



SHORTS

Dulwich Runners AC
Weekly Newsletter
November 25th 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

All organised club running and training suspended from Thursday 5th November - See statement below.

Connect with us:



Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 4 Race reports, results etc,
- 6 Club Kit
- 8 Wednesday night map

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Dulwich Runners AC Lockdown Statement

A new set of lockdown guidelines and restrictions came into effect Thursday November 5th and expected to be in place for one month.

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november#meeting-with-family-and-friends>

Regrettably we had no choice but to suspend all organised club running and training sessions that currently take

place on Tuesdays, Wednesdays, Thursdays and sessions at Crystal Palace track.

Training in pairs with 1 person from another household is allowed but that is up to individuals to arrange.

We will let you know of any changes as they happen
Hope you all stay safe and well through these trying times.

Membership fees 2022 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news !

if you have renewed your membership or have joined as a new member, in light of the restrictions

on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

This only applies to club membership fees and that your individual England Athletics registration fee which we have no control over will still need to be paid 2021 (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it is not too late to do so.

DULWICH RUNNERS 20/21 FIXTURES

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.

**The fixture lists will return once events can go ahead.
All events listed were either cancelled/postponed.**

If you require information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Runs ALL CLUB RUNNING SUSPENDED

Wednesday night runs have started in groups of six, each with a leader and catering for different paces
Runs start at the clubhouse car park at 7pm.

NOTE: the clubhouse is closed there are no toilets or changing facilities.

Group leaders will ensure groups are limited to 6 with staggered starts. Please make sure to maintain social distancing at the start of the run in Burbage Road.

You can just turn up but arrive a bit earlier to enable us to 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)

We started a sign-in system on 14 October, but this did not get off to a good start with many turning up at the last minute and congregating in a large group until sign in was completed. With London on a high Covid alert tier we must stick to the rules.

Please ensure you arrive by 6.50pm and assemble in your usual groups of 6 on arrival. We will monitor how well this system works, and if necessary tighten it up, eg: pre-run registration. If for any reason you are unable to sign in you should contact Ebe and Mike after your run. If you have any Covid-19 symptoms in the days after your run, you should contact Ebe and Mike immediately. ebepriill@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are currently organised as follows.

sub 7 minute mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 minute mile pace led by Gower Tan
gower.tan@gmail.com

8-9 minutete mile pace (and slower) - groups led by
Ebe Prill ebepriill@yahoo.co.uk and
Mike Mann mcmann90@yahoo.co.uk

Standard run is about 8-9 miles, the slowest group will also have the choice of 5 miles, depending on numbers on the night.

If you are a new runner, we will place you with someone to run with at your preferred pace and distance.

TUESDAY TRACK SESSIONS AT CRYSTAL PALACE SUSPENDED

We have now arranged with Crystal Palace NSC/GLL for the use of the Crystal Palace track on Tuesday nights over the autumn and winter.

In order to book and access the discounted Dulwich Runners rate you will first need to be set up as a member on the Crystal Palace/ GLL booking system. **Register here:** <https://www.dulwichrunners.org.uk/tuesday>

Due to Covid-19 restrictions, all individual track bookings will need to be made online through the new GLL Booking App. How to book using the app [instructions can be found here](#)

Details of timings etc will be provided in due course but **for now if you intend to attend track sessions or would just like to give track a try, please register at the link above so that you can be set up on the system.**

NOTE: you must register to comply with Crystal Palace Arena Covid rules

Training Sessions

My training suggestions - *Steve Smythe*

NB: on paces it is best to do sessions off road and go slower than suggested than risk injury on the road. ie good grass is much better than joining the masses in Dulwich Park even if you can't go quite as quick

Tuesday sessions

Suspended from November 5th

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 it might be possible to introduce 4-6 full efforts but still include some shorter ones.

Thursday sessions

Suspended from November 5th

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

Cross Country Update

If restrictions allow (and there is uncertainty surrounding this) the following cross country fixtures have been pencilled in for January.

9	Jan	Surrey Champs, Lloyd Park
9	Jan	Kent champs, Brands Hatch
16/17	Jan	Priory Relays
30	Jan	Surrey League, Denbies Vineyard

All these events will effectively be time trials with starts in waves.
Updates will be provided as soon as any further information is available.

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.

Although things appear to be picking up and there are a few events now starting to take place, you are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		7 Nov		14 Nov		21 Nov		28 Nov			
		Pts		Pts		Pts		Pts			
Chris Nunn	M45	20:19	50	20:18	50	20:15	50				
Ebe Prill	M55	20:28	49	20:56	49	20:39	49				
Gary Sullivan						20:52	48				
Andy Murray						27:26	47				

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

HOW IT WORKS

1. Search the opentrack listings
opentrack.run - virtual - competitions -
Dulwich Runners 5k
2. Login or sign up to enter and submit

your result. You need to upload your run from Strava, Garmin Connect or other GPS app

3. 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

Calendar Update



Voting is now closed, the results are in and soon to be revealed. Watch this space for details about how to buy your calendar. Thanks to everyone who sent in photos and who voted. Also, a special thank you to Barry who set up the photos on the website and organised the voting.

Thanks - Ange

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

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.

The Championship takes the form of a weekly SOLO

5K time trial taking place from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and part of the club champs.

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
An ideal face covering !

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15



! Available now !
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



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 Winter Map 11

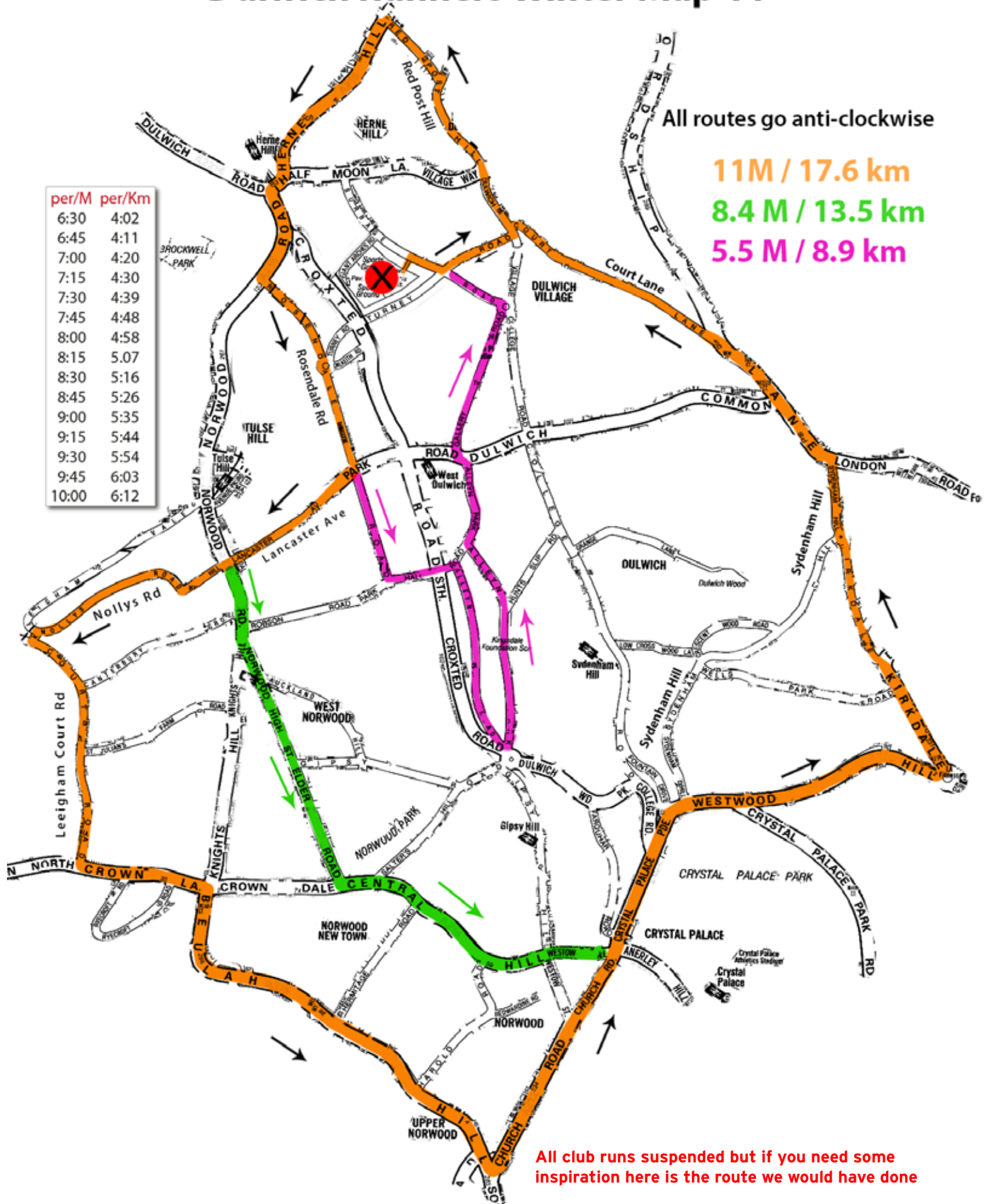
All routes go anti-clockwise

11M / 17.6 km

8.4 M / 13.5 km

5.5 M / 8.9 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



All club runs suspended but if you need some inspiration here is the route we would have done

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

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