



SHORTS

Dulwich Runners AC
Weekly Newsletter
June 17th 2020
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bgl.co.uk or 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
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- 6 Virtual race reports, results etc
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- 14 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.

BMAF Relays

Note it is not too late to enter the BMAF relays - you don't have to be at full fitness to benefit the club. Anyone over 35 who is running should enter to assist the club's performance.

Normally you have to spend much of the day in the Midlands to run it but this time you can run around your local park or even own back garden. Over 3000 have entered the event in total.

The Dulwich men's entry - nearing 30 - is respectable even though there are probably a dozen men who have run the actual relays in the past who have not

yet entered.

The women's entry is really poor - just 8 by Tuesday night which as these are spread over 4 age groups is a pathetic response.

There must be at least 15 women vets (over the age of 35) who have run for the club in the last year who are currently training who have not yet supported the club's efforts to get a team out.

Any one at any level of fitness will almost certainly improve the club's position in this event which is now - thanks to CO-19 almost certainly going to be the biggest masters event of 2020. - **Steve Smythe**

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

The second Dulwich Runners Virtual Quiz - results

Battle of the brains round 2 saw many back again, plus some first timers, all keen to grab that number one spot.

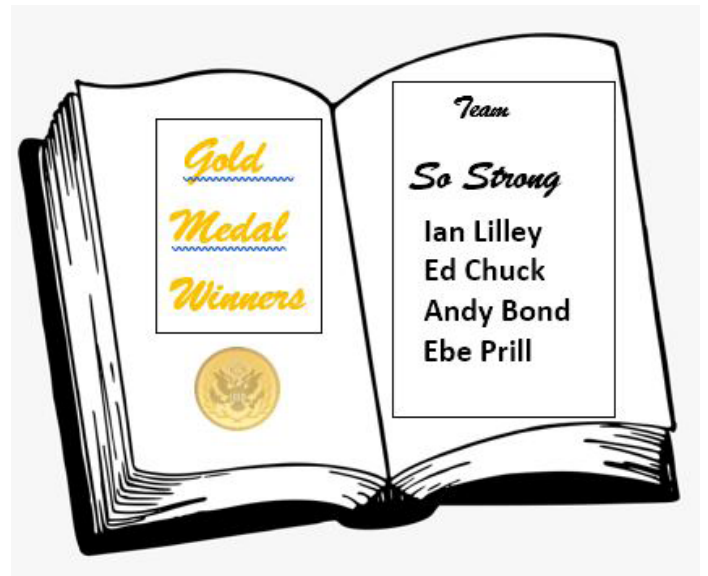
The reigning champions, So Strong, were confident but how would they fare against strong opposition including the newbies, So So Strong?

Once again, the scores were close; however, after 4 rounds So Strong had an unassailable lead but only 5 points separated all the other 6 teams. Round 5 proved crucial for places 2 - 7 as several teams swapped around.

Final results - (same 3 teams, same order)

The 'Virtual Book of Knowledge' was retained by the team 'So Strong' - Ian Lilley, Ebe Prill, Andy Bond and Ed Chuck.

Silver medal winners - Team Tadwarth (same team, new



catchy name) - Mike Dodds, Clare Wyngard, Bob & Chris Bell (slipped into second place with assistance from their cat)

Bronze medal winners - Old timers - Ros Tabor, Andy Murray, Stephanie Burchill
Well done to all the teams.

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 Men Xc: mcmann90@yahoo.co.uk Ladies: 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 17 60 minutes steady at a minute a mile slower than 5km pace

Thurs June 18 10 mins easy, 30 mins at 1/2M base pace (but for 30 secs every km 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

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

Tues June 23 10x600m starting every 3 mins

Wed June 24 steady 50 mins

Thurs June 25 5 miles up and down - ie for sub-20 5km runner - miles of 6:30, 7:00, 7:30, 7:00, 6:30

Sat June 27 Hills or fast steady 5km

Sun June 28 90 mins steady with faster second half

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

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
 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.

Only 12 runners registered results on Open Track this week so only they are included in the results
 Please note that 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		13 June	
			Pts		Pts
Joe Wood	MS			17:36	50
Alex Loftus	M40	18:16	49	18:03	49
Greg Falconer	MS			18:39	48
Grzegorz Galezia	M50	19:40	46	19:51	47
Gary Sullivan	M60	21:59	39	20:49	46
Ebe Prill	M50	21:34	41	21:38	45
Alex Bazin	MS	21:15	43	21:55	44
Eleanor Simmonds	F40	22:10	38	22:11	43
Helena Flippance	FS			22:44	42
Emma Kelly	FS	24:05	37	24:50	41
Ros Tabor	F60	28:36	33	25:48	40
Andy Murray	M60	26:47	34	25:56	39
Shane Donlan	MS	17:43	50		
Jonny Hough	M40	18:32	48		
Kim Hainsworth	FS	19:24	47		
Matt Ladds	MS	20:17	45		
David Benyon	MS	20:53	44		
Hugh French	M40	21:18	42		
James Rimmer	MS	21:52	40		
Catherine Buglass	F40	24:29	36		
Jenny Bomers	FS	26:44	35		

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

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opentrack.run - virtual - competitions - Dulwich Runners 5k
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Corona Diaries (Episode 5)

Brought to you by Dulwich Ladies

After a brief interval the "corona diaries" diaries return to Shorts - we have been putting together short little biogs that we've shared on the Dulwich Ladies Whatsapp group.

We thought we'd share them more widely. Over the coming weeks you will find instalments in Shorts.

If there are any ladies who would like to join this group please get in touch with Alice on 07518423877. If there's any ladies who'd like to be in the Corona Diaries but don't fancy the Whatsapp group, get in touch with Sonja sonjajutte@outlook.com or 07786012933



Hey all, I'm Clare, originally joined DR in 1999, left around 2014 and joined again last year. Consequently can't find many DR related photos so shared this one, running the final mile for my 1:46 PB at Paddock Wood half marathon in 2012, training for my second marathon, probably the fittest I have ever been. I try to come down on Wednesday evenings or you can find me doing slow runs round Shirley, where I moved last September. Hoping to run my 3rd marathon in Valencia in December, all being well on a number of fronts...



I'm Midge. Second from left. I joined DR in 2018 and am generally a Wednesday club runner. Loved the cross-country season, this is the Dorking vineyard one. Longest run I've done is a few half marathons but think my favourite is 10k.



Really loved reading all these stories, thank you everyone and Sara for such a great idea! I'm Kay and I've been with the club since July 2019 so I'm still a relative newbie!!! Started out my athletics career all the way back in 1995 as a sprinter but have since come to enjoy middle and long distance running in the last couple of years and love running anything from 400m to 5K (10K is pushing it) It's been brilliant getting to know such an inspiring group of athletes and I have really enjoyed our training sessions, yes even those ones at Crystal Palace in the downpours and gale force winds. I am really looking forward to running again with you all soon Xx



Hello! I'm Eleanor Simmons. I joined DR in 2006 (I think), though there have been a few lapses in my membership over the years due to pregnancy/motherhood. Like many others I joined with the intention of training for a marathon but it's cross country that I really love. Photo is the December south of Thames XC at Lloyd Park (my favourite running venue...guaranteed mud bath!). Lucy P & I both stood on the start line complaining of feeling tired & planning to run only 2 of the 3 laps. But of course we both ended up completing the full 7.5 miles...that's the joy of getting in the zone & just enjoying running. Currently having fun training alongside my children on their bikes - definitely making me run a bit faster than I otherwise would be

WELSH CASTLES RELAY

The Welsh Castles Relay is normally held over the second weekend in June each year.

Dulwich Runners took part at least a dozen times between 1996 and 2013.

The relay has 20 stages and totals about 210 miles, starting on the north coast at Caernarfon Castle and finishing in the south at Cardiff Castle.

The stages are listed in the table below with some Dulwich achievements (nb may not be complete as early copy reports in Shorts were passed on to the next team manager each time and may now be lost).

Upwards of 50 teams entered each year, including a lot of Welsh clubs, other rivals from England such as Stragglers and Series, plus some interesting international teams on occasion, e.g. the LA Police Dept.

The logistics of entering a team were quite complex, including having to get a minibus full of runners to North Wales (250miles away) by Friday evening, accommodating them overnight Friday (usually in a camping barn) and







Saturday (in a hotel on the route) and supporting the runners on all the stages.

All who took part will have great memories of their runs, which had Snowdonia, coastal and rural scenery as a backdrop. There were also other memorable incidents throughout the weekend.

We used to stop in or near Rhydd Dhu, below Snowdon, on Friday night, sometimes at the Vernons' Ty Capel cottage, and eat at the Cwellyn Arms opposite or elsewhere if we wanted to avoid the grumpy landlord. Saturday mornings we would try and cook a little breakfast in the bunkhouse or go to a café in Carnarfon, although one year the minibus had a puncture, luckily close to a garage.

We also managed to give one runner Quinn, a late replacement from Orion harriers, a haircut.

Stage; From - To/ Stage Mileage /Stage Record Men /Stage Record Ladies/Cut Off Time (minutes)/Estimated Start

1. Caernarfon Castle - Penygroes 9.1 52:26 (2010) 59:27 (2012) 86 10:00 2002 Gill Johnson 1st woman
2. Penygroes - Criccieth Castle 10.7 54:12 (2014) 65:52 (2011) 102 11:00 2002 Ros Tabor 1st vet woman
3.  Criccieth Castle - Maentwrog 12.3 62:23 (1996) 73:02 (2005) 117 11:55 2002 Steve Smythe 1st vet man [Steep up and down near the end]
4. Maentwrog - Harlech Castle 9.5 50:07 (2003) 54:37 (2011) 90 13:00 2004 Lis Pritchard 2nd woman
5. Harlech Castle - Barmouth 9.6 50:08 (2013) 61:33 (2010) 91 13:50 2002 Andrea Pickup 2nd woman; 2005 Nicola Richmond 1st woman
6. Barmouth - Dolgellau 10.7 57:02 (2011) 63:23 (2005) 102 14:40 2005 James Godber 1st man [along seafront then alongside river]
7.  Dolgellau - Dinas Mawddwy 10.1 59:23 (2018) 63:31 (2018) 96 15:35 2004 Ros Tabor 2nd woman; 2011 Alexie Shaw 1st woman [tough up and down]
8. Dinas Mawddwy - Foel 10.8 58:29 (2014) 68:12 (2017) 103 16:25 2000 Andrea Pickup 1st woman
9. Foel - Llanfair Caereinion 8.5 43:32 (2004) 47:02 (2015) 81 17:10 [Cory Wharton-Malcolm was first DR to live blog his run]
10.  Llanfair Caereinion - Newtown 13.1 71:04 (2012) 86:05 (2014) 124 17:50 [Includes two 16% hills early on] Overnight stop near Newtown [Usually a curry meal in Newtown. Early Sunday experiences include our runner locked in a b&b having to climb out of a window]
11.  Newtown - Llanbadarn Fynydd 10.8 103 07:00 [steady climb for first 9 miles, just sheep for company this early]
12. Llanbadarn Fynydd - Crossgates 11.2 53:33 (1993) 64:25 (2010) 106 07:55 2002 Amites Sarkar 3rd man
13. Crossgates - Builth Wells 10.6 52:19 (1998) 62:51 (2009) 101 08:50
14.  Builth Wells - Drovers Arms 10.8 59:17 (2014) 68:31 (2015) 103 09:45 [last part is a steep climb to a firing range hilltop; one year a rave there meant moving the finish onward]
15. Epynt Visitor Centre - Brecon 12.8 65:23 (2016) 75:44 (2015) 122 10:45
16.  Brecon - Torpantau 12.5 74:57 (2018) 88:34 (2018) 119 11:45 [Steady uphill stage used to be sent off by the Brecon mayor at the Wellington statue]
17. Torpantau - Cyfarthfa Castle 8.7 46:34 (2018) 53:12 (2018) 83 12:30
18. Merthyr Tydfil - Abercynon (Navigation Park) 9.1 48:27

(2015) 49:52 (2011) 86 13:30 2000 Alison Fletcher 1st woman

19. Abercynon (Navigation Park) - Nantgarw 7.7 40.01 (2017) 50:10 (2017) 73 14:15 2000 Simon Loach 2nd man; 2012 Catherine Lee 1st woman

20. Caerphilly Castle - Cardiff Castle 9.9 55.52 (2018) 63:40 (2018) 94 14:50 [Finish in grounds of Cardiff Castle; team

prizes presented by First Minister for Wales]

Due to minibus driving licence requirements and members' difficulty obtaining time off, we have not sent a team in recent years. This year's event, as usual staged by Les Croupiers RC, was a virtual one, with runners having to choose a route near to their home that matched their assigned stage's profile.

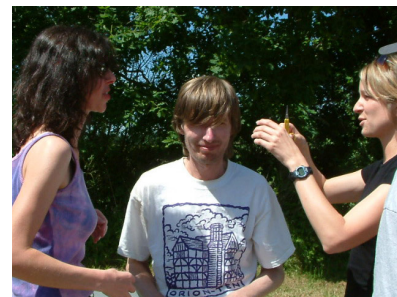
Andy Murray



2008 Cardiff.



2006 MM nr Drovers



2004 Diane, Rachel cut Quin's fringe



2009 Charlie nr Drovers



2005 Cardiff



2007 Criccieth



2007 Kirstin, Ros



2007 Chris, Sam at Ty Capel



2003 Dylan, Tiarnan Snowdonia

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

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



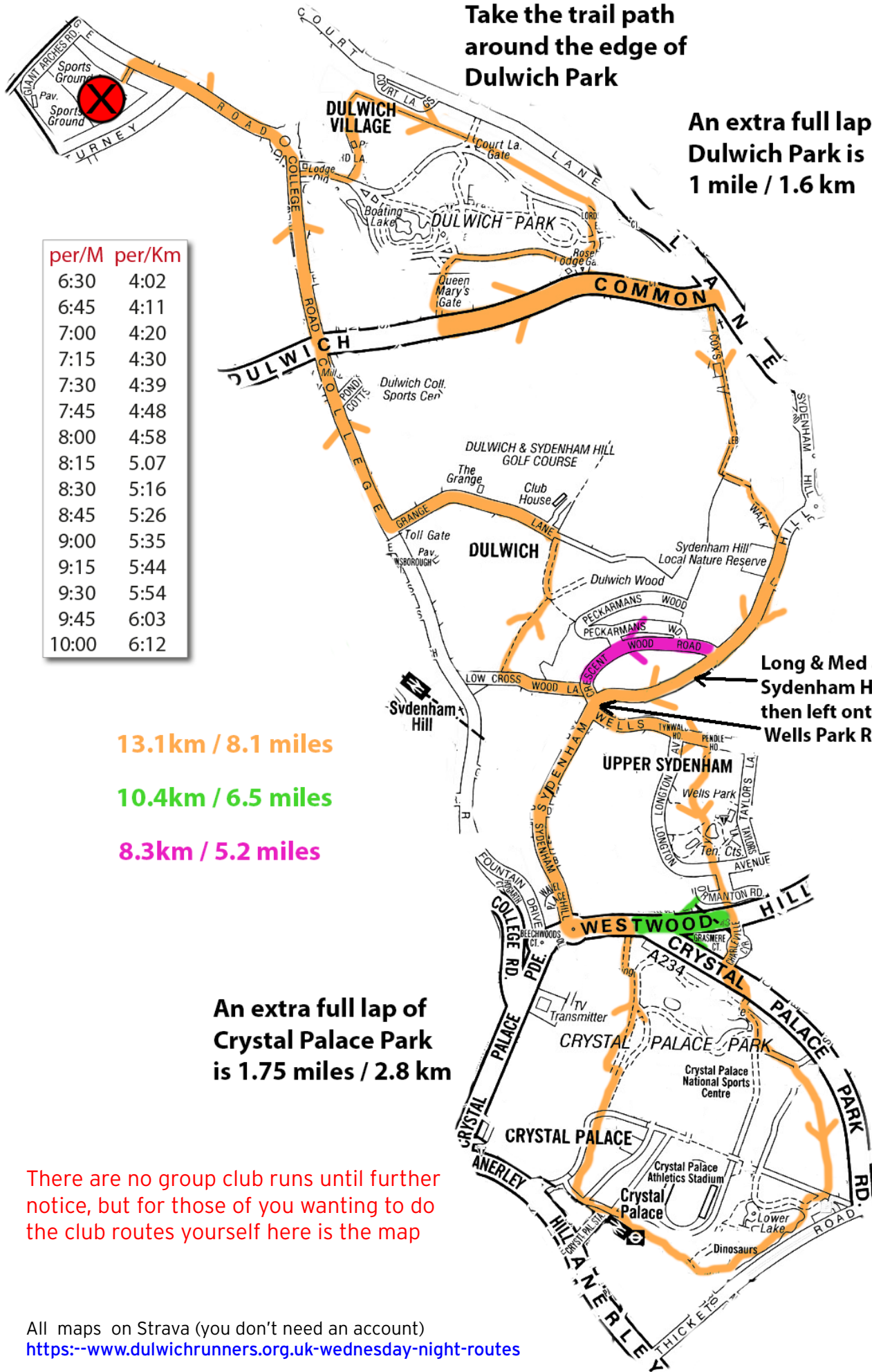
Pro Mid Layer 1-4 Zip Top



***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 5



Take the trail path around the edge of Dulwich Park

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

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

- 13.1km / 8.1 miles
- 10.4km / 6.5 miles
- 8.3km / 5.2 miles

An extra full lap of Crystal Palace Park is 1.75 miles / 2.8 km

Long & Med along Sydenham Hill then left onto Wells Park Rd.

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

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