



Newsletter

Wednesday 21 February 2024

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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 feel free to send reports of your races and any ideas you have for articles, to
editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Hello everyone.

A decent attendance of 27 at last Saturday's parkruns, at eight locations: East Grinstead (12), Bromley (1), Jersey Farm (1), Lordship Recreation Ground (1), Norwich (1), Orpington (2), Roundshaw Downs (1) and Tilgate (8).

Particular congratulations to **Isla Greenaway**, first woman at East Grinstead, and to **Tom Seller**, for his third place at Tilgate, in a personal best time.

It was the first Grand Prix race of 2024 on Sunday, and the Tunbridge Wells Half Marathon saw 24 club members tackle **Richard Adams'** favourite race. While the weather looked grim on the way, it appears to have relented once the race started. Michael Ellis (Tonbridge AC) won the race in a time of 1.10.16 and first woman was Helen Gaunt (also Tonbridge AC) in 1.20.09. There were 1,344 finishers.

Of the Lingfield performances I noted, **Sally Alexander** ran very well to be 10th woman overall and first in her age group; **Sarah Ferguson** ran her first half marathon; and **Hannah Cartledge** and **Michelle Hollins** got PBs for the distance (Michelle was also first in her age group!). I think I have captured everyone's times below, but please let me know if I've missed you off the list, or not spotted that your PB! Congratulations to everyone who ran, getting the Grand Prix to a great start and honouring Richard's memory.

Posn.		Time	GP points
56	Jack Goldsmith	01:24:24	20
104	Doug Bewley	01:28:31	19
117	Simon Petitt	01:29:20	18
142	Sally Alexander	01:31:26	20
242	James Willis	01:37:40	17
314	James Kilfiger	01:41:40	16
355	Michael Manwill	01:43:24	15
415	Pete Holmes	01:46:11	14
462	Michelle Hollins	01:47:57	19
498	Dave Worsell	01:48:58	13
650	Lucy Wilkes	01:54:52	18
660	Sophie Davis	01:55:12	17
725	Wendy Smith	01:57:20	16
815	Tom Cartledge	01:59:55	12
915	Hannah Cartledge	02:05:02	15
916	Keith Chambers	02:05:03	11
945	Ian Watkins	02:06:05	10
968	Judith Cartledge	02:06:58	14
1,017	Laura Stockwood	02:09:30	13
1,062	Matthew Stockwood	02:11:34	9
1,213	Sarah Ferguson	02:21:19	12
1,216	Nevenka Worsell	02:21:37	11
1,241	Helen Davey	02:23:49	10
1,264	Terri Scott	02:27:25	9

Eschewing the hills around Tunbridge Wells, **Jeremy Garner** and **Sue Garner** both raced in the flatter (if still a bit muddy) Hampton Court Half. Jeremy, running for first-claim club Epsom Oddballs came 85th in a time of 1.26.45. Sue finished in 2.06.05 for 819th place (first in her age group) of the 1,134 finishers. Race winner was Ollie Garrod of Belgrave Harriers in 1.08.58, and first woman was Stephanie Ainley (Thames Valley Harriers) in 1.22.29. Well run, both of you.

Best of luck to our bold runners in the National Cross-country Championships on Saturday, and the Brighton Half Marathon on Sunday. And anywhere else for that matter!

Please tell the Editor if you have done, or are planning, any races so that we don't miss anyone out of our results report. Have fun and enjoy your running.

Editor

17-Feb-24		27	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead 67 runners	693	15	James KILFIGER	00:28:07	52.46%	
		17	Tim MARTIN	00:28:45	50.09%	
		22	Simon COOK	00:30:52	50.22%	
		26	Ian GREENAWAY	00:31:48	47.54%	
		25	Isla GREENAWAY	00:31:48	46.54%	
		28	David WORSELL	00:31:56	46.56%	
		33	Martin PAYNE	00:33:40	50.74%	
		39	Michele EDWARDS	00:34:27	56.31%	
		42	Wendy SMITH	00:35:47	50.58%	
		45	Michael MANWILL	00:36:33	39.72%	
		52	Judy HAYLER	00:39:52	48.66%	
		67	Sandra ANKERS	01:23:45	27.96%	
Bromley 735 runners	2	496	Ian WATKINS	00:31:30	52.75%	PB
Jersey Farm 226 runners	596	11	Steve ACKROYD	00:21:43	65.31%	
Lordship Recreation Ground 196 runners	170	72	Lisa COMPTON	00:24:39	87.42%	
Norwich 699 runners	51	6	Dan CELANI	00:17:16	81.47%	
Orpington 156 runners	580	93	Steve WARNER	00:30:32	55.95%	
		151	Marie WARNER	00:52:56	38.29%	
Roundshaw Downs 145 runners	535	39	George ENGLISH	00:26:17	66.33%	
Tilgate 538 runners	436	3	Tom SELLER	00:17:38	74.39%	PB
		23	Dan OPPE	00:20:53	65.84%	
		152	David NOTTIDGE	00:26:43	63.94%	
		212	Chris RANCE	00:29:06	51.49%	
		213	Catherine WILSON	00:29:07	56.90%	
		226	Darija SPARKES	00:29:26	55.04%	
		230	Mike LOTHIAN	00:29:31	62.17%	
		254	David WATKINS	00:30:03	53.85%	



Competitors in the Tunbridge Wells Half staying warm and dry before the race

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Safeguarding and Wellbeing

Alison Stuart

Along with Scott McDonald and Helen Davey I am part of the Safeguarding and Wellbeing team at the club. As Helen mentioned in a recent newsletter, safeguarding is everyone's responsibility but the three of us have had extra training so, if you have any concerns at all, please do contact one of us in complete confidence.

We are also available if you have any wellbeing concerns about yourself or someone else. My speciality is in personal wellbeing. I have nearly completed jumping through the various hoops set by the BACP (British Association of Counselling and Psychotherapy) in order to become a registered member. I am currently a student member and as such I am bound by a strict ethical code. One of the (many) hoops is accruing voluntary counselling hours (i.e. I don't get paid) and at the moment I am volunteering at a mental health charity and a hospice.

The job of a counsellor is not to judge, offer advice or their own opinion. Rather it is to provide a safe space, this can be physical or metaphorical, for a person to talk, to be heard, to process, to explore, to learn new skills and come to a new understanding of the problem and possibly even themselves. No problem is ever considered trivial. One of the things I have regularly heard is 'there are people with much worse problems than mine' and while this may be true, with all due respect that's their problem, yours is just as important.

If you have a problem or indeed anything you would like to talk about, I'm available to listen, please do get in touch.

Alison Stuart (astuart185@btinternet.com)

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London Marathon Volunteer position available

Gary Spring

There is a volunteer position available for this year's London Marathon. The role will be at Blackheath, before the race, either directing runners to the right start area or loading bags on the lorry.

The tough bit is you have to be at Blackheath by 6:30am but the rewards are a New Balance LM technical top, cap and a splash-proof jacket, plus just the fun of soaking up the atmosphere as the runners arrive and line up to start the race.

I have been doing this role for about twenty years and am always looking forward to doing it again the next year. You will get released from the role about 10:15am so there is then the opportunity to track your chums as they do the hard work of running the twenty-six miles.

If you are interested or have any questions about the role, please contact me (higaryspring@gmail.com). Matthew and Laura Stockwood did this role at last year's race and would probably have done so again this year, until Matthew's name was picked for the LRC Marathon place. So, if you want a more unbiased viewpoint on the job, I am sure they will be happy to tell you more about it.

I need to supply a name to the organiser as soon as possible, so don't delay in contacting me if you are interested. The first reply gets the position!

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Lingfield 10s flyer

Gary Spring

This is the new flyer, designed by Alison Stuart's daughter, Kirsty, to advertise the Lingfield 10s race that our club organises. Please consider circulating the flyer to any non-LRC colleagues who may be interested in running the race. The QR code will take them to the [race entry page](#).



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My Favourite Race

This week, Lisa Compton's choice



1. *What was your favourite race, that you've participated in?*

I've struggled to answer this, as I don't actually have a favourite race. (I could easily tell you my least favourite though – perhaps that could be a future newsletter feature?) So I've picked the New York Marathon, although it could equally be a number of other races for different reasons – the country, the course, my time, the people I ran with – there is no overall favourite.

2. *How many times did you do it?*

Just the once, in 2017.

3. *What made it special to you?*

I was meant to run it in 2012 but arrived in NY to find it had been cancelled due to Hurricane Sandy, so it was great to have a second chance.

4. *What were the distinguishing features of the race?*

The start of the race is just spectacular. After a very long wait on Staten Island, I was lucky enough to be on the upper level of the Verrazzano-Narrows Bridge, with sweeping views of New York skyline and harbour and the Statue of Liberty. There are hundreds of boats on

the water below, helicopters circling above, and the sound of Frank Sinatra singing 'New York, New York' ringing in your ears as you cross the start line.

The race passes through all five boroughs of NY, and they are all different. It's not an easy race, the bridges are tough – especially the Queensboro Bridge at mile 14, which is quite an uphill hike, and very quiet due to absence of supporters. But coming off the bridge into Manhattan's First Avenue, there is an enormous swell of spectators, and suddenly the noise is deafening. It quietens down again in the Bronx, but you're soon back in Manhattan for the second time with lots of support for the final 10k. Inside Central Park, at around mile 24, there are a couple of long uphill drags – not what you want at that stage. But all the music and cheering carry you along.

5. *Are you still entering it, each year? If not, why?*

No, it was a once-only experience.

6. *Any other comments about the race that you want to include?*

I managed a negative split and finished with a PB, so was very happy with that. Lovely medal too.

Next week's article is the choice of Paul Blackmore

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Weekly club runs

Gary Spring

Please bring headtorches and wear something bright for the evening Club Runs from now until the clocks go forward in April.

Easy-Pace Short Club Runs

From the survey we held last year, it was apparent that there was a demand from some

members for this type of club run. We understand that dark cold evenings are not the most inviting times to go for a run, but if you're doing it with your running buddies, it can be a lot more fun.

So, now that we're over the recent cold spell of weather, please consider arranging to meet up again at the club and get back into the routine of a Tuesday or Thursday evening social run, either at 6:30pm with Simon, or 7pm with Tom, myself or another club volunteer, all happy to take you round a shorter route at your own pace.

Thursday, 22nd February**Road run in Lingfield**

Start Time 7pm, from the Victoria Club

This will be the new two-lap route around the village. 5 miles in distance.

Tuesday, 27th February**Road run in Lingfield.**

Start Time 7pm, from the Victoria Club

This run will be the old two-lap Winter Route, in reverse. 5.2 miles in distance.

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[And over the next ten days](#)

Editor

Highlighting events in the club [race calendar](#) for the next ten days.

Please click on the link - will take you straight to the race calendar!

LRC Race Diary

Today

◀

▶

Wednesday, February 21

▼

Print

Week

Month

Agenda

▼

Wednesday, February 21

6:45pm

LRC coaching (Dave)

Thursday, February 22

6:30pm

Club run

7:00pm

Club running (Lingfield road run)

Saturday, February 24

National XC Championships

9:00am

East Grinstead parkrun

10:00am

Club run

Sunday, February 25

9:00am

Brighton Half Marathon

9:00am

London Winter 10k

Tuesday, February 27

6:00pm

LRC Committee

7:00pm

Club running (Winter route in reverse)

Wednesday, February 28

6:45pm

LRC coaching (Fiona)

Thursday, February 29

6:30pm

Club run

7:00pm

Club running

Saturday, March 2

9:00am

East Grinstead parkrun

10:00am

Club run

2:00pm

East Surrey League

7:00pm

XC end-of-season social event

Sunday, March 3

7:30am

Steyning Stinger

9:00am

London Half & 10k

10:00am

Eastbourne Half

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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All gain, no pain: how to avoid injuries from running, skiing, swimming, cycling, football, rugby, yoga ...

Joel Snape



Composite: Guardian Design; Getty Images

One minute you're pushing your body to its limits, the next you've gone too far and you're stretched out with an icepack. Sports pros explain how to escape pains, sprains, tears and swellings.

Prevention, in exercise as in so many other things, is better than cure. When you start a new sport or workout regime, it's easy to let endorphins or sheer competitiveness get the better of you – but tweak a ligament or ping a hamstring, and there's every chance you'll feel it for months, even years. With that in mind, we've assembled an all-star team of coaches and athletes to talk you through the most common injuries for whatever type of training you've just taken up – and the measures you can take to avoid them. And please remember, if all this sounds intimidating, that the best way to prevent a whole host of later-life issues is simply getting off the couch in the first place. Let's go ...

Running

The simplest form of exercise – which makes it easy to overdo. “In my experience, the three most common running issues are achilles soreness, iliotibial band pain and shin splints,” says Tom Berry, a [personal trainer](#) and sprint coach at the University of Exeter. “And all three stem from training too much too soon. The achilles tendon, for instance, is the strongest and longest tendon in the body, and does an exceptionally large amount of work controlling ground impact, while the iliotibial band [AKA the ITB] is a long fibrous tissue that assists in laterally stabilising the knee. Shin splints is an umbrella term for numerous lower leg issues, but people often use it to refer to soreness in the tibialis anterior muscle – the outside of the shin.”

Managing training volume – or more specifically, the number of times your feet hit the ground – is key to avoiding all three conditions. “The good news is that the body adapts,” says Berry. “If you gradually expose your body to higher volumes of running, you develop

your capacity to run further without injury. Recovery is vital, so for most runners I recommend having 48 hours between running-based training sessions. Coaching can also help – for example, lateral shin splints often come from excessive heel-striking [ie, hitting the ground heel first], which is a technique issue that can be fixed. Strength training can also keep your body resilient – for instance, you can perform exercises that strengthen the glutes [buttocks] and [abductors](#) to help them control your knee, instead of relying on the ITB to do it. Simple exercises such as calf raises are also a great way of strengthening the calf muscles to reduce the likelihood of achilles pain, and are a staple of any rehab program.”

For the other sports, read [full article](#)

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Reminders from previous weeks

Pre-London Pasta Party

Scott and Dee

Hello everyone, I hope you are well? It is getting close to the London Marathon and as a club we will be having our pre-marathon pasta night on Thursday 18th April 2024, 8pm at the Victoria Club.

On the menu will be a veg pasta and meat pasta with salad and garlic bread. Very kindly, Kellie from the Victoria Club advises me that she will keep to the same prices as last year: which are £10 for adults, £7.00 for children under 10 and £5 if under 6 years.

A licensed bar will be available as well (card and cash). You are welcome to bring friends, and family. We would prefer payment to be electronically into the club account with a reference of LRC Pasta night.

Please can payments be made no later than Sunday 14th April 2024.

This is so that Kellie can prepare the necessary catering, minimise any food

wastage and keep costs low.

If attending please can you e mail me at Chair@lingfieldrunningclub.co.uk or respond to this message when it is on the club Facebook page.

Last year about 46 members had a great time at this event so please consider joining us.

Many thanks, Dee and Scott

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Wednesday coaching sessions

Dave Worsell

We've ended the booking system for Wednesday evening coaching sessions, as few people bother to book these days.

In the coming winter months the venue will usually be 6.45pm at the Imberhorne School.

Please look on [Facebook](#) or the club website '[calendar](#)' on the day itself, for any session details and any changes in venue.

THE END

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