



## Newsletter

Wednesday 20 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 lower turnout of 30 at last Saturday's parkruns, at ten locations: East Grinstead (10), Bedgebury Pinetum (2), Bromley (1), Hove Promenade (1), Peacehaven (1), Penrith (1), Royal Tunbridge Wells (1), St. Mary's (1), Tilgate (11) and Woodley (1).

Particular congratulations to our two third place finishers - **Dan Celani** at Tilgate and **Isla Greenaway** at East Grinstead.

We had a national medal-winner last Saturday, as **Maggie Statham-Berry** travelled to the north-west for the Masters National XC Champs. She made the gruelling journey worthwhile, as she tells us [later in the newsletter](#). In her race, Maggie finished 65<sup>th</sup> of 94 in a time of 36.02. Great running, Maggie. Race winner was Juliet Potter in 26.14 and (I've been waiting a long time to write this) first man was Malcolm Eustace in 26.24!

Also on Saturday **Simon Mills** and **Zoe Greenfield** had long runs at the Centurion Hundred Hills 50k, near Henley. I believe **Emma Page-Moore** was also marshalling at this event (well done for that), which attracted almost 400 competitors. Race winner was Mark Darbyshire in 3.57.20 and first woman was Anna Klucnika in 4.32.57. Simon finished 244<sup>th</sup> in a time of 6.53.52, and Zoe 380<sup>th</sup> in 8.47.51. This is what Simon thought of it.

*'A perfect day for running. Glorious sunshine (yes, really) with plenty of thick, gloopy mud underfoot. There were lots of hills - I guess the clue is in the name - and certainly a least a*

*dozen of which were hands-on-knees steep.*

*The course was brilliantly marked as always, and check points were every 5-6 miles apart and, as with all Centurion events, were fantastically stocked with everything you need.*

*The course is two loops of roughly 25k each - starting, finishing and a midway point at Stonor, near Henley. Personally, I loved the first loop - and I felt great at the halfway point, but found the second half harder, in part due to knee issues (once again!).*

*For anyone looking for a first ultra, with a very generous cut off, then this is worth looking at.'*

Very well done, both of you, a very tough run.

On Sunday, three members went to sample the Kingston Break-fest runs. Given the menu of 8, 16 or 20-mile options, all three went for the 'all you can eat' choice of 20 miles.

**Jeremy Garner** was the first of them to cross the line in 95<sup>th</sup> place of 690 runners in a time of 2.22.25. **Vernon Given** came 219<sup>th</sup> in 2.41.45 and **Lisa Compton** was 391<sup>st</sup> in 3.05.15. Excellent running from all of you.

The Greensand Marathon officially ended in 2016 but was revived for a one-off special edition, on Sunday 17 March. It starts and finishes from The Nower in Dorking and goes through the Surrey Hills – the middle half of which you have to navigate for yourself. **Dave Chase** was there to capture the pleasure and the pain (see photos below). Dave did get a finishing time of 6.49.41, in 65<sup>th</sup> place, although I think he found it very tough going. Benjamin Hall (Holland AC) completed the route first in 3.19.23 and first woman to finish was Borbala Hidegh (Runnymede Runners) in 4.33.54.

We have two health-related articles in this week's edition.

Thanks to **Michelle Hollins** for bringing to our attention the article in Ultrarunning Magazine about The Widowmaker. As Michelle says "*an interesting article and be mindful that just because we can run 10k parkrun, HM, Marathon and ultra distances, we are not above heart disease or anything else: our fitness just gives us a better chance of survival. Especially when you get runners who ignore their bodies and run through ailments etc.*" We have been told.

This coming Sunday sees the second of the club's Grand Prix events for 2024 – Mel's Milers 10k. When I last checked we had 24 entries, but there were still places available

[here](#). Best of luck to everyone.

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

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16-Mar-24		30	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	693	4	James KILFIGER	00:25:21	58.19%	
51 runners		11	Ian GREENAWAY	00:29:21	51.50%	
		13	Keith CHAMBERS	00:30:36	54.79%	
		15	David WORSELL	00:31:14	47.60%	
		20	Isla GREENAWAY	00:32:52	45.03%	
		26	Michele EDWARDS	00:35:03	55.35%	
		28	Miranda CHITTY	00:36:07	50.12%	
		30	Nevenka WORSELL	00:36:50	46.06%	
		43	Theresa DONOHUE	00:40:57	44.81%	
		51	Sandra ANKERS	00:46:59	50.69%	
<a href="#">Bedgebury Pinetum</a>	685	100	Steve WARNER	00:31:20	54.52%	
169 runners		150	Marie WARNER	00:43:27	46.64%	
<a href="#">Bromley</a>	2	454	Ian WATKINS	00:29:47	55.79%	PB
733 runners						
<a href="#">Hove Promenade</a>	22	391	Sue GARNER	00:26:26	95.15%	
787 runners						
<a href="#">Peacehaven</a>	331	6	Steve ACKROYD	00:20:06	70.56%	
102 runners						
<a href="#">Penrith</a>	301	37	Paul ATHERTON	00:22:21	70.54%	PB
258 runners						
<a href="#">Royal Tunbridge Wells</a>	589	31	Pete HOLMES	00:25:30	54.31%	
194 runners						
<a href="#">St. Mary's</a>	530	29	Lucy WILKES	00:25:22	62.02%	
95 runners						
<a href="#">Tilgate</a>	436	3	Dan CELANI	00:18:13	77.22%	
565 runners		25	Dan OPPE	00:21:13	64.81%	

147	David NOTTIDGE	00:26:13	65.16%
218	James WILLIS	00:28:42	50.17%
220	Jennifer WILLIS	00:28:44	56.38%
243	David WATKINS	00:29:24	55.05%
248	David WADDINGTON	00:29:34	45.15%
274	Peter PHILLIPS	00:30:29	57.85%
305	Catherine WILSON	00:31:08	53.21%
368	Carole BARNES	00:33:36	64.14%
506	Terri SCOTT	00:42:00	43.10%

[Woodley](#)

42

76

Emma PAGE-  
MOORE

00:24:05

61.87%

432 runners



*The hardy Sunday striders ... nothing defeats them*



*Dave Chase and Simon Mills celebrate in customary style*

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## **LRC 'showcase' report for England Athletics**

### **Editor**

Recently with the support of Sally Alexander and Graeme Bennett, Scott McDonald submitted a 'showcase' report about our great club to England Athletics. EA has now published this report on its website. Please feel free to give Scott any thoughts on the report!

*'Starting in 1983 as a couple of friends who wanted to run to improve their fitness to play squash, [Lingfield Running Club](#) has since grown from strength to strength. Officially launching as a club in 1985, Lingfield has become an integral part of the local community with some of the founding members still training with the club today.*

*We caught up with long serving member and Chair Scott McDonald to find out what the secret is to creating such a fantastic club atmosphere.'*

You will find the full report [on the website here](#)



## Lingfield Running Club – putting community and mental health at the heart

Tuesday 12 March 2024



*With apologies to EA for the dated photo!*

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### **British Masters national cross-country champs.**

**Maggie Statham-Berry**

On Saturday 16 March I ran in the British Masters national cross-country championships. The event was held in North Wales on the Rhug farm estate near Corwen. After a morning of rain, the race started in a boggy uneven farm field and after going twice round, the route climbed up a lovely grassy Welsh hillside grazed by sheep. After a couple of undulations, the course dropped to a fast flowing stream which needed to be taken with a long leap.

I was in the first race for all the women and the age 65+ men. We did two laps and the distance was about four miles. The second race was for the rest of the men (ages 35-64) who did three laps. I was delighted to win the Silver medal in my W70 age group. I was 65th out of 94 finishers.

The results are on the Results tab at this link: [British Masters Cross Country \(opentrack.run\)](#)



*Maggie in action and receiving her medal from Mel James,  
the British Masters Cross Country Secretary*

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## **Lingfield cross-country season 2023-2024**

**Keith Chambers and Liz McLennan**

Dear All,

What an enjoyable cross-country season 2023-2024 has been - thank you to all those who have taken part and been part of the teams whether runners, supporters, or drivers. It's such a joy to rally the troops, organise and support every team member.

Thank you, everyone one of you.

We know that it's not easy to make every fixture, we all have busy lives, but we think you'd agree it's such a fulfilling activity - both personally and socially, the time is well spent. We're certainly looking forward to next season to spend time with you all again, and the invitation extends to those who would like to join the teams next season.

So, get the dates in your diaries, they will be the second Saturday in October, November, January, and February for Surrey League fixtures, the first Saturday of November for the Reigate XC relays, and last Saturday in January for the Southern and last Saturday in February for the Nationals.



You're all welcome, no matter how many of the events you can make, but be aware, the seats on the 'fun' bus are in high demand.

On another note, some of you may be wondering about entries to the Blacklands 10K Grand Prix event scheduled for Sunday 28<sup>th</sup> April. We've been in contact with the event organisers and will be meeting them towards the end of March, after which we'll be able to give you another update,

Happy running.

Liz and Keith

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### **My Favourite Race**

**This week, Wendy Smith's choice**



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

Equinox then Endure 24 at Reading. Lone runners, duos and teams enter and see how many laps of 5 miles they can complete over a 24-hour period either alone or in their teams - endeavouring to keep someone out on the course each hour.

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

About five.

3. *What made it special to you?*

The camaraderie, the 24-hour campfire (the race includes three days of camping), the beer, the laughs, the disasters and the team victory crossing the line after 24 hours of team running.

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

The interesting, varied off-road course, fairy forest, bands, woods, chatting to the other competitors, night running, the heat and the occasional torrential downpours.

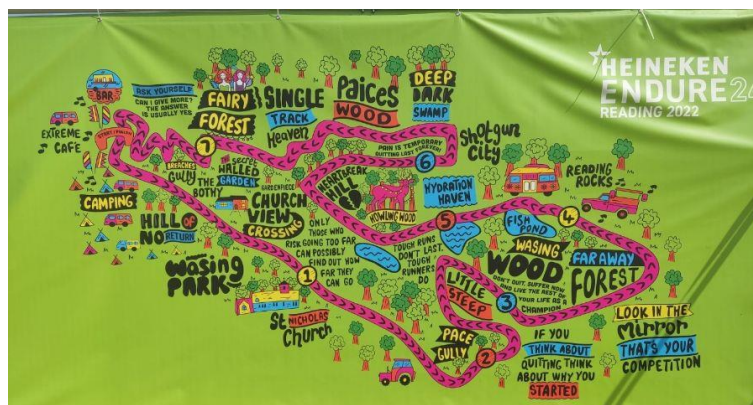
5. *Are you still entering it, each year? If not, why?*

I would but can't seem to garner any enthusiasm from others to get teams together (we usually had three). The next one is 8th-9th June at Reading.

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

<https://www.endure24.co.uk/endure24-reading/#>

**Next week's article is the choice of Tim Lloyd**



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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, 21<sup>st</sup> March**

#### **DIY run**

Start Time 7pm, from the Victoria Club

Tom and I will not be available this Thursday to lead a run so it will be a Do-It-Yourself night, for anyone who wants to run from the club in the evening.

### **Tuesday, 26<sup>th</sup> March**

#### **Last Road run of the winter??**

Start Time 7pm, from the Victoria Club

The clocks will have changed forward the following Tuesday, so there should be enough daylight to venture off-road then, assuming the footpaths are not still under water. So, for this Tuesday, we'll finish off the winter road sessions with a final run of the Winter Route – two laps around the village; a distance of 5.2 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, March 20	Print	Week	Month	Agenda
<b>Wednesday, March 20</b>					
6:45pm	LRC coaching (Ian W's intervals)				
<b>Thursday, March 21</b>					
6:30pm	Club run				
7:00pm	Club running (DIY run)				
<b>Friday, March 22</b>					
7:30pm	Michelle's charity quiz night				
7:30pm	Surrey County AAAGM				
<b>Saturday, March 23</b>					
9:00am	East Grinstead parkrun				
9:00am	Surrey Hills Marathon				
10:00am	Club run				
<b>Sunday, March 24</b>					
9:00am	Hampton Court Palace Half				
9:00am	Leonardslee Heritage Trail 10k				
9:30am	Mels Milers 10k (GP event)				
10:30am	Hastings Half Marathon				
<b>Tuesday, March 26</b>					
7:00pm	Club running (last winter road run?)				
<b>Wednesday, March 27</b>					
6:45pm	LRC coaching (Terri)				
<b>Thursday, March 28</b>					
6:30pm	Club run				
7:00pm	Club running				
<b>Saturday, March 30</b>					
8:15am	Kew Gardens 10k				
9:00am	East Grinstead parkrun				
10:00am	Club run				
<b>Sunday, March 31</b>					
8:15am	Kew Gardens Half				
<b>Monday, April 1</b>					
9:30am	Henley River 10k and Half				
10:15am	Lews Easter Monday Fun Runs				
10:30am	London Easter 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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## [The Widowmaker](#)

Buzz Burrell (Ultrarunning Magazine)



*The author runs a VK at Broken Arrow at Lake Tahoe in 2023. Photo courtesy the author.*

If you know what a widowmaker is, the above title certainly caught your attention. Unfortunately, I had never heard of the term until three months ago when it happened to me.

I have been an accomplished endurance athlete for 55 years, with countless joint and ligament problems. I've worked through them all while always assuming the engine—my heart—was incredibly strong and healthy. But I was only half right.

In early October, after returning from the World Masters Mountain Running Championships in Madeira, I was suddenly besieged with a cacophony of complaints: dental surgery, Shingrix vaccine and Rhinovirus, plus shortness of breath and constriction in my chest during exercise.

[Read the full article.](#)

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## Running with a cold?



... is it best to exercise or rest when you're sick?

Sometimes the idea of clearing your head with a run in the fresh air sounds like an appealing choice when you're suffering with a stuffy cold. But other times all you want to do is crawl under the covers and avoid running. But how do you know which tactic is best and is it ever a good idea to run when you are feeling under the weather? Here at *RW* we weight up the pros and cons, and examine what the medical experts advise.

[Read the full article](#) by Susan Paul.

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## Reminders from previous weeks

### Pre-London Pasta Party

**Scott and Dee**

Hello everyone, a FINAL 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](mailto: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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### **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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