

## Newsletter

**Wednesday 14 April 2021**

**DON'T forget the AGM via ZOOM next week. If there is anything you want to change or introduce, this is the time to have your say and make a difference**

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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**  
[\(editor@lingfieldrunningclub.co.uk\)](mailto:editor@lingfieldrunningclub.co.uk)

## Trevor's Racing Roundup

I am aware of just 2 races that took place on Sunday 11 April where we had members taking part. One was the Headcorn Half Marathon in Kent and the other was high quality 5 kilometre event in Wimbledon organised by the Veterans AC.

Following on from his good performance in the 5 kilometre event at Ardingly on Easter Monday **Richard Adams** decided to take part in the Headcorn race. The last half marathon he had competed in was in 2019. Richard had a really good run and finished in 78th place out of a field of 262 runners in a very good time of 1.37.38. The men's winner was Michael Blaszcuk an unattached runner in a time of 1.14.23. and the winning lady was Stacey Clusker of HY Runners in 1.26.16. Well done Richard.

Also on Sunday **Sue Garner and Maggie Statham-Berry** took part in the Masters 5 kilometre race at Wimbledon. It was a very hilly and tough event which had an adverse effect on the times. In the ladies race there was a total of 88 finishers. The winner of the race was Hayley Cargill of Veterans AC in a very good time of 19.03 in the W35 category. Both Maggie and Sue produced some good times. Maggie finished in 26.00 and was the winner of her age category. Sue finished in 28.27 and was placed 2nd in her age category just 17 seconds behind the winner. Very well done both of you.

This coming Saturday is the 9th running of the South Downs Way 50 mile race which follows the South Downs National Trail. It starts in Worthing and finishes in Eastbourne with a lap of the athletics track. The race is being organised by Centurion Running.

I hope that I am correct in saying that we have 4 tough guys taking part. They are: **Luke Davis, Brandon Webb, Ian Greenaway and David Chase**. Please let me know if I am incorrect or have left anyone else off the list of entrants. With very good luck to all of you. I hope that weather is kind.

I have also attached the latest list of forthcoming races that I am aware of. If you know of any others then please let me know. Also please let me your result of any races you run so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

Trevor

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/50ba4820-e584-462a-9a3a-86fd64b6ec3f/Fixtures\\_2021\\_04\\_13.pdf](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/50ba4820-e584-462a-9a3a-86fd64b6ec3f/Fixtures_2021_04_13.pdf)

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## **From Scott McDonald, our Mental Health Champion**

“There are times when we all feel down, never be afraid to come forward and speak to someone. As club Mental well-being Champion, I can be contacted, just PM me or alternatively look at the attached useful online resources or do both. If you are ever concerned about anyone then please don't be scared to approach them and ask, “are you ok ? “, ask this a 2nd time as it often takes the 2nd attempt to get someone to open up“.

Kind regards, Scott

<https://mcusercontent.com/06ee37595aba77e0e81ded734/images/3673f77f-29e3-48d4-a062-32379a8fd3c5.jpg>

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## **Speedwork and interval training sessions along St Piers Lane**

Tom Cartlidge and Trevor have now refreshed all the paint markings on St Piers Lane for those runners that like to do speedwork sessions and intervals along that road. The lane has markings at 200m intervals along the side, making it easy for you to choose your distance and put in the hard work

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## **Gorse Flower Syrup**

Makes 500ml

500g unrefined sugar  
1 litre jar of gorse flowers

Juice of 1 lemon and/or 1 orange

Although the tropical coconut aroma of gorse hits you around the nose on a warm day, there are other perfumes in gorse flowers - earthy, herbal and fresh pea scents that might be hidden but shine when flowers are added to sweet flavours. Gorse flower syrup has enough coconut hints to be used with rum in wind pina colodas, but also enough honey to be at home drizzled on crumpets on chillier days. Gather your gorse flowers on a bright morning, gathering from the side of the shrub warmed by the sun, and you'll capture all the flavours that the bees love.

1 In a wide heavy based pan, heat 400ml water and add the sugar. Bring to a rolling boil and keep boiling until the sugar has dissolved, stirring occasionally, and the mixture has become clear.

Take the syrup off the heat immediately and leave to cool for 10 minutes, until cool enough to touch but still hot. Pour the syrup over the gorse flowers in the jar, cover with baking paper and push all the flowers down into the syrup to prevent oxidization, which spoils the flavour. Leave to infuse overnight

2 The next day, strain the flowers through a fine cloth set in a sieve. (The sticky petals can be used in baking or dehydrated and ground into gorse sugar.) Taste the syrup, adding small amounts of citrus juice until you have a sweet, honeyed syrup with a hint of acidity - enough to stop the sugar from feeling cloying in your mouth. Bottle and store in the fridge until you can find some rum

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## 6 key differences between road and trail running

**Road running and trail running both have the same goal of getting from Point A to Point B, but other than that, they're pretty different**

<https://runningmagazine.ca/trail-running/6-key-differences-between-road-and-trail-running/>

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