



## Newsletter

**Wednesday 22 December 2021**



## Contents

- [Trevor's racing round-up](#)
- [Chair's Christmas message - Scott McDonald](#)
- [Grand Prix race series 2021 and 2022 - Dave and Fiona](#)
- [Papyrus donation final score - Graeme Bennett](#)
- [This weekend's club runs - Gary Spring](#)
- [LRC coaching session - Dave Worsell](#)
- [Training Tips #5 - James Kilfiger](#)
- [Christmas crackers - run-for-good.com](#)

### Reminders

- [Dee D's Diary - Dee De Luca/Ed.](#)

*Tip: to get the most from the newsletter, view it on a PC or laptop.*

Please submit any questions, moans, articles, RACE REPORTS, website or favourite  
Xmas present ideas to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

Follow us via



### Trevor's Racing Roundup

Hello Everyone.

There was a total of 37 runners taking part in the weekly 5 kilometre parkruns last Saturday, at the following ten different locations: East Grinstead (24), Beckenham Place (1), Edinburgh (2), Ifield Mill Pond (1), Mersea Island (2), Nonsuch Park (1), Seaford Beach (1), Tilgate (3), Preston Park (1) and Worthing (1).

Well done to everyone who took part, especially to those who finished in the top three at their events.

At East Grinstead, **Luke Davis** and **Tom Seller** were second and third, with **Michelle Hollins** third lady. Down on the south coast, **Dan Celani** was second again at Preston Park in a very good time (and PB) of 17.14, while **Joe Robinson** came third at Seaford Beach. Last but not least, at Tilgate, **Kieran Barnes** was third in a PB of 16.23.

The East Grinstead parkrun was the final race in the 2021 Open Grand Prix, so congratulations to **Richard Adams** and **Michelle Hollins** for comfortable victories. There is a report later on in the newsletter, but here are all the placings:

[Men's GP totals](#)

[Ladies' GP totals](#)

I have not received reports of any other races that took place last week. If I have overlooked anyone please let the [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk) know.

Have fun and enjoy your running.

Trevor

<b>18-Dec-21</b>		<b>37</b>	<b>LRC parkrunners</b>			
	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>	
<a href="#"><u>East Grinstead</u></a>	2	Luke DAVIS	00:19:25	69.79%		
67 runners	3	Tom SELLER	00:19:54	65.33%		
	5	Steven PRICE	00:20:24	72.30%		
	7	James WILLIS	00:23:01	61.62%		
	13	Richard ADAMS	00:24:21	56.88%		
	16	James KILFIGER	00:25:25	57.11%		
	17	Ian WATKINS	00:25:45	62.85%		
	18	Vernon GIVEN	00:25:58	56.35%		
	23	David NOTTIDGE	00:26:35	63.07%		
	24	Martin PAYNE	00:26:50	62.48%		
	26	Michelle HOLLINS	00:27:02	67.88%		
	32	Fiona CHAMPNESS	00:28:29	56.88%		
	33	Nick HALL	00:28:33	48.92%		
	45	Isla GREENAWAY	00:30:31	48.50%		
	46	Ian GREENAWAY	00:30:31	48.72%		
	47	Helen DAVEY	00:30:47	60.42%		
	48	Steve BRINKLEY	00:30:56	53.23%		
	49	Terri SCOTT	00:31:12	56.52%		
	53	David WATKINS	00:32:42	48.62%		
	58	Clare EVANS	00:35:12	50.76%		
	60	Samuel CHAMPNESS*	00:35:24	50.28%		
	61	Nick CHAMPNESS	00:35:24	40.07%		
	62	Kath GARRIDO	00:36:45	64.81%		
	67	Lisa COMPTON	00:45:33	45.88%		
		* honorary member				
<a href="#"><u>Beckenham Place</u></a>	85	George ENGLISH	00:25:57	65.83%		
200 runners						
<a href="#"><u>Edinburgh</u></a>	103	David WORSELL	00:22:10	66.02%		
372 runners	211	Nevenka WORSELL	00:26:38	62.20%		

<a href="#">Ifield Mill Pond</a> 94 runners	40	Aly WARNER	00:27:27	58.41%	
<a href="#">Mersea Island</a> 71 runners	25 61	Steve WARNER Marie WARNER	00:27:57 00:40:24	59.99% 48.72%	
<a href="#">Nonsuch Park</a> 449 runners	12	Jeremy GARNER	00:18:54	76.81%	
<a href="#">Preston Park Brighton</a> 343 runners	2	Dan CELANI	00:17:14	80.37%	PB
<a href="#">Seaford Beach</a> 155 runners	3	Joe ROBINSON	00:18:36	75.63%	
<a href="#">Tilgate</a> 318 runners	3 7 137	Kieran BARNES Dan OPPE Sue GARNER	00:16:23 00:18:37 00:28:17	78.74% 72.78% 84.21%	PB
<a href="#">Worthing</a> 389 runners	12	Paul BLACKMORE	00:18:43	82.10%	

[Back to top](#)

### **Chair's Christmas message**

Scott McDonald

Christmas means different things to different people. For me, Christmas is a time for being with my partner, our 2 kids and our 4 legged friend, a time to reflect on the good and not so good things that have taken place during the previous 12 months.

It can also be a painful and sad time for many families, particularly for people who have suffered bereavement over the past year or been unwell.

I would encourage people to rally around their family, friends and neighbours and

provide them with the help and support that they may need so they are not alone. I will also be thinking of my ex colleagues in the Emergency services, including the NHS, ( I spent a long time in the Police and a short time in the Ambulance service ) who, along with many other important workers and volunteers, have kept us going during the pandemic.

The past nine months as club chairman has been a tremendous experience for me and has seen a much needed return to face to face training, club runs, Grand Prix events and cross country. I am grateful to everyone who has supported the club - turning up for training, cross country, marshalling, supporting, and the great atmosphere at our recent club Christmas run that saw a great turnout of runners, supporters, volunteers, mince pies and fantastic generosity in raising nearly £500 for our charity.

I look forward to next year's cross country, club running events, social gatherings as we have a new social secretary and getting involved in club training.

I will continue to be the club Mental Wellbeing Champion. It has meant a lot to me when I supported a few club members during this year. Quite often it was just about listening but if you know of any club member that might be unwell, or lonely and would benefit from a phone call or message, then I am more than happy to make contact and support.

So time to recharge your batteries and ready yourself for the challenges that lie ahead in 2022.

[Back to top](#)

---



*Photo by Clare Berryman*

### **Club Open Grand Prix race series**

Dave Watkins & Fiona Champness

Last Saturday's East Grinstead parkrun (above) saw the completion of this year's Club Open Grand Prix Series. Owing to the many Covid-related race cancellations, it was a much-reduced set of races, with the best eight results of the ten remaining races counting towards the trophy. Considering the difficulties of attending organised events this year, there was still a good turnout from the club, with 81 different members recording a result in at least one of the races, and Richard Adams leading the pack in managing to complete nine of them.

**Michelle Hollins** wins the Ladies' trophy, completing seven of the races, which included five 1<sup>st</sup> places. Fiona Champness and Isla Greenaway are 2<sup>nd</sup> and 3<sup>rd</sup> overall, in the Ladies' results.

**Richard Adams** is the winner of the Men's trophy, with three 1<sup>st</sup> Places and a 2<sup>nd</sup> Place among his nine finishes. James Willis and James Kilfiger are 2<sup>nd</sup> and 3<sup>rd</sup> overall in the Men's results.

The full set of results can be found using the following links:

[Men's GP totals](#)

[Ladies' GP totals](#)

### **2022 Grand Prix Series**

These are the events the Committee is considering for next year's GP.

<b>Grand Prix races</b>	<b>2022 date</b>
EG park run	8th Jan
T Wells half marathon	20th Feb
Bushy Park 10k	13th March
Mel's Milers 10k	3rd April
Hartfield 10k	?
Gatwick Half	8th May
Dorking 10m	12th June
Reigate evening 10k	June
Kings Head 5k	August
EG 10K	September
Titsey Trail Race	October
First Surrey League xc	October
Reigate xc relays	October
Brighton 10k or Tilgate Parkun	November
Crowborough 10k	November
EG parkrun or Xmas handicap	December

[Back to top](#)

## The final results are in ...

Graeme & Susie

Including a donation made direct to justgiving, club members contributed £307 to Papyrus from the Christmas handicap day, plus another £158 from the pottery which Susie sold on the day. That is a grand total of £465. Thank you to everyone who contributed to such a successful day.

<https://www.justgiving.com/fundraising/formatt-bennett>

**JustGiving** Menu Start Fundraising Search Graeme



**89%**  
**£8,951**  
raised of £10,000 target  
by 21 supporters

**Give Now**  
Share

**Alex Bennett**  
**In memory of Matt**  
Fundraising for PAPHYRUS Prevention of Young Suicide

**PAPHYRUS**  
**PAPHYRUS Prevention of Young Suicide**  
We support young people at risk of suicide to stay safe and find hope in

**Alex Bennett**  
Fundraising for PAPHYRUS Prevention of Young Suicide

We're raising money in memory of Matt Bennett who took his own life on 8th June 2018. He is sorely missed by all of his family.

**Share this story**

**f** Facebook **t** Twitter **✉** Email

**Give Now** **Share**

**Susie and Jane** 1 minute ago  
With pottery sales of £507 from our Lingfield Day stall and £158 from Lingfield runners' sales, we're donating this in memory of our lovely son Matt, very much missed. Thanks to all who contributed.  
**£665.51**

**Lingfield Running Club** 6 hours ago  
Club members raised £287 at their Christmas handicap race on 11 December. This was from race entries, donations and the auction of special gifts procured by our Chair. Susie & Graeme are very grateful  
**£287.00**

**Andrew Hindmarch** 8 days ago  
**£20.00 + £5.00 Gift Aid**



[Back to top](#)

---

### **Club weekend runs**

Gary Spring

Last Saturday, seven of us ventured up onto Dry Hill as part of a 10 mile loop, while Scott, Bob and Scott's dog must have taken a much drier route elsewhere (after comparing the relative amount of mud on all our legs). Scott told us how much he paid for his dog, so I can understand why he did not want to get it dirty.

Last Sunday, Ian Watkins' Sunday Striders welcomed the addition of Peter Vaughan, to their ranks. In the photos, below, Peter (in blue top) seems unflustered by the significant temperature drop between here and where he works in Abu Dhabi, while Michelle seems to grab the most attention with the extendable antlers on her hat.



This coming Saturday, (in case you haven't noticed), is Christmas Day, so the assumption is that you will have other priorities that morning (assuming you're taking a break from parkruns).

Unfortunately, there is no race at Turners Hill the next day, but that is no excuse to lounge around eating mince pies all weekend, so the plan is to do the 'Work off the Turkey' run on Sunday morning (substitute 'Turkey' for 'Nut Roast', if you're a veggie). The run will start in Herontye Drive, East Grinstead, at the point where the Forest Way crosses the road.

The start time is 8:30am, and if you get there early, there's a handy bench to sit on while you wait for the others to turn up. The run will be about 10 miles. It will be hilly and muddy, but the pace will be sedate. If anyone wants to do a shorter distance, there will be the option of cutting out some of the route, as it will be a 'Figure of Eight' configuration. Think of it as a great opportunity to try out the new running gadgets or clothing you got in your stocking the day before!

As always, please advertise your weekend runs in the club newsletter or on the club Facebook page and send any photos you take to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk) for inclusion in this weekly article.

[Back to top](#)

---

### **Link to book a place for the coaching session**

Dave Worsell

Come and run off those Christmas mince pies at our next club training night on Wednesday 29th December with yours truly.

Please meet at the car park in Imberhome Lane @ 6:45pm and remember to bring headtorches and hi-viz.

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-dave-worsell-tickets-231430704467>

[Back to top](#)

---

## **Training Tips #5**

James Kilfiger

### **The alactic system**

As you run there is a beautiful biochemical ballet in your muscles!

Muscles can only pull. They contract in response to signals received through nerves from the brain. Inside muscles, the protein myosin actually contracts. To do so it binds with adenosine tri-phosphate (ATP) which provides the energy for the contraction. As the name suggests, ATP has three phosphate groups. As it provides energy to the myosin protein, it loses one phosphate to become adenosine di-phosphate (ADP).

Respiration, then, is the process by which glucose is decomposed to lactic acid or to carbon dioxide, and the energy released is used to convert ADP back to ATP.

### **The 'Energy-as-Money' analogy**

You can think of ATP as being the energy 'cash'. It can be easily accepted by most of the systems in your body. It can power a wide range of chemical reactions. But like cash, your body doesn't keep much ATP in reserve. You have only about one second's worth of ATP in your muscles.

If ATP is cash, then glucose, fats and glycogen are the body's saving accounts. There is plenty of energy in the savings accounts, but it takes time to convert it to cash. At normal levels of exertion, your body can take from the glucose and fat 'savings' and keep the amount of ATP cash stable. It can do this most efficiently with aerobic respiration, but at a higher rate by additionally using the lactic acid system.

But sometimes you need a little extra ATP. It would be useful to have a current account that can be accessed quickly even if it can't store large amounts of energy. And, of course, your body has just such a thing. The creatine-phosphate system.

Your body can take a molecule of ATP, and transfer the phosphate to a molecule of creatine. This produces creatine phosphate (CP). You can't use CP directly to power muscles, but if there is ever a shortfall in the supply of ATP from respiration, your body can use the CP to add a phosphate group to ADP. It can do so quickly and without oxygen, and without producing any toxic by-product like lactic acid. Creatine phosphate acts as a short term store of energy. The catch is that there is normally only 3 to 8 seconds worth of CP in your muscles and, if it is used up, you need to make more using ATP, that can't then be used to make your muscles move.

### Training the alactic CP system

As with anaerobic lactic acid training. You need to have a good baseline aerobic fitness to train the alactic system effectively. You use the aerobic system to recover, so before you start the high intensity training required for the alactic system, you should build your aerobic fitness by endurance training.

The plan for alactic training is short sharp sprints, with recovery time. As with most training, we aim to stretch the system with the intention that it will recover to a higher level of fitness. For the CP system, this means greater storage of CP and greater availability of the enzymes required to convert  $CP + ADP \rightarrow ATP$ .

$$\underline{((30 + 30) \times 3 + (3 \times 60)) \times 3}$$

A training session for the alactic CP system might look like:

- A warm up - with lots of flexibility, as you will be working your joints hard.
- A five minute jog to build the heart rate to about the aerobic threshold level.
- 30 metre sprint followed by 30 seconds jog. (30+30) repeated 3 times (x3)
- A full recovery, at a very gentle jog for three minutes, or until the heart rate has recovered well below threshold. (3x60)
- The sprints and recovery repeated three times. This whole routine lasts about 15 minutes.
- Jogging to cool down and stretches to ready muscles for recovery.

If this is done right, you won't get the aching muscles that indicate lactic acid buildup. You will produce your five second burst of speed using CP, and then recover aerobically.

Sprinting requires a slightly different technique to endurance running: you should try to keep your torso upright, holding your head still. Then you will need to pump with your arms. With your arms bent at about 90 degrees, your hand will move from 'hip' to 'lip', but still keep your shoulders relaxed and steady. You will need to raise your front knee higher and drive it straight down into the ground. Straighten your back leg to get the most out of each stride. Don't overstride, keep your steps short and powerful. Longer strides are like a higher gear: good when you have reached top speed, but with less power and acceleration. In a 30m sprint, you will only be approaching top speed before it is time to slow down.

### Other factors

Besides the energy systems there is another chemical system that can become tired and make your muscles feel weak: the neurotransmitters that pass the message from your brain to the muscles. These are chemicals too, and like ATP, there is a limited amount of them, and reserves need to be replenished. Sometimes when you feel that your muscles won't respond the way you want them too, it is not a lack of energy or even oxygen in the muscle, but a lack of neurotransmitter connecting the nerve to the muscle.

A balance of training will cause your body to build up greater reserves of neurotransmitters. So it is good to mix sprints, hills and endurance training rather than focusing on one aspect at a time.

Finally much of the race is run in your head. Bodies are capable of remarkable things. Sometimes the only thing you need is a desire to go faster and a belief that it is possible.

2022 is just around the corner. What marvellous things will you do with your body next year?

[Back to top](#)

## Christmas Crackers

[Run-for-good.com](http://Run-for-good.com)



If, like us, you're making your own running-themed Christmas crackers this year, here's some witty sayings for those little bits of paper inside.

'Life is short. Running makes it seem longer'

'I run because I love my body. And carbs. I love carbs'

'This seems like a lot of work for a free banana'

'If you're on the treadmill next to me, the answer is yes, we are racing'

'Whenever I see someone running faster than me, it's safe to assume they are not going as far'

'You know you're a runner when the most expensive shoes you own are running shoes'

'If you see me collapse, pause my Garmin'

'That awkward moment when you're wearing Nike and you can't do it'

'A good run is like a cup of coffee. I'm much nicer after I've had one'

'How do you know if someone ran a marathon? Don't worry, they'll tell you'

'Slow runners make fast runners look good. You're welcome'

'Long-distance running is 90 percent mental and the other half is physical'

'My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already'

[Back to top](#)

---

## **Reminders from previous weeks**

### **Dee D's Diary**

Dee De Luca

As we couldn't have a Xmas Meal together, I am keen to get something sorted for a New Year meal and catch up. Please can you vote for 8th or 22nd January as your preferred date, either on Facebook or email me at [socialsecretary@lingfieldrunningclub.co.uk](mailto:socialsecretary@lingfieldrunningclub.co.uk). It will likely be evening, so 7pm'ish ...

And, if you def can make it, can you please tell me your preferred food option, if you have one.

It doesn't have to be Lingfield but whether you'd prefer a pub, curry, pizza, Italian etc. I have room in my car to give 3 people a lift and I won't be getting drunk as I'll have to drive home to Redhill.

It would be great to see any of you for a catch up. Meanwhile, I have put a full list of my suggested events for 2022 on the [club website](#) and notices on the Victoria Club notice

board.

Please let me know what you think.

[Back to top](#)



[Back to top](#)