

SHORTS



Dulwich Runners AC
Weekly Newsletter
April 14th 2021
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

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College.

NOTE: NO club run April 21st, its the AGM
clubhouse remains closed and there are no toilets or changing facilities.

In your SHORTS this week !

- 1 General information
- 2 AGM notice
- 5 Fixtures & training
- 7 25 training session ideas !
- 8 Club championships 2020/21
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



Important dates for your diary

Wednesday 14th April – outside bar

at the club house for post run drinks. pay by CARD ONLY

Wednesday 14th April – Adidas shoe trial details page 5

Wednesday 21st April – club run cancelled

Due to the AGM, there is no club run so that everyone can be home in time for the 8.30 pm start.

If you wish to run from the club house, post on Facebook and others may join you.

Runs resume Wednesday 28th April.



Good News !

Club runs & training have restarted...



Our Wednesday club runs in groups of 6 and Tuesdays speed work have started

Please see further on in Shorts for full details.

Ros Tabor - On behalf of the D.R. Committee

Dulwich Runners renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew now that things are looking up.

EA 2021/22 renewal

E.A. emails were sent on Monday 22 March
Contact me if not recieved.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no

extra cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

AGM Zoom Joining Details:

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

<https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD JjQT09>

Meeting ID: 812 388 7721

Passcode: Alleyn

DULWICH RUNNERS AC ANNUAL GENERAL MEETING: Wednesday 21 April March 2021, 8.30pm

Due to Covid restrictions the Dulwich Runners AGM will take place on line via Zoom video conference on Wednesday 21 April 2021. All members are encouraged to join virtually, and the link and passcode details can be found at the end of this notice. For those who are unfamiliar with Zoom, further instructions will be posted in Shorts.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 16 April 2021 to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2018/19 AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are seven roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Honorary President; Chair; Social Secretary; Men's Joint Captains (2 posts); Women's Joint Captain; General Member; Welfare Officer (s)

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

All nominations for any role should be sent to Yvette by midnight on **Wednesday 14 April 2021** to allow time to organise an election and voting via Zoom if there is more than one candidate.

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Dulwich Runners AC - Committee Roles 2021

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

Club Chair

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men’s Captains and Joint Women’s Captains

There are four Club Captains, two Joint Men’s and two Joint Women’s. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club’s participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club’s finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club’s website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – two positions

There are currently two General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

Committee Post	Present Holder	Standing Again?
Chair	Ros Tabor	No
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	No
Joint Social Secretary	Tom South	No
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Ange Norris	No
Joint Men's Captain	Ebe Prill	No
Joint Men's Captain	Mike Mann	No
Shorts Editor	Barry Graham	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Eleanor Simmons	Yes
General Member	Ed Chuck	No

Club Constitution

During the year the General Committee has reviewed the Club Constitution and made a number of amendments to bring it up to date with both current practice and good governance.

At the AGM members will be asked to ratify this document on the recommendation of the Committee. The current document and the updated document can be found on the Club website here: <https://www.dulwichrunners.org.uk/constitution>

Founding President and Honorary President

In recognition of his role in the formation of the club and his work over the last 40 years, Ron Searle has been conferred the title of Founding President, therefore vacating the role of Honorary President. The Committee consequently proposes that each year one individual serve as Honorary President for the following year.

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President will be nominated by the club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

Known Nominations to date

Following the recent Shorts Xtra seeking nominations for vacant committee posts, we have received the following nominations to date.

Honorary President: Chris Vernon

Chair: Standing together as Joint Chairs - Ange Norris and Ebe Prill (Ange is happy to continue as Joint Women's Captain if she is not appointed to Joint Chair)

Joint Men's Captains: Tom South, Ed Chuck

Social secretary: Michelle Lennon

Joint Welfare Officers: Andrea Pickup and Tom Poynton (Tom is standing as Men's Welfare Officer, but as a non-Committee Member)

General Members Mike Mann - Ryan Duncanson

AGM Zoom Joining Details:

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD_JjQT09

Meeting ID: 812 388 7721 Passcode: Alley

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

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

Wednesday Evening Club Runs

Groups of six, each with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

Please maintain social distancing at the start of the run in Burbage Road.

NOTE: clubhouse closed, no £1 club run fee, and no toilets or changing facilities available.

You can just turn up but arriving a bit earlier helps us sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike Mann or Ebe Prill in advance. (email details below)

If for you are unable to sign, or if you have any Covid-19 symptoms in the days after your run, contact Ebe and Mike immediately. ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace (and slower) - groups led by Ebe Prill ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

Wednesday 14th April – Adidas shoe trial

Emma, the Adidas representative, will come along and we will be able to wear a pair of Adidas shoes for the Wednesday evening run to try out. (Unfortunately, you have to give them back afterwards.) There is a choice of shoe, details below.

Please note, due to covid, trial shoes will only be available to those who prebook via this link:

[Shoe selection form](#)

She will bring the shoes in named bags for contactless pickup and on return they will be dropped into a basket. If you have ordered shoes, please arrive by 6.45pm to help ensure the run starts on time.

Solar Boost 3

The solar range represents our most technical running shoes, with Solar Boost 3 being the pinnacle of tech running. Suitable for all distances this shoe is a perfect

crossover between neutral and support thanks to the control rail that fits 360 round the shoe. Full boost midsole and a brand new LEP (linear energy push) system means great cushioning and excellent energy return.

Weight: 318g (UK 8.5)
Midsole Drop: 10mm

Ultraboost 21

The latest iteration of our well known Ultraboost range does not disappoint. With 6% more boost, this version is the most cushioned and responsive yet. UB21 also features the LEP system which provides more forefoot stiffness for toe off and support during the heel to toe gait cycle. A neutral shoe for long distance and daily miles.

Weight: 340g (UK 8.5)
Midsole Drop: 10mm

Tuesday Speed Training

Tuesday evening grass/track sessions at Dulwich College. £2 per session.

Meet and pay at the green pavilion by the tennis courts, then please go to your allocated spot with your group leader.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE
TO HELP COMPLY WITH COVID 19 RULES CARD PAYMENTS ONLY, NO CASH
ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.

Two time slots booked, 6pm and 7pm with runners allocated to time slots and groups based on pace.

Groups 1 & 2 will be on the track and adjacent field, swapping around after 30 mins.

Meanwhile groups 3 & 4 will be on the two fields to the south, again swapping over halfway through.

Following weeks groups will switch, groups 1 & 2 entirely on the 2 fields, groups 3 & 4 on the track and adjacent field.

Some faster runners may switch to Crystal Palace track once it reopens, this may simplify the groups and allow a single 7pm time slot.

any questions contact Mike Mann: mcmann90@yahoo.co.uk

Groups of up to 12 allowed under current EA guidance in a Covid secure environment

6pm Groups

1 Ed Chuck

Jack Ramm
Shane O'Neill
Andy Bond
Buzz Shepherd
Andy Inglis
Wayne Lashley
Tim Bowen
Ben Howe
Ben Smith
Tom Shakhli
Joe Walsh
Lewis Laylee

2 Andrea Pickup/ Tom Poynton

Ed Simmons
James Auger
Ross Rook
Clare Whittaker
Chris Nunn
Joseph Sentance
Nick Fiducia
Alex Loftus
Eugene Cross
Martin Belzunce
Matt Cooke

3 Anna Thomas/ Yvette Dore

Mark Foster
Hugh Balfour
Ed Smyth
Belinda Bell
Lucy Clapp
Lucy Pickering
Emma Ibell
Arthur Coates
Ola Balme
Mike Beadle
Eleanor Simmons
Christiana Campbell

4 Graham Laylee

Barrie Nichols
Lindsey Annable
Sadie Sholem
Harriet Roddy
Donovan Pyle
Ian Sesnan
Sonja Jutte
Mike Dodds
Clare Wyngard
Ajay Khandelwal
Michelle Lennon

7pm Groups

1 Tom South/

Joe Wood
Shane Donlon
Kay Sheedy
Steve Davies
Phily Bowden
Clare Elms
James Brown
Robert Eames
Chris Lawrence
Daniel Mann
Mike Williams
Rob Armstrong
George Rates

2 Gower Tan/ Ebe Prill

Grzegorz Galezia
Joe Farrington Douglas
Paul Greenhalgh
Ian Lillee
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfie
Hugh French
Polly Warrack
Olivier Montford
Dave Benyon
Thomas Ayre

3 Katie Styles/

Cameron Timmis
Catherine Buglass
Naomi Crowther
Miles Gawthorp
Steph Lundon
Emma Kelly
James Rimmer
Ryan Duncanson
Vicky Jessett
Andrea Ceccolini

4 Andy Murray

Joe Brady
Mike Mann
Joanna Shelton
Dougie Keighley
Jenny Bomers
Barry Graham
Neville Webb

Happy hour training – 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be done quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent it would be beneficial to keep time out training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km runner will cover over 1200m while a 30:00 5km

runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for an hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point 30min or so away, run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) – ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than 1/2M race pace.

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be

5 x 15 secs hills

4 x 30 secs

3 x 45 secs

2 x 60 secs

(1 x 2 mins)

all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on time of each lap to ensure you're not slowing too much on your overall pace and to do that don't run the first few lap too fast.

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

We did 2 events of the 2020 program, Beckenham parkrun February, Big Half in March. We plan to have a 1/2M and parkrun in the 2021 program but 2020 results will count in a combined 2020/21 club champs.

We aim to start with one of the Second Sunday of the month 5 mile trail runs in Wimbledon, May or later, then one of the Sri Chinmoy Battersea 5k races. Possible limits on numbers of runners allowed to run during the spring and summer, so you will get the option of doing any of the monthly 5 mile races and summer series of Battersea Park 5k races.

This includes Richmond Summer Riverside 10k mid July. If limits on numbers, alternative is Regents Park winter series, you can choose which race to do. No details on these yet. London Marathon is early October so we chose Paddock

Wood 1/2M early September.

We suggest a late date for Dulwich parkrun, runners can use any Dulwich parkrun once restarted.

All 2021 events provisional to be reviewed end of March. - the two 2020 events will also count:

9 May - (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early Aug SOAR Mile

5 Sep - Paddock Wood Half Marathon

4 Oct - London Marathon (or alternative)

Suggest 30 Oct or 6 Nov - Dulwich parkrun, but any dates once parkrun starts.

Club Champs Update

Club champs includes 2nd Sunday of the month 5 mile trail races at Wimbledon Common from May onwards and the summer series of 5k races in Battersea Park which usually starts in June, but still no confirmation if these races will be held. Number of runners in races will be restricted and with wave starts while rule of 6 is in place. If restrictions are lifted late June, these and other races will be confirmed. Further details will be posted soon as known...many races could fill up rapidly once advertised

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack until the end of June. (Assuming we will be able to run normal races again by then – tbc)

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run – run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for the time to be included in the league.

Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to – opentrack.run/competitions search for Dulwich Runners.

You will find – Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k and 10k League

Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Some lessons from the Virtual Royal Parks Half 2021

Polly Warrack

By virtue of sheer good luck, my goal races of 2020 took place on 1 March and 6 December, both sneaking in within weeks of national lockdown measures that would have seen them otherwise cancelled.

This also means that I managed to avoid for well over a year what numerous friends had come to accept as the next best thing to lining up at a mass event, a virtual race.

Having deferred my place in the 2020 Royal Parks Half once already, I decided not to keep rolling over the place, particularly as the October date falls a week after the London Marathon, and instead treat it as an all-out fitness test and time trial. If that does not sound hideous enough as it is, I chose 13 laps of Dulwich Park as my course. There is no helping some people, unfortunately.

After about eight weeks of half marathon training, my start line was the tennis courts and I was joined in my start wave by some very kind volunteers - that one or two of them had been volunteered by me rather than themselves is neither here or there - including fellow Dulwich Runner, Rob Emes, who agreed to join for all 13 laps just the day before. With about five pacers leading the pack at one stage, this is likely the

closest I am going to get to feeling like Eliud Kipchoge and that was definitely a very cool experience.

There is not much I can say about running around Dulwich Park for that long - it is quite as boring as you



would imagine - but I took some good lessons from the experience of racing without the surrounding hype of a race. For a start, I had told a lot of people what I was doing and what I was trying to achieve (a circa. 1:25:XX from my previous PB of 1:28:49) in the knowledge that there was nothing to theoretically stop me from abandoning ship on my virtual race when PB pace stopped being fun, if indeed it ever started to feel that way.

This meant I was probably as mentally committed to both a race and a goal as I had ever been and, as someone who

sets PB targets in the smallest possible increments to try and be realistic (avoid failure), it was a good reminder of the power of being committed from the (virtual) gun.

Next, having run some hilly courses before I would like to think I'm normally good at remembering not to panic when splits are inconsistent. However, after an initial panic about going too slowly leading to a far too fast third kilometre, I had to remember to just relax and run the kilometre you are in; something that was hugely helped by being able to fall into line with my fantastic pack of pacers.

Finally, as silly as it sounds, having no distractions in terms of scenery or course meant I was very aware of the impact of fuelling as I could feel the marked difference of the pre-gel lap and the post-gel lap. I have had the exact same fuelling strategy for years and this was a good prompt to think about what I actually need it for and when.

I was absolutely thrilled to finish my time trial in 1:24:31 and am hugely looking forward to the chance to do a real race somewhere other than Dulwich Park sometime soon.

Polly Warrack 1:24:31

Wimbledon Park VAC 5k

11.04.21



Andy Bond 1st

This was a return-to-competition race intended to be held in early December but postponed by a lockdown announced just before then. The associated track races could not be held prior to the track buildings opening but a licence was granted to use the track with brought-in timing equipment for the start and finish of a 5k road race. The masters race followed

male and female inter-club seniors races organised by Hercules Wimbledon AC, where DR offspring Lewis Laylee and Katie Balme ran well.

The masters race started in waves, with Andy Bond in the first one setting off in front and never headed, Kev starting with him. Ola, Gary, Graham and Andy M started in the later waves. The weather was sunny, breezy in the park but otherwise sheltered. After half a lap of the track runners headed briefly into the park, exiting to turn and run on the pavement opposite the Wimbledon tennis grounds and alongside the golf course they have bought but not yet developed. Next came a sharp hill up to a gradual left turn past the church and stag-sculptured gateway. The rest was easier, downhill past the end of the golf course and into the park following the perimeter through three corners



Gary Budinger 377

and back onto the track.

My run (Andy M) was fairly controlled, trying to avoid too high a heart rate that would have left me needing to walk. Starting in the last wave, the field spread out quickly and my steady pace brought me past VAC member and Vitality event marshal Donna before the hill. I closed on another VAC member Rob Sergeant, coach and keen overseas non-stadia racer, on the hill but decided not to overtake there and passed him later on the downhill. Making a bit more effort mid-race meant I tired running into the wind in the park but was pleased to beat 26 minutes and better most of my lockdown Saturday solo not-Parkrun 5k times.

it was great to race again and meet up with a lot of other VAC members, a couple of whom watching, Geoff Jerwood and Dennis Williams, had grown luxurious and distracting lockdown beards.

Andy Murray

1 1M45	Andy Bond	16:38
19 4M40	Kev Chadwick	18:36
57 4W50	Ola Balme	22:20
67 6M50	Graham Laylee	24:10
70 7M60	Gary Budinger	25:00
75 3M65	Andy Murray	25:55

Bedford Autodrome Sprint Duathlon

11 April 2021

Multi discipline sporting events are also getting back into the swing of things so Clare jumped at this chance to do her first duathlon since the age group European Championships in October 2018. She had been in the 55-59 category then but would now be making her debut at 60-64. This was actually a qualifier for the World Champs in 2022 but that seems a distant, if not slightly surreal, prospect right now – Queensland in 2022 anyone!?

Back to the present though and what an unexpectedly freezing present it was for the time of year on Sunday morning at the rather barren venue of Bedford Autodrome. This is familiar to quite a few DRs from Southern relay events and whilst it is obviously flat and with a decent surface it is very exposed to any winds that are blowing across the

fenlands. And they were blowing in on Sunday, as we all know, straight down from the Arctic. Not quite like that last duathlon in Ibiza then!

Clare would have been apprehensive enough in anywhere near perfect conditions but this brought a whole new dimension to things. The distances approximated to what they should be for a sprint duathlon but erred on the long side so it was 5.42km for the opening run, 23.11km for the bike that is the filling in the sandwich and then 2.7km for the shorter run that concludes the event. Her times were around 30 mins, 50 mins and 15 mins respectively with the balance of around 3 mins taken up by the two transitions which were especially challenging in the weather conditions given the demands they place on manual dexterity. Her running speed in both segments was both consistent and appreciably faster than the last parkruns she did before everything closed down which is all very encouraging. She managed to finish in the halfway position in her new category which might yet see her receive an invitation to those World Champs.

Mike Dodds

Clare Wyngard 1.38.39 4/7 VW60-64

Paddock Wood Half Marathon Club Championships

April 8

A good turn out – not great but some excellent runs in fairly perfect conditions – wet but not cold.

Over the years this event has seen multi wins for Clare Elms and Alison Fletcher and in the long distant past, Chris Loizou even won the race outright in his pre-Dulwich days.

This year we had a record low impact at the prizes – which hardly anyone attended – though the men were unlucky to miss out on a team prize as Kent took two of the three awards and we were fourth.

The upcoming marathon meant a few regulars avoided and some chose to hold something back to save themselves for the marathon.



Lucy Pickering

training is working well as he was a minute up on last year's PB. For those who might not know, Michael was one of Britain's greatest ever timetrial cyclists – and competed in 3 Commonwealth Games with a best of fourth and he set numerous GB records from 10 to 100 miles

[https://en.wikipedia.org/wiki/Michael_Hutchinson_\(cyclist\)](https://en.wikipedia.org/wiki/Michael_Hutchinson_(cyclist))

The PBs temporary ended there as Steve Smythe missed his ancient one by a mere 15 minutes though he won the race M60 award by five minutes but a late fade meant he just missed the club record.

Going in the opposite direction in terms of improvement, Helen Lister took a few more seconds off her recent PB but had plenty in hand and was easily the leading Dulwich woman.

Grant Kennedy also set a PB and finished with Ed Harper, who also did his best time, despite missing a lot of recent training.

Joe Farrington Douglas just missed 90 minutes. Justin Siderfin did a PB but is

capable of a lot more based on his XC form. Gary Sullivan finished well up in the M60s and Mark Foster was another a little down on his time last year.

Katie Styles set a PB as did Yvette Dore (on chip time at least) despite running within herself a little though Michelle Lennon was just outside her best but she underlined her consistency around the 95 minute mark.

After a long recent spell in Japan and gradually regaining fitness, Gideon Franklin ran comfortably at marathon pace.



Justin Siderfin

Tereza Francova, another with the marathon in mind, had an encouraging run, finishing strongly after a steady run/ Lucy Pickering underlined her consistency, going a second faster than in the big Half and a second slower in gun time than last year's Paddock Wood. Tess Bright and Rebecca Schulleri both had comfortable runs but set PBs according to Power of 10 Martin Double was another setting a PB while Lucy Clapp went a few minutes faster than her best in another strong run.

Consistent Cameron Timmis was again around the 1:40 mark as was Matt Ladds but looks capable of more based on his 5k time.

Colin Frith ran his quickest half for many years and he finished just ahead of Ros Tabor and Andy Murray.

Ros Tabor as first W65 but did not win a prize as W55 was the oldest age group though easily won the overall club champs with Andy following.

Louisa Pritchard was five minutes up on her recent Cambridge time while Bob bell had a steady run on a par with his most recent halves and Claire Barnard continued her improvement to be well inside two hours while Barrie John Nicholls and Mike Fullilove cut it finer, the latter pacing his daughter.



Tim Bowen (above) took minute off his PB with what is I believe the quickest rime by a Dulwich Runner for well over 20 years.

Tim's form has generally not been quite as good this year as last but his 71:45 was a minute up on what he ran here last year when he ran 2:32 at London.

Ed Chuck also set a PB but having missed recent training, will go much faster in the future.

Andy Bond was another to show his huge potential as he took two minutes off his PB and beat runners who do three times as many miles as he does every week.

The PBs did not end there as Ian Lilley, who with his hip problem has to train lighter than ideal, smashed his PB by over three minutes with a strong run while Michael Hutchison showed his marathon



Tess Bright

12 71:45 Timothy Bowen (71:46 gun)
 26 73:13 Edward Chuck (73:14)
 37 74:37 Andy Bond 8 M40-49 (74:35)
 86 81:34 Ian Lilley M40-49 (81:40)
 94 82:30 Michael Hutchinson M40-49
 (82:32)
 130 85:12 Stephen Smythe 1 V60-69
 (85:15)
 157 86:52 Helen Lister 11W (86:58)
 177 87:57 Grant Kennedy (88:07)
 178 87:46 Edward Harper (88:07)
 241 90:33 Joe Farrington-Douglas
 (90:50)
 266 92:08 Justin Siderfin M40-49 (92:27)
 283 93:02 Gary Sullivan 5 M60-69 (93:21)
 309 94:24 Mark Foster M50-59 (94:44)
 310 94:23 Katie Styles W35-44 (94:45)
 340 95:42 Yvette Dore 10 W45-54 (96:03)
 354 96:35 Michelle Lennon 11 W45-54
 (96:44)
 391 97:55 Gideon Franklin M50-59
 (98:07)
 398 98:10 Tereza Francova SW (98:32)
 411 98:28 Lucy Pickering W45-54 (98:58)
 412 98:40 Tess Bright SW (99:02)
 413 98:47 Rebecca Schulleri SW(99:08)
 418 99:01 Martin Double M40-49 (99:24)
 445 99:17 Lucy Clapp W45-54 (99:46)
 490 1:40:29 Cameron Timmis M40-49
 (1:40:52)
 545 1:42:21 Matthew Ladds (1:42:40)
 561 1:43:03 Colin Frith M60-69 (1:43:17)
 578 1:43:30 Ros Tabor 1 W65+(1:43:52)
 583 1:43:36 Andy Murray M60-69
 (1:44:04)
 625 1:44:50 Louisa Pritchard W45-54
 (1:45:16)
 726 1:47:45 Bob Bell M60-69 (1:48:10)
 1030 1:56:34 Claire Barnard SW (1:57:16)
 1142 1:58:39 Barrie John Nicholls M60-
 69 (1:59:30)
 1155 1:58:42 Michael Fullilove M50-59
 (1:59:42)



Martin Double - Tereza Francova - Becca Schulleri

SS adds I almost didn't run and hoping I don't regret I did in two weeks time having told quite a few not to risk running too hard if they don't want to take too many risks for London.

After not even managing anywhere near marathon pace on Thursday's league race, work commitments connected to the Commonwealth Games* suggested I might be even more tired on Sunday.

Consequently after just a hour's sleep, I decided I still did need a hard run, having done very little for a week but first had to wait for the men's 5000m to finish on the Gold Coast (cursuing the slow pace) for a hurried ride to Bromley South in the rain which did at least wake me up a bit.

The train, the only one to arrive pre race, which was already due to arrive far too close to race time for ideal preparation was 10 minutes late and meant arrival while most sensible runners were finishing their warm up.

After zero warm up and hurried pre run prep, after half a mile I was chasing a known M60, and thinking I would try and keep my unbeaten record in the new age group a little bit longer, I settled down into a quickish pace and passed him and fairly sure I was leading the age group. At halfway I realised I was bang on schedule for Mike's M60 record and thinking I don't want to do another half marathon for a

year, I tried but just faded in the last few miles and fell short.

I will blame it on the lack of sleep but a bit more speed would have helped.

It dawned me on post race that I was perhaps the sole surviving runner from the very first Paddock Wood and that the prize I did win was for the very oldest age group in the race. I felt old and tired as I cycled hard back in the rain to resume my Commonwealth Games work in the afternoon.

* the work was for AW and for the travel company who look after hundreds of travelling athletics fans. it usually involves attending the event (and I've been to over 20 major worldwide Championships) but this one involves me watching it on the TV in Britain and then sending a 2000 word report to Australia so that all those who watch the athletics in the Stadium can read my report the following day!

Dulwich Runners' times in Paddock Wood 1/2M 8/4 2018

	time	points in agecategory m/f								age grade points	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	71.45	50								816	1st man
Edward Chuck	73.13	49								797	2nd man
Andy Bond	74.37		50							830	3rd man
Ian Lilley	81.34		49							772	1st m40
Tom South	81.56		48							744	
Michael Hutchinson	82.30		47							751	
Steve Smythe	85.12				50					837	1st m60
Helen Lister	86.52					50				756	1st woman
Grzegorz Galezia	87.44		46							730	
Edward Harper	87.46	48								665	
Grant Kennedy	87.57	47								667	
Joe Farrington-Douglas	90.33	46								659	
Justin Siderfin	92.08		45							678	
Gary Sullivan	93.02			50						767	Man age graded
Katie Styles	94.23					49				700	2nd woman
Mark Foster	94.24			49						702	1st m50
Yvette Dore	95.42						50			733	3rd woman
Jonathan Whittaker	95.49	45								619	
Michelle Lennon	96.35							50		777	1st w50
Gideon Franklin	97.55			48						696	
Tereza Francova	98.10					48				669	
Lucy Pickering	98.28							49		772	
Tess Bright	98.40					47				662	
Rebecca Schulleri	98.47					46				660	
Martin Double	99.01		44							611	
Lucy Clapp	99.17							48		775	Woman age graded
Cameron Timmis	100.29		43							632	
Emma Ibell	100.52						49			703	1st w40
Matt Ladds	102.21	44								570	
Colin Frith	103.03				49					699	
Ros Tabor	103.30								50	913	Overall age graded
Andy Murray	103.36				48					723	
Louisa Pritchard	104.50						48			676	
Bob Bell	107.45				47					688	
Clare Barnard	116.34					45				560	
Barrie John Nicholls	118.39				46					625	
Mike Fullilove	118.42			47						574	
	37	7	8	4	5	6	3	3	1		Captains' award

DULWICH RUNNERS KIT

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



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



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



Bufs-snoods - only £6
An ideal face covering !

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 & hoodies. Just click 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 Summer Map 3

