

Newsletter

Wednesday 16 September 2020

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This is the link to the running club webpage

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

Trevor's Racing Round up

Hello Everyone

It is good to see that there are a few actual races taking place which are adhering to the Covid 19 restrictions. I am aware of 5 different events that have taken place over the past two weeks

where we have our members running.

On Sunday 6 September we had 5 runners taking part in the Reading Half Marathon albeit over a totally different course. The total number of finishers was 212.

The race winner was Simon Lewis of Pontypridd in a time of 1.13.14. The first lady to finish was Sylvia Ward of Stubbington Green in a time of 1.30.16.

All 5 Lingfield runners performed well. **Michael Manwill** was our first runner to finish in 50th place in a time of 1.43.53. Our first lady was **Michelle Hollins** who finished in 1.57.42 and was placed 4th in her age group. Details of all of the Lingfield names, times etc are listed below:

50	Michael Manwill	1.43.53
120	Micelle Hollins	1.57.42
130	Fiona Champness	2.00.10
145	Wendy Smith	2.08.04
193	Ian Watkins	2.30.56

Well done everyone.

On Sunday 13th September **Lisa Compton** took part in the Kew Gardens 10k. This attracted a total of 1,591 finishers. There were some very good times. The winner of the men's race was Sey Jamaal of London Heathside, an under age 20 athlete, who finished in 30.14. The first lady was Lesley Locks of Aldershot Farnham and District AC also in a very quick time of 36.05. Lisa had a really good run and finished 478th place in a time of 48.59. She was placed 1st in her age group out of a total of 41 ladies. Well done Lisa.

Also on Sunday **Miranda Chitty** took part in the Ashted Eco Friendly 10k and finished in a very good time of 53.18. Well done Miranda.

David Nottidge travelled a long way to Wetheral in Cumbria over the weekend to take part in the 3 Village 10 mile event on Sunday. The men's winner was Blain Rooney of Border Harriers in 56.03 and the ladies winner was Fiona Todd also of the same club. David had his usual good steady run to finish in 76th place, and was also placed 3rd in his age group with a time of 1.32.02. Well done David.

On Monday Crawley Athletic Club held a track championship event for Crawley runners only. Lingfield's **Kieran Barnes** who now runs first claim for Crawley took part in the 3000 metre track A race which consisted of just 6 runners. Kieran finished in 2nd place in an excellent time of 9 mins and 16 secs. Great running Kieran.

Please let me know if I have missed anyone. Also if you have any actual races planned please let me know so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

Trevor

LRC Club Coaching Sessions

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

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

Details for the next coaching session can be found

here: <https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-dave-worsell-tickets-121151305817>

Tickets are available from 6:30pm tomorrow evening for the session at East Court at the same time the following week (23rd September).

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



Weekly coaching sessions will resume at Imberhorne School as of **Wednesday 30th September, prompt 6.45pm start**. The on-line booking system will continue as at present. The committee have kindly agreed to cover the costs, so there will be no charge.

Recipe for Success - Bruce Fordyce

Preparing for Comrades Marathon - sensible advice for any marathon and any distance. Did you know that Gordon Ramsey has completed 3 Comrades marathons?

<https://www.brucefordyce.com/single-post/2019/02/20/THE-PERFECT-RECIPE>

4 reasons runners need to start swimming

Presenter Gethin Jones tells us how to swim for success

<https://www.runnersworld.com/uk/health/a775045/4-reasons-runners-need-to-start-swimming/>

6 At-Home Tips For Freshening Up Your Runner's Feet

Bid adieu to blisters, blackened nails, callouses and reptilian skin.

<https://www.runnersworld.co.za/health/6-at-home-tips-for-freshening-up-your-runners-feet/>

9 Cold Shower Benefits that Will Make you Want to Turn Down the Heat

If not in the middle of the hottest heatwave you can remember, when?

https://www.womenshealthmag.com/uk/health/female-health/a30687519/cold-shower-benefits/?utm_campaign=likeshopme&utm_term=www.instagram.com/p/CDwbNSTn91f/&utm_medium=social&utm_source=instagram&utm_content=post
