



SHORTS

Dulwich Runners AC
Weekly Newsletter
September 16th 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

We have now restarted Wednesday night runs and
Tuesday training sessions
SEE PAGE 2

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Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 3 Race reports, results etc,
- 4 5k virtual challenge
- 6 Club Kit
- 9 Wednesday night map

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return as and when appropriate. Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

HAPPY BIRTHDAY DULWICH RUNNERS A.C. FORTY YEARS OLD THIS WEEK !

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 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

Risk Assessment:

<https://www.dulwichrunners.org.uk/risk-assessment>

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.

It is important for you to note that this only applies to club membership fees and that your individual England Athletics registration fee in 2021 will still need to be paid (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.

TUESDAY TRACK SESSIONS AT CRYSTAL PALACE

We have now arranged with GLL/Crystal Palace NSC 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 of you will need to be set up as a member on the 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

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

Surrey League Cross Country

We have been informed that the first Surrey League cross country fixture scheduled for 10 October has been cancelled. EA is planning to issue further guidance to organisers of cross country events in the middle of September. In the light of this, the Surrey League will issue a further update. They are exploring what might be possible for the date of the second fixture on 7 November

Wednesday Evening Runs Autumn 2020/21

The clubhouse is currently closed but Wednesday night runs have restarted in groups of six each with a leader and catering for different paces.

Group leaders will ensure that groups are limited to 6 with the help of staggered starts. It is important to ensure social distancing at the start of the run in Burbage Road.

Groups meet and start at the clubhouse car park and *for the rest of September the start time is 7pm* so that we can use local parks while daylight permits.

This will be reviewed at the end of September.

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

Members 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)

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 minute 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.

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Training Sessions

My training suggestions - *Steve Smythe*

With many doing varying targets, no point in giving general schedule but suggest following for rest of September

Tuesday sessions

Sep 22 3-5 x 1600m reps off 7-9 mins

Sep 29 12-15 x 400m reps off 2:30

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.

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

Thursday sessions

Sep 17 30 mins of 5 mins easy, then 2 mins 5km pace, 3 mins marathon pace x5)

Sep 24 40 mins at HM pace but put a 30 second 5km pace burst in every 5 mins

Oct 1 10 mins fast steady (marathon race pace), 20 mins HM pace, 5 mins marathon pace, 5 mins 10km pace

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.

Want your race results and reports in SHORTS ? make sure & email them to barry@lbg1.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.

Dorney Lake Triathlon F3 Events

06/09/20

This was my 1st of 2 Olympic Distance Triathlons I entered in our ultra-short 2020 Triathlon season. Dorney Lake is notoriously flat and fast and a chance for a PB. Socially distanced race start meant it was actually way more relaxed than the usual mass swim start and inevitable kick or elbow in the head! Athletes calmly walked into the water every 30 seconds in a rolling start.

I was quite happy with a 26 minute 1500m swim which

'Beat the Kew' Kew Gardens 10km

13th September 2020

A 10km in the beautiful Kew Gardens was too good to miss so we signed up to this one as soon as we saw it advertised. This was only the second time Kew had allowed a race to be held within their grounds. The first was in 2001 when Barrie had also taken part. Back then the race was started by Sol Campbell and Patrick Viera. Competing were Sonia O'Sullivan and Sebastian Coe - that was how long ago it was! There were 10,000 runners and it was held in aid of 'Sports 4 London Schools' who supplied sporting equipment to schools.



This race was less star-studded (apart from DR's own thespian of course) but the beautiful grounds remained the same. We were emailed multiple times prior to the event about the COVID compliant rules to ensure as safe a race as possible. Staggered arrival times, masks to be worn right up to the start time, four waves of runners and social distancing at the start.

Like many this was the first race for us for a while. I was somewhat anxious having struggled for many months with long COVID and immense fatigue. I had only recently got back to training a few times a week and running for any length of time without stopping.

We arrived in plenty of time and after depositing our baggage we made our way to the race holding area. The weather was perfect and it was rather magical doing a few strides across the dewy grass as the sun rose in a perfectly blue sky. As we were doing so, we heard a familiar 'hello' and turned to see Andy B who had also been warming up near us. The course wound its way through the grounds - literally as there were countless twists



is fairly good for me. The bike course was meant to be a little bit short so I silently hoped to take my PB here but in the end the way they routed it, it ended up being bang on 40km. Could have gone better but was happy enough with a 62min and 38.6kmph average speed. Immediately after transition 2 and starting the run I rued not doing enough bike/run brick sessions in training, so the run was a bit of a slog and could only hold a 4:10/km pace for the 10k.

The run is usually where I take the most places and pick off the weak runners but not really executed today. I just lacked the speed endurance work this year and wasn't able to put the hammer down and stay in the pain zone. Still, not a bad result with 2hours 10 mins (only 1 minute of my PB) and a top 20 finish in a very competitive field. Last triathlon of the year is an Olympic Distance race again at Hever Castle in Kent on 27th September.

Des Crinion

and turns particularly in the first 5km. However this afforded us some wonderful views of ornamental flower beds, glasshouses and plants.

Andy led off the DR charge running in the first wave. Barrie and I were in different waves as we had estimated different finish times on our entry. I am not quite sure how they organised the waves as there were some mixed abilities across the field. My wave was particularly slow and I spent most of the race passing people.



The COVID safe measures instructed us to run on the left and overtake on the right. This seemed to make sense but meant constantly weaving in and out of runners. In fact Strava showed I had run over 6.5 miles during the race and I heard a few mutterings as I finished that some people had experienced the same.

Andy had an outstanding run to come in fifth. A quick peek at power of 10 suggests it is a PB which would be fantastic although I am not sure if it is a certified course. Barrie was really pleased with his run after an absence of races over the last few months. I was also delighted to have kept going without stopping and I only experienced a few breathing issues.



The blow of the expensive entry fee was softened by free access to the gardens afterwards. On such a lovely day we made the most of it and walked about another ten miles visiting the stunning Palm House, Temperate House and various areas of the gardens. We also went on a guided walking tour in the afternoon which shared in the history of the gardens and took us to see some of the more unusual trees. A perfect if not tiring day and so good to be racing again for all sorts of reasons!

5 Andy Bond	32:57 (2nd M40)
519 Barrie John Nicholls	49:33 (12th M60)
846 Lindsey Annable	54:57
1593 ran	

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		5 Sep		12 Sep		19 Sep		26 Sep	
			Pts		Pts		Pts		Pts
Gary Sullivan	M60	22:58	49	20:25	50				
Ebe Prill	M50	20:55	50	20:51	49				
Andy Murray	M60	31:37	47	27:07	48				
Ros Tabor	F60	31:26	48						

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.

Zoom update

We will be closing for the time being the club's paid for zoom account on 21 September reflecting low usage of the Wednesday night virtual bar sessions and the return to organised run sessions on a Tuesday and Wednesday evening.

The last two sessions will be on Wednesday 9 and 16 September at 8.30pm. Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related. And not forgetting the next Quiz on Friday 18 September

dulwich runners on zoom

zoom



We have a Dulwich Runners Zoom account to host virtual get togethers for club members

Wednesday 8.30pm

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)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:

https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAIjCLPPwiCFbjY1vjB39BDDYVy_JAcZGKLcpGdfv

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

Use these details to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420** - Password: **773696**

Virtual Quiz Night

It's Quiz time again

Sharpen up on all those fun facts for the next DR quiz evening. Let's see if we can have some new champions!

Friday 18th September

8 p.m.

Via zoom -

<https://us02web.zoom.us/j/89654403315>

Meeting ID: 896 5440 3315

It will work as before, so what I need from you all is - Teams of 4 with a team name and email addresses of each person.

Email these to Ange - dulwichladiescaptain@gmail.com

But - we can also put people into teams on the night so don't worry if you're not part of a team of 4. The more the merrier

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
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

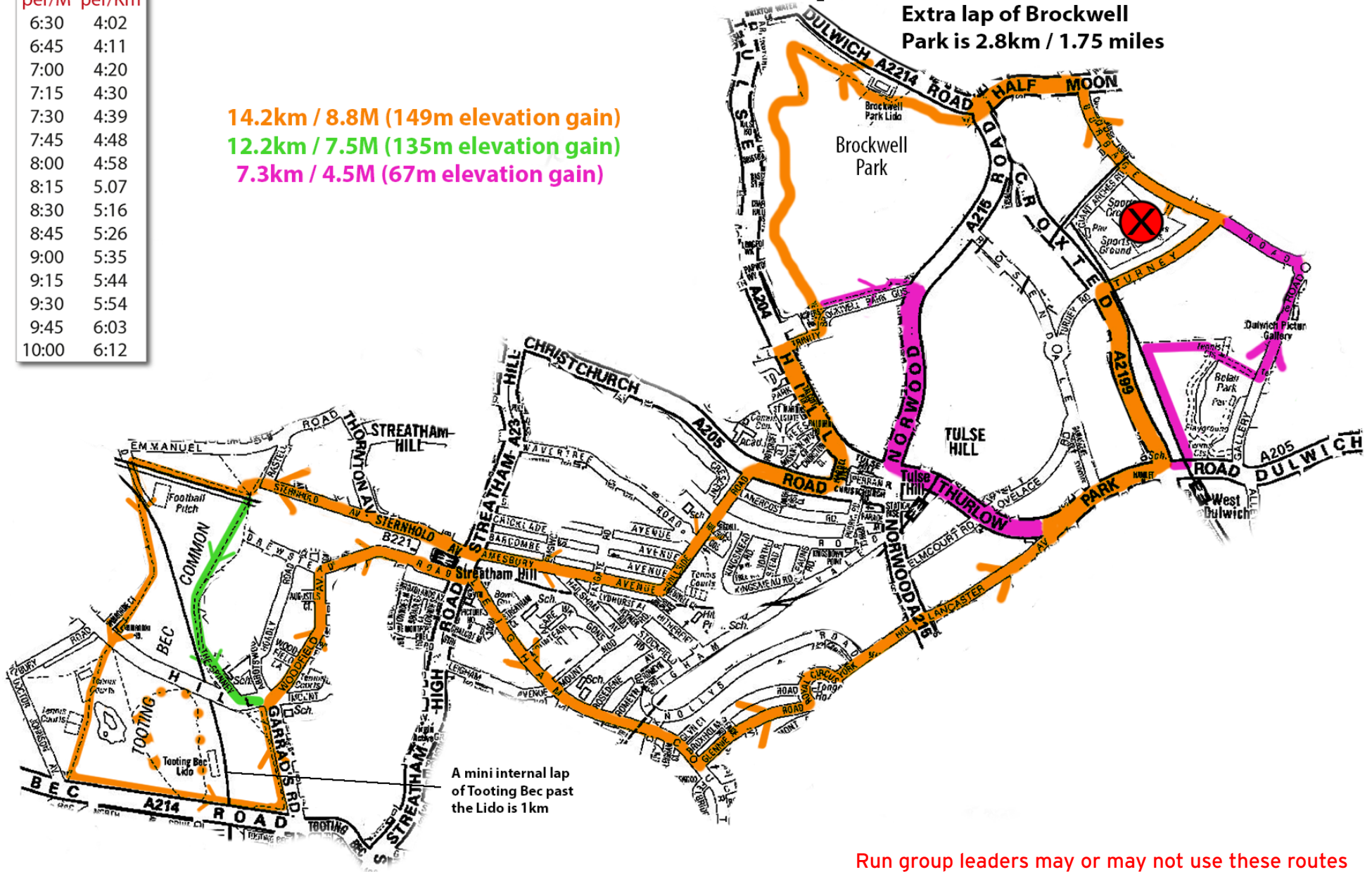
*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof running
And are looking for someone who could produce a design suitable
for printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners Summer Map E

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

14.2km / 8.8M (149m elevation gain)
 12.2km / 7.5M (135m elevation gain)
 7.3km / 4.5M (67m elevation gain)

Extra lap of Brockwell
 Park is 2.8km / 1.75 miles



A mini internal lap
 of Tooting Bec past
 the Lido is 1km

Run group leaders may or may not use these routes

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