



## Newsletter

Wednesday 8 June 2022

## Contents

- Trevor's racing round-up
- **N.B.** Club Summer BBQ - Dee De Luca
- Weekly club runs - Gary Spring
- And in the next ten days ...
- Quiz team time - Graeme Bennett
- The best time of day to exercise - Runner's World
- Brighton Trail Weekend - helpers needed

### Reminders

- Club Welfare Officer needed - Scott McDonald
- Your club needs you (Lingfield 10s) - Chris Rance
- LRC coaching sessions - Dave Worsell

No new members to welcome this week, although I'm expecting forms back from Darren and Fran this weekend!

*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](mailto:editor@lingfieldrunningclub.co.uk)

**Follow us via**



## **Trevor's Racing Roundup**

Hello everyone.

Last Saturday morning we had another strong turnout at parkrun with 32 runners taking part, but at just six locations: East Grinstead (23), Bushy (3), Horsham (1), Lloyd Park (1), Millfield (1) and Tilgate (3). Our parkrunners included **Sarah Muir-Timmins**, doing her first ever parkrun after a long absence with injury. Welcome back, Sarah.

Congratulations to **Kieran Barnes**, first home at Tilgate, and to **Fiona Champness**, first lady to finish at East Grinstead. All our runners' details are listed below.

Just three other events to report this week, as far as I am aware.

**Kieran Barnes** went to Watford on 1 June and ran in the T3 3,000 metres track event. It was a very competitive event. Due to the number of runners, there were three different races according to ability. Kieran was chosen to run in the A grade race with the fastest runners.

The A race was won in a time of 8.18.56 by Dylan Evans of Shaftesbury Barnet Harriers. Kieran ran a great race and beat his PB time by nearly half a minute and finished in 10th place in a time of 8.42.78. Joshua Hobbs of Crawley AC also ran in the same race and finished in a time of 8.59.94. For those of you who ran in the East Grinstead 10k race earlier in the year, you may remember that Josh won that race by a huge margin.

Kieran's time has now moved him up the Run Britain rankings. He is now placed 237th out of all the senior men who have completed this distance this year. Keep climbing the ladder Kieran. Well done.

Last Friday, to help the Queen celebrate, **Richard Adams** visited the capital - to take part

in the Jubilee Queen Elizabeth Olympic Park 10k. On a very warm morning, on an undulating four lap course, Richard ran very well in the conditions to come 82<sup>nd</sup> of the 440 finishers in a time of 46.39. Very well done, Richard. Dominic Bolt was first man to finish, in 35.46, with first lady Sara Lindgren coming in not far behind at 38.54.

And on Sunday, we had a runner at the Surrey & Sussex & Veterans AC Masters Champs in Kingston. **Jeremy Garner** had a busy afternoon, running both the 1500m and the 5000m for Vets AC.

There were three 1500m races based on age category. Jeremy was in the M45 and M50 race, coming in 10th of 13, in a personal best time of 4.54.54. This was 15 seconds quicker than his previous PB. The winner of his race was Jamie McLoughlin in 4.31.72.

There were two 5000m races, again based on age category. Jeremy was in the M35-M50 race, coming in 11th of 17, in a time of 17.38.81 - another personal best time, by over 30 seconds. And this time he was only three seconds behind Jamie McLoughlin! The winner of this race was the lot younger Chris Loudon in 15.30.

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

Have fun and enjoy your running.

Trevor

[Back to top](#)

04-Jun-22		32	LRC parkrunners		
	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	5	David MASON	00:21:48	61.24%	
82 runners	6	Pete HOLMES	00:22:06	61.76%	
	11	James KILFIGER	00:23:29	61.82%	
	16	David WORSELL	00:24:25	60.41%	
	19	Fiona CHAMPNESS	00:24:59	65.51%	
	22	Keith CHAMBERS	00:25:27	64.70%	
	23	Vernon GIVEN	00:25:30	57.39%	
	30	Steve BRINKLEY	00:27:11	60.58%	
	31	Martin PAYNE	00:27:29	61.61%	
	32	Harold BURR	00:27:31	47.12%	
	36	Simon COOK	00:28:10	54.08%	
	39	Helen DAVEY	00:28:35	66.01%	
	41	Nevenka WORSELL	00:29:14	56.67%	
	45	Isla GREENAWAY	00:29:44	49.78%	
	48	Doug BEWLEY	00:30:11	44.23%	

	57	David WATKINS	00:32:02	50.05%	
	66	Theresa DONOHUE	00:34:02	52.50%	
	67	Sarah FERGUSON	00:34:14	44.21%	PB
	71	Marlene PAUTARD	00:35:17	53.47%	
	72	Steve WARNER	00:35:17	47.99%	
	74	Nick CHAMPNESS	00:36:16	39.38%	
	75	Clare EVANS	00:36:29	48.97%	
	81	Emma FORBES	00:53:51	27.76%	
<a href="#">Bushy</a>	16	Jeremy GARNER	00:18:34	78.19%	
965 runners	412	Clare BERRYMAN	00:26:51	60.96%	
	452	Sue GARNER	00:27:35	87.92%	
<a href="#">Horsham</a>	281	Julie BLYTHE	00:33:32	56.26%	
347 runners					
<a href="#">Lloyd Park</a>	81	George ENGLISH	00:25:46	66.95%	
206 runners					
<a href="#">Millfield</a>	135	Sarah MUIR-TIMMINS	00:35:06	52.28%	
166 runners					
<a href="#">Tilgate</a>	1	Kieran BARNES	00:16:05	80.21%	PB
243 runners	4	Dan CELANI	00:18:03	76.73%	
	77	David NOTTIDGE	00:26:41	63.46%	

[Back to top](#)

### Club Summer BBQ - vote now

Dee De Luca



Hi All,

Apologies for my silence. As some of you may or may not know I'm currently in the process of planning my own wedding for September so things have been a little crazy !!

Any how, I promised you all a summer BBQ so please now vote on [Facebook](#), or [email me](#) your preferred date of the three listed below.

The potential venue is [Lingfield Sports Association](#), which is in Godstone Road Lingfield. We could potentially hold more club events there, especially as, sadly, the Victoria Club is not allowing/catering for large groups anymore.

If you are interested in any of the following dates please vote. We could potentially make this a big club event but we need you there. Families, partners etc all welcome.

Potential dates are:

- Sunday 10th July, PM
- Sunday 7th August PM
- Sunday 21st August PM

Any questions send [Scott](#) or I a message.

Dee xx

[Back to top](#)

---

## **Weekly club runs & races**

**Gary Spring**

### **Summer Series Race 2, Tuesday, 7<sup>th</sup> June**

We had 19 runners for last night's club race and the good news is that we also had 19 finishers, so my sign positioning is improving. On the other hand, my handicap time allocation still needs some more tweaking, as the last three starters were also the first three finishers, with some daylight between them and the rest of the field. There were, however, several sprint finishes to thrill the timekeepers, if not, the actual runners. They all looked like they gave it their all to get round the 4.4 mile part road/part trail route, in the reasonably warm weather.

A Big Thank You to Graeme Bennett, Lisa Compton, David Watkins and Ian Greenaway for being course marshals and Cathy Samuel, Trevor Crowhurst, Tom Cartledge and Andrew Senior for being the Start/Finish team.

Here is Dave Mason, coming home first, with Cathy Samuel pointing out where to stop, plus one of the sprint finishes; this one between Maggie Statham-Berry and Keith Chambers.



The results from this race are as follows:

Position	Name	Handicap time	Watch time	Actual time	Finish place points	Time pair
1	Dave Mason	+ 12 mins	42.45	30.45	20	19
2	Dan Celani	+16 mins	43.11	27.11	19	20
3	Peter Holmes	+ 12 mins	43.12	31.12	18	18
4	Hannah Cartledge	+ 6 mins	44.18	38.18	20	13
5	Maggie Statham-Berry	+ 7 mins	44.25	37.05	19	20
6	Keith Chambers	+ 9 mins	44.27	35.27	17	16
7	Scott McDonald	+ 7 mins	45.45	38.45	16	15
8	Liz McLennan	+ 7 mins	45.48	38.48	18	18

9	Harold Burr	+ 6 mins	46.02	40.02	15	13
10	Meghan Upton	+ 7 mins	46.05	39.05	17	17
11	Judith Cartledge	+ 4 mins	46.10	42.10	16	14
12	David Nottidge	+ 7 mins	46.23	39.23	14	14
13	Bob Pank	+ 4 mins	46.32	42.32	13	11
14	Clare Berryman	+ 6 mins	46.37	40.37	15	16
15	Brandon Webb	+ 14 mins	46.52	32.52	12	17
16	Isla Greenaway	+ 5 mins	47.07	42.07	14	15
17	Theresa Donohue	+ 0 mins	47.13	47.13	13	13
18	Matthew Stockwood	+ 6 mins	47.18	41.18	11	12
19	Sarah Ferguson	+ 0 mins	49.26	49.26	12	12

Combining the points from this race, with Race 1, gives the following points positions:

#### LADIES

Position	Name	Race 1	Race 2	Total
1	Liz McLennan	34	36	70
2	Maggie Statham-Berry	31	39	70
3	Hannah Cartledge	35	33	68
4	Isla Greenaway	36	29	65
5	Judith Cartledge	31	30	61
6	Sarah Ferguson	31	24	55
7	Theresa Donohue	25	26	51
8	Emma Martin	37	0	37
9	Meghan Upton	0	34	34
10	Clare Berryman	0	31	31
11	Clare Paul	28	0	28
12	Laura Stockwood	22	0	22

#### MEN

Position	Name	Race 1	Race 2	Total
1	Peter Holmes	33	36	69
2	Brandon Webb	36	29	65
3	Scott McDonald	30	31	61
4	Dave Nottidge	21	28	49
5	Dan Celani	0	39	39
6	Dave Mason	0	39	39
7	Chris Rance	33	0	33
8	Nick Hall	33	0	33
9	Keith Chambers	0	33	33
10	Laurence Powell	31	0	31
11	James Kilfiger	31	0	31

12	Matt Collins	30	0	30
13	Dave Chase	28	0	28
14	Harold Burr	0	28	28
15	Ian Greenaway	24	0	24
16	Bob Pank	0	24	24
17	Matthew Stockwood	0	23	23
18	Phil Savill	18	0	18

**NOTE: Race 3 in this series of four races will be on July 12<sup>th</sup>**

#### **Thursday Club Run, 9<sup>th</sup> June**

Tom will lead a run out to Starborough Castle at 7pm. It is mainly off-road so trail shoes recommended. Distance will be about 6 miles.

**Sunday 12th June** - don't forget the Dorking 10 mile road race, the next Grand Prix and Surrey Road League fixture.

#### **Tuesday Club Run, 14<sup>th</sup> June**

This run will be to Cook's Pond, starting at 7pm. The route distance is just over 6 miles and there is an option of a shorter route, just under 5 miles. Again, trail shoes recommended as there are sections of soft mud, where the sun never shines.

#### **June Pub Run, 21<sup>st</sup> June**

This will be from The Bell, Outwood. Full details on how to find the pub and the route description will be in next week's newsletter.

[Back to top](#)

### **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 8 ▾

 Print Week Month Agenda

<b>Wednesday, June 8</b>	
6:45pm	LRC coaching (Sackville with Ian Greenaway)
<b>Thursday, June 9</b>	
7:00pm	Club running (Tom C, Starborough)
8:00pm	LRC quiz team
<b>Friday, June 10</b>	
7:00pm	Hankley Common Sunset 10k
<b>Saturday, June 11</b>	
9:00am	Club running
9:00am	East Grinstead parkrun
9:00am	London Spring 10k (Regent's Park)
10:00am	Club running
10:00am	South Downs Marathon & Half (Waterlooville)
<b>Sunday, June 12</b>	
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
<b>Tuesday, June 14</b>	
7:00pm	Club running (Cook's Pond)
<b>Wednesday, June 15</b>	
6:45pm	LRC coaching
<b>Thursday, June 16</b>	
7:00pm	Club running
7:00pm	Crisis Race to end Homelessness 5k/10k (London)
<b>Saturday, June 18</b>	
12:00pm	Endure24 (Reading)
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
<b>Sunday, June 19</b>	
» 12:00pm	Endure24 (Reading)
9:30am	Crystal Palace 5k, 10k 15k & Half
9:30am	Three Castles 30
10:00am	Heathfield Midsummer 10k
10:30am	Madehurst South Downs 10k & 5k

If you ever see any errors in the diary, or think we should add an event, please email details to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

[Back to top](#)

---

### Quiz team time

**Graeme Bennett**

Well, we managed the win last time out, so let's see if we can keep the run going ...

Thursday 9th June, table booked from 7.30, quiz starts at 8.15.

[The Star P.H.](#), Church Road, Lingfield RH7 6AH

---

## The best time of day to exercise

Runner's World



The best time of day to exercise may be different for women and men, finds new study.

The research found that the impact of exercise varied at different times of day for women.

---

### Brighton Trail Weekend - helpers needed

We've had the following call-out for help from the organisers:

'You know the value of running better than anyone: for physical and mental wellbeing, as a goal to work towards, and as a social tool.

At Grounded Events, we're passionate about getting more people involved in running, enjoying the outdoors, and doing something incredible.

Currently, **we urgently need more volunteers** to help us deliver our inaugural Brighton Trail Weekend and would appreciate you spreading the word with your members.

The Brighton Trail Weekend, **on 26 June 2022**, will see thousands of runners from ages 7 and up exploring nature and challenging themselves on the uneven terrain of the trails. To ensure they have an amazing experience, we rely on the generosity of our volunteers.

Volunteers help from marshalling, to aid stations, to giving out medals at the end and their encouragement and support around the course makes all the difference to our runners.

If you want to be a part of this breath-taking event, we'd love to have you. Please sign up here: <https://brightontrailweekend.co.uk/volunteer-roles/> '

[Back to top](#)

---

## **Reminders from previous weeks**

### **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

[Back to top](#)

---

### [Lingfield 10s – Sunday 3<sup>rd</sup> July](#)

Chris Rance



Hello everyone

Following on from a two year break, the Lingfield 10s will be returning this year on Sunday 3<sup>rd</sup> 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 3<sup>rd</sup> 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](mailto: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 3<sup>rd</sup> July.
2. And/or if you are available to help on or before Sat the 2<sup>nd</sup> 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](mailto:Chris_Rance@yahoo.co.uk))

On behalf of the Lingfield 10s committee

### **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.

