



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
May 20th 2020  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

**No club runs, track sessions etc until further notice - Full statement below.**

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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
- 4 Training & Misc.
- 5 Virtual race reports, results etc
- 8 Club Kit
- 11 The map we would have used tonight !

As you will see a few 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

***Until there are any changes or further advice the following statement, instructions and advice will stand.***

Dear Club Members

Due to Covid-19 and Government guidance and advice the club committee made the decision that until further notice all club activities will cease, Wednesday night runs, Tuesday track sessions and also to postpone the AGM.

There is nothing to stop any of us going outside to run under current government guidelines and should the situation change we will keep you informed via the club weekly newsletter Shorts, the website and our social channels.  
If you have any questions or concerns please

contact a committee member and keep up to date with the Government guidance.

Hope you all stay safe and well.

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 on a Saturday or Sunday at a time and place of each runner's choosing. Runs and times are tracked through Strava which can be downloaded for free to smart phones/laptop/tablet etc. A weekly table of results will be published in Shorts.

**NB Starting from weekend 16/17 May you will need to submit your result yourself via Opentrack**

### HOW IT WORKS

1. Join Strava by downloading the App at [www.strava.com](http://www.strava.com)
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/phone/other GPS device & upload to Strava (please caption description DR Virtual Champs)

### THE RULES

4. Search on the opentrack listings [opentrack.run](http://opentrack.run) - virtual - competitions - Dulwich Runners 5k
5. Login or sign up to enter and submit your result
6. 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)

# 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

We are trialling the following sessions which will hopefully be of interest.

- 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)

Zoom Meeting ID: **842 3494 6420**

Re the Tuesday virtual sessions - while numbers were good the first Tuesday on May 12, the May 19 session could not compete with the warmest evening of the year so far and I think it would be better just to make myself available for e-mail queries in future and I will also log in regularly to the Wednesday club virtual session - *Steve Smythe*

Wednesdays	
May 20	8:30pm
May 27	8:30pm
Jun 3	8:30pm
Jun 10	8:30pm
Jun 17	8:30pm
Jun 24	8:30pm
Jul 1	8:30pm
Jul 8	8:30pm
Jul 15	8:30pm
Jul 22	8:30pm

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

Weekly:

[https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL\\_WDdze6io\\_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAIjCLPPwiCFbjY1vjB39BDdYVv\\_JAcZGKLcpGdfv](https://us02web.zoom.us/join/tZAvdO2hqjOuGNRpbxgwkUL_WDdze6io_iGM/s?icsToken=98tyKuGsrDguE9CTtBuHRpwIAIjCLPPwiCFbjY1vjB39BDdYVv_JAcZGKLcpGdfv)

Join Zoom Meeting

<https://us02web.zoom.us/j/84234946420>

Meeting ID: **842 3494 6420**

One tap mobile

+441314601196,,84234946420#

United Kingdom 442030512874,,84234946420#

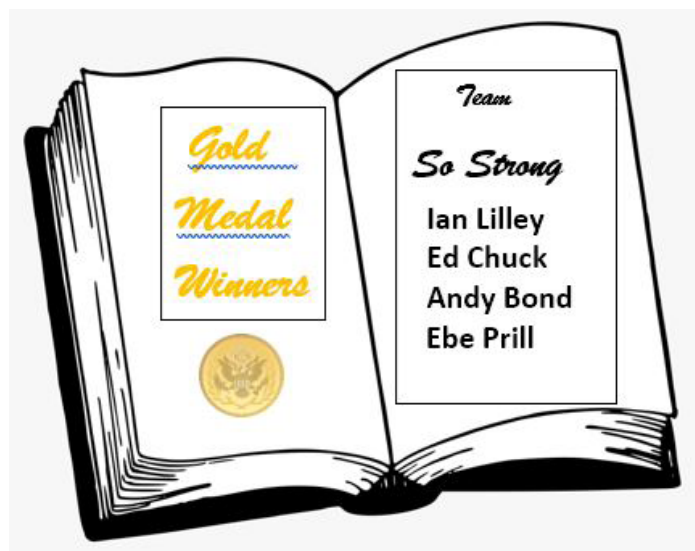
+United Kingdom

## Strength for Runners - with Coach Elkie Mace Session 2

Elkie has shared the recording of the Strength session she did last Tuesday so you can repeat it or do it at your leisure -

[https://us02web.zoom.us/rec/share/-M16EbbZrKxLeYn\\_5MNGtjCaaa81SJMrgFcmBlpT4VVcxrZd3IQ4QooBfqO?startTime=1589312033000](https://us02web.zoom.us/rec/share/-M16EbbZrKxLeYn_5MNGtjCaaa81SJMrgFcmBlpT4VVcxrZd3IQ4QooBfqO?startTime=1589312033000)

If anyone would like to share their strength workout with the group next Tuesday (after Steve's ask the coach session) then we are looking for volunteers so please do get in touch with Elkie. Sadly I am struggling with time to commit to every week



## The first Dulwich Runners Virtual Quiz - results

It was tough competition with 9 teams (34 competitors) closely competing for the kudos of going home (well, going into the next room to bed) as champions. After much scratching of heads and team consultation, the scores were close but the 'Virtual Book of Knowledge' was won by the team 'So Strong' - Ian Lilley, Ebe Prill, Andy Bond and Ed Chuck. Silver medal winners - Good Neighbours - Mike Dodds, Clare Wyngard, Bob & Chris Bell (assisted by 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.

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

2020					
Jun	4	Assembly League CANCELLED		Jubilee Pk, Leyton	Road & other
	15	Sri Chinmoy 5km CANCELLED	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Cross country
	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	Club Champs
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto: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, B'sea Park	cancelled	short
18 Jul	Richmond Summer Riverside 10km	late July/early August tbc	long
		SOAR Mile	short
13 Sep	2nd Sun. 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	CANCELLED
Jun 4	Jubilee Pk, Leyton	5km	7:30	CANCELLED
Jul 2	Crystal Palace	5km	7:30	
Aug 6	Victoria Pk	3.5M	7:30	
Sep 3	Beckenham	5km	7:15	

## 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 May 20** two-paced 50 min steady run - first half 90 secs a mile slower than target 5km pace, second half 30 secs a mile slower than target pace - ie 20 minute 5km runner - first half 7:50-8:00 miling, second half 6:50-7:00

**Thurs May 21** 2km steady then 9km up and down tempo run - start at 5km pace for a kilo and then slow 15 secs per kilo to 5km and then pick up (ie 20:00 runner runs kilos at 4:00, 4:15, 4:30, 4:45, 5:00, 4:45, 4:30, 4:15, 4:00) then km 30 secs slower to finish (4:30)

**Sat May 23** Run 5km fast but have an easier third 1km - so effectively 2 x 2km) Sun May 24 75 minutes steady (60-90 secs slower than target 5km pace per mile)

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 May 26** 12x400m at quicker than 5km pace with 200m or one-min recoveries

**Wed May 27** 60 mins steady at a min. slower per mile than 5km pace

**Thurs May 28** 5km at 1/2M pace but put a 100m hard at 5km pace or quicker every 400m

**Sat May 30** 5km hard but aim for very fast middle 3km, so easier start and ease back slightly in last kilo

**Sun May 31** 80 mins steady and relaxed (60-90 secs slower than target 5km pace per mile)



# Race Reports & Results

Want your race results and reports in SHORTS ? make sure & email them to [barry@lbg1.com](mailto:barry@lbg1.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...  
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 storys, anecdotes, past glories, abject fails etc then please do..pics also welcome.

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		2 May		9 May		16 May	
			Pts		Pts		Pts
Andy Bond	M40	17:20	49	16:58	49	16:05	50
Tom South	M40	16:36	50			16:45	49
Steve Davies	M50					17:07	48
James Burrows	MS			18:49	47	18:31	47
Jonny Hough	M40			19:06	45	18:46	46
Tom Wilson	M40	18:18	47	18:36	48	18:53	45
Kim Hainsworth	FS	19:44	43	19:47	43	19:35	44
Paul Collyer	M50	19:03	44	19:26	44	19:39	43
Ross Rook	MS	19:53	41			20:08	42
Joe Farrington-Douglas	M40			21:12	41	20:31	41
Olivier Montfort	M40	20:56	35			20:56	40
David Benyon	MS	21:31	34			21:09	39
Yvette Dore	F40	20:49	37	21:27	40	21:34	38
Hugh French	M40					21:44	37
Tereza Francova	FS	22:22	32	24:22	34	22:07	36
Ebe Prill	M50	21:43	33	21:38	39	22:16	35
Shane Donlan	MS	17:37	48	16:38	50	22:17	34
Eleanor Simmonds	F40					22:32	33
Laura Vincent	FS			23:29	35	22:48	32
James Rimmer	MS					22:52	31
Paul Hodge	M50	25:17	27	22:56	37	23:14	30
Alex Bazin						23:17	29
Graham Laylee	M60	23:34	31	23:19	36	23:25	28
Emma Kelly	FS	24:35	29			23:36	27
Midge Cameron	F55					26:07	26
Jenny Bomers	FS	25:59	26			26:37	25
Andy Murray	M60	26:47	25			26:47	24
Ros Tabor	F60	27:10	24	27:53	33	26:52	23
Greg Falconer	MS	18:58	45	18:55	46		
Grzegorz Galezia	M50	20:02	39	19:57	42		
Eugene Cross	MS	18:28	46				
Jamie Nicol	MS	19:44	43				
Kay Sheedy	FS	19:57	40				
Matt Ladds	MS	20:21	38				
Helena Flippance	FS	20:55	36				
Ed Smyth	MS			22:05	38		
Catherine Buglass	F40	24:02	30				
Robin Downing	MS	25:13	28				
Sonja Jutte	F40	48:41	23				

28 runners this week of whom half logged their performances with Open Track.  
Please log your performances with Open Track to save Graham the time of sifting through Strava to get your performances.

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

### HOW IT WORKS

1. Join Strava by downloading the App at [www.strava.com](http://www.strava.com)
2. Once logged in join the Dulwich Runners Group
3. Any Saturday or Sunday, record your 5K run on your Garmin/ phone/other GPS device & upload to Strava (please caption description DR Virtual Champs)

### THE RULES

4. Go to [https://data.opentrack.run/x/2020/GBR/dul\\_open5k/](https://data.opentrack.run/x/2020/GBR/dul_open5k/)
5. Login or sign up to enter and submit your result
6. Results need to be submitted before 23.59 on Monday for your entry to be in Shorts and be part of the club champs.

## 10 years ago

The club 2 mile championships was held at Dulwich Park in June.

Buzz Shepherd won easily in 10:05 from first M40 Tony Tuohy on 10:21 and first woman Clare Elms 10:31 - still the vets club record and her PB.

Other performances of note were M40 Charles Lound 10:36, first M50 Chris Loizou 10:45 and M55 Jim Estall (still senior club record holder at Marathon) 10:55 and first M60 Mike Mann 11:19.

Catherine Treble was first senior woman in 11:45 and Ros Tabor was first W50/W60 in 12:53.

Earlier in the month in the Assembly League at Victoria Park, Buzz had been 8th in 18:37, Tony first vet in 13th in 18:59 and Clare was easily first woman in 20:03 and Ros Tabor first W50+ in 23:39.

The day after the 2 miles, Clare set a club record 800m in 2:16.1 and that month she also won the South of England senior 3000m title set PBs and club and British W45 records at 1500m (4:33.27) and Mile (4:56.59) and won the Beckenham 10km.

## Not quite 20 years ago but a clear out revealed the final Shorts of 2001.

John O'Byrne organised the club Christmas party which incorporated the club awards.

Martin Morley (Shorts Editor) won the club person of the year, Mike Mann won the most improved athlete award (at the age of 53!) and Alison Fletcher won the performance award after winning a world masters XC title, the overall Surrey League and running the fastest club marathon (man or woman) in a then club record 2:49.

That weekend at Richmond, we won the Surrey Ladies League with Alison 1st, Alison Hurford (who won the world masters 1500m in Australia) was 12th, Andrea Pickup 16th, Gill Johnson 17th and Rachel Best 19th.

Ola was 26th, Pauline Virgo 30th, Ros 34th, Louisa Pritchard 41st and Lindsey Annable 50th and Clare Wyngard 54th. We beat Herne Hill by a single point.

Uniquely on the same day we also won the men's Surrey League at Lloyd Park by 14 points from Guildford.

The scorers were Steve Smythe (9th - then the club's highest league position but easily since beaten by Ed Chuck etc), Rob Spedding (11th), Sean Fishpool (20th), Simon Loach (22nd), John Neighbour (27th), Duncan Hussey (30th), Mike Mann (42nd), Amites Sarkar (45th), Pete Marsh (46th) and Gareth Price (52nd).

Others to run still involved in the club included Colin Bailey-Wood 53rd, Andy Murray 67th, Matt Pullen (72nd), Martin Morley 74th, Ian Sesnan 110th, Colin Frith 119th and John O'Byrne 132nd.

*Steve Smythe*

# Corona Diaries (Episode 2)

Brought to you by Dulwich Ladies

Over the last week or so 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](mailto:sonjajutte@outlook.com) or 07786012933

Hi I'm Jane & here I am with my bestest training partner @4478 74439279 we met at the Kent champs in 2008 when we both had to be treated by the paramedics after the race!

I finally joined DR 2nd claim for this winter season and love the team spirit of the ladies. Prob enjoy xc & track in equal measure & def have a love / hate relationship with the marathon!



I'M OLA (CO-CAPTAIN), JOINED OVER 20 YEARS AGO. DR HAS BEEN A BIG PART OF MY LIFE. I HAVE ENJOYED TAKING PART IN RELAYS AND LOVE CROSS COUNTRY. ONE OF MY FAVOURITE RACES WAS JACK AND JILL ON THE SOUTH DOWNS







Hi everybody, I'm Kristen and I've been with Dulwich for just over 2 years now. I've probably met some of you at the track on Tuesdays as that's the Dulwich session I try not to miss! This photo is from September 2019 when I set a half marathon PB at the Cheshire Half. I love longer distances and like lots of you I'm planning on running the London Marathon in Oct. I've had an ongoing injury since Feb and so I feel years away from this person in this photo in terms of fitness right now! but really hoping to be doing more running soon ?? & seeing more of you post lockdown xx

Hi, I am Harriet. I only managed to join for a few runs before this whole pandemic thing kicked off. I learnt to run while Rowing at uni, it was part of our ridiculous training programme. Though I was good and won some national/international medals, when I left uni and came to London, I couldn't fit in the gruelling Rowing hours so the only thing I had left was running. I am fairly



inexperienced at the running thing, have only done a few races (three half marathons and a v hilly trail marathon) but enjoy running and want to improve. I also missed training with others so hence joined DR. Looking forward to meeting some of you post coronavirus!

# 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 Map E

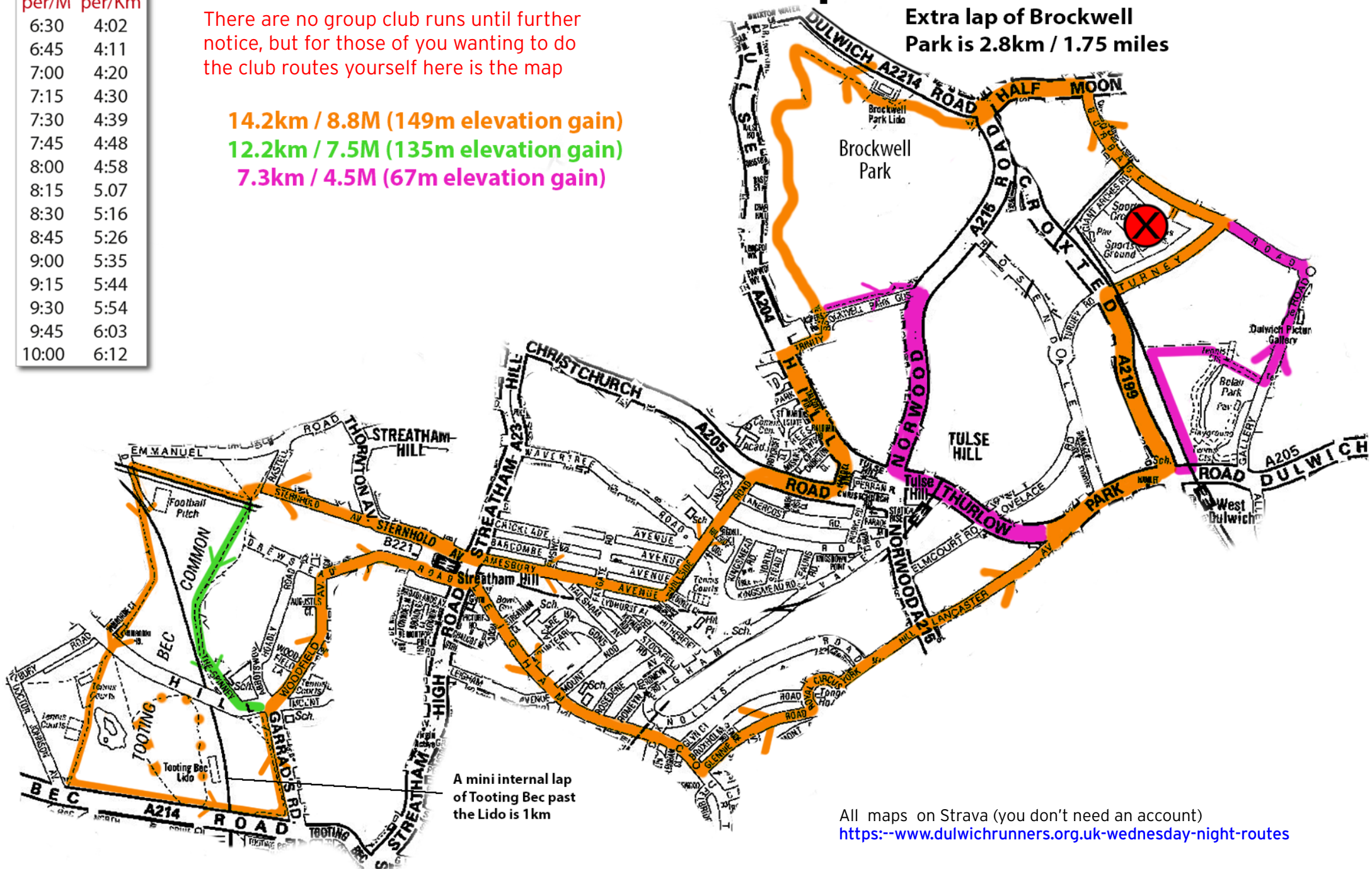
per/M per/Km

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

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

**14.2km / 8.8M (149m elevation gain)**  
**12.2km / 7.5M (135m elevation gain)**  
**7.3km / 4.5M (67m elevation gain)**

Extra lap of Brockwell Park is 2.8km / 1.75 miles



A mini internal lap of Tooting Bec past the Lido is 1km

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