

Newsletter

26 February 2020

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This is the link to the running club webpage

<https://lingfieldrunningclub.co.uk/>

NEW / IMPORTANT DATES FOR THE DIARY

Every Wednesday, 7pm - interval sessions at Imberhorne school starts next week on Wednesday 4 March (see below for more details)

Sunday 1 March - Steyning marathon and half marathon

Saturday 7 March - final Surrey Cross Country (see Trevor's Racing Round Up for further

details as it's a club trophy event and contact your team captains to let them know if you will be participating)

Sunday 15 March - Moyleman Marathon

Sunday 29 March 2020 – Mel's Milers 10km

Sunday 29 March - Hastings half marathon

Sunday 5 April 2020 - Hartfield 10km (date not confirmed)

Sunday 5 April - Manchester marathon

Monday 13 April - Lewes 10km

Sunday 19 April - Brighton Marathon

Thursday 23 April - Pasta Party (see below for more details)

Sunday 26 April - London marathon

Thursday 30 April - Annual AGM (see below for details)

Sunday 10 May 2020 - Gatwick Half marathon

Sunday 7 June 2020 - Dorking 10

Trevor's Racing Round Up

There was a lot of activity on the 5k park run front last Saturday. We had a total of 28 of our members running at the following 9 locations: East Grinstead (9), Tilgate (9), Ifield (1), Banstead Woods (1), Gunnersbury (2), Horsham (1), Hastings Foreshore (Australia) (1),

Newark (2) and Kingdom (2).

Well done to everyone who took part especially to **Kath Garrido** who was running her 3rd park run whilst on holiday in Australia. The names, times and positions of all of our runners are set out below.

Also on Saturday we had 4 of our men taking part in the English National Cross Country Championships at Wollaton Park, Nottingham. This was England's premier Cross Country race of the season and attracted runners from athletic clubs from all over England. So the standard was extremely high but the race was open to all EA affiliated runners irrespective of ability. The last race of the day was the senior men's event over a distance of 7 and half miles or 12.5 kilometres. If you have had a look at the photos on Facebook you will see that the underfoot conditions were dire with long stretches of thick mud including sections of standing water which made running very difficult. The winner of the men's race was Callum Johnson of Gateshead Harriers in an amazing time, given the conditions, of 43.36. He was the first Gateshead Harrier to win this race since Brendan Foster in 1977. All 4 of our men ran really well in the conditions and finished strongly. Our first runner to finish was **Tom Seller** in 686th place in a very good time of 57.40.

The times and positions of all of our runners were:

686	Tom Seller	57.40
1414	Ian Greenaway	1.11.07
1525	David Watkins	1.14.52
1609	David Nottidge	1.19.37

The winners of the team race were:

1. Tonbridge AC 246 points
2. Leeds City AC 280 points
3. Bristol and West 301 points

For a complete team we needed to have a minimum of 6 runners so we were unable finish a complete team. In total 115 teams finished the race. Well done all. I hope that you enjoyed the occasion of mixing it with the best. A great achievement.

On Sunday we had a total of 6 runners taking part in the 30th running of the annual Brighton Half Marathon. As usual this was a very popular race with a total of 7,624 finishers. The winner of the men's race was Kevin Moore of Brighton and Hove AC in a good time of 1.09.05. The

ladies winner who finished in 27th place overall was Phillipa Williams of Sheffield AC also in a very good time of 1.17.55. Our first runner to finish was **Juhana Kirk** in an excellent 37th place in 1.21.13. **Harry Sterling** was our next runner to finish in 89th place in 1.23.19. This was a PB by a considerable margin. Well done, you are making huge steps forward. **Fiona Champness** was our first lady to finish also in a very good time of 1.48.53.

The times and positions of all of our runners are shown below:

37	Juhana Kirk	1.19.44
89	Harry Sterling	1.23.19
757	James Willis	1.38.57
970	Mark Aldred	1.43.18
1811	Fiona Champness	1.48.53
1883	Lisa Compton	1.49.38

Well done everybody.

We also had 3 runners in the Quicksilver Hampton Court Half Marathon Sunday. The winner of the race was Adam Blythe of Hercules Wimbledon AC in a time of 1.11.41. The winner of the ladies race was Anna Bergsten of Axa Sports Club also in a very good time of 1.20.21. Our first Lingfield member to finish was **Jeremy Garner** who was running for his first claim club of Epsom Oddballs. Jeremy finished in 181st place in a great time of 1.29.14. **Aly Warner**, whose running continues to improve, was our first lady to finish in 1.48.22. This was just 8 seconds slower than her previous PB. **Sue Garner** also had another very good run to finish in 2.07.35. This also put Sue in first place in her age group. Well done all 3 of you.

I thought that our league cross county programme had finished but I received an e mail earlier this week from Matthew Kiernan who is the Secretary of the East Surrey League. He has told me that there is a **5 mile cross country race in Lloyd Park, Croydon on Saturday 7 March**. The senior race which is open to both ladies and men starts at 2.30 pm. The reason for this addition is that there was cross country fixture arranged to take place on Wimbledon Common last December but it was cancelled due, I think, to a lack of volunteers. This additional race will bring the number of East Surrey League fixtures back up to 3. ie the first race took place at Lloyd Park back in September, then this one and the 3rd and final fixture should be a 4.2 mile road event at Ewell in April. The date of this fixture has still to be arranged.

Please note that this fixture on 7 March is on our club cross country trophy list. Before this I

thought that the winner of the men's trophy for this year was Tom Seller with 98 points, Dan Oppe 2nd with 82 and Mike Manwill 3rd with 70 points. Because there are just 10 points at stake Tom will still finish in 1st place.

However in the Ladies event the situation is much closer as **Claire Ziegler** is currently in 1st place with 88 points. **Fiona Champness** is in 2nd place with 85 points and **Aly Warner** is in 3rd place with 68. So ladies it is all down to this last event. In the interests of fairness please make sure that each of you know the current position and good luck to all of you. I aim to be there to watch.

At the moment a few men have notified Dave Nottidge that they would like to run in this match. We could still do with more to make up a team so that we can get some extra points.

The race is also open to ladies who run at the same time as the men and over the same distance. If any of you would like run then please let either myself or Lisa Compton know.

Many thanks.

Have fun and enjoy your running.

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>age grade %</u>	<u>PB</u>
<u>Banstead Woods</u> 317 runners	77	George English	24min26	68.62%	
<u>Gunnersbury</u> 608 runners	260	Steve Warner	27min15	60.43%	
	522	Marie Warner	37min11	51.46%	
<u>Horsham</u> 379 runners	150	Helen Davey	28min26	63.66%	
<u>Tilgate</u> 590 runners	6	Kieran Barnes	19min23	66.55%	
	11	Dan Oppe	19min44	67.65	
	20	Jonathon Roe	20min54	62.76	
	26	Connor Lindsay	21min37	59.68	
	285	Aly Warner	30min12	52.1	
	286	Terri Scott	30min15	56.8	
	435	David Lacey	34min51	44.86	
	505	Suzanne Curtis	39min05	41.45%	

	535	Jane Jones	41min52	38.68%
<u>East Grinstead</u>	6	Michael Manwill	25min23	55.42%
53 runners	7	James Kilfiger	25min57	55.04%
	8	Tim Martin	26min04	53.58%
	19	Miranda Chitty	29min57	57.37%
	26	David Worsell	32min33	44.24%
	28	Steve Brinkley	32min50	49.29%
	39	Isla Greenaway	35min37	41.55%
	49	Ian Purcell	41min50	38.33%
	53	Nevenka Worsell	1hr09min19sec23.37%	
<u>Hastings Foreshore</u>	61	Kath Garrido	26min52	85.67%
207 runners				
<u>Newark</u>	20	Ian Greenaway	23min20	62.71%
172 runners	93	Theresa Donohue	29min39	59.04%
<u>Kingdom</u>	20	Simon Cook	24min10	62.00%
188 runners	36	Martin Payne	25min55	64.12%
<u>ifield Mill Pond</u>	25	Lisa Compton	25min26	79.69%
112 runners				

Pasta Party

**An upcoming date for your diary
Thursday 23rd April
annual Pasta Party at the VSCC;**

This is held the week before the London Marathon every year to wish our runners who are in the race, all the very best.

Also celebrate the runners that have already run spring marathons; Whether this is road as in Brighton or Manchester (for instance) or a trail / ultra run (Moyleman, Arc, Steyning

Stinger, Lenham Cross etc) - we would love to see the medals and celebrate success with you.

The start time will be announced shortly.

AGM

Thursday, on April 30th, will be the club AGM, held at the VSCC;

During the meeting we will be discussing highlights and achievements over the past year as well as looking forward for the year ahead.

We will also be electing two new committee members.

As members, it is important that you attend so that your voice and opinion is heard, so please do join us.

Interval Sessions

Thank you to everyone who commented on the survey regarding the club interval sessions. The committee and the coaches have considered the responses, and are going to make some changes which will address some of the points raised.

We have decided to continue holding sessions at Imberhorne, at least until the end of the summer. For various reasons there are no other suitable venues at the moment, and St. Piers has been risk assessed as being unsafe for these sessions due to the increase in traffic. In a couple of months time the grass track at the school will be available again, and there are options to go out onto the nearby industrial estate and the Worth Way, which will improve the variety of sessions we can offer. We will however continue to explore other options.

Starting from 4th March onwards, the sessions will be held on a Wednesday and start at the later time of 7pm. This should help those people who race or do long runs on a Sunday to attend. The committee have also agreed to subsidise the sessions, so people will no longer have to pay. When Couch to 5k starts in May, this will also be held on a Wednesday, so club members can still support the beginners after the interval session.

From 25th March, there will be two Run Leaders/Coaches each evening, offering a choice of session, which will be advertised in advance. These might include sessions such as pyramid intervals, hill running, timed laps, parlauf runs or relays. We will try and swap the Coaches around so the same people aren't always paired together; this will become easier towards the end of April as a further two club members are undertaking the run leader training and will join the rota.

Hopefully these changes will go some way to restoring interest in the interval session. We will continue to keep this under review.



National Cross Country Championships, Wollaton Park, Nottingham Tom Seller

Saturday the 22nd saw the National Cross Country Championships. Wollaton Park, Nottingham featured a course consisting of 4 laps, each one slightly longer than the last. The 12k course, 13k according to my watch, was fairly hilly but incredibly muddy. Nothing had prepared me for the muddy sections, some knee deep at points. This was very difficult to run through and stopped the field to a trudge before hitting firmer ground. To make matters worse, the organisers had thrown in a series of hurdles in the form of fallen trees as well as deep water to test the runners. Four Lingfield runners took part **David Nottidge, David Watkins, Ian Greenaway and myself**. Thankfully the rain held off but the 40mph gusty winds made sure it was suitably freezing for runners and spectators alike. I was first home in 57.40, Ian 1:11:04, Dave W 1:14:52 and Dave N 1:19:37.

All in all, a cold but lovely afternoon out.

Take Control Of Your Self-Talk

Strategies for challenging negative thoughts and giving your mind something productive to do.

<https://trailrunnermag.com/training/take-control-of-your-self-talk.html>
