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**REMEMBER TO WEAR HI VISIBILITY GEAR WHEN RUNNING ON THE ROAD
NOW THAT THE DAYS ARE GETTING SHORTER**

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

25 January 2020 Southern Cross Country Championships, Parliament Hill,

Trevor's Racing Roundup

The Saturday morning Park runs were again very popular with Lingfield runners last week end. We had a total of 38 of our members participating at the following 9 Park run venues: East Grinstead (27), Tilgate (3), Hove Promenade (1), Non Such (1), Hampstead Heath (1), Crystal Palace (1), Margate (1), Pegwell Bay (2) and Clumber Park (1). Well done to everyone who ran especially to **Luke Davis** for again finishing in 1st place at East Grinstead in a time of 18.26..

There were just 2 races on Sunday where we had Lingfield runners taking part. As far as I am aware.?

The first was the Maidenhead Half Marathon. This was a very popular event with a total of 1569 finishers. The winner was Rob Corney of Reading Road Runners in a very impressive time of 67.53. **Lisa Compton** was our only runner in this race. She had a really good run and finished in a time of 1.44.10 which was a personal best by over 1 minute. Very well done Lisa. A great performance.

The other race was the annual Eridge Park 10 mile trail run. This was run over a very hilly grassland course. It is a very scenic course but has 1 very long demanding hill in it. We had 4 Lingfield runners taking part who all produced some very good times. The winner of the race

was Billy Hobbs of Tunbridge Wells Harriers in a great time of 64.45 for this demanding course. The ladies winners was Helen Gaunt of Tonbridge AC also in a very good time of 1.21.11. Names of the Lingfield runners together with their times and finishing positions are shown below.

91	Mark Aldred	1.33.03
168	David Chase	1.42.52
189	Tom Cartledge	1.45.25
204	David Nottidge	1.47.15

Very well done everyone.

I am aware of 2 races over the coming week end.

On Saturday 7 September there is the Ardingly 5 mile village fun run. This is the 4th year that the event has been held and is described as a beautiful multi-terrain course around the village and the reservoir. The race starts at 1 pm.

On Sunday 8 September there is the Hellingly 10k. This is a popular undulating road race which starts at 9.30 am.

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

With the onset of the darker evenings please remember to wear hi viz clothing if running on the roads.

The cross country season is now not far away. We have both ladies and men's teams in the Surrey Cross Country League. There are 4 fixtures on Saturdays throughout the winter.

Our first fixtures are on Saturday 12 October. The ladies match is at Reigate and the men's match is at Richmond Park.

Our aim is to ensure that we have at least one complete ladies team of 5 runners and 1 complete men's team of 10 runners. 2 complete teams of each sex would be even better. We have now got stronger ladies and men's teams than we had last year so it would be great if we

can turn out our best teams for both of these fixtures. Supporters would be most welcome too.

Our ladies team competes in Division 2 of the Surrey Ladies League and currently our men's team are in Division 4 of the Surrey Men's League. Lisa Compton is the Ladies captain and David Nottidge is the men's captain. Please do let them know if you are able to run in the matches on 12 October. You can contact them by email using ladiescaptain@lingfieldrunningclub.co.uk or menscaptain@lingfieldrunningclub.co.uk

Have fun and enjoy your running.

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age %</u>	<u>PB</u>
<u>Hampstead Heath</u> 481 runners	409	Jill Streater	34min35	59.52%	
<u>Crystal Palace</u> 384 runners	110	George English	24min26	68.62%	
<u>Tilgate</u> 573 runners	83	David Nottidge	23min57	68.75%	PB
	510	Jane Jones	39min45	40.34%	
	519	Suzanne Curtis	40min42	39.80%	
<u>Margate</u> 158 runners	6	Michael Manwill	21min58	64.04%	
<u>Pegwell Bay</u> 221 runners	15	Ian Greenaway	20min40	70.24%	
	89	Theresa Donohue	26min53	63.92%	
<u>East Grinstead</u> 146 runners	1	Luke Davis	18min26	72.42%	
	8	James Willis	21min13	65.28%	
	11	Tim Martin	22min04	63.29%	
	12	Vernon Given	22min14	64.77%	
	14	Guy Huntington	22min29	68.35%	PB
	15	Alex Watson	22min37	57.04%	
	20	James Kilfiger	23min29	60.82%	
	23	Simon Cook	23min58	62.52%	
	26	Scott McDonald	24min39	62.34%	
	28	Martin Payne	24min45	66.53%	
	34	Lisa Compton	25min06	79.55%	
	44	Miranda Chitty	25min53	66.39%	

47	Richard Admas	26min14	52.03%
58	Steve Warner	27min22	60.17%
71	Fiona Champness	28min35	55.57%
72	Clare Evans	28min45	59.77%
80	Kath Garrido	29min12	78.82%
85	Terri Scott	29min28	57.58%
99	Isla Greenaway	31min12	47.44%
101	Nick Champness	31min27	44.41%
121	Claire Brown	35min06	52.28%
135	James Evans	42min53	34.94%
137	Joanne Given	44min20	36.54%
139	Sally Ross	46min29	32.56%
140	Megan Edwards	47min36	31.16%
141	Suzanne O'Donnell	47min36	38.03%
146	Lucy Hall	1hr00min56	25.11%

Clumber Park 126 Chris Rance 27min47 52.25% PB
350 runners

Hove Promenade 181 Sue Garner 25min34 90.03%
441 runners

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



Message from the Committee

The committee have had an e-mail from a lady who owns the the land which adjoins the railway to the east and north of Lingfield station and which has footpath access via Rushfords and Haxted Road (by the river bridge at Waterside)

On Tuesday evening a number of runners were seen running across the length of field along the railway line, which is private land, instead of taking the footpath crossing over the railway at Rushfords and off the land or the footpath to the river. Apparently, the lady shouted to them to stop but she was ignored and they ran on and jumped over a 5 barred gate into another field which also is private with no public footpath.

Whoever the runners were, they spooked the sheep badly and one ended up having to be cut out of brambles as a result. Sheep get stressed very easily and can lay down and die after an episode like this.

I am not sure whether this was Lingfield runners at all, but if you are running the trails, please be mindful of the countryside code and keep to authorised public footpaths - and take extra care around farm animals.

Thank you.

Ed - above picture has no particular relevance to the issue - just to get your attention

Kathryn Drew and the Power of Consistency

<https://trailrunnermag.com/training/kathryn-drew-and-the-power-of-consistency.html>

How to Get More Out of Every Workout Without Actually Working Harder

The mind-muscle connection gives new meaning to the term "brain power."

<https://www.self.com/story/get-more-out-of-every-workout-mind-muscle-connection>

Daily Life Tricks To Make Your Running Body Stronger

https://www.womensrunning.com/2018/02/strength-training/daily-life-tricks-stronger-running-body_85212

