



SHORTS

Dulwich Runners AC
Weekly Newsletter
July 22nd 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.

Like us on Facebook @dulwichrunners

Connect with us:



In your SHORTS this week !

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

COVID-19 (Coronavirus) Dulwich Runners AC Statement

Dear Club Members

With the Government relaxing some of the rules around lockdown the Committee want to keep you up to date on the status of group training and the Club being in a position to re-introduce any officially organised club runs or training sessions.

The new rules state we can exercise or play sport in groups of up to six people from other households, but should only do so where it is possible to maintain a two-metre gap from those you do not live with.

That said, there is nothing to prevent individuals from making their own arrangements to meet in groups of 6 to train together, and you will find some updated training sessions from Steve that are suitable for up to 6 people maintaining a two-metre distance in Shorts this week.

We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics.

In the meantime, 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

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

If doing any of the restarted sessions make sure you read the 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.

Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. No word yet on the SOAR Mile. given the nature of the event it must be doubtful. *Mike Mann*

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

Training Groups

As lockdown eases we have a few groups training together and due to number limitations, not everyone who wanted to do the sessions were initially included.

It is clear that running with others is beneficial and makes it mentally and physically easier.

Sessions were held which hopefully covered all those who expressed a wish to be part of a group.

Some believe the groups last winter had become too big and a compromise was often being made with too long recoveries for some and too short for others.

Groups have to be max 6 or less for now. It is suggested runners move to a different appropriate group if they can if they gain significant fitness or drop a group if they are coming back from injury or illness.

Tuesday lunchtime at Edward Alleyns sports ground grass session (potentially 10 runners and 2 groups 22-29 mins for 5km). in charge in future: Ola, Mike and Ros. Any one of this pace who can't run in day may need to set up their own group or find a partner.

Tuesday evening track session (runners 17-18 mins for 5km groups - 2 groups potentially 14 runners. In charge in future Tom

Future evening sessions could be Alleyns track, Dulwich College, Edward Alleyns sports ground or Trevor Bailey sports ground and are up to Team leaders and the group's wishes.

The sessions may be based on the schedule in Shorts but group leaders may do what they feel is appropriate to the group. if anyone wants to do future sessions, contact someone from the appropriate group.

After 50 years of racing and 35 years of coaching I am winding down but while I won't be organising any future sessions this summer (or possibly any time but will review in Autumn), and me doing any future club races is unlikely, anyone interested can still contact me for training advice. I may very occasionally possibly attend a session and time but won't organise.

Steve Smythe

stevesmythe2006@yahoo.com

Mike Mann adds.....

Following the notice that has been running in Shorts since the beginning of June, some informal groups have started training sessions on Tuesdays and Thursdays.

Initially there were two groups; one in Beckenham Place Park and another in the Dulwich area, but since then these have grown to include at least 6 training groups, operating mostly on Tuesdays. These groups have been popular and we intend to continue them for the remainder of the summer, though these may be modified in the light of updated guidance from Government and England Athletics.

This may allow some consolidation of groups but we would like to keep their size small, regardless of relaxation of the rules, since they are working successfully.

Those wishing to join these training groups should contact Steve Smythe or someone from the group most suited for your pace.

Mike Mann mcmann90@yahoo.co.uk

Wednesday Night Runs

Small group road runs have restarted.

In line with guidelines, we have started group runs on a Wednesday. We have several members who have volunteered to lead groups of max 6 runners at different paces. Some groups may have to split if more runners arrive.

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

We will be meeting at the clubhouse carpark.

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

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)

Thanks to James Brown for his help in securing the Old Alleyns track for training.

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

7.30 mpm, approx 7 -8 miles - start 7.15 pm
Gower Tan - gower.tan@gmail.com

8 - 9 mpm, approx 8 miles - start 7.30 pm
Eberhard Prill - ebepriill@yahoo.co.uk

9 mpm, approx 5 miles - start 7.30 pm
Andy Murray - acmurray28@gmail.com

8.30 - 9 mpm, largely off road - start 7.30 pm
Hugh Balfour - hugh@christchurchpeckham.info

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

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

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

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

Sessions suggestions for next month

My training suggestions - *Steve Smythe*

Wed Jul 22 50 mins steady a min a mile slower than 5km pace

Thur Jul 23 tempo - 4 x 5 min blocks at 10km pace with two mins recoveries at marathon pace or 200m reps with 1 min recoveres

Sat Jul 25 5km up and down (15 secs differentials) - ie for 20:00 5km runners 4:00, 4:15, 4:30, 4:15, 4:00

Sun Jul 26 100 mins slow and easy - 100 secs slower per mile than 5km pace

Tue Jul 28 Pyramid - 400m, 800m, 1600m, 800m, 400m with 1 min recoveries

Wed Jul 29 55 mins steady a min a mile slower than 5km pace

Thur Jul 30 tempo acceleration 5 x 5 mins of Marathon, HM, 10km, 5km, mile pace with 1 min very slow recovery or 400m reps short recovery

Sat Aug 1 Hills or 5km about 10 secs a km below goal 5km pace but run very fast last km

Sun Aug 2 90 mins slow and easy - 90 sec slower per mile than 5km pace

Tue Aug 4 5 x a mile with 2 min recoveries

Wed Aug 5 60 mins steady a min a mile slower than 5km pace

Thur Aug 6 10km tempo at HM pace but put a 10 sec 5km burst at end of each km or short recovery 200m reps

Sat Aug 8 Hills or 5km brisk with faster 1st, 3rd and 5th km

Sun Aug 9 80 mins slow and easy - 80 secs slower per mile than 5km pace

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 six runners this week !

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		4 July		11 July		18 July	
			Pts		Pts		Pts
Shane Donlan	MS	17:38	50	17:33	48	17:55	50
Greg Falconer	MS			17:47	47	18:31	49
Joe Farrington-Douglas	M40					21:53	48
Gary Sullivan	M60	23:09	47	22:31	39	22:22	47
Ros Tabor	F60	26:29	45	25:36	38	27:18	46
Andy Murray	M60	26:53	44	26:38	37	27:26	45
Steve Kendal	MS			16:03	50		
Tom South	M40			16:24	49		
Andrea Ceccolini	M50			18:29	46		
Paul Devine	M40			18:55	45		
Grzegorz Galezia	M50			19:14	44		
Kim Hainsworth	FS			19:16	43		
Kay Sheedy	FS			19:37	42		
Eleanor Simmons	F40			21:34	41		
Helena Flippance	FS	23:43	46	21:55	40		
Polly Warrack	FS	19:01	49				
Ebe Prill	M50	21:40	48				

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

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result. You need to upload your run from Strava, Garmin Connect or other GPS app
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Dulwich Runners Landmarks Photo Competition



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.



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

Wednesday
Jul 22 8:30pm

Weekly:
https://us02web.zoom.us/j/84234946420?pwd=98tyKuGsrDguE9CTtBuHRpwIAIjCLPPwiCFbjY1vjB39BDdYVY_JAcZGKLcpGdfv

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)

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



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
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 Map C

8.2M / 13.1km

6.5M / 10.4km

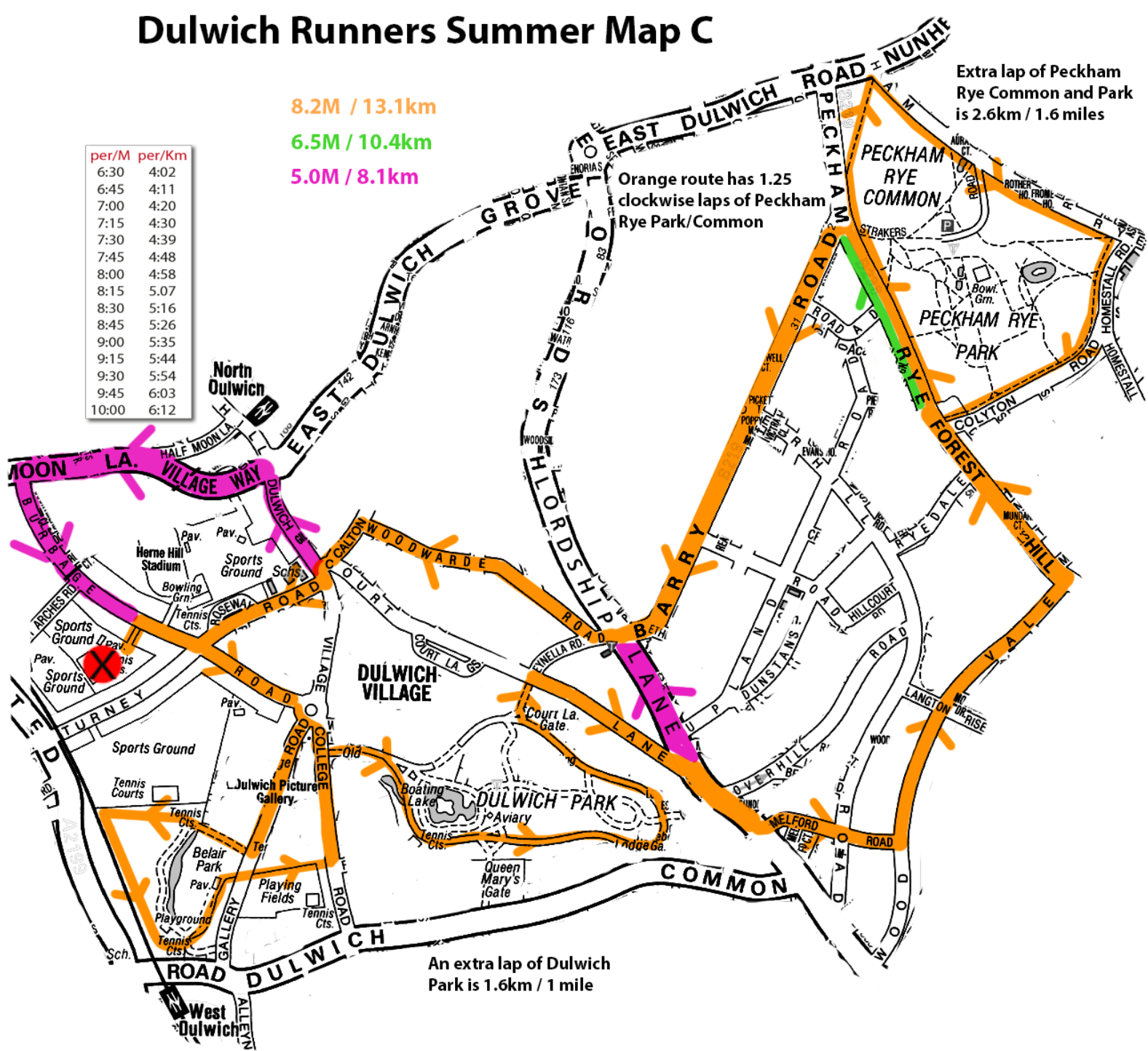
5.0M / 8.1km

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

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

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

An extra lap of Dulwich Park is 1.6km / 1 mile



At the present time 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 the map