



Newsletter

Wednesday 28 February 2024

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No new members 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 30 at last Saturday's parkruns, at 13 locations: East Grinstead (8), Bushy (1), Clair (1), Lloyd Park (1), Maidstone (1), Mole Valley (1), Norwich (1), Osterley (2), Oxford (1), Rushmoor (1), Squerryes Winery (1), Tilgate (10) and Tonbridge (1).

Particular congratulations to **Isla Greenaway**, third woman at East Grinstead. Given the underfoot conditions everywhere, no surprise that there were no PBs.

Several of our runners faced disappointment, and some also wasted journeys, when the National XC Champs, on Saturday were abandoned the day before due to the muddy conditions affecting parking provision at the venue. Some were even more miffed when their alternative, the local parkrun, was cancelled at short notice due to slippery conditions. **Keith Chambers** explains his frustrations [later ...](#)

The most popular event on Sunday was the Brighton Half Marathon, with runners braving the strong coastal wind towards the end. I can find six Lingfield runners (including one second-claim member) among the 1,865 finishers, according to the provisional results. **Kieran Barnes** (running for Brighton and Hove AC) led them home, followed by **Jack Goldsmith**, having another fine run to finish in 1.23.33. Jack and Simon both achieved half marathon PBs at the race, so very well done for that. Marshall Smith of Ashford AC was first to finish in 1.07.17 and first woman was Cassie Thorp (City of Portsmouth) in 1.15.34. These are our finishing times:

Posn.	Name	Chip time
13	Kieran Barnes	01:11:12
176	Jack Goldsmith	01:23:33
194	Simon Petitt	01:24:19
2396	Tom Cartledge	01:53:23
4468	Andrew Senior	02:04:45
4862	Helen Samways	02:05:07

I was driving home from Guildford past Newlands Corner on Sunday morning and noticed a 'Warning – Runners' sign as I approached. Little did I know that the event was the North Downs Ridge 50k Trail Ultra and that Lingfield's own **Mark Aldred** was one of the runners I needed to watch out for. So, I missed him speeding to the finish in 5.48.15, in 100th place of the 217 runners. Very well run, Mark. Noa Ohms (Casquette Rouge team) completed the race first in 3.38.48 and the first woman was Sophie Biggs (Stragglers) in 4.36.40.

A very different experience on Sunday for **Lisa Compton**, who ran round the streets of London, in the Run London Victoria Park Half Marathon. Lisa ran very well to finish in 1.51.04, first in her age category and 94th of 163 finishers. Race winner was James Local in 1.13.15 and first woman was Meagan Roecker in 1.28.08.

There are some amendments to the times for the first Grand Prix race of 2024, the Tunbridge Wells Half Marathon which 27 club members tackled. The final published results revealed all the chip timings and club affiliations, so here is a revised listing and revised GP points. Apologies for any anxiety I may have caused you last week.

Posn.		Time	Chip time	GP points
56	Jack Goldsmith	01:24:24	01:24:19	20
104	Doug Bewley	01:28:31	01:28:29	19
117	Simon Petitt	01:29:20	01:29:09	18
142	Sally Alexander	01:31:26	01:31:00	20
242	James Willis	01:37:40	01:37:14	17
314	James Kilfiger	01:41:40	01:41:01	16
355	Michael Manwill	01:43:24	01:42:59	15
415	Pete Holmes	01:46:11	01:45:37	14
462	Michelle Hollins	01:47:57	01:47:15	19
498	Dave Worsell	01:48:58	01:48:01	13
650	Lucy Wilkes	01:54:52	01:53:57	18
660	Sophie Davis	01:55:12	01:54:11	17
689	Barry Stone	01:56:12	01:55:29	12
725	Wendy Smith	01:57:20	01:55:56	16
815	Tom Cartledge	01:59:55	01:58:30	11
915	Hannah Cartledge	02:05:02	02:02:43	15
916	Keith Chambers	02:05:03	02:02:43	10
945	Ian Watkins	02:06:05	02:06:05	9
968	Judith Cartledge	02:06:58	02:04:46	14
1,007	Ian Fotheringham	02:09:04	02:06:45	8
1,017	Laura Stockwood	02:09:30	02:07:11	13

1,062	Matthew Stockwood	02:11:34	02:09:15	7
1,213	Sarah Ferguson	02:21:19	02:18:59	12
1,216	Nevenka Worsell	02:21:37	02:19:18	11
1,241	Helen Davey	02:23:49	02:21:30	10
1,243	Morna Cox	02:23:50	02:21:57	9
1,264	Terri Scott	02:27:25	02:25:06	8

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

24-Feb-24		30	LRC parkrunners		
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	8	James KILFIGER	00:26:13	56.26%
48 runners		9	Michael MANWILL	00:28:01	51.81%
		12	David WORSSELL	00:29:51	49.80%
		13	Lucy WILKES	00:30:17	51.95%
		15	Isla GREENAWAY	00:32:17	45.84%
		25	Doug BEWLEY	00:34:59	38.73%
		35	Wendy SMITH	00:38:07	47.49%
		46	Dan CELANI	00:53:40	26.21%
Bushy	115	14	Jeremy GARNER	00:18:15	80.82%
1,367 runners					
Clair	625	123	Judy HAYLER	00:31:55	60.78%
185 runners					
Lloyd Park	677	44	George ENGLISH	00:27:05	64.37%
163 runners					
Maidstone	168	107	Chris RANCE	00:26:40	56.19%
323 runners					
Mole Valley	676	14	Simon MOORE	00:21:55	70.11%
204 runners					
Norwich	51	359	Sarah FERGUSON	00:29:20	52.16%
597 runners					
Osterley	227	193	Steve WARNER	00:30:12	56.57%
338 runners		325	Marie WARNER	00:42:19	47.89%

Oxford 536 runners	119	217	Sue GARNER	00:26:59	93.21%
Rushmoor 650 runners	201	186	Lisa COMPTON	00:25:29	84.57%
Squerryes Winery 77 runners	574	18	Patrick DUNFORD	00:26:20	49.81%
Tilgate 618 runners	436	17	Dan OPPE	00:20:15	67.90%
		23	James WILLIS	00:21:10	68.03%
		24	Steve ACKROYD	00:21:12	66.90%
		67	Paul ATHERTON	00:22:53	68.90%
		83	Tim MARTIN	00:23:52	60.34%
		156	David NOTTIDGE	00:26:28	64.55%
		278	Jennifer WILLIS	00:29:25	55.07%
		315	David WATKINS	00:30:32	53.00%
		342	Darija SPARKES	00:31:16	51.81%
		421	Carole BARNES	00:34:19	62.80%
Tonbridge 450 runners	254	97	Liz MCLENNAN	00:25:11	62.01%

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Cross Country Updates

Not - The National Cross-Country Championships

Saturday 24th February 2024

Keith Chambers

This time last week, six of us; Sally, Maggie, Theresa, Ian, Ian, and I were looking forward to Saturday and tackling the England National Cross Country Championships course at Weston Park, Telford. On Friday morning, accommodation booked, bags packed, club tent in the car, we were ready to set off on the three-hour drive to the West Midlands. A last quick check on emails.....

10:47: The ECCA very much regret to announce that despite every effort possible being made, we are unable to hold the National Championships at Weston Park on

Saturday. Thursday saw torrential rain for many hours, and much of the park including parking areas are underwater. Falling on already saturated ground, this made conditions impossible for parking. We have spent the last 24 hours exploring every possible alternative, but we have not been able to solve the parking issues.

A quick call to Sally, who had just heard the same news from her daughter, confirmed that the “Nationals” were off. Some of us were already in Telford and others packed and ready to go; at least we could do some Saturday parkrun tourism on instead.

Our accommodation was conveniently located within 400 metres of the parkrun start so, at 08:30 under chilly clear blue skies, we strolled over to the start area to find that parkrun too, had been cancelled, due to frosty and slippery conditions on the course.

Not deterred, we took matters into our own hands, walking and running around the park and a six mile out and back run along the Silkin Way, a paved equivalent of our Forest and Worth Ways. Later we walked the Silkin Way to explore Ironbridge Gorge and the swollen River Severn. The Sunday long run once again took us to the Silkin Way for a 10-miler accompanied here and there by other would-be Nationals XC runners.

The Senior Men’s National was first held in 1876, and the Senior Women’s event introduced in 1927; since then, the event has only been cancelled during the World War years and in 2021 due to Covid. Despite the National XC disappointment (and parkrun) a great weekend of activity and exploration.

No confirmed date yet, but the Nationals are being rescheduled for September 2024; at least it should be drier! Watch this space.

East Surrey Cross Country League – Lloyd Park – Saturday 2nd March 2:00pm

The final cross-country event of our season is a return to Lloyd Park for a combined Men’s and Women’s race. EA registration is not required for this event but wearing club colours is; so if you’re available it would be great to see you.

Please contact Keith or Liz if you’re interested; thank you.

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

My Favourite Race

This week, Paul Blackmore's choice



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

Mel's Milers 10k.

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

Four times.

3. *What made it special to you?*

Three times I've been luckily enough to come away with a bottle of wine, for winning my age group.



Paul, with his Mel's Milers' 'Over-50' first prize

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

It's a lovely setting for the start, mixed terrain along the Downs Link, passing by Southwater lake at the turn and then back along the Downs Link, making it fairly flat. There's always loads of Lingfield runners for company, and it's a very friendly, chilled, well-run event.

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

Yes, hope to be in 2024.

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

One year I must have been going at a good pace because I was keeping up with Dan Oppe. All was going well until we headed back on the Downs Link and suddenly Dan shouted at me "You go on, last night's curry is coming back!"

Next week's article is the choice of Isla Greenaway

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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, 29th February

Road run up to Hollow Lane, Dormansland

Start Time 7pm, from the Victoria Club

Tom is focused on double-digit mile distances at the moment, for his upcoming marathon, so I'll be leading this run. We'll do the run from the club up to Beacon Hill. It is about 5 miles.

Tuesday, 5th March

Road run around Lingfield

Start Time 7pm, from the Victoria Club

We'll do the new two-lap route around the village, going down Godstone Road to the Nature Reserve and then up Bakers Lane and Vicarage Road. Distance is 5 miles.

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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 28

Print

Week

Month

Agenda

Wednesday, February 28

6:45pm

LRC coaching (Fiona)

Thursday, February 29

6:30pm

Club run

7:00pm

Club running (Gary, Hollow Lane)

Saturday, March 2

9:00am

East Grinstead parkrun

10:00am

Club run

2:00pm

East Surrey League

Sunday, March 3

7:30am

Steyning Stinger

9:00am

London Half & 10k

10:00am

Eastbourne Half

Tuesday, March 5

7:00pm

Club running (Gary, Lingfield road run)

Wednesday, March 6	
6:45pm	LRC coaching (Ian G)
Thursday, March 7	
6:30pm	Club run
7:00pm	Club running
8:00pm	LRC quiz team
Saturday, March 9	
8:30am	Endurancelife Sussex 10k to Ultra
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, March 10	
7:00am	Peter's 70th birthday run (Den Haag)

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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Reminders from previous weeks

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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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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