

Newsletter

Wednesday 11 August 2021

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** a race so well signed that even DC failed to get lost.*

Please submit any corrections, comments, articles of interest, race reports, photos,
ideas or recipes to editor@lingfieldrunningclub.co.uk

Link to the running club website

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



Trevor's Racing Roundup

Hello Everyone,

We had another very good turnout of 32 runners at the following eight different locations on Saturday.

East Grinstead (17), Tilgate (7), Roundshaw Downs (1), Roundhay (2), Horsham (1), Reigate Priory (2), Whitehaven (1) and Jesmond Dene (1).

Well done to everyone who took part especially to **Luke Davis** for finishing in 2nd place at Reigate Priory in a good time of 18.36.

On Sunday 8 August **David Nottidge** travelled to Canterbury to take part in the University of Kent 10k race. There was a small field of just 110 finishers. The winner of the men's race was Lee Hardie in a time of 35.53 and the ladies winner was Jenna Mullett in 44.14. David had a good run to finish in the top half of the field with a good time of 52.57. This placed him 2nd in his age group. Well done Dave.

Also on Sunday **Diane and Mark Clayton** travelled to Dorset to take part in the annual Ooser Marathon trail races. This is the 4th year that these races have been held. It is one of the Badger Trail series and is set in the heart of the Dorset countryside. It starts in the little hamlet of Turners Puddle and is described as a very tough and challenging off road course. Some of the course was described as having some slippery and overgrown sections. It is a very friendly event which attracts both runners and walkers of all abilities.

There were both half and full marathon events. Diane opted to do the Half marathon and Mark chose the full marathon distance. There was a total of 161 finishers in the half and 99 in the marathon.

Both Diane and Mark coped well with the demanding course and conditions. Diane finishing in 140th place in 3.20.39 and Mark crossed the line in 72nd place in 6.08.06. Very well done both

of you.

My apologies if I have omitted anyone. Please do let me know if you are planning to take part in any races over the coming weeks so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

Trevor

07-Aug-21

LRC parkrunners

	Position	Name	Time	Age grade	PB
East Grinstead	10	James WILLIS	00:22:25	62.75%	
91 runners	11	Jonathon ROE	00:22:33	58.83%	
	13	Michael MANWILL	00:23:02	62.01%	PB
	16	Anthony ALLEN	00:24:05	64.36%	
	18	Vernon GIVEN	00:24:21	60.10%	
	20	Simon COOK	00:24:42	61.67%	
	25	James KILFIGER	00:25:31	56.89%	
	30	Chris RANCE	00:26:37	54.98%	
	32	David WATKINS	00:27:11	58.49%	
	35	David NOTTIDGE	00:27:31	60.93%	
	37	Wendy SMITH	00:27:57	62.31%	
	48	Helen DAVEY	00:29:15	63.59%	
	55	Isla GREENAWAY	00:30:17	48.87%	
	72	Samuel CHAMPNESS	00:35:34	50.05%	
	73	Fiona CHAMPNESS	00:35:34	45.55%	
	75	Kath GARRIDO	00:35:51	66.43%	
	84	Michael DIEBEL	00:39:00	48.59%	PB
	86	Kulvinder KAUR	00:39:54	41.52%	
	91	Lisa COMPTON	00:55:00	37.42%	
Jesmond Dene	67	Clare BERRYMAN	00:28:29	56.88%	
107 runners					
Roundshaw Downs	41	George ENGLISH	00:26:08	65.37%	
120 runners					
Tilgate	4	Dan CELANI	00:18:11	76.17%	
384 runners	8	Dan OPPE	00:18:50	71.42%	

	115	Steve BRINKLEY	00:26:03	62.64%	
	305	Claire PURCELL	00:35:27	52.47%	
	307	Ian PURCELL	00:35:36	45.83%	PB
	327	Alison LACEY	00:37:33	46.38%	
	330	David LACEY	00:37:59	41.86%	
Roundhay	57	David WORSELL	00:23:14	62.98%	
312 runners	143	Nevenka WORSELL	00:27:24	59.73%	
Horsham	143	Sue GARNER	00:27:12	87.56%	
392 runners					
Reigate Priory	2	Luke DAVIS	00:18:36	72.85%	
255 runners	106	Sophie DAVIS	00:27:19	55.40%	
Whitehaven	19	Ian GREENAWAY	00:24:26	60.37%	
47 runners					

Leadership in running fitness

Fiona Brown

Good evening all.

If, during the recent survey, you expressed an interest in completing the Leader in running fitness award and would like more information, please could you email Terri Scott: secretary@lingfieldrunningclub.co.uk

Thanks in advance.

Club race in September

Dave Nottidge

We have changed the date from Saturday 4th to Sunday 5th. This will remove the clash with parkrun. It will be over the Lingfield 10s 10k route. So a mixture of off road and tarmac. Race

venue is Lingfield College. Race start is 10.00. Race for LRC members only.

More info to follow.

Should be fun!

Link to book a place for the coaching session

Nearly time to book your next club training session with Ian Watkins. 18th August @ 7pm. Meet in Imberhorne Rec (opposite the school). Tickets available later today ...

[Lingfield RC - Coaching session with Ian Watkins](#)

A Race Around the Puddles Near the Piddle.....

(more formally known as The Dorset Ooser Marathon)

Mark Clayton

An Introduction.....

The Dorset Ooser Marathon, arranged by Badger Trial Events and now in its fourth year, is a cupless and fully signed challenging trail race in the heart of Dorset. It offers plenty of hills (a total of 13 with a total elevation of around 1,000 metres), mud, trip hazards and a route that includes old tracks, hidden holloways, ancient woodlands, agricultural fields and a minimum of hard surfaces. The route is very scenic, constantly changing and is certainly not boring! The race is no pushover as it also earns finishers 2 UTMB points.



Entry, at just £28 for affiliated runners, includes a well signed course, friendly marshals, four aid stations on the route, free car parking and loos in a farmer's field, post race refreshments and a very handsome medal. Such great value! The marathon cut-off time is a generous 8 hours for those who prefer the views or are typically a little slower, such as myself.

(In case you're wondering, this link explains the history of the Dorset Ooser...

https://en.wikipedia.org/wiki/Dorset_Ooser)

The Race itself.....

As a consequence of the Covid pandemic, Mr and Mrs Badger decided to offer two runnings of the marathon in 2021. The first race was held on Sunday 18 April and the second was held on Sunday 8 August. I completed the latter race.

Race day arrived and Diane and I awoke early in Shaftesbury, North Dorset (visiting my mother) to a typical Summer's day....Grey skies, rain, wind and a gloomy mist over the Blackmore Vale....

After a quick bowl of porridge, we set off for the 45 minute drive to the race venue. Whilst driving, I mentally ran through my standard pre-race checklist....

- | | |
|--|--------|
| 1. Inadequate training and general race preparation? | Check! |
| 2. A few beers last night? | Check! |
| 3. A poor night's sleep last night? | Check! |

4. Have all our kit? (Diane was doing the half)

Ummm???

“Diane, did we pack the bags with our running shoes?”.....

A quick pullover at the roadside and we were soon returning to Shaftesbury....

Despite our added travel time, we still arrived at the race car park with sufficient time to visit the registration tent for our race numbers and decide on which trail shoes might best suit the conditions.

The race commences in the hamlet of Turners Puddle and involves a 10 minute uphill walk from the muddy car park field to the official race start in another field.... surely this additional pre-race effort makes the race qualify as an Ultra Marathon? Especially given that the finish is also near the start and involves a similar downhill walk to the car park on post-race tired quads?

We were held at the start for a short pre-race briefing. It was still raining and I was pleased that I hadn't removed my waterproof jacket. Noticing that a rear zip was down on the race vest of a lady in front of me, I offered to zip it up for her. “You don't want your pork pies to fall out!” I added as I zipped it up for her....It was only when she turned around that I noticed she was a Vegan Runner! Oops!!

At 9am we were off....straight up a hill! I'm generally a slow starter but this made me even slower....

A short while after the start we reached a gate that I gather was previously always unlocked. Not this time though...there was now a heavy chain with an equally heavy padlock. Nothing for it but to wait in the queue to use the stile....I used this brief respite to remove my waterproof jacket as the rain had now stopped and I was already hot from my early exertions....

I slowly began to get into my stride....we passed beneath the A35 Poole to Dorchester road and shortly thereafter I passed a group of lady Vegan Runners....“There goes Mr Pork Pie!” one exclaimed....a reference to my physique, no doubt....

The kilometres soon began to pass (I don't do miles as they don't come around quick enough). There was one lovely downhill section on a very narrow path through a wheat field and I began to imagine myself as Maximus Decimus Meridius (aka Russell Crowe) but

I soon returned to my very real reality of completing a trail marathon.

The marshals along the route were all very friendly and supportive. The aid stations offered an assortment of eats (packets of crisps, mini cheddars, biscuits, bananas, etc) as well as water, squash or cola.

About a third of the way through the race I was pleased to meet Mr Badger on the course, resplendent in his camouflage kilt with badger head sporran. I wouldn't be so pleased when I met him for the second time.....

Shortly after meeting Mr Badger I caught up with Mike, a member of the 100 Marathon Club. We got chatting and I soon learnt that he has run over 600 marathons since taking up running in the early 1980s! Not only does Mike like running, he also likes talking....a lot! (*Hmmmm! Ed.*)

We pretty much ran together for the rest of the race and I learnt something of nearly every marathon in England....from Peterborough to Penzance....from Blackpool to Beachy Head....not to mention a couple in the USA (he loves the Las Vegas marathon).

I should mention that Mike is now over 70 years old and is currently pre-occupied with running 250 marathons in 250 consecutive weeks, as well as qualifying for London with good for age....He is looking to run a flat motor racing track marathon to achieve the latter....a real inspiration! If you wish to meet him, he is running a marathon on Salisbury Plain this coming Sunday....

My details of the course now begin to get a little hazy....I do know we passed through the villages of Affpuddle and Briantspuddle and we also widely circled the better known Tolpuddle. We also crossed the River Piddle a good few times....

At the last aid station I think I may have received a marriage proposal!

Whilst I was talking, one of the lady marshals noted my Southern African accent....."I love your accent....I just want to take you home!"

Having no experience whatsoever of this type of reaction from a member of the fairer sex, I was extremely relieved when Mike quickly interjected with "I don't think his wife would be very happy if you did that!" How very lucky was I that I had somehow managed to share details of my marital status amongst all the talk of marathons??

Her response as I very quickly departed the aid station was "Get divorced and come back

next year!”

Now nearing the tail end of the race, we passed by the field in which I had parked the car. However, we still had some miles to cover and proceeded up a footpath where we once again met Mr Badger. This time he was directing the half marathoners clearly towards the finish and us marathoners further away from the finish....how cruel!

We were now running or walking a very narrow twisty path running largely through thick bracken. Although it was clear Mr and Mrs Badger had done some gardening on the course, one still had to be careful with one's footing....

We passed close by to a small hamlet named Shitterton...which pretty much summed up how I was now feeling....

(Shitterton dates back at least 1,000 years and means “farmstead on the stream used as an open sewer”. It is often listed amongst the rudest place names in Britain).

We had been warned that there was a sting in the tail and Mike and I agreed that it was probably a combination of having to pass by our parked cars as well as being directed away from the finish by Mr Badger. How wrong were we! Just a couple of kms from the finish we came upon a short sharp ascent which was possibly the hardest hill on the course....especially given this stage of the race.

We doggedly walked this final hill and were shortly delighted to spy Diane waiting for us in the distance as we finally approached the finish line.

I was very pleased to cross the line together with Mike and finish in 6 hours and 8 minutes.

I thoroughly enjoyed the run and highly recommend it to others!

Mark Clayton



The Dorset Ooser (part 2)

Diane Clayton

I entered the half marathon because Mark was doing the marathon and it would give me something to do while I was waiting for him. Plus I suffer severely from FOMO (fear of missing out!) I had plenty of time to train..... it would be okay!

Then COVID and the event was deferred to April 2021 – plenty of time for me to train so we got busy and I forgot about it! Luckily I was given a lifeline as the event was deferred to August. Phew, plenty of time to train, so I forgot about it again.

August was fast approaching and my training was not going! Best I got was a run with Linda O'Sullivan, Violet and her baby buggy. I thought we would do a gentle trot along a road somewhere, covering about 8km max so I suggested that Linda should choose the route. Well, I was mistaken! Linda decided to do Dry Hill and so off we went! She's a legend – Linda, Violet and that baby buggy go where most mortals don't tread! Violet loves it – chats and gurgles all the way! Anyway, I was thrilled to do the unexpected 10 miles.

Of course, we got busy again and went on holiday. My training now consisted of a two week holiday in the Yorkshire Dales and the Lake District. We did do plenty of walking and this was balanced nicely by good living and fun.

We returned home with one week to go and guess what?? My dodgy knee required me to spend my last week of training with rest and elevation!

Decision time. Do I run, upset my knee and regret? Or do I opt out and suffer with even more regret? I decided the only option was to get going and see what happens.

Due to heavy rain just before the off, I started the run with too many layers and so spent some of the first 5km undressing myself and tying everything around my waist so I look like a bag lady in the pictures.

I like chatting (don't you all know it!!) but it became quite clear that no one around me was feeling the same way. It was clear that this was going to be a solo run for me, so I spent

the rest of my first 5km trying to sort my music out. (I'd been fiddling with sound and notifications on my phone the night before and couldn't remember what I'd done and how to undo it!)

Finally comfortable and with my music keeping me company, I settled. I thoroughly enjoyed the varied scenery of fields, woods, mud, hills, stiles, sunshine, shade and streams. The marshals were very friendly and happy to indulge in a little banter, so I continued on my merry way making steady progress in my own fashion.

All went swimmingly until a mere 5km to go. Only a parkrun to go, they said. My thoughts responded that I hate doing a parkrun and it all went a bit downhill from there! Anyway, no trains to catch and no buses waiting – just walked or ran the last bit and, as in all things, the end finally appeared.

Wonderful cake and tea and a splendid medal – that was me done. A sit down and change of shoes restored my good humour and I set off back to the finish to wait for Mark.

One thing I feel I really should pass on (some wisdom from Mike of over-600-marathons fame). I haven't tried it myself yet, but I will! Apparently, if you look down at your feet while going uphill, you can actually convince your brain that you are going downhill! It's thus much easier to negotiate those uphill!!

PS I Totally recommend the Dorset Ooser to everyone - all abilities!!

Chair's confectionery challenge

Scott McDonald

Last week's prize has not been won yet, so I have extended it to offer a choice of wine, chocolates or biscuits for the lucky winner.

Try to match the clue to a sweet. For example, clue is Coconut, sweet is Bounty bar.

1. One who wanders
2. It's a party
3. Prince William and Harry's game
4. Speak quietly
5. All sorts of girls
6. What is before 9, 10, 11
7. London has big red ones -
8. A planet
9. 26.2 miles
10. Subject

Scott

Whole body workout thing

Paul Tonkinson, Runners World

I read [this article](#) and it reflected a lot of how I feel after LRC coaching sessions.
Editor.



