

Newsletter

Wednesday 18 August 2021

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*Come on out there, I need some stories about your amazing running adventures.
You can't blame covid any longer.*

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,

The 5k Park Runs were the most popular option for our runners last weekend. We had 41 of our members taking part (that is about 20% of our membership) at 15 different locations spread far and wide.

We were represented at East Grinstead (18), Tilgate (3), Lloyd Park, Croydon (1), Nonsuch Sutton (1), Hove Promenade (3), Guildford (2), Perth (1), Barnstaple (2), Margate (2), Worthing (1), Victoria Dock (1), Swaffham (1), Brooklands (2), Squerrey's Winery (2) and Land's End (1).

Well done to everyone who ran, especially to **Luke Davis** for finishing in 2nd place at Guildford and to **Dan Celani** for a 2nd place finish at Victoria Dock.

All the names, times and positions are listed below.

Two results from the previous weekend have come to light.

Very well done to **Harry Sterling** who ran in the Thames Meander Half Marathon on 7 August. Running in terrible weather conditions he had an excellent run to finish in 2nd place in a personal best time of 1.17.38. This was just 18 seconds slower than the winner, Charlie Baker, who finished in 1.17.20. The winner of the ladies race was Natalie Haarer in 1.38.10. Great running Harry.

Over the same weekend **Jeremy Garner** ran in the Battersea Park 10k. It was a race organised by Run Through. There was a total of 241 finishers. The men's race was won by Nick Best of Best Athletes in a very quick 31.27. The ladies winner was Erin Willmers of Winchester and District in a good time of 37.23.

Jeremy also had a very good run and finished in 20th place in a time of 38.12. Well done Jeremy..

Over the past weekend on Saturday **Kieran Barnes** had a great 5,000 metre race on the track at the K2 Leisure Centre in Crawley. It was a Southern Athletics League South Central competition. The full results have not yet been published on the Power of 10 website but

Kieran ran an excellent race to finish in 1st place in a time of 15 minutes and 44 seconds, which was a PB.

Well done Kieran.

On Sunday 15 August **Jeremy Garner** went to Wimbledon to run in the Surrey 5 kilometre road race championships. This is normally held on a hilly course and attracts a large number of very good runners from across Surrey. Maybe the covid situation had an impact on the number of people taking part as there were only 52 finishers.

The standard was still very high. James Hancock of Croydon Harriers won the men's race in 15.48. The ladies race was won by Eliza Hawthorn of Stragglers AC in 18.37. Jeremy also ran a very good race to finish in 15th place in 18.33. Very well done Jeremy.

I hope that I have not omitted anyone. Please let me know if I have.

If you are planning to take part in any races over the coming weekend or in the near future please let me know so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

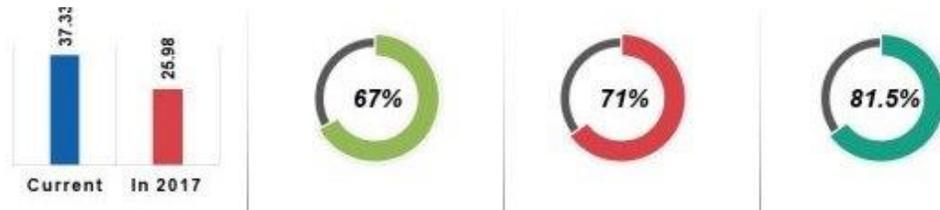
Trevor

14-Aug-21	41	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	14	Anthony ALLEN	00:23:24	66.24%	
110 runners	17	David WORSELL	00:24:01	60.93%	
	19	James KILFIGER	00:24:27	59.37%	
	25	Keith CHAMBERS	00:25:11	64.79%	
	34	Stephanie REEVE	00:26:12	56.49%	PB
	50	Emma PAGE	00:28:18	52.41%	
	55	Helen DAVEY	00:28:32	65.19%	
	63	Wendy SMITH	00:28:59	60.09%	
	78	Chris RANCE	00:30:51	47.43%	
	80	Hannah CARTLEDGE	00:31:05	47.61%	
	82	Isla GREENAWAY	00:31:38	46.79%	
	83	Clare EVANS	00:31:44	55.57%	
	97	Alison SLATER	00:36:26	51.05%	
	99	Viktoria HARRISON	00:37:12	41.98%	
	102	Steve WARNER	00:38:27	43.61%	

	104	Amber DRIVER	00:41:26	36.52%	
	109	Bridget HOLLIS	00:51:03	40.32%	
	110	Kath GARRIDO	00:51:05	46.62%	
Barnstaple	54	Fiona CHAMPNESS	00:23:58	67.59%	
215 runners	154	Nick CHAMPNESS	00:31:53	44.49%	
Brooklands	181	Claire PURCELL	00:34:58	53.19%	
228 runners	193	Ian PURCELL	00:37:42	43.28%	
Guildford	2	Luke DAVIS	00:17:41	76.63%	
434 runners	244	Sophie DAVIS	00:29:13	51.80%	
Hove Promenade	46	Richard ADAMS	00:20:27	67.73%	
456 runners	225	Sue GARNER	00:26:52	88.65%	
	367	Lynda WILLMENT	00:31:57	56.65%	
Land's End	49	David CHASE	00:25:30	58.76%	
156 runners					
Lloyd Park	61	George ENGLISH	00:26:44	63.90%	
187 runners					
Margate	17	Vernon GIVEN	00:22:52	63.99%	
182 runners	170	Joanne GIVEN	00:52:59	31.27%	
Nonsuch Park	11	Jeremy GARNER	00:29:10	75.13%	
595 runners					
Perth	279	Lucy HALL	00:34:16	44.89%	
311 runners					
Squerryes Winery	20	Jonathon ROE	00:21:52	60.67%	PB
138 runners	33	Ian GREENAWAY	00:23:32	62.68%	
Swaffham	44	Catherine WILSON	00:31:17	51.25%	
70 runners					
Tilgate	78	David NOTTIDGE	00:25:03	66.93%	
356 runners	102	Imogen EVANS	00:26:11	56.52%	PB
	148	Mike LOTHIAN	00:28:13	62.49%	

Victoria Dock 127 runners	2	Dan CELANI	00:17:49	77.74%	
Worthing 508 runners	9	Harry STERLING	00:18:32	69.60%	PB

Lingfield Running Club – Members' survey results



These (below) are our key survey findings.

Many thanks to Fiona, our Ladies Captain, for her industrious efforts to produce, promote and pull the survey results together.

1. Why are you a member of Lingfield running club: top answer 75% health and fitness, 70% to run with people socially, 30% to run competitively.

COMMITTEE RESPONSE: looking for more run leaders to lead runs at variety of paces and to continue to offer events such as the pub run.

2. When would you like the club runs to take place: Tuesdays and Thursdays at 7pm remain the most popular at 47.5%; Saturday morning at 9am was second highest response.

COMMITTEE RESPONSE: we are going to trial a 6pm slot on Thursdays for four weeks as a pilot, starting in SEPTEMBER. Thanks to Dave Nottidge for his suggestion.

3. Have you ever attended a club training session? 30% regularly attend, 47.5% one or two.
4. Would you like to become a run leader? Nine said yes or maybe. If you are interested, please contact Terri Scott, club secretary, to find out more.
5. Would you like to attend additional activities? Yoga/pilates, strength and nutrition. There was an interest across the board in all of these.

COMMITTEE RESPONSE: we are looking at the possibly of delivering this in the autumn and we have had an offer of pilates instruction from a member already.

6. Do you attend the handicap races? 33% regularly attend (this mirrors the competitive membership of the club).
7. Grand prix race attendance? 17.5% regularly, 37.5% sometimes, 20% no but plan to in future.
8. Understanding the barriers people face when it comes to attending:
 - a. work commitments is the biggest barrier (40%) - however there are some things that we can support with; and worrying that they are going to be the slowest (30%).

COMMITTEE RESPONSE: We have trialled mass starts at club runs and produced 'spot' prizes to encourage slower athletes to join these races. The mass start did not suit everyone and we will continue to think of things to involve slower runners, this includes a possible bleep test which starts at a walking pace and is a good indicator of fitness,

running technique (not necessarily speed) is important in a bleep test!

2. Another barrier was injury (17.5%).

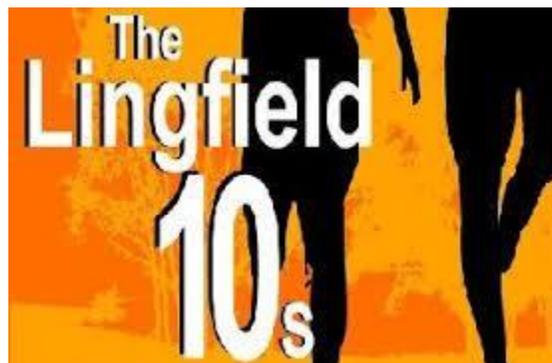
COMMITTEE RESPONSE: perhaps the pilates, strength training would help overcome this.

9. Should English Athletics membership be included: 32.5% yes, 40% no, 27.5% maybe (to remain as is for the moment).

10. Net promoter score = 73% would recommend LRC to friends/family! A very healthy response.

Many thanks for taking the time to complete our survey and also e-mailing me further comments. I assure you it is appreciated. It doesn't stop here; please continue to feed your thoughts and suggestions into the [Committee](#) or onto our Club [FACEBOOK SITE](#) to help make our great club even better!

Scott, Club Chair



Lingfield 10s 10k race - 5th September

Dave Nottidge

Race entries

The race is only for LRC members and is free to enter.

Please would anybody wanting to race/run let David Nottidge know in advance of race day – davidnottidge@hotmail.com

Entries on the day will be possible but it'll make race admin easier if you can enter in advance. Each runner will be issued with a numbered bib – to be collected on the day at the College car park. All runners should be at the car park to collect numbers by 9.45am.

Grand Prix series

The Club is relaunching its Grand Prix races and this race is included.

Venue

This will be Lingfield College. Car parking in Lingfield College car park just off St Piers Lane. The race will start in Mill Lane (same place as the May races) and finish just behind the College. Toilets will be available at the Pavilion – near to the finish. Tea/coffee will be available at the Pavilion post-race.

Race start

There will be two start times. The first at 10.00 for slower runners. The second at 10.20 for the faster runners. All times will be recorded to show actual runtime.

The route

Many of you will be familiar with the route – it is mostly trail but with some tarmac sections. There are some hills. If we have had rain there could be muddy/slippy sections. If it's dry the ground can be rutted. Marshals will be at the key turning points and the route will be marked with red/white hazard tape and some signs.

Water

None will be provided on the route. It will be available at the finish.

Safety

Other than the normal slips and trips the main hazard is the road crossings. These will be 'manned' by a marshal. If they tell you to stop, please do so.

Volunteers

We are still looking for volunteers to help marshal and at the start and finish. Please let Chris Rance know if you can help. chris_rance@yahoo.co.uk.

Gary Spring will be liaising with Chris and doing the on the day stuff, as Chris will be away.

[Link to book a place for the coaching session](#)



With COVID restrictions easing we can finally open the training sessions up to more people.

Book your place for next week now. Wednesday 25th August, Imberhorne Rec @ 7pm with yours truly, Dave Worsell.

It could save your life (maybe).

<https://www.eventbrite.co.uk/e/167576552981>

Hot or cold bath after exercise - what is better?

After our regular walk recently, a group of LRC members got to chatting (over coffee and cake) about whether it was best to have a hot or cold bath after our exercise. This is one recent (albeit American) [verywellfit article](#) which attempts to sum up the health benefits.

Should You Soak in Hot or Cold Water After a Marathon?



Chair's confectionery challenge

Scott McDonald

Last week's changes to the prize fund had the desired effect and I was inundated with replies

The first correct entry I received was from new member Keith Chambers. Well done, Keith.

Wendy Smith was a close second.

1. One who wanders - Drifter
2. It's a party - Celebrations
3. Prince William and Harry's game - Polo
4. Speak quietly - Wispa
5. All sorts of girls - Dolly Mixtures
6. What is before 9, 10, 11 - After Eights
7. London has big red ones - Double Decker
8. A planet - Mars
9. 26.2 miles - Marathon
10. Subject - Topic

Scott