

## Newsletter

**Wednesday 30 September 2020**

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

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

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### AUTUMN VIRTUAL HALF MARATHON - RESULTS

Results attached of the Autumn Virtual half marathon - very well done to everyone who took part, and especially to Team 8, who were the overall winners.

Unfortunately nobody managed to predict the three top teams in the correct order - but as just one person did guess the three correct teams we decided to award them the prize of the bottle of wine. And that person is - **Dave Watkins**. Well done Dave!

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/65fd509d-a575-4930-a3a5-25856fa65c5c/Virtual\\_half\\_marathon\\_results\\_1\\_.pdf](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/65fd509d-a575-4930-a3a5-25856fa65c5c/Virtual_half_marathon_results_1_.pdf)

If you have trouble opening the link, just let me know and I'll send it to you directly - Diane

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## 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 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:

Last few places for this week's speedwork session still available:

<https://www.eventbrite.co.uk/e/122366997985>

If you can't make it tomorrow why not sign-up for Lisa Compton's session next week? Tickets become available tomorrow night.

<https://www.eventbrite.co.uk/e/123192767885>

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## CLUB RECORD TIMES

In view of the slim pickings to write about these days, we asked Trevor to look in his folders and come up with what he thinks are the best club performances since 1.1.1988, when official records began.

Trevor's lists are shown in the tables below.

They were nearly all set in the 20th century when we were all a lot younger, but are they accurate or has anyone done better that we don't know about?

If you have recorded quicker times please let the editor or Trevor know where and when, and whether you were competing as a Lingfield member/first claim.

### SENIOR RECORDS

<b>LADIES</b>			
5 miles	Marlene Pautard	32.36	TADWORTH - 31.05.92
10k	Marlene Pautard	38.09	WORTHING - 13.06.90
10 miles	Marlene Pautard	63.36	WOKING - 01.03.98
½ marathon	Marlene Pautard	1.25.49	READING - 15.03.98 & 4.03.99
20 miles	Marlene Pautard	2.21.02	WORTHING - 20.03.94
Marathon	Marlene Pautard	3.01.33	LONDON - 26.04.98

<b>MEN</b>			
5 miles	Steve Pautard*	27.24	TURNERS HILL -28.05.88
10k	Steve Pautard*	32.30	CHICHESTER - 03.07.88
10 miles	Steve Pautard*	53.43	TADWORTH - 01.01.88
½ marathon	Peter Dunn	1.13.50	EPSOM - 13.09.92
20 miles	Peter Dunn	1.57.26	WORTHING - 24.03.91
Marathon	Peter Dunn	2.38.41	LONDON - 18.04.93

Continued ....

### **VETERANS (OVER AGE 40) RECORDS**

<b>LADIES</b>			
5 miles	Kathy Garrido	33.44	BANSTEAD - 01.03.92
10k	Marlene Pautard	40.22	BRIGHTON - 17.11.02
10 miles	Kathy Garrido	69.25	FOLKESTONE - 04.04.92
½ marathon	Marlene Pautard	1.28.12	BRIGHTON - 22.02.04
20 miles	Kathy Garrido	2.28.50	BRAMLEY - 01.03.98
Marathon	Marlene Pautard	3.18.25	DUBLIN - 28.10.02

<b>MEN</b>			
5 miles	Ray McCullough	28.02	TADWORTH - 23.05.93
10k	Ray McCullough	33.57	BRIGHTON - 21.11.93
10 miles	Alistair Matson	56.58	WOKING - 06.03.94
½ marathon	Ray McCullough	1.16.07	NORWICH - 13.06.93
20 miles	Alistair Matson	2.03.35	WORTHING - 20.03.94
Marathon	Ray McCullough	2.40.35	POLYTECHNIC - 26.09.93

\* We are not sure whether Steve Pautard's times were done when he ran for LRC or for his other club, Ranelagh Harriers.

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### **High Weald Challenge - Dave Chase**

Hello all, from your long lost Lingfield RC member!

I'd seen an email about the "Virtual High Weald Challenge" half marathon and thought that I might enter, having done it before.

Dear reader, I hadn't done it before. I only thought I had. You see, I'd done the Weald Challenge which was over the Ashdown Forest. The High Weald is somewhere else. Anyway, I digress, back to the story....

Liz wished me happy birthday (it was my birthday recently) and asked me if I was doing it. Really I needed to do a bike ride, having entered a 70 mile organised bike ride taking place in 10 days' time, but the thought of another earthenware mug in a different colour to my existing green and brown one was too much for me to ignore and I entered the race.

Plus, I was prompted by an announcement from Stuart Mills, the race organiser, to say that he had found another batch of mugs in his loft and so everyone would receive one.

I met Liz at 7:58am outside Groombridge Village Hall. She was as shocked as I was that I had turned up on time. And this, after having to stop for a sh1t on the Ashdown Forest en route. (Me, not her.)

I antibacc'd my hands to keep both the number one, and also R number, down and away we went, forgetting to take a starting photo.

I'd mapped out the route using an app called komoot which is like a satnav – calling out directions as you go – so even a map reading numpty like me can't get lost. In theory. "Take the next left" it demanded confidently. We looked around but the only possible junction was a gap in the hedge on the right. I checked the map on the phone and sure enough the route went to the right. From then on we were suspicious of the shouted instructions and several times had to do the opposite of what it was calling out!

The miles flew past and we saw a load of scarecrows dressed up in various guises, ran across fields, under bridges, over the river, through woods, along some roads and I have to say that I didn't recognise any of it. This is strange as I've done this run before, I said. Then Liz pointed out that I'd done the Weald Challenge, but this was the High Weald Challenge – a similar sounding, but, as it turns out, completely different race.

We ran through a corn field and Liz picked up four corn cobs and stuffed them into her rucksack, two each. Then a few more miles and it was all I could do to keep up with Liz as she was trying to be the fastest lady on the course and had the winning time in her sights.

Before we knew it we were running back down the hill into Groombridge, turning off by the church to run round the lake and back to the car park. It was a brilliant run, great weather and I must thank Liz for her excellent company. I thoroughly enjoyed it.

Post script – I received a new mug. A blue one! Had to ditch the sweetcorn though. Boiled it up but it was too chewy. Never mind. Hope to see you all out there sometime. Take care.

All the best,

Dave



## **How you can find races and what they are like now – in my experience**

Dave Nottidge

Unsurprisingly races are not what they used to be and I think that's unlikely to change for a while yet. All the real races I have recently done or have considered doing are using chip timing with some sort of wave start – no mass starts. Some races allocate you a start time pre-race, others allow you to start at any time over a two hour period. Some are very diligent in placing you at a particular place 2 meters from anybody else at the start line, others are a little less so.

During the race runners are well spread out. At one race I did recently I began to wonder if I'd gone off route, the road stretched half a mile ahead and I couldn't see any other runners. No post-race refreshments and no gathering of spectators allowed at the start or finish – or anywhere. So it is quite different. But it's what we have.

There do seem to be a fair number of races happening. Though you have to be prepared to travel. Pre covid it seemed like you could do a local race almost every weekend if you wanted to - not now. The locally managed races are not happening. There are too many covid rules and regs that have to be complied with to get your race licence. Not a problem for the bigger race organisers but certainly a problem for small local groups – and that includes running clubs. Currently most events are a few hundred runners. The big events with thousands of runners are not happening

The internet is obviously the place to search out races. Here are some of the sites you can go to:

[www.runthrough.co.uk](http://www.runthrough.co.uk)

[www.ukrunningevents.co.uk](http://www.ukrunningevents.co.uk)

[www.findarace.com](http://www.findarace.com)

[www.timeoutdoors.com](http://www.timeoutdoors.com)

[www.sportingeventsuk.com](http://www.sportingeventsuk.com)

[www.nice-work.org.uk](http://www.nice-work.org.uk)

[www.runbritain.com](http://www.runbritain.com)

[www.letsdothis.com](http://www.letsdothis.com)

Runbritain used to be my main go to source. Currently it's not that great as it lists loads of races that are cancelled – and doesn't make it clear that they are. Nice work are local (mostly South East) and lay on a good number of races, and seem to have kept their prices reasonable. The not so good news is that generally it seems to cost more to enter a race. I don't think this is surprising as with all the covid regs the costs of laying on a race must be more. Most of the above sites list virtual races alongside actual races.

**Some races coming up:**

Bournemouth 10k – 10<sup>th</sup> Oct

Richmond riverside 10k – 17<sup>th</sup> Oct

Woodchurch 5/10 mile – 18<sup>th</sup> Oct

Leicester 10k – 25<sup>th</sup> Oct

Bedgebury 10k and half marathon – 7<sup>th</sup>/8<sup>th</sup> Nov

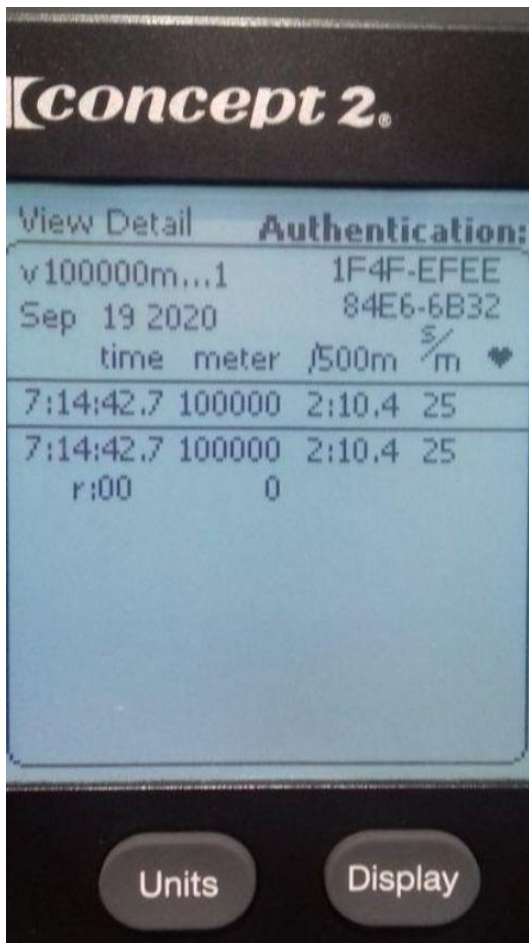
Southdowns trail race – 5<sup>th</sup> Dec

Happy racing!

Dave Nottidge

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### ex Lingfield Runner still achieving great things

Rod Chinn (a LRC member some 10 years ago) has set a new world record in the 60-69 lightweight men's category on Saturday the 19th of September. "As that was my 63rd Birthday so (including the warm up) I rowed 63 miles on my 63rd! My time was 7 hours 14 minutes and 42.7 seconds which beat the old record by 22.3 seconds. I'm in MAD Indoor Rowing Team and coached by Eddie Fletcher who did a great job of getting me into shape for it so feel the record is half his."

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## **Why changing the way you breathe will transform your body and mind - Podcase with James Nestor**

Dr Chatterjee says - In this episode, we're returning to one of my favourite topics. Breathwork is where my personal and professional interests collide. How we breathe affects every body system we have and I'm excited to welcome James Nestor, science journalist and author of new book *Breath*, which explores the data behind this ancient, but some might say lost, art.

And yes, it is an art. As we discuss, it doesn't matter whether you follow a new or ancient technique to harness the potential of your breath, the principles are the same. What I love about James' approach is he has no agenda to push. He hasn't developed his own breathing technique, theory or product. He's a journalist with an enquiring, sceptical mind. By his own admission, he came from a place where – like many of you, perhaps – he thought, 'What's all the fuss about breathing? It's automatic, it's easy, our bodies know what they're doing'. But do they really?

<https://drchatterjee.com/why-changing-the-way-you-breathe-will-transform-your-body-and-mind-with-james-nestor/>

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