

SHORTS



Dulwich Runners AC
Weekly Newsletter
April 21st 2021
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

CLUB RUN CANCELLED TONIGHT FOR THE AGM
Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College. clubhouse remains closed and there are no toilets or changing facilities.

In your SHORTS this week !

- 1 General information
- 2 AGM notice
- 5 Fixtures & training
- 7 25 training session ideas !
- 8 Club championships 2020/21
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- 13 Club kit
- 17 Wednesday night run 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:



Important dates for your diary

Wednesdays – outside bar

at the club house for post run drinks. pay by CARD ONLY

Wednesday 21st April – club run cancelled

Due to the AGM, there is no club run so that everyone

can be home in time for the 8.30 pm start.

If you wish to run from the club house, post on Facebook and others may join you.

Runs resume Wednesday 28th April.



Good News !

Club runs & training have restarted...



Our Wednesday club runs in groups of 6 and Tuesdays speed work have started

Please see further on in Shorts for full details.

Ros Tabor - On behalf of the D.R. Committee

Dulwich Runners renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew now that things are looking up.

EA 2021/22 renewal

E.A. emails were sent on Monday 22 March
Contact me if not received.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no

extra cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

AGM Zoom Joining Details:

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

<https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD JjQT09>

Meeting ID: 812 388 7721

Passcode: Alleyn

DULWICH RUNNERS AC ANNUAL GENERAL MEETING: Wednesday 21 April March 2021, 8.30pm

Due to Covid restrictions the Dulwich Runners AGM will take place on line via Zoom video conference on Wednesday 21 April 2021. All members are encouraged to join virtually, and the link and passcode details can be found at the end of this notice. For those who are unfamiliar with Zoom, further instructions will be posted in Shorts.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 16 April 2021 to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2018/19 AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

At the AGM, Committee positions for the coming year will be voted upon. All Committee posts are up for election with the table below showing whether the present incumbent is happy to stand again.

There are seven roles with known vacancies and the Committee would especially encourage members to stand for or consider suitable nominations for these positions:

Honorary President; Chair; Social Secretary; Men's Joint Captains (2 posts); Women's Joint Captain; General Member; Welfare Officer (s)

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-assigning of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please contact any Committee member as soon as possible or email Club Secretary, Yvette Dore.

All nominations for any role should be sent to Yvette by midnight on **Wednesday 14 April 2021** to allow time to organise an election and voting via Zoom if there is more than one candidate.

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Dulwich Runners AC - Committee Roles 2021

Generally, the role of all Committee members is to deliver the smooth-running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can make the most of their running and have the opportunity to develop and progress.

Honorary President

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

Club Chair

The role of Chair can be undertaken by one individual or shared between two Joint Chairs. The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM. The Chair oversees the running and administration of Wednesday Club nights, which they can undertake personally, or delegate to a Committee Member. The Chair also oversees Club events including the Club Championships, and presenting medals when the Honorary President is unavailable to do so. The Chair listens to members' views and raises relevant issues at meetings.

Club Captains – Joint Men’s Captains and Joint Women’s Captains

There are four Club Captains, two Joint Men’s and two Joint Women’s. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club’s participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules, and selecting events for the Ken Croke Cross Country Championships.

Club Treasurer

The Club Treasurer manages the Club’s finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required. The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary. The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members. They send out an annual notice via email of membership renewals, register members with England Athletics, and liaise with EA throughout the year. The Membership Secretary attends Wednesday Club runs to welcome new and prospective members.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights, quizzes, and the Christmas Party. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Welfare Officer

The Welfare Officer will be responsible for creating and implementing a club policy and code of conduct on welfare. The Welfare Officer will deal with any cases or complaints that are raised by members. The Welfare Officer will also take on the role of Covid Officer, responsible for ensuring that club activities are Covid-compliant and preparing Covid risk assessments, where necessary.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on Facebook.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club’s website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list.

General Member – two positions

There are currently two General Member roles on the Committee. Their remit is to represent Club Members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and representing views on general matters through input from other members as well as their own experiences.

Committee Post	Present Holder	Standing Again?
Chair	Ros Tabor	No
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	No
Joint Social Secretary	Tom South	No
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Ange Norris	No
Joint Men's Captain	Ebe Prill	No
Joint Men's Captain	Mike Mann	No
Shorts Editor	Barry Graham	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Eleanor Simmons	Yes
General Member	Ed Chuck	No

Club Constitution

During the year the General Committee has reviewed the Club Constitution and made a number of amendments to bring it up to date with both current practice and good governance.

At the AGM members will be asked to ratify this document on the recommendation of the Committee. The current document and the updated document can be found on the Club website here: <https://www.dulwichrunners.org.uk/constitution>

Founding President and Honorary President

In recognition of his role in the formation of the club and his work over the last 40 years, Ron Searle has been conferred the title of Founding President, therefore vacating the role of Honorary President. The Committee consequently proposes that each year one individual serve as Honorary President for the following year.

The Honorary President is appointed in recognition of their expertise and long service to the Club and will not be a member of the Committee. The key remit of the role will be to support and encourage members through visibility at races and presenting Club Awards at the Christmas party and after Club Championship races.

The Honorary President will be nominated by the club membership and voted in at the AGM. The appointee will serve for a period of 1 year after which they may stand for re-election (if re-nominated) but subject to serving a maximum of 3 terms.

Known Nominations to date

Following the recent Shorts Xtra seeking nominations for vacant committee posts, we have received the following nominations to date.

Honorary President: Chris Vernon

Chair: Standing together as Joint Chairs - Ange Norris and Ebe Prill (Ange is happy to continue as Joint Women's Captain if she is not appointed to Joint Chair)

Joint Men's Captains: Tom South, Ed Chuck

Social secretary: Michelle Lennon

Joint Welfare Officers: Andrea Pickup and Tom Poynton (Tom is standing as Men's Welfare Officer, but as a non-Committee Member)

General Members Mike Mann - Ryan Duncanson

AGM Zoom Joining Details:

Topic: Dulwich Runners AGM Time: Apr 21, 2021 20:30 London Join Zoom Meeting

https://us02web.zoom.us/j/8123887721?pwd=SCsrT2xBTkxZdHNxWjhPNkltcD_JjQT09

Meeting ID: 812 388 7721 Passcode: Alley

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

If you require info 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 Club Runs

Groups of six, each with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

Please maintain social distancing at the start of the run in Burbage Road.

NOTE: clubhouse closed, no £1 club run fee, and no toilets or changing facilities available.

You can just turn up but arriving a bit earlier helps us 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)

If for you are unable to sign, or if you have any Covid-19 symptoms in the days after your run, contact Ebe and Mike immediately. ebeprill@yahoo.co.uk - mcmann90@yahoo.co.uk

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace (and slower) - groups led by Ebe Prill ebeprill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Standard run is 8-9 miles, slowest group will also have choice of 5 miles, depends on numbers on the night.

If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

Tuesday Speed Training

Tuesday evening grass/track sessions at Dulwich College. £2 per session.

Meet and pay at the green pavilion by the tennis courts, then please go to your allocated spot with your group leader.

**COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE
TO HELP COMPLY WITH COVID 19 RULES CARD PAYMENTS ONLY, NO CASH
ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.**

Two time slots booked, 6pm and 7pm with runners allocated to time slots and groups based on pace.

Groups 1 & 2 will be on the track and adjacent field, swapping around after 30 mins.

Meanwhile groups 3 & 4 will be on the two fields to the south, again swapping over halfway through.

Following weeks groups will switch, groups 1 & 2 entirely on the 2 fields, groups 3 & 4 on the track and adjacent field.

Some faster runners may switch to Crystal Palace track once it reopens, this may simplify the groups and allow a single 7pm time slot.

any questions contact Mike Mann: mcmann90@yahoo.co.uk

Training sessions at Dulwich College fields and track are continuing to be popular with up to 45 attending in the first 3 weeks since restrictions were eased and around 50 yesterday evening, 20 April

6pm Groups

1 Ed Chuck

Jack Ramm
Shane O'Neill
Andy Bond
Buzz Shepherd
Andy Inglis
Wayne Lashley
Tim Bowen
Ben Howe
Ben Smith
Tom Shakhli
Joe Walsh
Lewis Laylee
Matt Cooke

2 Andrea Pickup/ Tom Poynton

Ed Simmons
James Auger
Ross Rook
Clare Whittaker
Chris Nunn
Joseph Sentance
Nick Fiducia
Alex Loftus
Eugene Cross
Martin Belzunce
Fred Bungay

3 Anna Thomas/ Yvette Dore

Mark Foster
Hugh Balfour
Ed Smyth
Belinda Bell
Lucy Clapp
Lucy Pickering
Emma Ibell
Arthur Coates
Ola Balme
Mike Beadle
Eleanor Simmons
Christiana Campbell
Alex Key

4 Graham Laylee

Barrie Nichols
Lindsey Annable
Sadie Sholem
Harriet Roddy
Donovan Pyle
Ian Sesnan
Sonja Jutte
Mike Dodds
Clare Wyngard
Ajay Khandelwal
Michelle Lennon
Till Thomas

7pm Groups

1 Tom South/ Joe Wood

Joe Wood
Shane Donlon
Kay Sheedy
Steve Davies
Phily Bowden
Clare Elms
James Brown
Robert Eames
Chris Lawrence
Daniel Mann
Mike Williams
Rob Armstrong
George Rates

2 Gower Tan/ Ebe Prill

Grzegorz Galezia
Joe Farrington Douglas
Paul Greenhalgh
Ian Lilley
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfe
Hugh French
Polly Warrack
Olivier Montfort
Dave Benyon
Thomas Ayre
Hugh Stobart

3 Katie Styles/ Cameron Timmis

Cameron Timmis
Catherine Buglass
Naomi Crowther
Miles Gawthorp
Steph Lundon
Emma Kelly
James Rimmer
Ryan Duncanson
Vicky Jessett
Murray Ellender
Laura Vincent

4 Andy Murray

Joe Brady
Mike Mann
Joanna Shelton
Dougie Keighley
Jenny Bomers
Barry Graham
Neville Webb
Sarah Mackenzie
Michael Nogas
Madison Newey
Lee Thompson

Happy hour training – 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be done quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent it would be beneficial to keep time out training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km runner will cover over 1200m while a 30:00 5km

runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for an hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point 30min or so away, run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) – ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than 1/2M race 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 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 time of each lap to ensure you're not slowing too much on your overall pace and to do that don't run the first few lap too fast.

2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

We did 2 events of the 2020 program, Beckenham parkrun February, Big Half in March. We plan to have a 1/2M and parkrun in the 2021 program but 2020 results will count in a combined 2020/21 club champs.

We aim to start with one of the Second Sunday of the month 5 mile trail runs in Wimbledon, May or later, then one of the Sri Chinmoy Battersea 5k races. Possible limits on numbers of runners allowed to run during the spring and summer, so you will get the option of doing any of the monthly 5 mile races and summer series of Battersea Park 5k races.

This includes Richmond Summer Riverside 10k mid July. If limits on numbers, alternative is Regents Park winter series, you can choose which race to do. No details on these yet. London Marathon is early October so we chose Paddock

Wood 1/2M early September.

We suggest a late date for Dulwich parkrun, runners can use any Dulwich parkrun once restarted.

All 2021 events provisional to be reviewed end of March. - the two 2020 events will also count:

9 May - (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early Aug SOAR Mile

5 Sep - Paddock Wood Half Marathon

4 Oct - London Marathon (or alternative)

Suggest 30 Oct or 6 Nov - Dulwich parkrun, but any dates once parkrun starts.

Club Champs Update

Club champs includes 2nd Sunday of the month 5 mile trail races at Wimbledon Common from May onwards and the summer series of 5k races in Battersea Park which usually starts in June, but still no confirmation if these races will be held. Number of runners in races will be restricted and with wave starts while rule of 6 is in place. If restrictions are lifted late June, these and other races will be confirmed. Further details will be posted soon as known...many races could fill up rapidly once advertised

'5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these.

Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack until the end of June. (Assuming we will be able to run normal races again by then – tbc)

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run – run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for the time to be included in the league.

Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to – opentrack.run/competitions search for Dulwich Runners.

You will find – Dulwich Runners 5k League 2021
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

5k and 10k League

Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Finishing My Unfinished Business With The London Marathon

by Becca Schulleri

Ever since running the London Marathon in 2018 in the gruelling heat I felt like I had unfinished business with the London Marathon. I had trained well, was hoping to get a good time and then in the heat on race day it just fell apart. (I did finish but walked what felt like half the route.)

So when I made friends with my neighbour during Corona times (one of the many upsides to this past year) and we started going on long runs together the idea came to run the route again without waiting for an official spot. I've been furloughed so had ample of time to train and rest and when I got the start date for my new job, I set myself a date for this mission. This would also then also allow me to finish this weird past year on a high.

My neighbour Emily said she'd join me for the first bit and I had asked Anna and Katie if they'd fancy joining me for parts as well. So off we set last Sunday



Emily - Becca

morning from Greenwich park. It was an absolutely beautiful morning and the temperature just right. I had downloaded



Becca Schulleri

the course onto my bike computer which lead us and was no problem at all to just be held in my hand. The first 10k felt great, Emily set the pace. We then passed Tower Bridge which had been the point where in 2018 I started walking for the first time. So this time felt already like a win crossing Tower Bridge feeling strong and we stopped for some fruit loaf and a picture. At Westferry DLR station (24km in) Emily made the decision to stop as she wasn't feeling well. So on I went and was able to pick up the pace.

Canary Wharf was a bit of a nightmare as the GPS both on my bike computer and watch were really confused and I had to stop a few times to check where to go. In Poplar Katie and Anna then joined me, which was the perfect point as I was getting tired and the legs heavy. Motivated by them I picked up the pace and enjoyed their company. The last few kilometers were hard but likewise I was just so happy to be able to finish this marathon. I had set off in the morning

with the mind-set that I'd just see how I'd get on and wasn't going to push myself too hard as a little hip niggle had come up just 2 weeks prior.

Having not run on closed roads but pavements meant that my watch said I had completed marathon distance just in front of Westminster tube station and we then kept running to also get the bike computer to show the full distance which got us to the start of birdcage walk.

Everything had come together so nicely and finally I got to enjoy some drinks in the park afterwards celebrating with my friends. Emily had even organised a medal for me!



Becca - Anna - Katie

My legs are still slightly stiff 2 days later but I am super happy to have done this and to have found another great running partner so close to home.

I look forward to seeing more DRs soon and will see if maybe I can come down to one of the Wednesday night runs – the outdoor bar sounds very intriguing!

4hrs 24mins incl. all stops, 3hrs 53mins of running

Chase the Sun 10k Olympic Park

14 April 2021

Originally I signed up for 4 marathons in the spring but, one by one, each of them got postponed, leaving only Boston on 31 May on the horizon.

Consequently I was forced to adjust my plan and satisfy myself with shorter distances to make the best use of the marathon training so I signed up for the Olympic Park 10 km race on 14 April and Goodwood Circuit Half Marathon on 25 April.

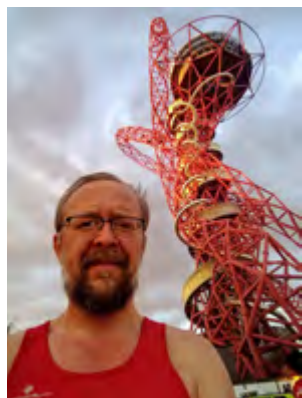
The Chase the Sun races are held on Wednesday evenings so I had to choose between a race and club run, with the bar open for the first time. It was a tough call but the competitive spirit prevailed.

As usual, this RunThrough event was very well organized. Great atmosphere, music, warm-up, interaction with runners. It felt like good old pre-covid times.

The start funnel was spread over a few hundred meters around the West Ham Stadium, with cones arranged in two lines, 2 m apart. Before the start, runners were called, according to predicted time brackets, to proceed to the start area and each stand by a cone. Then they gradually moved forward towards the start line as efficient marshals started them off in groups of four every few seconds.



Des - Grzegorz



I did a warm-up running

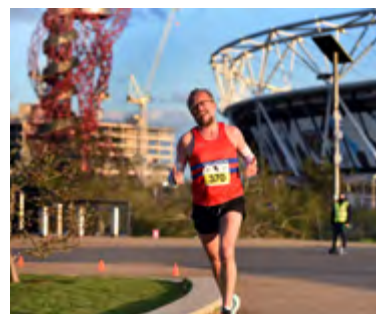
a couple of laps around the stadium and missed my time slot, as a result of which I found myself quite far from the start line, among the slower runners, which meant I would have to do a lot of overtaking. But ultimately this turned out to be quite a boost, as I kept overtaking everybody and nobody overtook me, until the last lap, when the winner zoomed by following the pilot bike.

The course was fast and quite flat, with one gentle incline rewarded by a lovely downhill (which I obviously loved). There were 4 laps around the stadium and stretching a bit further out. Normally there was ample space to run with only one bottleneck – a 3-meter wide section with runners going in both directions, which made overtaking, not to mention social distancing, quite difficult.

My minimum plan was to improve my PB (38:26) from two years ago. The optimistic scenario was to go sub 38 minutes. However, I started quite fast and kept the pace without difficulty, managing to speed up on the last lap. When I crossed the finish line I wasn't sure whether my watch showed the correct time: 37:07 (ultimately 37:05). That was much better than I expected. And, had I known that, I would have made more effort to shave off the 6 seconds to go sub 37. But, well, it's good to keep the motivation going and have an attainable target for the future.

All in all, it was great to put on the DR vest after more than half a year. It was also nice to bump into fellow Dulwich Runners and have a chat with Des and Belinda before and after the run.

I look forward to the Goodwood event as a half marathon is probably a more reliable predictor before my marathon, which hopefully will go ahead as planned.



37 Grzegorz Galezia 37:05, 1st in age category

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

DULWICH WOMEN SECOND IN LONDON, ENGLAND AND BRITAIN!

Virgin Money Marathon, April 13

Steve Smythe Smtye writes.....

The women of Dulwich Runners carried on their superb record in the marathon and took a very easy second place in the British and English Championships behind Serpentine, who have about ten times as many members. In the three to score event, we had four finishers long before any other club other than Serpentine had finished three..

Congratulations to Shona, Toni and Emily and worth noting Mel's scoring would have still seen us finish second and we have at least two other runners also capable of a sub-3 in Clare and Charlie, who can hopefully strengthen the team even further next year.

Conditions were a little too hot for some and undoubtedly affected some times. In most cases the pacing was very good by club members with very even splits for most over the first 25km to 30km, though there was a little dropping off by most in the last 10km but far fewer complete meltdowns compared to normal! Charlie Lound was obviously the star male performance, though there were a few other Pbs.

175 Charlie Lound 2:39:19 (PB/Club M40+ and M45 record) (79:27, 79:52) 847 pts
(18:34, 18:49, 18:55, 19:03, 18:45, 18:57, 18:57, 18:58, 8:21)
(Superb run to break 2:40 for first time with astonishing splits and he not only easily broke the club M45 record but also broke his own Dulwich M40 record.)

13W/525 Shona McIntosh 2:49:09 (81:13, 87:56) (808 pts)
(18:56, 19:12, 19:10, 19:38, 20:04, 21:03, 20:47, 21:26, 8:53)
(Made brave attempt to get close to Commonwealth Games sub-2:40 standard but began to find it hard after 10 miles and on second half realising PB

wasn't on, she eased back but still ran a very good sub 2:50 to lead us to more national medals again.)

970 Paul Devine 2:56:52 (83:36, 93:16) 707 pts
(19:44, 19:57, 19:47, 19:47, 20:10, 21:00, 21:55, 24:00, 10:26)
(Made good attempt to go for 2:45 and though not feeling 100%. held a low 2:50 pace until quite late and a hamstring ache didn't help but still set PB>

53W/1181 Toni Holt 2:58:52 (PB) (86:26, 92:26) 764 pts
(20:05, 20:03, 20:29, 21:12, 21:20, 22:07, 22:07, 21:47, 9:20)
Started quickly and though slowing slightly on second half, held pace very well through crucial 25km to 40km and comfortably broke three and set PB.)

1324 Tom Marshall 2:59:30 (87:49, 91:41) 70-2 pts
(20:48, 20:45, 20:50, 20:53, 20:59, 21:25, 21:47, 22:21, 9:42)
(Rarely seen at club lately but ran a good controlled run at inside sub-3 pace and though slowing slightly, did enough to break three.)

78W/1474 Emily Gelder 3:00:59 (89:13, 91:46) 781 pts
(20:48, 21:17, 21:16, 21:17, 21:14, 21:21, 21:28, 22:22, 9:56)
(Ultra runner held three hour pace until very late but struggled last few miles.)

1712 (97 M50) Ebe Prill 3:04:16 (PB) (90:04, 94:12) 764 pts
(21:02, 21:31, 21:38, 21:17, 21:31, 21:58, 22:45, 22:42, 9:52)
(Very controlled run and very close to three hour pace and though not quite maintaining, easily his strongest and fastest marathon to date.)

115W/1827 Mel Edwards 3:05:20 (89:47, 95:33) 734 pts
(21:02, 21:28, 21:26, 21:17, 21:10, 21:39, 22:21, 24:16, 10:41)
(After recent missed training and a few

injury niggles, made gallant attempt to break three and though having to slow with another problem second half, still smashed her PB.)

2054 Rob Cope 3:09:11 (PB) (92:24, 96:47) 682 pts
(21:32, 21:54, 21:50, 22:09, 22:42, 22:47, 23:17, 23:12, 9:48)
Big PB and kept pace well after adjusting target midrace though capable of much faster.)

3095 (62nd M55) Steve Smythe 3:16:38 (96:27, 100:11) 750 pts
(22:51, 22:52, 23:02, 22:48, 22:42, 23:11, 23:22, 24:03, 11:47)
(Just about survived lack of training and a few calf and Achilles twinges to get sub 3:20 good for age target)

4648 Andy Murray 3:27:53 (1:43:26, 1:44:27) 744 pts
(25:06, 24:22, 24:27, 24:17, 24:07, 24:34, 24:45, 25:02, 11:13)
(Superb pacing and his first 5km was slowest and held it together with even run)

4769 Olivier Montfort 3:28:36 (1:42:26, 1:46:10) 619 pts
(24:18, 23:49, 24:51, 24:14, 24:03, 24:35, 25:10, 26:19, 11:17)
(Achieved sub 3:30 target with a little in hand after his first six very even 5km splits helping)

5263 Gideon Franklin 3:31:09 (PB) (1:42:33, 1:48:36) 666 pts
(23:53, 24:29, 24:31, 24:17, 24:59, 25:22, 25:41, 26:23, 11:34)
(Kept his pace really well and only dropped off 3:30 pace very near end)

954W/6069 Anna Thomas 3:36:08 (PB) (1:45:27, 1:50:41) 629 pts
(24:24, 24:52, 24:58, 25:46, 24:57, 25:20, 26:37, 27:23, 11:51)
(Pace went a little after 30k and couldn't quite break 3:30 but still a PB after a little missed training in last month.)

7897 Martin Double 3:53:41 (1:51:10, 2:02:31) 537 pts
(26:09, 26:24, 26:17, 26:31, 26:55, 27:30, 29:14, 30:25, 14:16)
(Good pace until 30km but lost ground in last 10km but enough to break four easily.)

2971W/12987 Laura Lane 4:05:24
(2:02:40, 2:02:44) 560 pts
(28:45, 29:08, 29:34, 29:00, 29:38, 29:23, 29:28, 28:03, 12:25)
(In company of Charlie, overtook an incredible 2244 runners in last 7km and clearly capable of much faster.)

2973W/12992 Charlie Boden 4:05:24
(2:02:39, 2:02:45) 567 pts
(28:46, 29:07, 29:34, 29:01, 29:37, 29:22, 29:28, 28:04, 12:25)
(As above – remarkable even run with very fast finish)

10444/164th M60 Barrie-John Nicholls
4:08:13 (1:57:54, 2:10:19) 617 pts
(27:51, 28:26, 28:04, 27:32, 28:05, 28:20, 28:18, 33:40, 17:57)
(Held together superbly until 35km and then dropped off quite a bit and couldn't produce usual strong finish.)

29692/183rd M65 Steve Wehrle
5:25:25 (2:21:02, 3:04:23) 500 pts
(32:12, 32:55, 34:21, 34:20, 34:22, 38:27, 47:18, 49:26, 22:04)
(Forty minute slower over second half as continued his remarkable ever-present string.)

British Championships and English Championships women's Team result:
1 Serpentine: 9:38:35 (H Gaunt 2:49:43, L Harling 2:54:17, V Crawford 2:54:45);
2 Dulwich: 9:48:38 (S McIntosh 2:49:09, T Holt 2:58:30, E Gelder 3:00:59) Clapham Chasers (ineligible for championships) 9:58:45 (K Morgan (NZL) 2:55:45 (vest violation); M Galea Holmes (CAN) 2:59:42, M Venn 3:03:18); 4 Cornwall 10:01:05 (E Stepto 2:36:05, Z Morrell 3:01:50, S Bosustow 3:23:10); 5 New Forest Runners 10:23:17 (V Sesto (ARG) 2:51:43; L Young 3:12:23, B Hollowbread 3:19:11); 6 Haslemere Border 10:31:16 (K Ward 3:01:02, S Goble 3:05:52, I Peters 3:24:22); 7 Belgrave 10:36:49 (L Blizzard 2:58:42, M Spalton (USA) 3:00:44, H Barsham-Rolfe 3:37:23; Winchester (ineligible for championships) 11:16:03 (K Hazlitt 3:14:00, S Bowers 3:26:40 (vest violation), A Voss 3:35:23)

Women: 1 Serpentine: 8:38:35 (H Gaunt 2:49:43, L Harling 2:54:17, V Crawford 2:54:45); **2 Dulwich: 8:48:38 (S McIntosh 2:49:09, T Holt 2:58:30, E Gelder 3:00:59)** 3 Cornwall 9:01:05 (E Stepto 2:36:05, Z Morrell 3:01:50, S Bosustow 3:23:10); 4 London Heathside 9:10:26 (K Webster 2:49:48, R Bunting 3:03:41 E East 3:16:57); 5 New Forest Runners 9:23:17 (V Sesto (ARG) 2:51:43; L Young 3:12:23, B Hollowbread 3:19:11); 6 Haslemere Border 9:31:16 (K Ward 3:01:02, S Goble 3:05:52, I Peters 3:24:22); 7 Belgrave 9:36:49 (L Blizzard 2:58:42, M Spalton (USA) 3:00:44, H Barsham-Rolfe 3:37:23 Clapham Chasers (ineligible for cham-

pionships) 8:58:45 (K Morgan (NZL) 2:55:45 (vest violation); M Galea Holmes (CAN) 2:59:42, M Venn 3:03:18); Winchester (ineligible for championships) 10:16:03 (K Hazlitt 3:14:00, S Bowers 3:26:40 (vest violation), A Voss 3:35:23)

Analysis of the last 7km

For the first time, the marathon logged how many overtook you or you overtook in last 7km.

Both Laura Lane and Charlie Boden passed over 2000 and not a single runner came past them. Note Charlie Lound 'only' took 55 but given his position and how few were ahead was relatively more impressive, and again no one came past him.

The figure below is the net gain or loss ie Andy Murray passed 495 and was passed by 44.

Laura Lane	2244 (overtaken by 0)
Charlie Boden	2236 (overtaken by 0)
Andy Murray	451
Rob Cope	322
Gideon Franklin	297
Ebe Prill	277
Olivier Montfort	243
Anna Thomas	238
Toni Holt	130
Steve Smythe	124
Charlie Lound	55
Shona McIntosh	29
Tom Marshall	17
Emily Gelder	6
Mel Edwards	-54
Martin Double	-181
Paul Devine	-206
Barrie J. Nicholls	-1364
Steve Wehrle	-2599

Paul Devine writes.....

My third London marathon: Training had gone superbly, I have been running well, and woke up to benign weather conditions- all that was left was to execute a perfectly judged even race. Well you can't have everything!

Despite some last week scares of a sore back and a cold, I made my way to Blackheath with Rob C and Mel in fine spirits. There were jitters all round but the sense of excitement always overrides this at London.

Mel went off to the championship start leaving Rob and I to start together, and

after applauding the elites and a manly hug- we were off.

After the inevitable slower first mile I settled into target marathon pace reaching 5k only a little behind where I wanted to be. By the time I reached the cutty sark I was starting to slip slightly behind 2'45 pace but decided to maintain current speed and not force it. In hindsight it was perhaps at this point I should have eased back a little.

After leaving Greenwich and heading towards Tower Bridge I received excellent support from too many Dulwich Runners to mention- a superb turnout.

Approaching halfway I was still going reasonably well, but legs were starting to tire. I made a conscious decision to settle back and try and run 2'50- sadly I think the damage was already done.

I carried on at a decent pace till mile 16, but then noticed I was getting overtaken- a lot. Garmin confirmed my pace was dropping and I knew I had a big battle on my hands.

So it proved. Mile paced dropped further and despite a brief resurrection at Canary Wharf I headed back to the Highway with my only hopes being to finish and cling on for a pb.

I ran steadily on the long road home wearily waving at further Dulwich support and a comfortable pb was still on if I could just maintain my plod. Then came a new challenge: just before Blackfriars Bridge I was delighted to see Alastair jump out cheering wildly. Clearly the excitement was too much for me as I immediately felt a stabbing pain in my hamstring- and my first bout of cramp had struck.

After a stretch and a quick walk I managed to get going again although I now couldn't really bend my right leg! There

were a couple of further episodes on the embankment, but the end was nigh, so I battled on.

Approaching the end I got a welcome boost when I actually overtook someone on Birdcage Walk. The fact he was dressed as a bear paled into insignificance! Boosted by this I turned the last corner contemplating a sprint finish, but thought it would be pretty embarrassing if I collapsed with cramp so just settled for a fast plod. Amazingly I still managed a pb by just over a minute.

There were no feelings of disappointment at the end just relief. I'm pleased I had a go at an aggressive target, but a marathon will always find you out and I still got a time I would never have dreamt possible 12 months ago. Thanks again to Steve Smythe for a superb training plan, all of the DRs who made the training especially the long runs so enjoyable and the amazing on course support on the day. Here's to a summer of 5ks!

Paul Devine 2:56:52

Ebe Prill writes.....

better admit it upfront, race plan A of a sub-3 went out of the window somewhere after I reached the Halfway mark in 1:30:03. This was not the day for it.

So now that is out of the way, I can say this year's London marathon was my best so far. Not only could I improve my PB by almost 5 minutes, for the first time I managed to regroup after the going got tough and get a rhythm going again for the last six miles. That did feel great and I'm still on a high (despite having to lower myself gingerly on any chair, seat or bench I want to take).

My favourite one of the many stats available by the magic of the results webpage is the one that shows you how many fellow runners you passed on the last 7.2 km and how many passed you. 288 to 12 in my favour. Yes! For once! And made the top 100 of my age category (by chip time; note that runbritain-rankings and Po10 rank it by guntime, so if you're slow to cross the line, tough luck).

The bragging is done, so how did the race go? I was in the 'Fast for age' pen of the Red start and tried to time my crossing the start line so that I would meet up eventually with my training partner and 'race twin' Rob Cope, who had the Blue start. It took me more than a minute in the end to cross the line and I only saw the welcome sight of Rob appearing in a gap in the masses between mile 5 and 6. Luckily for me he was going at a slower pace so I could catch up with him without having to stretch it.

We then set off together like on many a tempo session in Battersea park on

Thursday. Cutty Sark was circumnavigated and the peak of the Bridge over Deptford Creek was scaled in unison. After a while unfortunately Rob told me he didn't feel like pushing sub3 pace today, so - not being a US marine - I left him behind.

The glorious sunshine sure had brought out the crowds. The support along the route was tremendous, a big thank you for the cheers by all the Dulwich Runners out there! You guys seemed to be everywhere, some I noticed at three different points of the course, amazing!

"The bragging is done, so how did the race go?"

The sun also meant I was finding it increasingly hot and had to take a lot of drink on board. That didn't slow me too much at the stations (and together with the carb-loading on the two days before and four gels during the race helped to keep the wheels on) but it nevertheless slowed my mile pace, I found. And it became harder and harder to keep it at the required 6:50.

Steve Smythe's advice was to evaluate the race at certain points, like mile 15 and 20. And if feeling too stretched, to reset the target. Halfway in 89 min should have felt comfortable to have a go at sub3. But 90 minutes it was, and that already didn't feel like a breeze.

I kept it for a while in no-man's land but when mile 15 was still showing no improvement I decided not to push for sub3 anymore and go for 3:05 instead. After all, how did Coach Steve put it: 'You should feel good at mile 20 when the 10k race starts.'

And by now I was hurting. Coming up Mudchute and seeing the Docklands with the 'Valley of death' looming ahead, I had memories of the low-points experienced here in my 2010 London effort. Not again, I hoped. Come on, you trained much better this time. You fuelled up, you drank enough, you even slept well last night. And Hell! you want to be in the pub by 1:30! Keep with this guy just ahead, he isn't feeling any better by the looks of him! But he keeps going. So can you!

This dragged on till Canary Wharf was behind me, a welcome downhill along Billingsgate Market appeared and suddenly my legs were better. Mile 20 came and I felt like running again. And so it stayed to the finish: as long as I kept running I knew I could hold it together. As soon as I would stop I knew I wouldn't run a single meter further. Funny thing, the body. Had a great journey to this finish line. And it does start long before the race: so a huge thanks to the bunch of runners who trained, raced and shared with me! And to Steve Smythe for a great training plan and advice! It was a hard day in the office, but not a bad one!

Ebe Prill 1712 (97th M50) 3:04:16 (chip)

Steve Smythe says I will continue to submit results for the time being but if others are going to submit results can they please do them in the style that have usually featured in Shorts.

Apart from the times, positions should also be provided and, if known number of finishers and any PBs and NB the format of parkrun (and all distance events) times is 19:59 and not 19.59. 19.59 is a very fast 200m time - 19 seconds and 59 tenths.

Minutes and seconds are always separated by a : - same for hours in marathons ie it's 3:10:30 and not 3.10.30.

DULWICH RUNNERS KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Bufs-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
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It's on the way!.. be prepared...
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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



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