

Newsletter

Wednesday 16 December 2020

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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 actual races that took place last weekend where Lingfield runners took part.

This is the Dorney Lake 10 kilometre road event which took place on Sunday 13 December. The race was organised by Purple Patch Running. It was a 2 lap race around the lake. The course was flat but runners had to deal with very windy conditions. The winner of the race was James Local who is an unattached runner in the V35 category. He finished in an impressive time of 33.28. The winner of the ladies race was Julie Bull of London Heathside in a very good 37.13.

We were represented by 2 runners who were **Richard Adams and David Nottidge**. This was Richard's 2nd 10k race in 7 days. He ran really strongly and finished in 24th place out of the 67 finishers. Dave also had a very good solid run and finished in 34th place. Very well done both of you. (write up by Dave below)

Aly Warner also took part in a very demanding 23 kilometre (14.2 mile) trail run over the South Downs at the week end. It was called the "Maverick Adidas Terrex East Sussex" event.. It took place at Falmer in East Sussex and followed a hilly route over the South downs. There were 3 different distances to choose from ie 5 kilometres, 15 kilometres or the Long course of 23 kilometres which contained 1,314 feet of ascent. Having travelled that far Aly decided that she would tackle the long course of 23 kilometres.

The winner of the men's race was Jacek Cieluszecki from Bournemouth and Poland who completed the course in an excellent time of 1.33.05. Having looked at his CV I found that he finished 4th in the Bath Half Marathon on 15th March this year just before the lock down in 71.17. The winner of the ladies race was Abigail Woolaston of Andover in 1.50.23.

Aly had an excellent run over this hilly terrain to finish in 14th place out of 77 in the ladies race in a great time of 2.17.07. Very well done Aly. A great result. (Race write up below)

I apologise if I have overlooked anyone. Please do let me know if you are doing any actual races

over the Christmas period so that I can give you a mention in the newsletter.

Have fun. Enjoy your running and stay Safe.

Trevor

Xmas Handicap

Less than 24hrs to submit your name - hurry!! :-)

Sunday 20th December - first runner starts at 09:30.

The winner receives a trophy presented in memory of Matt Bennett.

Given the current situation, the race will be run in accordance with EA rules and regulations, so it will be different from previous years.

The start and finish area will move to the car park of the Lingfield college senior school, just off St Piers Lane.

The route will also be slightly different, so that we can use more trails as opposed to the centre of the village.

It will be the May Race 2, in reverse. Map attached.

A few key points:

1. Fastest runners will start first to spread out the distance between runners. Trevor will work out handicaps accordingly.
2. Runners will be given starting times - and will start in groups of 4-6 runners, based on expected pace. Please bring your name initials with pins for identification.
3. Runners should arrive not more than 10 minutes before their allocated start time, and leave straight afterwards

4. At the start area, runners must be socially distanced in their group. Masks/Bufs must be worn in this area. Hand sanitiser will be available. Please, no spitting anywhere along the route.
5. The route will not be marked, but there will be Marshals at road crossings. If you can, familiarise yourself with the route - or recce it - beforehand. Parts of the route are muddy and slippy in places.
6. Once you have finished the race, you must not congregate in the finish area.
7. Unfortunately, there will be no Xmas raffle this year - as we can not congregate.
8. Results will be issued a few days later.

If you would like to enter, please do let Lisa Compton (lisajcompton@outlook.com) or Simon Mills (chairman@lingfieldrunningclub.co.uk) know by **midday on Thursday 17th December**. There will be no entries allowed on the day, this will be strictly enforced.

If you are currently live in Tier 3 (Kent), as it stands, you will be unable to participate. However, the tiers may well change on December 16th - so that will give you time to enter if they do change.

We are also going to require volunteers to Marshal road crossings and a couple of time-keepers, please do let us know if you would like to assist.

Please do bear in mind, this might not be perfect, but we are working hard to make this work within EA guidelines.

Map of route

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/54b752e6-4027-4691-ba29-77859a2330b4/Xmas_Hadicap_2020.docx

Club Coaching Sessions

Please find the link for the final coaching session before Christmas on 23rd December.

We can't use the school so we'll be meeting in the public car park in Imberhorne Lane (by Wickes).

Athletes should bring hi-viz clothing and an (optional) santa hat ;)

<https://www.eventbrite.co.uk/e/132514527519>



Maverick Race Report

Aly Warner

As I drove down to Falmer for the East Sussex Terrex Maverick event on Saturday 12th December, I could feel the excitement and nerves growing. This was my first race since February, the furthest I'd ever raced, and I was going to be running over (and by over I mean up!) the South Downs.

Maverick had organised the event in waves to keep the risk of Covid to a minimum and to minimise runners in the events village. There were three race distances to choose from. I chose the long one: 23km as who doesn't like a challenge!?

Each runner set off with at least 15 seconds in between them, so for the majority of the route, I was alone, with the odd sheep or cow for company. The route was mainly grass, mud or chalk with woodland, farms and of course the South Downs, including Ditchling Beacon. Downside: it was really tough on the legs Upside: the views, absolutely breathtaking (well, I was already out of breath)

The sun came out and it really was an incredible experience. The few runners I came across were, as always on trails; fabulous. Such camaraderie and I've made some more friends along the way.

At 19km, a marshall finally told me how far I had left to run - I'd not looked at my Garmin once, the views were spectacular. I thought of Trevor and could hear him saying 'negative splits'. I could also smell the coffee and picked up the pace. I ran to the finish with the biggest smile. The photo below was taken 20 yards from the line. I felt amazing. A couple of hours later the results were published and I had finished in 14th place of the female runners for the long distance with a time of 2hrs 17.

So, what do you do once you've finished a challenging and thoroughly enjoyable race? You book another one :)

23km, Amberly, Jan 2021 Maverick West Sussex - maybe I'll see some of you there!

Dorney Lake

David Nottige

Every month or so Purple Patch Running lay on 3 races at Dorney Lake - the Olympic rowing venue at Windsor. You can choose from a 5k, a 10k or a half marathon. All on

good tarmac and almost flat - 6m height gain in 10k.

Richard Adams and I both ran in the 10k last Sunday. It was a bit of a trek round there, especially as I had a start time of 9.15. So out of bed early and onto a very grey and wet M25.

I was impressed with the organisation. All very straight forwards. If you ever go, and it is worth the effort, be careful not to miss their deadline for submitting pre race covid medical info.

After collecting your number/ chip you are quickly on the start line and off you go. 2.5 k up one side of the lake and 2.5k back down the middle between the two lakes. The bit down the middle requires some concentration - total straight from end to end. The 10k does this twice.

The half marathon had most participants with about 100 runners. A mixture of all running abilities and speeds. About half were club runners from all over.

In a few weeks I'll go back for another go - try and knock a bit of time off. It was good.

Why You Should Occasionally Ditch Your Running Shoes

A few barefoot striders every week can help you dial in your form to be a more efficient runner.

<https://www.runnersworld.com/training/a34930877/should-you-run-barefoot/>

What A 5K A Day For One Month Will Do For Your Running

Bid adieu to 2020 with simple, consistent training now. You've got this.

<https://trailrunnermag.com/people/trail-stoke-what-a-5k-a-day-for-one-month-will-do-for-your-running-and-stoke.html>

What Is a Farmer's Walk and Why Runners Should Add It to Their Routine

This functional exercise improves postural stability and core strength while challenging your upper and lower body.

<https://www.runnersworld.com/training/a34920526/why-you-should-farmers-walk/>

