



SHORTS

Dulwich Runners AC
Weekly Newsletter
August 12th 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

We have now restarted Wednesday night runs and
Tuesday training sessions
SEE PAGE 3

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 Training sessions
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- 5 Dulwich runners on Zoom...
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- 9 The map we would have used tonight !

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return as and when appropriate. Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Membership fees 2020 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news! if you have renewed your membership or have joined as a new member then your membership will automatically be extended until 31st March 2022, in light of the restrictions on

athletic activities owing to Covid-19.

So that's two year's membership for the price of one for existing members.

It is important for you to note that this only applies to club membership fees and that your individual England Athletics registration fee in 2021 will still need to be paid (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it is not too late to do so.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

The current rules allow us to train and run in groups of six with people from other households, but still maintaining a two-metre gap from those you do not live with.

Therefore we now have small group sessions on Tuesdays and Wednesdays.

Details of these plus training sessions from coach Steve Smythe that are suitable for up to 6 people maintaining a 2m distance can be found in Shorts.

We will continue to monitor the situation taking into account any further changes to the rules and guidance from Government and England Athletics.

Meanwhile stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

Ros Tabor - On behalf of Dulwich Runners AC Committee

Risk Assessment:

<https://www.dulwichrunners.org.uk/risk-assessment>

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

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.

The Championship takes the form of a weekly

SOLO 5K time trial taking place from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions
- Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

DULWICH COLLEGE TRACK

With some year groups now returning to school, Dulwich College has now reserved the use of the track to their own students between 4.30 and 6.00pm. Outside these times, it remains available to club members and other users. The field surrounding the track remain open to the general public.

DULWICH RUNNERS 20/21 FIXTURES

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.

**The fixture lists will return once events can go ahead.
All events listed were either cancelled/postponed or would have been.**

If you require information 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 Night Runs

Small group road runs have restarted.

on Wednesdays In line with guidelines, .

We have several members who have volunteered to lead different pace groups with a max 6 runners per group. Groups will split if more runners arrive.

If anyone would be happy to lead a group in future please let us know.

Groups will meet and start at the clubhouse carpark.

Note - clubhouse is not open, so no changing or toilet facilities etc.

You do not need to let us know in advance if you are coming, but please arrive before the run start time so groups can be organised.

sub 7 min/pm, approx 9 miles - start 7.10 pm
Tom South - thomas_south@hotmail.com

7.30 min/pm, approx 7 -8 miles - start 7.15 pm
Gower Tan - gower.tan@gmail.com

8 - 9 min/pm, approx 8 miles - start 7.30 pm
Eberhard Prill - ebeprill@yahoo.co.uk

8 - 9 min/pm, largely off road - start 7.30 pm
approx 5-6 miles
Mike Mann - mcmann90@yahoo.co.uk

9+ mpm, approx 5 miles - start 7.30 pm
Andy Murray - acmurray28@gmail.com
NB This group is looking for a new leader from Wednesday 5th August

Tuesday training

Small group speed training has restarted.

To find out where and when (if you're not already on the mailing list), please email:

Paces based roughly on 5k ability (not set in stone and there might be some overlap)

16:30min or faster
Ed Chuck - chuckedward@googlemail.com

16:30 - 18:59min
Tom South - thomas_south@hotmail.com

19 - 21:59min
Eberhard Prill - ebeprill@yahoo.co.uk

22min or slower
Mike Mann - mcmann90@yahoo.co.uk

Sessions suggestions for coming weeks

My training suggestions - *Steve Smythe*

Wed Aug 12 65 mins steady a min a mile slower than 5km pace

Thur Aug 13 35 mins tempo alternating 5 mins marathon and 5 mins 10km pace

Sat Aug 15 Hills or 5km brisk building pace

Sun Aug 16 90 mins slow and easy = 90 secs a mile slower than 5km pace

Tue Aug 18 6 x 800m reps

Wed Aug 19 70 mins steady a min a mile slower than 5km pace

Thur Aug 20 45 mins at HM pace but pick up to 10km pace for 30 secs every 5 mins

Sat Aug 22 Hills or 5km with slower 1st, 3rd & 5th km but 2nd & 4th at faster than 5km pace ie 4:15, 3:55, 4:15, 3:55, 4:15 for 20 5km runner

Sun Aug 23 95 mins slow and easy = 90 secs a mile slower than 5km pace

NB: on paces it is best to do sessions off road and go slower than suggested than risk injury on the road. ie good grass is much better than joining the masses in Dulwich Park even if you can't go quite as quick

Race Reports & Results

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

As there are no live races/events in the near future Shorts could be looking pretty bare... 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.

7 keen beans as we hit the 2nd week of the August competition...

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		1 Aug		8 Aug	
			Pts		Pts
Shane Donlan	MS	17:10	50	19:43	50
Ed Smyth	M35	21:02	48	20:37	49
Joe Farrington-Douglas	M40			20:50	48
Gary Sullivan	M60	22:31	46	21:03	47
Ebe Prill	M50	21:26	47	21:38	46
Andy Murray	M60	26:51	44	26:32	45
Ros Tabor	F60	25:10	45	28:18	44
Kim Hainsworth	FS	19:57	49		

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to upload your run from Strava, Garmin Connect or other GPS app

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Chelmsford mile of mile races

Steve Smythe

A few Dulwich Runners took part in this social distanced event which was run on a mostly grass cross-country event - reasonably flat with a maximum of 6 in each race Clare had been unable to train properly for close on a month due to a thigh problem but couldn't resist a rare race opportunity and though running what she felt was her tempo training session pace finished second in 5:47.2 in the top women's race to former European Junior 800m champion Khahisa Mhlanga.

Overall that got her third fastest women's time and fastest vets time.

Andy Bond ran a superb 4:49.9 in his race to be second fastest male vet while Des Crinion ran 5:23.1 which made him 32nd fastest senior male.



Overtaking allowed !

Dulwich Runners Landmarks Photo Competition



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. Entries have started to be sent in, but we want lots more. NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

dulwich runners on zoom

zoom We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



Wednesday at 8.30pm

Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related. We will also use this time slot for other events like quizzes on future dates (tbc)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:
https://us02web.zoom.us/j/84234946420?pwd=98tyKuGsrDguE9CTtBuHRpwIAjCLPPwiCFbjY1vjB39BDdYVY_JAcZGKLcpGdfv

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom

442030512874,,84234946420#

+United Kingdom

Please note that from 1 July you need to enter the following password to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420**

Password: **773696**

DULWICH RUNNERS CLUB KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-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



Buffs-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



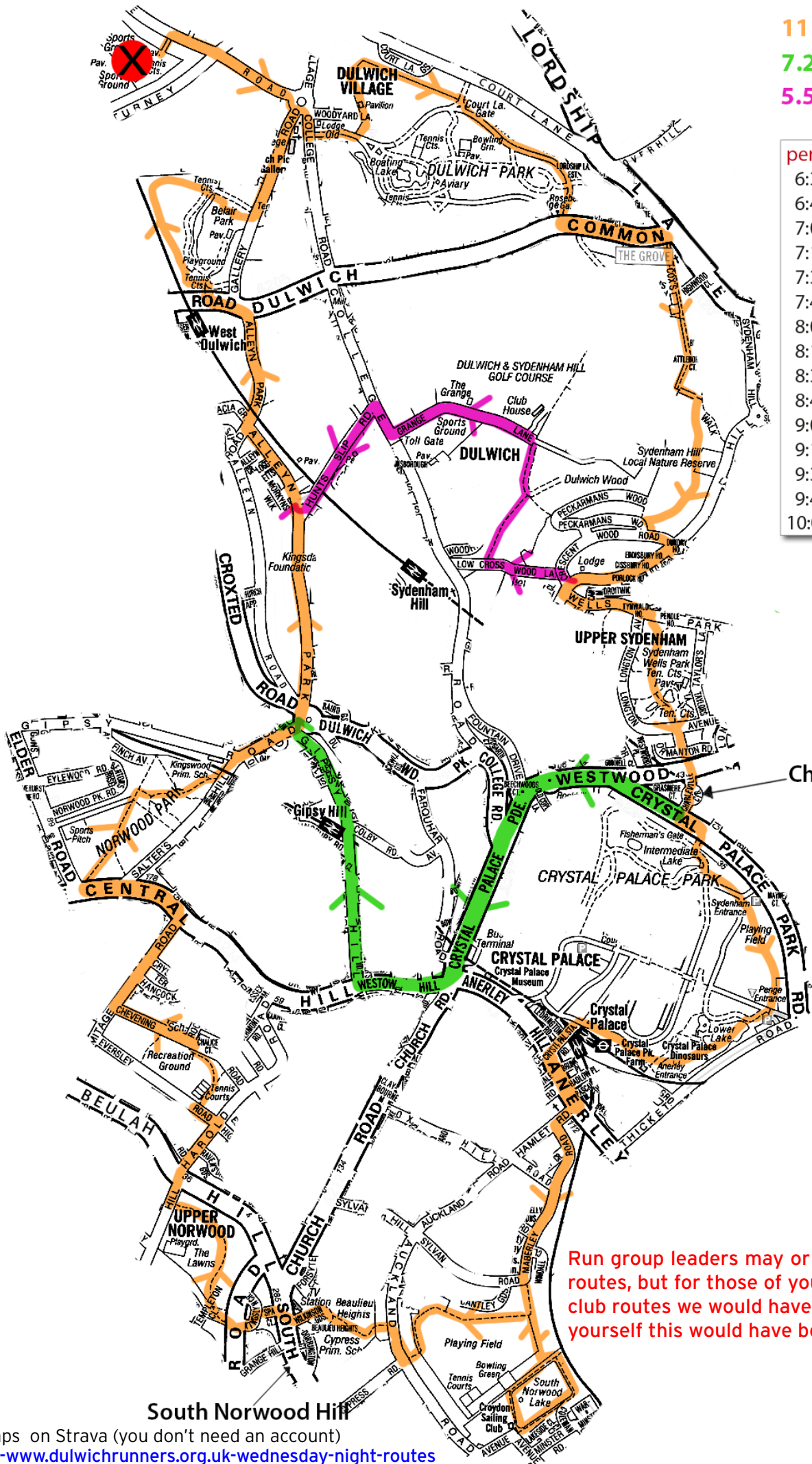
***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof 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.*

Dulwich Runners Summer 1

11 M / 17.7km
7.2 M / 11.6 km
5.5 M / 9 km

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



Charleville circus

Run group leaders may or may not use these routes, but for those of you wanting to do the club routes we would have used pre lockdown yourself this would have been tonight's map

South Norwood Hill