



Newsletter

Wednesday 4 May 2022

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**No new members to welcome this week ...
but please make sure you're paid up to receive this next week**

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

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Trevor's Racing Roundup

Hello everyone.

Last Saturday morning we had a total of 31 runners taking part in 5k parkruns, at the following 13 locations: East Grinstead (13), Bethlem Royal Hospital (1), Bushy (1), Chichester (1), Horsham (1), Hove Promenade (1), Ifield Mill Pond (2), Kingdom (1), Littlehampton Prom (1), Squerryes Winery (1), Tilgate (6), Torbay Velopark (1) and York (1).

Congratulations to **Tom Seller**, first home at East Grinstead and to **Paul Blackmore**, third at Littlehampton Prom. Well done also to **Kirsty Wachuku-King** and **Dan Celani** who were third placed lady and man at Tilgate. All our runners' details are listed below.

After a gap of two years, the Mid Sussex Marathon returned last weekend. In case you didn't know, this three-day event includes a 10-mile race in East Grinstead on Saturday, a 10-mile race in Haywards Heath on Sunday, and finishes with a 10k in Burgess Hill on the Monday.

We had five runners who completed the East Grinstead 10-mile leg, with **Mark Aldred** leading them back in 25th place of 227 finishers, with **James Kilfiger** close behind in 29th. **Ian Watkins** reported that there were lots of stiles and gates to negotiate, which doesn't help your running, so well done to all of you.

Pos	Name	Time
25	Mark Aldred	01:16:41
29	James Kilfiger	01:18:21
62	Ian Watkins	01:25:48
128	Helen Davey	01:38:41
151	Miranda Chitty	01:45:03

James was the only one to continue to the Haywards Heath 10 on Sunday, which he

completed in 1:15:51; quicker presumably because there were fewer stiles to cope with. This placed him 55th of the 295 finishers, and 7th of 21 in his age group. Another strong run.

And **James Kilfiger** continued this strong running in the Burgess Hill 10k on Monday, with a time of 46.14 for the 10k. James was 35th of the 280 finishers, and 6th in his age category.

This gave him an overall time of 3 hours 20 minutes and some seconds for the full marathon distance. This meant that James came 14th out of the 123 runners who completed all three events, and 2nd in his age category.

Had he done it in one go, I think this would have smashed his PB for the distance! An excellent effort over all three days, James. There are pictures below.

Meanwhile, over in Reigate on Sunday, **Sarah Ferguson** was among the 166 people who completed the YMCA Reigate 5 mile fun run, in a time of 57.11. Sarah says she was disappointed with her time, but she has been busy this week - the club handicap on Thursday evening, a parkrun PB Saturday morning, then a 5 miler on Sunday. That's good going, Sarah.

In London, on Bank Holiday Monday, there was a big field of 16,000 for the Vitality London 10k. Lingfield was well represented with **Dan Oppe** the first home in 35.08, in an excellent 171st place. He was followed home by **Steven Price** in 39.33. **Ian Watkins** opted to take on Mo Farah in London rather than **James Kilfiger** in Burgess Hill, but the outcome was the same. **Terri Scott** has written about her experience below.

Place	Name	Time
171	Dan Oppe	00:35:08
695	Steven Price	00:39:33
3,752	Ian Watkins	00:50:22
4,603	Lucy Byford	00:52:23
13,191	Terri Scott	01:27:28

Ellis Cross (Aldershot, Farnham & District) was a surprise winner of the race, beating Mo Farah by four seconds in 28.40. This was a PB by over a minute. As you probably saw on TV, he had to pay his own entry fee of £37 and travel to London by train, like our team. Less of a surprise was Eilish McColgan's win in the ladies' race in a time of 30.23, just two

seconds behind Paula Radcliffe's British and European 10,000m record.

Sorry if I have missed anyone out this week. Please let me know.

Have fun and enjoy your running.

Trevor

30-Apr-22	31	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
<u>East Grinstead</u>	1	Tom SELLER	00:18:41	69.85%	
97 runners	14	Ian GREENAWAY	00:23:03	64.50%	
	21	Vernon GIVEN	00:24:18	60.22%	
	31	Martin PAYNE	00:25:26	66.58%	
	38	Keith CHAMBERS	00:26:42	61.67%	
	41	Nick CHAMPNESS	00:26:52	52.79%	
	42	Fiona CHAMPNESS	00:26:58	60.69%	
	51	Isla GREENAWAY	00:28:02	52.79%	PB
	55	Steve WARNER	00:28:48	58.80%	
	60	Laura STOCKWOOD	00:29:24	52.04%	
	75	Peter PHILLIPS	00:31:41	54.45%	
	86	Theresa DONOHUE	00:33:57	52.63%	
	94	Tracey WEBB	00:44:29	36.04%	
<u>Bethlem Royal Hospital</u>	32	George ENGLISH	00:25:28	67.08%	
107 runners					
<u>Bushy</u>	12	Jeremy GARNER	00:17:56	80.95%	PB
1,061 runners					
<u>Chichester</u>	70	Shelly CRUDGINGTON	00:26:08	57.59%	PB
186 runners					
<u>Horsham</u>	347	Julie BLYTHE	00:33:33	56.23%	
463 runners					
<u>Hove Promenade</u>	395	Lynda WILLMENT	00:33:12	55.27%	
450 runners					
<u>Ifield Mill Pond</u>	25	Terri SCOTT	00:27:06	65.07%	PB
72 runners	54	Sarah FERGUSON	00:32:27	46.64%	PB
<u>Kingdom</u>	7	Pete HOLMES	00:21:47	62.66%	PB
101 runners					
<u>Littlehampton Prom</u>	3	Paul BLACKMORE	00:18:21	83.74%	PB
181 runners					

Squerryes Winery	95	Lucy HALL	00:34:14	45.28%
115 runners				
Tilgate	3	Dan CELANI	00:18:15	75.89%
331 runners				
	10	Dan OPPE	00:19:16	70.33%
	54	Kirsty WACHUKU-KING	00:23:56	65.25%
	103	David NOTTIDGE	00:26:48	63.18%
	167	David WATKINS	00:29:09	54.55%
	279	Ian WILSON	00:36:56	48.33%
Torbay Velopark	7	Joe ROBINSON	00:18:32	75.90%
260 runners				
York	201	Lisa COMPTON	00:25:04	83.38%
536 runners				



*Mid Sussex - Ian, Helen, James and Mark (East Grinstead 10 mile)
and James with the full collection*

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Vitality London 10k

Terri Scott

It was before last Christmas when I got my sister, Ruth, in an agreeable mood and we booked to do the 10k together. She's done C25K but this was to be her first on a 10k.

She's quite new to running and has worked hard on weight loss and swimming this last year. I knew she would have been happy to run with the crowd and her own tunes ... but, ultimately, wouldn't you prefer to run with a cheermeister (me) who also supplies facial glitter!! Saying that, she did tell me to 'depart the planet' at 9k, as only sisters can.

We loved the atmosphere, the music, especially the samba band at the end, where I stopped to dance! We got a lovely surprise when our other sister appeared to cheer us on with 200m to go.

I'd highly recommend this race if you're new to running or the distance of 10k - great course, flat(!) through some lovely sights with great support from the crowds and volunteers on the course ... mainly admiring Ruth's skort. It was well organised at the finish with a short walk to water, bananas for us minions, the bling-bling medal and bright orange t-shirt. The bag - drop was easy to pick up from, then we wandered back through Green Park to meet everyone.

Bonus was a travelator where we watched a young man try 90 seconds at Kipchoge's average marathon speed...wow!! We meant to try it out after we finished... but we forgot!!

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** Ruth was given the same time as Terri, but placed 13,192nd. Terri, so competitive!*



Before and after - Terri and Lucy (left) and Terri and Ruth (right)

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Weekly club runs & races

Gary Spring

5 km road race, last Thursday

We had 23 members turn up for the 5km road race, with conditions ideal for fast running, though decidedly on the cool side for the volunteers doing the course marshalling and timing. The handicap timing produced some close finishes, with 15 members crossing the line within a 90 second window. While this was exciting to watch from the finish line, it was slightly intimidating for some of the timing team.

Harry Sterling's sister, Bella, was the first runner to finish and Brandon Webb was the first male finisher. There were 5km PBs for several members and a special mention must go to 9 year old Benjamin Champness, who was 7th fastest, in a very competitive field, with an impressive time of 22 minutes, 10 seconds.

This race is part of Trevor's Handicap Trophy series. The current points tally for the trophy will be published once we sort out a question on guest/member status. Here are the results:

Position	Name	Handicap Start Time	Watch time	Actual time
1	Bella Sterling	2	29:13	27:13
2	Brandon Webb	9	30:16	21:16
3	Ben Champness	9	31:10	22:10
4	Laurence Powell	10	31:12	21:12
5	Steph Reeve	9	31:22	22:22
6	Maggie Statham-Berry	7	31:52	24:52
7	Kevin Reeve	9	32:10	23:10
8	Hannah Cartledge	7	32:11	25:11
9	Fiona Champness	9	32:13	23:13
10	Dan Celani	15	32:18	17:18
11	Clare Paul	4	32:32	28:32
12	Ian Watkins	9	32:34	23:34
13	Peter Holmes	12	32:35	20:35
14	Judith Cartledge	5	32:36	27:36
15	Sarah Ferguson	0	32:37	32:37
16	Dave Mason	12	32:38	20:38
17	Paul Blackmore	14	32:45	18:45
18	Clare Berryman	7	33:06	26:06
19	Ann-Marie Cowling	4	33:08	29:08
20	Harry Sterling	16	33:24	17:24
21	David Nottidge	8	35:39	27:39
22	Scott McDonald	8	35:40	27:40
23	Kath Garrido	2	37:28	35:28

May Race 1: Thursday, 5th May, 7pm

INSTRUCTIONS:

- Meet at the Start, opposite the racecourse entrance in Racecourse Road (but park at the Victoria Club and jog down)
- Bring your ID number, if you have one. New IDs will be provided if you don't.
- The race will have a handicap start. First runners will leave shortly after 7pm.
- The distance for May Race 1 is 7.2 km and there is a 4km option that has the same Start and Finish sections as the full race. The route is slightly different from previous years, to reduce the risk of meeting traffic along Blackberry Lane. Use this link to see the routes: <https://lingfieldrunningclub.co.uk/route-maps/>
- Route is a mix of trails and road, but road shoes should be adequate for the whole route, based on current weather forecast.
- I am expecting a handicap start time range of 25 minutes between first and last starters.

The Remaining May Races

I am now realising the significant workload required to put on the four Races in May without making significant mistakes and also trying to manage my other commitments. So, in order to retain my sanity, I have reluctantly decided to space out the remaining May Races through the next three months. i.e. one in June, one in July and one in August. More information on the dates will follow in next week's newsletter. May Race 1 is still happening tomorrow. I hope the new arrangements don't have a significant effect on your running plans and I am now even more in awe of how Trevor managed to do it for so many years. Now I just need to come up with a new title for the Race Series!

May Pub Run, Tuesday, 17th May, 7pm

This month, we will have a run from The Wiremill Pub, Wiremill Lane, off the A22, Felbridge. David Watkins led this run last time but, unfortunately, he is unable to run it this year. He assures me, however, that other members do know the route. After the difficulty in keeping everyone together on last week's Bluebell Run, I think it is essential that we have other runners there who know the route. I can do a recce run on either of the mornings of Saturday, May 14th or Sunday, 15th May, for anyone who plans to run it and wants to learn it. Please let me know if you can help.

...and finally,

The club has decided to add a further trophy, to be contested for by our members.

In response to feedback from some club members, we have instigated a 'Most Improved Runner' trophy which will be presented, for the first time, at the 2023 AGM. We're still working out the rules and what events will be tracked, but for now, we can tell you that all the May Races count and that everyone, no matter what their pace, should have a chance to win it. In fact it probably favours the not-so-fast runners and those of you who are just getting a taste for competitive running. More details to follow.

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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, May 4	▼	Print	Week	Month	Agenda	▼
Wednesday, May 4									
6:45pm	LRC coaching (Ian Greenaway)								
Thursday, May 5									
7:00pm	Club running (May Race 1)								
Saturday, May 7									
9:00am	National Running Show (South)								
9:00am	Bowl Water 10km, Half, Marathon & Ultra								
9:00am	Club running								
9:00am	East Grinstead parkrun								
10:00am	Club running								
10:00am	Maverick Adidas Terrex Original Surrey 2022								
Sunday, May 8									
8:30am	Richmond Half Marathon (Surrey Road League)								
9:00am	National Running Show (South)								
9:00am	Run Gatwick Half (GP event)								
10:00am	Hedghopper 5 (WSFRL)								
Tuesday, May 10									
7:00pm	Club running								
Wednesday, May 11									
6:45pm	LRC coaching (Ian Watkins)								
Thursday, May 12									
7:00pm	Club running (Greathed Manor with Tom C)								
8:00pm	LRC quiz team (The Star)								
Saturday, May 14									
7:00am	Run To The Sea Ultra								
9:00am	Club running								
9:00am	East Grinstead parkrun								
10:00am	Club running								
Sunday, May 15									
7:00am	East Grinstead Triathlon								
8:30am	Thorpe Park 10k								
9:00am	Staines 10k								
9:30am	Cocking 10k Trail Race								
9:30am	Sutton 10k (Surrey Road League)								

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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Please note I am no medical expert but, as we runners strip off the layers of clothing with the warmer weather and run in vests and shorts, please note the month of MAY is [Skin Cancer Awareness Month](#).

I can speak from experience of the great staff at the Queen Victoria Hospital, East Grinstead where, over the last few years, I have had a number of visits to remove 'dodgy' moles. So, when running in the sun with more exposed skin, please consider the following.....

- A - ASYMMETRY - is one half of your mole (s) different to the other ?
- B - BORDER - is the border irregular ?
- C - COLOUR - is your mole evenly coloured ?
- D - DIAMETER - is your mole larger than 8mm across ?
- E - EVOLVING - is your mole changing shape, colour, size ?

If in doubt, get it checked please. Remember your factor 50 and if, like me, losing your hair, then maybe wear a cap !

Take care, Scott

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Reminders from previous weeks

Club membership fees for 2022/23

Gary Spring

FINAL REMINDER

Our club year started 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 was also the date for renewing your EA registration. This has increased to £16 for 2022/23 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 plan to email everyone who pays, to confirm payment has been received.

So, in summary;

- 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

[Gary Spring, Membership Secretary](#)

FINAL REMINDER

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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, 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.

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