



SHORTS

Dulwich Runners AC
Weekly Newsletter
July 29th 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
- 5 Dulwich runners on Zoom...
- 6 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.

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.

The new rules now 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.

In line with this guidance, we are now organising 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

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: 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 7 -8 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
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)
Thanks to James Brown for his help in securing the Old Alleyns track for training.

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 next month

My training suggestions - *Steve Smythe*

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.

Seven runners this week !

Honours for July:

1st Man: Shane Donlan

1st Woman: Ros Tabor

Fastest Run: Steve Kendal 16:03

Most Consistent: Gary Sullivan (3 runs within 9 secs of each other)

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		4 July		11 July		18 July		25 July		Total pts
			Pts		Pts		Pts		Pts	best 3 runs
Shane Donlan	MS	17:38	50	17:33	48	17:55	50	17:20	50	150
Greg Falconer	MS			17:47	47	18:31	49	19:37	49	145
Ebe Prill	M50	21:40	48					21:13	48	96
Joe Farrington-Douglas	M40					21:53	48	21:53	47	95
Gary Sullivan	M60	23:09	47	22:31	39	22:22	47	22:22	46	140
Andy Murray	M60	26:53	44	26:38	37	27:26	45	27:13	45	134
Ros Tabor	F60	26:29	45	25:36	38	27:18	46	27:44	44	135
Steve Kendal	MS			16:03	50					50
Tom South	M40			16:24	49					49
Andrea Ceccolini	M50			18:29	46					46
Paul Devine	M40			18:55	45					45
Grzegorz Galezia	M50			19:14	44					44
Kim Hainsworth	FS			19:16	43					43
Kay Sheedy	FS			19:37	42					42
Eleanor Simmons	F40			21:34	41					41
Helena Flippance	FS	23:43	46	21:55	40					86
Polly Warrack	FS	19:01	49							49

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

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- need to upload your run from Strava, Garmin Connect or other GPS app
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Chronos 10 Mile Time Trial

25/07/20

When word got round that Cycling Time Trials were getting underway again I immediately signed up for a few races. I've been doing plenty of cycling during lockdown on Zwift and outside and even managed to get a bike service so wanted to see what kind of result I could produce.

The first 2 races I signed up to were cancelled as they couldn't get permits but third time lucky and Chronos 10Mile TT on the Cambourne dual carriageway near Cambridge was confirmed. Everyone wanted to race and my PB time just snuck onto the start list so there were riders a lot faster than me, in fact most of them!

I arrived with an hour to spare, signed in and picked up my number. The weather forecast wasn't great and as I began to set up my bike the heavens opened up into a torrential downpour. I sat in my car and left the "warm up" as late as possible, but still rocked up to the start line like a drowned rat. Riders started at 1 minute intervals on a side road and the 3 riders before me clearly didn't fancy the rain as there were a few DNS's. This added to some major

start line nerves as it had been a while since I had done any racing and TT is a very particular kind of racing. You're on your own aside from the timekeeper. So it's you against the clock. 3, 2, 1....go. Clean clip in, started in a good gear and immediately took a careful left turn at the roundabout, aware of the heavy rain likely to cause skidding, onto the slip road and dropped onto the dual carriageway and set about business.



Not much to say for the next 8km aside from fairly flat with a little headwind at times and some short climbs. I had my power meter on so I tried to ride to a constant power based on race duration which seemed to work out as I was ahead of PB pace at the halfway mark and felt good. Dead turn at a roundabout and back down the dual carriageway for the final 8k, I started to crank it up and push more power. 800m to go and I hit a big speed wobble going through a flash flood so I gripped the handlebars tight and dug deep for a hard sprint finish past a man in a ditch with a checkered flag.

I stopped my bike computer and saw I had taken 2 full minutes off my 10 Mile PB which was far more than I could have hoped for, averaging just under 44 kmph. Very pleased with the result, especially since I found out after that the Police stopped the race 4 minutes after I started due to the heavy rain and surface water on the dual carriageway, leaving many unhappy riders!

Winner 18:27
Des Crinion 22:01

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.

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=98tyKuGsrDguE9CTtBuHRpwIAjCLPPwiCFbjY1vjB39BDdYVY_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



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!***

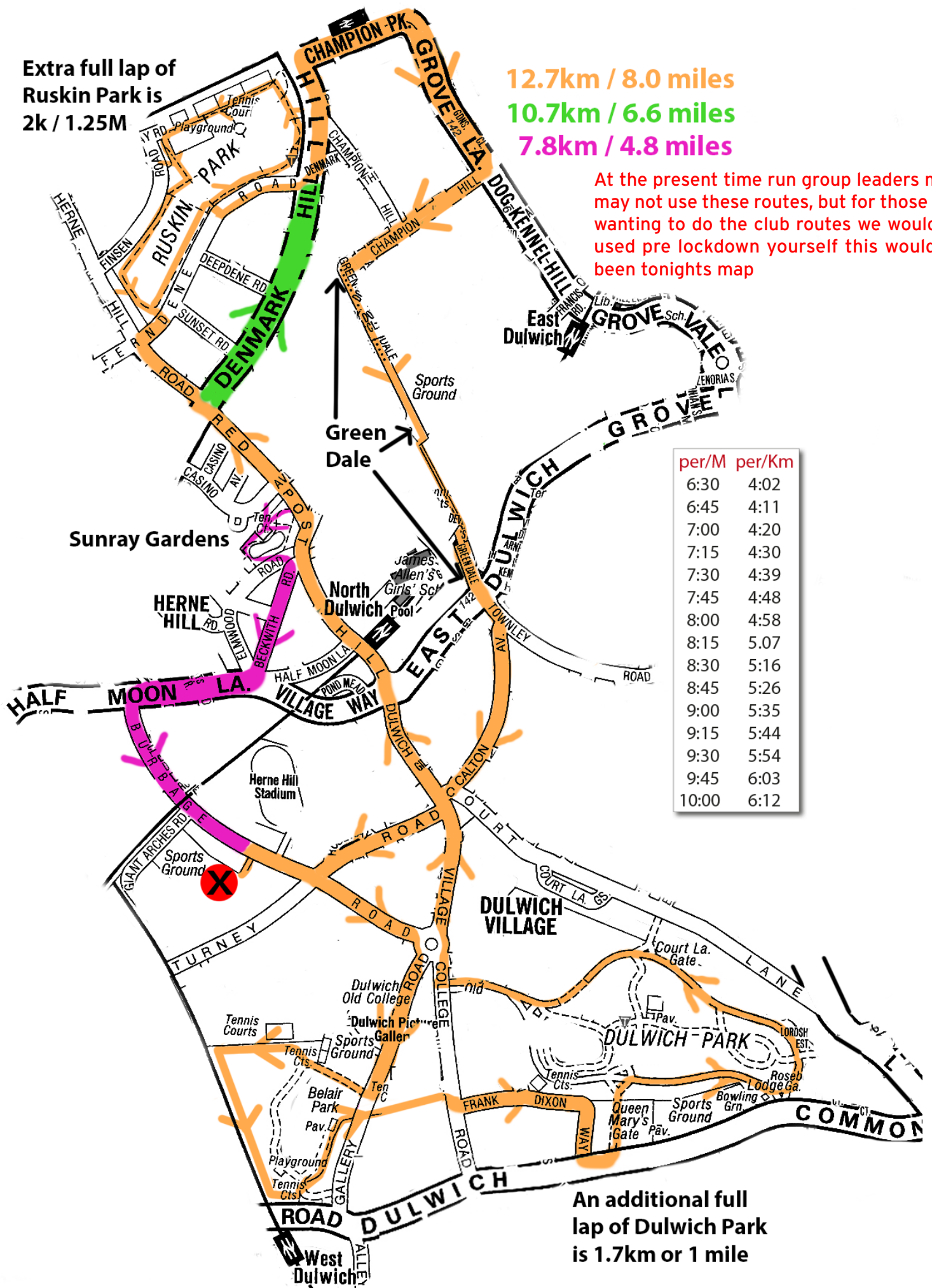
*We would like to have a t-shirt to commemorate the club's 1st 40
yearsof running
And are looking for someone who could produce a design suitable
for printing on a t-shirt, (front, back or both)
Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners Summer Map D

Extra full lap of
Ruskin Park is
2k / 1.25M

12.7km / 8.0 miles
10.7km / 6.6 miles
7.8km / 4.8 miles

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 map



An additional full lap of Dulwich Park is 1.7km or 1 mile