



Newsletter

Wednesday 5 June 2024
(Happy Global Running Day)

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***Welcome to new member, Isy Godfrey.
And also to Lucy Wilkes, now a first claim member, whose transfer from
Sevenoaks is complete.***

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

**Please feel free to send race results, pictures and reports of your races and ideas you
have for articles, to editor@lingfieldrunningclub.co.uk**

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Lingfield's Racing Roundup

Hello everyone.

Another high turnout at last Saturday's parkrun, with 42 runners at 12 locations. The venues were East Grinstead (17), Dalby Forest (1), Holkham (1), Kagerzoom (2), Kingdom (2), Lymington Woodside (1), Penrose (1), The Fisherman's Walk (1), Tilgate (5), Toyen (1), Uckfield (1) and Wakehurst (9).

Congratulations to **Kieran Barnes** (first at Lymington Woodside) and **Simon Petitt** (first at East Grinstead). Also **Sally Alexander** (second woman at Wakehurst), and for third places achieved by **Dan Celani** (Wakehurst), **Lucy Wilkes** (East Grinstead) and **Tom Seller** (Toyen). And special thanks to Simon for helping with the tokens after he finished his own race.

Apologies to **Tom Harvey**, whose 100 mile time was even quicker than reported last week, at 18 hours, 44 minutes and 37 seconds (a course record). And thanks for letting me know about your race schedule for the rest of the year - I've put them in all in our race calendar.

Tom has produced a [Youtube 'lessons learned'](#) video. Thanks to **Scott Ulatowski** for sharing. Now I know what went wrong in my two ultras – it was the support crew, nothing to do with me ...

Not a lot of racing last weekend, it would appear, but well done to the Lingfield ten who fought the hot weather as well as the hard miles of the [Dorking 10](#) on Sunday. **Lisa**

Compton (first) and **Maggie Statham-Berry** (second) came away with age group Surrey County Championship medals as reward for their fine efforts.

It's also been a long time, if at all, since **James Kilfiger** and **Hannah Cartledge** ran ten miles that fast, so congratulations to them too. But everyone deserves a medal for ten miles in that heat. Daniel Gaffney (South London Harriers) won the run in 54.09 and first woman was Georgie Bruinvelds (Aldershot Farnham & District) in 58.36.

		Chip time
87	Jeremy Garner*	01:04:41
131	James Kilfiger	01:09:17
235	Michelle Hollins	01:20:01
266	Lisa Compton	01:24:31
272	Maggie Statham-Berry	01:25:11
285	Ian Watkins	01:26:43
297	Hannah Cartledge	01:29:13
295	Chris Rance	01:29:19
318	Andrew Hindmarch	01:33:04
325	Judith Cartledge	01:33:37
329	Sue Garner	01:34:34

* Second claim

The Dorking race was also the third in the [Surrey Road League](#) series, for which club trophies are on the line. The tables now look much more interesting than they did last week, and you can see them [here](#) .

I've received a couple of notifications about races which may interest some of you. First, entries are now open for the [Surrey County Track Championships](#) Part 2 (flat middle-distance events not held in Part 1) and the [Surrey County Masters Track and Field Events](#). The link to the entry system can be found on the [Surrey County AA website](#).

And perhaps something that will appeal to more, organisers of the [Andy Ripley East Grinstead 10k](#) are delighted to announce that their 2024 entries are now open. And this is their website ... <https://www.eastgrinsteadrunners.co.uk/eg10k>

As Sally says, 'Don't delay! Secure your place today!'

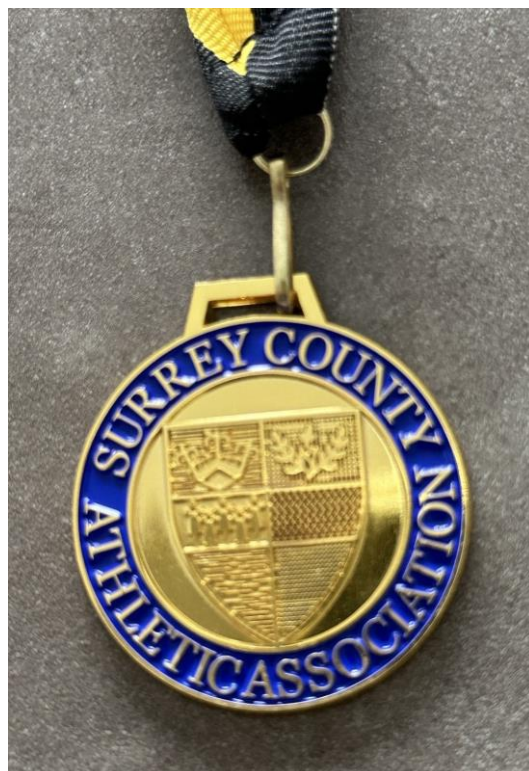
Please tell the Editor if you have done, or are planning, any races so that we don't miss anyone out of our results report. Have fun and enjoy your running.

Editor

01-Jun-24	42	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	1	Simon PETITT	00:20:33	62.94%	
77 runners		4	James KILFIGER	00:22:24	65.85%	
		6	Michael MANWILL	00:24:05	60.76%	
		12	Ian GREENAWAY	00:25:43	58.78%	
		18	Lucy WILKES	00:26:30	59.37%	PB
		21	Wendy SMITH	00:27:04	66.87%	
		25	Matthew STOCKWOOD	00:27:47	54.83%	
		26	Isla GREENAWAY	00:27:55	53.01%	
		29	Judy HAYLER	00:28:29	68.11%	
		32	Miranda CHITTY	00:29:06	62.20%	
		35	Laura STOCKWOOD	00:29:39	52.28%	
		38	Michele EDWARDS	00:30:16	64.10%	
		41	Steve WARNER	00:31:08	55.41%	
		61	Theresa DONOHUE	00:35:30	51.69%	
		68	Sandra ANKERS	00:39:45	59.92%	
		72	Martin PAYNE	00:45:55	37.57%	
		73	Simon COOK	00:45:56	33.74%	
Dalby Forest	309	30	Pete HOLMES	00:23:28	59.02%	
192 runners						
Holkham	494	17	Steve ACKROYD	00:21:17	67.11%	
208 runners						
Kagerzoom	n/a	15	David WORSELL	00:22:15	67.34%	
79 runners		39	Nevenka WORSELL	00:28:01	60.56%	
Kingdom	702	65	Mark CLAYTON	00:30:18	55.34%	
137 runners		119	Diane CLAYTON	00:40:22	49.46%	
Lymington Woodside	375	1	Kieran BARNES	00:16:27	78.42%	
runners						
Penrose	220	53	Tim MARTIN	00:23:39	61.38%	
263 runners						
The Fishermans Walk	n/a	4	Daniel QUINN	00:18:26	76.31%	
186 runners						
Tilgate	436	17	Dan OPPE	00:20:41	66.48%	
479 runners		133	David NOTTIDGE	00:26:57	64.01%	

		168	Terri SCOTT	00:27:56	64.80%	
		177	Peter PHILLIPS	00:28:15	62.42%	
		319	Paul MCCARTHY	00:34:13	44.52%	
Toyen	n/a	3	Tom SELLER	00:18:09	72.64%	
174 runners						
Uckfield	704	39	Aly WARNER	00:27:27	59.62%	
94 runners						
Wakehurst	n/a	3	Dan CELANI	00:17:53	78.66%	PB
493 runners		20	Sally ALEXANDER	00:20:33	83.62%	
		29	James WILLIS	00:21:25	67.24%	
		84	Sophie DAVIS	00:23:52	64.11%	PB
		152	Catherine WILSON	00:26:25	62.71%	PB
		214	David WATKINS	00:28:13	57.83%	
		225	Sarah FERGUSON	00:28:34	53.56%	
		370	Lynda WILLMENT	00:34:09	55.25%	
		373	Jennifer WILLIS	00:34:12	47.37%	

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*Lisa and her collection of County Championship medals (so far!) ...
and the full Dorking team (below)*



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Long-distance record breakers

Editor

Those UK track athletes deserve credit for recent record breaking achievements, but there are also two long-distance women who have been breaking records in the last two weeks.

Imo Boddy

As Scott McDonald mentioned last week, Imo Boddy became the fastest woman to climb and run between the Three Peaks of Ben Nevis, Scafell Pike and Yr Wyddfa (Snowdon).

The 24-year-old endurance runner from Yorkshire covered 680km on foot in a time of 6 days, 5 hours and 43 minutes, smashing the 45-year-old world record set by Ann Sayer.

Read the full report in Runner's World [here](#).

Sophie Power

And just last Friday, across the Irish Sea, Sophie Power became the fastest woman to run the length of Ireland, from Malin to Mizen Head. Sophie, mother of three and founder of [SheRACES](#), ran around 560km within 3 days, 12 hours and eight minutes - breaking the previous record by over three hours.

Read a full report [here](#).

Thanks to Emma Page-Moore for flagging this up.

Amazing achievements.



Imo Boddy (left) and Sophie Power

Pictures by Tommy Leeming and Phill Hill

Emma Page-Moore's view:

Absolutely incredible. What Sophie has done for our sport is just mind blowing. In Nov 2021 I couldn't do a race because I'd just had my son and my physio said I physically wasn't ready to take on a mile running let alone 50k! The race director just said OK and no refund or deferral was offered.

That same race director then invited me to be a part of the [Championing Women's Running](#) team to get SheRACES accredited (the organisation Sophie set up to make running events better for women). The deferral policy for females is now three years and of course the SheRACES accreditation covers more than just deferral policies, Sophie did this!

I don't think she'll ever know how much impact she's had on women like me and her FKT with her husband and boys by her side was just awesome!

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My Favourite Race

This week, Dave Wilkes' choice



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

[The Maidstone River Run \(8.6k\).](#)

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

Four times.

3. *What made it special to you?*

The race was along the bank of the Medway in an area I had lived in for a number of years (could see the place where I lived along the route) and the finish is just along the road from the Wine Bar where Deb & I met.

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

It was run from Wateringbury along the Medway path back to Maidstone. You booked in at Maidstone then everyone took a train to the start at Wateringbury.

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

Have not done it since 2018, when the route had to be changed and it became an out-and-back 10k along a less interesting stretch of the river.

Next week's article is the choice of Judy Hayler

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Weekly club runs

Gary Spring

Tuesday run with Oxted Runners



Yesterday, we held our co-host run with Oxted Runners, at Oxted and it was great to have Nick Champness back running with us after a long injury lay-off. The above photo shows some of the runners from both clubs, after the run (due to some confusion on where the route went, there was a big gap between when everyone finished).

The weather gods were on our side, and the rain stayed away during the run, but it was a toughie; seemingly uphill for most of the route. However, as it was around Limpsfield Chart, the very scenic footpath routes more than made up for the extra effort needed.

There were three different paced groups and we kindly volunteered James Kilfiger to join the fast group, which he heroically kept up with. I think he is only kneeling in the photo for effect, rather than sheer fatigue.

Oxted Runners come to Lingfield on Tuesday, 9th July, for the return leg. They are a fun bunch of runners, so please try and make this date and give them a big welcome.

Thursday, 6th June

Road/Trail run in Dry Hill

Start time 7pm from the **Memorial Hall, Plough Road**, Dormansland. (near the junction with Hollow Lane and Dormans High St)

Tom Cartledge is leading this run, that will cover about 4 miles of the Lingfield 10s route.

Tuesday, 11th June

Road/Trail run in the area of Wiremill

Start Time 7pm, from the Victoria Club

The route is about 5.5 miles. I will recce it over the weekend and advise what type of shoe would be best to wear, on Facebook, on Tuesday.

Advance notice of special June runs

Tuesday, June 18th May Race 3

May Race 3 has been provisionally booked for this date, but there are two sections of very wet and muddy footpaths still, so this race may move back again.

Tuesday, June 25th Pub Run, Chiddingstone

The Castle pub in Chiddingstone is now open until 9:30pm on a Tuesday which should give everyone time to complete the route and get a drink afterwards. We will therefore meet

there rather than the usual start at Penshurst. England are playing that night in the Euros. If this is going to put off a lot of would-be pub runners, please let me know and I can reschedule. If I don't hear many requests for a different date, we'll keep this date of June 25th.

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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, June 5	Print	Week	Month	Agenda
Wednesday, June 5					
6:45pm	LRC coaching (Dave)				
Thursday, June 6					
6:30pm	Club run				
7:00pm	Club running (Tom - Dry Hill road/trail run)				
8:00pm	LRC quiz team				
Saturday, June 8					
Endure24 (Reading)					
SDW 100					
9:00am	East Grinstead parkrun				
10:00am	Club run				
10:00am	South Downs Half & 10k				
Sunday, June 9					
Endure 24 (Reading)					
9:00am	Leonardslee Heritage Trail 10k				
9:15am	Weald Trail Half (GP event)				
9:30pm	Worthing 10k				
Tuesday, June 11					
7:00pm	Club running (Gary - Wiremill area)				
Wednesday, June 12					
6:45pm	LRC coaching (Fiona)				
Thursday, June 13					
6:30pm	Club run				
7:00pm	Club running				
Saturday, June 15					
6:30am	Race to the King 100k & 50k				
9:00am	East Grinstead parkrun				
10:00am	Club run				
Sunday, June 16					
6:00am	Race to the King 50k				
10:00am	Worthing 5k				

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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Reminders from previous weeks

Summer BBQ update

Scot and Dee

Hello everyone, our annual summer BBQ is getting closer - Sunday 11th August 2024, 2 - 5pm. Again it will be held at Lingfield Sports Association (LSA) ground, Godstone Road, Lingfield. Following on from Dee's BBQ FB post, please see a few more details for this year's LRC BBQ...

The price has been set as £6.50 and £4.50 for children under 10. This is the same deal as last year. 1x burger or sausage in a bun, pasta, potato salad, salad, bread, homemade cake etc.

Please confirm your attendance and make payment to the club account asap but by no later than the 1st August (the same details you pay your subs to) Please put BBQ as the reference and how many people you are paying for. No refunds will be made and if you decide to attend after the 1st August then it will be £10 per person to club account. If you decide to join us on the day then it will be £10 cash please. This takes account of additional shopping visits that will be required. Non club members are welcome as are 4 legged friends !

If we get less than 30 attending then we may consider having to cancel the event.

The LSA has plenty space for parking and plenty space for those who want a game of rounders etc. There will be a licensed bar available where prices are very good value, cash or card.

Please let either myself or Dee know you are attending and what your meal option is

- vegetarian or meat. If you just want to join in the fun but not eat or bringing your own food, then please note your price is £1. This goes towards the £50 donation we give to LSA for them allowing us to use their ground and facilities.

Looking forward to seeing you all there.

Dee and 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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