



Newsletter

Wednesday 29 December 2021

Contents

- [Trevor's racing round-up](#)
- [Committee update - Editor](#)
- [This weekend's club runs - Gary Spring](#)
- [NOTE: no coaching session - Dave Worsell](#)
- [Christmas foods to help fuel your training - Runner's World](#)

Reminders

- [Grand Prix race series 2022 - Dave and Fiona](#)
- [Dee D's Diary - Dee De Luca/Ed.](#)

Tip: to get the most from the newsletter, view it on a PC or laptop.



Please submit any **New Year resolutions**, questions, articles, **RACE REPORTS** or Xmas present reviews to editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Hello Everyone.

I hope that you have all had a very happy and enjoyable Christmas. Let's hope that 2022 will be a much better year for us all, and we can begin to put covid restrictions behind us.

We will soon have lighter evenings, Spring, warmer and drier weather ahead of us. This, together with running over our lovely countryside routes around Lingfield. There will be calves and lambs in the fields and the annual run to Staffhurst Wood to witness the wonderful display of bluebells. We live in such a lovely area and we have a lot to be grateful for.

On Christmas Day, we had a strong turnout again in the Saturday morning 5 kilometre parkruns. There were a total of 87 finishers at East Grinstead of whom 22 were Lingfield runners. In additions to this we had a further nine runners competing at the following seven locations: Bushy Park (1), Tilgate (2), Roundshaw Downs (1), Plym Valley (2), Royal Tunbridge Wells (1), Skipton (1) and Bognor Regis (1).

Well done to everyone who took part, especially to those who finished in the top three at their events. At East Grinstead, **Simon Moore** and **Steven Price** were second and third. Down on the south coast, we had two third places - **Dan Oppe** at Bognor Regis and **Luke Davis** at Plym Valley. Last but not least, at Tilgate, **Kieran Barnes** was second with another PB of 16.17.

Incidentally, Bushy Park holds the record for the largest number of parkrun entrants, with 2,545 attending on Christmas Day 2019. There were just the 1,604 last Saturday!

All the Lingfield names, times and positions are listed below.

On 27th December, **Mark Aldred** eventually found the start and completed the Staplehurst 10 mile race. He was rewarded with 49th place of 204 finishers in 1.15.37. This was quite a hilly run and Mark came 14th in his age category. Well done, Mark.

This coming Saturday, 1 January, sees the start of the 2022 parkrun races etc.

Also on Saturday is the Lamberhurst 10 kilometre race in the Bewl Water Country Park. The race starts at 10am.

Good luck to everyone who may be running this weekend.

Trevor

25-Dec-21	32	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	2	Simon MOORE	00:21:48	69.34%	
87 runners	3	Steven PRICE	00:22:00	67.05%	
	4	Brandon WEBB	00:22:48	64.69%	
	12	James KILFIGER	00:24:58	58.14%	
	13	Richard ADAMS	00:25:09	55.07%	
	16	Michael MANWILL	00:26:32	53.83%	
	18	Andrew HINDMARCH	00:27:09	57.58%	
	19	Chris RANCE	00:27:10	54.29%	
	21	David NOTTIDGE	00:27:21	61.30%	
	28	Tom CARTLEDGE	00:27:58	55.90%	
	29	Michelle HOLLINS	00:28:04	65.38%	
	35	Fiona CHAMPNESS	00:29:08	55.61%	
	39	Isla GREENAWAY	00:30:05	49.20%	
	45	Steve WARNER	00:30:35	54.82%	
	46	Doug BEWLEY	00:30:36	43.63%	
	47	Wendy SMITH	00:30:36	57.63%	
	48	Clare BERRYMAN	00:30:42	53.31%	
	50	Ian GREENAWAY	00:31:43	46.87%	
	61	James WILLIS	00:33:31	42.32%	
	63	Samuel CHAMPNESS*	00:33:33	53.06%	

	64	Nick CHAMPNESS	00:33:34	42.25%	
	68	Ian WATKINS	00:33:58	47.64%	
	87	Michael DIEBEL	00:57:18	33.07%	
		* honorary member			
Bognor Regis	3	Dan OPPE	00:19:03	71.13%	
232 runners					
Bushy	53	Jeremy GARNER	00:18:40	77.77%	
1,604 runners					
Plym Valley	4	Luke DAVIS	00:18:39	72.65%	
190 runners	87	Sophie DAVIS	00:28:30	53.10%	
Roundshaw Downs	60	George ENGLISH	00:25:44	66.39%	
180 runners					
Royal Tunbridge Wells	21	Jonathon ROE	00:22:15	59.63%	
276 runners					
Skipton	186	Kath GARRIDO	00:32:37	73.02%	
221 runners					
Tilgate	2	Kieran BARNES	00:16:17	79.22%	PB
368 runners	30	David BEALE	00:20:24	75.33%	

[Back to top](#)

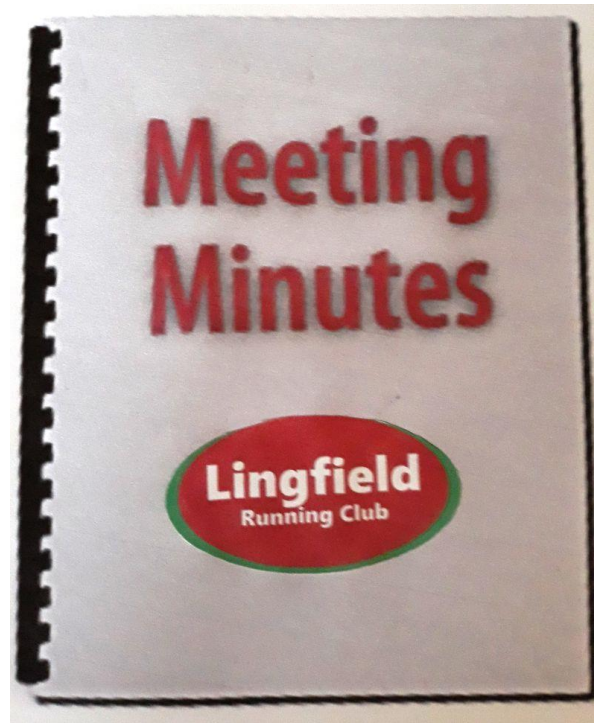
Committee update

Editor

The last Committee meeting was held on 30 November, and you can read the minutes [here](#).

The Committee meets again on 18 January 2022. If you want anything discussed, email secretary@lingfieldrunningclub.co.uk.

We hope to publish the draft minutes of the 2021 Annual General Meeting shortly.



[Back to top](#)

Club weekend runs

Gary Spring

On Boxing Day, The Sunday Striders shrugged off the rain, and any fuzzy heads from the previous day's festivities, to tackle an 11 mile assault course, masquerading as a trail run, and led by Ian Watkins. Two and a half miles into the run saw the completion of Dave Worsell's 2021 miles in 2021; an impressive achievement, considering it was equivalent to running nearly 9km every day for a year. At this point we had given up avoiding the puddles, as most of the paths were now under water. As Fiona pointed out, some people are ready to pay over £40 to run in events like the Tough Mudder, whereas we were encountering the same conditions for free! Here we are, taking temporary refuge on a rare bit of solid ground, being careful not to step off into the swirling water below us.



This weekend, Scott will be leading a run from the Club on Saturday, at 10:00am. Distance will be 4 to 5 miles in the direction of Mill Lane and Dormansland. No plan yet on a 9am run from the Club on Saturday. Check the Club Facebook page, nearer Saturday, for any new info.

The Sunday Striders will be running at 8:30am from Herontye Drive, East Grinstead, where the Forest Way crosses the road. Distance will be about 10 miles and it is guaranteed to be wet, muddy and hilly – what’s more to like!

[Back to top](#)

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

Dave Worsell

No training next week as we’re going to have a coaches meeting to plan the sessions

next year.

[Back to top](#)

Six Christmas foods to help fuel your training runs

[Runner's World](#)



I had no idea I had such a healthy diet. Ed.

[Back to top](#)

Reminders from previous weeks

Club Open Grand Prix races 2022

Dave Watkins & Fiona Champness

These are the events the Committee is considering for next year's GP.

Grand Prix races	2022 date
EG park run	8th Jan
Tunbridge Wells half marathon	20th Feb
Bushy Park 10k	13th March
Mel's Milers 10k	3rd April
Hartfield 10k	?
Gatwick Half	8th May
Dorking 10m	12th June
Reigate evening 10k	June/July
Kings Head 5k	29th August
EG 10K	September
Titsey Trail Race	October
First Surrey League xc	October
Reigate xc relays	October
Brighton 10k or Tilgate Parkun	November
Crowborough 10k	November
EG parkrun or Xmas handicap	December

[Back to top](#)

Dee D's Diary

Dee De Luca

As we couldn't have a Xmas Meal together, I am keen to get something sorted for a New Year meal and catch up. Please can you vote for 8th or 22nd January as your preferred date, either on Facebook or email me at socialsecretary@lingfieldrunningclub.co.uk. It will likely be evening, so 7pm'ish ...

And, if you def can make it, can you please tell me your preferred food option, if you have one.

It doesn't have to be Lingfield but whether you'd prefer a pub, curry, pizza, Italian etc. I

have room in my car to give 3 people a lift and I won't be getting drunk as I'll have to drive home to Redhill.

It would be great to see any of you for a catch up. Meanwhile, I have put a full list of my suggested events for 2022 on the [club website](#) and notices on the Victoria Club notice board.

Please let me know what you think.

[Back to top](#)
