

## **Newsletter**

**Wednesday 18 November 2020**

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Well - there are some adventures to enjoy in this edition of the newsletter. Make yourself a cup of tea or pour yourself a glass of wine and prepare to be entertained

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

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

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## News From Trevor

Hello,

Just a bit of nostalgia going back to the 27th January 1985. This was about 2 years after the Lingfield Running Club came into being.

The Epsom Lions and the Epsom and Ewell Athletic Club organised a "one off" 10 mile road race on the M25 Orbital Motorway.

At that time the motorway was in use and almost completed except for 1 junction with which was the section between Reigate (Junction 6) and Leatherhead. The two organisers seized on the opportunity of getting permission to hold a race on the carriageway before this section was finally completed.

The race consisted of 2 laps using both carriageways. It started at the Leatherhead junction and headed towards Godstone before returning to the starting point and then we completed a second lap.

It attracted a very large field of over 2,200 runners. We were all allowed to park on the hard shoulder. It was a very cold windy day with a flurry of snow. The race was won by Keith Penney of Cambridge Harriers in a time of 50.46. I finished in 861st place out of a total of 2,269 finishers in a time of 70.30.

My cousin Denis ran and finished in 213th place in a good time of 62.11.

I think that we had other former Lingfield runners taking part but I do not remember who they were. If you know of anyone else who ran in this race then please let me know.

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< Feed Run  

Race



60 m

50 m

60 m

 Congratulations, this activity completed the November 10K!

Distance	10.04 km	Elevation Gain	210 m
Elapsed Time	1:00:52	Avg Pace	6:04 /km
Avg GAP	5:39 /km	Calories	992 Cal

Al Whatba 10k, Saturday 14<sup>th</sup> November 2020

## Peter Vaughan

So how did a Lingfield RC member end up running a 10k in the middle of the United Arab Emirates desert in the middle of a global pandemic (I hear you ask)?

I was approached about the role in August 2019, interviewed in September/October 2019, flew out to Abu Dhabi with my family for a visit (and some further interviews) in December 2019. By the end of February 2020 I had resigned my job in the UK, and planned to relocate to the UAE at the start of June 2020. Then COVID hit and all plans went out the window.

I eventually flew out to Abu Dhabi at the end of October, and having spent 14 days in quarantine in a hotel, I donned my trainers once more to go for a run. My first run wasn't too bad: nearly 4 miles, out and back along the seafront. At 6:30am it was a sultry 25C.

One of my new colleagues had spotted my Garmin back in December, and knew I am a keen runner. When he asked if I wanted to take part in a 10k race on my first weekend post-quarantine I jumped at the chance. How hard can a 10k event in the desert in November be?

The race is officially called the "Al Whatba Hill Challenge". The vast majority of Abu Dhabi is pancake flat, so I figured all my Sussex and Surrey hill training would put me in good stead. When I heard the first ascent is called the Scorpions Tail I started to get concerned. My primary worry however was the heat. Having only just escaped quarantine I had not had much time to get used to the heat. Plus the race started at 4:15pm. As we drove out to the event I saw the outside temperature vary between 32C and 34C.

The course is 2 laps for the 10k entries, 1 lap for the 5k entries. It started downhill, and quickly joined the nearby horse racing track (covered in sand). The initial 1km was into a stiff breeze, which thankfully took the edge of the temperature. Then the fun began. The first 600m of the hill, the so called Scorpions Tail, had a wicked crosswind. This meant the cooling breeze was also sand blasting the competitors. For this section I ran with my

left eye closed and occasionally opening my right eye.

Then “The Snail” section started, again onwards and upwards, starting with the wind behind, but of course the circular ascent meant before long the wind was in our faces again. First ascent done keeping myself running all the time, followed by a tough descent down the same hill, and of course the wind hindering where it previously helped and vice versa.

The first lap took me 29 minutes and 12 seconds. I was pleased with that. With the sandy surface, windy conditions and the hilly terrain I literally didn't have time to think about the temperature. I had my Camelbak on and drew on it frequently, along with a mouthful of sand each time.

The second lap started well: downhill to start, a short loop out and back, and then the dreaded hill. By this time I was catching the 5k runners who went out 20 mins after the 10k start. The wind had reduced ever so slightly, but the sand blasting persisted. Realising that walking was only slightly slower than running I walked about half of the Scorpions Tail. The running started again for the rest of the second ascent (except for one short section near the top). By now I knew it was all downhill to the finish, although based on my first descent (and the fact I am still recovering from a broken left shoulder in May) I didn't want to stumble and fall over again – imagine explaining that one to the wife (who is still back in EG looking after the kids).

I finished the race just over the 60 mins, but I didn't really care about the time. This was more about getting outside after quarantine, donning the LRC running vest, and getting out running with like minded crazy folks. You can see from the photos I was covered in sand. I had mini sand dunes forming on my fingers and left arm. On Saturday evening I was still pulling sand out of my left ear, and on Sunday morning I found further sand still in my eyes.

Running in the UAE also brings out some interesting sights. The Emirati have been trying to get the local population more active. One runner arrived in his 4 wheel drive canary yellow Rolls Royce and parked on the finish line. Half way down the final ascent I spotted some parascenders setting up for a sunset flight. One of them proceeded to fly the

Emirati flag from his foot!

So what next I hear you ask? The Abu Dhabi Half Marathon is on Friday morning at 6am at the F1 Yas Circuit! No rest for the wicked (but my goodness it is great to be doing events again)!! More to follow...

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## South Downs 50

Nick Averde

Well after a rather lengthy postponement due to Covid the eighth edition of the Centurion South Downs Way 50 got underway on Sunday 25th October much to the relief of myself and all those taking part. This was the first running of this event on a Sunday and the amazing Centurion team and crew were out in force to make sure the event was held in a safe Covid-friendly manner. A quick temperature check at the rolling start and off I went. 2 miles in and I received my first drenching of the day, this would happen quite a few times as the day went on but was always followed by a magnificent rainbow so my spirit was never dampened that much.

I made the first checkpoint Botolph's in just under 2 hrs which I quickly navigated through, ensuring water bottles were refilled and hands were gelled and full of nibbles from the well-stocked tables. Another hour later a similar scene saw me through checkpoint two - Saddlescombe Farm. The day was going well, the South Downs doesn't disappoint in any weather and I was plodding along happily enjoying it and chatting with some lovely fellow runners along the way. Housedean Farm, which is just over half-way, came along and I was pleased to be now attacking the second half of the race and still feeling good. Next checkpoint was Southease at 33.9 miles which I found myself safely through in 7hrs 30ish and I still had plenty of time before the 13hr cut-off so all was good. I had to wait until around 38 miles before one of my official crew, Terry, found me and handed over a couple of well needed pork pies and a good dose of

encouragement. Alfriston at 41.6 miles came along and it was head down to hit the last checkpoint before dark which I managed to do. Jevington was ticked off, the headtorch was on and it was the last push to the finish which was just over four miles away.

Finally, 12hrs since leaving Worthing, I rounded the last corner in the rain to find my 10 year old twins and their best friend waiting to cheer on to the finish, a surprise Simon Mills had organised and my goodness a special one. And so I finally entered the Eastbourne Sports Club Athletics Track to run a lap of the track before crossing the line in a pleasing time of 12:02:11. A medal and the obligatory photo were followed by the best tasting hotdog washed down with a steaming coffee then I was on my way home to a well-earned sleep.

It was a tough one but the rolling beauty of the Downs, the amazing people I met along the way and the simply awesome and endlessly happy aid station crews made my day a most enjoyable one.

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## **All our yesterdays - Race The train, August 1991**

Graeme Bennett

Graeme has written us another "cracking" race report and rather than spoil it by faffing with the photos on the document Graeme provided (mailchimp doesn't allow), I've included it as a link. I know you will thoroughly enjoy the story so please click the link and enjoy the tale .....!

PS let me know if the link doesn't work (another Mailchimp quirk!) and I will forward to you to read at your leisure

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/db93d3d3-8211-446e-a26a-ba46abd533f1/Race\\_The\\_Train\\_1991\\_report\\_2\\_.pdf](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/db93d3d3-8211-446e-a26a-ba46abd533f1/Race_The_Train_1991_report_2_.pdf)

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## **The Case for Running Lower Mileage to Avoid Overtraining**

For some runners, from recreational to sub-elite and even the pros, less truly is more when it comes to reaping gains.

<https://www.runnersworld.com/training/a34533062/running-less-to-avoid-overtraining/>

**Fidget to stay in shape! Experts say going for a walk or run is no good if you then sit down all day... but there is another surprising way to stay healthy**

By [LEBBY EYRES FOR THE DAILY MAIL](#)

<https://www.dailymail.co.uk/health/article-8955009/Experts-say-fidget-shape-home.html>

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