



# SHORTS

Dulwich Runners AC

Weekly Newsletter

April 22nd 2020

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

**No club runs, track sessions etc until further notice - Full statement below.**

Like us on Facebook @dulwichrunners

Connect with us:



## In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races...
- 3 Fixture list (reference only !)
- 4 Training & Misc.
- 7 Virtual race reports, results etc
- 12 Club Virtual 5 challenge - after 4 events
- 13 Club Kit
- 16 The map we would have used tonight !

*As you will see a few of the regular items have been removed from Shorts as they are not relevant under the current conditions ,they will return once things get back to normal  
Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.*

## COVID-19 (Coronavirus) Dulwich Runners AC Statement

Until there are any changes or further advice the following statement, instructions and advice will stand.

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.  
If you have any questions or concerns please

contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

Ros Tabor

On behalf of Dulwich Runners AC Committee

## Renewals

We have been informed by England Athletics that they have decided to reduce their registration fee from £16 to £15 for the 2020/21 year.

This would mean that the Club Membership fee would be reduced from £46 to £45. Many of you will already have renewed your membership at the £46 and in light of this it is proposed that once things are normal again you will get your first club run on a Wednesday night at no charge.

**Graham Laylee**

# VIRTUAL RUNNING

## VIRTUAL CLUB 5K CHALLENGE

In these strange and difficult times with no races or parkruns for the foreseeable future and no opportunities for club members to train as a group, 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 while

we are still allowed to run outside.

The Championship takes the form of a weekly SOLO 5K time trial taking place on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

### HOW IT WORKS

1. Join Strava by downloading the App at [www.strava.com](http://www.strava.com)
2. Once logged in join the Dulwich Runners Group
3. On any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device and upload to Strava (please caption in the description DR Virtual Champs)
4. Results in Shorts each week

### THE RULES

1. Your 5K can be run on any course or surface (road, track, off-road) at any time on Saturday or Sunday.
2. The 5K is a solo time trial. Please comply with all government guidance and practice responsible social distancing
3. Your recorded distance must be at least 5k

## Dulwich Runners Landmarks Photo Competition

Dulwich has many unique landmarks that we've all run past many times; some famous and others less well known. 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.

Email all entries to Ange:  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com):

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.

**Due to current circumstances please only use these fixture lists as a guide. Many events have already been cancelled or postponed. When further information is received the fixture lists will be revised**

2020						
Apr	26	London Marathon or alternative	CANCELLED	long	London or alt.	Road & other
May	7	Assembly League	CANCELLED		Victoria Park	
Jun	4	Assembly League	CANCELLED		Jubilee Pk, Leyton	Cross country
	15	Sri Chinmoy 5km		short	Battersea Park	
Jul	2	Assembly League			Crystal Palace Park	
	18	Richmond Summer Riverside 10km		long	Richmond	
tbc		SOAR Mile late July/early August tbc		short	t.b.c	Club Champs
Aug	6	Assembly League			Victoria Park	
Sep	3	Assembly League			Beckenham Place Park	
	13	Second Sunday of Month 5M trail		short	Wimbledon Common	Assembly League
Oct	18	Cabbage Patch 10		long	Twickenham	

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
 Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

- 26 Apr London Mar. **cancelled** (or alternative) long
  - 15 Jun Sri Chinmoy 5km, Battersea Park short
  - 18 Jul Richmond Summer Riverside 10km long
  - late July/early August tbc SOAR Mile short
  - 13 Sep 2nd Sun. of Month 5M trail, Wimbledon Comm. short
  - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

## 2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

**Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.**

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

### All Thursdays

- Apr 2 **Beckenham** 5km 7:15 **CANCELLED**
- May 7 **Victoria. Pk** 5km 7:30 **CANCELLED**
- Jun 4 **Jubilee Pk, Leyton** 5km 7:30 **CANCELLED**
- Jul 2 Crystal Palace 5km 7:30
- Aug 6 Victoria Pk 3.5M 7:30
- Sep 3 Beckenham 5km 7:15

My training suggestions for the next few weeks for prospective marathon runners

## Self-isolation running

by Steve Smythe

**Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions and contemplates current life with no racing**

The current coronavirus situation is unprecedented for runners and while British people are currently allowed to exercise outdoors once a day, that may change. For now it is agreed that allowing that flexibility, and staying fit and healthy, is essential for both body and mind. Enjoy it while it lasts.

What you do now might be governed by where you live – a remote Highlands base is better than a crowded city and it may help if you have access to a treadmill but it is still possible to adapt under the current guidelines as this is written, as daily exercise is seen as vital.

Remember to stay at least two metres away from other people and wash your hands as soon as you get home!

### NEW TARGETS

It is usually imperative for a runner to have some sort of short or long term target but there is no guarantee of even the autumn events happening because of the seriousness of the coronavirus.

Virtual solo races may act as a stimulus for some or it could just be attacking local Strava segments but things have changed drastically from a few months ago.

For those who have built up exceptional levels of fitness with the aim of a big spring target, there will be a slight frustration at the lost opportunity but a realisation that there are more important things than PBs.

Obviously, health should take precedence but it is possible to hold fitness levels to a good level so you can be ready to step up training again when normality returns to the racing calendar.

In the short term there is no point thrashing the body through more heavy mileage and rest is an essential part of any schedule. The more tired you are, the more susceptible you will be to viruses and continuing to train flat out after already training hard through January and February will leave the body vulnerable to illness and injury and more chance all the good work through late winter will go to waste.

If you have trained for a marathon and have not run it, then you are in a fortunate position of being marathon fit without being exhausted by the race itself and requiring a good month or two to recover and recharge the batteries.

There is also the mental side of motivation when there is no immediate target. Surely it is better to ease off the accelerator, work on other aspects of your running fitness and when the

calendar is clearer, and the virus defeated, then you can up the training rather than be physically and mentally shattered.

There is a reason why most marathon schedules are 12 to 16 weeks. Training harder for longer does not mean you get fitter, just more tired and often slower!

If you can, the best thing is to get into a routine – more difficult when there is no weekly track or club session, weekend parkrun or race. Decide how many days a week you want to run and stick to it.

There will be fewer distractions than previously but just because you are home and with less alternatives do not think this is the opportunity to run 100-mile weeks if you are not used to it.

If need be, you could just go into maintenance mileage – half of what you were doing in the marathon but with more rest days and no very long runs but it is probably better to have a more organised routine with a wide range of runs. It could also be an opportunity to work on weaknesses such as basic speed or hill climbing ability that a full day of work and commuting may not have allowed.

### TRAINING SUGGESTIONS

If you are going to follow a routine this could still be based on most marathon schedules but with less volume and intensity.

**Monday:** easy run or rest

**Tuesday:** intervals for speed endurance

**Wednesday:** medium recovery run

**Thursday:** tempo

**Friday:** strides, sprints or rest

**Saturday:** fast 5km

**Sunday:** long steady run

In terms of sessions, you might just be happy to run at a fast, steady pace but I know some like a more challenging element to it.

### SPECIFIC SESSIONS

Here are 12 sessions you can do on your own (it does not have to be measured but probably more satisfying if it is).

**1.** 5km of 8 x 400m with 200m float, with an extra fast 200m at the end, or 10 x 400m with 100m float.

The 8 x 400m session was the only track session that former Commonwealth marathon champion and world medallist Steve Moneghetti used to do. The slow sections are still run around marathon pace. Run 90 seconds hard, 30 seconds easier if there is no measured circuit or area available.

**2.** One mile, alternating 100m hard and 100m slightly easier (if you have access to the track, go easy on the bends, faster on the straights).

This is a session that I recall Brendan Foster doing almost 50 years ago and running a 4:06 mile in training. The two-paced element of it means as the above you get a better range of paces than doing it all at same speed. Run 20 seconds hard, 25 seconds easy if you have no access to a measured circuit or area.

### 3. 1000m reps made up of 50m easy, 150m hard.

This is a session I regularly recall doing myself in Olympic coach Ron Holman's Cambridge Harrier club training group alongside top UK road runner of the 1970s and 1980s, Keith Penny.

On a track, it was the first half of the bend at a steady pace before working hard for the rest of the bend and following straight before a slight recovery.

Again, you can just hit a slightly faster pace if you get sufficient recovery, but it should be minimal recovery and if done properly, I found I could run the same pace than if I did reps all at one pace. Five reps should suffice. Run 10 seconds easier, 25 seconds hard and repeat four more times if no access to a measured circuit or area.

### 4. Acceleration run. Start at an easy pace and run for half an hour and every 5 minutes pick up the pace. First 5 minutes easy, then marathon pace, then half-marathon, then 10 mile, then 10km, then 5km.

This run starts off gently but the second half of the run should be extremely hard. You could finish with a 10-minute jog to recovery.

### 5. Alternate two-paced 30 minute run. A minute at marathon pace followed by a minute at 10km pace and back to marathon pace. In theory as you are running less than 10km and only half of it is 10km pace. This is hard but not impossible.

### 6. Steady run with accelerations. Do a steady run (45 minutes) at around marathon pace but for 30 seconds every 5 minutes increase up to inside 5km pace, ease back for 30 seconds and then go back to marathon pace and repeat. This is a relatively easy session and the 30 seconds should make it harder but also break the monotony.

Block acceleration. 5 minutes at marathon pace, 4 minutes at half-marathon pace, 3 minutes at 10km pace, 2 minutes at 5km pace, 1 minute at mile pace, 1 minute easy then back to marathon pace.

## Two blocks should be sufficient as the end of each block is considerably tough.

### 8. Russian steps. Run 15 seconds hard, 45 seconds easy, 30 seconds hard, 30 seconds easy, 45 seconds hard, 15 seconds easy, 60 seconds hard, 60 seconds easy, 45 seconds hard, 15 seconds easy, 30 seconds hard, 30 seconds easy, 15 seconds hard, 45 seconds easy and repeat three more times.

This is a well-known cycling session and is extremely hard at the 45 seconds hard, 15 seconds recovery, 60 seconds hard phase.

### 9. Hill reps. Ideally find a hill that takes a minute to go up. Run 4 x quarter hill/15 seconds to warm up then 4 x full hill with slow jog back, 4 x half hill at a faster pace, 4 x quarter hill fast. Make sure you warm up and warm down fully after the session and on the hill focus on your style and arm action.

### 10. Short recovery 200m reps. Do three sets of 6 with a 2-minute gap between sets. First set, start rep every minute so if you run for 40 seconds, have 20 seconds recovery. On second set, start with 30 seconds recovery, then reduce to 25, 20, 15 and 10 seconds. On the third set have a minute recovery and focus more on speed and form.

### 11. Start blast run. Run 30 seconds almost flat out and then straight into one minute at 5km pace and then straight into two minutes 30 seconds at marathon pace, then have a minute easy and repeat three times. This is tough and gets the body used to running quite fast while uncomfortable.

### 12. Speed stride accelerations. Find a straight safe grass area or track and measure out roughly 120m or aim for 20-25 second efforts. Run 8 reps starting the first at marathon pace and gradually go through the gears so that by the last one you are going significantly faster than mile pace but stay relaxed and focus on form and style. Do jog or walk back recoveries so you feel recovered before you do the next rep.

# Training paces

**Steve Smythe writes...**Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

[https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free\\_179413](https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413)

# 5 5km sessions

With little current need for marathon type sessions and perhaps a feeling you might not want to be out of your home too long - here are 5 5km sessions that are possible to complete in around half an hour though ideally do a warm up jog

**Steve Smythe**

1. 5 x 1000m with 1 minute recovery - aim for slightly quicker than 5km pace
2. Continuous 5km Acceleration - 2km at 10km pace, 1km at 5km pace, 800m at slightly faster than 5km pace, 200m at mile pace then try and run last Kilo as close to 5km pace as you can.
3. 20 minutes of 5k pace for 1 minute followed by 60 seconds at HM pace - ie 10 faster sections
4. 20 x 200 at slightly faster than 5km goal pace with 100m slow jog between efforts
5. 2000m at goal pace, 1000m relaxed recovery, 2000m goal pace

# Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com)

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

# Sports & Therapeutic Massage

**Do you:**

Suffer from a sporting injury

Need to rejuvenate after your hard training and recent race

What you could benefit from?

Massage to ease muscle fatigue and aid in recovery

Deep tissue massage to prevent injury

Learning appropriate stretches and exercises

**Ola is an experienced club runner and Sports Massage Therapist**

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

# Dear runners and cyclists,

Judging by the numbers in Dulwich Park it seems we runners and cyclists are managing to maintain our routines despite the challenges of the Covid-19 lockdown, which is good for our morale.

I just wanted to let you know that the Friends have had concerns expressed by other park users about intimidating behaviour of runners and cyclists in breaching the social distancing guidance. Not surprisingly, many people are extremely anxious in the current climate.

One concern is that when runners/cyclists approach people who are out walking in the park they often do not give the minimum 2 metres clearance when passing. Particularly where overtaking is concerned the walker has no possibility of taking avoiding action, as they are unaware of the

approaching runner or cyclist.

Let's face it, we are the ones who are at the greater risk of spreading droplets from sweat, spittle or worse! so we should really take the initiative.

Now that the park has dried out there are lots of grassed areas that we can use to get around people, particularly to avoid weaving between other users. We can also think about planning our exercise early or late in the day, when the park is less busy. That way, we can still get our running or cycling 'fix' without unintentionally spoiling others' limited enjoyment of time outside their homes.

I'd be grateful if you would draw this to your club members' attention.

Best regards - Trevor Moore - Vice Chair of Dulwich Park Friends

# Race Reports & Results

Want your race results and reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

As there are no races/events in the near future Shorts could be looking pretty bare...

Race reports will be harder to find than bog roll !

So with that in mind and knowing a fair few of you will be getting very bored WFH, if anybody wants to send me any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc then please do..pics also welcome.

## Virtual Road Relay Championships

Jonathan Whittaker writes...with both the Southern and National 12 Stage / 6 Stage Road Relays cancelled because of Covid-19, a virtual edition open to all UK clubs was set up on the open track platform. It is fair to say that the level of interest completely exceeded the expectations of the organisers.

The rules were relatively simple - run 5 km between Saturday 4 and Wednesday 8 April, follow social distancing guidance, run local, and avoid a course with a significant elevation drop. The virtual nature of the event avoided the coach's dilemma

of team selection but also meant that some runners who thrive on beating the next runner perhaps lost a few seconds.

First place overall was Grant Sheldon of Cambuslang recording an insane 13:38. The Dulwich men's squad recorded an impressive list of times. Many chose to run the classic or variations of the Dulwich Parkrun course with its relatively flat terrain conducive to fast times. Some of the best runs involved binning the final uphill finish with a run straight out of the park, hoping that there were no cars around!

I also saw a sheepish Belgrave Harriers runner with vest and zoom flys walking out of the park one evening suggesting its fame was spreading beyond the local running clubs! However there was an interesting mix of other venues, including my laps of a football pitch at Belair Park, which is a real motivational struggle when you are way off peak form.

### Overall results

12 Stage Scoring Team

1 Leeds 2:57:08

54 Dulwich 3:26:09, comprising:

Name	Time	Pos.	Cat.	Course
Edward Chuck	15:44	311	Sen	Dulwich Park - College Rd finish
Shane O'Neill	15:53	363	Sen	Dulwich Park - Burbage Rd finish
Andy Bond	16:02	420	V45	Dulwich Park - classic
Daniel Mann	16:30	601	V40	Dulwich Park - classic
Thomas South	16:58	820	V40	North Dulwich tempo circuit
Kev Chadwick	17:15	974	Sen	Chinbrook Meadows
Martin Belzunce	17:39	1157	Sen	Myatt's Fields Park Road circuit
Shane Donlon	17:42	1181	Sen	Dulwich Park - classic
James Burrows	17:47	1217	Sen	A21 Bellingham
Rob Hollands	17:51	1243	Sen	Dulwich Park - classic
Steve Rolfe	18:08	1391	Sen	Tonbridge
Gower Tan	18:40	1649	V50	Dulwich Park - classic

With other men's finishers as follows

Des Crinion	19:02
Andrea Ceccolini	19:28
Jonathan Whittaker	19:49
Alex Bazin	20:14
Gary Sullivan	20:43
Ross Rook	20:51
Ebe Prill	22:03

Whilst only five ladies members competed there were some excellent times in line with or better than recent performances. Kim Hainsworth also contributed to the combined Dulwich 12 Stage age graded team which scored 80.22% (61st place).

Kim Hainsworth	19:45
Kay Sheedy	20:34
Laura Vincent	21:41
Emma Kelly	23:44
Jenny Bomers	25:23

In addition to the overall race, the organisers also placed teams in terms of veteran categories:

### Vets (6 to score)

1 Cheltenham 1:40:18

20 Dulwich 1:47:27 (Bond, Mann, South, Tan, Ceccolini, Whittaker)

### M50+ (4 to score)

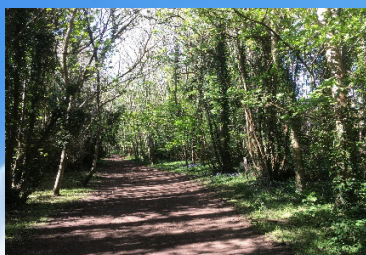
1 Colchester 1:08:53

12 Dulwich 1:20:54 (Tan, Ceccolini, Sullivan, Prill).

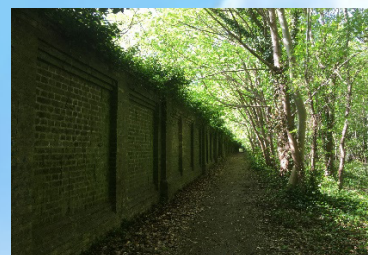
# A Beautiful Sunday Run

Ange Norris writes... inspired by Tom's 10 mile/10 parks run last week, I thought I'd write a short description of one of our Sunday routes. Nobody lives near enough to run it, but you'll appreciate why we love to run off road. It's therefore, not a detailed description for you to follow, but a route in pictures. There is also an open offer to all – once it's possible again, to come and run it with us.

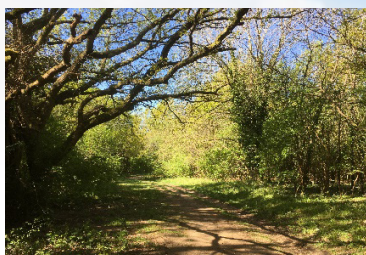
When we head south from our house in Carshalton, we start climbing, but – what goes up must come down again, so a slow start helps you stretch out towards the end. Through the 2 local parks, via a private concrete track, we reach Oaks Park.



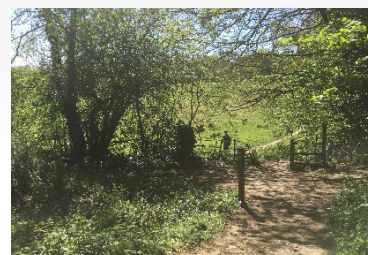
From there we're really off road, taking a footpath through the woods, around the side of the golf course with views back over London, (if you turn round) and onto the track through the woods beside the high walls of Downview (venue of a new parkrun) and High Down prisons.



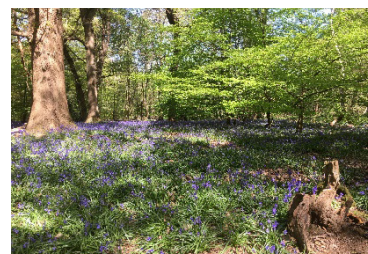
At the end it's an 8 – 10 mile run to the left and anything from 13 – 20 plus miles to the right.



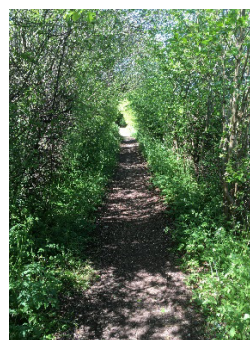
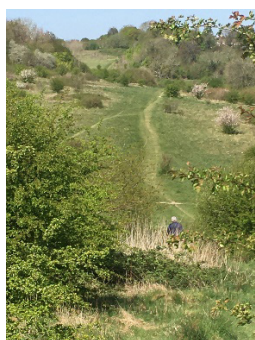
Turning right it's more footpaths through woods, to a quiet residential road up to Banstead. This is probably the highest point of the run but there are more hills and valleys to be enjoyed before the downhill run home.



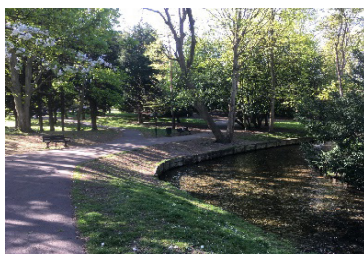
After a short stretch of road, we turn right onto a footpath that leads via open fields and tracks, with greenery stretching as far as you can see in all directions, to Banstead Woods, which is particularly beautiful at this time of year with 1000s of bluebells.



Crossing a road, we head onto more open, undulating grasslands to Woodmansterne.



Through the village, then we're back onto footpaths past farmland, with more views over London (you don't have to turn round now).



From here it's a steady 3 mile descent via Oaks Park, Carshalton Park and Grove Park to home.



# The Parks Around Dulwich – Part 1

Tom South

Here at Dulwich Runners we are lucky to have so much green space and parks to run and train around. This is reflected in the number of parkruns that are within a 5km run of the clubhouse (Dulwich, Brockwell, Peckham Rye, Crystal Palace, Clapham and Burgess).

Of course for our training runs we often use the parks of Dulwich, Brockwell, Peckham Rye, Crystal Palace, Belair, Ruskin, Clapham Common, Tooting Bec, South Norwood Lakes, Battersea, Sydenham Wells, as well as Dulwich Woods. I thought it would be interesting to look at the history of the them, distance that can be run in the parks and any interesting Strava segments that can be done. The Strava records for the club are taken from people who have signed up to the Dulwich Runners club on the app.

## Dulwich Park

This is the closet park to the club house. Dulwich Park



Map Of The Park



Park keepers house



Boating lake

is 30.85-hectares (76.2-acres).It was created by the Metropolitan Board of Works from former farmland and meadows. While the initial design was by Charles Barry (junior) it was later refined by Lt Col J. J. Sexby (who also designed Battersea and parts of Southwark Parks). It was opened in 1890 by Lord Rosebery.

In terms of running we all know the parkrun course with the main carriage way also being useful for tempo sessions. A full lap on the tarmac using the island by the parkrun base as a start and finishing point is just over a mile at 1.7km . Of course this lap provides many Strava sections to chase in which ever direction you choose to run. If you fancy some off road running Dulwich Park has this trail, found on the map here:- <https://www.strava.com/segments/4083823>

That also would be a more interesting Strava segment to chase.

Current Dulwich runners record holders are Jack Ramm (8:24) and Elkie Mace (8:44).

## Belair Park

The second closest park to the club house. The park grounds once belonged to Belair House, a country villa built in the Adam style that is now a Grade II listed building. There are also two other Grade II listed structures within the park, the lodge, entrance gate, and an old stable building. The lake is the only substantial stretch of the ancient River Effra remaining above ground.

There are a couple of running options here. If you stay on the concrete path starting by the house,you can do an

800-metre loop which takes you pass the Effra River. There are two Strava Segments to chase which go around the playing fields over the same ground but in reverse.

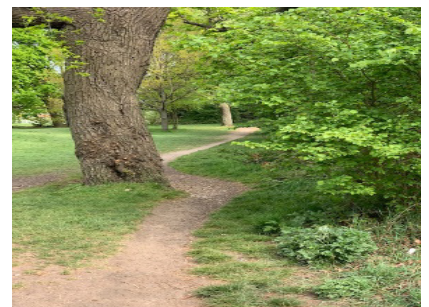
Firstly there is Fresh Prints in Bel Air: <https://www.strava.com/segments/14427556> with the Dulwich Runners record held by Lee Fadden (3:06) with Hayley Cherry (Seddon)holding the women's record 3:36). In reverse its called the Belair Skim: <https://www.strava.com/segments/13000764> the fastest Dulwich male time recorded by James Burrows (3:07) and Alexie Shaw the women's fastest time (3:35).



Belair Mansion



The lesser spotted River Effra



Start of the Belair Skim

## Brockwell Park

The third closest to the club house and the first of the hilly parks some of our club runs will visit. The Park is listed for its heritage value on The National Heritage List for England, Parks & Gardens, Grade II. Noted for its nineteenth-century layout as a gracious public park, the clocktower, water garden, JJ Sexby-designed walled garden and other monuments, the park provides a pleasant exploration with links to its eighteenth-century agricultural past in the hedge lines and mature oak trees.

The park is noted for two buildings, firstly Brockwell Manor that stands in the middle of the Park, was built in 1811/12. The second building of note and where several

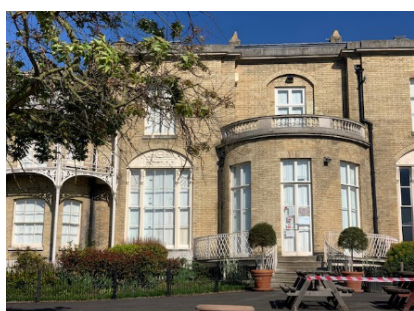
club members go for an early morning swim is the Brockwell Lido, which was originally opened in 1937.

A whole loop of the park using the path equates to 2.85km. Running anti clockwise gives you 30m of elevation, while clockwise is slightly easier with 28m of elevation.

Of course, having a parkrun here there are several segments to chase. I have gone for the more obscure segment known as Brockwell Clockwise from Lido, with the segment here:

<https://www.strava.com/segments/771903>

Fasted Dulwich male time is held by Ed Chuck (9:37), fastest woman's time held by Victoria Read (10:52).



Brockwell House



A view towards the Palace



The London Skyline

## Ruskin Park

This small park is used on some of the summer Wednesday night routes by the club and was opened on 2 February 1907 with an area of 24 acres (10 ha), then in 1910, 12 acres (5 ha) was added on its south-west side.

These two parts are undivided. It is named after John Ruskin (1819–1900), a poet, writer and a major champion

of diverse green spaces as well as of the Arts and Crafts movement. A complete loop of the park is 2km, with 19m of elevation.

The main segment to chase here is the Ferndene Loop, with the Strava link here:

<https://www.strava.com/segments/16197039>

The fastest Dulwich time recorded by Rob Yates (7:03), with Chloe Green (7:55) holding the women's title.



The Bandstand, Ruskin Park



The London Skyline



A map of Ruskin Park

It is probably too much to expect to view goats or deer in our local green spaces, so you'll have to make do with terrapins. These can be found on the side of the lake at Tooting Bec Common sunbathing on a warm day (thanks to Ian Sesnan for supplying the photo). Don't be tempted to follow suit! Living in South London we are fortunate in having parks or commons to run on. I have 8 within striking distance of my home in Clapham and have used all of them in recent weeks.

For those of you wanting to continue interval training and living nearby, Dulwich College has opened the field containing the running track to the general public while the school remains closed. Although the track is hard and bumpy in places, the grass where we do our regular summer sessions is fine and there are relatively few people there. Alternatively you can use your local park for interval sessions. I regularly use Clapham Common. Keep well and fit during these difficult times. **Mike Mann**



## NEWS

**Chris Vernon writes.....** I very much enjoyed last weeks '10 parks' by a mystery contributor and 'Virtual Greenbelt' by Andrea and co. I am glad to hear DRs are still having fun in these days of lockdown. 10 Parks took me back to the days when my long runs would incorporate these and more. How am I coping with my 12 weeks of isolation? Who coined the term splendid isolation, there is nothing splendid about it! The answer is to get fit.

After 2 years of illness with just parkruns to keep me going which were followed by two days rest as they were so exhausting. At last my new arthrytis drug is starting to work and I can exercise daily with little pain.

Using the Dulwich College playing fields on my doorstep

where anyone I meet can be avoided by a large social swerve. I have found that walking on grass helps with the flexibility of my joints so I am now averaging five miles a day. It is many years since I did thirty miles a week! I also get to have brief chats with a few DRs. Oh the joy of speaking to real people.

### ZOOM

Why don't we have a virtual drink every Wednesday at 8.30pm. Come on committee sort it out, it is going to be many months before we can meet together on club night.

I belong to several groups with friends, old colleagues, choir etc. It is not like the real thing but it is a start.

### OTHER NEWS

Lets have news from others. This is your Shorts. ? Are all our 300 members sitting at home doing nothing?

## Dulwich Runners Landmarks Photo Competition

Dulwich has many unique landmarks that we've all run past many times; some famous and others less well known. 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.

Email all entries to Ange:  
[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com):

# DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		29-Mar		04-Apr		11-Apr		18-Apr	
			Pts		Pts		Pts		Pts.
Ben Smith	MS							17:04	50
Andy Bond	M40	16:54	50	16:26	49	17:11	50	17:15	49
Tom Shakhli	MS					17:34	49	17:20	48
Rob Hollands	MS			17:51	42	17:45	45	17:42	47
Shane Donlan	MS	17:56	49	17:42	45	17:57	47	17:44	46
James Burrows	MS			17:47	43			18:16	45
Tom Wilson	M40	20:00	43	18:52	39	18:24	44	18:37	44
Greg Falconer	MS	19:54	44	19:36	37	19:22	42	19:12	43
Andrea Ceccolini	M50			19:28	38			19:23	42
Matt Ladds	MS	20:46	41	20:47	31	20:27	39	19:23	42
Kim Hainsworth	FS	20:45	42	21:01	28	20:14	40	19:52	40
Ross Rook	MS			20:51	30			20:37	39
Ebe Prill	M50	23:02	36	22:03	26	21:58	36	21:27	38
Yvette Dore	F40	20:56	40	20:56	29	22:35	34	21:27	38
David Benyon	MS	23:39	33	20:17	34			21:32	36
Hugh French	M40	22:00	39	23:21	24	22:00	35	21:47	35
Olivier Montfort	M40							21:54	34
Laura Vincent	FS	22:29	37	21:41	27	22:40	33	22:01	33
Tereza Francova	FS	22:10	38	22:16	25	21:47	37	22:29	32
Robin Downing	MS					22:38	32	22:58	31
Graham Laylee	M60	23:37	34	24:04	21	23:43	31	23:40	30
Catherine Buglass	F40	24:12	32	24:34	20	24:16	29	23:42	29
Paul Hodge								23:49	28
Emma Kelly	FS	26:16	30	23:41	23			24:28	27
Midge Cameron	F50	26:59	28	26:43	16			25:40	26
Andy Murray	M60	27:26	27	27:00	15	26:20	28	27:24	25
Ros Tabor	F60	31:48	24	30:48	14	29:38	27	29:14	24
Jonny Hough	M40	19:17	46	19:59	35	18:59	43		
Joe Wood	MS	18:12	48			17:42	48		
James Brown	M40			17:42	45	19:04	46		
Jonathan Whittaker	M40			19:49	36	19:44	41		
Ed Chuck	MS			15:53	50				
Daniel Mann	M40			16:26	49				
Tom South	M40			16:58	47				
Joe Farrington-Douglas	M40	19:49	45						
Martin Belzunce	MS			17:37	46				
Jenny Bomers	FS	26:37	29	25:20	17				
Des Crinion	MS	18:35	47						
Gower Tan	M50			18:40	41				
Eugene Cross	MS			18:47	40				
Helena Flippance	FS					21:24	38		
Emma Ibell	F40	24:40	31						
Kay Sheedy	FS			20:34	33				
Gary Sullivan	M60	23:16	35	20:43	32				
Mike Crilly	M50					24:15	30		
Claire Barnard	FS	28:15	26						
Hannah Harvest	FS	28:38	25						
Alice Williams	FS			23:52	22				
Shoko Okamura	FS			24:45	19				
Teresa Northey	F40			25:02	18				

Twenty seven runners took part this week in the penultimate run in the April challenge. Best 3 points scores from the 5 weeks count to the April total. Full April results next week

# DULWICH RUNNERS CLUB 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  
They are traditionally cut either 'racing' style or slightly longer - Both styles are a bargain



Most kit is usually available Wednesdays at the club from Ros  
ros.tabor49@gmail.com



Bufs-snoods - only £6

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](mailto: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 and hoodies. Just click on 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](mailto:ros.tabor49@gmail.com)



**College Hoodie**



**Micro Fleece Jacket**



**Showerproof Team Jacket**



**Pro Mid Layer 1-4 Zip Top**

**Dulwich**

**1ST**

**Runners**

**40**  
YEARS RUNNING



***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 years of 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.*

There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map

# Dulwich Runners Summer Map B

All routes go anti-clockwise

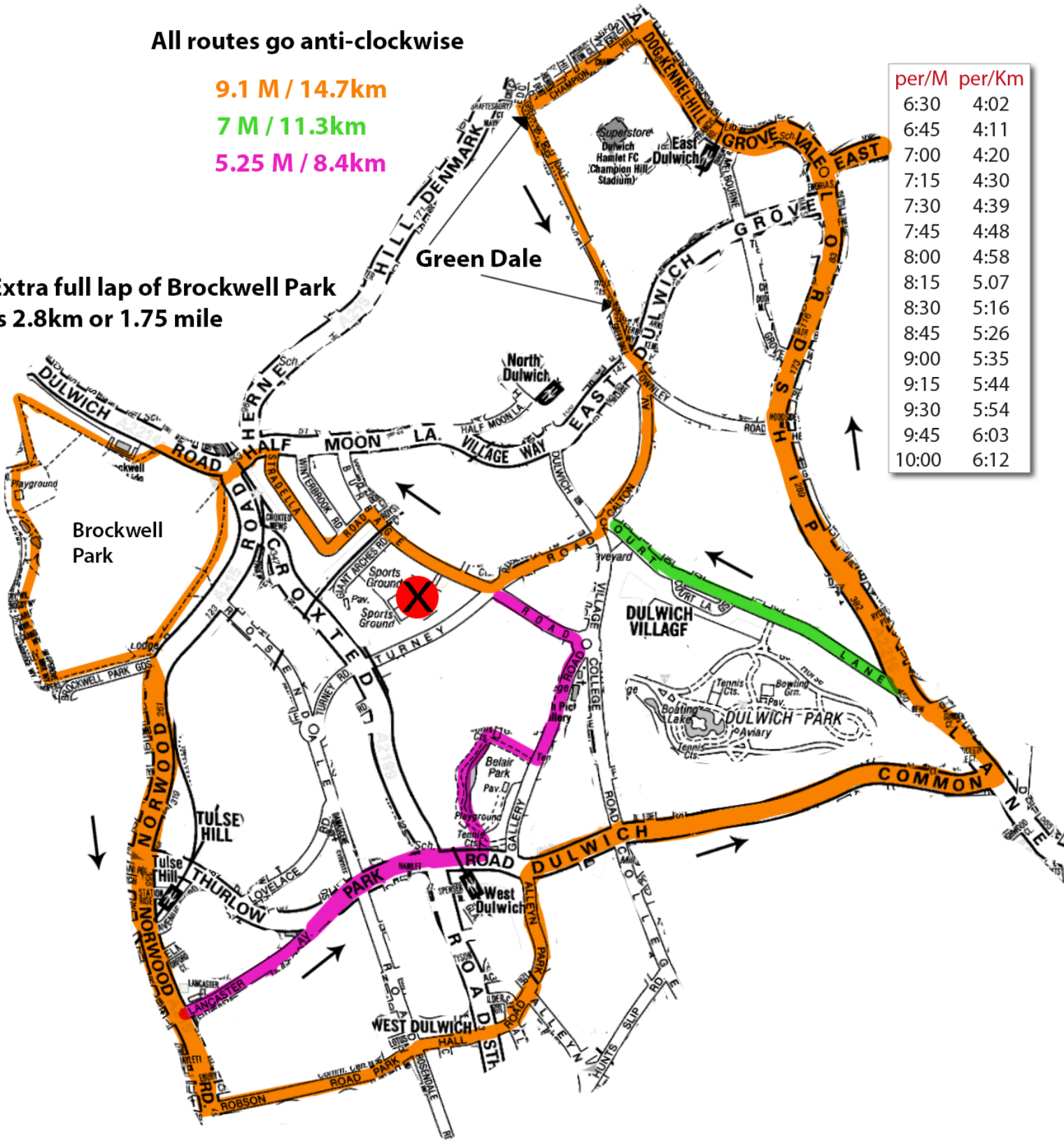
9.1 M / 14.7km

7 M / 11.3km

5.25 M / 8.4km

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

Extra full lap of Brockwell Park is 2.8km or 1.75 mile



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