



SHORTS

Dulwich Runners AC
Weekly Newsletter
March 18th 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.

Please read statement below.

All parkruns cancelled for at least two weeks. Probably safe to assume that all upcoming events if not already either cancelled or postponed will be in the coming days.

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 5 parkrun
- 6 club kit

As you will see a fair few of the regular sections have been omitted from Shorts this week as they are not relevant under the current conditions . Once things return to normal they will be put back.

COVID-19 (Coronavirus) Dulwich Runners AC Statement

**Tuesday March 17 2020 - 1100h
Until there are any changes or further advice the following statement, instructions and advice will stand.**

Dear Club Members and others

In light of the current Covid-19 situation, and the latest Government guidance to avoid all non-essential contact and travel, the Committee has been in discussion and has taken the difficult decision to cancel Tuesday track sessions and Wednesday Club Runs for the next two weeks, with immediate effect.

We are facing difficult and uncertain times - made all the more so by losing the routines that are so important to us under usual circumstances. But the well-being and safety of our members and their families, as well as showing consideration for the more vulnerable members of the community, is paramount and must be our guiding priority.

It is clear from the decisions being taken all around us, in workplaces and other organisations, that to 'carry on as normal', is not an option.

We must consider what is best in the coming weeks and accept, for now, that we must make changes to our day to day lives.

We do hope that you understand and support this decision. There is nothing, of course, to stop any of us getting outside and running - and everyone must make their own decisions as individuals.

The Committee has also taken the decision to postpone the forthcoming AGM until further notice, and further information on this will be communicated in the next few days.

We will continue to keep you updated via Shorts, the website and our social channels, and please do contact a committee member if you have any questions or concerns.

We all need to support each other through these challenging times. Please keep up to date with the Government guidance, and stay safe and well.

Ros Tabor

On behalf of Dulwich Runners AC Committee

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Connect with us:



When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary. This summer we will be celebrating 40 years! I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over. I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

Mar 22 Southern 12 & 6 stage relays - cancelled

See full fixture list for more events and details

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.

**Due to the current circumstances please only use these fixture lists as a guide.
 Many events have already been cancelled or postponed.
 When definitive information is received the fixture lists will be changed accordingly.**

2020					
Mar	22	Southern 12 and 6 stage relays CANCELLED		Milton Keynes	Road & other
Apr	2	Assembly League CANCELLED		Beckenham Place Park	
	4	National 12 and 6 stage relays		Sutton Park	
	26	London Marathon or alternative	long	London or alt.	Cross country
May	7	Assembly League		Victoria Park	
Jun	4	Assembly League		Jubilee Pk, Leyton	
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Club Champs
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	Assembly League
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

If you require information about any races 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

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

- 26 Apr London Mar. **cancelled** (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
 - late July/early August tbc SOAR Mile short
 - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2	Beckenham	5km	7:15	CANCELLED
May 7	Victoria. Pk	5km	7:30	
Jun 4	Jubilee Pk, Leyton	5km	7:30	
Jul 2	Crystal Palace	5km	7:30	
Aug 6	Victoria Pk	3.5M	7:30	
Sep 3	Beckenham	5km	7:15	



CANCELLED

Suggested training in coming weeks

Here's my training suggestion for the next few weeks for prospective marathon runners - Steve Smythe

Training thoughts by Steve Smythe

Sadly - our best ever men's team for any relay (and a strong women's team too), fell through with the cancellation of the Area relays and effectively all events in the foreseeable future, though no doubt even if we had a good team someone would have gone to Sutton Park instead of Milton Keynes or got the wrong train.

Frustrating for all those in their best ever marathon shape that the target has now been removed though normality will hopefully eventually return to life and running.

Many big running events did take place last weekend (and nearly all parkruns) and chaos did not ensue but some organisers got abused for putting on events. It has all changed now this week with the shutdown.

Some have questioned why running races have stopped when schools stay open (for now) and shops are fully operative, public transport is running almost at full capacity (for now) and when casualties at the moment are not much worse than normal flu illnesses (for now).

It is no doubt going to get much worse (and how do we know that these sort of viruses won't now happen every year?) but hopefully some on social media will self isolate themselves from making further comment as normal life comes to an end and various businesses (even with government funding) bite the dust and people face financial worries as some jobs cease to be.

As at 8pm Tuesday night British parkruns are still going ahead. I find it hard to believe they will continue much longer and not sure how the 2 metre social distancing works but medical opinion earlier suggested that it was in the interests of a greater majority to continue as normal and for people to exercise and stay fit if they are healthy. Those who said that younger runners should not run parkruns because there are vulnerable 70 year-olds who might want to do them will think of the logic behind that. Certainly if you have elderly parents or friends you regularly come into contact with, you should not do them and if you are over 70, you may feel it's not worth the risk of attending.
Probably same with training hard.

In terms of marathon training, I do not see the logic of continuing to thrash the body with very long runs when there are no upcoming marathons and doing the long runs weakens the immune system and apart from making you more prevalent to illnesses, will also lead to injury if you continue months at an end doing long hard runs.

I think it is a good idea though to focus on shorter intense training (the longer winter runs won't go to waste if you do enough to retain some endurance and speed endurance) and that doesn't mean let the training wane to 4 x 100m reps. If you train slightly less now and gain some speed then it might enable you to train harder later in the year if you do have longer races to target.

Here is my suggestion for the next month - those over 70 may wish to just run around the front room. (Tony just because you look 70 does not mean this counts for you)

MARCH/APRIL SCHEDULE

This is my suggested training for March/April

MARCH	
Wed 18	60 minutes at 30 seconds a mile slower than marathon pace
Thu 19	12km alternating 1/2M pace and a min. a mile slower than mar. pace every 4 mins/km
Fri 20	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 21	5k blast or 40 mins steady
Sun 22	10 M with 1st half at 60-secs a mile slower than mar. pace, 2nd half at faster than mar. pace
Mon 23	30 mins easy or rest
Tue 24	4x 1600m at 10km pace with two minute recovery or 400m jog
Wed 25	60 minutes at 30 seconds a mile slower than marathon pace
Thu 26	5 miles acceleration run - ie for sub-3 marathoner, miles of 7:30, 7:15, 7:00, 6:45, 6:30
Fri 27	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 28	5k blast or hill reps
Sun 29	13 miles slow at any pace you want
Mon 30	55 mins easy or rest
Tue 31	6 x 1000m at 5k-10km pace with one to two minute recovery or 200m slow jog
APRIL	
Wed 1	60 mins steady at 30 seconds a mile slower than marathon pace
Thu 2	45 min run at a min. slower than 1/2M pace but put a 30 sec burst at 5Km pace every 3 mins and try and go to previous pace asap
Fri 3	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 4	5k blast or hill reps
Sun 5	10 miles steady with second half at faster than marathon pace
Mon 6	30 mins easy or rest
Tue 7	Pyramid - 400m, 800m, 1000m, 1600m, 1000m, 800m, 400m - close to 5km pace as possible - quicker on shorter reps - 200m or 1 minute recovery between reps
Wed 8	60 minutes at 30 seconds a mile slower than marathon pace
Thu 9	5 mins at slower than mar. pace, 4 mins at mar. pace, 3 mins at 1/2M pace, 2 mins at 10km pace, 1 min at 5km pace, 30 secs as hard as possible and repeat twice more
Fri 10	30 mins easy (or rest) with optional five strides of 150m, getting progressively quicker
Sat 11	5k blast or hill reps
Sun 12	13 miles slow at any pace you want

Training paces

Steve Smythe writes...Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Thames Towpath 20 or alternatively known as 'Race or pace 20'

Ange Norris writes...Organised by Clapham Chasers, it's a fairly low key pre marathon event, so there were quite a lot of demotivated runners today. But, even though it's not a stepping stone to even greater things this year, it's still an enjoyable race. It's an out and back along the Thames towpath from Putney to just past Richmond. Chasers provide pacers for each half minute per mile, who you can follow or not. The choice is yours.

The Dulwich contingent consisted of Michelle, Barrie and me. Michelle and I set off with the 8 minute pacers, well at least for the first few minutes until Michelle tired of the sedentary pace and pulled ahead. My plan was to stick just behind the pacers and survive a 20 mile run. My first for a year. It was a reasonably large group with lots of amicable chatting – I know that's disassociating and we're advised to keep our minds on the job in hand, but 20 miles needs some distraction and consequently the first few miles passed fairly quickly for me. I was also busy admiring the colour of Michelle's hair as she eased away. Meanwhile, she was having plenty of time to admire the scenery, which is beautiful along the river, as she was having a solo run.

It is a deceptively harder race than you

might think, as although flat, the terrain has gentle ups and downs and the surface is very rough in places– stones, cobbles, mud and puddles. Running in a group, I wasn't able to see the surface ahead so very nearly ran straight into the person in front when several runners stopped to edge themselves gently around a large muddy puddle! I ran straight through, it's 'follow the blue line' for me.

My plan of sticking to the pacers was going well until just after 6 miles, but all good plans At a narrow point I found myself in front of the pack with one other runner. Decision time – do I consciously slow down and drop back or keep going? The pacers were only just behind so I went with option 2.

Nearing the half way point gives opportunity to see the front runners on their way back and then, those approaching half way as you are beginning the return. Some cheerful marshals and a few cones mark the turnaround point at an otherwise non-descript point beside the river. I had almost caught up with Michelle who was unfortunately not feeling great and, spurred on by being on the home straight, I felt more confident about being in front of the pacers who were now about 15 seconds behind.

Heading back gives you a mental boost but

you have to remind yourself that the home straight is 10 miles long!

Shortly after turning was when I saw Barrie, looking strong and enjoying himself. As for runners going the same direction as me, where were they? I had several very lonely miles with no other runner in sight. The river with many rowers out, being shouted at by accompanying motor boats, and meandering dogs who have no respect for tired runners, occupied my thoughts for a while but soon it was time for some associating – try to maintain some sort of running form and keep the pace going. Not always easy, but I kept the effort going and did manage to catch up and pass a few runners. (Although some of these weren't actually in the race. Never mind, it still gives a boost when it's most needed.)

I found out later that on the return Michelle had joined forces with 3 men from Fulham and they were passing the miles fantasising about food. Whatever works.

Putney Bridge was a welcome sight and once I was crossing it, I managed to put in that last push to the finish. Michelle finished shortly after, then we walked back along the course to cheer Barrie in. He came into sight, still smiling, (Did he smile all the way?) accompanied by his very own pacer – Lindsey, who had run a few miles with him.

A thoroughly enjoyable event, and probably the last one we'll do for a while.

75	Ange Norris	2:35:46
96	Michelle Lennon	2:40:38
248	Barrie John Nicholls	3:37:26

As there are likely to be no races in the next few weeks Shorts could be looking pretty bare...Race reports will be harder to find than bog roll !

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.

Just saw a big fight in my local Tesco's over toilet rolls...luckily no serious injuries, just some soft tissue damage !!!

March 14

All parkruns now cancelled until further notice

Beckenham Place

164 Ran
Pos Gen
20 19 Stephen Smythe 21:38

Brockwell , Herne Hill

319 Ran
Pos Gen
2 2 Lewis Laylee 16:15
16 12 Austin Laylee 19:47
30 25 Mark Foster 20:45
53 44 James Auger 21:52
67 3 Lucy Pickering 22:26
75 58 Michael Mann 22:40
90 69 Graham Laylee 23:13

Bromley

570 Ran
Pos Gen
17 1 Kim Hainsworth 19:08
320 226 Peter Jackson 28:20

Burgess

459 Ran
Pos Gen
1 1 Andy Bond 16:06
12 8 Tony Tuohy 17:42
80 61 Justin Siderfin 20:28
113 85 Joe Sheppard 21:47
444 169 Susan Vernon 37:29

Catford

200 Ran
Pos Gen
191 87 Denise Brady 39:37

Crystal Palace

407 Ran
Pos Gen
21 1 Polly Warrack 20:02
29 3 Sara Roloff 20:49
32 4 Helen Lister 21:02
38 5 Yvette Dore 21:22
101 75 Colin Frith 23:51
147 108 Barry Graham 25:22

160 116 Michael Dodds 25:52
179 34 Claire Steward 26:22
197 41 Hannah Little 26:44
244 153 Paul Hilton 28:32
254 72 Clare Wyngard 28:55
259 75 Clare Osborne 29:10
336 119 Joanne Shelton Pereda 32:39

Dulwich

445 Ran
Pos Gen
1 1 Edward Chuck 15:49
31 30 James Brown 18:09
32 31 Joe Wood 18:10
34 33 Des Crinion 18:15
70 58 Tom Shakhli 20:04
77 6 Katie Styles 20:14
111 90 Cameron Timmis 21:32
118 96 Michael Fullilove 21:55
139 113 Joseph Brady 22:32
318 73 Elizabeth Begley 28:21
325 222 Miles Gawthorp 28:40

Hastings

252 Ran
Pos Gen
19 15 Edward Smyth 21:40

Henstridge Airfield

118 Ran
Pos Gen
3 3 Jonny Hough 20:20

Malling

283 Ran
Pos Gen
28 3 Tereza Francova 21:50

Milton Keynes

573 Ran
Pos Gen
195 30 Lauren Gill 27:05

Newbury

494 Ran

Pos Gen
20 18 Matthew Ladds 20:30

Northala Fields

374 Ran
Pos Gen
362 183 Chris Vernon 48:36

Osterley

263 Ran
Pos Gen
74 63 Barrie John Nicholls 24:52
92 14 Lindsey Annable 25:46

Peckham Rye

279 Ran
Pos Gen
1 1 Kevin Chadwick 18:00
6 5 Alex Loftus 19:16
37 3 Helena Flippance 22:14

Riddlesdown

139 Ran
Pos Gen
1 1 Dylan Wymer 17:57
132 57 Ange Norris 56:08

Roundshaw Downs

132 Ran
Pos Gen
9 9 Tom Wilson 22:40

South Norwood

186 Ran
Pos Gen
82 14 Carys Morgan 24:49
88 17 Emma Kelly 25:19
119 28 Hannah Harvest 27:52

Tooting Common

372 Ran
Pos Gen
109 81 Ian Sesnan 24:27

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer - Both styles are a bargain £15.



Bufs-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 and hoodies.
 You just click on 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 years of 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.