

Newsletter

Wednesday 25 August 2021

Contents

- [Trevor's racing round-up](#)
- [The London Vitality Half Marathon - Scott McDonald](#)
- [LRC Grand Prix races 2021/22 - Scott McDonald](#)
- [Club 10k race 5th Sept. details - Dave Nottidge](#)
- [LRC coaching session - Dave Worsell](#)
- [StarRun4 - YoungEpilepsy](#)
- [A runner's guide to strength training - Runner's World](#)

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,

A total of 42 of our members took part in the weekly 5 kilometre parkruns last Saturday.

We were represented at the following 15 different venues: East Grinstead (20), Nonsuch Park (1), Tilgate (6), Roundshaw Downs (1), Maidstone (1), Royal Tunbridge Wells (1), Northampton (1), Horsham (1), Aberystwyth (1), Keswick (1), Hove Promenade (2), Crosby (1), Bois de Boulogne Paris (1), Hay Lodge (2) and Squerryes Winery (2).

Well done to everyone who ran. Congratulations to **Richard Adams** for completing his 50th parkrun and also to **Dan Celani** for finishing in first place at Horsham.

I am aware of just one race that took place on Sunday. This was the Vitality Big Half. It started on Tower Bridge and finished at the Cutty Sark in Greenwich, and followed a route on both sides of the River Thames.

The Race Director was Hugh Brasher and the race was run as a test race prior to the forthcoming London Marathon, which is due to take place in October. There was a very large entry which was in excess of 10,000 runners. Runners were sent off in waves at ten minute intervals according to ability. The faster runners started in the first wave which was at 8.30am and the last wave started at 10am.

The race winner was Jake Smith, an up and coming star in athletics. He is aged 23 and earlier in the year won the Cheshire Elite Marathon in a time of 2.11.00. He also has a personal best half marathon time of 60.31 which is the 3rd fastest half marathon time by a British runner. He won the race on Sunday in an excellent time of 62.06 which was just four seconds faster than Jack Rowe who was placed 2nd.

The ladies winner was Charlotte Purdue of Aldershot Farnham and District AC in a course record time of 69.51. This was pleasing for her as she was not chosen to represent Team GB

in the recent Tokyo Olympics.

We had four runners taking part. Our fastest runner was **Steven Price** who has just joined the club. He finished in a very good time of 1.28.44. This placed him 814th out of some 10,000 finishers.

The times and finishing positions of all four of our runners are listed below:

814	Steven Price	1.28.44
2402	Richard Adams	1.43.22
5951	Scott McDonald	2.07.00
6962	Terri Scott	2.15.28

Very well done everyone with those very good times.

I apologise if I have missed anyone. If you have either done or are doing any races which I do not know about please let me know so that I can give you a mention in the weekly newsletter.

King's Head Canter

On this coming Bank Holiday Monday 30 August there is a very nice 5 kilometre road race that is held annually. It is a point to point road race from the village of Chiddingly and finishes outside the King's Head pub in East Hoathly.

There are still entries available. The cost is £10 for Affiliated Runners, £12 unaffiliated and £14 on the day. Entries on the day are available between 9.30 and 10.30am at the Chiddingly cricket pavilion.

We normally support this event in large numbers, so I hope to see lots of you there again this year.

I should also mention that there is a free pint of beer (or soft drink) available in the King's Head Pub to everyone who finishes the race.

Good luck to everyone who may be taking part in a race over the coming weekend.

Have fun and enjoy your running.

Trevor

21-Aug-21	42	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	6	James WILLIS	00:21:11	66.40%	
118 runners	14	Michael MANWILL	00:22:51	62.51%	PB
	19	Richard ADAMS	00:23:35	58.73%	
	21	Stephanie REEVE	00:23:40	62.54%	PB
	23	Fiona CHAMPNESS	00:23:48	68.07%	PB
	25	Vernon GIVEN	00:23:55	61.18%	
	28	Keith CHAMBERS	00:24:25	66.83%	
	38	James KILFIGER	00:25:47	56.30%	
	39	Simon COOK	00:25:53	58.85%	
	43	Steve BRINKLEY	00:26:32	61.49%	
	46	Wendy SMITH	00:27:02	64.43%	
	47	Martin PAYNE	00:27:14	61.57%	
	54	Nevenka WORSELL	00:28:04	59.03%	
	66	Helen DAVEY	00:29:08	63.84%	
	73	Steve WARNER	00:30:46	54.50%	
	77	Peter PHILLIPS	00:31:14	54.70%	
	80	Hannah CARTLEDGE	00:31:23	47.16%	
	95	Kath GARRIDO	00:33:51	70.36%	
	105	Viktoria HARRISON	00:36:18	43.02%	
	110	Amber DRIVER	00:40:19	37.54%	
Aberystwyth	126	Lucy HALL	00:34:56	44.04%	
152 runners					
Bois de Boulogne, Paris	23	Liz WEBSTER	00:25:22	61.56%	
53 runners					
Crosby	12	David BEALE	00:21:51	69.72%	
177 runners					
Hay Lodge	13	Ian GREENAWAY	00:23:29	62.81%	
95 runners	66	Theresa DONOHUE	00:31:55	55.25%	
Horsham	1	Dan CELANI	00:17:49	77.74%	PB

372 runners

Hove Promenade	152	Imogen EVANS	00:24:11	61.20%
462 runners	385	Lynda WILLMENT	00:32:13	56.18%

Keswick	56	Brandon WEBB	00:21:15	69.41%
302 runners				

Maidstone	46	Tim MARTIN	00:23:13	61.09%
268 runners				

Nonsuch Park	12	Jeremy GARNER	00:18:46	76.73%
574 runners				

Northampton	299	Jacqueline BANDA	00:38:37	39.62%
244 runners				

Roundshaw	56	George ENGLISH	00:25:30	66.99%
156 runners				

Squerryes Winery	11	Jonathon ROE	00:21:56	60.49%
102 runners	49	Emma PAGE	00:27:58	53.04%

Tilgate	9	Dan OPPE	00:18:17	73.56%
406 runners	12	Luke DAVIS	00:19:06	70.94%
	95	Sophie DAVIS	00:25:30	59.35%
	129	Sue GARNER	00:27:22	87.03%
	159	Mike LOTHIAN	00:28:19	62.27%
	397	Jane JONES	00:48:25	33.80%

Tunbridge Wells	119	Katie CAHILL-SMITH	00:29:19	60.94%
211 runners				

The London Vitality Half Marathon - Sunday 22nd August 2021

Scott McDonald



Last time I did any distance close to a half marathon was October 2018 for a 10 mile Tough Mudder race, and before that was the 2008 and 2009 London Marathons. Although I have kept running with 10km distance and cross country. The London Vitality half marathon should have been held in April but another lockdown got in the way.

At this stage I decided to try different training. Rather than just run, I set myself a plan to build up to six training sessions per week. This was 3 x 1 hour gym sessions, mixture of bike, step machine and cross trainer and then three runs - 2 x 6 mile runs and 1 x 10 mile run. During these runs I added in a bit of speed and hill work. Due to other commitments, I only managed one week of six training sessions, with the rest being five sessions of 3 x gym and two runs. I only built up to 55 minutes in the gym, but the recording of my work level still said I trained like an athlete!

The longest runs I managed were one 9.85 mile run (my intention was to cover 10 miles) and I completed an 8.75 mile run which had a number of 300 yard sprints on hills

involved. This was a good session and an expert advises me this was the equivalent to 11-12 miles on the flat. I was not running fast due to age (57) and ongoing injuries, so looking at avoiding injury and 10 minute miles or a 2 hour 15 minute half marathon.

Race day arrived and I was comfortable having tapered down well, and slept well despite a 10pm work finish on Saturday and a 6am start. Porridge and toast, and the 7.04am train from Three Bridges to London Bridge. Despite Covid, this race was well organised, two drop off points north and south of the Thames for personal belongings. Distance from London Bridge to start point was about one mile; a pleasant walk over Tower Bridge - lots of runners but most seemed to adhere to their different start times. Plenty of toilets and hand sanitiser. I entered my wave at 9.10am and, awaiting the start, the weather was dry and cloudy. The mile posts passed nicely as I looked at my watch, comfortably doing nine minute miles, was I running too fast!? Got to nine miles and I knew I was slowing down but kept the legs moving.

I still seemed to be passing other runners, even managing to speed up for the final 100 metres at Cutty Sark. Two hours, 6 minutes and 56 seconds! Did this new style of training work for me? Yes, and I was very comfortable with it and, had I reached my target training, I am sure I would have been closer to the two hour finish. So, if I do another half marathon or even longer distance, then I will give this training schedule another go!

Scott



Richard Adams, one of four Lingfield runners in the 'Vitality',
enjoying his sprint finish

LRC Grand Prix races 2021/22

Scott McDonald

Hi Folks! We are (re-)launching the Lingfield Running Club Grand Prix races! There are gorgeous trophies to win - won in 2019 by Kieran Barnes and Fiona Brown (see pics below).

To be in the running for these most fantastic pieces of bling you need to do the following races:

Grand Prix – best 8 of 10 will count towards total points. Due to lockdowns two races from 2020 are included; these are the East Grinstead parkrun and Tunbridge Wells Half Marathon

along with:

Lingfield 10k - 05/09/2021

East Grinstead 10k - 26/09/2021

Worthing 10k - 10/10/2021

Surrey XC League - 16/10/2021

Brighton 10k - 21/11/2021

Turners Hill Boxing Day Run - (4.5m)

East Grinstead Parkrun - Jan '22

Tunbridge Wells Half Marathon - 2022.

If any races are cancelled another race will be proposed. For example, possibly Mel's Milers 10k in Spring '22.

Please note there is only ONE DAY left to enter the Brighton 10km, this is a nice flat race along the sea front! As Brighton 10KM is closed/about to close for entries, we will also include the Titsey Trail 10km, Sunday 17th October as an alternative to Brighton 10km - a nice local race to support as not far away in Oxted.

Apologies to brand new members, but as you will see from the list, two of these races have already taken place...however, you are not out of the running, as we will be taking you're best result from eight out of the ten races. Good luck folks!!

Get signed up for the first of these - the Lingfield 10's on 5th September. This is a lovely 10km race through some very nice countryside in Lingfield and Dormansland. To enter this great race please e-mail Dave Nottidge at Davidnottidge@hotmail.com

Good luck!

Scott, club Chairman.



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

Book you place for next weeks training session (01/09/2021) with Meghan Bowen.

With the evenings drawing in (boo!) please note the slightly earlier start - 6:45pm in the Rec at Imberhorne Lane.

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-meghan-bowen>

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