

# SHORTS



Dulwich Runners AC  
Weekly Newsletter  
May 5th 2021  
[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**

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College. 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 25 training session ideas !
- 5 Club championships 2020/21
- 6 Race reports and results
- 8 Club kit
- 10 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

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## Good News !

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



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 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

# 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)

## A message from the Friends of Dulwich Park

The committee of the Friends of Dulwich Park have passed on to us complaints about runners on the perimeter path of the park. The main issues are –

- runners suggesting the perimeter path is just for them as it is promoted as a running route by the club
- runners not giving way to pedestrians
- some runners two abreast and pushing past people.

I'm not aware of any of our runners having issues with pedestrians in the park and obviously this is not necessarily our club, but we use the park a lot so we all need to be mindful of shared space and how our running affects others. We are a local club and want all the community to know of us, and think of us in a positive way.

## 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.

Anyone else wishing to train on Tuesdays should contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**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.**

# 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 done 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, 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 did 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

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.

## Club Champs Update

Club champs includes 2nd Sunday of the month 5 mile trail races at Wimbledon Common from May onwards and the summer series of 5k races in Battersea Park which usually starts in June, but still no confirmation if these races will be held. Number of runners in races will be restricted and with wave starts while rule of 6 is in place. If restrictions are lifted late June, these and other races will be confirmed. Further details will be posted soon as known...many races could fill up rapidly once advertised

### ‘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.

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 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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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 still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## Henley River Trail Run Half Marathon

2<sup>nd</sup> May 2021

With my original plans for the B/H weekend scuppered (Milton Keynes Marathon postponed to late June) I was eager to find another 'real' race. This F3 Events trail half marathon (also 10k option) now in its 6<sup>th</sup> year, starts and ends in a beautiful location along The Thames opposite Temple Island where the Henley Royal Regatta, Rewind Festivals and a bunch of other events take place. Jonny Hough ran the same event last September and kindly gave me a good overview and recommendation.

The trail is an out and back along the river, with a pleasant mix of towpath, grass and gravel paths, some woodland, a few short road sections, couple of small hills as you come away from the river and about 15 kissing gates and stiles thrown in for good measure!

push hard after the small hills around the 9 mile mark. The adrenaline from my first real race in over a year had kicked in and I started off much quicker than planned, steadily passing runners one by one. Getting rather carried away, I attempted to navigate the first 'kissing gate' like a Formula One chicane, flinging it open and oblivious to the central wooden post – into which I planted my knee with some force. Pained but undeterred, I ploughed on up the short road section past the Flower Pot pub in Aston (huge beer garden, ideal location for post run beer) and up towards the Culham Court Estate.

Nearing the half way U-turn, I counted five runners heading back past me and feeling strong, I thought I might catch at least one of them. The waves and 15 second individual



My goal was an age group top 3 placing and to finish under 90 minutes, allowing for the terrain, gates and potential crunch points. Injuries and niggles have hampered training a lot over the last 6 months and dented my confidence a bit - so more than anything I wanted a real confidence booster, ahead of several big challenges later in the year.

Arriving unnecessarily early, I glanced out of the car window and noted the guy getting out of his car next to me, sporting an England XC shirt. Clearly he was already in the zone (as it turned out he won, leading from start to finish, 2 minutes clear of the next runner!) Unintimidated as he sped away on his warm up run, I spent the next 30 minutes debating whether to use trail or road shoes 12 Having run around aimlessly in a few pointless circles in each pair, twice, I eventually opted for the latter which turned out to be a good decision, with most of the course firm under foot. Rain had been forecast all week, but conditions were perfect with clouds shading out the sun and virtually no wind, which as we all know can be quite gusty along the river.

The event had the usual COVID-19 protocols with the start in 15 minute waves based on predicted times, and runners then starting individually at 15 second intervals. I was in the first wave but hung to the very back of the group, hoping to have some hares to chase. In my mind I'd planned to run the flat first half at just under 7 min/miles and then

starts made judging the race interesting and I ended up passing everyone apart from the eventual winner and two other much faster runners, coming home in 4<sup>th</sup> which later translated to 7<sup>th</sup> as chip times were updated. Thrilled to win my age group and finish well inside my goal time. Thoroughly enjoyable, well organised and a great confidence booster.

7 Gower Tan 86:21 1 MV50  
282 ran



# The Regents Park 10km Summer Series

2<sup>nd</sup> May 2021

This race was a test event for the rest of the season's 10kms in the park. It went well so that the race organisers were apparently given go ahead for the rest of the year. We entered using a voucher from a cancelled race at Dorney Lake in December, keen to spend it before the rest of the race calendar kicked into action.



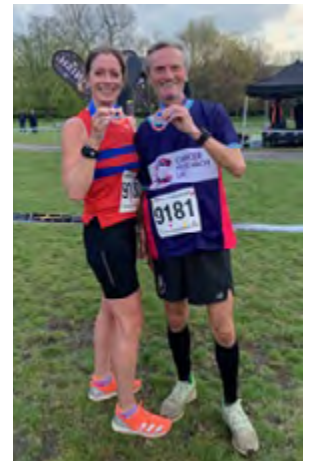
As per Covid regulations the arrival and start times were staggered. Our allotted start time was 8.30a.m. – 8.45a.m. and arrival 30 minutes prior to this. We arrived at quite an empty event space and picked up our numbers very quickly. We then started our warm-up, timing it to finish towards the end of our start slot.

The event didn't ever seem to fill up and we watched as the faster runners set off. Much to our surprise everyone was set off individually. I'd imagined a few runners would be set off together but perhaps the narrow park paths mitigated against that. By the time we made our way to the start there was absolutely no one there so this really became a solo time trial.



I set off first, encouraged by Barrie who no doubt wanted somebody to work off (speaking from years of bitter experience!). For the first lap I saw absolutely no other runners save some of the faster competitors storming past and no surprises, Barrie. In fact the highlight of the first lap was hearing an immense roar from the lions at London Zoo – we can only assume it was perhaps feeding time but

they were in fine voice. The course was the same as used for the Club Championships race in November 2019. It was a three lapper with an incline towards the end of each lap. On the second lap I had a few slower runners to work off who were completing their third lap. That was my fastest lap showing the benefit of running with some competition. The third lap proved quite solitary apart from the odd slow finisher.



I was pleased to hold a relatively even pace throughout despite limited training. I still seem to feel the impact of Covid from last year and don't have the energy to train more than three times a week. I'd also experience breathing difficulties over the previous few days after the Thursday speed session, so just completing the race with no issues was a result in itself.

Barrie also ran well although the solo time trial format probably didn't suit him. After a slower first lap he sped up across the next two. I was only a little down on my time in November 2019 and Barrie was about a minute slower. Not bad though after a lockdown of sluggish training without the benefit of group speed sessions.

We took a stroll around the park afterwards, watching some of the many sports matches and exploring St John's Lodge Gardens on the north of the Inner Circle. The gardens are a real hidden gem of beautifully laid-out lawns and flower beds, designed in 1889 as a tranquil space 'fit for meditation'. Then we strolled up to Primrose Hill and sat at the top having our lunch and enjoying a splendid view of the cityscape.

75 Barrie Nicholls 51:25 (5<sup>th</sup> MV60)  
87 Lindsey Annable 54:35 (4<sup>th</sup> FV50)  
**129 ran**

## Ted Pepper 10k

3<sup>rd</sup> May

This established off road 10k starts and finishes on the track and takes in Norman Park and surrounding fields and woods. Covid rules resulted in a start in waves of 20 as well as a few changes to the original course which resulted in the race being 300m under distance. Strong

performances from all the Dulwich runners who were all glad to be racing again. Excellent organisation from Blackheath and Bromley AC

Kevin Chadwick 36:20  
Mike Fullilove 43:15  
Graham Laylee 46:53  
Dave West 48:53  
Paul Keating 55:57

**Graham Laylee**

# 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 Map D

All maps on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

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

