



SHORTS

Dulwich Runners AC
Weekly Newsletter
May 13th 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

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 !

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As you will see a few 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

Until there are any changes or further advice the following statement, instructions and advice will stand.

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.
If you have any questions or concerns please

contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

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 on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

NB Starting from weekend 16/17 May you will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Join Strava by downloading the App at www.strava.com
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device & upload to Strava (please caption description DR Virtual Champs)

THE RULES

4. Go to https://data.opentrack.run/x/2020/GBR/dul_open5k/
5. Login or sign up to enter and submit your result
6. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

BMAF virtual relays

14-20 June

The BMAF road relays for 'veteran' runners 35 or older have moved to a virtual format. Entries free (donations to charity welcome) at opentrack under: <https://data.opentrack.run/x/2020/GBR/bmaf-virtual-rr/>

This is one of the bigger events we as a club used to take part in over the years so would be great if we can get teams together for as many age groups as possible, women and men.

The time slot has moved from May to June and the rules are the same as for many of the virtual races we are doing with 5k run solo and observing all the distancing

guidance. More details in the web link.

Everyone (35+) can enter on her or his own. You only need to have a gps device to record your run. IMPORTANT is to give Dulwich Runners as the team in step 2 of the entry. I found it best to enter via a desktop version of browser as mobile browsers can get you into a loop at the very end when you are asked to confirm your entry. (a box needs to be checked which might not be there on the mobile version).

After entering you can check the list of competitors by typing DUL in search field. That gives you the list of runners for our club with age groups and you make sure you're on there in the right age category.

Let me know via email ebepriill@yahoo.co.uk if you have difficulties with entering. We can alternatively sort out team entries by one manager

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. When you're out for your next run take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

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.



Starting from Wednesday 6 May 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)

Zoom Meeting ID: **842 3494 6420**

Wed

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

Weekly:

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

Join Zoom Meeting

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

Meeting ID: **842 3494 6420**

Wednesdays	
May 13	8:30pm
May 20	8:30pm
May 27	8:30pm
Jun 3	8:30pm
Jun 10	8:30pm
Jun 17	8:30pm
Jun 24	8:30pm
Jul 1	8:30pm
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

One tap mobile
+441314601196,,84234946420#
United Kingdom 442030512874,,84234946420#
+United Kingdom
Dial by your location
+44 131 460 1196 United Kingdom
+44 203 051 2874 United Kingdom
+44 203 481 5237 United Kingdom
+44 203 481 5240
United Kingdom Meeting ID: 842 3494 6420
Find your local number:
<https://us02web.zoom.us/j/84234946420>

Tuesday evenings from 12 May at 7.30pm

'Ask the Coach' - Steve Smythe will be on hand to provide top tips from his decades of running across all distances.

Zoom Meeting ID:

853-9230-5440

All committee members and coaches have access to the zoom facility to act as hosts for individual sessions. We'd welcome your input as to what you would like to see and how the facility could help specific training groups with their own individual sessions.

Tuesdays	
May 12	7:30pm
May 19	7:30pm
May 26	7:30pm
Jun 2	7:30pm
Jun 9	7:30pm
Jun 16	7:30pm
Jun 23	7:30pm
Jun 30	7:30pm
Jul 7	7:30pm
Jul 14	7:30pm
Jul 21	7:30pm

Strength for Runners - with Coach Elkie Mace Session 1

Thursday 7th May 8-9pm on Zoom

For many runner's strength is overlooked which can lead to injury. Now is your chance to establish a really good habit and ensure longevity for your running. The session will focus on core strength in a dynamic way - particularly glutes and leg strength. Examples of exercises are squats, lunges, plank and some yoga inspired moves. All you need is a mat and a band and or weights if you have them.

Session 2

Strength for Runners - with Coach Elkie Mace - Tuesday 12th May 8.30- 9.15pm after Steve's Q & A, on Zoom

For many runner's strength is overlooked which can lead to injury. Now is your chance to establish a really good habit and ensure longevity for your running. The session will focus on core strength in a dynamic way - particularly glutes and leg strength. Examples of exercises are squats, lunges, plank and some yoga inspired moves. All you need is a mat and a band and or weights if you have them.

I hope that sounds ok to everyone
Thank you
Elkie

<https://us02web.zoom.us/j/82398648890>

No password

Meeting ID 823-9864-8890

Video recording of Thursday 8 May session for those that could not make it on the night....

<https://drive.google.com/open?id=iilFxE18ROlp2uqmT2l6zJc6UchjAyeHl>

Virtual Quiz Night

Wednesday 13th May 8.30 p.m.

Some people are in teams and some not. If you want to come tonight, it's not too late, just arrive - all welcome. We'll sort remaining teams then.

Keep your diaries free for our first Virtual Quiz Night
What you will need to do -

- 1/ Sign up for a zoom account on a laptop. Not all functions work with a phone.
- 2/ If you can sort yourselves into a team of 4 that will help the admin side on the night.
- 3/ Once you have a team of 4, email me Ange at dulwichladiescaptain@gmail.com with team name, plus names and email addresses of everyone by Sunday evening 10/5/20
- 4/ If you don't have a full team, email me who you have with the same info as above
- 5/ If you do just turn up on the night, you will be able to take part. We can put you into a team then.

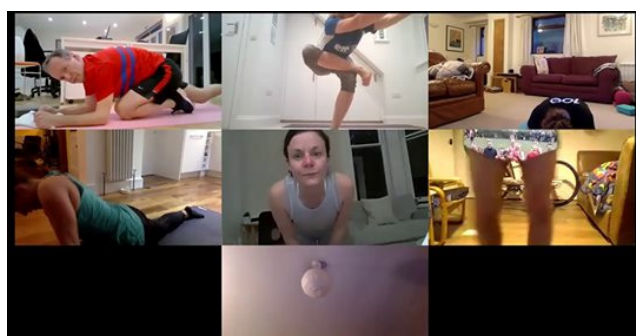
On the night use the following link and ignore the other one for bar chats. That one will still be there for anybody who wants it.

Ange at dulwichladiescaptain@gmail.com

Join Zoom Meeting

<https://us02web.zoom.us/j/88283219935>

Meeting ID: 882 8321 9935



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.

Due to current circumstances please only use these fixture lists as a guide. Many events have already been cancelled or postponed. When further information is received the fixture lists will be revised

2020					
Jun	4	Assembly League CANCELLED		Jubilee Pk, Leyton	Road & other
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Cross country
	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	Club Champs
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
Men road: ebepri1@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. Races still to come are as follows:

26 Apr London Mar. **cancelled** (or alternative) long
15 Jun Sri Chinmoy 5km, B'sea Park **cancelled** short
18 Jul Richmond Summer Riverside 10km long
late July/early August tbc SOAR Mile short
13 Sep 2nd Sun. 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.

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

Suggested training in coming weeks

My training suggestions

by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing

Upcoming training

The lockdown and return to normal competition looks like it might last a lot longer than we envisaged back in March and a few have asked for some sort of schedule that people can follow if they wish rather than just drift from day to day. without a target.

As there are some virtual 5k's to go for, I will focus on a schedule that should assist those looking to improve

Wed May 13 steady 50 minutes (45 seconds to a minute a mile slower than 5km pace)

Thurs May 14 10 mins easy then alternate 5k pace and HM pace every minute for 20 mins, 10 mins easy

Sat May 16 3km easy, 5km hard but start more gently and build pace to finish strongly, 3km easy

Sun May 17 slow hour to 75 mins (90 seconds a mile slower than 5km pace)

Tues May 19 6 x 800m at slightly faster than 5km pace with 2 minute recoveries - try and build pace during reps so first rep should be slower than target pace

their 5km speed which will be useful even if you regard yourself more of a marathoner.

If you wish to run Monday and Friday just do easy 30-45 mins as slow as you can but suggest on the Friday you could also do 4 x 150m with long recoveries, trying to get quicker on each and only running really fast on last one.

Wed May 20 two-paced 50 min steady run - first half 90 secs a mile slower than target 5km pace, second half 30 secs a mile slower than target pace - ie 20 minute 5km runner - first half 7:50-8:00 miling, second half 6:50-7:00

Thurs May 21 2km steady then 9km up and down tempo run - start at 5km pace for a kilo and then slow 15 secs per kilo to 5km and then pick up (ie 20:00 runner runs kilos at 4:00, 4:15, 4:30, 4:45, 5:00, 4:45, 4:30, 4:15, 4:00) then km 30 secs slower to finish (4:30)

Sat May 23 Run 5km fast but have an easier third 1km - so effectively 2 x 2km) **Sun May 24** 75 minutes steady (60-90 secs slower than target 5km pace per mile

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...
Race reports will be harder to find than bog roll !
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 storys, anecdotes, past glories, abject fails etc then please do..pics also welcome.

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		2 May		9 May	
			Pts		Pts
Shane Donlan	MS	17:37	48	16:38	50
Andy Bond	M40	17:20	49	16:58	49
Tom Wilson	M40	18:18	47	18:36	48
James Burrows	MS			18:49	47
Greg Falconer	MS	18:58	45	18:55	46
Jonny Hough	M40			19:06	45
Paul Collyer	M50	19:03	44	19:26	44
Kim Hainsworth	FS	19:44	43	19:47	43
Grzegorz Galezia	M50	20:02	39	19:57	42
Joe Farrington-Douglas	M40			21:12	41
Yvette Dore	F40	20:49	37	21:27	40
Ebe Prill	M50	21:43	33	21:38	39
Ed Smyth	MS			22:05	38
Paul Hodge	M50	25:17	27	22:56	37
Graham Laylee	M60	23:34	31	23:19	36
Laura Vincent	FS			23:29	35
Tereza Francova	FS	22:22	32	24:22	34
Ros Tabor	F60	27:10	24	27:53	33
Tom South	M40	16:36	50		
Eugene Cross	MS	18:28	46		
Jamie Nicol	MS	19:44	43		
Ross Rook	MS	19:53	41		
Kay Sheedy	FS	19:57	40		
Matt Ladds	MS	20:21	38		
Helena Flippance	FS	20:55	36		
Olivier Montfort	M40	20:56	35		
David Benyon	MS	21:31	34		
Catherine Buglass	F40	24:02	30		
Emma Kelly	FS	24:35	29		
Robin Downing	MS	25:13	28		
Jenny Bomers	FS	25:59	26		
Andy Murray	M60	26:47	25		
Sonja Jutte	F40	48:41	23		

Smaller field this week as some regulars doing the relay

**NB Starting from weekend 16/17
May you will need to submit your
result yourself via Opentrack**

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THE RULES

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5. Login or sign up to enter and submit your result
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Dulwich Runners

virtual relay-take 2

Probably due to loads of enthusiasm from everyone in the first event, there were more runners this time - so a mix of newbies and ever-presents.

First, from every member of the teams, thanks go to Andrea who once again studied the map of South London, (Look out for her driving round in her black cab soon!) and came up with a schedule for 27 runners in 3 teams on Saturday and 26 on Sunday.

Most ran on both days and some on one. Despite many runners feeling those pre-race nerves, it's unpressured and totally inclusive. As we choose how long/far we want to run and our own route, it is ideal for anything from - a challenging time/distance, to a run/walk when coming back from injury/corona virus or when pregnant. This report has been written by all who ran. The fantastic collages were put together by IT whizz Emma.

Day 1 - Saturday Team 1

Ange - First up, I set off with plenty of time to spare. So much, in fact, that I spent some time running up some bonus hills on Mitcham Common, wistfully imagining some mud underfoot and the delights of xc. Today was warm and sunny and if I photo shopped the incinerator off the horizon, the view was beautiful!

Onwards through the cemetery, a few back roads and there was Laura, Archie, Phoebe and bump awaiting me. It's an age since I've seen her so good to chat, then the virtual baton was passed and they were off.

Without a thought of the Sunday stage, I enjoyed some more bonus hills on my return. Some things seem such a good idea at the time!

Laura - Cara's house was less than 2

miles away so in order to build up the miles and make the run last an hour, we started off by heading in the opposite direction, running through the quiet back streets of Thornton Heath before heading back in the right direction. We then ran up the hill through leafy Grangewood park staying in there for a while as it is so beautiful at this time of year. Still with time left on the clock, we ran four laps of Cara's local roads before handing the baton to Cara. It's been a long time since I ran in a Dulwich vest. I loved being part of the group and following everyone's runs on Whatsapp and seeing all the photos and happy faces.

Cara - Not been around at the club much recently, but an ever present at the relays. Loved it again and good to meet different people.

Clare O - Like everyone, I had a very warm run on Saturday. I ran from Shirley

to West Wickham. Having moved from Beckenham last September, it was nice to run into familiar territory again. Lovely to meet Cara at the start and to meet Jane at the end, having taken part in her challenging (but fun) HIIT sessions over recent weeks.

Jane - Had a fun weekend of running. Clare arrived in temps of 25C - I've only ever seen her on Zoom jumping manically around in the HIIT sesh, so it was fab to meet her in person. Warm & sunny run to Roz & Tom's, covering about 8k through Beckenham Place Park. It was fab to see them & have a 5min chat. Roz & Tom - Jane arrived in the heat of the day & we ambled off on a scenic route via Crystal Palace Park, South Norwood Lake, South Norwood Country Park, Maberley Rd playing fields, Churchfield Rec, then via allotments into Cator Park, crossing The Beck and Chaffinch Brook, then the finishing



straight where a keen Andrea was waiting. Great to see the smiley faces of Jane and Andrea book-ending a slow meander through some new territory. I was pleased to finish the 6-miler and walk slowly back via Beckenham Park with a refreshing ice-cream :-). Perfect birthday relay!

Andrea P - "Started to get pre races nerves!! God knows what I would be like in a real race now. I will need horse tranquillisers to calm me down!!"

Grant - He had a great run but there are no details, as his main contribution to any writing was to take part in the

Norwood hill to meet Emma and Dave, I thought we'd whizz home, being downhill most of the way, but we stopped to chat to Bob and then Yvette who were both out running too. 7 miles ended up taking well over 90 minutes!

Emma & Dave - We ran 10miles. El and her pacer daughter passed on the hot baton to us in South Norwood and we headed to Brockwell Park for a few laps before waving on Catherine. We then had a very hot plod back up the hills home. Catherine - I loved that, bumped into friends, ran to places I have never been to before and crucially, saw friendly

'What type of post run liquid refreshment?' debate.

Ross R - 16.30. Grant arrived right on time in the new Soar vest, which are highly recommended, and after a good chat we set off at safe distance, parting about a mile later at Grove Park Station. I then took up a Green Chain route back home.

Meanwhile Team 2 were passing their baton -

Mary - Another ever present at the relays took up the baton for first leg. A smart move as it was the best time of day weather wise.

Eleanor - Having taken the baton from Mary, we had a scenic gentle run through Crystal Palace park and South Norwood lake, stopping to coo at all the cute ducklings. After a tough finish up South

faces belonging to people other than those I live with. Thanks.

Gower - Still jaded from my charity marathons, this should have been an easy run - oops! The sun truly had its hat on, and I hadn't really factored that! Catherine arrived spot on 12:30 and we had a quick natter. Although we'd probably met on a club run, we didn't really know each other - so it was lovey to chat for a bit. I headed off broadly following the ten parks route, exiting South Norwood Lake towards Jen who lives close by. Unsurprisingly, I got lost yet again :(, so ended up running flat out to avoid being late. Another quick chat and obligatory selfie, and Jen was off. I toddled back on via the 10 parks course, struggling through Beaulieu Heights. The first beer back at home barely touched the sides!

Jen - A very hot run from a cheerful and sweaty Gower to a smiling and welcoming Jo.

Jo - Enjoyed my run. Ran through Crystal Palace park where I met 3 suspicious characters!

Hannah - The last leg of the day for team 2. Took over from Jo, really lovely run then collapsed onto the sofa. And Team 3 were wending their way around South London too -

Lucy P - So weird. Strangely exciting... Mike - This stage in warm sunshine took me to Harriet's house in Peckham, having taken over from Lucy. To make up the distance to around 7.5 miles, I ran a couple of laps of Brockwell Park on my new socially distanced grass route, taking in the family of swans with cygnets on the pond. Perfect conditions

for running before the day warmed up. The only slight downside was getting back home. Normally the 37 bus would have provided a virtual door to door service but having decided this was not a sensible option in current circumstances, I jogged back home with the wheels gradually falling off, having not run more than 10 miles for a couple of years.

Harriet - Saturday was super sunny so it made going for a run all the more enjoyable and made the post run beer reward all the more sweet. It was good to handover from/to two new people from the last relay as well, this also encourages new route planning and discovering streets you have never run down before.

Ros T - I haven't been running much this year because of a persistent hip issue, but after completing the weekly 5k club challenge each week with few problems I thought I would give the relay a go. Andrea kindly enabled me to only run for 30 minutes within each hour leg. In fact, I could have walked to my changeover as Tom only lives about 1k away! It was great to feel part of a team again, and I loved seeing the Dulwich vest approaching.

I took over from Harriet, a new member who I have only seen virtually at Jane's exercise session. It was good to be able to greet her in the flesh (and sell her a club vest!). I decided to incorporate the 5k challenge in my run, so jogged to Ruskin Park. There is now a measured 2k route round the outside of the park. It seemed slightly short. There were very few other runners on the path and I was able to run in shade which was a bonus. I then went to check on the baby goslings (now only 3 although 2 days ago there were 6). Then off to hand over to Tom at the park gate.

Tom - After missing the first one of these last month I was keen to take part in this one, and as a way to catch up with some people from the club (keeping social distance). On Saturday, I was handed a 12:30pm slot, taking over from Ros. Starting by Ruskin Park, and after a brief chat with Ros and Andy, I set myself off doing 15km in the hour, over a hilly run, before handing over to Midge on the East Dulwich/ Peckham boundary. My route would take me down to Herne Hill, before taking a left down Half Moon Lane, and then a right into Burbage Road. Turning right into Turney Road, and then left into Croxted, could really feel the



midday sun. My route then took me to the bottom of Hell Hill before cutting through the woods through to the South Circular. It was nice to have the shade of the woods, and a bit of a relief to have some downhill.

My route then took some more climb up to Wood Vale, from the south circular, and set for a loop around Benchley Gardens and down the back of Peckham Rye. At this stage, the heat was taking its toll on me, as I headed up to Barry Road, before heading down to Goose Green for some laps. At this stage the target of 15km in an hour was slipping away, so eased back, before handing over to Midge.

<https://www.strava.com/activities/3423915490#kudos>

Midge - Lovely thanks! I enjoy running in the heat. And getting very used to the Dulwich 'weave', up n down those pavements and into the road. Having the club top on made me feel even more responsible!

Andy - 14:30 Camberwell to Forest Hill. I had also entered a virtual European Masters 5k this weekend so tried to combine this with our relay. This meant an out and back 5k, stop the watch, then another 4.5k direct to Andrea C's house. For the first part Midge arrived and I headed for Shakespeare Road, which is long, flat and straight (also being used

by a faster runner for reps), turning at the Brockwell Park end and varying the route back to Denmark Hill via the bottom of Ruskin Park. There was little shade and the heat meant I ran slowly for 5k but also used up enough energy to feel tired for the final 4.5k. Anyway, I kept going slowly via Denmark Hill, the back streets of East Dulwich and on to the final challenge up to the top of Forest Hill to Andrea's.

Andrea C - I symbolically finished the last leg of the day at the club.

End of day one, and the hot topic wasn't the running, but how to replenish all those lost fluids - cocktails or beer? And which type of beer? Important decisions!

Sunday, day 2 - not a sunny but still lots of cheery, enthusiasm

Team 1

Ange - First up for team 1 again, but this time I was off to meet Emma & Dave - at the top of THAT HILL! They had kindly offered to meet me at the bottom but on Saturday evening I was seeing it as a challenge!

I started off on the same route as



Roz - Ellie arrived with her two children on their bikes and after a chat I headed over to Colleen via Crystal Palace Park and Dulwich Woods, spying James Burrows en route. Lovely to meet Colleen and exchange covid war-stories with her and the 'new Steve', then amble slowly back, bumping into an old boss on Cox's Walk.

Milkwood Roads. I thought I'd take a look at the club so went past Ollies to Croxted and Turney Roads then back via Burbage -the driveway gate was locked. Then half Moon Lane to East Dulwich Grove and into Green Dale, turning into the open space behind Dulwich Hamlet to avoid the steep up at the end and across Dog Kennel Hill to a gradual climb to the top of Camberwell Grove for a last downhill cruise.

Team 2 -

Mary - Not as hot as yesterday so perfect for running.

Jane - Slight shock when Mary announced on the group chat at 8.40 that she'd be at mine in 1/2 hour. I'd assumed was running at 9.30 and with a 10 miler planned had just scooped huge bowl of cereal 12Happily, Andrea assured me that it was fine to start at 09.30, so I rapidly changed out of my pyjamas to greet Mary from her run. Cracking route of just under 12k to Clare's house, taking in Shirley Hills & Spring Park Woods. Plus, the cereal stayed put - winner!

Clare O - Jane and I were in reverse, great to see her again. I then headed to Norwood, new territory for me, not as disastrous as feared, all very straight forward and managed a lap of a couple of parks I didn't know about, on route. Great to meet Jen at the end, both arriving at the same time. Fabulous opportunity to wear a club vest and run with a purpose, with a smiley face at the beginning and end.

Jen - Met up with Clare, no problem, then off to meet Andrea who was waiting for me with Justin.

Andrea P and Justin - I had company today, Justin, although he did welcome the opportunity for photos - a welcome rest?

Ross R - 13.30. Good to Thank Andrea in person and another nice chat. The route from Lee to Peckham Rye is sped-up by the alley close to the Brockley Jack which leads you over the rail line and into Nunhead. Made it across the Rye to Ebe's with some minutes to spare. We speculated on Cross Country's return, as

Colleen - Before I started, my stomach was doing flip-flops but once I got going all the race nerves disappeared. Funny how even with a relay, still had the same tenseness. Was wonderful to see a couple of faces from the club and felt proud wearing my running vest. My highlight was the cyclist, who went past and cheered me on with a "Go Dulwich" reminding me of how important the supporters are on a race day.

Andrea C - An earlier run today, passed the baton from Colleen to Sonja. Sonja - Sunday was my first virtual relay leg with DR. As my start and endpoint weren't that far apart, I took the opportunity to explore parks I didn't know so well. After meeting Andrea C for my handover, I trotted off for a lap of my local (Ruskin) park. I then went downhill to Camberwell before winding my way through the backstreets to Burgess Park which I had never run through before. Those hilly bumps were great fun! I must return! I successfully found my way to the Surrey Canal green route and magically ended up in Peckham. (Successfully getting to where I want to be always feels a bit magical to me!) I made it back to Camberwell for handing over to Andy. It was really nice to wear my club vest, have a purpose to my run, other than just running because I can (which is great too!) and lovely to see people and have a chat!

Andy - 15:30 Camberwell loop It was cool and breezy when Sonja arrived to hand over. This seemed to suit me as I trotted round without any tiredness. The route was through Ruskin Park to the top then a gradual downhill cruise to Herne Hill along Ferndene, Fawnbrake and

yesterday;
Beddington
Park to Mitcham
Common (no
bonus hills
today) then back
roads to avoid
Thornton Heath.
This took me a
different route
up the hill
and through

Grangewood Park (definitely one to explore more) to meet up with Emma and Dave. Great to see them again, have a chat and a photo, then they were off and I headed home by the same route.

Emma & Dave - We ran 8 miles. Ange waved us off and we ran a few laps of South Norwood Lake then made our way to Crystal Palace park for a few laps of the bottom circuit before crossing into Penge to pass the baton to EI.

Eleanor - A reversal of Saturday with Emma and Dave passing the baton to me. I was passing it on to Roz who lives about a five minute walk from my house so we took a very indirect route along the waterlink way to Ladywell & back. With not one but two pacemakers on bikes, I wasn't sure if my children would increase my normal speed or stage a mutiny, complaining about being too hot, tired and wanting to return home. But they set a great pace and I was pleased to be able to keep up. Best run for ages!

the weather suddenly had a winter feel, and jogged along the Gardens, parting on the Rye (which was empty for once).

Ebe - Did the two last legs of 60min each to get our team to 8 runners for Sunday (and make up for missing out on Saturday) Leg 7: Nice seeing Ross for the changeover at The Gardens, we were early so walked a bit to Peckham Rye Common while having a chat. I started there towards Southwark park, exploring another route to my usual long runs and give a different

park a go. Wind got stronger and quite gusty, lots of dust and pollen/plant debris in the air. Had to cough quite a bit in Southwark park along paths with Plane trees, not a good social signal these days.

Nevertheless running a few laps of Southwark park perimeter was much easier than running in the streets.

Leg 8: taking over from myself and going towards Cutty Sark along a stretch of the Big Half course of early March. Felt all very different now. Quite a bit of stop and go as only way of keeping social distance. Stepping into roads too dangerous around here, busy with traffic and drivers not patient towards pedestrians compared to leafy suburbs. Felt quite cold in the wind by now despite running, so coffee and cake was a joyful reward after 23k run altogether, more purposeful than the usual long run in isolation. Enjoyed the experience!

Last but not least, team 3 -

Gower - Thankfully much cooler with a lovely breeze for my first leg, I struggled to get going, with some rear of knee niggles. Stopped to check on the week old goslings in Ruskin Park (sadly down to only three from the five that hatched) and stopping here and there to take some pics! Enjoyed finding some new roads before getting to Lucy for the first handover. Quick natter and photos done! Can't wait for the next one!

Lucy P - In the words of Gower - 'Lucy zoomed away into the distance with dog in tow...'



Jo - Pre-race nerves again today!

Yvette - So happy to have a reason to put my club vest on. I loved it.

Ros T - My hip seemed fine so I was happy to run again. The first time I have run 2 days consecutively this year! This time I took over from Yvette. I decided to take a slightly different route, along roads to Herne Hill and back to Ruskin Park. Again, there were few other runners. I did a lap of the park making just over 6k in all, and then went to hand over to Tom at the same place as yesterday. Our handover photos were almost identical for the 2 days!

Tom - Day two of the virtual relay brought cooler conditions, but by the time of my handover from Ros at 1:30pm, the wind was picking up. After just making my target yesterday, of running 15km in an hour, I chose a route, that would be easier to achieve the target i.e. less hill climbs.

I chose an old favourite route to Battersea Park and then back to Crescent Lane for a handover with Mike. Things started well, but once through Brixton and heading down Crescent Lane towards Clapham Common, ran straight into a headwind, that I would run into all the way down to Battersea Park. Battersea Park was pretty quiet, with only other runners and cyclists out, and it was really nice to run along the Thames. Heading

back from Battersea Park, had a nice tailwind, which certainly made running up Silvertown Road towards the Old Town a lot easier.

Made it back to the handover point on Crescent Lane at 15km, with 20 seconds to spare on my hour target. Handed over to Mike for his run.

<https://www.strava.com/activities/3430005724#kudos>

Mike - Exactly the same stage as yesterday but the weather was very different with a chilly strong breeze and threatening skies. It was just as well I had an afternoon run as my legs were feeling leaden until late morning, whereupon a miraculous recovery occurred. Having taken over from Tom South I took a different route from the previous day through Brockwell, Belair and Dulwich Parks followed by a chunk of Peckham Rye, so slightly more off road, but much the same distance.

Harriet - Sunday was another fun day, Mike handed over to me again. By the time I handed over to Midge the wind had picked up a lot and was considerably chillier than the day before but spirits remained high! I also donned a Dulwich Runners vest for the first time ever today and it felt very good, hopefully I will get to wear it at an actual race sometime in the near future!

Midge - Last leg for team 3. Good to meet up with Harriet in her brand new DR vest. Great weekend again.

And a few comments which sum up how everyone felt about the weekend.

This was a highly enjoyable event brilliantly organised by Andrea. I hesitate to suggest a repeat as such a lot of work is involved.

Altogether another great weekend and great to see even more people taking part!

It was a fun way to catch up with fellow club members, and see their photos. Depending on where you are running

to there are some nice scenic options to take. Looking forward to the next relay.

Thank you SO much Andrea. You are queen (pixie) of the virtual relay

And the rest of each day was happily spent enjoying photos and comments on the Whatsapp group.

Thanks so much Andrea for organising and all the runners following the social distancing rules, and still managing to have a great time.

Corona Diaries (Episode 2)

Brought to you by Dulwich Ladies

Over the last week or so we have been putting together short little biogs that we've shared on the Dulwich Ladies Whatsapp group. We thought we'd share them more widely. Over the coming weeks you will find instalments in Shorts.

If there are any ladies who would like to join this group please get in touch with Alice on 07518423877. If there's any ladies who'd like to be in the Corona Diaries but don't fancy the Whatsapp group, get in touch with Sonja sonjajutte@outlook.com or 07786012933

Hiya!! I'm Emma Kelly and can usually be spotted running with my partner Dave also a DR. We joined with Jen last Summer and love being a part of such a supportive club. I try and get to most track sessions and club night runs. I'm a big fan of long runs (and the club socials after) and considering doing my first marathon later this year! X



Hi I'm Joanne Shelton Pereda and I've been a member since 2009. I joined to train for my first marathon, thinking it would be a one off.

I enjoyed the training and the club so much, I've run a marathon almost every year since. This photo was taken after completing the Meon Valley Plod (a 21 mile mud fest) to celebrate Claire Steward's 65th birthday!!

Hi I'm Lindsey. This is me and my other half Barrie, also DR member, plus man of the moment Joe Wicks! We went to a HIT session of his at Chelsea FC. Joe W is a fan of the club as is Barrie so a good excuse to be on the pitch. I've been with the club since 2000 but did 3 of my 4 marathons before I joined. The wrong way round! Running has recently been all about getting back to fitness after botched surgery 18 months ago. Looks like I'll be doing the same again once I can get rid of this virus. My favourite races are the shorter ones and I've consigned marathons to the history books. Love doing the club champs, XC and its supportive atmosphere and different parkruns. Gorky park is my most exotic to date!



I'm Laura and I've been with Dulwich since about 2014 I think. I've not done any races or sadly not joined many of the club sessions for a while. I mainly run with phoebe in the buggy at the moment and am pregnant with baby no. 2 so am running super slow! Thankfully Phoebe loves early morning runs just as much as I do and sings the whole time. I definitely plan on joining you all again (hopefully sooner rather than later) and really miss the Sunday long runs. I'm a bit of a fan of doing marathon training long runs without a race to aim for.





A few old photos from the late 80s.

Here is a trip down memory lane for some and a grin at the old style running kit for others. Spot those who you know
Ange Norris



How many DRs can you recognise in the group photo?
Steve Wehrle



Memories of Russell

I joined Dulwich Runners in 2000 and first met Russell at the Friday night track sessions coached by Ollie. I didn't have half the talent or speed that Russell did but he was always friendly and spoke to everyone. His gentle joking banter with Ollie added a sense of fun to the sessions and made the hard work of the track seem so much easier.

We regularly used to head down to the pub afterwards for a drink where the banter would continue. One night I ordered some dry roasted peanuts to go with my drink which Ollie decided was very upmarket so he called me posh bird. They weren't just normal peanuts! Russell picked up on this immediately. We'd all be having a conversation about something and he'd turn to me and say 'so what do you think posh bird?' with a huge grin on his face and a twinkle in his eyes.

Like Russell I have a passion for nice cars and we'd have many a long chat about them. I bought an Alfa Romeo Spider in 2005 and was delighted when Russell also owned an Alfa. Of course when he changed to a BMW he

came in for a fair bit of good natured stick from me.

I remember going to a DR Christmas party several years ago. I was on crutches as I'd torn a ligament in my foot so was feeling slightly awkward. I bumped into Russell, Marion and Martin Morley in the entrance hall. Marion said to Russell 'tell Lindsey she is looking very nice this evening' which he did with that charismatic grin. We all laughed and it put me immediately at ease. He had such a sense of fun.

We often used to see Russell working at big central London events. Barrie also saw Russell at many a football match. He'd always go over and have a chat. Since Russell left the force Barrie would go over to talk to the officers, pat the police horses and he'd mention Russell. He was always spoken of very highly. Only recently Barrie talked to someone who had been trained up by Russell.

The recent reports in Shorts have shown the affection many in the club held for Russell. He will be sorely missed.

Lindsey Annable

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

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 D

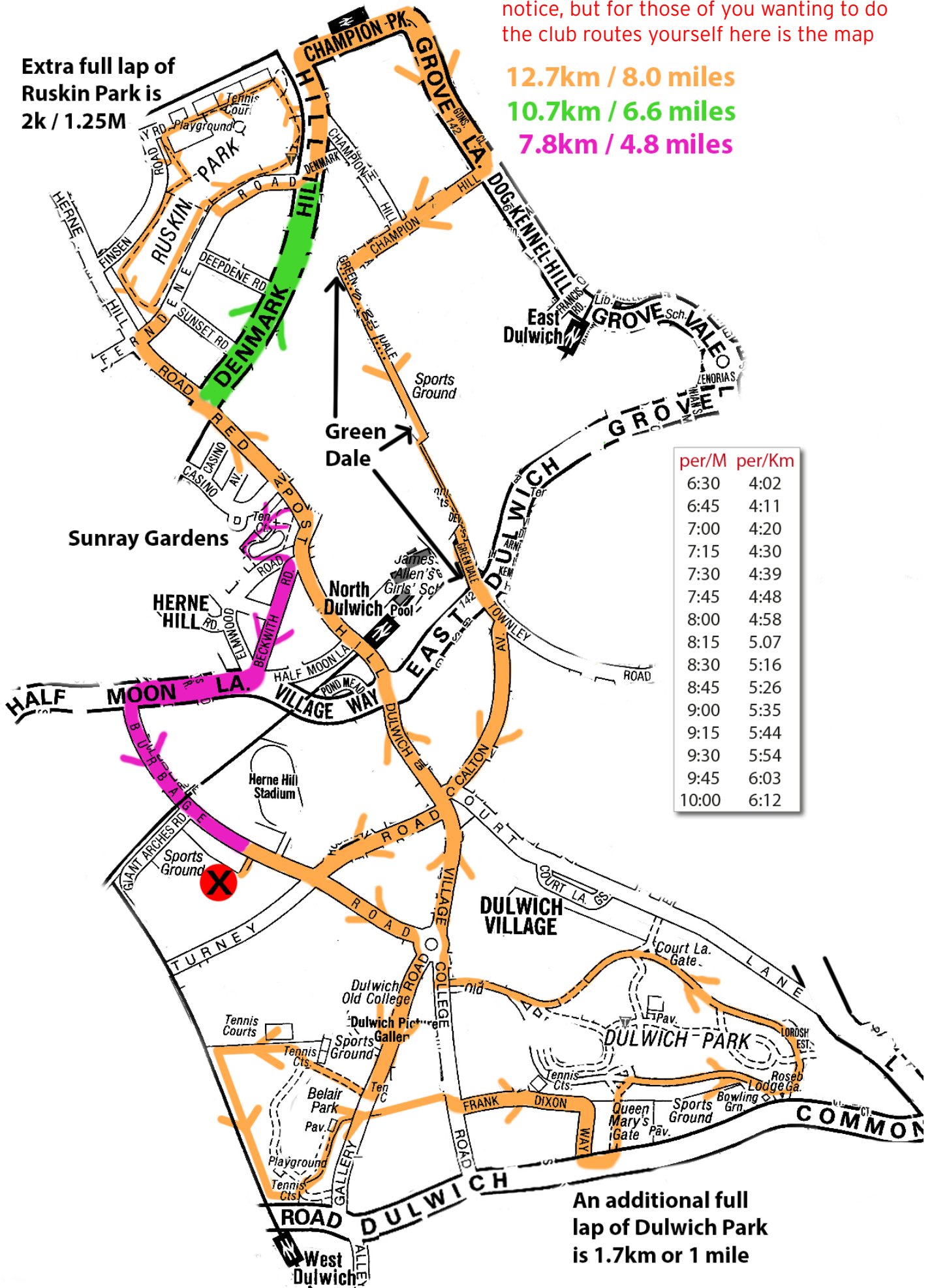
There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map

Extra full lap of Ruskin Park is 2k / 1.25M

12.7km / 8.0 miles

10.7km / 6.6 miles

7.8km / 4.8 miles



An additional full lap of Dulwich Park is 1.7km or 1 mile

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