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“You have a choice. You can throw in the towel, or you can use it to
wipe the sweat off of your face.”

— *Gatorade ad*

DATES FOR THE DIARY

See Trevor's racing round up for the next Grand Prix events

Trevor's Racing Roundup

Hello Everyone,

There was a lot of Park run activity again over the August Bank Holiday week end.

We had a total of 37 Lingfield runners in action at the following 10 locations: East Grinstead (25),

Tilgate (3), Horsham (2), Roundshaw Downs (1), Poole (1), Burnley (1), Orpington (1), Birkenhead (1), Mole Valley (1) and Cyclopark (1). Well done to everyone for turning out in large numbers over such a wide area. Congratulations to **Luke Davis** for finishing in 1st place at East Grinstead in a very good time of 18.55.

On Sunday 25th **Helen Davey** was our only representative in the annual Arundel 10k. A good run by Helen saw her finish in 246th place in a time of 61.19. A very good performance on such a hot day and also over a very hilly course. Well done Helen.

Also on Sunday **Theresa Donohue and Ian Greenaway** ran in the Windlesham Whip event. A race of just over 4 tough miles. The race was won by Graham Godden of Brighton and Hove AC in a quick 25.04. This was one of the West Sussex Fun Run League events. As Lingfield RC are not members of this league Theresa and Ian were representing their 2nd claim club of Saints and Sinners which is a Crawley based club. Both had very good runs against some strong opposition. Their times and positions are shown below:

41	Ian Greenaway	31.38
192	Theresa Donohue	42.25.

Well done both of you.

Karen Sparrow was in Portishead over the Bank Holiday week end and ran in 2 events of the Portishead Festival of Running. Karen took part in the 5 k event on Saturday and finished in 34.03. She then ran in the 10k on the Sunday and finished in another good time of 1.05.12. Well done Karen.

On Bank Holiday Monday 26th we had a very good turnout of 22 runners in the annual King's Head Canter. This is a very low key 5k road event which starts in Chiddingly in East Sussex and finishes in East Hoathly just outside the King's Head Pub. This has been an annual event since 1998 and has always been very well supported. Over the years it has attracted some very good club runners and this year was no exception as the first 20 finishers completed the course in under 18 minutes.

The winner this year was Kevin Moore of Brighton and Hove AC in a course record time of 14.58. There were joint winners of the ladies race. They were Caroline Hoyte and Maisie Trafford both of Brighton and Hove AC. Both were credited with the same time of 18.03. The

first Lingfield runner to finish was **Kieran Barnes** in a very good time of 17.51 which placed him 19th in the race. He was closely followed by **Daniel Oppe** in 26th place in 18.31.

There was a very close finish between **Fiona Champness and Claire Ziegler** to be the first Lingfield Lady to cross the line. In an all out sprint Fiona just got to the line first by the smallest of margins in 23.29.

This was also one of our club's open Grand Prix races so there were points to be gained for everyone who finished. I have attached the latest Grand Prix points tables for both ladies and men so that you can see where you stand at this point in the competition.

Grand Prix - Men

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/0abbff6d-bebe-4434-97b5-989fda07f7ed/GrandPrix_2019_08_28_M.pdf

Grand Prix - Ladies

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/8ac49d48-33de-4a9c-bebc-9b2cdae6f922/GrandPrix_2019_08_28_F.pdf

I have also attached the results of the King's Head 5k.

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/8cfefb90-cacf-448a-afae-6c87aea8877a/RR_2019_08_26_KINGSH_5K.pdf

Very well done to everyone who ran and finished on a very hot morning.

There are still 7 Open Grand Prix events remaining so you still have plenty of opportunities to gain some points. The remaining fixtures are:

15 Sept	Reigate Half Marathon
29 Sept	East Grinstead 10K
12 Oct	Surrey XC League
02 Nov	Reigate Priory XC Relays
17 Nov	Brighton 10k
24 Nov	Crowborough 10k
26 Dec	Turners Hill 4 mile

I am aware of just 2 events this coming week end. They are:

Sunday 1 Sept Fittleworth 5

Sunday 1 Sept Eridge Park Trail Challenge (10 miles).

Good luck to everyone who may be running in either of these events or any other race of which I am not aware.

Have fun and enjoy your running.

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age %</u>	<u>PB</u>
<u>Roundshaw Downs</u> 167 runners	34	George English	24min14	69.19%	
<u>Poole</u> 805 runners	46	Paul Blackmore	19min37	77.06%	
<u>Horsham</u> 546 runners	171	Sue Garner	25min42	89.56%	
	382	Julie Blythe	32min48	55.95%	
<u>Tilgate</u> 509 runners	6	Dan Oppe	19min03	69.64%	
	34	Mark Jeffery	22min13	63.84%	
	468	Suzanne Curtis	41min36	38.94%	
<u>Burnley</u> 367 runners	144	Kath Garrido	27min22	84.10%	
<u>Orpington</u> 209 runners	8	David Beale	20min37	72.68%	
<u>Cyclopark</u> 150 runners	22	Lisa Compton	23min40	84.37%	
<u>Mole Valley</u> 297 runners	206	Suzanne Taylor	34min22	51.99%	
<u>Birkenhead</u> 536 runners	94	Fiona Champness	23min27	67.73%	PB

East Grinstead

137 runners

1	Luke Davis	18min55	70.57%	
14	Vernon Given	22min15	64.72%	
16	Ian Greenaway	22min34	64.33%	
24	James Kilfiger	23min34	60.61%	
26	Michael Manwill	23min39	59.48%	
31	David Watkins	23min49	65.64%	
35	Simon Cook	24min28	61.24%	
36	Scott McDonald	24min42	2.21%	
38	Claire Ziegler	24min49	69.24%	
39	David Nottidge	25min01	65.82%	
52	Alex Watson	26min19	49.02%	
55	Miranda Chitty	26min22	65.17%	
71	Wendy Smith	28min34	59.39%	
79	Theresa Donohue	29min25	58.41%	PB
84	Isla Greenaway	30min09	49.09%	
85	Nevenka Worsell	30min11	53.67%	
91	Hannah Cartledge	30min36	48.37%	
93	Nick Hall	30min46	44.69%	
100	Judith Cartledge	32min00	57.34%	
109	Marlene Pautard	33min26	54.14%	
111	Jill Streater	33min42	61.08	PB
116	Diane Clayton	35min08	53.70%	PB
124	Amanda Ashman	36min00	44.12%	PB
128	Kulvinder Kaur	37min32	43.16	



Ladies!

We're getting near that time again when the cross country season begins - are you ready for it? The first match is on Saturday 12th October at Reigate, time TBC. This year we're going to go all out and field as many runners as possible - and beat the men!

I'd be really grateful if you could let me know if you are likely to be running so that I can get you registered, especially any new members who haven't run previously.

Email me at ladiescaptain@lingfieldrunningclub.co.uk

Thanks, Lisa

Running Easy Makes Hard Running Feel Way Easier—Here's How

Nike Run Club's Head Coach Chris Bennett explains how running easy when you need to allows you to run hard when you want to.

<https://www.runnersworld.com/training/a28071070/how-to-make-running-easier/>

CROSS TRAINING - Improve Your Balance With These Moves

https://www.womensrunning.com/2019/05/cross-training/improve-your-balance-with-these-moves_102387
