



SHORTS

Dulwich Runners AC

Weekly Newsletter

February 26th 2020

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

Wed 26	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 3	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 5 parkrun times
- 6 Club kit
- 9 Map for tonights runs

And much more !

[Like us on Facebook @dulwichrunners](#)

Connect with us:



TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25
main session with Steve Smythe.
£2.50 for members (non members the standard £4.45)
**No trackside payment - Either pay at reception...(You
may be asked for proof of membership) or Online at:**
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

EVENT HORIZON

A brief look ahead

- Mar 1 Vitality Big Half - club champs race
22 Southern 12 & 6 stage relays - Milton Keynes

See full fixture list for more events and details

Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks, lasts around 1 hour.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.
This summer we will be celebrating 40 years!
I have decided that it is time for me to stand down as
Chair, so I will not be going for re-election at the AGM
in March. I have really enjoyed my time, but it's time for
someone else to take over.
I am happy to discuss the role with anyone interested,
and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com



NEW RUNNERS ROTA

Thanks go to **Katie Styles, Laura Vincent, Mick Ward, Joseph Brady, Jenny Bomer and Emma Kelly** for running with new people last week.

It really helps when people are willing to volunteer to help even though its not their turn.

I expect we will have big numbers for at least the next 2 Wednesdays, so I shall probably be asking for your help again.

If you're on the list please try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Ros Tabor

26/2

Rehydration !

After your run come to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

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.

2020					
Mar	1	Vitality Big Half	long	London	Road & other
	22	Southern 12 and 6 stage relays		Milton Keynes	
Apr	2	Assembly League		Beckenham Place Park	Cross country
	4	National 12 and 6 stage relays		Sutton Park	
	26	London Marathon or alternative	long	London or alt.	Club Champs
May	7	Assembly League		Victoria Park	
Jun	4	Assembly League		Jubilee Pk, Leytonstone	Assembly League
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

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

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

- 1 Mar Vitality Big Half long
 - 26 Apr London Marathon (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
 - late July/early August tbc SOAR Mile short
 - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

Indoor Track Races Lee Valley, Edmonton

Lee Valley has a series of open track races on their 200 metre indoor track in January and February.
 Wednesday 29 January - 3 km and Dream Mile
 Wednesday 19 February - 800 m and 1500 m
 Details <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>
 Entry is in advance.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2	Beckenham	5km	7:15
May 7	Victoria. Pk	5km	7:30
Jun 4	Jubilee Pk, Leytonstone	5km	7:30
Jul 2	Crystal Palace	5km	7:30
Aug 6	Victoria Pk	3.5M	7:30
Sep 3	Beckenham	5km	7:15

Training paces

*Steve Smythe writes...*Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

March Schedule

This is my suggested training for the month of March for those doing the London Marathon.

Those doing an earlier one may need to make adjustment so they taper earlier.

Sun 1	1/2M race or 15M steady
Mon 2	30 mins easy or rest
Tue 3	3 x 2000m at 10km pace with two minute recovery or 400m jog
Wed 4	65 mins at one min a mile slower than marathon pace
Thu 5	3 M at marathon pace, 1 mile slower, 2 M at marathon pace
Fri 6	30 mins easy or rest
Sat 7	Easy parkrun or 30 mins
Sun 8	21 M steady at a minute a mile slower than marathon pace
Mon 9	40 mins easy or rest
Tue 10	10 x 800m at 5km pace with one to two min recovery or 200m slow jog
Wed 11	70 mins at 45 secs a mile slower than marathon pace
Thu 12	12km of alternative pace at steady (30 secs slower than mar pace, 1/2M mar per km
Fri 13	40 mins easy or rest
Sat 14	Easy parkrun or 40 mins steady
Sun 15	22M a min slower than mar pace but put 10km in middle at just outside mar pace
Mon 16	45 mins easy or rest
Tue 17	20 x 400m at 5km pace with one min to 90 secs recovery or 200m jog
Wed 18	75 mins at 30 secs a mile slower than mar pace
Thu 19	12km alternating 1/2M pace and a min a mile slower than mar pace every 4 min/km
Fri 20	45 mins easy or rest
Sat 21	Easy parkrun or 40 mins steady
Sun 22	18M with first half at 60-90 secs a mile slower than mar pace, second half at mar pace
Mon 23	50 mins easy or rest
Tue 24	5 x 1600m at 10km pace with two min recovery or 400m jog
Wed 25	80 mins at 30 secs a mile slower than mar pace
Thu 26	7 M acceleration run - ie for sub-3 marathoner, M of 8:00, 7:45, 7:30, 7:15, 7:00, 6:45, 6:30
Fri 27	50 mins easy or rest
Sat 28	Easy parkrun or 40 mins steady
Sun 29	23 M at 30-45 sec a mile slower than mar pace
Mon 30	55 mins easy or rest
Tue 31	8 x 1000m at 5k-10km pace with one to two min recovery or 200m slow jog

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

National Cross-Country

Steve Smythe writes...The course was one of the wet and muddiest on record but not too hilly and made it a memorable challenging event and is disappointing that the club failed to finish a team in what most people regard as one of the best events in the world.

Under 20 women - approx. 4 miles

Lucy started very gently and moved through strongly, catching the Kent silver medallist just before the finish and equalling her position from last year.

38 Lucy Elms 28:59
131 finished

Senior women - approx 5.5 miles

Rebecca had her best run of the winter to just edge another steady run from Katie with Yvette running strongly a minute back.

274 Rebecca Schulleri 43:36
276 Katie Styles 43:36
314 Yvette Dore 44:37

Southern Counties Vets Indoor Meeting

16 February

Though not able to fully stride out at the start, Clare's times put her top of the UK W55 rankings at 800m and 400m.

Tony's 800m was better than his 3000m. which was his slowest of his 51 3000m races by 10 seconds.

Mike also made a tentative track debut for 2020 running the slowest of his 138 1500m races. **Steve Smythe**

Mike Mann adds...three of us took part in the first of a series of indoors masters meetings at the Lee Valley indoor track. It was good to avoid the now familiar wind, rain and mud and we all treated it as a practice session for the forthcoming higher profile meetings, so hopefully faster times to come.

400m

Clare Elms 68:68

800m

Tony Tuohy 2:24.40
Clare Elms 2:26.37

1500m

Mike Mann 6:12.76

3000m

Tony Tuohy 10:23.98
Mike Mann 12:56.93

South of England Champs and Vets AC Champs, Lee Valley

February 23

All athletes set season's bests and showed improved form. Clare would have been quicker but missed the cut for the faster race 3 by 1 runner, the organisers refused to change and nobody in race 3 would help her change and so she had to run solo in race 2 and was 5 seconds down on her British record but only a few seconds down on what she did at the same time last year and it still scored 101.83% on age-grading as she run what is almost certainly a world age 56 best.

800 race 2: 6 Mike Mann 2:58.29
800 race 5: 8 Tony Tuohy 2:22.60
800 race 6: 4 Wayne Lashley 2:10.73
1500 race 1: 6 Mike Mann 5:54.88
1500 race 2: 2 (1W) Clare Elms 4:55.83
1500 race 3: 11 Tony Tuohy 4:53.76

BUCS Championships, Edinburgh

Feb 1

Women 6km

37 Lucy Elms 24:33

Men 8km

94 Lewis Laylee 29:01
255 Oscar Hussey 31:21

920 finished

Senior men - approx 8 miles

Jack Ramm achieved the highest Dulwich men's position in history in the 133rd senior men's race/ As they headed into the last lap, Jack was in the 90s and he found the last long lap hard and just drifted outside the top 100 but still hold a slight advantage over Ed's also brilliant run last year.

Almost 10 minutes back, James and Matthew had very good runs. Des and Ross ran well and are in the results.

In the results seen on Tuesday night, Kev was not amongst them though he assures us he finished. He has been missing at the start a few times this year but not at the finish. His run was not helped by his shoe coming off.

We are thus not in the list of completed teams.

Tom South dropped out.

106 Jack Ramm 47:58
673 James Burrows 57:21
676 Matthew Cooke 57:22
971 Des Crinion 61:51
? Kev Chadwick 61:53?
1042 Ross Rook 63:10
1716 finished

BMC and Lee Valley Open Lee Valley

February 19

Over 800m, Tony ran exactly a second slower than Saturday as Clare improved by 0.04 of a second.

BMC 800: 3 Clare Elms 2:26.33

Open 800 race 8: 5 Tony Tuohy 2:25.40

Open 1500 race 4: 8 Tony Tuohy 4:55.81

HMP Feltham parkrun

Never a good idea to run a parkrun before Cross Country but on Saturday 22nd Feb I was given an invitation to run parkrun inside the grounds of a Prison

HMP Feltham is a Category C Young Offenders Institution using



parkrun to rehabilitate the inmates hoping they will not reoffend after released.

After passing through security at 8am I was taken to a sports hall to wait until a few minutes before 9am then led out to the start of 3.5Laps of Two Grass fields. No Electronics/Hoods/Jackets or Cross Country Spikes would be allowed. The surface was slippery but as this would be a One time opportunity I started quickly and was at the front early on. I was joined by 3 of the inmates who fancied there chances but they soon dropped off and I was isolated at the front.

I had an eye on the course record which I felt I could achieve without too much effort but without my Garmin it was difficult to judge! Resulting in me equalling the record but getting a rare number 1 token.

Afterwards I was treated to freshly baked Sausage rolls and a Jam Danish spending over an Hour chatting to the inmates before hitting the M25 for Nottingham

A great experience

Kev Chadwick 1 19:06 (75 Ran)

February 22

*For your results to appear here ...
you need to update your parkrun profile to show
you are a current member of Dulwich Runners AC.*

Ashford

278 Ran
Pos Gen
23 2 Tereza Francova 21:55

Ashton Court

462 Ran
Pos Gen
58 44 James Auger 23:14

Beckenham Place

195 Ran
Pos Gen
28 26 Paul Hodge 23:10

Brockwell , Herne Hill

450 Ran
Pos Gen
1 1 Shane Donlon 18:19
33 28 Austin Laylee 20:41
82 62 Cameron Timmis 22:30
177 31 Teresa Northey 25:18

Bromley

710 Ran
Pos Gen
181 29 Claire Barnard 24:10
391 279 Peter Jackson 29:11

Burgess

678 Ran
Pos Gen
105 9 Ola Balme 21:46
150 118 Joseph Brady 23:02
279 197 Michael Dodds 25:03
455 133 Clare Wyngard 28:38
541 185 Stephanie Burchill 30:58
631 242 Susan Vernon 38:01
673 318 Chris Vernon 49:04

Bushy

1478 Ran
Pos Gen
2 1 Edward Chuck 16:32

Cannon Hill , B'ham

734 Ran
Pos Gen
227 29 Susan Cooper 25:00

Canons Park

137 Ran
Pos Gen
34 30 Andy Murray 26:40
38 3 Ros Tabor 27:31

Chichester

178 Ran
Pos Gen
69 11 Jenny Bomers 27:44

Cirencester

132 Ran
Pos Gen
8 2 Ellie Balfe 22:25

Crystal Palace

451 Ran
Pos Gen
43 37 Tom Wilson 21:50
183 32 Lindsey Annable 26:21
213 46 Claire Steward 27:07
232 55 Charlotte Sanderson 27:39
280 183 Paul Hilton 28:50
293 81 Clare Osborne 29:35

Dulwich

489 Ran
Pos Gen
14 11 Daniel E F Mann 17:18
18 14 Timothy Bowen 18:17
42 35 Grant Kennedy 19:42
44 5 Kim Hainsworth 19:44
51 43 Matthew Ladds 20:11
80 65 David Benyon 21:04
88 71 Paul Vivash 21:25
114 13 Victoria Read 22:08
204 32 Emma Kelly 24:35
247 53 Hannah Issett 26:03
318 83 Karina Burrowes 28:04
319 84 Laura Vincent 28:05
321 85 Elizabeth Begley 28:13

413 234 Mick Mead 31:48

Feltham

75 Ran
Pos Gen
1 1 Kevin Chadwick 19:06

Orpington

150 Ran
Pos Gen
36 32 Colin Frith 25:55

Peckham Rye

325 Ran
Pos Gen
25 22 Cameron Lund 21:42
33 28 Dan Hill 22:14
51 42 Justin Siderfin 23:02
111 20 Michelle Key 25:12
114 21 Sonja Jutte 25:18
185 53 Emma Ibell 27:59

Riddlesdown

131 Ran
Pos Gen
19 3 Ange Norris 24:11
29 25 James Wicks 25:58

Southwark

498 Ran
Pos Gen
314 191 Paul Keating 27:38

Tamar Trails

121 Ran
Pos Gen
1 1 Andy Bond 18:09

Tooting Common

582 Ran
Pos Gen
157 109 Ian Sesnan 24:54

York

461 Ran
Pos Gen
90 75 Hugh Balfour 23:35

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

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer - Both styles are a bargain £15.



Bufs-snoods - only £6

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 and hoodies.
 You just click on 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
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of 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 Winter Map 8

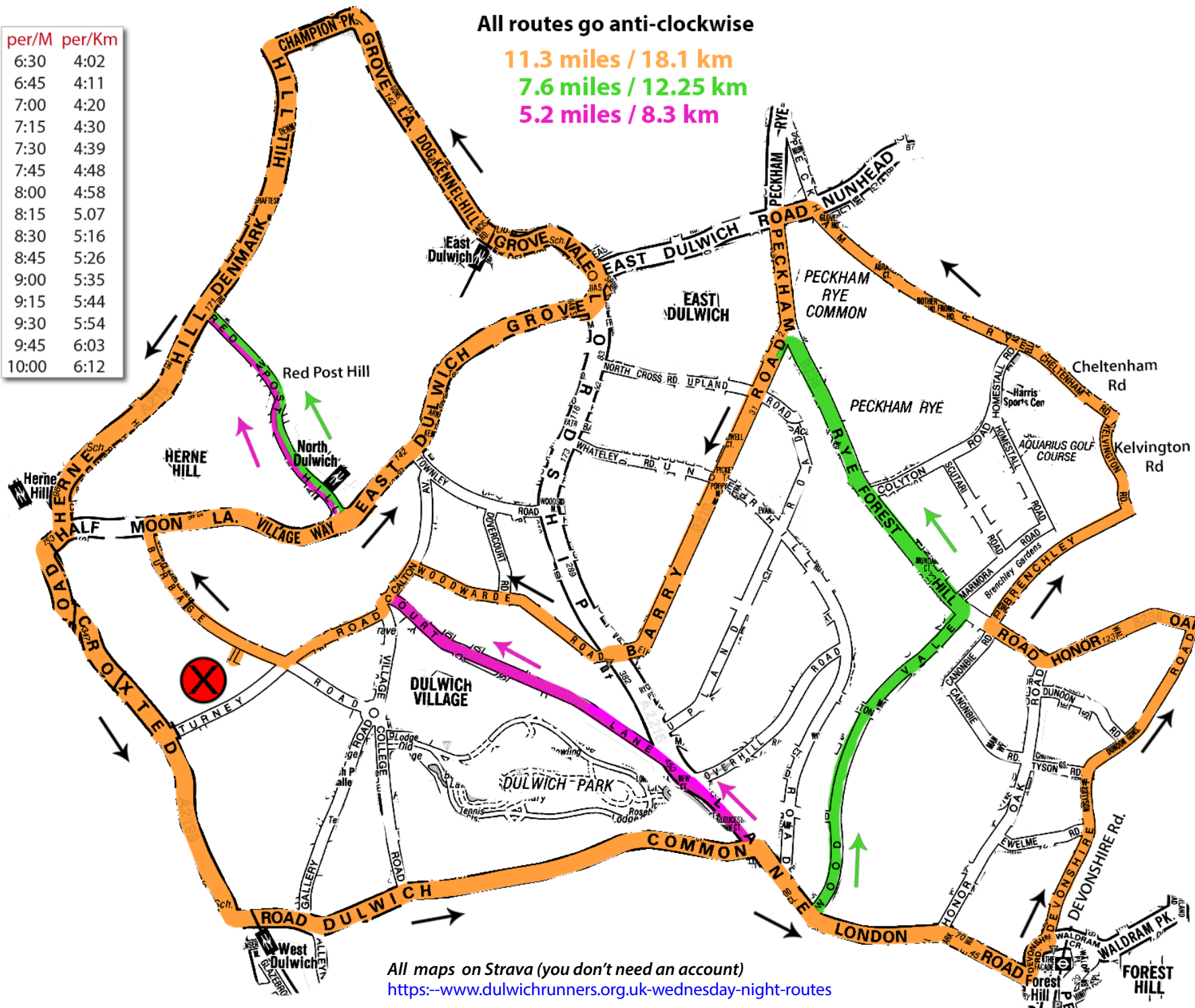
All routes go anti-clockwise

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>