



Newsletter

Wednesday 3 November 2021

Contents

- Trevor's racing round-up
- This weekend's club runs - Gary Spring
- LRC coaching session - Dave Worsell
- Ann Bennett's Walking Netball Story - Ed.
- 10 Of The Worst Training Tips You Hear In Running #1 - Trailrunner

Reminders

- Advert: Social Secretary required
- **Updated:** Airman's Grave Run 2021 - Fiona Champness
- Club Grand Prix Series Update - Fiona and Dave
- Christmas handicap time change - Scott McDonald

Please submit any errata, comments, articles of interest, race reports, website ideas, complaints or pet hates to editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Not very much to report on this week. I have only got the Saturday 5k parkruns to mention. We were represented at the following seven venues: East Grinstead (18), Roundshaw Downs (1), Bath Skyline (1), Lincoln (1), Tilgate (4), Belton House (1) and Holkham (1). Well done to everyone who ran. Especially to **Dan Celani** who finished in 1st place at Holkham out of 241 finishers in a very good time of 18.26, and **Luke Davis**, first of 62 at East Grinstead in 19.07.

There are two events taking place this coming weekend.

On Saturday we have two men's and three ladies' teams taking part in the annual Reigate Priory Cross Country relays. These races have always been very popular with runners representing athletic clubs from a wide area.

A men's team is made up of four runners. Each runner completes one lap of approximately 2.5 miles making the total distance of the race ten miles. A ladies' team consists of three runners with each lady running one lap making the total distance 7.5 miles.

Good luck to everyone who is running.

On Sunday morning we have the annual running of the Dennis Crowhurst memorial race. This is a 4.8 mile handicap road race around Staffhurst Wood and Itchingwood Common.

We will be meeting in the Victoria Cub car park at 9.45am. When all are assembled and everyone has got an ID, we will share cars and drive to the start which is by the car park in Staffhurst Wood, next to the now redundant St Silvan's Chapel. We aim to be at the start by 10am or just after and start the race when we know everyone is there.

Please bring safety pins and your ID if you have one. If not you will be given one prior to

the start.

If you have not already entered could you please let Gary Spring know if you intend to run prior to Sunday if possible. If not please turn up at the club by 9.45am.

There is a Cup for the first Lingfield Running Club member to finish - provided you start off the handicap that you have been given. There are also small prizes for the first three runners to finish.

Michael Crowhurst who is Dennis' elder brother presented the cup to the Club in memory of Dennis in 1993. The race has been held every year since that date.

The race is also a double header because it is the last race in a series of four for the club handicap trophy. There are separate trophies for both the lady and the man who have most points from all of the four races. These are normally presented at the AGM.

Good luck everyone. I hope to see you on Sunday.

I am aware of one other trail event taking place this Saturday 6 November.

It is the Maverick Adidas Terrex Frontier race. The HQ is Slindon College. There are four different distances to choose from: 53k, 44k, 23k and 12k.

Have we got any of our members running in this event please? If you are running in any other events of which I am not aware please let me know.

Have fun and enjoy your running.

Trevor

30-Oct-21	27	LRC parkrunners		
	Position	Name	Time	Age grade
East Grinstead	1	Luke DAVIS	00:19:07	70.88%
62 runners	2	Tom SELLER	00:19:31	66.61%
	4	Doug BEWLEY	00:20:06	66.00%
	5	Steven PRICE	00:20:53	70.63%
	7	Brandon WEBB	00:23:05	63.90%

10	David WORSELL	00:24:08	60.64%
11	Vernon GIVEN	00:24:32	59.65%
15	Ian GREENAWAY	00:26:16	56.15%
30	Clare BERRYMAN	00:29:15	55.95%
31	Nevenka WORSELL	00:29:20	56.48%
32	Imogen EVANS	00:29:53	49.53%
34	Helen DAVEY	00:30:14	61.52%
38	Isla GREENAWAY	00:30:44	48.16%
40	Hannah CARTLEDGE	00:30:52	47.95%
41	Steve WARNER	00:31:02	54.03%
55	Nick HALL	00:35:18	39.57%
61	Lisa COMPTON	00:49:58	41.83%
62	Clare EVANS	00:50:00	35.73%

[Bath Skyline](#)

208 runners

80	Andrew HINDMARCH	00:26:17	58.97%
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[Belton House](#)

262 runners

119	David NOTTIDGE	00:27:52	60.17%
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[Holkham](#)

241 runners

1	Dan CELANI	00:18:26	75.14%
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[Lincoln](#)

283 runners

6	Joe ROBINSON	00:20:36	68.28%
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[Roundshaw Downs](#)

76 runners

31	George ENGLISH	00:25:50	66.13%
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[Tilgate](#)

266 runners

5	Dan OPPE	00:18:40	72.59%
124	Mike LOTHIAN	00:28:10	63.37%
127	Sue GARNER	00:28:14	84.36%
169	Kath GARRIDO	00:31:53	74.70%

[Back to top](#)

This weekend's club runs

Gary Spring

With the Cross-Country relays this coming Saturday afternoon and the Dennis Crowhurst Handicap race on Sunday, there is probably less demand, this weekend, for the usual Saturday morning run.

Anyone who still has the energy to run on Sunday morning could consider entering the Dennis Crowhurst run. It is all on road, fairly flat and less than five miles, the weather forecast is dry-ish and as the start time is not before 10:00am, you can still get your Sunday morning lie-in, so what's not to like?

As long as you remembered to crawl along at half-speed whenever Trevor was watching you running recently, you should get a good handicap time. The trophy is presented to the first person to cross the finish line so, as it is a handicap race, anyone could be the winner. Please come along and try your luck!

[Back to top](#)

Link to book a place for the coaching session

[Fiona](#) is in charge of next weeks coaching session at Imberhorne School (10/11). Meet by the track at 6:45pm.

Book your place here:

<https://www.eventbrite.co.uk/e/204397387087>

[Back to top](#)

Ann Bennett's Walking Netball Story

Graeme Bennett



An old work colleague of mine, Ann Bennett (no relation), has just written [an article](#) for England Netball on the joys of returning to exercise after retirement and what Walking Netball meant to her. The benefits were both physical and social.

If you know anyone interested, or you fancy a bit of unusual cross-training, England Netball are running [return to netball](#) courses near us.

10 Of The Worst Training Tips You Hear In Running #1

Trailrunner Magazine

This article just points out that what works for you might be different than what works for someone else. That individual variation can make running training nerve wracking, uncertain, and difficult. But I also think that not being 100% sure of the right answers all the time is what makes training incredibly freaking cool.



Bad Tip One: Your body needs to look a certain way or weigh a certain amount.

Being an athlete is all about finding your strong. Every runner that has long-term growth and success fuels their body adequately. For some athletes, that leads to complying with that formula espoused by Mr. Crap-Face. For other athletes, it means a body that looks different and weighs more or less. All are equally valid. And here's the biggest point of all: all are optimizing what they are capable of given their unique genetics and backgrounds. The problem is that a formula might be interpolated from an outlier, a person that won an Olympic medal or Western States. Interpolating from outliers is crap science, and it's crap physiology. Athletes that try to fight against their unique genetics and backgrounds will not adapt to training stimuli efficiently, and will almost always get slower with time. That time might not be tomorrow, but trying to fit into someone else's clothes or onto their scale is a ticking time bomb for athletic growth.

Three years ago, the New Zealand rowing team had a reckoning. A survey indicated that all but one athlete was at risk of low energy availability. Doctors, nutritionists, and coaches worked with athletes to change the culture and approach to fueling. Rower Brooke Donoghue summarized the wisdom that they applied leading up to the Olympics: “Now I understand being lean isn’t a priority, being strong is,” she said. “It doesn’t matter what I sit at on the scales. It’s opened us up to understand it’s not about a number but more about a good feeling, knowing we’re fuelling well.”

In Tokyo, Donoghue won a silver medal, and the whole team had breakthrough successes. Low energy availability from a focus on body weight can hurt the endocrine system and overall health. The New Zealand rowing team learned something else. Eating enough can fuel better performance, recovery, and adaptation. Food can act as a natural, legal, fun PED.

Move, eat, love, repeat. You found your strong. And your strong is perfect.

Reminders from previous newsletters



Advert: Social Secretary required

Scott McDonald

Hello everyone.

Now that lockdowns are a distant memory and we can socialise more easily, an

important role as Club Social Secretary is now available within Lingfield Running Club. This would be for nearly three years, to April 2024, in line with the club committee roles, although you would not be a member of the Committee.

While the Committee meets once a month, alternating Zoom and face to face meetings, you would not need to attend every meeting, only a few meetings to update the committee on proposed social events.

Your role would be to organise a few social events for club members. This could be a Christmas party, summer bbq, quiz night. You won't be on your own as other committee members will be there to support you.

If interested in applying or you have questions, then please email at chair@lingfieldrunningclub.co.uk



Airman's Grave Run 2021 - with update

Fiona Champness

There is an opportunity on Sunday 14th November to join Tunbridge Wells Harriers and East Grinstead Runners on a special Sunday Run to the memorial known as the

'Airman's Grave' on Ashdown Forest (new members should see below for significance).

This run was started by Andy Howey, Tunbridge Wells Harriers 10 years ago; in 2019 we had 60 runners from three clubs taking part. Andy is not in great health at the moment, however he is keen for the run to be supported and will walk ahead and lay the flour for us all to follow.

The full 12 mile run (six miles there and six miles back) will start from [St Johns car park](#) on Ashdown Forest at **9.10am** – please come in good time to leave *promptly* so that we can arrive for the two minutes silence at 11am. This car park is the next turning on the right after the Horder Centre in St John's Road if approaching from the Groombridge direction.

An alternative six mile run will start from [Gill's Lap car park](#) at **10.10am*** – please wait for the long run group to arrive to guide you. Similarly, this is three miles each way, so you have plenty of time to get to the Airman's Grave. All routes will be marked with flour as we go to help any latecomers on their way. I am planning to do the six mile route. If you are planning on doing the whole 12 miles, please let me know so I can drop Andy a note.

Please wear your **club vest** over your normal Sunday run attire, or bring it to don for the short ceremony. I suggest that you also bring a warm top to wear as it's likely to be rather chilly standing on the exposed hillside. Trail shoes are definitely recommended.

The total distance of 12 miles will be at an easy pace with plenty of regrouping over a stunningly picturesque route. Weather permitting, the ceremony is often graced with a flypast from a Tiger Moth which drops poppies over the assembled crowd. If you don't want to run, but would still like to join us for the ceremony, I suggest that you park in one of the car parks on the Nutley Road well before 11am as it normally becomes extremely congested.

Unfortunately, this does clash with the men's cross country event. However, I am sure there are a number of members who may wish to join us if they are not competing.

For those of you aren't aware of the historical significance of the Airman's Grave, this small walled garden just [south of the Hollies car park](#) is in fact the crash site of a WW2 aircraft. On the night of 31st July 1941, a badly damaged Wellington bomber was returning from a raid on Cologne when, unable to make it back to its base at RAF Binbrook in Lincolnshire, it crashed on the Forest. All six crew members were killed, with the 2nd Pilot, Vic Sutton being a local man from nearby Nutley. Although none of the crew were buried there, the mother of the 2nd Pilot established a small memorial which grew in size as years passed.

In recent years, the Friends of Ashdown Forest have held a brief and informal remembrance ceremony at the site, and this has now become a very popular event with hundreds on foot and horseback in attendance. I have also emailed to conservators to see if we can once again lay a wreath.

**** there will also be a group leaving Gills lap at 9:45, to run at a slower pace.
Any questions please let Fiona Brown know.***

[Back to top](#)

Club Grand Prix Series – Update

Fiona Champness & David Watkins

After various discussions, the committee has decided that the 2021 Grand Prix will conclude with the following races:

XC November - November 13th (ladies) or 14th (men)

Hampton Court 10k – 21st November

Weybridge 10k – 5th December

EG Parkrun - 18th December

Turners Hill – 26th December

(8 events to count)

We will then **re-start the Grand Prix in 2022**, with the 8th January EG Parkrun.

[Back to top](#)

Christmas handicap fun run - update

Scott McDonald

Following feedback from club members, the club Xmas handicap fun run will start at the **slightly later time of 10.30am** - same place on Saturday 11th December.

This will allow the East Grinstead parkrun volunteers time to join us in Lingfield for the run. For the super fit, perhaps you might want to run the parkrun and club run as a double! Look forward to seeing you!

After our run, we return to the Victoria Club for the results, a festive drink and prizes. Graeme and Susie will present the winner with the Matt Bennett trophy in memory of their son. The current trophy holder is Donna De Luca.

There are prizes for everyone and, to assist with these costs and to make a donation to POPYRUS (a charity supporting the prevention of suicide in the under 35s in the UK), the entry fee is £3, payable on the day.

[Back to top](#)
