



SHORTS

Dulwich Runners AC
Weekly Newsletter
September 9th 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

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 4 Race reports, results etc, 5k virtual challenge
- 6 Dulwich runners on Zoom...
- 7 Club Kit
- 10 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.

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

With the clubhouse currently closed, Wednesday night runs have restarted in small groups. There are group leaders catering for runners of different paces. Groups meet and start off at the clubhouse car park. **Note that with the clubhouse closed there are no toilets and changing facilities.**

During the remainder of September the start time for all groups has been brought forward to 7pm to enable parks to be used at the start of runs while daylight permits.

The start time will be reviewed at the end of September, but the arrangements will continue as long as the clubhouse remains closed and until existing Covid-19 restrictions are eased.

For existing members there is no need to inform group leaders in advance if you are coming, but please arrive before the start time to enable everyone to be allocated to groups suitable for their pace.

However if you are a new runner, running with the club

for the first time, please contact Mike Mann or Ebe Prill in advance.

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

The standard distance is approximately 8-9 miles but those in the slowest group will have the choice of this distance or approximately 5 miles, depending on numbers on the night.

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

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Training Sessions

My training suggestions - *Steve Smythe*

- Wed Sep 9** 65 mins at 60 secs per mile slower than 5km pace
- Thu Sep 10** 10 mins steady, then continuous 10 mins of 1 min at 5km pace, 2 mins at 10km pace, 3 mins at HM pace, 4 mins at marathon pace then 5 mins steady, then repeat 5km pace etc
- Sat Sep 12** Hills
- Sun Sep 13** 100 mins at 60-75 secs a mile slower than 5km pace

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

Tuesday sessions

Tues Sep 15 - 5-6 x 1000m reps off 5-7 mins
Tues Sep 22 - 3-5 x 1600m reps off 7-9 mins
Tues Sep 29 - 12-15 x 400m reps off 2:30

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 10** 10 mins steady, then continuous 10 mins of 1 min at 5km pace, 2 mins at 10km pace, 3 mins at HM pace, 4 mins at marathon pace then 5 mins steady, then repeat 5km pace etc
- Sep 17** 30 mins of 5 mins easy, then 2 mins 5km pace, 3 mins marathon pace x 5
- 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

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.

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.

Herne Hill Open Tooting

September 2

Steve Smythe

The Highlight was the 3000m with Jack and Ed having a great battle with both inside Ed's previous club record. Jack proved to have the strongest last-lap kick after the pace had maintained a strong 70 second pace throughout the race. His 8:43.97 was a totally different level to all his previous track races

Hugh French made a good track debut - running to break 12 minutes and working his way through the field as others faded. At 800m, the highlight was Andy Bond debuting with a 2:07.98 win and that ranks him fifth nationally in his M45 age group in the UK.

Des went a bit too fast on lap 1 and suffered but Shane ran fairly evenly to set a PB.

Gary thought he had broken 3 but someone very unfairly pointed out his stomach might have done but not his torso and his backside was more 3:01.

800: race 1:

5 Gary Budinger 3:00.73

800 race 7:

1 Andy Bond 2:07.98 (PB);
6 Des Crinion 2:17.59

800 race 9:

6 Shane O'Neill 2:11.41 (PB)

3000 race 1:

2 Jack Ramm 8:43.97 (Club record/PB);
3 Edward Chuck 8:46.15

3000 race 6:

6 Hugh French 11:52.94 (PB)

Herne Hill Harriers Track Meet

Shane O'Neill

Dulwich sent five runners to the Herne Hill Harrier organised track meet last Tuesday, a (socially distanced) well supported meet consisting of ten 800 metre races and six 3,000 metre races.

First up were Andy Bond and Des Crinion in the seventh race of the night. Not willing to risk being stuck behind an over zealous child (there were plenty in the race) Andy tore up the first 200m in just over 30s. Once he had the lead there was no getting past him and despite slowing a little in the third 200 he still managed to produce the Bond kick to dip under 2:08 - 5th V45 in the country this year, incredible. Des was right on pace to break his PB after the first lap but faded a little in the second lap to run 2:17, a couple of seconds off his best. This was his first 800 of the year so hopefully he'll have a chance at redemption soon.

My race was a couple of 800s later and not that it matters but a hamstring strain has been lingering, I've done no specific 800 metre work and this was only my second 800 ever... As you probably can guess, it didn't go as I would have liked. A very slow second lap left me with 2:11 (still, hilariously, a 7s PB). Coach said it was brave of me to run an 800, which he quickly changed to stupid, but I'm

Herc Wimbo 3k Night Wimbledon

August 26

Steve Smythe

Tom trimmed his week old PB by 0.13 of a second after a too fast first lap, slowing too much the next few laps but a strong last few laps.

Nick Impey, a 2:28 marathoner, who has been training at Alleyns won his race.

Andy had a poor stretch on the second half, at least came back on the last lap to set a PB. His run was worth 88.84% on age-grading - his highest ever track score.

Ed ran a steady race and showed his consistency but was just outside his Battersea club record run of the week before. Lewis's race started at a relative jog and the slow first lap and then a searing 67 second lap mid race, probably cost him a sub 8:30 but it was still a 10 second PB and confirmed his great training on Alleyns track during the summer.

Race 2

2 Tom South 9:27.4 (PB)

Race 4

1 Nick Impey (2nd claim) 8:57.0 (PB)
9 Andy Bond 9:08.6 (PB)

Race 5

2 Ed Chuck 8:50.0

Race 7

10 Lewis Laylee (2nd claim) 8:33.9 (PB)

clinging to brave.

The 3k races were up next and in the fastest heat of the evening we had Jack and Ed going mano a mano. The race quickly sorted itself out with Dominic Nolan from Croydon taking the lead and a Brighton Phoenix runner applying the Chuck Gambit (go out super hard and hang on) to go with him. In the pack just behind Ed and Jack took control after a couple of laps, sensibly letting Nolan do his own thing.

The pair worked together very nicely, running smooth and fast. They were neck and neck at the bell - Ed made a move to go around Jack but Rambo had the answer and managed to nip to the finish just ahead of Ed. The consolation for Ed was breaking his club record, running 8:46 and change, the downside was that Jack broke this new record seconds earlier running a superb 8:43. As for the chap applying the Chuck Gambit? He faded quite spectacularly to finish 6th and 30seconds behind Nolan... Sometimes it works, sometimes it doesn't...

800 metre race 7, 8 ran

1 Andy Bond 2:07.98
6 Des Crinion 2:17.59

800 metre race 9, 7 ran

6 Shane O'Neill 2:11.41

3,000 metre race 1, 14 ran

2 Jack Ramm 8:43.97
3 Ed Chuck 8:46.15

RunThrough Battersea Park 5k and 10k

6 September 2020

Grzegorz Galezia

As there is a shortage of races, to make Shorts a bit longer, here's a quick report on last Sunday's RunThrough 10k race in Battersea Park.



Like most of us, I ran my last race in March (Big Half), so I was happy to hear from Alice that RunThrough organize an actual, rather than virtual, race in Battersea Park. Despite a small limit of participants (500), two days before the date there were still free places to grab. And despite the quite steep price tag of

24 GBP, both for 5k and 10k, I decided to sign up for the 10k race to get better value per mile. :-)
Ultimately, there were only 370 runners (in the 10 km distance), split into 2 waves sub-50 min. and 50+.

Having just returned from holiday, which is always a lazy time for me, I was not sure what performance to



expect. I thought that a 40 minute target would be optimum. At the start line I met with Alice and after a short warm up we were ready to go. It was nice to see some Dulwich Runners who took a detour on their Sunday run to support us.

We also spotted another DR vest among the runners - Shane - right in the pole position, which meant that he means business.

As for the race logistics, naturally, there were the usual COVID precautions - hand sanitizers, face shields, Plexiglass screens etc.

The start funnel was spread over a few hundred meters,



with cones spread in two lines, 2 m apart. Before the start everyone was asked to stand by a cone and then move closer to the start line as the runners took off in groups of four, at a few second intervals.



I started off with Alice. We ran together 3 km at the pace of ca. 4:00m/km. Alice had packing to do and a long-haul flight the same day, so she could not quite focus on the running, slowed down and ultimately decided to pull out. I went ahead at my planned pace, trying not to overstretch



myself. Michelle and Gower cheered us along the 4-lap course and were there by the finish line. I ended up the race with 40:16, feeling great to be racing again. Past the finish line, you could help yourself to lovely flap jacks, protein bars and a new RT medal, featuring the Battersea Park bandstand.

It was great to put on a DR vest after half a year. The race was very well organized. The field was small and despite the 4 laps, the course was not very crowded. The marshals were super friendly and so were the runners, enjoying the first race after months of abstinence. RunThrough have shown that it is possible to organize a great event in compliance with the COVID regulations. Fingers crossed that this is the first step towards going back to "normal" and not just a false start.

Results:10k
10 Shane O'Neill 33:48
84 Grzegorz Galezia 40:16 (3rd in age cat.)

5k
85 Kay Sheedy 19:10 smashing her PB by 27 seconds(244 overall and 2nd in age cat.)



DULWICH RUNNERS VIRTUAL 5K CHALLENGE

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

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



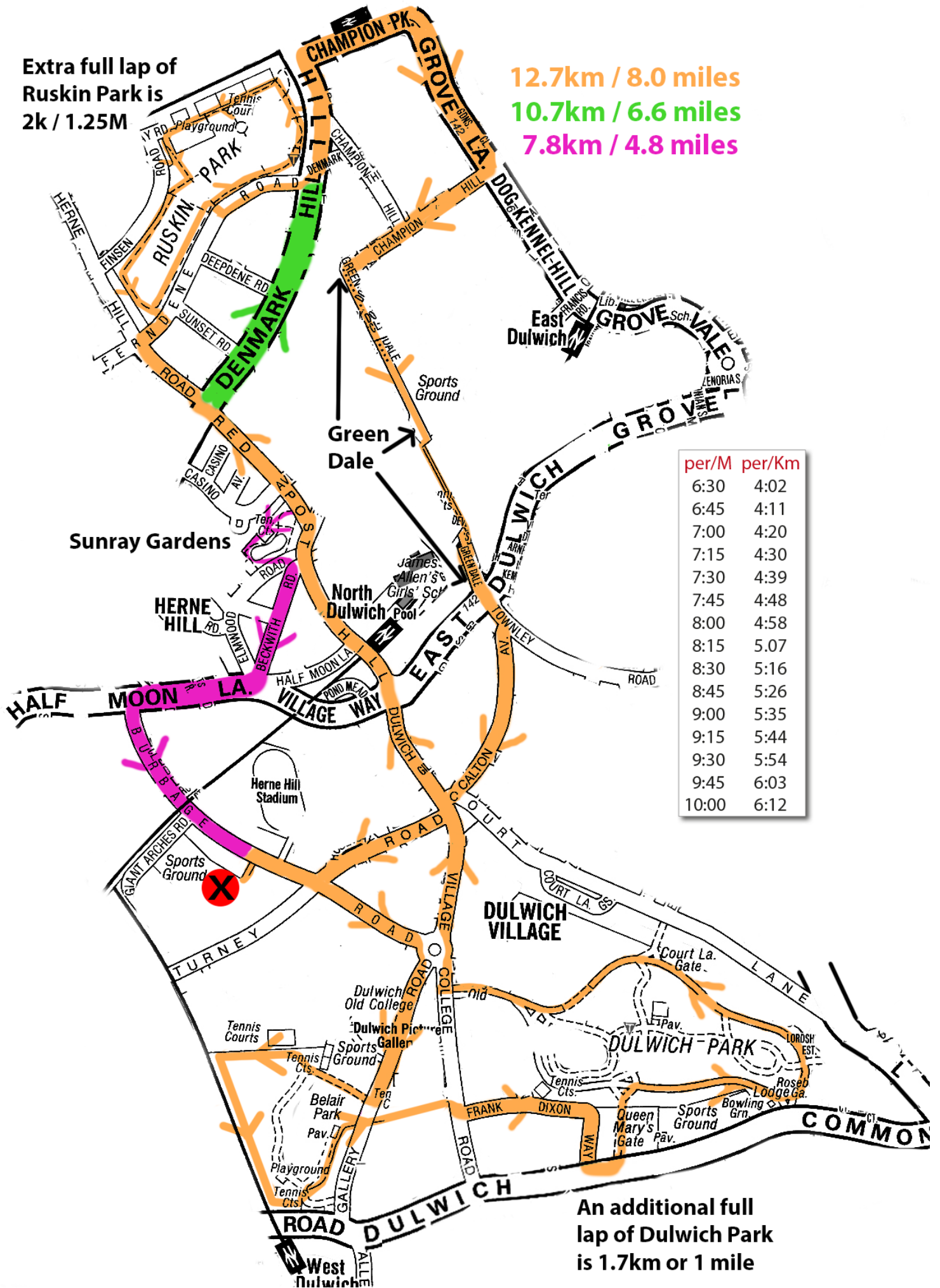
***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*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 D

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