



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
November 4th 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

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

Connect with us:



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## In your SHORTS this week !

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

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

## Dulwich Runners AC Nov. 5th Lockdown Statement

### UPDATE

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

The result of this is that regrettably we have 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.

However the guidelines do state training in pairs, 1 person

from another household) is allowed but that is up to individuals to arrange.

If there are any changes to this situation we will let you know of them as soon as they become known to us. Hope you all stay safe and well through these trying times.

Further lockdown details can be found here:

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

## 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: [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 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. [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

The groups are currently organised as follows.

sub 7 minute mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 minute mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 minutete mile pace (and slower) - groups led by  
Ebe Prill [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) and  
Mike Mann [mcmann90@yahoo.co.uk](mailto: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.

## Surrey League Xc

With races not currently permitted on public parks, Surrey League has been investigating private venues. We have been informed that Denbies Vineyard has agreed to hosting a series of Surrey League races on 5 December. To obtain an EA licence numbers will need to be limited to under 1000 (compared with the normal 1500 across all men's and women's divisions).

**WARNING!** This provisional decision made last week pre-dates the Government decision of a national 4 week lockdown from 5 November, so don't hold your hopes too high.

## Reigate Priory Xc Relays

Following the announcement of a second lockdown from 5 November, the Priory Relays due to take place on 14-15 November have been postponed. It is planned to reschedule the event for January.

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.

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.

## Runthrough Lee Valley Velopark 5km

Saturday 31st October

One of my targets at the start of the year was to target a sub 16 minute 5km over the summer. Obviously, with the Covid situation a lot of races were cancelled and when races started up again I couldn't make a couple of fast course/ races up at Milton Keynes.

I decided to enter this race to see where my fitness was without doing a check on the course. The one good aspect was that it was a start time of 2pm.

The day of the race brought downpours and a stiff breeze, not ideal conditions for a fast run. On arrival a quick recce showed a twisty course, with a few sharp climbs. One good

thing was the tail wind would be on the uphill with a strong headwind on the downhill section and the long straight section where one could be picked up. One benefit of this three lap course is its wide paths with a good surface.

As the race started the wind and rain seemed to have eased off, this lasted about two minutes. As the race progressed the wind picked up strength so every time we got to the long straight you were being battered by it almost running double in the head wind.

Overall I was happy with my run being a second off my PB which was set in August 2019 on a pancake flat course in Battersea in perfect conditions and finishing second overall here to a young whipper snapper, over twenty years younger than me.

2 Tom South (1st V45) 16:27

## Maverick Adidas Terrex Original Kent

October 31 2020

Yes a race of some sort.

Belinda entered this race as her boyfriend had friends working on the organizing. It was held just outside the village of Herne starting by and sponsored by the Goody Brewery. Now regular and older readers of this illustrious journal will know that I'm proud of my Whitstable heritage having been born and spending most of my formative life there. However I did spend the first nearly two years of my life in Herne and my maternal grandparents are buried in the cemetery there.

Anyway enough Bell Family history. We arrived just before our allocated wave with B entered in the 5K, as she was running with Milo, and I despite a long time with numerous injuries went for the 10K. As the start was in waves (basically when you were ready) there was no queue for the loo.

The sun was shining although there was also a stiff breeze we set off with me starting a couple of social distancing positions in front of B. She was soon roaring past but it didn't last as Milo decided a poo was in order. Going past again she missed, along with a number of runners, a direction sign and went off course ultimately running 10K.

I plodded on admiring the scenery and watching out for numerous trip hazards in an effort to avoid smashing my knees for the third time since lockdown. Many of the paths were narrow with few passing places. It was also very muddy in parts which, if racing, would have meant a dash and a splash but being keener of staying upright and relatively clean picking the route round some of the puddles was preferable.

At the finish there was free coffee and beer and chocolate bars which we enjoyed until the heavens decided to open resulting in a quick dash to the car. Felt sorry for the late starters who got caught out in sheeting rain and wind.

This was a popular race with a lot of people seemingly returning and not just because of a lack of events.

It's not however a quick course. There were some good runners but 1st in the 5K took 21:45 whilst the 10K was 42:51. There was also a half where the winning time was 1:26:18. Even so it was a race of sorts and as we drove home we heard our Dear Leader was going to announce another war on COVID 19 and so who knew when a medal would again be given out or a beer thrust in our hand so we cherished what we had had.

### 10K

39 Belinda Cottrill 57:30  
126 Bob Bell 73:35

# European Masters Non-Stadia Champs 2020, Madeira, Portugal

29-31 Oct

**Andy Murray**

This road race championship is held every two years (in Alicante, Spain in 2018) and finally went ahead after postponement from April this year. The rescheduling and continuing covid-19 problems meant that entry numbers were lower than usual. As an island with a test-on-entry regime, Madeira has low incidence of covid. Weather was sunny and in the 20's C, as is normal for most of the year.



Mike Mann 1/2M

Mike Mann, Ros Tabor and myself had entered for the original date when a bit fitter and had kept our entries in the hope of getting rid of subsequent injuries. Ros unfortunately has continuing hip problems that prevent her running. I inflamed the inside of a knee doing the first track session in

September and initially had a lot of pain each step. Not running helped ease most of this but there was still pain at night and twinges indicating the need for continued rest. The Physio advised not to race but if I was to go ahead to run slowly and land gently.

We all managed to have negative results (within about 10 hours) from the Madeira airport covid tests and so were then free to leave our hotels, sightsee and compete.

After we all had a leisurely Thursday afternoon at the botanical gardens Mike and I got ready for the 10k in the evening. The 10k was over two laps, using the flat and elegant waterfront, a steady uphill by a river and then an out and back featuring many cobbles through the old town. In the last wave of an 8.30pm start on closed roads it was quite

an eerie experience running through Funchal town centre in the dark. I ran very steadily, with no knee pain and only finding it tough on the second uphill. The main downhill was over a particularly bumpy patch of cobbles (see pic) - a bit of a worry in the dark. A few women and slower men were overtaken but this often meant no-one in sight in front for a while. I however spotted Mike and a few others on the



Xc finish area

other side coming back from a couple of U turns each lap. I was pleased to reach the finish under the hour, having only done a couple of mile try-outs in the previous fortnight. I was 2nd in a team of 3 GB M65's but the third did not finish.

I had turned down the chance of running the cross country relays the next morning but Ros and I set off to spectate. Not sure of getting on the race

transport (and not seeing any where it was supposed to be) we got a public bus to the nearest gate of the listed venue, Funchal Ecological Park, hoping to follow any race traffic once we got there. In the absence of any others we discovered from a park ranger that the road route to the start was a further circuitous 10k and we had to walk a more direct uphill trail for 3.5k before finding a left turn to the race start. Whilst scenic in excellent weather this was especially hard work for Ros with her injured hip and after over an hour of a steady climb we were dreading not making it and having to turn back. Eventually we saw runners on the horizon of a ridge topped by a telephone mast and then an easy path to our left. We arrived in time for the last men's stages of 3x2k and the presentations plus a coach ride back.



10k downhill bumpy cobbles



Mike, Andy after 10k - Its a banana !

Ros and I again spectated the half marathon on a warm Saturday afternoon. Route information was only really a diagram that had to be compared to a real map to locate the start area. The timetable was only available online and Mike misremembered the start time, arriving about 4 minutes after the field had set off but gamely following on. The half marathon for 14k had repeated out and back

sections on a road above the coast through the Lido hotel area, followed by a downhill to final out and backs on the waterfront. The front of the race was quite interesting, with a GB man in 2nd place for a while, although dropping back to 5th by the end. Mike gradually moved through the back of the field, finishing well within two hours but seemingly penalised by about 10 minutes for his late start.

We all enjoyed the break in Funchal, despite athletes being quite sparse around town this time.

## 10k run (29 Oct 8.30pm)

M70 4 Mike Mann 52:44

M65 9 Andy Murray 55:25

## XC Relay 3x2k (30 Oct 10.40am)

GB M55 team 34:59 (4th) including Mike Mann

## Half Marathon (31 Oct 4pm)

M70 5 Mike Mann 2:06:02 (late to start)

# European Masters Non Stadia, Madeira

29-31 October

**Mike Mann**

This event originally planned for early April was subsequently postponed until late October. Although there was uncertainty over whether it would actually take place, it was easier to reschedule the flights than to seek reimbursement. Back in the summer things were looking none too promising with Portugal subject to the 14 day quarantine on return, but belatedly Madeira was recognised by the UK authorities as an island separate from mainland Portugal so the picture brightened.

Madeira had been closed to visitors until July and since then everyone entering was subject to a Covid-19 test on arrival, with the results guaranteed within 12 hours of leaving the airport. Inevitably a few cases went through the net and the island recorded its first home grown case last week, which prompted the regional to make wearing of masks compulsory outdoors as well as indoors from the day we left.

Unlike here there are no exemptions from mask wearing and compliance is close to 100%. Apart from this everything on the island is open and subject to no other restrictions, but the visitor numbers remain low, in large part because there are no cruise ships. We were told that passengers from one cruise ship which decided to brave it a few days earlier had been refused entry because the necessary tests had not been completed in time.

Madeira must be one of the safest places on the planet at present, along with New Zealand and North Korea, and is one of the few locations in Europe not subject to UK quarantine

restrictions. It has a balmy climate with temperatures of 22-25 degrees in late October, cooling to slightly below 20 degrees in mid winter, so, once the impending travel restrictions are eased I would highly recommend it to anyone seeking a break from the current gloom. With plenty of rain and no winter to speak of, the vegetation is lush and the flowers in the many gardens spectacular. The traditional dish which sounds pretty bizarre is a long fish called a scabbard served with a local banana. Both are very tasty in my view but not necessarily on the same plate. Nevertheless Ros and Andy claimed to have enjoyed theirs.

Now to the races. The first event the 10k was an unusual in being a night-time race starting at 8.30 on a warm windless evening. There was a certain amount of confusion immediately before the start when a ferry from a neighbouring island gave a loud burst of its horn as it docked. The start was in waves of around 30 secs and we were instructed to keep[ masks on until the gun fired. The 2 lap course was a mixture of flat roads along the Funchal seafront with a loop into the old town, much of which was on cobbles and included a 500m long hill, which had to be negotiated twice. Our splits suggest negative splits but this should be interpreted as fake news, as it was pretty clear at the time that our chips beeped well beyond the 5k mark. In both Andy's case and mine, our times were affected by recent injuries, but we both emerged largely unscathed.

Mike Mann 52:44 (5k split 28:37)  
Andy Murray 55:25 (5k split 30:03)

The second event the next morning was the cross country relay high in the mountains above Funchal. It seemed a long way to go to run a leg of only 2k but the trip was enjoyable as we emerged from the coach in surprisingly warm sunshine at an altitude of at least 1200m. This made a change from a few days earlier when the mountains were shrouded in cloud. As we drove up steep inclines over heavily forested terrain and large outcrops of rock, it became difficult to envisage where exactly the race

would be staged but on approaching the top it opened out into grassland and the relay took place on a plateau with a mixture of grass and stones underfoot but no mud. The circuit was quite testing, twisty with a long hill about half way round. Our GB M55 team of 3 finished in 34:59, with our third runner who had dnfed in the 10k the previous evening struggling. I think my time was around 10:30.

The half marathon, my third race on consecutive days, took place late afternoon the following day on the warmest day so far. Several weeks beforehand I had informed the GB team management that I was a doubtful starter (let alone finisher) as I have been struggling to run close to my normal pace and had done very few training runs even approaching the distance, but once there decided to give it a go. I have managed to "wing" half marathons in earlier years, but discovered that these days had now long since passed. I was also not helped by getting the start time wrong, arriving 5 minutes late, but the organisers were good enough to register my time. It was probably just as well that I was not included in a GB team, given my doubts about making the race.

The course started in the hotel zone up the hill from the seafront, with 2 laps of around 7k on undulating ground past numerous luxury hotels. The turn point of each of these laps was followed by a testing hill of over 500m. The course then went down a long hill to the older point of the town and the seafront. Although I took this descent cautiously it did for my legs, and as shown by my splits, I struggled over the final 5k. Overall the surface was better than the 10k route, apart from a short sections of cobbles close to the finish where Ros and Andy were supporting. Even allowing for my late start, my time exceeded 2 hours, but I was informed afterwards that the course was some 800m over distance, possibly due to a confusion over the turn point for the half marathon and 30k walk, which were in progress at the same time.

Mike Mann 2:06.2 (33:14, 5k 60:01, 10k 87:49 15k)

## Herne Hill Halloween Harriers Endurance Meeting, Battersea

October 31

**3000m race 4**

Luckily the heavy rain stopped but there were still 20mph winds so I decided to be cautious and work my way through and was pleased with how I felt having been struggling in training lately. While down on last year's times it tops the W55 rankings and surprisingly it got over 100 pc on age-grading.

3 Clare Elms 10:32.6

## East Surrey League Lloyd Park

October 24

This race was a Covid test event and was very organised with groups of 10 setting off with 3 minute intervals. I found it hard (muddy and hilly lap of just over 5km) but was pleased to finish third woman and first vet. Ola and Gary, who started together, both had good runs while Mike was first M70. It was great to be back racing Cross Country!

46/3rd woman Clare Elms 20:50 (1 vet)  
111/26th woman Ola Balme 24:39 (4 W50)  
128 Gary Budinger 26:30 (9 M60)  
135 Mike Mann 27:34 (1 M70)  
151 finishers

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		3 Oct		10 Oct		17 Oct		24 Oct		31 Oct	
			Pts		Pts		Pts		Pts		Pts
Chris Nunn	M45	21:25	50	20:53	50	20:19	50			20:37	50
Ebe Prill	M55			21:12	49	20:49	49	20:52	50	20:55	49
Gary Sullivan	M60							21:24	49		

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

1. Search the opentrack listings [opentrack.run](https://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



## Dulwich Runners' Calendar Photo Competition - It's voting time!

Thanks to everyone who has sent in their photos.

We have a great set to choose from and you can see them all on our website -

<https://www.dulwichrunners.org.uk/photocompo>

Please do have a look and then choose which ones you would like to have on our Dulwich Runners' 2021 calendar.

Voting is open from Wednesday 4th to Wednesday 18th November.

After that, watch this space for details on how to buy the calendar.

# 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

**You will need to submit your result yourself via Opentrack**

### HOW IT WORKS

1. Search on the opentrack listings [opentrack.run](https://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 be part of the club champs.

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.

# 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](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

Route may be changed on the night at the group leaders discretion

# Winter Map 7

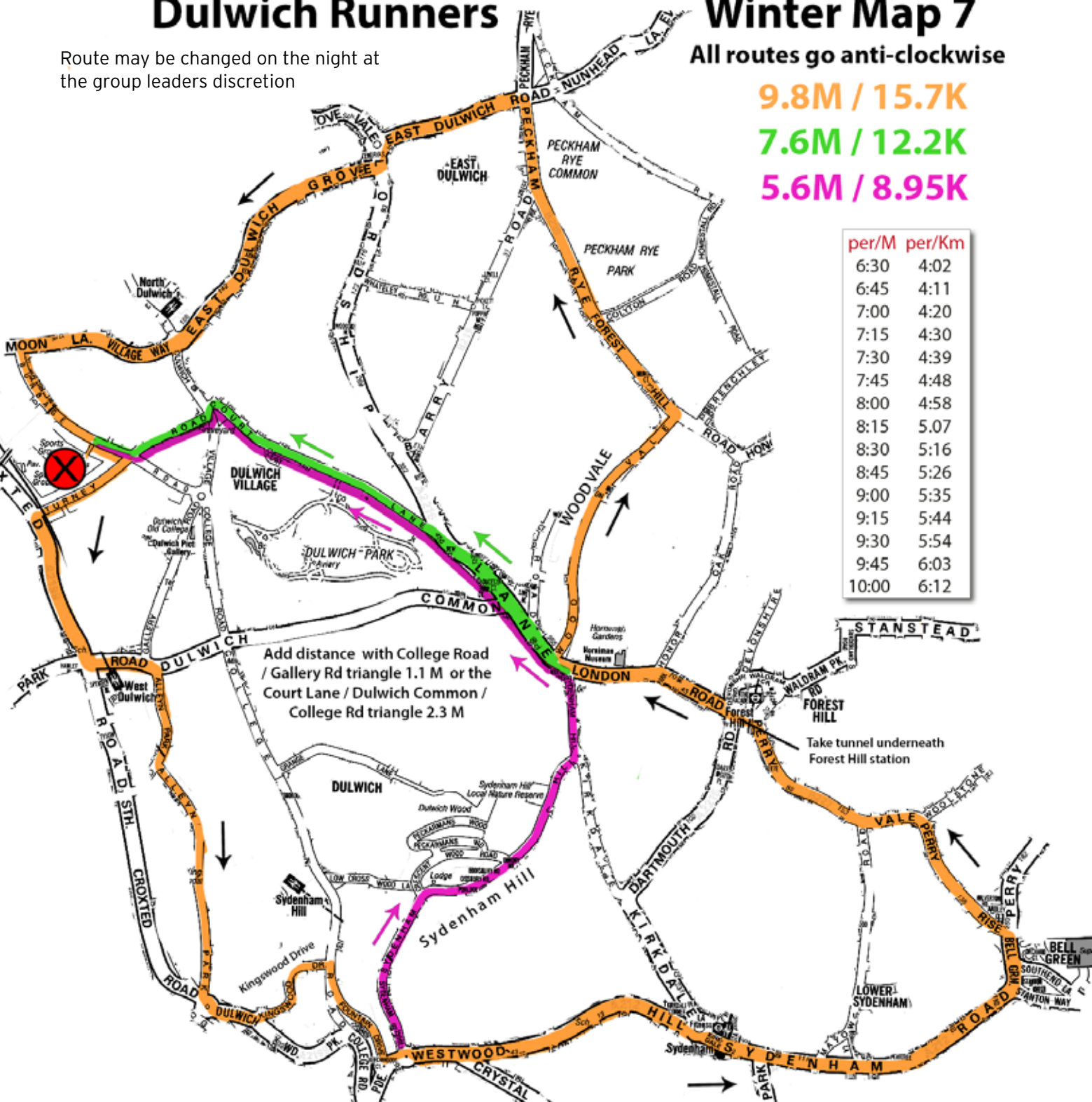
All routes go anti-clockwise

9.8M / 15.7K

7.6M / 12.2K

5.6M / 8.95K

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



Add distance with College Road / Gallery Rd triangle 1.1 M or the Court Lane / Dulwich Common / College Rd triangle 2.3 M

Take tunnel underneath Forest Hill station

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