



Newsletter

Wednesday 10 November 2021

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Trevor's Racing Roundup

Hello Everyone.

We had another good turnout of 25 club members taking part in the usual 5k parkruns last Saturday. We were represented at the following nine locations: East Grinstead (13), Ifield (2), Tilgate (2), Roundshaw Downs (1), Clair Park Haywards Heath (1), Hove Promenade (2), Isabel Park (1), Nonsuch Park (1) and Uckfield (2).

Well done to everyone who ran. Especially to **Dan Celani** for finishing in first place at Clair Park in a time of 18.03, and also to **Harry Sterling** for finishing in 3rd place at Ifield in a time of 17.47.

Saturday afternoon saw the return of the popular annual Reigate Priory XC relays. There were races for ladies teams of three and men's teams of four runners. Each team member completed a circuit of approx 2.5 miles making the ladies' race approx 7.5 miles and the men's 10 miles.

Thirty seven men's teams and 39 ladies' teams, mainly from Surrey, Sussex and Kent, completed the course. The winning men's team was Crawley AC (*inc Kieran Barnes!*) and the winning ladies' team was Belgrave Harriers.

Well done Lingfield by keeping up the tradition and fielding two men's and three ladies' teams. Our men's A team had an exceptionally good race to finish as the 6th placed team. **Luke Davis** ran the fastest Lingfield men's time with 14.59. **Meghan Bowen** ran the fastest Lingfield ladies time with 19.37.

It was a very enjoyable event and well organised by Reigate Priory AC. [Fiona Champness](#) and [David Watkins](#) our team captains have produced their reports of the races which are included later in this newsletter.

On Sunday 7 November we held the annual Dennis Crowhurst 4.8 mile handicap race from Staffhurst Wood.

The weather was kind and we had a very good attendance of 28 runners. Also very well done

to everyone who came along to assist with the organisation of the race by timekeeping, recording, marshalling at the road junctions etc and also the supporters.

First to finish on handicap time was **Maggie Statham-Berry** who is now the cup holder for 2021. In second place was **Luke Davis** and 3rd was **Paul Blackmore**.

Gary Spring the event organiser has included [his report](#) of the event later in the newsletter, giving details of both times and finishing positions in both handicap order and running time order.

This event also served as a double header as it was also the final race of four for the Club Handicap trophies for ladies and men for 2021. The winners being the lady and man who had achieved the most points. Both competitions were very close, with only two points separating the top two ladies and nine points between the top two men.

Congratulations to **Nicky Pumford** for winning the ladies' trophy with a total of 68 points and to **Martin Faulkner** for winning the men's trophy with 67 points.

I have attached the points totals for both [ladies](#) and [men](#).

Well done everyone.

Trevor

06-Nov-21	25	LRC parkrunners			
	<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Age grade</u>	<u>PB?</u>
East Grinstead	6	Joe ROBINSON	00:22:36	62.24%	
92 runners	8	Brandon WEBB	00:22:45	64.84%	
	13	James WILLIS	00:24:01	59.06%	
	15	James KILFIGER	00:24:26	59.41%	
	17	Ian GREENAWAY	00:24:39	59.84%	
	24	Vernon GIVEN	00:26:01	56.25%	
	26	Martin PAYNE	00:26:22	63.59%	
	33	Steve BRINKLEY	00:27:03	60.87%	
	47	Helen DAVEY	00:29:32	62.98%	
	60	Theresa DONOHUE	00:33:54	52.70%	
	63	Nick HALL	00:35:17	39.58%	
	91	Joanne GIVEN	01:09:18	23.91%	
	92	Lisa COMPTON	01:09:18	30.16%	
Clair	1	Dan CELANI	00:18:03	76.73%	PB
119 runners					

Hove Promenade	40	Richard ADAMS	00:20:43	66.85%	
432 runners	245	Sue GARNER	00:26:48	88.87%	
Ifield Mill Pond	3	Harry STERLING	00:17:47	72.54%	PB
112 runners	17	David BEALE	00:20:50	73.12%	
Isabel Trail	10	Jonathon ROE	00:19:45	67.17%	
196 runners					
Nonsuch Park	7	Jeremy GARNER	00:18:52	76.33%	
runners					
Roundshaw Downs	50	George ENGLISH	00:26:08	65.37%	
137 runners					
Tilgate	11	Dan OPPE	00:19:33	69.31%	
358 runners	95	David NOTTIDGE	00:26:30	63.27%	
Uckfield	42	Steve WARNER	00:29:55	56.04%	
80 runners	71	Marie WARNER	00:41:58	46.90%	

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No Turner's Hill this year

Scott McDonald

It is with regret that I must report that the Turner's Hill Boxing Day race will not be happening this year. I have liaised with two previous organisers and they are unfortunately not able to organise it this year. Unless another organiser is found, this race may never happen again.

Great shame, as this race was part of the club Grand Prix and always attracted a good number of Lingfield runners. As the 2021 club Grand Prix finishes at the end of this year, we will not be adding another race. The winners will be decided on the other races.

As a reminder these are cross country on 13th/14th November, Hampton Court 10km on 21st November, Weybridge 10km on 5th December, East Grinstead park run on 18th December.

Current leaders are Richard Adams and Michelle Hollins, but plenty time for that to change. I would like to take this opportunity to thank everyone for their enthusiasm across this club competition.

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Reigate Priory relays (Men's team) 6th November 2021

Dave Watkins



After the downpours on the first Cross Country event this year, the weather gods seem to think they "owe us" with two events in bright sunshine. Although, when the sun went in, it got a bit chilly.

Things were organised a bit differently this year with all entries having to be entered online three days before the event. This turned out to be quite straightforward and all we had to do, once we picked up the numbers from HQ, was to hand them out to the runners. This was when I had in technical terms "a brain fart" - and I managed to give out the wrong numbers. This was eventually sorted out and I think everyone had the correct number.

My other mistake was putting the teams together. I wanted the strongest A team possible. This was undone by Joe of the B team running eight seconds faster than Doug on the A team. This provided a certain amount of smugness with Joe and calls of "you don't know what you're doing" echoing around Reigate Priory. All part of being a Team Manager I suppose.

Although the individual results came out early Sunday morning, we had to wait until Tuesday for the team results. It was worth the wait though as Team A came in 6th place out of 37 teams and Team B 27th.

Also a big shout out for Fiona and her ladies for providing three strong teams.

Team	A		Team	B	
Luke	Davis	14:59	Joe	Robinson	16:13
Tom	Seller	15:34	James	Kilfiger	19:00
Dan	Oppe	16:11	Nick	Hall	21:26
Doug	Bewley	16:21	Keith	Chambers	21:07

A reminder that the next Cross Country event is on this Sunday 14th November at 1pm, venue is Denbies vineyard. We have a strong team running but can still do with more if we are to retain the B team trophy.

If you would like to run, please drop me a line on: menscaptain@lingfieldrunningclub.co.uk

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Fiona, mascots and members of her three strong teams at the Reigate relays

Reigate Priory relays (Ladies' team)

Fiona Brown

Another busy weekend for Lingfield Running Club and wonderful to have the Reigate Relays back up and running again.

We managed to field three Ladies Teams, with eight runners.

Meghan was our fastest finisher in a time of 19:37; this is very impressive over a hilly, challenging 2.5 mile course.

The event was extremely well organised and administered by sports systems with chip timing in place for the first time at this event. We were also well supported with friends, family, other club members and two small mascots (who enjoyed raiding the pot of chocolate brownies!).

Kevin and Tony took some fabulous photos that have been shared on [Facebook](#); it was great to have them on the course and see some friendly faces. Thanks to everyone who came along to support.

We are back in action on Saturday, 10:30am at Wimbledon Common if anyone fancies running / coming along. If you fancy running next year, this event is usually the first Saturday in November, pencil it in the diary now!

22nd Lingfield A			27th Lingfield B		
Place	Name	Time	Place	Name	Time
199	Stephanie Reeve	00:20:59	202	Sophie Davis	00:21:0
193	Fiona Champness	00:20:38	218	Nicky Pumford	00:21:4
165	Meghan Bowen	00:19:37	219	Liz McLennan	00:21:4
		01:01:14			01:04:5

35th Lingfield C			39 teams finished		
Place	Name	Time			
215	Fiona Champness	00:21:31			
254	Katie Cahill-Smith	00:24:24			
259	Terri Scott	00:24:47			
		01:10:42			

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Dennis Crowhurst race, Sunday, 7th November

Gary Spring

Sunday morning turned out to be a perfect day for the Dennis Crowhurst race (unless you also took part in the previous day's Cross-Country relays, when probably more rest time would have been appreciated). The weather was great; sunshine with a slight cooling breeze, and there were hardly any cars on the route. There were, however,

plenty of horse-riders and cyclists, but we all seemed to muddle through OK without losing time, when we passed each other along the very scenic 4.8 mile route. A good turn-out of entrants, 28 in total, plus a lot of supporting members, made a great atmosphere, both before and after the race.

The first runner home was Maggie Statham-Berry, who collected the race trophy from Michael Crowhurst, Dennis's brother. The fastest time (taking 11 seconds off Peter Dunn's old course record) was run by Luke Davis, who obviously did not suffer too much from doing the Cross-Country relays on Saturday.

The fastest lady home was Michelle Hollins, whose time was good enough to place her in 8th overall, in a strong field of club runners.

The first table, below, is the finish positions, based on handicap start times.

Position	Name	Handicapped Time	Handicap (minutes)
1	Maggie Statham-Berry	46:42	5
2	Luke Davis	47:35	21
3	Paul Blackmore	48:02	18
4	Clare Berryman	48:14	8
5	Martin Faulkner	48:18	9
6	Michelle Hollins	48:37	13
7	Nicky Pumford	48:53	10
8	Daniel Oppe	49:24	20
9	Brandon Webb	49:37	16
10	Terri Scott	49:39	5
11	Chris Rance	49:46	11
12	Ian Watkins	50:19	11
13	Gary Spring	50:30	13
14	Kirsty Wachuku-King	50:34	13
15	James Kilfiger	50:43	16
16	Theresa Donohue	50:50	2
17	Debbie Wilkes	50:58	9
18	Nick Hall	51:00	11
19	David Worsell	51:06	16
20	David Nottidge	51:11	9
21	Steve Warner	51:13	6
22	Keith Chambers	51:19	13
23	Tony Allen	51:34	16

24	Dave Wilkes	51:45	0
25	Kath Garrido	51:59	2
26	David Watkins	54:31	8
27	Lynda Willment	55:13	2
28	Fiona Champness	55:14	13

...and here are the female and male placings, by time:

Position	Name	Running time	Best time for course and date
1	Michelle Hollins	35:37	35:37 (7 Nov 2021)
2	Kirsty Wachuku-King	37:34	37:34 (7 Nov 2021)
3	Nicky Pumford	38:53	38:53 (7 Nov 2021)
4	Clare Berryman	40:14	40:14 (7 Nov 2021)
5	Maggie Statham-Berry	41:42	38:46 (30 Nov 2020)
6	Debbie Wilkes	41:58	36:20 (19 Nov 2011)
7	Fiona Champness	42:14	42:14 (7 Nov 2021)
8	Terri Scott	44:39	44:39 (7 Nov 2021)
9	Theresa Donohue	48:50	38:55 (20 Oct 2002)
10	Kath Garrido	49:59	33:44 (11 Oct 1998)
11	Lynda Willment	53:13	44:28 (23 Nov 2013)

Position	Name	Running time	Best time for course and date
1	Luke Davis	26:35	26:35 (7 Nov 2021)
2	Daniel Oppe	29:24	29:24 (7 Nov 2021)
3	Paul Blackmore	30:02	30:02 (7 Nov 2021)
4	Brandon Webb	33:37	31:55 (4 Nov 2018)
5	James Kilfiger	34:43	34:28 (3 Nov 2019)
6	David Worsell	35:06	35:06 (7 Nov 2021)
7	Tony Allen	35:34	35:34 (7 Nov 2021)
8	Gary Spring	37:30	31:42 (19 Nov 2011)
9	Keith Chambers	38:19	38:19 (7 Nov 2021)
10	Chris Rance	38:46	38:38 (30 Nov 2020)
11	Martin Faulkner	39:18	39:18 (7 Nov 2021)
12	Ian Watkins	39:19	39:19 (7 Nov 2021)
13	Nick Hall	40:00	37:22 (4 Nov 2018)
14	David Nottidge	42:11	38:21 (30 Nov 2020)
15	Steve Warner	45:13	45:13 (7 Nov 2021)
16	David Watkins	46:31	33:48 (4 Dec 2016)
17	Dave Wilkes	51:45	40:03 (8 Nov 2009)

Course Record : Marlene Pautard 31 mins 57 secs 20 Oct 2002

Course Record : Luke Davis 26 mins 35 secs 7 Nov 2021



Maggie with her trophy, with Michael Crowhurst just behind her



Competitors, marshalls and supporters after the Dennis Crowhurst race

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Link to book a place for the coaching session

Terri Scott will be leading the Imberhorne coaching session next Wednesday, 17th November @ 6:45pm.

Book your place here:

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-terri-scott-tickets-208428985707>

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LRC Race Diary

Fiona Brown & Graeme Bennett

Please see below a link to the club race calendar, which has been on the website for some years. However, in future, where our run leaders have planned specific club runs, details of these sessions will show on the calendar (see screenshot below for a sample).

Thank you to all those who have offered to help and Tom Cartledge for getting this started. If anyone else would like to help out please let one of the committee know and we can update the calendar.

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

LRC Race Diary

Today) < > Print Week Month Agenda

Sun	Thu	Fri	Sat
8am Bedgebury 8:30am Winches	Club running LRC quiz tea		9am Club running 9am East Grinstead 10am Club running 1:30pm Reigate Rela
10am Dennis C	Club running (A		Surrey XC (Ladies) 9am Club running 9am East Grinstead 10am Club running
9am Airman's Grave 9:45am Airman's Gra 1pm Surrey XC (Mer	7pm Club running (T 6:45pm LRC coaching	7pm Club running	8:30am CHICHESTER 9am Club running 9am East Grinstead 10am Club running
21	22	23	24
9am Hampton Court	7pm Club running	6:45pm LRC coaching	7pm Club running (F
			26
			27
			8am Copthorne 100 9am Club running 9am East Grinstead 10am Club running

Club running (Tom Cartledge/Dave Worsell)

When Tue, November 16, 7pm – 8pm

Where Vssc, 54 High St, Lingfield RH7 6AA, UK ([map](#))

Description Tom - May Race 1, 10-12 mins pace with loop backs
Dave - May Race 1 8-10 mins pace with loop backs

Head torch and whistle for leaders, will include a selection of loop back and exercises in order to keep the group together and cater for all abilities

[more details»](#) [copy to my calendar»](#)

Above is an example of the information you should find when you click on one of the club runs, where run leaders are planning specific sessions

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This weekend's club runs

Gary Spring

The Club are keen to get a high number of members entering the Cross-Country races this weekend, so if you are EA registered, please consider these instead of (or as well as) the usual morning weekend runs. Contact the ladies' or men's captains, if you have not already told them you are available.

The Ladies' Cross-Country is on Saturday, 13th November, at Wimbledon Common, 10:30am start.

The Men's Cross-Country is on Sunday, 14th November, at Denbies Wine Estate, Dorking. 1pm start.

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Return of the LRC quiz team

Graeme Bennett

News of our imminent return to quizzing had spread like wildfire through the local community, leaving only a handful of elite teams willing to front up in the Star last Thursday.

It was good to see the old faces: Cathy and Dave Samuel, Lisa Compton, Gary Spring, Mike Preston, Fiona C-B ... Fiona(!), odd but, no, she was there receiving counselling from Cathy and Gary, and wasn't staying for the quiz.

We made a solid start despite there being no questions on the Kings and Queens of England or US Presidents, which Mike had been revising hard during lockdown. We pulled out some plum answers, including The Shawshank Redemption and The Godfather, but faltered on round two. This despite one of Cathy's previous incarnations as a bingo caller, before deciding her future lay in handling another, very different type of ball.

It turned out Lisa had developed a taste for craft beer during lockdown, which should have come in useful during round three. But, unfortunately, the question setter had not kept pace with developments in the drinking world, and we had to rely on Mike's analogue memory to recall (for example) that Budweiser used the 'whassup' advertising campaign. Still, halfway and 23/30 points in the bag. Game on.

I'd like to say we pushed on from there, but we got a bit cocky on the last 'wipe-out' round. By now we were down to five players as Lisa, well into her second pint of craft Kronenberg, was singing away quietly to herself trying to remember a Coldplay hit from 2017. Where is Dave Worsell when you need him, eh?

But it was not knowing Captain Cook's ships well enough that cost us our points. Gary and I correctly overruled Mike's 'Beagle' suggestion, but got it wrong anyway. We dropped from our now customary second place to fifth after 'wipe-out'. Although we didn't catch Us Two, at least we beat the Sexy Avengers and the Pigeons.

Sad to say but recriminations flew as we exited. Who to drop to bring in Mr Worsell on December 2nd? If it is me then they'll need to find someone else to book the table, that's for sure. Come on guys, it's just a bit of fun, isn't it?

If nothing else, we came away from the evening knowing that Napoleon rode an Arab horse called Aldershot whose statue stands in Copenhagen. Or something like that anyhow. In 1853. Whatever.

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Advert: Social Secretary required

Scott McDonald

Hello everyone.

Unfortunately no interest as yet shown in this important role. This role is important in bringing members and their partners / friends together. To try and get a bit of interest, the committee has decided that the role should be for 12 months starting 1st January 2022 rather than three years.

The role is to provide some entertainment for the troops without incurring too much cost to the club. I.e. whatever you do should ideally be self-funding. For example:

- Organise “official” club social events - some possible events could be;
- Pasta Party
 - Set a date (closest Thursday night to Brighton and/or London marathons as possible) & agree with committee.
- Post Christmas party
 - Date / Hall / Entertainment / food / Themes ideas – “Airport departure lounge”, “James Bond”, “Vicars and Tarts”, etc. In previous years we’ve done video horse racing, Burns Night and Wild West hoedown.
 - Note that you won’t be able to please everyone - some members like to dance, whereas others don’t and will complain about it. Or the dancers will complain about the horse racing, etc. You can’t win! But don’t worry about it – just plan something and some people will enjoy it.
- Take photos! Post them on the club Facebook page.
- Organise any other events that you feel like -

- mixed doubles snooker tournament, CLUB quiz night, table tennis and alternate years - Curry Grand Prix, Thai-athlon, Curry GP – with points awarded based on hotness, three Indian restaurants in Lingfield to choose from.

Do as much, or as little, as you want; but most of all enjoy it! If two or three of you wanted to join forces to organise then please do. Just keep the Committee in the loop to ensure we help and support you.

If interested in applying or you have questions, then please email me at

chair@lingfieldrunningclub.co.uk

Many thanks,

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Reminders from previous newsletters



Airman's Grave Run 2021 - with update

Fiona Champness

There is an opportunity on Sunday 14th November to join Tunbridge Wells Harriers and East Grinstead Runners on a special Sunday Run to the memorial known as the

'Airman's Grave' on Ashdown Forest (new members should see below for significance).

This run was started by Andy Howey, Tunbridge Wells Harriers 10 years ago; in 2019 we had 60 runners from three clubs taking part. Andy is not in great health at the moment, however he is keen for the run to be supported and will walk ahead and lay the flour for us all to follow.

The full 12 mile run (six miles there and six miles back) will start from [St Johns car park](#) on Ashdown Forest at **9.10am** – please come in good time to leave *promptly* so that we can arrive for the two minutes silence at 11am. This car park is the next turning on the right after the Horder Centre in St John's Road if approaching from the Groombridge direction.

An alternative six mile run will start from [Gill's Lap car park](#) at **10.10am*** – please wait for the long run group to arrive to guide you. Similarly, this is three miles each way, so you have plenty of time to get to the Airman's Grave. All routes will be marked with flour as we go to help any latecomers on their way. I am planning to do the six mile route. If you are planning on doing the whole 12 miles, please let me know so I can drop Andy a note.

Please wear your **club vest** over your normal Sunday run attire, or bring it to don for the short ceremony. I suggest that you also bring a warm top to wear as it's likely to be rather chilly standing on the exposed hillside. Trail shoes are definitely recommended.

The total distance of 12 miles will be at an easy pace with plenty of regrouping over a stunningly picturesque route. Weather permitting, the ceremony is often graced with a flypast from a Tiger Moth which drops poppies over the assembled crowd. If you don't want to run, but would still like to join us for the ceremony, I suggest that you park in one of the car parks on the Nutley Road well before 11am as it normally becomes extremely congested.

Unfortunately, this does clash with the men's cross country event. However, I am sure there are a number of members who may wish to join us if they are not competing.

For those of you aren't aware of the historical significance of the Airman's Grave, this small walled garden just [south of the Hollies car park](#) is in fact the crash site of a WW2 aircraft. On the night of 31st July 1941, a badly damaged Wellington bomber was returning from a raid on Cologne when, unable to make it back to its base at RAF Binbrook in Lincolnshire, it crashed on the Forest. All six crew members were killed, with

the 2nd Pilot, Vic Sutton being a local man from nearby Nutley. Although none of the crew were buried there, the mother of the 2nd Pilot established a small memorial which grew in size as years passed.

In recent years, the Friends of Ashdown Forest have held a brief and informal remembrance ceremony at the site, and this has now become a very popular event with hundreds on foot and horseback in attendance. I have also emailed to conservators to see if we can once again lay a wreath.

**** there will also be a group leaving Gill's Lap at 9:45, to run at a slower pace. Any questions please let Fiona Brown know.***

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Club Grand Prix Series – Update

Fiona Champness & David Watkins

After various discussions, the committee has decided that the 2021 Grand Prix will conclude with the following races:

XC November - November 13th (ladies) or 14th (men)

Hampton Court 10k – 21st November

Weybridge 10k – 5th December

EG Parkrun - 18th December

Turners Hill – 26th December (now cancelled)

(8 events to count)

We **re-start the Grand Prix in 2022**, with the 8th January EG Parkrun.

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Christmas handicap fun run - update

Scott McDonald

Following feedback from club members, the club Xmas handicap fun run will start at the **slightly later time of 10.30am** - same place on Saturday 11th December.

This will allow the East Grinstead parkrun volunteers time to join us in Lingfield for the run. For the super fit, perhaps you might want to run the parkrun and club run as a double! Look forward to seeing you!

After our run, we return to the Victoria Club for the results, a festive drink and prizes. Graeme and Susie will present the winner with the Matt Bennett trophy in memory of their son. The current trophy holder is Donna De Luca.

There are prizes for everyone and, to assist with these costs and to make a donation to POPYRUS (a charity supporting the prevention of suicide in the under 35s in the UK), the entry fee is £3, payable on the day.

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