



## Newsletter

Wednesday 6 March 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](mailto:editor@lingfieldrunningclub.co.uk)

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### Trevor's Racing Roundup

Hello everyone.

A decent attendance of 26 at last Saturday's parkruns, at 11 locations: East Grinstead (6), Banstead Woods (1), Brighton and Hove (5), Bushy (2), Chichester (1), Cyclopark (1), Horsham (1), Littlehampton Prom (1), Roundshaw Downs (1), Seaton (1) and Tilgate (6). Particular congratulations to **Wendy Smith**, fourth woman at East Grinstead, and to **Isla Greenaway** for her parkrun PB on a first visit to Brighton and Hove.

There was a range of different events last weekend, starting with the final East Surrey League event of the season. Six runners represented the club at Lloyd Park, Croydon, led home by **James Kilfiger** and **Maggie Statham-Berry**. From the [photo below](#) it seems that James was so far ahead that he had time to get changed before the rest arrived at the finish. Very well run all of you, in conditions which Dave described as "*wet marsh with mid-calf muddy/water sections*".

Keith Chambers has given us a short account of the big event and detailed results [later on](#), so I won't repeat them.

On the same day, **Emma Page-Moore** 'enjoyed' a much more unpleasant experience in the (Winter) Green Man Ultra in the Bristol area. She has given a full account of her day [later in the newsletter](#) but, if you're new to running, you might want to skip over it. Although, as Emma says, "*it's always important to share the lows as well as the highs*"!

For the record, 155 did complete, with Martin Reed first in 6 hours 44 minutes. First woman was (I think) Emily Kate Walton in 8.35.

From where I was sitting with my croissants, Sunday morning looked like a lovely day to be running. But no doubt it was still a little muddy underfoot for the Steyning Stinger Marathon, tackled by **Aly Warner**, **Michelle Hollins** and **Nick Averre** whose times I have listed below. I have included Michelle's Facebook commentary [later in the newsletter](#) to give you a better idea of what the day was like – and to cheer you up after hearing about Emma!

<b>Posn.</b>		<b>Time</b>
97	Aly Warner	05:10:01
102	Michelle Hollins	05:15:33
151	Nick Averre	05:59:30

Tom Brown (Henfield Joggers) was first to finish the marathon in 3.15.09 and first woman was Alice Robinson (Worthing & District Harriers) in 3.50.19.

**Ian Greenaway** was also in Steyning, but tackling the 30k version of the Stinger. Ian completed the course in 3:15:12, in 36<sup>th</sup> place of 103 runners. Robert Brundish of Horsham Joggers was first to finish in 2:03:46, and first woman was Rosie Clarke (Clapham Pioneers) in 2.44.48. Good running, Ian.

**Lucy Wilkes** was also out and about on Sunday, completing the Paddock Wood half marathon. Lucy reports that *"It was a good day for running - dry (for a change) and cold, and there was good support along the route for the more than 2,000 runners taking part. One of the marshals congratulated me on being the first Lingfield runner - the results have since confirmed my suspicion that I was also the last!"*

Lucy finished in 981<sup>st</sup> place, with a chip time of 1:48:52. This was a PB for her and, as she was hoping to get under 1:50, she was very pleased! Congratulations, Lucy. What Lucy didn't know was that **Kieran Barnes** was also there, but running for first claim club Brighton and Hove, finishing in 1.09.59. The race winner was Nicholas Torry (Kent AC) in 1.05.37 and first woman was Rebecca Bunting (London Heathside) in 1.15.40.

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

02-Mar-24	26	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade
<a href="#">East Grinstead</a>	693	6	Michael MANWILL	00:28:29	50.97%
38 runners		7	Tim MARTIN	00:28:41	50.20%
		12	David WORSELL	00:30:29	48.77%
		22	Wendy SMITH	00:35:38	50.80%
		27	Nevenka WORSELL	00:37:42	45.00%
		38	Judy HAYLER	01:27:47	22.10%
<a href="#">Banstead Woods</a>	575	49	Patrick DUNFORD	00:26:42	49.13%
162 runners					
<a href="#">Brighton &amp; Hove</a>	174	116	Ian GREENAWAY	00:24:03	62.86%
423 runners		162	Isla GREENAWAY	00:25:26	58.19%
		275	Steve WARNER	00:29:17	58.34%
		357	Theresa DONOHUE	00:32:29	56.49%
		409	Marie WARNER	00:41:29	48.85%
<a href="#">Bushy</a>	115	12	Jeremy GARNER	00:19:03	77.43%
911 runners		417	Sue GARNER	00:28:43	87.58%
<a href="#">Chichester</a>	541	64	Helen DAVEY	00:30:34	62.60%
136 runners					
<a href="#">Cyclopark</a>	225	7	Steve ACKROYD	00:20:09	70.39%
181 runners					
<a href="#">Horsham</a>	336	133	Aly WARNER	00:28:42	57.03%
288 runners					
<a href="#">Littlehampton Prom</a>	97	36	Paul ATHERTON	00:23:29	67.14%
215 runners					
<a href="#">Roundshaw Downs</a>	535	17	George ENGLISH	00:26:49	65.01%
82 runners					
<a href="#">Seaton</a>	320	118	Mike LOTHIAN	00:29:12	62.84%
234 runners					
<a href="#">Tilgate</a>	436	8	Dan CELANI	00:19:09	73.46%
459 runners		26	James WILLIS	00:21:47	66.11%
		30	Dan OPPE	00:21:57	62.64%
		55	Simon PETITT	00:23:38	54.72%
		150	Darija SPARKES	00:27:15	59.45%
		225	David WATKINS	00:29:48	54.31%

## **East Surrey XC - Lloyd Park**

**Saturday 2nd March 2024**

**Keith Chambers**

Last Saturday we were off once again to Lloyd Park, Croydon, for the East Surrey XC race over the same two-lap, five-mile, undulating parkland course that we last enjoyed (?) during the final race of the Surrey League XC series four weeks ago.

In early February, the first mile was soft underfoot and the remainder of the lap heavy going, in the mud and sodden grass. This time, following weeks of relentless rain, course conditions had deteriorated; it felt like endless running across paddy fields, at least there was no further rain and the sun was shining.

Credit then to all those who completed the course, it doesn't get more challenging than that, and thanks for your support as ever. James Kilfiger managed to 'walk on water', completing the course in 40:11, an impressive average of 8 minutes per mile, and in 31<sup>st</sup> position overall. Second finisher for Lingfield RC was Maggie, continuing her fine cross-country season and finishing in 64<sup>th</sup> overall position.

And the results from Lloyd Park...

<b>Finish position</b>	<b>Name</b>	<b>Time</b>
31	James Kilfiger	40:11
64	Maggie Statham Berry	46:28
67	Ian Watkins	46:45
70	Keith Chambers	48:50
71	David Nottidge	50:38
76	Michele Edwards	54:24
80 finishers		

[Full results here.](#)



*Our Lloyd Park runners after Saturday's race*

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## **Committee update**

**Graeme Bennett**

Key points from the Committee meeting on 27 February:

- Agreed that complimentary soft drinks and snacks will be available in the AGM.
- At AGM, we will have club kit for sale and examples of the PB Teamwear bespoke running gear.
- Special Q&A at AGM with two of our experienced and knowledgeable runners.
- We will soon publish Committee role descriptions to explain what is expected of a committee member.

The full set of minutes is on the [club website](#).

Next meeting is on 19 March 2024.

AGM date is 11th April.

## **Green Man Ultra – 45 miler – DNF**

**Emma Page-Moore**

(Saturday) was my third ever DNF (did not finish) after 40+ events. I'd been really excited to take on this challenge as I've been eyeing up the race for years but it had just never fitted into my race calendar. It's a 45-mile loop on the community forest path around Bristol. It's a self-navigation and a self supported event – super low key with no tracking. I'd been keeping an eye on the forecast all week and it was set to be dry and a high of 6 degrees so fairly chilly but nothing out of the ordinary for this time of year.

Me and James, my husband headed to Bristol on Friday afternoon. When we got there the priority was kit lay and bag pack. A quick check of the weather and the forecast had changed to light rain. Fine. I would start in my raincoat. For the Dragon's Back (race) I'd invested in a Salmon Adv 15 waterproof pack so I swapped from my non-waterproof Adv 12. A t-shirt, fleece and waterproof felt like a good choice; starting in t-shirt and waterproof and having a fleece just in case I got cold – all fairly standard protocol.

We left the air b and b and we noticed there was a car that had scraped off snow. Oh dear. In the car I checked the weather again, heavy rain was now forecast all day with a high of 3 degrees. A bit of a shame as the sunshine always makes for a more enjoyable day I was still really looking forward to getting out on the trails.

When we got to the start, I registered and there were a lot more cars covered in snow and the race briefing started saying there was snow leading up to the first check-point. Great.

3-2-1 and off we went! The underfoot conditions were muddy but not too bad. Onwards we went and I was feeling good. When we got to a woody area of the trail adjacent to a river the path was flooded mid-shin deep and the trail went up through a snowy field and was completely water logged. The trail then continued to follow the overflowing river, the conditions were getting worse and worse and I was feeling cold so I put up my hood over my hat and put on my gloves. I was eating and drinking well. I was feeling rather chilly and shivering a bit but knew I had my fleece ready when I needed it.

The water started to get deeper on the trails and I was absolutely soaked. I got my fleece out and put it on but then the next trail path (better described as a river) was up to my waist belt, my gloves got soaked by the splashing and I was freezing and started shivering

uncontrollably – not little shivers, full blown shaking. We waded through another river, this one was only mid-thigh. The 29-mile aid station was 2 miles away and the shivering/shaking got even worse, I was trying to move as fast as I could and swinging my arms to get more blood to my hands to warm them up but my Raynards had kicked in and I just couldn't do anything to raise my body temperature. I was thinking about getting out my foil blanket to warm up but hoped that the aid station might have some hot water.

When I got to CP3 I took my time, they didn't have any hot water so I drank some coke, ate some more food and onwards I went. About 0.3 miles out I called James and said I was just freezing, my hips had ceased up and my muscles felt strange from all the shaking. I didn't think I could endure another 15 miles of it. At the top of the hill I could see the path went into another water logged field and I knew that I was probably pretty close to full blown hypothermia, I really didn't really fancy a trip to the hospital. I stood on the path trying to decide what to do and thought I just couldn't go on, it was putting myself at risk and if I'd collapsed in those conditions it would have been a very, very bad situation to be in. It took me 30 minutes to shuffle back to the checkpoint to hand in my number. Luckily there was a pub next door and I sat in front of the fire with a tea trying to defrost before James arrived with my DryRobe!

### Why a Dry Robe?

A lot of lessons learnt. I should have packed my two windproofs and a spare pair of gloves – even waterproof gloves get soaked in the rain; once my gloves got wet my hands got too cold and that ultimately ended my race. I just wasn't prepared for freezing ground and being absolutely soaked in near freezing temperatures for the whole race. I have now ordered a super compact fold down gilet to put in my first aid kit that I always keep in my pack and will always carry at least one windproof if the weather is forecast to be 6 degree or less! The overall DNF rate for the race was 50% - it was crazy out there! Massive respect for all those who completed the race.

We live and learn, but I think I'll do the summer version of this race next time!

Ems





*It all started so well for no.24*

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## **Steining Stinger 2024**

**Michelle Hollins**

Everything prept (sic) the night before. Extra food during the week and lots of electrolyte drinks at work.

Race day, early start 5.00 a.m. out of bed.

Porridge, blueberries and coffee, kit on and out the door and ... defrost the car.

Chilly start to the day. Warm hat, gloves, buff, jacket - mmmm jacket off and into the

hydration vest.

Saw Helen from work and Jane from Running Adventures before heading to the start line - rolling start so go when you are ready.

Not into the first mile and mudfest began.

Last time I did this race I think was back in 2018 and it was all coming back to me now.

The undulating hilly multi-terrain route and of course the four big hills or STINGS up towards the South Downs with potholes, gullies, ruts, MUD, slippery slopes and lovely big puddles to splash in.

It was a beautiful day the sun came out, the skies turned blue and scenery was breathtaking.

Lots of chatting along the way, one guy with a mobile disco in his hydration vest, another tripping over his poles, and another losing his shoe to the mud.

Met Aly Warner along the way and then Nick Nicholas Averre at breakfast with lots of chatting, laughing and a full English breakfast – yummy, yummy.

Fabulous day and I got to meet Stephen Cousins of 'Film My Run'.

It was a training run for the London Marathon in aid of Children With Cancer UK

[www.justgiving.com/page/michelle-hollins-1692983486548](http://www.justgiving.com/page/michelle-hollins-1692983486548)



## **Lingfield 10s**

**Sarah Ferguson**

Hopefully by now you will have received by email a request for your support for this year's Lingfield 10s races (10mile and 10km) which are being organised by Lingfield Running Club, with the start/finish at Lingfield College on 30th June 2024.

I would be most grateful for your responses to [lingfield10svolunteers@gmail.com](mailto:lingfield10svolunteers@gmail.com) as soon as possible, with the following details :

- 1) Your name/names, email addresses and mobile phone numbers
- 2) If you are available to help on Sunday the 30<sup>th</sup> June (race day)
- 3) And/or if you are available to help on or before Saturday 29<sup>th</sup> June with event preparation (this includes any help for route preparation on weekends of 18<sup>th</sup>/19<sup>th</sup> May and 1<sup>st</sup>/2<sup>nd</sup> June)
- 4) If you a qualified first aider, and are willing to help in this capacity on the day
- 5) If you intend to enter and race in the Lingfield 10s (with the expectation that you would be allocated a role in the lead up to or after the race).

Thank you to those who have already responded, your efficiency is much appreciated!



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

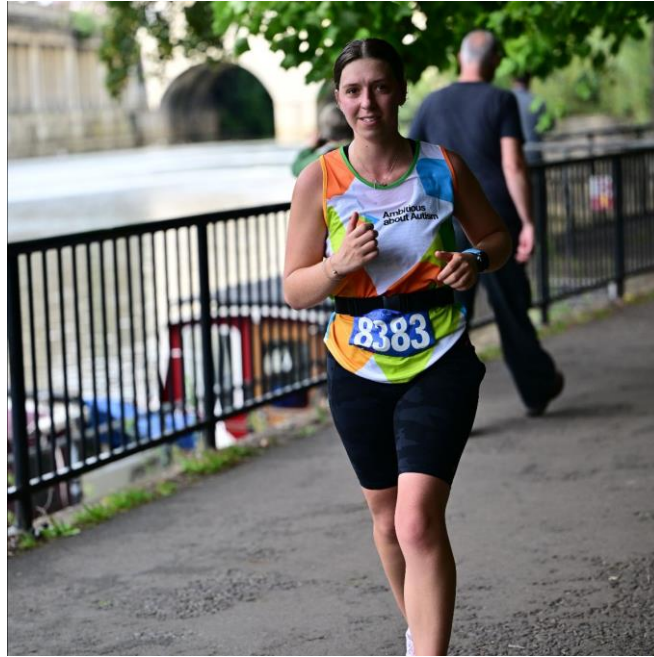
colleagues who may be interested in running the race. The QR code will take them to the [race entry page](#).

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## **My Favourite Race**

**This week, Isla Greenaway's choice**



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

[The Bath Two Tunnels Marathon.](#)

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

[Just the once!](#)

3. *What made it special to you?*

[It was my first and only marathon I've ever done.](#)

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

The race was a two lap course and on each lap we ran through two disused railway tunnels, one was 408m long and the other was 1,672m long. We also got to run through some of Bath city centre and along the canal.

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

If not why? No, not this year! I would definitely enter it again at some point. They also do a half marathon, 10k, 5k and ultra.

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

It was a really enjoyable experience and I would recommend others to give any of the distances a go. Here is the link to the website if anyone wants to have a look <https://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php>.

**Next week's article is the choice of Steve Warner**

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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.

**\* NOTE: NEXT TUESDAY'S CLUB RUN IS IN EAST GRINSTEAD \***

### **Thursday, 7<sup>th</sup> March**

#### **DIY run**

Start Time 7pm, from the Victoria Club

Neither Tom nor I can be there for the Club Run so, if you want to come along, be prepared to do your own thing and choose a route that suits you.

### **Tuesday, 12<sup>th</sup> March**

#### **The Lanes of East Grinstead**

Start Time 7pm, from East Court, top car park.

The route length will be about 5.5 miles. Being East Grinstead, it will involve hills. Meet at the top car park of East Court, near the Meridian Hall.

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## **Sevenoaks 7 Race, 7<sup>th</sup> July**

### **Gary Spring**

Sevenoaks AC is kindly promoting our Lingfield 10s race to their members, so it is only right that we reciprocate! Their race is the week following our race and is all within the rolling hills of Knole Park.





[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, March 6** ▾

Print **Week** **Month** **Agenda** ▾

<b>Wednesday, March 6</b>	
6:45pm	LRC coaching (Fiona)
<b>Thursday, March 7</b>	
6:30pm	Club run
7:00pm	Club running (DIY free run)
8:00pm	LRC quiz team
<b>Saturday, March 9</b>	
8:30am	Endurancelife Sussex 10k to Ultra
9:00am	East Grinstead parkrun
10:00am	Club run
<b>Sunday, March 10</b>	
7:00am	Peter's 70th birthday run (Den Haag)
<b>Tuesday, March 12</b>	
7:00pm	Club running (Lanes of East Grinstead)

<b>Wednesday, March 13</b>	
6:45pm	LRC coaching (James K)
<b>Thursday, March 14</b>	
6:30pm	Club run
7:00pm	Club running
<b>Saturday, March 16</b>	
9:00am	East Grinstead parkrun
10:00am	Club run
12:00pm	BMAF (Open) XC Champs.
<b>Sunday, March 17</b>	
The Moyleman marathon	
8:00am	Kingston Break-fest (8, 16 or 20m)
9:00am	Surrey Half and 5k
10:30am	Balcombe Bull Run
11:00am	Leith Hill 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](mailto:editor@lingfieldrunningclub.co.uk)

## What is sciatica and how can it affect runners?

### Runner's World

Specialist musculoskeletal physiotherapist Rebecca Christenson on what runners need to know about sciatica – including what it is, how and why it may affect runners, treatment options and best exercises

BY [REBECCA CHRISTENSON MMACP, BSC \(HONS\), MCSP](#)



Most runners have been confronted with the term 'sciatica' – whether it's via a quick Google search to try and identify that nagging back/leg pain or just a running mates' attempt at diagnosing you.

It may come as a surprise that sciatica is not actually a medical diagnosis. It is a very old term that encompasses quite a few different and sometimes overlapping conditions, and can mean different things to different people.

So, let's run through the different types of [sciatic nerve](#) pain and how runners can potentially be affected.

[Read full article](#)

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## Reminders from previous weeks

### 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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