

Newsletter

Wednesday 28 October 2020

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This is the link to the running club webpage

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

TREVOR'S RACING ROUND UP

Hello Everyone,

I am pleased to say that there are some more competitive races to report on this week.

On Saturday 24th October we had both complete ladies and men's teams taking part in the first of the East Surrey League fixtures at Lloyd Park in Croydon. Croydon Harriers who were promoting the fixture had worked very hard to secure a permit from Croydon Council for the race to take place. Strict Covid rules applying to the event were issued to all of the competing team managers in the week preceding the race. Only a maximum of 9 men and 9 ladies from each club were allowed to compete. No spectators were allowed for the senior races.

In a normal year the East Surrey League has 3 races during the winter months. The first being this one on Saturday. Normally it is a 2 lap course over a distance of 5 miles. This year it was run over a much shorter distance of just 5 kilometres. The standard of racing in this league is higher than when our men compete in Division 4 of the County Cross Country league and our ladies in Division 2 of their league. All of the clubs in the league were represented with a total of 92 men and 56 ladies finishing.

Both our new Ladies Captain (**Fiona Champness**) and our new Men's Captain (**David Watkins**) had worked hard to ensure that we turned up with both complete Ladies and Men's teams. 4 runners were required for each, We had 6 ladies and 5 men. Both the ladies and then men ran together. Small groups were set off at 3 minute intervals.

The fastest men's lap was run by Dom Nolan of Croydon Harriers in 16.42. **Kieran Barnes** who finished in 11th place was our fastest male runner with a good time of 18.20. The fastest ladies lap was run by Steph McCall of Herne Hill Harriers in 19.09.

Fiona Champness was our first lady to finish in 31st place overall in a very good time of 25.38.

I am just thinking that the course may have been just over 5k. What did your watches say? Everyone finished in fine style and I am sure enjoyed the experience of competing in a race again. Comments across the league have been very favourable about how well the event was run. It was a test run with both County Athletic officials and EA officers present.

The Lingfield Ladies and Men's times are shown below:

31	Fiona Champness	25.38
36	Liz McLennan	26.05
39	Maggie Statham-Berry	26.36
44	Nicky Pumford	27.45
49	Miranda Chitty	29.17
55	Clare Evans	34.31
11	Kieran Barnes	18.20
46	Joe Watts	21.00
86	David Watkins	26.03
89	George English	27.24
91	David Nottidge	27.41

Well done Lingfield R C

The other big event on Saturday was the annual Beachy Head Marathon. The very first race took place in 1981. It was then known as the 7 Sisters Marathon. This was the same year that the first London Marathon took place. So this was the 40th running of the event. Despite the Covid restrictions there were 1191 finishers. Strict Covid rules were maintained throughout with runners starting off in small groups.

The winner of the event was Peter Huck of Barrow In Furness Striders in a very very quick time of 2.40.09. Emma Davies of Fulham was the first lady to finish in 20th place overall also in a very good time of 3.24.23.

Luke Davis had a fantastic run to finish in 15th place overall in a great time of 3.21.49. **Brandon Webb** who is one of our regular marathon and ultra distance runners finished in 270th place in 4.36.08.

Sophie Mills was determined to run and finish despite the fact that she is currently undergoing cancer treatment. She ran with her friend **Tor Rutter** who was a former Lingfield running club member. Both finished in the excellent time of 4.54.34. Very well done you 2 ladies. Did you do your promised cartwheel at the finish?

Simon Mills finished close behind and just missed the 5 hour mark by 44 seconds.

Lisa Compton was running well but unfortunately had a nasty fall in the closing stages of the run. She bravely finished despite being in pain in 520th place in 5.09.40. This subsequently required hospital treatment because she had broken 2 fingers on her left hand which had to be strapped together and also ended up with a black eye. Lisa I wish you a speedy recovery and a quick return to driving.

David Chase was our next runner to finish in 5.50.19.

Kath Garrido and Sue Garner who have been regular runners in this event completed the course despite the cold, wet and windy conditions. Very well done both of you.

The times and positions of all of the Lingfield runners are shown below:

15	Luke Davis	3.21.49	
270	Brandon Webb	4.36.08	
391	Sophie Mills	4.54.34	
392	Tor Rutter	4.54.35	
454	Simon Mills	5.00.44	
510	Lisa Compton	5.09.40	
772	David Chase	5.50.19	(Henfield)
917	Kath Garrido	6.17.30	
1023	Sue Garner	6.49.41	

On Sunday 25th October **Richard Adams** took part in the Dorney Lake 10k. event. There were only 45 finishers in the event. Richard ran well and finished in a very good 17th place in a time of 43.45. Well done Richard.

Also on Sunday there was a Beachy Head 10k event. We had just 1 runner in this event who was **Sophie Jones**. There was a smaller entry than the marathon with just 274 runners finishing. Sophie ran well to finish in 58th place in a good time of 54.56. Well done Sophie.

Nick Averre also had a very active weekend. He took part in the South Downs 50 mile event that should have taken place in April. It was organised by Centurion running taking into account all of the covid regulations. (See pictures below). The race started at the Hill

Barn Recreation Ground in Worthing and finished on the Eastbourne Rovers Athletic track. There was a cut off time of 13 hours and the course had a total of 5,700 feet of ascent.

This event tends to attract some of the best and most experienced ultra distance runners over a wide area. It was won by Josh Barrow in a very fast 6 hours 15 minutes and 06 seconds. Nick had a good run and was pleased to finish in a time of 12 hours 02 minutes and 11 seconds. Well done Nick.

One race that I did not mention last week was that on Sunday 18th October **Charles Marr** ran in the Virtual Brighton 10k. He had a very good run to finish in 33rd place out of a total of 368 finishers. He was placed 2nd in his age group. Well done Charles.

If I have missed anyone then please let me know so that I can give you a mention in the weekly newsletter

Have fun, enjoy your running and stay safe.

Trevor

Saturday 24th October saw 6 Ladies from Lingfield take part in the East Surrey, XC League – England Athletics Test event at Lloyd Park.

Fiona Champness

The course was 5km in length and in typical cross country fashion, wet, a bit windy (not quite like Beachy Head!) muddy and up and down. Before the event all athletes were required to complete a track and trace form, on arrival we found an area clearly marked out for the nine clubs involved. We were all seeded with our 5k times and set off in waves a 3 minute intervals. The event did not allow spectators, however there were a number of enthusiastic marshals on route to point us in the right direction and cheer us along. We

all felt very safe and welcomed throughout the event and certainly hope we can see a few more races taking place over the coming months.

Tents we not allowed due to covid restrictions, so we identified the need to work on our shelter building skills for the next event!

We had six club members take in the event: **Fiona Champness, Nicky Pumford, Maggie Statham (first race for the club), Miranda Chitty, Liz McLennan and Clare Evans**. Thank you to those who made the journey and gave it a go, everyone ran really well and all were pleased to be back racing again.

We look forward to seeing more club members at the next event, relays: **17th November, Walton on the Hill**.

A big thank you should go to the event organiser Matthew Kiernan.



East Surrey Cross Country League at Lloyd Park, Saturday

24th October

Race report by Dave Nottidge

For me Lloyd Park is my local home for cross country races. I've done more races there than anywhere else. I know the ground in detail, each tree root, each boggy bit, each turn. So yes, I was very pleased to be there last Saturday! And what a great event it was.

LRC had 11 runners, six women, five men. We were all grouped in starting groups of about ten, all set in advance. Three minutes between each group. Quickest runners went first so overtaking was minimized. First your starting group was called into pen 1, then you all moved up to pen 2, then all up to the start line. All the time keeping distanced and standing by flags/markers. It was very well organized and felt very safe. The whole event went like clockwork it seemed to me. The organisers had clearly put in a major effort –

and it paid off.

The event was an England Athletics test event and there were officials there from Surrey Cross Country league and EA. They surely must have been impressed. That's important as it increases the prospects for future cross country races.

There were a good number of runners there, must have been 150 plus. Men and women race together.

Because we all started at different times, LRC runners were not really all together at any point. That of course is a pity but just part of how things have to be done now. Same thing for spectators – not allowed now. Lots of things different. But at least we were there.

Conditions were ok: windy with light rain, not too cold. My starting group consisted of the usual mix of strong youngsters, middle aged athletes still in good shape and senior runners luckily still fit enough to give it another go. I'm in the last group and hoping I'll stay there for a few years yet!

It was a short course, 5k and one lap. But of course you set your pace according to the distance so it was still knackered. The route winds its way around the Park. A few uphills, lots of soft ground, a few wet bits. Pretty slippery in many places. Spikes are a great help at Lloyd Park. I managed to hold George off for most of the race but then he came past with a few hundred metres to go. I'm sure we were all pleased with our runs. The best thing was just being there.

LRC Club Coaching Sessions

The booking system works on a first come, first served basis and will also create a "wait list" should someone drop out. The sessions are free despite the system saying

tickets will be on sale



We're back at Imberhorne School 6:45pm-8pm.

Link to Wednesday 28th coaching session - Dave Worsell in charge and he plans a hill session so make sure you have Hi-Viz gear

<https://www.eventbrite.co.uk/e/126041378155>

Wednesday 4th November at 6:45pm with Ian Greenaway @ Imberhorne school

<https://www.eventbrite.co.uk/e/126950711997>

Saturday 7th November at 9am with Terri Scott @ Talbot Road Playing Fields, Lingfield

<https://www.eventbrite.co.uk/e/126951079095>



Beachy Head Marathon

Write up by Simon Mills

For those that don't know anything about the Beachy Head Marathon it is as old as the London Marathon and was formerly known as the Seven Sisters Marathon. This year was the 40th running of the event.

It starts in Eastbourne where the South Downs Way footpath heads up from Beachy Head Road. From there the route heads inland to follow the South Downs Way bridleway

to Jevington and Alfriston and onto the South Downs to Bo Peep. It then heads back to the coast via Littlington and West Dean. The final six miles takes you back to Eastbourne over the Seven Sisters cliffs past Burling Gap and the Beachy Head lighthouse. It's a superb route with stunning views and challenging terrain, with over 1000 metres of elevation - with the final six miles climbing over the Seven Sisters, which are a joy to those trashed quads and hamstrings.

There was quite a contingent from Lingfield in Eastbourne this year, ranging from Luke Davis at the sharp end of the race to those like me, out for a plod by the sea, in the middle of the pack.

There was no guarantee that the race would actually take place, given the ongoing pandemic, but thankfully the race organisers worked miracles and managed to pull off a socially distanced masterpiece. We had to enter our best guess of a finishing time before hand – and we were then put into waves, stood on disks, 2 metres apart, on the floor. We then walked round to the start in our wave. Your clock started when you crossed the line.

This race is known for great aid stations (sausage rolls and cake, being highlights) and free food at the end at St Bede's school. Covid put pay to some of that, but we still received individually wrapped sausage rolls, mars bars, bananas and water out on the course. The weather gods, although not actually smiling on us with the ridiculously gusty winds, at least had the decency not to throw rain into the mix too.

The course was in good condition, a little slippery in places, but not too muddy – so allowed for some good stretches of running, when we were not buffeted by the wind. It was also a huge lift to see Lingfield runners, Ian, Theresa, Vernon, Joanne, Dave, Nevenka and James pop up around the 12 mile mark, cheering us on and dishing out jelly babies.

To be honest, the Seven Sisters, while cruel mistresses, are not the most annoying part of the course, that crown goes to the 70+ steps that you climb in the Friston Forest about 18 miles in – your quads literally scream at you with every step.

Beachy is a fantastic event, brilliantly organised in a wonderful setting, I'd recommend it for a great day out. Huge kudos to Luke for his sub 3:30 time, Brandon for his 10th (or

11th) Beachy, Sophie and Tor for incredibly gutsy runs, Lisa for her first trail marathon (even though she picked up an injury 1km from the end), Kath and Sue for yet another completion and rumour has it, that the lesser-spotted Dave Chase was also, well, spotted. I'm sure we'll be back again next year to tame the Sisters again
