joanne Shelton	-	-	-	44		-	40	39	-	3	**126**
Alexie Shaw	-	-	-	-		-	50	49	-	2	**101**
Emma Ibell	-	-	-	48		-	46	-	-	2	**96**
Elkie Thorndyke	-	-	-	-		-	47	47	-	2	**96**
Sonja Townsend	-	-	-	-		-	37	40	-	2	**79**
Anna Steward	-	-	-	-		-	36	36	-	2	**74**
Emily Gelder	-	-	-	-		-	-	50	-	1	**51**
Laura Stephens	-	-	-	-		-	45	-	-	1	**46**
Carys Morgan							-	42		1	**43**
Lindsay Beckett	-	-	-	-		-	39	-	-	1	**40**
Cliona Kelly	-	-	-	-		-	38	-	-	1	**39**
Alex Luff							-	38		1	**39**
Sophia Lewis	-	-	-	-		-	-	37	-	1	**38**
WOMEN V40											
Clare Elms	-	-	-	50		-	50	50	-	3	**153**
Claire Steward	-	-	-	48		-	47	49	-	3	**147**
Jo Hewett	-	-	-	42		-	42	48	-	3	**135**
Ros Tabor	-	-	-	49		-	48	-	-	2	**99**
Clare Wyngard	-	-	-	47		-	46	-	-	2	**95**
Christine Dawson	-	-	-	46		-	45	-	-	2	**93**
Ruki Sidwha	-	-	-	45		-	44	-	-	2	**91**
Ola Balme	-	-	-	-		-	49	-	-	1	**50**
Lindsey Annable	-	-	-	44		-	-	-	-	1	**45**
Sue Rowlands	-	-	-	43		-	-	-	-	1	**44**
Clare Osborne	-	-	-	-		-	43	-	-	1	**44**
Stephanie Burchill	-	-	-	41		-	-	-	-	1	**42**
MEN SENIOR											
Mike Williams	-	-	-	50		-	49	50	-	3	**152**
James Godber	-	-	-	49		-	47	48	-	3	**147**
Jose Barretta	-	-	-	47		-	46	47	-	3	**143**
Tom Marshall	-	-	-	-		-	50	49	-	2	**101**
Neil Daniels	-	-	-	46		-	-	46	-	2	**94**
Chris Treble	-	-	-	44		-	44	-	-	2	**90**
Steve Ackroyd	-	-	-	43		-	42	-	-	2	**87**
Jozef Danko	-	-	-	41		-	41	-	-	2	**84**
Wayne Lashley	-	-	-	48		-	-		-	1	**49**
Rob Watts	-	-	-	-		-	48	-	-	1	**49**
Edward Hill	-	-	-	45		-	-	-	-	1	**46**
Ed Smyth	-	-	-	-		-	45	-	-	1	**46**
Grant Barnes	-	-	-	-		-	43	-	-	1	**44**
John Fletcher	-	-	-	42		-	-	-	-	1	**43**
MEN V40											
Charles Lound	-	-	-	49		-	49	50	-	3	**151**
Tony Tuohy	-	-	-	50		-	50	-	-	2	**102**
Tiarnan Ocleirigh	-	-	-	48		-	47	-	-	2	**97**
Ajay Khandelwal	-	-	-	46		-	-	49	-	2	**97**
Joseph Brady	-	-	-	47		-	46	-	-	2	**95**
Cameron Timmis	-	-	-	45		-	45	-	-	2	**92**
Duncan Hussey	-	-	-	-		-	48	-	-	1	**49**
Per Hedberg	-	-	-	-		-	44	-	-	1	**45**
MEN V50											
Steve Smythe	-	-	-	50		-	48	50	-	3	**151**
Andy Murray	-	-	-	46		-	46	49	-	3	**144**
Steve Wehrle	-	-	-	39		-	40	45	-	3	**127**
Mike Mann	-	-	-	49		-	47	-	-	2	**98**
Chris Loizou	-	-	-	47		-	-	48	-	2	**97**
Martin Morley	-	-	-	45		-	45	-	-	2	**92**
Giles Gibson	-	-	-	-		-	42	47	-	2	**91**
Mick Ward	-	-	-	44		-	43	-	-	2	**89**
Barrie John Nicholls	-	-	-	41		-	-	46	-	2	**89**
Mike Dodds	-	-	-	42		-	41	-	-	2	**85**
James Godkin	-	-	-	-		-	50	-	-	1	**51**
Steve Williams	-	-	-	-		-	49	-	-	1	**50**
Gary Sullivan	-	-	-	48		-	-	-	-	1	**49**
Graham Laylee	-	-	-	-		-	44	-	-	1	**45**
Roy Hibberd	-	-	-	-		-	-	44	-	1	**45**
Peter Gibbons	-	-	-	43		-	-	-	-	1	**44**
Steve Cook	-	-	-	40		-	-	-	-	1	**41**
John O'Byrne	-	-	-	38		-	-	-	-	1	**39**
Chris Vernon	-	-	-	37		-	-	-	-	1	**38**

OVERALL CHAMPIONSHIP - AGE GRADED

Name	SHORT			MEDIUM			LONG						
	Dulwich Park 2 miles 7 June	Dulwich Track 1 mile 12 July	Bromley Parkrun 5k 1 Oct	Chichester Priory 10k 6 Feb	Richmond 10k 19 Jun	Epsom 10m 20 Nov	Paddock Wood Half Marathon 27 Mar	London (or any other certified) Marathon 17 April	Eridge 10m trail 11 Sep	TOTAL POINTS	average	best	position
Clare Elms	-	-	-	937		-	908	884	-	**2,728**	909	937	**1**
Claire Steward	-	-	-	850		-	854	892	-	**2,596**	865	892	**2**
Charles Lound	-	-	-	838		-	811	792	-	**2,442**	814	838	**3**
Steve Smythe	-	-	-	807		-	821	764	-	**2,392**	797	821	**4**
Andy Murray	-	-	-	784		-	807	779	-	**2,370**	790	807	**5**
Mike Williams	-	-	-	786		-	783	754	-	**2,323**	774	786	**6**
Kim Hainsworth	-	-	-	742		-	727	672	-	**2,141**	714	742	**7**
Charlie Wood	-	-	-	778		-	727	632	-	**2,137**	712	778	**8**
James Godber	-	-	-	739			718	675	-	**2,131**	710	739	**9**
Jose Barretta	-	-	-	731		-	724	652	-	**2,107**	702	731	**10**
Sue Cooper	-	-	-	711		-	661	620	-	**1,992**	664	711	**11**
Caroline Schurmann	-	-	-	696		-	666	630	-	**1,991**	664	696	**12**
Melanie Edwards	-	-	-	638		-	656	610	-	**1,904**	635	656	**13**
Marlene Russell	-	-	-	631		-	632	605	-	**1,868**	623	632	**14**
Ros Tabor	-	-	-	915		-	909	-	-	**1,824**	912	915	**15**
Steve Wehrle	-	-	-	641		-	633	543	-	**1,818**	606	641	**16**
Joanne Shelton	-	-	-	636		-	615	524	-	**1,775**	592	636	**17**
Mike Mann	-	-	-	879		-	860	-	-	**1,738**	869	879	**18**
Tony Tuohy	-	-	-	875		-	850	-	-	**1,725**	862	875	**19**
Jo Hewett	-	-	-	560		-	529	484	-	**1,573**	524	560	**20**
Tiarnan Ocleirigh	-	-	-	771		-	764	-	-	**1,534**	767	771	**21**
Alexie Shaw	-	-	-	-		-	774	737	-	**1,511**	756	774	**22**
Martin Morley	-	-	-	762		-	728	-	-	**1,489**	745	762	**23**
Tom Marshall	-	-	-	-		-	783	700	-	**1,483**	741	783	**24**
Clare Wyngard	-	-	-	736		-	719	-	-	**1,455**	727	736	**25**
Emma Ibell	-	-	-	735		-	713	-	-	**1,448**	724	735	**26**
Mick Ward	-	-	-	716		-	694	-	-	**1,410**	705	716	**27**
Chris Loizou	-	-	-	775		-	-	605	-	**1,380**	690	775	**28**
Elkie Thorndyke	-	-	-	-		-	702	665	-	**1,367**	684	702	**29**
Christine Dawson	-	-	-	703		-	657	-	-	**1,360**	680	703	**30**
Joseph Brady	-	-	-	678		-	654	-	-	**1,332**	666	678	**31**
Mike Dodds	-	-	-	683		-	624	-	-	**1,308**	654	683	**32**
Ruki Sidwha	-	-	-	655		-	636	-	-	**1,292**	646	655	**33**
Chris Treble	-	-	-	646		-	637	-	-	**1,283**	641	646	**34**
Steve Ackroyd	-	-	-	641		-	625	-	-	**1,266**	633	641	**35**
Cameron Timmis	-	-	-	649		-	609	-	-	**1,258**	629	649	**36**
Giles Gibson	-	-	-	-		-	664	592	-	**1,256**	628	664	**37**
Neil Daniels	-	-	-	676		-	-	533	-	**1,209**	605	676	**38**
Barrie John Nicholls	-	-	-	683		-	-	522	-	**1,205**	602	683	**39**
Ajay Khandelwal	-	-	-	657		-	-	545	-	**1,202**	601	657	**40**
Jozef Danko	-	-	-	596		-	575	-	-	**1,171**	586	596	**41**
Sonja Townsend	-	-	-	-		-	579	531	-	**1,110**	555	579	**42**
Anna Steward	-	-	-	-		-	560	472	-	**1,032**	516	560	**43**
Steve Williams	-	-	-	-		-	855	-	-	**855**	855	855	**44**
James Godkin	-	-	-	-		-	847	-	-	**847**	847	847	**45**
Ola Balme	-	-	-	-		-	786	-	-	**786**	786	786	**46**
Emily Gelder	-	-	-	-		-	-	781	-	**781**	781	781	**47**
Gary Sullivan	-	-	-	779		-	-	-	-	**779**	779	779	**48**
Duncan Hussey	-	-	-	-		-	757	-	-	**757**	757	757	**49**
Rob Watts	-	-	-	-		-	752	-	-	**752**	752	752	**50**
Peter Gibbons	-	-	-	719		-	-	-	-	**719**	719	719	**51**
Wayne Lashley	-	-	-	704			-	-	-	**704**	704	704	**52**
Graham Laylee	-	-	-	-		-	689	-	-	**689**	689	689	**53**
Edward Hill	-	-	-	681		-	-	-	-	**681**	681	681	**54**
Ed Smyth	-	-	-	-		-	679	-	-	**679**	679	679	**55**
Laura Stephens	-	-	-	-		-	674	-	-	**674**	674	674	**56**
Grant Barnes	-	-	-	-		-	650	-	-	**650**	650	650	**57**
Stephanie Burchill	-	-	-	637		-	-	-	-	**637**	637	637	**58**
Steve Cook	-	-	-	635		-	-	-	-	**635**	635	635	**59**
Per Hedberg	-	-	-	-		-	614	-	-	**614**	614	614	**60**
John Fletcher	-	-	-	614		-	-	-	-	**614**	614	614	**61**
Lindsay Beckett	-	-	-	-		-	607	-	-	**607**	607	607	**62**
Lindsey Annable	-	-	-	604		-	-	-	-	**604**	604	604	**63**
Carys Morgan	-	-	-	-		-	-	595	-	**595**	595	595	**64**
Clare Osborne	-	-	-			-	591	-	-	**591**	591	591	**65**
John O'Byrne	-	-	-	588		-	-	-	-	**588**	588	588	**66**
Sue Rowlands	-	-	-	585		-	-	-	-	**585**	585	585	**67**
Cliona Kelly	-	-	-	-		-	583	-	-	**583**	583	583	**68**
Chris Vernon	-	-	-	569		-	-	-	-	**569**	569	569	**69**
Alex Luff	-	-	-	-		-	-	501	-	**501**	501	501	**70**
Sophia Lewis	-	-	-	-		-	-	483	-	**483**	483	483	**71**
Roy Hibberd	-	-	-	-		-	-	458	-	**458**	458	458	**72**

For the final 2011 championship rankings, best 5 scores count but must include 1 short, 1 medium and 1 long race.
The overall scores here (out of 1000) now use 2010 updated tables.
See http://home.roadrunner.com/~alanjones/AgeGrade.html for an explanation. Halfway down the web page there is a link to Male Road and Female Road tables showing the standard time for each age, which is divided by actual finish time to give a percentage. [Event results using Racemaster software generally use 1994 tables and Parkrun uses 2006 tables, so their ratings will be different]. Andy Murray

Parkruns 5km, April 30th

Wins for Clare Elms and Ola. Clare, Mike Mann and Ros got the highest age graded performance of their respective races.

Brockwell Park

Mike Mann 19.23
Ola Balme 19.46 1st woman
Sam Oyeyinka 21.42
Chris Vernon 29.56

Bromley

Clare Elms 17.57 1st woman
Steve Smythe 18.57
Nolen Wilkens (2nd cl) 19.48
Mike Fullilove 20.55
Colin Frith 21.15
Claire Steward 24.28

Banstead

Jo Quantrill (2nd cl) 23.02

Newport

Ros, her brother and Andy, preferred this to the crowded Cardiff run, which has exceeded 300 recently. The Newport run was on its 6th week and is already attracting 130 runners. Set in the grounds of Tredegar House, it passes the historic house and gateway, tall pines and a lake before finishing in a slightly dusty car park. Very flat but with a slow surface (bark path) in places.
Andy Murray 20.45
Ros Tabor 22.35

Crystal Palace

23 April

Claire Wyngard	23.18
Mike Dodds	23.24
Claire Steward	23.50
Bob Bell	25.37
Paul Keating	25.56

30 April (incomplete)

Ed Smyth

Clare Wyngard	23.09
Mike Dodds	23.43
Paul Keating	

Surrey Road League and Kent Grand Prix

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

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

The first Surrey League race is the Sutton 10k next Sunday – online entries are still available up to the day before. I've noticed that the Richmond half marathon is already full. This serves as a reminder that all wanting to run the *Club Championship* Richmond 10k race should get an application in soon.

Charlie Lound

Date	Race
Surrey Road League races 2011	
1 May	Sutton 10k
8 May	Richmond Half Marathon
5 June	Dorking 10 miles
19 June	Richmond 10k*
16 July	Elmore 7 miles
24 July	Elmbridge 10k
14 August	Wimbledon 5k
Kent Grand Prix races 2011	
June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2nd October	Sittingbourne 10K
6th November	Deal 5K
* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship	

Peckham 10k Charity Charity Fun Run

Saturday May 7th 11am
Peckham Rye Park, Strakers Rd, London SE15
Caudwell Children Charity
Postal entries close on 6th May
Runners can enter on-day by reporting to car park between 10 and 10.45am,
cost £10.00 includes medal and tee shirt.

For further information call 0797 783 1519.

Kind regards

Mark Caswell – Run Organiser

There will be some entry forms in the clubhouse

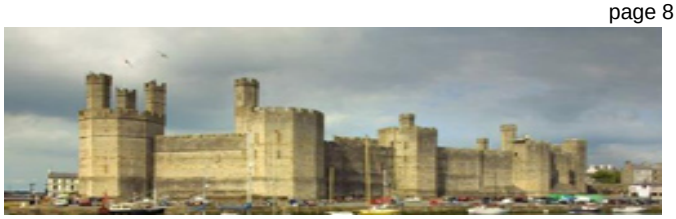
GREEN BELT RELAY 21/22 MAY

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

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

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

Relays Team



WELSH CASTLES RELAY 11-12 JUNE

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

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

Anyone interested please contact Caroline or myself.

Mike Mann

carolineschurmann@yahoo.fr

mcmann90@yahoo.co.uk

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

"Tweet Tweet - Dulwich Runners are now on Twitter

http://twitter.com/dulwichrunners

Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

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

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

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

Catherine Lee

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

facebook

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

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

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

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

Tic Toc - Clock buddy wanted!

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

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

But what is really needed is a clock buddy.

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

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

Race Entry Forms... will only be included in SHORTS if they are Club Champs races. For any other races please write a small note with a link to the entry
Thanks. Ed