

Newsletter

Wednesday 22 September 2021

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Club kit – T-shirt price increase

Update from Michelle Hollins: because of the volumes we've ordered this time, there has been an increase in the price of the club T-shirts to £22. Vesta and racer-backs remain at £20.

Estimated delivery is currently 5-6 weeks.

Please submit any corrections, comments, articles of interest, race reports, photos, ideas or wild theories to editor@lingfieldrunningclub.co.uk

Link to the running club website

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



Trevor's Racing Roundup

Hello everyone

Another active weekend for Lingfield Runners.

The usual Saturday morning 5k parkruns were well attended. We had a total of 22 runners taking part at the following six different locations: East Grinstead (17), Roundshaw Downs (1), Reigate Priory (1), Hove Promenade (1), Uckfield (1) and Ifield Mill Pond (1). Well done to everyone who ran and especially to **Dan Celani** who finished in first place at Reigate Priory.

We had runners taking part last weekend at the following venues over a variety of different distances.

Michelle Hollins went to Tillingbourne to run in the Maverick North Down Ultra over a distance of 54 kilometres. There was a total of 63 finishers. The race was won by James Petrie in a very good time of 5.35.14. Hannah Brown was the first lady to finish in 15th place overall in a good time of 6.29.02.

Michelle was the only Lingfield runner taking part, and had a really good run to finish in 36th place in a very good time of 7.00.37. She finished in 9th place in the ladies event and won her age group. Very well done Michelle.

We had runners taking part in the Reigate Half Marathon on Sunday. There was a large field of 1,042 finishers. The winner of the men's race was Dan Gaffney of Great Outdoor Fitness in a time of 1.12.55 and the ladies winner was Susan McDonald of South London Harriers. She finished in 17th place in 1.25.30.

It was not easy to find the Lingfield runners from this field of over 1,000 because some of our runners either did not show Lingfield Runners on their entry form or maybe the event organisers had overlooked it.

The first Lingfield runner to finish was **Jack Goldsmith** in a very good (personal best) time of 1.27.07. Our first lady to finish was **Fiona Champness** also in a good time of 1.52.15.

Please correct me if I have overlooked anyone but I found a total of six runners. Names, times and positions are shown below.

27 Jack Goldsmith 1.27.07

367	Fiona Champness	1.52.15
528	Ian Watkins	1.59.03
606	Aly Warner	1.59.49
788	Donna Da Luca	2.10.10
784	Martin Payne	2.12.13

Well done everyone for taking part and running some very good times.

We also had one person running in the annual Hampton Court Palace Half marathon on Sunday.

This is always a very popular race and had a total of 1,999 finishers. The winner of the race was Ollie Garrod of Epsom and Ewell Harriers. He finished in second place in the Brighton Marathon last week but was leading in that race until the last 200 metres when he was overtaken - only to be told afterwards that the course was over distance by 568 metres. The ladies winner was Emma Houchell of Basildon AC, also in a very good time of 1.22.18.

Our runner was **Lynda O'Sullivan**. This was Lynda's second half marathon. She ran all of the way with a friend but also pushed her baby daughter Violet all of the way. Lynda, Violet and her friend all finished okay in a time of 2.39.40. Very well done Lynda. That was an incredible effort. You certainly earned your medal.

Last Sunday we held the third in a series of four handicap races. It was an out and back five mile course down St Piers Lane to the Haxted Mill road junction. We had a total of 19 runners taking part. The handicaps ranged from zero for the slower runners to 27 minutes for the fastest.

The first three runners to finish in handicap order were; first **Lynda Willment**, second **David Wilkes** and third **David Worsell**. There was only a difference of 19 seconds between the first three runners. **Dan Oppe** had a brilliant run to post the fastest time of the day which was 28.34 for the five mile course. Second fastest was Dan Celani with 30.20.

The two fastest ladies were **Liz McLennan** 41.00 and **Nicky Pumford** 41.06.

The results have already been posted on Facebook but I have attached them again in case that you may not have seen them. I have also attached the current points totals for both ladies and men.

[Five mile handicap results](#)

[Ladies positions after three events](#)

Men's positions after three events

This coming Sunday 26 September sees the return of the annual East Grinstead Andy Ripley memorial race. We appear to be supporting this event in very large numbers this year which is great news. Over 25 of our members are registered to run. This is also the next race in our Open Grand Prix race series for 2021.

Have fun and enjoy. I hope to see you all on Sunday.

Trevor

18-Sep-21	22	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	2	Steven PRICE	00:19:21	76.23%	PB
135 runners	11	James WILLIS	00:21:29	65.48%	
	15	James KILFIGER	00:23:05	62.89%	
	16	Michael MANWILL	00:23:13	61.52%	
	17	Vernon GIVEN	00:23:23	62.58%	
	18	David WORSELL	00:23:35	62.05%	
	23	Keith CHAMBERS	00:24:06	67.70%	
	25	Nick HALL	00:24:23	57.28%	
	41	Wendy SMITH	00:25:34	68.12%	PB
	60	Nevenka WORSELL	00:27:44	59.74%	
	73	Steve BRINKLEY	00:29:07	56.04%	
	101	Steve WARNER	00:32:11	52.10%	
	105	Clare EVANS	00:32:26	54.37%	
	107	Samuel CHAMPNESS*	00:32:49	54.24%	PB
	108	Nick CHAMPNESS	00:32:50	43.20%	
	110	Theresa DONOHUE	00:32:58	54.20%	
	135	David WATKINS	00:47:29	33.49%	
Hove Promenade	305	Kath GARRIDO	00:29:33	80.60%	
454 runners					
Ifield Mill Pond	83	Amber DRIVER	00:38:52	38.94%	
98 runners					
Reigate Priory	1	Dan CELANI	00:17:40	78.40%	
298 runners					
Roundshaw	39	George ENGLISH	00:25:49	66.17%	
161 runners					
Uckfield	35	Lisa COMPTON	00:27:34	75.82%	
108 runners					

* honorary member

East Surrey League Cross Country event

2nd October, Lloyd Park

Races at 2pm for young athletes (2.5 miles) and 3pm for adults (5 miles). Anyone that can help before, during or after the race would also be greatly appreciated.

You don't need to be EA registered and don't forget there are points to be gained for the Cross Country Trophy.

We have received very short notice for this but here's a few words in support from [Trevor Crowhurst](#).

'Matthew Kiernan is the very hard working Secretary of the East Surrey League which we have been members of for many years. He has obviously worked very hard in trying to arrange this fixture. He is now trying to organise a fresh start for 2021 and 2022.

The second fixture is normally a 5 mile cross country race on Wimbledon Common and the third and final fixture is a 4.2 mile road race on a weekday evening at Epsom.

We have now got some good strong runners both ladies and men so I think that we should do our best to be well represented at these three fixtures.

This fixture is an East Surrey County Athletics event and it would not reflect very well on our club if we do not support it.

I know that the following is the date of the London marathon but that should not affect us too much.'

Please let [David Watkins](#) or [Fiona Brown](#) know if you are interested.

Lingfield Cross Country fixtures 2021-22

please note men's date change

The cross country season is only just over a month away so, if you would like to join our successful and fun teams for any of these events, please contact Fiona Brown ladiescaptain@lingfieldrunningclub.co.uk or Dave Watkins menscaptain@lingfieldrunningclub.co.uk and let them know.

Please do not forget that **you must be EA registered** to run. The Surrey Cross Country website has just come back online. This is the link <https://www.surreyleague.org/slm/2016-17/clubs/lin/> .

If you haven't got an EA number against your name and you are registered please let me have your number so I can add it. If you are not on the list and you want to run please let Dave or Fiona know your name, DOB and your EA number. Finally, if any details are wrong please let us know and we will correct them.

	16-Oct	13/14 Nov	15 Jan	19 Feb
Men - Divisions 3 & 4	Epsom Downs Organisers: 26.6	Denbies (Sunday 14th) Organisers: Walton AC	Richmond Park Organisers: Wimbledon Windmilers	Lloyd Park Organisers: Ful on Tri/other clubs
Ladies	Richmond Park Organisers: Ranelagh with help from Belgrave	Wimbledon Common (Sat 13th) Organisers: Fulham Runners and Thames Hare and Hounds	Mitcham Common Organisers: Herne Hill with help from Clapham Chasers	Effingham Common Organisers: Guildford and Godalming

Club Grand Prix series – Titsey Trail 10K, Sunday 17 October

The 2021 Titsey Trail 10K is now open for race entries.

Please follow the link below to enter the race:

[Titsey Trail entry page](#)

[Link to book a place for the coaching session](#)

Coaching session with Paul Blackmore, Wednesday 29th September @ 6:45pm. Meet at Imberhorne School.

Book here now: <https://www.eventbrite.co.uk/e/copy-of-lingfield-rc-coaching-session-with-paul-blackmore-tickets-176921094757>

[Montane Dragon's Back race - Elaine Bisson \(feat. Juhana Kirk\)](#)



Read [Elaine Bisson's moving account](#) of how she completed this years Dragon's Back Race, and the part played in that event by her tent buddy, Juhana Kirk.

Elaine was second lady home and Juhana ran a great race to finish fifth overall.

Running funnies ...

run-for-fun.com

“Runners don’t die. They only smell like it.”

-seen on marathon spectator sign

“I didn’t train all that time just to come here and get it over with as fast as I can.”

-John Bingham, running writer, on running marathons

“If found on ground, drag to finish line.”

-seen on racer’s T-shirt

“It’s rude to count people as you pass them. Out loud.”

-Adidas

“Running: Cheaper than therapy.”

-seen on runner’s T-shirt

“If you’ve never had a bad day running, you’re probably doing something wrong. If you’ve never had a good day running, you’re definitely doing something wrong.”

– Mark Remy, author of [Runners of North America](#)

“I run because punching people is frowned upon.”

-seen on a T-shirt

[10 fastest UK parkrun times - weekly report](#)

If you've never received this notification before, it's worth following so you can find great places for a parkrun PB.

[Fastrunning](#)

