

## **Newsletter**

**Wednesday 23 September 2020**

## **Contents**

- Trevor's racing round up
- LRC club coaching sessions
- How a half hour run boosts motor skills
- Tips for downhill running
- Mile markers: Still at it

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

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

---

**Trevor's Racing Round up**

Hello everyone,

On Sunday 12 September **Brandon Webb** took part in the Chiltern Wonderland 50 mile race. This was the 5th running of this event. It starts and finishes in Goring On Thames and follows the trails through the Chiltern Hills. 224 runners started within a 2 hour window to comply with the Covid Guidelines and a total of 208 finished within the time limit.

The men's winner was Jon Ellis of Watford who finished in a very quick time of 6 hrs 22 minutes and 25 seconds. Laura Swanton was the first lady to finish in a time of 7.37.29.and was placed 5th overall.

Brandon had a great run to finish in 73rd place overall in a very good time of 9hrs 52mins and 47 secs. Very well done Brandon. Another great achievement.

I hope that I have not overlooked anyone. If I have please let me know.

Also please let me know if you are planning to take part in any actual races in the near future so that I can give you a mention in the weekly newsletter.

Have fun and enjoy your running .

Trevor

---

## LRC Club Coaching Sessions

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



We're back at Imberhorne School from next Wednesday, 6:45pm-8pm.

We'll mix it up so some weeks we'll do fast track work, other weeks we'll hit the roads and hills on local roads. Booking link for next week can be found here:

<https://www.eventbrite.co.uk/e/lingfield-rc-speedwork-session-with-dave-worsell-tickets-122366997985>

Bookings open 18.30pm this evening so get in quickly :-)

---

### **How a Half-Hour Run Boosts Motor Skills**

Exercise can improve key brain chemicals, study suggests.

<https://www.runnersworld.com/training/a20856295/how-a-half-hour-run-boosts-motor-skills/>

### **Tips for Downhill Running**

Good form and leg strength are key to staying healthy as you tackle descents

<https://www.runnersworld.com/advanced/a20801988/tips-for-downhill-running/>

### **Mile Markers: Still at It**

Be grateful for what you can do, thankful every day that you can

do it.

<https://www.runnersworld.com/women/a20860316/mile-markers-still-at-it/>

---

