



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
June 10th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bgl.co.uk](mailto:barry@bgl.co.uk) or [barry@1bgl.com](mailto:barry@1bgl.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 !

- 1 General information
- 2 Virtual Club 5k Challenge and other virtual races..
- 3 Dulwich runners on zoom
- 5 Training.
- 6 Virtual race reports, results etc
- 8 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 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

Dear Club Members

With the Government relaxing some of the rules around lockdown from 1 June, 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 that from Monday 1 June, you 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.

Unfortunately, this is not a sufficient loosening of restrictions to enable us to re-instate any official training sessions, and any Club-sanctioned group activity would be out of step with the ongoing guidance from England Athletics which remains that group activity does not take place.

A group larger than 6 people broken into a number of smaller groups of 6 people, training together in the same place at the same time, would, for example, be against the new rules as the gathering exceeds 6 people.

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 are all looking forward to when we can train together again and hope that day will come soon. We will continue to keep the situation under review, taking into account any new rules and guidance from Government and England Athletics, with a view to re-instating Club sessions of some kind as soon as it is permitted and safe to do so.

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**

# VIRTUAL RUNNING

## VIRTUAL CLUB 5K CHALLENGE

As we cannot 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.

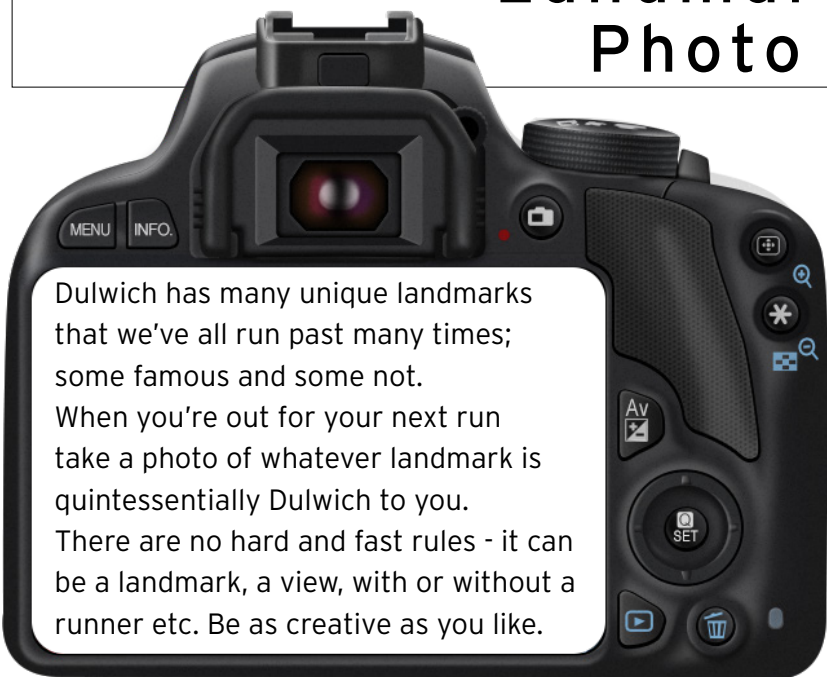
The Championship takes the form of a weekly SOLO 5K time trial taking place from Friday to Monday at a time and place of each runner's choosing. Runs and times are tracked through Strava or other GPS app and uploaded to the OpenTrack results service. A weekly table of results will be in Shorts.

**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 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](mailto:dulwichladiescaptain@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.

**The fixture lists will return once events can safely go ahead, all future events listed were either already cancelled/postponed or would have been in the very near future.**

The Cabbage Patch 10 is unlikely to take place, but they have not yet made a final decision. The Richmond 10k remains open for entries but it must be only a matter of time before this is cancelled, so advisable not to enter. 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](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Suggested training for coming days

My training suggestions

by Steve Smythe

*Steve Smythe, who has run more than 2000 races, shares his training suggestions for solo sessions.*

**Wed June 10** 45 minutes steady at a minute a mile slower than 5km pace

**Thurs June 11** 3 paced tempo - alternate 2 mins at steady or marathon pace, 2 mins at HM pace, 2 mins at 5km pace for 20 mins

**Sat June 12** 5km time trial - build up through first 4 km - ie for sub-20 runner run 4:15, 4:10, 4:05, 4:00, 3:55

**Sun June 13** slow 90 mins

**Tues June 16** 2000m, 1600m, 1000m, 800m, 400m, 200m - all with 1 minute recoveries - go slightly faster as efforts get shorter

***It is now permissible to train with up to six in a group though social distancing must be kept.***

Here are some suggestions for some sessions that half a dozen people can do though obviously it is better if the area is quite wide - especially if you also need to avoid others too.

300m or 60 seconds hard x 8 with approx a minute recovery. This could be done with fastest runner setting off first each time with 2 second gaps.

6 x long hill (ie Sydenham Hill ) Off 5 mins  
3 to halfway  
3 to top

As quite narrow again could be run Indian file with fastest runner off first

This is my suggestion for 5km training for coming days if you want to do extra do easy 30-45 mins or one day a week you could do (after a good warm up) 4 x 100 strides or 5 x 10-15 secs hard on a steep hill with walk back recoveries

**Wed June 17** 60 minutes steady at a minute a mile slower than 5km pace

**Thurs June 18** 10 mins easy, 30 mins at half-marathon base pace (but for 30 seconds every kilometre pickup to faster than 5km pace and then go back to HM pace asap) , 10 mins easy

**Sat June 20** - 5km timetrial - easier first kilometre. work middle 3km as fast as possible and then hang on last kilo

**Sun June 21** Slow and easy 95 minutes

Paarlauf relay - on round circuit of 300m - 400m - split into pairs - 3 teams of 2 - take in turns to run a circuit but partner sets off 5 metres before as no touching! - each pair do 8 efforts each

Pyramid - aim for 5km pace for longer efforts but faster at shorter efforts

200m, 400m, 600m, 800m, 1000m  
800m, 600m, 400m, 200m  
- all with 30 secs recovery for slowest runner in group

5 x 1000m efforts with reasonable 1 to 2 minute recoveries. First one start together (if space) and run at own 5km pace but note times and on second to fifth set off with slowest off first but add a few seconds so there is not too much overtaking ie if 6 runners run 3:30, 3:40, 3:50, 3:55, 4:00, 4:05 then on second slowest first runners set off 0:00, 0:10, 0:20, 0:30, 0:45, 1:00 Only overtake if there is space to do so and maintain social distancing

# Race Reports & Results

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

As there are no 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.

18 runners took part this week.

Please note that as from this week only runs recorded on Open Track will be included in the results.  
If you are also entered for the BMAF Virtual 5K you will need to upload your run separately for each event.

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

				6 June	
					Pts
Shane Donlan	MS	17:43	50		
Alex Loftus	M40	18:16	49		
Jonny Hough	M40	18:32	48		
Kim Hainsworth	FS	19:24	47		
Grzegorz Galezia	M50	19:40	46		
Matt Ladds	MS	20:17	45		
David Benyon	MS	20:53	44		
Alex Bazin	MS	21:15	43		
Hugh French	M40	21:18	42		
Ebe Prill	M50	21:34	41		
James Rimmer	MS	21:52	40		
Gary Sullivan	M60	21:59	39		
Eleanor Simmonds	F40	22:10	38		
Emma Kelly	FS	24:5	37		
Catherine Buglass	F40	24:29	36		
Jenny Bomers	FS	26:44	35		
Andy Murray	M60	26:47	34		
Ros Tabor	F60	28:36	33		

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# 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](mailto:ros.tabor49@gmail.com)



Buffs-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](mailto: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](mailto: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.*

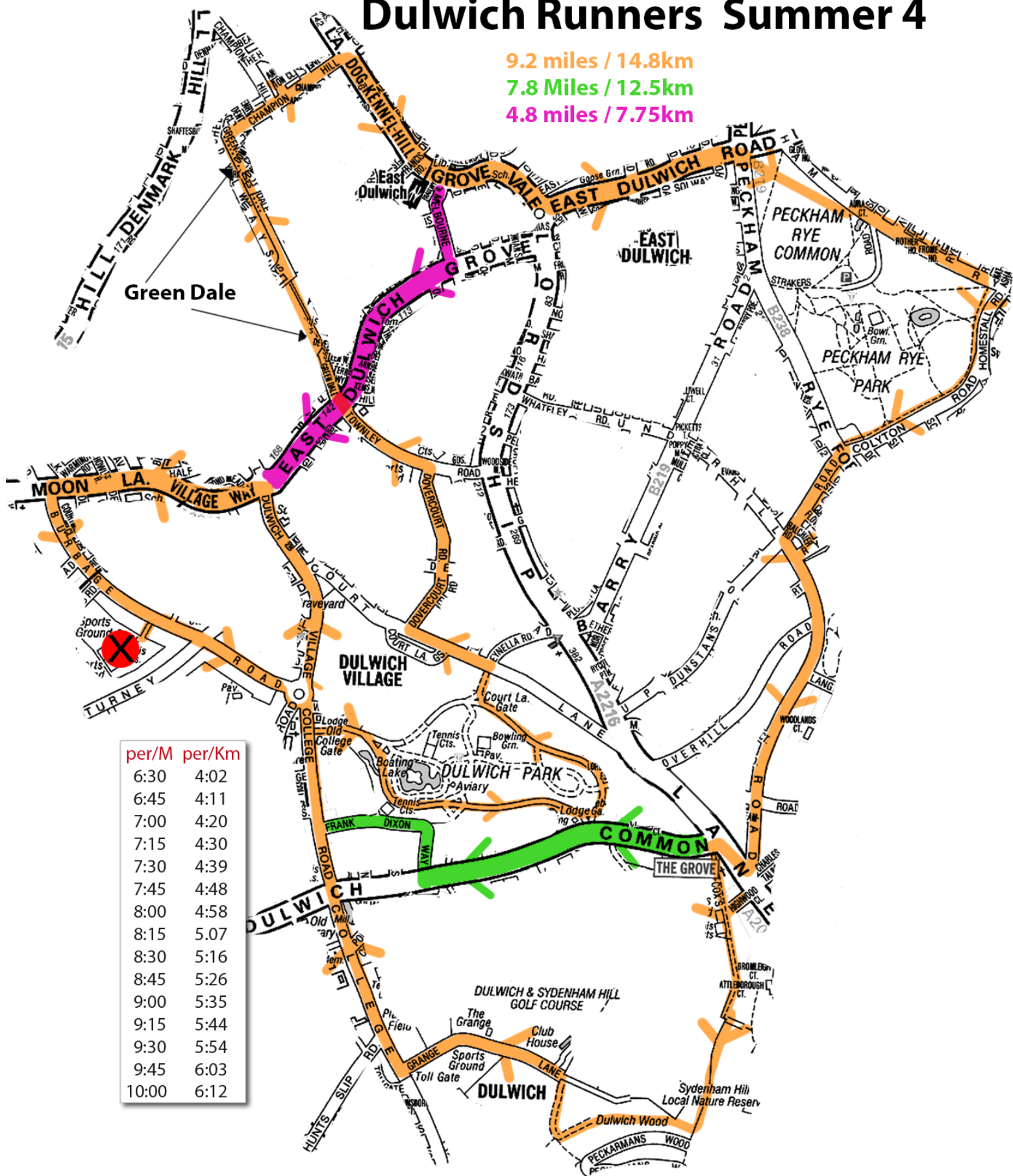


# Dulwich Runners Summer 4

9.2 miles / 14.8km

7.8 Miles / 12.5km

4.8 miles / 7.75km



There are no group club runs until further notice, but for those of you wanting to do the club routes yourself here is the map