



Newsletter

Wednesday 11 May 2022

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A packed edition this week to give Harry Sterling and Steph Reeve something to read on their honeymoon. They're getting married in the morning.

No, me neither ... but congratulations anyway!

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 28 runners taking part in 5k parkruns, at the following nine locations: East Grinstead (16), Hove Promenade (1), Ifield Mill Pond (1), Jersey Farm (1), Kingdom (1), South Norwood (1), Squerryes Winery (2), Tilgate (4) and Uckfield (1).

Congratulations to **Luke Davis**, first home and to **Hannah Cartledge** and **Nevenka Worsell**, second and third ladies at East Grinstead. Well done also to **Tom Seller** who was second at Squerryes Winery. All our runners' details are listed below.

Before going on to last weekend's other events, another race took place on the Ardingly Showground on Wednesday 4th May. It was one of the [Super Fast 5k](#) PB events and attracts some very talented runners.

We had three runners taking part. All ran well and produced some very good times. **Kieran Barnes** was our first runner to finish in an excellent time of 15.05, a personal best. He finished in 5th position in the A race. Our other two runners were **Dan Oppe** who finished in 65th place in 17.02 and **Paul Blackmore** who finished in 100th position in 17.58. Very well done, all of you. Excellent running.

It was a very busy weekend for our runners. On Saturday both **Helen Davey** and **Michelle Hollins** went off road.

Michelle went to the *'historic National trust grounds of the Edwardian country house of*

Polseden Lacey and completed the Maverick Adidas Terrex Original Surrey. The organisers also say this is a run of '*chalky trails, some good climbs with some technical descents*' and Michelle completed the long (25km) run in 2 hours 50 minutes & 29 seconds. She was first in her age group. Great running, Michelle.

Helen has given us the story of her run in the Bewl Water Half Marathon later in the newsletter. She finished in 2.12.58, 117th of 256 finishers, and 28 seconds ahead of daughter, Phoebe! Well done, Helen, I'm glad those hill reps at East Court made the difference.

Then, on Sunday, we had 17 members competing in the RunGatwick events. These started and finished at the Gatwick Aviation Museum in Charlwood, on a very sunny and warm morning. I have been told that there were delays because it was slow to exit the car park - which the organisers have promised to tackle for next year.

Thirteen of our runners were in the Gatwick Half Marathon, the fifth event in our Open Grand Prix series. There were 1,328 finishers, and the race was won by Neil Boniface of Crawley AC in a time of 1.11.06. The first lady (and 8th overall) was Helen Gaunt of Tonbridge AC in 1.20.58.

Dan Celani was our first runner home in an excellent 13th place in a time of 1.23.08 which, I think, is a personal best by two minutes. Next came **James Willis** in 102nd place – again I think his time of 1.34.53 was a PB. These were all our finishers; well done to all of you and apologies if you got PBs that I have not mentioned.

Net Pos	Name	Net Time
13	Dan CELANI	01:23:08
102	James WILLIS	01:34:53
168	Laurence POWELL	01:39:35
263	Nicholas HALL	01:44:24
316	David WORSELL	01:46:28
416	Martin PAYNE	01:50:34
442	Aly WARNER	01:51:58
453	Richard ADAMS	01:52:35
460	Ian WATKINS	01:52:41
615	Kevin REEVE	01:58:56
768	Terri SCOTT	02:06:40
868	Eliska KELLY	02:10:52
1034	Anne-Marie COWLING	02:19:14

Here are the latest GP positions after five events - [Men](#) and [Ladies](#)

We also had two runners in the [RunGatwick 10k](#). These were **Robert Mayer** and **Jacqueline Mayer**. There were 458 finishers in this event won by Ayoub Saji, an 'unattached' runner. Robin (as he is known) and Jac ran together and completed the course in 1.19.41. A great effort. Jac ran at his (slower) pace to keep him company, although she is currently in much better form than he. Robin says that it was their first race together since the Edinburgh 10k in 2019. You may recall Robin suffered a cardiac arrest at the end of the Edinburgh Half Marathon in 2018. He had a very successful heart bypass operation before his return for the 10k a year later.

Another 360 people ran in the [RunGatwick 5k](#), and two of them were Lingfield members. **Harry Sterling**, running for his first claim Crawley AC, finished 6th in 17.06. The irrepressible **Sarah Ferguson** was further back in 171st place in 31.34, and this was another PB for Sarah. Well done, both of you.

And finally, a late result from the [Portslade Hedgehoppers 5 mile](#) event on Sunday 8 May, which was part of the West Sussex Fun Run League. Both **Ian Greenaway** and **Theresa Donohue** ran, representing the Saints and Sinners club. Ian finished in a time of 41.27 and Theresa finished in 58.21. Ian was 71st in the men's race and Theresa was 68th in the ladies' race.

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

Have fun and enjoy your running.

Trevor

07-May-22	28	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	1	Luke DAVIS	00:18:36	72.85%	
71 runners	4	Steven PRICE	00:20:36	72.17%	
	11	James KILFIGER	00:22:58	63.21%	
	14	Joe ROBINSON	00:23:35	59.65%	
	16	Ian GREENAWAY	00:23:42	62.73%	
	19	Vernon GIVEN	00:24:29	59.77%	
	21	Keith CHAMBERS	00:25:05	65.65%	
	31	Steve BRINKLEY	00:26:40	61.75%	
	34	Hannah CARTLEDGE	00:27:03	54.71%	PB
	39	Nevenka WORSELL	00:29:00	57.13%	
	41	Isla GREENAWAY	00:29:29	50.20%	
	47	James WILLIS	00:30:19	46.78%	

	50	Steve WARNER	00:30:35	55.37%	
	64	Doug BEWLEY	00:33:52	39.42%	
	70	Joanne GIVEN	00:51:25	32.61%	
	71	Sarah FERGUSON	00:51:32	29.37%	
Hove Promenade	481	Lynda WILLMENT	00:36:22	50.46%	
513 runners					
Ifield Mill Pond	45	Kath GARRIDO	00:31:18	76.09%	
76 runners					
Jersey Farm	7	David BEALE	00:19:51	77.41%	
168 runners					
Kingdom	12	Matthew COLLINS	00:24:58	63.15%	
67 runners					
South Norwood	55	George ENGLISH	00:25:26	67.17%	
148 runners					
Squerryes Winery	2	Tom SELLER	00:17:37	74.08%	PB
149 runners	5	Jonathon ROE	00:20:26	64.93%	
Tilgate	5	Dan CELANI	00:19:10	72.26%	
320 runners	52	Connor LINDSAY	00:23:37	54.62%	
	100	Shelly CRUDGINGTON	00:26:55	55.91%	
	110	Chris RANCE	00:27:18	54.03%	
Uckfield	87	Lucy HALL	00:36:16	42.74%	
100 runners					



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Bewl Water Half Marathon

Helen Davey

Here are my experiences on completing the Bewl Water Half Marathon!

I had originally signed up to do this as a marathon in 2020 but, funny, something happened that year and it was cancelled! I then opted for a refund for 2021 as had signed up for an Ultra in May last year – so this was always on my ‘to-do’ list and this year seemed a good idea.

I did consider Gatwick Half because so many LRC runners also take part in this, but I knew I would put pressure on myself to complete this to see if I could trot round in under 2 hours without actually killing myself! So, signing up for Bewl Water seemed the ideal option – no pressure on myself because it is obviously a trail race and it's hilly, so not a PB course; also, I actually wanted to enjoy the race. I love a PB as much as every other runner, but those who know me well also know I'm quite laid back in my approach to time - after all what difference does taking an extra 15 minutes mean!

The other reason for only doing the Half (and having done it I'm really pleased I didn't have to go around another loop!) was because my lovely daughter decided to join us again in her equally laissez faire attitude to running and only did 5 runs around 5-10k in the previous 2 weeks – which was better than when she joined us for Chichester in October when she hadn't run at all for weeks! Neil has also been nursing a dodgy knee for several weeks – so a half was obviously the sensible option!

The result was a perfect morning – cloudy, about 15° and dry! The event is superbly organised as they hold 4 distance events on the same day – Ultra / Marathon / Half and 10k. All start 30 minutes apart and the Half set off at 09:30. The route is spectacular basically following the path around Bewl Water reservoir. It was muddy in a couple of small places but thankfully was totally dry everywhere else. It is a trail race so again it obviously has ruts, potholes, rocks, and tree roots. There are a couple of road sections, but these are tarmac on extremely quiet roads.

I only saw one car which, interestingly, was doing its utmost to not stop on a narrow section of road – I have to say a large group of runners won that easily! The route is definitely undulating with two specific hills mid-way 12k and 18k which were my struggling points, and I couldn't run up them all the way. Then, for some horrible reason, the route has another hill right at the end! But I really enjoyed this route - it is

stunning, and this was why I wanted to do it; of course, it is tough in places but I set myself a realistic time goal so I could trot round and enjoy it which I really did!!!

The end result was Neil, who was supposed to be taking it easy (those who know him knew that wasn't going to happen!!!) and finished in 24th place, Phoebe our daughter really pushed it to try to beat her old mum and finally caught me at 18k, but those hill training sessions at East Court paid off, and I held her off and she sprint finished only 28 seconds behind me – I think my time of holding her off has ended though, especially if she does some actual training!

Would I do this route again – 100%. It is absolutely stunning and if you don't want a PB then just trot round and admire the scenery!



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Weekly club runs & races

Gary Spring

May Race 1, Thursday, 5th May

We had 22 runners for May Race 1, held last Thursday. Unfortunately, I didn't heed Dave Wilkes' tips on sign positioning and one mis-placed sign at Dormansland station led Laura Stockwood astray, so we ended up with 21 finishers.

The following photos are courtesy of Dave Chase and show some of the runners waiting for the 'Off' and the Timing crew in action, at the finish.



Special mention goes to Ian Greenaway, who stayed at the back of the pack to tell the marshals when they could stand down. After he crossed the line with Theresa Donohue, he then ran back to accompany home new member, Phil Savill, who had a Baptism of Fire with our 4.5 mile off-road route, as his usual running routine had been 5km on a level treadmill, but he finished strongly and said he is ready to try more of the same.

Ian's daughter, Isla came home first, making up her nine minute handicap and finishing just over a minute ahead of Sarah Ferguson, who was the first runner out of the blocks.

Peter Holmes recorded the fastest time of the day and, as it is a new route, takes the course record for men. The ladies' course record was claimed by Emma Martin, who had a strong run, after a lengthy lay-off with injury.

A big Thank You goes to Graeme Bennett, Lisa Compton, Kath Garrido, Robert Healey, Terri Scott and Dave Wilkes for being course marshals and to Trevor Crowhurst, Cathy Samuel, Debbie Wilkes, Tom Cartledge and Chris Oppe for handling the time-keeping. Their efforts ensured the race was both safe and fun.

NOTE: The remaining 'May' races will be in June, July and August. The June date will be published next week. With the races taking place beyond May, the new name for the four races will be the 'Summer Series'.

The scoring system for this year's races has been modified to, I hope, give an opportunity for more members to compete for the top positions and lessen the effect if a handicap time is wildly out. Points will be awarded for both finish position and time position. The scoring is the usual 20 points for first, 19 points for second, etc. The tables, below, shows the points for Race 1, using this system. An executive decision was made to award Laura points, as I take responsibility for her missing the route sign.

The results are as follows:

Course Record holders:Men: Peter Holmes – 34 minutes 11 seconds – 5th May 2022Ladies: Emma Martin – 38 minutes 2 seconds – 5th May 2022**LADIES RESULTS TABLE (After Race 1)**

Position	Name	Watch time	Actual time	Finish place points	Time points	Total points
1	Emma Martin	55.02	38.02	17	20	37
2	Isla Greenaway	53.19	44.19	20	16	36
3	Hannah Cartledge	54.51	41.51	18	17	35
4	Liz McLennan	57.37	40.37	15	19	34
5	Sarah Ferguson	54.23	54.23	19	12	31
6	Judith Cartledge	55.16	46.16	16	15	31
7	Maggie Statham-Berry	57.59	40.59	13	18	31
8	Clare Paul	57.41	49.41	14	14	28
9	Theresa Donohue	59.37	54.37	12	13	25
10	Laura Stockwood	DNF	DNF	11	11	22

MENS RESULTS TABLE (After Race 1)

Position	Name	Watch time	Actual time	Finish place points	Time points	Total points
1	Brandon Webb	55.26	35.26	18	18	36
2	Chris Rance	54.59	40.59	20	13	33
3	Nick Hall	55.28	36.28	17	16	33
4	Peter Holmes	56.11	34.11	13	20	33
5	Laurence Powell	56.08	36.08	14	17	31
6	James Kilfiger	56.55	34.55	12	19	31
7	Scott McDonald	55.10	42.10	19	11	30
8	Matt Collins	56.02	39.02	15	15	30
9	Dave Chase	55.35	41.35	16	12	28
10	Ian Greenaway	59.38	39.38	10	14	24
11	Dave Nottidge	57.39	43.39	11	10	21
12	Phil Savill	65.39	60.39	9	9	18

The [Wiremill](#) Pub Run, Tuesday, 17th May

I plan to do a recce of the route over the coming weekend. It would be great to have some company from other members planning to do the Pub run on 17th May, so we have more

than one person who knows the route. I am flexible on running either Saturday or Sunday morning, with, say, a 9am start from the pub. I will put the final details for the recce run on the club Facebook page before the weekend. The weather looks great for both days.


Please let me know if you can join me and what day suits you best. Email me (membershipsecretary@lingfieldrunningclub.co.uk).


For the actual Pub Run, next Tuesday, please meet in the Wiremill car park (when you see the pub, ahead of you, look for the car park on your right hand side) See photo, below. The pub is the building with white walls, in the photo. We will plan to start the run shortly after 7pm so make sure you leave plenty of time to get there. If you need any help in locating the pub, please let me know. The Postcode is RH7 6HJ.



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Maverick Michelle

 Friends of Lingfield Running Club

 Michelle Hollins
12h · 🌐

Results are in 😊
1st in my age group
29th out of 89 females
121st out of 215 who did the long run 🏃 🥰 ❤️


21:06 📶 84% 🔋

RESULTSBASE

🕒 Result

Chip time

02	50	29
Hours	Minutes	Seconds



Michelle's race report and bling (below)



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An interview with Ronnie O'Sullivan

[The world's greatest snooker player talks to RW about mental health, portion control and 'proper running'](#)

Mental Health Awareness Week

Scott McDonald

This is Mental Health Awareness Week (9th - 15th May). The theme is Loneliness! Most people feel this way at some point of their life, regardless of age or background. Loneliness can have different effects on everyone and can happen for different reasons e.g. bereavement, leaving a workplace, children moving out, unable to participate any longer in an activity, lack of access to transport etc.

There are things we can all do to help ourselves and help each other.

1. Catch up with friends - text, email, telephone.
2. Make new friends - join a local club or class based on your interests.
3. Help others with volunteering - there is a [Volunteering Matters](#) website. I volunteer for the Lingfield Marathon mini bus and Royal Air Force Association (RAFA).
4. Get online - this is a great way to stay in touch or improve your knowledge in various areas e.g. [Bridgwater & Taunton College](#) has a number of short FREE online courses available. I have completed three courses ranging from Team Management, Safeguarding to Mental Wellbeing. Please contact me if you want to know more.
5. It's good to talk - we go running as groups and talk!

6. Do things you enjoy!
7. Learn a new skill - have another look at number 4 above!
8. Spend time outdoors - walk, run, gardening meet for coffee!
9. Focus on the positives be kind to yourself, remember the happy times!
10. Look after yourself - sleep well, eat healthy and be active!


I am the Club mental wellbeing champion, so it is important to talk and I am more than happy to talk with anyone. If you know of any club member who has been unwell and might benefit from contact then please let me know.

**Mental Health Awareness Week
- 9-15 May**

Monday marks the start of Mental Health Awareness Week 2022. In recognition of this, England Athletics is offering **20% off** UKA mental wellbeing in sport and physical activity eLearning. We also wanted to share **Mind's mental health resources** and our own **Mental Health Safeguarding and Risk Management webinar**.

Use discount code **MWS20**

**Mental Health
Awareness Week 2022**



ENGLAND ATHLETICS

You can also visit the [MIND](#) and [Mental Health Foundation](#) websites for more information.

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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 11 ▾

 Print [Week](#) [Month](#) [Agend](#)

Wednesday, May 11	
6:45pm	LRC coaching (Ian Watkins)
Thursday, May 12	
7:00pm	Club running
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)
Tuesday, May 17	
7:00pm	Club running
7:00pm	Wiremill club run (Gary Spring)
Wednesday, May 18	
6:45pm	LRC coaching (Fiona)
Thursday, May 19	
7:00pm	Club running (Fiona)
Saturday, May 21	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
Sunday, May 22	
9:00am	Hampton Court Palace 10k
9:00am	Knole Park 3k, 5k or 10k
10:30am	Lindfield 5k & 10k
11:00am	Horsham 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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Running Club Quiz Team

Graeme Bennett

If you're interested in joining us, we're back at [The Star](#), Church Road, Lingfield, tomorrow evening, 12th May.

Our table (the usual one) is booked for 7.30pm, quiz starts at 8.15pm.

Jack and Deb's LEJOG challenge

Editor

On 18th May, member Debbie Wilkes and former member Jackie Barker are embarking on a bit of a walk. Between them, Debbie and Jackie have won 11 club trophies over the years, but currently confine themselves to madcap (a personal view) wild swimming and long-distance walking/running adventures.

Next week we'll share Debbie's detailed description of what they have planned but, for now, a training pic and links to their fundraising sites.



www.justgiving.com/JackieBarker

www.justgiving.com/Debbie-Wilkes1

Reminders from previous weeks

St Catherine's Hospice Marathon places

Scott McDonald

St Catherine's Hospice still has 16 charity places on offer for this year's London Marathon.

In terms of entry, there is a £50 registration fee with a sponsorship target for their charity place runners this year as **£2,250**. They 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 they think it is fair compared to the ask of some of the bigger charities (BHF, Macmillan, etc).

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

- Hosting a Welcome Meeting for marathon runners to meet each other, meet Catherine, hear from her trustee and previous runner Terry, and meet 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)
- A Facebook group exclusively for all runners to connect, ask questions and for support

If interested Please contact Catherine as below. Catherine is also happy to come down and meet members of the club or do a talk on St Catherine's Hospice about what the great work they do.

Catherine Ferrer-Jempson

Event co - ordinator, 01293447386 / 01293447333.

Catherineferrer-jempson@stch.org.uk

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.

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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