

## 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**

Wednesday runs in groups of six from the clubhouse carpark & speed work Dulwich College.

Clubhouse remains closed and there are no toilets or changing facilities but there is an outside bar - for post run drinks. pay by CARD ONLY

## In your SHORTS this week !

- 1 General information
- 2 Fixtures & training
- 3 25 training session ideas !
- 5 Club championships 2020/21
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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



## Good News !

### All club runs & training in full swing...

Our Wednesday club runs in groups of 6 and Tuesday speed work have started

Please see further on in Shorts for full details.

## Dulwich Runners renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

### EA 2021/22 renewal

E.A. emails were sent on Monday 22 March  
Contact me if not received.

The Dulwich Runners part of membership for those who renewed last year was automatically renewed at no extra

cost for an extra year expiring March 31 2022.

The E.A. renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

### A message from the Friends of Dulwich Park

The committee of the Friends of Dulwich Park have passed on to us complaints about runners on the perimeter path of the park. The main issues are -

- runners suggesting the perimeter path is just for them as it is promoted as a running route by the club
- runners not giving way to pedestrians
- some runners two abreast and pushing past people.

I'm not aware of any of our runners having issues with pedestrians in the park and obviously this is not necessarily our club, but we use the park a lot so we all need to be mindful of shared space and how our running affects others. We are a local club and want all the community to know of us, and think of us in a positive way.

## From the new co-chairs.....

A massive thanks to Ros for guiding us for the last 15 years. We have big boots to fill but are all here to do our best for the club: for all members and prospective members. Part of the rationale behind having two chairs is for us to be as visible and approachable as possible. Ros did a great job of being present at club events and training nights, which is something we intend to continue.

Both of us have been members for many years, the club has been an important part of our lives and we have benefitted a lot from it. That is an aim we have for all members. Together with the rest of the committee, we will try to be as inclusive as possible so whatever running goals you all have can be achieved at Dulwich Runners.

If anyone has any ideas or issues, please do let us know. You can talk to us/message us at any time. We will be holding a committee meeting very soon and will publish the minutes in Shorts to keep you all up to date.

## Ange Norris

With very little background of running but some general fitness largely from cycling, I joined DRs soon after moving to London as a way of getting to know some people. I was immediately hooked by the social side of running and happily saw my times improve. Since then, there have been some ups and many downs (injury, major house renovation, having children) and for some years I was the member that only the 'oldies' knew. I'm now in my second wind of running and loving it. Cross country is my favourite; the mud, the challenging terrain, beautiful places to run and

## committee members....

### I am Ola Balme

, one of the women's captains. I joined the club over 20 years ago as a way of keeping fit. I didn't have any experience of running at the time. One of my first recollections of a Wednesday night run was with Ron Searle. Feel honoured to be a life time member of the club. Over the years, I have had many happy memories of running at cross country races, relays and road running.



Do let us know if you have any queries. The women have a WhatsApp group, if you're new to the club and would like to be included, do get in touch at [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

**Ryan Duncanson** - I am a new member of the club having joined in Spring 2020 around the same time I moved to the area and started proper running training.

This was a great decision as DRC has significantly improved my running as I approach my first marathon. I have also been stuck by the friendly welcome I've received from everyone.

As a new General Member I'm looking forward to working with you all to improve DRC even further!



most importantly the DR team spirit.

I've missed the club a lot in the last year which makes me value it even more. This strengthens my resolve to be part of keeping our community going.

## Ebe Prill

I joined Dulwich Runners in late 2009, initially to find company training for next year's London marathon. Through the club I re-discovered my love for running and soon got involved in road running over shorter distances too. Track followed a year later and after that the 'joy' of cross country racing in the mud. From there the years seemed to follow a natural rhythm of marathon campaign followed by track summer season and winter cross country. In always stimulating fellowship and competition in the running community and the club.

I certainly had my share of the ups and downs of the runner's life, the elation of training in good company, of achieving race goals, new PBs and being a (minor) part of successful teams for Dulwich. The downs being injuries and some terrible marathons (somewhat linked). The ups luckily easily outweighed the downs and at some point it felt natural to become involved in the running of the club, first as a general member on the committee, then for several years as joint men's captain together with Mike Mann.

The club has made me feel at home in this my second country, and the welcoming and inclusive spirit is something I would love to pass on and develop further together with Ange in our time as joint chairs.

## Hello everyone, I'm Kay Sheedy and also one of

the women's captains and I've been a member of Dulwich Runners since 2019. I joined the club after moving to the area and it's been so lovely getting to know so many friendly faces. My background is in sprinting and I'm probably at my happiest racing shorter distances on the track, but I love all kinds of running and I've subsequently been inspired to sign up for my first marathon later this year! There's such a great team spirit in the club and I can't wait for the opportunity to take part in club races together again soon.



**My name is Tom South** and I am new joint club men's captain with Ed Chuck. After being a club member in the 1990's into the turn of century, I moved away with work. I re-joined the club in 2014 after that years London Marathon after bumping into Andy Murray in the finish area. I joined the club committee in 2018 as social secretary.

My forms of running are cross country and road, though getting back into track running. One of the best things about being a member is Dulwich Runners, is the support everyone gives each other at training and at races, as well as going for a beer/coffee/ cake afterwards. Another aspect of the club which is really good, is taking part in club races, such as the Surrey League Cross Country league, the Summer assembly league, and the relays, as we compete against other clubs.

Part of my role as joint men's captain is getting people involved in the cross country fixtures (surrey league, county championships, Southern and National Cross Country champs). Other team events are the 6 and 12 stage relays, as well as master championships. I will be happy to talk with you on a one to one basis about the various events. In my eyes they are part of the reason why belong to Dulwich Runners is all about, they are great fun, social and help you improve as runner.

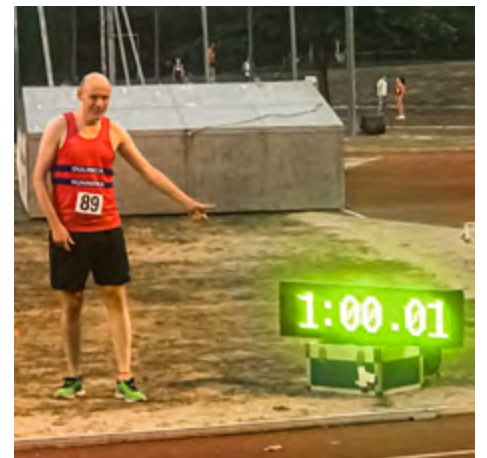


## **Jonathan Whittaker - Publicity and Website officer**

I joined the Committee in 2017 and have since then rebuilt the club website from scratch, set up the club Instagram and in normal times penned various articles for South London Press.

If there is anything you would like to promote via the website or other media channels please get in contact with me via [jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

I haven't been able to run much over the last 2 years for one injury or another but previously enjoyed track races, assembly league and cross country. Here is a picture of me after running the 400m in 60sec.



## **Andrea Pickup - Dear Club Runners**

I would like to introduce myself as one of the Welfare Officers along with Tom Poynton.

I have run for the club for many years pre Marriage and 3 children. My eldest is now 21 so that is a lot of running miles under my belt now. Many of you will remember pushing around my children in buggies whilst running around various x country courses and races. That support Dulwich Runners has given me through good running periods and not so great has been invaluable. Also the many times that life problems have felt a lot lighter after a chat on a Wednesday night Club run, or punishing session on the track,( not so much chatting)

Therefore as Welfare Officer I would hope to offer a

Confidential ear and Supportive Role for issues that a person needs to raise. Or is not sure where to turn to re a problem. This is a developing position, and I would welcome any ideas that members have to offer.

Dulwich Runners aims to make sure that everyone is able to run in all Club Events and Training. In a safe and inclusive environment covering all abilities without being harrassed or bullied in any form, or under any excessive pressure. This is the responsibility of all Club Members.

We will be keeping up to date on the Guidelines set out by England Athletics re Welfare Issues either via written information or courses.

Happy Running and Training  
[andrea.pickup@gmail.com](mailto:andrea.pickup@gmail.com)

**Tom Ponton** - as the other welfare officer, I'd quite like to introduce myself too. So just after Andrea's wording I'd like to say:

I am the other welfare officer along with Andrea. I have been a club member since September 2018 so can't quite match her length of membership, but I share her commitment to being able to help club members.

This is a new role within the club, so would very much like to hear from you all as to how this could best be done, and we will be following up the points raised in the AGM about making this a safe and inclusive place to be. I try to make most Tuesday and Wednesday runs, and can be contacted at [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com) as well.

**Mike Mann** - I joined the club in 1993 but didn't get heavily involved into racing until several years later as my 50th birthday approached. Consequently I was a late developer with my best times across all distances from 800m up to half marathon achieved as an M50. Cross country and middle distance track races are my favourites.

I joined the Committee around 15 years ago as men's cross country captain but decided this year that it was time to stand down in this role. However I remain a general member of the committee, and will continue to be involved, helping out the joint men's captains on cross country administration as well as other issues including organising training sessions and the club championship programme of races.

# DULWICH RUNNERS 2021 FIXTURES

When races restart and we have a proper fixture list it will be here

Further info 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.

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

## Wednesday Evening Club Runs

Groups of six, each with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

Please maintain social distancing at the start of the run in Burbage Road.

**NOTE: clubhouse closed, no £1 club run fee, and no toilets or changing facilities available.**

You can just turn up but arriving a bit earlier helps us 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 as follows.

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

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

8-9 min mile pace (and slower) - groups led by Ebe Prill [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk)  
Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

If you're a new runner, we'll place you with others to run with at your preferred pace and distance.

If you are unable to sign, or if you have any Covid-19 symptoms in the days after your run contact Ebe and Mike immediately: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Tuesday Evening Training

We are regularly getting around 45 runners at Dulwich College fields and track on Tuesday evenings.

With two time slots at 6 and 7pm we can easily accommodate everyone in two groups.

Thanks to coaches Katie and Anna who have set and led sessions, but also to others who have stepped in to lead groups.

If you have attended sessions or have already registered your interest just turn up on the evening.

**NEW RUNNERS** - We are getting many new runners on Wednesday night runs and some of you have now taken part in Tuesday evening sessions. These sessions on grass and track are suitable for all abilities and include efforts at 5-10km pace plus some shorter faster ones.

If interested contact Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD PAYMENTS ONLY, NO CASH, ALL MAJOR CARDS ACCEPTED - GOOGLE, APPLE, & SAMSUNG PAY.**

## Sunday Runs

All members existing and new, if you'd like to do Sunday runs, there are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

If interested in any of the above check details in advance with the respective run leaders

# 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 done 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 it would be beneficial to keep time out

training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on an 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 an 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, note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for an 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 30min or so away, 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 1/2M race pace.

## 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 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 time of each lap to ensure you're not slowing too much on your overall pace and to do that don't run the first few lap too fast.

# 2021 CLUB CHAMPIONSHIP AND 5K/10K LEAGUE

## 2021 CLUB CHAMPIONSHIPS UPDATE

Provisional details of the 2021 club championship programme were issued at the end of last year, and have been published in Shorts. These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020 the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

For those taking part in several races in a regular series, a maximum of 2 races will count towards the club champs. The closing date for all races is 30 November.

### Some updated information on events below.

- Entries for the Battersea Park races have been open since late April, but are filling up fast.
- The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- There's doubts about the Richmond 10k, but there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced.
- Any of these Regents Park races will count.
- It's unlikely the SOAR Mile will go ahead. We are looking into the possibility of holding the Mark Hayes Mile in July and using it as a club champs event.
- The Big Half 22 Aug will be a club champs race, but other 1/2M's can be used as an alternative.
- Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, including the Surrey League are scheduled. If you want parkruns at alternative dates and at venues other than Dulwich to count, you will need to submit your results.

### The provisional programme for this year.

**Mile** - (tbc) Mark Hayes Mile, Tuesday evening in July, Dulwich College track (tbc)

**5km** - Sri Chinmoy Battersea Pk series (any 2 races in the summer series) <https://uk.srichinmoyraces.org/races/london>

**5M** - Second Sunday of Month 5M trail race, Wimbledon Common from 11 July tbc (any 2) <http://secondsunday5.com/>

**10km** - Various 10k races in Regents Park (any 2 races)

**1/2M** - Big Half 22 August (or alternative)

**Marathon** - London 4 Oct (or alternative marathon)

**Parkrun** - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November.

### '5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether 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 champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

This is a reminder to all those who haven't yet done so to submit your times. The 5k league runs until the end of June. If parkruns start before then, these will count.

## DR 2021 Club Champs League

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

We are trying this as part of the Club Champs 2021 whilst we can't do actual races.

You can upload your own run - run by yourself or with one other person

Any result from a virtual race

Any result from a 'real' race. If you prefer to use the result from the race, rather than your garmin, you will need to

inform us for the time to be included in the league. Enter as many times as you like to try and improve times. NB Each time you enter over-writes all previous entries. To enter go to - [opentrack.run/competitions](https://opentrack.run/competitions) 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.

### 5k League results

M45	Tom South	15:50
M35	Shane Donlon	17:44
M55	Ebe Prill	20:54
M60	Gary Sullivan	21:19

### 10k League results

M55	Ebe Prill	44:20
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Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

## Battersea under the lights 5k

7th May

Ed Chuck

Shane dropped an Opentrack link without comment in early April, flagging that Ben Noad was putting on a 5k race at the end of the first week of May, open to men who had run under 16:30, and women under 19:30. Cue a mad scramble for entries, as places quickly filled up. The resulting field for the men's race constituted c.125 good club runners – approximately half of the size of the Armagh 5k field – and presented an excellent opportunity to run quickly/put down a marker/chase a pb.

With Tom South having to withdraw following his bout of shingles, and Buzz not feeling ready to race, this left Jack, Andy Bond, Andy Inglis (making his debut for the club), Shane, Lewis (although running in Herne Hill colours), and I to see what was in the tank in the first proper race that any of us had been involved in for ~6-7 months.

To stay Covid compliant, the field was seeded into 12 different races, with four sets of three races starting every half an hour, with each of the three races within each band setting off at two-minute intervals. When the start lists were finally

Ed Chuck (34) - Jack Ramm (150)



settled, all of us were split up into different races, apart from Jack & I. The conditions were perfect – little wind, temperature cool but not cold, and the course was the pancake flat route used for Sri Chinmoy races.

First up was Andy Inglis, who has joined the club in the last month. Andy has previously run for Cambridge Harriers for many years, but



Andy Bond

will be familiar to anyone who has looked at the upper regions of parkrun results for Brockwell (with 36 first place finishes!) Andy started off at 15:30 pace (PB of 15:32) threatening Buzz's v40 record (15:38) from Armagh last year. He softened slightly in the middle, but picked things up in the final kilometre for a 15:42 finish.

Next cab off the rank was Andy Bond. Andy continues to confound the rule book/training convention/biology by running bafflingly quick times off low mileage. Here he ran steadily at 16 minute 5k pace (3.12/k) for the first 4k, before unleashing his kick, running the final kilometre in 2.57, dropping him to 15:46, and improving on his club record by 1s (although the time has been revised up, so equalling his club record, but with an improved WMA rating). Oh, and he won his heat. He also proved to be the best prepared DR competing, as he brought with him a full pack lunch, including egg & ham sandwich. It was a shame that Tom South was ill as we were robbed of Andy and Tom going head- to-head, but no doubt we'll get to enjoy this over the rest of the year.

While these races were going on, Jack, Shane and I were warming up. Jack was having issues with attaching the timing chip to his trainer, having forgotten what to do, so long has it been since he's been in a chip-timed race. During the warm up Shane was having a dark night of the soul (stitch, negative feelings, tiredness), which at the time I attributed to pre-race nerves, but following his weekend diagnosis of shingles, may (possibly) instead have been down to not being well.



Talking of not feeling well, I was dealing with my own pre-race nerves and doubts. Jack and I have been targeting breaking the 15-minute 5k barrier for the past year, and while this has seemed tangible on the track, it would need both of us to run something like 20s faster on the road than we had gone before. As we were called to the line I expressed my doubts to Jack and suggested we aim for something like 15:15, which Jack dismissed – what was there to lose? To my mind, lots – confidence mostly. Over the past two years I've stagnated, struggling with a hip issue, neither improving nor getting worse. What I desperately didn't want to do was overcook a first race back, and experience those horrible 4th and 5th k feelings from a too fast start. If Jack was nervous he didn't seem to be showing it – forsaking running with a watch, and having donned a new pair of socks for the race.

We set off. the drag from the start down to the bandstand was crowded on both sides, and as we passed through the noisy finishing area for the first time (sticking to the right to avoid the timing mats), I sensed that feeling that has been missing over the last year – the adrenaline rush of being in a race. Jack and I were in a good pack which was being led at slightly outside 15-minute pace. I love running as part of a pack – I think dogs or horses must feel similar feelings. As the first lap wore on, Jack and I moved towards the front. My usual 400m auto-lap watch alerts were telling me we were about on the right pace, and so I was then checking how I was feeling. It was certainly hard, but I felt like I was breathing ok. We went up the drag towards the bandstand again, and on just the other side we hit the 3k mark, going through in 9 minutes exactly.

By this point I had hit the front with Jack just behind. I felt I had a choice to make, either to try to push on, which I felt I could, or to try to stay in, and wind things up. Knowing however how good a kick Jack has, and having seen him stride away from me during our test half marathon, I decided to push on. Going into the final mile a little gap formed, and I was counting down the 4 lots of 400m left to go.

I had a few glances back as the distance left dwindles, and while Jim Allchin from Kent was closing going into the final 400m, I realised that I had probably won the heat, and it was just a question of the time. I managed to find a 32s 200m finish, and ducked under the line in 14.54. A few metres down the road Jack finished in 15.01.

Meanwhile Shane (who had set off 2 mins later) was suffering exactly the fate that I had worried about for myself. After setting off at 15:30 pace, the wheels came off in the 4th kilometre, and Shane came through the line in 15:50. His subsequent shingles diagnosis puts this result in a different light, and clearly he will run much much faster over the rest of the spring and summer (presuming he rests up properly, and maybe has breakfast before grinding out 10 miles before everyone else has even woken up.)



Lewis Laylee - Ed Chuck - Jack Ramm - Andy Bond - Tom South  
Andy Inglis - Shane O'Neill

Last up was Lewis, who was seeded in the final batch of races. Lewis has already ducked under 15 minutes on the track, and following his good showing at the Hercules Wimbledon 5k last month going officially under the 15 minute barrier seemed a good if not certain bet. Lewis went through 3k similarly in 9 minutes, and despite not feeling great during the run, came home in 14.55. "Not feeling great"

and running sub 15 would suggest that he'll go faster again over the coming months.

Four out of six of went home with PBs. Jack and I both passed the club's previous Men's 5k record (set by Jack last year) by over 20 seconds. Andy B's result equals his V45 club record and gives a WMA rating of over 90%. Tom South had kindly sourced some post-race beers from his work, and (Shane's 4th kilometre aside) a good time was had by all.

It is great that there is so much competition within the club across and between different age categories. Intra-club competition is a strange but vital thing – you want your mates to go out and run well, but you also strive to beat them, and so you push each other on. Ducking under 15 means an awful lot to me, and I'm grateful to the guys in our group for all the sessions over the past year. Particular thanks to Jack during this cycle – not just for being an enthusiastic and light-hearted training partner, but also for the challenge of meeting the standards he has set.

### Results:

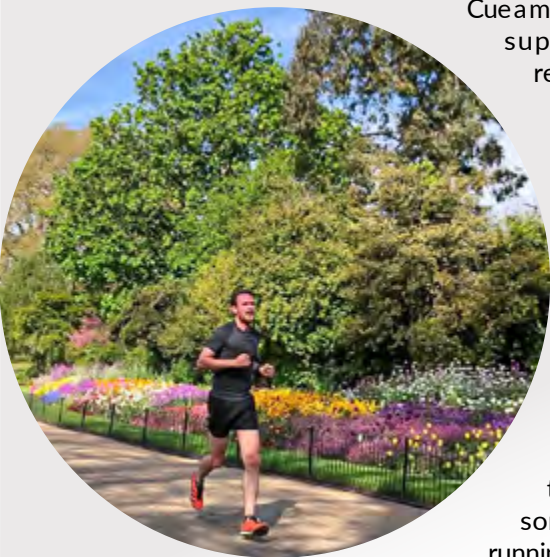
Ed Chuck	14.54 (33/153)
Lewis Laylee	14:55 (35/153)
Jack Ramm	15:01 (41/153)
Andy Inglis	15:42 (80/153) 3rd V40
Andy Bond	15:47 (85/153) 1st V45
Shane O'Neill	15:50 (87/153)

# Richmond Virtual Marathon

Ed Simmons

***In a year lacking in races, and structure in general, the prospect of a late spring marathon in Richmond provided the motivation needed to finally try and kick start a successful long distance running "career".***

Having run London in 2006 and 2009 (the latter being a disaster – I learnt the hard way that even limited experience counts for nothing compared to proper training), my running took a backward step in place of climbing and other less healthy recreational activities.



Cue a mid to late 30s revival supported by the recommendation to join Dulwich by long term member and sister, Eleanor. Apparently running in circles under the lights on a Tuesday was exactly what was needed. However with the birth of two sons in this period, running shifted between being relatively serious, but

more regularly as an excellent way to clear the head from the madness of life. The high point was probably my preparation for the 2019 Brighton marathon, the low point was passing out 4 miles into said race due to being rather ill!

And so with the 2020 marathons (as well as pretty much everything in life) cancelled, I speculatively entered the Richmond marathon purely to have a date in the diary. With my lack of winter training, that date was completely superficial until the organisers delayed it from the end of March to mid-May. Game on. No time to waste; as I entered my 5<sup>th</sup> decade it was a simple choice between wallowing on what might have been or a chance to finally start running some decent times.

First and foremost was to tap into my friend and running extraordinaire Ewan's expertise in all things 26.2 (he ran a sub 2:20 marathon last year). Little did I know how useful it was to have someone planning (and observing) your running life, particularly when the club is shut, the nights are long and the last thing you want to do is run km reps that involve sneaking into a closed Brockwell Park on your own in the rain (not advised).

And so after a seamless, injury free and rather enjoyable training period (slightly helped by a chunk of time working from home – if only teaching could always be done that

way, I'm sure my mediocre PBs would tumble), it mattered little that the race was cancelled. I was ready and there was nothing else to be done but run the distance.



"Race day" of a virtual marathon

is a rather relaxed affair – you start when you want, where you want and there's no queue for the toilet that you can keep returning to (just in case). The route I'd planned involved no hills of the up variety and would take me down to Blackfriars, along to St James' for several laps and onwards to Battersea where I'd keep going until the job was done.

Ably supported by my mum on her bike the first part went smoothly except when we lost each other in Elephant and I had to alter my plans and keep running whilst looking for her. St James Park in the early morning is an absolute delight, if you haven't been there recently then you should check out the amazing tulip displays. Fortunately these were en route, unlike the pelicans which my mum tried to talk to me about with little enthusiasm from myself it has to be said. Just after half way (1:37:30 and bang on schedule), Eleanor joined me for a lap and the venture to Battersea. The miles were ticking over, I was taking on fuel and water, all was fine. Perhaps all would go to plan.

And then after 20 miles I bonked!

At no point did I see it coming, I'm still not entirely sure why, but what remained were 5 regressive laps of Battersea, each km appearing to (and actually) take longer and longer. Finally I staggered home in just under 3:23. I say home, I think I was actually about 50 metres short, but whatever!

And so I'm left with the rather strange feeling of what might have been. On the one hand of course it really doesn't matter – the joy and satisfaction from all of the training persists. But on the other, it would have been really nice to have confidently strode through those final kilometres (or at least staggered through at a similar pace). I guess if you've been there then you know exactly what I mean, if not then I hope you won't.

Anyway, lockdown is easing, the summer nights are here, Brighton has been rescheduled for September and so there's a lot more running to be done...



Ed Simmons 3:23

# Wimbledon

## 2<sup>nd</sup> Sunday of the Month

9<sup>th</sup> May 2021

### First Club Championship event!

This was the first Club champs of the year so we expected a sea of red shirts at the Thames Hare and Hounds HQ. However when we arrived there wasn't a fellow DR to be seen so we proudly wore the red shirts with two blue hoops as sole club representatives to kick off the Club Championships. We have the photos to prove we were wearing our club vests!

This race is very low key and even more so since the pandemic. In its second non-virtual running there was space for 54 entrants although they still allow virtual runners to take part.

The course had been revised to allow more space for social distancing. This meant a shorter run along the Beverly Brook before going towards the top of the Common. The revised course seemed to be a bit more of a rollercoaster with about three climbs with the reward of downhills afterwards.

As per the norm nowadays everyone was set off individually at ten second intervals. For some reason Barrie was placed behind me so inevitably he passed me in the first few minutes. In fact I found myself running largely on my own for most of the race whereas Barrie did manage to run with a group for some of it.

Whilst a tough course, it was thoroughly enjoyable in the spring sunshine, tracking through the woods and then emerging occasionally alongside clusters of red-shirted golf players on the Wimbledon golf course (they all have to wear a red shirt too to play!) The run was largely dry although there were one or two places where puddles had collected to form a water jump for added interest. It did feel a bit like an adventure trail. Although it was well marked the

many twists and turns made the markers hard to spot and many people reported relying on glimpses of the runner ahead to keep on course.

On the second lap I overtook a couple of runners who'd set off too fast and towards the end I had a runner ahead to target. I was so focussed on trying to overtake him that I followed him blindly as

we turned back along the brook. He suddenly stopped and turned round asking me if we were on the right course. I stopped too and given the markers had disappeared we waited until another two runners appeared to have a conflag about the route. It emerged we were parallel to the course but had missed a bridge to cross the stream to the correct course. We decided to continue and use a bridge further upstream. It was apparently the same distance but we did of course lose time and places.

After the race there were the traditional coffee and cakes on offer; the latter all bagged individually for Covid compliance! We had a cool down alongside the football pitches which were buzzing with Sunday league games and watched some of a hotly contested match including a team from Balham. Afterwards we headed up to Wimbledon Village where there was a farmer's market for post-race lunch and we had a mooch around the village which was bustling with people out for Sunday lunch and drinks. I bet they hadn't run a 5 mile race!

As this race is so local to me I may do it again to see if I can run it without getting lost! It is also a chance to have a hard run at a relaxed low-key event very close to home - what more can you ask for?

29 Barrie John Nicholls 43:18  
53 Lindsey Annable 47:37  
71 ran (official results include virtual runners)



# Whitstable 10K

3<sup>rd</sup> May 2021

Well almost a real race. This highly popular event, like many, missed a year but did take place over the Bank Holiday. Keeping in line with COVID rules starting was in waves with each wave having 20/30 runners. Belinda was in wave 1 and Bob in the wave behind. The first mile is downhill so fast. Still facing issues with back and hamstrings plus a big dose of post COVID tiredness I held back but, owing to the small numbers in each wave didn't impede anybody.

Belinda was testing how she fared after no real races whereas my game plan was just to get round, preferably without stopping. As this is a coastal course the wind is almost always a factor and sure enough for the last 5K we had it in our face. Luckily the worst of the wind was after we had finished, which only put Belinda off going for a swim (she had been in the day before).

Times not pretty but it was good to at least be doing some communal running and any excuse about the wind clearly doesn't hold too much water as the course record was broken by Adam Hickey in 29:56.

It was also interesting that a third of the sold out field of 600 didn't turn up and whilst not known suspicion is that many still weren't sure if they were safe even with the very good measures put in place.

75 Jo Quantrill (2<sup>nd</sup> Claim) 48:24 (1<sup>st</sup> FV65)  
98 Belinda Bell 49:52  
348 Bob Bell 69:14

427 Ran

# Maverik Surrey Trail Race

8<sup>th</sup> May 2021

Spurred on by actually running a race the week before we set off, in the pouring rain, for deepest Surrey (Losely Park). Again starting in waves and accompanied by a group of friends we set off into the countryside doing the short route of about 6K. First problem was negotiating one of a number of kissing gates which confused us by having a catch on the gate and a pond in it which was deeper than our shoes. Luckily the rain had stopped so we were only getting our feet wet.

Like the week before my aim was only to get round whereas Belinda was hoping to hang on to the fastest in our group. The paths were generally very narrow with few passing places and we encountered a few groups going the opposite way whilst on their DoE, who fortunately seemed happy to let us through without drama.

At the finish we were generously furnished with beers, cold coffees, chocolate bars and other goodies. We were queuing for a hot coffee when the heavens reopened and we fled to the car.

Like at Whitstable times nothing to be proud of but a nice (except the rain ) day out and Bob was 1st V60 (out of 1!)

23 Belinda Bell 36:29  
61 Bob Bell 46:12

93 Ran

# Kent County Championships, Ashford

May 9

I have always tried to compete and support whenever fit at the Kent County Champs so even though not 100pc I was happy to be able to compete again in my 15<sup>th</sup> year of competitive running.

But the day was made special to watch Lucy who had moved up an age group to win her first County Senior medal, overcoming recent injury problems. She ran a mature and well paced race to go into a medal position overtaking with about 200m to go and then holding off a rival all the way along the finishing straight.

It was probably her best run to date and a huge pb of 12 seconds! I felt proud to be part of a Mother and Daughter race!

# Howgills 13

9<sup>th</sup> May 2021.

Postponed from last year I embarked on one of my occasional ventures to run in the north of England, in search of hills. I certainly got what I wanted. The Howgills 13 is a loop climbing out of Sedburgh to an eventual high point of 676 metres at the summit of The Calf, the highest point in the Howgill fells. We eventually looped back to Sedburgh via a steep decent down Cautley Spout with a final sting in the tail climb of 350 off metres just before the end.

Following a reasonable night's sleep camping (woken at 5 by the birds) in an amazing small campsite near Sedburgh I was presented with a perfect day for running with warmth in the sun and no wind. The first 4 miles was all climbing then

descending then climbing again... with my now townie legs complaining (they are still making me pay now). Rewarded with breath taking views at the top over Cumbria, and behind back over to the three peaks, in Yorkshire. As usual for me I struggled in the second half (particularly on the steep descents) but hung on to finish 48<sup>th</sup> out of field of nearly 150. Rewarded at the end with a pint with a fell runner who was doing it as a training run for some skyline event or other. All in all, a grand day out.

As an aside I am planning on doing more fell/trail runs up north (hill running in Scotland) and thought others may be interested. I thought to set up a WhatsApp group for those similarly inclined to share lifts, ideas experiences etc. If your interested email your number to [Markafos@gmail.com](mailto:Markafos@gmail.com)

Howgills (montane) half marathon  
48 Mark Foster 2:38:24 position



(r) Lucy Elms 4:45.83 3rd  
(l) Clare Elms 5:01.24 5th

# DULWICH RUNNERS KIT

- Vests £18 each
- T- shirts short sleeved £20 each
- T- shirts long sleeved £22 each
- Socks £5 pair
- Bufs-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



**Bufs-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 always 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



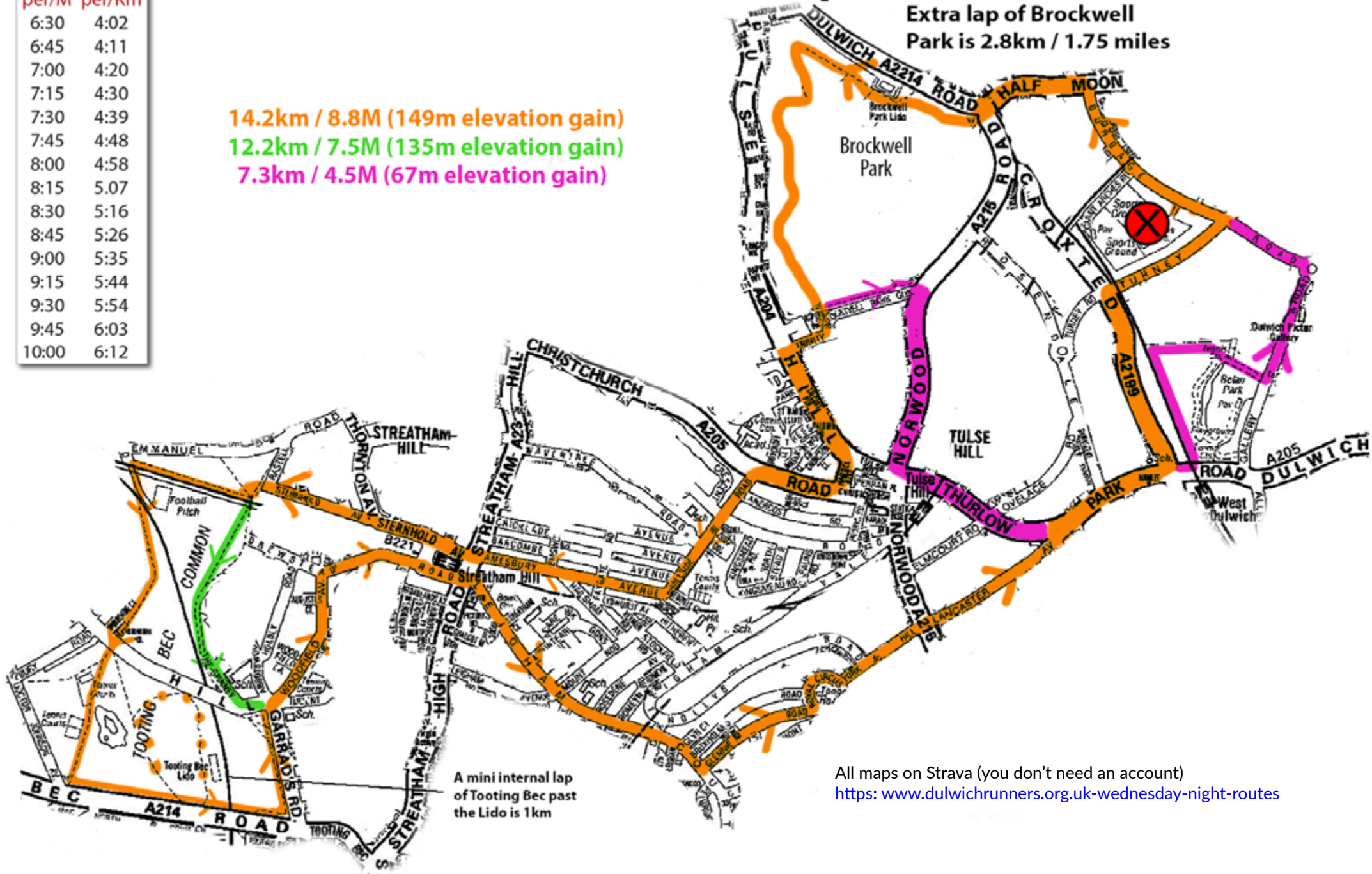
Pro Mid Layer 1-4 Zip Top

# Dulwich Runners Summer Map 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

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>