

## Newsletter

Wednesday 9 September 2020

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**This is the link to the running club webpage**

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

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## Trevor's Racing Round up

**David Watkins and David Nottidge** took part in the Folkestone Coastal 10km event last Sunday. This was another race organised by the local sports promotion company Nice Work. 302 finished in total. The men's winner was Charlie Brisley, a young athlete, from the Invicta East Kent Club. He finished in a very good time of 31.02.

The ladies winner was Holly Dixon of Cambridge Harriers also in a very impressive time of 34.45.

Both the Dave's had good runs. David Watkins finished in 98th place in 46.54 which placed in 2nd spot in his age group. David Nottidge finished in 136th place also in a very good time of 51.47 and was 6th in his age group. Very well done both of you.

If any of you are planning to do organised races please let me know how you got on so that I can record your details on the Club Database and give you a mention in the weekly newsletter.

Have fun and enjoy your running

Trevor

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## MEET THE MEMBER

Meet the member: **Maggie Statham-Berry**

**Family:** Husband Martin, three children (grown up and moved away), one grandson

**Occupation:** Retired Civil Servant from the Department of Trade & Industry (as was)

**Best feature:** Open-minded

**Worst feature:** Dithering!

**Favourite non running read :** Any well-written fiction, but not fantasy or sci-fi

**Favourite food:** Difficult choice between Italian (pasta) and Indian (madras curry and naan bread)

**Best time of day:** After a run (worst time is just before a run)

**Hobbies, pastimes:** Gardening (summer), jigsaws (winter), watching TV sport all year round.

**People you admire living or dead:** Social campaigners who have inspired reform e.g. Elizabeth Fry, William Wilberforce. On a topical level, I've got a soft spot for Carlton Kirby, Eurosport's Tour de France cycling commentator, whose well-informed whimsical musings are gentle and delightful.

**Years running: 44 years.**

**When and why did you start:** Started in 1976 as a challenge from a work colleague. Could I run non-stop on a two mile circuit over Vauxhall bridge and back over Lambeth bridge? Of course I could, and I was hooked after that.

**Race most proud of:** Winning the women's race in the National Masters cross country championships in Burnley in 1993.

**Running ambition:** To continue to be competitive in my age group.

**Personal bests:** All set in 1993. They seem unbelievable now. Marathon (London): 2hrs 57mins. Half marathon (Tunbridge Wells): 82:10. 10 miles: 59:15 (Canterbury). 10k: 35:45 (Cirencester). 5k: 17:13 (Battersea Park).

**Toughest race:** The short, fast, ones are the worst, that is anything less than 5km. For toughness, must be Parliament Hill cross countries, with all the mud.

**Favourite running shoe:** Asics Gel Kayano

**Post running snack:** Coffee and anything involving chocolate

**Running club member:** For two months. Should have joined years ago.

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## LRC Club Coaching Sessions

**Tonight's session with Lisa is fully booked**

Ian Greenaway on Thursday 17 September - starting 6.30pm at the Recreation ground opposite Imberhorne school

<https://www.eventbrite.co.uk/e/119862627345>

The booking system works on a first come, first served basis and will also create a "wait list" should someone drop out. The sessions are free despite the system saying

tickets will be on sale



## Autumn Virtual Half Marathon

Trevor Crowhurst will be drawing the teams for the Autumn Half Marathon LIVE on Zoom on Tuesday 15th September at 6 pm.

Meeting log-in instructions will be available nearer the time.

You've got until Saturday to enter!

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### Robin Mayer shares a good read and a recommended listen/podcast commentary on parkruns

There was a fascinating commentary on Park runs in the Life Scientific R4 programme this morning (8 September 2020). It was at about ten minutes into the 9am programme. Steve Hake on the Jim Alkilili programme. There is a colossal mass of statistics available of park runner individual profiles information being analysed now by him and about changing trends of different runner types. Trends away from elites to infrequent runners...etc..

<https://www.bbc.co.uk/programmes/m000mcy6>

Hope I've got the right link!!

I have read several running books (not least those about fell running) but also I would recommend the book '**Why running matters**' by Ian Mortimer. Its his observations about his many park runs but he also describes his 10ks and a marathon. He is a 50 year old travel writer and historian (of the Time Traveller's Guides to Medieval and Elizabethan England and Restoration Britain) and a very fast runner doing park runs in about 20 minutes in **all** conditions. He philosophises about the value of running - Some choice quotes are:

'Unlike a financial income which you can spend, you can never exhaust an emotional one (run) , no matter how often you spend it'.

'All our (running) efforts feed into a mutual appreciation of each other's successes'.

'Running is such a life affirming thing. It is a way of finding peace and rinsing ourselves of our worries....'

'Youthfulness does not dissolve completely but instead breaks up piece by piece .... (but) I think it is a blessing to retain shards of your youth...And having a little bit of recklessness is no exception...'

'Running is about companionship, endurance, ambition, hope, conviction. determination, self respect and inspiration'.

'Running together imparts insights, values and understandings that go far beyond their normal level of kinship or friendship..... You run for meaning'

'When you listen to Defeat and Victory lecturing you in the schoolroom of life, it is surprising how often Defeat proves the better teacher of the two'.

<http://www.summersdale.com>

ISBN 978-1-78685-946-4

Regards

Robin

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### **Folkestone 10k - back to racing.**

Here we are in September and my total medal haul for 2020 is 1. This was for the Endure24 virtual run.

Sunday 6<sup>th</sup> September saw my first official race since lockdown. I chose this one as we had relatives living in Folkestone that were long overdue a visit. So we made a trip down

on Saturday so I could have an easy start for Sunday.

The day after entering the race I was sent an email asking if I still wanted to run, what time do I want to start and my approximate finish time. This was due to the new measures of social distancing. With a start time of between 8:30 and 10:00 a lot of runners had finished before I started. When we were told of our start times a few days previously I noticed on the start line with me was Dave Nottidge.

After being called up to start the first thing we had to do was to have our temperature taken this combined with my white coat syndrome and the curry that I had the night before led me to think I may fail at the first hurdle. All was ok though and we made our way to our starting positions.

I was on the front of the grid which was based on the time we estimated. The man beside me at the front wondered why he was first on the grid, I had to explain that the rest of us were slow runners. This was proved to be the case as when we were given our starting orders he was gone without a trace.

The race itself was actually more of a time trial without the usual battles that you come to expect during a race. I managed to overtake a few of the earlier starters but was not overtaken by anyone. Although quite tough trying to keep a pace going, the course was very flat and I had a fairly good run in 46:54. I even managed to produce a negative split by nearly a minute.

Overall an enjoyable run and more importantly felt very safe.

Dave Watkins

ps. Found out later that I was 2<sup>nd</sup> in my age group.

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## **RUNNING JOKES**

**Q: How do crazy runners go through the forest?**

**A: They take the psycho path.**

**Q: Did you hear about the race between the lettuce and the tomato?**

**A: The lettuce was a "head" and the tomato was trying to "ketchup"!**

**Q: Who is the fastest runner of all time?**

**A: Adam, because he came first in the human race!**

**Q: What do you get when you run in front of a car?**

**A: TIRED**

**Q: What do you call a free treadmill?**

**A: Outside.**

**Q: What do you get when you run behind a car?**

**A: EXHAUSTED**

**Q: Why can't you let a jogger be a potential juror?**

**A: Because you'll have a runaway jury.**

**Q: Did you hear about the marathon runner who ran for three hours but only moved two feet?**

**A: He only had two feet!**

**Q: What race is never run?**

**A: A swimming race.**

**Q: What do you call running while listening to your favourite rapper?**

**A: A Snoop Jogg.**

**Q: How did the barber win the foot race?**

**A: He took a short cut.**

**Q: Why did the trainer want her client to work out where it was sunny?**

**A: So she would feel the burn.**

**Q: What kind of running shoes are made from banana skins?**

**A: Slippers.**

**Q: What do runners do when they forget something?**

**A: They jog their memory**

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