



Newsletter

Wednesday 20 April 2022

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Thirty two people opened my apology to Maggie, but not the actual newsletter!
I know who you are ...

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

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

Follow us via



Final call - Running club AGM

Scott McDonald

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

Just one more day to wait 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!



Trevor's Racing Roundup

Hello everyone.

On Easter Saturday we had a total of 28 runners taking part in the Saturday morning 5k parkruns, at the following nine locations: East Grinstead (14), Bethlem Royal Hospital (1), Ganavan Sands (2), Ifield Mill Pond (4), Nonsuch Park (1), Severn Bridge (1), Southsea (1), Tilgate (3), and Whitstable (1).

Congratulations to **Fiona Champness**, first lady at East Grinstead, and to **David Beale** who was second home at Ifield Mill Pond. All the details are listed below.

I also have a few results of other races that have taken place over the last two weeks.

On Saturday 9 April **Michelle Hollins** took part in the Maverick Adidas Terrex Kent 23 km race. The winner of the race was George Smith in a very good time of 1.46.54. The winner

of the ladies' race was Wendy Mathie in a time of 2.06.55. Michelle had a very good run and finished in 86th place overall, out of a total of 139 finishers, in a time of 2.29.51. This placed her 3rd in her age category.

On Good Friday 15 April **Kieran Barnes** went to Battersea Park to run in the T1 Comeback 5 km series of races. He was in race number five of eight and finished in 8th place out of 15 competitors in a great time of 15.22.20. This was just five seconds slower than his PB of 15.15 which he set recently. Well done, Kieran.

On Easter Monday we had three Lingfield runners taking part in the Easter Monday Lewes 10 km race. The race started and finished on the Lewes AC athletic track. There was a large entry because it was one of the West Sussex Fun Run League races. It was a mixed terrain course on a hot morning, which made it hard going. The winner of the race was James Baker of Chichester Runners in a time of 34.56. The ladies' winner was Penny Brook in a time of 40.02.

David Mason, who has just recently joined Lingfield Running Club, was our first member to finish in a very good time of 45.01. Our other runners were **Richard Adams** and **Mark Piper**. Richard, who had completed the Manchester Marathon two weeks previously, finished in 49.47 and Mark finished in 64.05. Very well done, all three of you.

Over the weekend, **Dan Celani** ran the Tilgate parkrun, then popped over to America to take part in the Boston Marathon on Easter Monday. Dan had a superb run (in Boston) and finished in 2,557th place, out of nearly 25,000 finishers, in a great sub-3 hour time of 2.57.11. A great performance, Dan.

The winner of the men's race was Evans Chebet of Kenya in a time of 2.06.51. The winner of the ladies' race was Peres Jepchirchir of Kenya in a time of 2.21.01. Both races were closely contested, with the first three men finishing within 36 seconds of each other; and the first three ladies were separated by just 31 seconds.

If you have taken part in any races over the last week that I have not mentioned, could you please let the Editor of the newsletter know so that you can get a mention next week.

Have fun and enjoy your running.

Trevor

16-Apr-22

28 LRC parkrunners

	Position	Name	Time	Age grade	PB?
East Grinstead	4	Joe ROBINSON	00:20:20	69.18%	
103 runners	7	Steven PRICE	00:20:54	71.13%	
	17	James KILFIGER	00:23:18	62.30%	
	20	Vernon GIVEN	00:23:58	61.06%	
	23	Fiona CHAMPNESS	00:24:11	67.68%	
	37	Nick CHAMPNESS	00:26:06	54.34%	PB
	38	David WORSELL	00:26:08	55.99%	
	41	Chris RANCE	00:26:57	54.73%	
	48	Steve BRINKLEY	00:27:57	58.91%	
	51	Helen DAVEY	00:28:27	65.38%	
	55	Steve WARNER	00:28:58	57.88%	
	56	Isla GREENAWAY	00:29:02	50.98%	PB
	62	Nevenka WORSELL	00:29:48	55.59%	
	84	James WILLIS	00:31:50	44.55%	
Bethlem Royal Hospital	28	George ENGLISH	00:25:37	66.69%	
82 runners					
Ganavan Sands	13	Ian GREENAWAY	00:24:09	61.56%	
75 runners	59	Theresa DONOHUE	00:33:42	53.02%	
Ifield Mill Pond	2	David BEALE	00:19:47	77.67%	
73 runners	45	Kath GARRIDO	00:31:09	76.46%	
	55	Sarah FERGUSON	00:34:11	44.27%	PB
	69	Terri SCOTT	00:44:41	39.46%	
Nonsuch Park	10	Jeremy GARNER	00:18:15	79.54%	
641 runners					
Severn Bridge	77	Lisa COMPTON	00:25:59	80.44%	
228 runners					
Southsea	4	Dan OPPE	00:17:27	77.65%	
458 runners					
Tilgate	105	David NOTTIDGE	00:25:58	65.21%	
396 runners	158	Dan CELANI	00:28:27	48.68%	
	160	David WATKINS	00:28:34	55.66%	
Whitstable	287	Lucy HALL	00:34:10	45.37%	
370 runners					

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Lingfield's finest at Lewes on Easter Monday



Dan Celani's Boston outfit with, I assume, Dan inside it

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Weekly club runs & races

Gary Spring

Bluebell Run, Tuesday, 26th April

The club's Bluebell Run will take place on Tuesday, 26th April. The recent spell of warm weather has now brought the bluebells into full bloom, but I have faith that they will last a further week.

We'll meet at the Staffhurst Wood car park, just past the converted chapel at the junction of Staffhurst Wood Road and Dwelly Lane. Either park in the car park if there is space (and you are feeling brave enough to go through the metal frame at the car park entrance), or park on the road, on the same side as the car park. The run will start at 7pm.

If anyone fancies a drink and a chat after the run, the Royal Oak pub is about 200

yards from the car park.

5 km road race, Thursday, 28th April

The first club race will take place on Thursday, 28th April. This race is one of the four races in Trevor's Handicap Series and is an 'Out and Back' road run, starting from the usual place on Racecourse Road, opposite the racecourse entrance. The route goes down St Piers Lane, turning round just before the end of the road. A marshal will be at the 2.5 km point, for you to run around.

It will be a handicap start, with slower runners going off first. The first group of runners will start shortly after 7pm. To give the faster runners an idea of their likely start time, I am expecting there will be about a 25 minute gap between the first and last handicap groups.

Please meet at the Start position in Racecourse Road. There is limited parking at the start, so if you come by car, I suggest you still park at the club and run down to the start. If you have your club ID number, please bring it, but new ones will be available at the start.

There will be water available at the finish (the nearest pub is a lot further than 200 yards)

If you need more information on either of the above events, please contact me (membershipsecretary@lingfieldrunningclub.co.uk) or talk to me at the AGM on 21st April.

St George's Run, Saturday, 30th April

On Saturday, 30th April, Scott McDonald will be leading a run from the Victoria Club to celebrate St George's Day. The run has been delayed by a week to prevent a clash with the Memorial parkrun at East Grinstead for past member, Karen Sparrow.

The run is all on roads/pavement and will leave from the Victoria Club at 10am. The route goes up to Crowhurst Church and back, about five miles in total. Feel free to carry a St George's flag!

May Races volunteers

Our May Races need volunteers to make them successful. If you do not plan to run them but are free to help on any of the following dates, please let me know.

(membershipsecretary@lingfieldrunningclub.co.uk)

- May Race 1: Thursday 5th May
- May Race 2: Tuesday 10th May
- May Race 3: Thursday 19th May
- May Race 4: Tuesday 24th May



Trevor's Handicap Series trophies

Competition starts 28th April

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London Marathon 2022 - St Catherines

Scott McDonald

I have been contacted by St Catherine's Hospice who have London Marathon places 2022! So for those thinking of progressing to this distance, or those now hooked on marathons, please consider this message from St Catherine's.....if interested please contact Catherine at the bottom of this message. I can supply an e mail address if necessary.

In terms of entry, there is a £50 registration fee with a sponsorship target for charity place runners this year of £2,250. We have already seen and experienced some of the impact of the current financial situation and so do realise this is quite a commitment, however for a local charity we think it is fair compared to the ask of some of the bigger charities (BHF, Macmillan, etc).

As a St Catherine's marathon runner, we will support with your fundraising wherever we can. We want all of our runners to feel part of a team, so we will be:

- Hosting a Welcome Meeting on the 3rd May for our marathon runners to meet each other, meet me, hear from our trustee and previous runner Terry, and meet our two running specialists.
- Scheduling in parkruns to continually meet and support one another.
- Additional training runs with our running specialists.
- 3 x meetings to cover training plans, recovery, injury prevention, stretching etc
- Pre-event Pasta Party
- Bus travel down to London with the rest of the team and St Catherine's staff (no return included)
- Facebook group exclusively for all of our runners to connect, ask questions and for support

I am also happy to come down and meet members of the club or do a talk on St Catherine's Hospice and what we do. Now more than ever we are so grateful for the ongoing support we receive from our community, as we continue to care for our patients and their families in and outside of the hospice.

Catherine Ferrer-Jempson

Events Coordinator

01293447386

St. Catherine's Hospice, Malthouse Road, Crawley, West Sussex, RH10 6BH

Switchboard: 01293 447333

www.stch.org.uk

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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 20	▼	Print	Week	Month	Agenda	▼
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								
Tuesday, April 26									
7:00pm	Club running (Bluebell run, Staffhurst Wood)								
Wednesday, April 27									
6:45pm	LRC coaching (James Kilfiger)								
Thursday, April 28									
7:00pm	Club running (5k handicap, racecourse road)								
Saturday, April 30									
9:00am	Club running								
9:00am	East Grinstead parkrun								
10:00am	Club running (St George's Day route)								
10:30am	East Grinstead 10 mile								
Sunday, May 1									
10:00am	Westminster Mile								
10:30am	Haywards Heath 10 mile								
Monday, May 2									
10:00am	Milton Keynes Half & Marathon								
10:00am	Vitality London 10k								
10:30am	Burgess Hill 10k								

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

text

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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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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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.

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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.

