



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 13th 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

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Fixtures
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- 6 Club Kit
- 8 Wednesday night map we would have used !...

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

Like us on Facebook @dulwichrunners

Dulwich Runners AC all club runs & training suspended during lockdown

Dear Club Members

You should all be aware of new lockdown restrictions that were announced Monday 5th January 2021

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.

Southwark are running a grant scheme

for Southwark based business who have been affected by restrictions.
I assume some of whom may be members of the Club

Details of who/what businesses are eligible and how to apply can be found here:

<https://www.southwark.gov.uk/business/business-support-and-advice/covid-19-support-and-information-for-businesses-and-employers?chapter=7>

James Reed

DULWICH RUNNERS 2021 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

9	Jan	Surrey Champs, Lloyd Park - cancelled
9	Jan	Kent champs, Brands Hatch - cancelled
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.

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

All Club Sessions, Wednesdays and Tuesday track currently suspended

Due to the new national lockdown, track sessions continue to remain cancelled. Here are some ideas for speed sessions you could do over the next month, by yourself or with a running buddy. Options given depending on your pace.

- 19 Jan 800m reps: 6 x 800 off 5 mins, 7 X 800 off 4min30, 7 x 800 off 4 mins or 8-10x800 off 4 mins
- 26 Jan 1000m reps: 5/6 x 1000 off 6 mins, 6 x1000 off 5 mins and 8x1000 off 4 mins
- 2 Feb 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.

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.

Runners Needed for a Research Study



This online study is examining the relationships between psychological factors, nutrition intake, and gastrointestinal (GI) symptoms during running.



Participation involves the following:

- Tracking information about your training runs for one week
- Completing a 10-15-minute electronic survey



To be eligible, you must:

- Be aged 18 years or older
- Run at least 20 miles/32 km per week
- Have run at least one run that was ≥ 60 minutes in the past two weeks

Contact person: Alex Ehler (aehle003@odu.edu)

Aehle003@odu

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And another survey.....

My name is Georgia Dunn and I am a PhD researcher from Anglia Ruskin University.

My research is focused on those who require the use of spectacles, and how these spectacles could impact their running gait.

Below is the link for the survey and participation would be greatly appreciated for furthering my PhD research as it would further my understanding of running experiences with and without spectacles.

<https://angliaruskin.onlinesurveys.ac.uk/running-with-spectacles>

Georgia Dunn

PhD Researcher, School of Psychology and Sport Science

Faculty of Science & Engineering, FSE Student Representative

Anglia Ruskin University, Cambridge Site

Please click here to view our e-mail disclaimer <http://www.aru.ac.uk/email-disclaimer>

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 the photos 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



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 4

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

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

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise



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