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NEVER CONFUSE A
SINGLE DEFEAT
WITH A
FINAL DEFEAT.

”

- F. Scott Fitzgerald

DATES FOR THE DIARY

Sunday 15 September Hatchland Run 10km (see facebook for flyer with further details)

Sunday 29 September	Punch Bowl Challenge incorporating Punch Bowl 10km (see facebook for flyer with further details)
Saturday 12 October	Mens cross country event at Richmond Park Ladies cross country - Reigate
Sunday 13 October	Royal Parks Half Marathon - charity place offered (see facebook page for details)
Saturday 2 November	Reigate Priory relays
Saturday 9 November	Ladies cross country - venue to be confirmed Mens cross country - Epsom Downs
Saturday 11 January	Ladies cross country - Guildford Mens cross country - Oxshott
Saturday 8 February	Ladies cross country - venue to be confirmed Mens cross country - Lloyd Park

Trevor's Racing Roundup

Hello Everyone,

Unless I have overlooked anything or have not been aware of any races taking place all of last week's action was centred on the Saturday 5 k Park Run events?

In total we had 32 of our members running at the following 12 different locations: East Grinstead (19), Tilgate (2), Non Such (1), Hove Prom (1), Horsham (1), Roundshaw Downs (1), Tunbridge Wells (1), Alice Holt (1) Cheltenham (2), Exeter Riverside (1), Folkestone (1) and Brooklands (1). As you will see East Grinstead was again by far the most popular with a total of

19 Lingfield runners taking part. Well done to everyone for representing our club over such a large area. Congratulations to **Luke Davis** for finishing in an excellent 2nd place at Tilgate in a time of 17.19.

Details of the Lingfield positions and times are shown below:

I am aware of just one race this coming Bank Holiday week end. It is a 5 kilometre road point to point race from Chiddingly to East Hoathly on Monday 26th August starting at 11 am. This race is a very popular event on the Sussex Athletic calendar which we have always supported in large numbers.

I have had a look at the entry list and have found that so far we have a great total of 22 of our members registered to run. It is also the next event in our Open Grand Prix series of races for 2019. I have attached the latest Grand Prix points totals for both ladies and men so that you can all see how many points you have so far achieved.

If the race is not full there should be entries available on the day providing that you register before 10.30 am.

I hope to see you there on the day.

Please let me know if any of you are competing in another event over the week end of which I am not aware.

Have fun and enjoy your running.

Grand Prix - Ladies

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/2a03248a-b756-4d2a-bd06-b292d65578b6/GrandPrix_2019_08_20_F_1_.pdf

Grand Prix - Men

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/139bd019-176d-41bc-bc59-eba53aa53277/GrandPrix_2019_08_20_M_1_.pdf

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age %</u>	<u>PB</u>
<u>Roundshaw Downs</u>	27	George English	24min29	68.48%	

148 runners

Royal Tunbridge Wells 154 Charles Marr 30min05 53.80%
258 runners

Horsham 181 Kath Garrido 26min59 85.30%
505 runners

Tilgate 2 Luke Davis 17min19 77.09%
565 runners 188 Liz Webster 27min03 56.87%

Alice Holt 67 David Nottidge 25min23 64.87%
303 runners

Cheltenham 221 Steve Warner 26min47 61.48%
520 runners 460 Marie Warner 36min30 52.42%

East Grinstead 7 Alex Watson 22min10 58.20%
115 runners 9 Ian Greenaway 22min23 64.85%
13 Tim Martin 22min57 60.86%
16 Anthony Allen 23min27 64.96%
18 Vernon Given 23min45 60.63%
20 Mark Jeffery 23min57 59.22%
23 Guy Huntington 24min15 63.37%
38 Richard Adams 25min40 53.18%
41 Ian Watkins 25min53 61.43%
55 Wendy Smith 28min06 60.38%
59 Helen Davey 28min35 63.32%
66 Clare Evans 29min21 58.55%
68 Nick Champness 29min31 47.32%
69 Theresa Donohue 29min34 58.12%
96 Claire Brown 34min56 52.53% PB
101 Jennifer Kinsella 36min32 43.07% PB
110 James Evans 42min29 35.27%
111 Joanne Given 44min37 36.31%
115 Nevenka Worsell 1hr02min41 25.84%

Seaton 142 Mike Lothian 28min35 60.35%
300 runners

Exeter 79 Martin Payne 22min59 71.65% PB

418 runners

<u>Folkestone</u>	52	David Watkins	23min42	65.96%
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323 runners

<u>Hove Promenade</u>	137	Sue Garner	25min42	89.56%
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358 runners

<u>Brooklands</u>	7	David Beale	19min48	75.67%
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295 runners

**JOGGERS HAVE A FUNNY
ONE-LINER THAT KEEPS
CIRCULATING AMONG THEM.**



IT'S A RUNNING JOKE!

Couch to 5k 2019

Lisa Compton has collated the feedback from this years C25k group, and it is extremely complimentary about the help and support received from LRC members. If any of you who came along to support each week would like to see a copy of the report, email Lisa at ladiescaptain@lingfieldrunningclub.co.uk and I'll send it over to you.

What Helps Your Brain Age Better: Steady-State Exercise or HIIT Workouts?

Better blood flow to your brain means a lower risk of dementia as you get older, researchers say.

<https://www.runnersworld.com/news/a28652618/hiit-may-prevent-dementia/>

How You Can Use Exercise to Hack Your Body Clock

<https://www.runnersworld.com/news/a26590745/exercise-body-clock/>

What3Words - the app that can save your life

<https://www.bbc.co.uk/news/uk-england-49319760>
