



Newsletter

Wednesday 25 May 2022

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No new members to welcome this week.

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

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

Follow us via





We have only just discovered that we had another member marriage, on 6th May. So, today, we're sending our belated congratulations to Emma Forbes and Harold Burr.

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Trevor's Racing Roundup

Hello everyone.

Last Saturday morning we had another very strong turnout at parkrun with 37 runners taking part, at the following 14 locations: East Grinstead (16), Bushy Park (7), Crystal Palace (1), Dulwich (1), Haigh Woodland (1), Horsham (1), Hove Promenade (1), Ifield Mill Pond (1), Kingdom (1), Nonsuch Park (1), Roberts Park (1), Squerryes Winery (1), Tilgate (3), and Witney (1).

Congratulations to **Dan Celani and Steven Price**, second and third home at East Grinstead. All our runners' details are listed below.

One earlier event I have only just found out about was on Wednesday 18 May. This was the Littlehampton Beach Run, a West Sussex Fun Run League (WSFRL) event over five, mainly sandy, miles. Liam Briscoe of Fittleworth Flyers won the race, by just six seconds, in a very quick 26.41. First lady was Amelia Brown of Worthing Harriers in 30.48. We had three of the 482 finishers, all running for their second claim club, Saints and Sinners.

170	Ian Greenaway	37.53
319	Isla Greenaway	45.27

400 **Theresa Donohue** 50.25

Well done all three of you!

There is a WSFRL event tonight in Chichester, then the next is on Saturday 25 June. See the [event calendar](#) for more details.

The weekend itself seemed fairly quiet apart from parkrun.

On Saturday there was a very tough run, the [North Downs Way 50 miles](#), where we had four starters. The NDW50 begins in Farnham at the western end of the North Downs, travelling past Guildford following the North Downs Way National Trail. The course continues to the steepest climb of the race up to the top of Box Hill. The trail then drops down the other side, up Colley Hill, through Merstham to Oxted and the final eight miles to Knockholt Pound, the finish.

The winners were Ed Knudsen 6.55.08 and Amy-Jo Clarke 8.06.11, some way off the course records.

Lingfield had two members who completed the course. These were **Brandon Webb** in 9.57.18 and **Dave Chase** in 12.42.55. Dave was as good as his pre-race word ... "I'll be at the back somewhere, walking up all the hills and keeping an eye out for any ice cream vans or cafés en route". But, judging by the photo below, he seemed to enjoy it.

Nick Averre made it as far as Botley Hill in 11.08.37; **Luke Davis** (winner of the SDW50 in April) also started but did not finish, but I do not have their full stories yet.

I know of only two events on Sunday where we had competitors.

One was the [Horsham 10K](#), where we had just one runner of the 255 who finished. **Dave Nottidge** was 159th in a time of 55.17. The winners were Stuart Roberts of Brighton Phoenix in 36.23, and Clare Richer in 40.52.

Lindfield Village 10k and 5k

We had no runners in the 10k, but **Cat Frantz** ran in the 5k event and finished 110th of 250 finishers in a time of 32.27. First man home here was John (Jnr) Clayton in 19.30, and the first lady was Isla Cotton in 24.14. Good running, Cat.

Please let myself or the Editor know if we have missed anyone out of our results report.

Have fun and enjoy your running.

Trevor



NDW50 - Dave Chase with Nick Averre, Edward Pollock (452) & Paul Crowe (441)

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21-May-22	37	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	2	Dan CELANI	00:18:59	72.96%	
101 runners	3	Steven PRICE	00:19:52	74.83%	
	5	Doug BEWLEY	00:20:28	65.23%	
	6	David BEALE	00:20:31	74.90%	PB
	11	Pete HOLMES	00:22:09	61.63%	PB
	22	James KILFIGER	00:24:04	60.32%	
	32	Keith CHAMBERS	00:25:44	63.99%	
	34	Martin PAYNE	00:26:12	64.63%	

	44	Fiona CHAMPNESS	00:27:51	58.77%	
	47	Nick CHAMPNESS	00:28:09	50.74%	
	50	Simon COOK	00:28:16	53.89%	
	51	Helen DAVEY	00:28:23	66.47%	
	62	Isla GREENAWAY	00:28:57	51.12%	
	69	Steve WARNER	00:30:19	55.85%	
	96	Tracey WEBB	00:43:24	36.94%	
	101	Nick HALL	00:56:19	24.80%	
Bushy	221	Ian GREENAWAY	00:22:19	66.62%	
1,289 runners	275	Vernon GIVEN	00:22:51	64.04%	
	277	David WORSELL	00:22:52	63.99%	
	449	Lisa COMPTON	00:24:54	83.94%	
	631	Nevenka WORSELL	00:27:07	61.09%	
	937	Theresa DONOHUE	00:31:00	57.63%	
	1266	Joanne GIVEN	00:49:54	33.60%	
Crystal Palace	120	George ENGLISH	00:25:10	68.54%	
333 runners					
Dulwich	8	Tom SELLER	00:16:55	77.14%	PB
490 runners					
Haigh Woodland	4	Joe ROBINSON	00:19:35	72.43%	
244 runners					
Horsham	331	Julie BLYTHE	00:33:05	57.03%	
419 runners					
Hove Promenade	290	Sue GARNER	00:27:10	89.26%	
522 runners					
Ifield Mill Pond	54	Kath GARRIDO	00:31:32	75.53%	
80 runners					
Kingdom	82	Carole BARNES	00:35:15	60.19%	
91 runners					
Nonsuch Park	7	Jeremy GARNER	00:17:49	81.48%	
632 runners					
Roberts Park	214	James WILLIS	00:30:43	46.17%	
340 runners					
Squerryes Winery	7	Jonathon ROE	00:21:01	63.12%	
141 runners					
Tilgate	4	Dan OPPE	00:18:23	73.71%	

332 runners	110	David NOTTIDGE	00:26:11	64.67%
	286	Ian WILSON	00:38:49	45.99%
Witney	204	Claire PURCELL	00:36:05	52.29%
239 runners				

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Weekly club runs & races

Gary Spring

Club Run, Thursday, 26th May

Fiona and Tom will be leading a run to Dry Hill. The route is just over six miles. There will be additional leaders, so we can separate into different-paced groups if needed. There is also a shorter option of four miles available.

Club Run, Tuesday, 31st May

Next Tuesday, we'll do a 9km run, going out to Ardenrun, then past the Red Barn, coming back to the club through the footpaths of Blindley Heath Nature Reserve. There are several shorter options available, all doing the same initial 3km route, if needed.

To prevent a repeat of yesterday evening's obstacle event, i.e. climbing over barbed wire fences, I will ensure we stick to cow-free footpaths on this route.

Proposed route [here](#)

Club Run, Thursday, 2nd June



In light of the Queen's Platinum Jubilee celebrations, there will be a change to the usual 19:00 club running time on Thursday, 2nd of June.

There will, instead, be two organised runs available in the morning. The first run starts from the club at 08:00, led by Tom Cartledge and the second run leaves at 09:00, led by Kevin Reeve. The 08:00 run will be a longer distance than normal, between 14 to 16 miles cross country. The route will head out towards Dry Hill and Edenbridge returning via the airstrips towards St Piers. The pace will be an approximate 10 minute per mile.

Kevin's route will be more local to Lingfield and will be between 5 to 6 miles.

There will be no organised club run in the evening.

Summer Series Race 2 Tuesday, 7th June

The second of the four club race series will take place on Tuesday, 7th June. The race requires volunteers, as course marshals and time-keepers, to provide a safe run, with timed results. If anyone is not planning to run and available that evening to help, please contact me at membershipsecretary@lingfieldrunningclub.co.uk or speak to me at one of the club runs before that date.

The race route is 4.4 miles (just over 7km), with an option of a 5.5km route for anyone not wanting to do the actual race.

The routes are shown on the club website. Click on this link to see the maps. <https://lingfieldrunningclub.co.uk/route-maps/> (look for 'June Race 2' in the list of maps).

Final details on this race will be in next week's newsletter.

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25 of the best half marathons

Runners World



Prague - number 6 of the 7 HMs abroad

We love a half marathon. Whether you're an old hand or new to racing, it's a challenging, yet completely attainable goal for most, and can bring great structure to your training year.

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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 25 ▾

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

Wednesday, May 25	
6:45pm	LRC coaching (Imberhome - Fiona)
7:30pm	Chichester Runners Trundle View (Goodwood)
Thursday, May 26	
7:00pm	Club running (Dry Hill - Fiona & Tom C)
Saturday, May 28	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Arundel & Fauna 5k & 10k
10:00am	Club running
10:00am	Maverick Adidas Terrex Original Dorset
Sunday, May 29	
9:30am	Wimbledon Common Half
9:30am	South Downs 50k & 100k
11:00am	Royal Tunbridge Wells 5k
Tuesday, May 31	
7:00pm	Club running (Red Barn route - Gary)
Wednesday, June 1	
6:00pm	Bedgebury 10k & 5k
6:45pm	LRC coaching
7:00pm	Chase the Sun Hyde Park 5k & 10k

Thursday, June 2	
8:00am	Club running (Tom C)
9:00am	Club run (Kevin)
9:00am	Game Over Challenge 10k-Ultra (Gravesend)
Friday, June 3	
9:30am	Jubilee Queen Elizabeth Olympic Park 5k & 10k
Saturday, June 4	
9:00am	East Grinstead parkrun Jubilee brunch
9:00am	Club running
10:00am	Club running
Sunday, June 5	
8:30am	Lewes 3 Peaks guided run
9:00am	Medway 10k
10:00am	Mud Monsters 5k-20k (East Grinstead)
10:00am	Surrey & Sussex & Veterans AC Masters Champs

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

Lingfield 10s – Sunday 3rd July

Chris Rance



Hello everyone

Following on from a two year break, the Lingfield 10s will be returning this year on Sunday 3rd July, with the races starting at 9:30am. And, for the very first time, we will be employing chip timing for all competitors.

The event consists of two races - a 10 mile and a 10k, with the event headquarters at Lingfield College.

The event is organised and run by members of Lingfield Running Club, and all the profits from the event are donated to local charities.

For the event to be successful, we need your help, as an event this size cannot go ahead without considerable help from the Lingfield Running Club members.

As we did last time, we are allowing Lingfield Running Club members to enter the race if they wish to do so. We do expect any Running Club members participating in the race to make themselves available for a volunteering duty that would take place either before the 3rd July (erecting signage on course on the Saturday afternoon, clearing vegetation from the route in the weeks before) or on the day (car park duties, checking signage on route, etc.).

First Aid: We need to have first-aiders around the course. (In addition to the Paramedic Team we will have stationed at the start and finish area) These people need to hold a current first-aid qualification.

If you (or friends and family) are able to help or you plan to run the race, please email chris_rance@yahoo.co.uk with the following information,

- Name or names
- email addresses
- mobile phone numbers.

Indicating

1. If you are available to help on Sunday the 3rd July.
2. And/or if you are available to help on or before Sat the 2nd July with event preparation
3. If you a qualified first aider, and are willing to help in this capacity on the day
4. If you intend to enter and race in the Lingfield 10's, and hence be allocated a volunteering duty before the race starts, and whether you would like this on the Saturday, or on the Sunday prior to the race starting

All the details of the event are on the club website.

<https://lingfieldrunningclub.co.uk/lingfield-10s/>

Best Regards

Chris Rance - 07801-045964 (Chris_Rance@yahoo.co.uk)

On behalf of the Lingfield 10s committee

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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 session, 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 your 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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