



## 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 at Dulwich College Tuesdays. Clubhouse remains closed and there are no toilets or changing facilities but there is an outside bar - for post run drinks. pay by CARD ONLY

## In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 Club championships 2020/21
- 4 Race reports and results
- 5 Club kit
- 7 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 in groups of 6 and Tuesdays speed work have started

Please see further on in Shorts for full details.

## Dulwich Runners renewal 2021/22

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.

### EA 2021/22 renewal

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

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

## Steve Smythe writes.....

can I kindly thank those well-wishers who contributed to the recent card that was sent to me or have been in touch separately.

Nb this does not apply to those who wished I'd fallen down a well.

For background as a former sub 2:30 marathoner (admittedly way back in the middle of the last century) I became slightly concerned when my 5k training times earlier this year went to 20 then 30 then 40 minutes and cycling up a slight slope turned into going up a mountain to some non functioning lungs.

Originally diagnosed with pneumonia in February but then told it was ok in March but then struggling to even walk comfortably more stringent tests revealed in April I had serious blood clots in both lungs though on the

plus side I at least found out a week later that the cause of the clots wasn't the worst case scenario which they originally informed me it might be.

I still can't run and can't cycle outside (not helped by having my bike stolen from outside the hospital when I had to stay in overnight) but I can do a bit of indoor cycling and the blood thinning medication is gradually making breathing easier when walking. However my outside hope of achieving six decades of sub-three hour marathons has definitely been postponed for this year and I will probably just settle for a time faster than double my 15 minute 30 odd 5k PB when parkrun returns.

Looks like from the results that many in the club - covering all abilities and speeds - are running faster than ever before and I hope to eventually return to see if not actually take part in some of the training sessions before the end of the summer.

# 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: [ebeprill@yahoo.co.uk](mailto:ebeprill@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

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)

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 [ebeprill@yahoo.co.uk](mailto:ebeprill@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.

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

## Tuesday Evening Training

We are regularly getting around 45 runners at Dulwich College fields and track on Tuesday evenings.

With two time slots at 6 and 7pm we can easily accommodate everyone in two groups.

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

If you have attended sessions or have already registered your interest just turn up on the evening.

**NEW RUNNERS** - We are getting many new runners on Wednesday night runs and some of you have now taken part in Tuesday evening sessions. These sessions on grass and track are suitable for all abilities and include efforts at 5-10km pace plus some shorter faster ones.

If interested contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

## 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](mailto: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](mailto: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](mailto:thomas_south@hotmail.com)

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

# 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. For those taking part in several races in a regular series, a maximum of 2 races will count towards the club champs. 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. We are looking into the possibility of holding the Mark Hayes Mile in July and using it as a club champs event.
- 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, including the Surrey League are scheduled. 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** - (tbc) Mark Hayes Mile, Tuesday evening in July, Dulwich College track (tbc)

**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.

## '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.

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. If parkruns start before then, these will count.

## 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. 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 League results

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

### 10k League results

M55	Ebe Prill	44:20
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## Running Safely

For some people, running in London can be a potentially frightening prospect. In particular if they are unused to the area or if they are running in the dark. Membership of Dulwich Runners can give you people to run with which might help in this regard. There are also other steps which can be taken to help you feel safer - these include :

1) Planning your route and knowing the areas you are running in.

2) Making use of technology e.g. Strava beacon or Garmin Live Track.

3) UK Athletics have published useful guidance which is available at <https://england-athletics-prod-assets-bucket.s3.amazonaws.com/2021/04/Running-Safety-Guidelines-2021.pdf>

4) If you feel you want to go for a run but don't feel comfortable doing the run alone, just get in touch with [dulwichrunners4change@gmail.com](mailto:dulwichrunners4change@gmail.com) and the Club will do their best to find you someone to run with. Try to give at least 24 hours' notice".

5) If you have any concerns about running safely or anything you want to draw to the Club's attention on this topic please email the welfare office at [dulwichrunners4change@gmail.com](mailto:dulwichrunners4change@gmail.com)



# Race Reports & Results

Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto: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.

## University of Birmingham Open - 5000m

12th May 2021

Though she was hoping for a faster time, Lucy did excellently considering she ran most of the race on her own and finished well within 17 minutes and a huge PB of 35 seconds.

Lucy Elms SW 17.50.30

## Ardingly PB5K

12th May 2021

I ran faster than last time here and though not feeling a hundred percent, I was pleased enough and finished strongly, in time to watch the Livestream of Lucy's race from Birmingham!

Clare Elms 18.06 1st V55



Lucy Elms 3rd L

## Battersea Park 5k

15 May 2021

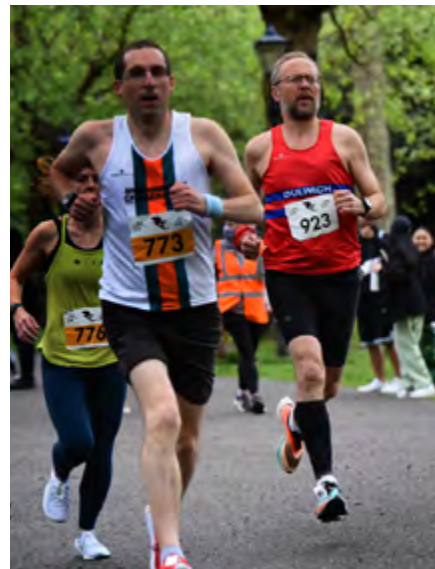
Grzegorz Galezia

A short write-up from a short race.  
Continuing preparations for the spring marathon, I signed up for the last race – a 5k event organized by RunThrough in Battersea Park.  
It's the third race by the RT team I've ran this season. I've learned to like them for efficient organization, holding regular races even in difficult covid times, wide choice of race distances, free photos and delicious flapjacks at the finish line.  
I remember the course well from our club champs in 2019, when I ticked a 18:35 PB. The Battersea Park course is fast and flat – no sharp bends and lots of space to overtake.

The minimum plan was, as always, to improve my PB. Out of the blue I got a calf niggle the week before but luckily, by refraining from fast sessions and masochistic massaging with Gower's massage gun, I managed to get rid of it. 5km is still my least favourite distance. It forces you to start fast and try not to die a horrible death before the finish line. And during this race I applied this very procedure.

To give myself an extra advantage, I intentionally started among runners who declared to be 2-3 minutes slower

than me. This gave me the kick of overtaking quite a few runners during the race. Having done the first 2k at a rather fast pace (3:32, 3:29), I knew that a new PB was within reach. The 3rd km was 15 sec. slower but I managed to speed up in the last 2km to 3:40, which ultimately gave me 18:01.



Had I done the maths in my head or glanced at the 'elapsed time' figure, I would have clenched my teeth a bit harder to shave off the 2 seconds to go sub-17. But performing so many complex activities is too demanding. And anyway, I've become an expert in annoying PBs. And there is always another race with an attainable target to look forward to.

Having improved my PBs at all shorter distances, I really look forward to the Boston (Lincolnshire, not Massachusetts) Marathon. Time to enjoy some tapering before the big day.

31 Grzegorz Galezia 18:01, 1st in age category

## Richmond Runfest 10K

On 16 May 2021 I set off to Kew Gardens in order to participate in the Richmond Runfest 10K. It was organised by Tom Bedford and his team, who had recently put on such a successful event for the British Olympics Marathon Trials at the same location.

The standard Covid protocols were in place which everyone already seemed very familiar with; as a result there were fewer participants and everything was very relaxed. The

course took in every last path in Kew Gardens; some sharp bends but nothing to trouble the average runner.

I had lost some fitness since running a PB for the 5k a month ago, however I just about held it together to come home in 44.05; my fastest time in 15 years, but still 33 seconds short of my PB. I'll either put in a good section of further training or I'll pop down to Grzegorz's shoe shop; either way it should close the gap.

163 Hugh French 44.05  
732 ran

# 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](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 1

11 M / 17.7km  
7.2 M / 11.6 km  
5.5 M / 9 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

