

## **Newsletter**

**Wednesday 21 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**

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## Trevor's Racing Roundup

Three races to report on this week.

The first is the South Downs Way 50 mile off road race. The course started in Worthing and followed the South Downs Way National Trail and finished in Eastbourne with a lap of the athletics track. It was the 9th annual running of the event. It had an elevation 5,770 feet (1,750 metres) and there was a cut off time of 13 hours. The winner of the men's event was Richard McDowell in a time of 6 hours 2 minutes and 19 seconds. I make that about 7 and a quarter minutes per mile? The first lady to finish was Sarah Hill in 54th place in 8 hours 45 minutes and 25 seconds.

We had 3 men taking part in the event. The first Lingfield runner to finish was **Luke Davis** in an excellent 11th place and with a great time of 7 hours 18 minutes and 4 seconds. **Ian Greenaway** was next Lingfield runner in 222nd place in 10.48.35 and he was followed by **David Chase** in 326th place in 12.35.48. Very well done all three of you for completing this long and arduous course. As far as I can see from the club records none of you had done a 50 mile race before? Many congratulations to you all.

On Sunday 18 April **Richard Adams and David Nottidge** took part in the Dorney Lake 10k event. This was a 2 lap race with 180 finishers. The winner of the men's race was Ben Tyler of the Medway and Maidstone Club in a very quick 31.47. The ladies winner was Ruby Woolfe of Thames Hare and Hounds in a good time of 36.39.

Richard was the first Lingfield runner to finish in 46th place and in a very good time of 42.40. This was his fastest time since 2019. David also had his usual good run and finished in 101st place in 52.15. Very well done both of you.

Also on Sunday **Aly Warner** took part in the Dorset Ooser Half Marathon. It was organised by Badger Trail events. An excerpt from the organisers brief says it takes runners into the deepest, darkest Dorset via old tracks, hidden hollows, ancient woodlands and forgotten trails. It is straight uphill from the outset and then follows farm tracks through fields and then winds its way through ancient woodlands.

It all sounds very scenic but it is also very hilly. I wondered how the race got its name as I had not heard of the word "ooser". So I googled it. It originates from ancient Dorset folklore back in the 1700s. The severity of the course obviously had an effect on the times as the winner Mark Peddle finished in 1.31.13 and the ladies winner Lindy-Lee Folscher of Epsom Oddballs finished in 1.39.31.

Aly had a very good run to finish in 99th place which was well inside the top half of the field of 272 in 2.14.26. Very well done Aly. I understand that Aly is going to write her own experience of the race which I am sure will be very interesting.

If there are any other races that you have done or are going to do and I have not mentioned then please let me know.

I have attached the latest list of forthcoming races of which I am aware.

Have fun and enjoy your running.

Trevor

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/9def5f7d-dfdf-4858-b2f6-f1895af04cae/Fixtures\\_2021\\_04\\_20.pdf](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/9def5f7d-dfdf-4858-b2f6-f1895af04cae/Fixtures_2021_04_20.pdf)

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## Sunday 18<sup>th</sup> April – race report

Aly Warner

The Dorset Ooser Trail Marathon and half marathon arranged by Badger Trail events, who also organise the annual Hellstone trail runs, are now in their fourth year. The races are challenging with 2 UTMB points available for the marathon which has an 8 hour cut off, the HM, part of the Purbeck series has a 4.5 cut off. The elevation gain is 1000ft.

Event day was sunny and warm in Turners Puddle, Dorset. As I arrived the marathoners were all ready to be called to their Covid safe start groups. At this point I wished I had signed up for the marathon as the buzz was electric.

An hour later, I joined my HM group (the 2 – 2.5hrs) on the 10 minute (uphill!) walk to the start, and then it was straight into 5km of predominantly up hill. The terrain was dry, some grass, stiles, gates, loose stone tracks and hard cracked mud – my shoes came back cleaner than when I went out. The route went through farms, across wobbly wooden bridges, through bluebell forest trails and up and over many fields, there was a short section of tarmac as the route took us through some hamlets with great names such as Briantspuddle and Affpuddle neither of which lived up to their rain residue names.

Some areas of the route were single file, mainly the uphill sections, and I was appreciating the walking at this point, so I could take in the scenery, take some photos and to catch my breath so that I could chat to other runners. I love the camaraderie in trails, it's almost obligatory to chat to as many people as possible along the way.

There was lots of support from marshals and their families – there were children cheering from their gardens, walkers giving the thumbs up and plenty of photographers who positioned themselves at the tops of the steepest hills to get proper race faces! The scariest part of the race was about at mile 8 when there was a steep decline, covered in tree roots on a single track that seemed to come from nowhere!

At around 11 miles of the HM the route took me past the car parking field and immediately afterwards the course deviated away and went sharply uphill until I swooped back for a downhill finish.

The race results showed me in 99<sup>th</sup> place overall for the HM, with a time of 2hrs 14 26s.

Would I do the Dorset Ooser HM again? No. Next time, I will sign up for the full marathon....not that I have any intentions to try and qualify for the UTMB..... (yet).

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## **MAY RACES - 18, 20, 25 and 27 May**

Good evening everyone, hope you are all well and enjoying the warmer weather and longer daylight !

Next month we have the return of our May races. Some of you will remember how successful these races were in 2019 ! With restrictions lifting the races are back so this is 4 races with different routes and challenges for all to enter and enjoy !

We need you to enter prior to the races so Trevor can sort out teams and handicaps.

Everyone is welcome to enter. We will also need volunteers for marshalling, time keeping and other important roles.

Covid rules will apply for social distance so please be patient with the organisers.

The races start on Tuesday 18th May, 20th May, 25th May and 27th May.

More details will be in the weekly newsletter but please respond to this message if you are entering or volunteering.

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## South Downs Way 50mile (aka SDW50)

Dave Chase

Like a moth drawn to a flame, or a fly to some cow dung, the SDW50 had been calling me and, whereas any normal person would be quite able to easily resist its siren call, I found myself making a note of when the race entries opened online. No need to actually enter, of course, just make a note in case, I thought. Then, sure enough, the reminder popped up. Might as well click on the link and then before I knew it I'd filled in the entry form as if I

was on auto pilot. Only had to add my card details and whoops, I'd just entered a 50 mile running race. 50 miles! All in one go!

I should add that I have had some experience of long-distance events previously. Officially, via the one-off 40 mile LDWA Winter Tanners event and unofficially, via my own homemade Knob to Fany challenge – running from Lord Hereford's Knob to Fan-Y-Big in the Brecon Beacons, self-supported and chuckling to myself whilst, in places, under the wary eye of special force selection personnel, though for some reason none of whom approached me to sign me up.

But that was a few years, and about a stone in weight, ago.

Training wise I tried to cut down on the cake and beer and increase the running – up to the extent of running the local Steyning Stinger marathon, plus a crazy idea to run the whole of the Downs Link dis-used railway line from St Martha's Church near Guildford down to the Ropetackle centre at Shoreham (about 38 miles) but, when I attempted this, in the end I bailed out in Steyning and walked home. Still, that was 33 miles in the bag. After that, some odd runs but nothing much.

As I now live in Steyning, one of my local clubs is the Henfield Joggers who have quite a serious running problem for such a bunch of sociable beer drinkers. The Chairman is a northerner called Paul who contacted me as, like me, he was starting to get concerned about how to complete the SDW50 and, perhaps more importantly, how to get there and back. We decided to run it together from start to finish, plus sharing lifts. Although I'd entered the race as Lingfield RC, I decided to cover the bases and wear my green Henfield Joggers t shirt so that Chairman Paul would think I was running for the mighty HJ. Ha! Ha! Don't tell him!

On the Friday before the race, we dropped my car at the Eastbourne Sports Centre and then jumped into Chairman Paul's big black BMW. We were soon wafting back along the A27 trying not to think about the mileage that we were covering so easily and quickly in the car but which we'd be running the following day.

Race Day dawned. I woke at 3:30am and then again at 5:30am when the alarm went off. I managed some breakfast and Poo #1 before Chairman Paul arrived at 6:30am and drove us to the start at Worthing College where we were lucky to take the last car park space in the crammed college car park. There were plenty of runners milling around but no one was

talking. You could sense the nervous energy in the air, even more so from the line of Portalooos near the entrance. That was Poo #2.

We had our temperatures checked, our live trackers fitted and then we were off at about 7:15am. Shortly afterward Chairman Paul confessed that he'd been unable to go and needed to stop for his own Poo #1 in the bushes.

The day was glorious – clear blue sky and bright sunshine. Cold at first as we ran up Cissbury Ring and then around Chanctonbury Ring but, by the time we got to the first check point at Botolphs (11 miles), I was ready to remove my jacket to reveal the green Henfield Joggers shirt.

Quite soon after, we “accidentally” bumped into some fellow HJ’s who “happened” to be running along the same route. Funnily enough they all had their photos taken by the official race photographer but luckily were not in any club outfits. Mark had a thermos flask and handed out cups of tea and slices of cake that his wife had made. This helped to sustain us up to the top of Truleigh Hill and then we left them there.

The next stage of the run took us past “Fulking Hill”! (always funny) and on to Devil’s Dyke where I bumped into Ian Greenaway as he was leaving the next check point. He looked in fine form and was good to see him briefly. Later on I saw someone who was the spitting image of Vernon’s wife. Then I saw a group of Lingfield RC royalty - Lisa Compton, Vern, Dave & Nevenka Worsell and more – all there to support me! Thanks guys! I introduced them to Chairman Paul and tried to explain away the bright green Henfield Joggers T shirt...

A double flake 99 from the ice cream van at Ditchling Beacon was too good to miss and then later on we arrived at the Housedean Farm check point where, spotting a lone Portaloo I decided it was time for Poo #3. Thinking I’d taken care of business for the day we carried on but maybe it was the gels, the jam sandwiches, or the appropriately named “Tailwind” but whilst on the yellow brick road (concrete road running through a stretch of the South Downs) I was suddenly desperate to go again and on a completely open section with no cover. Chairman Paul sensed that a problem was brewing but I managed to keep things under control until we came to a wooded section where I suddenly had to tell him to run on while I did Poo #4. I think this is a new PB.

Shortly after, a mad woman started waving and shouting at us from across the other side of a valley. As we turned the bend and ran up the other side it turned out to be Liz McLennan and her son who had been paddle boarding on the Cuckmere and had tracked us on the app. This gave both myself and Chairman Paul another much needed boost as we hadn't seen anyone for some time.

Our tactics from the start had been to walk up every hill, no matter the gradient, and jog the flat and the downhill bits. We stuck to this all day and it seemed to have worked. That, and constantly shovelling food in and drinking water to keep the energy levels up. Even so, the last 10 miles were admittedly fairly grim and we both just wanted it to be over. As we neared Alfriston Chairman Paul, who was a hospital radio DJ in a previous life, started singing another of his made up songs "Oh Aflriston! ALFRISTON!" The miles flew past...

Through Jevington then up the last hill and down the "Gully of Doom" (!) back into Eastbourne. Strange to be running on tarmac pavements again. The weather had been amazing all day but now the sun was setting as we reached the Sports Centre where we had to run a lap of the running track to finish. Neither of us quite managed the sprint finish that we'd been planning and in fact I reckon we completed the lap of the track at roughly the same pace that Sir Captain Tom Moore with his zimmer frame did during his fund raising efforts a year before. Anyway, job done. Final tally 49.5 miles. 7700 calories. 97,700 steps. Lots of gels. 4 poos.

Postscript - When I drove us back to where we'd left Chairman Paul's car, the place was completely deserted – Paul's being the infamous "last car in the car park". Not the first time this has happened, and I'm sure it won't be the last...!!

Well done to all the other runners, LRC supporters, Centurion for putting on a great race. Who's doing it next year, then....!? If you're not careful, it could be you!!

Cheers all,  
Dave

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## Next Training Session - find link to book below

We're back to coaching next Wednesday evening unless the Club AGM goes to extra time and a replay.

You can book tickets from 6:30pm tomorrow evening for the **Wednesday 28th April** session, starting at **6:30pm** in East Court with

[Ian Greenaway](#)

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-ian-greenway-tickets-151653617051?fbclid=IwAR3upgPbWUJMdAVZFgEjtge1lwWMA8mjUATfJvO12a0iiGdZ3uqzenRSoPg>

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## 'The most expensive aren't necessarily the best': how to buy running shoes online

Even shopping from home, you don't have to settle for footwear that's too big, too small, too cushioned or not cushioned enough

<https://www.theguardian.com/lifeandstyle/2021/apr/19/the-most-expensive-arent-necessarily-the-best-how-to-buy-running-shoes-online>

