



SHORTS

Dulwich Runners AC

Weekly Newsletter

April 15th 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.

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In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races...
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- 15 The map we would have used tonight !

*As you will see a few of the regular items 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 once things are normal again you will get your first club run on a Wednesday night at no charge.

Graham Laylee

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 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.
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

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

| 2020 | | | | | | |
|------|----|--------------------------------------|-----------|-------|----------------------|-----------------|
| Apr | 26 | London Marathon or alternative | CANCELLED | long | London or alt. | Road & other |
| May | 7 | Assembly League | CANCELLED | | Victoria Park | |
| Jun | 4 | Assembly League | CANCELLED | | Jubilee Pk, Leyton | Cross country |
| | 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: ebepriill@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 2nd Sun. 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

My training suggestions for the next few weeks for prospective marathon runners

Self-isolation running

by Steve Smythe

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 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.

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.

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 hillier 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

5 5km sessions

With little current need for marathon type sessions and perhaps a feeling you might not want to be out of your home too long - here are 5 5km sessions that are possible to complete in around half a hour though ideally do a warm up jog

Steve Smythe

1. 5 x 1000m with 1 minute recovery - aim for slightly quicker than 5km pace
2. Continuous 5km Acceleration - 2km at 10km pace, 1km at 5km pace, 800m at slightly faster than 5km pace, 200m at mile pace then try and run last Kilo as close to 5km pace as you can.
3. 20 minutes of 5k pace for 1 minute followed by 60 seconds at HM pace - ie 10 faster sections
4. 20 x 200 at slightly faster than 5km goal pace with 100m slow jog between efforts
5. 2000m at goal pace, 1000m relaxed recovery, 2000m goal pace

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.

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ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk

Dulwich Runners Landmarks Photo Competition

Dulwich has many unique landmarks that we've all run past many times; some famous and others less well known. When you're out for your next run, take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc. You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar.

Email all entries to Ange - dulwichladiescaptain@gmail.com

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 not likely to be any races in the near future 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 stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

The 10 Parks 10 Miles Run – Virtual Race Anyone?

When it comes to longer training routes for running we all have favourites we like to do. Of course, the length of the run will vary throughout the year, depending on what you are training for, and what the long run entails.

Some of the marathon paced Sunday efforts will require say a distance of 20 miles with some marathon paced efforts in the middle or at the end of the run.

For efforts like this, so you will need somewhere relatively flat and where you do not have to keep stop and starting to

cross roads. Another thing to consider is will you have to be weaving in and out of people. Incorporating Battersea Park or a run along the Thames From Greenwich out east and back are ideal for these types of session.

Of course if you are looking for a hillier run we have lots of options around our part of SE London to incorporate into our runs along with parks and off-road runs.

The idea of this is over the coming weeks is to share some of our favourite training runs we like to do. Whether it's for marathon purposes a general run or a route that takes in some beautiful scenery, all you need to do is link in a map from strava, describe the route, why you like the route and how you incorporate the run into your training plan.

To start the series one of my favorite runs in the summer post marathon season is a route known as the 10 Parks a route that is 10 miles long and as the title allures to takes in 10 parks/ woodland areas as well as a few challenging climbs. In the summer its an ideal run as over half the run is in parks or trails and away from traffic.

In this time of social isolation it is worth considering heading out early in the morning or later in the evening when the parks will be quieter. I did this run at 8am on Sunday 5th April and hardly saw anyone in the parks.

strava link here: <https://www.strava.com/routes/25106190>

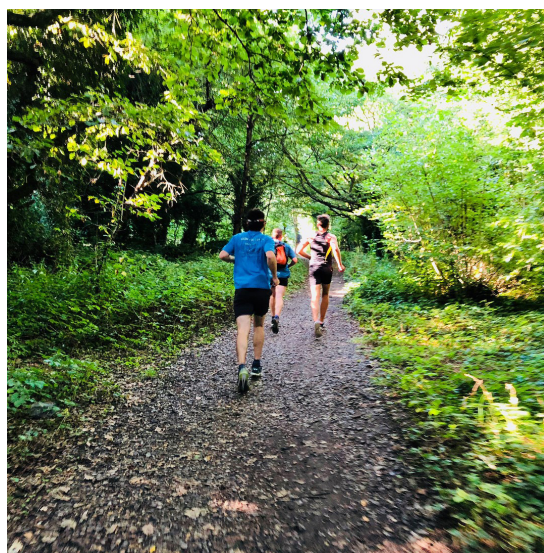
Starting in Dulwich Park by the College Road entrance run round the carriage way in anti clockwise direction and exit onto the South Circular at the Rosemary Gate.

Here turn left along the south circular and cross the road, just before the lights enter in to Dulwich Woods where the first climb of the run is to be had, up Cox's Walk. This is a steep climb, with the golf course on your right.

At the top of the hill, you will pass through the kissing gates, keeping the bridge onto your left. Once through the gate run for approx. 100 metres where there are some steps on your left which you will take you down onto the old railway line, which used run from East Dulwich to the high level Crystal Palace station.

Run along the track towards the tunnel where you will find the path takes a sharp right followed by a sharp left for a path with some steps over the tunnel, this is also the third strava segment of the run.

At the top of the climb, you will need to exit the woods onto Crescent Wood Road, turning right this road will take you past Hell Hill and onto Sydenham Hill by the Dulwich Woodhouse pub. Cross over the road and into Wells Park Road, this road



Running along the old railway track in Dulwich Woods, photo courtesy of Rob Holland

has a steep decent but you will need to watch your pace as after approx. 300m you will make a hard right turn into the third park of the run, Sydenham Wells.

Follow the path round to the right and follow the undulating path to the other side of the park leaving the park at the exit that will take you out to Westwood Hill and head straight across into Charleville Circus.



A view of Crystal Palace Park, though the run doesn't reach this part of the park

Once on Anerly Hill turn left and cross the road and be ready to turn right into Hamlet Road and then a left into Maberly Road.

This leads 5th park of the day, South Norwood Lakes. After a lap of the lakes, you double back on yourself. Before you reach the entrance, you will notice two wooden poles on your left, which signal the entrance to a lovely bit of trail.

Coming off the trail leads you into Auckland Road, where you turn right.

After approx. 100 metres on your left is an entrance into another bit of trail which will lead you through the wood area Beaulieu Heights.

Coming out onto Crystal Palace Park Road cross over and turn left down the hill and be ready to turn right into Crystal Palace Park.

Once in the Park turn left and follow the path down past the parkrun start, past the café keeping the lake on your right.

Once at the far end of the lake there is a short climb past the stadium on your right until you reach the station where you will exit the park.



South Norwood Lakes, courtesy of Gower Tan

This is one of the toughest climbs on the route. Once up the steps follow the path as it bears around to the right, before making two left turns and follow the trail up to South Norwood Hill. Cross over straight away and turn left into Spa Close. At the end of this short cul de sac there are a few steps down (be careful here) and turn left onto the road. When you come to Grange Road cross straight over onto the next bit of trail running along a path across to a wooded area known as the Lawns this is a lovely shaded trail which is slightly downhill.

Coming off the trail you will come out by the Harvester pub and cross straight back over South Norwood hill into Harold Road. This downhill stretch will lead you to the Upper Norwood Recreation Ground.

Keep the Park on your left as your turn left into Chevening Road.

This leads you to the final uphill section of the run as you turn right into Hermitage Road. At the top of the Hermitage Road, turn left onto Central Hill which leads to the next park of the run, Norwood Park.

Enter by the entrance into the Park on Salters Hill and follow it to the centre park before bearing right and then left, before descending into the bottom corner of the park.

Exit the park and run under the railway bridge and turn right towards the Gipsy Hill roundabout and cross over into Alleyn Park.

Almost home from here but one more park to squeeze in. At the bottom of Alleyn Park turn right, passing the College, and turn left onto the South Circular. Just before the railway bridge, turn into Belair Park, there is a gate that is next to the tennis courts.

Follow the trail along the railway tracks (Fresh Prints In Belair saga segment). Once round the main part of the park cross over the River Effra, this is the only place this river can be seen above ground and run towards the Gallery Road exit. From here cross over Gallery Road and through the kissing gates to run along Lovers Walk. At the end of Lovers Walk turn left and you are back at Dulwich Park.

Depending on where you live, you can always start at a point that suits you and if you add want some miles into the run, you can loop of the various parks.

Total distance:- 16.3 km/ 10 miles. Total Elevation:- 240 metres

Anyone else up a virtual 10 Parks race?

Dulwich version of the GREEN BELT RELAY

feeling it today. On Saturday I had an hour to get from Sydenham to Honor Oak. Not too far so I decided to take the scenic route. I took over from Jen at 1pm and I ran / walked through Sydenham and Dulwich woods and down Cox's walk. Over Underhill road (pausing to take a photo of the view of The City) and then on to Peckham Rye Park. I passed Brenchley Gardens to go over the top footbridge and met Emma Ibell in Honor Oak. After a lovely little chat, I then went back home through Forest Hill. 5 miles for Saturday.

It wasn't around the Green Belt and it wasn't exactly a relay but it motivated us to run and we actually saw each other 'live' when we met up at very respectful distances to swap over to the next stage.

Like the GBR, it was over both Saturday and Sunday and most people ran each day. Andrea sorted us into teams and organised who went where according to where we all live, as a stage was from one house to another. Also, like the GBR, it was a beautifully warm day for running.

So, from the horses' mouths, this is how it went.

Saturday Team 1

9 a.m. (Actually, quite a bit after!)

Dylan – With no surprise whatever, we left late so I pushed hard from the beginning. Relaxed a bit after a few miles and had a lovely run in the sunshine, including an unplanned back track in Wandle Park due to a closed gate – classic GBR style! I wished Emma and Dave lived at the other end of their road i.e. at the bottom of their very steep hill! Arrived on time and waved them on their way.

Ange – It was a smooth virtual baton change from across the road, a couple of photos and then Emma and Dave were off in one direction and I headed off back the way we had come, with Dylan now on my bike. We chose a different route home via Mitcham Common.

Not so picturesque in parts of Thornton heath but the Common was lovely and not too many people. From there, it's all off road to ¾ mile from our house.

Emma and Dave -6 miles in 60mins After Ange and Dylan passed the virtual baton to us we headed to South Norwood Lake for a lap of this hidden gem and then up to Crystal Palace Park, passing some llamas on the farm. Heading out near the terraces we headed back to South Norwood to wave a waiting Cara on to her leg.

Cara - I ran on Saturday and did 5.5 miles. I was leg 3 and ran from 11-12. It was hot by that time but kept the pace slow to stay cool.

Jen - I did 17.67km over the 2 x hour sessions. It was really good fun, great to see some friendly faces from the club (at a safe distance!), and amazing to feel part of something in these crazy times, makes me look forward to getting back to running with the club even more.

Jo - Coming back from injury, this was a good chance for me to push myself a little further and I'm definitely

Emma – Ran to Harriet's house.

Harriet - My weekend relay total wasn't anything impressive mainly by virtue of always running v close to home – 23km over the weekend.

The weekend was great fun. At a time where you can feel distanced from people around you and somewhat unmotivated with endless events both sporting and social cancelled, it was nice to participate in something that encompassed both. There was no pressure for time or distance, just a lovely bunch of people (most of which were new to me – being new to the club shortly before temp closure) who were doing something that they really enjoyed. It was very uplifting. The sunshine was a bonus!

Midge - 6.6 miles 60 mins (although this did include stopping for a short while to chat to an old work colleague sitting in her front garden drinking aperol spritz...)

Meanwhile Team 2 were doing their bit – 9 a.m.

Lucy P - Saturday morning, bright and sunny, saw me kicking off the team 2 Dulwich VRR. Recent experience has taught me that, unless very early indeed, all London Parks are too painfully crowded for a runner and the roads by contrast are joyfully empty. Inhaling the sweet Lockdown London air, I attempted to run a bit faster than I usually do. I took an elongated route to Gower's, embracing the road circumference of several parks, finishing on a lovely long downhill with smiling Gower at the bottom of it. Perfect.



Jen to Jo to Jo to Jen to....

Saturday 7.5 miles -60 mins

Gower - Day1, Leg 2, Team 2: Perfect spring weather awaited the first exchange of day 1 for our team. Soon clocked Lucy P tearing down Herne Hill Road - a perfectly timed handover of the virtual baton, then onwards to James in Ladywell, after a quick chat and the obligatory selfies! Unfamiliar with the territory around Nunhead, Honor Oak, Brockley and Ladywell, I had plugged the route into my phone, but despite this still managed to get lost somewhere between Nunhead and Brockley. However that was to my advantage, as I discovered some amazing new green spaces I didn't know existed - Brenchley Gardens, One Tree Hill, Blythe Hill Park.....before eventually reaching James for our 11am handover, just under 12k later. Discovered yet more new places on my easy run home, so have a whole new set of running routes to play with during lockdown!

James – passed to Eleanor.

Eleanor - A relaxed, scenic 11km from Penge East to Jane's in Beckenham, paced by my daughter getting her daily exercise on her bike. Our route included a loop of Beckenham Place Park and some very quiet, blossom flanked back roads of Beckenham and Shortlands. Running in the midday sun, I appreciated my daughter carrying a water bottle on her bike!

Jane - Saturday was great to see Eleanor & her daughter on the bike. It was so hot and my run had the additional objective of completing a 3k time trial which we had organised for the junior girls at Blackheath & Bromley. As one of the coaches I felt obliged to take part! So, I headed to Beckenham Place Park en route to Andrea's and ran about 1.5 laps of the park run. Pretty happy with 12.25 in the heat but after that I was so exhausted that I had to stop and stagger around for about 5 mins SMILEY Rest of the run went fine and I handed over to Andrea for the final leg, by which time the temp was around 25 degrees. Fortunately, my son gave me a lift home as he'd just finished his shift at Sainsbury's!

Andrea - I did 60 mins and 8.1 miles. I really did feel like I was in a race (Luckily can't get lost like on Greenbelt)

Kev - I ran 26.3km over the 2 x 60 min sessions. Doubtful I would have run that much without this to motivate me. (Plus, he sent a photo of a rather sore ankle.)

Sunday

Team 1

Gower - Day 2, Leg 1, Team 1: Opted for an early start to Easter Sunday and the first leg of day 2, heading towards Emma I. Slightly hungover but offset by perfect running conditions, I retraced much of my prior days route, but being geographically challenged got slightly lost (again). Discoveries today included Camberwell New Cemetery and whatever the park is next to it! Arrived for our virtual baton exchange at the allotted time and swapped some excess drinking stories and selfies, before Emma sped off for the second leg. Bumped (not literally) into Ebe en route home at my new favourite South London viewing point on top of One Tree Hill, before a casual trot back for Easter lunch!

Emma - passed to Lucy P

Lucy P - Day 2, sun still shining, Emma came flying down the middle of my road, and we had our picture taken, with me looking barking mad, and then we set off separately down the South circular. I felt distinctly stiff and slow and embraced the several stops I made to check my bearings, more as an homage to GBR than any need... I found Midge's house, we waved, she checked her bins, and she was off. Sunday 6.5 miles - 60 mins

Midge - Sun: 7 miles, 61 minutes.

Loved this event, it was such fun and gave a purpose to my daily exercise dose; I definitely found myself running a bit faster (at least on the Saturday!) even though it wasn't an actual race.

Michelle - I ran 6 miles in the sunshine, plus an extra bit later on to cheer on Ange and Dylan. (I also ran on Saturday, not sure which team I was in but I finished at Midge's house.)

Emma and Dave - 8.5miles

We headed out early to meet Michelle in Crystal Palace park. Heading out past the rusty laptop, (You may never have seen it; it's hiding in the bushes!) we caught some shade running in Sydenham Hills Wood and on through Dulwich Park. From there it was a big slog up College Road/Fountain drive and back through the park to South Norwood to wave our good friend Jen on.

Jen - passed to Harriet who passed to Ange and Dylan.

Dylan - My run can be easily summed up; very hot, very hilly and very enjoyable.

Ange - Good to see and have the handover with, but not too near, Harriet. I must learn that maps don't show hills; we did a bonus hill at the back of Streatham Common. If you've never run up Gibson Hill, give it a try, your quads will love it! The route was a good mix of green spaces and quiet residential roads where it was easy to avoid pedestrians by running in the road.

Was lovely to stop for a chat outside Midge's house, also with Michelle who ran round the corner especially to see us.

Team 2

Jane - Sunday I was on first leg, running again to Foxgrove Road, this time to meet Mary. The heat and extreme gardening from the day before meant it was a very slow & not very energetic meander; but it was def worth it when I could see Mary, her husband & son, plus Andrea & Claudia cheering me down the final hill.

Mary - I had the easiest of legs, only 1 run on Sunday for 30 mins - perfect for me as I'm not as fit as the rest of the team!! Once Jane had reached my house, we set off (oh Yes, I had a pacer on a bike, my son Louis!) we weaved through the walkers and joggers through Beckenham on a beautiful Sunday morning and reached El and Leah's house in Sydenham slightly early for their start time.

Eleanor - With Jo's home only a mile from mine, I needed to find an interesting loop to get there, suitable for me and my

8 year-old pacemaker, who was keen to be involved in the relay for a second day. Sometimes I choose not to follow the Waterlink Way on my training runs, as parts can be populated by some unsavoury types. But lockdown in 25 degree heat brought out more cyclists, runners & walkers than I've ever seen on this path before. En route to Ladywell we stopped to admire some very cute ducklings before heading away from the river to Forest Hill. 11km

Jo - On Sunday, I took over from Eleanor and her pacer daughter at 11 am. This time I was aching a little from Saturday so I took a more direct route to

meet James in Ladywell. Needless to say, I was quite early so I paid a visit to Hilly Fields for another photo opp. This time it was the stone circles with Crystal Palace in the background. A quick chat and handover to James before I took the scenic route home via Blythe Hill fields. 7 miles in total on Sunday and I'm definitely feeling it today.

James - passed to Kev who passed to Andrea

Andrea - Tired on Sunday, just 40 mins 5.4 miles round Beckenham park .

And here are some of the general comments about the weekend -

Even though I was run/walking alone, it was so lovely to feel part of something and see various people. Even pre-race toilet trips and nerves were included. Thanks to Andrea for organising.

A great event and I'd be up for it again.

Really great seeing people and the pictures coming in over the day made it pretty special. Let's do it again.

Anyhow it was fab running, almost , with everyone. Huge thanks to Andrea for organising & looking forward to the next one! Well done to all who took part. The whole weekend was great fun! Thank you to everyone for being so enthusiastic/ brilliant photos and being part of a team.



Kevin found Andrea hiding behind a tree...

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

| | | 29-Mar | | 04-Apr | | 11-Apr | | Total Week 1-3 |
|------------------------|-----|--------|-----|--------|-----|--------|-----|----------------------|
| | | | Pts | | Pts | | Pts | |
| Andy Bond | M40 | 16:54 | 50 | 16:26 | 49 | 17:11 | 50 | 149 |
| Tom Shakhli | MS | | | | | 17:34 | 49 | 49 |
| Joe Wood | MS | 18:12 | 48 | | | 17:42 | 48 | 96 |
| Shane Donlan | MS | 17:56 | 49 | 17:42 | 45 | 17:57 | 47 | 141 |
| James Brown | M40 | | | 17:42 | 45 | 19:04 | 46 | 91 |
| Rob Hollands | MS | | | 17:51 | 42 | 17:45 | 45 | 87 |
| Tom Wilson | M40 | 20:00 | 43 | 18:52 | 39 | 18:24 | 44 | 126 |
| Jonny Hough | M40 | 19:17 | 46 | 19:59 | 35 | 18:59 | 43 | 124 |
| Greg Falconer | MS | 19:54 | 44 | 19:36 | 37 | 19:22 | 42 | 123 |
| Jonathan Whittaker | M40 | | | 19:49 | 36 | 19:44 | 41 | 77 |
| Kim Hainsworth | FS | 20:45 | 42 | 21:01 | 28 | 20:14 | 40 | 110 |
| Matt Ladds | MS | 20:46 | 41 | 20:47 | 31 | 20:27 | 39 | 111 |
| Helena Flippance | FS | | | | | 21:24 | 38 | 38 |
| Tereza Francova | FS | 22:10 | 38 | 22:16 | 25 | 21:47 | 37 | 100 |
| Ebe Prill | M50 | 23:02 | 36 | 22:03 | 26 | 21:58 | 36 | 98 |
| Yvette Dore | F40 | 20:56 | 40 | 20:56 | 29 | 22:35 | 35 | 104 |
| Laura Vincent | FS | 22:29 | 37 | 21:41 | 27 | 22:40 | 34 | 98 |
| Robin Downing | MS | | | | | 22:38 | 33 | 33 |
| Graham Laylee | M60 | 23:37 | 34 | 24:4 | 22 | 23:43 | 32 | 88 |
| Mike Crilly | M50 | | | | | 24:15 | 31 | 31 |
| Andy Murray | M60 | 27:26 | 27 | 27:0 | 17 | 26:20 | 30 | 74 |
| Ros Tabor | F60 | 31:48 | 24 | 30:48 | 16 | 29:38 | 29 | 69 |
| Ed Chuck | MS | | | 15:53 | 50 | | | 50 |
| Daniel Mann | M40 | | | 16:26 | 49 | | | 49 |
| Tom South | M40 | | | 16:58 | 47 | | | 47 |
| Martin Belzunce | MS | | | 17:37 | 46 | | | 46 |
| James Burrows | MS | | | 17:47 | 43 | | | 43 |
| Des Crinion | MS | 18:35 | 47 | | | | | 47 |
| Gower Tan | M50 | | | 18:40 | 41 | | | 41 |
| Eugene Cross | MS | | | 18:47 | 40 | | | 40 |
| Andrea Ceccolini | M50 | | | 19:28 | 38 | | | 38 |
| David Benyon | MS | 23:39 | 33 | 20:17 | 34 | | | 67 |
| Kay Sheedy | FS | | | 20:34 | 33 | | | 33 |
| Gary Sullivan | M60 | 23:16 | 35 | 20:43 | 32 | | | 67 |
| Ross Rook | MS | | | 20:51 | 30 | | | 30 |
| Emma Kelly | FS | 26:16 | 30 | 23:41 | 24 | | | 54 |
| Alice Williams | FS | | | 23:52 | 23 | | | 23 |
| Joe Farrington-Douglas | M40 | 19:49 | 45 | | | | | 45 |
| Hugh French | M40 | 22:00 | 39 | | | | | 39 |
| Catherine Burglass | F40 | 24:12 | 32 | | | | | 32 |
| Shoko Okamura | FS | | | 24:45 | 21 | | | 21 |
| Teresa Northey | F40 | | | 25:02 | 20 | | | 20 |
| Jenny Bomers | FS | 26:37 | 29 | 25:20 | 19 | | | 48 |
| Midge Cameron | F50 | 26:59 | 28 | 26:43 | 18 | | | 46 |
| Emma Ibell | F40 | 24:40 | 31 | | | | | 31 |
| Claire Barnard | FS | 28:15 | 26 | | | | | 26 |
| Hannah Harvest | FS | 28:38 | 25 | | | | | 25 |

22 runners this week.
Runners best 3 point scores will count towards the March/April monthly standings.

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



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



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



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. 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

1ST

Runners

40
YEARS RUNNING



***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

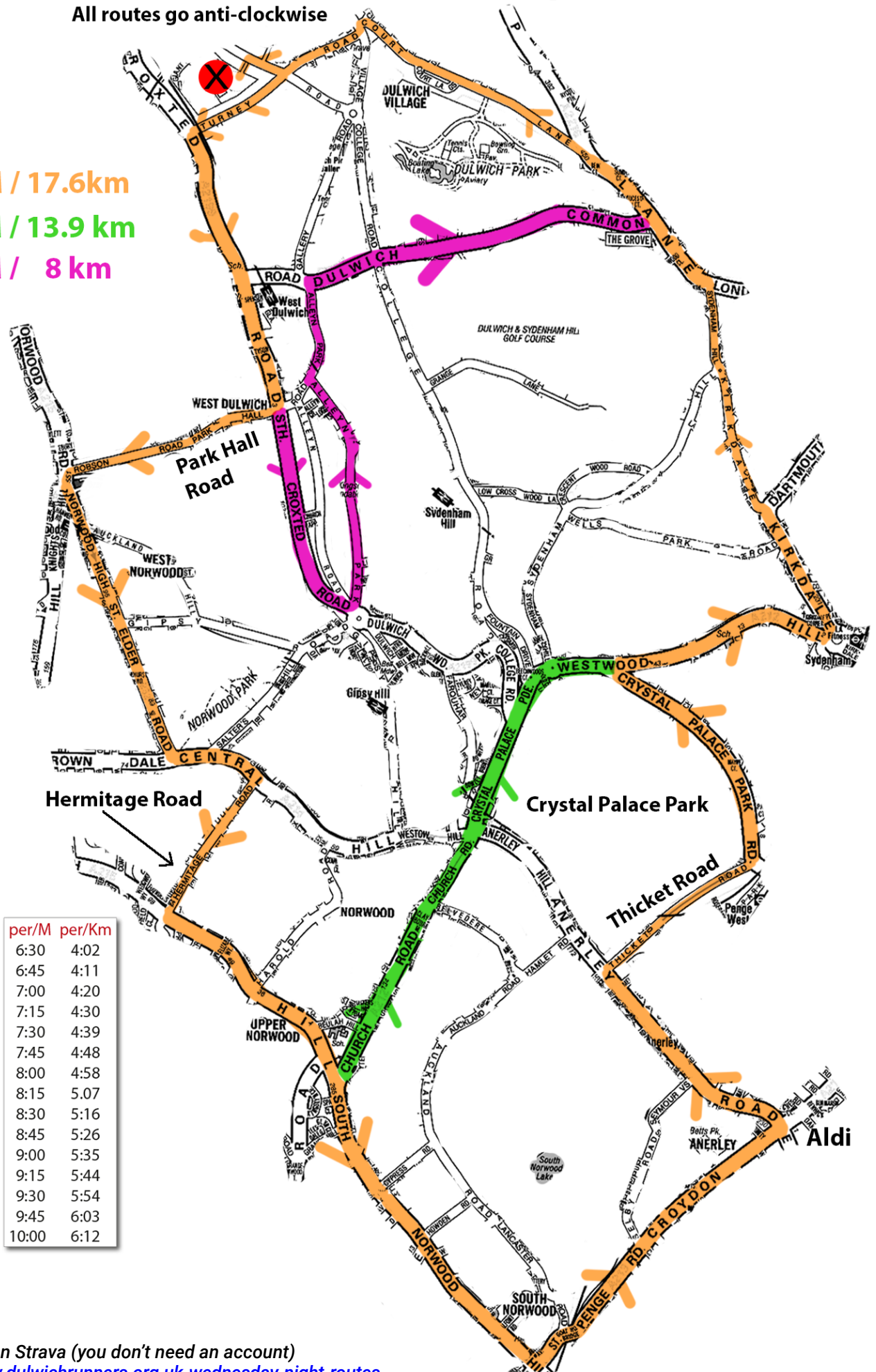
Dulwich Runners Winter Map 1

All routes go anti-clockwise

10.9 M / 17.6km

8.7 M / 13.9 km

5.0 M / 8 km



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>