

Newsletter

Wednesday 7 April 2021

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This is the link to the running club webpage

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

If you don't receive your newsletter, just let me know and I will do my best to solve it
(editor@lingfieldrunningclub.co.uk)

Trevor's Racing Roundup

Hello Everyone,

I hope that you have all enjoyed the Easter holiday?

I have some good news this week. Over the Bank Holiday period there were 4 different actual races where we had runners taking part.

On Saturday 3rd April **Sue Garner** took part in the Kempton Park 10 kilometre event on the Kempton Park racecourse. The winner of the event was Scott Overall of Blackheath and Bromley in an excellent time of 29.59. The first lady to finish was Sarah Winter of Stragglers AC in a very good time of 39.14. Sue had another very good run to finish in a time of 56.47. She was also the first lady to finish in her age group. Very well done Sue.

Also on Saturday **Jeremy Garner** took part in the Dorney Lake Marathon. The race was won by Jordan Andrews of the Tavistock Run Project in a time of 2.25.50. Jeremy also had a good race and was delighted to achieve a Personal Best. Finishing in 252nd place in a time of 3.21.54. Well done Jeremy. There was a total of 443 finishers.

The third event on the Saturday was the Smugglers 10k at Margate. **David Nottidge** was our only runner to take part in this event. The race was won by Chris McGurk who was an unattached runner in 33.02. The ladies winner was Annabel Carter of Tonbridge AC in a time of 41.09. Dave had a really good run to finish in 109th place out of 332 finishers in 53.32. Well done Dave.

We were very well represented on Easter Monday in the PB Winter Series of 5 kilometre races which have been held on the Ardingly showground near Haywards Heath. This was a really high class event. To be accepted you had to prove that you could finish in a time of under approx 24 minutes. The race had to be granted a special AAA licence for it to take place. To comply with the current social distancing rules the event consisted of 2 separate ladies races and 4 separate men's races. With separate waves within each race.

Ellis Cross of Aldershot Farnham and District AC was the fastest man with a time of 14.05. Sarah Astin also of Aldershot Farnham and District was the fastest lady in an excellent time of 16.13. In the men's Elite race the first 38 finished in times below 15 minutes and a total of 106 finished in sub 16 minute times. In total there were approximately 400 men and 200 ladies taken part coming from a very wide range of Clubs from across the South of England.

We had 7 men taking part in the various 5k races. All ran really well and produced some excellent times. All seven finished in times of under 20 minutes. Despite it being a windy morning all of our men achieved some excellent times and produced some PBs as well. **Kieran Barnes** ran the fastest time and finished in 15.52. Next to finish for Lingfield was **Juhana Kirk** in 16.28 and he was followed by **Harry Sterling** in 16.57.

All of the Lingfield times are listed below.

Kieran Barnes	15.52
Juhana Kirk	16.28
Harry Sterling	16.57
Dan Celani	16.58
Simon Moore	17.54
Paul Blackmore	18.41
Richard Adams	19.41

Very well done all of you.

I have attached a further fixture list showing a few more races that are due to take place over the coming months subject to the covid regulations. If you know of any more then please let me know so that I can keep the list up to date.

Many thanks.

Have fun and enjoy your running.

Trevor

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/fcc4cd4-b811-4483-99e6-3c485d2054ee/Fixtures_2021_04_06.pdf

Tickets for next Wednesday's coaching session

(6:30pm in Forest Row) with [Ian Michael Watkins](#) are available from 7pm tonight.

<https://www.eventbrite.co.uk/.../lingfield-rc-coaching...>

We are really pleased to announce that club runs are returning.

As per Government Advice and EA, groups of 6 are allowed to run together again from Monday March 29th. This means that we plan to restart club runs from Tuesday March 30th.

These will be in groups of 6, with a slower group (12 min/mile pace) going out at 6:50, a mid-paced group (10 min/mile pace) going out at 7:00 and a faster group (8 min/mile pace) going at 7:10.

There will be 3 areas of the club car park where track and trace signs are positioned for you to meet and sign in. One or two committee members will be there to assist.

The club is still closed, so there are no toilet facilities.

Please remember to stick to a group of 6 when running and congregation is not permitted.

If anyone has any queries or concerns please do get in contact.

We look forward to seeing everyone soon!

Annual General Meeting of Lingfield Running Club

The Committee give notice of the Annual General Meeting (AGM) to take place on Wednesday 21st April 2021, 7.30p.m via ZOOM. All members have the right to vote at the AGM.

Nominations for officers of the club, members of the management committee and the president must be sent to the secretary no later than seven days prior to the AGM. Details of items to be included in any other business should also be notified in this manner.

RSVP – a few days prior to the 21st April, you will be sent the link to the meeting via Zoom.

clubsecretary@lingfieldrunningclub.co.uk





Top left - Shona Wilkinson, Dennis Crowhurst Handicap trophy 2020

Top right - Kieran Barnes, Men's Handicap trophy 2020

Middle left - Trevor Crowhurst for everything he does for the club

Middle right - Lisa Compton for organising the virtual running events during lock down and keeping us all sane and a reason to keep running

2nd from Bottom left - Dee Dee DeLuca, Christmas handicap trophy in memory of Matt Bennett

2nd from Bottom right - Fiona Champness, Ladies Grand Prix 2019 Trophy

Bottom left - Tom Seller, Men's Cross Country champion 2019/2020

Bottom right - Diane Clayton, newsletter

3D Strength Training for Runners

Six dynamic exercises that build side-to-side strength to improve performance and resist injuries.

<https://trailrunnermag.com/training/3d-strength-training-for-runners.html>

Don't Shun the Run-Walk Method

Alternating running and walking is nothing to be ashamed of—it's a great way to build fitness and prevent injury.

https://www.womensrunning.com/training/beginner/dont-shun-the-run-walk-method/?utm_source=facebook&utm_medium=women%27s+running+magazine&utm_campaign=68cad4aa-0db8-4a09-b3dd-3d29cb3ed6b6

Why magnesium is a miracle mineral for runners

This key electrolyte is involved in almost every aspect of our health and athletic performance

<https://www.runnersworld.com/uk/nutrition/diet/a35947990/magnesium-benefits-for-runners/>
