



SHORTS

Dulwich Runners AC
Weekly Newsletter
February 24th 2021
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

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

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In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.



Club runs & training still suspended but... Good News !



It's been announced that lockdown rules will be relaxed **from 29 March** so the club will be looking to resume Wednesday evening runs in **groups of 6** from then on.

However, Crystal Palace track is still likely to be closed then so we are exploring other

options for Tuesday evening sessions from spring onwards.

We will notify you and keep you informed of the run arrangements nearer the time and also any changes etc

Ros Tabor - On behalf of the D.R. Committee

Membership fees 2022 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020/21, 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, your individual England Athletics registration fee 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)

You can renew anytime

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

Most of you will have realized this already, but it has now been officially confirmed that it will not be possible to stage any Surrey League cross country races this season. Together with other cancellations this effectively means that the entire 2020/21 season is a write-off, hopefully there will be a return to competition in the autumn.

If you require information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

All Club Sessions, Wednesdays and Tuesday track currently suspended

Here are some speed sessions you could do, by yourself or with a running buddy. Options given depending on your pace.

- Mar 2 1000m reps:** 5/6 x 1000 off 6 mins, 6 x 1000 off 5 mins and 8x1000 off 4 mins
- Mar 9 1600m reps:** 3x1600 off 9 mins, 4 x 1600 off 8 mins or 5x1600 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.

GREEN BELT RELAY

2021

With about the same amount of uncertainty as everything else, the organisers are hoping for this to happen this year, but with a difference.

These are their current thoughts - 15th & 16th May
Using guidelines from RunBritain, it would be virtual, although use the same stages as normal, with teams timing and supporting themselves. Stages could be run in any order throughout the weekend although organisers do hope to provide some level of centralised support (i.e. marking, marshalling dangerous road/rail crossings, and first-aid cover), which wouldn't be available if teams don't stick to the timetable.

Some relaxation of social distancing rules for travel, and pubs, (toilets!) is crucial for the logistics of runners being able to get to and from their stage.

We don't have to register yet, but the organisers are keen to know if we would be likely to enter a team.
So, I'd love to know your thoughts. Please let me know what you feel about these plans, how you feel about running and any details that would sway you either way.
Email Ange - dulwichladiescaptain@gmail.com

If you've not run this event before, take a look at the website - www.greenbeltrelay.org.uk

Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent and contagious it would be beneficial to keep the time out

training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km

runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point half an hour or so away and run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than half-marathon race pace.

2021 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.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc)

We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.

You can upload any type of run -

Your own run - done by yourself or with one other person

A virtual race - any result from a virtual race

An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.

You can enter as many times as you like to try and improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - opentrack.run/competitions and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021

Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

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.

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

The Parks of the Democratic Republic of Lewisham.

Believe it or not but just to the side of Southwark, homeland of Dulwich, is the London Borough of Lewisham. Famed for the Catford Cat, Gyrotory, Millwall FC, Lewisham Shopping Centre and maybe not much else, it does rather miraculously for an inner-city institution, have some parks/open land. With inspiration from some earlier Shorts, I thought I would tick off the parks, gardens, fields, heaths and barren lands of the Borough that forgot to get some river frontage

Outing 6. Forest Hill, Sydenham, Catford. - Feb 20th, 2021, late Morning.

1. Horniman Gardens and Triangle.

Highest park in the Republic at 281ft. Norwood Ridge Lands up here. I struggled up the Hill to the Tower, after having been on the South Circular, so only took quick dips into the grounds. I must say, having undergone my primary education near-by, we visited the Museum almost weekly, but never ventured into the Gardens, so they remain mysterious to me, except for the Triangle which was a regular resort in my youth. The Gardens are worth a visit as many of you know.

Verdict: Hilly country so good for reps close-by, Sydenham Hill is popular, and you can run around the gardens if you like.

2. Tarleton Gardens.

Now this shows up on the map but not on the official Republic website as a park. Since its basically across the road from the Musuem, I took it in. Those who have ventured up Eliot Bank know it's a tough one, I had visions of the Travelator from Gladiators. Once up the bank I took refuge on a concrete plateau, looked out over the small green and wondered what the 'Save our Field' banner was all about. No idea what the field is being saved from, perhaps a Republic Skyscraper, aka progress.

Verdict: Run up and down the path for a tough hill session, if you dare.

3. Baxters Field.

I then plummeted down Kirkdale, missile like to Baxters Field, a quaint setting gently kissed by the morning sun. There was 1 on 1 soccer coaching, use of the swings, and time for a quick 'Hi' to Elkie, my first sighting of a Dulwich Runner in close to a year.

Verdict: I would say a run-through park, and the path allows you to do that, going across the field. Could not see where they make the soup.

4. Albion Millennium Green.

It took me a few takes to find this, twice venturing off in the wrong direction, but eventually I ended up literally next to the train tracks between Forest Hill and Sydenham Stations. I took down an alleyway, I guess you could call it that, or a path by the railway, who knows, and then met some woods. I figured this must be it but could see no Green. There's a gate to enter by next to probably my most favourite neglected sign so far, see picture. I must admit, had I come along here at night, I would have run past. Once in the woods I found a clearing and a proper sign showing off the delights on the space, right next to a couple undergoing a workout session, yoga mat, resistance bands, you name it.

Verdict: Unofficial small park run by volunteers and nice if you want to come off the beaten track.

5. Sydenham Wells Park.

Up and out of Albion Villas Road I set off for the Spa Resort. This part of the run I struggled as Wells Park Road seemed to go on for much further than I recalled. Once in, via the gate that's roadside, I swooped down and up in one go really, having just enough time, such was my record downhill speed, to notice the pin-pad Tennis courts, a few park users, and a nice well landscaped retreat. Legend has it, the park is furnished with some springs and wells, so well historic.

Verdict: You can do perimeter laps, but its not flat, so tough session awaits.

6. Kirkdale Green.

I felt sorry for this spot, lonely, empty, but for a dog walking its owner, and almost an open space you expect to find a lot of mattresses. I am not sure how neglected open spaces rejuvenate in the Republic, but if Luxmore can do it, surely Kirkdale can, come on locals.

Verdict: Warm-up only.

7. Mayow Park.

Up Silverdale I blanked the park for a mo, climbing past to the Dacre Wood Nature Reserve. The Reserve was closed, as they often are, unless you have a special key, or memorise the bizarre opening times. There was more classic signage on the gate. Into Mayow I became dizzy for the amount of people, perhaps in the region of 25k loyal subjects. I wondered if I was going against football crowd traffic and was part of a mass-practical joke. Sydenham has a population around 30k, and I think they were mostly in Mayow. The Café was extremely popular so I can only assume prohibition pale ale was on sale. Nice park and the Republic's oldest.

Verdict: Do laps around the fields, similar to Forster. Can get a good workout here but may need to do so at 2am.

8. Home Park.

Wow, empty, nobody around. The Specials 'Ghost Town'. I ran down from Mayow via Berrymans Lane, maybe the slimmest road in the Western Hemisphere. Once at the park it took a few seconds to realise I was the only one around. This is of course the hipster free end of Shippenham. "Oh, I only go down there for the SavaCenter!" Not only is this a park, with a green expanse, it's also the Literary Pizza of the Republic.

Verdict: Do some strides on the green, or use the perimeter path, rising ground so not flat.

9. River Pool Linear Park, Riverview Walk (Waterlink Way).

I must confess, as a inner-city Londoner, and this being suburban country for me, I only knew what this Way was last year. Strangely I knew Halfords car park led to some path, and was vaguely aware of the Bell Green entrance, plus the open space by Catford Hill, but never put it all together. This was therefore my 2nd jog along this unusual section of South-East London, the 1st being last summer. It was busy, lots of smiling faces, and certainly a good use of River land, too often cordoned off. I ended up on the wrong side of the path at one point, so had to slow over a swamp, but made it back to the path to take in number 10 below.

Verdict. Good for a traffic free run, may need to keep a look out for eager cyclists.

10. Bellingham Play Park.

Does exactly what it says on the tin. One for the kids. Located just off the way, could easily be part of it, and many probably don't realise it's a separate entity.

Verdict: Not a running venue

Side-dish. When plotting the best route, I noticed a gaff called 'The Point' on the old A-Z, so took this in once up the hill to the Heath. What a nice viewing spot over the City and Docklands, rivaling the popular Greenwich Park to be honest. I then noticed a Greenwich Council wheelie bin, and upon later research realised I had ventured into another Borough, my shame not yours. 14k run in all, my longest in some time, all off a Wagon Wheel, and cup of water, breakfast is for wimps.

Writes Ross Rook, native of Dulwich, resident of Lewisham.



Wednesday evening DRS 1980s
Steve Wehrle



Hogs Back road race 1989

Winning team John O'Grady, Adrian Greer, Walter Bussitil, Robert Owen. First really prestigious win for Dulwich against top clubs from England
Steve Wehrle

DULWICH RUNNERS CLUB KIT

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



Bufs-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 Winter Map 8

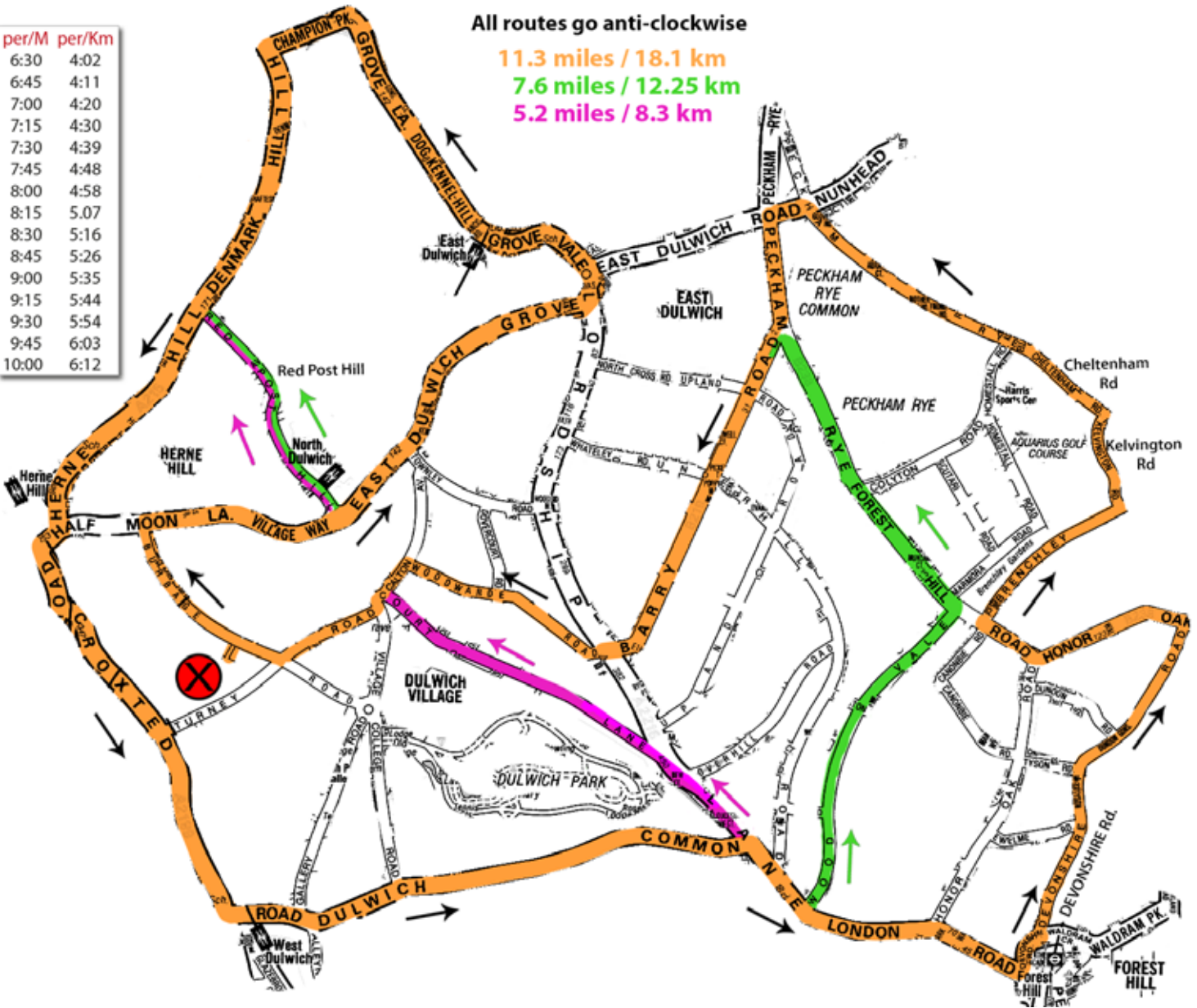
All routes go anti-clockwise

11.3 miles / 18.1 km

7.6 miles / 12.25 km

5.2 miles / 8.3 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>