



Newsletter

Wednesday 29 June 2022

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Welcome to new members Dave Cowling, Claire Paul and Darran Steed 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 a fairly quiet day by parkrun standards, with 23 runners taking part, at just six locations: East Grinstead (14), Fountains Abbey (1), Jesmond Dene (1), Southampton (1), Tilgate (4), and Uckfield (2).

Well done to all who ran. All our runners' details are listed below.

Last week I missed an event run by **Kieran Barnes** down at the Worthing track on 21st June. This was for his first claim club, Crawley. Here Kieran ran a PB of 8.42.78 over 3000 metres, coming third in his race (which was the fastest of the three run that evening). The winner, Ned Potter, had come 9th in the English National XC Championships under-20 race at Parliament Hill in February. Great run, Kieran.

There were quite a few events over the weekend, and I hope I haven't missed anyone who ran.

On Saturday lunchtime, there was a West Sussex Fun Run League event, at Burgess Hill. It's called the Downland Dash, approximately 5 miles multi-terrain flat course through fields, footpaths and woods. We had three members there, running for their second claim club, Saints and Sinners. The provisional results show **Ian Greenaway** ran a time of 36.25 to come 90th of the 264 finishers. **Isla Greenaway** was next, 197th in 45.47 and then **Theresa Donohue**, 225th in 49.52. Liam Briscoe of Fittleworth Flyers was the race winner in 26.10 and first lady was Jade Elphick (Portslade Hedgehoppers) in 30.19.

Well done to the three of you, and especially Ian and Isla after your parkrun efforts earlier in the day!

On Sunday, **Michelle Hollins** ran a little further, in the Brighton Trail Marathon, coming 312th of 1,007 finishers in a very good time of 4 hours 58 minutes and 28 seconds. This meant she came 4th of 42 in her age category. Michelle was running for the Dame Vera

Lynn Children's Charity Marathon Team, and has written an account of her day, [later in the newsletter](#). First lady home, and 7th overall, was Amy Harris who finished in 3.23.43. The race was won by a very good runner, James Baker of Chichester who, earlier in the month, finished 2nd in the 5000m race at the Surrey & Sussex & Veterans AC Masters Championships.

Finally, we had three entrants in the Ranelagh Harriers Richmond 10k. **Maggie Statham-Berry** (390th) led them home in 53.59, with **Dave Nottidge** (403rd) and **Sue Garner** (407th) fighting it out together in 55.32 and 55.41 respectively. Ollie Garrod of South London Harriers was first of the 469 finishers in 31.28. Kate Brown was first lady in 37.14.

This 10k was the latest in the Surrey Road League series, for which there are club trophies. So far only five men and five women have entered any of the events and any one of them could still win the trophies. The Elmore 7 and the Elmbridge 10k, both in July, are the last two races in the series. Here are the current positions:

[Surrey Road League – men](#)

[Surrey Road League - ladies](#)

I have also recently updated the records of men's and ladies' fastest times of 2022 so far, and put them on the club noticeboard. In case you don't get there soon, here they are;

[Men's best in 2022](#)

[Ladies' best in 2022](#)

Next weekend I know we have runners going to Snowdonia, but it is also the time for the club's races, the Lingfield 10s, to be held at Lingfield College. Best of luck to all helping out or running in the event. I hope to see many of you down there.

Please let me 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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25-Jun-22	23	LRC parkrunners		
	Position	Name	Time	Age grade
East Grinstead	8	Pete HOLMES	00:22:30	60.67%
99 runners	16	David WORSELL	00:23:54	61.72%
	18	Keith CHAMBERS	00:24:13	68.00%
	26	Ian GREENAWAY	00:24:47	59.99%
	38	Simon COOK	00:26:20	57.85%
	40	Nick CHAMPNESS	00:26:57	53.00%
	46	Harold BURR	00:27:40	46.87%
	51	Chris RANCE	00:28:00	52.68%
	55	Nevenka WORSELL	00:28:33	58.03%
	57	Matthew STOCKWOOD	00:28:34	52.45%
	70	Isla GREENAWAY	00:29:45	59.99%
	77	James WILLIS	00:31:39	44.81%
	79	Steve WARNER	00:31:47	53.28%
	99	Emma FORBES	01:08:15	21.90%
 Fountains Abbey	161	Helen DAVEY	00:27:35	68.40%
354 runners				
 Jesmond Dene	118	George ENGLISH	00:28:07	61.35%
209 runners				
 Southampton	516	Kath GARRIDO	00:32:12	75.31%
682 runners				
 Tilgate	7	Dan OPPE	00:18:49	72.01%
323 runners	84	Fiona CHAMPNESS	00:26:07	62.67%
	98	Ian WATKINS	00:27:03	60.32%
	139	Mike LOTHIAN	00:28:42	62.20%
 Uckfield	22	Michael MANWILL	00:23:32	61.19%
113 runners	42	Wendy SMITH	00:26:35	66.33%

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News from the Committee 23 June 2022

Graeme Bennett

- Members' handbook - now updated and put on website and VSSC noticeboard.
- Agreed the need to charge a fee for summer BBQ on 10th July.
- The East Grinstead 10k will be the Club 10k Championship again this year (as well as a Grand Prix event).
- The Lingfield Running Club Facebook page will become members' only soon.
- At the Christmas Handicap, the Committee will present a new trophy for most improved runner of the year.
- The Club will 'take over' (that is, manage) the parkrun at East Grinstead on 3rd September.
- The club has purchased a second defibrillator.

You can find all committee minutes [on the website](#).



Next time you are near the Victoria Club, pop in and find out what's new on the LRC noticeboard

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Brighton Trail Marathon

Michelle Hollins

(Michelle was running for the [Dame Vera Lynn Children's Charity](#) Marathon Team)



Now I'm feeling a bit more normal, Sunday was the day of the first ever Brighton Trail Marathon and with every new race there are bound to be things that can be improved upon, namely parking and start toilet situation, never enough toilets but then there's always the bushes. The parking we thought was at the Amex Stadium as per instruction only to be told no, it's not here now, it's at Sir Rod Aldridge Cricket Centre. Caroline Coxall then had to phone her sister with details of the new pickup rendezvous to take everyone to the start. Thank you to Caroline's friend Jo for driving us down there.

After I got my number, and we all did our pre-race checks, it was into our colour-coded pens for a mass start which caused a bottleneck to the first hill, The Racecourse.

But... with the confusing iffy start it turned out to be a glorious day. The weather was lovely, brilliant sunshine but too hot - although once we were up on the hills the briskly breeze kept you cool.

Lots of stunning scenery of which I stopped to take photos of (be rude not too) and I

somehow missed the ice cream man at Ditchling - that won't happen again if I enter for next year. Lots of lovely fields, woodland trail, tree roots, loose stones to keep you entertained but guess what no stiles yeah but of course there were lots of hills - six in fact, all of which were challenging in their own right, especially Ditchling ... that road.

There were a few flattish bits and downhills but as always some were too steep to run down and the dreaded obstacles of tree roots, branches and loose stones were there to help you fall over if you were not careful.

The finish line you ran past - up an incline not what you want at the end of 26.2 miles, around the top and back down to cross the finish line and collect your medal and t-shirt.

After a little rest and everyone made it back it was time for a 20-minute walk back to the car. All in all, a lovely, lovely day and I'm over the moon with my time and it was so nice to see Ultra running buddy Michelle.

Eliška Kelly, we missed you

So, resting now finishing off the bottle of wine from last night and thinking of next weekend's Ultra, The Serpents Trail 50K.

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Club Summer BBQ - July 10th

Dee De Luca

Hi All,

I promised you all a summer BBQ and we can confirm Sunday 10th July, at 2pm, as the official date and time.

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

The important Lingfield BBQ stuff

DRINKS - can be purchased for members' prices from the bar, photo of prices added below.

FOOD - Adults £5 kids £2.50 this will get you the following -

- A burger in a bun/hotdog in a bun. Veggie options etc will be catered for but you need to pre-order.
- Pasta salad, potato salad, garden salad, crisps & if I can get them on the day french baguettes.

The bar is cash or card and the club will take cash on the day for food orders.

WHAT I NEED FROM YOU

Names of who you are bringing with you - this is for LSA records

Either comment on the FB post with names and food choices or feel free to message me on FB. If you have a specific food requirement, please let me know asap.

The cut off day will be Wednesday 6th for registering your attendance and food choices. I will be doing the shopping (from my own pocket initially) & I will be prepping all the side stuff. I'd like to get as close as possible to actual food numbers to minimize wastage.

We already have 35 confirmed & this is looking like it's going to be a great event for everyone - exciting times.

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

Dee xx

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Weekly club runs & races

Gary Spring

Thursday Club Run, 30th June

We will be running the Summer Series Race 4 route this Thursday. It is a six mile run from the Victoria Club and there is a shorter option of about four miles, if preferred.

The route is a mix of trail and road and road shoes should be suitable for all the route.

This is the [current route](#), though we may need to amend it after this evening's run.

Tuesday Club Run, 5th July

Next Tuesday's club run will be a trail run from the Victoria Club, out to Ardenrun and then

on to the Red Barn and Blindley Heath. Distance is 9 km, mostly on trails and footpaths, but should be OK with road shoes if the weather stays fair.

Dates of July Club race and Pub Run

Tuesday, July 12th - Summer Series Race 3 (route [here](#))

Tuesday, July 19th - Pub Run from [The Castle](#), Chiddingstone

More details on these two runs will follow in future newsletters.

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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 29	▼	Print	Week	Month	Agenda	▼
Wednesday, June 29									
6:30pm	Harder than Snails (Guildford)								
6:45pm	LRC coaching (Imberhome, Fiona & Dave W)								
Thursday, June 30									
7:00pm	Club running (Summer Series race 4 route)								
Saturday, July 2									
8:00am	The Serpent's Tail (Petersfield)								
9:00am	Club running								
9:00am	East Grinstead parkrun								
9:00am	Snowdon UTS 50km								
10:00am	Club running								
Sunday, July 3									
8:30am	Wakehurst Wee Willow 5k								
9:30am	Lingfield 10s								
Tuesday, July 5									
7:00pm	Club running (Red Barn route)								
Wednesday, July 6									
6:45pm	LRC coaching								
7:30pm	Reigate evening 10k (GP event)								
7:30pm	Steining AC Roundhill Romp								

Thursday, July 7	
7:00pm	Club running
8:00pm	LRC quiz team
Saturday, July 9	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
Sunday, July 10	
9:00am	North Downs Half & Marathon
9:00am	Sevenoaks 7
10:30am	Run Surrey Super Fast 5k, 10k & Half
11:00am	Hove Hornets Hornets' Stinger 10k
2:00pm	Running Club BBQ

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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Lingfield 10s – Sunday 3rd July

Chris Rance



Firstly, a big thank you to all those who have volunteered to help on Race day; the good news is we now have enough volunteers for the Sunday.

Yesterday, Chris Rance sent out a few more details to those who have agreed to help, and the final instructions will be sent out later this week.

So how can people still help

Signage – On Saturday, 2nd July at 2pm, Chris Rance will be coordinating teams to put all the signs out of the course, and mark hazards prior to the race on the Sunday.

If you are available on Saturday the 2nd please email chris_rance@yahoo.co.uk

Meeting place for Saturday is outside the main reception to Lingfield College off St Piers Lane

This is also an ideal opportunity if you don't know the course to find out exactly where your marshalling post will be for the Sunday.

Competing - As you may know, race entry numbers are down for all races compared to pre-Covid times, and this year we are allowing any LRC member to enter the 10k or 10mile race.

You can do this by going to the sportsystems race listing [The Lingfield 10s 2022 | Sport Systems](#). (Online entries close at noon on Friday). The only stipulation is, as an LRC member, if you do enter is that you assist in some capacity, either before the day, or on the day itself prior to the race starting.

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Reminders from previous weeks

Member's EA Affiliation for 2022/23 running year

EA have issued a statement concerning member's EA affiliation for this year. EA say that if you want to have the benefits of EA affiliation for the 2022/23 running year, you need to have paid your £16 fee by 30th June. The main benefits are the £2 discount on race entry costs and participation in the Cross-Country league races. My take on this is that if you're considering getting EA affiliation, do it before the end of June or wait until next April.

There does not appear to be any advantage in joining after June. And as it does take a few days to complete the payment, please do not wait until 30th June, if you want to be affiliated this year.

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Brighton Marathon weekend 2023

Editor



Brighton Marathon & 10k - 2nd April 2023 The Brighton Marathon has a loyalty scheme which offers a free entry to Brighton Marathon 2024 or BM10k 2024 for every 10 places that are purchased by runners from the club for Brighton Marathon or BM10k 2023 respectively. So, if you are thinking of signing up for the 2023 Brighton Marathon Weekend, please do so using the Running Club link below. By using this link, you will be connected to the club and loyalty scheme. Runners have until the 19th February 2023 to complete their registration.

Even when general entry closes to the public, there's still access for you to add Brighton Marathon Weekend to your race calendar. Please see this link to book your entry for 2023: https://raceroster.com/events/2023/53473/2023-brighton-marathon-weekend/register?access_code=BMW2023CLUB10

You can read more about the offer to running clubs here: <https://bit.ly/3nDs8dX>

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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 that you have booked in advance if you intend to join a session**, 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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