

SHORTS



Dulwich Runners AC
Weekly Newsletter
June 30th 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

Wednesday runs from the clubhouse carpark & Tuesday speed work at Dulwich College.

There are no changing facilities open yet but there is an inside bar for post run drinks only.

In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 Club championships 2020/21
- 5 Race reports and results
- 6 Club kit
- 8 Wednesday night run 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:



Good News !

All club runs & training in full swing...



Our Wednesday club runs and Tuesdays speed sessions are all taking place.

bar is for post run drinks only.

Although the clubhouse is not fully open, the

Dulwich Runners AC renewal 2021/22

A big thankyou to all of you that renewed last year.

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again

Due to the ongoing COVID restrictions we are postponing the park run and bbq that were planned for the 3rd and 4th of July.
Please watch out for new dates.

DULWICH RUNNERS 2021 FIXTURES

When races restart and we have a proper fixture list it will be here

Further info 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.

If you require info about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Club Runs

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

NOTE: no £1 club run fee for now, no changing facilities but inside bar is open for post run drinks only

If you are unable to register, or show any Covid-19 symptoms in the days after your run contact Ebe and Mike: ebepri11@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace and slower groups led by
Ebe Prill ebepri11@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - We have two groups, one starting at 6 pm and one at 7pm. These sessions on grass and track are for all members and suitable for all abilities and include efforts at 5-10km pace plus some shorter faster ones.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

If interested, just turn up on the evening. Any queries, contact Mike Mann at mcmann90@yahoo.co.uk

Thanks to coaches Katie and Anna who've set and led sessions, also to others who have stepped in to lead groups.

Sunday Runs

All members existing and new, if you'd like to do Sunday runs, there are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.
Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.
Contact Tom South thomas_south@hotmail.com

If interested in any of the above check details in advance with the respective run leaders

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.
Meet at Mansion House, Beckenham Park 10am - Jog to Sedgemoor Road to start session at 10.15 - Coffee after at Cafe
Contact Eleanor Simmons: eleanorsimmons@yahoo.co.uk

New(ish) to Running Rota for Dulwich Runners

We are setting up a rota to support members who are newish to running on our Wednesday club night. We talked about being more inclusive at our AGM. We have also had lots of new joiners and some people are newish to running, which is very different to being new to DR but not that new to running.

To be honest this is also a fab opportunity for all you lovely experienced runners to inspire some newbies. The runs will be short – around 5-6km, as 8km is really quite a long way for newbies. And they will be slow. Basically, you take your lead from the people in your group if you are volunteering to support the new to running folk. This may even, on occasion, entail walking.

The rota is https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Please add your name on the left and click on the Wednesday for which you would like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out beautifully and make rota management nice and easy.

The rota will have dates at least 3 months out to enable planning.

I have agreed to coordinate this rota for the club. We're going to review how this is going at the end of the summer and take it from there.

On an admin point: I am using doodle poll to run the rota, simply because this is a tool I use to run a different activity. We successfully use it to get maximum amounts of Ultimate Frisbee for minimum admin and I am aiming to apply that here.

If anyone has any better running specific ideas, I am all ears. Get in touch: 07786012933.

Thanks all

Sonja ☺

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

2021 CLUB CHAMPIONSHIPS UPDATE

Provisional details of the 2021 club championship programme were issued at the end of last year, and have been published in Shorts. These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020 the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

The closing date for all races is 30 November.

NOTE: Results of all races chosen should be on Power of 10 in order to count

Some updated information on events below.

- Entries for the Battersea Park races have been open since late April, but are filling up fast.
- The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced.
- Any of these Regents Park races will count.
- 'It's unlikely the Soar Mile will go ahead. The Mark Hayes mile will be held as the club champs mile (see below) but any other track mile will count.
- The Big Half 22 Aug will be a club champs race, but other 1/2M's can be used as an alternative.
- Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned. If you want parkruns at alternative dates and at venues other than Dulwich to count, you will need to submit your results.

The provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track

5km - Sri Chinmoy Battersea Pk series (any 2 races in the summer series) <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month (any 2) <http://secondsunday5.com/>

10km - Various 10k races in Regents Park or Richmond Riverside 10k (any 2 races)

1/2M - Big Half 22 August (or alternative)

Marathon - London 4 Oct (or alternative marathon)

Parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November.

DR 2021 Club Champs League

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

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run - run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for the time to be included in the league.

Enter as many times as you like to try and improve times.

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

NB Each time you enter over-writes all previous entries. To enter go to - <https://data.opentrack.run/en-gb/x/> 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.

5k League results

M45	Tom South	15:50
M35	Shane Donlon	17:44
M50	Grzegorz Galezia	18.01
M55	Ebe Prill	20:54
M60	Gary Sullivan	21:19

10k League results

M50	Grzegorz Galezia	37.05
M55	Ebe Prill	44:20

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

This is a reminder to all those who haven't yet done so to submit your times. The 5k league runs until the end of June.

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and club runner.

To find out more - 07506 554004, or an email:
www.hernehillsportsmassage.co.uk

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

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Bromley Mid Summer 10km (off road)

23 June

Sonja Jutte writes...I travelled to this event thinking that two races in three days was probably not the best idea I had ever had.... after a massive PB at the Battersea 5km on the 21st. But as I love off road running and long summer evenings, not giving this a go wasn't an option. Also - mud had been advertised. After being totally deprived of a cross country season this sounded good to me.



It was a glorious summer evening with blue skies and an easy journey there - the start is less than 1.5 miles from Bromley South station. We set off promptly at 7.30pm. It was a rolling start for the around 500 runners, which worked pretty well. We looped Norman Park for the first km. I managed to not set off too quickly for a change and got round my first km in 5mins. The route soon turned off to Bromley Common/Scrogginhall Wood where we were following tracks and, at times, pretty narrow trails. This made overtaking manoeuvres interesting and the km's clicked by and I overtook people which felt good.

Mud arrived as advertised, but it was pretty scarce to be honest. Never mind - more to come. (It turned out to be the same mud in the different direction - there hadn't been a route map, so no idea what was ahead.) Just as my legs started feeling a bit tired, I discovered the joys of free-riding on someone else's cheerleading. "Go Sonja" - I kept hearing my name. This was a bit confusing as I was in the wilds of Bromley and the only person who knew my name was Dave (who was also running). It turns out there is a Beckenham runner called Sonja. She was roughly my speed and had a massive amount of support out on the route. Total result!

All km's were coming in well under 5 mins 30 - which was very good. I didn't have any idea what to expect from this event as I have never done a flat trail 10km and my legs weren't full of beans, but I was progressing well. Soon I saw the 7km sign and figured I could pick it up slightly for the last bit. So I did. Result: 52 mins 30 seconds. 30th woman

(out of 263) and 10th woman in age category. I am calling that two PBs in three days.

Dave West adds that whilst he was Guided by the Science, he inadvertently became Zatopek's twin. The Ted Pepper 10km a few weeks ago, was my first over that distance for 10 years. The time was nothing special, but reassured me that after various heart and lung issues, I could actually race again. Like Sonja, I used to love off-road, challenging courses so when Steve Wehrle started plugging the High Elms 10km I entered without a thought. However, I needed more hillwork and weekly excursions to Knole Park and Happy Valley were great fun but took their toll.

I've always used technology to inform my training, even more so since my heart problems were diagnosed. "Guided by the science", I probably shouldn't have run. However, I got round High Elms albeit tipped me over the edge. During the two weeks leading up the Bromley race, I struggled to run more than 3 miles and that at a slow pace with an elevated heart rate. Fortunately, in the last few days before the race, the numbers started to look better and I felt stronger.

So it was that I lined up with Sonja in Norman Park for my third race in 10km weeks and this one looked like a proper race, not a time trial run in waves! Unsure what my heart and breathing was going to do, I got into a groove with my HR locked like a metronome at 155 bpm. Sonja had overtaken me early on and I could see her for most of the race, looking strong and pulling away significantly in the final kilometres. My strategy of sticking to a constant HR meant that, whilst I didn't risk blowing up, my pace depended on underfoot conditions, the twists and turns and the slight inclines or descents.



Overall, I was just pleased to finish a race that I'd contemplated not even starting just a few days before. Like Sonja, I also managed to pick it up towards the end and the second 5km was 34 seconds faster than the first, both being considerably faster than my last Parkrun.

I was 169th out of 407 finishers in 53:36 and was rewarded with a very nice wooden medal and a buff. Then I saw the pictures; never the prettiest of runners I seemed to have morphed into Emile Zatopek's twin gasping like a fish out of water (see photo)! Great event and definitely one for runners of all abilities and fitness levels.

DULWICH RUNNERS 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 always 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 Summer Map 7

15.1km / 9.4 M

10.9km / 6.7 M

7.4km / 4.6 M

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

An extra full lap of
Crystal Palace Park is
1.75 miles / 2.8 km