



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
December 23rd 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

**NOTE: All club runs and organised training  
suspended until further notice**

## ***In your SHORTS this week !***

- 1 General information
- 2 Fixtures
- 3 Club runs and training sessions
- 4 Club championships 2020/21
- 5 Race reports, results etc,
- 6 Club Kit
- 8 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:



## **Dulwich Runners AC club runs & training during lockdown**

### **Dear Club Members**

You should all be aware of new lockdown restrictions that were announced Saturday 19th Dec 2020

As a result and effective immediately all organised club running and training sessions that currently take

place on Tuesdays, Wednesdays, Thursdays, and sessions at Crystal Palace track are suspended until further notice.

You can still run with 1 person from another household, but that is up to individuals to arrange.

**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 in 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 cancelled - hoping to rearrange autumn 2021**
- 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.

## Surrey County Xc champs Jan 9th

**Scheduled for Lloyd Park**  
subject to coronavirus restrictions.

## Kent County Xc champs Jan 9th

**Brands Hatch** and dependent on demand possibly Jan 10th Jan as well. However with the entire county currently in Tier 3, there is more uncertainty surrounding these champs, with those

resident in London boroughs not permitted to travel into Kent. Although these restrictions may be relaxed, it's not clear if this allows time for them to be held on the planned date.

Entries for Surrey open shortly so to be entered contact your cross country captains before 22 December -  
men: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)  
ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

To be eligible you need to have been born in Surrey, or be a current resident in one of the following London boroughs: Wandsworth, Lambeth, Southwark, Croydon. Lewisham, Greenwich and Bromley count as Kent. Further info on the Kent champs will be posted when available

### Update

We have been informed that there are no current plans to hold the Kent championships in January. News is awaited on the Surrey championships, but with London moving into Tier 3 restrictions, these may well be postponed or cancelled.

If you require information about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@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 7pm...

## SUSPENDED

Groups of six, each with a leader staggered starts, 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)  
The groups are currently organised as follows.

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

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

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

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

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)

## TUESDAY TRACK SESSIONS

### CRYSTAL PALACE - SUSPENDED

**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.  
Here <https://www.better.org.uk/coronavirus/booking>

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

## All Training Sessions **suspended**

### Tuesday sessions

#### 22nd December

5 X 1000m off 6 mins.  
6 X 1000m off 5 mins.  
8 X 1000m off 4 mins.

#### 29th December

3 or 4 X 1600m off 9 mins.  
4 X 1600m off 8 mins.  
5 X 1600m off 7 mins.

### 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.

# 2020/21 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

With London and surrounding areas now in Tier 3 events should be regarded as provisional. We will review and update them around the end of March.

It may seem a long time ago to many of you but we actually did complete 2 events of the now defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a half marathon and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later. This will be followed by one of the Sri Chinmoy 5k races in Battersea, details to follow. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of

races are available yet.

With the London Marathon scheduled for early October, we have chosen the Paddock Wood Half Marathon in early September.

There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. However runners will be free to use any parkrun event at Dulwich once it restarts, helping to reduce pressure on numbers at a popular venue.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

**9 May** (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

**late Jun/Jul** Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

**17 July** Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

**late July/early August** SOAR Mile

**5 September** Paddock Wood Half Marathon

**4 October** London Marathon (or alternative)

**Suggested dates 30 October or 6 November**  
Dulwich parkrun, but any dates after parkrun reopens

## '5k and 10k League'

With the uncertainty over whether races will go ahead and their format and also whether members will be comfortable in taking part in races with large numbers of participants, particularly in the first half of the year we intend to introduce a league of 5k and 10k races. Any races over these distances completed in the first 6 months of 2021, whether they are traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club championships. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

# 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 Map 1

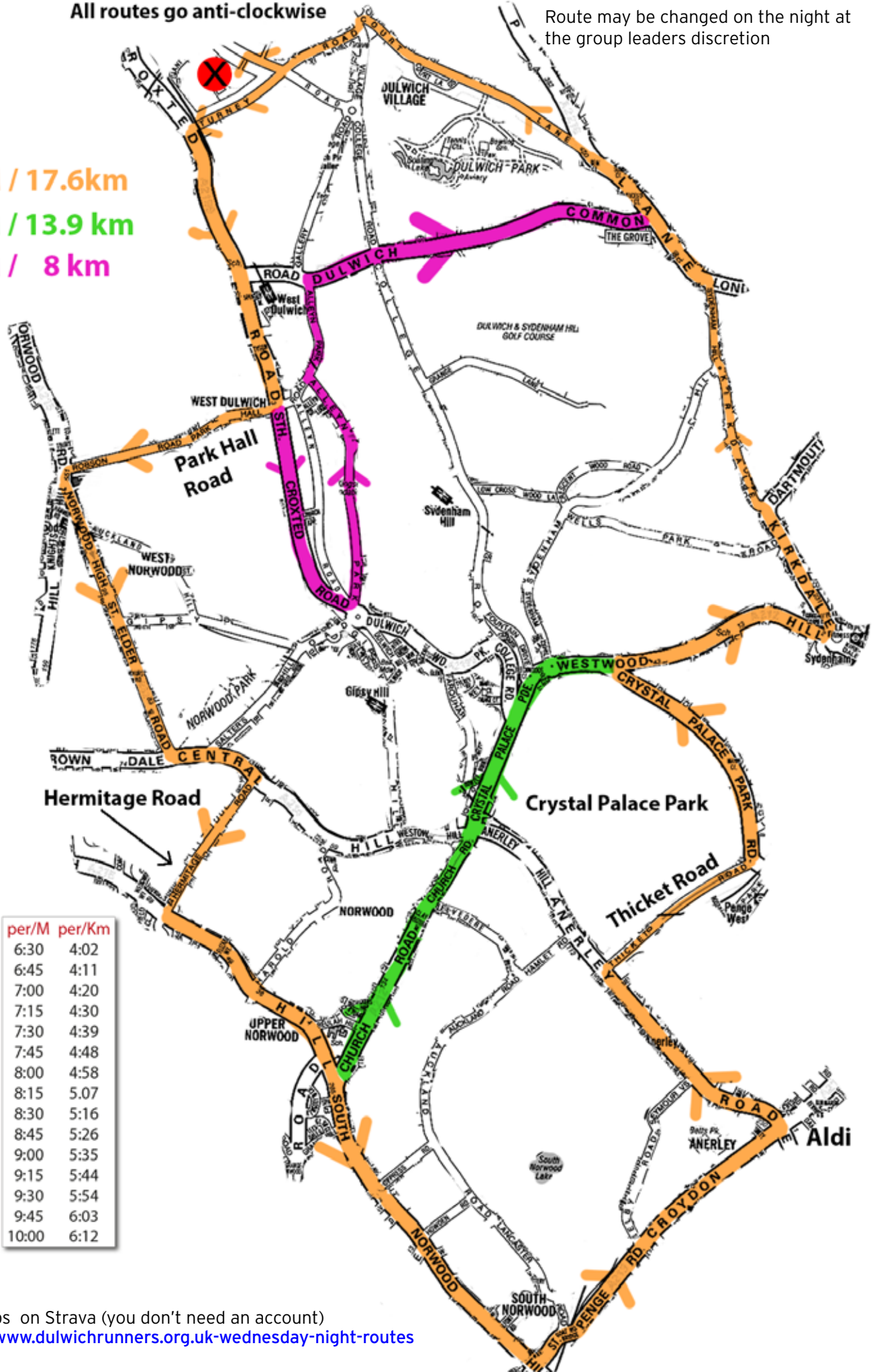
All routes go anti-clockwise

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

10.9 M / 17.6km

8.7 M / 13.9 km

5.0 M / 8 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

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