

Newsletter

Wednesday 6 October 2021

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Trevor's Racing Roundup

Hello Everyone,

We were again fairly well represented at the Saturday morning 5 kilometre parkruns. We had a total of 25 runners in action at the following seven different locations: East Grinstead (14), Tilgate (5), Oxford (1), Nonsuch Park (1), Peacehaven (2), Squerryes Winery (1) and Ifield Mill Pond (1).

Well done to everyone who ran. Especially to **Fiona Champness** (first lady at East Grinstead in 24.22) and **Sophie Davis** (second lady at Squerryes Winery in 25.34).

On Saturday afternoon we had a full team of ladies and men who had agreed to run in the first of the East Surrey League Cross Country fixtures. This took place over the usual five mile course at Lloyd Park Croydon. Very well done to **Scott McDonald** who had not only agreed to run but also drive the Lingfield Minibus to Croydon for those who wanted to take up this option.

Lloyd Park is always a tough course due to the hills and the muddy and slippery underfoot conditions. This year it was made particularly difficult because it rained steadily throughout the race. It is a course over two equal laps of 2.5 miles each. We needed four men and three ladies to make up complete teams. There was a smaller than usual field of 86 runners. Maybe because of Covid, the bad weather or perhaps the London Marathon and mini marathon that were taking place the next day.

The winner of the race was James Hancock of Croydon Harriers in a very good time of 28.28. Our first finisher was **Luke Davis** in 5th place in a very good time of 29.27.

The first lady to finish was Marta Cecconi of Epsom and Ewell Harriers in 35.07. **Meghan Bowen** was our first lady finisher in 7th place in 38.33.

There was a total of 20 ladies from seven clubs in the race. Points are awarded according to the position each person finishes in the team race. We scored a total of 26 points which meant that our ladies finished in 3rd place out of the seven competing clubs. Also all of our men ran really well and in the team race we finished in 7th place with a total of 173 points.

Well done to everyone who came along and represented the club and ran in such adverse conditions. The times and positions of all our runners are shown below.

LADIES

7	Meghan Bowen	38.33
9	Stephanie Reeve	40.42
10	Liz McLennan	40.55
15	Maggie Statham-Berry	44.43
17	Fiona Champness	45.58
20	Caroline Coxall	47.49
22	Katie Cahill-Smith	48.43

26 points (First three to score)

MEN

5	Luke Davis	29.27
53	Kevin Reeve	41.38
56	George English	42.56
59	Scott McDonald	47.44

173 Points (First four to score)

On Sunday the London Marathon returned after two years to take centre stage. As expected, the Kenyans and the Ethiopians finished in the top six places. However we did have GBR runners filling places from 7th to 18th. In the elite ladies race, Charlotte Purdue had a great race to produce a personal best and finished in 10th place in 2.23.26.

We were very well represented in the Masses by five of our ladies and five of our men. **Harry Sterling** who was running in his first marathon had a great run to finish in a time of 2.53.18.

The Lingfield times that I am of aware of are :

1271	Harry Sterling	2.53.18
2567	Dan Celani	3.04.32
4594	Mandy Regenass	3.21.54
6796	Barry Stone	3.34.51
10663	David Worsell	3.53.06
12777	Michelle Hollins	4.00.30
14907	Aly Warner	4.10.35
18098	Lisa Compton	4.24.56
22133	Chris Rance	4.42.59
31247	Laura Stockwood	5.40.23

I hope that I have not missed anyone?

Congratulations to everyone who ran and finished. Great times and achievements by everyone especially to those of you who were running a marathon for the first times. You have all now got a London Marathon medal to cherish.

Away from the capital, **Helen Davey** and her husband went to Chichester to run in their half marathon on Sunday. There was a small entry with just 290 finishers. The winner of the men's race was Will Grace in a time of 1.15.13 and the ladies winner was Fay Cripps who finished in 1.37.20. They were both running for Chichester Runners.

Helen had a very good run and finished in a time of 2.09.46. Well done Helen.

On this coming Sunday 10 October there is the Worthing 10k race. This is the next race in our club's Open Grand Prix series. I hope that a lot of you have entered to try and gather some more GP points.

On the following Saturday 16th October both our ladies and men are competing in the first of the Surrey Cross Country League fixtures for 2021/22. The men compete in Division 4 of the league and the ladies are in Division 2 of their league.

It is ten to score in the men's league. So we need at least that number, and hopefully more, so that we can also challenge for a top spot in the B team section. Ladies it is a minimum of five to score. So please turn out in large numbers.

Please let your team captains know of your availability.

When attending either Tuesday or Thursday training session please wear high-viz clothing and bring a head torch if you have one.

Have fun and enjoy your running.

Trevor

02-Oct-21	25	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	13	Brandon WEBB	00:22:48	64.69%	
90 runners	14	James KILFIGER	00:23:21	62.17%	

	22	Vernon GIVEN	00:24:08	60.64%	
	25	Fiona CHAMPNESS	00:24:22	66.48%	
	26	Simon COOK	00:24:33	62.05%	
	41	Martin PAYNE	00:26:43	62.76%	
	42	Imogen EVANS	00:26:45	55.33%	
	47	Nevenka WORSELL	00:27:36	60.02%	
	62	Nick CHAMPNESS	00:29:00	48.91%	
	68	David WATKINS	00:30:30	52.13%	
	71	Clare EVANS	00:31:12	57.26%	
	76	Theresa DONOHUE	00:32:43	54.61%	
	82	James WILLIS	00:33:40	41.78%	
	90	Marie WARNER	00:40:36	48.48%	
Ifield Mill Pond 65 runners	55	Lucy HALL	00:37:03	41.84%	
Nonsuch Park 519 runners	21	Jeremy GARNER	00:19:46	72.85%	
Oxford 320 runners	155	Sue GARNER	00:26:52	88.65%	
Squerryes Winery 82 runners	25	Sophie DAVIS	00:25:34	59.19%	
Peacehaven 94 runners	13	Ian GREENAWAY	00:23:56	61.63%	
	39	Isla GREENAWAY	00:29:42	49.83%	
Tilgate 316 runners	3	Dan OPPE	00:18:29	73.31%	
	43	Thomas CARTLEDGE	00:23:56	53.90%	
	132	Hannah CARTLEDGE	00:28:22	52.17%	
	154	Kath GARRIDO	00:30:06	79.13%	
	276	Tracey WEBB	00:39:53	39.82%	PB

East Surrey League Cross Country

2nd October, Lloyd Park

Dave Watkins

The one where everything went right ... almost.

Before last week the weather was near perfect dry and sunny. Last week, although a few heavy downpours, East Grinstead parkrun (a good gauge for any cross country) was dry on foot and above. Then the heavens opened and stayed open until, during and after the event.

Although disappointed, all 11 runners agreed that it was perfect Cross Country weather and went into the cafe to write down numbers and attach them to vests. Unfortunately, due to injury I was unable to participate so, along with Trevor, volunteered my services. I was placed at the finish tunnel recording numbers of runners finishing. Trevor had his umbrella and said I'll keep you dry while you write the numbers down. After a few minutes a gust of wind and the umbrella turned inside out. Not to worry, Scott said, you can use mine. Another five minutes and another inside out umbrella. I was not worried though as I had Diane Clayton's handmade woolly hat that was making its debut.

Speaking of debuts, a big shout out to Caroline Coxall for her first experience of Cross Country and also to Luke Davis. Although already a veteran of Cross Country at such a young age, but running for LRC for the first time after we eventually prized him away from Clapham Chasers, what a debut it was, finishing in 5th place.

When the next runner Meghan, followed by Steph and then Liz, who on the first lap was running with Kevin, came in remarkably clean while Kevin finished later suspiciously covered in mud. It became clear that our first three ladies had done very well. Upon seeing the results I believe they finished in third place.

All the other runners had fine runs and the results are below. I haven't printed the age groups as a certain W45 won't like to be reminded that she was beaten by a W65 although she blamed her performance on the earlier parkrun where she was beaten by her 9 year old son.

As we were packing up we agreed that apart from the rain, two broken umbrellas, a very wet tent inside and out, all went quite well... until Trevor announced that he couldn't find his car keys, a mass search of the area that he had been, every bag and pocket. Thankfully the keys were found handed in at the café so all was well.

A big thanks to Scott for driving the minibus as well as running with a cold and an achilles injury.

Hope everyone finds this inspirational and puts their name down for the next event.

Men - Epsom Downs. Ladies - Richmond Park. Both on 16th October.

Results

Pos.	Gen.	Name.	Time
5th	5th	Luke Davis	29:37
54th	7th	Meghan Bowen	38:33
60th	9th	Stephanie Reeve	40:42
61st	10th	Liz McLennan	40:55
64th	53rd	Kevin Reeve	41:38
69th	56th	George English	42:56
73rd	15th	Maggie Statham-Berry	44:43
75th	17th	Fiona Champness	45:58
78th	59th	Scott McDonald	47:44
79th	20th	Caroline Coxall	47:59
82nd	22nd	Katie Cahill-Smith	48:43

New cross country dates for the diary

Dave Watkins

- Southern Area Championships - 29th Jan 2022. Venue TBA.
- National Cross Country Championships - 26th February 2022 (Parliament Hill).

London Marathon - 3rd October 2021

Dave Worsell



Friends of Lingfield Running Club



David Worsell is with Michelle Hollins.

Admin · 18h · 🌐



Thanks to all the LRC members who came and supported us at the London marathon today. You had a knack of popping up just at the right time to keep driving us forward 🙌 You're awesome 🥰



For some, the delayed London Marathon couldn't come soon enough; for me, having secured a last minute club place via EGAC (where I coach kids sprinting sessions) it came just nine short weeks before! Just enough time to fit in some longer runs.

Our small band of LRC London Marathon runners had got to know each other fairly well, having completed training runs together down Forest Way, up Worth Way and looping around the Ouse Valley Viaduct (that was a hilly one)!

As race day dawned the weather gods smiled and rewarded us with perfect marathon weather conditions. However, the port-a-loo gods had other ideas and made us queue 40 minutes just prior to the start, which Michelle and I very nearly missed. At least it gave us the opportunity to bump into Ros Watkins (Ian's daughter) who was also running her first marathon.

As you would have seen on TV, we started in waves with the faster runners heading out first. This seeding approach explains why I never got to see speedy Harry or Mandy who both had solid runs and posted excellent times.

As my wave set off, and with Bob Pank's marathon advice still ringing in my ears, I was conscious that I should concentrate on running my own race. For me, that meant going out reasonably quick (but not too fast) and trying and maintain the tempo throughout. Having got it horribly wrong twice before, I really wanted to get it right at least once in my life.

Right, 5k done and still feeling good. I caught a quick glimpse of Nevenka but didn't have time to stop before I headed to my next reference point. The Cutty Sark came and went with each mile split consistent with the last although I didn't know this until after the race. I'd decided to "run on feel" and made an effort to not use a watch for pacing. The plan was to speed up when feeling good, push down the hills and ease up slightly when thing got a little tougher.

With Tower Bridge in my sights, I kept pounding out those miles, taking regular sips of water and drinking (or should it be chewing) those all-important energy gels. It was just before half-way that Ian, Clare and Tony appeared (sorry if I missed anyone else) at the side of the road cheering and screaming. Amazing! I decided to speed up and look like I'm enjoying it!

13.1 miles and I allowed myself a quick glance at the watch only to confirm I've smashed my half marathon PB. Is that a good sign or will I pay for it later?

I completely missed Nevenka at our agreed RVP near Limehouse but pressed on into the marathon runners' graveyard and down into the Limehouse tunnel. I'd mentally broken down at this point on my first marathon back in 2007, so was determined to keep going.

Now it was 15 miles done and still keeping a consistent pace. Nevenka popped up around mile 18 and a few hundred yards later the LRC mob reappeared - even louder than before. Perfect placement because it's at this stage that it starts to hurt, so the support was greatly appreciated by myself and I'm sure all the other LRC runners.

Twenty miles and I'm looking forward to the end, which can't come soon enough. Final energy gel consumed and it's a last push for home. This part of the route, down The Highway and on to Embankment is my least favourite part of the route. It's boring, it's tough and you've still got nearly 10k to go. It really drags.

Twenty three miles and I can just make out Big Ben. Another "final energy gel" (I found it in another pocket) and it's only a parkrun to go and this one doesn't have "That Hill". Nearly there!

As I turned into Parliament Square the noise level increases ten-fold. That sound will stick with me for the rest of my life. Incredible! The roar drags you up Birdcage Walk and onto The Mall

where you can see the finish line. I'd completed my first sub 4 marathon and taken a massive 49 minutes off my previous best! Better still, moments after crossing the line I got to see Lisa in her Lingfield vest complete her 14th marathon just a few steps behind me.

All the Lingfield runners had great runs and will have their own stories to tell. Michelle smashed her PB and I'm sure a sub 4 was easily achievable if it wasn't for the number of selfies taken en route. Chris, Sarah and Laura, all completing their first marathon, followed us home despite those pesky weather gods having a brief change of mind and depositing a week's worth of rain on us in just a few minutes!

What a great day and what a fantastic achievement for all the LRC runners. I really hope those completing their first marathon do have another go: trust me, they do get easier as your head adjusts to distance.

Finally, please spare a thought for new club member Keith Chambers who completed the virtual London Marathon by running 12 laps around Copthorne...and I thought Limehouse was tough!

Link to book a place for the coaching session

Training next week is with Ian Greenaway - Wednesday 13th October at 6:45pm at Imberhorne School.

Link as follows: <https://www.eventbrite.co.uk/e/186867895907>

Dennis Crowhurst handicap race

7 November 2021

The annual Dennis Crowhurst race is confirmed for Sunday 7th November 2021, with a start time just after 10am at Staffhurst Wood car park (near the chapel).

Either meet there or 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 and this year will be the 28th running of the race. It has always been run on a handicap basis so that everyone has a chance of winning Dennis's trophy. In that time there have been 25 different winners; in 2020 this was Shona Wilkinson.

I am very grateful to Trevor who once again will purchase prizes for the first three finishers. Michael will join us to present Dennis's 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, marshal, etc. please email membershipsecretary@lingfieldrunningclub.co.uk

Many thanks, Scott, Club Chairman

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 parkruns, 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

Many thanks,
Scott, Club chairman

Running funnies ... #2

run-for-fun.com

“For someone who runs all the time, I still have the ability to make it look like it’s the first time I’ve ever tried it.”

“Slow runners make fast runners look good. You’re welcome.”

- seen on a T-shirt

“If you see me running, you better run too because something is chasing me.”

“Step one to running a marathon: You run. There is no step two.”

- Barney Stinson (in How I Met Your Mother)

“I’m only doing this so I can post about it on Facebook.”

- seen on runner’s T-shirt
