



Newsletter

Wednesday 24 November 2021

Contents

- [Trevor's racing round-up](#)
- [This weekend's club runs - Gary Spring](#)
- [LRC coaching session - Dave Worsell](#)
- [Quiz winner - Ed.](#)
- [NEW: Gary's Training Tips #1 - Gary Spring](#)
- [Do fitter people drink more alcohol? - Runner's World](#)

Reminders

- [Christmas Handicap update - Scott McDonald](#)
- [Club Grand Prix Series Update - Fiona and Dave](#)

Polite request from Kellie

Can you leave dirty/muddy footwear outside the back door before you come into the club bar area after a run. Thank you.

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

Follow us via





Trevor's Racing Roundup

Hello Everyone.

We were well represented last weekend with over 40 of our members competing in a variety of races.

The 5k Saturday parkruns again proved very popular with a total of 37 of our members running at nine different venues: East Grinstead, (23), Nonsuch Park Sutton (1), Tilgate (5), Roundshaw Downs (1), Hampstead Heath (2), Bath Skyline (2), Poole (1), Woking (1) and Worthing (1). Everyone's times and positions are listed below.

Well done to everyone who ran. Especially to **Dan Celani** and **Doug Bewley** who finished in 2nd and 3rd places at East Grinstead and **Harry Sterling** for finishing in 4th place at Worthing in a very good time of 16.56.

We were represented in both the Crowborough 5k and 10k events on Sunday. The 10k is a particularly tough event as it is run over two very hill laps with a short but sharp uphill finish. There were a total of 212 that finished the 10k. Most were runners from clubs in East Sussex. The winner was Rowan Tully of Seaford Striders in a time of 36.09. The winner of the ladies' race was Ellen Beach who finished in 4th place overall in a time of 39.16. She was representing Hastings AC.

We had five runners taking on the challenge of the 10k course. All ran very well and finished strongly. The Lingfield names and times are shown below:

65	Ian Greenaway	49.29
126	David Nottidge	57.08
139	Sue Garner	58.59
162	Isla Greenaway	61.28
195	Theresa Donohue	68.51

Well done everyone. Especially to **Sue Garner** for finishing in 1st place in her age group.

The 5 kilometre race was over the same course but only over a single lap. There was a small entry for this event with just 37 runners. The race was won by Carl Barton of Hailsham Harriers in a time of 21.07. The person in 2nd place was Laura Larner of Epic Fitness in 21.47.

Katie Cahill-Smith was the only Lingfield runner in the race. She had a really good run to finish in 8th place overall in a time of 28.22. She was the second lady to finish and was first in her age group. Well done Katie.

Also on Sunday we had two members taking part in the Hampton Court Palace 10k event. This was also the next race in the Club's Grand Prix series for 2021. There was a total of 2,131 finishers.

The winner of the race was Ollie Garrod of South London Harriers in a very quick time of 33.16. The first lady to finish was Natalie Lawrence in a time of 39.14. Our two Lingfield runners were **Richard Adams** and **David Worsell**. Both had very good runs and finished with good times and positions as follows:

101	Richard Adams	43.44
210	David Worsell	47.07

Very well done.

I have attached the current Grand Prix totals for [ladies](#) and [men](#).

The BMAF (British Masters Athletics Federation) promoted a 10k race at Gravesend on Sunday. This attracted some of the best club runners from across the South of England. It was arranged in five year age bands from the age of 35 and upwards. There were a total of 173 athletes taking part across all of the age groups.

Maggie Statham-Berry was our only runner taking part. Maggie had a really good run and finished in 2nd place in her age group with a time of 52.42. Very well done Maggie.

Michelle Hollins also ran in a challenging event over the weekend. It was the Thorney Island Trail Run. It was over a distance of 15 kilometres. There were a total of nearly 400 finishers. Michelle finished in an excellent 84th place in a time of 1.22.16 and was placed 16th out of 206 ladies. She was also 2nd in her age group. Great running Michelle.

I hope that I have not overlooked anyone. Please let me know if you are running in any races in the near future.

Have fun and enjoy your running.

Trevor

20-Nov-21	38	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	2	Dan CELANI	00:19:24	71.39%	
97 runners	3	Doug BEWLEY	00:19:25	68.33%	PB
	5	Steven PRICE	00:19:48	74.49%	
	6	Joe ROBINSON	00:19:49	70.98%	
	13	James WILLIS	00:22:10	63.98%	
	21	Brandon WEBB	00:23:19	63.26%	
	27	Simon COOK	00:24:54	61.18%	
	29	Vernon GIVEN	00:25:16	57.92%	
	31	James KILFIGER	00:25:21	57.26%	
	39	Martin PAYNE	00:26:19	63.71%	
	42	Nick HALL	00:27:00	51.73%	
	49	Tom CARTLEDGE	00:27:27	56.95%	
	51	Keith CHAMBERS	00:27:49	59.20%	
	60	Nevenka WORSELL	00:28:53	57.36%	
	61	Steve WARNER	00:28:57	57.92%	
	62	Nick CHAMPNESS	00:29:00	48.91%	
	63	Helen DAVEY	00:29:07	63.88%	
	66	David NOTTIDGE	00:29:39	56.55%	
	67	David WATKINS	00:29:42	53.54%	
	71	Isla GREENAWAY	00:29:59	49.36%	
	78	Hannah CARTLEDGE	00:31:39	46.76%	
	82	Donna DE LUCA	00:32:02	47.45%	
	89	Samuel CHAMPNESS*	00:35:12	50.57%	
	90	Fiona CHAMPNESS	00:35:14	45.98%	
* honorary member					
Bath Skyline	34	Luke DAVIS	00:21:18	63.62%	
228 runners	73	Sophie DAVIS	00:24:40	61.35%	
Hampstead Heath	54	Ian GREENAWAY	00:23:48	62.46%	
292 runners	262	Theresa DONOHUE	00:35:10	50.81%	
Nonsuch Park	8	Jeremy GARNER	00:18:28	78.61%	
515 runners					
Poole	42	David BEALE	00:19:03	79.97%	
676 runners					
Roundshaw Downs	41	George ENGLISH	00:25:07	68.02%	
127 runners					

Tilgate	7	Dan OPPE	00:18:28	73.38%	
336 runners	104	Aly WARNER	00:26:49	59.79%	
	129	Mike LOTHIAN	00:27:46	64.29%	
	202	Kath GARRIDO	00:31:25	75.81%	
	327	Jane JONES	00:49:00	33.40%	
 Woking	137	Lisa COMPTON	00:27:21	76.42%	
283 runners					
 Worthing	4	Harry STERLING	00:16:56	76.18	PB
472 runners					

[Back to top](#)

This weekend's club runs

Gary Spring

This coming weekend, Kevin will be leading a group on Saturday morning at 9am. The run is hilly, with a mix of lanes around Cowden and trails up into Dry Hill. Distance will be 8-9 miles at a pace between 9-10 minute miles. We will start from Kevin's house in Spode Lane, Cowden. I plan to be at the Club to offer anyone a lift there or lead a convoy, leaving at 8:40am. If you want to go straight there, please contact Kevin or myself for directions.

At the time of publication, no group leader has been identified for this weekend's 10am club run but if anything changes before Saturday, the details will be posted on the club Facebook page and website calendar.

If anyone of you have other runs planned ahead and don't mind swelling your ranks, please consider adding them to this weekly newsletter feature (send the information to the newsletter editor, see email address, below) or post it on the club Facebook page, so other members can consider joining in. Just make sure you are clear on pace, distance, type of terrain and start location, so there is no cause for complaint from anyone. Also, feel free to send photos of your group runs to editor@lingfieldrunningclub.co.uk for inclusion in this weekly article.

We had two groups running from the Club last Saturday. There were six of us who left at

9am. Here is a photo of the merry band, clustered in front of the Crowhurst Yew, thought to be the oldest yew tree in England, possibly 4,000 years old. Made us all feel young again!



Scott also took a group of six for the 10am start, who adjourned to the Victoria Club afterwards, for a welcome cup of tea. Unfortunately, no photo, but Scott has promised them for future group runs!

[Back to top](#)

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

Book now for next week's Wednesday (1st December) coaching session with James Kilfiger (TBC), 6:45pm @ Imberhorne Upper School.

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-james-kilfiger-tickets-216808188127>

Quiz winner

Editor

The first person to respond with the correct answer to the Garrido/ Christmas Quiz question last week was Sue Garner. She beat Wendy Smith by three minutes.

Congratulations, Sue, a lottery scratch card will reach you in the near future.

Training Tips

Gary Spring

We thought it might be useful to run a series in our newsletter, covering Running Training Tips. There is plenty of useful information on the Internet, but here is a condensed set of tips that may be relevant to you and make you consider doing further research online.

#1. First, the Basics....



Don't run when you're injured – If you do, the likely result is a long lay-off when the pain gets too much and/or a costly physio bill. Do not try to mask the pain by altering your natural running style as this may over-stress other muscles and joints and create longer-term problems. There is always another race; don't feel bad about not turning up or not finishing, if you have an injury. This can be a tough decision if you're committed

to raising £000s for charity with your run, but for the good of your physical and mental health, it is the right one to make. If you are regularly picking up injuries, this may be because of incorrect or worn running shoes (see below) or a running style problem that is putting excessive stress on parts of your body. Running style will be covered in Training Tips #2, next week.



Get the right running shoe – The quality and fit of your shoes is critical to minimizing running injuries and giving you confidence to increase your mileage and speed. It's worth the extra cost of going to one of the specialist running shops, who use treadmills with a video camera, to analyse your running gait and identify the right design of shoe for you. They may also offer you comments on your running style and ways to improve it. And don't forget to ask if they give a club discount!

Be prepared to replace your shoes after they've covered a significant mileage, say 300 to 500 miles, depending on how hard you land, even though they don't look that worn. The middle sole is likely to lose its damping properties long before the outer sole tread wears away. They will still be good for casual wear and gardening, or you could donate them to a clothes recycling company, so don't throw them away!

Good running shoes are really your only major running expense, so don't hesitate to replace them when the time comes – it is likely to be less expensive than the physio costs to repair foot and leg damage caused by worn-out shoes.



Dress Lightly – Your body temperature will increase when you start running but, if you're wearing too many layers of clothes, you may not be able to run as fast you want, because your body is over-heating. It is probably not something you want to hear as we come into winter, but try putting up with a half mile of being cold, for the longer benefit of running comfortably at a faster rate for the rest of the run.

Rest assured that you do not need to be a six-minute miler to run in just a singlet or T Shirt. There is a lot of proven evidence that the body will try to maintain an inner core temperature of around 37 deg C, regardless of the outside temperature and your level of fitness. You are very unlikely to freeze, though once you are warmed up, it is wise not to stop or slow down for too long, if the outside temperature is low. As a precaution, if you think you will be stopping or slowing down significantly at times, during your run, tie a light, wind-proof jacket around your waist so you have something to retain your body heat, when needed.

In the extreme situation where you're attempting a marathon in well-insulated fancy dress, do make sure to try it out on a practice run of significant distance to confirm you're not going to expire with heat-stroke half-way round!

[Back to top](#)

Do fitter people drink more alcohol?

[Runner's World](#)



'The moderate and highly fit people were significantly more likely to be moderate or heavy drinkers.'

As hard as I try, it doesn't seem to be working for me though - Ed.

[Back to top](#)

Reminders from previous newsletters

Christmas handicap

Scott McDonald

Please put Saturday 11th December in your diary. 10.15am start at Victoria Club or join us at the start on Racecourse Road opposite racecourse entrance at 10.30am for our Xmas Fun run. Prizes for everyone that enters. £3 entry goes towards a charity preventing suicide in young people.

Please get into the Christmas spirit and wear Santa hat, fancy dress etc. Prizes are back at the Victoria club where we hope everyone will join us for tea, coffee or as the bar will be open, something stronger. Please note it is cash only in the bar.

As said, prizes for everyone and, if anyone wishes to donate a prize, it will be much appreciated.

To help with organising, please email membershipsecretary@lingfieldrunningclub.co.uk to enter or volunteer. We will need time keepers and Marshalls.

More than happy to have a few supporters cheering us on around the 4.5 mile course through Dormansland and Lingfield. If you have your running number from previous club runs, please wear that.

Money will be collected on the day, but please bring correct change.

Early entry helps with handicap times and buying prizes. Look forward to seeing you.

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:

Weybridge 10k – 5th December

EG Parkrun - 18th December

Turners Hill – 26th December (now cancelled)

(8 events to count)

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