



Newsletter

Wednesday 13 July 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 send details of your races (many of our readers love a race report), and any other ideas you have, to editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Hello everyone.

Last Saturday morning we had our usual group of parkrunners, with 27 runners taking part, in seven locations: East Grinstead (19), Grove Fields (2), Hove Promenade (1), Riddlesdown (1), Southsea (1), Tilgate (2) and Worthing (1).

Particular congratulations to **Wendy Smith**, second lady at East Grinstead. All our runners' details are listed below.

Last weekend, I missed out **Ian Watkins** running in the Goodwood Running GP on 3rd July. Ian ran the half marathon in 1.55.21, finishing 71st of 156 entrants. Nicholas Curtis won in 1.17.15. Rachel Hillman was first lady (5th overall) in 1.21.49. Well done, Ian.

There is a lot to report since last week's newsletter.

Last Wednesday was the latest of the club Grand Prix events – the Reigate Summer 10k. Once again South London Harriers provided both individual winners – last year's winner Paul Pathero did it again in 35.14, with veteran Laura Taylor first lady in 41.03. There were 204 finishers on the night. Lingfield's runners were:

Position	Name	Time
70	Dave Worsell	49.05
76	Nick Hall	49.17
96	Fiona Champness	50.41
109	Andrew Hindmarch	52.09
114	Ian Watkins	53.19
152	Sue Garner	59.16
157	Dave Nottidge	1.00.00

The highlight was **Sue Garner** who was the age group winner, 65 years plus. **Andrew, Sue** and **Dave**, who ran in this event last year, all ran quicker times in 2022, so very well done.

On the same evening was the Steyning Roundhill Romp, a West Sussex Fun Run League event. These events remain extremely popular and there were 431 finishers. This race

covers roughly 10k of Wiston Park and the South Downs between Steyning and Chanctonbury Ring, so it's not going to be an easy course. We had a total of six members present, four of whom were running for their second claim clubs, Saints and Sinners and Henfield Joggers. **Wendy** and **Mike** were actually running as Lingfield.

Position	Name	Time
1	James Baker (Chichester Runners)	34.06
20	Amelia Brown (Worthing Harriers)	41.12
79	Michael Manwill	46.47
164	Ian Greenaway	51.41
217	Wendy Smith	55.44
312	Dave Chase	1.02.04
324	Isla Greenaway	1.03.46
391	Theresa Donohue	1.11.51

Congratulations on your runs on a warm evening over a hard route. Wendy has given her account of the evening [later in the newsletter](#).

On Sunday we had three members at the [Asics London 10k](#), a big and high-quality event with 7,356 finishers. Race winner was Andrew Heyes in a very fast 29.01, with first lady Kerry O'Flaherty in 35.09. **Dan Celani** was our first to finish, coming an excellent 66th in a time of 35.54. Dan doesn't run many 10k races and this was a PB for him.

The whole of the Webb family ran – see picture below. **Ellen Webb** came home in 57.27 and, after completing an intense training programme (*under Trevor's supervision - Ed.*), **Jayne Webb** came home in 1.21.58. The family was running for the [Royal Marsden Cancer Charity](#) and raised £1500.

Well done to all of you, a great morning's effort.

Mark Aldred chose a tough course for his marathon debut on Sunday, the [North Downs Marathon](#). In hot and hilly conditions, official results show that Mark finished 42nd of 68 in 5.43.20. The comfortable race winner was Gatsby Fitzgerald in 3.41.17 - he ran 2 hours 45 minutes in the Brighton marathon in April, which shows how hard this race was. First lady was Laura Nevill in 4.32.01. That was a great effort, Mark.

A race where there are no results available is Sunday's West Sussex Fun Run League event, the [Hove Hornets Stinger 10k](#). I think the Greenaway/Donohue family were our only runners here, for their Saints and Sinners club. I'll try to catch up on this next week.

Last night it was the [Summer Series Race 3](#). Gary has done a [full report](#) on all the times later in the newsletter, so I won't repeat them here. After three of the four races, **Liz McLennan** holds a narrow lead over **Isla Greenaway**, while **Peter Holmes** has an almost unassailable lead over **Dave Nottidge**.

Well done to all who ran the new route, in very uncomfortable weather for running.

There were a lot of races on Sunday, and I hope I have found all our runners.

Please tell me or the Editor if you're doing any races, and let us know if we have missed anyone out of our results report.

Have fun and enjoy your running.

Trevor

09-Jul-22	27	LRC parkrunners		
	Position	Name	Time	Age grade
East Grinstead	14	Pete HOLMES	00:22:15	61.35%
114 runners	17	James KILFIGER	00:22:56	63.81%
	20	Michael MANWILL	00:23:28	61.36%
	23	Ian GREENAWAY	00:24:00	61.94%
	24	Keith CHAMBERS	00:24:02	68.52%
	38	Andrew SENIOR	00:25:48	52.91%
	40	Simon COOK	00:25:51	59.45%
	43	Wendy SMITH	00:25:55	68.04%
	46	Harold BURR	00:26:11	49.52%
	47	Martin PAYNE	00:26:11	64.67%
	57	Steve BRINKLEY	00:26:47	61.48%
	60	David NOTTIDGE	00:27:10	62.33%
	61	Nick CHAMPNESS	00:27:24	52.13%
	67	Helen DAVEY	00:28:18	66.67%
	71	Isla GREENAWAY	00:28:29	51.96%
	82	James WILLIS	00:29:41	47.78%
	104	Marie WARNER	00:40:02	49.88%
	111	Emma FORBES	00:49:22	30.28%
	114	Sandra ANKERS	01:01:04	37.69%
Grove Fields	28	David WORSELL	00:24:20	60.62%
133 runners	51	Nevenka WORSELL	00:27:34	60.10%
Hove Promenade	403	Lynda WILLMENT	00:32:34	56.35%
477 runners				

Riddlesdown 142 runners	60	Sue GARNER	00:27:34	87.97%
Southsea 346 runners	7	Dan OPPE	00:17:50	75.98%
Tilgate 344 runners	4 243	Dan CELANI Carole BARNES	00:18:20 00:33:43	75.55% 62.93%
Worthing 437 runners	23	Joe ROBINSON	00:19:46	71.75%

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Six/sevenths of our Reigate 10k runners and team manager



Webb family members after Asics London 10k on Sunday

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BBQ thank you

Scott McDonald

A quick message to say thank you to everyone who joined us at our club BBQ at the Lingfield Sports Association ground.

I hope you enjoyed the food, the venue, rounders if you played and were content with the price of food and drinks. A breakdown of the £5 that you paid covered the food, £50 donation to the Lingfield Sports Association for the use of their premises, bbq and recognising that two of their committee each gave up five hours of their time to help us, plus a little money to Dee to cover petrol and other expenses.

The Lingfield Sports Association are holding a quiz night on Saturday 23rd July, if interested, please contact me and I give you relevant contact details. As always any feedback for improvement would be welcome



Rounders - 'Spot the Batter' competition

The BBQ – a personal view

Dee, Russell, Scott and Claire must have been up at the crack of dawn to get things set up for Sunday's club summer BBQ. By the time Susie and I got there at 2.20 there were tables laden with food, cakes, condiments and kitchen roll for all. The bar was open, and one fella was trying to serve a horde of desperate, thirsty members and the partners they'd sent to get drinks on their behalf. The missing member of staff had gone shopping for the lime cordial demanded by one fussy drinker.

Three male members provided a little light relief for those queueing, as they took 15 minutes to change the channel on the TV. Giving them the choice of two remote controls was not a good idea. Mind you, changing the channel at all was not a universally popular move, as some of us prefer watching sailing to yet more tennis.

A lazy, sociable afternoon was interrupted at 4pm when a restless Liz McLennan cracked the whip and got the rounders action under way. Twenty runners, ex-runners and even runners' runners gathered for a hilarious 45 minutes of 'athletic' mayhem. At the end of which nobody had the faintest idea who had 'won'.

Fielder of the day was undoubtedly Nick Champness for his direct throw from 30 yards (at least) to hit third base and run out yours truly. I was cruising to a rounder, nursing my injured left leg, only for the fates to intervene so cruelly.

The award may have gone to Wendy Smith or Bob Pank. But Wendy blew her chances, taking fright at the sight of a tennis ball approaching her from a height of 15 feet and going rapidly into reverse gear to get away from it. And Bob made a heroic

attempt at a one-handed catch in the deep but, though his mind was willing, the ball didn't stick and glory eluded him. There's always next year, Bob.

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Roundhill Romp

Wendy Smith

Mike and I went down to Steyning for a few days with the camper to visit some friends. We'd noted banners on the approach to the village with Roundhill Romp on them and made a mental note to look it up. However, on visiting our friends it transpired he'd printed out a couple of entry forms in readiness. Entries on the day, a mere £7. 7.30pm on a Wednesday night. Sounded good.

We were nestled in the foothills of the South Downs surrounded by hills in all directions. We'd walked the dog up heart attack hill and had screaming calves from that already. Still, like lambs to the slaughter, we skipped along early for race entry. We were a bit too early, so we went away and came back again; but they still seemed a bit 'relaxed' let's say, rather than disorganised.

We gave in the forms and the lady, whom it appeared wasn't from a sporting background, asked if we were part of the West Sussex League to which the answer was clearly no, so I said 'but we are part of a running club, shall I write down the name?' to which her reply was 'that would be lovely'. So, Surrey managed to infiltrate the Sussex league, so far, so good.

We gathered in the big field next to the cricket pitch and bumped into Dave Chase, running for Henfield Joggers. The start is in the high street beneath the clock tower and that's where we bumped into Theresa, Ian and Isla, running for Crawley Saints and Sinners.

The start was rather relaxed too with a one, two, three go and the big mob of approx 450 runners galvanised their elbows into action and jostled off in a mad bunch.

The route was an 'approximately' 10k route covering from Steyning, up to Wiston Park, up up up to Chactonbury Ring, along the top of the Downs and the Steyning Bowl and down down down to the finish in the field.

Well, the first two miles were an steady uphill, then turn towards the Downs and it was very

steep and very rooty. Lisa (Compton) would fall over at just the thought of all those roots. The pack started to thin out and the mad ones of us stopped running when we realised the walkers were faster. Then it was too steep to do anything but walk, though all fours would have been just as effective. So, up up and up, it seemed like for about a mile. Finally we popped out at the top and the welcome water station, it was a hot muggy evening.

A couple of miles along the top of the Downs with rewarding 360 degree views all around, including a view of the sea ahead. Then a quick left and double back along the top of the horseshoe above Steyning.

The track at this point was a single track, very rutted and unpassable. I'd had enough of some batty Horsham Jogger woman who kept bossing everyone about but refusing to let people pass her. Even when she walked she flung her arms back and forth and it was impossible to pass. It seemed Ian had an overtaking problem as well further ahead of me and promptly fell down a rabbit hole in his endeavours. A final push and I was past her (yes that kind of push was very tempting).

Then the last part of the race was steeply downhill and some more. It's a funny feeling trying to keep up with your legs which seemed to be far too speedy and someone else's, but I leant forward to try to exploit their efforts. The last part of the race was flatter, but very rooty and a bit shadowy in the dusk, but miraculously I didn't trip over. Stonked over the finish line. All in all it was a very interesting race! Certainly lots of distractions along the way, most of them of the kind which force you to hold your breath and try and stay upright. I'd definitely do it again if we can infiltrate once more.

We bumped into a 'limping' Dave Chase again (he was injured). He finished the race with no problems, only making his injury worse. lol. We all six got round with only one fall (Ian's*). I'd had my fall down a dog made hole in the field during my warm up lap, got it over with in advance!

We stayed for a drink at the cricket club which is ideally located for a sundowner. A beautiful spot.

** it turns out that Ian is a regular faller in this event. This year's was one of the less serious ones. Ed.*

Weekly club runs & races

Gary Spring

Summer Series Race 3, 12th July

We had ten runners for the third race of the series. It was won by a guest runner, who had convinced me that he had not run for ages, mainly because his running shoes had been left in my house for nearly two years. Michael Manwill was the fastest man and Liz McLennan was the fastest lady. Many thanks to Graeme Bennett, Dave Watkins, Sue Garner, Alison Stuart, Scott McDonald, Wendy Smith and Sarah Ferguson for being course marshals and Cathy Samuel, Kath Garrido, Sandra Ankers, Trevor Crowhurst and Tom Cartledge for starting the race and doing the time-keeping. It would not happen effectively without their help. Check out our club [Facebook group](#) for photos from the race, posted by Wendy, Sandra and Scott.

Results from Race 3:

Name	Handicap (Minutes)	Watch time (mins:secs)	Actual time (mins:secs)	Position	Time points	Total race points
Ben Spring	2	42:27	40:27	Guest (no points)		
Andrew Senior	3	42:29	39:29	20	17	37
Michael Manwill	9	44:09	35:09	19	20	39
Steve Brinkley	2	44:56	42:56	18	16	34
Liz McLennan	3	45:49	42:49	20	20	40
Chris Rance	3	46:04	43:04	17	15	32
Isla Greenaway	0	47:06	47:06	19	19	38
Peter Holmes	11	47:46	36:46	16	19	35
Keith Chambers	9	48:06	39:06	15	18	33
Dave Nottidge	4	48:10	44:10	14	14	28

The running total of points, based on the three completed races are:

For the Ladies

Position	Name	Race 1	Race 2	Race 3	Total
1	Liz McLennan	34	36	40	110
2	Isla Greenaway	36	29	38	103
3	Maggie Statham-Berry	31	39	0	70
4	Hannah Cartledge	35	33	0	68
5	Judith Cartledge	31	30	0	61
6	Sarah Ferguson	31	24	0	55
7	Theresa Donohue	25	26	0	51

8	Emma Martin	37	0	0	37
9	Meghan Upton	0	34	0	34
10	Clare Berryman	0	31	0	31
11	Clare Paul	28	0	0	28
12	Laura Stockwood	22	0	0	22

And for the Men

Position	Name	Race 1	Race 2	Race 3	Total
1	Peter Holmes	33	36	35	104
2	Dave Nottidge	21	28	28	77
3	Keith Chambers	0	33	33	66
4	Brandon Webb	36	29	0	65
5	Chris Rance	33	0	32	65
6	Scott McDonald	30	31	0	61
7	Dan Celani	0	39	0	39
8	Dave Mason	0	39	0	39
9	Michael Manwill	0	0	39	39
10	Andrew Senior	0	0	37	37
11	Steve Brinkley	0	0	34	34
12	Nick Hall	33	0	0	33
13	Laurence Powell	31	0	0	31
14	James Kilfiger	31	0	0	31
15	Matt Collins	30	0	0	30
16	Dave Chase	28	0	0	28
17	Harold Burr	0	28	0	28
18	Ian Greenaway	24	0	0	24
19	Bob Pank	0	24	0	24
20	Matthew Stockwood	0	23	0	23
21	Phil Savill	18	0	0	18

The fourth and final race in this series is on Tuesday, 2nd August.

Thursday Club Run, 14th July

As some members will have exerted themselves on the mid-week races, the plan for this Thursday is an easy run to Cook's Pond. This is about 6.5 miles from the Victoria Club.

There is a shorter option of about 5.5 miles, if preferred.



**Tuesday, July 19th - Pub Run from The Leicester Arms, Penshurst, TN11 8BT.
7:15pm Start**

The pub is about 20 minutes drive from Lingfield. If anyone wants a lift, or be led there in convoy, I will be at the Victoria Club until 6:45pm. We will TN11 8BT

The route is a mix of quiet roads and trails/footpaths, about 10km in distance. There should be sufficient parking space on the roads near the pub.

As you would expect from this area of Kent, the scenery is exceptional and the run passes very close to Penshurst Place, a very impressive Elizabethan stately home. I hope that as many of you as possible can find time to fit this spectacular run into your busy schedules!

Directions from Victoria Club, Lingfield to The Leicester Arms:

1. Turn right, down the hill towards the racecourse
2. Stay on this road (B2028) to Marsh Green (about 4.5 miles)
3. Turn right onto Hartfield Road, towards Cowden and Hartfield, for about 2 miles.
4. Turn left into Cowden Pound Road (opposite Queens Arms pub) Continue on this road for about 2.5 miles.(following signposts to Penshurst)
5. Turn left onto Grove Road, just before a white house (signposted to Penshurst)
6. Go to the end of Grove Road (about 1 mile) and turn left (signposted to Penshurst) onto B2188

- Follow this road into Penshurst (just over half a mile) and look out for parking spaces and runners as you enter Penshurst. The pub is on the right side of the road.



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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, July 13 ▾

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

Wednesday, July 13	
6:45pm	LRC coaching (Ian G)
7:15pm	Wakehurst Willow 8k
7:30pm	Brighton Phoenix 10k
Thursday, July 14	
7:00pm	Club running (Cook's Pond)
Saturday, July 16	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
2:00pm	Elmore 7 (Surrey Road League)
Sunday, July 17	
10:00am	Somerley Estate Spring 5k, 10k & Half
Tuesday, July 19	
7:00pm	Club running
7:15pm	Club 'pub' run (Penshurst)
Wednesday, July 20	
6:45pm	LRC coaching (Fiona)
Thursday, July 21	
6:00pm	LRC Committee
7:00pm	Club running (Tom C)
Saturday, July 23	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
10:00am	Maverick Adidas Terrex Original East Sussex
11:00am	Race for Life Crawley 10k
Sunday, July 24	
8:00am	Dawn on the Downs (Washington)
9:00am	BigHeat Marathon & 16 Mile (Haslemere)
9:00am	Elmbridge 10k (Surrey Road League)
11:00am	Henfield Joggers Seven Stiles 4m
9:30pm	Surrey Slog Half Marathon (Ewhurst)

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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Running Club quiz report

Graeme Bennett



The LRC quiz team was on form again last Thursday, winning for the third month in a row. We welcomed Megan Worsell to the team, showing Eddie Jones how to integrate new players while maintaining a winning team. How much she enjoyed the experience we can only guess, although she was smiling after we won.

The club did have another team in the quiz. To spare their blushes, I shall just call them James, Gary and Tamsin and, to be fair, they did well to get a top six finish. They also won a spot prize for their knowledge of Mandarin.

James stayed on to hear the results announced but waltzed off without taking a photo of the winners. You had one job, James

If you want to see some of the questions we tackled, here is the [picture sheet](#).

We'll be back, all being well, on 4th August.

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Pilates Passion

Editor

Kirsty Wachuku-King has let us know about free places she is giving on 27th July, at Gratton's Park, 6pm - 8pm.

For more information, [click here](#).

Weekend workouts as good as spreading your exercise over one week

Runner's World

A new study has found that working out exclusively on the weekend can be as effective as spreading your exercise throughout the week.

The research, [published in JAMA Internal Medicine Journal](#), tracked 350,000 participants over a decade to find out whether it made a difference to mortality risk if you spread your [150 minutes of recommended exercise](#) throughout the week or do it all over a concentrated period at the weekend.

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Reminders from previous weeks

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 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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