

Newsletter

11 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

Sunday 15 March - Moyleman Marathon

Sunday 29 March 2020 - Mels Milers 10km

Sunday 29 March - Hastings half marathon

Sunday 5 April 2020 - Hartfield 10km

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

Hello Everyone,

Another very good week end for our 5 k Park runners. We had a total of 23 of our members running at the following 10 different locations: East Grinstead (9), Hove Promenade (1), Bois de Boulogne (1), Ifield Mill Pond (1), Eastbourne (1), Tilgate (5), Orpington (1), Alice Holt (2), Launceston (Australia) (1) and Bognor (1).

The names, times and positions of all of our runners are listed below.

Well done everyone for spreading yourselves out over such a wide area including Paris and Australia. This was Kath Garrido's 5 consecutive park run whilst on holiday in Australia.

On Saturday afternoon we had 6 men and 3 ladies taking part in the East Surrey Cross Country League 5 mile race at Lloyd Park in Croydon. This was the 2nd race of 3 in the 2019/20 competition. There was a smaller than usual number of competitors. Just 65 in total. On the day there were 8 competing clubs as follows: Croydon Harriers, Epsom and Ewell Harriers, Striders of Croydon, Herne Hill Harriers, Sutton and District, Collingwood AC, Hercules Wimbledon and ourselves. Despite the small number of runners the standard of running was very high.

Both ladies and men ran in the same race but were scored separately. Each club needed to have at least 4 runners to make up a complete team.

Lingfield's Kieran Barnes had a superb run to win this hilly and muddy 5 mile race in a superb time of 30.47. He finished strongly some 30 seconds ahead of the 2nd placed runner. Great running Kieran you are going from strength to strength. In the ladies race Claire Ziegler also had a great run to finish as the 4th placed lady also in a very good time of 43.20.

The team results have not yet been published but I think our men's team may have finished in 4th place of the 8 competing clubs which should have helped us to gain some points and improve our league position

As our ladies had only 3 runners we need to wait and see where they finished in the league.

This race was also the last event for our club cross country championship for 2019/20.

Congratulations to Claire Ziegler who is the ladies winner of the trophy this year with a total of 98 points. Fiona Champness was placed 2nd with 94 points and Aly Warner 3rd with 68 points.

Congratulations to Tom Seller who is the men's winner of the trophy with a total of 98 points. Dan Oppe was placed 2nd with 82 points and Kieran Barnes and Mike Manwill share 3rd place with 78 points.

On Sunday we had 3 of our members running in the Lydd 20 mile race. This was a popular event with a total of 705 finishers.

The men's winner was Tom Collins of Medway and Maidstone AC in a good time of 1.59.16 (ie

6 minute per mile) and the ladies event was won by Jackie Stretton of Springfield Striders in another good time of 2.13.09.

Peter Vaughan was our first runner to finish in a time of 2.53.29. He was followed by Ian Watkins in 3.09.07 and Michelle Hollins in 3.19.02. Very well done all 3 of you.

Also on Sunday Brandon Webb made his way up to Norwich to take part in the Marriott's Way Marathon that was rescheduled following Storm Dennis.

Brandon described it as a lovely route following a disused railway from Norwich through rural Norfolk and finishing in the market town of Aylsham.

Brandon had a very enjoyable run and plenty of support as his family live in Norwich. It was a small event with just 75 finishers. He finished in an excellent 7th place in 3.41.22. Very well done Brandon.

I am aware of 4 different runs this coming Sunday 15 March. They are.

1. Bath Half Marathon
2. Hampton Court Palace Half Marathon
3. Moyleman Marathon
4. Balcombe Bull 7.1 k run.

Good luck to anyone who may be running in one of these events or in any others of which I am not aware.

Have fun and enjoy your running

Trevor

	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>age grade %</u>	<u>PB</u>
<u>Eastbourne</u> 449 runners	103	Amanda Notridge	24min36	69:85%	
<u>Tilgate</u>	26	Jonathan Roe	20min41	63.42%	

596 runners	414	David Lacey	34min06	47.61%
	457	Alison Lacey	36min09	43.62%
	458	Julie Landsborough	36min11	51.20%
	508	Suzanne Curtis	39min40	40.84%
<u>Orpington</u>	40	Lisa Compton	26min27	76.62%
143 runners				
<u>Alice Holt</u>	157	Steve Warner	28min30	57.78%
385 runners	339	Marie Warner	39min23	48.58%
<u>Launceston</u>	126	Kath Garrido	27min45	82.94%
337 runners				
<u>East Grinstead</u>	8	James Willis	26min32	52.64%
54 runners	22	Dave Worsell	32min41	44.06%
	24	Miranda Chitty	32min50	52.34%
	30	Isla Greenaway	35min11	42.07%
	32	Wendy Smith	35min24	48.54%
	43	Ian Purcell	41min33	38.59%
	45	Fiona Champness	43min19	37.01%
	50	Samuel Champness	51min28	36.33%
	51	Nick Champness	51min30	27.12%
	54	Ian Greenaway	1hr18min53	18.55%
<u>Bognor Regis</u>	21	Simon Cook	22min19	67.14%
362 runners				
<u>Hove Promenade</u>	224	Sue Garner	25min51	90.59%
474 runners				
<u>Bois de Boulogne</u>	28	Elizabeth Webster	23min46	64.73%
64 runners				
<u>Ifield Mill Pond</u>	7	Connor Lindsay	21min10	60.94%
154 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.

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.

Interval Sessions

Thank you to everyone who commented on the survey regarding the club interval sessions. The committee and the coaches have considered the responses, and are going to make some changes which will address some of the points raised.

We have decided to continue holding sessions at Imberhorne, at least until the end of the summer. For various reasons there are no other suitable venues at the moment, and St. Piers has been risk assessed as being unsafe for these sessions due to the increase in traffic. In a couple of months time the grass track at the school will be available again, and there are options to go out onto the nearby industrial estate and the Worth Way, which will improve the variety of sessions we can offer. We will however continue to explore other options.

Starting from 4th March onwards, the sessions will be held on a Wednesday and start at the later time of 7pm. This should help those people who race or do long runs on a Sunday to attend. The committee have also agreed to subsidise the sessions, so people will no longer have to pay. When Couch to 5k starts in May, this will also be held on a Wednesday, so club members can still support the beginners after the interval session.

From 25th March, there will be two Run Leaders/Coaches each evening, offering a choice of session, which will be advertised in advance. These might include sessions such as pyramid intervals, hill running, timed laps, parlauf runs or relays. We will try and swap the Coaches around so the same people aren't always paired together; this will become easier towards the end of April as a further two club members are undertaking the run leader training and will join the rota.

Hopefully these changes will go some way to restoring interest in the interval session. We will continue to keep this under review.

Club Kit

Helen Davey is going to order some more men's vests. Please let Helen know if you would like one.

She has also compiled a stock take and has some old club hoodies and t-shirts for sale (going cheap!);

There will be information shortly on the club Facebook page - or see Helen herself.

