



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
August 5th 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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Connect with us:



## In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
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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.

## COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

With the Government relaxing some of the rules around lockdown the Committee want to keep you up to date on the status of group training and the Club.

The new rules now 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.

In line with this guidance, we are now organising 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

## 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*

***If doing any of the restarted sessions make sure you read the 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](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 7 -8 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*

**Wed Aug 5** 60 mins steady a minute a mile slower than 5km pace

**Thur Aug 6** 10km tempo at HM pace but put a 10 second 5km burst at end of each km or short recovery 200m reps

**Sat Aug** 8 Hills or 5km brisk with faster first, third and fifth kilo

**Sun Aug 9** 80 mins slow and easy - 80 secs slower per mile than 5km pace

**Tue Aug 11** 12 x 400m reps

**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



# 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 E

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

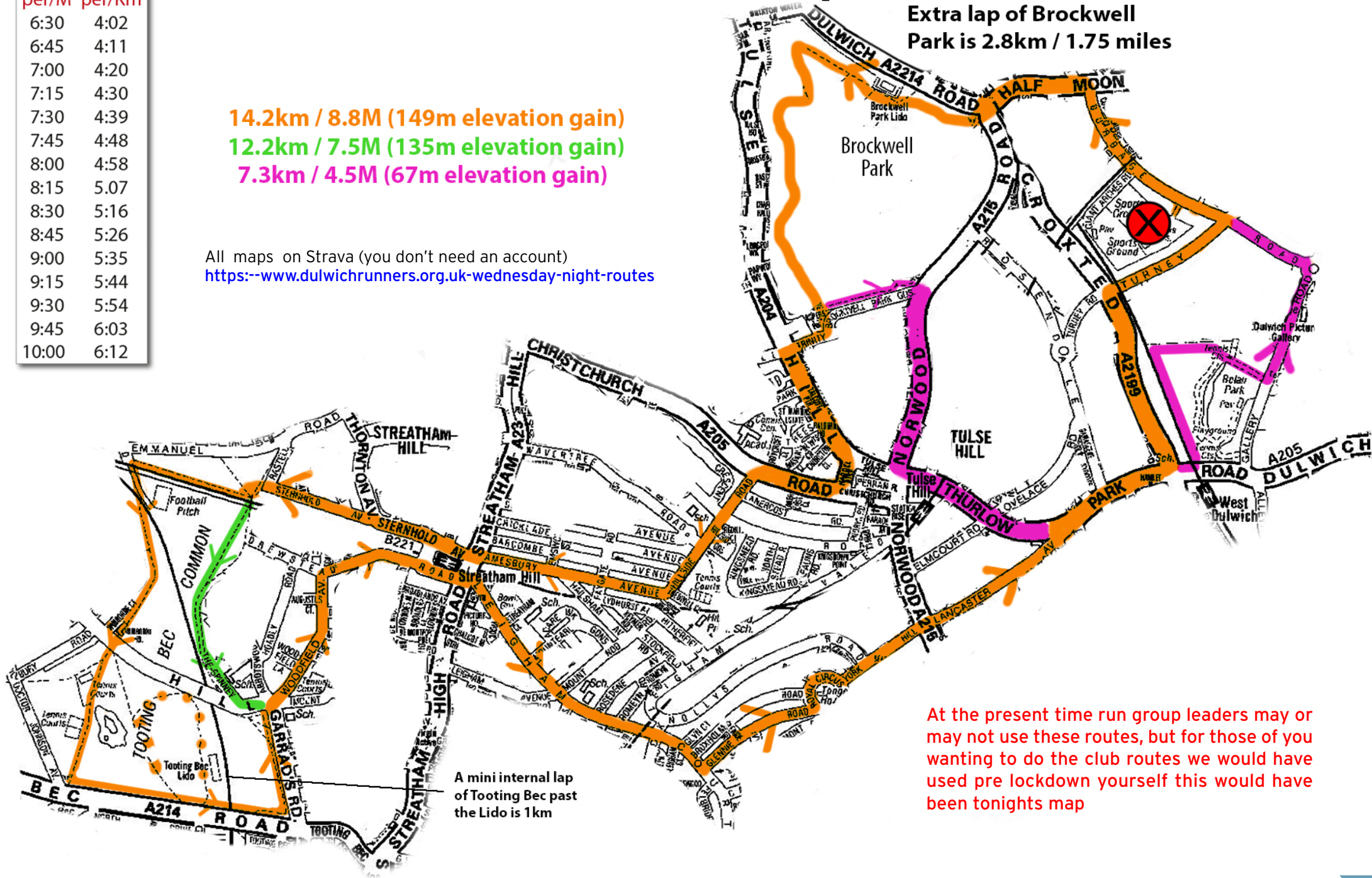
14.2km / 8.8M (149m elevation gain)

12.2km / 7.5M (135m elevation gain)

7.3km / 4.5M (67m elevation gain)

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

Extra lap of Brockwell  
 Park is 2.8km / 1.75 miles



A mini internal lap  
 of Tooting Bec past  
 the Lido is 1km

At the present time 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