



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 6th 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

Connect with us:



Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Fixtures
- 3 Club championships 2020/21
- 4 Race reports, results etc,
- 6 Club Kit
- 8 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 and that your individual England Athletics registration fee which we have no control over 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 is 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

9 Jan **Surrey Champs, Lloyd Park - cancelled**
9 Jan **Kent champs, Brands Hatch - cancelled**
16/17 Jan **Priory Relays cancelled - hoping to rearrange autumn 2021**
30 Jan Surrey League, Denbies Vineyard

All these events will effectively be time trials with starts in waves.
Updates will be provided as soon as any further information is available.

If you require information about events 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

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

Due to the new national lockdown, track sessions continue to remain cancelled. Here are some ideas for speed sessions you could do over the next month, by yourself or with a running buddy. Options given depending on your pace.

12 Jan 400m reps: 12/13 X 400 off 2mins30, 15 x 400 off 2 mins30 or 20x400 off 2 mins
19 Jan 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
26 Jan 1000m reps: 5/6 x 1000 off 6 mins, 6 x1000 off 5 mins and 8x1000 off 4 mins
2 Feb 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.

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.

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.

A journey from Jogger to Runner

Hugh French

In the midst of all the unremitting gloom of the Pandemic I thought I would share my own personal running story - not least because it might be the only good news story you might read all week.

Last Saturday I stood at the Parkrun start for another 5K time trial and another tilt at what had always been a lifetime goal - a sub 20 minute 5k.

Back in 2016 I thought my chances of ever achieving this goal had gone; I was the wrong side of 40, I was unable to walk properly due to a slipped disc and I had ballooned to nearly 16 stone. By 2020 I was only doing slightly better; a jogger who averaged about 5 miles per week.

However a few weeks into the first Lockdown I was out of work and in need of escaping home schooling 3 young children. I had time on my hands and realised that this was now my opportunity to properly give it a go.

I turned to the expertise of Steve Smythe who guided me on what needed to be done week by week. The journey was tough; walking that delicate path between pushing yourself and not risking injury. Any progress I made was painfully slow and incremental. By last Saturday I had been working on the program for 36 weeks involving 159 sessions and 850 miles.



And so on Saturday, helpfully paced by Grzegorz Galezia, I set out hard (9.40 through halfway) and managed to hold on to finish in 19.57 - mission accomplished.

Having finished I asked myself what I had learnt from the process:

- 1 Running with someone else is considerably easier than running alone.
- 2 There is a plethora of expertise within Dulwich Runners - most people are very willing and happy to share it.
- 3 Strava is the first bit of social media I have used; it is surprisingly motivating and inspiring.
- 4 A tough week (of work or life) will take its toll on your running.
- 5 As you get older, something like Pilates is essential in keeping your back healthy.
- 6 Being properly fit has the added advantage that your body repairs itself more quickly.
- 7 When you lack motivation, the tough part of a run is getting out the front door - once you've done that you're fine.
- 8 We are lucky to have a hobby that we are allowed to carry on doing in the Pandemic.
- 9 Going forward would Dulwich Runners benefit from an informal process in which older, more experienced runners offer to act as mentors to those who are starting out?
- 10 All of us will look forward to races starting again - in any event Steve correctly points out that my fastest time is not a proper PB until it is done in a race. More motivation to keep my running going until then.

BMAF Virtual 10k Road Race

Clare Elms

Buzz had a great run to be third fastest overall in 32:46 and Clare was really pleased to also be third overall in the women's race in 37:52 running strongly
Andy Bond ran very well to be the fastest M45 in 33:36.

Clare won the age-grading overall with 98.71pc and her age group by nearly 6 minutes.
Steve Kendall (34:43) was fifth M35 and Eugene Cross (38:57) 26th M40.

Calendar news - Dulwich Runners 2021 calendar is now on sale

Firstly, thank you again to everyone who has been a part of this by submitting photos and voting for the photos to be included. I'm sure you'll love the result. All those Christmas present problems can now be solved!

It is available through our online shop, which can be found at:

<https://www.fluidic.co.uk/c/6078/dulwich-runners>

All of the photos in the calendar are below

It is available in different formats/prices.

Members order directly from the website and funds will be forwarded to the club.



Cover



Jan



Feb



March



April



May



June



July



Aug



Sept



Oct



Nov



Dec

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 3

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

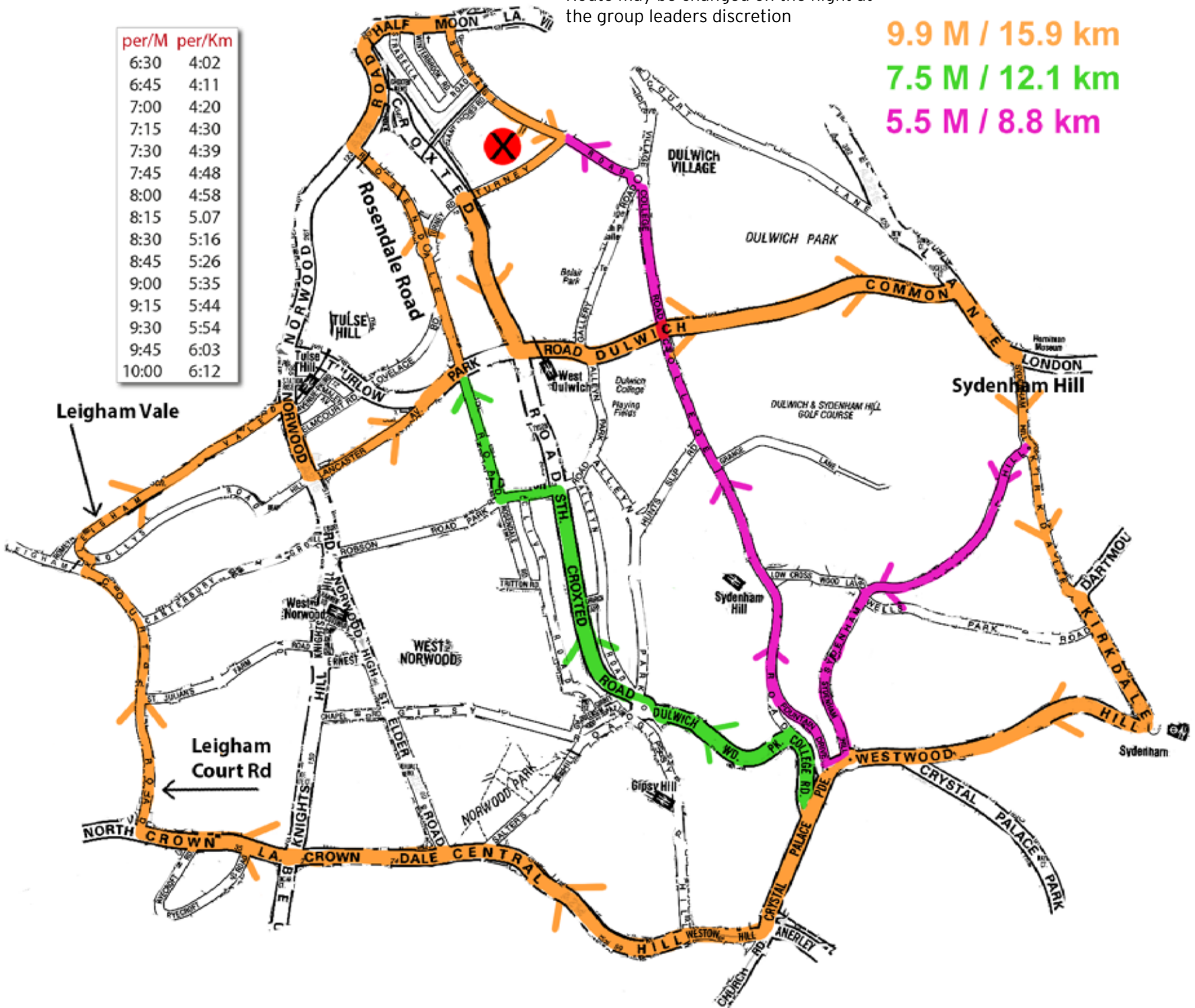
9.9 M / 15.9 km

7.5 M / 12.1 km

5.5 M / 8.8 km

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>