



SHORTS

Dulwich Runners AC
Weekly Newsletter
July 8th 2020
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bgl.co.uk or barry@1bgl.com
DEADLINE 17:30 TUESDAY

No club runs, track sessions etc until further notice - Full statement below.

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 More Virtual races
- 4 Training
- 5 Virtual race reports, results etc
- 6 Dulwich runners on Zoom...
- 7 Club Kit
- 10 The map we would have used tonight !

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return once things get back to normal
Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

With the Government relaxing some of the rules around lockdown from 1 June, the Committee want to keep you up to date on the status of group training and the Club being in a position to re-introduce any officially organised club runs or training sessions.

The new rules state that from Monday 1 June, you can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a two-metre gap from those you do not live with.

Unfortunately, this is not a sufficient loosening of restrictions to enable us to re-instate any official training sessions, and any Club-sanctioned group activity would be out of step with the ongoing guidance from England Athletics which remains that group activity does not take place.

A group larger than 6 people broken into a number of smaller groups of 6 people, training together in the same place at the same time, would, for example, be against the new rules as the gathering exceeds 6 people.

That said, there is nothing to prevent individuals from making their own arrangements to meet in groups of 6 to train together, and you will find some updated training sessions from Steve that are suitable for up to 6 people

maintaining a two-metre distance in Shorts this week.

We are all looking forward to when we can train together again and hope that day will come soon. We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics, with a view to re-instating Club sessions of some kind as soon as it is permitted and safe to do so.

In the meantime, stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

Ros Tabor
On behalf of Dulwich Runners AC Committee

Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

Graham Laylee

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

As we cannot train as a group, 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 while we are still allowed to run outside.

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.

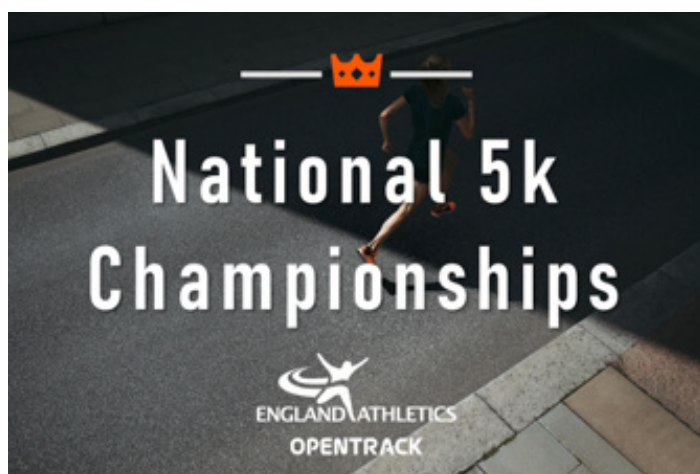
You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - 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 be part of the club champs.

DULWICH COLLEGE TRACK

With some year groups now returning to school, Dulwich College has now reserved the use of the track to their own students between 4.30 and 6.00pm. Outside these times, it remains available to club members and other users. The field surrounding the track remain open to the general public.



England Athletics Virtual 5k Road Running Championship 2020

11-13 Jul 2020

Contact Details: tcraggs@englandathletics.org
Please contact the organiser, not OpenTrack, for all queries

How to compete

1. Sign in to your OpenTrack account, creating an account if needs be
2. Enter competition by clicking Enter Here below
3. Race 5km - run to take place between 00:01 on Sat 11th July and 11:59 (am) on Mon 13th July.
4. Upload your GPS proof of activity manually or by using the Strava integration button below
5. Strict closing time for results upload is 23:59 on Monday 13th July
6. View individual results that are ranked automatically

Race format

Free Virtual 5k Road Running Champs for England Athletics affiliated athletes

Medals for top 3 male and female athletes overall

Individual winning medals by age category: Ambulant Para, U17, U20, U23, SEN, V35, V40, V45, V50, V55, V60, V65, V70, V75, V80, V85, V90

3-to-score ladies & men's team scoring based on cumulative time

Min age 16

Ambulant Para results submit directly to:
tcraggs@englandathletics.org

Rules

- 'Point to point' and 'out and back' courses permissible
- Track runs are not allowed
- No more than 3 complete laps (starting 4th lap allowed).
- Times based on running "time elapsed"
- No more than 10m net elevation loss
- The race officials reserve the right to implement time penalty or disqualification on runs with significant unfair advantage
- No digital manipulation of GPS data
- Runners MUST ensure they compete in a way that adheres to the letter & spirit of government rules & guidance on social distancing
- If you are unwell, injured or have any symptoms of COVID-19 or have recently been in contact with someone with symptoms do not take part
- Race entry website
- https://data.opentrack.run/en-gb/x/2020/GBR/ea_5k/



**18 July through
2 August 2020**

Running:

100m, 200m, 400m, 800m, 1500m, 5000m, 10000m / 10k, Sprint Hurdles (80,100,110), Long Hurdles (200, 300, 400), Steeplechase and 1/2M

Jumping

Throwing

Combined Events

Race Walking

(registration closes on 15 July)

Age Groups

Five year age groups for Men and Women starting at 35 years of age.
Athletes ages are as of July 18, 2020

Results

Results will be categorized when submitted:

- Category A - Pre-organized competitions run by organizations at an athletics facility like a track, designated jumping / throwing field or arena or gym.
 - Category B - Officiated competitions at an athletics facility. As described above, officials can be friends or fellow competitors timing, marking, measuring and calling fouls.
 - Category C - Road, parking lot, field or wherever else the athlete can compete safely
- <https://www.mastersrankings.com/2020-world-wide-virtual-masters-challenge/>

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.

The fixture lists will return once events can safely go ahead, all events listed were either already cancelled/postponed or would have been in the very near future.

Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. No word yet on the SOAR Mile. given the nature of the event it must be doubtful. **Mike Mann**

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

Training Groups

As lockdown eased we had a few groups training together and due to number limitations, not everyone who wanted to do the sessions were initially included.

It is clear that running with others is beneficial and makes it mentally and physically easier. A group of 6 is better but just one other significantly will help the session if you are evenly matched.

Yesterday (Tuesday), sessions were held which hopefully covered all those who expressed a wish to be part of a group.

Some believe the groups last winter had become too big and a compromise was often being made with too long recoveries for some and too short for others.

While groups have to be smaller for now anyway and potentially could be widened this was the group situation on Tuesday

It is suggested runners move to a different appropriate group if they can if they gain significant fitness or drop a group if they are coming back from injury or illness.

Tuesday lunchtime at Edward Alleyns sports ground grass session (potentially 10 runners and 2 groups 22-29 mins for 5km).

in charge in future: Ola, Mike and Ros. Any one of this pace who can't run in day may need to set up their own group or find a partner.

Tuesday evening track session (Alleyns) (runners 19-21 mins for 5km - 2 groups potentially 14 runners. In charge in future Ebe

Tuesday evening track session (runners 17-18 mins for 5km groups - 2 groups potentially 14 runners. In charge in future Tom

Tuesday evening track session (runners 15-16 mins for 5km_ - in charge Ed C/Jack R/Shane

future evening sessions could be Alleyns track, Dulwich College, Edward Alleyns sports ground or Trevor Bailey sports ground and are up to Team

leaders and the group's wishes.

The sessions may be based on the schedule in Shorts but group leaders may do what they feel is appropriate to the group.

if anyone wants to do future sessions, contact someone from the appropriate group.

After 50 years of racing and 35 years of coaching I am winding down but while I won't be organising any future sessions this summer (or possibly any time but will review in Autumn), and me doing any future club races is unlikely, anyone interested can still contact me for training advice. I may very occasionally possibly attend a session and time but won't organise.

Steve Smythe
stevesmythe2006@yahoo.com

Mike Mann adds.....

Following the notice that has been running in Shorts since the beginning of June, some informal groups have started training sessions on Tuesdays and Thursdays.

Initially there were two groups; one in Beckenham Place Park and another in the Dulwich area, but since then these have grown to include at least 6 training groups, operating mostly on Tuesdays. These groups have been popular and we intend to continue them for the remainder of the summer, though these may be modified in the light of updated guidance from Government and England Athletics.

This may allow some consolidation of groups but we would like to keep their size small, regardless of relaxation of the rules, since they are working successfully.

Those wishing to join these training groups should contact Steve Smythe or someone from the group most suited for your pace.

Mike Mann mcmann90@yahoo.co.uk

Sessions suggestions for next month

My training suggestions

- Wed Jul 8** 1 hour steady - a minute a mile slower per mile than 5km pace
- Thur Jul 9** 6 miles of 1000m at HM pace, 400m at 5km pace, 200m jog recovery (ie six times) or 12 x 200m with short recovery
- Sat Jul 11** 30 minute hill session or 5km time trial
- Sun Jul 12** 90 mins slow and easy - 90 seconds slower per mile than 5km pace
- Tue Jul 14** 12-15 x 400m (or 300m/333m) with short recovery (30 secs to a min)
- Wed Jul 15** 45 mins steady a minute a mile slower than 5km pace
- Thur Jul 16** tempo acceleration 6km -10 secs a kilo pick up - for 20:00 5km runner 5:50, 5:40, 5:30, 5:20, 5:10, 5:00 or 6 x 600m efforts
- Sat Jul 18** 5km brisk with faster last two kilos or hills
- Sun Jul 19** 80 mins slow and easy - 80 seconds slower per mile than 5km pace
- Tues Jul 21** 8x800m or 6 x 1000m with short recovery (60-90 secs)
- Wed Jul 22** 50 mins steady a minute a mile slower than 5km pace
- Thur Jul 23** tempo - 4 x 5 minute blocks at 10km pace with two mins recoveries at marathon pace or 200m reps with 1 min recoveres
- Sat Jul 25** 5km up and down (15 secs differentials) - ie for 20:00 5km runners 4:00, 4:15, 4:30, 4:15, 4:00
- Sun Jul 26** 100 mins slow and easy - 100 seconds slower per mile than 5km pace
- Tue Jul 28** Pyramid - 400m, 800m, 1600m, 800m, 400m with 1 min recoveries
- Wed Jul 29** 55 mins steady a minute a mile slower than 5km pace
- Thur Jul 30** tempo acceleration 5 x 5 mins of Marathon, HM, 10km, 5km, mile pace with 1 minute very slow recovery or 400m reps short recovery
- Sat Aug 1** Hills or 5km about 10 seconds a kilo below goal 5km pace but run very fast last kilo
- Sun Aug 2** 90 mins slow and easy - 90 seconds slower per mile than 5km pace
- Tue Aug** 4 5 x a mile with 2 minute recoveries
- Wed Aug 5** 60 mins steady a minute a mile slower than 5km pace
- Thur Aug 6** 10km tempo at HM pace but put a 10 second 5km burst at end of each kilo or short recovery 200m reps
- Sat Aug 8** Hills or 5km brisk with faster first, third and fifth kilo
- Sun Aug 9** 80 mins slow and easy - 80 seconds slower per mile than 5km pace

Restarting Wednesday Night Runs

Under current restrictions, it will not be possible to restart Wednesday night runs in their usual format starting from the clubhouse, which in any event has not yet reopened.

Instead we are planning to set up runs in groups of up to 6, organised by pace, with one or two starting from outside the clubhouse but others from meeting points nearby in the Dulwich area.

A notice has gone out on Shorts Xtra and Facebook to gauge the level of interest. In the light of responses further details of where each group will meet and when will be provided in advance of the initial series of runs starting on Wednesday 15 July

Race Reports & Results

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.

As there are no races/events in the near future Shorts could be looking pretty bare... So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

The July series has started but only 7 runners this week !

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		4 July	
			Pts
Shane Donlan	MS	17:38	50
Polly Warrack	FS	19:01	49
Ebe Prill	M50	21:40	48
Gary Sullivan	M60	23:09	47
Helena Flippance	FS	23:43	46
Ros Tabor	F60	26:29	45
Andy Murray	M60	26:53	44

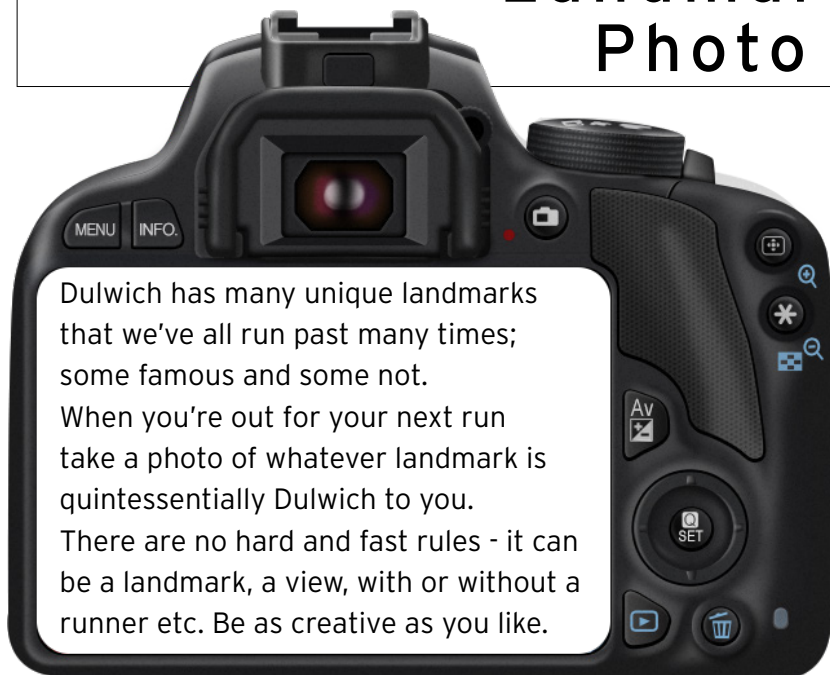
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- your run from Strava, Garmin Connect or other GPS app
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Dulwich Runners Landmarks Photo Competition



The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc.

You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar.

Entries have started to be sent in, but we want lots more.

NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

dulwich runners on zoom



We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



Wednesday at 8.30pm

We are trialling the following sessions which will hopefully be of interest.

- Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related.

We will also use this time slot for other events like quizzes on future dates (tbc)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:

<https://us02web.zoom.us/j/84234946420>
<https://us02web.zoom.us/j/84234946420>
[tZAvdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv](https://us02web.zoom.us/j/84234946420)

Wednesdays	
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom

442030512874,,84234946420#

+United Kingdom

Please note that from 1 July you need to enter the following password to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420**

Password: **773696**

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



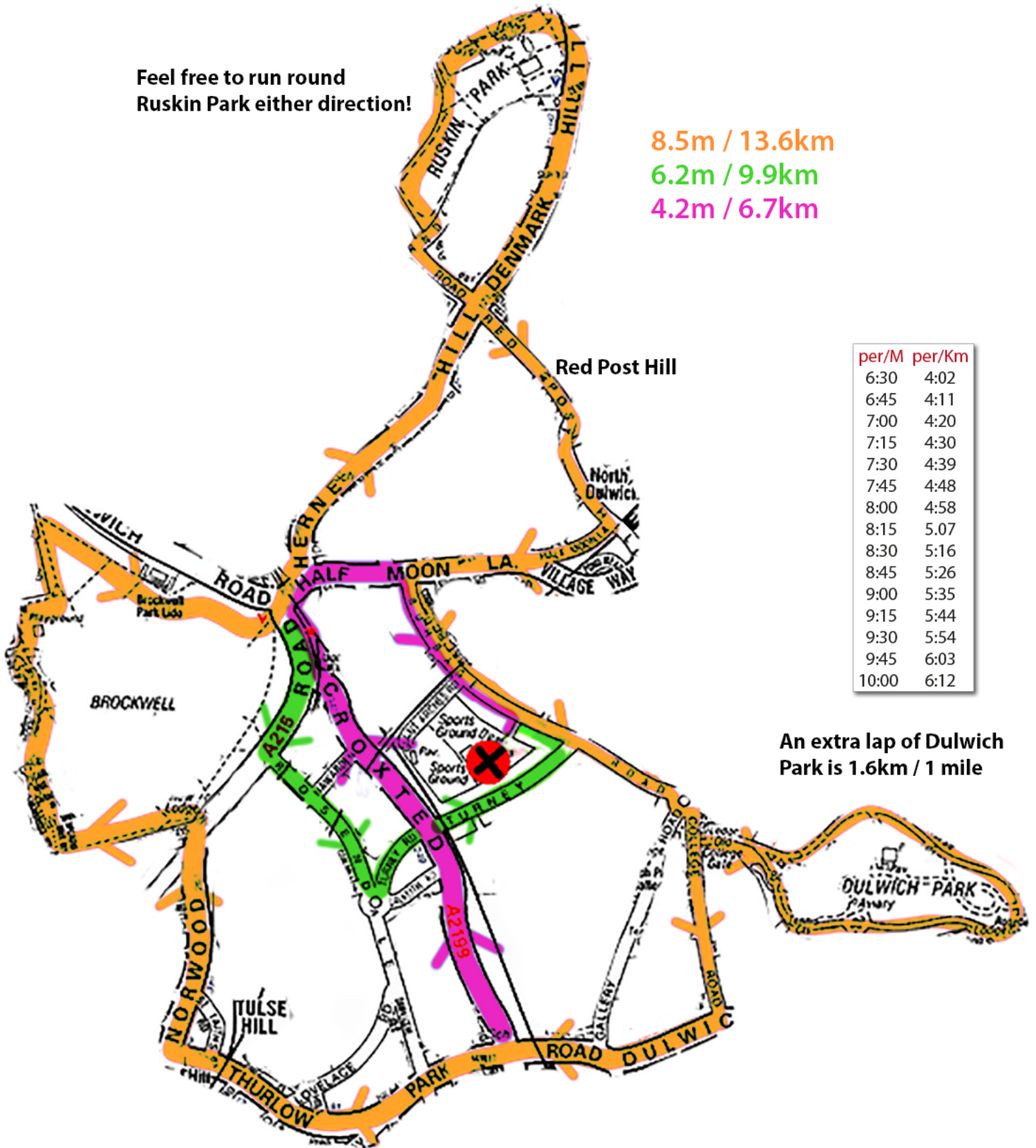
***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof 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 Summer Map A

Feel free to run round
Ruskin Park either direction!

8.5m / 13.6km
6.2m / 9.9km
4.2m / 6.7km



An extra lap of Dulwich
Park is 1.6km / 1 mile

There are no group club runs until further
notice, but for those of you wanting to do
the club routes yourself here is the map

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