



## Newsletter

Wednesday 17 November 2021

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### Quote of the week

*"I am not a fast runner nor a good one but both (cross country) events were very enjoyable. Fiona, as ladies captain, is all inclusive and is very supportive of everyone regardless of speed or capability, she makes you feel very welcome and part of the team. Don't hesitate to be part of these events, you will feel good once you have crossed the finishing line! Thank you Fiona, a great weekend". KC-S*

Please submit any errata, comments, articles, race reports, website ideas, complaints or pet running stories to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

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### Trevor's Racing Roundup

Hello Everyone.

Just the usual parkrun details and Surrey Cross country fixtures to report on this week.

We had a total of 31 runners taking part in the weekly 5 kilometre parkruns last Saturday, at the following 11 different venues: East Grinstead (16), Tilgate (2), Wimbledon Common (1), Minehead (1), South Norwood (1), Bolton (1), Seaton (1), Hove Promenade (1), Nonsuch Park (1), Victoria Dock (2) and Squerreys (4).

Well done to everyone who ran. Especially to **Dan Celani** and **Steven Price** for both finishing in 2nd place at Tilgate and East Grinstead. Also to **Harry Sterling** for finishing in 3rd place at Hove. Details of all our runners are listed below.

The second round matches of the Surrey Cross Country League took place on Saturday 13th and Sunday 14th November. Our ladies were at Wimbledon Common and were competing in the 2nd Division of the Surrey League. Our men travelled to Dorking to take part in the men's Surrey Division 4 fixture at Denbie's Vineyard on Sunday.

We had an excellent of turn out by both ladies and men for these two matches.

A full ladies team consists of five runners. As we had ten ladies we were able to finish full A and B teams. The winning team in Division 2 on the day was Dulwich with a total of 63 points. There was a total of 45 teams that finished. Our A team finished in a very good 18th place with a total of 497 points and our B team finished in 33rd place with 860 points.

The men required ten runners to make up a full team. As we had a total of 19 men we were able to finish a full A team and almost a complete B team. The winning A team was Holland with a total of 269 points. Our A team ran very well to finish in 5th place out of 14 teams with a total of 553 points. **Luke Davis** had a great run to finish in 2nd place in the Division 4 race.

There were ten teams in the B team race. The winners were again Holland Sports with a total of 109 points. Our B team also did very well to finish in 4th place with a total of 515.5 points.

[Fiona Champness](#) our Ladies Captain and [David Watkins](#) our men's captain have also attached their comments on the two races. Very well done everybody. Great club spirit and results.

In addition to being team races they also gained individual points for the club Open Grand Prix series and also for the Club Cross Country trophies for both ladies and men.

The latest point totals for the GP positions are attached – [Men](#) and [Ladies](#).

The latest point totals for the XC positions are attached – [Ladies](#) and [Men](#)

As far as I am aware there are three races coming up this Sunday 21 November. They are the [Crowborough 5k and 10k](#) races. Also there is the [Hampton Court Palace 10k](#) which is the next race in the club's Open Grand Prix series. Good luck to everyone who may be taking part in these events or any others of which I am not aware.

Have fun and enjoy your running.

Trevor

13-Nov-21	31	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	2	Steven PRICE	00:20:26	72.19%	
73 runners	11	James KILFIGER	00:24:52	58.38%	
	16	David WORSELL	00:25:26	57.54%	
	19	Simon COOK	00:25:49	59.01%	
	22	Keith CHAMBERS	00:26:23	62.41%	
	23	Martin PAYNE	00:26:26	63.43%	
	33	David NOTTIDGE	00:27:30	60.97%	
	36	Steve BRINKLEY	00:27:56	58.95%	
	48	Helen DAVEY	00:30:02	61.93%	
	51	David WATKINS	00:31:01	51.26%	
	55	Hannah CARTLEDGE	00:32:03	46.18%	

	56	Samuel CHAMPNESS*	00:32:09	55.37%	PB
	57	Nick CHAMPNESS	00:32:09	44.12%	
	64	James WILLIS	00:33:41	42.11%	
	66	Lisa COMPTON	00:35:42	58.54%	
	73	Kath GARRIDO	00:46:31	51.20%	
* honorary member					
<a href="#">Bolton</a> 227 runners	77	Tom CARTLEDGE	00:28:09	55.54%	
<a href="#">Hove Promenade</a> 434 runners	3	Harry STERLING	00:17:03	75.66%	
<a href="#">Minehead</a> 180 runners	11	David BEALE	00:21:00	72.54%	PB
<a href="#">Nonsuch Park</a> 543 runners	10	Jeremy GARNER	00:19:25	74.16%	
<a href="#">Seaton</a> 202 runners	87	Mike LOTHIAN	00:27:26	65.07%	
<a href="#">South Norwood</a> 117 runners	35	George ENGLISH	00:25:56	65.87%	
<a href="#">Squerryes Winery</a> 98 runners	7	Jonathon ROE	00:22:26	59.14%	
	14	Ian GREENAWAY	00:24:26	60.37%	
	50	Isla GREENAWAY	00:29:34	50.06%	
	67	Theresa DONOHUE	00:33:04	54.03%	
<a href="#">Victoria Dock</a> 119 runners	95	Steve WARNER	00:29:42	56.45%	
	111	Marie WARNER	00:36:38	53.73%	
<a href="#">Tilgate</a> 349 runners	2	Dan CELANI	00:17:42	78.25%	PB
	123	Sue GARNER	00:27:46	85.77%	
<a href="#">Wimbledon Common</a> 428 runners	37	Luke DAVIS	00:20:52	64.94%	

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## New Social Secretary



I am very pleased to announce that the new club social secretary is Dee De Luca. This is a fantastic move forward for the club. I give a very warm welcome to Dee taking on this important role. If you have any suggestions for social events, please message Dee - [socialsecretary@lingfieldrunningclub.co.uk](mailto:socialsecretary@lingfieldrunningclub.co.uk)

Scott McDonald, Chair

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## Club run Thursday 18<sup>th</sup> November

Fiona Champness

Following the excellent turn out on Tuesday night (thank you to everyone who came and ran with the club), we are just going to make a few tweaks following the feedback.

Warm Up:

We will have a gentle warm up at the back of the car park. Please come and join in as you arrive.

This will allow us to see who is there and put everyone into appropriate groups. Additionally, ensure people don't get cold, hanging around.

Leaders:

We have four people offering to lead runs on Thursday:

Terri Scott

Ian Watkins

Tom Cartledge

Fiona Champness

The number, distance and pace of the groups will be tweaked on the night depending on who turns up, **there will be someone for everyone to run with.**

Safety:

Please wear high viz and a head torch. Please make a mental note of who and how many are in your group and keep an eye out for each other.

The coaches and committee are fully committed to enhancing club nights and encouraging as many of the club as possible to attend. We welcome feedback, questions, queries and concerns.

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### **This weekend's club runs**

Gary Spring

No Cross-Country League fixtures this coming weekend, so for anyone who wants to run a bit further than 5 km and yearns to get muddy, there will be at least a couple of groups running off-road on Saturday morning, both starting at the club (VSSC, Lingfield.)

At 9am, I will be running about 8 miles on a flattish off-road route, passing Crowhurst Church. Pace will be about 9 to 10 minute mile.

At 10am, Scott McDonald will be doing an off-road route of about 4 to 5 miles towards St Piers, at 11 to 12 minute mile pace.

Please consider joining one of us on Saturday, to make it a group run.



*Ladies XC, Wimbledon Common, 13 November*

### **Ladies Cross Country**

### **Wimbledon, Saturday 13th November**

Fiona Champness

A different course and different start time for this week's Cross Country at Wimbledon. The course was 6k, two 3k laps, through footpaths, hills mud and trees. We managed to field ten runners – two teams.

<b>Position</b>		<b>Time</b>
64	Meghan Bowen	29:25
107	Fiona Champness	31:41
110	Liz Mclennan	31:47
111	Sophie Davis	31:48
115	Michelle Hollins	32:07
134	Maggie Statham - Berry	33:03
138	Nicky Pumford	33:17
196	Katie Cahill-Smith	37:15
200	Terri Scott	37:33
202	Donna De Luca	37:43

This was also a club Grand Prix event. Meghan continued her excellent form and gained 20 points!

It was Donna's first cross country event; well done Donna and welcome to the team.

We were also supported kindly by the Davis Family, Luke and Sam. Sam has quickly become our chief mascot, as he has now realised that after Cross Country comes cake!

With the 10:30am start time, we were all back home in time for lunch!

More Cross-Country events will follow in the new year, if you are interested in joining the team please drop me an email [ladiescaptain@lingfieldrunningclub.co.uk](mailto:ladiescaptain@lingfieldrunningclub.co.uk) . You would be most welcome.

[Full results here.](#)

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### **A Sunday afternoon at Dennis and Debbie's\***

**(Men's Surrey Cross Country report)**

Dave Watkins

The second event of the Surrey Cross Country League meant a trip out to Denbies Vineyard near Dorking. This was a new experience for everyone as the venue has not, as far as anyone remembered, been used for Cross Country before.

Having looked at the weather forecast it looked like a dull but dry day. But as we made our way there it was obvious that it was going to be wet.

Once the car park was found, excellent marshalling by Dorking AC meant that the Division 2 runners that ran earlier were led out of one exit and we went in through the entrance - very well organised.

During the race the rain abated, probably to the advantage of the spectators rather than

the runners. The two lap course itself by all reports was hilly and muddy, just like Cross Country should be. The only criticism was the finish, where the tunnel was a bit short for the number of competitors, and many had to brake urgently before the finish line.

After tea and cakes it was time to leave and thankfully, after seeing a few cars wheel spinning and having to be pushed out of the car park, my car made it out ok.

Back at the Victoria Club it was decided that we would stay on for a drink and a chat. This is something that I think we should be doing after every Cross Country event - or maybe a night out in a pub. If anyone wants to let me know views on this please feel free.

## Results

<u>Place</u>	<u>Team</u>	<u>No.</u>	<u>Time</u>
2	1600	Luke Davis	32:31
13	1618	Tom Seller	35:29
16	1612	Doug Bewley	35:46
25	1611	Joe Robinson	37:05
39	1620	Dan Oppe	38:18
74	1607	James Willis	41:11
100	1610	Tony Allen	42:38
101	1602	James Kilfiger	42:49
112	1601	Ian Greenaway	43:52
126	1616	Mark Aldred	44:54
130	1615	Richard Adams	45:08
144	1608	David Worsell	46:12
152	1617	Gary Spring	46:49
164	1623	Keith Chambers	47:49
169	1622	Nick Hall	49:00
179	1613	Martin Faulkner	50:45
183	1621	David Nottidge	51:28
192	1609	Steve Warner	54:19
194	1614	Scott Mcdonald	54:43

The A Team finished in 5th place and, after two events, are currently in 5th place out of 14 teams. The B team finished in 4th place in their league.

[Full results here.](#)

\*Confused over the title: every time I tried to type Denbies into my phone, predictive text wanted to type Dennis or Debbie's.



**Competition:** Take a look and find out (for example) how many times the Garrido family has won the Christmas Handicap. There'll be an honourable mention (at least) for the first reader to email the correct answer to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk) ....

And don't forget the club race [diary](#) to find out what's happening on club runs

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## **The Science of Being Seen At Night**

**Trailrunner magazine**

(with thanks to Diane Clayton)

Six science-based tips on how to best be seen while running in the dark.

Tip one: Wear reflective material, not bright material.

Tip two: Prioritise lighting your limbs.

Tip three: Have enough reflective material.

Tip four: Use a headlamp in addition to reflective gear.

Tip five: Opt for red or yellow retro-reflective clothing.

Tip six: Assume you are invisible.

<https://www.trailrunnermag.com/gear/the-science-of-being-seen-at-night>

## **Reminders from previous newsletters**

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### **Christmas handicap**

Scott McDonald

Please put Saturday 11th December in your diary. 10.15am start at Victoria Club or join us at the start on Racecourse Road opposite racecourse entrance at 10.30am for our Xmas Fun run. Prizes for everyone that enters. £3 entry goes towards a charity preventing suicide in young people.

Please get into the Christmas spirit and wear Santa hat, fancy dress etc. Prizes are back at the Victoria club where we hope everyone will join us for tea, coffee or as the bar will be open, something stronger. Please note it is cash only in the bar.

As said, prizes for everyone and, if anyone wishes to donate a prize, it will be much appreciated.

To help with organising, please email [membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk) to enter or volunteer. We will need time keepers and Marshalls.

More than happy to have a few supporters cheering us on around the 4.5 mile course through Dormansland and Lingfield. If you have your running number from previous club runs, please wear that.

Money will be collected on the day, but please bring correct change.

Early entry helps with handicap times and buying prizes. Look forward to seeing you.

Fiona Champness & David Watkins

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

Hampton Court 10k – 21<sup>st</sup> November

Weybridge 10k – 5<sup>th</sup> December

EG Parkrun - 18<sup>th</sup> December

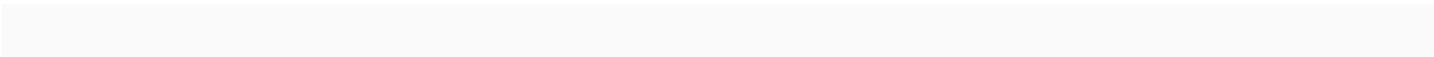
Turners Hill – 26<sup>th</sup> December (now cancelled)

**(8 events to count)**

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

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