



SHORTS

Dulwich Runners AC
Weekly Newsletter
October 21st 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

Wednesday night runs in groups of six from the clubhouse carpark have started and also Tuesday training sessions at Crystal Palace track.
NOTE: our clubhouse remains closed and there are no toilets or changing facilities.

SEE PAGE 2 for full details

In your SHORTS this week !

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



COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

The current rules allow us to train and run in groups of six with people from other households, but still maintaining a two-metre gap from those you do not live with.

Therefore we now have group sessions on Tuesdays and Wednesdays.

Details of these plus some training sessions from coach

Steve Smythe that are suitable for up to 6 people maintaining a 2m distance can be found in Shorts.

We will advise you of further changes to the rules, meanwhile stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups.

Ros Tabor - On behalf of Dulwich Runners AC Committee

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 and in light of the restrictions on athletic activities owing to Covid-19

then your **membership will automatically be extended until 31st March 2022.**

So that's two year's membership for the price of one.

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 Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Evening Runs Autumn 2020/21

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 - 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 ebeprill@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.

The Track will be closed next Tuesday 27th October.

We will let people know what alternative training sessions will be available

TUESDAY TRACK SESSIONS AT CRYSTAL PALACE

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*

Tuesday sessions

Oct 27 depending on pace 3 x 2000 off 11 mins, 4 x 2000 off 10 mins or 5x2000 off 9 mins

Nov 3 depending on pace 12x400 off 2 mins 30, 15x400 off 2 mins 30 or 20x400 off 2 mins Tempo

Thursday sessions

Oct 22 4 x 10 min tempos (HM pace) with 2 mins float between

Oct 29 40 mins approx marathon pace but put one min at 10km pace every km and go back to previous pace asap

Nov 5 40 mins setting off at approx marathon pace and up pace 10-15 secs a mile every mile every 10 mins

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

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.

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 Cross Country

Since the EA guidance was issued, there is has been an increase in Covid-19 cases with the prospect of further national and local restrictions. Recently several races in public parks have been cancelled including the Battersea Park 5k/10k and a half marathon in Wimbledon Common.

EA have put back the opening of their licencing process until 19 October. This will not allow sufficient time for the second Surrey League set of fixtures in early November to proceed. The two South of Thames races have also been cancelled and all the races organised by SEAA are yet to be confirmed.

The way forward being charted by the Surrey League includes pre-registration of runners, starts in waves and chip timing in compliance with the EA guidance.

With the difficulty in obtaining permission to hold races in public parks likely to continue, private venues are considered more likely to be licensed and several options are being considered, including National Trust land and large country estates. These could include venues that have been used for other races in recent years such as Polesden Lacey and Denbies Vineyard.

Other venues where races have not been held before could prove more of a challenge as they would involve designing a course from scratch, but this may not be insurmountable. Please let me know if you have any ideas; these do not have to be in Surrey, but Kent would be preferable to options north of the river.

Mike Mann mcmann90@yahoo.co.uk

Reigate Priory Cross Country Relays

The organisers from RPAC have found a way to go ahead with them in November. Women's teams of four on Saturday 14th Nov, 11am, men's teams of four on Sunday 15th Nov, 10am start. We are asked to let them know by Sat. 17th Oct latest how many teams we would like to enter. **For women's teams** if interested contact **Ange Norris** or **Ola Balme** dulwichladiescaptain@gmail.com or **for men** **Mike Mann** mcmann90@yahoo.co.uk No guarantee it will go ahead though.

RPAC has identified a course for the 2020 Priory Relays which allow us to comply with current EA XC Covid rules. The course approx. 1.5 miles, to allow each runner to finish within the current EA 15 minute limit. Shorter than the usual race distance, it will still be challenging.

As high demand expected, events split over 2 days: Ladies Sat. 14th - Men Sun 15th November.

Plan is to start Saturday 11.00 & Sunday 10.00. but reviewed when clearer idea of numbers entering.

To comply with the EA restriction of 12 athletes per wave, we will spread the event across each day. Each team will be given a start time with 4 runners M or F per team.

Parking on site, a small warm up area (runners will not be able to run the course beforehand), and a block of toilets. No race HQ, no awards presentation on the day and no refreshments provided.

Chip timing of runners. Race results will be calculated by addition of individual team member times. We are exploring how we might replicate a relay handover under Covid regulations.

RPAC will ensure compliance with all Covid health requirements in the set up of the event, and will provide guidance to athletes on safety procedures. Medical Dispatch will be in attendance.

Box Hill Fell Race January 2021 cancelled...

Hoping to hold the race later in year if the situation improves. Check <https://slow.org.uk/> for updates.

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.

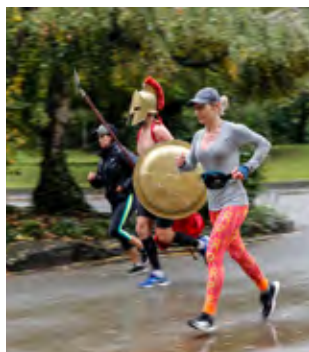
Although things appear to be picking up and there are a few events now starting to take place, you are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Spartan London Marathon

The write-up from the Virtual London Marathon had to wait a bit because the past couple of weeks have been quite hectic for me. But I felt obliged to write a few lines, mainly to say 'thank you'.

It was a really special 'race' for me - the 40th edition of London Marathon coinciding with my 40th marathon!

It was also special because I ran it for my charity 'Spartans for Kids' but this time not in a legion of fellow warriors but by myself and for the first time in Spartan armour in the British soil. The effort was appreciated as pictures from the run were published in a few papers, including New York Times!



Despite the pouring rain there was a large crowd of Dulwich Runners who came to Dulwich Park to cheer or run with me. I didn't do a single lap alone



and the most resilient supporter ran by my side for more than 20 miles! Apart from that, it was great to be running arm in arm with Gower, running his race for Cancer Research. Also, the run managed to inspire a few people to join me for a lap or more around the park, including a friend of mine who ran for the first time since March, another friend weighing 20-stones, who ran his first mile in 20 years! Plus a few children and the whole crowd of fellow Dulwich Runners.

After finally completing the 25 laps of Dulwich Park I was greeted by a wonderful running-theme cake and a well-earned glass of prosecco.



I would like to thank all of you who went out there, despite the dismal weather, and for your amazing generosity and donations at



spartaniedziom.org/en supporting the real Spartans - families with disabled children who wage their quiet war in their daily life.
Thanks a million!
Grzegorz Galezia

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				
Ebe Prill	M55			21:12	49	20:49	49				

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.

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 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

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

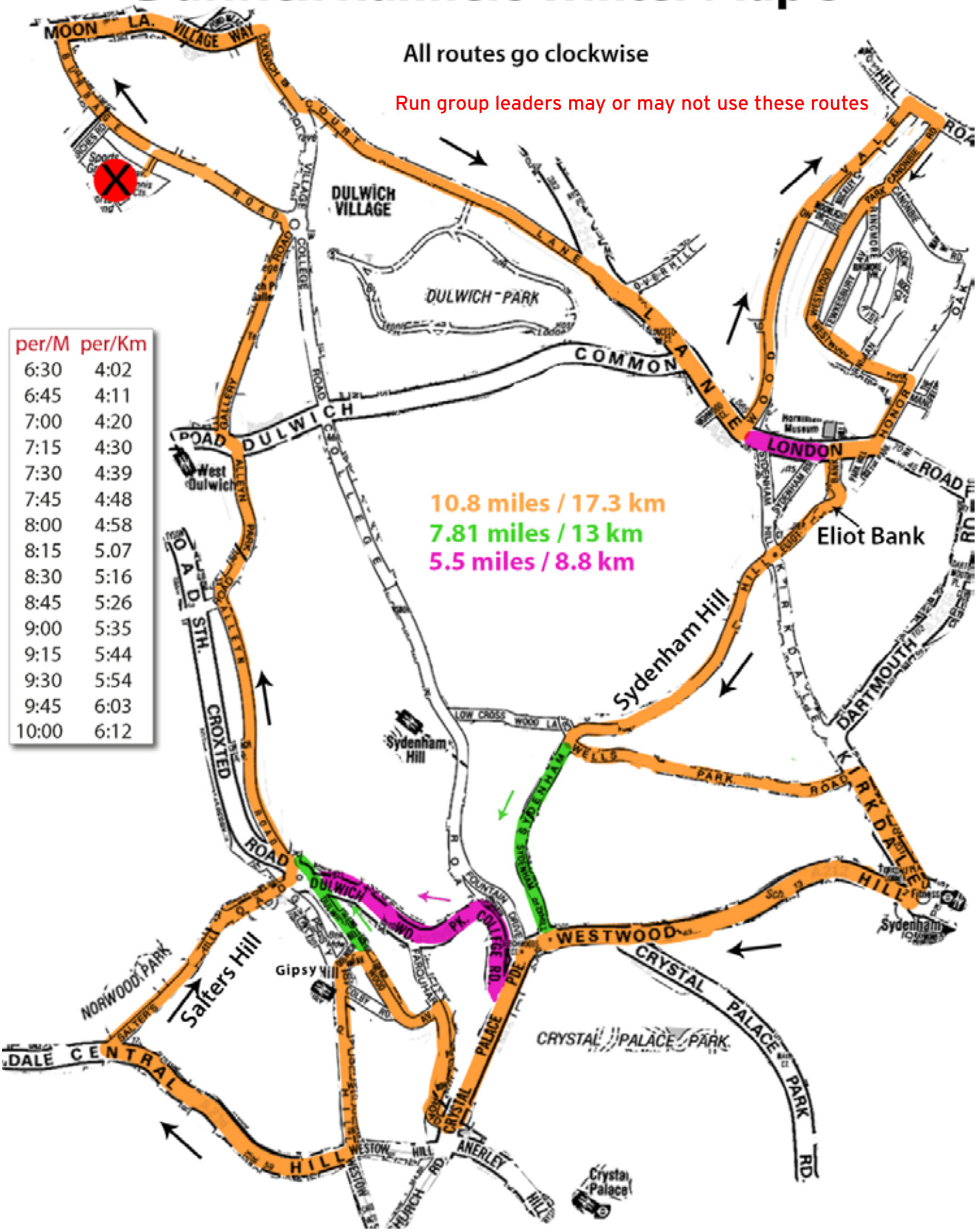


Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 5

All routes go clockwise

Run group leaders may or may not use these routes



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

10.8 miles / 17.3 km

7.81 miles / 13 km

5.5 miles / 8.8 km

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