



## Newsletter

Wednesday 12 June 2024

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***No new members to welcome this week.***

*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](mailto:editor@lingfieldrunningclub.co.uk)**

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### Lingfield's Racing Roundup

Hello everyone.

With a hot half to look forward to on Sunday, a few regular parkrunners gave it a miss. But we still had a turnout of 36 last Saturday, at seven locations. The venues were East Grinstead (15), Bushy (1), Fareham (2), Kingdom (2), Queen Elizabeth (1), Tilgate (5) and Wakehurst (10).

Congratulations to **Simon Petitt** (second at East Grinstead), **Dan Celani** (second at Wakehurst) and **Lucy Wilkes** (third woman at East Grinstead). And we had seven PBs on the day, so well done all.

The hot half I referred to was the Weald Trail Half from Chiddingly, also the fifth event in the Open Grand Prix series. Our team excelled itself, with **Sally Alexander** leading the women home in 1.47.52, and **Michelle Hollins** taking first place in her age group. I think this is the third weekend in a row where the club has brought trophies home, after **Tom Harvey** and **Lisa Compton** in previous weeks. Well done everyone running, they were very difficult conditions. Mark Mellor (Tunbridge Wells Harriers) was first in 1.34.47, and 347 finished.

		Time
14	James Kilfiger	1:44:07
26	Sally Alexander	1:47:52
44	Michael Manwill	1:56:47
119	Michelle Hollins	2:16:33
120	Ian Watkins	2:16:37
126	Fiona Champness	2:17:14
136	Sophie Davis	2:20:20

200	Catherine Wilson	2:36:07
268	Sarah Ferguson	2:54:14

It seems from the official results that **Michael Manwill** was moonlighting for Lichfield RC, so we will need to check if he qualifies for GP points. Assuming he does, this is how the tables look after five events – [men](#) and [women](#). While Sally and James have healthy leads, they have done one event more than their immediate pursuers. Sally has given us an account of the day [later in the newsletter](#).

**Dave Chase** was advertising the Lingfield 10s while running the [Leonardslee Gardens Heritage Trail 10k](#) on Sunday. Despite there being a gap in the results, he assures me he finished 69<sup>th</sup> in a time of 65.18. This was, he also assures me, 30 seconds faster than last years' time, when he was also blanked out. The race was won by Gavin Brooks in 46.43 and first woman (I think) was Becky Sutton in 51.29.

Last week second-claim member Jeremy Garner also ran the [Dorking 10](#), so I have added his time (1.04.41) into the [Surrey Road League table](#).

I've given in to unrelenting pressure from readers to resume my reports on the quiz team's performances at The Star each month. We've done ok lately, with third places in both May and June, and the quizzes have finished at a time allowing Chris to get home in time for a cocoa before bed. What's frustrating are those annoying moments when you can't remember what coriander seeds look like, or when you mistake a young Judy Dench for a young Michael Portillo. Okay, if you're so clever, come along and give it a go. Anyway, here are the [picture puzzles](#) we had to sort out last Thursday – see how you get on.

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>08-Jun-24</b>		<b>36</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	2	Simon PETITT	00:20:19	63.66%	
109 runners		8	Steve ACKROYD	00:21:16	67.16%	

		19	David WORSELL	00:25:18	59.22%	
		24	Ian GREENAWAY	00:25:53	58.40%	
		26	Lucy WILKES	00:26:03	60.40%	PB
		32	Wendy SMITH	00:26:38	67.96%	
		34	Chris RANCE	00:26:50	55.84%	
		43	Isla GREENAWAY	00:27:51	53.14%	
		45	Nick CHAMPNESS	00:28:17	51.33%	
		46	Laura STOCKWOOD	00:28:24	54.58%	PB
		51	Matthew STOCKWOOD	00:29:03	52.44%	
		57	Nevenka WORSELL	00:30:37	55.42%	
		81	Theresa DONOHUE	00:34:19	53.47%	
		99	Sandra ANKERS	00:40:34	58.71%	
		100	Keith CHAMBERS	00:40:35	41.31%	
<a href="#">Bushy</a>	115	23	Jeremy GARNER	00:18:15	80.82%	
1,509 runners						
<a href="#">Fareham</a>	244	95	Steve WARNER	00:28:49	59.86%	
236 runners		210	Marie WARNER	00:40:07	51.31%	
<a href="#">Kingdom</a>	702	53	Mark CLAYTON	00:29:17	57.26%	PB
136 runners		123	Diane CLAYTON	00:41:55	47.63%	
<a href="#">Queen Elizabeth</a>	726	52	Aly WARNER	00:27:18	59.95%	
140 runners						
<a href="#">Tilgate</a>	436	166	Terri SCOTT	00:27:28	65.90%	
528 runners		169	David WATKINS	00:27:33	59.23%	
		187	Peter PHILLIPS	00:28:11	62.57%	
		358	Paul MCCARTHY	00:34:04	44.72%	
		375	Carole BARNES	00:34:44	63.05%	
<a href="#">Wakehurst</a>	n/a	2	Dan CELANI	00:17:58	78.29%	
312 runners		14	James WILLIS	00:20:17	70.99%	PB
		36	Tim MARTIN	00:22:55	63.35%	PB
		73	Lisa COMPTON	00:24:51	86.72%	
		116	Judy HAYLER	00:26:43	72.61%	
		127	Sue GARNER	00:27:15	92.29%	PB
		139	Helen DAVEY	00:27:57	69.41%	
		147	Darija SPARKES	00:28:15	57.94%	
		150	Amanda NOTRIDGE	00:28:24	64.61%	
		221	Jennifer WILLIS	00:32:13	50.28%	PB



*Thank you all for the good luck wishes! All ready for the off!*

*Below, Sally receives one of her trophies.*

*Sally and Michelle also received substantial rewards for their endeavours.*





*You won't find this in any coaching manual, but Dave claimed a PB ....*

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### **The Weald Challenge Half Marathon – Sunday 9<sup>th</sup> June 2024**

**Sally Alexander**

On Sunday, a team of nine LRC runners headed off into the depths of the Sussex countryside to take part in the 2024 Weald Challenge Half Marathon. Whilst Soph, James, Michelle, Ian, Mike, Fiona and Sally packed themselves into one car, Catherine and Sarah sensibly opted for the more luxurious 2-person transport!

For those of you who are not familiar with this event, the course was utterly stunning, made even more beautiful thanks to the sunshine! We started in the picturesque village of Chiddingly along a short expanse of country lane before navigating a heady

mix of undulating fields, woodland trails, narrow pathways, challenging ascents and further county lanes. The route took us north along the Weald Way to Blackboys before looping round to pick up the Vanguard Way back to the finish in Chiddingly.

As the event's title indicates, it was a testing course with many protruding natural hazards at all levels, 20 stiles (I believe – Michelle was counting!) and unstable terrain with unclear signage at various points, meaning most of us got a bit lost along the way!

However, we all made it back to the finish in one piece and proud of our achievements, with additional accolades for LRC with Michelle Hollins scooping the first FV60 prize and I was delighted to scoop prizes for first overall female and first FV50. A special mention must go to James Kilfiger who was first out of the LRC team to finish in 14<sup>th</sup> position overall. The team was especially delighted to receive the famous Weald Challenge mugs, and for some of the team, who are seasoned Weald Challenge mug 'collectors', careful colour consideration had to be made! Wendy, I hope Mike made the right colour choice!!

Well done to everyone: few people can run 5k, let alone a half marathon, and each one of you can! What fabulous achievement! Also, many thanks to our photographers, Ian and Michelle!



## My Favourite Race

This week, Judy Hayler's choice



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

I am an avid supporter of parkrun and, out of the 38 different locations I have run at, Eden Project is probably my current favourite (with Fountains Abbey a close second).

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

I'm heading towards my 250th - mostly at East Grinstead.

3. *What made it special to you?*

Eden Project is such an iconic location. We did it after our planned 100th parkrun and Cornish holiday was cancelled due to Covid (locked down on 99!). The holiday was rescheduled twice and eventually, two years later, we managed it as our 128th parkrun!

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

You start just outside the site at what was the edge of the China clay pit and run down into the gardens with fantastic views of the biomes. It is net downhill with a couple of loops closer to the bottom of the site - best described as undulating - all on tarmac, so very quick



compared with East Grinstead.

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

I try to parkrun every week - either run, volunteering or both, and a new venue every month if possible.

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

I think the parkrun community at East Grinstead is very special - and it was this that encouraged me to join LRC last year.

***Next week is the choice of Mike Lothian***

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### **Weekly club runs**

**Gary Spring**

#### **Last night's Club Run run to The Wiremill**

A great turn-out for a route we have not done for a few years. Here we are, admiring the view at The Wiremill lake. Sadly, no beer stop last night, but be sure to try out the Penshurst pub run, later this month. (see the footnotes at the bottom of this article, on why it is no longer the Chiddingstone pub run).



**Thursday, 13<sup>th</sup> June**

**Road/Trail run to Cooks Pond**

Start time 7pm from the Victoria Club

Tom Cartledge will be leading this run. The Cooks Pond route is 10.5km but if you want to do a bit less, there is the option to cut this to 9km by following the May Race 1 route. Both routes have the same start and finish sections, so anyone taking the shorter route should be able to join up again with the Cooks Pond group. Road shoes should be OK.

**Tuesday, 18<sup>th</sup> June**

**Next Club Handicap Race – 5 mile road route**

Start Time 7pm, opposite the racecourse entrance, Racecourse Road.

I checked out the two muddy sections of May Race 3 route this weekend and there is still a lot of water and soft mud present, see below.



While this is something any East Grinstead winter parkrunner takes in their stride, it does have safety risks, so it has been decided to put back May Race 3 again until, hopefully, the paths dry out a bit more.

But,...having psyched you all up for a Club Handicap Race next week, we do not wish to disappoint, so we're bringing forward the 5-mile road Club Handicap race to next week. The race starts in the usual place, opposite the racecourse entrance, and goes down St Piers Lane and Water Lane, with a turn-round near the junction with Haxted Road, then returns back the same way, to the Start position. It is all tarmac and fairly flat so this is a good opportunity to try and run your 5-mile PB. First runners will start just after 7pm and the faster runners can expect about a 20 minute handicap. Please still park at the Victoria Club and then jog down to the start.

## Advance notice of special June runs

**Tuesday, June 25<sup>th</sup>**

**Recce run of Lingfield 10s routes**

**Meet at The Memorial Hall, Dormansland**

This will be a final opportunity to check the race routes for the Big Race on the following weekend, and if you fancy bringing secateurs, trimming back some of the undergrowth that has grown back in the past few weeks. More information in next week's newsletter.

**Thursday, June 27<sup>th</sup> Pub Run, Penshurst**

**\*\* PLEASE NOTE DATE AND PUB CHANGE \*\***

New information shows The Castle pub in Chiddingstone is now temporarily closed due to emergency building survey work so we're back to the Leicester Arms, Penshurst, for the meeting place and finish of this run. The route is the same, just the start/finish point has changed. More information to follow next 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, June 12	▼	Print	Week	Month	Agenda	▼
<b>Wednesday, June 12</b>									
6:45pm	LRC coaching (Fiona)								
<b>Thursday, June 13</b>									
6:30pm	Club run								
7:00pm	Club running (Tom, Cooks Pond)								
<b>Saturday, June 15</b>									
6:30am	Race to the King 100k & 50k								
10:00am	Club run								
<b>Sunday, June 16</b>									
6:00am	Race to the King 50k								
10:00am	Worthing 5k								
<b>Tuesday, June 18</b>									
7:00pm	Club running (Handicap GP – 5 mile road )								

<b>Wednesday, June 19</b>	
6:45pm	LRC coaching (Ian G)
<b>Thursday, June 20</b>	
6:30pm	Club run
7:00pm	Club running
<b>Saturday, June 22</b>	
6:30am	Biggin Hill Sunrise Challenge
10:00am	Club run
<b>Sunday, June 23</b>	
8:30am	Hangers Way 50k
9:00am	Richmond 10k (Surrey Road League)
10:00am	Greener Earth Trail Race, Nutley

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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## **Knee pain after running?**

**Here's what to do about it**

**Runner's World**

Sports doctor, author and marathoner Dr Jordan Metzl explains four common problems that could be to blame for knee pain during or after your runs – and how to manage it

BY [JORDAN METZL](#) AND JENNY BOZON

Updated: 5 June 2024



If your runs are plagued by knee pain, you are most certainly not alone. The research is clear – the knee is one of the most common areas to experience [running-related injuries](#).

But, despite what some of your non-running acquaintances might claim, running is not in itself bad for your knees. Many large scale, authoritative [studies](#) show time and time again that runners actually have lower rates of [knee osteoarthritis](#) than non-runners, or sedentary people.

One [study](#) even concluded that running can actually stave off the horrible condition: 'Increasing evidence indicates that exercise training can improve pain, stiffness, joint dysfunction and muscle weakness in patients with knee osteoarthritis.'

That said, some symptoms of [knee arthritis](#), including pain and swelling, can still present during running – although they can equally appear during day-to-day activities and there are plenty of other potential causes.

We asked sports doctor Jordan Metzl to explain four of the most common causes of sore knees after running, including what their symptoms might be and what you can do about them.

Read the [full article](#).

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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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