



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
September 23rd 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

Although the clubhouse remains closed and there are no toilets or changing facilities Wednesday night runs from the clubhouse carpark have started and Tuesday training sessions at Crystal Palace track  
**SEE PAGE 2 for full details**

## In your SHORTS this week !

- 1 General information
- 2 Club runs and training sessions
- 3 Race reports, results etc,
- 4 Virtual races etc
- 5 Club Kit
- 7 Wednesday night map

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 as and when appropriate. Meanwhile feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



## 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 some 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 advise you of further changes to the rules, 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

## 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 and in light of the restrictions on athletic activities owing to Covid-19

then your **membership will automatically be extended until 31st March 2022.**

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

**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.*

# 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.**

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)

## Surrey League Cross Country

We have been informed that the first Surrey League cross country fixture scheduled for 10 October has been cancelled. EA is planning to issue further guidance to organisers of cross country events in the middle of September. In the light of this, the Surrey League will issue a further update. They are exploring what might be possible for the date of the second fixture on 7 November

## Wednesday Evening Runs Autumn 2020/21

The clubhouse is currently closed but Wednesday night runs have restarted in groups of six each with a leader and catering for different paces.

Group leaders will ensure that groups are limited to 6 with the help of staggered starts. It is important to ensure social distancing at the start of the run in Burbage Road.

Groups meet and start at the clubhouse car park and *for the rest of September the start time is 7pm* so that we can use local parks while daylight permits.

This will be reviewed at the end of September.

NOTE: with the clubhouse closed there are no toilets or changing facilities.

Members can just turn up, but arrive a bit earlier to enable us to sort out groups and place you in a suitable pace group.

If this is your first run with the club please contact Mike Mann or Ebe Prill in advance. (email details below)

The groups are currently organised as follows.

sub 7 minute mile pace led by Tom South  
[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

approx 7.30 minute mile pace led by Gower Tan  
[gower.tan@gmail.com](mailto:gower.tan@gmail.com)

8-9 minutete mile pace (and slower) - groups led by Ebe Prill [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) and Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Standard run is about 8-9 miles, the slowest group will also have the choice of 5 miles, depending on numbers on the night.

If you are a new runner, we will place you with someone to run with at your preferred pace and distance.

## 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.

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

Due to Covid-19 restrictions, all individual track bookings will need to be made online through the new GLL Booking App. How to book using the app [instructions can be found here](#)

Details of timings etc will be provided in due course but **for now if you intend to attend track sessions or would just like to give track a try, please register at the link above so that you can be set up on the system.**

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

## Training Sessions

My training suggestions - *Steve Smythe*

With many doing varying targets, there's no point in a general schedule but suggest the following for the rest of September

### Tuesday sessions

Sep 29 12-15 x 400m reps off 2:30

### 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.

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

### Thursday sessions

Sep 24 40 mins at HM pace but put a 30 second 5km pace burst in every 5 mins

Oct 1 10 mins fast steady (marathon race pace), 20 mins HM pace, 5 mins marathon pace, 5 mins 10km pace

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.

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.

Although things appear to be picking up, and there are a few events now starting to take place, you are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## RunThrough Queen Elizabeth Olympic Park 10k

19 th September

A 9.00am start on a glorious sunny Saturday morning for a well organised four lap 10k in the Olympic Park. My first post-lock-down race. Runners were released in two waves from the start in pods of four. This proved very effective for social distancing with runners well spread out on wide paths, with plenty of space for overtaking when required.

The course was level, apart from a short down and up to run alongside the River Lea for a short stretch, and I ran a steady pace throughout.

I had hoped to have gone a bit quicker (as we all often wish we had) but all things considered it was a good 'sharpeners' after such a long layoff and I was pleased with my effort for where I am at the moment.

1 31.14  
92 Justin Siderfin 41.38 (10th in category)  
416 ran



A benchmark for what I really hope will be more opportunities to race in the coming months. I am sure I would have been a bit slower too if I hadn't been wearing my whizzy SOAR Dulwich Runners vest for the first time.

Plenty of tambourine rattling and encouragement from the marshals on the route plus flapjack, protein bar, bottle of water and the usual nice and colourful RunThrough medal at the finish.

## DULWICH RUNNERS VIRTUAL 5K CHALLENGE

		5 Sep		12 Sep		19 Sep		26 Sep	
			Pts		Pts		Pts		Pts
Grzegorz Galezia	M50					20:49	50		
Gary Sullivan	M60	22:58	49	20:25	50	21:12	49		
Emma Kelly	FS					25:20	48		
Ebe Prill	M50	20:55	50	20:51	49				
Andy Murray	M60	31:37	47	27:07	48				
Ros Tabor	F60	31:26	48						

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

### HOW IT WORKS

1. Search the opentrack listings  
[opentrack.run](https://opentrack.run) - virtual - competitions - Dulwich Runners 5k
2. Login or sign up to enter and submit

- your result. You 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.

# VIRTUAL RUNNING

## Virtual London Marathon

Please can any Dulwich Runners running a virtual London Marathon next weekend let us know where and when you are running.

Send details to Shorts or Facebook and you may well get some support in your lonely run.

Good running!  
**Ros**

## London Marathon Oct 4

If any DR's are doing their virtual marathon runs from/through/to Dulwich Park then other club members could support there and look after kit, drinks, gels. If we know names and charities supported we could publicise. So far known....Gower running laps paced by Tom and Grzegorz running in his Spartan outfit.  
**Andy Murray** (see Dulwich Runners Facebook post)

## 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.

## 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)

## John Tymukas

John, a club member for many years from 1990 and recently a keen cyclist, suffered a stroke some days ago and is being treated in Princess Royal University Hospital, Farnborough. He currently has problems communicating and with short term memory and will be in that hospital until next week, followed by several

weeks of rehab treatment and probable relocation back to Australia for family support.

A neighbour in Chiselhurst, Simon, is currently taking John out to a park several times a week, where he can see friends if arranged. Myself, Ros, Clare Wyngard and Mike Dodds have Simon's phone number if needed. John is on What's App and can receive short messages, although replies are difficult for him.

**Andy Murray**

# 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.

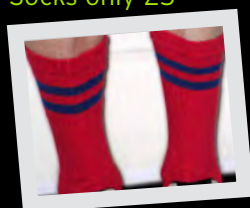


Most kit is usually available  
Wednesdays at the club from Ros  
ros.tabor49@gmail.com



Buffs-snoods - only £6  
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](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**

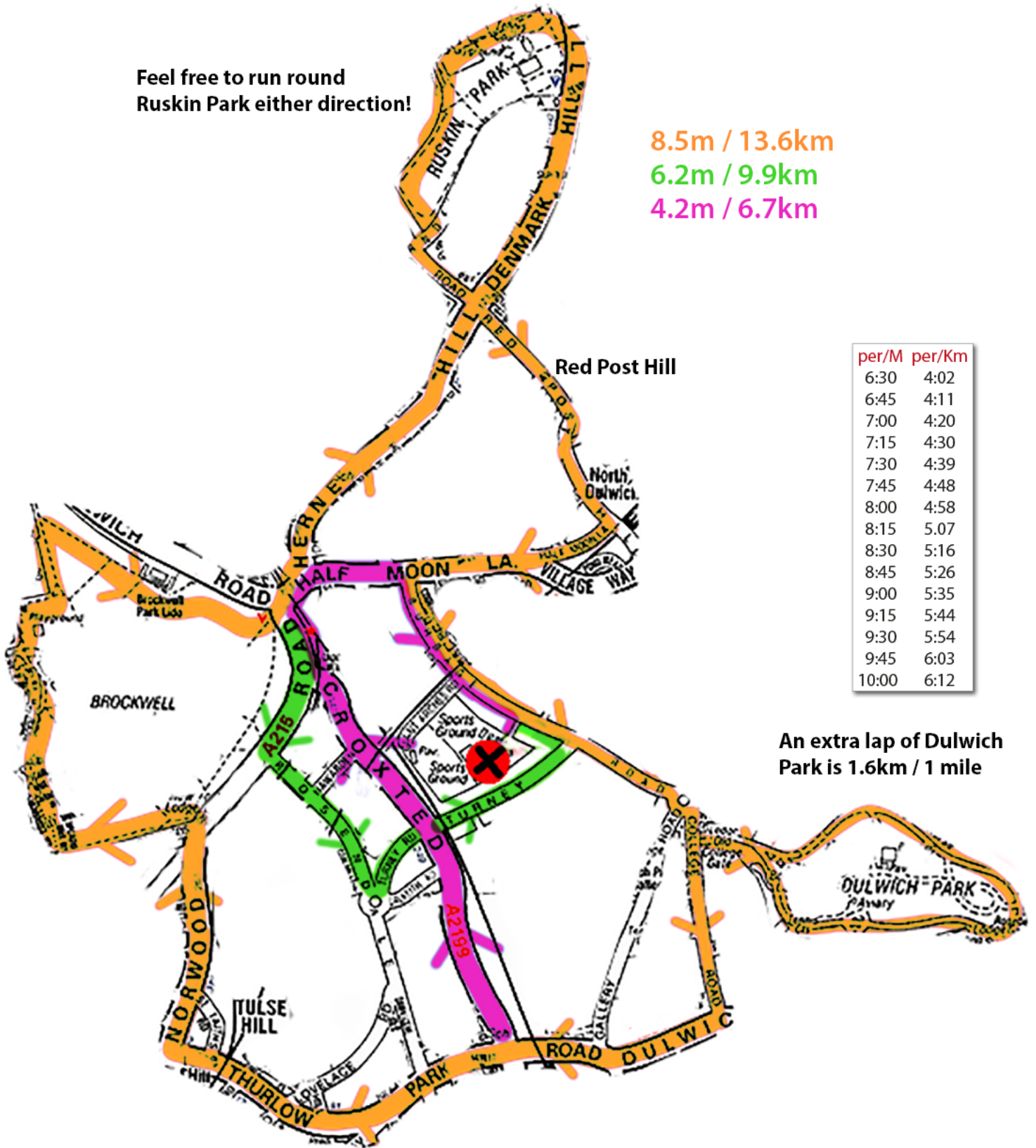


**Pro Mid Layer 1-4 Zip Top**

# Dulwich Runners Summer Map A

Feel free to run round  
Ruskin Park either direction!

8.5m / 13.6km  
6.2m / 9.9km  
4.2m / 6.7km



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

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>