



SHORTS

Dulwich Runners AC

Weekly Newsletter

April 1st 2020

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

No club runs, track sessions etc until further notice - Full statement below.

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races...
- 3 Fixture list (reference only !)
- 3 Training & Misc.
- 7 Race reports, results etc
- 11 Club champs so far !
- 17 The map we would have used tonight !

*As you will see a few of the regular pieces have been removed from Shorts as they are not relevant under the current conditions, they will return once things get back to normal
Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.*

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Until there are any changes or further advice the following statement, instructions and advice will stand.

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.

If you have any questions or concerns please contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

Ros Tabor

On behalf of Dulwich Runners AC Committee

Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that you once things are normal again will get your first club run on a Wednesday night at no charge.

Graham Laylee

PETE MULHOLLAND (1939 – 2020)

Former Dulwich Runners member Pete Mulholland has recently died aged 80.

He was a lifelong member of Hercules Wimbledon but when he lived in West Norwood was a second claim member of Dulwich. He joined in club runs from the Griffin Club.

After retiring from competitive running Pete was active in Surrey County Athletics Association and was President in 2016.

He was a founder of Wimbledon Common parkrun in 2007 and was always there on a Saturday morning giving out finish tokens. In recognition of his dedication as an athletics volunteer he was awarded the British Empire Medal in 2015.

He was long-time contributor to Athletics Weekly and a past masters' editor.

Ros Tabor

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

In these strange and difficult times with no races or parkruns for the foreseeable future and no opportunities for club members to train as a group, we thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running while we are still

allowed to run outside.

The Championship takes the form of a weekly SOLO 5K time trial taking place on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. On any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device and upload to Strava (please caption in the description DRVirtual Champs)
4. Results in Shorts each week

THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday.
2. The 5K is a solo time trial. Please comply with all government guidance and practice responsible social distancing
3. Your recorded distance must be at least 5k

Virtual National Road Relay Championships

Saturday 4th April 5km

Just because we can't go to Milton Keynes to race, we can still take part and challenge other clubs, although in slightly different conditions!

So, the rules -

- All legs must be 5km.
- Legs must be uploaded to Strava between 00:00 and 23:59 on Saturday 4th April.
- Runs must be named 'virtual 12 (or 6) stage National Championships.
- It is open to everyone in the club. There is no restriction on the number of runners per club.
- For the men, the 12 fastest score and for the ladies, the 6 fastest score.
- Results are based on elapsed time rather than moving time.
- Results with significant negative elevation will not be counted. (We're not told exactly what 'significant' means.)
- Runs must be completed solo.

First - run 5k and record it on Strava

Second - email your result with a Strava screenshot to Ange - dulwichladiescaptain@gmail.com ASAP.

Results have to all be sent by midday 5th April.

Virtual Green Belt Relay

Saturday 11th and Sunday 12th April

It's based on the actual event in that it's 11 in a team and each runner runs both days.

Route - you run from your house to the next person's.

If you want to take part, contact Andrea with your postcode and how long you want to run on both days in time.

Andrea - 07814 439279 andrea.pickup@gmail.com

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

**Due to current circumstances please only use these fixture lists as a guide.
 Many events have already been cancelled or postponed.
 When further information is received the fixture lists will be revised accordingly.**

2020					
Apr	2	Assembly League CANCELLED		Beckenham Place Park	Road & other
	4	National 12 and 6 stage relays CANCELLED		Sutton Park	
	26	London Marathon or alternative CANCELLED	long	London or alt.	
May	7	Assembly League CANCELLED		Victoria Park	Cross country
Jun	4	Assembly League CANCELLED		Jubilee Pk, Leyton	
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Club Champs
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	Assembly League
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
 Men road: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

- 26 Apr London Mar. **cancelled** (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
 - late July/early August tbc SOAR Mile short
 - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.
 These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2	Beckenham	5km	7:15	CANCELLED
May 7	Victoria. Pk	5km	7:30	CANCELLED
Jun 4	Jubilee Pk, Leyton	5km	7:30	CANCELLED
Jul 2	Crystal Palace	5km	7:30	
Aug 6	Victoria Pk	3.5M	7:30	
Sep 3	Beckenham	5km	7:15	

Training thoughts by Steve Smythe

Sadly - our best ever men's team for any relay (and a strong women's team too), fell through with the cancellation of the Area relays and effectively all events in the foreseeable future, though no doubt even if we had a good team someone would have gone to Sutton Park instead of Milton Keynes or got the wrong train.

Frustrating for all those in their best ever marathon shape that the target has now been removed though normality will hopefully eventually return to life and running.

Many big running events did take place last weekend (and nearly all parkruns) and chaos did not ensue but some organisers got abused for putting on events. It has all changed now this week with the shutdown.

Some have questioned why running races have stopped when schools stay open (for now) and shops are fully operative, public transport is running almost at full capacity (for now) and when casualties at the moment are not much worse than normal flu illnesses (for now).

It is no doubt going to get much worse (and how do we know that these sort of viruses won't now happen every year?) but hopefully some on social media will self isolate themselves from making further comment as normal life comes to an end and various businesses (even with government funding) bite the dust and people face financial worries as some jobs cease to be.

As at 8pm Tuesday night British parkruns are still going ahead. I find it hard to believe they will continue much longer and not sure how the 2 metre social distancing works but medical opinion earlier suggested that it was in the interests of a greater majority to continue as normal and for people to exercise and stay fit if they are healthy. Those who said that younger runners should not run parkruns because there are vulnerable 70 year-olds who might want to do them will think of the logic behind that. Certainly if you have elderly parents or friends you regularly come into contact with, you should not do them and if you are over 70, you may feel it's not worth the risk of attending.

Probably same with training hard.

In terms of marathon training, I do not see the logic of continuing to thrash the body with very long runs when there are no upcoming marathons and doing the long runs weakens the immune system and apart from making you more prevalent to illnesses, will also lead to injury if you continue months at an end doing long hard runs.

I think it is a good idea though to focus on shorter intense training (the longer winter runs won't go to waste if you do enough to retain some endurance and speed endurance) and that doesn't mean let the training wane to 4 x 100m reps. If you train slightly less now and gain some speed then it might enable you to train harder later in the year if you do have longer races to target.

Here is my suggestion for the next month - those over 70 may wish to just run around the front room. (Tony just because you look 70 does not mean this counts for you)

MARCH/APRIL SCHEDULE

This is my suggested training for March/April

APRIL	
Wed 1	60 mins steady at 30 seconds a mile slower than marathon pace
Thu 2	45 min run at a min. slower than 1/2M pace but put a 30 sec burst at 5Km pace every 3 mins and try and go to previous pace asap
Fri 3	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 4	5k blast or hill reps
Sun 5	10 miles steady with second half at faster than marathon pace
Mon 6	30 mins easy or rest
Tue 7	Pyramid - 400m, 800m, 1000m, 1600m, 1000m, 800m, 400m - close to 5km pace as possible - quicker on shorter reps - 200m or 1 minute recovery between reps
Wed 8	60 minutes at 30 seconds a mile slower than marathon pace
Thu 9	5 mins at slower than mar. pace, 4 mins at mar. pace, 3 mins at 1/2M pace, 2 mins at 10km pace, 1 min at 5km pace, 30 secs as hard as possible and repeat twice more
Fri 10	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 11	5k blast or hill reps
Sun 12	13 miles slow at any pace you want

Training paces

*Steve Smythe writes...*Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hilly courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Self-isolation running

Steve Smythe , Athletics Weekly
Mar 24, 2020|

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing

The current coronavirus situation is unprecedented for runners and while British people are currently allowed to exercise outdoors once a day, that may change. For now it is agreed that allowing that flexibility, and staying fit and healthy, is essential for both body and mind. Enjoy it while it lasts.

What you do now might be governed by where you live – a remote Highlands base is better than a crowded city and it may help if you have access to a treadmill but it is still possible to adapt under the current guidelines as this is written, as daily exercise is seen as vital. Remember to stay at least two metres away from other people and wash your hands as soon as you get home!

NEW TARGETS

It is usually imperative for a runner to have some sort of short or long term target but there is no guarantee of even the autumn events happening because of the seriousness of the coronavirus.

Virtual solo races may act as a stimulus for some or it could just be attacking local Strava segments but things have changed drastically from a few months ago.

For those who have built up exceptional levels of fitness with the aim of a big spring target, there will be a slight frustration at the lost opportunity but a realisation that there are more important things than PBs.

Obviously, health should take precedence but it is possible to hold fitness levels to a good level so you can be ready to step up training again when normality returns to the racing calendar.

In the short term there is no point thrashing the body through more heavy mileage and rest is an essential part of any schedule. The more tired you are, the more susceptible you will be to viruses and continuing to train flat out after already training hard through January and February will leave the body vulnerable to illness and injury and more chance all the good work through late winter will go to waste.

If you have trained for a marathon and have not run it, then you are in a fortunate position of being marathon fit without being exhausted by the race itself and requiring a good month or two to recover and recharge the batteries. There is also the mental side of motivation when there is no immediate target. Surely it is better to ease off the accelerator, work on other aspects of your running fitness and when the calendar is clearer, and the virus defeated, then you can up the training rather than be physically and mentally shattered.

There is a reason why most marathon schedules are 12 to 16 weeks. Training harder for longer does not mean you get fitter, just more tired and often slower!

If you can, the best thing is to get into a routine – more difficult when there is no weekly track or club session, weekend parkrun or race. Decide how many days a week you want to run and stick to it.

There will be fewer distractions than previously but just because you are home and with less alternatives do not think this is the opportunity to run 100-mile weeks if you are not used to it.

If need be, you could just go into maintenance mileage – half of what you were doing in the marathon but with more rest days and no very long runs but it is probably better to have a more organised routine with a wide range of runs. It could also be an opportunity to work on weaknesses such as basic speed or hill climbing ability that a full day of work and commuting may not have allowed.

TRAINING SUGGESTIONS

If you are going to follow a routine this could still be based on most marathon schedules but with less volume and intensity.

Monday: easy run or rest

Tuesday: intervals for speed endurance

Wednesday: medium recovery run

Thursday: tempo

Friday: strides, sprints or rest

Saturday: fast 5km

Sunday: long steady run

In terms of sessions, you might just be happy to run at a fast, steady pace but I know some like a more challenging element to it.

SPECIFIC SESSIONS

Here are 12 sessions you can do on your own (it does not have to be measured but probably more satisfying if it is).

1. 5km made up of 8 x 400m with 200m float, with an extra fast 200m at the end, or 10 x 400m with 100m float. The 8 x 400m session was the only track session that former Commonwealth marathon champion and world medallist Steve Moneghetti used to do. The slow sections are still run around marathon pace. Run 90 seconds hard, 30 seconds easier if there is no measured circuit or area available.

2. One mile, alternating 100m hard and 100m slightly easier (if you have access to the track, go easy on the bends, faster on the straights). This is a session that I recall Brendan Foster doing almost 50 years ago and running a 4:06 mile in training. The two-paced element of it means as the above you get a better range of paces than doing it all at same speed. Run 20 seconds hard, 25 seconds easy if you have no access to a measured circuit or area.

3. 1000m reps made up of 50m easy, 150m hard. This is a session I regularly recall doing myself in Olympic coach Ron Holman's Cambridge Harrier club training group alongside top UK road runner of the 1970s and 1980s, Keith Penny.

On a track, it was the first half of the bend at a steady pace before working hard for the rest of the bend and following straight before a slight recovery.

Again, you can just hit a slightly faster pace if you get sufficient recovery, but it should be minimal recovery and if done properly, I found I could run the same pace than if I did reps all at one pace. Five reps should suffice. Run 10 seconds easier, 25 seconds hard and repeat four more times if no access to a measured circuit or area.

4. Acceleration run. Start at an easy pace and run for half an hour and every 5 minutes pick up the pace. First 5 minutes easy, then marathon pace, then half-marathon, then 10 mile, then 10km, then 5km. This run starts off gently but the second half of the run should be extremely hard. You could finish with a 10-minute jog to recovery.

5. Alternate two-paced 30 minute run. A minute at marathon pace followed by a minute at 10km pace and back to marathon pace. In theory as you are running less than 10km and only half of it is 10km pace. This is hard but not impossible.

6. Steady run with accelerations. Do a steady run (45 minutes) at around marathon pace but for 30 seconds every 5 minutes increase up to inside 5km pace, ease back for 30 seconds and then go back to marathon pace and repeat. This is a relatively easy session and the 30 seconds should make it harder but also break the monotony.

7. Block acceleration. 5 minutes at marathon pace, 4 minutes at half-marathon pace, 3 minutes at 10km pace, 2 minutes at 5km pace, 1 minute at mile pace, 1 minute easy then back to marathon pace. Two blocks should be sufficient as the end of each block is considerably tough.

8. Russian steps. Run 15 seconds hard, 45 seconds easy, 30 seconds hard, 30 seconds easy, 45 seconds hard, 15 seconds easy, 60 seconds hard, 60 seconds easy, 45 seconds hard, 15 seconds easy, 30 seconds hard, 30 seconds easy, 15 seconds hard, 45 seconds easy and repeat three more times. This is a well-known cycling session and is extremely hard at the 45 seconds hard, 15 seconds recovery, 60 seconds hard phase.

9. Hill reps. Ideally find a hill that takes a minute to go up. Run 4 x quarter hill/15 seconds to warm up then 4 x full hill with slow jog back, 4 x half hill at a faster pace, 4 x quarter hill fast. Make sure you warm up and warm down fully after the session and on the hill focus on your style and arm action.

10. Short recovery 200m reps. Do three sets of 6 with a 2-minute gap between sets. First set, start rep every minute so if you run for 40 seconds, have 20 seconds recovery. On second set, start with 30 seconds recovery, then reduce to 25, 20, 15 and 10 seconds. On the third set have a minute recovery and focus more on speed and form.

11. Start blast run. Run 30 seconds almost flat out and then straight into one minute at 5km pace and then straight into two minutes 30 seconds at marathon pace, then have a minute easy and repeat three times. This is tough and gets the body used to running quite fast while uncomfortable.

12. Speed stride accelerations. Find a straight safe grass area or track and measure out roughly 120m or aim for 20-25 second efforts. Run 8 reps starting the first at marathon pace and gradually go through the gears so that by the last one you are going significantly faster than mile pace but stay relaxed and focus on form and style. Do jog or walk back recoveries so you feel recovered before you do the next rep.

Race Reports & Results

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

As there are likely to be no races in the next few weeks/months Shorts could be looking pretty bare... Race reports will be harder to find than bog roll !
So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related storys, anecdotes, past glories, abject fails etc then please do..pics also welcome.

VIRTUAL 5K CHALLENGE

22 runners took part in the first Club Virtual 5K. Whilst many used established courses in local parks, some improvised with courses around local roads and fields. In order to comply with social distancing rules you are urged, particularly when running at pace, to avoid doing this when parks etc are likely to be busy with members of the general public.

This week's results are below and we will be awarding Virtual medals at the end of April with each runners best 3 performances to score.

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. On any Saturday or Sunday, record your 5K run on your Garmin/phone/ other GPS device and upload to Strava (please caption in the description DR Virtual Champs)
4. Results in Shorts each week

THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday (try to avoid 9-10am on Saturday when parkrun venues were busy last week)
2. The 5K is a solo time trial to ensure social distancing rules are complied with and be considerate to members of the public near you. Try to avoid times when parks are likely to be busy.
3. Your recorded distance must be at least 5k.

March 29 - 2020			Points
Andy Bond	M40	16:54	50
Shane Donlan	MS	17:56	49
Joe Wood	MS	18:12	48
Jonny Hough	M40	19:17	47
Joe Farrington-Douglas	M40	19:49	46
Tom Wilson	M40	20:00	45
Kim Hainsworth	FS	20:45	44
Matt Ladds	MS	20:46	43
Yvette Dore	F40	20:56	42
Hugh French	M40	22:00	41
Tereza Francova	FS	22:10	40
Laura Vincent	FS	22:29	39
Ebe Prill	M50	23:02	38
Graham Laylee	M60	23:37	37
David Benyon	MS	23:39	36
Catherine Buglass	F40	24:12	35
Emma Ibell	F40	24:40	34
Emma Kelly	FS	26:16	33
Andy Murray	M60	27:26	32
Claire Barnard	FS	28:15	31
Hannah Harvest	FS	28:38	30
Ros Tabor	F60	31:48	29

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer - Both styles are a bargain £15.



Bufs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East!

It's on the way!.. be prepared...
get yourself a bobble hat £15



**! Available now!
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

Use your imagination to create something fantastic!

If you want more details speak to anyone on the committee.

Map is only here for reference, there are no club runs until further notice

Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation

7.1 miles / 11.5 km - 143m elevation

5 miles / 8 km - 44m elevation

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

