



SHORTS

Dulwich Runners AC
Weekly Newsletter
August 19th 2020
www.dulwichrunners.org.uk

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

We have now restarted Wednesday night runs and
Tuesday training sessions
SEE PAGE 3

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 Training sessions
- 4 Virtual race reports, results etc
- 6 Dulwich runners on Zoom...
- 7 Club Kit
- 9 The map we would have used tonight !

As you will see some of the regular items have been removed from Shorts as they are not relevant under the current conditions, they will return as and when appropriate. Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Membership fees 2020 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news !

if you have renewed your membership or have joined as a new member then your membership will automatically be extended until 31st March

2022, in light of the restrictions on athletic activities owing to Covid-19.

So that's two year's membership for the price of one for existing members.

It is important for you to note that this only applies to club membership fees and that your individual England Athletics registration fee in 2021 will still need to be paid (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it is not too late to do so.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

The current rules allow us to train and run in groups of six with people from other households, but still maintaining a two-metre gap from those you do not live with.

Therefore we now have small group sessions on Tuesdays and Wednesdays.

Details of these plus training sessions from coach Steve Smythe that are suitable for up to 6 people maintaining a 2m distance can be found in Shorts.

We will continue to monitor the situation taking into account any further changes to the rules and guidance from Government and England Athletics.

Meanwhile stay safe and well, and do keep in touch with each other - either through the Club's Facebook, Strava and WhatsApp groups - or join us for the Wednesday Zoom sessions. Further details are in Shorts.

Ros Tabor - On behalf of Dulwich Runners AC Committee

Risk Assessment:

<https://www.dulwichrunners.org.uk/risk-assessment>

VIRTUAL RUNNING

VIRTUAL CLUB 5K CHALLENGE

We thought it might be a good idea to set up a Virtual Club Championship for those of you who want to have a competitive fix, miss their weekly parkrun or just want to maintain some routine to their running.

The Championship takes the form of a weekly

SOLO 5K time trial taking place from Thursday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

You will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search on the opentrack listings opentrack.run - virtual - competitions
- Dulwich Runners 5k
2. Login or sign up to enter and submit your result. You will need to upload your run from Strava, Garmin Connect or other GPS app
3. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

DULWICH COLLEGE TRACK

With some year groups now returning to school, Dulwich College has now reserved the use of the track to their own students between 4.30 and 6.00pm. Outside these times, it remains available to club members and other users. The field surrounding the track remain open to the general public.

DULWICH RUNNERS 20/21 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

**The fixture lists will return once events can go ahead.
All events listed were either cancelled/postponed or would have been.**

If you require information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Wednesday Night Runs

Small group road runs have restarted.

on Wednesdays In line with guidelines, .

We have several members who have volunteered to lead different pace groups with a max 6 runners per group. Groups will split if more runners arrive.

If anyone would be happy to lead a group in future please let us know.

Groups will meet and start at the clubhouse carpark.

Note - clubhouse is not open, so no changing or toilet facilities etc.

You do not need to let us know in advance if you are coming, but please arrive before the run start time so groups can be organised.

sub 7 min/pm, approx 9 miles - start 7.10 pm
Tom South - thomas_south@hotmail.com

7.30 min/pm, approx 8 - 9 miles - start 7.15 pm
Gower Tan - gower.tan@gmail.com

8 - 9 min/pm, approx 8 miles - start 7.30 pm
Eberhard Prill - ebeprill@yahoo.co.uk

8 - 9 min/pm, largely off road - start 7.30 pm
approx 5-6 miles
Mike Mann - mcmann90@yahoo.co.uk

9+ mpm, approx 5 miles - start 7.30 pm
Andy Murray - acmurray28@gmail.com
NB This group is looking for a new leader from
Wednesday 5th August

Tuesday training

Small group speed training has restarted.

To find out where and when (if you're not already on the mailing list), please email:

Paces based roughly on 5k ability (not set in stone and there might be some overlap)

16:30min or faster
Ed Chuck - chuckedward@googlemail.com

16:30 - 18:59min
Tom South - thomas_south@hotmail.com

19 - 21:59min
Eberhard Prill - ebeprill@yahoo.co.uk

22min or slower
Mike Mann - mcmann90@yahoo.co.uk

Sessions suggestions for coming weeks

My training suggestions - Steve Smythe

Wed Aug 19 70 mins steady a min a mile slower than 5km pace

Thur Aug 20 45 mins at HM pace but pick up to 10km pace for 30 secs every 5 mins

Sat Aug 22 Hills or 5km with slower 1st, 3rd & 5th km but 2nd & 4th at faster than 5km pace ie 4:15, 3:55, 4:15, 3:55, 4:15 for 20 5km runner

Sun Aug 23 95 mins slow and easy = 90 secs a mile slower than 5km pace

Tues Aug 25 1000m, 20x200m short recovery In 2 sets (start every minute or 75 secs), 1000m

Wed Aug 26 50 minutes at 30-45 seconds slower Per mile than 5km pace

Thurs Aug 27 30 minutes out and back run - 16-17 mins out relaxed - 13-14 faster coming back

Sat Aug 29 30 minutes easy With 4 faster hill efforts of at least 30 seconds

Sun Aug 30 Hour hard at 45-60 secs slower per mile than 5km pace

NB: on paces it is best to do sessions off road and go slower than suggested than risk injury on the road. ie good grass is much better than joining the masses in Dulwich Park even if you can't go quite as quick

Race Reports & Results

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

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

Only 4 keen beans as we hit the 3rd week of the August competition...

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		1 Aug		8 Aug		15 Aug		22 Aug		Total pts
		Pts		Pts		Pts		Pts		best 3 runs
Joe Farrington-Douglas	M40			20:50	48	20:48	50			
Gary Sullivan	M60	22:31	46	21:03	47	21:06	49			
Ros Tabor	F60	25:10	45	28:18	44	26:09	48			
Andy Murray	M60	26:51	44	26:32	45	26:28	47			
Shane Donlan	MS	17:10	50	19:43	50					
Kim Hainsworth	FS	19:57	49							
Ed Smyth	M35	21:02	48	20:37	49					
Ebe Prill	M50	21:26	47	21:38	46					

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opentrack.run - virtual - competitions - Dulwich Runners 5k

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your result. You need to upload your run from Strava, Garmin Connect or other GPS app

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Belgrave Harriers Endurance Races - Lockdown Burn Up Meeting

Wednesday 12th August

Tom South

Late on Sunday 9th August Belgrave Harriers announced they had a licence to run some 3000m races at the Millennium track in Battersea Park. This would be 8 seeded 3000m races with a maximum of 6 entrants per field.

A few of us applied to run with initially only Ed Chuck having a confirmed entry on Sunday evening and myself and a few other being placed on the reserve list. I had my place confirmed on Monday lunch time so I was able to re-arrange my training plan for the week, while poor Andy had his place confirmed on Tuesday night only after having done a tough session at Alleyns.

There were strict instructions to follow, you had to pick up your number an hour before your planned race and have your photograph taken. You had to do your warm up in the park and be ready to be called up to a bag drop area 10 minutes before your race. 5 minutes before your race start time you were allowed onto the track to do some strides. The only other people allowed inside the stadium were race officials. Anybody who wanted to watch could watch

from the outside the arena and many people did this with a good view point at the top of the back straight.

First off in race four was Tom South who was targeting a sub 9:30 time. After a slowish first 1000m I went to the front of my field to force the pace. The second km was faster but still just behind a sub 9:30 pace. The last km was recorded on my garmin as a 3:02, for an overall time of 9:27.

In the next race was Andy Bond who was wasn't quite sure what to expect after his session the night before. In his race he had three ladies who were aiming to go sub 9:15 to qualify for the track champs in September. After the first 600m Andy felt the pace was a bit slow so surged to the front quickly building up a 10m lead. The last two laps were probably tough as he faded slightly but was rewarded with a PB of 9:11. (This puts him at the top of the UK rankings for the V45's this year).

Straight after Andy's race was Ed Chuck who was aiming to get the club 3000m record off Lewis. Ed has been doing a lot of 3000m specific training of late and has been showing some excellent form. After a couple of laps Ed and two other athletes pulled away from the rest of the field. Watching from the top of the home straight we thought Ed had managed to get his target and the results confirmed he had set a new club record by a second in finishing 3rd. 8:46

For those of you who like track racing Belgrave will hopefully be running a night of 1500m races in September. Many thanks for Clare Elms and Steve Smythe for coming along to support us.

Results

Race 4:- Tom South, 3rd place - 9:27:53 (PB)

Race 5:- Andy Bond, 2nd place - 9:11:35 (PB)

Race 6:- Ed Chuck 3rd place - 8:46:97 (PB) New Club record

Bedford Team Relay Triathlon

16/08/20

Des Crinion

The triathlon season has been shortened to about 8 weeks this year, but I will take what I can get so I've signed up for something most weekends. I entered the Bedford Team Relays with 2 friends of a similar standard to myself so we thought we might have a good chance at a podium spot. The format was sprint triathlon distances (750m swim, 20km bike, 5k run approx.) x 3 where each athlete swims, then each athlete cycles and then we all run in the same order.

The swim was a rolling start for social distancing but pretty much everyone was in the water within 3 minutes. I was third off from our team and was happy to put in a decent swim by my standard and not lose too many places.



As we got onto the bike section we realised we were in a fairly good position and we started to creep up the leaderboard. The bike was long (23km) and undulating and many teams clearly found this tough, but with 3 equally strong shifts from our team we knew we had a podium shot if we got the runs right. The run ended up being the most brutal. What is usually my favourite turned into a hilly 5.4km cross country run in hot and humid conditions. When I saw my team mate who usually runs an 18 minute 5k come in at nearly 21 minutes looking dead, I knew I was in for a tough shift. This meant none of the run times looked at all impressive, but it's all relative!

Crossing the finish line, we knew we were in or around a podium spot. It was hard to tell where exactly due to the rolling start format but soon we found we had come 2nd, just being pipped by the winners by only a minute after 3.5 hours of racing. On a personal note, I was happy I managed to post the 2nd fastest bike and 4th fastest run times overall. So, all things considered, a nice return to triathlon.

Dulwich Runners Landmarks Photo Competition



Dulwich has many unique landmarks that we've all run past many times; some famous and some not. When you're out for your next run take a photo of whatever landmark is quintessentially Dulwich to you. There are no hard and fast rules - it can be a landmark, a view, with or without a runner etc. Be as creative as you like.

The winning 12 photos will be used for a 2021 Dulwich Runners' calendar. To enable photos of other seasons, the competition will run for several months. Deadline tbc. You may enter as many times as you wish, but any person will only be able to have one photo in the printed calendar. Entries have started to be sent in, but we want lots more. NB - interpret the word 'Dulwich' to be 'Dulwich and the surrounding area'. We have photos taken in Brockwell park, Peckham Rye and Burgess park. That's all fine.

entries to Ange: dulwichladiescaptain@gmail.com

dulwich runners on zoom

zoom We have set up a Dulwich Runners Zoom account to host virtual get togethers for club members during these unprecedented times.



Wednesday at 8.30pm

Virtual bar Bring your own cold or hot drinks and have a chat with other club members about everything running and Dulwich related. We will also use this time slot for other events like quizzes on future dates (tbc)

Download and import the iCalendar (.ics) files to your calendar system.

Weekly:
https://us02web.zoom.us/j/84234946420?pwd=ZlZAVdO2hqjOUgNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwlAljCLPPwiCFbjY1vjB39BDdYVy_JAcZGKLcpGdfv

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom

442030512874,,84234946420#

+United Kingdom

Please note that from 1 July you need to enter the following password to join the Wednesday night chat on zoom:

Meeting ID: **842 3494 6420**

Password: **773696**

DULWICH RUNNERS CLUB KIT

Vests £18 each
T-shirts short sleeved £20 each
T-shirts long sleeved £22 each
Socks £5 pair
Buffs-snoods £6 each

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



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly longer - Both styles are a bargain £15.



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

Socks only £5



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



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



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

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



NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



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

*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof running
And are looking for someone who could produce a design suitable
for printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners

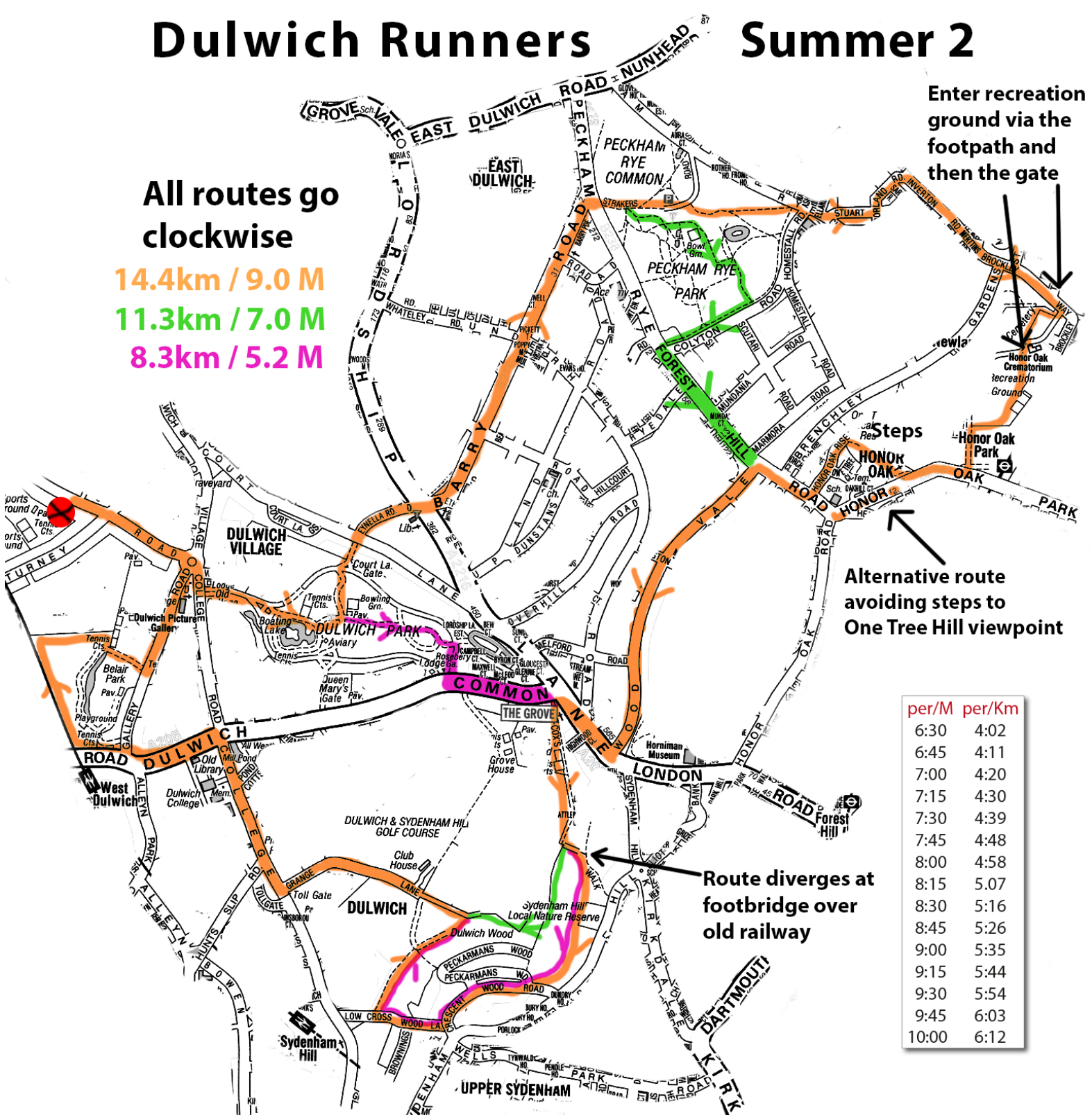
Summer 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M



Enter recreation ground via the footpath and then the gate

Steps
Alternative route avoiding steps to One Tree Hill viewpoint

Route diverges at footbridge over old railway

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

Run group leaders may or may not use these routes, but for those of you wanting to do the club routes we would have used pre lockdown yourself this would have been tonight's map

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