



Newsletter

Wednesday 13 April 2022

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No new members this week

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

Please submit any questions, photos, requests, articles, RACE REPORTS or equipment reviews to editor@lingfielddrivingclub.co.uk

Follow us via



Running club AGM

Scott McDonald

Morning everyone and hope you are well and enjoying the sunshine!

Less than 2 weeks until our club's AGM! **Thursday 21st April 2022, 8pm** at the Victoria Club. I know AGMs are not everyone's thing, but please support your club by attending this meeting.

This is your opportunity to see some well deserved trophies getting presented, have a bit of a social gathering and talk about your achievements as we came out of various restrictions.

If you have collected some running medals during the last 12 months, then please wear them! I will randomly judge your medals and, for the best medal, I will buy you a drink from the bar!

Karen Sparrow memorial run

Lisa Compton

East Grinstead parkrun on Saturday 23rd April will be dedicated to the memory of **Karen Sparrow**, regular volunteer, runner and LRC club member, who sadly passed away on 4th January.

Her sister will be visiting and running with us, and it would be great if lots of members could join us to celebrate her life.

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Trevor's Racing Roundup

Hello everyone,

We had a total of 30 runners taking part in the Saturday morning 5k parkruns at the following ten different locations: East Grinstead (14), Horsham (1), Hove Promenade (1), Ifield Mill Pond (1), Isabel Trail Stafford (1), Kingdom (1), Tilgate (6), Town Moor (Newcastle Upon Tyne) (2), Worthing (1) and York (2).

Congratulations to **Steven Price** and **Joe Robinson** for first and second places at East Grinstead, to **Dan Celani** who was third home at Tilgate, and to **Kieran Barnes**, also third at Town Moor.

David Watkins, our men's captain, has written [a report](#) about the East Surrey league fixture that took place at Ewell on Thursday 7 April, and our Editor has added a bit about **Luke Davis** tremendous win in the [South Downs Way 50](#) mile run, so I have got just two other races to mention this week.

The first is the Brighton Marathon which took place on Sunday 10 April. There was the usual large turnout for this very popular annual event. A total of over 8,300 runners finished the race, although it seemed that this event did not attract any of the top African runners, either male or female. The men's race was won by Alix Ramsier of South London

Harriers in a time of 2.29.07. The ladies' race was won by Melissah Gibson of Ealing Eagles in a modest time of 2.51.06. This time placed her 67th in the overall race.

As far as I can see, we had six club members taking part and all successfully completed the course. Our first finisher was **Doug Bewley** who had an excellent run to finish in 260th place in a great time of 3.03.33. This was especially good as he only recently returned from running the Marathon des Sables – see [his report](#) below.

Next to finish was **James Kilfiger** in 1,529th place in a very good time of 3.42.01. **Tom Cartledge** was next and was disappointed to finish in a time of just over four hours. He recorded 4.06.27 which placed him 3,195th. I think that **Terri Scott** was taking part in her first marathon and was pleased to finish in a time of 4.57.36. Our other two runners were **Donna De Luca** and **Martin Payne**. Both decided to support each other and completed the course in a time of 6.14.18.

Great performances by all the Lingfield Runners. It was good to be well represented in this race.

David Nottidge was our other competitor. on Sunday. He travelled further afield to Suffolk, to take part in the annual Bungay Black Dog festival of running. There was a variety of different distances to choose from and Dave opted for the 10k event, which was mainly on quiet country roads with a 2 km section on a disused railway line.

Dave had his usual good steady run and finished 124th place out of a total of 331 finishers in a time of 53.24. Well done, Dave.

The men's winner of the race was Callum Stanforth of Ryston Runners in a time of 33.55. The winner of the ladies' race was Maria Lewis of Green Dragon Runners in 42.03.

If I have overlooked anyone who has done a race that I have not mentioned, then please let me know.

If you are looking for a race this coming weekend there is a very nice 10 km race on Easter Monday 18th April. It is the very popular Lewes 10k Easter Run. I hope to see some of you there.

Have fun and enjoy your running.

Trevor

09-Apr-22

30 LRC parkrunners

	Position	Name	Time	Age grade	PB?
East Grinstead	1	Steven PRICE	00:20:47	71.53%	
64 runners	2	Joe ROBINSON	00:21:12	66.35%	
	14	Keith CHAMBERS	00:25:45	63.95%	
	18	David WORSELL	00:26:58	54.26%	
	25	Nick CHAMPNESS	00:27:51	50.93%	
	26	Steve BRINKLEY	00:28:18	58.19%	
	29	Steve WARNER	00:29:42	56.45%	
	31	Helen DAVEY	00:29:47	62.45%	
	33	Nevenka WORSELL	00:30:40	54.02%	
	36	David WATKINS	00:31:01	51.26%	
	41	Isla GREENAWAY	00:31:35	46.86%	
	49	James WILLIS	00:33:18	42.59%	
	62	Tracey WEBB	00:48:12	33.26%	
	64	Kath GARRIDO	00:48:14	49.38%	
Horsham	325	Julie BLYTHE	00:34:31	54.66%	
416 runners					
Hove Promenade	231	Sue GARNER	00:26:52	90.26%	
449 runners					
Ifield Mill Pond	66	Sarah FERGUSON	00:34:23	44.01%	PB
80 runners					
Isabel Trail	53	Jonathon ROE	00:26:01	50.99%	
158 runners					
Kingdom	13	Matthew COLLINS	00:24:39	63.96%	
73 runners					
Tilgate	3	Dan CELANI	00:17:58	77.09%	
336 runners	6	Dan OPPE	00:19:06	70.94%	
	11	David BEALE	00:19:46	77.74%	
	93	Hannah CARTLEDGE	00:26:19	56.24%	PB
	125	Mike LOTHIAN	00:27:58	63.83%	
	146	Judith CARTLEDGE	00:28:51	66.32%	
Town Moor	3	Kieran BARNES	00:17:07	75.37%	
343 runners	117	Kevin REEVE	00:24:10	64.69%	
Worthing	280	Sophie DAVIS	00:33:05	45.74%	
347 runners					
York	84	Ian GREENAWAY	00:22:41	65.54%	
467 runners	360	Theresa DONOHUE	00:31:48	56.18%	

New racing round-up writer required

Scott McDonald

I would like to take this opportunity to thank Trevor for his outstanding contribution to the newsletter, with his excellent weekly racing round up!

However, Trevor would like to pass this vital and interesting role over to another volunteer in the near future.

To complete the weekly report, you will need to keep up to date with any races that our members are completing. So please view, and be ready to extract details from, the parkruns and from our club FACEBOOK page, where members often enter details of their races.

If you want, you can do a little research about various races to add to your report, e.g. this weekend five members were in the BRIGHTON MARATHON, so you would collate their times, position and perhaps add in a few lines about the event.

The other part of this role that you may be required to do (in discussion with Trevor) would be to put the results into the club database. The database contains details of everyone's race entries and times - a great piece of club history!

Trevor would give a proper handover and any volunteer would have the opportunity to make suitable changes to the club report.

Please note you would not be a member of the club committee and would not need to attend meetings, but would liaise with Graeme Bennett who is the newsletter editor.

If interested [please contact me](#) ASAP. I would be more than happy for more than one member to share this workload, so please think about becoming involved in our club newsletter.

South Downs Way 50

Graeme Bennett

While some of us were getting out of bed last Saturday, 378 serious runners were in Worthing starting the SDW50, an easy 50 miler along the South Downs to Eastbourne.

Having tested the route out in last year's event, **Luke Davis** decided to go for it in 2022, winning the race in a great 6 hours 49 minutes and 10 seconds.

It was an eventful run, with nine runners taking the wrong route early on. Luke handicapped himself with a navigation error of his own near Jevington, and by falling over. NB the blooded nose and - if you could see it - right leg, in the photo below.

Applause also for member **Nick Averre**, further down the field but finishing in 12.25.10.

There is a full report on the event in the [Centurion Racing](#) website.



(Photo: Stuart March Photography)

South Downs Way 50 winners

Luke Davis and team

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sdrawkcab gninnuR

James Kilfiger

Why?

It is a question that more than one person asked me as I did the 5k East Grinstead parkrun course backwards on April 2nd — and by backwards I don't mean in the reverse direction, but doing the usual course while facing the “wrong” way.

Could there be some use in running backwards? Could you even incorporate it into your training? Running backwards uses a different set of muscles from running forwards.

Muscles are generally arranged in pairs: “agonist” and “antagonist”. As muscles can't “push” you need two sets of muscles on each joint. One set to bend the joint, and the second set to straighten it. By running backwards you are exercising the opposite set of muscles. So, here's how you can incorporate backwards running into a training session:

1. As part of a warm-up. Backward running can ramp up your heart rate and activate muscle groups that you need when running but which are hard to engage when running forwards at a warm-up pace.
2. As cross-training, instead of swimming or riding a bike, backwards running can strengthen muscles in your calves, quads, and muscles that are important for stability such as the gluteus medius (the little sister of the gluteus maximus).

Doing some hill repetition backwards is a good session. Five or ten repetitions of a reasonably short hill. Backwards up and forwards down will give your legs a thorough workout. Expect to ache the next day!

A longer backwards run will build the aerobic condition of those muscles. At the end of my parkrun I felt distinctly wobbly! Those muscles (such as the gluteus medius) that we use for balance and maintaining posture had been tired out. But the muscles used for running forwards had not been worked much. When I jogged (forward) to get my bar code at the end, I found it hard to slow down. My hamstrings were ready for action, but the antagonist muscles in my quads didn't have much more to give.

If you are running backwards, you need to think about safety. Unless you are running on a smooth track with no chance of any obstacles (roots, trees, dog walkers...) you'll need a “spotter”. And you are more likely to trip, so it is safer to do it on a surface that won't hurt too much if you go down. You'll also need to have the inner strength to brush off the odd looks you'll get, and plenty of funny answers to the inevitable question... “Why?”

And if you decide you want to challenge my time of 50min 7sec in the East Grinstead parkrun, do speak to the run director and the tail walkers before you start. Make sure they are happy to “spot” for you. Watch out for the step down off the bridge, the slope around the big oak tree, and roots almost anywhere. And be ready to give way to the fast forward-runners, as you will get lapped*.

But at the end of the day, perhaps it’s just a silly thing to do. Spike Milligan can have the last word. All together now:

... I'm running backwards for Christmas, across the Irish sea...



** Yes, but at least you can see them coming! Ed.*

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Weekly club runs

Gary Spring

Evening Run, Tuesday, 19th April

Next Tuesday's run will be Cook's Pond. The route is just over 10 km from the Victoria Club and there is an option to reduce it to about 7.5 km if anyone would like a slightly shorter run. The maps of both routes will be posted on the [Club website](#) later this week.

BLUEBELL RUN

The plan is to do the Bluebell Run on Tuesday, 26th April. The bluebells are beginning to appear in Staffhurst Wood, and the expected warm weather over Easter should bring them all out over the next two weeks. More details of where and when to meet will be provided in next week's newsletter as well as the club website calendar and FaceBook page.

The route is about 5 km. There is also a 10km route that includes most of the Bluebell Run route. Both routes are posted on the club website. (<https://lingfieldrunningclub.co.uk/route-maps/>)

If any member, planning to do this run, knows either the 5km or the 10km route, please let me know, so we can offer either route. If anyone wants to learn either route, before the Club Run, I am happy to take you round on the previous Saturday or Sunday morning. Please let me know if you want to be one of the leaders.

5 KM ROAD RACE

The first of the handicap races will follow on Thursday, 28th April. This is the 5km road route, starting in Racecourse Road and going down St Piers Lane and back. This race is the first of four races making up the Trevor Crowhurst Trophy. More details will be provided next week. I need some volunteers to help at the Start/Finish and I also need a 'Turn-Around' marshal, at the 2.5 km position. Please let me know if you are available to help.

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East Surrey Road Race - Epsom & Ewell Athletics Track

Dave Watkins

This event was the final fixture in the 2021/22 season of the East Surrey Cross Country league. The race consisted of two laps with a start on the track and then around the streets and paths in Ewell, and a stretch of grass back to the club.

We had a great turnout of 10 runners, 7 men and 3 ladies all running together in a very competitive race, featuring clubs across all divisions in the Surrey Leagues.

Our first runner to finish was Dan Oppe in eighth place closely followed by Joe Robinson and Jeremy Garner running for Lingfield as second claim. With the first four to count for scoring purposes Vernon Given, running in his first race for us for a while, was our last scorer that placed us in a very satisfying 3rd out of 5 teams. Next was Ian Greenaway, Scott McDonald and Dave Nottidge who interrupted his Birthday celebrations to run for us.

In the ladies' race, Maggie Statham-Berry was first back, although she was rather annoyed at being overtaken on the line by a U20 Sutton runner. The girl's mother later apologised to Maggie - although I would like to think that Maggie has done that on many occasions herself. Isla Greenaway and Sue Garner also finished well.

Places and times of all our runners below

8	Dan Oppe	25:26
11	Joe Robinson	26:50
14	Jeremy Garner	27:56
36	Vernon Given	32:18
40	Ian Greenaway	33:21
49	Maggie Statham-Berry	35:35
51	Scott McDonald	36:33
52	Dave Nottidge	37:32
54	Isla Greenaway	38:58
55	Sue Garner	40:15

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Marathon des Sables 2022

Doug Bewley



The Marathon des Sables is so much more than a race. I hope to be able to say in years to come it is a life changing experience; but that will depend on what I do with my newfound enlightenment!

Before the running started, we spent two days in the desert getting used to our surroundings: the first thing you learn is that it is very cold at night. The day before the start of the race saw us complete our technical kit checks and medical checks. This saw us having to carry a mandatory kit, which included snake bite kits and a minimum of 14,000 kcal of food, among other items, to be self-sufficient for seven days.

There are five classified stages in total, with an unclassified charity stage on day 6*.

As we lined up for the start of Day 1, I was unsure of what to expect and the plan was to run well within myself. So, after a 30.6km day of sand dunes, dried riverbeds and more sand dunes, I was more than surprised to have finished 39th. My initial thought was that I must have pushed too hard.

Day 2 was the hardest day with a continuous sandstorm and a really steep climb up a Jebel (large rocky mountain). This saw over 50 people retire which, historically, is the

dropout rate for the whole race, not just one stage.

Day 3 was a spectacular route with lots of sky running along ridge lines and a brutal climb back up the Jebel, which required the use of a rope. I took the day really easily, trying to recover knowing that Day 4 was going to be the 85km long day. To my surprise, I had my best single day result finishing in 33rd for the day.

Stage 4 known as the long day (a double marathon) is an exciting and daunting day. For those who were in the top 50 at the end of stage 3 had the privilege (I use this term lightly) to start three hours behind the main field in the Elite start. I never thought that this was going to be me, but it was great to be mixing it up with the big boys and girls, starting the day in 37th place. As with every other day, it was the sand dunes which really created the biggest challenge. When the sun set my morale dropped quicker than the temperature and saw me trudge the last 10km to the finish line - and my worst one day result for the whole week.

The last stage (known as the Marathon Stage) was always going to be a chance to see who could hold on the longest. It was a real runners' course with only 7km of sand dunes and a lot of flat rocky plateaus. I was tired, I felt like I had very little left. However, once AC/DC's Highway to Hell had blasted out for the last time just before we set off for the last competitive stage, I found a renewed energy and ran what I can only describe as my best run of all time. Everything went right from my tactics to energy levels. I finished strong and completed the Marathon in 4h 12m 45s finishing the day in 36th place.

The MDS is a celebration of everything that is great in this world. The word linked to The MDS is 'Solidarity' and that is also the name of the race charity. If you are thinking of entering The MDS, my only advice is to sign up now and enjoy the journey - it is definitely a voyage of self-discovery!

Stage	Kms	Time	Position on day	Overall position
1	30.6	03:03:54	39th	39th
2	38.2	04:58:32	46th	41st
3	32	03:58:09	33rd	37th
4	85.4	12:24:23	70th	40th
5	42.2	04:12:45	36th	40th

Overall time for event: 28:37:43

** plus the 7.7km of sand dunes done 'for charity' on Day 6!*



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Free National Running Show tickets

[Money Saving Expert](#)

If you like running or you're interested in learning more about it, this one's for you. Register online at the [National Running Show](#) and enter the code **MONEYSAVING** to get free weekend tickets for the Farnborough International show on Sat 7 May and Sun 8 May. 5,000 tickets are available - first come, first served

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And over the next ten days

Editor

Highlighting events in the club [race calendar](#) for the next ten days.

LRC Race Diary

Today ◀ ▶ Wednesday, April 13 ▾

 Print Week Month Agenda 

Wednesday, April 13	
6:45pm	LRC coaching (Dave Worsell)
Thursday, April 14	
7:00pm	Club running (Egg Hunt - Fiona/Ian G)
8:00pm	LRC quiz team
Saturday, April 16	
9:00am	Club running
9:00am	Cowdray Park 2k, 5k & 10k
9:00am	East Grinstead parkrun
10:00am	Club running
Sunday, April 17	
9:30am	Richmond Park Half
Monday, April 18	
10:30am	London Easter 10k
10:30am	Lewes 10k fun run
Tuesday, April 19	
7:00pm	Club running (Cooks Pond - Gary Spring)
Wednesday, April 20	
6:45pm	LRC coaching session for all (Terri Scott - East Court)
Thursday, April 21	
7:00pm	Club running
8:00pm	LRC Annual General Meeting
Saturday, April 23	
9:00am	Club running
9:00am	East Grinstead Karen Sparrow memorial parkrun
10:00am	Club running
Sunday, April 24	
8:30am	Thorpe Park 5k & 10k
8:30am	Worthing Runfest 10k & Half
9:00am	Putney & Fulham Half
9:30am	Rathfinny 10k & Half

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

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Reminders from previous weeks

Club membership fees for 2022/23

Gary Spring

Our club year starts on 1st April and we hope you will all renew your membership to LRC. The annual subscription stays at £10 for the year. This includes membership of Victoria Sports & Social Club.

1st April is also the date for renewing your EA registration. This has increased to £16 for 2022/3 year. You only need to pay this if you plan to take part in the Surrey Cross-Country League next winter. It may also be financially beneficial to you to be EA-registered if you plan to enter more than 8 UKA-licenced races between April 1st 2022 and 31st March 2023, where EA registration should save you £2 on the entry cost.

Both the LRC membership fee and EA registration cost should be paid to LRC, preferably using bank transfer to the club account, but cash/cheque to me is also OK. I plan to be at the club every Tuesday and Thursday evening so you could pay me the money then.

Details for LRC bank account

Sort Code: 60-07-17

Account No. 96771046

Reference: Please put your name to make it easy to identify who has paid.

I will plan to email everyone who pays, to confirm payment has been received.

So in summary, from 1st April,

- Please make a payment of £10 to renew your membership to LRC.
- Please make a payment of £26 (£10 + £16) if you want to renew your membership to LRC and pay the EA registration fee

Important Information

You will need to have made your LRC Membership payment before 21st April in order to have voting rights at the AGM on that evening.

[Gary Spring, Membership Secretary](#)

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Change of date for [quiz team](#)

Graeme Bennett

Having noticed the rare alignment of an East Surrey League race with the night identified for the pre-Brighton Pasta Party (as was), the quiz team postponed its monthly appearance at [The Star](#).

We did not want to weaken the Ewell running team, so we are now quizzing tomorrow 14th April. Quiz starts at 8.15pm these days, but our table is booked from 7.30.

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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.

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