

Newsletter

Wednesday 7 October 2020

Contents

- Trevor's Racing Round up
- LRC club coaching sessions
- Surrey Cross Country Events
- Virtual Virgin London Marathon 2020 - Michelle Hollins
- Virtual Virgin Marathon Run Experience - Rosalind Watkins
- Supporting the Virtual VLM - Clare Evans
- A (50k) Run With No Witty Name - Graeme Bennett
- Why Your GPS Lies

This is the link to the running club webpage

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

Trevor's Racing Round Up

Hello everyone,

Just a few details this week about the Virtual London Marathon last Sunday.

I am not sure how many of our members had originally gained a successful entry into the 2020 London Marathon prior to the Covid Lockdown back in March prior to it being cancelled.

However I am aware that 6 of our members decided to take part in the alternative Virtual London Marathon which had to be run within a 24 hour window period on Sunday 4 October. Then submit evidence of the correct distance and time taken.

According to BBC television a total of 45,000 people had agreed to take part all over the country and abroad Every successful finisher was due to receive a London 2020 Marathon medal provided that their evidence was accepted.

Lisa Compton has very kindly given the names of our 6 runners together with their times. These are listed below::

Mandy Regenass	3.26.37
Barry Stone	3.51.42
Lisa Compton	3.58.04
Peter Vaughan	4.50.37
Michelle Hollins	4.52.16
Ian Watkins	5.16.52

Very well done everyone. Especially as it was such a very wet and cold day. You earned those medals.

Lisa Compton's run wasn't a virtual marathon. Her run was an actual marathon. It was the Dorney Lake Marathon which is near Windsor. It required completing several laps of the lake . But not quite as many laps as the Elite runners did around St James's Park.

In the challenging conditions Lisa had a great run to finish in a very good time of 3.58.04. She also submitted her time to the Virtual London Organisers. She was particularly

pleased because it puts her in 2nd place in her age group for the marathon distance in the 2020 UK rankings. A further bonus is that she will now receive 2 medals. ie a Virtual London one and a Dorney Lake one. Well done Lisa.

I apologise if I have missed anyone. If you did run a marathon or compete in another actual race of any distance then please let me know so that I can give you a mention.

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 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:

Lisa Compton's session tonight - might be a place free?

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

Link for next week's speedwork session can be found here:

<https://www.eventbrite.co.uk/e/124391206447>

SURREY CROSS COUNTRY EVENTS

Hi everyone,

I have received an email from Malcolm Davies the secretary of Surrey Cross Country.

He has explained the difficulties in running a Cross Country event this season. While everything looked to be turning around in our favour, over the course of the last few weeks things have taken a turn for the worse.

Surrey Cross Country are governed by English Athletics (EA) who are in turn answerable to the Government (probably with a few committees in between). Although the infection rate is fairly low in this area EA have to take account of the whole country. EA have even put back their own licensing process from October 3rd to October 19th this means that for any Cross Country event to go ahead the 19th would be the earliest Surrey Cross Country can apply for a licence.

This means the event scheduled for November has been cancelled with no new date. They are also looking for venues to accommodate these races such as, National Trust properties, land that doesn't encroach on Public rights of way (roads or paths), or even a very large garden or farmland. This is to avoid minimal contact with the general public and to ensure a Covid free environment. Malcolm does also state that it doesn't have to be in Surrey.

Reading the full email you have to appreciate the amount of work there is to put on an event and indeed our very own Lingfield 10 committee to put on these races in normal times, let alone times like this ever changing world.

Dave Watkins
Men's Captain



Virtual Virgin London Marathon 2020

The only marathon I have run twice in the same year but not actually set foot on the route.

Michelle Hollins

The 40th race of the Virgin London Marathon, a race like no other (because this year it's a virtual race); the World's Greatest Marathon from wherever you are in the world, and a chance to do it your way, thanks to COVID-19. 45000 runners, up and down the UK and across the world will be out on October 4th to run, walk, jog or skip 26.2 miles in 23 hours 59 minutes and 59 seconds.

So... Saturday, 3rd October 2020.

The kit has been set out: socks, trainers, watch (very important haha), number pinned in place on my "London Calling" running skirt with a design of iconic London buildings. The charity vest of the Queen Victoria Hospital whom I am running for, proudly displayed.

As I sit down in the evening with my bowl of carb-loading pasta salad, spinach and feta pie plus the obligatory bottle of beer, I salute all those that are taking part tomorrow. Some of them, at that moment in time in Australia and New Zealand, had only 7 hours left before their epic journey was to begin.

Off to bed - could I sleep? No, I couldn't. I lay listening to the rain and wind outside, thinking of things that could go wrong - toilet stops there would be no portaloos aaaggggg noooooo - as the hours ticked by. I think I finally dosed off when the wind blew my curtains and knocked over an ornament on the window sill! Really made me jump, until I was back again listening to the wind and rain.

The alarm rang out and it was time to get ready. Bowl of porridge, a banana and a cup of coffee. Ian and Rozz were picking me up and we were all meeting at the East Grinstead train station at 6.50am with a view to start at 7.00am. Our support crew were already there; Clare and Fiona laidend with bottles of wateand jelly babies. There were other people there supporting their runners too. We were now just waiting for Peter, and when he arrived, we shouted *Hello, good morning!* but he nearly walked passed as he wasn't wearing his glasses. He was a little late as he had to go back home to get his nipple protectors, of which he told me much later that when he got home he could only find one of them? Goodness knows where the other one went ahahah.

The course was one we all knew too well, as we have all run these pathways countless times for training. The route was from EG station to Tilgate, around the lake back to EG. Rozz and Ian were peeling off at Worth Church to start coming back to run onto Groombridge, the last few miles for Peter and myself finishing off in Forest Row. It can be a bit of a boring route, lots of uneven pebbly trails with mud and splashy puddles - nothing really much to look at, but it was a straight forward and flattish which is much easier than hills!

We all started off together and our support crew set off to their first checkpoint. We had a few issues with the app, more so it seemed for people with apple devices. I had a new watch and forgot to press it twice, so it didn't start till we were .5 of a mile in! Surprisingly,

although it was raining and dull, it wasn't cold. Still, I was very happy that I had opted to put a long sleeved running top on, under my vest and my rain jacket.

Everything settled down and we began to get into our stride! Chatting to each other, listening to the pep talks from Paula and Colin on the app, giving us encouragement and all sorts of facts about the London Marathon, the first few miles went really quickly and Peter and I found ourselves pulling away from Ian and Rozz. We arrived at Crawley Down shops where our support crew greeted us and took the all important photos - I love a good photo. We saw other runners who had started out on their race journey.

Along the route to Worth Church we started to see more and more participants. A group of ladies wearing tutus, who we saw again coming back from Forest Row, we gave claps and words of encouragement. At Worth we had a few jellie babies from the crew and met Dave Worsell who was going to run to Tilgate with us and back. Arriving at Tigate, we ran around the lake not once, not twice but three times! Alongside a bemused Dave, who only came out to do a few miles and ended up doing a few more. It was quite easy running around the lake and our thinking was there would be less to do at Forest Row. Dave took both of us on a different route (which had toilets, hallelujah!! No more bushes this time) back to Worth, where we said our goodbyes and thank-yous and off we went.

The trail back to EG was tough. It was still raining and my hydration vest was hurting my shoulders, as I'd not been used to running with that 2 litres of fluid in my water pouch for a while. In hindsight, I should've worn my vest with the bottles and filled them up from the support crew - a note to my future self!

Peter ran off in front - he's much faster than me and I know how difficult it can be to run at someone else's pace, but he waited at points along the route for me to catch up which I truly appreciated and we would once again start off together. At some points when he was a little way in front of me, the app would kick in at every mile with some pep talk or fact or building that we would be running past had we been running around London. I shouted to Peter if he could see them, but he said he must have blinked and missed them! haha

As we ran along the last bit of the Worth Way I could see Peter had stopped and was with his family support crew; here we chatted and took on some energy gels. I had little

cakes and malt loaf, the gels don't really agree with me. Then it was time to set off for the last leg: from EG to Forest Row!

We ran through East Grinstead town and up to the trail route of Forest Way. There's a short pathway that leads down to the start of Forest Way path but Peter ran past and took the longer route, so I had to follow. Eventually, we were reunited with our support crew and greeted with more water and jelly babies. Fiona mentioned that a guy who was taking part was running up, looking as if he could do with a few jelly babies, so kindly she offered to him. However, there was no time to lose, so taskmaster Fiona sent us on our way. The trail to Forest Row was supposed to be downhill but Peter and I couldn't find it!!!!

Arriving at the traffic lights, we knew we were on the home stretch with less than a park run to do. A little way past the second bridge and back and we had finished! This bit though seemed to go on for ever, with Peter at the turning point and me a little way behind.

Turning around, we knew it was less than a mile to go - back down the trail past the 1st bridge, past the 2nd bridge, past the man running towards me that I'm sure I'd definitely seen earlier, past the scary tree, past our support crew cheering us on and there I saw that Peter had come to a stand. Just a little further and YES YES YES we had finished!!! We had completed 26.2 miles of the first ever Virtual Virgin London Marathon.

Reflecting on my experience, there was a part of me that wasn't even looking forward to it - it felt like so many things could've gone wrong and with new obstacles to overcome, it was a challenge. In some way I empathised with so many others; no doubt that I had been cheated. Year after year I'd tried to get into this iconic race but to no avail - and now that I had the chance to run this race that everyone raves about, for an outstanding charity no less, it had been taken away from me and countless others by a global pandemic.

Now, I'm so glad I did. I have never seen so many runners running, walking, jogging around East Grinstead and the surrounding area each taking on the 26.2 miles in their own way, lighting up the streets. The commandery was outstanding - sometimes words didn't need to be said, just a nod of the head; a clap; a thumbs up. All the support groups that I saw championed runners they didn't even know, and helped out when times were looking bleak, like our very own support crew Clare and Fiona giving out their jelly

babies. Not forgetting the respective family members who chauffeured us around by picking up and dropping off.

A massive, heartfelt three cheers!!! Xxxxx

Later, when everyone was feeling more human, celebrations were held in a local pub (all within Government guidelines and social distancing, no worries) to mark **“A Race Like No Other”** and commemorate an event that will surely go down in history, but one that will hopefully never have to happen again in the future. Thank you to everyone for all your love, and congratulations to everyone who took part!

Now to wait for the medal Xxxxxx

Virtual Virgin Marathon Run Experience – 04.10.20

By Rosalind Watkins

With all the uncertainty of the pandemic Dad thought it would be a good idea to enter the Virtual London Marathon to practice for the real one whenever this happens and so we did, I got a charity place with sponsors for St Catherine' Hospice. As usual my training was to say the least – patchy – Dad said you need to do more. I thought I can do this.

As the date got nearer, I started to get really excited and wished that I'd listened to him and did more training (don't tell Dad) too busy socialising – oops. The day finally arrived, and, I have to be honest I was slightly nervous and apprehensive. Then came the real bombshell Dad announced that we have to get up at 5.30am – aghh OMG! We went to bed and it was pouring with rain – we woke up and the rain even heavier argh. So out come all of Dads waterproof non breathable running tops.

We all head to East Grinstead Train Station where we met all Dads friends, the LRC team support, Fiona, Clare and Mum (Catherine) providing cheer leading, water, jelly

babies and most importantly of all support. We all stood under the car park sheltering from the rain – I'm not sure why – as it was absolutely torrential. After we all got our watches and apps synchronised – we were off.

There was Peter Vaugh, Michelle Hollins, Dad (Ian Watkins) and I, off we set to Crawley Down by the pond, where we were met with cheering from the team, then on towards Worth Church, met the team again – still more rain we turned here, whilst Peter & Michelle carried on to Tilgate.

As we ran back to East Grinstead we were met by Karen and Andy Wells running who joined us and then as we neared the station I saw Mum's bright red coat – yeah more support and water. I had to take Dads coat off because I'd managed to fill both sleeves with water, not sure whether sweat or rainwater! Mum provided another breathable (this time) coat from the car and off we went again on through East Grinstead and down to Forest Row. Then Karen came into her own – she paced and talked to me about her class of children at school for ever. Thank you Karen it really helped and was lovely.

I started to struggle a bit at mile 15 as we approached Forest Row, in my head I kept hearing Dad say pace pace and then on the horizon we saw the team – thank God – we carried on and then Andrew came in to support as Dad and Karen ran ahead for a bit. I learnt all about Marine Insurance – thank you Andrew might be useful one day you never know!

We ran on and saw Nicky Pumford out with Teddy (the dog) and a thankful stop – a nice catch up and back on the run then as we got to Hartfield I saw Mums red coat – more support and another thankful stop. Karen and Andrew who were only going to come for a couple of miles but ended up on doing nearly 10 miles - they both wanted to carry on but had to go, so Mum took them back to East Grinstead – then we had 7 miles to go - just Dad and I. Dad did a great job keeping me going, his idea of pace works and I won't lie it was tough - soon we were on mile 26, and I saw my sister Corrine with Henry shouting encouragement and huge bunches of flowers and the rest of the team again, I felt so special. Does that make me a marathoner now Dad?

VVLM all done and a big thank you to everyone who supported us, Clare, Fiona, Mum,

Dad, Karen Andy and Nicky and all of Dads other friends that we passed on the way – it really does help. xxx

Supporting the Virtual VLM

Clare Evans

Having ran the London Marathon last year and massively appreciating seeing familiar faces along the route I was really looking forward to going to London in April to support everyone we knew running However, Covid happened..... When the Virtual VLM was organised, Fiona suggested to me we support our friends

Sunday morning came round and Fiona, Catherine (Ian's wife) and I waved off Ian, Rozz, Michelle and Peter in the pouring rain. They were keeping local using the Worth Way and Forest Way so we were able to race around in our cars with water and jelly babies

Our first stop off was Crawley Down, and they were still very smiley and were heading off to Worth and we said we'd see them there. En route, there was a perfectly located layby at Rowfant so we thought we'd surprise them there. By then, they were in two groups, and they were still looking great. Next stop Worth, and whilst parking we spotted Kieran Barnes and had a chat with him and said to look out for the marathoners. Peter and Michelle soon appeared with the very svelte Dave Worsell who had joined them for part of their run and they all proceeded to Tilgate. Then came Ian And Rozz who were turning round there and heading back to East Grinstead so we headed back to the station after a quick pit stop at Caffè Nero!

At the station, we saw Mandy Regenass bombing towards us looking very smiley and strong and continuing on to Forest Row. Ian and Rozz came in to our view with Karen and Andy Wells and they were now almost half way at 12 miles.

We parked in a layby at Forest Row and the three of us started walking up the Forest Way towards our runners – how did I have a blister already?! We saw them approaching and they smiled for their now obligatory photo shoot and headed down to the end where Nicky Pumford greeted them at 16 miles. This is where we split. The app only showed the mileage of android users and it was where they would be in London..... Catherine went on to Hartfield to meet Ian and Rozz, Fiona walked up to Herontye so we didn't miss Peter and Michelle and I drove up there to collect her. At the top of Herontye, we saw a very wobbly man at 19 miles and gave him a jelly baby, then Liz Mclennan supporting Dave, and Mandy again. Next person we saw was Harry Sterling, back from broken bones and running a super speedy 5km that we nearly didn't spot him, lovely to catch up with him.

Peter and Michelle appeared at 21 miles for them properly soaked but still smiling!!

Fiona and I then met Catherine at Forest Row fire station and we waited for our finishers. We were lucky enough to see our friend Tash and her daughter Lauren there too!

It was a totally inspiring day how our friends ran in such difficult conditions, kept smiling and it was a pleasure to spend the afternoon in the pub together on our tables of six.....

Clare 😊

A (50k) Run With No Witty Name

(Tisbury, Wiltshire 10 October 2020)

Graeme Bennett

Early in May 2020, I started a training schedule designed to get me round the 50k South Coast Challenge on 29th August. My son, Alex, had done it in 2019 in memory of his brother Matt, and seeing him cross the finishing line (and get a free glass of prosecco)

had inspired me. I had run and walked marathons before, but an ultra was an unfulfilled running ambition. However, after nine weeks of training, on 14th July the race was covid-cancelled. I took up an entry in the 2021 event, but I would be another year older by then and I was not sure I could face another summer-long training regime.

Three weeks later, enter Mark Clayton (an ultra-veteran) who, over a few pints in the Star, mentioned that he had entered an ultra in Wiltshire in October. He thought it was still going ahead and I might be able to get in. As it happened, my sister-in-law Pat had completed the run in 2019, and was in it again this year, adding an element of intra-family competition. While the date clashed with the first cross country, I figured Mr Watkins would have so many runners he wouldn't notice my absence.

I mulled it over for a few days - the weather will be cooler (as I prefer) and it couldn't possibly be as hilly as the South Downs Way, could it? So online I went – only to find it was full now and I was 9th on the waiting list! Nevertheless, after some encouraging words from the race organiser, I resumed my training schedule (although that week in Greece was a bit of a problem) and kept my fingers crossed. Finally, and on the same day that I should have been running the South Coast Challenge, I had the good news that I was in, and that I could set off at the same time as Mark.

All that remained was to find out if Mark and I could manage to run together for hours and still be talking to each other – or at all. This we achieved on 27 September, so it is all systems go for Saturday. In one final twist, Pat Bennett has changed her start time from two hours after us, to 30 minutes before. Although finishing the course is my main aim, I may have found another challenge.

Discover what happened to Graeme and Mark in next week's newsletter.

Why Your GPS Lies

The truth about GPS accuracy — and what you can do when you really need to know how far and fast you've run.

<https://www.podiumrunner.com/gear/tech-wearables/why-your-gps-lies/>

