

Newsletter

Wednesday 4 November 2020

Contents

- Trevor's Racing Round up
- LRC club coaching sessions - CANCELLED
- The Virtual Dennis Crowhurst Memorial Handicap Race
- The link between muscle fibre types and your body's response to training
- Newsletter 16 June 2015
- Newsletter 24 June 2015
- Newsletter 2 December 2015

This is the link to the running club webpage

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

TREVOR'S RACING ROUND UP

Hello Everyone,

I have got details of just 2 events that were held last weekend where we were represented.

David Nottidge and Mark Piper went to Beckley in Kent on Sunday to run in the local 10k race. The route was described as both hilly and was run mainly on country lanes. It was organised by Nice Work a sports promotion company from Rye in East Sussex. Several athletic clubs were represented. It was also the Southern Counties Veterans 10k championship for 2020.

The race was won by Craig Halsey a male 50 plus runner from Brighton and Hove AC in a good time of 33.58. Dave had his normal good steady run and finished in 123rd place in a time of 53.17. Mark despite being hampered by a tendon injury still managed to finish in 165th place in a time 58.06 Well done both of you.

Also on Sunday **Maggie Statham-Berry** ran in a 3,000 metre track race. This was organised by Herne Hill Harriers and took place at the Millennium Arena in Battersea Park. A total of about 70 athletes took part from a wide range of local athletic clubs. Despite the adverse conditions of both rain and wind Maggie still had a good run to finish in 14 minutes and 07 seconds. She was also placed first in her age group. Well done Maggie.

Have fun, abide by the latest covid regulations, and continue to enjoy your running.

Trevor

Club Coaching Sessions

Unfortunately we are having to suspend the weekly coaching sessions during lockdown, but hope to resume them as soon as it's over, in December.

Imberhorne have also advised that we are not allowed to use their facilities for the time being

Announcing - The Virtual Dennis Crowhurst Memorial Handicap Race

We had hoped to hold a socially distanced actual race this month – but sadly, we have another lockdown in place. So instead we are giving you the opportunity to compete for the Dennis Crowhurst trophy, virtually.

This is a 4.8 mile handicap race on the roads around Staffhurst Wood and Itchingwood Common. The race has been held annually since 1993, with a trophy for the winner, to keep for a period of one year.

The race must take place on the usual route. We will provide both a map of the route, and detailed instructions drawn up by Trevor. There will then be a two week period in which to complete the race, and runners will need to submit their time, along with a map from Garmin or Strava. Trevor will also be giving each person a handicap according to known ability so that everyone has a chance of winning.

We would love to get as many people as possibly competing in this regular club race.

If you'd like to join in, please let us know by Monday 9th November – names to lisajcompton@outlook.com or chair@lingfieldrunningclub.co.uk

The Link Between Muscle Fiber Types and Your Body's Response to Training

While you can't change your proportion of muscle fibers, here's what you can do to optimize your m

<https://www.runnersworld.com/news/a34511108/link-between-muscle-fiber-types-and-training-study/>

NEWSLETTER – 16 JUNE 2015

Firstly, a massive **THANK YOU to Dave Wilkes** for churning out the Lingfield Newsletter, week after week, year after year! We all looked forward to receiving the news and hope that, going forward, we can fill your shoes and live up to your high standards!

NEWS FROM TREVOR

Hello everyone,

Details of last weekends known races are set out below.

Firstly, huge congratulations to Brandon Webb for successfully completing the South Downs Way 100 mile trail event. This event is organised by Centurion Running and started at 6am on Saturday 13 June. Runners had to complete the course within 30 hours. The severity of the course is shown by the fact that it involved a total of 12,700 feet of climbing.

The men's race was won by Peter Kaminsky of Emsdetten in Germany in a very fast time of 16 hours 50 mins and 36 secs.

The ladies event was won by Sally Ford who is a member of UK Netrunners. in 17 hours 28 mins and 49 secs. She must thrive on long distances as she won the Thames Path 100 mile run just 6 weeks ago in a very similar time.

Brandon ran from start to finish with Martin Thomerson, a friend, and they finished well within the time limit in an excellent time of 26.31.38. Very well done both of you.

Two 5k park runs to report on this week. We had 7 runners in the Tilgate Park race and one at

Wimbledon Common. Names, times and age grading percentages are as follows:

TILGATE

40	Vernon Given	21.44	63.73%
91	David Worsell	23.55	58.40%
113	Sue Garner	24.51	86.72%
132	Kath Garrido	25.32	84.40%
160	Wendy Smith	26.57	60.11%
170	Michael Lothian	27.28	60.50%
376	Joanne Given	38.03	41.04%

449 Finished

If the results were in age grading order then Sue would have been in first place and Kath in 3rd.
Very well done.

WIMBLEDON

293	Chris Rebbeck	29.45	46.95%
-----	---------------	-------	--------

371 Finished

Also on Saturday we had 1 runner in the Summer Breeze half marathon at Wimbledon.

Michelle Hollins ran a good time on a hilly course and finished in 2.03.25. Well done Michelle.

On Sunday there was another West Sussex Fun Run league race. This time it was a short race of just 5 kilometers in Hove Park. James Baker of Chichester Runners was a convincing winner in a very fast 15.49. Theresa Donohue and David Nottidge ran and represented the club. Both ran good times as follows:

David Nottidge 23.38

Theresa Donohue 27.46

Well done.

This coming week end here are 2 races on our fixture list

The first is the Heathfield 10k starting at 10am

The second is the Richmond 10k which starts at 9am. This is a Surrey Summer Road League fixture for which there are both club and county points available. As far as I can see we have 4 runners entered.

Happy running, have fun.

Trevor

In light of recent events, I wonder what Brandon and Scott think of this newspaper article ***MALE long-distance runners are not only fitter than most — they may also find it easier to attract women, researchers say.***

People who are better at running half marathons are likely to have been exposed to high levels of the sex hormone testosterone before birth, researchers from the University of Cambridge have found.

This means they not only have better cardiovascular efficiency but also a strong sex drive and high sperm count — suggesting they have historically been chosen by women as more desirable mates.

Dr Danny Longman, from the university's division of biological anthropology, said: "The observation that endurance running ability is connected to reproductive potential in men suggests that women in our hunter-gatherer past were able to observe running as a signal for a good breeding partner."

Pre-birth exposure to testosterone has previously been found to give men an evolutionary advantage.

The latest research focused on half marathon competitors and found the faster runners also tended to also have longer ring fingers — a signal of hormone exposure in the womb.

Researchers say the finding suggests females may have selected mates for athletic endurance. This may be because 'persistence hunting' — exhausting prey by tirelessly tracking it — was a vital way to get food.

The team analysed 542 runners at the 2013 Robin Hood half marathon in Nottingham by photocopying hands and taking run times and other key details just after runners crossed the line.

They found that the 10 per cent of men with the most masculine finger ratios were, on average, 24 minutes and 33 seconds faster than the 10 per cent of men with the least masculine digits.

Dr Longman said that while training and muscle strength were more important than hormone exposure in running performance, the size of the study meant the findings were "conclusive" evidence of a predisposition.

QUOTE FOR THE WEEK

"Running is a mental sport...and we're all insane!" - Author unknown

NEWSLETTER – 24 JUNE 2015

LRC Wimbledon Tennis Tournament

"Strawberries and Cream", "Murray Mound" and the prospect of Cliff Richard improvising from the royal box during a rain delay; it could only be Wimbledon.

Monday 29th sees the start of this year's version of the greatest tennis event on the planet. All the usual suspects are there; Sue Barker getting more and more orange, residents of SW19 making a fortune renting out their drives for the fortnight and the trials and tribulations of a winning British Murray and losing Scottish Murray.

Well this year there is a difference; you can get involved and win the championship for yourself. All you need to do is complete the attached form, save it and send it to socialsecretary@ingfieldrunningclub.co.uk - or print the form and hand it to a committee member - by this Sunday. Just pick a player from each group of four for both the men's and the women's line up. You score a point for every game the players win and all the points are added up to give the total score. The man and woman with the most points will win. In the event of a tie, a running race down St Piers Lane will decide the winner.

So, whether you know your serve from your volley or you only use a tennis racquet for straining pasta, this is a fun and easy way to get through the next two weeks and, you never know, this year you could be a Wimbledon champion!

NEWS FROM TREVOR

Hello everyone,

We had a total of 14 runners taking part in the weekly park runs at 3 different locations. 11 were at Tilgate where 5 PB's were recorded, 2 runners were at Strathclyde and 1 at Hove

Park. Details are as follows:

TILGATE (444 finished)

3.	Dan Oppe	18.44	69.40%	
4.	Scott Ulatowski	18.50	73.01%	PB
39.	Mandy Regenass	21.19	71.31%	(4th lady)
99.	David Worsell	24.04	58.03%	
112.	Sue Garner	24.45	87.07%	PB (9th lady)
143.	Wendy Smith	25.47	62.83%	PB
153.	Judith Cartledge	26.11	66.52%	PB
181.	Michael Lothian	27.26	60.57%	
200.	Graham Bradbury	28.03	63.64%	
207.	Hannah Cartledge	28.07	52.64%	PB
379.	Chris Bridgwater	35.54	50.37%	

Another great run by Sue saw her achieve an age grading percentage of 87.07%. Best age grading score on the day. Well done.

STRATHCLYDE (176 finished)

28.	Ian Greenaway	20.25	68.90%	
114.	Theresa Donohue	27.18	59.95%	

HOVE PARK (461 finished)

216.	Chris LeBeau	25.36	67.38%	PB
------	--------------	-------	--------	----

We had runners in 2 different events on Sunday.

Mark Piper was our only representative in the hilly Heathfield 10k and he finished in a very creditable 57.55 on this tough course. Well done Mark.

We had a team of 3 men and just 1 lady in the Richmond 10k. This was a Surrey Summer Road League fixture with runners from most of the clubs in the county taking part. The race was won by Gus Upton in a quickish 32.21. First home for Lingfield was Mark Clayton in a good time of 45.25. The Lingfield times were as follows:

Mark Clayton	45.25
--------------	-------

Vernon Given	47.01
David Nottidge	49.45
Lisa Compton	54.34

639 finished

This competition consists of 7 races. Four of which have taken place so far. The next race in the competition is the Elmore 7 which takes place on Saturday 18 July at Chipstead.

5 men from the club have so far taken part in 1 or more of these races. At present Mark leads the men's competition with 79 points and Vernon is in 2nd place with 75 points. Just 2 of our ladies have run so far in this competition. Lisa Compton is in the lead with 40 points and Sue Garner has 20 points.

Other results that I know of are:

Peter Hamilton did the Amberley 10k on 14 June and finished in 8th place in 48.44

Chris Rebbeck has been travelling around Europe and has recently completed the Hamburg 15k in 98.04 and the Cologne 10k in 61.38.

Michelle Hollins tried a new event on Saturday by completing a "Back to the Trenches" 12k race at Redhill. She described it as "Brilliant, lots of mud, tunnels, barbed wire, phosphorus gas, water slides into a muddy pond. There was also tyre carrying and sand bag carrying to name but a few". Well done Michelle - when the going gets tough, the tough get going! There are some photos of the event on facebook.

Happy running everyone,
Trevor

Quote for the week

"Exercise feels best after it is finished." — [Toni Sorenson](#)

A trip back into our archives – bit of club history

In 1993 Lingfield Running Club had a team of 4 men in the Polytechnic Marathon (known as the Poly). At the time of its demise in 1996, it was Europe's oldest regular marathon and was run from Windsor to Chiswick. In 1993 it was organised by a group of runners from West 4 Harriers and it attracted a total of 258 finishers from all over the country.

In Trevor's opinion, this remains probably our best ever club achievement as our men's team finished in 2nd place behind Blackburn Harriers and ahead of Cardiff AC. It was a high class domestic race which was won by Jonathan Hooper of Bridgend in 2.25.55. Of the 258 finishers all but 9 finished in under 4 hours.

Our 4 runners were Peter Dunn, Raymond McCullough, Chris Ryan and David Proud with 3 to score for a team. Fantastic runs by both Peter and Ray saw them finish in 11th and 12th places.

The full Lingfield result was:

11th	Peter Dunn	2.39.43
12th	Ray McCullough	2.40.35
64th	Chris Ryan	3.01.57
224th	David Proud	3.46.51

In the same race our club President Bob Pank was running for Newbury AC. He also had a great race and finished in 39th place in an excellent 2.54.06. He was also 8th M40.

NEWSLETTER 2 DECEMBER 2015

EQUINOX 2016

As a result of the great weekend had by all at the equinox 24 event, all of the Lingfield layabouts have entered again for 2016. It would be great to enter one or two more teams for the next event on 17th and 18th of September 2016. The reason for early notification is that the price goes up in the new year. If you're interested contact Vernon (menscaptain@lingfieldrunningclub.co.uk) and he will help put the team together. He have forced Lisa Compton into being a captain of the Lingfield loungers (tribute act to the layabouts).

The Equinox24 is a 24 hour mixed terrain race around a 10k loop against the clock. The event is open to all abilities: whether entering to run solo or in a team of 2-8, whether you aim to win or just to take part, this race will be exhilarating, testing and rewarding with a great atmosphere. The 10k route will take you around the picturesque Belvoir Castle Estate. There is free camping from Friday for competitors and spectators. Equinox24 is renowned for its welcoming, supportive and friendly atmosphere and is a great experience for runners and supporters alike. A weekend you will talk about for years, especially with those who share the weekend with you.

Team entry between 3-8 runners

Price until 31stDecember – £45

1st Jan – 30th April – £50

1st May – 1st Sept – £55

NEWS FROM TREVOR

Hello everyone,

We had runners at 2 different locations for the weekly 5k park runs last Saturday. We had a large turnout of 12 runners at the Tilgate event. Well done everyone. Details are as follows:

TILGATE

3	Dan Oppe	18.14	71.57%
40	Vernon Given	21.59	63.53%
138	David Worsell	25.44	54.27%
161	Lisa Compton	25.56	71.04%
169	Judith Cartlerdge	27.09	64.15%

186	Kath Garrido	27.34	78.17%	
208	Margaret Weller	28.33	56.74%	PB
210	Hannah Cartledge	28.34	51.81%	
276	Lynda Willment	30.43	54.58%	
307	Jayne Webb	32.31	51.56%	PB
344	Joanne Given	34.24	45.40%	
348	Sue Bibby	34.43	45.75%	

436 finished

11	Ian Greenaway	21.33	65.82%	
109	Theresa Donohue	28.45	57.62%	

161 finished.

On Sunday we had runners participating in the Crowborough 10k road race. As well as being a Sussex Grand Prix event it was also the penultimate race in our own Open Grand Prix series for 2015. This is a 2 lap course with a very steep climb up Palesgate Lane which has to be tackled twice. Due to the severity of the course times are considerably slower than those achieved on flat courses. The race was won by David Bradford of Lewes AC in a modest 35.08. Also worth noting is that only 16 runners out of a field of 316 finishers completed the course in times below 40 minutes. We had a total of 10 runners in the race. Everyone ran well and finished strongly. Sue Garner had an excellent run finishing 1st in her age group in a time of 52.32. The Lingfield times and positions are shown below:

107	Andrew Hindmarch	48.34
143	David Nottidge	50.46
169	Sue Garner	52.32
178	Neil Burchett	53.22
201	Allison Phillips	55.30
209	Peter Hamilton	56.00
224	Lisa Compton	57.28
227	Chris LeBeau	57.51
282	Mike Preston	66.30
283	David Wilkes	66.30

Also over the same week end James Garner was in Florence and completed the Firenze

marathon in 3.41.43. An excellent time and done on very little preparation. James ran a very even paced race by reaching half way in 1.49.19 and then ran the 2nd half some 2 minutes quicker. Well done.

This coming Saturday 5 December we have an East Surrey cross country league fixture on Wimbledon Common. It is a Saturday morning fixture starting at 11am due to avoid clashing with other races that are due to take place there in the afternoon. The race is being organised by Hercules Wimbledon AC and starts near the Thatched Cottage on the Common.

For those who have agreed to run we are meeting at the Victoria Club at 8.45am. If you are going direct to the venue please let me know. It is a 5 mile race that is taking the place of the usual Wimbledon XC relays. We need 4 to make up a complete team but 2 teams would be better. So far I think our runners are Ian Greenaway, Theresa Donohue, Hannah and Judith Cartledge. Have I left anyone out?

On Sunday there appear to be 2 events to choose from:

The Downland Devil 9 - (Worthing)

The Mince Pie 10 - (Peacehaven)

As mentioned in previous newsletters we have runners who are taking part in the Southern Area Cross Country Championships at Hampstead Heath on Saturday 30 January. The following members have been entered: Theresa Donohue, Lisa Compton, Ian Greenaway, David Nottidge, Vernon Given and Tony Styles.

Happy running

What do you do when you don't have more time to run?

Here are solutions to fitting in three different key training workouts when time is limited.

Problem: You only have 30 minutes to run

Solution: Speed Bursts

Run for 15 minutes at an easy pace. Then alternate running 15 seconds fast with 45 seconds slow. Do this five times. End the workout by running for 10 minutes at an easy pace.

Problem: You don't have enough time to increase the distance of your weekly [long run](#) due to family or work obligations.

Solution: Fast Finish

Run the same distance you ran last week, but run the last mile or ½ mile at tempo effort or what feels like 10k race pace.

Problem: You don't have enough time to wait for your [GPS](#) to catch a satellite before your tempo run.

Solution: Out and Back

Run in one direction for a set amount of time. When your time is up, turn around and run the same route in the opposite direction but try to make it back to your starting point in a shorter amount of time
