

## Newsletter

Wednesday 29 September 2021

## Contents

- Trevor's racing round-up
- East Grinstead 10k - Gary Spring
- Handicap points corrected versions - Editor
- East Surrey XC event 2nd October, Lloyd Park - Dave/Trevor
- Lingfield Cross Country fixtures 2021-22 - Dave and Fiona
- Dennis Crowhurst handicap, 7 November - Scott McDonald
- LRC coaching course link – Dave Worsell
- Christmas handicap - Scott McDonald
- Introductory pilates course 6th October - Kirsty Wachuku-King
- Are you an untidy runner? - parkrun advice

Please submit any errata, comments, articles of interest, race reports, photos, ideas or wild theories to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

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## Trevor's Racing Roundup

Hello Everyone,

Not so many of our members were running in the Saturday morning park runs this week. This was probably because on the following day we had a total of 39 runners doing the Andy Ripley Memorial 10 kilometre race at Imberhorne.

Nevertheless we had total of 24 runners taking part in the park runs at the following 7 different locations as follows: East Grinstead (16), Tilgate (2), Ifield Mill Pond (2), Roundshaw Downs (1) Horsham (1), Sheringham (1) and Seaton (1).

Well done everybody. Especially to **Steven Price** for finishing in 2nd place at East Court with a time of 19.20.

On Sunday we had an excellent total of 39 Lingfield runners who completed the Andy Ripley Memorial 10k race. This race was a double header because it was a Club Grand Prix event and was also used as the Club 10 kilometre championship event. Many congratulations to **Michelle Hollins** who is the ladies club 10k champion for 2021 and to **Dan Celani** who is this year's men's champion.

Full details of the race are shown in a report by Gary Spring.

Also on Sunday there was the Eridge Park 10 mile event. I know from experience how tough this off road course is with its numerous hills and difficult terrain.

The race was won by Chris Humphries of Istead and Ifield Harriers in a time of 1.11.36.

There was total of 158 finishers.

Many congratulations to both **Mandy Regenass** who was the winner of the ladies race with an excellent time of 1.26.51 for such a tough course. Also to **Simon Moore** who finished in 3rd place overall in a time of 1.15.11.

We had a total of 4 runners in the race. Their names and times are shown below:

|     |                |         |
|-----|----------------|---------|
| 3.  | Simon Moore    | 1.15.11 |
| 17. | Mandy Regenass | 1.26.51 |
| 20. | Barry Stone    | 1.28.36 |

Well done all of you.

This Sunday 3rd October sees the return of the London Marathon with a total of approximately 40,000 runners expected to run.

As far as I am aware the following seven Lingfield runners are taking part:

David Worsell

Chris Rance

Laura Stockwood

Mandy Regenass

Terri Scott

Michelle Hollins

Aly Warner

Also Keith Chambers is due to run the Virtual race.

If this is no longer correct or if I have omitted anyone then please let me know. I would like to make sure that all of your times are recorded on the club database. *(Dan Celani subsequently confirmed his entry – Ed.)*

Wishing you all the very best of luck and I hope that you all have good runs and enjoy the day.

This Saturday 2nd October sees the return of the Surrey County Cross Country races.

Both our ladies and our men are in action at Lloyd Park in Croydon for the first match in the East Surrey Cross Country League. We should have a full ladies team of four and hopefully a men's team as well.

Both ladies and men run together in the same race but are scored separately. The race distance is 5 miles over 2 equal laps around the park. The race starts at 2.30pm.

Good luck to everyone who has agreed to take part. Enjoy the afternoon and let's get some league points.

If anyone has run in any races that I have not mentioned then please let me know so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

Trevor

| <b>25-Sep-21</b>        | <b>24</b>       | <b>LRC parkrunners</b> |             |                  |            |
|-------------------------|-----------------|------------------------|-------------|------------------|------------|
|                         | <b>Position</b> | <b>Name</b>            | <b>Time</b> | <b>Age grade</b> | <b>PB?</b> |
| <b>East Grinstead</b>   | 2               | Steven PRICE           | 00:19:20    | 76.29%           | PB         |
| 102 runners             | 9               | Luke DAVIS             | 00:21:41    | 62.49%           |            |
|                         | 19              | Ian GREENAWAY          | 00:23:56    | 61.63%           |            |
|                         | 21              | James KILFIGER         | 00:23:57    | 60.61%           |            |
|                         | 22              | David WORSELL          | 00:24:02    | 60.89%           |            |
|                         | 27              | Simon COOK             | 00:25:20    | 60.13%           |            |
|                         | 31              | Sophie DAVIS           | 00:26:12    | 57.76%           |            |
|                         | 34              | Imogen EVANS           | 00:26:22    | 56.13%           | PB         |
|                         | 36              | Martin PAYNE           | 00:26:35    | 63.07%           |            |
|                         | 50              | Nevenka WORSELL        | 00:27:53    | 59.41%           |            |
|                         | 53              | Lisa COMPTON           | 00:27:58    | 74.73%           |            |
|                         | 77              | Donna DE LUCA          | 00:30:52    | 49.24%           |            |
|                         | 78              | David WATKINS          | 00:31:15    | 50.88%           |            |
|                         | 83              | Kath GARRIDO           | 00:32:11    | 74.00%           |            |
|                         | 91              | Theresa DONOHUE        | 00:33:21    | 53.57%           |            |
|                         | 102             | Isla GREENAWAY         | 00:44:20    | 33.38%           |            |
| <b>Horsham</b>          | 4               | Harry STERLING         | 00:17:56    | 71.93%           |            |
| 431 runners             |                 |                        |             |                  |            |
| <b>Ifield Mill Pond</b> | 35              | Steve WARNER           | 00:29:21    | 57.13%           |            |
| 74 runners              | 60              | Marie WARNER           | 00:37:49    | 52.05%           |            |
| <b>Roundshaw</b>        | 51              | George ENGLISH         | 00:25:39    | 66.60%           |            |
| 154 runners             |                 |                        |             |                  |            |
| <b>Sheringham</b>       | 140             | Keith CHAMBERS         | 00:38:45    | 42.11%           |            |
| 154 runners             |                 |                        |             |                  |            |
| <b>Seaton</b>           | 6               | Mike LOTHIAN           | 00:28:03    | 62.86%           |            |
| 171 runners             |                 |                        |             |                  |            |
| <b>Tilgate</b>          | 4               | Dan OPPE               | 00:18:25    | 73.57%           |            |
| 266 runners             | 45              | Dan CELANI             | 00:23:41    | 58.48%           |            |

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Representatives of Lingfield Running Club caught before and after action at Andy Ripley 10k, East Grinstead, Sunday 26 September 2021

*With thanks to Steph Reeve and Liz McLennan's camera for the photos*





## East Grinstead 10km, Sunday, 26<sup>th</sup> September

### (Andy Ripley Memorial 10km)

Taking a group shot of all the club members at the East Grinstead 10K was a bit like herding cats but, in the above photo, Steph Reeve succeeded in capturing 32 of the total of 39 club members who ran the race, plus David Watkins, who was in a support role. Steph also took additional photos of club members approaching the finish line and these can be viewed on the club Facebook page.

There were a total of 218 finishers, so this meant that our club represented nearly 20% of the field. The Race Organiser gave us our own 'start wave', which was great for the initial camaraderie on the start line. Once we started, however, there was the inevitable certainty that the heavy breathing of the person, slowing catching you up, had to be a fellow club member, and, Damn it, there were vital Grand Prix points at stake!

Not only did we make a significant contribution to the numbers of entries, we also had some high-placed finishers, with Dan Celani coming home in 2<sup>nd</sup> place and Michelle Hollins, the 2<sup>nd</sup> lady finisher. As the race was also this year's 10K Club Championship event, the trophies will therefore go to Michelle and Dan.

Congratulations to both of you.

The table, below, lists all the club members who took part in the race. The full set of results can be viewed on the NiceWork website at <https://www.nicework.org.uk/races/the-east-grinstead-10k/2021>

#### Results for : East Grinstead 10km Sun 26 Sep 2021

Lingfield Men's Course Record : Dan Celani, 36:04, 26-Sep-2021

Lingfield Ladies' Course Record : Miranda Johnson, 41:44, 30-Sep-2018

| Race Position | Name            | Gender | Club Position | Time  | Age-Grading % | Best time and date |                |
|---------------|-----------------|--------|---------------|-------|---------------|--------------------|----------------|
| 2             | Dan Celani      | Male   | 1             | 36:04 | 79.94         | 36:04              | 26th Sept 2021 |
| 7             | Jack Goldsmith  | Male   | 2             | 38:40 | 73.49         | 38:40              | 26th Sept 2021 |
| 11            | Ian Barrow      | Male   | 3             | 40:30 | 74.61         | 39:14              | 30th Sept 2018 |
| 13            | James Willis    | Male   | 4             | 41:01 | 77.33         | 41:01              | 26th Sept 2021 |
| 21            | Jonathan Roe    | Male   | 5             | 43:18 | 63.74         | 43:18              | 26th Sept 2021 |
| 24            | Richard Adams   | Male   | 6             | 43:39 | 66.06         | 43:39              | 26th Sept 2021 |
| 31            | Michael Manwill | Male   | 7             | 45:37 | 65.18         | 45:37              | 26th Sept 2021 |

|     |                      |        |    |         |       |         |                |
|-----|----------------------|--------|----|---------|-------|---------|----------------|
| 32  | Mark Aldred          | Male   | 8  | 46:00   | 64.17 | 45:31   | 29th Sept 2019 |
| 33  | David Worsell        | Male   | 9  | 46:02   | 66.15 | 46:02   | 26th Sept 2021 |
| 37  | Daniel Pike          | Male   | 10 | 46:37   | 57.88 | 46:37   | 26th Sept 2021 |
| 37  | Tony Allen           | Male   | 10 | 46:37   | 69.18 | 45:47   | 29th Sept 2019 |
| 47  | Michelle Hollins     | Female | 1  | 48:04   | 79.06 | 48:04   | 26th Sept 2021 |
| 49  | Nick Hall            | Male   | 12 | 48:15   | 60.24 | 46:32   | 30th Sept 2018 |
| 54  | Fiona Champness      | Female | 2  | 48:47   | 68.53 | 47:29   | 30th Sept 2018 |
| 60  | Liz McLennan         | Female | 3  | 49:35   | 63.36 | 47:14   | 21th Sept 2014 |
| 65  | Wendy Smith          | Female | 4  | 49:59   | 72.09 | 49:59   | 26th Sept 2021 |
| 68  | Gary Spring          | Male   | 13 | 50:06   | 72.39 | 50:06   | 26th Sept 2021 |
| 79  | Claire Ziegler       | Female | 5  | 50:49   | 71.83 | 46:51   | 30th Sept 2018 |
| 81  | Mark Notridge        | Male   | 14 | 51:10   | 64.1  | 50:51   | 29th Sept 2019 |
| 84  | Imogen Evans         | Female | 6  | 51:23   | 59.03 | 51:23   | 26th Sept 2021 |
| 86  | Chris Rance          | Male   | 15 | 51:28   | 59.65 | 51:28   | 26th Sept 2021 |
| 88  | Ian Watkins          | Male   | 16 | 51:45   | 65.09 | 49:58   | 29th Sept 2019 |
| 96  | Mandy Notridge       | Female | 7  | 52:36   | 69.39 | 52:36   | 26th Sept 2021 |
| 100 | Clare Berryman       | Female | 8  | 53:03   | 63.78 | 53:03   | 26th Sept 2021 |
| 102 | Tom Cartledge        | Male   | 17 | 53:16   | 61.08 | 53:16   | 26th Sept 2021 |
|     |                      |        |    |         |       |         |                |
| 110 | Nevenka Worsell      | Female | 9  | 54:06   | 63.31 | 54:06   | 26th Sept 2021 |
| 120 | Helen Davey          | Female | 10 | 55:06   | 69.9  | 55:06   | 26th Sept 2021 |
| 126 | Bob Pank             | Male   | 18 | 56:12   | 67.94 | 47:54   | 22nd Sept 2013 |
| 130 | Mark Piper           | Male   | 19 | 56:56   | 57.14 | 49:46   | 23rd Sept 2012 |
| 141 | Cat Frantz           | Female | 11 | 57:46   | 61.57 | 57:46   | 26th Sept 2021 |
| 143 | Eliska Kelly         | Female | 12 | 57:51   | 54.68 | 52:41   | 24th Sept 2017 |
| 146 | Maggie Statham-Berry | Female | 13 | 58:33   | 76.35 | 58:33   | 26th Sept 2021 |
| 151 | Clare Evans          | Female | 14 | 59:34   | 61.28 | 51:05   | 30th Sept 2018 |
| 169 | Isla Greenaway       | Female | 15 | 1:02:34 | 48.48 | 1:02:34 | 26th Sept 2021 |
| 174 | Hannah Cartledge     | Female | 16 | 1:03:57 | 47.43 | 57:40   | 30th Sept 2018 |
| 184 | Lynda Willment       | Female | 17 | 1:05:54 | 56.88 | 59:58   | 22nd Sept 2013 |
| 198 | Julie Blythe         | Female | 18 | 1:08:10 | 57.31 | 1:03:52 | 29th Sept 2019 |
| 201 | Miranda Evans        | Female | 19 | 1:09:16 | 43.79 | 1:09:16 | 26th Sept 2021 |
| 214 | Amber Driver         | Female | 20 | 1:23:14 | 37.3  | 1:09:58 | 30th Sept 2018 |

As previously mentioned, this race was part of the Club's Grand Prix series.

The next two races in the series are:

10<sup>th</sup> October    Worthing 10K

17<sup>th</sup> October    Titsey Trail 10K

**Current points leaders are:**

**Ladies:**

Fiona Champness        58 pts

|                  |        |
|------------------|--------|
| Michelle Hollins | 38 pts |
| Claire Ziegler   | 36 pts |
| Liz McLennan     | 36 pts |

### **Men**

|                |        |
|----------------|--------|
| James Willis   | 51 pts |
| Jack Goldsmith | 38 pts |
| Richard Adams  | 37 pts |

While Fiona and James have healthy leads at the moment, there will be enough extra races to select your best 8 from, to hopefully provide a tight finish!

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### **Handicap points - corrected versions**

With apologies for last week's rather odd version of the points totals after three races, here are the correct tables.

[Men's competition](#)

[Ladies competition](#)



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**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.  
'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.

**Meet at VICTORIA CLUB at 12.30pm. Lingfield mini bus is available for transport, seats are available for £5 for return journey. RACE IS 2.30PM and then return to Lingfield.**

**Please email [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk) if going on the mini bus.**

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### **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](mailto:ladiescaptain@lingfieldrunningclub.co.uk) or Dave Watkins [menscaptain@lingfieldrunningclub.co.uk](mailto: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   |
|----------------------------------|--|---|--|--|
| <b>Men - Divisions 3 &amp; 4</b> | <b>Epsom Downs</b><br>Organisers: 26.6                               | <b>Denbies (Sunday 14th)</b><br>Organisers: Walton AC                                       | <b>Richmond Park</b><br>Organisers: Wimbledon Windmilers                       | <b>Lloyd Park</b><br>Organisers: Ful on Tri/other clubs        |
| <b>Ladies</b>                    | <b>Richmond Park</b><br>Organisers: Ranelagh with help from Belgrave | <b>Wimbledon Common (Sat 13th)</b><br>Organisers: Fulham Runners and Thames Hare and Hounds | <b>Mitcham Common</b><br>Organisers: Herne Hill with help from Clapham Chasers | <b>Effingham Common</b><br>Organisers: Guildford and Godalming |

### Dennis CROWHURST race

7 November 2021

The annual Dennis Crowhurst race is now confirmed for Sunday 7th November 2021, the start time will be just after 10am at Staffhurst Wood car park, either meet there or meet at the Victoria Club at 9.45am.

This race is in memory of Trevor's cousin who was a loyal member of our running club, and sadly passed away in 1992. His older brother Michael wanted to purchase a Trophy in his brother's memory so the club decided to hold a five mile handicap race each year around Staffhurst Wood and Itchingwood Common. This

course was chosen because this was Dennis's favourite training route. The race has been held annually since 1993. It has always been run on a handicap basis so that everyone has a chance of winning Dennis' trophy. This year will be the 28th running of the race. In that time there have been 25 different winners. The winner for 2020 was Shona Wilkinson. I am very grateful to Trevor who once again will purchase 3 prizes for the first 3 finishers. Michael will join us to present Dennis' trophy and the prizes.

There is reasonable parking at the start and the course is mainly flat on quiet roads covering some great Surrey scenery. To enter or volunteer to assist on the day as timekeeper, Marshall etc please e mail [membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk)

Many thanks,  
Scott, Club Chairman

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### **Link to book a place for the coaching session**

Book for next weeks Wednesday coaching (6th Oct) session with [Lisa Compton](#). 6:45pm at Imberhorne Upper School.

[Lingfield RC - Coaching Session with Lisa Compton](#)

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### **Christmas handicap fun run**

The annual Xmas handicap fun run is on SATURDAY 11th DECEMBER 2021. This is a bit of club festive fun, you can dress up or wear Santa hats and / or outfits. The route is a figure of 8 through the streets of Lingfield and Dormansland, starting and finishing on Racecourse by the racecourse entrance, most of it is on pavements. The distance is 4.5 miles. I know this will clash with Park runs but please consider supporting our club for this bit of festive fun.

Please meet at the Victoria club at 9.45am or the start at 10am. There will be prizes for everyone and to assist with these costs and to make a donation to POPYRUS - which is a charity supporting the prevention of suicide in the young ( under 35 ) in the UK, the

entry fee is £3. Please pay on the day.

We would prefer entries before the race to allow handicaps times to be calculated but we will welcome entries on the day. After our festive run we will return to the VICTORIA CLUB for a festive drink and prizes. Graeme Bennett and Susie Birch will also present the winner with the Matthew Bennett trophy in memory of their son.

To enter or volunteer please email [membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk)

Many thanks,  
Scott, Club chairman

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**Pilates course**  
**Kirsty Wachuku-King**

I have booked the VSSC for Pilates on Wednesday 6th October at 6.45pm for an hour, as a one-off for now. There are half a dozen or so people interested on FB and I have posted an update there and asked people to confirm if they will come.

I'm proposing to do this session for free as it's introductory.

Could you email me if you would like to attend this.

[Pilatespassion@outlook.com](mailto:Pilatespassion@outlook.com)

Thanks.

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**[How can I make a house cleaning schedule?](#)**



Not quite sure why parkrun thinks runners need this advice particularly, but here are the tips from their briefing last week.

- Break up cleaning tasks into daily, weekly, and monthly events
- Daily tasks include quick tidy ups and dealing with dirty laundry and surfaces
- Weekly tasks mean thorough cleans of appliances, floors, and rooms like the bathroom
- Monthly tasks include time-intensive jobs like cleaning the windows, furniture, and decluttering
- Don't work alone! Ask your family or housemates for help.

No need to thank me ..... all part of the service