



These are your SHORTS  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College.  
**NOTE: our clubhouse remains closed and there are no toilets or changing facilities.**

SEE NEXT PAGE for full details

## In your SHORTS this week !

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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 !

### Club runs & training have restarted...



With lockdown rules easing we restart running tonight Wednesday 31st, runs in groups of 6 and Tuesdays speed work.

Please see further on in Shorts for full details.

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

## Dulwich Runners renewal 2021/22

For those of you that did not renew your club membership last year the new membership year starts on April 1 so please contact me if you would like to renew now that things are looking up.

### EA 2021/22 renewal

E.A. emails were sent on Monday 22 March  
Contact me if not recieved.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no

extra cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

## AGM Zoom Joining Details:

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

[https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD\\_JjQT09](https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD_JjQT09)

Meeting ID: 812 388 7721

Passcode: Alleyn

# **DULWICH RUNNERS AC**

## **ANNUAL GENERAL MEETING:**

### **Wednesday 21 April March 2021, 8.30pm**

Due to Covid restrictions the Dulwich Runners AGM will take place on line via Zoom video conference on Wednesday 21 April 2021. All members are encouraged to join virtually, and the link and passcode details can be found at the end of this notice. For those who are unfamiliar with Zoom, further instructions will be posted in Shorts.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 16 April 2021 to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2018/19 AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are seven roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Honorary President; Chair; Social Secretary; Men's Joint Captains (2 posts); Women's Joint Captain; General Member; Welfare Officer (s)

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

All nominations for any role should be sent to Yvette by midnight on **Wednesday 14 April 2021** to allow time to organise an election and voting via Zoom if there is more than one candidate.

Yvette can be contacted at: [secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk)

#### **Dulwich Runners AC - Committee Roles 2021**

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

#### **Honorary President**

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

#### **Club Chair**

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

### **Club Captains – Joint Men’s Captains and Joint Women’s Captains**

There are four Club Captains, two Joint Men’s and two Joint Women’s. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club’s participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Crooke Cross Country Championships.

### **Club Treasurer**

The Club Treasurer manages the Club’s finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

### **Club Secretary**

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

### **Membership Secretary**

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

### **Social Secretary**

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

### **Welfare Officer**

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

### **Shorts Editor**

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

### **Publicity Officer**

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club’s website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

### **Kit Person**

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

### **General Member – two positions**

There are currently two General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

<b>Committee Post</b>	<b>Present Holder</b>	<b>Standing Again?</b>
Chair	Ros Tabor	No
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	No
Joint Social Secretary	Tom South	No
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Ange Norris	No
Joint Men's Captain	Ebe Prill	No
Joint Men's Captain	Mike Mann	No
Shorts Editor	Barry Graham	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Eleanor Simmons	Yes
General Member	Ed Chuck	No

### **Club Constitution**

During the year the General Committee has reviewed the Club Constitution and made a number of amendments to bring it up to date with both current practice and good governance.

At the AGM members will be asked to ratify this document on the recommendation of the Committee. The current document and the updated document can be found on the Club website here: <https://www.dulwichrunners.org.uk/constitution>

### **Founding President and Honorary President**

In recognition of his role in the formation of the club and his work over the last 40 years, Ron Searle has been conferred the title of Founding President, therefore vacating the role of Honorary President. The Committee consequently proposes that each year one individual serve as Honorary President for the following year.

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President will be nominated by the club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

### **Known Nominations to date**

Following the recent Shorts Xtra seeking nominations for vacant committee posts, we have received the following nominations to date.

Honorary President: Chris Vernon

Chair: Standing together as Joint Chairs - Ange Norris and Ebe Prill (Ange is happy to continue as Joint Women's Captain if she is not appointed to Joint Chair)

Joint Men's Captains: Tom South, Ed Chuck

Joint Welfare Officers: Andrea Pickup and Tom Poynton (Tom is standing as Men's Welfare Officer, but as a non-Committee Member)

General Member: Mike Mann

### **AGM Zoom Joining Details:**

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

[https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD\\_JjQT09](https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD_JjQT09)

Meeting ID: 812 388 7721 Passcode: Alleyn

# DULWICH RUNNERS 2021 FIXTURES

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: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Wednesday Evening Club Runs From tonight

Groups of six, each 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....

Please maintain social distancing at the start of the run in Burbage Road.

**NOTE: clubhouse closed, no £1 club run fee, and no toilets or changing facilities available.**

You can just turn up but arriving a bit earlier helps us sort out groups and place you in a suitable pace group. If this is your first run with the club please contact Mike Mann or Ebe Prill in advance. (email details below)

If for you are unable to sign, or if you have any Covid-19 symptoms in the days after your run, contact Ebe and Mike immediately. [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

The groups are as follows.

sub 7 min mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 min mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 min mile pace (and slower) - groups led by Ebe Prill [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)  
Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night. If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

## Tuesday Speed Training

Tuesday evening grass/track sessions at Dulwich College. £2 per session.

Meet and pay at the green pavilion by the tennis courts, then please go to your allocated spot with your group leader.

**COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE  
TO HELP COMPLY WITH COVID 19 RULES CARD PAYMENTS ONLY, NO CASH  
ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.**

Two time slots booked, 6pm and 7pm with runners allocated to time slots and groups based on pace. Groups 1 & 2 will be on the track and adjacent field, swapping around after 30 mins. Meanwhile groups 3 & 4 will be on the two fields to the south, again swapping over halfway through. Following weeks groups will switch, groups 1 & 2 entirely on the 2 fields, groups 3 & 4 on the track and adjacent field. Some faster runners may switch to Crystal Palace track once it reopens, this may simplify the groups and allow a single 7pm time slot.

any questions contact Mike Mann: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Groups of up to 12 allowed under current EA guidance in a Covid secure environment

### 6pm Groups

#### 1 Ed Chuck

Jack Ramm  
Shane O'Neill  
Andy Bond  
Buzz Shephard  
Andy Inglis  
Wayne Lashley  
Tim Bowen  
Ben Howe  
Ben Smith  
Tom Shakhli  
Joe Walsh

#### 2 Andrea Pickup/ Tom Poynton

Ed Simmons  
James Auger  
Ross Rook  
Clare Whittaker  
Chris Nunn  
Joseph Sentance  
Nick Fiducia  
Alex Loftus  
Eugene Cross  
Martin Belzunce  
Matt Cooke

#### 3 Yvette Dore/ Anna Thomas

Mark Foster  
Hugh Balfour  
Ed Smyth  
Belinda Bell  
Lucy Clapp  
Lucy Pickering  
Emma Ibell  
Arthur Coates  
Ola Balme  
Mike Beadle  
Eleanor Simmons  
Christiana Campbell

#### 4 Graham Laylee

Barrie Nichols  
Lindsey Annable  
Sadie Sholem  
Harriet Roddy  
Donovan Pyle  
Ian Sesnan  
Sonja Jutte  
Mike Dodds  
Clare Wyngard

### 7pm Groups

#### 1 Tom South/ Joe Wood

Shane Donlon  
Kay Sheedy  
Steve Davies  
Phily Bowden  
Clare Elms  
James Brown  
Robert Eames  
Chris Lawrence  
Daniel Mann  
Mike Williams  
Rob Armstrong

#### 2 Gower Tan/ Ebe Prill

Grzegorz Galezia  
Joe Farrington Douglas  
Ian Lilley  
Lloyd Collier  
Justin Siderfin  
Austin Laylee  
Ellie Balfe  
Hugh French  
Polly Warrack  
Olivier Montfort  
Dave Benyon

#### 3 Katie Styles/ Mike Mann

Cameron Timmis  
Catherine Buglass  
Naomi Crowther  
Eleanor Simmons  
Miles Gawthorp  
Steph Lundon  
Emma Kelly  
James Rimmer  
Ryan Duncanson

#### 4 Andy Murray

Joe Brady  
Joanna Shelton  
Dougie Keighley  
Jenny Bomers  
Barry Graham

# 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 it would be beneficial to keep 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 an 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 30min or so away, 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 1/2M race pace.

## 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 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 time of each lap to ensure you're not slowing too much on your overall pace and to do that don't run the first few lap too fast.

# 2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

We completed 2 events of the 2020 program, Beckenham parkrun February, Big Half in March. We plan to have a 1/2M and parkrun in the 2021 program but 2020 results will count in a combined 2020/21 club champs.

We aim to start with one of the Second Sunday of the month 5 mile trail runs in Wimbledon, May or later, then one of the Sri Chinmoy Battersea 5k races. Possible limits on numbers of runners allowed to run during the spring and summer, so you will get the option of doing any of the monthly 5 mile races and summer series of Battersea Park 5k races.

This includes Richmond Summer Riverside 10k mid July. If limits on numbers, alternative is Regents Park winter series, you can choose which race to do. No details on these yet. London Marathon is early October so we chose Paddock

## ‘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.

## 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.

Wood 1/2M early September.

We suggest a late date for Dulwich parkrun, runners can use any Dulwich parkrun once restarted.

**All 2021 events provisional to be reviewed end of March. - the two 2020 events 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 Aug** SOAR Mile

**5 Sep** - Paddock Wood Half Marathon

**4 Oct** - London Marathon (or alternative)

**Suggest 30 Oct or 6 Nov** - Dulwich parkrun, but any dates once parkrun starts.

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.

Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to – [opentrack.run/competitions](https://opentrack.run/competitions) 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 and 10k League

### Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

### Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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### Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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## ‘Safe Running’

The shocking abduction and murder of Sarah Everard from our local area has led to an outpouring of grief and a growing anger about violence against women.

Social media has been full of personal accounts about women's experience of harassment and violence in public spaces.

Of relevance to us at this Running Club is how many different people have spoken about this fear preventing them from going for a run in certain areas or after dark.

What is also clear is that this problem is one to be solved by all of us, but especially by men and especially by trying to realise how we can be agents for change.

Dulwich Runners obviously can't address or answer all of the issues on this topic but it can try and answer the question, "How can we try and make running feel safer and more accessible for everyone in our community"? I don't suggest

I have the answers. But possible solutions might be

- 1) Setting up a system whereby if someone wants to run but doesn't want to run alone, the Club has a system to try and facilitate this.
- 2) Ensuring that all incidents of harassment/threats when running are properly logged so that Police have a better idea of the problem that exists.
- 3) Publishing maps of 'night-time routes,' which are perceived as safer areas to run at night.

It may be that people reading this are confident and experienced runners. However we may also want to look at what solutions we can offer aspiring runners who may want to join the club.

For now, I want to simply start a debate.

Please feel free to send in any suggestions/thoughts in confidence or for publication and please contact us at: [dulwichrunners4change@gmail.com](mailto:dulwichrunners4change@gmail.com)



With races still a while away, we thought we would dip into the archives again, two springtime relay performances from the ladies team in 2012 and the men's team in 2017 to enjoy.

## South of England Road Relay Champs, Milton Keynes

Dulwich Runners enjoyed their greatest ever relay performance as they won the South of England Relay Championships bronze medals and were only beaten by Britain's strongest women's team Aldershot, who could boast two European champions in their team.

Not everyone was available - Alexie was recovering from injury, Andrea was on holiday in France, Emily had family commitments and Catherine was racing in Wales and then there was a panic on Saturday when Nicola picked up an illness on holiday in France but it was clear we had a team that could possibly better our previous best here 10 years ago when we led at halfway by over 90 seconds after Alison Fletcher (2nd fastest overall), Gill Johnson and Meredith Pannett (4th fastest overall) gave us a great start but after dropping to second on leg four, we ended up seventh.

This year, Debbie Niccol started quickly, dropped back after 3km but came back well in the last kilometre to get us to fifth. Shona McIntosh was to be second off but got lost in Milton Keynes and therefore Clare Elms had to move up a leg before fully warmed up.

Clare wasn't fit enough to run at her best after so much missed training and the foot problem but she battled well and kept us within half a minute of the medals on traditionally one of the strongest legs. Shona was running her first ever race for the club, and her first race of any sort since running 2:47 in the Amsterdam Marathon last October and well set up by the previous two legs, she moved us all the way up to second with the fastest third leg.

Kim Hainsworth, who kindly deferred her planned long run to come into the team after Nicola was unwell, and no one else was available, was thrown in at the deep end in second place and though she lost a place to Aldershot B, she held third until the last mile when Shaftesbury came past but we were only 14 seconds off a medal as Kim completed probably her best ever run for the club and kept us in the hunt for medals.

The team's longest standing club member, Ola Balme, who ran for the team when we last competed in this event in 2006 and 2007 when we didn't even make the top 15, gradually closed on Shaftesbury and moved us back up to third with a very strong well judged run.

At the start of the last leg, the two Aldershot teams were well clear but we now had a 27 second gap to Windsor who could boast a former 33 minute 10k runner on the last leg while three other clubs were still potentially capable of catching us.

Charlie was nervous about setting off in a medal position but running controlled, she probably had her best ever run and by the finish the gap had stretched to over a minute as Windsor just held off Woodford Green.

It was a pity that the club's best ever relay performance wasn't witnessed by many people from the club, in previous years the men have had a 12 stage team to offer support and that due to travel problems, two thirds of the team hadn't arrived by the start time but it was still one of the club's most notable ever team performances to rank alongside National Half marathon titles and British Masters victories.

**Leg 1:** 5 Debbie Niccol 18:01. 33 teams competed  
1 Shaftesbury B 17:16; 2 Aldershot FD 17:29; 3 Windsor SEH 17:34; 4 B&B 17:53; 5 Dulw 18:01; 6 Norwich 18:02; 7 London Heathside 18:21; 8 TVH 18:25

**Leg 2:** 6 Clare Elms 18:31  
1 AFD 35:29; 2 TVH 35:47; 3 WSEH 36:05; 4 Norwich 36:12; 5 SB 36:19; 6 Dulw 36:32; 7 AFD B 36:52; 8 Marshall Milton Keynes 36:58

**Leg 3:** 2 Shona McIntosh 17:39  
1 AFD 53:27; 2 Dulw 54:11; 3 SB 54:32; 4 WSEH 55:26; 5 AFD B 55:32; 6 Norwich 55:49; 7 MMK 56:31; 8 TVH 56:34

**Leg 4:** 4 Kim Hainsworth 20:21  
1 AFD 69:51; 2 AFD B 73:01; 3 SB 74:18; 4 Dulw 74:32; 5 WSEH 75:09; 6 WG&EL 76:05; 7 MMK 76:35; 8 Norwich 76:51

**Leg 5:** 3 Ola Balme 19:56  
1 AFD 87:36; 2 AFD B 91:52; 3 Dulw 94:28; 4 WSEH 94:55; 5 SB 95:42; 6 WG&EL 95:46; 7 Lon H 95:53; 8 MMK 97:42

**Leg 6:** 3 Charlie Wood 18:34  
Final positions: 1 AFD 1:44:17; 2 AFD B 1:50:23; 3 Dulw 1:53:02; 4 WSEH 1:54:08; 5 WG&EL 1:54:10; 6 London Heathside 1:54:33; 7 Norwich 1:55:44; 8 Serpentine 1:58:06

# South of England 12-stage Relay Championships, Gravesend Cyclopark

Saturday 25th March 2017

## "Dulwich men surprise with National qualification!"

*Tony Tuohy reports....*

Putting together a team of 12 Dulwich men for the SEAA relays has proven difficult for at least the last ten years but this year we managed it. Even more difficult would be getting in the top 25 clubs and therefore securing qualification for the National 12-stage relays at Sutton Coldfield, but in the event we did so in style. The Cyclopark is an unusual venue but at least provides a testing traffic-free course with good facilities, although the small lap (1.37 miles) meant keeping track of who was where in a four hour race required a better man than me.

The format was traditional, alternate long (3 laps, 4.11 miles) and short (2 laps, 2.74 miles) legs, just don't forget what lap you're on. For the sake of comparison the results are still provisional and a few of ours appear to have the wrong times – so with a little help from Strava and coach Steve's near-as-dammit splits...

### Leg 1

23 Tim Bowen 21:13

The Dublin Dynamo led off with the pack and made good use of it, storming round each lap in not much more than seven minutes for his best run this year, virtually back to his best. Averaging 5:10 per mile on such an undulating course in very strong winds is quite impressive, methinks.

### Leg 2

25 Paul Devine 15:04 (but 14:48 shown in results)

Also finding a relay can pull you to

your best, Paul made a nonsense of his prior 18 minute 5k form this year with a blinder that's worth at least 45 seconds better than that. A few long runs under his belt, so back on form...

### Leg 3

25 Daniel Mann 22:15 (but 22:39 shown in results)

Another quality run from Dan, right up with his best form, keeping us in touch with the top 25 teams.

### Leg 4

25 Mark Lacey 15:10

As above – Mark's running well now on marathon training, and also maintained the team's position.

### Leg 5

19 Steve Davies 21:53

Treadmill Steve put in a stunning run just 30 seconds slower than Tim, making up six places; surely his best ever, surpassing even his 34:08 10k at Telford? Extra winter sessions at home on that treadmill? Miles maketh the man...

### Leg 6

21 Tom South 15:39

Tom's starting to race more often now and ran strongly here, doing well to only give up a couple of places.

### Leg 7

20 Wayne Lashley 22:37

A typically strong run from Wayne but he really went deep into the well on the second lap – so deep that an hour so later he had a bit of a nasty turn, enough to require the medic's attention. All's well now but I hope he sticks to the normal comedy in future...

### Leg 8

22 Ian Lilley 15:46

Ian's still struggling to get meaningful training done but can still be relied upon to blast out a good effort up to 5k and did the job here, well up with his form of late.

### Leg 9

20 Greg Hills 22:36

Still improving, Greg also lived up to his recent form and ran strongly to move

us back into the top 20 with three legs to run.

### Leg 10

20 Buzz Shephard 14:58 (but 14:03 shown in results)

Great to see Buzz back racing, even if he is yet again risking those long-standing injuries, but he still managed to post our best of the short legs, and much faster than the 17:30+ 5k shape he thought he was in.

### Leg 11

21 Shane O'Neill 23:06 (but 24:01 shown in results)

Shane is another still on an improvement curve and put in another reliably strong run here, perhaps just a tad down on his Southwark parkrun form.

### Leg 12

19 Tony Tuohy 15:00

An over-zealous 7:20 first lap due to catching two teams scuppered my hoped-for sub-15 clocking, but close enough, and there were no worries about finishing in the top 25. With Paul, Mark, Buzz and myself all with times in a twelve second window honours were not quite even, but certainly very similar...

1st	Tonbridge AC	3:23:05
2nd	Serpentine	3:24:22
3rd	Highgate Harriers	3:26:18
19th	Dulwich Runners	3:45:17

Fastest short leg Lewis Lloyd (Herne Hill) 12:57 (10th fastest 13:34). Fastest long leg Andy Maud (Highgate) 19:07 (10th fastest 19:47).

I'd hardly crossed the finish line when an invite to the National 12-stage at Sutton Coldfield was thrust straight into my sweaty palm. As this was an unexpected new fixture for us in only two weeks time, not surprisingly there were doubts that we'd be able to field a team. However, after some frantic canvassing (the entry deadline is Wednesday) we appear to just about have a team, including seven of the heroes listed above. A top 20 finish there might be pushing it a bit though.

# 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 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](mailto: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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map A

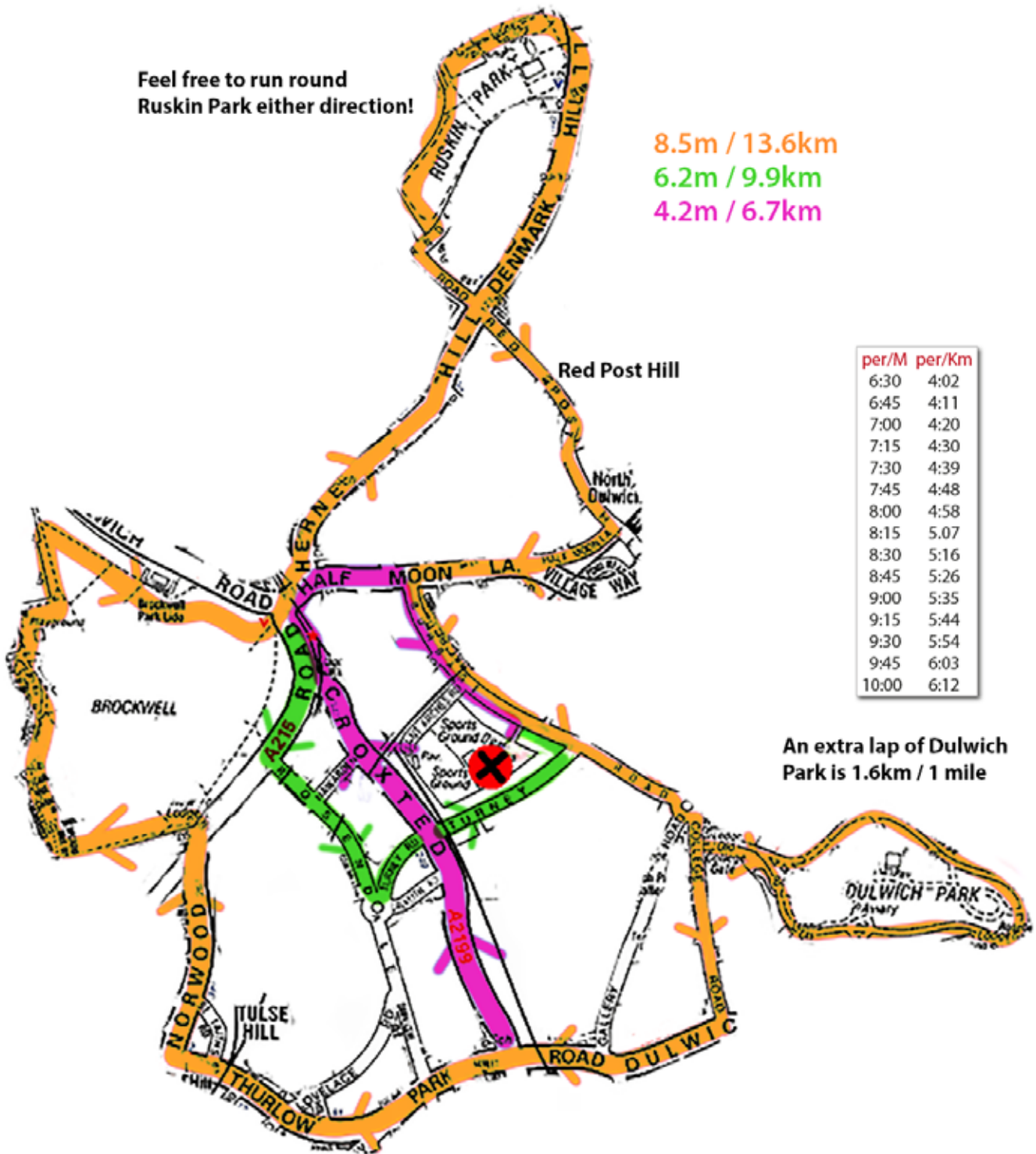
Feel free to run round  
Ruskin Park either direction!

8.5m / 13.6km

6.2m / 9.9km

4.2m / 6.7km

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 lap of Dulwich  
Park is 1.6km / 1 mile

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