



SHORTS

Dulwich Runners AC
Weekly Newsletter
February 10th 2021
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

NOTE: All club runs and organised training suspended until further notice

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In your SHORTS this week !

- 1 General information
- 2 Fixtures
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- 9 Wednesday night map we would have used !...

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Dulwich Runners AC all club runs & training suspended during lockdown

Dear Club Members

You should all be aware of new lockdown restrictions that were announced Monday 5th January 2021

As a result and effective immediately all organised club running and training sessions that currently take

place on Tuesdays, Wednesdays, Thursdays, and sessions at Crystal Palace track are suspended until further notice.

You can still run with 1 person from another household, but that is up to individuals to arrange.

Ros Tabor - On behalf of Dulwich Runners 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, in light of the restrictions on athletic activities owing to Covid-19 then your **membership will automatically be extended until 31st March 2022.**

This only applies to club membership fees, your individual England Athletics registration fee will still need to be paid in 2021 (Not applicable to 2nd Claim members as you pay your EA fee through your 1st claim club)

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

Southwark are running a grant scheme

for Southwark based business who have been affected by restrictions.
I assume some of whom may be members of the Club

Details of who/what businesses are eligible and how to apply can be found here:

<https://www.southwark.gov.uk/business/business-support-and-advice/covid-19-support-and-information-for-businesses-and-employers?chapter=7>

James Reed

DULWICH RUNNERS 2021 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.

Cross Country Update

Most of you will have realized this already, but it has now been officially confirmed that it will not be possible to stage any Surrey League cross country races this season.

Together with other cancellations this effectively means that the entire 2020/21 season is a write-off, hopefully there will be a return to competition in the autumn.

If you require information about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

All Club Sessions, Wednesdays and Tuesday track currently **suspended**

Here are some speed sessions you could do, by yourself or with a running buddy.
Options given depending on your pace.

Feb 16 400m reps: 12/13 X 400 off 2mins30, 15 x400 off 2 mins30 or 20x400 off 2 mins

Feb 23 800m reps: 6 x 800 off 5 mins, 7 X 800 off 4min30, 7 x 800 off 4 mins or 8-10x800 off 4 mins

Mar 2 1000m reps: 5/6 x 1000 off 6 mins, 6 x1000 off 5 mins and 8x1000 off 4 mins

Mar 9 1600m reps: 3x1600 off 9 mins, 4 x 1600 off 8 mins or 5x1600 off 7 mins

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.

Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent and contagious it would be beneficial to keep the time out

training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km

runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

Speed/speed endurance

1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3 mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9

5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

Basic speed session

9. short recovery. Intensity: 7

15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9

15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5

20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

Multi paced running

12. Steady with bursts. Intensity: 6

Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8

5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7

Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8

10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7

10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9

15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7

Choose a point half an hour or so away and run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

Hill sessions

19. Short hills. Intensity: 5

20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8

15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8

15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

Steady running

22. Very hard. Intensity: 9

One hour at 1/2M pace.

23. Hard. Intensity: 8

One hour at marathon pace.

24. Steady. Intensity: 7

One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5

One hour at 90sec a mile slower than half-marathon race pace.

2021 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

With London and surrounding areas now in Tier 3 events should be regarded as provisional. We will review and update them around the end of March.

It may seem a long time ago to many of you but we actually did complete 2 events of the now defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a half marathon and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later. This will be followed by one of the Sri Chinmoy 5k races in Battersea, details to follow. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of races are available yet.

With the London Marathon scheduled for early October,

we have chosen the Paddock Wood Half Marathon in early September.

There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. However runners will be free to use any parkrun event at Dulwich once it restarts, helping to reduce pressure on numbers at a popular venue.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

9 May (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

late Jun/Jul Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

17 July Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

late July/early August SOAR Mile

5 September Paddock Wood Half Marathon

4 October London Marathon (or alternative)

Suggested dates 30 October or 6 November Dulwich parkrun, but any dates after parkrun reopens

'5k and 10k League'

With the uncertainty over whether races will go ahead and their format and also whether members will be comfortable in taking part in races with large numbers of participants, particularly in the first half of the year we intend to introduce a league of 5k and 10k races. Any races over these distances completed in the first 6 months of 2021, whether they are traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club championships. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc)

We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.

You can upload any type of run -

Your own run - done by yourself or with one other person

A virtual race - any result from a virtual race

An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.

You can enter as many times as you like to try and improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - opentrack.run/competitions and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021

Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

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.

You are still welcome to send in any running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

The Parks of the Democratic Republic of Lewisham.

Believe it or not but just to the side of Southwark, homeland of Dulwich, is the London Borough of Lewisham. Famed for the Catford Cat, Gyrotory, Millwall FC, Lewisham Shopping Centre and maybe not much else, it does rather miraculously for an inner-city institution, have some parks/open land. With inspiration from some earlier Shorts, I thought I would tick off the parks, gardens, fields, heaths and barren lands of the Borough that forgot to get some river frontage

Outing 4. Catford, Downham, Beckenham, Sydenham, Bellingham.

Jan 31st, 2021 late morning.

1. Downham Woodland Walk.

Green chain shenanigans which offer a nice off-road route from Catford to Downham town centre, you cross a few roads, and spot too many people enjoying refreshments on the benches scattered along the route, even in cold weather.

Verdict: Ideal to break up a longer road run.

2. Peter Pan Park.

A rogue operative not appearing on the Councils website. This is positioned on a corner plot, close to the Catford Homebase and I believe is named after the DIY store pond, in-turn named after the chap from the book. The River Ravensbourne runs through it but is cornered off to prevent wild swimming.

Verdict: A run-through number that can be incorporated in a run involving the much bigger park close by.

3. Beckenham Place Park.

Once a golf course where running was effectively banned, its now a regular hang-out, and most of us would have likely ran a race or two here over the last few years, including the notorious Assembly League meetings. Ideal running park really, you got some tarmac, trail, hills, cross-country feel, and there's a Parkrun.

Verdict: Big park, lots of scope for training runs and a race venue.

4. Southend Park.

This number is in the Lower Sydenham/Bell Green area of our vast metropolis. It's another of Lewisham's hidden parks that nobody knows about, but does have signage surprisingly and some of us may have come across it, if doing the River Pool route. As I came from Beckenham Place Park, via Braeside, and Overbrae, you pick up the River Pool on Worsley Bridge Road, which leads you just about into one of the parks entrances. Typical city park I guess, swings, grass 5-a-side pitch, and empty, which is strange for parks these days.

Verdict: Incorporate as part of a River Pool investigation.

5. Bellingham Green.

Small park centrally located in the Garden City of Bellingham. The 'Green' is Hexagon in shape, and if you took to a Air Balloon you will notice how master-planned all the roads are, shapes key, plus a gang of mattresses to keep you on your toes. Rest on them at your own risk.

Verdict: Quick run through park.

6. Forster Memorial Park.

Locals seem to call this Foster Park, and its another Lewisham classic with concealed entrances, sitting on top of a hill. Woods around the outside, football pitches in the middle, decent size, and flat, so ideal for circuits.

Verdict: Has a 'track' of sorts around the football pitches and is quite popular with local runners. Climb Hazelbank or Whitefoot Lane for a warm-up then bust out some laps.

Side-dish. There appears to be Nature Reserves out there in the City, such as the one I passed called Grove Park Nature Reserve, which is land sloping down to the railway line between Grove Park and Hither Green Stations. Quite good for off-road running and certainly a hidden London member. If you take the footbridge over the railway, you run past the Reserve. Excellent short-cut to get you from Lee/Grove Park to Catford/Beckenham.

Writes Ross Rook, native of Dulwich, resident of Lewisham.

Ebe writes with regard to Outing 3,

St. Norbert was the founder of the Premonstratensians (also known as Norbertines or White Canons). This religious order spread to England in the 12th century and had a priory house in Brockley, near present day St. Peter's Church. It is assumed that St. Norbert Road was named in memory of that connection.



Sun Run 10km, Sydney

5th Feb.

With a couple of parkruns now under his belt Alex had to forego this routine on Saturday but only because he had entered a 'proper race' (gasp!). This was the Sun Run, a 'point to point' 10k, already part of the local racing calendar for a decade, from Dee Why beach on the northern shore down, in the direction of the city centre, to Manly. It had an entry of around 3000 so was set off in waves, as much, I think, to avoid congestion as for Covid reasons. By the time Alex submitted his entry the first wave was already oversubscribed so he set off in the second wave - still very early! - at around 6.20 am with the basic

intention of breaking 40 mins for the first time on a fairly challenging course. About half an hour into the race Clare got onto the tracking device so we could follow him over the last stretch - routine for the younger ones, no doubt, but a thing of wonder for people like us who used to stick a self-addressed envelope into a box at race HQs to eventually be sent the local paper! As such we knew his result - and all his splits, which were commendably even this time - before he did. They all confirmed a fairly comfortable mission accomplished.



Alex Dodds 39-28 83/2688

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



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 Winter Map 13

Route may be changed on the night at the group leaders discretion

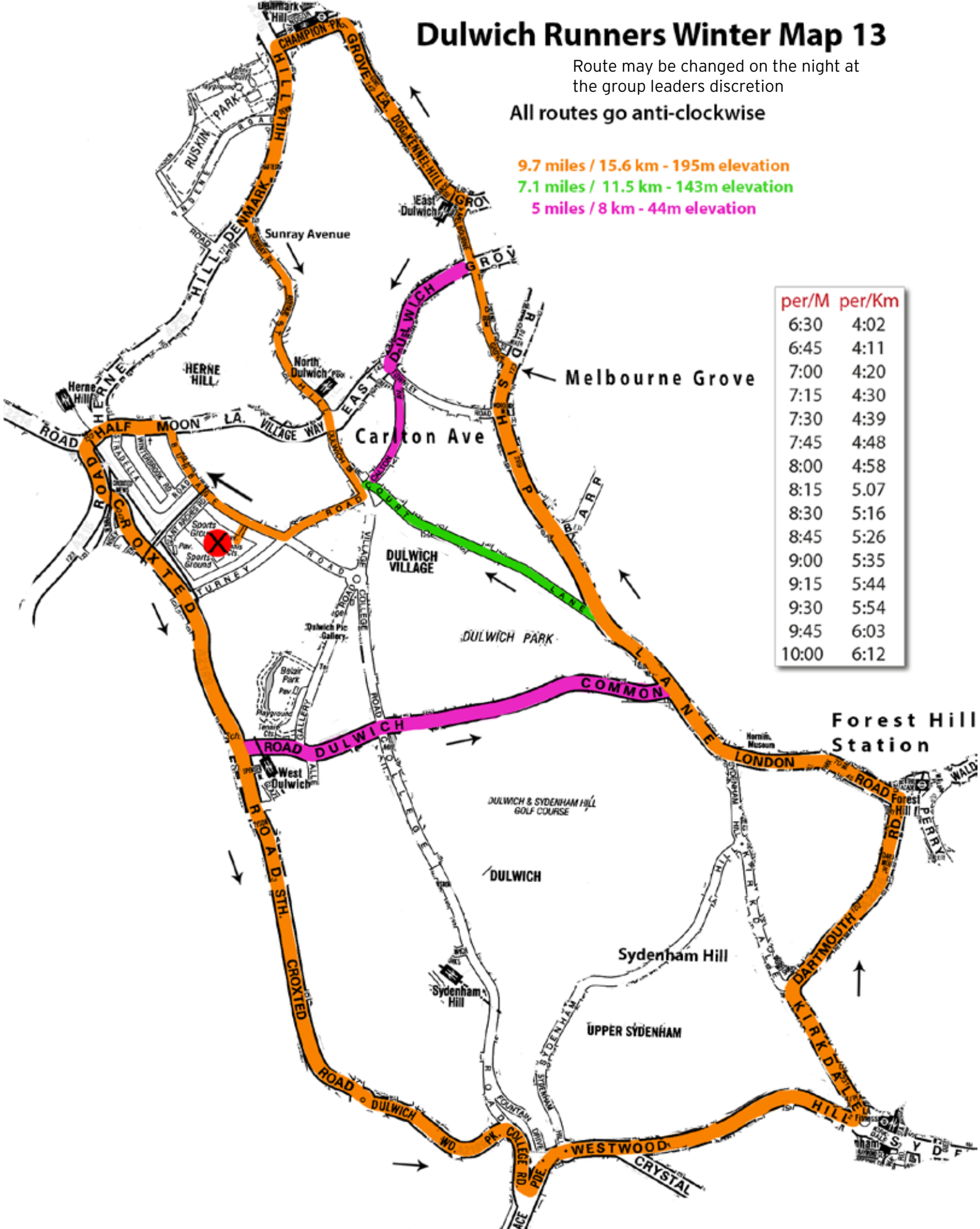
All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation

7.1 miles / 11.5 km - 143m elevation

5 miles / 8 km - 44m elevation

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



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