

Newsletter

18 March 2020

Contents

- **New/important dates for the diary**
- **Trevor's Racing Round Up**
- **Coronavirus update from the Committee/club**
- **Surrey XC League - new regulations**
- **This is exactly how running impacts your immunity**
- **How this 50 year old back-of-the-pack runner finds the Joy in racing**

This is the link to the running club webpage

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

NEW / IMPORTANT DATES FOR THE DIARY

Every Wednesday, 7pm - NO interval sessions until further notice

Sunday 29 March - Hastings half marathon

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

Monday 13 April - Lewes 10km

Sunday 19 April - Brighton Marathon

Sunday 10 May 2020 - Gatwick Half marathon

Sunday 7 June 2020 - Dorking 10

Trevor's Racing Round Up

We had a total of 19 runners taking part in the weekly 5 k park runs last Saturday at the following 6 different locations: East Grinstead (6), Tilgate (8), Non Such Sutton (1), Lloyd Park Croydon (1), Queen Elizabeth Park (1), Northala Fields (2). Well done to everyone who ran. The Lingfield names, positions and times are listed below.

On Sunday we had 2 of our members taking part in the Hampton Court Palace half marathon. This was a popular annual event which had a total of 2,754 finishers. The men's winner was Andrew McCarron of Queens Park Harriers in a time of 1.16.05. The first lady to finish was Hannah Pullen of Waverley Harriers in 1.23.26. The first Lingfield runner to finish was **Martin Payne** in a good time of 1.50.48. This also placed him 6th in his age group. **Lynda O'Sullivan** who was running her first half marathon since recently joining the club also had a very pleasing run to finish in 2.13.45. Very well done both of you.

We had 3 of our experienced long distance runners taking part in the annual Moyleman marathon over the Downs at Lewes on Sunday. The pre race literature described it as a "Tough hilly race over a variety of surfaces including mud". This was the 6th year that this race has been held. The race was won by James Turner in a very good time of 2.56.15. The ladies race was won by Jade Elphick who competed the distance in a course record time of 3.40.42. The first Lingfield runner to finish in 5th place overall was **Juhana Kirk** in a great time of 3.15.01. Next to finish for Lingfield was **Mandy Regeness** in 33rd place in a great time of 4.06.39. This put her in 4th position in the ladies event. **Brandon Webb** also had an excellent run to finish in 52nd place also in a very good time of 4.21.38. Great running by all 3 of you. Well done.

Steve Brinkley was our only runner in the Dartford Half Marathon. Steve's time was very good

2.04.09. Well done Steve.

One other race on Sunday was the West Worthing 10 kilometre event. **David Nottidge** was the only Lingfield runner taking part in the event. Dave finished in a good time of 51.01 which also earned him 4th place in his age group. Well done Dave.

The Corona virus is having an unsettling effect on all of us. Let's hope that it passes through much sooner than expected so that we can get back to some sort of normality. With best wishes to everyone. Let's hope that we can all stay safe and healthy

Trevor

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>age grade %</u>	<u>PB</u>
<u>Lloyd Park, Croydon</u> 110 runners	24	George English	26min06	64.24%	
<u>Tilgate</u> 520 runners	20	Dan Oppe	19min48	67.42%	
	78	David Watkins	23min58	65.23%	
	101	David Nottidge	24min48	66.40%	
	148	Aly Warner	26min36	59.15%	
	174	Sue Garner	27min24	85.46%	
	333	Ian Miller	32min04	48.75%	
	482	Suzanne Curtis	40min27	40.05%	
	505	Sally Ross	44min38	33.91%	PB
<u>East Grinstead</u> 44 runners	4	James Kilfiger	25min07	56.87	
	6	Ian Greenaway	26min31	55.19%	
	24	Adrian Goddings	32min58	43.33%	
	27	Isla Greenaway	33min31	44.16%	
	30	Wendy Smith	34min31	49.78%	
	31	Helen Davey	35min08	51.52%	
<u>Queen Elizabeth</u> 114 runners	83	Karen Sparrow	38min48	44.29%	
<u>Northala Fields</u> 374 runners	139	Steve Warner	27min23	60.13%	
	301	Marie Warner	36min31	52.40%	

Coronavirus update.

Given the fast moving nature of the virus and the advice yesterday about social distancing and non-essential travel, the committee think that it is prudent to postpone club running until further notice. This includes interval sessions at Imberhorne.

However, given the benefits that running can bring to mental health in these trying and stressful times, we would recommend, that if you do run, run alone or together in very small numbers.

Most of you will be aware by now that the Victoria Club is closed until further notice. Club members can continue to use the car park, although there will be no access to the toilets.

Alternative possibilities /dates for the pasta party and the AGM are being explored.

For those that do parkrun - that's also been cancelled until further notice

If there are any members that are self-isolating and in need of supplies or errands, please post on the group Facebook page and we will try to organise this for you.

The Committee will be following public health guidance closely, and will advise everyone if there are any changes to current arrangements.

Surrey XC League

In the current XC regulations, all the men competing have to be registered with England Athletics, although it is not compulsory for the ladies.

As of next season, anyone wanting to compete will be required to be an EA member. Anyone running and not registered will risk disqualification. Membership costs £16 pa, and can be paid when you pay your club membership at the beginning of April.

For more details, and to see the benefits of EA membership, please

see: https://mcusercontent.com/06ee37595aba77e0e81ded734/files/6e68d152-d1b5-489f-809e-33b5077a184f/EA_membership_note_for_runners_5239_.docx

This is Exactly How Running Impacts Your Immunity

<https://www.womensrunning.com/health/does-exercise-boost-immunity/>

How This 50-Year-Old Back-of-the-Pack Runner Finds the Joy in Racing

The pace too fast? Possibly finishing last? Nora Haefele doesn't let any of it stress her out.

<https://www.runnersworld.co.za/motivation/back-of-the-pack-runner-finds-the-joy-in-racing/>


