



Newsletter

Wednesday 13 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

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Trevor's Racing Roundup

Hello everyone.

A grand turnout of 41 at last Saturday's parkruns, at eight locations: East Grinstead (10), Bushy (1), Fareham (1), Hove Promenade (1), Riddlesdown (1), Royal Tunbridge Wells (1), Tilgate (16) and Zuiderpark (10).

Particular congratulations to our two first place finishers - **Dan Celani** at Fareham and **Tom Seller** at East Grinstead, and to **Lucy Wilkes**, third woman at East Grinstead. And, if I'm not mistaken, **Sue Garner** achieved her highest ever age grading of 95.87 on Saturday. Phenomenal, Mrs Garner!

As readers of the club Facebook page will know, the high number of runners at Zuiderpark were there to help Peter Phillips celebrate his 70th birthday weekend, and nine of them rounded the weekend off with an appearance in the [NN CPC Loop Den Haag 2024](#) (a half marathon), along with over 16,000 others.

None of them could keep up with winner Abdi Nageeye (60.21) or first woman Susan Chembai (67.12), but three managed PBs for the distance – see all times below. Keith has written a short account of the weekend [later in the newsletter](#).

As Ian Watkins reported on Facebook:

*'Out celebrating Peter's 70th Birthday here in Den Haag Netherlands. A fantastic Lingfield event with lots of support from family. We all ran the Zuiderpark parkrun on Saturday and then on Sunday **Sandra** ran the 5k and managed a great time, and the rest of us hardy*

souls took on the half. Lots of PB and a special mention to Hannah, Judith and David who smashed theirs! We also created a directional signpost for Catherine and Sandra who managed to get lost on the parkrun on a circular route...'

Runners finishing times were:

Posn.		Time
4,454	Dave Worsell	01:46:21
6,592	Keith Chambers	01:53:22
6,708	Paul Atherton	01:53:41
7,346	Tom Cartledge	01:55:44
7,639	Hannah Cartledge	01:56:36
9,295	Ian Watkins	02:01:46
9,325	Judith Cartledge	02:01:55
10,698	Nevenka Worsell	02:08:36
13,015	Peter Phillips	02:29:44

According to the official results, **Sandra Miss Ankers** finished the NN CPC Loop Den Haag 5k in 2,781 place of 3,777 in a time of 35.33. I'm not sure quite what NETTOCATRANK means in the results, but Sandra ranked 1 in it. Well done, Sandra! This race was won by Jort Benz in 14.36, and first woman was Charlene Robertson in 18.01.

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

09-Mar-24	41	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	1	Tom SELLER	00:21:45	60.31%	
56 runners		6	Steve ACKROYD	00:25:07	56.47%	
		7	James KILFIGER	00:25:38	57.54%	
		10	Michael MANWILL	00:28:33	50.85%	
		20	Lucy WILKES	00:30:43	51.22%	
		24	Isla GREENAWAY	00:31:25	47.11%	
		28	Wendy SMITH	00:34:12	52.92%	
		30	Michele EDWARDS	00:34:58	55.48%	

		42	Theresa DONOHUE	00:40:17	45.55%	
		56	Judy HAYLER	00:53:24	36.33%	
Bushy	115	18	Jeremy GARNER	00:17:59	82.02%	
1,441 runners						
Fareham	244	1	Dan CELANI	00:18:24	76.45%	
181 runners						
Hove Promenade	22	268	Sue GARNER	00:26:14	95.87%	
603 runners						
Riddlesdown	597	35	Aly WARNER	00:26:11	62.51%	
121 runners						
Royal Tunbridge Wells	589	82	Emma PAGE- MOORE	00:31:09	47.83%	
166 runners						
Tilgate	436	31	Dan OPPE	00:21:24	64.25%	
623 runners		56	James WILLIS	00:22:59	62.65%	
		127	Gary SPRING	00:25:14	70.74%	
		163	David NOTTIDGE	00:26:39	64.10%	
		170	Kevin REEVE*	00:26:50		
		171	Darija SPARKES	00:26:52	60.30%	
		227	Catherine WILSON	00:28:18	58.54%	
		226	Sarah FERGUSON	00:28:18	54.06%	PB
		249	Jennifer WILLIS	00:29:05	55.70%	
		270	Claudette SIMS	00:29:23	63.30%	
		271	Amanda NOTRIDGE	00:29:24	61.56%	
		272	Steph STERLING*	00:29:25		
		321	David WATKINS	00:30:44	52.66%	
		470	Catherine PEARCE	00:36:36	44.26%	
		490	Paul MCCARTHY	00:37:17	40.55%	
		581	Terri SCOTT	00:45:58	39.38%	
Zuiderpark	n/a	18	David WORSELL	00:22:25	66.32%	
234 runners		31	Paul ATHERTON	00:23:31	67.04%	
		59	Tom CARTLEDGE	00:25:19	62.80%	

63	Hannah CARTLEDGE	00:25:50	57.29%
91	Judith CARTLEDGE	00:27:18	72.10%
93	Ian WATKINS	00:27:19	60.83%
94	Keith CHAMBERS	00:27:20	61.34%
132	Nevenka WORSELL	00:30:03	56.46%
155	Peter PHILLIPS	00:31:22	55.58%
217	Sandra ANKERS	00:50:05	46.76%

** Tilgate - Kevin Reeve and Steph Sterling took part but did not have their personal barcodes, so were not identified on the results. Based on the positions of the 'Unknowns' in the results list, and knowing approximately when they finished, I worked out that Kevin was 170th, in a time of 26:50 and Steph was 272nd in a time of 29:25.*

Gary Spring

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Surrey Road League races 2024

Editor

Surrey Athletics has confirmed the dates for the 2024 Surrey Road League races. There are club trophies on offer for both men and women, so get these dates in your diary for some summer silverware. Twenty points for first Lingfield runner to finish, then 19 for second, etc. All races to count.

Current trophy holders are Vernon Given and Lisa Compton.

Date	Race	Details
7 April 2024	Sutton 10k	
12 May 2024	Ranelagh Harriers Richmond Half Marathon	ENTRIES
2 June 2024	Dorking 10 miles	
23 June 2024	Ranelagh Harriers Richmond 10k	ENTRIES
13 July 2024	Elmore 7 miles	
21 July 2024	Elmbridge 10k	
26 July 2024	Wedding Day 7k	

The format is familiar, but there are two key changes:

1. Seven races instead of eight this year.
2. Surrey Athletics is aligning the M/F age categories as well introducing an additional category. Age categories for both M and F will be Senior, 35+, 45+, 55+ 65+.

Surrey Championship races this year are unchanged:

- 12 May 2024: Ranelagh Harriers Richmond Half Marathon
- 2 June 2024: Dorking 10 miles
- 23 June 2024: Ranelagh Harriers Richmond 10k

Wakehurst Willow 8k notice

Editor

This Grand Prix event take place on 24th July (not 17th) and [here is the link](#) to its Facebook page which includes the link to the race entry page - when entries open this Friday 15th.

This is a very popular event, so enter early.

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Pre-London Pasta Party

Scott and Dee

Hello everyone, a reminder our pre-marathon pasta night is still on at the Victoria Club on Thursday 18th April 2024,8pm.

Pasta, garlic bread and salad, £10 per head, a slow response so far but plenty time to book your place. If interested Please reply asap to the chair e mail, chair@lingfieldrunningclub.co.uk with numbers - friends and family welcome, discount for under 10's, cut off will be 10th April - payments must be in club account by 13th!

Last year over 40 had a great pasta party, if we don't get close to that then the Victoria Club may not cater for us!

Many thanks, Scott.

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LRC on tour 2024

Pete's 70th Birthday Weekend

(Lingfield Running Club visit The Hague)

Sunday 10th March 2024

Keith Chambers

Last weekend Lingfield Running Club ventured to The Hague (Den Haag) to celebrate Peter Phillips' 70th birthday on Sunday 10th March by taking part in the Den Haag Half Marathon and 5k events.

The weekend also gave the parkrun alphabeteers amongst us the opportunity to collect a "Z" in the parkrun alphabet challenge (and a South – Zuider) by attending Saturday's Zuiderpark parkrun.

Zuiderpark, a short tram ride from our hotel was, like the rest of The Hague, as flat as you could wish for. The scenic parkrun course was two identical circular loops, with glimpses of herons, geese, and deer, alongside the wide paved tree-lined avenues. The route was so easy to navigate there seemed no need for marshals; or so we thought, but somehow, Sandra and Catherine managed to get lost on the second lap! Happily, after spotting parkrunners heading in another direction they were able to discreetly re-route and re-join the parkrun.

On Sunday, Peter's birthday, the 5k and Half Marathon events were due to start at 11:00 and 14:00 respectively which gave us time to enjoy a more relaxed morning breakfast and prepare for our races before crossing the road outside the Babylon Hotel into the expanses of Malieveld Park, a huge area dedicated to the day's athletic events. Fortunately, members of the Lingfield team had been out earlier in the morning hanging out direction signs for Sandra, pointing the way to the 5k start.

The 5k, 10k and Half Marathon courses ran around the carriageways of central Hague, the Half Marathon taking us out of the city centre for a run along Scheveningen beachfront before turning back towards the finish in Malieveld Park. A cool light breeze, perfect for running.

These were big events, over 4,200 completing the 5k, over 8,700 the 10k, and more than 14,000 the Half Marathon; no wonder it felt a little congested at times in the park, and that it took three waves of half marathon runners to get everyone going, weaving along the road trying to find the clearest racing line. That said, runners being runners, it was a great atmosphere, a festival of running, matched by great all-round performances by the Lingfield team.

There were PBs in the Half Marathon for Dave Worsell, Hannah and Judith Cartledge, and a 1st Female V70 position for Sandra Ankers in the 5k. Note: There's serious competition developing in the Cartledge household, particularly between Tom and Hannah with Judith closing in rapidly.

Overall, well organised races, a great place to run and walk around in the company of friends and family, and a brilliant way to celebrate Peter's birthday.

And results from The Hague.....

5k

1 st Jort Benz	00:14:36
Sandra Ankers	00:35:33

Half Marathon

1 st Abdi Nageeye	01:00:21
Dave Worsell	01:46:21 (PB)
Keith Chambers	01:53:22
Paul Atherton	01:53:41
Tom Cartledge	01:55:44
Hannah Cartledge	01:56:36 (PB)
Ian Watkins	02:01:46
Judith Cartledge	02:01:55 (PB)
Nevenka Worsell	02:08:36
Peter Phillips	02:29:44

Full results.....

<https://results.sporthive.com/events/7168235550385003776>

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My Favourite Race

This week, Steve Warner's choice



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

I found it hard to choose one from the several notable events I have done over the years but right up there is the International Snowdon Mountain Race.

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

Three times - in 2000, 2002 and 2003.

3. *What made it special to you?*

It was my first mountain race, and it was very challenging both physically and technically. The more difficult the race the more enjoyable I found it.

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

It's a 10 mile race starting in a field in Llanberis. There's a short steep section of tarmac

before you join the Llanberis track to complete the 5 mile climb to the summit cairn. Then the fun begins with the 5 mile descent over the rocky terrain. The route is out and back to the start, so navigation is straight forward. Depending on timing you might get the chance to race the train that travels up that side of the mountain. I seem to remember the train winning.



Photo of the front-runners, on a charge to the summit.

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

No, I am neither fit enough or sure footed enough these days for such an event.

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

The first time I ran this was when I found descending can be harder on the legs than climbing. More fun though but unforgiving if you trip, as there are few soft landing areas. The race is still run each year in July and in its 48th year in 2024 and still run by volunteers. You now need mountain running experience to be able to enter, which was not the case when I ran it. As with any trip to the mountains, weather can affect the experience. The 2023 race had to be shortened to 6.5 miles due to the 90 mph winds at the summit. In that respect I was lucky each time.

Next week's article is the choice of Wendy Smith

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, 14th March

Road run from Godstone Road to West St

Start Time 7pm, from the Victoria Club

While Tom is still banking long runs for his upcoming marathon, I will lead the Thursday Club Run. This week, we'll do the 5.5 mile route, down Godstone Road, through the Nature Reserve and up to West St.

Tuesday, 19th March

Road run to Dormansland with two laps of West St.

Start Time 7pm, from the Victoria Club

This route is about 4.5 miles, but you do get two goes up West Street to make up for the shorter distance.

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 13 ▼ Print Week Month Agenda ▼

Wednesday, March 13	
6:45pm	LRC coaching (James K)
Thursday, March 14	
6:30pm	Club run
7:00pm	Club running (Gary - Godstone Rd/West St)
Saturday, March 16	
9:00am	East Grinstead parkrun
10:00am	Club run
12:00pm	BMAF (Open) XC Champs.
Sunday, March 17	
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
Tuesday, March 19	
7:00pm	Club running (Gary - Dormansland/West St)

Wednesday, March 20	
6:45pm	LRC coaching (Ian W)
Thursday, March 21	
6:30pm	Club run
7:00pm	Club running
Friday, March 22	
7:30pm	Michelle's charity quiz night
7:30pm	Surrey County AAAGM
Saturday, March 23	
9:00am	East Grinstead parkrun
9:00am	Surrey Hills Marathon
10:00am	Club run
Sunday, March 24	
9:00am	Hampton Court Palace Half
9:00am	Leonardslee Heritage Trail 10k
9:30am	Mels Milers 10k (GP event)
10:30am	Hastings Half Marathon

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

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 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 30th June (race day)
- 3) And/or if you are available to help on or before Saturday 29th June with event preparation (this includes any help for route preparation on weekends of 18th/19th May and 1st/2nd 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!



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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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