



## Newsletter

Wednesday 20 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](mailto:editor@lingfieldrunningclub.co.uk)

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## Trevor's Racing Roundup

Hello everyone.

Last Saturday morning we had our usual high number of parkrunners, with 30 taking part in six locations: East Grinstead (23), Bushy (1), Roundshaw Downs (1), Tilgate (2), Westmill (2) and Witney (1).

Particular congratulations to **Dan Celani**, second home at Tilgate. All our runners' details are listed below.

The provisional results of the West Sussex Fun Run League event on 10th July, the Hove Hornets Stinger 10k, are now out. Running for their second claim Saints and Sinners club, **Ian Greenaway** finished 73rd of 182 runners in 55.56. **Theresa Donohue** was in 157th place in 1.19.10. Well done on what was a hot evening.

The most popular of last Wednesday's two races was the Wakehurst Willow 8k, where 15 Lingfield members turned out. **Dan Celani** did very well to finish second behind Ben Short of Horley, and first lady Amelia Brown of Crawley was third behind Dan. There were 298 finishers in total.

| Position | Name              | Time  |
|----------|-------------------|-------|
| 2        | Dan Celani        | 31.02 |
| 22       | Michael Manwill   | 37.10 |
| 50       | Fiona Champness   | 40.27 |
| 68       | Dave Worsell      | 42.09 |
| 69       | Tom Cartledge     | 42.12 |
| 76       | Michelle Hollins  | 42.42 |
| 84       | Ian Watkins       | 43.34 |
| 100      | Wendy Smith       | 45.26 |
| 115      | Hannah Cartledge  | 47.13 |
| 121      | Nick Champness    | 47.41 |
| 139      | Helen Davey       | 49.16 |
| 154      | Terri Scott       | 51.04 |
| 161      | Matthew Stockwood | 51.21 |
| 166      | Meghan Bowen      | 51.44 |
| 206      | Jacs Mayer        | 55.11 |

Well run everybody. It was great to have so many club members taking part. A great atmosphere.

Also on that night was the Brighton Phoenix 10K, where we had three members running, of the 433 finishers. **Kieran Barnes** (for Crawley AC) ran well and came 5<sup>th</sup> in 33.03, **Peter Phillips** came in 425<sup>th</sup> in 64.08 with **Lynda Willment** close behind, 430<sup>th</sup> in 71.16. Finn McNally of Brighton Phoenix won in 29.48. Emma Navesey of Lewes AC was first lady in 35.39.

The weekend seemed to be very quiet as far as I could tell for races, but I did find two.

Last Saturday saw the return of the Elmore 7, a Surrey Road League event. This was back at the Chipstead Flower Show and the surrounding roads after two years of covid restrictions. As is tradition, the weather was sunny and hot but unusually all the runners ran within their limits and there were no calls for first aid assistance. Ollie Garrod of South London Harriers won the race in 35.59, with Lisa Rooney of Collingwood winning the ladies race in 44.25. There were 169 finishers.

We were represented by three runners. **Fiona Champness** was first home, in 117<sup>th</sup> place in 1.00.15. **Peter Vaughan** came next, 125<sup>th</sup> place in 1.01.26 and then **Ian Watkins** just two places behind him in 1.03.24. Very good running in the heat.

And on Sunday was the Harry Hawkes 10, which comprises 'road, river path and woodland through the historic Kingston upon Thames marketplace, the picturesque village of Thames Ditton, and a three mile stretch of the Barge Walk beside the Thames'.

**Sue Garner** was our only runner here and Sue switched to the 8 mile run when she found how hot the conditions were. Even so, she finished in 34<sup>th</sup> place of 92 runners, first in her age group, in a strong 1.16.37. Tim Deakin won this race in 54.10, with first lady Kerry Appleton-Norman coming fourth overall in 1.00.59. Well done again, Sue.

And, finally, I can update the latest points standing in both the Open Grand Prix and the Surrey Road League, after recent events.

Surrey Road League - [men and women](#)

Grand Prix - [Women](#)

Grand Prix - [Men](#)

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

| <b>16-Jul-22</b>                | <b>30</b>       | <b>LRC parkrunners</b> |             |                  |
|---------------------------------|-----------------|------------------------|-------------|------------------|
|                                 | <b>Position</b> | <b>Name</b>            | <b>Time</b> | <b>Age grade</b> |
| <a href="#">East Grinstead</a>  | 5               | Joe ROBINSON           | 00:20:36    | 68.85%           |
| 114 runners                     | 11              | Michael MANWILL        | 00:22:41    | 63.48%           |
|                                 | 15              | Keith CHAMBERS         | 00:23:35    | 69.82%           |
|                                 | 19              | Ian GREENAWAY          | 00:24:15    | 61.31%           |
|                                 | 20              | Nick HALL              | 00:24:21    | 57.36%           |
|                                 | 21              | Simon COOK             | 00:24:45    | 62.09%           |
|                                 | 24              | David WORSELL          | 00:25:13    | 58.49%           |
|                                 | 27              | Richard ADAMS          | 00:25:19    | 55.17%           |
|                                 | 37              | James WILLIS           | 00:26:09    | 54.24%           |
|                                 | 41              | Harold BURR            | 00:26:17    | 49.33%           |
|                                 | 43              | Steve BRINKLEY         | 00:26:34    | 61.98%           |
|                                 | 45              | David NOTTIDGE         | 00:26:40    | 63.50%           |
|                                 | 49              | Fiona CHAMPNESS        | 00:27:06    | 60.39%           |
|                                 | 50              | Nick CHAMPNESS         | 00:27:07    | 52.67%           |
|                                 | 55              | Matthew STOCKWOOD      | 00:27:44    | 54.03%           |
|                                 | 61              | Helen DAVEY            | 00:28:28    | 66.28%           |
|                                 | 69              | Chris RANCE            | 00:29:28    | 50.06%           |
|                                 | 78              | Isla GREENAWAY         | 00:30:05    | 49.20%           |
|                                 | 93              | Theresa DONOHUE        | 00:33:19    | 53.63%           |
|                                 | 97              | Sarah FERGUSON         | 00:34:48    | 43.68%           |
|                                 | 109             | Tracey WEBB            | 00:42:39    | 37.59%           |
|                                 | 113             | Sandra ANKERS          | 00:58:03    | 39.65%           |
|                                 | 114             | Kath GARRIDO           | 00:58:04    | 41.76%           |
| <a href="#">Bushy</a>           | 410             | Clare BERRYMAN         | 00:26:11    | 62.51%           |
| 981 runners                     |                 |                        |             |                  |
| <a href="#">Roundshaw Downs</a> | 31              | George ENGLISH         | 00:25:35    | 67.43%           |
| 104 runners                     |                 |                        |             |                  |
| <a href="#">Tilgate</a>         | 2               | Dan CELANI             | 00:18:04    | 76.66%           |
| 332 runners                     | 11              | Dan OPPE               | 00:19:55    | 68.03%           |
| <a href="#">Westmill</a>        | 92              | Marie WARNER           | 00:40:59    | 48.72%           |
| 102 runners                     | 93              | Steve WARNER           | 00:41:01    | 41.28%           |
| <a href="#">Witney</a>          | 68              | Andrew SENIOR          | 00:25:06    | 54.38%           |
| 234 runners                     |                 |                        |             |                  |



*Large Lingfield gathering at the Wakehurst Willow.  
Is there a collective noun for a group of Lingfield runners ...  
something like 'a largesse'?  
Suggestions by email please.*

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*On 18th May, Debbie Wilkes and Jackie Barker set off on an adventure. After an enforced break caused by a family bereavement, the intrepid duo resumed their journey. Debbie has sent us this update ...*

### **Jack and Deb's LEJOG challenge**

**Debbie Wilkes**

We have now walked over 500 miles and for more than five weeks. We are approaching the Pennine Way, where we will meet the half way stage after a short while.

People keep asking if we are writing a book! You might not want that much information, so here are a few brief highlights.

We have travelled through Cornwall, Devon, Exmoor, the Quantocks, the Somerset

Levels, Cheddar, Gloucestershire, across the empty M48 bridge, up part of Offa's Dyke, through Shropshire, Staffordshire and Derbyshire.

We've had meals of all descriptions but the best have mainly been big breakfasts, including those at the Happy Panda Chinese restaurant (Monmouth), a community shop on Offa's Dyke, the burger van at Penkrudge market, coffee and yum yums from a fellow walker and scrambled eggs in the kitchen of Kathryn, the horse rider. We've bought a lot of sandwiches, pasties and pies, particularly good ones from Pete's Pasties in Monmouth and Pig and Pie in Much Wenlock.

There have been a variety of camping spots! The best have been at the very upmarket caravan site at Porthtowan, courtesy of a friend; Duckpool in Cornwall; an orchid and wild flower meadow overlooking Hay on Wye; a pub beer garden; and a field with a pond and wild flower area offered up by a generous couple.

There have also been cow and sheep barns plus a dusty stable (all notable as they sheltered us from the rain!).

We have washed in streams, in water troughs and using a watering can. The few proper showers have been blissful.

Roads have been avoided where possible but we've walked over gallops, along canals, through heather, bracken, gorse, brambles and stinging nettles, over beaches, through a quarry, along a reservoir dam and crossed a fair few golf courses. There have also been a number of "sodding steep" hills, not to mention the kissing gates and stiles which are not built for those with backpacks.

But above all, we have been blown away by the generosity, kindness and open hearted nature of so many people that have housed us overnight, encouraged us and donated to our charities. They need a complete chapter of their own but John, from the [Canmore Trust](#), walking the same route as us, to raise awareness surrounding suicide in young people has been a complete inspiration.



*Jak & Deb - 500 miles under their belts*

[www.justgiving.com/JackieBarker](http://www.justgiving.com/JackieBarker)

[www.justgiving.com/Debbie-Wilkes1](http://www.justgiving.com/Debbie-Wilkes1)

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*Peter, Ian and Fiona braving the heat of the Elmore 7 last Saturday*

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## **Weekly club runs & races**

**Gary Spring**

### **Cancelled Pub Run, 19<sup>th</sup> July (moved to 26<sup>th</sup> July)**

Well, that is a First – cancelling a club run in the UK because it was too hot! Hopefully, not something to be repeated soon.

The Penshurst route is, however, too good to miss, so I am moving it to next Tuesday evening, when we should be back to normal levels of heat. I've checked our race calendar and the only other race event I can see during the week is the Surrey Hills 10 miler in Guildford, so no competition!

### **Club run, Thursday, 21<sup>st</sup> July**

Tom is currently offering a 25 minute run out, along St Piers Lane and then run back, which could be good practice for the 5 mile Road Race on 18<sup>th</sup> August (Race #3 in Trevor's Handicap race series). No doubt there are other, more shady, route options available and we can agree who does what on the night.

## **Pub Run, 26<sup>th</sup> July**

**The Leicester Arms, Penshurst TN11 8BT**

**Start Time: 7:15pm**

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.

The route is a mix of quiet roads and trails/footpaths, about 10km in distance. The ground is firm throughout the route so road shoes will be OK to wear. There should be sufficient parking space on the roads near the pub.

### **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
7. 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 20   Print [Week](#) [Month](#) [Agenda](#) 

|                           |   |
|---------------------------|---|
| <b>Wednesday, July 20</b> |   |
| 6:45pm                    | LRC coaching (Fiona at East Court)          |
| <b>Thursday, July 21</b>  |   |
| 6:00pm                    | LRC Committee                               |
| 7:00pm                    | Club running (Tom C)                        |
| <b>Saturday, July 23</b>  |   |
| 6:30am                    | Greensand Way (run with Simon & Brandon)    |
| 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                   |
| <b>Sunday, July 24</b>    |   |
| 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)         |

|                           |                                   |
|---------------------------|-----------------------------------|
| <b>Tuesday, July 26</b>   |                                   |
| 7:00pm                    | Club running                      |
| 7:15pm                    | Club 'pub' run (Penshurst)        |
| <b>Wednesday, July 27</b> |                                   |
| 6:45pm                    | LRC coaching (Ian Greenaway)      |
| 7:00pm                    | Surrey Hills 10 Miler (Guildford) |
| <b>Thursday, July 28</b>  |                                   |
| 6:30pm                    | Run Reigate Trail 5k & 10k        |
| 7:00pm                    | Club running                      |
| <b>Saturday, July 30</b>  |                                   |
| 9:00am                    | Club running                      |
| 9:00am                    | East Grinstead parkrun            |
| 10:00am                   | Club running                      |
| <b>Sunday, July 31</b>    |                                   |
| 9:30am                    | Super Fast 5k & 10k (Thrupton)    |
| 9:30am                    | Harlands Fun Run (1, 5 and 8k)    |

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

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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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