



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
August 26th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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

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

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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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- 5 Dulwich runners on Zoom...
- 6 Club Kit
- 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.

## 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>

## 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.*

## TUESDAY TRACK SESSIONS AT CRYSTAL PALACE

We have now arranged with GLL/Crystal Palace NSC for the use of the Crystal Palace track on Tuesday nights over the Autumn and Winter.

Due to Covid-19 restrictions, all individual track bookings will need to be made online through the new GLL Booking App. In order to book and access the discounted Dulwich Runners rate of you will need to be set up as a member on the GLL booking system.

Details of timings and other arrangements will be provided in due course but **for now if you intend to attend track sessions over the winter or would just like to give track a try, please enter your details here so that you can be set up on the system.**

**Register here:** <https://www.dulwichrunners.org.uk/tuesday>

**NOTE: you must register to comply with Crystal Palace Arena Covid rules**

# 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](https://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](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto: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](mailto:thomas_south@hotmail.com)

7.30 min/pm, approx 8 - 9 miles - start 7.15 pm

Gower Tan - [gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8 - 9 min/pm, approx 8 miles - start 7.30 pm

Eberhard Prill - [ebeprill@yahoo.co.uk](mailto: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](mailto:mcmann90@yahoo.co.uk)

9+ mpm, approx 5 miles - start 7.30 pm

Andy Murray - [acmurray28@gmail.com](mailto: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](mailto:chuckedward@googlemail.com)

16:30 - 18:59min

Tom South - [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

19 - 21:59min

Eberhard Prill - [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

22min or slower

Mike Mann - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sessions suggestions for coming weeks

My training suggestions - *Steve Smythe*

- |  |   |
|--|---|
| <b>Wed Aug 19</b> 70 mins steady a min a mile slower than 5km pace   | <b>Sat Aug 29</b> 30 mins easy With 4 faster hill efforts of at least 30 sec  |
| <b>Thur Aug 20</b> 45 mins at HM pace but pick up to 10km pace for 30 secs every 5 mins  | <b>Sun Aug 30</b> Hour hard at 45-60 secs slower per mile than 5km pace   |
| <b>Sat Aug 22</b> 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 | <b>Tues Sep 1</b> 5 x 1000m off every 7 mins  |
| <b>Sun Aug 23</b> 95 mins slow and easy = 90 secs a mile slower than 5km pace  | <b>Wed Sep 2</b> 60 mins at 60 secs per mile slower than 5km pace   |
| <b>Tues Aug 25</b> 1000m, 20x200m short recovery In 2 sets (start every min or 75 secs), 1000m   | <b>Thurs Sep 3</b> 5 mins at HM pace, 4 mins at 10M pace, 3 mins at 10km pace, 2 mins at 5km pace, 1 min at mile pace, 5 mins easy and repeat |
| <b>Wed Aug 26</b> 50 minutes at 30-45 secs slower Per mile than 5km pace   | <b>Sat Sep 5</b> 10x short hills of approx 30-45 secs with slow jog back  |
| <b>Thurs Aug 27</b> 30 mins out and back run - 16-17 mins out relaxed - 13-14 faster coming back   | <b>Sun Sep 6</b> 90 mins at 60-75 secs a mile slower than 5km pace  |
|  | <b>Tues Sep 8</b> 6 x 800m  |

**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**

## 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 it might be 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 the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

# Race Reports & Results

Want your race results and reports in SHORTS ? make sure & email them to [barry@1bg1.com](mailto: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.

5 keen beans as we hit the 4th week of the August competition...

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		1 Aug		8 Aug		15 Aug		22 Aug		Total pts	
		Pts		Pts		Pts		Pts		best 3 runs	
Joe Farrington-Douglas	M40			20:50	48	20:48	50	20:34	50		
Gary Sullivan	M60	22:31	46	21:3	47	21:6	49	21:6	49		
Ebe Prill	M50	21:26	47	21:38	46	21:27	48	21:36	48		
Andy Murray	M60	26:51	44	26:32	45	26:28	46	26:35	47		
Ros Tabor	F60	25:10	45	28:18	44	26:9	47	26:36	46		
Shane Donlan	MS	17:10	50	19:43	50						
Kim Hainsworth	FS	19:57	49								
Ed Smyth	M35	21:2	48	20:37	49						

**NB: you will need to submit your result yourself via Opentrack**

**HOW IT WORKS**

- 1. Search the opentrack listings  
[opentrack.run](https://opentrack.run) - virtual - competitions - Dulwich Runners 5k
- 2. Login or sign up to enter and submit

your result. You 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.

## Non Sweet Caroline Aquathlon Des and Becca - 750m lake swim & 5km off road run

22nd August 2020

Becca writes...On a late windy Saturday morning we headed to Merchant Taylor's boys school to take part in the 2nd aquathlon since lockdown to be hosted there.

139 participants were set off at the lake in 30secs intervals based on their predicted swim times with all participants waiting on the spacious fields until groups of 20 were led to the lake. It was really very well organised and the location offers so much space to make socially distanced registration, waiting, swimming and running possible.

I was set off 1 minute before Des and held him off until maybe 2mins into the run.

	750m swim	Transition	5km run	Total
Des	13:08mins	01:10mins	20:52mins	35:13mins
Becca	13:23mins	01:39mins	22:18mins	37:22mins

The water temperature was 19 degrees and we both opted for wetsuits. The water was beautiful and I enjoyed the swim a lot. Both of us had good swims but found the run very hard. We ran around the lake first before we headed onto the open and very windy fields where we zig zagged around some cricket players before finishing on the track.

This was Des' 3rd race post lockdown and my first and we both were very excited to be able to compete again.

Des had a great swim clocking 13:08mins and moved up from starting in 52nd position to finishing 20th overall. His run (20:52mins) however was slower than what he could normally do even after a swim. As always he was quick in transition having almost perfected the ripping down of the wet suit. His efforts made him 7th in his age category and 15th out of 70 male participants!

I beat my predicted swim time by a few seconds clocking 13:23mins and clocked 22:18mins on the run which was quicker than what I had expected based on my recent runs. Overall I finished as 39th participant, 3rd in my age category and 11th female.

It just felt so good to be back and get into race mood again!

# 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](mailto: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=ZlZAVdO2hqjOUGNRpbxgwUL\\_WDdze6io\\_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy\\_JAcZGKLcpGdfv](https://us02web.zoom.us/j/84234946420?pwd=ZlZAVdO2hqjOUGNRpbxgwUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy_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](mailto: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](mailto: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 Map B

All routes go anti-clockwise

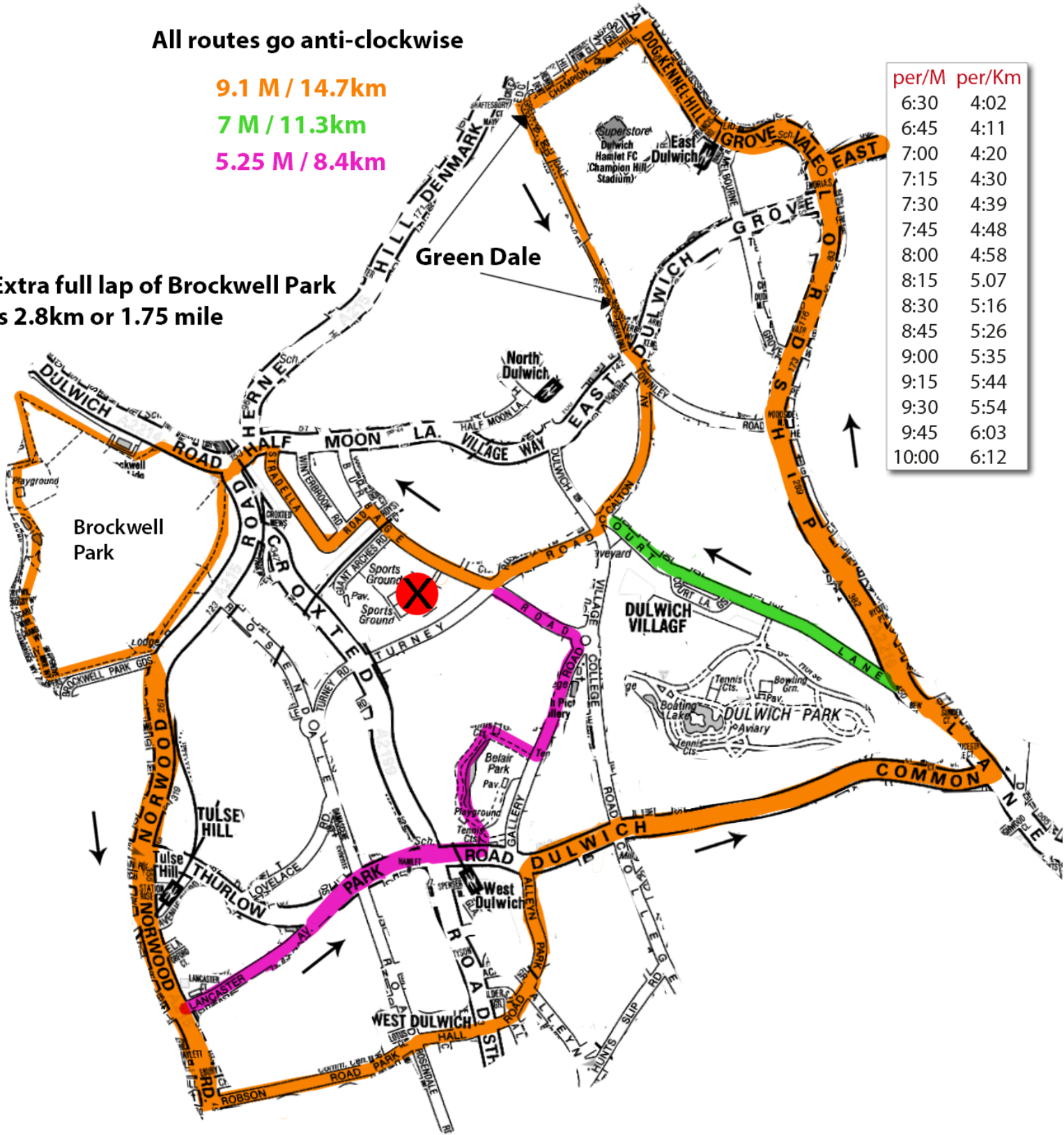
9.1 M / 14.7km

7 M / 11.3km

5.25 M / 8.4km

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

Extra full lap of Brockwell Park is 2.8km or 1.75 mile



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

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