

## Newsletter

**Wednesday 9 December 2020**

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**This is the link to the running club webpage**

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

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## Trevor's Racing Round Up

Hello everyone,

I have got details of just 2 actual races that took place last weekend where Lingfield runners took part.

On Saturday 5 December we had 3 runners taking part in the Sussex Downland Trail event. The start and finish was situated in the South Downs National Park at the well equipped Plumpton Racecourse. There were two distances to choose from. One was 16.9 kilometres and the other was 9 kilometres

We had 3 runners taking part in the 16.9 kilometre race. This equates to approximately 10.5 miles. There was a total of 517 finishers who started in small groups at different times to adhere to the current Covid regulations. The winner of the event was James Lathbury in a very good time of 1.09.13.

**Christ Rance** was our first runner to finish in 210th place in a good time of 1.42.45. **Michelle Hollins** was our only lady taking part and also had a very good run to finish in 260th place in 1.47.19. Close behind was **David Nottidge** in 310th place in 1.52.05. Very well done all 3 of you.

**Richard Adams** travelled to Chichester on Sunday 6 December to take part in the Running Grand Prix 10 kilometre event on the Goodwood Motor Racing Circuit which was organised by Time Outdoors. Richard had his usual good run and finished in a time of 43.15. Very well done Richard.

I apologise if have omitted anyone from these 2 events or maybe any other events of which I was not aware.

Please do let me know if you are taking part in any Actual races so that I can give you a mention in the weekly newsletter.

Have fun and enjoy your running.

Trevor

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## Xmas Handicap

The committee are pleased to announce a Covid-secure club race, the annual Christmas Handicap.

**Sunday 20<sup>th</sup> December - first runner starts at 09:30.**

The winner receives a trophy presented in memory of Matt Bennett.

Given the current situation, the race will be run in accordance with EA rules and regulations, so it will be different from previous years.

The start and finish area will move to the car park of the Lingfield college senior school, just off St Piers Lane.

The route will also be slightly different, so that we can use more trails as opposed to the centre of the village.

It will be the May Race 2, in reverse. Map attached.

A few key points:

1. Fastest runners will start first to spread out the distance between runners. Trevor will work out handicaps accordingly.
2. Runners will be given starting times - and will start in groups of 4-6 runners, based on expected pace. Please bring your name initials with pins for identification.
3. Runners should arrive not more than 10 minutes before their allocated start time, and leave straight afterwards
4. At the start area, runners must be socially distanced in their group. Masks/Bufs must be worn in this area. Hand sanitiser will be available. Please, no spitting anywhere along the route.
5. The route will not be marked, but there will be Marshals at road crossings. If you can, familiarise yourself with the route - or recce it - beforehand. Parts of the route are muddy and slippy in places.

6. Once you have finished the race, you must not congregate in the finish area.
7. Unfortunately, there will be no Xmas raffle this year - as we can not congregate.
8. Results will be issued a few days later.

If you would like to enter, please do let Lisa Compton ([lisajcompton@outlook.com](mailto:lisajcompton@outlook.com)) or Simon Mills ([chairman@lingfieldrunningclub.co.uk](mailto:chairman@lingfieldrunningclub.co.uk)) know by **midday on Thursday 17<sup>th</sup> December**. There will be no entries allowed on the day, this will be strictly enforced.

If you are currently live in Tier 3 (Kent), as it stands, you will be unable to participate. However, the tiers may well change on December 16<sup>th</sup> - so that will give you time to enter if they do change.

We are also going to require volunteers to Marshal road crossings and a couple of time-keepers, please do let us know if you would like to assist.

Please do bear in mind, this might not be perfect, but we are working hard to make this work within EA guidelines.

Map of route

[https://mcusercontent.com/06ee37595aba77e0e81ded734/files/54b752e6-4027-4691-ba29-77859a2330b4/Xmas\\_Hadicap\\_2020.docx](https://mcusercontent.com/06ee37595aba77e0e81ded734/files/54b752e6-4027-4691-ba29-77859a2330b4/Xmas_Hadicap_2020.docx)

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## **Club Coaching Sessions**

Tickets for next week's coaching session (16th December) are available now: <https://www.eventbrite.co.uk/e/132208977611>



## The Sussex Downs Trail Race - Plumpton

Michelle Hollins

On Saturday the 5th December I ran the Sussex Downs Trail Run. This race is set in the South Downs National Park in Mi-Sussex. It started off at the well-equipped Plumpton Racecourse, right at the foot of the South Downs.

I was super excited to run this and I was going to enjoy every minute of it come rain or shine. I got all my kit ready, laid out ready to put on in the morning. I brushed off my trail shoes which were looking a bit worse for wear and noticed a great big hole at the front, I couldn't possibly wear them. I did have some new trail shoes but I had never ran in them before and it is a cardinal sin to wear shoes for a race that you had never worn previous.

I didn't sleep well Friday night, a mixture of excitement, anticipation and worry.

Saturday morning, dressed, bag packed porridge and banana eaten and face mask at the ready and off I went.

Arriving at Plumpton Racecourse was hassle free. The marshals were ready to show the race participants where to park. There were hand sanitizers everywhere, cones to show us where to stand in the queue whether it was for coffee, toilets or to start the race all so we could adhere to social distancing regulations.

My time slot was 9.30 which I selected through an email which was sent to me. I join the queue ready for the off. Standing at a 2 metre cone and moving slowly to the start line. We were setting off at 2 minute intervals. The weather was rather chilly and I had a hat on, gloves and a rain jacket. Why I bother I will never know as within the first mile or so they all came off and placed in my hydration vest.

There were two looped routes to choose from: a 16.9km (10.5 miles) or a 9km (5.5 miles). I went for the 10.5 mile route. It started off with a tree lined, flattish section which I guess was to warm up the legs before a tough climb up to the South Downs Way. It was very wet and muddy underfoot just the way I like it but also very slippery so I had to be careful. Up, up and up we went, the legs were getting tired but it was well worth it for the spectacular view of the Sussex countryside and the Seven Sisters Country Park. Once at the top the trail became flatter again with some good section to pick up the pace. The loop raced us towards Brighton through glorious views and outstanding scenery. I can never get bored of these views and trails and remind me of why I don't particularly enjoy road running.

From the South Downs Way we descended the hilltops and the sprawling views onto the last final flat mile and half, running through some enormous puddles and Plumpton Racecourse where horses and jockeys were all dressed for Christmas.

Over the finishing line I came to a well deserved medal, a pair of socks, a protein bar and shake and a neck buff all in a brown paper bag. I got back to my car and changed my running leggings and socks for dry attire as they were really really muddy and wet, as for my new running trail shoes they were fab and my feet like them too.

It was a very loved race, the views were beautiful, the weather perfect and very well organised under very difficult circumstances, what was not to love.

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## Uncle Jack's Story

Thanks to Steve Warner for contributing

*This is not a Lingfield related story but I found it an interesting athletics based read and wondered if it might be worthy of inclusion in the news letter. My great uncle was a good runner but even more so a successful coach with some of his runners representing Britain. He was a member of Highgate harriers and later south London Cambridge harriers and died back in 1980's. He retired to Colchester, my home town, and got involved with coaching there for as long as he could. Someone from Colchester club asked him to write down his recollections. It is in his own words and punctuation. If not suitable just delete as realise I might be a bit biased.*

*Kind regards*

*Steve Warner*

**MY RECOLLECTIONS** by C. Warner (Given name Cyril aka Charlie or Jack)

While at school in 1914-15 was pretty useful at football that resulted in being made captain of the school team and representing Leyton against West Ham and other London

Boroughs. On leaving school at the age of 14 in 1916 continued football with a small local club until 1918 when my father and brothers returned from overseas service with the armed forces at the conclusion of the 1914-18 War.

The family moved to Straight Road, Boxted where my father took on a smallholding, both he and his parents being natives of Colchester, as I was under an apprenticeship in London it involved me in commuting backwards and forward daily including Saturday until 2-50 p.m. I then became interested in Athletics and started to have runs on the way home from Colchester Station, this developed to longer runs and resulted in my joining Highgate Harriers in 1920, they being then the strongest club in the South, it was a strong challenge that involved a lot of hard work to get into and stay in the clubs cross country teams, it was the competition amongst the members to get into the teams and once in to get into the scoring six that resulted in the successes of that club in those days.

Competition wise both across the country and on the track at 880 yds, mile, and two and three miles team races that were very popular then, I had a fairly successful career.

I joined the then Colchester Harriers as a second claim member and on my visits to Colchester, having moved up to live in London in 1922 had many enjoyable cross country races with them.

It was in the 1930s that I started coaching the younger members of the club and taking on the duties of cross country Secretary and Track Team Secretary, during this period the club had enrolled about 10 members who resided in Surrey, I thought it would be a good idea to form a subsidiary club with those Surrey members to enable them to compete as a team in the Surrey C-C Championships. This was agreed to by the Committee and using the name (with his permission) of the then Life President of Highgate Harriers who was a founder member of Highgate H. it was called The Rothery Athletic Club. After a build up period the Secretaryship of this offshoot was transferred to Highgate's Olympic Marathon representative Herbert Bignall who resided at Redhill and had recruited many members from that area. Such was the growth in that area that after a few years as Highgates offshoot it was decided through local pressure at their A.G.M. to change their club name to Redhill and Reigate A.C., as such they are now a thriving

and successful club.

1939 saw the outbreak of War and with it the Club's activities for its duration, being suspended. The Services claimed the majority of our members from which I am sorry to say quite a number never returned. I myself volunteered for service in October 1939 and served with a Tank Regiment till 1945. After the cessation of the fighting in North Africa after pushing through to Tunis we were left to cool our heels in the wilds 6 miles from Bone, with one trip a week into the town, until such time as we were required for the Italian invasion.

This I took as an opportunity to get the lads involved in Athletics, the response was terrific and with the help of the Sports Officer scrounged from the R.E's (Royal Engineers) who were close handy one of their bulldozers for a couple of days and levelled off a n area of baked earth and made a track, marked it out with a Heath Robinson type marker made from various sized cans and disused ration cans that worked quite well, then we were in business and the lads enjoyed their every day training sessions, although this started at my own squadron level in two weeks the whole battalion were so keen that we organised an inter squadron and battalion championships. Our squadron, much to my pleasure won the majority of the events. Word soon spread around and the Brigadier ordered a brigade sports to be held at Bone Stadium, this had a good track with cement cycle track surround. As our battalion team was selected for this on our battalion sports, 90% were my squadron lads including the tug-of-war team. At the conclusion I had much pleasure in being presented by the Brigadier on the battalions behalf with a massive solid silver trophy, that went to the Officers Mess. I have, on many occasions at Battalion O.C.A. Reunions enquired as to What became of this trophy, but have never been able to find out. This was soon followed by preparation for the Italian campaign so Athletics were put aside for more serious business that duly followed. This resulted with my receiving a knock on the leg in Italy that became infected so badly that I was returned to Base Hospital at Naples where I was treated for 5 months before being returned to England, after a period in Colchester Military Hospital was returned to Depot at Catterick and after various light duty postings was discharged on the cessation of hostilities with Germany.

After contacting a few of the old members work then started on the re-establishment of Highgate Harriers running section, this involved coaching of new youngsters to the game

as well as the recruitment of numbers, that occupied 100% of our spare time. The coaching side of Athletics appealed to me more than ever and by 1956 the club were strong again and successful both over the country and on the track, several of the members improved to County Championship level and one, A.T.Ferguson, becoming Scottish and Great Britain International at cross country and 5 miles track. This lad was then called for his National Service in the R.A.F. and added the R.A.F. as well as many other titles to his credit, on his return to civilian life, he married and instantly retired from Athletics. This was a great disappointment to me as he had such a brilliant future before him, after an absence of over 25 years he returned to the club to compete as a veteran and in 1982 won the over 55 National Marathon Championship and told me of his intentions to continue and extend the distance to the London Brighton race (52 miles) and beyond.

On to 1953 when I was approached at Parliament Hill track by several young ladies as to why Highgate Harriers had no Ladies Section and decided to follow up their suggestion that one be formed, on raising the matter at Committee level the idea received considerable objections, in spite of this I persevered with the matter and ultimately succeeded in persuading an A.G.M. specially convened for this purpose that it would be for the good of athletics generally for that area, and a Ladies Section of Highgate harriers came into being for the first time. The ball was now in my court to ensure that this Section did not fall to pieces as predicted by the objectors. To this end more recruitment followed and so that the lads coaching did not suffer because of my involvement to this end I contacted the late Sam Ferris (former Olympic marathon hep. and Senior British long distance Coach) who lived locally, to advise and coach the lads, he agreed to so do, thereby giving me more time to devote to the new section.

Progress was fairly rapid, as the majority of this section were under the age of 18 I registered it with the L.C.C. as a Youth Club and received free facilities at the local girls school of a first class gymnasium once a week, in return we promoted an annual Youth Clubs Athletic meeting at the track. This also resulted in added membership for all sections of the club from other youth clubs in the district.

In the inaugural year of formation our first cross-country success was the Middlesex Women's Championship that was won by Pat Benn in her first cross country race, she

followed this that season with 2nd. Southern Counties, 2nd. Inter Counties, 10th. National and 1st. Inter-Area Champs. These successes gave impetus to the others and in two years I had built up sufficient athletic strength to take the Middlesex C-C Team Championship together with place medals in the Southern Counties, 1958 saw the result of the teams hard cross-country training by winning every cross country championship held Middlesex County, Southern Junior, Southern Senior, National Junior, and the National Senior Team Championships, this was the first time that any club had held all these trophies in one season. Trackwise we had developed steadily with our members taking County wins at all events. Early in 1955 June Paul came to the track with her husband Raymond Paul (British Epee Champion) and asked me to coach her as it was her intention of trying to make the Olympic team in 1956. I agreed to help her provided she attended regularly for winter training, this involved cross-country runs with the other sprinters at the week end and a heavy P.E. session in the Gym on the Wednesday evenings for 2.5 hours. This winter build up enabled me to increase the short distance work at the start of the following track season. The result being that she won the County 100 and 220 titles together with other trophy races and in the W.A.A.A. Championships at The White City won the 100 and 220 Titles breaking the British All Comers Records in each event, thereby ensuring her selection for the Melbourne Olympics. Another athlete that came under my squad was Madeline Ibbotson (wife of Derek Ibbotson, World mile record holder) who developed to win the National cross-country Championship 5 years in succession. 1958 saw June Paul again representing Britain in The Commonwealth Games at Cardiff Arms Park and being a member of the winning relay team that broke the worlds record. Meanwhile I had been building up quite a good team of assistant coaches to spread the load a bit so that when in 1961 I was approached by Cambridge Harriers Ladies Section Secretary for coaching help I was able to split my attention between North and South London tracks on an equal basis.

On my arrival at Cambridge Harriers I had one interested in cross-country running and about ten interested in track and field events, so the challenge to develop in this club was enormous, luckily however, two of them were school teachers from local schools who were encouraged to bring along to the club all youngsters interested in athletics, this paid off and before long we had a very useful Junior squad for development, as Highgate were now being adequately looked after coachwise I then put more attention to the Cambridge Harriers development. By 1965 they won the Kent County cross-country team

and individual Championships, both of these Championships being retained until 1969, to which was subsequently added the Junior and Intermediate age group titles, as well as the respective Road Relay Championships, numbers of members had increased to over 100 and the 1965 County Track Championships were practically dominated by the Cambridge girls winning all but three of the titles at all age groups including the three Relay Championships. Further successes followed over the following few years on the track including Pat Kippax being selected for Olympic honours by partnering Ann Packer in the 400m at the Tokyo Games, Joan Allison in the 800m at the Mexico Games, Liz Barnes 800m European Champs and many other representative honours by members.

In 1967 was the cross country best for Cambridge Harriers in that they emulated Highgate H. by winning all trophies possible including the National Senior and Junior Championships. The most outstanding competitor across the country was Margaret McSherry (later Coomber) who won the Scottish National Intermediate Championship when 17 and represented Scotland in the International Championships for 14 years continuously without a break, having previously as a Junior being unbeaten and winning the first ever National Junior Championships held in this country. Glynis Goodburn (later Penny) a good team member as a junior developed with the years and subsequently won both the Southern Counties and National Cross Country individual titles and is still able to win 10 miles road races in 56 minutes. Another outstanding track competitor who came to us via a school teacher member was Marilyn Neufville at the age of 11 improved to dominate the sprints at National level as Junior, Intermediate and Senior culminating in her breaking the 400m World Record when winning the Commonwealth Games at Meadowbank in 1969.

Having retired from work at the age of 66 years and in my opinion completed my job of development with both clubs, decided to return to Colchester in full retirement with my sister in 1970. With time on my hands and the urge to coach and become athleticly involved I contacted Colchester Athletic Club at Boadicea Way and became a member helping the then coaches in their efforts to build a strong and healthy athletic club for Colchester and districts around. During my 15 years with the club I have been on its Committee for a number of these years, and have helped with the development of the members potential with varying success, many of the members have risen to County Championship level despite the setbacks that the club has had in the past, but as the

present Junior members of both sexes develop through their respective age groups a strong and healthy club will emerge if more attention is paid to development as a team during the winter months irrespective of what event they do in the summer. It is essential that the basic strength and toughness of the athlete is developed. Membership of the club will probably be substantially increased with the completion of the improved track facilities, and with these improved performance levels in all events can be expected.

Having suffered a complete health breakdown last June from which I have not yet fully recovered I have been unable to attend any of the training sessions of the club, however I will as soon as I become mobile again, be available to help in the club's development so that Colchester A.C. will in the course of two or three years be a major force to be reckoned with in the athletic world Nationally, the higher we set our aim, the more we will attain While looking forward for the future planning for the success of Colchester A.C. and the hard work it will be for the Officials, Coaches and Athletes to ensure that success, now that I have attained the age of 80, it has been with a lot of satisfaction and pride that I look back to the successes of those that I have helped in the past, and the time spent over the last 60 years in Athletics helping others has been very worthwhile.

For my services in the past I have been awarded Life Membership of Highgate Harriers, Cambridge Harriers and Colchester A.C. in this order, I think this in itself can be unbeatable.

C. WARNER, February 11th. 1985.

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