



Newsletter

Wednesday 12 January 2022

Contents

- [Karen Sparrow - Lisa Compton/parkrun team](#)
- [Trevor's racing round-up](#)
- [In the next ten days - Editor](#)
- [EG parkrun \(GP race 1\) - Dave Watkins](#)
- [This weekend's club runs - Gary Spring](#)
- [Country to Capital 2022 - Simon Mills](#)
- [LRC coaching session - Dave Worsell](#)
- [Why I wanted to run a marathon - Bob Pank](#)
- [Bring a friend night - Fiona Champness](#)
- [NB: Dee's debut dinner - pre-order required](#)
-

Reminders

- [Cross country and GP fixtures - Dave Watkins](#)
- [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 questions, articles, RACE REPORTS or equipment reviews to
editor@lingfieldrunningclub.co.uk

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Karen Sparrow, 1968-2022

We are so very sad to report that Karen Sparrow passed away on Tuesday, 4th January. Karen was a much loved volunteer, parkrunner and club member who many of you will know from East Grinstead parkrun.



Karen supported East Grinstead parkrun from the very beginning, completing just about every volunteer position we had to offer, from marshal, timekeeper to Run Director. In spite of being unwell, Karen was always cheerful, positive and encouraging to others. She was expert at making new runners and tourists feel welcome, and was particularly adept at finding out information about visiting parkrun tourists, providing us with photos and numerous details to add to our run reports. This was helped by the fact that she was always smiling, and just so delightful to talk to, so people were more than happy to spend time talking to her.

When not volunteering, Karen would lace up her running shoes and run up 'that hill', or visit other parkruns both in the UK and abroad. Karen was an Optometrist at Peek Vision, a social enterprise and registered charity that works to bring about improvements to eye health systems in low- and middle-income countries. Karen was passionate about her work, which entailed frequent trips abroad – and she never missed an opportunity to visit her local parkrun wherever she was. On one of her last trips before lockdown she both volunteered and ran parkrun in Swaziland.

Although she wasn't able to participate in many club events, she made friends with everyone she met, and she often supported at other local events, such as the Eden Vale 50k last year, and the Remembrance Day run. During lockdown she was also a regular participant in the weekly parkrun quiz, representing East Grinstead of course.

We think Karen will best be remembered as our social media queen, who was the driving force behind our Tweets, posts, pictures and reports. An avid Twitter user, you can see from her posts how much she took joy in simple things.

We intend to hold a memorial run for Karen at parkrun in the coming weeks, and hope that many of you will join us to remember an inspirational friend who lived life to the full. She will be much missed.

Lisa Compton

(on behalf of the parkrun core team)



[Back to top](#)



Trevor's Racing Roundup

Hello Everyone.

Last Saturday was not the best of days to go for a run. However we had a total of 41 of our members taking part in the weekly 5 kilometre parkruns at the following eight venues: East Grinstead (33), Brighton and Hove (1), Nonsuch Park (1), Roundshaw Downs (1), Tilgate (2), Tonbridge (1), KIngdom (1) and Ifield Mill Pond (1).

The larger than usual number of our runners at East Grinstead was probably due to the fact that it was the first event in 2022 of our annual Open Grand Prix series.

There were just 79 finishers in the race. There were some excellent performances. We had five of the first six finishers, with **Tom Seller** finishing in first place in 20.27. One of our new lady members, **Lucy Byford**, was the first Lingfield lady to finish in a time of 29.32 with **Liz McLennan** in 2nd place in 30.25.

Details of the race are attached below with a report by David Watkins. Well done to everyone who came along and took part.

Elsewhere **Dan Celani** had a great run to finish in 2nd place at Tonbridge in 18.00.

While this was taking place **Brandon Webb** and **Simon Mills** went to Aylesbury to run in the annual ultra-distance race of 43 miles. This event is called Country to Capital. The race started at 8.45am from the Shoulder of Mutton pub in Wendover and finished at the Waterside Cafe in the Little Venice canal basin close to Paddington Station. There is a cut off time of 11 hours.

It is always a very popular race which attracts Ultra distance enthusiasts from all over the world.

The description of the race says that is made up of 11 miles of cross country, 11.8 miles of roads and paths and 20 miles on the canal towpath. It has an elevation gain of 419 metres. Completing this event earns you three points towards entry in the Ultra Trail Mont Blanc races (UTMB).

There were a total of 276 finishers. The winner of the race was Richard McDowell of Hercules Wimbledon AC in an excellent time of 4 hrs 57 min and 27 secs. He won the race by nearly 20 minutes. Reading through his CV it shows him to be a top athlete at all distances from 5 kilometres to Ultras. A week ago on 1st January, he ran a parkrun in 16.35 and in October 2021 he completed the London Marathon in 2.23.06. He is also a veteran runner aged 40-44.

The first lady to finish was Samantha Amend (F40) in a very good time of 6.04.22.

Both Simon and Brandon decided to run the race together and had excellent runs to finish in the top half of the field. Simon finished in 125th place in 7.56.09 and Brandon was 126th in 7.56.15. Many congratulations and very well done to both of you for promoting our club in such a prestigious race. Simon has done a report of the race below.

Sue Garner also took part in a 10 kilometre race on Sunday. It was organised by Nice Work and was called the Richmond New Year 10k. There was a total of 140 finishers, led home by race winner Justin Guthrie in 40.53. The first lady to finish was Teresa Murphy of Kent AC in 41.06.

Sue had her usual very good run to finish in 84th place overall in a time of 56.18. She was also placed 22nd out of 61 ladies and was the winner of her age group. Well done Sue, another very good performance.

Finally, **Kieran Barnes** ran in the Sussex County Cross Country Championships on Bexhill Common last Saturday. He was the first Crawley runner to finish in a very creditable 11th place in a strong field of good runners. The first five runners to finish get automatically selected to represent Sussex in the National Inter Counties Cross Country Championships. He has been selected to be part of the squad. Well done, Kieran.

There are races on both Saturday and Sunday this coming weekend.

On Saturday 15th January both our ladies and men have Surrey Cross Country League fixtures. The ladies' race takes place on Mitcham Common and starts at 12.45pm. The men's race takes place in Richmond Park and starts at 2pm.

On Sunday 16th January there is the annual Tadworth 10 mile race. The race is over two laps and starts and finishes on Epsom Racecourse. It starts at 11.30am. So far we have got a good entry of seven runners.

Good luck to everyone who is running in either one or both of these events, or any others of which I am not aware.

Trevor

08-Jan-22	41	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	1	Tom SELLER	00:20:27	63.57%	
79 runners	2	Luke DAVIS	00:20:43	65.41%	
	4	Joe ROBINSON	00:21:13	66.30%	
	5	Steven PRICE	00:21:28	69.25%	
	6	Doug BEWLEY	00:21:57	60.82%	
	10	James WILLIS	00:24:08	58.77%	
	12	James KILFIGER	00:24:59	58.11%	
	13	Mark ALDRED	00:25:05	56.94%	
	16	Richard ADAMS	00:25:44	53.82%	
	17	Ian GREENAWAY	00:25:56	57.33%	
	20	David WORSELL	00:26:30	55.22%	
	21	Anthony ALLEN	00:26:34	58.34%	
	22	Keith CHAMBERS	00:26:50	61.37%	
	26	Chris RANCE	00:28:01	52.65%	
	28	David NOTTIDGE	00:28:16	59.32%	
	29	Nick HALL	00:28:30	49.01%	
	31	Martin PAYNE	00:28:43	58.39%	
	33	Andrew HINDMARCH	00:29:12	53.54%	
	34	Steve BRINKLEY	00:29:23	56.04%	
	36	Lucy BYFORD	00:29:32	51.47%	PB
	41	Liz MCLENNAN	00:30:25	50.58%	
	45	Clare BERRYMAN	00:31:11	52.49%	
	47	Steve WARNER	00:31:20	53.51%	
	48	Helen DAVEY	00:31:38	58.80%	
	49	Nevenka WORSELL	00:32:02	51.72%	
	51	Isla GREENAWAY	00:32:22	45.73%	
	54	Wendy SMITH	00:32:40	53.98%	
	55	Nick CHAMPNESS	00:32:43	43.35%	
	57	Michael MANWILL	00:32:55	43.39%	
	64	Clare EVANS	00:36:17	49.24%	

	69	Sandra ANKERS	00:38:45	58.41%
	77	Kath GARRIDO	01:03:27	37.54%
	79	Sue GARNER	01:03:29	37.52%
Brighton & Hove 311 runners	165	Lisa COMPTON	00:26:29	78.92%
Ifield Mill Pond 95 runners	38	Aly WARNER	00:27:06	59.16%
Kingdom 84 runners	30	Connor LINDSAY	00:27:07	47.57%
Nonsuch Park 406 runners	6	Jeremy GARNER	00:19:03	76.20%
Roundshaw Downs 97 runners	32	George ENGLISH	00:26:07	65.41%
Tilgate 341 runners	5 108	Dan OPPE Imogen EVANS	00:18:56 00:27:30	71.57% 53.82%
Tonbridge 401 runners	2	Dan CELANI	00:18:00	76.94%

[Back to top](#)

And over the next ten days

Editor

A new feature highlighting events in the club [race calendar](#) for the next ten days.

LRC Race Diary

Today ◀ ▶ Wednesday, January 12 ▾

 Print Week Month Agenda ▾

Wednesday, January 12	
6:45pm	LRC coaching (James Ward & Fiona)
Thursday, January 13	
7:00pm	Club running (Fiona Champness)
Saturday, January 15	
8:00am	North Downs Way Ultra
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
12:45pm	Surrey XC (Ladies)
2:00pm	Surrey XC (Men's)
Sunday, January 16	
9:30am	Crystal Palace 5k, 10k & half
9:30am	Ditchling Beacon/Devils Dyke/Wolstonbury Hill Loop
11:30am	Tadworth 10 mile
Tuesday, January 18	
7:00pm	Club running
Wednesday, January 19	
6:45pm	LRC coaching (James Kilfiger & Meghan)
Thursday, January 20	
7:00pm	Club running (Tom and Fiona)
Saturday, January 22	
9:00am	Club running

If you ever see any errors in the diary, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

[Back to top](#)

Grand Prix Event 1 - East Grinstead parkrun

Dave Watkins

Last Saturday saw the first event in the Lingfield RC Grand Prix. At a very muddy East Grinstead parkrun, we saw 33 runners (in a field of 79) slip and slide in pursuit of precious points. From a volunteering position it was clear that our runners were competing for every position. With five of our men finishing in the first six and many others in the top 20 it looks like we have an exciting competition this year, with a lot of local races (sorry, Doug Bewley, we left the Marathon des Sables off the list this year).

Tom Seller tops the men's list with his 20 points and Lucy Byford leads the ladies with

her maximum.

Just a reminder when entering these events, please ensure you state that you are running for Lingfield Running Club as it makes it easier for Trevor or whoever is compiling the results to find you.

Next event Tunbridge Wells Half Marathon Sunday 20th February.

Good luck with the rest of the year.

[Back to top](#)

Club weekend runs

Gary Spring

Two groups of club members were spotted, running last Sunday morning.

Tom Cartledge and Caroline Coxall headed off to Dry Hill for a muddy 10 miler, while a group led by Dave Worsell tackled the Tilgate Forest footpaths, with a dash of Tilgate Park, thrown in for good measure. As expected, the forest trails were really wet and muddy though, ironically, had better grip than the icy concrete paths of the Park. Meghan Bowen opted to push the limits on being able to stay upright, by doing the whole run in road shoes. After a taxing 7 mile loop, Dave Worsell's invite to make the run a bit longer fell on deaf ears for the majority of the group, mainly because a "bit longer" translated to 5 more miles. But an intrepid quartet of James Kilfiger, Dave, Michelle and Tony were up for this and ended up completing over a half marathon distance. Respect!

Here is the full group ...



... and here is the Fantastic Four, with James, possibly re-assessing his decision to do the extra distance.

This Saturday is the next Surrey Cross Country League fixture; Mitcham Common for the ladies and Richmond Park for the men, so no organised plans for other long weekend runs.

[Back to top](#)

Country to Capital 2022

Simon Mills

Fast becoming the traditional curtain raiser to the Ultra Running year, Country to Capital is a 43-mile foot race from Wendover in Buckinghamshire to Little Venice, in Central London. The race is always held on the first Saturday in January and this year was the 14th running of the event.

It is unique in that it is almost two races in one; 18-20 miles of mud and Chiltern hills, followed by 20 odd flat miles along the canal towpaths of the Grand Union Canal into London. So, you are left with the ultimate dilemma, trail shoes or road shoes? Ideally, a bag drop about 20 miles in would be perfect, but this race doesn't allow for that.

I'd initially registered for the race in 2020, but injury meant I deferred my entry to 2021, which was then subsequently cancelled due to lockdown. The reason for me running the race was to get some good training miles in for the Arc in Cornwall, which is later in January so, with the Arc also cancelled until 2022, it made sense to stick with it. In the meantime, I'd somehow managed to convince Brandon Webb to join me (probably over a pint of Harvey's Dark in the Star) – a decision he probably now regrets.

An early race start on the Saturday, meant we had to take the train up to Aylesbury on Friday night, which had the added bonus of allowing us to sample the delights of urban Buckinghamshire in mid-winter. We'd had one eye on the weather all week and whilst 90% of forecasts are wide of the mark, there did appear to be a big weather front closing in right on cue.

The next morning, the registration process at the Shoulder of Mutton pub in Wendover was smooth, we collected our trackers, dropped our bags off with dry clothes for the finish and waited in a warm part of the pub for the start. Just as we were told to go outside to start the race, the rain started. Just perfect.

The race starts off running down Wendover High Street before a right turn onto the trails. The trails wound themselves over hills and across fields for seven or so miles until the first check point in the town of Chesham. The fields were muddy and treacherous after weeks of rain (and the persistent rain on Saturday too) – which meant we might as well have been wearing skis for all the good a bit of traction on our shoes did. There was one truly comical moment

climbing a steep hill towards Chesham, where runners were literally hanging onto the fence to haul themselves up it.



The 2nd checkpoint was near Chalfont St Peter, nearly 18 miles in – and by this stage the rain was unrelenting. It had turned into a heavy downpour – and when your hood is up on your waterproof, you can't hear anything anyone is saying, and your field of vision is limited, it then becomes a mind game. Brandon and I had been criss-crossing positions, but we were running together at this stage.

As we left CP2, the dulcet tones of the M25 were heard and then came into view, as we headed towards a vast engineering project that is part of HS2 – which shows how glamorous sections of the route were. Just after this, I stopped to refuel again, and Brandon forged ahead. After the village of Denham, we hit the Grand Union canal, heading south – through Uxbridge, past CP3 and then past Stokely Park (of VAR* fame) and along towards West Drayton. The rain was still pouring down – and I could tell how drenched I was by the soap powder which was now foaming out of my shorts.

Having gone past the 30-mile mark, I was now on a run/walk strategy to stop cramp from hitting my hamstrings, so it was a relief as I came through Hayes and then turned left onto the Paddington arm of the canal into Central London. There were still 13 miles left from here, but it was good to know I was on the home stretch.

The last 13 miles took in the delights of Southall, Alpertown, Greenford and Park Royal – parts of inner (and outer) London you’ve probably not heard of, or actually never wish to. One ‘highlight’ was passing a young chap along the canal, who took his eyes off his phone for a split second to inform me “Bruv, there’s a station there, innit”.

Just after CP4, I saw a familiar figure ahead of me taking off his waterproofs. The rain had relented now, and Brandon had found a sure-fire way to anger the rain gods by removing his jacket. I caught up with him and we plodded the final miles into Central London together. Sure, as eggs are eggs, it started to tip it down once more, which meant we got drenched again coming into London.

The finish was actually quite non-descript in Little Venice – but the cup of tea we were given was pure heaven. We both managed to creep in under eight hours, which was reasonably decent given the conditions, but mother nature had one further curve ball to throw at us. Our finish line bags had been left in the open, so were soaking wet – meaning not many dry clothes to put on at the end. Still the folk in our train carriage back to Lingfield seemed to appreciate that.

A race of two halves – for sure. The first half was picturesque, muddy and rather enjoyable. The second half unrelenting and dull. They are great miles to have in the bank and the conditions were character building to say the least. The weather can’t be much worse in Cornwall, can it?

* **Video Assistant Referee (VAR)**, a qualified referee who watches a football match via a number of screens and can view slow-motion replays, enabling them to advise the on-field referee

[Back to top](#)

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

Dave Worsell

We've made a slight amendment to the Wednesday evening coaching sessions to make managing and booking places easier.

You can now book your place for multiple Wednesday sessions in advance. Please ensure if you intend to join a sessions that you have booked in advance so the coaches know who will be attending and can structure a session accordingly.

Likewise, if you find you can't make a session please cancel your place using the link in the email confirmation.

Reserve you places here: <https://www.eventbrite.co.uk/e/244287800387>

While these might not be the hottest tickets in town they are probably the sweatiest.

[Back to top](#)

Why I wanted to run a marathon, and my initial training plan

Bob Pank

Squash was mine and my wife, Laura's, sport. We were members of the East Grinstead Tennis and Squash club. We played several times a week, and socialised at the club's bar. I had always been able to run long distance (up to 10 miles), but only ran about three events over the decade from 1976. My training was very little, an eight-mile jog a week before. I ran the third Lingfield 10 miles in about 1:20 and was completely exhausted. The next year I ran again and managed 1:10 and felt not so bad. My third was several years later and the time was cut to 56:56, I think.

In late 1986 we moved, with my job, to Newbury where I found the big squash club was disappointing, zero socialising, and I turned out to be the worst player there. But Newbury was not all bad. My commute was just five minutes. On one early spring evening, the next year, I found myself in the kitchen finishing my mug of tea - at twenty minutes to six. It would still be

light for well over an hour. So I decided to do something I had not done for quite a few months; running!

I felt rather awkward exposed to the world in my shorts. My feet seemed not quite right in the gym shoes, but otherwise I really enjoyed it... just about two miles. I liked it! I got new running shoes and felt awkward no more. Soon I joined Newbury Athletic Club.

We gathered at a dilapidated wooden shed on the edge of the town every Thursday at 7pm. First we always ran the warm-up mile, then often peeled a layer or two off before engaging in the real run. The warm-up was very useful and allowed me to run well from the start. I usually did the 10 mile light course around the town, though some folks took shorter routes. That mid-week 10 mile became a very important part of my training, fixed into my running for many years. In the winter months, most of my other weekday runs were around the town, and usually on my own. I always had at least one rest day each week, with a long run at the weekend (see: My favourite running area), I usually had a slow 'recovery' run on Mondays. Tuesday, Wednesday and Friday might include a Fartlek, a bit of speed and other runs (all less than 10 miles). In the summer, more runs were in the Berkshire countryside.

The weekend runs built up from 10 to 18 miles and more, after about six weeks of exploring the countryside south of town. By then the weekly distance that had started at about 20 miles, was up to a steady 40+. I started to think about running a marathon.

On Thursday evenings we were usually about 15 runners. Often I was not the only Bob. The other was a bit older, very experienced and faster than me... and had run several marathons. One day we were chatting. Up to then I could not imagine running so far as 26.2 miles. But then I could see he was human and my marathon fear slipped away. I planned that my first marathon would be St Albans, in early December 1987, but it turned out that I was away then. So I got into Los Angeles March 6th 1988.

My favourite running area

We lived on the south side of town. Going south, less than half a mile down-hill on the Andover Road (A343), a left turn put me into Penwood Road, a narrow, quiet, shady lane, about a mile long (there's a split at 200m, take the right turn, south, not straight ahead). At the end I always turned left onto Foxs Lane and after a few 100m on the right was, and still is, the entrance to Highclere Castle, years later also known as Downton Abbey. Photo, below.



Then, running over the A34 to Burghclere, that houses the Stanley Spenser exhibition and also The Carpenters Arms, a very good pub with great views at the back. After about 200m, taking the first right (south, Spring Lane) puts you into a network of small, quiet lanes. At the end, turn right onto Well St. After about 1km the road splits, take the right, going south. In about 1km there is another quite big junction. This was 5 miles from home, and so could be a turn-around for a 10-mile run. Turn left onto the 'main' road going east. This was a beautiful area, with a line of east-west hills on the southern horizon.

We introduced friends to the walks there. They were amazed. They did not know that such a quiet and beautiful 'wild' area existed in the south of England. But it has more surprises! Along the road there are a few houses at Sydmonton and the Andrew Lloyd-Webber Foundation. Further on is a crossroad with Echinswell Road (north/south), and 6.55 miles from home. Turn back for a half-marathon. Look south toward the hills, that became world famous. Watership Down exists!

View, below, of Watership Down from Bob's route



I must have run past it 100s of times. I used this wonderful area for my long runs. Running further on, east, a couple of miles to Kingsclere (18 miles there and back) and up to 22 miles (with a wild bit). I did, in fact, run my first (unofficial) marathon mostly around this area. It was meant to be 18 miles but I was feeling so good I added the distance. I call it Marathon Zero.

Next week, Los Angeles!

[Back to top](#)

Bring a friend night - 3rd February

Fiona Champness

Advance warning - we would also like to invite members to **bring a friend to a club night on Thursday 3rd February.**

We thought there might be people out there who have started running this month... and one month in might need a bit of support / encouragement in order to keep them going?

It will be 7pm, a gentle three miles and back to the Victoria Club for a drink.

Bring a Friend!

[Back to top](#)

Dee's Debut Dinner - **Pre-order now**

Dee De Luca

To everyone booked in for dinner at The Star on Saturday 22 January

Could you please give me your orders by Sunday 16th January. Latest menu is on [FB post](#) or [here](#)

Please reply via FB or email to [social secretary](#)

Thank you!

[Back to top](#)

Reminders from previous weeks

Cross Country and Grand Prix fixtures

Dave Watkins

All the events are also on the [website calendar](#).

January

15th - Surrey Cross Country (Men) - Richmond Park 15:00. Please let Dave know if you are interested.

15th - Surrey Cross Country (Ladies) Mitcham Common 13:00. Please let [Fiona](#) know if you are interested.

29th - Southern Area Cross Country Championships - Beckenham Place Park. 14:05 Ladies 14:50 Men - Entries closed but I will open new WhatsApp group for entrants.

February

19th - Surrey Cross Country (Men) - Lloyd Park 2pm

19th - Surrey Cross Country (Ladies) - Effingham Common 11:00

20th - Grand Prix - Tunbridge Wells Half Marathon

26th - National Cross Country Championships - Parliament Hill. Ladies 13:35, Men 15:00 -

Last date for entries 28th January.

March

5th - East Surrey Cross Country - Lloyd Park 14:30

13th - Grand Prix - Bushy Park 10k

[Back to top](#)

Dee D's Diary

Dee De Luca

Hope you can make it on 22nd January.

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](#)

