



SHORTS

Dulwich Runners AC

Weekly Newsletter

April 8th 2020

www.dulwichrunners.org.uk

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

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

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In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races...
- 3 Fixture list (reference only !)
- 3 Training & Misc.
- 7 Race reports, results etc
- 11 Club champs so far !
- 17 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
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 DRVirtual 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

Virtual Green Belt Relay

Saturday 11th and Sunday 12th April

It's based on the actual event in that it's 11 in a team and each runner runs both days.

Route - you run from your house to the next person's.

If you want to take part, contact Andrea with your postcode and how long you want to run on both days in time.

Andrea - 07814 439279 andrea.pickup@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 accordingly.**

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	Club Champs
	18	Richmond Summer Riverside 10km		long	Richmond	
tbc		SOAR Mile late July/early August tbc		short	t.b.c	Assembly League
Aug	6	Assembly League			Victoria Park	
Sep	3	Assembly League			Beckenham Place Park	
	13	Second Sunday of Month 5M trail		short	Wimbledon Common	
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: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: 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 Second Sunday 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	

Suggested training in coming weeks

Here's my training suggestion for the next few weeks for prospective marathon runners - Steve Smythe

Training thoughts by Steve Smythe

Sadly - our best ever men's team for any relay (and a strong women's team too), fell through with the cancellation of the Area relays and effectively all events in the foreseeable future, though no doubt even if we had a good team someone would have gone to Sutton Park instead of Milton Keynes or got the wrong train.

Frustrating for all those in their best ever marathon shape that the target has now been removed though normality will hopefully eventually return to life and running.

Many big running events did take place last weekend (and nearly all parkruns) and chaos did not ensue but some organisers got abused for putting on events. It has all changed now this week with the shutdown.

Some have questioned why running races have stopped when schools stay open (for now) and shops are fully operative, public transport is running almost at full capacity (for now) and when casualties at the moment are not much worse than normal flu illnesses (for now).

It is no doubt going to get much worse (and how do we know that these sort of viruses won't now happen every year?) but hopefully some on social media will self isolate themselves from making further comment as normal life comes to an end and various businesses (even with government funding) bite the dust and people face financial worries as some jobs cease to be.

As at 8pm Tuesday night British parkruns are still going ahead. I find it hard to believe they will continue much longer and not sure how the 2 metre social distancing works but medical opinion earlier suggested that it was in the interests of a greater majority to continue as normal and for people to exercise and stay fit if they are healthy. Those who said that younger runners should not run parkruns because there are vulnerable 70 year-olds who might want to do them will think of the logic behind that. Certainly if you have elderly parents or friends you regularly come into contact with, you should not do them and if you are over 70, you may feel it's not worth the risk of attending.

Probably same with training hard.

In terms of marathon training, I do not see the logic of continuing to thrash the body with very long runs when there are no upcoming marathons and doing the long runs weakens the immune system and apart from making you more prevalent to illnesses, will also lead to injury if you continue months at an end doing long hard runs.

I think it is a good idea though to focus on shorter intense training (the longer winter runs won't go to waste if you do enough to retain some endurance and speed endurance) and that doesn't mean let the training wane to 4 x 100m reps. If you train slightly less now and gain some speed then it might enable you to train harder later in the year if you do have longer races to target.

Here is my suggestion for the next month - those over 70 may wish to just run around the front room. (Tony just because you look 70 does not mean this counts for you)

MARCH/APRIL SCHEDULE

This is my suggested training for March/April

APRIL	
Wed 8	60 minutes at 30 seconds a mile slower than marathon pace
Thu 9	5 mins at slower than mar. pace, 4 mins at mar. pace, 3 mins at 1/2M pace, 2 mins at 10km pace, 1 min at 5km pace, 30 secs as hard as possible and repeat twice more
Fri 10	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 11	5k blast or hill reps
Sun 12	13 miles slow at any pace you want

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

- 5 x 1000m with 1 minute recovery - aim for slightly quicker than 5km pace
- 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.
- 20 minutes of 5k pace for 1 minute followed by 60 seconds at HM pace - ie 10 faster sections
- 20 x 200 at slightly faster than 5km goal pace with 100m slow jog between efforts
- 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

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.

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

Sports & Therapeutic Massage

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- 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
www.hernehillsportsmassage.co.uk

Self-isolation running

Steve Smythe , Athletics Weekly
Mar 24, 2020|

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 made up 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.

7. 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.

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

As there are likely to be no races in the next few weeks/months 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.

Parkruns and How They Compare

Tom South

With no parkruns for a while I thought I would look at the ones and write something about each course I have run at.

While I am a relative newcomer to doing parkruns, completing my first one at my home course at Dulwich on the 1st January 2018 and having completed 41 in total I am a relative novice by comparison with so some of my fellow Dulwich Runners. There are some like the legendry Bob Bell who has done over 250, or other members who undertaken the alphabet challenge (Lloyd Collier), or tick off various parkruns as a 'tourist', along with other such challenges. In just over 2 years I have managed to do 10 different courses with Dulwich being predominant as it's local to where I live. Technically Brockwell is closer, and Peckham Rye and Burgess Park are a similar distance to Dulwich Park, I have never run there as part of a parkrun yet.

On my reflections on each course I won't compare times as every course is different but when deciding to do a new course, usually related around a break away from London, work related etc, I always checked out if any other Dulwich Runner had completed the course so I could get an idea of the pace of the course, how far afield have Dulwich Runners gone to compete, and see who was the fastest male and female from the club to have run there.. Another thing I was interested to look at in my review is how many times the club had been 'represented' at each parkrun, which male and female had done the same course and the quality of the local coffee

When looking at the stats I used each Parkrun homepage to get the information, so apologies if I have made any mistakes in terms of fastest times.

So here running down in no particular order: -

Dulwich

I have a love hate relationship running around Dulwich Park. Three laps is about the maximum amount of laps I can do before I start to find it tedious. It's well

known that people can set some fast times running around here and the winning times often feature in fastrunning.com's weekly article "The fastest 10 parkrun times

in the UK". This three lapper has a slight downhill in the first half of each lap with a slight climb in the second half back towards the start finish area. This uphill climb is really noticeable in the 4th km

I have completed the parkrun here 22 time, with Dulwich Runners showing up in the results 4,217 times. Not surprising this is such a high figure as it's our home course and we have used it a couple of times for club championships

According to the results sections the fastest Dulwich Runners performances here are as follows:

Male: Ed Chuck 15:25

Female: Elkie Mace 18:06

Best place for Coffee? Gails in the Village, they also do killer cheese and Chive Scones.

Crane

This course in SW London (Twickenham), is local to my work and I tend to run here when I have to do some Saturday work, with it being a gentle couple of miles to run to the start line. This is a very nice one and half lap course, with the start and finish in different places. The kind volunteers do carry your bag from the start area to the finish area if needed.

This is a lovely, but if not particularly fast course with the River Crane dissecting the park and course into two. The course is made up of fairly narrow paths with a mixture of gravel and tarmac and is well shaded. Due to the shortage of laps and relatively low numbers of people running, overtaking is not an issue.

My second highest number of completed number parkruns is here, with 9 in total with Dulwich Runners appearing in the results 22 times.

Fastest Man: Andy Bond, 16:31

Fastest Female: Ros Tabor, 22:42

Best Place For Coffee: Pass, always head back to the office and use the work coffee machine. Sorry.

Beckenham Place

For those of us who have done the Beckenham relays, cross country and assembly league around various parts of Beckenham Place Park will know how undulating the park is. Plus having the dreaded finishing hill up to the mansion. It's a shock to find this two lapper is as flat as a pancake.

Starting in the park near Ravensbourne station, this course is run mostly on grass with a stretch on cinders path. Careful shoe selection is therefore required depending on recent weather. As a two lapper there is plenty of space, and little if no lapping. I have run here three times and it's a very friendly low key event, and of course has been used a couple of times for our club championships so the club feature 446 times in the results with several members living nearby, helping to boost these numbers. In one of the club champs, Belinda Cotterill even led the field for almost 800m as she was towed along by her dog Milo.

Fastest Man: Tim Bowen, 16:11

Fastest Woman: Clare Elms – 18:02 (not down as a DR though).

Selma Benattia – 19:26

Best Place for Coffee: As a cool down you can run to the Mansion for a coffee and enjoy the views.

Ashton Court

This is probably my favourite location for a parkrun that I have done. Based in the grounds of Ashton Court Mansion, a couple of miles from the city centre which are ideal for a warm up. The views from the grounds give you a stunning panorama of the Avon valley and it's hard to believe you are near a major city.

The course though is a tough one but one guaranteed to give you a negative split. It's an out and back course with a mixture of tarmac and gravel paths. For the first half of the course you are running up a steady hill, with a couple of steep climbs, until you reach the turning point. From here it's all downhill. When I ran here the second half was two minutes faster than the first half. I have run here once, with Dulwich Runners showing up 12 times in the results.

Fastest Man: Tom South, 18:00

Fastest Woman: Belinda Cotterill, 22:19

There is a coffee shop on site but I ran back to the City Centre for mine as I was on a stag weekend.

Preston (Brighton)

Preston parkrun is better known by many runners for being one of the starting points of the Brighton Marathon and not far from the city centre. Considering how hilly Brighton is, this course is a relatively flat course with it being two and a half laps, with 3 short climbs to negotiate as well as a hairpin bend on each lap.

As there are several passing points you are able to keep track of friends who are also running here.

It is easy to go off to fast here, as there is a nice decent within 100 metres of the start. In fact when I ran, someone when off flying taking advantage of the fast decent, to only to fade badly after about 2km, when the short climbs started to sap their energy. Dulwich Runners appear 11 times in the results, and I will be likely to be doing some more, as its very close to my girlfriends house.

Fastest Man – Tom South, 17:20
Fastest Woman: Laura Long, 20:58

There is a very nice café right by the finish which does a fine coffee though does get very busy as it seems everyone heads straight to it after finishing.

Princes

This park is two miles from Albert Docks and the centre of Liverpool. I did this parkrun when I was up for a weekend trip with some of my non running friends and also a chance to catch up with former member Mel Edwards who had moved to Liverpool to study at university.

There are a three parkruns to choose from (if you include Birkenhead), but Princes Park is a two mile run from the Albert Docks/ City centre in Toxteth so provided a nice warm up run. If you are ever up to watch the cross country that happens in Liverpool, Princes Park, its next door to the venue, Sefton Park. I had checked out a route to the park, along with the location of the start but made the schoolboy error of not checking out what the actual parkrun course would be.

It's one small lap and two large laps to complete the course, around a very pleasant park, with friendly volunteers. This is potentially a course to get a decent time on due to some gentle descents and some easy climbs as long as you are confident on where you are going, though Mel did tell me beforehand. There is some lapping which overall is not an issue as the tarmac paths are very wide, except for a narrow path passed a lake which you pass three times, though overtaking here is only an issue on the third lap but you can run on the grass verge which has a slight camber. Dulwich Runners appear 12 times, in the results here, with Mel taking the lions share of responsibility here.

Fastest Man: Tom South, 17:49

Fastest Woman: Mel Edwards, 18:42

There are some very nice independent coffee shops which you can go to between Princes Park or Sefton Park, or head back towards Liverpool city centre.

Crystal Palace

This parkrun will be well known to many of us at the club, being on our doorstep, and with numerous people involved with the running of the event from the club (Barry Graham, Tom Wilson, Bob Bell, and others I am sure).

One thing you can guarantee with the parkrun here is there will be a few hills chucked in to provide a testing run. To compare times here is difficult, depending on time of year and works going on in the park, they have used several different courses. Generally in the winter there is a two lap course and a one lapper in the summer, I will probably be corrected by someone. The start/ finish place is always by the café though.

On my one visit to do the parkrun here, it was the one lap summer course. This has a tough first 2km, as you climb up from the café towards the upper terrace running past the rusty laptop. Once on the upper terrace you transfer from a tarmac path to gravel for around 1km, before returning to tarmac and downhill back to the finish. One to pace sensibly so you can get the benefit of the downhill sections. Overall Dulwich Runners feature 2999 times in the results.

Fastest Man: Andy Bond, 16:37
Fastest Woman: Elkie Mace, 17:39

There is a certain café that Barry Graham would recommend that does a decent breakfast by all accounts

Lloyd Park

The home of everyone's favourite cross country course, its Lloyd Park. A challenging cross-country style course, it takes in the infamous hill of pain, and is all on grass, apart from a recently installed tarmac path for approximately 150 metres each lap. Times here will vary from the time of year, and underfoot conditions. It is generally not known as a fast course.

As a club, we used it as the first race in the clubs 1919/20 cross country championships series, boosting the overall amount of Dulwich Runners in the finishing results, we used it as a mob match against Striders of Croydon at the same time.

This two-lap course, even with firm underfoot conditions is a testing course, with a steep climb in each lap, and choice of footwear critical. When I ran here, I made the mistake of wearing very short spikes, which put me at a disadvantage running

alongside long grass alongside the tarmac. Again pacing is critical on this course, as the hill will certainly sap your energy, especially in muddy conditions. If you want to get the feel for trail running or cross country, this is a course for you.

The club appears 166 times in the results.

Fastest Man: Ed Chuck, 16:56
Fastest Female: Alexis Shaw, 20:21

Coffee at the Boxpark by East Croydon station a mile cool down run from the Lloyd Park.

Fulham Palace

This must rank as one of the nicest parkrun locations in London taking place on the banks of the River Thames and is flat as pancake. Its also the regular parkrun haunt of two long term club members Lindsey Annabel and Barry John Nicholl. In fact, the day I ran here, Lindsey had volunteered to be the tail walker.

This is a three lap course, and has the potential to be a quick course depending on the numbers who turn up. Speaking with Lindsey it has become too popular and the paths are quite narrow and this has caused some issues with other park users.

I ran here by mistake due to a mix up over a cross country entry, it was showing the normal January increase of numbers so by the tail end of the second lap we ran into the tail end of the runners and moving at speed had to be exercised with caution due to the narrow paths. Despite this it's an enjoyable event to do.

Dulwichs runner appear 133 times in the results, with the aforementioned Barry and Lindsey making up the bulk of those appearances.

Fastest Man: Tom South, 17:04
Fastest Female: Ali Campbell, 19.22

For coffee there is a café in the park or run across the bridge into Putney.

Oak Hill Parkrun

Oak Hill Park is in North London, not too far from Southgate underground station. I ventured up here a couple of weeks after the London Marathon las year as a post marathon recovery run to get some speed back in my legs and before heading to a christening in Barnet. Also it would be a family battle as I would be racing one of my cousins, who lives in London.

It's a two and three quarter lap course all on tarmac, with some narrow paths and a couple of harpin turns. By the second lap you have to be wary of the tail enders as you overtake. As with some of the other parkrun courses, it could be a potentially faster course than it is due to congestion.

VIRTUAL 5K CHALLENGE WEEK 2

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

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

A higher turnout this week with some also using their times in the National Road Relays.

At the front end their were particularly impressive times from Dan Mann, James Burrows (along a main road) and Gower, all of whom were recording times for the Relays.

The biggest improvements over week 1 times were recorded by David Benyon, Emma Kelly and Gary Sullivan who all improved by more than 2 minutes. Kudos also to Alice Williams who did her 5K in the heat and humidity of Dubai.

Some performances have been added to the week 1 results- *please note that I cannot see your times on the Dulwich Runners Strava page unless your privacy settings allow this to happen.*

Graham Laylee

Dulwich Ladies Go Digital

Eleanor Simmons writes... Regular readers of Shorts will have seen what a supportive team the Dulwich ladies have become during this year's cross country season - regardless of whether you're having a good or a bad race or if you're towards the front or the back of the field - there is always a spirit of encouragement.

As soon as one of the team finishes their own race, they're immediately back on the course to cheer others home. And of course, once we've all pulled off our muddy shoes, out come the home-made treats to share! I'm delighted to report that although we're not currently able to enjoy the buffet of brownies, cakes, flapjacks and protein balls provided by our bakers Madi, Sharon, Lucy, Becca & Ange, we are still very much supporting one another via a newly created WhatsApp group (thanks to Alice, Ola & Ange for setting this up).

Last Thursday we even got to 'train' together for a half an hour as Jane kindly hosted a HIIT workout via Zoom, many of us proudly wearing our Dulwich vests! It was a tough session and with another scheduled for this week, we'll be returning to post-lockdown training stronger than ever. Thank you Jane! If you haven't yet joined the WhatsApp group or are interested in the HIIT session, please contact Ola or Ange dulwichladiescaptain@gmail.com



Coping with the CORONAVIRUS

Clare Elms was asked by European Masters Athletics to describe to what she is doing with her training at the moment

"Having raced nearly 900 races in 13 years the prospect of no races is sad but I feel strangely relaxed without the pressure of them. ... With no races planned for months I am just running to feel, as slowly or as fast as my legs decide. ... Hopefully I will come back stronger more determined, rested and refreshed from the enforced break from years of hard training and races!"

Full article can be read here

<https://european-masters-athletics.org/about-ema/news-overview/1810-covid-19-part-4.html>

Clare Wyngard and parkrun

The latest social media outputs of parkrun have been carrying a piece just recently that Clare Wyngard submitted earlier this year about the part that parkrun has played in helping her recover from open heart surgery.

It already seems to have been noticed one way or another by many in the club but if this isn't the case and you're interested in reading it then follow the link below

<https://blog.parkrun.com/uk/2020/03/31/a-godsend-for-everyone/>

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 £15.



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



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. You 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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



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

*We would like to have a t-shirt to commemorate the club's 1st 40 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.

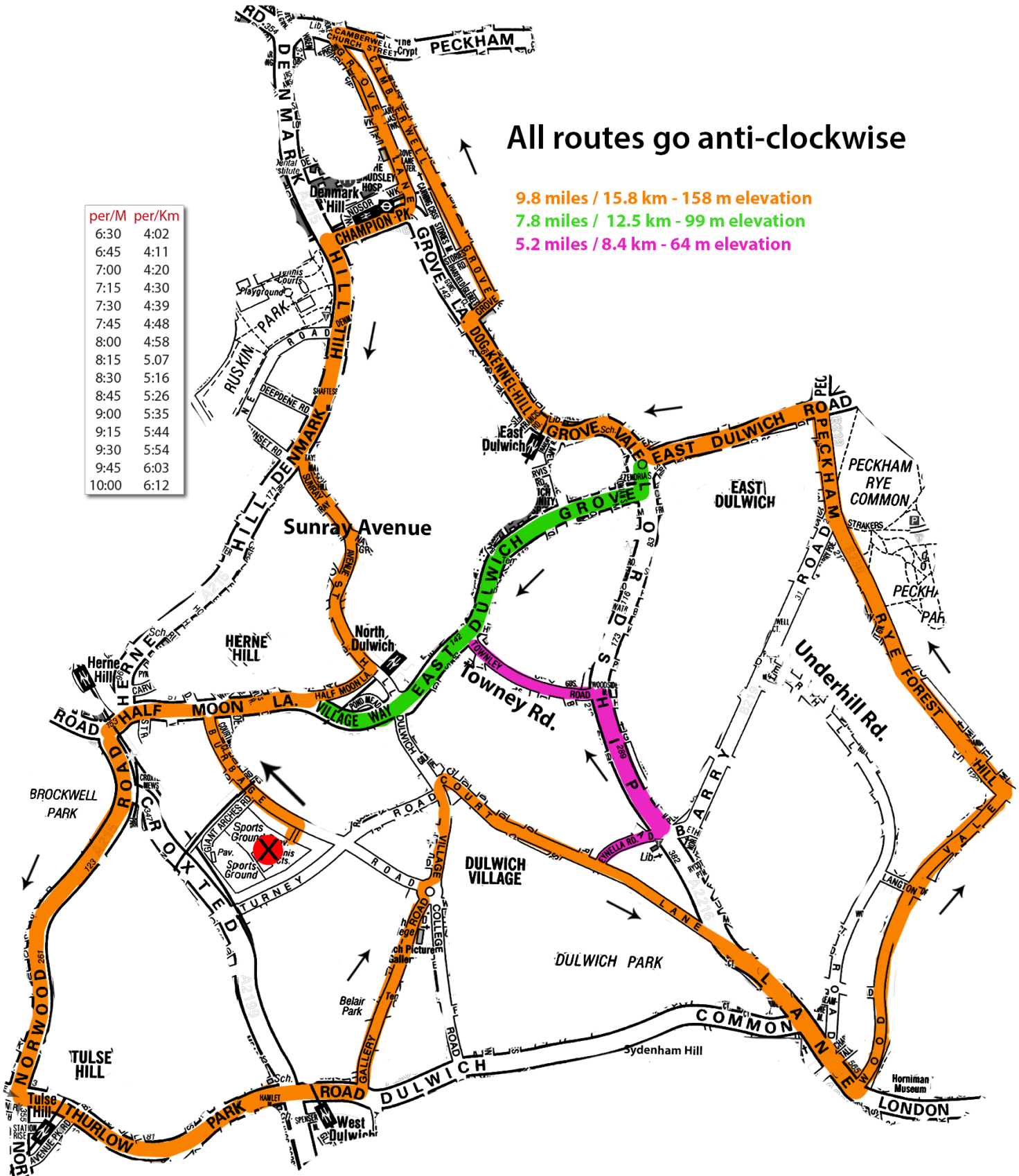
Map is only here for reference, there are no club runs until further notice

Dulwich Runners Winter Map 14

All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation
7.8 miles / 12.5 km - 99 m elevation
5.2 miles / 8.4 km - 64 m elevation

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



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