



SHORTS

Dulwich Runners AC
Weekly Newsletter
September 30th 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

Although the clubhouse remains closed and there are no toilets or changing facilities Wednesday night runs from the clubhouse carpark have started and Tuesday training sessions at Crystal Palace track
SEE PAGE 2 for full details

In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 3 Race reports, results etc,
- 5 Virtual races etc
- 6 Club Kit
- 8 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.

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.

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.

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

Surrey League Cross Country

We have been informed that the first Surrey League cross country fixture scheduled for 10 Oct. has been cancelled. EA has now issued further guidance on a return to cross country competition. Conditions for race organisers are quite onerous and include requirements for starts in small waves and chip timing. The Surrey League will be considering these guidelines, along with any changes to them in the light of the new Government restrictions announced on 22 Sep. in reaching a decision on whether, and if so how, to proceed with the fixtures scheduled for November.

Wednesday Evening Runs Autumn 2020/21

The clubhouse is currently closed but Wednesday night runs have started in groups of six each with a leader and for different paces, **starting at the clubhouse car park at 7pm until further notice.**

NOTE: with the clubhouse 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.

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 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

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 6 depending on pace 6 x 800 off 5 mins, 7 x 800 off 4 mins and 8-10x800 off 4

Oct 13 depending on pace 5 x 1000 off 6 mins, 6 x 1000 off 5 mins and 8x1000 off 4 mins

Oct 20 depending on pace 3x1600 off 9 mins, 4 x 1600 off 8 mins or 5x1600 off 7 mins

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

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 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

Oct 8 10 mins steady then 2 blocks of 8 mins at Marathon pace, 6 mins at HM pace, 4 mins at 10M pace, 2 mins at 10km pace, 1 mins at 5km pace (then back to marathon pace etc)

Oct 15 40 mins of 5 min blocks - alternating approx Marathon and HM pace (20-30 secs a mile difference)

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

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.

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.

Goodwood Marathon

27th September 2020

Like the majority of runners i had been training for an April Marathon which Covid sadly prevented. Four Months off work however has allowed me to run 7 days a week and often much faster than I normally would do (its easy when you don't have work the next day). Runners during Covid seem to be either injured or in the best shape of their lives and

thankfully I was the latter A 40KM 21 laps of Dulwich park on my 40th birthday in just over 3hours gave me the confidence to believe I could run a sub3 Finally a certified measured course was granted with Runthrough.co.uk obtaining a licence for a marathon around Goodwood Motor Circuit (Chichester)

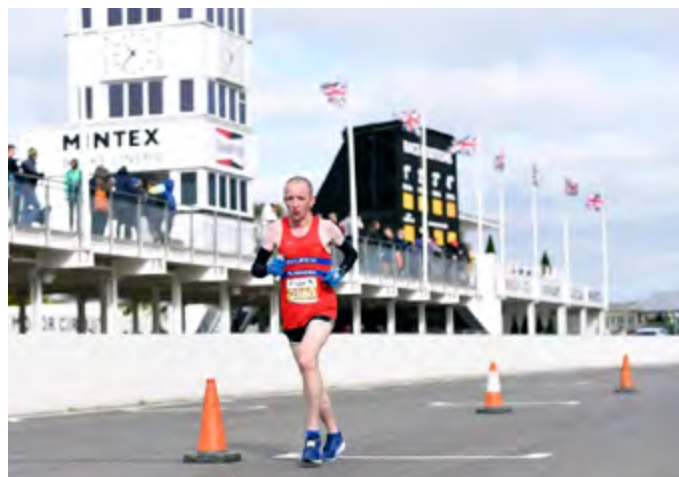
So up at 5am for a 1hour 45 min drive allowing 30 minutes to stretch and warmup and I was placed just 30 seconds off the Gun time in a Covid Regulations staggered start for an out back

route of just over 1km followed by 11laps of 3.7km Weather temperature was the best I've ever experienced in my 23 marathons (only finished 22) around 9c however the course was open and exposed and the wind was 24km pr hr (whatever that means) but it was bloody strong!!

As it was a looped course it meant I had headwind for half and back wind for the other half so my splits would go from 4:20km to 4:03km as I had to constantly change pace to make up the lost time against the wind. The course also had a small incline which unfortunately was at the back of the course going against the wind but this only became painful (thankfully) on the last Two laps

Those multiple laps of Dulwich park with that horrible incline served me very well

No drinks/electrolyte stations or gels available. You had to take your own and drop it somewhere then pick it up each time you needed it, I left a bottle of water and Gatorade on a bend that was reasonably easy to pickup each lap without dropping much time. Went through halfway in 01:27:15 but at this point the runners doing 20 Mile/HM/10 & 5KM were



now being released in waves. Thankfully the course was wide enough to avoid too much congestion and I had the wind behind me when coming into the final straight.

I made a few minor changes such as setting my Garmin in KM's (1st time for marathon) and I ditched my long knee high socks for smaller ankle socks Used 5 Gels in total with a higher caffeine burst at 37km

Its been a very long time coming as I've suffered pretty much everything on my previous attempts so am really happy to have achieved this milestone

Without a doubt the consistency of TUE/ WED/THUR with Dulwich Runners and Coach Steves (mixed paced) slow bends and fast straights sessions played a huge part in my achievement as this payed dividends with the constant change in pace i had to make

This marathon cost me £34 and for this you got a medal and T-Shirt plus the usual edible goodies

Kevin Chadwick 02:58:05 Official finish time (chip)

P.S: I am retired from Marathon running now :-)



DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		5 Sep		12 Sep		19 Sep		26 Sep	
		Pts		Pts		Pts		Pts	
Grzegorz Galezia	M50					20:49	50		
Gary Sullivan	M60	22:58	49	20:25	50	21:12	49		
Emma Kelly	FS					25:20	48	24:37	49
Ebe Prill	M50	20:55	50	20:51	49				
Andy Murray	M60	31:37	47	27:07	48			28:03	50
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.

National Fitness Day

23rd September 2020

Last Wednesday was National Fitness Day apparently, seemingly not that well marketed as we had no idea it was on. Barrie got an email about a workout Bear Grylls and British Military Fitness were doing to kick off the day. With his usual dexterity he managed to wangle us a place and so we found ourselves on the jetty at Battersea Power Station donning National Fitness Day t-shirts at 8.15a.m!

The location was fantastic with a river view and plenty of space for social distancing. We were put through our paces by the BMF team including a guest stint by Mr Grylls. It was tough with lots of burpees, mountain climbers, squats and push ups.



The whole thing was streamed online to 'unite the nation' in fitness or so the slogan went. There was also meant to be a slot on Good Morning Britain. However the accelerating pandemic meant it was reduced

to a very brief interview with Bear and us bobbing around in the background. I spotted Barrie's head of hair!



When we finished there was an opportunity for selfies and a general chat. Bear took time for everyone and had a long conversation with three London cabbies who had climbed Mount Kilimanjaro. They had trained four times a week with BMF. The mind boggles how they had done that workout that frequently.

With the impending Virtual London Marathon Barrie took the chance to ask Bear for some tips. His response was 'When it gets tough never give up and think this is the start of the mental challenge.' So there you go - the route to marathon success. Bear was jetting off to Utah in a few days where he was filming 'Running Wild' for Netflix. No doubt he would need his mental coping strategy for that one.

Afterwards we went for breakfast at a restaurant near the power station and had a stroll in Battersea Park to stretch our legs. I still ached two days afterwards...

Lindsey Annable

VIRTUAL RUNNING

Virtual London Marathon

Please can any Dulwich Runners running a virtual London Marathon next weekend let us know where and when you are running.

Send details to Shorts or Facebook and you may well get some support in your lonely run.

Good running!
Ros

London Marathon Oct 4

If any DR's are doing their virtual marathon runs from/through/to Dulwich Park then other club members could support there and look after kit, drinks, gels. If we know names and charities supported we could publicise. So far known....Gower running laps paced by Tom and Grzegorz running in his Spartan outfit.
Andy Murray (see Dulwich Runners Facebook post)

VIRTUAL LONDON MARATHON - Sunday, 4 October 2020

This year, for obvious reasons, London Marathon will have a special formula. Only the elite will actually run the race on a specified route in St. James' Park.

Despite the covid restrictions, this year's VMLM will be the biggest virtual race ever staged, with over 45 thousand participants, running it in locations of their choosing.

So while the world's best marathon runners - **Eliud Kipchoge** and **Kenenisa Bekele** - are competing in the "race of the century" in St. James' Park, I will run my London



Marathon in our local **Dulwich Park** in **Spartan armour** for the **Spartans for Kids** Foundation.

The 40th edition of London Marathon coincides with **my 40th marathon** (9th in Spartan armour) so there is even more reason to celebrate.

At the same time, **Gower Tan**, will undertake his "Breaking 3" project in the same location.

We are starting at **1:00 pm** to give everyone enough time to watch the elite race and join us in Dulwich Park to cheer or join us for a lap or two.

More details to follow on our DR Facebook site. Looking forward to seeing you on Sunday!

Grzegorz Galezia



Barrie John Nicholls and Lindsey Annable - 'A game of two halves' - the London Marathon our way. 16 miles in Richmond park in the morning, 10 miles Putney to Chiswick Bridge and back in the afternoon. Definitely a combination of running and walking so it'll be a long haul!

Eleanor Simmons - I will be running the virtual London marathon this Sunday. Won't be going through Dulwich park though - going to try an out and back route up the waterlink way and along the Thames path.

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



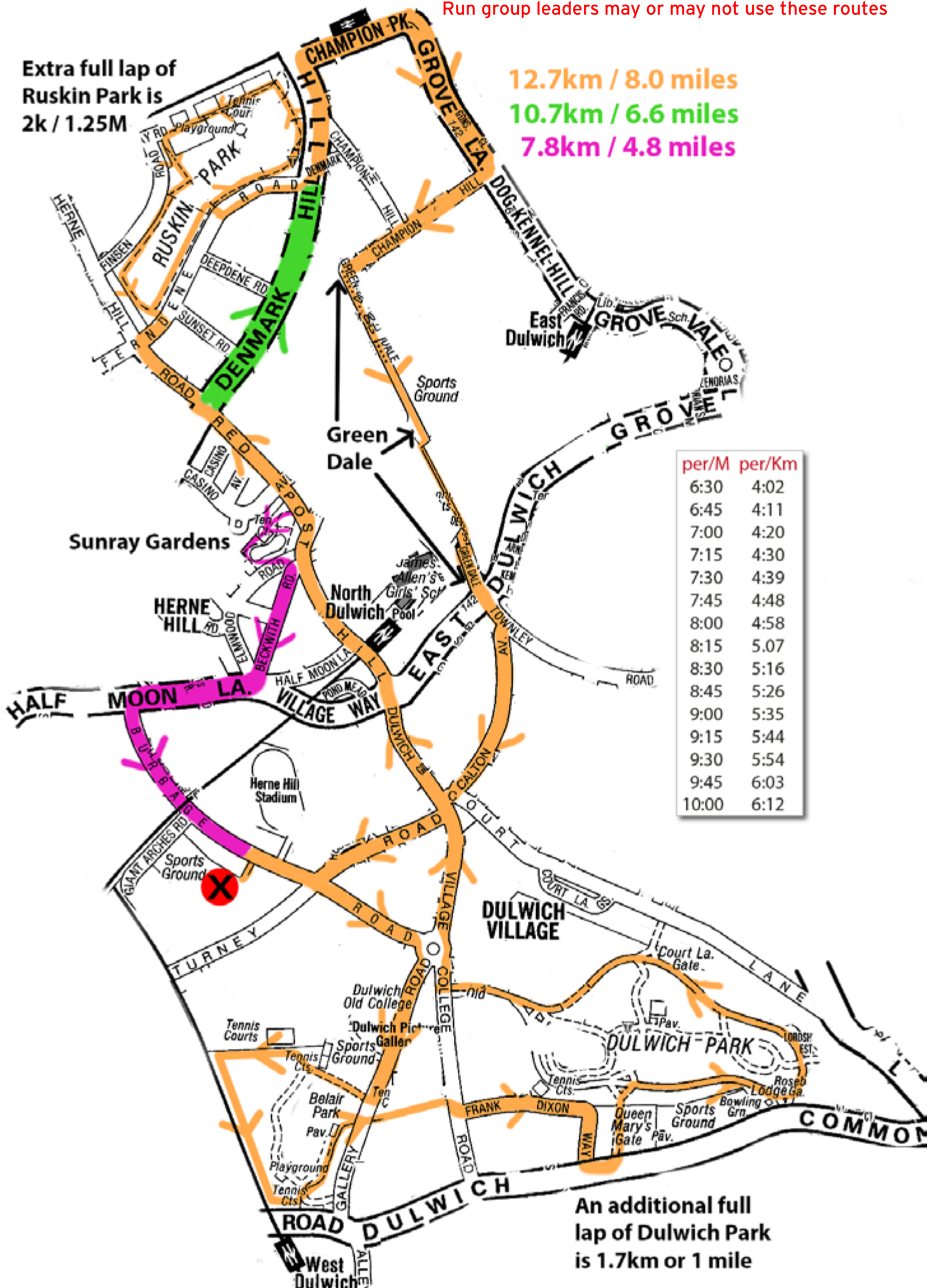
Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map D

Run group leaders may or may not use these 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



An additional full
lap of Dulwich Park
is 1.7km or 1 mile