

## **Newsletter**

**Wednesday 23 December 2020**

## **Contents**

**Thank you and Seasons Greetings**

**If Runners Wrote Christmas Carols**

**Cracker Jokes/humour**

**Should you go training on Christmas Day?**

**Merry Christmas to one and all - stay safe and keep running**

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

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

---

Thank you to the Committee (and the wonderful elves) who have managed to keep the club active during such difficult circumstances this past year.

You have all had to deal with uncertainties and ever changing guidance. The average member has little knowledge of just how much work you all put in behind the scenes and we thank you sincerely.

Fingers crossed that we get back to a vague semblance of how things used to be ASAP in the new year.

Best wishes to **everyone** - stay safe, stay positive, keep running and take care of yourself and your loved ones.

---

## **If runners wrote Christmas Carols**

With the holidays here, you've undoubtedly been inundated with holiday songs just about everywhere you go (in some stores, it's been since August).

And if you listen closely enough, the funny thing is some of your favourite winter classics have perfect parallels to running, like this one:

### **Frosty the Snowman**

*Frosty the snowman*

*Knew the sun was hot that day*

*So he said*

*Let's run and we'll have some fun*

*Now before I melt away*

As for the other holiday classics? Well, they just need a few tweaks...

## **Rudolph the Red-Toed Reindeer**

*Rudolph the Red-Toed Reindeer*

*Had a very shiny blister*

*And if you ever saw it*

*You would even say, 'No, sister!'*

## **I'll Be Home for Christmas (As Soon as I Get a Quick 5 In)**

*I'll be home for Christmas*

*You can plan on me*

*Please have the shower on*

*Fourteen cookies and a cup of hot tea*

## **Jingle Bells**

*Dashing through the streets*

*On a tempo run tonight*

*O'er the hills we go*

*Trucking all the way...*

*Oh, what fun it is to laugh and sing a running song tonight.*

## **Let It Snow**

*Oh the weather outside is frightful*

*But my new tights are so delightful*

*And since we have 10 miles to go*

*Let it snow! Let it snow! Black ice, no!*

## **Deck the Halls**

*Deck the halls with racing medals,*

*Fa la la la la, la la la la.*

*Rather run than push those pedals,*

*Fa la la la la, la la la la.*

*Don we now our wicking apparel,*

*Fa la la, la la la, la la la.*

*Troll the cabernet by the barrel,*

*Fa la la la, la la, la la.*

## **Twelve Days of Christmas**

Twelve muscles hurting

Eleven hills a climbing

Ten nails a splitting

Nine eggs a nogging

Eight miles a hoofing

Seven PRs a wanting

Six shoes a buying

Five gooolden pancakes

Four missing socks

Three neon shirts

Two rubbing thighs

And a big goal in the New Year

---

## Cracker Jokes

**How did Mary and Joseph know Jesus' weight when he was born? They had a weigh in a manger...**

**What do they sing at a snowman's birthday party? Freeze a jolly good fellow!**

**What do Santa's little helpers learn at school? The elf-abet!**

**Why was the turkey in the pop group? Because he was the only one with drumsticks!**

**What is the best Christmas present in the world? A broken drum, you just can't beat it!**

**What did Adam say the day before Christmas? "It's Christmas, Eve!"**

**What did the stamp say to the Christmas card? Stick with me and we'll go places!**

**Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!**

**Why don't you ever see Santa in hospital? Because he has private elf care!**

**What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer!**

**Who hides in the bakery at Christmas? A mince spy!**

**What do snowmen have for breakfast? Snowflakes!**

**What does Santa do when his elves misbehave? He gives them the sack!**

**What's green, covered in tinsel and goes ribbet ribbet? A mistle-toad!**

**Which famous playwright was terrified of Christmas? Noël Coward!**

**What carol is heard in the desert? 'O camel ye faithful!'**

**How many letters are in the Christmas alphabet? Only 25, there's no L!**

**What do reindeer hang on their Christmas trees? Horn-aments!**

**Who delivers presents to cats? Santa Paws!**

**What do you get if you cross Santa with a detective? Santa Clues!**

**What do you call buying a piano for the holidays? Christmas Chopin!**

**What's a child's favourite king at Christmas? A stoc-king!**

**Who's Rudolph's favourite pop star? Beyon-sleigh!**

**What is white and minty? A polo bear!**

**What cars do elves drive? Toyotas!**

**How did the bauble get addicted to Christmas? He was hooked on trees his whole life!**

**Why are Christmas trees so fond of the past? Because the present's beneath them!**

**What do you call Santa living at the South Pole? A lost clause!**

**What's the difference between Santa Clause and a knight? One slays a dragon, the other drags a sleigh!**

**Which football team did the baby Jesus support? Manger-ster United!**

**What athlete is warmest in winter? A long jumper!!**

**What is the most competitive season? Win-ter!**

---

# Should you go training on Christmas Day?

By [Andy Blow](#) | 5 Minute Read

There's a pretty infamous story in athletic circles about Seb Coe going training on Christmas Day in 1979. That winter was particularly harsh in the U.K. but, despite the nasty weather, he got up and did a hard 12-mile run early in the morning before sitting down to enjoy the Coe family's turkey dinner.

In the afternoon Seb sat around relaxing with the family but, after a while, he noticed he was beginning to feel a bit uneasy. Eventually he realised that the source of his growing discontent was not the amount of sprouts he'd eaten, but the fact he was pretty sure his rival Steve Ovett was out doing his second run of the day whilst he was just slobbering out on the sofa!

So, he got kitted up again and went and did some hill reps in the ice and snow to make sure he wasn't being outdone by his nemesis.

Many years later, Seb and Steve met for dinner and Coe told Ovett about what he'd done all those Christmases ago. Steve was highly amused and quipped back 'Did you only go out *twice* that day?!' (For the full story, see this [Daily Telegraph article](#) from 2009).

## A good example?

The Coe vs Christmas Ghost of Ovett tale is often used to exemplify the kind of grit and work ethic athletes need to succeed at a high level. You don't have to look too far for other examples.

Daley Thompson is quoted as having said "I train twice on Christmas Day because I know the others aren't training at all, so it gives me two extra days" and, more recently, Mo Farah was reported as having spouted an almost identical soundbite in an interview with the Radio Times.

Whilst we all know that elite athletes do have to make sacrifices and train, well, really bloody hard, the problem with these kind of stories is that, if taken at face value, they seem to imply that there is something especially important or beneficial about training hard on Christmas Day *specifically*.

They make it seem like you somehow get extra credit for whatever you do on December 25th when, in actual fact, when you look at it rationally it's no different to any other day of the year. It also implies that you'll get a leg up on rivals by simply 'doing more work' than them and proving to someone (though I'm not exactly sure who) that you're more dedicated or committed. All of this is pretty much a load of rubbish.

What's *way more* important than deserting your family and friends for hours on Christmas Day - just to convince yourself that you've got the discipline to put the work in - is making a lot of smaller, more regular and less flashy sacrifices on a *day to day basis*. It's dedication shown over the other 364 days of the year that'll help inch you towards your goals.

That's also probably a lot harder as it requires *consistent* effort over a long period of time, rather than a grandiose statement on a single day. Improvement in sport is almost all about the aggregation of small incremental gains over a very long period of time. Whether Christmas Day ends up being one of the days when you train loads, a little or even not at all is really not going to matter one bit when you zoom out and see the bigger picture.

## **So, will I be out training on Christmas Day?**

Despite everything I've said above, I would never say that I disagree completely with the idea of going training on Christmas Day. Far from it in fact and I'd be a real hypocrite if I did...

A quick check back in my training diaries shows that I've done a little bit of running, cycling or kayaking on Christmas morning almost every year for the last 20 years or so!

The point I'm trying to make here is that, if you enjoy training (as most athletes do), then doing *some kind of workout* on Christmas Day is probably a good idea, assuming you wake up and feel like doing it.

It's what a lot of us would choose to do with our free time on any other day after all. I know that, if I go for a decent run in the morning, I'll be in a better mood and enjoy all the food, drinks and opportunity to sit around with the family later in the day even more, so it's a 'no-brainer' for everyone involved really.

It's only illness or injury that would likely stop me from heading outside to do some kind of exercise once Santa's been and gone.

If you're going to train on Christmas Day, I do think it's important not to try to prove anything to anyone (least of all yourself) by forcing out some incredibly hard or long sessions in the deluded expectation you'll get some kind of enhanced returns on that effort just because you're making "a great sacrifice" to do it on December 25th.

You're probably far better off going out for a quick jog, spin or splash and then getting stuck into a little bit of the inevitable over-indulgence. Enjoy some quality time with the people close to you. After all, there are 364 other days in which to fit in those more brutal workouts.

Of course, there are exceptions to every rule. And, if your in-laws really are *that bad* then maybe what you actually need is a six-hour hilly bike ride...

---