



Newsletter

Wednesday 3 April 2024

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Welcome to new member, Tom Harvey, 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

Please do not forget the AGM - 11 April, 8.15pm

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Trevor's Racing Roundup

Hello everyone.

parkrun was very popular last weekend with a turnout of 35, at 15 locations: East Grinstead (9), Bushy (1), Colney Lane (1), Edinburgh (1), Fountains Abbey (2), Hove Promenade (2), Kingdom (2), Littlehampton Prom (1), Preston Park Brighton (1), Reigate Priory (2), Roundshaw Downs (1), Royal Tunbridge Wells (1), Southsea (1), Squerries Winery (1) and Tilgate (9).

Particular congratulations to our three third-placed ladies - **Isla Greenaway** (East Grinstead), **Emma Page-Moore** (Preston Park) and **Aly Warner** (Squerries Winery).

On Saturday **Mark Aldred** ran something called the Fortitude Pippingford. I'd not heard about Fortitude before, but [its website](#) says the rules of Fortitude are relatively simple. 'You will be awarded an event medal and coloured finisher's shirt based on your ability to complete 10 laps of our roughly 3-mile (blue), 4-mile (red) or 5-mile (black) loops in the given time. Your finishing grade is determined by your shortest loop – not total mileage'. Simple?

Mark got a 'red' shirt for finishing his laps in 9.54.26. Another runner at Pippingford officially became a Lingfield member on 1st April so welcome **Tom Harvey**, who completed his laps in 9 hours 36 minutes, earning him a 'black' shirt. Very well done to both of you, however far you ran ...

Several members took part in the Phoenix 'Unbreakable Scroll' event at Walton on Sunday. I'm not entirely sure this is a race, either, but **Lisa Compton** managed 19.7 miles in a time of 3.13.55; **Fiona Champness** ran a half marathon in 1.59.05 and **Ian Watkins** dipped under the two-hour barrier with a 1.59.59 effort. According to Ian's Facebook post the event involves running on 3.26 mile laps for a maximum seven hours. *"It's along the Thames tow path and has fabulous scenery. Nice and flat too!"*

Finally, **Sue Garner**, finding herself at a loose end, went to Battersea Park for the Vets AC 5k road race last night. Running for her second claim club, Vets AC, 'Susan' finished in 86th place in a time of 26.59. As Sue is currently ranked in 5th place nationally in parkrun for her age category, it was little surprise to see her first in category here. Very well done, Sue.

For the record, Simon Shaw (also VAC) was quickest on the night in 16.26, while fastest woman was Rebecca Luxton (Eastern Masters AC) in 18.33.

Best of luck to our marathon runners this weekend, including **Nick Avere** in Paris, and to anyone chasing our Surrey Road League trophies in Sutton.

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

30-Mar-24	35	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	13	Andrew HINDMARCH	00:30:51	51.54%
46 runners		15	Isla GREENAWAY	00:31:53	46.42%
		16	Fiona CHAMPNESS	00:32:14	52.02%
		18	Harold BURR	00:32:17	40.42%
		17	Keith CHAMBERS	00:32:17	51.94%
		23	David WORSELL	00:34:08	43.55%
		25	Michele EDWARDS	00:34:44	55.85%
		27	Miranda CHITTY	00:35:10	51.47%
		46	Nevenka WORSELL	00:49:36	34.21%
Bushy	115	24	Jeremy GARNER	00:17:57	82.17%
1,598 runners					

Colney Lane 278 runners	472	35	Brandon WEBB	00:22:28	66.69%
Edinburgh 688 runners	32	412	Terri SCOTT	00:29:28	61.43%
Fountains Abbey 637 runners	183	149 456	Ian GREENAWAY Theresa DONOHUE	00:24:36 00:33:14	61.45% 55.22%
Hove Promenade 734 runners	22	4 338	Dan CELANI Sue GARNER	00:17:45 00:26:26	79.25% 95.15%
Kingdom 159 runners	702	54 100	Catherine WILSON Sarah FERGUSON	00:27:42 00:31:30	59.81% 48.57%
Littlehampton Prom 371 runners	97	50	Paul ATHERTON	00:21:57	71.83%
Preston Park Brighton 592 runners	142	50	Emma PAGE-MOORE	00:21:37	68.93%
Reigate Priory 332 runners	571	214 319	Steve WARNER Marie WARNER	00:30:31 00:42:15	55.98% 47.97%
Roundshaw Downs 148 runners	535	47	George ENGLISH	00:27:02	64.49%
Royal Tunbridge Wells 212 runners	589	40	Pete HOLMES	00:24:39	56.19%
Southsea 490 runners	63	19	Dan OPPE	00:20:00	68.75%
Squerryes Winery 127 runners	574	26	Aly WARNER	00:25:54	63.19%
Tilgate 573 runners	436	55 54 204 214 268 283 285 398 420	James WILLIS Steve ACKROYD Hannah CARTLEDGE Judith CARTLEDGE David WATKINS Jennifer WILLIS Peter PHILLIPS Eliska KELLY Carole BARNES	00:22:35 00:22:35 00:27:29 00:27:44 00:29:04 00:29:25 00:29:27 00:33:50 00:34:41	63.76% 63.25% 53.85% 70.97% 55.68% 55.07% 59.88% 46.50% 62.13%

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Lingfield History exhibition

Scott McDonald

The RH7 History Group (www.rh7.org) is hosting an exhibition at the Lingfield Community Centre towards the end of May 2024 to showcase the history of local clubs and associations.

They wish to advertise / showcase a number of groups in Lingfield that have been around for 40 years. This includes our running club! We have the opportunity to advertise our club and Lingfield 10's. Perhaps this is also an opportunity to increase our membership.

The exhibition will be a series of A1 size boards that can display written reports and photos. I have a few written reports about our club but I have no photographs. If anyone wants to give me or Mark Clayton some pictures, written report(s), then please contact either of us. The final display needs to be completed by middle of May.

Many thanks, Scott.

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Papyrus bobble hat donations

Graeme Bennett

Over the winter, Diane Clayton toiled away knitting another batch of her marvellous running-club-coloured bobble hats.

These are exchanged for [Papyrus donations](#) by members of the running club, in particular the cross-country groups.

I'm delighted to report that the latest batch raised a total of £194 for the suicide prevention charity. Susie and I are very grateful to all involved for your continued support for this cause.



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My Favourite Race

This week, Lucy Wilkes's choice



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

Tonbridge Half marathon (now Run Kent).

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

I've done it twice, in 2019 and 2022. In 2023 I signed up, but was too busy to train properly, so I dropped down to the new 10km distance, which was run on the same course.

3. *What made it special to you?*

It was my first ever half marathon in 2019 - a big achievement for someone who always came last in races and struggled to run even 400m when I was at school! I was publicly aiming for 2:15 and secretly hoping for around 2:10, so was delighted to finish in 2:03:38. I was also pleased that I'd kept a consistent pace throughout, despite it being my first attempt at the distance, and even managed to speed up for the (uphill) finish!

In 2022, I was returning after an injury followed by Covid, and my training had been disrupted by starting a new job. I was a bit nervous at the start but, after we set off, I decided to just enjoy the fact that I was running again, through nice countryside and in reasonable weather, and racing in a large group of people which hadn't seemed possible just a couple of years before. I really enjoyed it after that and ended up running over seven minutes faster than my previous attempt. Afterwards I was very surprised to be awarded a prize for being part of the second placed ladies' team (with Sevenoaks AC).

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

It's run entirely on closed roads, through the countryside outside Tonbridge and surrounding the village of Leigh. The course is undulating, with just the right amount of challenge to keep it interesting and varied without any particularly long or steep hills. There's good support from local residents, particularly in Leigh itself, which you go through on the way out and again on the way back.

Last year, it was rebranded as 'Run Kent', and they introduced a 5km and a 10km distance on the same course, with different start times. I did the 10k and found myself finishing alongside some of the fastest half-marathoners and some of the slower 5k-ers. The mix of abilities and people encouraging each other reminded me of parkrun, and I thought it made for a really great atmosphere.

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

Maybe. I was local to Tonbridge until recently so it's a bit further to travel now for a 9am start, but I'll definitely consider it this autumn.

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

For the last 1-2 miles you're going steadily uphill, so save some energy for the end!
There's also that uphill finish, but as long as you're expecting it, it just adds to the sense of achievement afterwards.

Next week's article is the choice of Jim Parker

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Weekly club runs

Gary Spring

Welcome to British Summer Time! which means we can get back to off-road evening runs, even though many footpaths are still submerged from all the recent rain – just think of it as practice for the East Grinstead parkrun.

Thursday, 4th April

DIY Run

Tom and I will not be able to lead this Club Run so, if you plan to be at the Victoria Club at 7pm as usual, please devise your own route to run. Judging by the conditions we had on yesterday's first off-road evening club run of the year, please assume that trail shoes are very necessary and that you'll be getting very wet feet, unless you decide to stay on the roads.

Tuesday, 9th April

The May Race 2 route

Start Time 7pm, from the Victoria Club

We'll be doing the May Race 2 route, which will be about 5.5 miles, from the Victoria Club.

Trail shoes definitely recommended, especially on the section of field near Hollow Lane.

We'll be running it anti-clockwise, starting down Mill Lane. This will also be the direction of the actual May Race 2, this year. The May Race 2 route can be found, with the other May

Race routes, on the club website Home Page, in the 'Route Maps' tab. The last couple of miles will be on tarmac so head torches probably not needed unless the weather is very overcast.

Advance notice of special April runs

Tuesday 23rd April - Club Handicap Start Race #1: 5km road race

The route is up and down St Piers Lane, starting at the usual spot, on Racecourse Road, opposite the racecourse entrance.

(Possibly) Tuesday 30th April - Bluebell Run, through Staffhurst Wood.

As the intent is to admire the bluebells in full bloom and they need a decent stretch of warm weather before they reveal themselves, this date may slip if it continues to rain every day. I'll keep you posted on this.

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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, April 3	▼	Print	Week	Month	Agenda	▼
Wednesday, April 3									
6:45pm	LRC coaching (Fiona)								
Thursday, April 4									
6:30pm	Club run								
7:00pm	Club running (DIY running)								
8:00pm	LRC quiz team								
Saturday, April 6									
9:00am	East Grinstead parkrun								
10:00am	Club run								
Sunday, April 7									
7:00am	Paris Marathon								
9:00am	Brighton Marathon & 10k								
9:00am	London Landmarks Half								
9:30am	Sutton 10k (Surrey Road League)								
Tuesday, April 9									
7:00pm	Club running (May Race 2 route)								

Wednesday, April 10	
6:45pm	LRC coaching (Ian G)
Thursday, April 11	
6:30pm	Club run
7:00pm	Club running
7:30pm	LRC Annual General Meeting
Saturday, April 13	
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, April 14	
9:30am	Findon Grand National 10km
9:30am	Martello Half (Seaford)
10:15am	Reading 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@lingfielddrinningclub.co.uk

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[How to get that marathon fuelling right](#)

Runner's World

If you're one of the many people preparing to tackle 26.2 miles this spring, you've probably been thinking about how you're going to fuel your race. During your [long training runs](#), you've hopefully experimented with various [energy gels](#), chews, sports drinks or even real food to find out what works for you – and you should have trialled some different [pre-run breakfast](#) and dinner options, too.

If you haven't already, now is the time to work out exactly how many gels you'll need to consume during your marathon to keep your tank topped up with fuel. You should also start to consider how much water you'll need to drink per hour – and the amount of [electrolytes](#) you'll need to take on – to ensure you stay hydrated. And with our guide below, you'll be able to calculate exactly that.

Read the [full article](#).

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Reminders from previous weeks

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.

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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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