



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
December 2nd 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

Wednesday night runs in groups of six from the clubhouse carpark from tonight and from Tues. Dec 8th track sessions at Crystal Palace track.

**NOTE: our clubhouse remains closed and there are no toilets or changing facilities.**

**SEE PAGE 2 for full details**

## In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 3 Race reports, results etc,
- 5 Club Kit
- 7 Wednesday night map

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



## Good news ! - club runs & training restart Dulwich Runners AC lockdown statement

### Dear Club Members

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

We have group sessions on Tuesdays and Wednesdays. Details of these plus some 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 advise you of further changes to the rules, meanwhile stay safe and well, and do keep in touch with each other -either through the Club's Facebook, Strava and WhatsApp groups.

**Ros Tabor - On behalf of Dulwich Runners Committee**

## Membership fees 2022 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, in light of the restrictions

on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

**This only applies to club membership fees and that your individual England Athletics registration fee which we have no control over will still need to be paid 2021 (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.***

# 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.

## Cross Country Update

If restrictions allow (and there is uncertainty surrounding this) the following cross country fixtures have been pencilled in for January.

9	Jan	Surrey Champs, Lloyd Park
9	Jan	Kent champs, Brands Hatch
16/17	Jan	Priory Relays
30	Jan	Surrey League, Denbies Vineyard

All these events will effectively be time trials with starts in waves. Updates will be provided as soon as any further information is available.

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 Evening Runs...

Groups of six, with staggered starts, each with a leader and catering for different paces...

**Arrive by 6:50pm to register and organise which group you will run with....leave the clubhouse car park at 7pm**

**NOTE: the clubhouse is still closed and there are no toilets or changing facilities.**

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

You can just turn up but arrive a bit earlier to enable us to 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 any reason you are unable to sign in you should contact Ebe and Mike after your run. If you have any Covid-19 symptoms in the days after your run, you should contact Ebe and Mike immediately. [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

The groups are currently organised as follows.

sub 7 minute mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 minute mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 minutete mile pace (and slower) - groups led by Ebe Prill [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) and Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Standard run is about 8-9 miles, slowest group will also have the choice of 5 miles, depending on numbers on the night.

If you are a new runner, we will place you with others to run with at your preferred pace and distance.

## TUESDAY TRACK SESSIONS CRYSTAL PALACE - From Tues 8 DEC

**NOTE: you must register first to comply with Crystal Palace Arena Covid rules**  
Register here: <https://www.dulwichrunners.org.uk/tuesday>

After registering you need to download the GLL Booking App.  
<https://www.better.org.uk/coronavirus/booking>

How to book and pay for a session using the app [instructions can be found here](#)

## 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.

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

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		7 Nov		14 Nov		21 Nov		28 Nov			
			Pts		Pts		Pts		Pts		
Chris Nunn	M45	20:19	50	20:18	50	20:15	50				
Ebe Prill	M55	20:28	49	20:56	49	20:39	49				
Gary Sullivan						20:52	48				
Andy Murray						27:26	47				

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

### HOW IT WORKS

1. Search the opentrack listings  
[opentrack.run](http://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.

# 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](http://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 part of the club champs.

# Calendar news - Dulwich Runners 2021 calendar is now on sale

Firstly, thank you again to everyone who has been a part of this by submitting photos and voting for those to be included. I'm sure you'll love the result.  
All those Christmas present problems can now be solved!

It is available through our online shop, which can be found at:  
<https://www.fluidic.co.uk/c/6078/dulwich-runners>

All of the photos in the calendar are below  
It is available in different formats/prices.

Members order directly from the website and funds will be forwarded to the club.



Cover



Jan



Feb



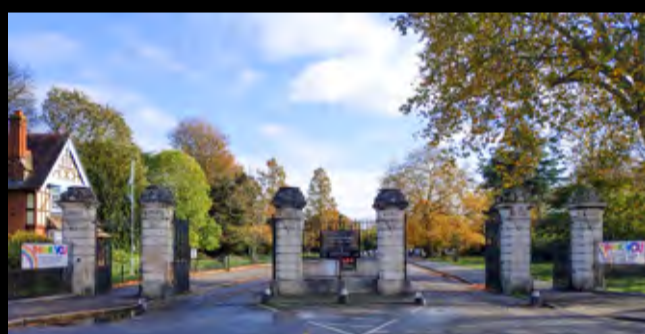
March



April



May



June



July



Aug



Sept



Oct



Nov



Dec

# 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 Winter Map12



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

Route may be changed on the night at the group leaders discretion