



## Newsletter

**Wednesday 3 August 2022**

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**Coaching tonight is in Talbot Road, Lingfield, with Terri ... don't forget to book**

**Welcome to new member, Becks Falzon, this week**

*Tip: to get the most from the newsletter, view it on a PC or laptop.*

**Please, please, 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 good number of parkrunners, with 27 taking part in 11 locations around the UK: East Grinstead (12), Aberystwyth (2), Belton House (1), Exmouth (2), Nonsuch Park (1), Riddlesdown (2), Roding Valley (1), South Norwood (1), Sutton Park (2), Tilgate (2) and Uckfield (1).

Congratulations to **Dan Celani** and **Liz McLennan**, first man and third lady respectively at East Grinstead. And well done to **Marie Warner** for taking on five-time Olympian Jo Pavey down at Exmouth. Better luck next time, Marie. All our runners' details are listed below.

Thank heavens for **Michelle Hollins** or this would be a very short report this week. Michelle went to Reading on Friday to run in the Round Reading Ultra on Saturday. Having read her report ([later in this newsletter](#)) it seems she had a very eventful weekend. Michelle finished in 94th place of the 214 runners in a time of 5.35.50. Another strong run, Michelle, well done.

The race was almost 32 miles, and was won by Alex Whearity of Reading Joggers in 3.20.03. Lucy Walmsley of North Cotswold Tri & Run was first lady in 4.15.32.

I don't know of any other races involving our runners last weekend.

I have tracked down the provisional results of the West Sussex Fun Run League (WSFRL) event on 24th July, the Henfield Joggers Seven Stiles. This is a four mile run which I believe is one of the easier events in the WSFRL calendar. And it no longer has seven

stiles as they have been removed over the years.

Liam Briscoe of Fittleworth Flers was first home in 22.26, with first lady being Hayley Swann of Worthing Harriers in 26.03. There were 299 finishers in total and we had three members running for their second claim club, Crawley Saints and Sinners. **Ian Greenaway** was in 77th place in 30.50, **Isla Greenaway** 207th in 39.39 and **Theresa Donohue** 256th in 44.53. Well done for your continued support of these races.

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>30-Jul-22</b>	<b>27</b>	<b>LRC parkrunners</b>			
	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>
<a href="#">East Grinstead</a>	1	Dan CELANI	00:18:52	74.03%	
86 runners	4	Steven PRICE	00:20:23	72.94%	
	6	Joe ROBINSON	00:20:30	69.19%	
	12	James WILLIS	00:22:20	63.51%	
	15	David MASON	00:23:12	57.54%	
	26	Andrew SENIOR	00:24:45	55.15%	PB
	35	Liz MCLENNAN	00:26:03	59.05%	
	42	Harold BURR	00:26:56	48.14%	
	43	Steve BRINKLEY	00:26:59	61.03%	
	44	James KILFIGER	00:27:05	54.03%	
	50	Helen DAVEY	00:28:10	66.98%	
	83	Sandra ANKERS	00:49:44	46.28%	
<a href="#">Aberystwyth</a>	9	Michael MANWILL	00:20:50	69.12%	
113 runners	37	Wendy SMITH	00:26:13	67.26%	
<a href="#">Belton House</a>	72	David NOTTIDGE	00:26:10	64.71%	
228 runners					
<a href="#">Exmouth</a>	202	Steve WARNER	00:28:40	59.07%	
340 runners	316	Marie WARNER	00:37:38	53.06%	
<a href="#">Nonsuch Park</a>	20	Jeremy GARNER	00:18:57	76.61%	
561 runners					
<a href="#">Riddlesdown</a>	58	Sue GARNER	00:27:34	87.97%	
153 runners	108	Kath GARRIDO	00:33:30	72.39%	

<a href="#">Roding Valley</a> 142 runners	22	Pete HOLMES	00:21:49	62.57%
<a href="#">South Norwood</a> 140 runners	58	George ENGLISH	00:26:03	66.22%
<a href="#">Sutton Park</a> 218 runners	38 151	Ian GREENAWAY Theresa DONOHUE	00:23:44 00:33:26	62.64% 53.44%
<a href="#">Tilgate</a> 320 runners	108 174	Hannah CARTLEDGE Judith CARTLEDGE	00:26:45 00:29:31	55.33% 64.82%
<a href="#">Uckfield</a> 87 runners	58	Carole BARNES	00:33:34	63.21%

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## **Lingfield Sports Association update**

**Scott McDonald**

Hello everyone.

Earlier this year, I was approached by the Lingfield Sports Association (LSA). They invited Lingfield Running club to move and join/be part of the LSA, which is based on Godstone Road, Lingfield.

If you joined us at the club BBQ in July, then you would have seen the facilities that are available. Currently Committee members are drawing up a list of questions to be put to LSA about a potential move which, when answered, will be discussed further by your committee and made available to club members.

For the moment Gary Spring will lead a club training run from LSA on Tuesday 23rd August, 7pm for those interested to see the facilities and how running from a different venue might affect you. Parking is available and changing rooms / showers will be available along with their bar.

Kind regards,  
Scott, club chair

## **Lingfield Community Centre toilets**

I have liaised with the Lingfield Community Centre which is across the road from the

Victoria Club. They have a toilet which they are happy for running club members to use if the Victoria club is closed. They don't want lots of runners queuing for their single toilet so, in the 1st instance, please use the Victoria club. Please note the Community Centre also has limited opening hours.

Scott

and finally ....

### **Polite request from the racecourse**

I am not saying that our members are breaching this part of Lingfield racecourse but some runners and dog walkers are apparently breaching the racecourse fence which is in the far left corner of the Talbot Road Recreation Ground (viewed from the park entrance). Please don't go through this part of the fence.

Many thanks, Scott, club chair

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## **Run Round Reading Ultra**

**Michelle Hollins**

(with thanks to Facebook)



Well, what can I say - trouble from the off.

All packed or so I thought. Set off Friday afternoon, pop to Aldi on the way - checked the time on Garmin, wasn't working. Panic. Fiddled around with it, no joy, so back home to collect the other one. Set off again - so hot in the car, motorway a nightmare. Eventually arrived at the lodgings pub/Hotel. Got settled in, watch a bit of the Commonwealth Games, had a shower, laid the kit out.

Went to bed at around 9.30, couldn't sleep - sooooo hot in the room, window open: too noisy outside, window closed. Phone kept pinging turned it off, more tossing and turning.

Alarm went off at 5.00am got ready sort out hydration bladder f\*\*\*\*\*g h\*ll, no slider for the top - the air in the room went blue. I had to improvise with k-tape but once in the vest I couldn't hook it up and it was leaking a bit - unbelievable. (Thinking of it now, I think it leaked because the straw wasn't pushed in far enough). So siphoned some off into a hard drinking bottle I had and a soft flask - the rest stayed in the bladder, still leaking.

The run started off well, nice trails along the Thames - ducks with their babies, nice looking bridges, a nice waterfall, shorts nice and wet from the leakage but never mind, on we go. The trails started to mysteriously disappear and replaced by far too many roads and footpaths, running in residential areas above motorways - having to use the pelican crossing to get over the roads or run straight across and hope you make it. Some of the roads were very busy with about 10 runners waiting to cross. It was very hot too. I couldn't eat anything, which I must sort out for October and got around on Mountain Fuel hydration, two gels and coke mixed with water.

Came across a man with cramp in his legs, walked with him for a while. His fiancé was in the Phantom of the Opera and he was going to see her later and have drinks afterwards - I wished him good luck and decided I should run a bit. Coming down the final mile I actually ran past the hotel I stayed in.

Finally came to the finish line - no gospel festivities this time but a free lovely Magnum ice cream and in time to watch the end of the Commonwealth Games women's marathon in the clubhouse.

So would I do this Ultra again? No - not my cup of tea, far too much road, pavement and man-made footpaths .

The marshalling was second to none and they were all on hand to help me out with my predicament.

But all good training we live and learn.

Came in 28th out of 73 and 10th in my age group.



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## Brighton or Crowborough - the results

Graeme Bennett



### Friends of Lingfield Running Club



David Watkins created a poll.

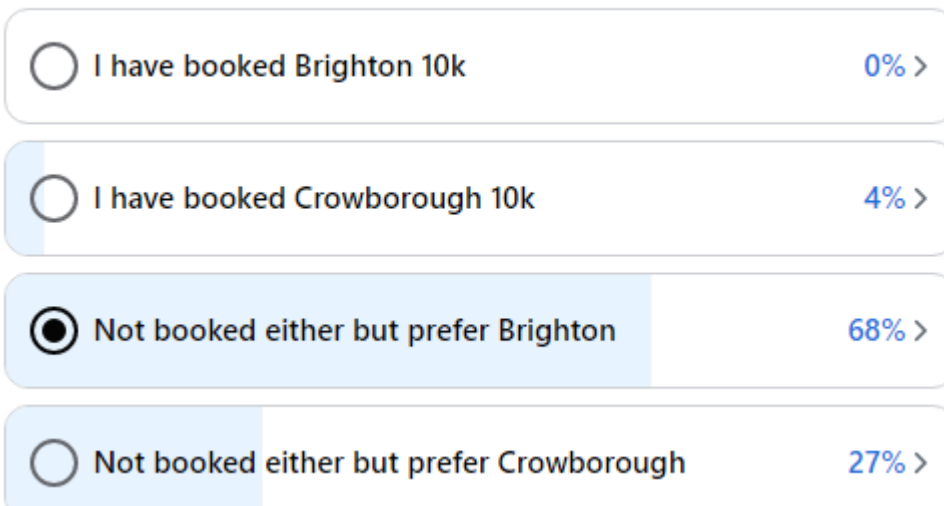
July 21 at 8:09 PM · 🌐



Hi everyone, when the committee spoke about the races for this years Grand Prix. It was decided to include the Brighton and Crowborough 10k. Unfortunately these events fall on the same day 20th November.

We have therefore opened a poll to give members a chance to decide. We will also place this notice in next week's newsletter so please could you register your vote by Monday 1st August.

If you do not wish to register your vote on this page. Please email [menscaptain@lingfield...](mailto:menscaptain@lingfield...) [See more](#)



*An overwhelming vote in favour of Brighton.*

You can enter the [Brighton 10k here](#)

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## Weekly club runs & races

Gary Spring

### Summer Series Race 4, Tuesday, 2<sup>nd</sup> August

We had a successful race on Tuesday evening, in that no-one got lost and no-one got



injured. We had thirteen runners and a couple of close finishes, that showed I managed to get some of the handicap times right.

The photos, below, show Steve Brinkley, who was first off, and Peter Holmes and Ian Barrow, who were the last two to start.



Many thanks to Alison Stuart, Lisa Compton, Sue Garner, Robert Healey, Terri Scott and Scott McDonald for marshalling the route and to Kath Garrido, Graeme Bennett, Trevor Crowhurst, David Watkins and Tom Cartledge for handling the Start and Finish. Also, many thanks to Lisa and Scott for taking many photos of the runners. These can be viewed on the club Facebook page.

**Chris Rance** came home first, a mere one second ahead of **Steve Brinkley**, after they battled it out along Racecourse Road to the finish. New member, **Becks Falzon**, just held off **Ian Barrow**'s late charge, to claim 3<sup>rd</sup> place. This was the fourth and final race of the Summer Series and the overall female and male winners were **Liz McLennan** and **Peter Holmes**. The results of last evening's race, plus the final points tables, are shown below.

For information, this year, the points were allocated as follows: 20 pts for first position, 19 for second position etc. and a further 20 points for fastest time, 19 for second-fastest time etc.

#### Results of Summer Series Race 4

Position	Name	Watch Time (Mins.Secs)	Handicap Time (Mins)	Actual Time (Mins.Secs)
1	Chris Rance	43.18	2	41.18
2	Steve Brinkley	43.19	0	43.19

3	Becks Falzon	44.32	5	39.32
4	Ian Barrow	44.33	11	33.33
5	Andrew Senior	44.48	6	38.48
6	Keith Chambers	45.03	6	39.03
7	Liz McLennan	45.43	3	42.43
8	Nick Champness	46.02	3	43.02
9	Peter Holmes	46.21	11	35.21
10	Matt Collins	46.57	5	41.57
11	Hannah Cartledge	47.23	3	44.23
12	Simon Cook	50.31	6	44.31
13	Martin Payne	50.31	6	44.31

#### **Ladies' Points Table**

<b>Position</b>	<b>Name</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Total</b>
1	Liz McLennan	34	36	40	38	148
2	Hannah Cartledge	35	33	0	36	104
3	Isla Greenaway	36	29	38	0	103
4	Maggie Statham-Berry	31	39	0	0	70
5	Judith Cartledge	31	30	0	0	61
6	Sarah Ferguson	31	24	0	0	55
7	Theresa Donohue	25	26	0	0	51
8	Becks Falzon	0	0	0	40	40
9	Emma Martin	37	0	0	0	37
10	Meghan Upton	0	34	0	0	34
11	Clare Berryman	0	31	0	0	31
12	Clare Paul	28	0	0	0	28
13	Laura Stockwood	22	0	0	0	22

#### **Men's Points Table**

<b>Position</b>	<b>Name</b>	<b>Race 1</b>	<b>Race 2</b>	<b>Race 3</b>	<b>Race 4</b>	<b>Total</b>
1	Peter Holmes	33	36	35	33	137
2	Chris Rance	33	0	32	36	101
3	Keith Chambers	0	33	33	33	99
4	Dave Nottidge	21	28	28	0	77

5	Andrew Senior	0	0	37	35	72
6	Steve Brinkley	0	0	34	32	66
7	Brandon Webb	36	29	0	0	65
8	Scott McDonald	30	31	0	0	61
9	Matt Collins	30	0	0	28	58
10	Dan Celani	0	39	0	0	39
11	Dave Mason	0	39	0	0	39
12	Michael Manwill	0	0	39	0	39
13	Ian Barrow	0	0	0	38	38
14	Nick Hall	33	0	0	0	33
15	Laurence Powell	31	0	0	0	31
16	James Kilfiger	31	0	0	0	31
17	Nick Champness	0	0	0	29	29
18	Dave Chase	28	0	0	0	28
19	Harold Burr	0	28	0	0	28
20	Ian Greenaway	24	0	0	0	24
21	Bob Pank	0	24	0	0	24
22	Simon Cook	0	0	0	24	24
23	Matthew Stockwood	0	23	0	0	23
24	Martin Payne	0	0	0	22	22
25	Phil Savill	18	0	0	0	18

#### **Club run, Thursday, 4<sup>th</sup> August**

This Thursday, Tom is planning another '20 minute out-and-back' run along St Piers Lane. Meet at the Victoria Club for a 7pm start.

#### **Club run, Saturday, 6<sup>th</sup> August**

Some of us will be running in Ashdown Forest on Saturday morning. The route is on trails, hilly and will be about 6 miles in total. If anyone is interested in joining us, either meet at the Victoria Club, ready to leave by 8:30am, or meet at Friends Clump, Crowborough Road, off the A22, at 9am.

#### **Club run, Tuesday, 9<sup>th</sup> August**

An easy, five mile run to Ardenrun is planned for next Tuesday, that will hopefully you save some energy for the Uphill Mile on Thursday, 11<sup>th</sup> August.

#### **Uphill Mile run, Thursday, 11<sup>th</sup> August**

This is an annual event for the club; basically it is a race up a one mile section of Kidd's Hill, Colemans Hatch (Ashdown Forest). It will be a handicap start. We will run on the road, which climbs 400 feet, over the mile route to the finish. We will meet in Gills Lap carpark, at 7:30pm, at the top of Kidd's Hill, near the junction with Chuck Hatch Road (B2026). If anyone wants a lift or be led from the Victoria Club, please be there, ready to leave at 7pm.

From Gills Lap car park, we'll jog the mile route down to the start as a warm-up. If the light is still good when we have all finished, there will be the option of a short warm-down jog on the footpaths near the car park. There is also a further option of a much-needed cool drink in The Hatch pub, at the lower end of Kidds Hill, after the run. I will post this event on the club Facebook page. If you have any questions about it, add a comment to the Facebook page or send me an email ([membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk))

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

Tuesday, 16<sup>th</sup> August – Pub Run, The Old Eden, Edenbridge

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

More information on these runs will be in next week's newsletter and on Facebook.

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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, August 3	▼	Print	Week	Month	Agenda	▼
<b>Wednesday, August 3</b>									
10:00am	Club walk/run (Scott)								
6:45pm	LRC coaching (Terri - Talbot Rd.)								
7:30pm	Worthing Striders Highdown Hike								
<b>Thursday, August 4</b>									
7:00pm	Club running (Tom C)								
<b>Friday, August 5</b>									
7:00pm	Brighton & Hove Rainbow Run 5k								
<b>Saturday, August 6</b>									
8:30am	Green Space 10k								
8:30am	Thames Meander Marathon & Half								
9:00am	Club run (Ashdown Forest)								
9:00am	Club running								
9:00am	East Grinstead parkrun								
10:00am	Club running								
12:00pm	UK Ultra South Downs 100 mile								
<b>Sunday, August 7</b>									
9:30am	Vanguard Way Marathon & Half								
9:30am	Wimbledon Common Half								
10:00am	Richmond Summer 10k & 5k								

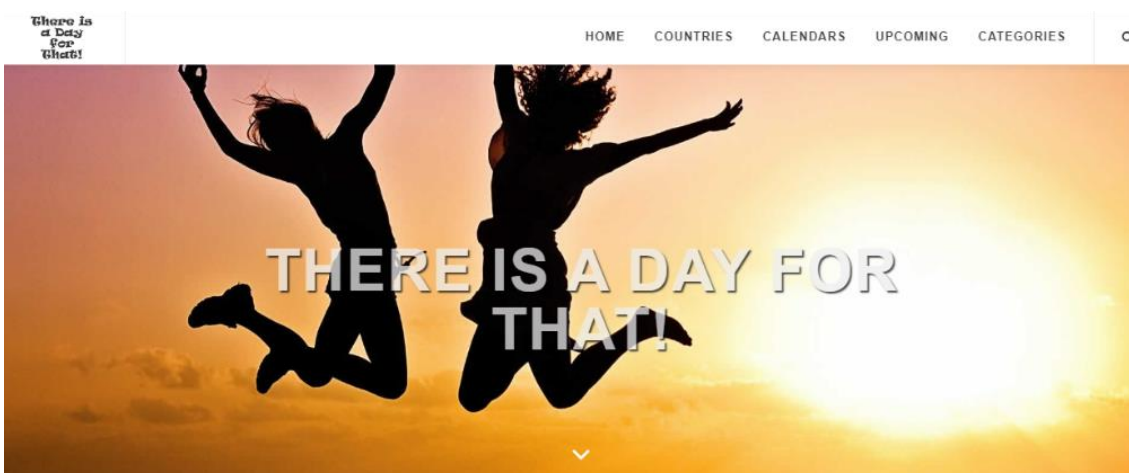
<b>Monday, August 8</b>	
7:00pm	Hasty Hare 5k (Battersea Pk)
<b>Tuesday, August 9</b>	
7:00pm	Club running (Ardenrun)
7:15pm	Gosport 5k
<b>Wednesday, August 10</b>	
6:45pm	LRC coaching (Dave Worsell)
7:15pm	Worthing Harriers Windlesham House 4
<b>Thursday, August 11</b>	
7:00pm	Club running
7:30pm	Club 'Uphill mile' (Kidd's Hill)
8:00pm	LRC quiz team
<b>Saturday, August 13</b>	
9:00am	Club running
9:00am	East Grinstead parkrun
9:00am	Shere 42k, Half and 10k
10:00am	Club running
10:00am	Kempton Park 5k, 10k & Half
<b>Sunday, August 14</b>	
8:00am	Richmond Ultra
10:30am	Hart 4 relay
10:30am	London 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](mailto:editor@lingfieldrunningclub.co.uk)

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## [Thereisadayforthat](#)

Editor



How have I got to my age and not known this?

Tomorrow is [National Chocolate Chip Cookie Day](#)

Friday is [International Beer Day](#)

I'm pleased to see that I'll be in the Lake District for [National Fitness Day](#) and [World's Biggest Coffee Morning](#).

Anyone can join in ...

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### **Starrun4YoungEpilepsy**

If interested, it is £20 for 10km, £15 for 5km and, if you fancy the 500m push, which is with a buggy/wheelchair then it is £5. Search for StarRun 2022 on the [St Piers website](#) for more details but it is on Sunday 25th September 2022.

If you are still interested in completing this year's [London Marathon](#) then St Piers still have two places left. £100 to enter and a request to try and raise £2,200. If interested please [contact me](#) asap and I will forward you the link.



The poster features the event title 'STARRUN4 YOUNG EPILEPSY' in large blue and green letters. To the right, it says 'IN SUPPORT OF Young Epilepsy' with a star logo and 'SPONSORED BY wingate GROUP' with the Wingate logo. The date 'Sunday 25th September 2022' is in red, followed by '10km, 5km & Fun Run/Push' and 'Fun Run Start 9am, 5k and 10k at 09:30am'. A satellite map shows the course routes in yellow, with labels for 'Water 5K', 'Water 10K', and 'Water 10K'. At the bottom, it states '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 125<sup>th</sup> 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](#).

## **Reminders from previous weeks**

### **Remaining Grand Prix events**

**Graeme Bennett**

These should now be;

- |  |                            |
|--|----------------------------|
| 8. <a href="#">Kings Head 5k</a>             | 29 <sup>th</sup> August    |
| 9. <a href="#">Hartfield 10k</a>             | Sat. 17 <sup>th</sup> Sept |
| 10. <a href="#">East Grinstead 10K</a>       | 9 <sup>th</sup> October    |
| 11. First Surrey League cross-country        | 15 <sup>th</sup> October   |
| 12. <a href="#">Titsey Trail Race</a>        | 16 <sup>th</sup> October   |
| 13. <a href="#">Reigate Priory XC relays</a> | Sat. 5th Nov.              |
| 14. <a href="#">Brighton 10k</a>             | 20 <sup>th</sup> Nov.      |

These will be followed by the Christmas Handicap on 10<sup>th</sup> December.

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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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