

Newsletter

Wednesday 6 January 2021

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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 become aware of a Super Fast 5 kilometre race that took place on Sunday 13th December on the Ardingly Showground near Haywards Heath.

It was called the PB 5k. I know that in athletics parlance PB means Personal Best but who are PB? I have not been able to find put anything about them. If you have any knowledge of them please let me know. They are currently holding a series of Winter races on the Ardingly Showground. The next one is due to take place on 23rd January and a further one on 6th Feb subject to Covid.

It was a top quality race with a total of 338 finishers who were set off in 4 different waves about 35 minutes apart according to ability. The fastest runners were set off in Wave 1. Every runner appeared to be a member of an affiliated athletics Club. With runners coming from a very wide area.

This was shown by the fact that the winner of the race was Ian Crowe-Wright of Brighton and Hove who finished in 14.23. He just outsprinted Joe Wigfield of Liverpool who finished in 14.25. The first 15 runners finished in under 15 minutes and a total of 63 finished in under 16 minutes.

First and second in the ladies race were Izzy Fry (U23) of Newbury AC in 84th place in 16.24 and then Beth Kidger of Brighton/Phoenix who was also credited with the same time.

We had 3 Lingfield Running Club members taking part. All 3 had brilliant runs and finished under 17.30.

The first Lingfield Runner to finish was **Kieran Barnes** who was running for his first claim club of Crawley AC. Kieran finished in 65th place in an excellent time of 16.00. Our next runner to finish was **Dan Celani**. He finished in 138th place in another great time of 17.06 and was placed 8th in his Age Group. Our third runner was **Harry Sterling** who was also running for Crawley AC. He finished very close behind in 155th place in 17.25.

Very well done all 3 of you. I have looked at the 5k men's club performance ladder for 2020. Only 4 runners have got times of under 18 minutes for the 5 kilometre distance. They are you 3 guys and also **Luke Davis** who finished in a time of 16.55 in our 5k Virtual Lockdown race on 9 May.

It was an acknowledged EA race as the results are listed on the Power of 10 Website. All finishers are recorded with times under 24 minutes? Does this mean that you had to have posted a sub 24 minute result to be able to enter the race? I would be interested to know the answers to the questions that I have raised if you are able to help please.

There are also some very good photos of the race on the PB Facebook page.

Although there was a very limited number of races that took place in 2020 2 of our ladies achieved very good UK rankings in their respective age groups on the Power Of Ten website.

SUE GARNER

Hove 5k Park run on 1/1/20	-	25.30	Pos 12th
Chichester 10k 2/2/20		53.35	Pos 8th

LISA COMPTON

Dorney Lake Marathon	4/10/20	Pos 2nd
Virtual London	4/10/20	Pos 2nd

Very well done ladies.

My apologies if I have overlooked anyone.

Please do let me know if you run in any actual races so that I can give you a mention in the newsletter.

Wishing you all a very Happy New Year. Hopefully we will get back to competitive running as soon as possible.

Trevor



Lockdown training run of the week (and who I've avoided)

Graeme Bennett

This week's training runs and walks have largely focussed on avoiding water, mud and other runners. Not entirely successful, I have to say.

On Saturday, I'd arranged to run with Mark Clayton, meeting at the club at 9am. Kevin Reeve and Gary Spring had had the same idea, and they were the first runners who kept 2m away from me as they headed off down Town Hill. While our destinations were also the same, the only way we'd bump into them again was if we went the opposite way round Dry Hill. As it was, they had finished, gone home, showered and changed by the time we got back. N.B. Mark and I both scanned the club QR code before we left.

While we'd heard that there might be many runners scattered all around Dry(?) Hill that morning, we saw none of them – or maybe they saw us first and took evasive action.

We did see Richard Adams; he was heading north along Starborough Road at a rate of knots, in a pair of nice clean running shoes, as we crossed it east to west. We shouted greetings but had no trouble keeping 2m apart.

It was when we got back to the Lingfield churchyard that we faced our sternest challenge. Tim Lloyd had picked that very moment to wheel pushchair and child up the narrow path towards the club. Not only that, but he'd stopped to talk to friends halfway along. Pressing hard against the already collapsing fence/hedge to our left, we left as large a gap as possible but probably have to confess to a breach of regulations.

After that it was child's play to avoid getting too close to Bob Pank, who we found leaning against the Victoria Club wall. We're not sure if he was stretching or just recovering.

So, a good 10 mile run, with only one possible breach of etiquette. Mission accomplished. Just three months more to go.

Fitness: Six YouTube channels for home workouts to help you get fit in 2021

These YouTube channels for home workouts will get you fit in 2021, whether you like yoga, HIIT, cardio or strength training

BY [MATT EVANS](#)

(link for the article with links to each youtube video

is <https://www.fitandwell.com/features/fitness-six-youtube-channels-for-home-workouts-to-help-you-get-fit-in-2021>)

2021 is here. If you've not been to the gym in a few months, chances are you need some guidance when it comes to getting back to a regular fitness routine in time for the new year. You might have bought resistance bands or adjustable dumbbells in an effort to kickstart your January fitness boom.

But you don't need loads of specialist equipment to build healthy habits for the new year, especially when there's a place you can find a seemingly-endless supply of free guided workouts: the world wide web.

There are plenty of YouTube channels out there providing lots of great health and fitness information, including talking you through lots of home workouts. For most of them, all you'll need is a small bit of floorspace and a laptop, TV or phone in front of you. No matter whether you want to burn fat, build muscle, get the kids involved or slow down with some yoga, we've got you covered.

YOUTUBE CHANNEL FOR HOME WORKOUTS: MADFIT

Fitness YouTuber and cookbook author Madeline Lymburner has over 4.2 million subscribers on her channel. It's full of home workout videos for lots of different fitness levels, lengths and goals, covering HIIT, tabata, glutes, shoulders, abs and more.

We're especially a fan of her apartment-friendly workouts, which provides a great way to stay fit and avoid annoying your downstairs neighbours.

YOUTUBE CHANNEL FOR HOME WORKOUTS: YOGA WITH ADRIENE

One of the most popular YogaTubers on the internet, Yoga With Adriene has become a phenomenon, democratising yoga and bringing it out of the studio and into your home. All her videos are absolutely free, including a thirty-day course which introduces you to many of the most common yoga flows you could practice in a real studio.

YOUTUBE CHANNELS FOR HOME WORKOUTS: THE BODY COACH TV

Joe Wicks was a popular UK fitness personality even before lockdown. However, as schools closed due to the global health crisis, Joe took it upon himself to be "the nation's PE teacher", dressing up in a variety of silly costumes each week, from Spider-Man to King Arthur, to film a series of workouts suitable for everyone no matter their age or fitness level.

His videos are an easy way to get the whole family working out together, and his channel also hosts plenty of more demanding HIIT workouts to get kids and grown-ups alike seriously fit.

YOUTUBE CHANNEL FOR HOME WORKOUTS: BODYBUILDING.COM

If building muscle is your thing, Bodybuilding.com should be your number one YouTube destination. You don't have to be striving for Arnold Schwarzenegger's famous bod to take advantage of their in-depth tutorials on every aspect of muscle-building: everyone, young or old, beginner or advanced, can learn more about the basics of resistance training. The channel also hosts some very challenging at-home workouts for more experienced fitness fans.

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YOUTUBE CHANNEL FOR HOME WORKOUTS: POPSUGAR FITNESS

The lively women's brand PopSugar has a wildly successful fitness-based YouTube channel full to the brim with home workouts from some of the world's top guest trainers. From Instagram superstar Kayla Itsines' tried and true moves to dynamic cardio dance workouts and strength sets, PopSugar's upbeat style of fitness is a great way to get you

moving.

YOUTUBE CHANNEL FOR HOME WORKOUTS: JENNY MCCLENDON

Aerobics instructor Jenny McClendon's YouTube channel has millions of viewers, but her most popular videos are those targeted at seniors and beginners. With low and moderate-intensity aerobics workouts, McClendon is helping people of all ages stay fit at home, no equipment needed.

YOUTUBE CHANNEL FOR HOME WORKOUTS: ATHLEAN-X

Another channel dedicated to building muscle, Athlean-X is a wildly popular YouTube channel chock full of home workouts. Although there's plenty of ground-up tutorials on this page, Athlean-X is most often geared towards the intermediate training enthusiast, helping them solve problems such as lower back pain and tight shoulders in addition to helping viewers lose fat and build muscle.

**Running Shoes are Part of an
Environmental Crisis. Is Change Coming?
Here's the environmental impact of a pair of
sneakers, and a look at a few companies making
the running shoe industry more sustainable.**

<https://www.podiumrunner.com/culture/running-shoes-are-part-of-an-environmental-crisis-is-change-coming/>

**Whether you
jog or run is a question
of semantics more than
commitment or ability.**

-MARC BLOOM, THE RUNNER'S BIBLE



RUNNING IN THE RAIN
EXERCISE, THERAPY, AND A SHOWER
...ALL AT THE SAME TIME.

