

Newsletter

Wednesday 4 March 2020

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This is the link to the running club webpage

<https://lingfieldrunningclub.co.uk/>

NEW / IMPORTANT DATES FOR THE DIARY

Every Wednesday, 7pm - interval sessions at Imberhorne school starts next week on Wednesday 4 March (see below for more details)

Saturday 7 March - final Surrey Cross Country (see Trevors Racing Round Up for further details as its a club trophy event and contact your team captains to let them know if you will be participating)

Sunday 15 March - Moyleman Marathon

Sunday 29 March 2020 - Mels Milers 10km

Sunday 29 March - Hastings half marathon

Sunday 5 April 2020 - Hartfield 10km (date not confirmed)

Sunday 5 April - Manchester marathon

Monday 13 April - Lewes 10km

Sunday 19 April - Brighton Marathon

Thursday 23 April - Pasta Party (see below for more details)

Sunday 26 April - London marathon

Thursday 30 April - Annual AGM (see below for details)

Sunday 10 May 2020 - Gatwick Half marathon

Sunday 7 June 2020 - Dorking 10

Trevor's Racing Round Up

We had another very good turn out of 24 runners in the Saturday 5 k park runs at the following 11 locations : East Grinstead (8), Tilgate (6), Non Such (Sutton)(1), Ifield (1), Roundshaw Downs (1), Preston Park (1), Tonbridge (1), Zandvlei (1) Exmouth (1), Hasenheide (2) and Montrose Foreshore (1).

Well done to everyone who ran and especially to **James Kilfiger and Emma Page** who finished in 1st place in the men's and ladies races at East Grinstead. The names and times of all of our runners are listed below.

On Sunday we had 4 runners in the annual Steyning Stinger Half Marathon. This again proved a tough test for all runners due to the testing climbs and the heavy underfoot conditions. The winner of the men's race was Tim Stedman in a very good time of 1.33.42. Liz Weeks of

Tonbridge AC was the winner of the ladies race in 1.54.53. **Simon Moore** was our first runner to finish in an excellent 5th place in 1.42.50. Very well done Simon. A great result. Our other 3 runners also had good runs. Positions, names and times are shown below:

182	David Chase	2.37.35
214	Debbie Wilkes	2.44.11
246	Zoe Greenfield	2.54.24

Also on the same day we had runners taking part in 2 following half marathons.:

EASTBOURNE HALF

This was a popular event with a total of 905 finishers. The race winner was Billy Mead of Leighton Buzzard AC in a time of 1.16.50. The first Lingfield finisher was **Jon Roe**, one of our new members. Jon finished in a very good time of 1.41.49. The times and positions of all of the Lingfield runners are shown below:

121	Jon Roe	1.41.49
563	Miranda Chitty	2.10.33
690	Terri Scott	2.18.55.

VITALITY BIG HALF

This was a huge event which started by Tower Bridge and finished at Greenwich. There was a total of 22,125 finishers. The winner of the men's race was Kenenisa Bekele of Ethiopia in a very quick time of 1.00.22. The winner of the ladies race was Lily Partridge of Aldershot, Farnham and District in a great time of 1.10.50. We had 4 of our members taking part. All 4 ran really well. **Alan Quinn** was the first of our runners to finish 1.43.12. The next Lingfield runner was **Lisa Compton** with another great time of 1.50.38. This put her in 8th place in her age category. **Angela Gill and Oonagh Hooton** were our two other runners who deserve a special mention. This was only Angela's second half marathon. Angela finished in 2.36.46. This was exactly the same time that she achieved last year in the Gatwick Half. For Oonagh it was her first ever half marathon. Very well done for completing the course 2.43.37. A great achievement. Congratulations to all 4 of you.

This coming Saturday 7th March both our ladies and men are competing in the East Surrey league match at Lloyd Park in Croydon. The race starts at 2.30 pm and is over a total distance of 5 miles. It is a hilly course and is likely to be very muddy so either spike or studs would be the best options?

You do not need your Surrey XC League race numbers for this race as the organisers will hand us an envelope containing the numbers that are to be used for the race. Please make sure that you get your race number from either the men's team captain (David Nottidge) or Ladies team captain (Lisa Compton). Many thanks.

This is the 2nd race in a series of 3 for the 2019/20 season. The final race should be at Ewell on a mid week evening in early April and is a road event. The distance will be approximately 4.2 miles. I will let you know when I have more details.

The current league table shows that our men's A team is in 13th place and our B team in 20th place out of 21 teams. Our ladies team is currently placed 9th out of 11 teams. Each team, both ladies and men are made up of 4 runners. This week should help us to secure some points and perhaps make some progress up the league as we should have full teams of both ladies and men.

Good luck to everyone who has agreed to run on Saturday. If there is anyone else who would like to take part then please let either Lisa Compton, Dave Nottidge or myself know. Or just turn up on the day prior to the start time and you will be entered and get a number. Entries are free.

On Sunday 8 March there is the Lydd 20 mile and also the Lydd Half Marathon. Good luck if you are running . Please let me know how you get on.

Have fun and enjoy your running.

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>age grade %</u>	<u>PB</u>
<u>Roundshaw Downs</u> 102 runners	33	George English	27min09	61.76%	
<u>Tilgate</u> 452 runners	2	Kieran Barnes	17min36	73.30%	
	13	Dan Oppe	19min53	67.14%	
	22	Connor Lindsay	21min27	60.14%	
	57	David Watkins	23min18	67.10%	
	172	Sue Garner	27min49	84.18%	
	408	Suzanne Curtis	39min33	40.96%	
<u>Preston Park, Brighton</u>	376	Lucy Hall	34min40	44.13%	

418 runners

<u>East Grinstead</u>	1	James Kilfiger	25min31	55.98%
41 runners	6	Emma Page	27min40	53.49%
	10	Nicholas Averre	28min36	49.94%
	20	Steve Warner	32min20	50.93%
	25	David Worsell	33min08	43.46%
	28	Nevenka Worsell	34min36	46.82%
	29	Isla Greenaway	34min40	42.69%
	41	Lisa Compton	59min35	34.01%

<u>Tonbridge</u>	24	Tim Martin	23min42	58.93%
194 runners				

<u>Zandvlei</u>	68	Karen Sparrow	30min28	56.40%
290 runners				

<u>Exmouth</u>	170	Mike Lothian	27min17	63.90%
444 runners				

<u>Montrose Foreshore</u>	55	Kath Garrido	27min33	83.55%
178 runners				

<u>Hasenheide</u>	26	Ian Greenaway	22min42	64.46%
119 runners	78	Theresa Donohue	29min27	59.14%

<u>Ifield Mill Pond</u>	4	David Beale	20min27	73.92%
90 runners				

Pasta Party

An upcoming date for your diary

Thursday 23rd April

annual Pasta Party at the VSCC;

This is held the week before the London Marathon every year to wish our runners who are in the race, all the very best.

Also celebrate the runners that have already run spring marathons; Whether this is road as in Brighton or Manchester (for instance) or a trail / ultra run (Moyleman, Arc, Steyning Stinger, Lenham Cross etc) - we would love to see the medals and celebrate success with you.

The start time will be announced shortly.

AGM

Thursday, on April 30th, will be the club AGM, held at the VSCC;

During the meeting we will be discussing highlights and achievements over the past year as well as looking forward for the year ahead.

We will also be electing two new committee members.

As members, it is important that you attend so that your voice and opinion is heard, so please do join us.



Zandvliet parkrun - Karen Sparrow

One last parkrun at the end of my Botswana/South Africa trip, and the end of this occasional series of international parkruns for me for the time being. I have come to Cape Town, South Africa to see a friend who runs a charity here for children in poverty (<https://www.guardiansofthenationaltreasure.org>). And who wouldn't squeeze in another parkrun while you're here?

So I volunteered and ran the Zandvlei parkrun, Muizenberg, Cape Town, coincidentally bagging a rare 'Z' parkrun. (I also have Q from Queen Elizabeth parkrun near Portsmouth, so I seem to be doing the A-Z Alphabet challenge backwards!). It is a lovely waterside run mainly on grass, some track, flat, sunny and lots more walkers here so the last runner coming in around 1:15:00. Marty, Lauren and the team of volunteers are very welcoming (only here would I have a post-parkrun conversation about Nelson Mandela and be introduced to music from Johnny Clegg and Mango Groove!).



Surrey XC League

In the current XC regulations, all the men competing have to be registered with England Athletics, although it is not compulsory for the ladies.

As of next season, anyone wanting to compete will be required to be an EA member. Anyone running and not registered will risk disqualification. Membership costs £16 pa, and can be paid when you pay your club membership at the beginning of April.

For more details, and to see the benefits of EA membership, please

see: https://mcusercontent.com/06ee37595aba77e0e81ded734/files/6e68d152-d1b5-489f-809e-33b5077a184f/EA_membership_note_for_runners_5239_.docx

12 running myths busted

<https://www.womensrunning.co.uk/motivation/12-running-myths-busted/>

