



Newsletter

Wednesday 10 April 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

2024 AGM - 11 April, 8.15pm

[Agenda here](#)

[Last year's minutes here](#)

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Trevor's Racing Roundup

Hello everyone.

A good turnout at parkrun last weekend with 31 runners, at 12 locations, including four I have not reported from before. Which is a bit of a pain for the Editor, but I don't want to discourage you! The venues this week were East Grinstead (11), Frogmary Green Farm (1), Guernsey (1), Hazelwood (2), Ifield Mill Pond (2), Long Eaton (1), Maidstone River Park* (1), Medina I.o.W. (1), Pymmes (1), Roundshaw Downs (1), Royal Tunbridge Wells (1) and Tilgate (8).

* Maidstone parkrun has changed its name recently.

Congratulations to **Brandon Webb** and **Fiona Champness**, third man and second woman respectively at East Grinstead. Also to **Jack Goldsmith** (second at Medina), to **Jeremy Garner** (second in Guernsey), and **Liz McLennan** third-placed woman at Frogmary Green Farm.

We had a big race winner at the weekend when **Juhana Kirk** finished first in the SILVA Lakes Traverse, from St Bees to Shap. This is a 100km run, following Wainwright's coast to coast route through the Lake District fells, which Juhana completed in 12 hours 11 minutes and 44 seconds. A fantastic run, Juhana; very well done. First woman to finish was Samantha Lissauer in 13.27.04.

Another weekend winner was the one member interested in chasing our Surrey Road League trophies at the Sutton 10k. **Sue Garner** showed what they were missing with the huge cash prize for her age category (see pic below), and 20 trophy points in the bag. Very

well done, Mrs Garner. James Hancock of Belgrave was first in 32.23 and first woman was Alice Crane of Dorking in 35.22.

Five members put themselves through the warm and windy [Brighton Marathon](#) on Sunday. **James Kilfiger** ran a very strong race, setting a PB of 3.32.47, and the four others also performed well, including first timer **Catherine Wilson**. Both give us their accounts of the day [later in the newsletter](#). Congratulations all. Race winner was Oliver Knowles in 2.32.27, and first woman was Hannah McGowan-Jones in 2.54.43. For the first time the marathon also included a wheelchair category as a pilot event for future races. Dale Muffett became the first person to complete the course in a racing chair, finishing in a time of two hours and 26 minutes.

Lingfield times were:

Posn.	Name	Chip time
1,242	James Kilfiger	3.32.47
3,145	Vernon Given	4.01.29
4,506	Ian Fotheringham	4.26.12
5,004	Tom Cartledge	4.35.39
	Catherine Wilson	4.39.50

As mentioned last week, **Nick Averde** was tuning up for London by running a trial marathon in Paris. Nick completed his run in a time of 4.31.41 and seemed to have a good time doing it (and rehydrating afterwards). Men's race winner was Mulugeta Uma in 2.05.33 and Mestawut Fikir was first woman to finish in 2.20.45. Great preparation, Nick.

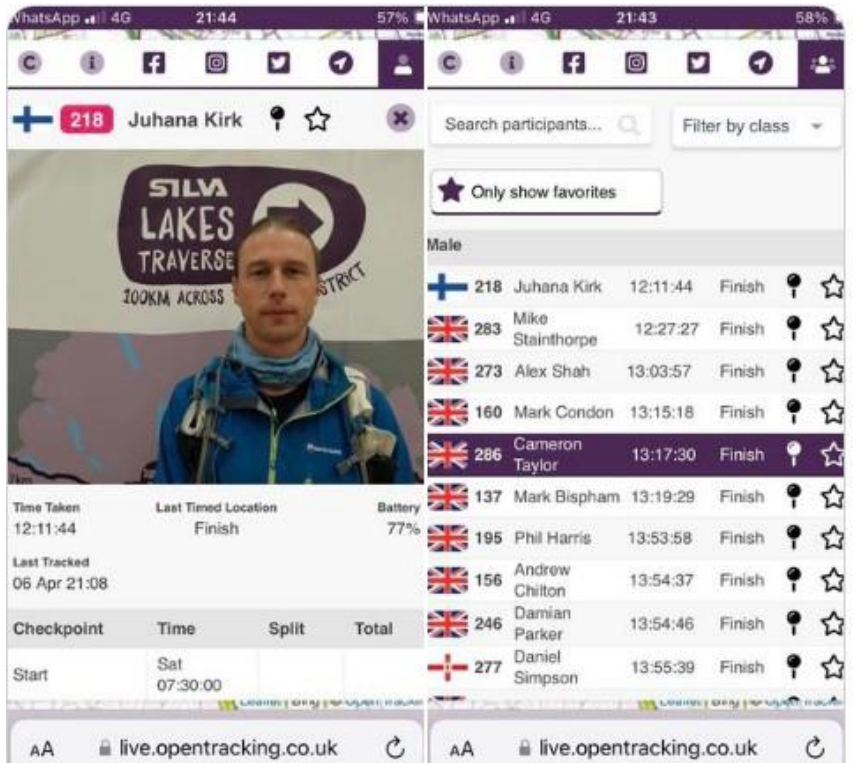
Please tell the Editor if you have done, or are planning, any races so that we don't miss anyone out of our results report. Have fun and enjoy your running.

Editor

06-Apr-24	31	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	3	Brandon WEBB	00:26:03	57.52%
47 runners		4	Ian GREENAWAY	00:29:02	52.07%
		5	Tim MARTIN	00:29:08	49.43%
		6	Mark ALDRED	00:29:29	49.24%
		8	Fiona CHAMPNESS	00:30:47	54.47%

		12	Keith CHAMBERS	00:32:12	52.07%
		13	Harold BURR	00:32:44	39.87%
		19	David WORSELL	00:34:23	43.24%
		23	Nevenka WORSELL	00:35:59	47.15%
		27	David WATKINS	00:36:30	44.34%
		43	Martin PAYNE	00:48:56	35.25%
Frogmary Green Farm	612	37	Liz MCLENNAN	00:26:13	59.57%
152 runners					
Guernsey	658	2	Jeremy GARNER	00:19:23	76.10%
166 runners					
Hazelwood	296	71	Steve WARNER	00:34:01	50.22%
95 runners		87	Marie WARNER	00:43:12	46.91%
Ifield Mill Pond	451	17	Michael MANWILL	00:22:50	64.09%
136 runners		35	Wendy SMITH	00:26:03	69.48%
Long Eaton	13	82	Patrick DUNFORD	00:23:30	55.82%
480 runners					
Maidstone River Park	168	5	Steve ACKROYD	00:19:48	72.14%
293 runners					
Medina I.o.W.	578	2	Jack GOLDSMITH	00:19:40	70.42%
282 runners					
Pymmes	162	34	Lisa COMPTON	00:24:42	87.25%
123 runners					
Roundshaw Downs	535	60	George ENGLISH	00:27:59	62.30%
152 runners					
Royal Tunbridge Wells	589	20	Pete HOLMES	00:24:46	55.92%
177 runners					
Tilgate	436	4	Dan CELANI	00:19:00	74.04%
596 runners		25	Simon PETITT	00:21:25	60.39%
		33	Dan OPPE	00:21:54	62.79%
		42	Emma PAGE-MOORE	00:22:20	66.72%
		178	Chris RANCE	00:27:16	54.95%
		209	James WILLIS	00:28:13	51.03%
		274	Jennifer WILLIS	00:30:10	53.70%
		445	Catherine PEARCE	00:35:31	45.61%

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Juhana's record in the Lakes above, and Sue's prize money below



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Pasta Pasta Pasta Party
Scott and Dee

If we get seven more takers, our pre-marathon pasta night is on at the Victoria Club on Thursday 18th April 2024, 8pm.

Pasta, garlic bread and salad, £10 per head, running out of 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.

No payments accepted on the night - we need to know confirmed numbers by 13th.

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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Brighton Marathon

James (Mr.) Kilfiger

The forecast for April 7th was 'Bright, warm, windy' So, after weeks of training through cold, rain, mud and worse, it was clear that we would have something else to contend with: sunstroke.

The first challenge to overcome was the bus driver's desire to show us all around the city; at least one group of East Grinstead runners were reported missing before the start. However, Tom and I got to Preston Park in good time, and observed that the "wind's not too bad, but it'll warm up under this sun." Tom and I were in the same wave, but my training had been going well, and so I went to the front of the group. I could see (and wave at) Paula Radcliffe at the start. Tom had had some issues (involving a screwdriver) and held back. We saw Vernon, who was running incognito and had gone into one

of the leading waves, but we didn't meet Ian Fotheringham or Catherine Wilson who were also running.

I settled down into a pace. My strategy for not overdoing at the start is to find someone who looks like they know what they are doing, and pace off them. And so 'Pink Socks' became my marker. 'Pink Socks' was doing steady 8-minute miles, and I seemed comfortable at that pace. There are a few inclines at the start of the course but nothing compared to East Grinstead. Judith and Hannah had picked a spot in the town centre at mile 7 to cheer us on. The wind wasn't an issue yet. I saw Vernon running very well, and ahead of the 3:30 pacer.

After a loop up to Withdean, and Brighton town centre, the course heads down to the seafront. Here's where we started to feel the wind properly. There was a strong cross-wind which sometimes carried sea spray over the cliffs. There was a good crowd of Lingfield supporters on Marine Drive to cheer us up the slope towards Rottingdean. By halfway I felt strong enough to go past 'Pink Socks', and I made the half marathon in 1hr45.

It's remarkable, the number of drum troops that come out for days like these, as well as gospel choirs, Brazillian dancers and bagpipes. The crowds were fantastic all the way round. There was never a shortage of jelly babies, nor of kids with 'press for power-up' signs, if you need it. And plenty of people cheered for Lingfield as I ran by. There must also have been some of my students there, as I heard a few calls of "Well done, Mr Kilfiger" too.

Tom had now been joined by Sarah Hutt who encouraged him to keep his pace up but by mile 20 the disruption to his training was starting to show, and the wind and sun were wearing him down. Ian and Catherine seemed to have settled into their rhythm, but Vernon was suffering from cramps and had slowed down. I was feeling good. At 31 km I upped my breathing and again at 38km. By starting at the front of the yellow wave, I was able to catch up with the back of the blue wave and pick them off one by one. As the finish came into sight, I still had enough left to race 'pink shirt guy' to the line (and beat him). The Wednesday night sessions helped me: Ian's work on pacing and Dave's training on using your arms for balance and stability were both in my mind as I went around the course. And, of course, Fiona's five-hills challenge for sheer bloody-mindedness and grit.

So mixed times for Lingfield runners. A "shocker" for some, but I took ten minutes off my PB, so I'm feeling pretty chuffed.



My first marathon (Brighton)

Catherine Wilson

Yes, it was my first marathon.

It was an amazing experience; it was a bit warmer than I would have liked, after training in rain and cold a lot of the time.

I started a bit too fast; 5k time was ok at 31 mins, but 10k took one hour; the crowds were amazing, and swept you along with the cheering. Didn't actually notice the hills. I slowed my pace as my 1/2 time was 2:20, then maintained it until about mile 24. Unfortunately, I got a bit of stomach ache from drinking too much High Energy drink they were handing out, didn't stick to the plan! Drank a bit too much, as it was a hotter day, and that slowed me down for the last two miles; but very happy to finish in 4:39.50.

There were some amazing bands and entertainment along the way. There was a stunning view coming back into Brighton from Woodingdean direction, and the noise from the crowd was deafening on the home straight. I really enjoyed the run and the experience.

Oh, except for the Park and Ride bus in the morning; got on the 1st bus at 7:30 in Mill Road, for a short six minute transfer to Preston Park. Driver didn't know where he was going and took the wrong turning twice; an hour and half later we arrive at Preston Park at 9am. There were a few upset passengers.

Might even be tempted to try another marathon.

But doing Run to the Sea 50k in May first.

Run Gatwick 10k - 12 May

Scott McDonald

I have received the following reminder/request from the organisers, which you might be interested in.

Hi Lingfield Running Club

I am writing to tell you about our exciting Run Gatwick 10k on Sunday 12th May 2024.

This fast and flat 10K is full of PB potential on a fully closed road course, starting and finishing at Gatwick Aviation Museum at 11am.

We are offering all clubs a 10% discount when signing up (use the code RUNGATWICK24 at the checkout).

I am also looking for volunteers on the day to help with either setup, route marshalling or help in the Info team. All volunteers get a free place to use themselves or to transfer to a friend for next year's Run Gatwick 2025 or for any of our other events this year.

Please see below the links to sign up to participate and volunteer:

[Sign up to take part in Run Gatwick 10k - Sunday 12th May 2024](#)

[Sign up to volunteer - Sunday 12th May 2024](#)

I would be very grateful if you shared this with your club members and if you have any questions, please do not hesitate to contact me.

Best wishes, Nicola Curran

07771 636524

Links to sign up for Run Series events:

[Run Gatwick - Sunday 12th May 2024 - 10K](#)

[Ride Reigate - Sunday 14th July 2024 - 25k / 50K / 100K](#)

[Run Reigate - Sunday 22nd September 2024 5k, 10k, Half Marathon](#)

GET INVOLVED!

JOIN US & VOLUNTEER!

WWW.RUNSERIES.CO.UK/VOLUNTEER

10K | 12 MAY 2024
Gatwick Aviation Museum

RUNGATWICK
In partnership with
LONDON GATWICK

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My Favourite Race

This week, Jim Parker's choice



Photo of Jim, during the 2004 race, with one of his silver medals (right)

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

My favourite race is the Isle of Wight marathon.

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

I have done this 36 times.

3. *What made it special to you?*

The race is organised by Ryde Harriers, who are a friendly and helpful club.

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

It is a one lap course and very hilly.

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

I have stopped doing it, as I'm getting slower. So called it a day.

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

They award time standard medals. Gold for sub-2hr 47min. Silver for sub-3hr 10 min. And a cloth badge for finishing.

I have four silver medals which I am very proud of.

Next week's article is the choice of Aly Warner

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Weekly club runs

Gary Spring

Thursday, 11th April

Part road/part trail run, ahead of the AGM

Start time 7pm, from the Victoria Club

Tom will lead this run. It will involve some footpaths so trail shoes recommended. It will be a shortish route, in time to get us back to the club and changed into dry shoes before the AGM.

Tuesday, 16th April

The May Race 3 route

Start Time 7pm, from the Victoria Club

Well, a few weeks ago, this route was knee-deep in water in places but the rain has eased off so it is time to check it out again before the May Race proper. The route is about 5.5 miles. Trail shoes highly advised.

(in case you're worried, we will not be trying out the May Race 4 route next Tuesday, as once is enough, slogging it up from Dormansland station to the top of Mutton Hill. I'm not that sadistic!)

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.

Thursday, 25th April - Bluebell Run, through Staffhurst Wood.

Both Graeme and I individually checked out the state of play this week on bluebell growth and were equally surprised to see a lot in bloom already, so we've brought the run ahead from what I said last week.

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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 10 ▼ Print Week Month Agenda ▼

Wednesday, April 10	
6:45pm	LRC coaching (The Blytons - Ian G)
Thursday, April 11	
6:30pm	Club run
7:00pm	Club running (pre-AGM, part road/part trail)
8:15pm	LRC Annual General Meeting
Saturday, April 13	
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, April 14	
9:15am	Crystal Palace 10k
9:30am	Findon Grand National 10km
9:30am	Martello Half (Seaford)
10:15am	Reading Half Marathon
Tuesday, April 16	
7:00pm	Club running (May Race 3 route)

Wednesday, April 17	
6:45pm	LRC coaching (James K)
Thursday, April 18	
6:30pm	Club run
7:00pm	Club running
8:00pm	LRC pasta party
Saturday, April 20	
9:00am	East Grinstead parkrun
10:00am	Club run
Sunday, April 21	
9:00am	London 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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Inside San Quentin's marathon club

David Smith in Washington

'For that day they are runners, not criminals'



A still from 26.2 to Life. Photograph: ESPN

A new documentary takes a look at 1000 Mile Club, based out of the notorious California prison, that gives inmates a special opportunity.

Running a marathon usually means going from point A to point B, witnessing some of the best sites a city has to offer. Not at [San Quentin](#), the oldest, most notorious prison in California and home to the biggest death row in America. Here incarcerated men run 105 laps around a crowded yard, navigating a slope, 90-degree turns and monotony on a makeshift track. They are not chasing medals but the chance to be defined by more than their crimes.

Read the [full article](#).

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Reminders from previous weeks

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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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

