

Newsletter

Wednesday 14 October 2020

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This is the link to the running club webpage

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

"There are many challenges to long distance running, but one of the greatest is the question of where to put one's house keys."

Gabrielle Zevin

Trevor's Racing Round Up

Hello Everyone,

One event that I did not mention in last week's newsletter was the Clarendon Marathon which was held on Sunday 4th October. This was described as a picturesque but challenging off road marathon from Salisbury to Winchester. A total of 323 runners finished.

The winner was Matthew Hammerton of Romsey Road Runners in an excellent time of 3.01.26. Becky Tovey who finished in 15th place, also of Romsey Road Runners, was the winner of the ladies race in an equally good time of 3.32.23.

Ian Greenaway was our only runner in the Marathon event and had a very good run to finish in 116th place out of 323 in a time of 4.33.13

Theresa Donohue also took part in a shorter 5 mile mini event and ran approximately 4 miles in a good time 42.01. Well done both of you.

Both **Graeme Bennett and Mark Clayton** took part in an ultra-distance event last Saturday. It was a distance of just over 52 kilometres which started and finished at Tisbury in Wiltshire. **Graeme** has written a very detailed and interesting account of the race with some photographs. It is well worth a read and is attached to this newsletter.

Very well done to both of you and also to your support crew of Susie and Diane. The event is recommended by Graeme if anyone wants to do it in the future.

If anyone else has run in another race that I am unaware of please let me know so that I can give you a mention in next week's newsletter.

Have fun, stay safe and enjoy your running.

Messages from the Committee

AGM

In a normal year, the club AGM is held in April, after our financial year ends.

Due to the unforeseen circumstances of Covid this year, the committee decided to wait until a situation arose whereby 30 people could be in the same room and we could hold the AGM safely.

During the summer, it appeared like October would be a good opportunity, but as cases have continued to rise and more stringent measures have reappeared, this now looks highly unlikely.

We have discussed holding an AGM via Zoom, but it was felt that this would be unwieldy and difficult to deliver.

Therefore, the committee have taken the decision to delay any AGM until April 2021, when hopefully conditions allow.

The club finances were published last month and the committee will continue to work in a acting capacity, until the AGM where we can be voted into our posts officially.

Award Presentations

We have a few awards that are normally handed out at the AGM to distribute. We are in the process of getting the trophies/shields back from the current holders, getting them engraved and then we'll hand them out to the new winners.

Committee Minutes

We hold committee meetings every two months or so and the minutes for the meetings can be found on the club website.

Thank you to Graeme Bennett for keeping the club website up to date.

Membership

We currently have 179 paid members of LRC. Numbers are down this year, primarily because we were unable to run a couch to 5k this spring

Virtual races

Huge thank you to Lisa Compton for organising so many virtual races to keep us competitive.

Currently the 3-team, 2 hour challenge is our latest virtual race, to be closely followed by a virtual Dennis Crowhurst race.

We are looking at ways in which we might be able to run the Christmas Handicap as an actual race, in a Covid-safe environment, taking learnings from other races that are going ahead.

More details will follow.

Committee positions:

We are asking for volunteers to cover 3 posts from next April. President, Chairman and Membership Secretary.

Each position is held for 3 years.

If you are interested or even a little curious, please feel free to chat to any committee member.

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:

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

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

We've added a new coaching session on Saturday morning, 9am at East Court, East Grinstead with Terri Scott.

<https://www.eventbrite.co.uk/e/124523610471>

October virtual race

(note change of date for submitting your name)

We are excited to announce yet another virtual race - and this idea is all down to Trevor!

As you will all be aware, the elite London marathon took place last Sunday in St. James park. The ultimate marathon goal is to break 2 hours, which Kipchoge has done in

controlled conditions, but no one has yet achieved in a race. So this race is based on the magic 2 hour figure, but the challenge is to see what distance can be covered in that time.

Trevor will allocate runners into equally based teams of three, and each runner should run for exactly 40 minutes, making 2 hours in total. Results will be based on total distance covered by each team.

If you'd like to take part, please

email chair@lingfieldrunningclub.co.uk or lisajcompton@outlook.com by **Friday**

16th October.

A Run With No Witty Name

The Day of the Race - a report by Graeme Bennett

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/92fa4a2e-2366-470b-b49e-1158fa5f87e7/20201011_Witty_on_the_day_FINAL.docx

Support Team Go Witless

a report by Susie Birch and Diane Clayton

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/a733e38f-dcae-40cb-9ce1-407af0721032/Support_Team_go_witless_at_the_Witty_version_2.docx



MEET THE MEMBER - Liz Webster

Family Husband Jon, children Eleanor (8) and Luke (5)

Occupation Not working since we got posted to Paris for Jon's job a year ago. Previously 8 years in Croydon Council's Special Educational Needs team.

Best feature Determination to do something when I decide to; always willing to help out

Worst feature Leaving things till the last minute

Favourite non running read Novels, biographies, self-help books, Instagram - pretty much anything! Just finished The Midnight Library by Matt Haig, which is a nice optimistic read.

Favourite food A good curry, hard to find in Paris

Best time of day Early morning at the weekend

Hobbies, pastimes Exploring new places in and around Paris (hopefully further afield soon) - "flâner" means to wander aimlessly, which I'm quite good at; helping at the local Beaver Scout group; trying to domesticate our black panther kitten.

People you admire living or dead Anyone who goes out of their way to help other people

When and why did you start I enjoyed cross country at school, then nothing till my late 20s when I did the first Manchester 10k with a friend, and never stopped. I did the next Great North

Run, then my first marathon in Edinburgh 6 months later.

Race most proud of Equinox 24 in 2018 as part of a small team with 3 other Lingfield runners, Fiona, Michelle and Eliska - I ran 70km in 24 hours, as well as the fun run with my whole family, and it was such a fun weekend.

Running ambition To go for a little jog along the river once I'm out of Covid confinement, then to actually run the Paris marathon - this year was my 3rd unsuccessful attempt! Also to do more trails.

Personal bests

5k 22.59 Burnley parkrun, May 2019;

10k 45.44 Brighton 2017;

Half-marathon 1.43.47 Reigate 2017;

Marathon 3.44.11 Edinburgh 2008

Toughest race Beachy Head marathon

Favourite running shoe Saucony for road, Innov8 for trail

Post running snack Tea and cake

Running club member since 2013

STUDY OF 14,000 RUNNERS REVEALS SURPRISING LINK BETWEEN ELITE ATHLETES AND BEGINNERS

Two simple measurements can accurately predict marathon performance, a new study suggests.

<https://www.inverse.com/innovation/smartwatches-predict-marathon-pace>

6 Ways Cycling Will Help You Become a Better Runner

Why cycling is a great cross-training option for runners and how to maximize its benefits.

<https://www.podiumrunner.com/training/cross-training/why-cycling-is-a-great-cross-training-option-for-runners/>

