



SHORTS

Dulwich Runners AC
Weekly Newsletter
December 9th 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

Wednesday runs in groups of six from the clubhouse carpark & track sessions at Crystal Palace track.

NOTE: our clubhouse remains closed and there are no toilets or changing facilities.

SEE PAGE 3 for full details

In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 4 Race reports, results etc,
- 7 Club Kit
- 9 Wednesday night 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:



Dulwich Runners AC club runs & training during lockdown

Dear Club Members

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

We have group sessions on Tuesdays and Wednesdays. Details of these plus some 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 advise you of further changes to the rules, meanwhile stay safe and well, and do keep in touch with each other -either through the Club's Facebook, Strava and WhatsApp groups.

Ros Tabor - On behalf of Dulwich Runners Committee

Membership fees 2022 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, in light of the restrictions

on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

This only applies to club membership fees and that your individual England Athletics registration fee which we have no control over will still need to be paid in 2021 (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.

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.

Cross Country Update

If restrictions allow (and there is uncertainty surrounding this) the following cross country fixtures have been pencilled in for January.

9	Jan	Surrey Champs, Lloyd Park
9	Jan	Kent champs, Brands Hatch
16/17	Jan	Priory Relays
30	Jan	Surrey League, Denbies Vineyard

All these events will effectively be time trials with starts in waves. Updates will be provided as soon as any further information is available.

Surrey County Xc champs Jan 9th

Scheduled for Lloyd Park
subject to coronavirus restrictions.

Kent County Xc champs Jan 9th

Brands Hatch and dependent on demand possibly Jan 10th Jan as well. However with the entire county currently in Tier 3, there is more uncertainty surrounding these champs, with those

resident in London boroughs not permitted to travel into Kent.

Although these restrictions may be relaxed, it's not clear if this allows time for them to be held on the planned date.

Entries for Surrey open shortly so to be entered contact your cross country captains before 22 December -

men: mcmann90@yahoo.co.uk

ladies: dulwichladiescaptain@gmail.com

To be eligible you need to have been born in Surrey, or be a current resident in one of the following London boroughs: Wandsworth, Lambeth, Southwark, Croydon.

Lewisham, Greenwich and Bromley count as Kent.

Further info on the Kent champs will be posted when available

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

The Big Half 2021 April 25th Central London Community entries £10

Preference will be given to fully paid up member of Dulwich Runners

Who would like one?

Before applying on behalf of the club I'd like an idea of numbers of those seriously interested. 2019 we had around 50 places (not guaranteed this time).

Bear in mind: it will most likely NOT be part of next year's club champs (as London marathon moved to Oct. & Paddock Wood 1/2 on Sept 5th seems the better option, and as a smaller race it's more likely to go ahead in autumn).

Depending on the Covid situation there is the risk that this might not take place in April.

Please only express interest if you are willing to guarantee paying the £10 for the community place regardless of whether at the time of completing your entry the race takes place on April 25th or has been postponed.

No hedging bets on this as the club has to guarantee the number of places that we are allocated.

It is a nice race goal for Spring and we can but hope !

Deadline for expressing interest by Friday 18 December

Email me ebeprill@yahoo.co.uk or comment on my post in our Facebook group.

No need to respond again if you already have.

Wednesday Evening Runs 7pm...

Groups of six, each with a leader staggered starts, and catering for different paces...

Arrive by 6:50pm to register and organise which group you will run with....leave the clubhouse car park at 7pm

NOTE: the clubhouse is still closed and there are no toilets or changing facilities.

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

You can just turn up but arrive a bit earlier to enable us to 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)
The groups are currently organised 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 ebeproll@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.

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

TUESDAY TRACK SESSIONS CRYSTAL PALACE

NOTE: you must register first to comply with Crystal Palace Arena Covid rules
Register here: <https://www.dulwichrunners.org.uk/tuesday>

After registering you need to download the GLL Booking App.
Here <https://www.better.org.uk/coronavirus/booking>

How to book and pay for a session using the app [instructions can be found here](#)

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 it might be 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 the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

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.

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

Goodwood Marathon

I signed up for Goodwood Marathon at the start of September after my planned race was cancelled. It had recently emerged that I no longer had a qualifying time for the championship start for London as the half marathon standard had shifted from sub 90 minutes to sub 88 and I unfortunately found myself on the wrong side of the fence. If I wanted to qualify for 2021 then I either had to find 50 seconds on the half marathon or 15 minutes on the marathon to try and get my 3:28 down to the required sub 3:14. 2020 has been challenging in lots of ways so at this stage it seemed logical, if not sensible, to simply add one more. I chose the marathon.

After weeks of questions about whether the race would go ahead thanks to Lockdown 2.0, it was miraculously confirmed with a week or so to go, leaving very little time for obsessively checking different weather sites and entertaining paranoid thoughts about hamstrings. The weather on the day itself was cold - about 2 degrees celsius when we got out of the car - and fairly windy.

Now, I had a kind of vision in mind for how I was going to pace the Goodwood Marathon. With all other marathons cancelled, the clock running out on 2020 and a very specific goal in mind, I knew this was not a race where I could afford to set off too quickly in the optimistic hope I wouldn't somehow blow up by halfway. 'Smooth and controlled' was the very vanilla race mantra I had to get me round the course. However, if I had a storybook marathon race in my mind then I should really have been more clear that the work of fiction I was aiming for wasn't Lord of The Rings, because the Goodwood race course, of which we did 11 laps, was



the archetypal race of two halves. You start in the Shire and all is lovely, pleasant and, most importantly, sheltered. However, after a good first kilometre of the loop you start to bend to the right and get an inkling of just how windy a day it was but, hey, it's not a problem for you yet, so you plough on, even though the fact that the caves of Mordor were filled with dwarf skeletons really should have been more of a warning sign. Finally you turn the corner and the reality of the strong headwind on an entirely exposed course hits you as you battle directly against it for about 1.5km. That's one lap. By the eleventh lap, and in all honesty long before, this section of the course is a trip to Mordor.

Due to the aforementioned once-a-lap trip to Mordor, 'smooth and controlled' had to be a feeling rather than an actual reflection of pace as consistency was simply impossible.

After roughly eight laps and with all four wheels still in place I got to 20 miles in just over 2 hours and 20 minutes. By my shaky maths I thought there was a strong chance I would get the time if I kept up the pace, but that can be a big 'if' at the business end of a marathon and my glutes were starting to feel like lead.

Three laps later, I came out of Mordor for the final time and got myself to the finishing straight with an increasingly mechanical gait and in a total time of 3:07:13 on the chip. A 21 minute PB, 7th woman home and a championship time for London in my pocket. A very good day at the office, even with 11 trips to Mordor, and a fantastic end to the year.

A huge thank you to the 7.10pm Tuesday Track team and all the other Dulwich Runners I've crossed paths with doing laps of Dulwich Park and the College track - the friendly waves make all the difference.

Polly Warrack 3:07:13 7W

Clapham Common 5k

During the first lockdown I realised I had run out of excuses. I had always aspired to run a 20 minute 5k but work, children, a slipped disc and being slow had always got in the way of this dream. However with Lockdown in place it dawned on me that I would never again get such a good opportunity to achieve my goal, plus the march of time meant that each year my target would get harder to achieve.

So 32 weeks ago I set to it. I increased my mileage from about 6 miles a week to 30 miles a week, I sought out the expertise of Steve Smythe and I lost 2 stone in the process. And so it was that I set off on Saturday 5 December to run the Clapham Common 5k (organised by Run Through). I was confident I would achieve my goal; my training had gone well, I had stayed injury free and in the previous weeks I had somehow found my way onto the UK rankings (my technique was to run a rarely run distance (3k) in a year

when there was a pandemic and when I had just crossed over into a new age bracket).

The race was well organised and we were called to the start line according to our expected finish time. We then set off in waves of four every 10 seconds. As a result there was very little overtaking, however it was also difficult to latch onto someone and run with them; it felt more like a time trial you were doing on your own than a race. The course wasn't great; narrow paths with several sharp turns and the route was shared with a mass of families and dog walkers.

In my race I hit my 4 minute targets for the first 3ks, but thereafter I couldn't quite live with the required pace despite my best endeavours. I reached 5k in about 20.09 but the course kept on going (everyone else on Strava also had the course as being about 5.1k). My time was a disappointing 20.39. Back to the drawing board.

28 Hugh French 20.39

Goodwood Festival of Running 10km/ Marathon

December 6

In her 10km debut, Lucy Elms had an amazing run and went well into the Dulwich Runners all-time top 10 even though it was very cold and windy. She covered the second half in just over 18 minutes. Clare Elms found it a little too cold and struggled mid-race but

still did enough to achieve her pre-race target of going top of the UK W55 rankings.

Polly Warrack had an excellent run to set a 21 minute PB and easily set a championships qualifying time for the London Marathon.

10km
4W Lucy Elms 36:44
6W Clare Elms 37:44
Marathon
7W Polly Warrack 3:07:13

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		5 Dec		12 Dec		19 Dec		26 Dec	
			Pts		Pts		Pts		Pts
Chris Nunn	M45	19:50	49						
Kay Sheedy	SW	18:22	50						

NB: you will need to submit your result yourself via Opentrack

HOW IT WORKS

1. Search the opentrack listings opentrack.run - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit

your result. You 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.

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

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 part of the club champs.

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.

Calendar news - Dulwich Runners 2021 calendar is now on sale

Firstly, thank you again to everyone who has been a part of this by submitting photos and voting for those to be included. I'm sure you'll love the result.
All those Christmas present problems can now be solved!

It is available through our online shop, which can be found at:
<https://www.fluidic.co.uk/c/6078/dulwich-runners>

All of the photos in the calendar are below
It is available in different formats/prices.

Members order directly from the website and funds will be forwarded to the club.



Cover



Jan



Feb



March



April



May



June



July



Aug



Sept



Oct



Nov



Dec

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



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



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 Winter Map 13

Route may be changed on the night at the group leaders discretion

All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation

7.1 miles / 11.5 km - 143m elevation

5 miles / 8 km - 44m 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

