



SHORTS

Dulwich Runners AC
Weekly Newsletter
September 2nd 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 Training sessions
- 3 Virtual Club 5k Challenge and other virtual races..
- 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 many 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

The current rules 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.

Therefore we now have 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 monitoring the situation and advise you of 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.

Ros Tabor - On behalf of Dulwich Runners AC Committee

Risk Assessment:

<https://www.dulwichrunners.org.uk/risk-assessment>

Membership fees 2022 extension

The Club Committee is aware that many of you have already paid your membership fees for 2020, for which the club is grateful.

Good news !

if you have renewed your membership or have joined as a new member then your membership will automatically be extended until 31st March

2022, in light of the restrictions on athletic activities owing to Covid-19.

So that's two year's membership for the price of one for existing members.

It is important for you to note that this only applies to club membership fees and that your individual England Athletics registration fee in 2021 will still need to be paid (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

If you have not renewed it is not too late to do so.

TUESDAY TRACK SESSIONS AT CRYSTAL PALACE

We have now arranged with GLL/Crystal Palace NSC for the use of the Crystal Palace track on Tuesday nights over the Autumn and Winter.

Due to Covid-19 restrictions, all individual track bookings will need to be made online through the new GLL Booking App. In order to book and access the discounted Dulwich Runners rate of you will need to be set up as a member on the GLL booking system.

Details of timings and other arrangements will be provided in due course but **for now if you intend to attend track sessions over the winter or would just like to give track a try, please enter your details here so that you can be set up on the system.**

Register here: <https://www.dulwichrunners.org.uk/tuesday>

NOTE: you must register to comply with Crystal Palace Arena Covid rules

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.**

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

Surrey League Cross Country

We have been informed by the Surrey League committee that the 10 October has been cancelled, but they are exploring what might be possible for the second date of 7 November. A further update is expected in mid September

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 8 - 9 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
approx 5-6 miles
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)

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 coming weeks

My training suggestions - **Steve Smythe**

Wed Sep 2 60 mins at 60 secs per mile slower than 5km pace

Thu Sep 3 5 mins at HM pace, 4 mins at 10M pace, 3 mins at 10km pace, 2 mins at 5km pace, 1 min at mile pace, 5 mins easy and repeat

Sat Sep 5 10x short hills of approx 30-45 secs with slow jog back

Sun Sep 6 90 mins at 60-75 secs a mile slower than 5km pace

Tue Sep 8 6 x 800m starting every 5-6 mins

Wed Sep 9 65 mins at 60 secs per mile slower than 5km pace

Thu Sep 10 10 mins steady, then continuous 10 mins of 1 min at 5km pace, 2 mins at 10km pace, 3 mins at HM pace, 4 mins at marathon pace then 5 mins steady, then repeat 5km pace etc

Sat Sep 12 Hills

Sun Sep 13 100 mins at 60-75 secs a mile slower than 5km pace

NB: on paces it is best to do sessions off road and go slower than suggested than risk injury on the road. ie good grass is much better than joining the masses in Dulwich Park even if you can't go quite as quick

Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.

Until your body has fully adapted, keep it controlled and be sure to a good warm up

For the Sydenham Hill suggest focussing initially on just half the hill.

ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be

5 x 15 secs hills
4 x 30 secs
3 x 45 secs
2 x 60 secs
(1 x 2 mins)
all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

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.

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.

3 keen beans as we hit the 4th week of the August competition...

DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		1 Aug		8 Aug		15 Aug		22 Aug		29 Aug	
			Pts		Pts		Pts		Pts		Pts
Ebe Prill	M50	21:26	47	21:38	46	21:27	48	21:36	48	21:05	50
Ros Tabor	F60	25:10	45	28:18	44	26:09	47	26:36	46	26:12	49
Andy Murray	M60	26:51	44	26:32	45	26:28	46	26:35	47	26:39	48
Joe Farrington-Douglas	M40			20:50	48	20:48	50	20:34	50		
Gary Sullivan	M60	22:31	46	21:03	47	21:6	49	21:06	49		
Shane Donlan	MS	17:10	50	19:43	50						
Kim Hainsworth	FS	19:57	49								
Ed Smyth	M35	21:02	48	20:37	49						

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

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Soar Tour

Steve Smythe

Only two Dulwich Runners entered this event which involved running a virtual 1000 metres, Mile and 5km (has to be in that order) in a week.

National cross country winner Adam Hickey won the overall event which included a 13:57 5km while international Tom Marshall ran a 4:03 solo mile and finished second overall. Kev Chadwick was third M40 with a 3:09 1000m, 5:08 mile and an excellent 17:24 5km, giving him an overall 22nd place and combined time of 1540 seconds.

Clare Elms did not feel great in the 1000m with a 3:11 solo run and ran better in the mile but stopped too early (she

was a few seconds down on Kevin until stopping and had to start running again but still ran 5:16 for a plus 100pc age-grading. The 5km was her most pleasing run though - a 18:04 - and her only problem was colliding with a very large jogger in Norman Park who veered across her in the last kilo with a late move and gave her a shoulder charge that an Italian centre back would be proud of.

Her 1591 seconds for the three events saw her finish 26th overall (out of 138 men and women competitors) but more importantly third woman which should win her a good prize, but the lost time in a slowing too early mile and the 5km collision stopped it being a better prize as she was just a second down on second place.

Additionally she won an additional prize as first over 50 athlete (winning by over 200 seconds).

Virtual Quiz Night

It's Quiz time again

Sharpen up on all those fun facts for the next DR quiz evening. Let's see if we can have some new champions!

Friday 18th September
8 p.m.

Via zoom -

<https://us02web.zoom.us/j/89654403315>

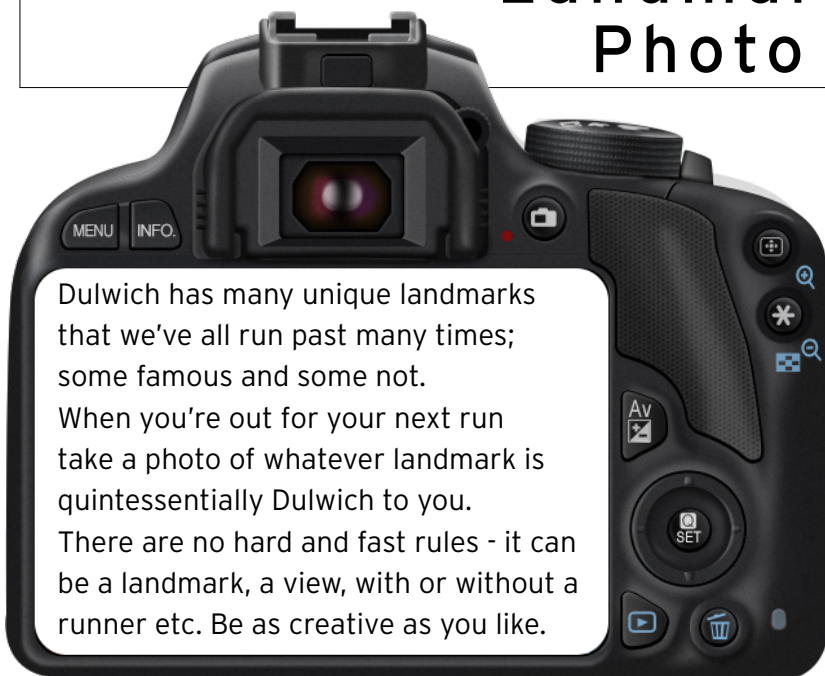
Meeting ID: 896 5440 3315

It will work as before, so what I need from you all is - Teams of 4 with a team name and email addresses of each person.

Email these to Ange - dulwichladiescaptain@gmail.com

But - we can also put people into teams on the night so don't worry if you're not part of a team of 4. The more the merrier

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

dulwich runners on zoom

zoom

We have set up a
Dulwich Runners



**Zoom account to host
virtual get togethers
for club members**

Wednesday 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/meeting/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

Use these details 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

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



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



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 C

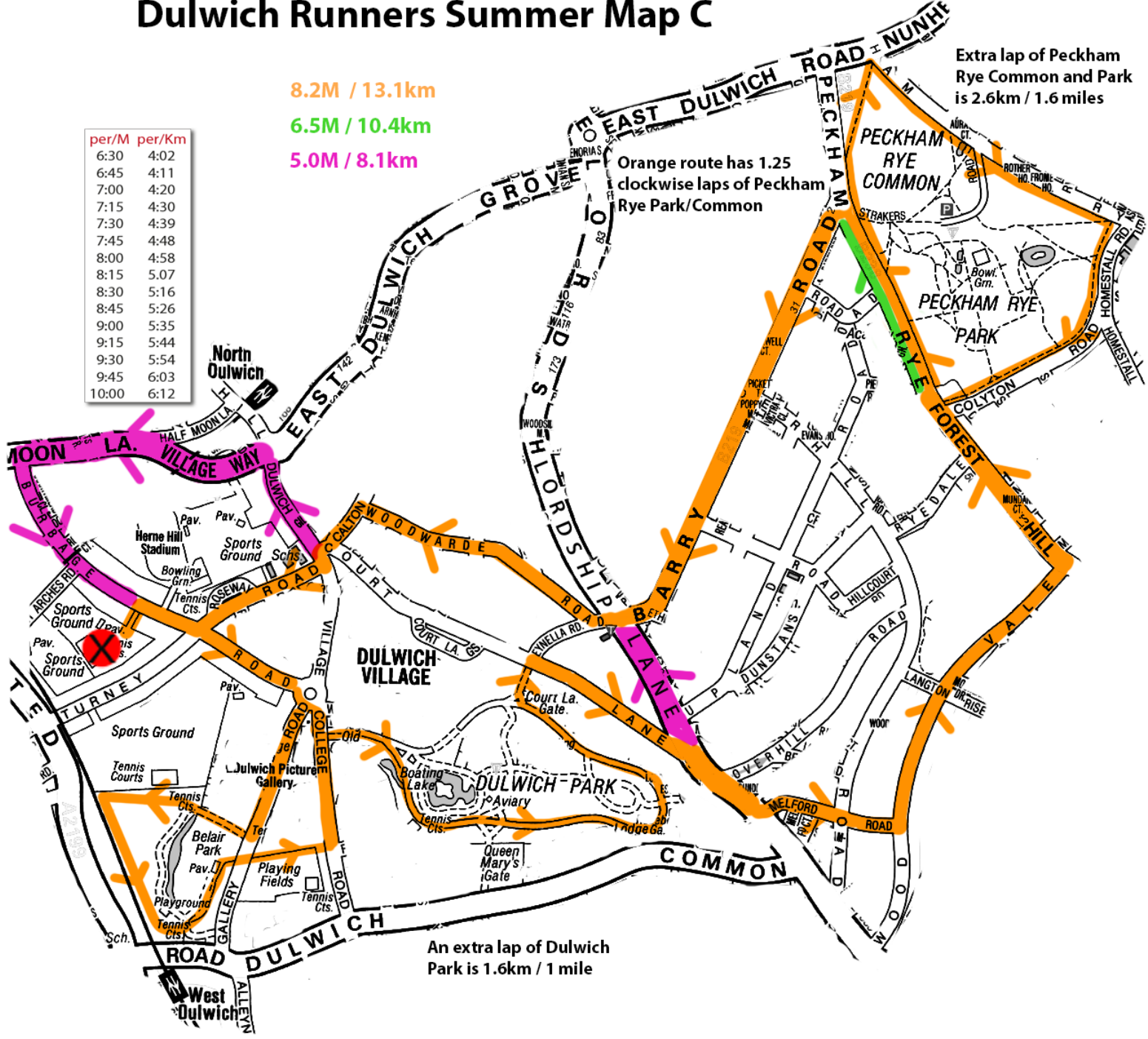
8.2M / 13.1km

6.5M / 10.4km

5.0M / 8.1km

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

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



Orange route has 1.25 clockwise laps of Peckham Rye Park/Common

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

Run group leaders may or may not use these routes

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