



Newsletter

Wednesday 1 June 2022

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Welcome this week to relatively new member, Matthew Stockwood.

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

Please send details of your races (and we love a race report) to

editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Hello everyone.

Last week was unusual because the Editor had an email (well, several actually) from a reader, pointing out that we had missed a few of her results. So, **Morna Cox**, we need to put the record straight.

Way back in March, Morna completed the Balcombe Bull Run (a tough 7.1km cross-country run on tracks, public footpaths and lanes). She finished in 98th place of 127 runners in a time of 51.07. The winners were Ben Short in 26.32 and Kirsty Armstrong in 32.55, both course records. Then on 8th May, Morna ran the Little Horsted 10k, where she was 29th of 49 finishers in 58.59.

Most recently, Morna finished the Lindfield Village 5k in 100th place in a time of 31.38. This put her ten places in front of **Cat Frantz**, so no wonder she was peeved not to get a mention.

As Morna says, "*I just thought I'd mention it as someone who hasn't even broken into a run since about 1976. I didn't think I was doing too bad!! Amazing that couch to 5k*". Yes, great running, Morna.

And so, on to the last week.

Last Saturday morning we had another strong turnout at parkrun with 30 runners taking part, at the following 12 locations: East Grinstead (17), Brighton & Hove (1), Dulwich (1), Ifield Mill Pond (2), Oxford (1), Portrush (1), Rothay Park (1), Roundshaw Downs (1), Squerryes Winery (1), Sutcliffe (1), Tilgate (2), and Whitstable (1).

Congratulations to **Dan Celani**, first at Brighton and Hove, and also to **Tom Seller** and **Steven Price**, first and third to finish at East Grinstead. All our runners' details are listed below.

On Wednesday 25 May, three members turned out for their second claim club, Saints and Sinners. This event was the Chichester Runners Trundle View near Goodwood

Racecourse, part of the West Sussex Fun Run League. There were 282 finishers over the approx. five mile course.

88 41:30 **Ian Greenaway**
190 49:58 **Isla Greenaway**
245 58:41 **Theresa Donohue**

Well run, all of you.

Ian Greenaway was also one of the Saints and Sinners team that ran the South Downs 100-mile relay race last Saturday. This is an invitation only event, for teams of six, run over 18 legs from Beachy Head to Chilcomb, nr. Winchester. There is a 14-hour time limit for completing the race.

As far as I know, there was only one member running as a Lingfield runner at the weekend, and that was **Simon Moore** on Sunday. He took part in his first Ultra event, the UK Ultra 50k from Falmer to Eastbourne. Mostly following the route of the South Downs Way apart from a short diversion round the Long Man of Wilmington. Simon finished in 11th place from 129 runners (and was the first V50) in a time of 4.41.33. That is great running, Simon, well done.

Simon says it was a very well organised event, and local brewery Long Man provided a well earned pint at the finish line. The full results of the race are here:

<https://www.ukultra.co.uk/>

Please let myself or the Editor know if we have missed anyone out of our results report. Have fun and enjoy your running.

Trevor

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28-May-22	30	LRC parkrunners			
	Position	Name	Time	Age grade	PB:
East Grinstead	1	Tom SELLER	00:18:00	72.50%	PB
111 runners	3	Steven PRICE	00:19:54	74.71%	
	7	Pete HOLMES	00:21:37	63.15%	PB
	10	James KILFIGER	00:22:32	64.42%	
	20	Vernon GIVEN	00:24:44	59.16%	
	38	Nick CHAMPNESS	00:27:08	52.64%	
	48	Matthew STOCKWOOD	00:27:55	53.67%	PB
	49	Steve BRINKLEY	00:27:59	58.84%	
	53	Helen DAVEY	00:28:29	66.24%	

	68	Doug BEWLEY	00:29:27	45.33%	
	73	Steve WARNER	00:30:19	55.85%	
	90	Peter PHILLIPS	00:33:12	51.96%	
	91	Donna DE LUCA	00:33:19	45.92%	
	92	Theresa DONOHUE	00:33:46	52.91%	
	95	Sarah FERGUSON	00:34:16	44.16%	PB
	102	Tracey WEBB	00:42:06	38.08%	
	111	Sandra ANKERS	00:59:46	38.51%	
Brighton & Hove	1	Dan CELANI	00:17:46	77.95%	
334 runners					
Dulwich	58	David BEALE	00:19:23	79.28%	
482 runners					
Ifield Mill Pond	35	Terri SCOTT	00:26:39	66.17%	PB
85 runners	62	Kath GARRIDO	00:31:02	76.75%	
Oxford	153	Sue GARNER	00:27:07	89.43%	
281 runners					
Portrush	80	Chris RANCE	00:26:22	55.94%	
191 runners					
Rothay Park	15	James WILLIS	00:21:59	64.52%	
111 runners					
Roundshaw Downs	34	George ENGLISH	00:25:19	68.14%	
136 runners					
Squerryes Winery	118	Carole BARNES	00:32:26	65.42%	PB
142 runners					
Sutcliffe	66	Maggie STATHAM	00:24:54	86.55%	
193 runners					
Tilgate	51	Luke DAVIS	00:23:09	58.96%	
320 runners	168	David WATKINS	00:30:01	53.41%	
Whitstable	97	David NOTTIDGE	00:26:12	64.63%	
301 runners					

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Committee update

Graeme Bennett

Just to let you know that the minutes of the [Annual General Meeting](#) on 21st April, and the [committee meeting](#) of 26 May are now on the club website for your information.

The next committee meeting is set for 23 June.

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Club Welfare Officer vacancy

Scott McDonald

English Athletics policy is that each club should have two welfare officers to support club members. If interested in this important club role, please [contact me](#) to discuss further.

The Role of a Club Welfare Officer



While safeguarding is the responsibility of everyone within the club (led by the whole committee), having a club welfare officer (or officers) ensures the club has a dedicated person with the primary responsibility for managing and reporting concerns about children or adults at risk. As a club we don't have child members but occasionally members' children join us for the odd club race.

The welfare officer gives members a trained and trusted person to speak to about a concern, either within the club or at times outside athletics. The welfare officer is the lead person who has the right skills and knowledge to manage any concern raised in an appropriate way. They will know how to deal with concerns in a way that wouldn't hamper an investigation. Their responsibility will be to ensure the right information is shared with

the right people at the right time.

By completing training provided by England Athletics and understanding the policies and procedures set out by UK Athletics, clubs can be confident that their welfare officers have the right level of knowledge for the role. This includes how to raise a concern and who to speak to within the sport.

Steps to becoming a Welfare Officer

Welfare officers should complete the following four steps to ensure they are best placed to be effective in their role;

1. Receive DBS clearance from UK Athletics every three years.
2. Register as the club welfare officer on the myAthletics portal.
3. Complete the online 'Safeguarding in Athletics' module every three years.
4. Attend a 'Time to Listen' course every three years.

The role of welfare officer falls nicely in line with my current club role of Mental Well-being Officer.

I became club chair in April 2021, and I also volunteered to become the Club Mental Well-being officer. This seemed the sensible thing for me to do following a long career in Police and Ambulance service where I often helped people in need. I also completed a three month course in mental well-being. It doesn't make me an expert or medical practitioner but I am willing to listen to others and help people in need. Please visit English Athletics site for more information.

During my time as the club Mental Well-being officer, it has given me a sense of pride to listen to a few people, make that phone call or send an email to ensure someone was ok. Please contact me if you want to discuss more.

Best wishes, Scott

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Weekly club runs & races

Gary Spring

Club Run, Thursday, 2nd June

Please note the morning times for the Thursday run this week, related to Queen's Platinum Jubilee. There is no planned evening run this Thursday.

There will be two organised runs available.

1. The first run starts from the club at 8:00am, led by Tom Cartledge;
2. The second run starts from the club at 9:00am, led by Kevin Reeve.

The 8:00am 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.

The 9.00am run will be more local to Lingfield and will be between 5 to 6 miles.

Summer Series Race 2 Tuesday, 7th June

Next Tuesday will be the second of the four race series, that was the May Races

NOTE 1:

The race requires volunteers, to act as course marshals and time-keepers, in order 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.

NOTE 2:

The last race made us aware that we need a better way of tracking if or when someone drops out of the race, or accidentally goes off the route. The plan is to provide all the course marshals with a list of the runners, with their bib ID, so these can be ticked off as they pass the marshal. It would therefore be a big help if you can let me know if you plan to run this race, ahead of race day. If you are undecided, please still sign up. It is much easier to cross someone off the list than add them at the last minute. You can either email me at membershipsecretary@lingfieldrunningclub.co.uk or add a comment to my Facebook post about this race (which will get posted on Friday, so it has not got too buried by other posts by Tuesday).

Race Information

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 Homepage Click on this link to see the maps. <https://lingfielddrinningclub.co.uk/route-maps/> (look for 'June Race 2' in the list of maps).

The race starts the usual place on Racecourse road, opposite the racecourse. If you are driving to the event, please park at the Victoria Club and jog down to the start. If you have a bib ID, please bring it. One will be supplied at the start if you don't.

It is a handicap start, with the first runners planned to go off soon after 7:00pm. I expect a maximum of about 24 minutes between first and last starter, based on the range of pace in the previous race.

There will be a prize for the first finisher, plus spot prizes for randomly-selected finish places.

June Pub Run, Tuesday 21st June

For information, June's Pub Run will be on Tuesday, 21st June, starting at The Bell, Outwood. More information to follow, nearer the time.

...and if you fancy an easier club run with more opportunity to have a chat...

I want to publicise the great job that Simon Elliott is doing, providing gentler, shorter runs on the Club evenings and weekends.

Simon leads a separate run from the usual organised club run. If you are finding that the 5 to 6 mile club runs, on Tuesdays and Thursdays, are currently more than you wish to do, then I recommend you consider running with Simon. If this type of run interests you, please come along on a club night, a bit earlier than usual, say 6:45pm, to meet up with Simon and his group. Alternatively send me an email (membershipsecretary@lingfielddrinningclub.co.uk) with your mobile phone number and I will pass this onto Simon.

There is a WhatsApp used by Simon's group, that you can join.

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How to get rid of blisters

Runner's World



A runner's guide to avoiding and treating our old enemy: the blister

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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, June 1

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

Wednesday, June 1	
6:00pm	Bedgebury 10k & 5k
6:45pm	LRC coaching
7:00pm	Chase the Sun Hyde Park 5k & 10k
10:00pm	Club run (Scott McD)
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
Tuesday, June 7	
7:00pm	Club running (Summer Series no.2)
Wednesday, June 8	
6:45pm	LRC coaching
Thursday, June 9	
7:00pm	Club running
8:00pm	LRC quiz team
Friday, June 10	
7:00pm	Hankley Common Sunset 10k
Saturday, June 11	
9:00am	Club running
9:00am	East Grinstead parkrun
9:00am	London Spring 10k
10:00am	Club running
10:00am	South Downs Marathon & Half
Sunday, June 12	
8:00am	Weald Challenge Trail Races
9:00am	Great British Bake Run 5k to Ultra (Egham)
9:00am	Dorking 10 mile (GP & Surrey Road League) & 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

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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[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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