



Newsletter

Wednesday 15 June 2022

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Welcome to new member Adrian Foran this week

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 Saturday morning we had another strong turnout at parkrun with 34 runners taking part, at seven locations: East Grinstead (24), Highwoods (2), Horsham (1), Riddlesdown (2), Roding Valley (1), South Norwood (1) and Tilgate (3).

Congratulations to **Kieran Barnes**, first home at Riddlesdown, and to **Tom Seller** and **Dan Celani**, first and second to finish at East Grinstead. All our runners' details are listed below.

This was the busiest racing weekend for some time.

Dave Chase travelled all the way to Llanwrtyd Wells in Wales for Saturday's Man v Horse race. This event began in June 1980 and is an annual race over 22 miles. Runners compete against riders on horseback through a mix of road, trail and mountainous terrain. Ricky Lightfoot proved that man was faster than horse this year, only the 3rd person to beat the horse in 41 events. He was ahead by two minutes at the end, finishing in 2 hours 22 mins and 23 seconds, winning £3,500 by doing so.

Dave finished in a very good time of 4.21.59 - in 466th place of over 600 runners/riders. Even more pleasingly, he galloped home ahead of at least six of the horses.

We had two more popular and local events for Lingfield runners over the weekend.

The first was the Dorking 10 mile race. This was the latest club Grand Prix event and also a Surrey Road League race. We had seven finishers, most of whom must have been able to see each other for a lot of the race, given how close they were at the finish.

Pos	Name	Time
205	Nicholas Hall	01:20:34
208	Fiona Champness	01:21:01
219	Richard Adams	01:22:33

222	Kirsty Wachuku-King	01:22:38
230	David Worsell	01:23:29
288	Clare Berryman	01:33:56
296	Sue Garner	01:35:38

The 348 finishers were led home by Andy Coley-Maud of Guildford and Godalming in a time of 51.48. Andy is a very good runner with a 2 hours 19 minutes marathon PB. First lady was Julia Bijl of Clapham Chasers in 58.49.

We also had several runners down in Chiddingly doing the Weald Challenge Trail Races. **Juhana Kirk, Michelle Hollins** and **Caroline Coxall** tried out the 50km event, and **Helen Davey** and **Joe Robinson** the half marathon.

This week's star performer was Juhana, a comfortable winner of the 125 finishers in the 50km with a time of 3.57.18. Michelle was next home, in 60th place, in a time of 6.25.53 (a PB for the course) and then Caroline Coxall 119th in 7.50.23 (a great run in her first Ultra). It is a tough race and Michelle reported that it was a very hot day, so well done all of you. Lindy-Lee Folscher, of Epsom Oddballs, was first lady (and 4th overall) in 4.23.18.

In the half marathon, Joe had a very good run to finish 16th in a time of 1.47.20 and Helen put in a tough effort to end in 131st place of the 239 finishers in a time of 2.34.14. Well done to you both. Aaron M Wilson won this race in 1.27.40 with Penny Brook first lady (and 4th overall) in 1.35.09.

The prize for the longest run of the weekend is shared by **Ian Barrow and Brandon Webb**.

Ian ran the Race to the King from Goodwood. This year the organisers revised the course, extending it to 100km, taking you to the coast before looping back to Goodwood Racecourse and out towards Arundel Castle and the heights of the South Downs.

Ian had a 6.30am start and managed to complete it in 13:32:16, for a fantastic 19th place out of 293 finishers. As he was first over the line, Jack Mills was declared as the race winner in a time of 11.27.43. However, Lucien Brenner-Roach was actually the fastest to complete the course, in 11.15.54.

Brandon took himself to Weymouth to run the Jurassic Coast 100k. I will have his race report in

next weeks newsletter, but Brandon had a great run to finish in Exmouth after 16 hours 56 minutes. He was 17th of the 60 starters.

Best of luck to the six Lingfield runners going camping at [Endure24](#) in Reading this coming weekend. I hope the rain stays away from you.

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

Trevor



Ian Barrow and admirer at end of 100km

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11-Jun-22		34	LRC parkrunners		
	Position	Name	Time	Age grade	PB?
East Grinstead	1	Tom SELLER	00:18:26	70.80%	
115 runners	2	Dan CELANI	00:18:49	73.60%	
	6	Joe ROBINSON	00:20:33	69.02%	
	9	David MASON	00:22:01	60.64%	
	17	Ian GREENAWAY	00:24:21	61.05%	
	19	Vernon GIVEN	00:24:29	59.77%	
	26	David WORSSELL	00:25:30	57.84%	
	40	Steve BRINKLEY	00:27:11	60.58%	

	43	Harold BURR	00:27:22	47.38%	
	47	Michael MANWILL	00:27:52	51.67%	
	48	Wendy SMITH	00:27:53	63.24%	
	50	Simon COOK	00:28:01	54.37%	
	51	Nick CHAMPNESS	00:28:04	50.89%	
	58	Isla GREENAWAY	00:28:55	51.18%	
	63	Nevenka WORSELL	00:29:30	56.16%	
	66	Helen DAVEY	00:29:57	62.99%	
	76	Robert PANK	00:31:04	59.07%	
	86	Theresa DONOHUE	00:33:20	53.60%	
	92	Sarah FERGUSON	00:33:54	44.64%	PB
	99	Marlene PAUTARD	00:36:34	51.60%	
	100	Lynda WILLMENT	00:38:04	48.20%	
	107	Tracey WEBB	00:42:36	37.64%	
	113	Emma FORBES	00:50:19	29.71%	
	114	Sandra ANKERS	00:50:20	45.73%	
Highwoods	45	Steve WARNER	00:30:20	55.82%	
75 runners	69	Marie WARNER	00:40:24	49.42%	
Horsham	327	Julie BLYTHE	00:33:32	56.26%	
428 runners					
Riddlesdown	1	Kieran BARNES	00:16:32	78.02%	
148 runners	55	Lisa COMPTON	00:26:20	79.37%	
Roding Valley	12	Pete HOLMES	00:21:22	63.88%	
113 runners					
South Norwood	49	George ENGLISH	00:25:58	66.43%	
141 runners					
Tilgate	12	Dan OPPE	00:19:19	70.15%	
501 runners	228	Mike LOTHIAN	00:29:11	61.17%	
	332	Carole BARNES	00:33:14	63.84%	



A selection of the weekend medals from our runners

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Weekly club runs & races

Gary Spring

Thursday Club Run, 16th June

No route organised at this moment, but it is bound to be fun so don't miss out!

Assume an off-road run of about 5 to 6 miles. Road shoes probably OK, now that most of the footpaths are like concrete.

June Pub Run, Tuesday, 21st June

7:15pm Start



This will be from The Bell, Outwood Lane, Outwood, RH1 5PN. It looks like we have a spell of hot weather coming next week so what better way to finish a run in the sunshine, than with a nice cool drink and a chat!

The route is just over 6 miles and is mainly footpaths and woodland trails. There is the option of shorter run of 4 miles, that splits after about 3 miles along the main route. Tom and I sorted out 95% of the main route over the weekend and will nail it with another run this week. We'll publicise our next recce on Facebook in case anyone is interested in joining us for a pre-view of the route.

Directions to The Bell

The most direct route to the pub from the Victoria Club, is to go down Godstone Road

(passing the Shell garage on your left. Continue to the end of the road, to the A22 Blindley Heath traffic lights. Turn right on to the A22 and take the turning on the left after half a mile (Byers Lane), signposted to Horne and Smallfield. Continue on this road for 2 miles. Look out for a right turn onto Horne Court Hill, signposted to Outwood and Bletchingley. Continue to the end of this road, where you will come to the Outwood windmill on your right. Turn right onto Scott's Hill and The Bell is about 300 yards on the right. Parking is at the back of the pub. It should take no more than 15 minutes to get there from the Victoria Club.

NOTE: As it is a further drive for members coming from East Grinstead, the start of the run will be delayed to 7:15pm. It is the longest day of the year, so there should be no problem finishing in sufficient daylight.

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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 15	▼	Print	Week	Month	Agenda	▼
Wednesday, June 15									
6:45pm	LRC coaching (Dave Worsell)								
Thursday, June 16									
7:00pm	Club running (Fiona)								
7:00pm	Crisis Race to end Homelessness 5k/10k (London)								
Saturday, June 18									
12:00pm	Endure24 (Reading)								
9:00am	Club running								
9:00am	East Grinstead parkrun								
10:00am	Club running								
Sunday, June 19									
» 12:00pm	Endure24 (Reading)								
9:30am	Crystal Palace 5k, 10k 15k & Half								
9:30am	Three Castles 30								
10:00am	East Hoathly Family Fun Run								
10:00am	Heathfield Midsummer 10k								
10:30am	Madehurst South Downs 10k & 5k								
Tuesday, June 21									
7:00pm	Club 'Pub run' (Outwood, with Gary)								
7:00pm	Club running								

Wednesday, June 22	
6:45pm	LRC coaching (Terri)
Thursday, June 23	
7:00pm	Club running
Friday, June 24	
7:30pm	Robertsbridge Midsummer 10k & 5k
Saturday, June 25	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
12:30pm	Burgess Hill Runners 5m Downland Dash
Sunday, June 26	
8:00am	Penshurst Place Run Festival
8:00am	Brighton Trail Marathon
8:30am	Eastbourne 10k
8:30am	Thorpe Park 10k
9:00am	Brighton Trail 10k
9:00am	Richmond 10k (Surrey Road League)
10:00am	Denbies North Downs Half & 10k
10:00am	Kenley Summer 10k

Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

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Quiz team report 9th June

Graeme Bennett

We won again, but oh what an emotional roller coaster that was.

First, we're announced as winners; then VAR* intervened, and the 3 Brewers equalised to take the quiz to extra time. You could hear a pin drop in The Star as Dave 'The Wizard' Worsell stepped up to the bar for the sudden death question. Dave is great on music but, unfortunately, the question was about John Logie Baird. Nevertheless, immune to the pressure gripping the rest of us, he slotted home the winner (1926).

Another £30 in the bank for the pub's local charity and another win for Chris Ryan, who is yet to taste defeat in The Star quiz. He's our little lucky charm. Get well soon, Cathy and Dave Samuel (and Lisa too) and bring on July 7th

* *Vindictive and Aggrieved Runner-up*

Postscript

Chris thinks there is also a regular quiz at The Swan in Forest Row. We wondered if there would be any appetite for the East Sussex branch of LRC to go and see how they get on there. If you're interested, email or FB message Chris Ryan at despuessfb@gmail.com



The winning team - Happy, Grumpy, Doc and Bashful

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Club Summer BBQ - July 10th

Dee De Luca



Hi All,

I promised you all a summer BBQ and we are close to formally confirming Sunday 10th July, at 2pm, as the official date and time.

The venue should be the [Lingfield Sports Association](#), which is in Godstone Road Lingfield.

We could potentially make this a big club event but we need you there. Families, partners etc all welcome.

I'm in final discussions with Scott about the arrangements on the day and we will put the details on Facebook and in next week's newsletter when definite.

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

Dee xx

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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 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 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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