

Newsletter

Wednesday 11 November 2020

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In the absence of anything club related to this week (no meeting up, no races, no training the list goes on!), I hope you forgive me for indulging in eclectic items

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This is the link to the running club webpage

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

When and where were the first ultrarunning belt buckles awarded?

The common and wrong answer is 1977 when the first Western States 100 was held and a belt buckle with an etching of the figure of Hermes, messenger of the gods was awarded to those who finished in 24 hours.

The right answer is 18 years before then, in 1959. Ted Corbitt's New York Road Runners Club put on a 30-mile race on Mar 8, 1959 at McCombs Dam Park in the Bronx. The top three finishers were given buckles. Corbitt won with a time of 3:04:13.

Photos from the archives









Big Sur Marathon, California.

'Running on the Ragged Edge of the Western World'. (Their strapline, not mine)

Simon Mills

I'll take you back a few years to 2005. At the time I was living in New York and running marathons a couple of times a year. I was a member of the New York Road Runners, who met and ran in Central Park – and who also organised a number of races almost every weekend in the Park, but also in glamorous neighbourhoods like Queens, The Bronx and Staten Island. Through them, I had ran the NY marathon, I had also completed marathons in Chicago and in nearby New Jersey, so I was desperate for a new challenge – somewhere further afield and a touch more scenic.

Leafing through Runners World, I noticed an advert for a marathon in Big Sur, which was in California, south of San Francisco. The route seemed to go along Route 1, which hugs the Pacific Ocean and started in Big Sur woods and finished in Carmel, close to Monterrey.

I was intrigued and managed to convince a running buddy of mine to head West with me to run too, so we duly entered a few weeks before the race and flew to the West Coast. We flew into San Jose on the Friday before, picked up a car and drove to Monterrey. (As a side note, it was definitely much easier in those days to get marathon entries).

The expo was the day before the race on the Saturday, so we picked up our race numbers and grabbed as much free stuff as we could and then decided to drive down the course to recon it. This was our first mistake. Driving along undulating Route 1, we realised that this would be no running picnic. The course had an elevation gain of 2,100ft and elevation loss of 2,500 ft – this roughly translates to lots of ups and downs. The worst part was the camber of the road, which turned ankle-jarringly down towards the waves of the Pacific Ocean below. I do remember the car journey back to Monterrey being much quieter, wondering what we had let ourselves in for.

Early on the race morning we had to get shuttle buses to the start. Our bus left around 4:30 which sounded extremely early for a 6:45 start. However, it took the bus nearly 90 minutes to get to the start, leaving us with a hurried 45 minutes' queuing for toilets and then joining our starting pen – still half asleep.

The race gun went off and I remember it being an easy downhill for a while. There are occasional gentle ups and downs and flats – but you are in the woods for the first few miles, shielded by massive redwood trees. It is only after about 5 miles, when you come into the open that you realise how well you had been shielded, and you get hit full on by the wind coming off the ocean. There are no crowds really, just mountains on one side, the ocean on the other and the odd house, seemingly jutting out of the cliffs, with incredible views. You can hear the powerful ocean waves crashing into the cliffs far below, I am sure I saw whales too – but they could easily have been rocks.

The course was up and down at this point – with the camber starting to take a toll on our ankles. At mile 11 we started a two-mile uphill climb to Hurricane Point, one of the highest points on the course. As we climbed, we heard drummers, appearing out of nowhere, by the side of the road, encouraging runners to keep going. The view from the top was incredible and

then there was a nice downhill to the Bixby Bridge (apparently the only bridge over the Pacific). As we approached the bridge, piano music reverberated around the mountains – there, by the side of the bridge was a grand piano and a chap in a black morning suit playing ‘Phantom of the Opera’ and other show tunes. It was chilling, haunting and completely unexpected. At this point, I think I got some dust in my eye

There are plenty of ups and downs in the second half of the race too – and my ankles were getting bruised from the camber of the road. As with all marathons, the race doesn’t start until mile 20 and this was no different, even for us middle-packers. However, we ground it out and were encouraged to see some crowds appear as we approached mile 23 in Carmel – this made it feel like a city marathon that I had been used to.

I could hear the finish line before I saw it and was thrilled to finally be there in a little over 4 hours. The medals were unique – a ceramic design with a picture of the Bixby Bridge. It was at the time, the slowest marathon that I had completed – but certainly the most unique and also the hilliest.

The other major mistake we made – booking a red eye flight back to New York that evening, which meant a quick dash to the hotel, shower, check-out and a drive to the airport for 5 hours overnight, cramped up in a small seat 35,000 feet in the air. Not the best recovery schedule.

California is a bloody long way to go, just to run a race, but if you happen to be there on holiday, it is worth signing up for. The views were incredible, it was well organised and it is not every day that you get to run along by the ocean.

NEWS FROM TREVOR - 1 June 2016

Hello Everyone,

Some very good news to report on this week.

In the weekly Park Runs we had a total of 18 runners at 5 different locations as follows:

TILGATE PARK – 503 finished

74	Sophie Jones	23.35	62.90%	
76	Luke Davis	23.38	55.50%	
116	Sue Garner	25.21	86.39%	
125	Kath Garrido	25.47	83.58%	
143	Mike Lothian	26.26	63.43%	PB
181	Natasha Beard	27.43	55.20%	
217	Katie Cahill-Smith	28.33	58.73%	First Timer
235	Theresa Donohue	28.53	57.36%	
250	Graham Bradbury	29.22	61.58%	
261	David Worsell	29.41	47.05%	
286	Jayne Webb	30.40	54.67%	PB
311	Sue Bibby	31.24	51.06%	PB
375	Anna DaSilva	33.33	44.41%	First time

CLAIR PARK HAYWARDS HEATH – 146 finished

100	Peter Phillips	29.21	55.59%	First timer
111	Lynda Willment	31.38	53.64%	PB

NON SUCH PARK

30 Jeremy
Garner 19.49 69.89%

ROUNDSHAW DOWNS

22 George
English 23.06 70.63%

TONBRIDGE

270 Natalie
Blagrove 29.07 52.20%

Well done everyone. Some very good times especially by Sue and Kath who achieved age grading percentages of 86.39% and 83.58%.

Well done also to those who achieved PB's and to those who were doing a park run for the first time.

Also on Saturday we had 2 runners competing in the Vitality Westminster Mile. These were Lisa Compton who had an excellent run to win her age group and finish in 7 mins 14 secs and also to David Worsell who finished in 7 mins 50 secs. Well done both.

On Sunday there was the Vitality London 10k which attracted a huge entry. Lisa Compton was in action again and finished in 51.47 which was a PB and placed her 5th in her age group - Great running Lisa. Jayne and Trevor Webb also took part in the event with Trevor finishing in 48.27 and Jayne in 60.05. Well done.

The big events for the club over the week end were the Weald Trail 50k Ultra and the Weald Half Marathon Challenge.

In the 50k event Juhana Kirk finished in 2nd place overall in an excellent time of 4.14.10 having been in the lead for a considerable part of the race. Great running Juhana! Mark

Clayton also opted for the 50k event and finished in 79th place out of a total of 152 finishers in 6.28.02. Well done Mark.

More success was to come in the half Marathon as Luke Davis, who has just joined Lingfield Running Club, was a convincing winner of the race and completed this hilly downland course in 1.29.36. A great piece of running! We had 4 other runners in the race who also achieved very good times. Details are shown below:

26th	Ian Greenaway	1.53.22
45th	Simon Mills	2.00.12
72nd	Peter Hamilton	2.07.09
79th	Liz McLennan	2.09.49

Well done to everyone who ran and promoted our club in Sussex and also to those who went along to support and encourage the runners. I am sure that they all appreciated it.

Finally on the Bank Holiday Monday 4 of us went to Lindfield to take part in the Family Fun runs. There was a 5k event and a 10k event. I opted for the 5k event together with about 200 other runners. I was well and truly put in my place by being beaten by lots of 8, 9 and 10 year olds as well as most of the adults. It was a good fun morning.

Judith Cartledge, Theresa Donohue and Hannah Cartledge decided to take on the challenge of the 10k. Those of you who have done it before will know that it is a tough course of just over 10k with some difficult underfoot conditions. Everyone did well and we all enjoyed the tea and cakes afterwards. The finishing times for the race have not yet been produced.

Onto the coming week end - there are a choice of races on Sunday to choose from as follows:

The Dorking 10 mile road race. This is the next event in the Surrey Summer Road League series. It also incorporates the Surrey 10 mile championships (for those who qualify) and is also the next race in our club's Open Grand Prix series. So every reason why you may like to consider doing it.!

There are also 2 different 10 k events. One is at Worthing and the other at Staplehurst.

Also if you fancy a run over Ashdown Forest there is a very nice small and friendly 5k event on Sunday. It is called the Ashdown 5k and the venue is the Village Hall in Chelwood Gate.

Have fun and enjoy your running.

Southern Cross Country Championships - Newsletter dated 2 Feb 2016

Write ups from Ian Greenaway and Lisa Compton

Mud Glorious Mud!

(Ian Greenaway)

On Saturday an eleven strong team from Lingfield arrived by train at Hampstead Heath for the Southern Cross Country Championships. We had 6 runners – 2 in the Senior Women's race, 4 in the Senior Men's race - and 5 supporters. It was a bright, sunny afternoon but with a biting cold wind. Parliament Hill is known as the mother of all cross country courses. It consists of a long hill at the start. It's quite a sight to see when hundreds of runners charge for the top. Then the course narrows before turning sharply and heading downhill into the mud – 6+ inches of deep, sticky mud! From then on the course is made up of mud, hills and more deep mud with maybe three quarters of a mile of goodish running on each 3 mile lap.

The women's race was 8km – 1 small lap followed by 1 big lap. The men's race was 15k – 3 big laps. The support we got on each lap made all the difference – so a big thank you to Judith, Hannah, Sue, Pauline and, of course, Trevor.

A tough race – I think we took as much mud home with us as we left on Parliament Hill – but I for one loved every minute of it and will definitely be back in 2017. If you have never run there before, you should try it at least once.

A tale of mud, hills, muddy hills and yet more hills and mud.

(Lisa Compton)

Back in October, Trevor asked me if I wanted to run. His persuasive pitch involved remarks such as “everyone must do it at least once for the experience”; “You can’t call yourself a runner unless you’ve run at Parliament Hill”; “Just think what you will be able to tell your grandchildren.” Well, I was duly persuaded as January seemed a long way off at the time. Fast forward to last Saturday morning, when I woke up wondering what on earth I’d let myself in for – not being a cross country fan at the best of times! Having been advised to take a complete change of clothes, I packed a bag with what seemed like enough gear for a week away, and set off for the station to meet Ian, Theresa and Trevor who were also travelling up from Lingfield. It was a real boost to find Judith and Hannah there, as they’d decided to come along to support us.

The sun was shining but the wind was cold, and the scene looked like a medieval battlefield with tents pitched over the hillside, club flags flying, and numerous people outside the Lido hosing the mud off their bodies. We were early, so retreated to the warm café for a hot drink before the start. Then Vernon, Dave and Tony, plus supporters, turned up and pitched our tent near the top of the hill. On went the trainers, which I taped on (thanks to Kath for that advice) as we saw runners lose their shoes on the way round. Then it was time for a short recce of the course, before Theresa and I made our way to the starting line for the women’s race – through enough mud to ensure our feet were sodden before we began. We lined up with hundreds of other competitors; most appeared to be about a third of my age and wearing little more a tiny pair of shorts. In contrast, we had long sleeves and tights (me), hats (Theresa) and gloves (both of us). Needless to say we didn’t push our way to the front. The gun sounded, and we were off – an enormous stream of runners surging up the hill – most of whom appeared to have reached the top before I’d gone more than about 100 meters. Almost at the top and I could hear shouts of ‘come on Lisa’ from the Lingfield crew, which spurred me on, and I could see a nice stretch of downhill ahead. However, for me, this proved to be one of the hardest bits of the course as the mud was so thick it felt like running through treacle, and I just slid from side to side. Up another hill, then hurrah, a reasonably flat and dry bit of trail where it was finally possibly to increase the pace – if only for a minute or so before another hill and more troughs of mud. I completed the first lap thinking that wasn’t too bad – only to find the second lap was almost double the distance, and if anything more hilly and muddy. At some point I lost all feeling in my big toe and decided I probably had frostbite and it would fall off when I took my trainers off at the end. Worrying about that took my mind off the running for a bit, and so finally the finish came into sight, even if yet more mud prevented much of a sprint at the end. But at least I did finish although my first words to Trevor were ‘never again!’ In contrast, Theresa came in smiling and saying how much she’d loved it!

Then it was time for a quick cold hose down of the trainers and a change of clothes, and off to cheer the men in. This was much more fun, and I have to say they all looked really strong at the

finish. It must have been so tough completing 9 miles on such a difficult course, yet they all finished with good times, and they were all smiling.

So, after the event - am I glad I did it, and would I recommend it to others? Yes, and yes – it was a great experience, even for someone who doesn't enjoy cross country. It was also a really nice social occasion, the supporters were great and really appreciated. (And I still have all my toes - I'd just taped one trainer on too tight and reduced the circulation). Would I do it again though? That'll be a definite 'no' – Trevor can talk someone else into it next year!

Centurion One - a virtual race of any distance

Centurion Running One Community is a virtual event which takes place over 7 days starting at 0001GMT on Monday 23 November and ending at midnight GMT on Sunday 29th November 2020. The event is for everybody, anywhere in the world, of any age.

You can select any of the target distances you wish from the list and run that distance in one go, or cumulatively, over the course of the week

You will be able to submit results in any format via the button at the top of the page (link attached) which will appear once the event starts. Enter the time and day on which you started your first run, and then the finish time of your final run. If you do the distance in one go, then the start and finish time of that one run. The system will then calculate your overall time.

More details found on the website - this is just a taster :-)

<https://onecommunity.centurionrunning.com/races/one-community-2020>

Simon Mills (100 miles), Nick Averre (100 miles), Brandon Webb (50 miles) and Ian Watkins (50 miles) are participating - why don't you join in the fun? Why not enter the 5km or the 10km or the marathon?? Or indeed, the half marathon

I can't recall the last time I did any running,
but I've been jogging my memory.

Never bring a downhill run to an uphill battle.

The 38 Best Fitness Podcasts to Listen to in 2020

<https://www.verywellfit.com/38-best-fitness-podcasts-to-listen-to-in-2020-4798725>

Try This Jump Rope Warm-Up to Increase Your Speed

**A new study has shown that just five minutes of
jumping rope can make you a faster runner.**

<https://www.womensrunning.com/training/cross-training/jump-rope-warm-up-for-speed/>

