

NEWSLETTER

Wednesday 14 August 2019

The only place success comes before work is in the dictionary

Contents

- **Dates for the diary**
- **Trevor's Racing Round Up**
- **Important notice regarding safety during club events**
- **Beat Box Hill - 2 free places for club members**
- **Brighton 10k - where to enter (club 10k championship event)**
- **Selection of articles I've found online that you may find interesting**

DATES FOR THE DIARY

Sunday 11 August Wimbledon 5km (Surrey road league event)

Sunday 15 September Hatchland Run 10km (see facebook for flyer with further details)

Sunday 29 September Punch Bowl Challenge incorporating Punch Bowl 10km (see facebook for flyer with further details)

Saturday 12 October	Mens cross country event at Richmond Park Ladies cross country - Reigate
Sunday 13 October	Royal Parks Half Marathon - charity place offered (see facebook page for details)
Saturday 2 November	Reigate Priory relays
Saturday 9 November	Ladies cross country - venue to be confirmed Mens cross country - Epsom Downs
Saturday 11 January	Ladies cross country - Guildford Mens cross country - Oxshott
Saturday 8 February	Ladies cross country - venue to be confirmed Mens cross country - Lloyd Park

Trevor's Racing Roundup

Hello everyone,

As far as I am aware we had our largest turn out ever of 5 k Park runners last Saturday.

By far the largest turn out was at East Court for their 100th anniversary Park run where we was a total of 48 Lingfield runners. We were also represented at the following 7 Park run venues where we had 1 runner at each: Tilgate, Banstead Woods, Aviemore, Homewood Park, Seaton, Reigate Priory and Mole Valley.

Very well done to everyone who ran and promoted our club over such a wide area. Especially

to Luke Davis for finishing in 2nd place at East Grinstead in a very good time of 17.49.

Also on Saturday Kieran Barnes and James Ward took part in a half marathon organised by Sussex Trail events. The event was known as The Hard Way Half. This was the 4th year that the race has been held

The web site described it as starting at Underhill Lane, Clayton which was followed by a "lung bursting climb" up to the South Downs Way then following the SDW to Housedean and returning by the same route.

An amazing run by Lingfield's Kieran Barnes saw him win the race by just over 2 minutes in an excellent time of 1.39.28 for this very testing, hilly Downland course. Also another very good run by James Ward saw him finish in 5th place just under 5 minutes later in 1.44.06. Very well done both of you.

Earlier in the week on 7th August we had a total of 4 of our members running in the Highdown Hike which followed a 3 and half mile route over the South Downs. This was West Sussex Fun Run league fixture.

As we (Lingfield) are not members of this league our 4 runners chose to run for their 2nd claim clubs of Saints and Sinners Crawley and Henfield Joggers.

The race was won by Alex Rawlinson of Portslade Hedgehoppers in 24.04 and the first lady to finish was Jade Elphick also of Portslade in 26.22.

Details of our runners times and positions are shown below:

87	Ian Greenaway (Saints)	30.45
139	David Chase (Henfield)	33.19
164	David Razzell (Henfield)	34.14
275	Theresa Donohue (Saints)	41.09

415 Finished

Well done all of you.

On Sunday 11 August we had 2 runners taking part in the Dorney Lake Half Marathon. This was a 4 lap course around the lake. The course around the lake was flat but conditions on the day made were difficult because of the strong winds.

Our 2 runners were Richard Adams and Lisa Compton. Both ran really well and produced some very good times.

Richard finished in a very pleasing 40th place in a time of 1.36.21 which put him in 3rd place in his age group.

Lisa also had a great run and finished in her 2nd best ever half marathon time of 1.45.46. She was also the 14th lady to finish in the race and was the winner of her age category.

Very well done both of you.

On Sunday we had 4 club members taking part in the 6th and final race in the 2019 Surrey Summer Road League series. The race was also the Surrey AA county 5 kilometre championships so as usual there was a very competitive field.

The race was won by Andrius Jaksevicius of Belgrave Harriers in a quick 15.43.

Jeremy Garner was the first Lingfield club member to finish but he was competing for his 2nd claim club of Epsom Oddballs . Jeremy finished in very good 44th place in 18.49.

The times and positions of our other 3 runners who were representing Lingfield in the team race were as follows:

94	Michael Manwill	21.46
118	Claire Ziegler	23.09
134	David Nottidge	24.19

The final county team and individual age group times have not so far been published.

However our club does have trophies for both the lady and man with the highest number of points from these six races.

The winner of the ladies club trophy goes to Clair Ziegler with a total of 98 points. Sue Garner was placed 2nd with a total of 70 points.

The winner of the men's club trophy goes to David Nottidge who ran in all 6 races. He gained a total of 106 points. Michael Manwill was placed 2nd with a total of 70 points

I have attached the full tables of results for both ladies and men.

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/d17cc5e2-4bde-4425-ba5a-5739d0fc9535/SurreyRoadLeague2019_08_14_F.pdf

https://gallery.mailchimp.com/06ee37595aba77e0e81ded734/files/91219e00-7103-4935-9eeb-b56fe290ce87/SurreyRoadLeague2019_08_14_M.01.pdf

Looking ahead the next Open Grand Prix race will be The King's Head Canter on August Bank Holiday Monday 26th August. This is a point to point 5 kilometre Road race from Chiddingly in East Sussex to East Hoathly.

The race starts at 11 am. Postal and on line entries close on 21st August. £10 affiliated. (EA) £12 non affiliated (NON EA). Entries may be available on the day if race not full.

14 Lingfield runners have entered so far. Room for plenty more. I hope to see you there on the day.

I am not aware of any races this coming week end. If you are competing in an event please let me know so that I can give you a mention in next weeks newsletter.

Have fun and enjoy your running

Trevor

	Position	Name	Time	Age %	PB
Banstead Woods 194 runners	63	George English	24min15	69.14%	

Aviemore 110 runners	87	Lucy Hall	34min43	43.78%	
Tilgate 478 runners	4	Dan Oppe	18min53	70.26%	
Homewood 128 runners	91	Suzanne Taylor	32min57	54.22%	
Seaton 282 runners	114	Mark Clayton	27min49	57.64%	
	251	Diane Clayton	37min13	50.60%	
East Grinstead 190 runners	2	Luke Davis	17min49	74.93%	PB
	8	James Willis	21min14	65.23%	
	12	Tim Martin	22min11	62.96%	
	14	Ian Greenaway	22min20	65.00%	
	21	Connor Lindsay	23min07	56.02%	
	23	Guy Huntington	23min13	65.61%	PB
	24	Antony Allen	23min14	65.57%	PB
	27	James Kilfger	23min45	60.14%	
	33	Paul Carter	24min06	56.22%	
	49	Lisa Compton	25min13	79.18%	
	53	Miranda Chitty	25min34	67.21%	PB
	59	Peter Vaughan	26min09	54.62%	
	60	Michelle Hollins	26min21	67.81%	
	63	Michael Manwill	26min35	52.92%	
	64	Tom Cartledge	26min36	57.77%	
	66	Tom Seller	26min45	48.35%	
	70	David Watkins	26min56	58.04%	
	82	Claudette Sims	27min46	62.73%	
	83	Steve Warner	27min49	59.20%	
	88	Helen Davey	28min25	63.70%	
	93	Caroline Gould	28min40	52.79%	
	95	Clare Berryman	28min45	55.25%	PB
	103	Kath Garrido	29min16	78.64%	
	106	Clare Evans	29min28	58.31%	
	107	Theresa Donohue	29min31	58.22%	
	113	Isla Greenaway	29min47	49.69%	
	115	Fiona Champness	30min10	52.65%	
	116	Judith Cartledge	30min11	60.80%	

	128	Kayleigh Whitefoot	30min43	48.29%	
	129	Hannah Cartledge	30min50	48/00%	
	136	Catherine Wilson	31min29	49.97%	
	149	Angela Gill	32min45	52.47%	
	150	Marlene Pautard	32min47	55.21%	
	151	Viktoria Harrison	32min54	46.76%	
	164	Claire Brown	35min01	52.40%	PB
	165	Tracy Roberts	35min09	51.49%	
	166	Lisa Joice	35min37	45.95%	PB
	169	Jacqueline Banda	36min48	41.12%	
	170	Kulvinder Kaur	37min42	42.97%	
	171	Leane Mace	38min00	39.12%	PB
	172	Kaye Reeve	38min19	44.28%	
	173	Nigel Pautard	38min20	40.78%	
	181	Natalie Kellas	40min48	36.89%	PB
	182	Amy Slater	41min53	35.34%	
	183	Samual Champness	42min05	46.97%	
	184	Nick Champness	42min06	33.17%	
	190	Marie Warner	53min18	35.90%	
Reigate Priory	6	David Beale	20min42	72.38%	
225 runners	188	Natalie Blagrove	34min13	45.30%	
Mole Valley	189	Emma Page	30min20	48.79%	
373 runners					

IMPORTANT

notice regarding running safety during club races

The next club handicap race is tomorrow; During the May races, some runners were seen running on the road near busy traffic. The committee have decided that any runner seen running unsafely in club races by Marshall's will be instantly DQ'd. No ifs, no buts - it is for your safety. Please run smartly and listen to Marshall's.

BEAT BOX HILL 5km and 10km

2 free places for club members

Anyone interested...get back in touch with Terri Scott (secretary@lingfieldrunningclub.co.uk)

We are back for our second year at Box Hill for our Beat Box Hill 5k & 10k taking place on Sunday 29th September 2019. It will now be the second time the famous Zig Zag road will of been closed for a running event and only the 4th ever time for a sporting event (one being the London 2012 Olympics!).

We are reaching out to offer your club 2 free entries into the event, there is no catch, we simply want to invite local club runners along!

You can see further details about the event on our website here: <http://www.runthrough.co.uk/.../beat-box-hill-5k-10k-septemb.../>

The course involves a steep 2.5k down hill then a tough 2.5k up hill. It's road closed, officially chip timed and everyone will get a t-shirt, medal and post race goodies. It's also a beautiful setting for a day out as Box Hill is part of the National Trust!

I look forward to hearing from you 😊

Amy

The Beat Box Hill Team

Image



There has been some uncertainty recently as to whether the Brighton 10k is going ahead this year. Brighton and Hove Athletics have just changed the company they use to book places, and the race is definitely going ahead. Places can be booked via www.thebrighton10k.org. This is our club 10k championship race so book your places early!

The dreaded J-word

<https://www.runnersworld.com/runners-stories/a20793158/the-dreaded-j-word/>

The science of digestion

<https://www.runnersworld.com/uk/nutrition/a772000/science-of-digestion/>

The advantages of running softly

<https://www.runnersworld.com/uk/health/a774570/the-pros-of-running-softly/>
