



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
May 27th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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

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

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Connect with us:



## In your SHORTS this week !

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

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](http://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. Search on the opentrack listings [opentrack.run](http://opentrack.run) - virtual - competitions - Dulwich Runners 5k
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.

## 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](mailto:dulwichladiescaptain@gmail.com)

# dulwich runners on zoom

**zoom**



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

## **Wednesday at 8.30pm**

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

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

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

Zoom Meeting ID: **842 3494 6420**

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**

One tap mobile

+441314601196,,84234946420#

United Kingdom 442030512874,,84234946420#

+United Kingdom

Wednesdays	
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

## **Virtual Quiz Night**

### **Second Virtual Quiz Night Wednesday 10th June 8.30 p.m.**

Who is going to challenge the reigning champions - 'So Strong'?

Keep your diaries free for our second quiz night.

All are welcome. Teams don't have to be the same as before.

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](mailto:dulwichladiescaptain@gmail.com) with team name, plus names and email addresses of everyone by Sunday evening 7/6/20

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](mailto:dulwichladiescaptain@gmail.com)

Join Zoom Meeting

<https://us02web.zoom.us/j/88057404122>

Meeting ID: **880 5740 4122**

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	CANCELLED	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	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	

The Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. The Richmond 10k remains open for entries but it must be only a matter of time before this is cancelled, so advisable not to enter. No word yet on the SOAR Mile. given the nature of the event it must be doubtful. **Mike Mann**

Assembly League

If you require information about any races 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)

## 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 for coming days

My training suggestions

### by Steve Smythe

Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions.

**Wed May 27** 60 mins steady at a min. slower per mile than 5km pace

**Thurs May 28** 5km at 1/2M pace but put a 100m hard at 5km pace or quicker every 400m

**Sat May 30** 5km hard but aim for very fast middle 3km, so easier start and ease back slightly in last kilo

**Sun May 31** 80 mins steady and relaxed (60-

This is my suggestion for 5km training for coming days if you want to do extra do easy 30-45 mins or one day a week you could do (after a good warm up) 4 x 100 strides or 5 x 10-15 secs hard on a steep hill with walk back recoveries

90 secs slower than target 5km pace per mile)  
**Tues Jun 2** 15 mins warm up then 4 x 1600 at 5km pace with 2 minute recoveries.

**Wed June 3** 50 mins at a minute a mile slower than 5km pace.

**Thurs June 4** 5-10 mins warm up then 45 mins alternating 3 min blocks at Half-Marathon and 10km pace.

**Sat June 6** 5km time trial - start very fast then ease back gradually then pick up in last 2km, ie for sub-20 runner run 3:45, 4:00, 4:15, 4:10, 3:50



# Race Reports & Results

Want your race results and reports in SHORTS ? make sure & email them to [barry@1bg1.com](mailto: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		16 May		23 May	
			Pts		Pts		Pts		Pts
Andy Bond	M40	17:20	49	16:58	49	16:05	50	16:57	50
Daniel Mann	M40							16:57	50
Joe Wood	MS					18:35	46	17:48	48
Shane Donlan	MS	17:37	48	16:38	50	22:17	33	18:06	47
Greg Falconer	MS	18:58	45	18:55	46			18:33	46
James Burrows	MS			18:49	47	18:31	47	18:41	45
James Brown	M40							18:47	44
Kim Hainsworth	FS	19:44	43	19:47	43	19:35	43	19:39	43
Ross Rook	MS	19:53	41			20:08	41	19:45	42
Grzegorz Galezia	M50	20:02	39	19:57	42			20:36	41
Ebe Prill	M50	21:43	33	21:38	39	22:16	34	20:54	40
Yvette Dore	F40	20:49	37	21:27	40	21:34	37	21:38	39
Tereza Francova	FS	22:22	32	24:22	34	22:07	35	22:32	38
Laura Vincent	FS			23:29	35	22:48	31	22:33	37
Paul Hodge	M50	25:17	27	22:56	37	23:14	29	23:05	36
Graham Laylee	M60	23:34	31	23:19	36	23:25	27	23:45	35
Catherine Buglass	F40	24:02	30					24:52	34
Ros Tabor	F60	27:10	24	27:53	33	26:52	22	27:18	33
Andy Murray	M60	26:47	25			26:47	23	27:28	32
Tom Wilson	M40	18:18	47	18:36	48	18:53	44		
Tom South	M40	16:36	50			16:45	49		
Steve Davies	M50					17:07	48		
Jonny Hough	M40			19:06	45	18:46	45		
Paul Collyer	M50	19:03	44	19:26	44	19:39	42		
Joe Farrington-Douglas	M40			21:12	41	20:31	40		
Olivier Montfort	M40	20:56	35			20:56	39		
David Benyon	MS	21:31	34			21:09	38		
Eugene Cross	MS	18:28	46						
Jamie Nicol	MS	19:44	43						
Kay Sheedy	FS	19:57	40						
Matt Ladds	MS	20:21	38						
Helena Flippance	FS	20:55	36						
Ed Smyth	MS			22:05	38				
Hugh French	M40					21:44	36		
James Rimmer	MS					22:52	30		
Alex Bazin	MS					23:17	28		
Emma Kelly	FS	24:35	29			23:36	26		
Midge Cameron	F55					26:07	25		
Jenny Bomers	FS	25:59	26			26:37	24		
Eleanor Simmonds	F40					22:32	32		
Robin Downing	MS	25:13	28						
Sonja Jutte	F40	48:41	23						

19 runners this week of whom only 7 logged their performances with Open Track. Please log your performances with Open Track to save Graham the time of sifting through Strava to get your performances. You will find our Virtual 5K in the list of Virtual Races- it is easy to enter from there

**NB: you will need to submit your result yourself via Opentrack**

### HOW IT WORKS

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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. Search on the opentrack listings [opentrack.run](http://opentrack.run)  
- virtual - competitions  
- Dulwich Runners 5k5.
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.

## BMC 1000m

The British Milers Club held a virtual 1000m and around a 1000 took part running a kilometre as fast as possible. Clare Elms ran at Hyde Park and ran a super fast 3:00 - quicker pace than her 800m track races this year - and she won her age group here by over 40 seconds and was also easily faster than all the W45 and W50 competitors.

## Russell Daker's Funeral

I have received the following details of Russell's funeral from his sister, Rachael.

The funeral will take place on the 9th June at Streetly Crematorium at 12 noon.

Unfortunately at present only 10 people are allowed to attend but I understand there will be a video link available at a later date.

Martin and Marion Morley will be representing the running fraternity.

The family have said that they are happy for anyone to send flowers or make a donation if they so wish.

The local florist is open and they are called Hearts and Flowers 01922 408614. Any flowers need to be with Elys Somerford Place, Willenhall WV13 3DT. (Telephone- 01902 605091) either the day before the funeral or by 9.30am

Andy Bond finished second in the M45 section with a Excellent 2:46 while Ian Lilley was 14th M45 in 3:04. Steve Davies was 2nd in the M50 section with a superb 2:52 while Paul Collyer was ninth in 3:10. Tim Bowen (who has run a sub 2:30 marathon) was 12th M35 with a 2:50.

**Steve Smythe**

on the 9th June.

Donations are for SANDS - Stillborn and neonatal death charity. Any donations can be sent directly to Rachael or to SANDS direct.

The family would like to thank everyone for their love and support this far. Rachael's contact detail are:

Ms Rachael Langford  
10 Upper Sneyd Road  
Essington  
Wolverhampton  
WV11 2DS.  
Email: [Rachann4066@aol.co.uk](mailto:Rachann4066@aol.co.uk)

It is hoped that in the future when lock down restrictions are reduced that we may be able to organise a charity raising 800 metres relay to remember Russell. . 800 metres was one of Russell's more favoured distances and he held one of the club's records at this distance for sometime. **Colin Frith**

# 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](mailto: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](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  
IS 40 THIS YEAR!  
DESIGN A T-SHIRT!***

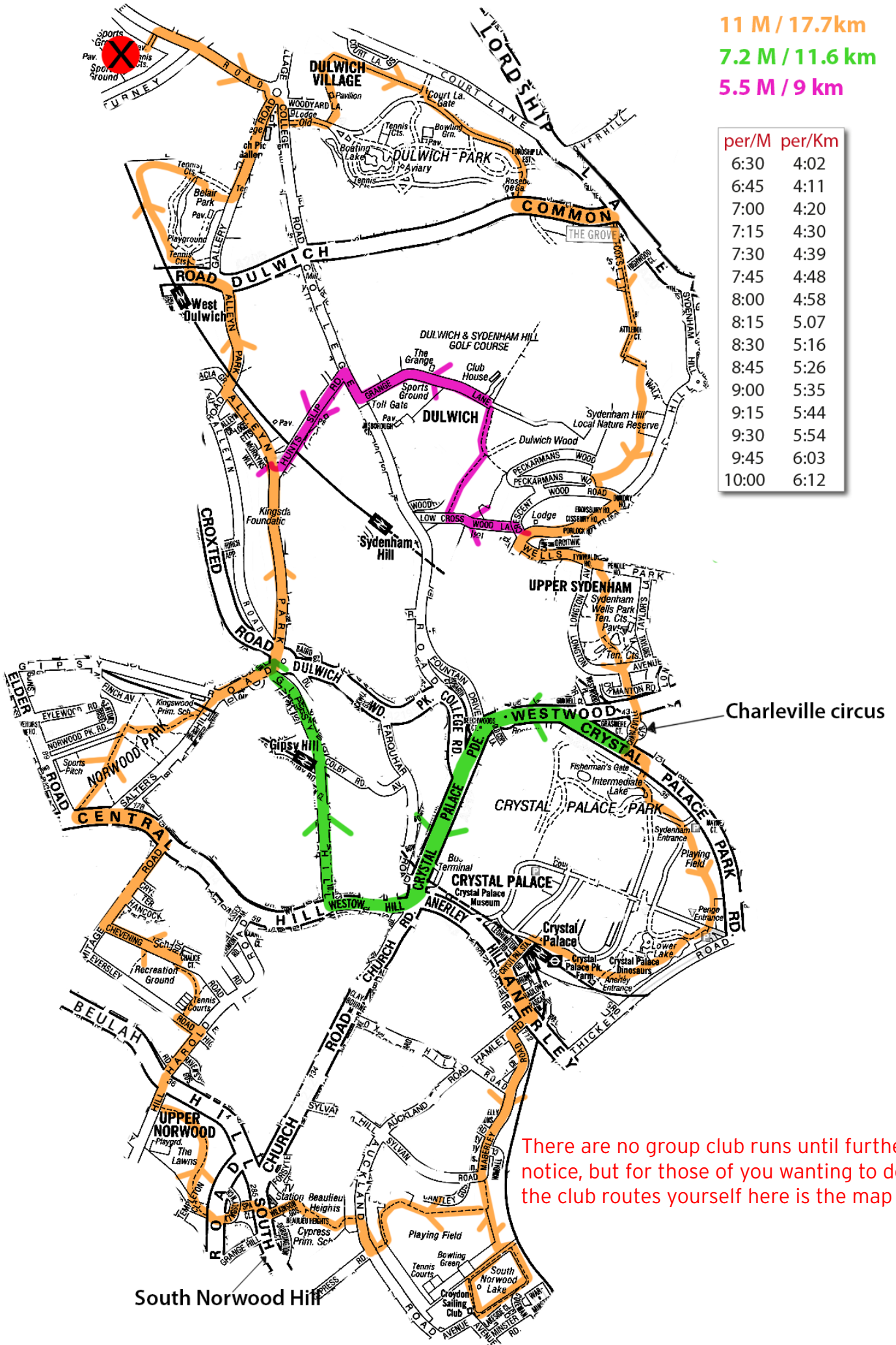
*We would like to have a t-shirt to commemorate the club's 1st 40  
yearsof running  
And are looking for someone who could produce a design suitable  
for printing on a t-shirt, (front, back or both)  
Use your imagination to create something fantastic!  
If you want more details speak to anyone on the committee.*



# Dulwich Runners Summer 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



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