



Newsletter

Wednesday 27 March 2024

Contents

- [Lingfield's weekly racing round up](#)
- [Richard Adams' charity fundraising - Scott McDonald](#)
- [Committee update inc AGM - Graeme Bennett](#)
- [Children with Cancer UK Charity Quiz - Michelle Hollins](#)
- [PASTA PASTA PASTA - Scott McDonald](#)
- [My favourite race - Tim Lloyd](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next ten days](#)

Reminders

- [LRC coaching sessions - Editor](#)

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

Follow us via



Trevor's Racing Roundup

Hello everyone.

A decent turnout of 31 at last Saturday's parkruns, at ten locations: East Grinstead (12), Bushy (1), Edinburgh (1), Kingston (2), Malling (2), Nonsuch Park (1), Penrhyn (1), Queen Elizabeth (1), Reigate Priory (1) and Tilgate (9).

Particular congratulations to **Lucy Wilkes** on her third place at East Grinstead, and to **Isla Greenaway** who ran a parkrun PB on her first visit to Malling.

I have received profuse apologies from **Brandon Webb** last week for failing to inform us of his performance at the Moyleman Marathon on 17 March. Brandon completed the route in 4.42.38 for 75th place of the 189 finishers. Javed Alikhan won this race in 3.24.36 and first woman was Victoria Alikhan in 3.40.15.

Brandon said *"it was a very wet grey day on the Sunday, a complete contrast to the Spring-like weather on Saturday for those on the Hundred Hills! This was my sixth finish at this race and, as normal, the race finished at the Harvey's Brewery in Lewes for a free beer and pizza."*

And I, in turn, must apologise to **Lisa Compton** for inadvertently adding a minute to her time for the Kingston 20-mile Break-fest run on the same day. Her time was, of course, 3.04.15 - placing her second in her age category.

At Mel's Milers 10k on Sunday, 362 runners finished and 22 of them came from LRC. This

compares with 17 last year. Nine of the 22 ran in last year's race and all but one ran quicker this year. Very well done all. Our first man and woman were **Dan Celani** and **Sally Alexander**, but several others were in top three in their age categories. There are some photos below.

Gary Tomlinson (Horsham Joggers) was first to finish in a time of 34.32 and first woman was Elspeth Turner (Horsham Blue Star Harriers) in 39.37.

My roving reporter tells me that **Fiona Champness** deserves a mention for stopping to help a lady runner who collapsed and cut her head. Fiona lost a few GP points for this very worthy action, while waiting for the medical team to take over.

Here are all the Lingfield times. However, please note that not all of the finishing places are accurate as they are based on finishing order, not chip times.

Overall Place	Name	Chip Time
5	Dan Celani	36:19
9	Jack Goldsmith	38:26
19	Sally Alexander	41:29
26	Steve Ackroyd	42:16
28	James Kilfiger	42:41
61	David Worsell	47:01
67	Natalie Mitchell	47:58
77	Paul Atherton	48:44
92	Lucy Wilkes	49:52
90	Sophie Davis	50:01
103	Keith Chambers	51:05
110	Maggie Statham-Berry	51:54
112	Andrew Hindmarch	52:06
115	Gary Spring	52:13
135	Ian Watkins	53:03
157	Hannah Cartledge	54:19
161	Judith Cartledge	54:35
168	Sue Garner	54:47
198	Fiona Champness	57:07
235	Mike Lothian	59:05
266	Steve Warner	62:02
265	Sarah Ferguson	62:08

It's very early days but, after two events, **Jack Goldsmith** and **Sally Alexander** have taken up pole positions - catch them if you can. Full tables - [men](#) and [women](#).

Meanwhile, down by the seaside, **Ian Greenaway** was having a go at the [Hastings Half Marathon](#). Ian says he *'really enjoyed it, hilly but felt strong all the way. Mind you, the last mile into the wind was tough ...'*. Ian finished in 599th position of 2,587 in a time of 1.48.45. Very well run, Ian. Race winner was Seyfu Jamaal (London Heathside) in 1.06.48 and first woman was Hastings' own Grace Baker in 1.21.13.

Quiz postscript

I saw many club members at **Michelle Hollins'** marathon charity quiz last Friday night, which was patiently hosted by our Chair, **Scott McDonald**. The final scores were very close, but the team that came out on top was **Bennett's Bandits**, which no doubt explains why the Editor heard several teams saying that they had been robbed. Shame on you. The evening raised a lot of money for Michelle's chosen charity, which she will tell you about [later in the newsletter](#). The event included the first appearance of our new football club scratch cards, which we will use to raise funds (in this case for Michelle's charity).

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

23-Mar-24	31	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	4	Dan CELANI	00:24:44	56.87%
67 runners		5	Simon PETITT	00:24:45	52.26%
		7	James KILFIGER	00:25:47	57.21%
		15	Vernon GIVEN	00:28:30	52.16%
		16	David WORSELL	00:30:09	49.31%
		19	Lucy WILKES	00:31:07	50.56%
		24	Judy HAYLER	00:32:10	60.31%
		25	Simon COOK	00:32:51	47.18%
		33	Miranda CHITTY	00:35:10	51.47%
		46	Theresa DONOHUE	00:41:39	44.06%
		53	Martin PAYNE	00:46:00	37.50%
		66	Sandra ANKERS	01:16:59	30.94%
Bushy	115	938	Aly WARNER	00:30:24	53.84%
1,458 runners					

Edinburgh 412 runners	32	235	Terri SCOTT	00:29:22	61.63%
Kingston 329 runners	123	274 302	Steve WARNER Marie WARNER	00:36:07 00:41:03	47.30% 49.37%
Malling 308 runners	256	77 82	Ian GREENAWAY Isla GREENAWAY	00:24:56 00:25:09	60.63% 58.85%
Nonsuch Park 563 runners	65	7	Jeremy GARNER	00:18:41	78.95%
Penrhyn 167 runners	374	49	Liz MCLENNAN	00:24:58	62.55%
Queen Elizabeth 104 runners	726	7	Steve ACKROYD	00:22:44	62.83%
Reigate Priory 395 runners	571	102	Patrick DUNFORD	00:25:18	51.84%
Tilgate 569 runners	436	18 27 77 139 213 231 275 409 452	James WILLIS Dan OPPE Paul ATHERTON Emma PAGE-MOORE David WATKINS Jennifer WILLIS Peter PHILLIPS Carole BARNES Darija SPARKES	00:20:19 00:21:28 00:23:40 00:25:50 00:28:39 00:29:04 00:30:11 00:34:04 00:36:43	70.88% 64.05% 66.62% 57.68% 56.49% 55.73% 58.42% 63.26% 44.12%





Above photos all taken from club Facebook page.

[Back to top](#)

Richard Adams' charity fundraising

Scott McDonald

Hello everyone, I hope you are well and looking forward to the longer daylight and some sunshine.

Just a quick message to let you know how much was raised in Richard Adam's memory.

[Topic of Cancer](#) have received the magnificent sum of £2,500. His family are very grateful to everyone at the running club for their support and generosity.

Many thanks, Scott

[Back to top](#)

Committee update

Graeme Bennett

Tuesday 19 March was the date of the final committee meeting for Kath (President), Scott (Chair) and Gary (Membership Secretary). We wished them a fond farewell - although we know they aren't going anywhere far away and will continue to offer their experience and knowledge (and cash) to the club.

Key points from the minutes:

- Committee role descriptions were agreed and are now available to view on the [club website](#). Don't forget there is still time to apply for any of the three vacant positions - email secretary@lingfieldrunningclub.co.uk if you are interested.
- The AGM agenda was approved and has been posted on the club noticeboard, as required by our constitution. It is also available to view on the [club website](#).
- AGM will include a Question and Answer session with two of our members, who will be unveiled on the night.

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

We look forward to seeing many of you at the AGM on 11th April, where there will be complimentary soft drinks and nibbles before the meeting starts.

[Back to top](#)

Children with Cancer UK Charity Quiz Night 2024

Michelle Hollins

At the beginning of the year, I went along to the charity quiz night held at the Victoria Club and hosted by Scott McDonald. This quiz night was to help raise funds for a new minibus. It was a roaring success which got me thinking whether I could organise one to boost [my fundraising pot](#) for my charity Children with Cancer UK in the London Marathon.

I spoke to Scott, and he was willing to help me put a quiz together. Kevin, the quiz master for tv and music, also agreed to help out. March 22nd was agreed as the date and Kellie, the proprietor of the Victoria Club, kindly said we could host it there.

So, we had the venue, we had quizmasters, now all I needed were teams to sign up and collect some raffle prizes. Scott emailed a couple of the regulars that came to his quiz night to see if they fancied putting teams together, and I messaged members of the running club.

I sent out emails to various organisations for raffle prizes and approached local East Grinstead establishments plus posts on various Facebook pages to see if anyone would be willing to donate a raffle prize. I also messaged a company called Zero Waste (wooden) Medals as I wanted the winning team to go away with a reminder of the evening. Zero Waste Medals were happy to oblige and sent me seven medals, free of charge.

It was a slow start; people were interested in getting teams together, but nothing was set in concrete. The entry fee was to be paid directly to [my JustGiving page](#). The raffle prizes started to trickle in, but I was starting to stressed and worried if I could ever pull this off. To make it work and worthwhile I need at least ten teams.

Gradually though, over time, the teams started to emerge and it was a wonderful feeling when I looked at emails from the [JustGiving page](#) to say someone had donated £30 for a quiz team.

For a short while the number of teams stayed at five and then, in the month of March, things started to really take off; seven teams, ten teams. Scott reminded me that the hall could only possibly take around 12 teams max. I had 13 teams entering. The raffle prizes also started to build up and, with it being Easter, I made a few Easter baskets filled with chocolate eggs. By the time the evening came around, there were quite a few; so much so that Scott said we would be here all night.

I had booked the day off work to get the hall ready with the table and chairs, Charity

balloons, posters and raffle prizes and Tom Cartledge offered to help too, which was fab. At 7.00pm the doors opened, and people started arriving. A quick once around the room with the raffle tickets before the quiz began. I made a little speech about why I was doing this and, as I looked around the room, seeing those 13 tables filled with good friends who had come to support me and my cause, I had a lump in my throat: so, it was quickly over to Scott to start the night's entertainment.

Around 65 quizzers, armed with pens at the ready, formed teams and competed over 13 tables. Frustratingly deliberating the name of a song you KNOW you know. Some crisp packets shared across the table, a nice pint, glass of wine or lemonade. The atmosphere was good with chattiness flying around and banter being made with quizmasters.

The questions, provided by Scott and his assistant Kevin were as electric as ever, but surprisingly not your typical quiz questions of geography, history, general knowledge but with new categories on boats, the Tower of London and the London Marathon - which was quite apt for the race event going to be undertaken. A mix of easy and hard questions seemed to challenge the contestants. There was a 10-minute interlude to replenish drinks and collect brain power food in the form of Federici Authentic Italian pizzas. Tom went around with his football cards to drum up more fundraising.

Again, the questions continued to roll, more puzzled looks on faces, brain cogs turning, whispering as answers were found or guessed.

At the end of the quiz the papers were passed around and marked.

The results:

1st	Bennett's Bandits	61.5 points
=2nd	The 445 Brains and Choirboys	60 points
4th	East Grinstead parkrunners	59 points
5th	Has Anyone Seen My Glass	58 points
6th	Just like Wine	57 points
7th	Running Out Of Names	55 points
8th	No Idea!	54.5 points
=9th	The Amputations and The Undertakers	54 points
11th	Middle Earth Running Club	46 points
12th	Small European Woman	43 points

We think one team took its answer sheet with them, so I'm not sure about team 13.

The medals were given out to the winners.

The raffle went down a storm with loads of prizes to be had.

The Children with Cancer UK Charity Quiz Night was a success, thank you to all the

quizzers who made up the teams and helped make it a memorable evening. I hope that everyone had a great night . Thank you to everyone who contributed to making this event such a fun-filled and enjoyable experience.

Quizmasters: Scott McDonald and Kevin Staples

Venue provider: Kellie Love

Raffle donations: Laura Stockwell, Ian Watkins, Nick Champness and Dad, Marie Warner, Scott McDonald, Tom Cartledge, Horley Spinal Health, Pink Beauty, Nikki Todd 1 Middle Row, Intersport, Bee Pilates, BetterBody Club, Yard Yoga, Hamilton Studios, Running Adventures (Matt Buck), The Bookshop (East Grinstead), No 9 The Retreat (Michelle Foster), Tree Frog, Siesta Beauty, Market Place (East Grinstead), Majestic Wines, Zero Waste Medals.

The target I had set myself for Children with Cancer UK was £1,500.

From various activities I did over the Christmas period, various donations from supporters my total was standing at £495.

Then came the donations to enter the quiz teams which was a super amount of £390 which bumped it up to £885.

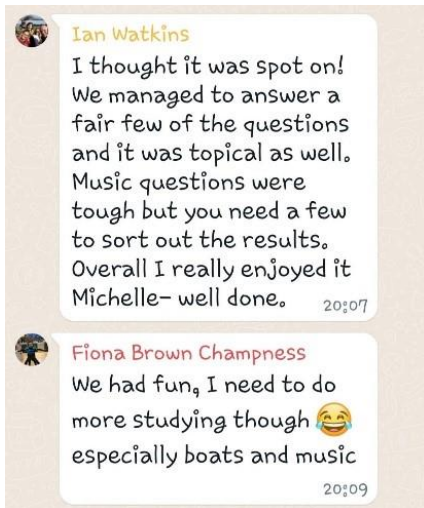
From the raffle and football card came a whopping £465 this brought the fundraising up to £1,350.

I then received a very kind gesture from Steve Elkin who was at the quiz night. He very kindly donated the amount that I need to reach my target of **£1,500**.

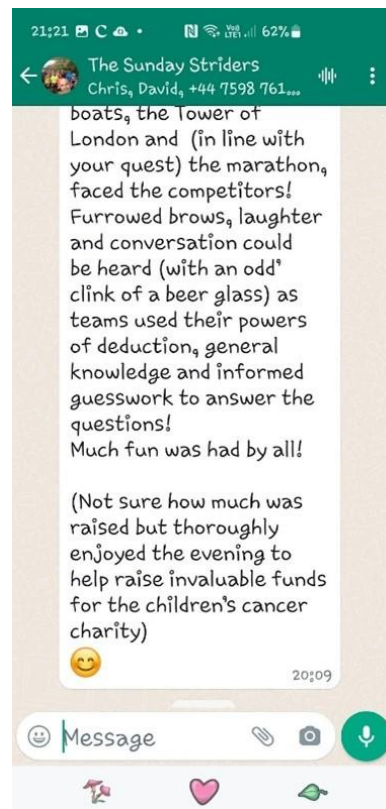
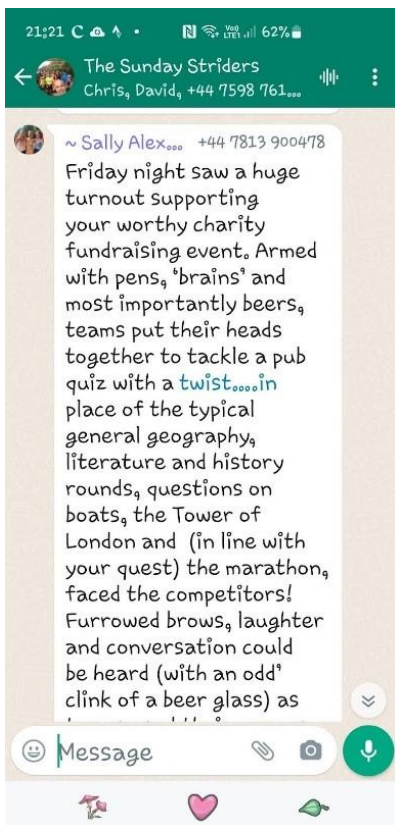
I would like to thank each and everyone of you from the bottom of my heart who helped, participated, and donated to help reach my fundraising target. You have done something incredible in helping children across the UK fight this horrible, horrible disease. A world where every child and young person survives cancer. Where every child and young person gets the chance to grow up and live their life to the fullest.

“...Life and ageing are the greatest gifts that we could possibly ever have.”

Cicely Tyson



Good fun nice to see everyone. Some of the answers were open to interpretation.



[Back to top](#)

Pre-London Pasta Pasta Pasta Party

Scott and Dee

Hello everyone, a **FINAL 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 email, chair@lingfieldrunningclub.co.uk with numbers AND ALSO state **meat or vege pasta** preference.

Payments must be in club account by midnight on Saturday 13th April - 13th! When paying please state PASTA as your reference.

Friends and family welcome, discount for under 10's,

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.

[Back to top](#)

My Favourite Race

This week, Tim Lloyd's choice



Tim Lloyd ... runner

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

The Titsey Trail 10K.

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

I think five times? Almost from the inaugural race.

3. *What made it special to you?*

There are two reasons: it was one of my very first races and gave me a lot of confidence to go out and do more, and go further. Secondly, it's my home turf, if you like. I grew up in Oxted and Limpsfield and spent most of my teens mountain biking across the North Downs, so I'm very at home on the race route.

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

Like most races it's very friendly, I bump into friends, neighbours and participants from my old club in Caterham. Oh, and the goody bag at the end was always pretty good, especially the bottle of Westerham beer.

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

I haven't run this for about five years now, sadly (although I have run parts of the route independently, much more recently). I have two young children and struggle to commit to races.

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

Like the Lingfield 10s, there's quite a range of abilities who take part and I think that really helps to make it an 'event'. Plus, the Chart is fairly high up compared with Lingfield so the course stays reasonably dry, further into Autumn.

Next week's article is the choice of Lucy Wilkes

[Back to top](#)

Weekly club runs

Gary Spring

The clocks go forward this weekend and that means we can start tackling the many off-road routes in the Lingfield/Dormansland area. They are likely to be wet and muddy in places but I hope you agree that they are still more fun than running on pavements. I would recommend still bringing head torches for the first few weeks in April to make sure you can see OK for the final few miles.

Thursday, 28th March

Last road run of the winter.

Two lap of the village – new route, via Godstone Rd.

Start Time 7pm, from the Victoria Club

I was a bit premature with my declaration of Tuesday, 26th March being the last road run of the winter. One more to go. This run will be about 5 miles.

Tuesday, 2nd April

A bit of off-road – May Race 1 route

Start Time 7pm, from the Victoria Club

I'm choosing an off-road route that should be relatively puddle-free, especially compared to the current state of many of the footpaths through farmers' fields. For members who joined the club after last summer, this route is one that we use for a series of four handicap start club races in May, so if you fancy taking part in these races, why not take the opportunity to get familiar with the route. The race route is about 4.5 miles, but because we're starting at the Victoria Club and not opposite the racecourse entrance, it will be just over 5.5 miles in total. I'd recommend light trail shoes rather than road shoes, and don't forget to pack a head torch for the end of the run.

[Back to top](#)

[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 27 ▾

 Print Week Month Agenda ▾

Wednesday, March 27	
9:00am	Club run (L10s route)
6:45pm	LRC coaching (Dave)
Thursday, March 28	
6:30pm	Club run
7:00pm	Club running (last winter road run)
Saturday, March 30	
8:15am	Kew Gardens 10k
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, March 31	
8:15am	Kew Gardens Half
Monday, April 1	
9:30am	Henley River 10k and Half
10:15am	Lews Easter Monday Fun Runs
10:30am	London Easter 10k
Tuesday, April 2	
7:00pm	Club running (May Race 1 route)

Wednesday, April 3	
6:45pm	LRC coaching
Thursday, April 4	
6:30pm	Club run
7:00pm	Club running
8:00pm	LRC quiz team
Saturday, April 6	
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, April 7	
9:00am	Brighton Marathon & 10k
9:00am	London Landmarks Half
9:30am	Sutton 10k (Surrey Road League)

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

[Back to top](#)

Reminders from previous weeks

[Back to top](#)

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

[Back to top](#)