



Newsletter

Wednesday 27 July 2022

Contents

- [Trevor's racing round-up](#)
- [Committee update - Graeme Bennett](#)
- [Brighton or Crowborough - have your say](#)
- [Samaritans - Scott McDonald](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next ten days ...](#)
- [Strength training for runners - Runner's World](#)
- [Starrun4YoungEpilepsy 25 September](#)

Reminders

- [LRC coaching sessions - Dave Worsell](#)

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

Follow us via





Trevor's Racing Roundup

Hello everyone.

Last Saturday morning we had a good number of parkrunners, with 25 taking part in eight locations: East Grinstead (17), East Brighton (2), Holkham (1), Hove Promenade (1), Ifield Mill Pond (1), Rothay Park (1), Roundshaw Downs (1) and Wanstead Flats (1). There was no parkrun at Tilgate last Saturday because of the Race for Life event taking place.

Particular congratulations to **Joe Robinson**, third to finish at East Grinstead. All our runners' details are listed below.

There do not seem to have been many people competing at the weekend. Which makes it more surprising that we had only one entrant in the Elmbridge 10k, the last of the Surrey Road League series. **Sue Garner** completed the race in 55.59, coming 237th of 315 finishers. Jonathan Cornish of Hercules Wimbledon won in 31.23, with Charlotte Dannatt the first lady in 35.09.

This means Sue wins the ladies Surrey Road League trophy for 2022 - 19 years after she last won it!

The men's position is more complicated, with four men tied on 20 points. **Dave Nottidge, Ian Miller, Nick Hall** and **Peter Vaughan**.

It was a very disappointing turn out this year for these events. Only seven men and five ladies took part in any of the seven races, and only two did more than one of them – well done, **Sue Garner** and **Fiona Champness**.

We have been a member of this competition since 2003 when it was first started. Every year up until now, and apart from covid when the competition did not take place, we have always supported it in good numbers. It was a means of getting our club recognised on the County stage.

If any member does not know about all of our club trophies, and what races are included,

they are all listed in detail in the [Member's Handbook](#) on the website and pinned on the club noticeboard.

There was another West Sussex Fun Run League event on Sunday, the [Henfield Joggers Seven Stiles](#). The results of that are not yet available so I hope to report on it next week.

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

23-Jul-22	25	LRC parkrunners		
	Position	Name	Time	Age grade
East Grinstead	3	Joe ROBINSON	00:20:40	68.63%
144 runners	19	James KILFIGER	00:24:04	60.80%
	20	Keith CHAMBERS	00:24:06	68.33%
	21	Ian GREENAWAY	00:24:09	61.56%
	25	Simon COOK	00:24:26	62.89%
	44	Martin PAYNE	00:25:51	65.51%
	51	James WILLIS	00:26:33	53.42%
	64	David WORSELL	00:27:44	53.19%
	65	Harold BURR	00:27:47	46.67%
	71	David NOTTIDGE	00:28:28	59.48%
	78	Helen DAVEY	00:29:02	64.98%
	86	Isla GREENAWAY	00:30:08	49.12%
	107	Steve WARNER	00:32:21	52.34%
	117	Theresa DONOHUE	00:34:16	52.14%
	129	Liz MCLENNAN	00:37:29	41.04%
	133	Doug BEWLEY	00:37:48	35.32%
	139	Sandra ANKERS	00:43:10	53.32%
East Brighton	16	Michael MANWILL	00:22:08	65.06%
102 runners	44	Wendy SMITH	00:25:53	68.13%
Holkham	125	David CHASE	00:31:28	48.04%
202 runners				
Hove Promenade	4	Dan CELANI	00:17:31	79.07%
450 runners				
Ifield Mill Pond	79	Kath GARRIDO	00:33:24	72.60%

110 runners

[Rothay Park](#)

108 runners

[Roundshaw Downs](#)

127 runners

[Wanstead Flats](#)

187 runners

27

Nick HALL

00:22:43

61.92%

37

George ENGLISH

00:25:22

68.00%

21

Pete HOLMES

00:22:35

60.44%



You know who, you know where ...

[Back to top](#)

Committee update from 21st July

Graeme Bennett

The main item of interest was agreeing the remaining events for the 2022 Grand Prix trophies. These should now be;

8. Kings Head 5k

29th August

9. Hartfield 10k	Sat. 17 th Sept
10. EG 10K	9 th October
11. First Surrey League cross-country	15 th October
12. Titsey Trail Race	16 th October
13. Reigate XC relays	Late Oct/early Nov.
14. Brighton 10k OR Crowborough 10k	20 th Nov.
15. Tilgate parkrun	3rd Dec.

These will be followed by the [Christmas Handicap](#) on 10th December.

You can find all Committee minutes [here](#)

Brighton or Crowborough - have your say

Dave Watkins has put a poll on the members [Facebook page](#) asking whether you prefer Brighton or Crowborough 10k as the 14th GP event, as both are taking place on the same day.

If you are not on Facebook and would like to give your views, please email mencaptain@lingfieldrunningclub.co.uk . He is interested to know whether you've entered either event yet, and what your preferred event would be for the Grand Prix.

These are the links to each race entry page;

[Brighton 10k 2022](#)

[Crowborough 10k 2022](#)

[Back to top](#)

SAMARITANS

Samaritans

Scott McDonald

Hello everyone, I hope you are enjoying your running and the great summer weather. If you are injured (like me), please be patient and take your time to get back into those running shoes.

This week, on 24th July we had the [Samaritans Awareness Day](#). Samaritans are a very worthwhile 24 / 7 charity helping anyone with mental health issues and they will be running their awareness-raising campaign Talk To Us. This is for anyone who might be struggling with anything, to call them at any time of day or night.

Here are a few tips on helping others.....

- Ask how they are feeling and if necessary ask a 2nd time - this gives them an opportunity to be honest and realise you genuinely want to know.
- Listen and don't judge, listen without interrupting.
- Ask how long they have felt this way and if there is anything you can do to help.
- Ask what support they need or might need.
- Treat them in the same way, don't change just because they might be struggling with their mental health.
- Check in on loved ones.

Little gestures have a big impact - meeting for a coffee or going for a walk.

I can always be contacted if anyone wants to talk about any issues. Or, if you know of a club member who has maybe been unwell and would benefit from a telephone call, then please let me know.

Scott,
[Club Mental Well Being Champion](#)

[Back to top](#)

Weekly club runs & races

Gary Spring

Pub Run, 26th July

The Leicester Arms, Penshurst



We had nine runners for last night's pub run, though I only managed to snap four of them, (Bella and Steph Sterling, Kevin Reeve and James Kilfiger) at the finish, as the desire to hit the bar for a long cool drink was too strong for the others. We had a guest runner, Becks Falzon, who also enjoyed our company enough to consider joining the club!

The surreal moment of the route was when we reached Penshurst Place park, where we had to run the gauntlet of about 50 young children who all wanted to give us High 5s. This was, surprisingly, quite an energy-sapping experience, but fortunately, it was at the start of the last half-mile, heading down into the village, otherwise, we'd never have made it to the finish.

We managed to get back to the pub in time to see Beth Mead score the first of England's four goals against Sweden, but the pull of the pub garden was too inviting to stay in the bar for the other three.

Club run, Thursday, 28th July

Tom is planning to run Cook's Pond from the club this Thursday. It is a mix of road and trail, just over 10km distance, with a shorter (8 km) option available.

Summer Series Race 4, Tuesday, 2nd August

The route will be the same as the old [May Race 4 route](#), with the character-building climb, from Dormansland station up to the top of Mutton Hill.

IMPORTANT NOTE: I do need timekeepers and course marshals to make the race as safe as possible and record everyone's time accurately. If any of you are not planning to run the race but are available to help, please contact me, by email at membershipsecretary@lingfieldrunningclub.co.uk.

I will also post something on Facebook that you can reply to.

The race will be a handicapped start, with slower runners going off first. First runners will start soon after 7pm. The faster runners can expect up to about a 22 minutes handicap time! Start and Finish are on Racecourse Road, opposite the racecourse.

August dates for organised club runs, not starting at the Victoria Club

Thursday, 11th August – Uphill Mile, Kidds Hill, Ashdown Forest

Tuesday, 16th August – Pub Run, The Old Eden, Edenbridge

Thursday, 18th August – 5 mile road race, St Piers Lane (part of Trevor's Handicap Trophy)

[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, July 27 ▾

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

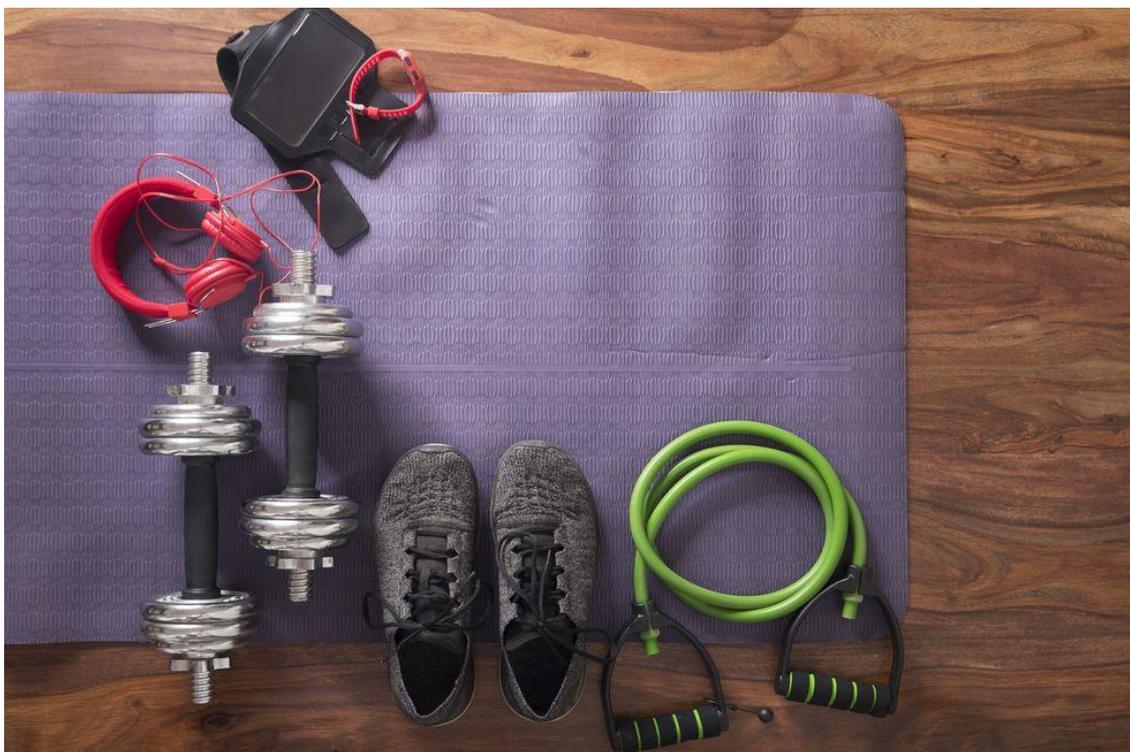
Wednesday, July 27	
6:45pm	LRC coaching (Ian Greenaway)
7:00pm	Surrey Hills 10 Miler (Guildford)
Thursday, July 28	
6:30pm	Run Reigate Trail 5k & 10k
7:00pm	Club running (Tom C)
Saturday, July 30	
9:00am	Club running
9:00am	East Grinstead parkrun
9:30am	Runthrough HYDE PARK 5K & 10K
10:00am	Club running
Sunday, July 31	
9:30am	Super Fast 5k & 10k (Thruxton)
9:30am	Harlands Fun Run (1, 5 and 8k)
Tuesday, August 2	
7:00pm	Club running
7:00pm	Summer series race 4 (Gary)
Wednesday, August 3	
6:45pm	LRC coaching (Terri)
7:30pm	Worthing Striders Highdown Hike
Thursday, August 4	
7:00pm	Club running (Tom C)
8:00pm	LRC quiz team
Saturday, August 6	
8:30am	Green Space 10k
8:30am	Thames Meander Marathon & Half
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
12:00pm	UK Ultra South Downs 100 mile
Sunday, August 7	
9:30am	Vanguard Way Marathon & Half
9:30am	Wimbledon Common Half
10:00am	Richmond Summer 10k & 5k

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

[Back to top](#)

Strength training for runners

Runner's World



Your how-to guide ...

To run longer and faster, you have to run stronger.

Yes, runners should lift weights. [Here's how.](#)

[Back to top](#)

STARRUN4YOUNG EPILEPSY

STARRUN4 YOUNG
EPILEPSY

IN SUPPORT OF
**Young
Epilepsy**

SPONSORED BY
wingate
GROUP

Sunday 25th September 2022

10km, 5km & Fun Run/Push

Fun Run Start 9am, 5k and 10k at 09:30am



Tri-Adventure is delivering this event on behalf of Wingate to raise funds for [Young Epilepsy](#)

This year is a very special year as it marks the third year of the Star Run and also, the 125th anniversary of St Piers School and College, in Lingfield.

With the option to take part in the 5km or 10km trail around Young Epilepsy's beautiful campus or the 0.5km loop 'fun run/walk' on a closed road, The StarRun is for all ages and abilities and is about getting involved and taking part together as a community.

The 5km and 10km Trail route is a true autumnal trail/cross-country run including road, muddy fields, and tracks.

The 500m Fun Run or Push is around a tarmacked, closed road loop, and is wheelchair and child friendly. We have asked for a suggested donation of £5 for this fun run but will accept any donation to take part. Maybe you would like to join your child on their loop? Those who find they have plenty of energy on the day could continue to complete a second loop.

The St Piers Fayre will take place near the finish line and will include food vendors, stalls, activities, and entertainment. We are excited to come together as a community and enjoy a wonderful day.

100% of all entry income (and any additional donations) goes directly to Young Epilepsy supporting young people in the UK diagnosed with epilepsy.

Location: Young Epilepsy, St Piers Lane, Lingfield [RH7 6PW](#).

[Back to top](#)

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.

[Back to top](#)

