

SHORTS



Dulwich Runners AC
Weekly Newsletter
April 7th 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

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College.

NOTE: NO club run April 21st, its the AGM
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
- 10 Dorney Marathon and more -real races !
- 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

Wednesday 14th April – outside bar

From 14th April, there will be an outside bar at the club house for us to enjoy a drink post run.

Wednesday 14th April – Adidas shoe trial details page 5

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 recieved.

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 Crooke 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.

Wednesday 14th April – Adidas shoe trial

Emma, the Adidas representative, will come along and we will be able to wear a pair of Adidas shoes for the Wednesday evening run to try out. (Unfortunately, you have to give them back afterwards.) There is a choice of shoe, details below.

Please note, due to covid, trial shoes will only be available to those who prebook via this link:

[Shoe selection form](#)

She will bring the shoes in named bags for contactless pickup and on return they will be dropped into a basket. If you have ordered shoes, please arrive by 6.45pm to help ensure the run starts on time.

Solar Boost 3

The solar range represents our most technical running shoes, with Solar Boost 3 being the pinnacle of tech running. Suitable for all distances this shoe is a perfect

crossover between neutral and support thanks to the control rail that fits 360 round the shoe. Full boost midsole and a brand new LEP (linear energy push) system means great cushioning and excellent energy return.

Weight: 318g (UK 8.5)
Midsole Drop: 10mm

Ultraboost 21

The latest iteration of our well known Ultraboost range does not disappoint. With 6% more boost, this version is the most cushioned and responsive yet. UB21 also features the LEP system which provides more forefoot stiffness for toe off and support during the heel to toe gait cycle. A neutral shoe for long distance and daily miles.

Weight: 340g (UK 8.5)
Midsole Drop: 10mm

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

We had an impressive 44 runners for the first evening session of the spring/summer at Dulwich College on 30 March on a perfect warm spring evening, followed by a similar number on a freezing cold evening yesterday.

Most seemed to have enjoyed the sessions, and we have received positive feedback. There is clearly pent up demand for group training; not surprising after training at best in pairs during the long winter months. An updated list of groups allocated to time slots is published below. Anyone else wanting to join these sessions should contact Mike Mann

mcmann90@yahoo.co.uk

Groups of up to 12 allowed under current EA guidance in a Covid secure environment

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

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
Matt Cooke

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

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

7pm Groups

1 Tom South/

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 Lillee
Lloyd Collier
Justin Siderfin
Austin Laylee
Ellie Balfe
Hugh French
Polly Warrack
Olivier Montford
Dave Benyon
Thomas Ayre

3 Katie Styles/

Cameron Timmis
Catherine Buglass
Naomi Crowther
Miles Gawthorp
Steph Lundon
Emma Kelly
James Rimmer
Ryan Duncanson
Vicky Jessett
Andrea Ceccolini

4 Andy Murray

Joe Brady
Mike Mann
Joanna Shelton
Dougie Keighley
Jenny Bomers
Barry Graham
Neville Webb

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
---	----------------	-----	---	-------

Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
---	----------------	-----	---	-------

Race Reports & Results

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.

Dorney Lake Marathon April 3 2021 - #projectcharlielound

Tom South

A group of us had signed up for the Richmond marathon which was due to be held on the previous weekend the day after the Olympic trials, but when that got postponed, to save wasting 8 weeks training we all entered the Dorney Lake marathon which had a good chance of happening when the rules changed as it was taking place on private land involving 4 laps of the rowing lake that was built for the 2012 Olympic games.

At the start of the training block last December my initial target was to train for a sub 2:40 marathon with Alex Loftus, Ben Smith and James Brown aiming for sub 3 hours for the first time, with Shane Donlan joining the training group later with the aim of getting sub 3 as well. With the training plan going well and some good time trials banked I revised my target to aim for a 2:38 to get inside the new championship qualifying time for the London Marathon. Then a chance look through the club records, I noticed that Charlie Lound's V45 club record for the marathon (2:37:31) was in my range and #projectcharlielound went into action.

With their training going well James, Ben and Alex revised

their target times from the low 2:50s to the mid 2:50's and be well inside the London Marathon Good for Age times. Two weeks out I felt comfortable to predict a run of between 2:36 to 2:38. With Chris Thompsons brilliant run at the Olympic trials it confirmed my plan on how to attack the Dorney Lake Marathon, of firstly running my own race and then aim for a negative split (the negative split approach worked well for me at London Marathon 2019).

The other guys had decided to go with similar plans of heading out at a sensible pace and aiming for a negative split and to feel strong in the last 6 miles.

Race day arrived with near perfect conditions, a light northerly wind blowing across the lake which meant minimal head wind. Access to the registration area was strictly controlled with only runners allowed into the Dorney Lake complex. With race numbers picked up we had been allocated groups of 6 who had put similar times down on their entries.



Ben Smith, Tom South, Alex Loftus, James Brown, (Alex Winchester, hopefully joining DRs), Shane Dolan

The course was 4 laps of the lake passing the start finish area 8 times. Main advantage of this with no spectators and the out and back nature of the loops was that we would be able to offer words of encouragement to our club mates, with each section of the course separated by a grass verge.

As for the race itself, as always, the first few miles feel easy after the taper. For the first few miles, I was on pace running in a small group of five, but four miles in two of them went flying off and the other two started easing off so found myself in no mans land running by myself. I knew it was important to stick to my race plan and run my own race so let the two faster guys go away as it was to early to go at such a pace, and not get comfortable running at a slower pace than I wanted to run. From some of the longer training runs at marathon pace by myself, I felt comfortable in myself to run it solo.

Using the mile markers to check my pace I was feeling strong at halfway and felt comfortable to increase the pace slightly. It was encouraging from what I saw of the others, they were all looking strong and comfortable at this stage when we were passing in opposite directions.

The advantage of a 4-lap course is that I knew the terrain for the last 6 and a bit miles where the hard works starts. (Think of the cliches, a marathon is a 20 mile long run with a 10km race at the end, the halfway point of a marathon is at 20 miles). Again I was in a position to slightly increase the pace again. Then with three miles to go I started to pick off a few other runners who had gone off too fast and were starting to flag (including the two who had started off with me and had gone flying off).

One last look at the watch at mile 24 I knew I was on to be well inside Charlie's club record and the focus was to maintain my speed and get to the finish. It was pleasing to see that Alex, Ben and James were well on target for their times as well.

And then with less than a mile to go my legs were gone and the mental battle of keeping going started and the finish couldn't come quickly enough. At this stage I didn't even dare look at my watch. As I crossed the line, my legs almost

went and took me a minute or so to get over the pain before looking at my watch to see I had done it knowing I had left everything out on the course, with nothing else to give.

After getting a top on and getting some fuel on board I was able to make it back out along the course to be 300 metres from the finish line to offer my encouragement. Ben Smith led them in followed by James Brown and then Alec Loftus who all looked strong and to be well inside their target times and to smash their PBS. Unfortunately, Shane had faded a bit and got hampered by a toilet stop and finished slightly outside his 3 hour target time.

After congratulating each other with fist bumps and comparing times a team photo was taken while sharing our experiences and awaiting official confirmation of our official times. It is good to report everyone absolutely destroyed their PBS and were well inside their target times and rewarded for all their hard work in training

It was bizarre not heading to the pub to celebrate after a marathon and to be back home so quickly afterwards. The Dorney Lake marathon was extremely well organised and if weather conditions are right is a fast course. Its strange after doing a big city marathon not to have crowd support, but the course marshalls were well placed to offer encouragement .

Also I would like to thank people who have done some of the sessions with me as they have been a great help such as Andy Bond (despite him saving himself for the last 200m of every session to go flying past me) on a Tuesday as well as for some of the time trials, as well as Andy Inglis, and the other guys from the Intro running group. Charlie Lound for getting me motivated to have a crack at his club record #projectcharlielound, and the guys from the Sunday morning 9am group.

The Results

18	Thomas South	5M40	2:36:20	Club MV45 record	Previous PB 2:48:18 London 2019
75	Ben Smith		2:49:34		Previous PB 3:00:23 Amsterdam 2019
87	James Brown	30M40	2:52:07		Official Marathon debut, ran Virtual London Marathon Oct 2020 in 3:06:00 approx
103	Alex Loftus	37M40	2:53:55		Previous PB 3:06:46 from Valencia 2020
162	Shane Donlon		3:02:01		PB Marathon debut according to Power Of 10

Dorney Lake Marathon, 3rd April

James Brown

In spite of the panic leading up to the race, that I'd peaked too early, that I'd tapered too much/not enough, that the minor cold I'd had the week before was going to ruin everything, I actually felt relatively calm immediately before the race. It was quite cold, about 5C or 6C, with a gentle breeze up to about 10mph, but mostly coming across the course so not a problem.

The race was very well organised. We were put in (social distanced) pens leading up to the start. Dorney lake was, well, a bit on the bleak side, but it had a kind of brutal efficiency about it. The course was super flat, good paths, and only had one bad 180-degree turn, and four laps in a sort of elongated horseshoe shape.

Official start was 09:00, and I was over the line 3 or so minutes later. My race plan was to be really cautious for the first 5k or so. I've read so many stories about people going off too quick, I didn't want this to be me. It was my first proper marathon (not counting the virtual I did last autumn), I had to resist being caught up in all the excitement. My main goal was to get the sub-three, so I was aiming for an overall pace to get me across the line in 2:55 (to allow for GPS inaccuracies etc). I was going to slowly build up speed till about 32k, and then if I had anything left, to put my foot down in the last 10k or so.

I found the first 5k psychologically difficult - was that a stone in my shoe, are my laces tied up OK, how was my stomach, is that my hamstring tightening up? I just told myself - settle down, get into a groove. I was laser focussed on my pace. Ignore everyone else around me and just stick to my race plan. At 10k-20k I started gradually picking up the pace, and also started passing people quite regularly. Forgive me for saying it, but this is a real psychological boost. I think in the whole race, perhaps only 3 or 4 people got past me, and I must have overtaken over a hundred. This is a big benefit of doing negative splits, especially when a lot of the other competitors are doing the opposite!

I settled down and really began to enjoy the race. Niggles seemed to dissolve away, and I guess the endorphins began to do their job. At around 25k I fell in next to another chap and we matched pace, for about 10k, at around 4:05/k, and we exchanged words of encouragement. As I transitioned to that 32k point it was time to get down to business. I am not going to sugar coat it, the last 5 miles or so (8k) was tough. By this point I'd upped to about 4 min/kms. I got into a mindset of just ticking off the kms one by one, breaking it down, as that was the only way I could keep moving. A few times I thought to myself - "why are you doing this to yourself"? But I just visualised going over the line and getting that sub-3 that I'd worked so hard for. I got to about 37k, and I knew at that point I had done it (assuming I didn't trip over or anything!).

The finish was only a parkrun away, so I kicked it up another (small) notch to around 03:50-55/km. The last few kms were about as tough as any physical challenge I have ever had. My brain had more or less shut down and I was just focusing on pace and getting to the finish line. I was spent and had left nothing on the course. As I got close to the finish line Tom shouted out some final encouragement and then the job was done.

After a few moments of feeling, quite frankly, overwhelmed, I met up with Ben and Tom who had finished ahead of me, got myself together, and went back to the finish to cheer on Alex and Shane. We had all exceeded the times we were after, and there were smiles all round. I was so happy for them as we had all trained so hard over the winter.

Two days after the event, any final thoughts? Perhaps a bit too slow at the start? First 5k split could have been a bit faster. Based on my half TT a few weeks earlier (01:20:30), perhaps I could have squeezed another minute or two faster overall? Maybe not. However, I have no regrets. It was my first proper marathon event, and I wanted to get my sub-3, and therefore did not want to risk going out too aggressively and blowing up. Running has definitely been a huge positive for me during the difficult times we've had over the last year, so a big thank you to the running community and especially my fellow club mates at Dulwich Runners, who it has been a pleasure to learn from and train with. Finally, thanks to Tom South for providing so much support and advice.

Splits

Time: 02:52:07

Position: 87 (598)

5k Splits (based on Strava)

5k: 20:39, 10k: 20:30, 15k: 20:18, 20k: 20:16, 25k: 20:18, 30k: 20:16, 35k: 20:08, 40k: 19:55, 42.44k: 09:32

Dorney Lake Marathon

3rd April

Ben Smith

As I drove into Dorney lake early Saturday morning I had one thing on my mind, and it wasn't the fact that I seemed to have misjudged the drive and was the only person there two hours before the scheduled start...

My last marathon (Amsterdam in 2019) had seen me miss out on a first sub-3 by 23 seconds, after succumbing to agonising cramps over the last 10k. My training had gone really well in amongst everything since then, but a couple of injuries, including a recent calf issue, had me convinced it wouldn't be too long before the same happened again.

It turns out my lockdown diet of endless mind-numbing laps of Dulwich park had prepared me well for the monotony of the Dorney course and I settled into a steady consistent pace, running through half in around 1:25:30. My legs seemed happy enough, although my mind reminded me that I was running on borrowed time and that the dreaded cramps would soon strike. I caught

glimpses of my fellow Dulwich runners spread out at various points on the course, all running well, and wondered what they'd say when they passed me writhing in agony by the side of the road in a few minutes time.

As the miles ticked by I became more and more convinced that the end was nigh, and by the time I passed 20 miles I figured it would surely just be a matter of time before I was hobbling back along the length of the lake, dragging a lame leg behind me while being slow-clapped by the spectating ducks. But, while my mind was consumed with fatalism, a strange thing seemed to be happening - I was picking up speed. When the 25 mile marker came into view I was still planning on my legs failing me at any minute, but seemed now to be running at six minute mile pace. I toyed with slowing down, but didn't see the point given I was surely going to have to stop soon - why delay the inevitable? I attempted to distract myself by marking a runner up ahead to overtake and soon cruised past him,

now strangely running faster than my 5k pace, but fully expecting him to shortly return the favour. Before he'd had the chance however, I realised that I was approaching the finish line - quick I thought, maybe if I just go for in the last few metres my legs won't notice until it's too late?

Sitting on the grass nursing a cramping foot a few minutes later I couldn't believe I'd finished. Even more unbelievable was having somehow gone under 2:50 too. The faces of my fellow Dulwich runners betrayed similar feelings of elation mixed with disbelief - significant PBs all round, and most seemed to have sped up in the second half too.

While the rules had meant we couldn't actually run together on the day, the hard training we'd done together as a group over the winter months, guided by Tom, had got us all to the start line in great shape, and now the dust has settled somewhat I think this bleak, windy and socially-distant marathon wasn't really just a tale of battling inner demons, but rather one of teamwork. A huge thank you to everyone in our training group, and the many other members of the club who've offered encouragement and support over these past months

75 Ben Smith

2:49:34

Comeback 5000

Hugh French

On Wednesday I stepped off the track at Battersea Park having just achieved a lifetime goal; I was top of the UK rankings for 5,000m for my age group. The fact that I had competed in the first race of the year was neither here nor there. (I enjoyed my status for about 25 minutes before my time was beaten by someone in the subsequent race).

The meet was billed as the "Comeback 5000" and was expertly organised by Belgrave and Herne Hill Harriers. As might be expected there were strict Covid protocols. We warmed up outside the stadium and were ushered in

for our race and then out again when it had finished. This didn't take away from the great atmosphere and the obvious excitement to be racing again after so long.

In my own race I stuck to the plan that Steve Smythe had given me – an even paced run of 96 second laps or just below. I initially tucked in behind a Croydon Striders runner, however when he started slowing I went past him and ran the final 6 laps on my own.

I managed to hold it together and finished in 19.50.16. I may have lost about half my work in the last year due to the Pandemic – however this result was some compensation for the extra spare time on my hands. My next target is beating my personal best over 10k.

Hugh French 19:50:16

Dorney Lake Marathon

Alex Loftus

In what must have been one of the last major marathons to take place before lockdowns hit most of Europe, I ran the Seville Marathon in February 2020 and hit the wall pretty impressively. My marathon times had come down incrementally each year since running the Manchester in 2017 (3:10:56) and, rather naively, I'd hoped to break 3 hours in Spain but lost it in the last mile and a half, finishing bent over and dizzy, helped by our two children, in 3:06:46.

After Seville, the blur of the next few months of lockdown, home school and online lecturing gradually emerged into a structure: as for many others, running proved to be one of the most joyful escapes from the stresses of the pandemic. Early Summer speed sessions with the kids at Dulwich College track were a highlight to the week, followed, later in the year, by long runs with other Dulwich Runners on Sundays and track sessions on Tuesdays.

At the beginning of October, Tom mentioned the possibility of the Richmond Marathon and only a month or so later sent the first of what was

to become an extended training plan. These updates – along with Sunday long runs in pairs – provided some further structure to the third lockdown, even when the “Richmond Marathon Training plan” was to become the “Dorney Lake Marathon Training plan” in February with the postponement of the former. A practise half marathon in Dulwich Park (1:22:22, according to Garmin) and one or two higher tempo long runs convinced me that sub-3 hours might actually be possible this time around although the blow up in Seville still weighed heavily.

When the race got under way, only 5 days after the latest easing of restrictions, there was something meditative about the long straights of Dorney Lake under the steely grey skies: “embrace the bleakness”, Ben encouraged. And it was great to see Tom, Ben, Alex, James and Shane at various stages of the race, even if a brief thumbs up was about all I had energy for. In the first few miles I found myself settling into a slightly faster pace than intended – too fast, I suspected – but a small group carried me along from Miles 10-20 (with James also joining briefly, before speeding on) and the middle of the race slipped by unnoticed.

When the 20-mile run became a 10k race, as the saying goes, the group

had thinned to about three, all of whom seemed to take the idea of a final 10k race quite literally, so I focused instead on trying to keep the pace and not falling apart completely. Although the last mile or two was a bit of a blur, they didn't hurt in the way that other marathons had, and I found myself crossing the line – joining the other faster DRs – in a time I can still scarcely believe.

“Although the last mile or two was a bit of a blur”

Training for (Richmond then) Dorney – along with the last year in general – has taught me many things. I've learnt to appreciate both the sociality and the solitude of running, the structure and the freedoms. Being part of the

club has been a real joy: looping around the park I always know I'll bump into someone before long. And I realise – paradoxically – I was gifted with the chance to follow a marathon plan more closely than ever, to keep the training consistent – I've barely stopped since March – and to do so with a wonderful group of talented runners.

Thanks especially to Tom, and to all the others in the club I've been lucky enough to run with over the last year.

Alex Loftus 2:53:55

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
ros.tabor49@gmail.com



Bufs-snoods - only £6
An ideal face covering !

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15

**! Available now !
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Summer Map B

All routes go anti-clockwise

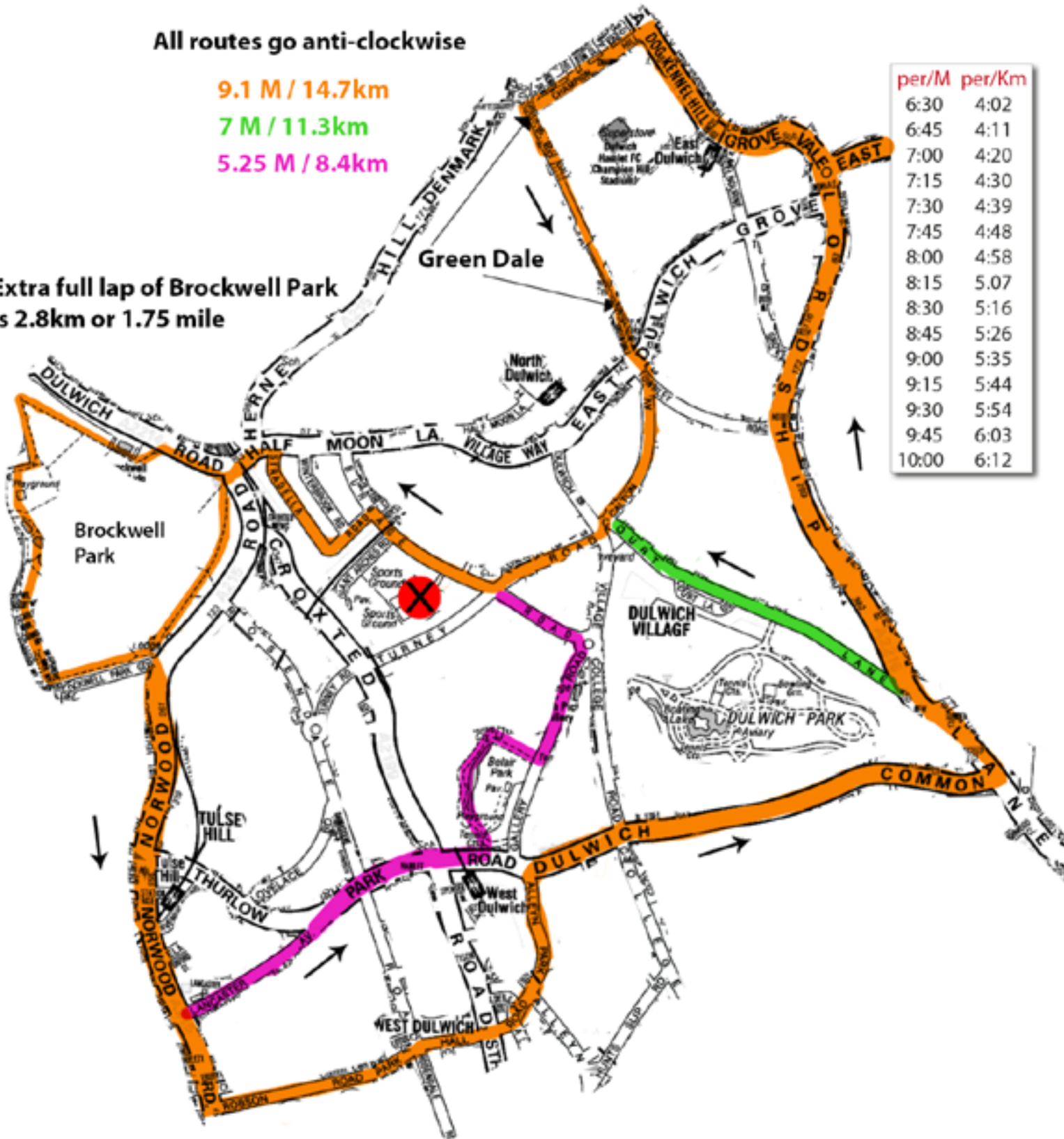
9.1 M / 14.7km

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>