

## **Newsletter**

**Wednesday 28 April 2021**

### **Contents**

- Trevor's racing roundup
- An introduction to the new chair - Scott McDonald
- New role created for the successful running of the club
- Angmering Bluebell Trail run  
10 miles by Michelle Hollins  
10km by Sarah Fergusson
- Dublin 28 October 2002 by Bob Pank
- book for your next training session - link included
- Note from the Editor (if you would like to be the next Editor, please read)
- There's a Bluebell run planned from Staffhurst woods this Saturday at 8.30am

**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

It is good to see that some actual races are now beginning to take place.

Last weekend saw some excellent running by Lingfield Running Club members.

On Sunday there was a 10 kilometre and a 10 mile event at Angmering in West Sussex. In the 10k event we were represented by **Sarah Ferguson and David Chase**. This event had a total of 230 finishers. The race was won by Simon Grundy in a time of 40.24 and the first lady was Penny Andrews in 42.49. David Chase was our first runner to finish in a time of 1.02.36 and Sarah finished in 1.12.37. Well done both of you.

We had 2 ladies taking part in the 10 mile race. These were **Aly Warner and Michelle Hollins**. The race winner was Paul Wishart in a time of 1.01.55 and the ladies winner was Amelia Brown in 1.08.44. There was a total of 283 finishers. Aly Warner was the first Lingfield lady to finish in 73rd place in a good time of 1.23.39. Michelle decided to have a nice social run and make good use of her camera on the way round. She finished in 209th place in 1.44.48. Very well done ladies.

Also on Sunday there was a Running Grand Prix event on the Motor Racing Circuit at Goodwood. There was choice of 5 different races. We had runners in the 10 kilometre race, Half Marathon and full Marathon. There was a very strong field in the 10k event which was won by Scott Overall of Blackheath and Bromley with a sub 30 minute time of 29.32. The winning lady was Jessica Saunders of Belgrave Harriers also in a very quick 36.31. Lingfield's **Kieran Barnes** who was running for his first claim club Crawley AC had a fantastic run to finish in 13th place in an excellent time of 33.08. Great running Kieran.

**Lisa Compton and Harry Sterling** took part in the Half Marathon which was won by Paul Navesey of the City Of Portsmouth in a very good time of 1.07.51. Julia Bul of Belgrave was the ladies winner in 1.16.51. **Harry Sterling** who was running for his first claim club of Crawley AC was the first Lingfield club member to finish in an excellent time of 1.18.02. Lisa Compton was the only Lingfield lady taking part in the Half Marathon. She also had a very good run to finish in 1.46.19. Well done both of you.

In the full marathon event which was won by Ollie Garrod of South London Harriers. We were represented by **Dan Celani** who had an excellent run to finish in 26th place of 154 finishers in a great sub 3 hour time

of 2.54.28. Very well done Dan.

**Sue Garner** was also involved in a race on Sunday. Which was the Bushy Park 10k event. This was organised by MCC Promotions. I do not think that the results have been published yet. But very well done Sue another very good time.

I hope that I have not overlooked anyone. If you have done or are doing any other races of which I am not aware please let me know so that I can give you a mention.

I have also attached the latest list of forthcoming races of which I am aware.  
Have fun and enjoy your running .

Trevor

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/d36e6612-6067-47b6-924f-600493feb558/Fixtures\\_2021\\_04\\_27.pdf](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/d36e6612-6067-47b6-924f-600493feb558/Fixtures_2021_04_27.pdf)

## An introduction to the new chair

Scott McDonald

“ I am 57 years old and been involved with the club since 2004, but it has been years since I was at any training evenings, more keeping to cross country and club races. This is due to working shifts which I still do but now as a delivery driver. Previously I have worked in Policing and the Ambulance service.

I started running aged 19, before that I would produce any and every excuse to avoid exercise. However, one Sunday I bumped into my neighbour, he was double my age and had just ran his first Glasgow Marathon in 4 hours. He had also walked home the 5 miles from the finish line. He challenged me to the next Glasgow Marathon so a year later I did it in 3 hours, 45 minutes. Best 10km was 36 minutes but that was about 34 years ago and I was 3 stone lighter. I moved to London in 1989 to get a warmer climate.

I volunteer for the LINGFIELD marathon mini bus for shopping trips and more recently

taking supplies such as fruit, tea, coffee, biscuits, hand creams and other toiletries as part of the COVID Support for staff and patients in intensive care at East Surrey Hospital. I also do a bit of mental wellbeing support for another charity. I am also the club Mental Wellbeing Champion. As club chair and Mental Wellbeing Champion, I want ensure all members get good support from me.

I like to keep things simple and not change things unless it is to benefit club members. The committee don't have all the ideas or solutions so if you have a good idea for training or an event then please don't hesitate to e mail me. Also if you are long term unwell or injured or know of a member who is long term unwell or injured or perhaps struggling with something and would benefit from a friendly phone call from me than please e-mail me at [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk)

Best wishes

Scott

## **New Role created for the successful running of the club**

A club role as Assistant Event Organiser is being generated to assist Trevor. As you know Trevor has been a fantastic ambassador for the club but he wishes to take a step back and get someone to help him organise club events, eg. May races, Dennis Crowhurst race and other races.

The longer term view would be that the new Assistant will take over from Trevor.

Please note that Trevor will continue to do his fantastic race update for the club newsletter so if you enter a race, please update Trevor or put it on Facebook.

Many thanks

Scott, club chair

## Angmering Bluebell Trail Run

Michelle Hollins

The Bluebell Train Run is one I've tried to enter several times. It's popular and gets booked up super quickly so I'd booked it in 2019, ready for 2020. Alas it was not to be because of a certain pesky pandemic that hit the world.

Fast forward to April 2021: after some of the restrictions put into place had been lifted, some select races could go ahead! When I received an email informing me about the race details for the Bluebell run, truth be told I was a bit puzzled. I had forgotten all about it and emailed them to see if they had made a mistake! So it looked like I was going to have my first race with a race number for 2021 ..... but the nerves were nothing in comparison to my excitement.

I had received my race number in the post and now race day was here - such a special occasion. I had done my race prep, shaved my legs and dyed my hair hahahaha! Seriously though, I had done my prep, got out the necessary things, checked my timings, and ate the pasta with my obligatory glass of red wine.

The race car park was next to The Fox Pub which would have been lovely to have been in after the race but with Covid restriction, that was not going to be possible. We were given allotted race slots but the race director said over his megaphone "forget about your times, if you're ready to go then come to the pen!" following the Covid guidelines of 6 or less, or course.

As there would be no water station, you had to bring your own. I contemplated running without but glad I didn't in the end! There would be toilets and hand sanitiser but again advised to bring your own: that's hand sanitiser, not toilet! The route would be marked and sign posted but with fewer marshals.

So, I had my new trail shoes on from The North Face, a trail run trail run for RTTS (so soft and with lots of spring and bounce, it was like running on clouds!) The first bit of the trail was quite flattish which took us by the side of a quaint little pond and then around the

edge of some lush fields. The trail went along a secluded, private track that led us to the foot of the South Downs. It was along these pathways, through the woodland that we came across the mass of bluebells - still not yet in their full glory, but gorgeous all the same. On to the South Downs and along Monarch's Way the climb began .....

Ascending up, the views were outstanding - we could see for miles upon miles! It was here the 10 mile and 10km went their separate ways, and this was my first wrong turn. A marshall shouted after me and one other so we didn't venture too far before we had to turn around and go back up the hill.

On the 10 mile route we had the wonderful view of Arundel Castle in the distance; this had to be a photo stop. In a field of sheep with their lambs, I stopped to take another photo, and when somebody on their mountain bike said "You don't have time to take photos!" "Oh yes I do," was my reply.

Mile 6 was the last stretch of the climb and alongside a bit of a chilly head wind, at the summit were some spectacular views. We were so lucky with the weather. It was so clear we could see out onto the horizon and all you could do was stand and soak it up - breathtaking!

Coming up to mile 8 and another wrong turn! This time, a lot further down the hill - until myself and another man (whose birthday it was - so if you're reading this, I hope you had a lovely day!) realised we'd run out of signs. Time to turn around and back up the hill!

The journey home was a lovely long slope which took us back towards the bluebells. At mile 9 there was a hill, granted it wasn't get steep but who needs that at the end of a race? At the top was a welcome sign, pointing towards the finish.

An enjoyable, lovely race with stunning views, great trails and beautiful weather, fantastic organisation (we'll overlook the signs because that definitely could've just been me!) making for a glorious day. I usually don't do races twice, but for this one I would make an exception.



## Angmering Bluebell Run 10km

Sarah Fergusson

With my last 10k being during fitter and slimmer times (at least two years ago), I knew that this was going to be a challenge, but the sun was out and who doesn't love bluebells?!

I had been warned by the organisers in advance that the Covid-19 restrictions meant that spectators were not allowed and there was to be no mass start, however it still came as a surprise to me as to how quiet things were when I got to the start line; I just walked up and after a quick check for timing purposes, I was told to go. Fortunately I was quickly passed by a couple who gave me some early direction and the course was well signposted from then on... I was on my way, chugging along, content on this sunny morning.

The bluebells were not quite at their best, but an early carpet of blue encouraged me on, wanting to find more. Spectacular woodland, bluebells, wood anemones and even a sighting of a deer followed, with only the occasional walker, cyclist or a fellow runner (more passing me than the other way around!) to break the incredible view. The running

was tough, it definitely seemed that there was more uphill than down, until I reached about 2k to go, when there was finally a chance to get up some speed as the course cut back down through the woods and on to a single track road. One final (and rather hideous) hill later and I was at the finish line.

Such a lovely morning run and while I do appreciate people to cheer me on, the peace, beauty and stillness of the course without spectators was an incredible experience, I hope to be back.

## **Marathon CIX**

### **Dublin 28 October 2002**

Bob Pank

Few cities have so many far-flung friends. For Dublin this is the product of generations of emigration and brewing excellent stout. And it's true what they say about the Irish – take the bus driver at the airport when Mike pointed out that he'd just bought this ticket to downtown on the # 747 and then the driver said he'd be better off on the 748 in front. Now that driver said, 'Oh well, take which you like. They both go to the same places anyway.' Welcome to Ireland!

And it's true – it's green. Very green. It's not just the grass and trees, it's the trains, boats, planes and many construction cranes. The one that really made me do a triple take was the post boxes. They're the same cylindrical shape as us Brits are used to but not red. Not red at all... but bright green. Weird. Maybe that's the key, the opposite of red is green so being different to the Brits... I don't know.

Running. That's what I was there for. My Marathon 109 was to be the first after a 2½-year break. In that time I had moved a further 2½ years the wrong side of forty... or was it 50? Anyway, speed has been declining and distance training had been cooled off to give the

body a rest. So, performance was something of an unknown quantity.

Up at 52 degrees north, 28<sup>th</sup> October is an unlikely day to choose to spend out in the elements. Expect chill, wind and rain. We had all of that, 90 MPH winds on the night of 26/27, miserable rain on the 29<sup>th</sup> but the 28<sup>th</sup> was cloudy, a little over 50 degrees F and not windy. The luck of the Irish! Spending all the Sunday traveling and registering (ie you can't get your number without being exposed to our sports exhibition) my legs were tired before the race started on the Monday (Irish Bank holiday). Still, it was the right day weather-wise.

Of the 8,000+ preregistered runners, some 6,500 were there at the start. Now I know just how small an area 6,500 people can occupy. Crammed between the barriers at the start it was standing-room only. It was so tight it was difficult to breath! The pressure was only relieved when the commentator said in a soft Irish tone 'Off you go!' I was expecting at least a gun or cannon loud enough to boost the adrenaline... but no.

So we left Nassau Street and Trinity College and headed south past grand Georgian houses some of which were embassies (not the US one though, that was high on open ground in Phoenix Park – 19 miles down range). It seems half the entry was foreign and I know there were 800 Canadians and a huge contingent from the USA. They all seemed very organized and very well kitted out\*. All had support from non-runners too. There were young men and ladies who were conspicuous by their size (it must be the hormones). I could just see them all strolling around Dartmouth Campus or the like.

Feeling small and old I weaved my way past many runners (and many walkers!) in the first miles. Who on earth thought it was a good idea to have walkers starting with runners? It's that 'Irish factor' again! The first mile seemed to take for ever – over eight minutes so I felt the need to speed up. It took only about six minutes to reach the second mile marker. I was surprised. My long training runs had been at about 7:20 pace so six-minute miling was unlikely. In fact I settled happily to seven-minutes/mile. On and on.

Despite there being a dozen friends from the Lingfield club here and running, I saw none after the start and not again until the end. No matter, I could appreciate the leafy grandeur of the southern suburbs. To my delight I kept going at the same pace, mile after

mile. This was just like the old days – but about 20 seconds/mile slower.

Ten miles past at just under 70 minutes – I had not covered that distance so fast for years! Halfway was at 1:31:34. I was delighted. Could I make 3:05? My plan, such as it was, was for a 3:15 finish... but you never know.

The initial euphoria started to slip at 17 miles. Somehow my legs felt tired. I cursed all those miles I'd walked the previous day, being kept standing half an hour for a restaurant table we'd booked and other such frustrations. It was great to have something and someone else to blame. Still, the pace kept up at about 7:15 for 17-19 miles. Then the wheels really fell off.

I'd been dreading the ascent into Phoenix Park. Now here it was, right on the wall. The hill was not very steep, just very long – like two miles. The trickle of runners passing me became more of a torrent and my left foot had the sock rucked up under the ball (never happened before or after). Agony. So my first stop was to take off the shoe to straighten the sock. Back on the road, the ruck re-appeared instantly. Oh well!

The next stop was at the 21-mile water hole. Actually I was not stationary, quite, as I walked to consume all the isotonic (yuk) drink and the water. I kept walking. Nothing was really hurting but everything was saying DO NOT RUN! So I walked and walked... about 200 yards.

Lingfield vests are named both front and back so the man from Dunstable approaching from behind could address me 'Get going Lingfield, it's pure determination from here on'. So I did. Against the will of my body I started running again. I ran with 'Dunstable' for about four miles which took us down the famous O'Connell Street where the shoppers were out... shopping. Then, with less than a mile to go, the energy faded again. More drinks and more determination got me going, but I even slowed at 26 miles, only managing a run around the last corner to the line. 'And here's Bob Pank from Lingfield. Er...give him a cheer.' I know, he was glancing down to see if this was to be my PB and then felt embarrassed that I was 27 minutes off it!

I was delighted to have made the line and the 3:17:34 was well within the time range I

had hoped for. Also I had learned how to run when everything had run out. Now I knew how so many others felt. I'd had it easy for so long. Everyone gets excited about people racing home in wonderful swift times, but it's the slower ones too who really put in the most effort.

When you consider that there were only 497 people in front of me and about 6,000 behind, it's a good result. Standing in the street with my bag and wondering where to change, the first of the club's fast ladies appeared. Marlene clocked-in just 50 seconds behind me. Then Alistair Matson arrived. Now I understood why I hadn't seen any of my friends on the way round. I was the first Lingfield runner home!

So ended Marathon 109. I'm still not sure if I'll run another but there's a certain symmetry and tidiness about 110. The 9 on the end is just begging to become a 10. Dry clothes and a half-mile walk later we front-finishers dived into a little deli. Instantly I realized just how cold it was outside. Food inside made a great improvement and fuelled me for the journey back to our very modern hotel and relax. I was sharing a room with Alistair who, in a few minutes after arrival yesterday, decided to open the window. Almost instantly the pain was hanging from just one corner. He valiantly managed to push the pain back, only slightly wonky, and ready for the next unsuspecting occupants. Then it was time for the Hooley night at Johnny Fox's, the 'highest pub in Ireland', up in the Wicklow Mountains. Everyone visiting Dublin goes there. That night the Guinness flowed and it was the first time I've stayed up 'till 1 AM after a marathon.

Actually, 111 has even more symmetry...

### **Post Script**

In the two-and-a-half years since my previous marathon I had clearly forgotten many of my rules. I knew that because the right rest, hydration and fuel makes a big difference in the event. What happens the day before a marathon can make a big difference to performance. I had followed all the training for months and then blew it away by what happened the day before.

Traveling by air to the event should be done either much earlier on the day before, or two

days before. I had found driving up to around three hours on race day is OK but flying is much worse as it involves a lot of walking, standing, dehydration and can mess-up meal times and choice of food. For the Dublin marathon we flew around midday on the day before.

When we got to the hotel we had to get to the place where we could pick up our race number. We decided to walk – big mistake! It took about 40 minutes to get there and picked up the numbers and then spent about another hour wondering around the stalls offering running gear. Then we walked back to the hotel. All very interesting but totally wrong for the performance next day. Quite a few marathons, including especially the big ones (eg London and Dublin), force runners to go and pick up your number, hoping they will linger there and buy some gear. For London, the number pick-up and kit bazaar opens about four days before race-day, somewhere in London. Closed on race day. The best thing to do is to get it early, on the first day if possible. However those living further away would most likely go to get their number the day before. They, and all other big marathons, should offer posting numbers as an option. Then all runners can put their feet up the day before.

And what about food? At Dublin we walked around all the afternoon and again, out in the evening to for a restaurant. They were all full up, unlike our tummies. I think we got to our booked table for 8.00, but got seated nearer 8.30. We must have been there at least an hour and then walked back to the hotel. Oh dear. I had completely forgotten my 'does and don'ts' for the pre-marathon evening.

Long ago I had realised the best thing for me, and probably most marathon runners, was to have the carbo loading at lunch time, not evening, so there's enough time for the food to be fully digested well before the race. I found rice was better for me than pasta. So, for a good run, we should have arrived two days before the race. Get numbers, do some sight-seeing (if necessary) and have a good evening meal. Next day get fully hydrated by starting the sips the next morning. Concentrate on keeping off the feet, and rest. Carbo load at lunch and have a really small supper and little or no alcohol. I found a gentle 20 minute trot in the afternoon is good for loosening the legs and calming the nerves.

Then breakfast on the day is porridge and toast for me. My rule is that all eating must be

done at least an hour before running. That works for me but I'm sure others have their own regime.

*\*Often at the back of my mind I remember my eldest brother William who, as the top cadet marksman in the UK, was selected to shoot against the Canadians in the Alexander Graham Bell trophy. He turned up with his usual basic essentials for putting 303 bullets through the middle of targets hundreds of yards away, but was surprised to see the paraphernalia the others dragged along. Special sights, telescopes, wind calculators, fancy elbow pads and straps, sunshades, umbrellas, makeup, etc. No matter, guess who got the top score! Beyond a certain point, it's the man, not the 'machine', that counts.*

## **Next Training Session - find link to book below**

Next week's coaching session (5th May) with Paul Blackmore is available for booking from 6:45pm this evening.

Please note this will be in Tilgate park in Crawley, meet by the Smith and Western.

**PARKING:** Parking is available right by the Smith and Western pub although you may need to pay for this. Free parking is available in K2 or in the Fishermans car park by Tilgate Golf Club.

<https://www.eventbrite.co.uk/e/152643850867>

### Note from the Editor

You may or may not be aware, but the plan is for me to "hang my shoes up" and retire both from work and from the position of editor to the newsletter as soon as there is a

replacement for me. We're not quite sure what the future holds and are looking forward to the next adventures life throws our way.

**If you are interested in taking over from me**, could you please let me know over the next 7 days. I will forward to the committee or you could email [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk) directly to let Scott know yourself. Please feel free to contact me to ask me any questions regarding what is involved and maybe how much time it takes so I can help you decide.

Way back when I first started doing the newsletter, I used to put everything on a "word" document and then use the EA website to distribute it to club members. Whilst the word document itself was a very satisfactory way of doing it, using the EA website was a very different story!! It used to crash regularly!! Many a Wednesday night would find me sending out the newsletter in batches of 5 or maybe 10 members at a time to try to avoid the crashing. It would then freeze and "think" and "hang" and all those other awfully tedious processes that computers do when they are busy getting their knickers in a complete muddle!! It was laborious, time consuming and very, very frustrating. Not to mention mortifying when some club members got multiple copies of the newsletter and others received nothing despite my very best efforts!

I scratched my head about means of distributing the newsletter that would resolve all the EA website issues. The wonderful Dave Worsell then came up with the genius idea of using Mailchimp. It's so easy and simple and happily sends out to all and sundry which is wonderful!! (I do miss the ability to have a photo included in the middle of a race report though!)

Mailchimp also has a report system which allows me to see who has read their emails, who has clicked their attachments and who has accidentally unsubscribed :-). From time to time, I quite enjoy seeing who opens their newsletter first every week .....! I have a mental picture of you all poised :-). And of course sometimes stuff is sent to the SPAM folder on a whim because your server suddenly decides Mailchimp is suspect!

I have attached what appears to be the very first newsletter I did in June 2015 - can't believe it was that long ago!! Time certainly flies when you are having fun. Thank you to

you all for your patience when I make mistakes and mostly for being so complimentary and supportive - it's been such a pleasure.

I'm sure the next editor of LRC newsletter will have as much fun as I have and find it equally rewarding. It's an excellent way to be involved with the Lingfield Running club community without having to attend any meetings :-)

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/657ae0dc-fc67-4621-bde0-ba798dc5ba56/NEWSLETTER\\_17\\_June\\_2015.01.docx](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/657ae0dc-fc67-4621-bde0-ba798dc5ba56/NEWSLETTER_17_June_2015.01.docx)

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/bb35c9d0-2143-45ed-9870-b43cc8891dd4/NEWSLETTER\\_24\\_JUNE\\_2015.docx](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/bb35c9d0-2143-45ed-9870-b43cc8891dd4/NEWSLETTER_24_JUNE_2015.docx)

A few of us are hoping to do the Bluebell run at Staffhurst woods this Saturday at 8:30. Hopefully will take in a longer run up to 9 miles (if we don't get lost), exploring some of the footpaths around. Pace will be around 6min/k.

If anyone else was interested in joining us 😊.

<https://maps.app.goo.gl/DrebaCdXwGQDFyZE6>

