



## Newsletter

**Wednesday 17 April 2024**

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***Welcome to new member Andrew Stone this week  
(and to all who have renewed already!)***

*Tip: to get the most from the newsletter, view it on a PC or laptop*

Please feel free to send pictures and 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.

Another good turnout at parkrun last weekend with 33 runners, at ten locations. The venues this week were East Grinstead (10), Brighton & Hove (1), Endcliffe (1), Farfalle (1), Hove Promenade (3), Ifield Mill Pond (2), Jesmond Dene (1), Mole Valley (1), Peel (2) and Tilgate (11).

Particular congratulations to our two second-placed ladies: **Sally Alexander** (celebrating her appointment as our new Chair with a PB) at Tilgate, and **Lisa Compton** at Farfalle in Italy.

One performance I omitted to mention last week was **Paul Atherton's** in the Berlin Half Marathon, where he finished in 9,965<sup>th</sup> place, in 2.01.39. Very well done, Paul, and thanks for letting us know. Race winner was Kenya's Daniel Ebenyu in 59.30, while first woman was Tekle Muluat (Ethiopia) in 1.06.53.

*"We were in Berlin for the four hottest days of the year so far; unusually warm for early April with the temperature hitting 24C as I finished the race in 2h 1min. Over 30,000 runners from more than 130 countries took part. Very well organised and a great atmosphere along the fast, flat course which took in many of Berlin's landmarks, finishing under the Brandenburg Gate.*

*We then had two days of sightseeing in the glorious sunshine, with plenty of time for cold beers by the river and another run in the enormous and picturesque Tiergarten park. My first time in Berlin and I thoroughly recommend it. If anybody might be thinking of doing this one next year, feel free to get in touch for more info."*

On the night of the club's AGM, **Maggie Statham-Berry** excused herself and went to represent the club at the final East Surrey League race of the season. This was the Ewell road race. The race was a 4.4-mile race on local roads and park tracks. Maggie completed this in a time of 36.09 and was the first W70. She will also win the League age group prize as she was also the first W70 at the two previous matches (the cross-country races in Lloyd Park in October and March). This is a huge achievement and Maggie deserves great credit – congratulations. The committee will also try to make sure we don't repeat the clash of dates next year!

Croydon Harriers provided the first man and woman home in James Hancock (21.55) and Madeleine Armstrong-Plieth (29.25).

We learned subsequently that, not only did Maggie win the W70 prize, she was also the third woman overall, by virtue of doing all three races. And that **Ian Watkins** shares the best M60 score with a runner from Collingwood AC. Very well done to both of you!

**Lisa Compton** travelled to scenic northern Italy last week to take part in the Lake Garda 21 (a half marathon) from Arco to Malcesine. Lisa finished in a time of 1.56.45 in the 'non-competitive' run (1,738 finishers), and there were also 477 'competitive' finishers; though I'm not sure Lisa would appreciate the distinction. Tom Forster won the race in a time of 1.11.37 and first woman was Philene Meister in 1.20.52. Lisa writes about her trip [later in the newsletter](#).

Lisa's son, Che, who runs for Kent AC (unfortunately) came second in the 'non-competitive' marathon in 2 hours 57 minutes – a performance which would have given him a top-10 finishing place in the 'competitive' race! Where does he get it from?

In the (only slightly) less scenic environs of Manchester, **Ian Greenaway** and **Jeremy Garner** toured the sights thrown up during the course of the Manchester marathon. Adam Clarke was the first elite finisher in 2.16.29 and first woman was Charlie Arnell in 2.37.12. Ian finished in 9,558th place in 3.59.20, behind Jeremy (running for first claim club Epsom Oddballs) in 3.04.22 (1,390<sup>th</sup> place). There were 21,871 finishers in total, so well run to both Lingfield members.

Very much closer to home on Sunday was **Hollie Shears**, who ran the Crystal Palace 10k in a time of 50 minutes and 37 seconds. Hollie placed 36<sup>th</sup> of 219 finishers, and third in her age category. Very well run, Hollie. Marek Sieminski was first in 37.30 and first woman was Leah Ward-Bower in 47.23. Whether Crystal palace is more scenic than Manchester is an article for another day, I think.

It's the London Marathon on Sunday and I hope to see many of you at the club's pre-London pasta party tomorrow night. Including, I hope, the members who are actually running it.

I should also remind you that it is the Victoria Sports and Social Club AGM on Thursday 25<sup>th</sup> April. As a member of the running club, you are also a member of the VSSC, and so are entitled to attend this meeting.

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

<b>13-Apr-24</b>	<b>33</b>	<b>LRC parkrunners</b>				
	<b>Difficulty rank /760</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>
<a href="#">East Grinstead</a>	693	6	Steve ACKROYD	00:24:27	58.42%	
63 runners		21	Tim MARTIN	00:27:49	52.19%	
		23	Ian WATKINS	00:28:40	57.97%	
		26	Keith CHAMBERS	00:29:33	56.74%	
		31	Isla GREENAWAY	00:31:18	47.28%	
		34	David WORSELL	00:32:24	45.88%	
		40	Steve WARNER	00:35:36	47.99%	
		57	Helen DAVEY	00:51:02	37.49%	
		59	Judy HAYLER	00:51:07	37.95%	
		63	Nevenka WORSELL	00:57:23	29.57%	
<a href="#">Brighton &amp; Hove</a>	174	129	Aly WARNER	00:24:33	66.67%	
493 runners						
<a href="#">Endcliffe</a>	186	42	James KILFIGER	00:21:01	70.18%	

659 runners

[Farfalle](#) n/a 17 Lisa COMPTON 00:25:14 85.40%

38 runners

[Hove Promenade](#) 22 5 Dan CELANI 00:17:26 80.69%

748 runners 353 Sue GARNER 00:26:13 95.93%

668 Lynda WILLMENT 00:34:08 55.27%

[Ifield Mill Pond](#) 451 10 Michael MANWILL 00:22:30 65.04% PB

117 runners 33 Wendy SMITH 00:25:35 70.75% PB

[Jesmond Dene](#) 689 115 George ENGLISH 00:27:53 62.52%

256 runners

[Mole Valley](#) 676 57 Liz MCLENNAN 00:25:39 60.88%

273 runners

[Peel](#) 136 154 Ian GREENAWAY 00:24:40 61.28%

591 runners 426 Theresa DONOHUE 00:31:56 57.46%

[Tilgate](#) 436 9 Simon PETITT 00:19:31 66.27%

573 runners 15 Sally ALEXANDER 00:20:17 83.65% PB

26 Dan OPPE 00:21:01 65.42%

84 Patrick DUNFORD 00:24:02 54.58%

152 Catherine WILSON 00:26:24 62.75%

157 David NOTTIDGE 00:26:34 64.93%

175 James WILLIS 00:26:59 53.37%

214 Terri SCOTT 00:28:10 64.26%

248 Peter PHILLIPS 00:29:18 60.18%

257 David WATKINS 00:29:30 54.86%

412 Paul MCCARTHY 00:35:49 42.53%

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## **Committee AGM briefing**

**Graeme Bennett**

The Victoria Club was packed with 31 members for our AGM last Thursday. The club provided light refreshments, and a display of club kit was on show to tempt members unaware of its existence.

Officers presented their annual reports. In an innovation this year, longstanding members Dave Worsell and Simon Mills fielded questions from the audience about how they prepared for, and recovered from, their endurance races. Dave Nottidge and Sarah Ferguson informed members of preparations for the Lingfield 10s races on 30<sup>th</sup> June and called for more volunteers to help.

The committee for 2024/25 was elected as follows. Gary Spring and Dee Baker will continue in their roles as our club events organiser and Social Secretary respectively.

Chair	Sally Alexander
Secretary	Graeme Bennett
Membership Sec.	Laura Stockwood
Treasurer	Tom Cartledge
Ladies' Captain	Liz McLennan
Men's Captain	Keith Chambers
President	Brandon Webb

The club's fees stay the same at £15 for 2024/25, though England Athletics affiliation rise to £19. Subs payable asap, or by 12 May, at latest please.

The draft minutes will be available on the club website soon.



*Helen Davey receives her President's Trophy from Sandra Ankers  
(on behalf of Kath Garrido)*

## **A word from our new Chair**

**Sally Alexander**

I want to take this opportunity to introduce myself and to say it is with great honour that I take up the three-year position as Chair of LRC, and I thank you all for your support. I am really looking forward to representing our club, working with you and the dedicated Committee team, including Laura and Brandon (our new Membership Secretary and President). Following on from such a great Chair as Scott will be hard, but I promise you I will do my best! If you have any suggestions (no matter how seemingly inconsequential) as we head into the next three years, please do let me know!

Although I am a newcomer to LRC (having only joined in September) my connection with the club extends back nearly 20 years ago when I first met Trevor at the NSPCC Lingfield 10K and 10M road event. From that moment onwards, Trevor was the most enthusiastic of champions, pulling his blue car up alongside me when I was out for a run, collaring me in supermarkets, coffee shops, at races or any other places that I saw him, trying to encourage me to join! I am sorry, Trevor, it took me so long to concede, but like so many people, there was an element of nerves that I wouldn't be good enough and then my daughters' young lives consumed our evenings and weekends! How wrong I was! From my very first Tuesday club run session, I have been most warmly welcomed – it is like having another family: my running family! So, thank you everyone!

But before we look forward, I want to express my personal thanks to Scott MacDonald, our retiring Chair. Scott took up the position three years ago himself, while we were still in the difficult stage of Covid lockdowns. Despite the restrictions that were intermittently in place, it did not deter Scott from fulfilling his role as Chair with great diligence.

Most of us are familiar with Scott's ability to procure transportation to and from events in the Lingfield minibus (or 'fun bus' as it has been lovingly named). I know all of us are immensely grateful to Scott for making journeys to the events hassle free and sociable, and we look forward to many more 'fun-bus' trips in the coming months and years!

But, beyond this, Scott has not only chaired monthly committee meetings, showcased LRC in articles for local magazines and most recently EA, participated in running events, but he has been fundamental tapping into funding opportunities. Scott has successfully raised much-needed revenue for the club, affording us the ability to purchase the magnificent new

blue tent (we are now the envy of other clubs at events, particularly when the heavens open and we see how many runners and supporters one tent can hold!) and our new LRC flag. If you haven't seen these items before, they create a focal point and an LRC HQ at races, as well as making us stand out among the top clubs in the country.

Also, Scott spearheaded and took on a new and very important role within the club as the Mental Health and Wellbeing Champion, from which some members have already benefited. Scott is keen members are aware of his role, which he will be taking forward. Please do not hesitate to get in touch with him for a chat over coffee, a walk or run should you wish to do so.

In addition to Scott, I would also like to express my heartfelt thanks to Gary Spring, our retiring Membership Secretary (who will continue as Events Organiser) and Kath Garrido, our retiring President. There is a huge amount of work that goes on behind the scenes to keep LRC running smoothly, which takes time and effort. So, thank you to you both and all the Committee members for your tireless contributions to the club – it really is appreciated!

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## **Lake Garda 21**

**Lisa Compton**

Last weekend Che (my son) and I flew to Verona to run the Lake Garda marathon and half marathon as training runs pre-London. This was the most stunning, fabulous course that I've ever done - I really can't find enough superlatives to describe it.

The half started in Arco, running along narrow paths alongside the river Sarca for about four miles until you reach the shores of Lake Garda at Torbole. From then on, I had the lake on my right for the entire way, running along wide, closed roads with the mountains on my left - much appreciated, as they gave some welcome shade from the 25 degree sun. The course was mostly flat, there were a couple of short tunnels to run through, but the only elevation was a short stretch near the finish. Coming into Malcesine the view ahead was of the castle up above against the backdrop of Monte Baldo, and I left the lakeside with less than a mile to go, running through a couple of quaint narrow streets to the finish.

The full marathon has more elevation, there is quite a lot of uphill at the start, but the



marathon runners had the added bonus of running along a boardwalk on the cliff edge for a couple of kilometres.

I can't recommend this race enough. The views were just breathtaking, the photos just don't do it justice. Whether or not that was a sensible decision to run it a week before London, only time will tell! Che kept to a sensible pace; I went a bit quicker than planned but there was quite a bit of downhill in the half. But regardless, I'm so glad I did it, I just loved it.



## **10K Bluebell Run at Blackland Farm**

**Grand Prix Event No.3**

**Sunday 28th April 2024**

Dear All,

Our apologies for the late information but the latest news of the 10K Bluebell Run at Blackland Farm, our third Grand Prix event, is that entries are now open, here....

<https://booking.blacklandfarm.org/course/blackland-bluebell-10k-run>

The 10K run is all within the Blackland Farm estate, the four-lap route starts on a short stretch of paved road leading gently up a gravel trail to open fields at the top of the course. The route descends into bluebell woodland, followed by a sharp hill heading back up to fields and back to the start / finish area.

Cross-country / trail shoes are recommended, the ground is likely to be soft / wet in places.

Event entry fee is £15 in advance; registration is open on the day from 9:00am at £18.

There is plenty of free parking.

Race start time is 10:00am.

There will be hot drinks available after the race and changing facilities; other details are on the Blackland Farm website.

### **Club trophy races**

You can now find a simple listing of the [Grand Prix races](#) and the other main [club trophy series](#) (Cross-country, Handicap GP and Surrey Road League) on the club [Events website page](#).

We will do our best to keep it up-to-date, but please let the Editor know if you think it isn't!



**Featuring the *Dorking 10*, a 10-mile road race (09:00)  
and the *Cockerel 10K* road race (09:40)**

The Dorking 10 is a qualifying leg of the **Surrey Road Running Championship** and the **Surrey Road League**

- Race through the scenic Surrey countryside**
- Prizes/medals for Men/Women/Teams and age categories
  - Specially designed finisher's medal
  - Random spot prizes awarded
  - Refreshments available at start and finish

*Register here*



For more info and a link to register visit: [www.dmvac.org/events/dorking-tens](http://www.dmvac.org/events/dorking-tens) or scan the QR code.

*This dropped out of our GP events this year but remains the Surrey County 10-mile  
Champs.  
and is a Surrey Road League trophy race.*

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## My Favourite Race

This week, Alyson Warner's choice



*The photo of Aly is a good demonstration of how light the Norwegian summer night sky is, as it was taken at 12:44am!*

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

Midnight Sun Marathon Tromsø Norway 2023.

2. How many times did you do it?

So far, just the once.

3. What made it special to you?

Travelling to the Arctic Circle to run at night time, in daylight. A holiday in a beautiful part of the world with the bonus of running a marathon. It's still my PB course and my first sub-4 hour marathon. The support from the locals made it feel like an outdoor Eurovision event with cow bells, beer (them, not me!), Mexican Waves and the loudest chants of encouragement.

Also seeing some Lingfield vests at the halfway point. You're never more than a marathon distance away from a Lingfield runner!!



4. What were the distinguishing features of the race?

You finish at around midnight when the sun is still out.

You run twice over a suspension bridge that is nearly 1km long

There is pretty much always a mountain or sea view, throughout the run.

Your friends / family can be with you at the start, all the way up until you start to run, so it's very relaxed. The streets on the final 1km are lined with drunken revellers so it's like a massive party.

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

There's still time for me to book it again for 2024, but it's quite a trek! I'd definitely consider competing again, but I'm off on other travel/marathon combos this year.

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

The half marathoners join you at about 10pm, which is great as suddenly there are loads more runners around you. This appealed to my inner competitive streak and made me more determined to keep pace and overtake as many of them as I could!

There is also a Polar night marathon run by the same team every January where you run the marathon in snow and it's all in the dark. Maybe even under the Northern lights! Challenge not currently accepted!!!

**Next week's article is the choice of Steve Brinkley**

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### **Weekly club runs**

**Gary Spring**

**Thursday, 18<sup>th</sup> April**

**Part road/part trail run, ahead of the Pasta Party**

Start time 7pm, from the Victoria Club

Because of the Pasta Party this night, the plan is to do a shorter route for those who want to do both. The route is only about 4 miles and fairly flat so could also appeal to anyone who wants a short, easy run. We will be going up Mill Lane so trail shoes would be very useful.

## **Tuesday, 23<sup>rd</sup> April**

### **5km Handicap Start Club Race**

Start Time 7pm, from Racecourse Road

This is the first of our nine Handicap Start races. The slowest entrant will start just after 7pm. The fastest runners can expect about a 15 minute handicap. This route is out and back along St Piers Lane. Reasonably flat and all tarmac so an opportunity to try for a 5km PB! We will start by the car park entrance, opposite the racecourse entrance. Because of limited parking at the start, the recommendation is to park at the Victoria Club and jog down for a warm-up.

## **Advance notice of special April runs**

**Thursday, 25<sup>th</sup> April - Bluebell Run, through Staffhurst Wood.**

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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 17 ▾

Print Week Month Agenda ▾

<b>Wednesday, April 17</b>	
6:45pm	LRC coaching (East Court with James K)
<b>Thursday, April 18</b>	
6:30pm	Club run
7:00pm	Club running (pre-pasta party)
8:00pm	LRC pasta party
<b>Saturday, April 20</b>	
9:00am	East Grinstead parkrun
10:00am	Club run
<b>Sunday, April 21</b>	
9:00am	London Marathon
<b>Tuesday, April 23</b>	
7:00pm	Club running (H'cap 5km road race)

<b>Wednesday, April 24</b>	
6:45pm	LRC coaching (Ian W)
<b>Thursday, April 25</b>	
6:30pm	Club run
7:00pm	Club running (Bluebell run)
<b>Saturday, April 27</b>	
9:00am	East Grinstead parkrun
10:00am	Club run
<b>Sunday, April 28</b>	
10:00am	Blacklands 10k (GP event)
10:30am	Worthing Runfest

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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### [UK Athletics announces 'groundbreaking' venture](#)

**Dan Roan, BBC**

**UK Athletics has announced a "groundbreaking" new joint venture with the organisers of the London Marathon and Great North Run in a bid to help it tackle a financial crisis.**

It follows the governing body reporting a [record annual loss of £3.7m, external](#) in 2023.

Most of that deficit was due to the staging of major events.

UKA was awarded up to £150,000 by UK Sport to help stage July's Diamond League meeting last year, after it approached the funding agency for help.

Despite it being a sellout, UKA is reported to have lost between £100,000 and £500,000 from the flagship event.

UKA says Athletic Ventures, which is a partnership with London Marathon Events and The Great Run Company, will "transform the future and growth" of the sport in the UK and help it deliver major events.

Athletic Ventures will oversee the 2026 European Athletics Championships in Birmingham and the yearly Diamond League event in the UK.

It will also lead [a potential bid](#) for the UK to host the World Athletics Championships in 2029, while attempting to find new commercial partners for athletics in the UK.

As well as the impact of Covid on ticket sales, UKA's broadcast and commercial revenues have declined steeply in recent years. It has been without a title sponsor since 2022, and is predicting a loss of £1.6m for the current financial year.

UKA chief executive Jack Buckner said: "This is a groundbreaking model for the development of athletics and for major sports events in the UK, and we believe our new partnership, which combines the national governing body with the expertise of London Marathon Events and The Great Run Company, will transform the future of athletics in this country.

"Athletics is the most watched sport at the Olympic and Paralympic Games, millions in the UK will be watching the Diamond League at the London Stadium and hundreds of millions across the globe will be following the action from the stadium in Paris, putting our sport and our great athletes - such as Molly Caudery, Hannah Cockroft, Keely Hodgkinson, Matthew Hudson-Smith and Josh Kerr - front of mind.

"We pledge to build on this huge opportunity to rejuvenate British athletics, working alongside our home country partners, to restore our sport to the popularity of the golden days of the 1980s."

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**Reminders from previous weeks**



## **Lingfield History exhibition**

**Scott McDonald**

The RH7 History Group ([www.rh7.org](http://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**

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