



Newsletter

Wednesday 19 June 2024

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Due to holiday commitments, this week and next editions may lack the polish you've come to expect ...

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

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Lingfield's Racing Roundup

Hello everyone.

We had a good turnout of 39 parkrunners last Saturday, at 14 locations - East Grinstead (20), Bethlem Royal Hospital (1), Clair (1), Haga (1), Ifield Mill Pond (1), Kingston (1), Medina IoW (2), Mole Valley (1), Oxford (1), Reigate Priory (1), Royal Tunbridge Wells (1), Tilgate (2), Wakehurst (4) and Wilmslow (2).

Congratulations to **Lucy Wilkes** (first woman at East Grinstead), to **Dan Celani** (second at Wakehurst) and to **James Kilfiger** and **Isla Greenaway** (both third at East Grinstead).

I couldn't find, and nobody notified me about, any other races over the weekend. So, I'll just say best of luck to anyone doing the next Surrey Road League event, the Richmond 10k, on Sunday.

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

| 15-Jun-24 | 39 | LRC parkrunners | | | | |
|--------------------------------|----------------------|-----------------|-----------------|----------|-----------|-----|
| | Difficulty rank /760 | Position | Name | Time | Age grade | PB? |
| East Grinstead | 693 | 3 | James KILFIGER | 00:21:18 | 69.25% | PB |
| 99 runners | | 15 | Tim MARTIN | 00:25:13 | 57.57% | |
| | | 16 | Michael MANWILL | 00:25:42 | 56.94% | |
| | | 17 | David WORSELL | 00:25:50 | 58.00% | |
| | | 19 | Lucy WILKES | 00:26:08 | 60.20% | |
| | | 22 | Ian GREENAWAY | 00:26:34 | 56.90% | |
| | | 28 | Isla GREENAWAY | 00:27:09 | 54.51% | PB |
| | | 30 | Wendy SMITH | 00:27:19 | 66.26% | |
| | | 41 | Nick CHAMPNESS | 00:28:28 | 51.00% | |

| | | | |
|----|---------------------|----------|--------|
| 49 | Miranda CHITTY | 00:29:11 | 62.02% |
| 57 | Darija SPARKES | 00:30:54 | 52.97% |
| 59 | Hannah CARTLEDGE | 00:31:02 | 47.69% |
| 65 | Nevenka WORSELL | 00:31:38 | 53.64% |
| 76 | Judith CARTLEDGE | 00:33:10 | 59.35% |
| 83 | Jennifer WILLIS | 00:34:29 | 46.98% |
| 84 | James WILLIS | 00:34:31 | 41.72% |
| 87 | Theresa DONOHUE | 00:34:59 | 52.45% |
| 93 | Sandra ANKERS | 00:40:02 | 59.49% |
| 97 | Fiona CHAMPNESS | 00:42:53 | 39.10% |
| 98 | Keith CHAMBERS | 00:59:59 | 27.95% |

[Bethlem Royal
Hospital](#)

130 runners

| | | | | |
|-----|---|---------------|----------|--------|
| 654 | 7 | Steve ACKROYD | 00:20:32 | 69.56% |
|-----|---|---------------|----------|--------|

[Clair](#)

95 runners

| | | | | |
|-----|----|-------------|----------|--------|
| 625 | 54 | Helen DAVEY | 00:28:29 | 68.11% |
|-----|----|-------------|----------|--------|

[Haga](#)

167 runners

| | | | | |
|-----|----|-------------|----------|--------|
| n/a | 87 | Judy HAYLER | 00:27:41 | 70.08% |
|-----|----|-------------|----------|--------|

[Ifield Mill Pond](#)

95 runners

| | | | | |
|-----|----|---------------|----------|--------|
| 451 | 69 | Paul MCCARTHY | 00:33:38 | 45.29% |
|-----|----|---------------|----------|--------|

[Kingston](#)

365 runners

| | | | | |
|-----|---|---------------|----------|--------|
| 123 | 5 | Jeremy Garner | 00:18:13 | 80.97% |
|-----|---|---------------|----------|--------|

[Medina I.o.W.](#)

| | | | | |
|-----|-----|--------------|----------|--------|
| 578 | 113 | Steve WARNER | 00:29:15 | 58.97% |
|-----|-----|--------------|----------|--------|

| | | | | | | |
|---------------------------------------|-----|-----|-------------------|----------|--------|----|
| 229 runners | | 206 | Marie WARNER | 00:41:10 | 50.00% | |
| Mole Valley | 676 | 236 | Carole BARNES | 00:37:22 | 58.61% | |
| 287 runners | | | | | | |
| Oxford | 119 | 104 | Sue GARNER | 00:26:53 | 93.55% | |
| 236 runners | | | | | | |
| Reigate Priory | 571 | 137 | Aly WARNER | 00:27:07 | 60.36% | |
| 334 runners | | | | | | |
| Royal Tunbridge Wells | 589 | 33 | Pete HOLMES | 00:23:47 | 58.23% | |
| 232 runners | | | | | | |
| Tilgate | 436 | 10 | Dan OPPE | 00:20:34 | 66.86% | |
| 495 runners | | 169 | David WATKINS | 00:27:38 | 59.05% | |
| Wakehurst | n/a | 2 | Dan CELANI | 00:18:29 | 76.10% | |
| 368 runners | | 49 | Paul ATHERTON | 00:23:46 | 66.34% | PB |
| | | 61 | Mark ALDRED | 00:24:06 | 60.24% | |
| | | 126 | Peter PHILLIPS | 00:27:46 | 63.51% | PB |
| Wilmslow | 385 | 81 | Laura STOCKWOOD | 00:26:42 | 58.05% | |
| 220 runners | | 82 | Matthew STOCKWOOD | 00:26:43 | 57.02% | |



Last Sunday's early morning runners

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Lingfield makes headlines
England Athletics

Thanks to former Chair, Scott McDonald for getting this article about the club into the EA newsletter.

Your stories

Lingfield Running Club: community and mental health at the heart



Starting out as friends running together, the club has since grown over 39 years to welcome 171 members to their sessions. In recent years the club committee have made huge strides to support the runners both physically and mentally.

Chair Scott McDonald says: "I'm no mental health expert, but it's rewarding to know I may have provided support to someone who is struggling. I can meet members for a walk, run or cup of coffee to give them a safe space where they can speak openly about any issues."

Since two members tragically lost their 20-year-old son in 2018 the club has made it a priority to raise awareness on the importance of mental wellbeing and to support the young people's suicide prevention charity, Papyrus.

[READ THE FULL ARTICLE](#)

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[St Piers Star Run](#) Sunday 7th July 2024

With the option to take part in the 5km or 10km trail around Young Epilepsy and St Piers' beautiful campus or the 0.5km loop fun run/walk on a closed road, The StarRun is for all ages and abilities and is about getting involved and taking part together as a community.

Enter at <https://www.stpiers.org.uk/starrun2024>

StarRun has something for everybody:

- 10k or 5k race around our beautiful campus
- 500m fun run/walk so that all ages and abilities can take part
- Post-run fair with food & Drinks

**Sunday,
7 July 2024**
**St Piers Lane,
Lingfield**

Scan me to register



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My Favourite Race
This week, Mike Lothian's choice



Mike, at Tilgate on Christmas Day, 2023, where he clocked up his 100th parkrun

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

The Mel's Milers 10k, at Horsham.

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

Three or four times.

3. *What made it special to you?*

In 2013, after several years of running with the club, I finally managed to get under 50 minutes for a 10km; a feat that I've never repeated, nor ever will. I remember coming round the final bend and seeing the race clock on the tower move to 49 minutes, which spurred me on to a sprint finish. I crossed the line on 50.01, but fortunately it was a chip timed race and I had seven seconds in reserve, so my finish time was 49.54.

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

It was a good choice for a 10k PB as it's relatively flat and mostly on paths or good tracks. The finish, up a gentle slope to the school tower, with its large race clock, inspired me to make a last dash for the line.

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

I last did the race in 2016. Various medical issues, holidays and general lethargy have prevented a return. However, inspired by writing this article, I plan to enter the 2024 race, with a much-increased target time!

(Ed: Mike made a successful return to this race this year, completing the 10km in 59 minutes 5 seconds).

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

The event is very well organised, with plenty of parking, good changing facilities and refreshments in the sports centre – and of course it's one of the Lingfield RC Open Grand Prix events for 2024.

Next week's article is the choice of Sally Alexander

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Weekly club runs

Gary Spring

Last night's Club Race – The 5 mile Handicap



Last night was Race No.5 of the nine race Handicap Series. As it was a Tuesday evening, we had the inevitable rain shower, but our hardy members are made of stern stuff and hunkered down, waiting for their Start times to come around. Recently-joined member, Zoe McCurry defied my predicted time by a long chalk and came home a clear first, over a minute ahead of 2nd place, David Nottidge, who took the honours as first man home. I have to mention Dan Pike's impressive performance, which he did after running to the start from his home in East Grinstead. There were also some good duels between the runners who started at the same time. Special mention goes to Steve Ackroyd, Sally Alexander and James Kilfiger, who were the last to start and seemed to be joined at the hip for most of the five miles, until their sprint finishes finally separated them, though only by a mere nine

seconds.

Many thanks to Lisa Compton for being the 'Turn-Around' marshal and to Sue Garner and Tom Cartledge for their efficient handling of the start and finish.

Here are the provisional results: The points tables will be updated on the club website, as soon as possible.

| Position | Name | Clock time (mins:secs) | Handicap time (mins:secs) | Actual time (mins:secs) | Points (ladies) | Points (men) |
|----------|------------------|---------------------------|------------------------------|----------------------------|--------------------|-----------------|
| 1 | Zoe McCurry | 52:58 | 6:30 | 46:28 | 20 | |
| 2 | Isla Greenaway | 54:29 | 11:30 | 42:59 | 19 | |
| 3 | David Nottidge | 54:34 | 11:30 | 43:04 | | 20 |
| 4 | Ian Fotheringham | 54:35 | 12:30 | 42:05 | | 19 |
| 5 | Keith Chambers | 55:00 | 15:30 | 39:30 | | 18 |
| 6 | Paul McManus | 55:30 | 15:30 | 40:00 | | 17 |
| 7 | Dan Pike | 55:43 | 22:45 | 32:58 | | 16 |
| 8 | Hannah Cartledge | 56:02 | 15:30 | 40:32 | 18 | |
| 9 | Steve Ackroyd | 56:06 | 24:30 | 31:36 | | 15 |
| 10 | Sally Alexander | 56:09 | 24:30 | 31:39 | 17 | |
| 11 | James Kilfiger | 56:15 | 24:30 | 31:45 | | 14 |
| 12 | Brandon Webb | 56:21 | 21:00 | 35:21 | | 13 |
| 13 | Judith Cartledge | 56:49 | 15:30 | 41:19 | 16 | |
| 14 | Dave Watkins | 57:28 | 13:30 | 43:58 | | 12 |
| 15 | Sophie Davis | 57:31 | 19:00 | 38:31 | 15 | |
| 16 | Scott McDonald | 57:52 | 7:30 | 50:22 | | 11 |
| 17 | Ian Greenaway | 58:01 | 19:00 | 39:01 | | 11 |
| 18 | Michelle Hollins | 58:04 | 21:45 | 36:19 | 14 | |
| 19 | Dan Oppe | 58:16 | 23:30 | 34:46 | | 11 |
| 20 | Ian Watkins | 58:30 | 19:00 | 39:30 | | 11 |
| 21 | Sarah Ferguson | 59:13 | 5:00 * | 44:13 | 13 | |
| 22 | Dave Worsell | 59:48 | 22:45 | 37:03 | | 11 |
| 23 | Lucy Wilkes | 60:29 | 19:00 | 41:29 | 12 | |

* Sarah's handicap time re-adjusted to balance with other runners

Thursday, 20th June

Starborough Farm

Start time 7pm from the Victoria Club

Tom Cartledge will be leading this run. Mix of road and footpaths. Road shoes should be OK. Distance is about 10 km.

Tuesday, 25th June

Lingfield 10s Recce Run

Start Time 7pm, by the Memorial Hall, at the junction of Plough Road & Hollow Lane, Dormansland.

You will be aware by now that our club is organising the Lingfield 10s races on Sunday, 30th June. This Club Run will give us an opportunity to check out the race routes for any unexpected issues and also show the marshals their positions.

By starting at Ford Manor Road, we will be cutting out a chunk of the race route that goes up St Piers Lane and down Moor Lane. The marshals that are on both the 10km and 10 mile routes will be running about 5km, while the marshals, just on the 10mile route will be running 11 km (7 miles). If you're not marshalling, you're still welcome to join either group. As we're so close to The Plough, we could meet up there for a post-run drink.

Advance notice of special June runs

Thursday, June 27th Pub Run, Peshurst

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

The Castle pub in Chiddingstone is still temporarily closed, so we will be running from the Leicester Arms, Peshurst. The route is just over 10km in distance, mostly footpaths with some very quiet lanes and an impressive finish, passing close to Peshurst Place. More details on where to meet will be in next week's newsletter and on Facebook.

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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 19 ▾

Print [Week](#) [Month](#) [Agenda](#) ▾

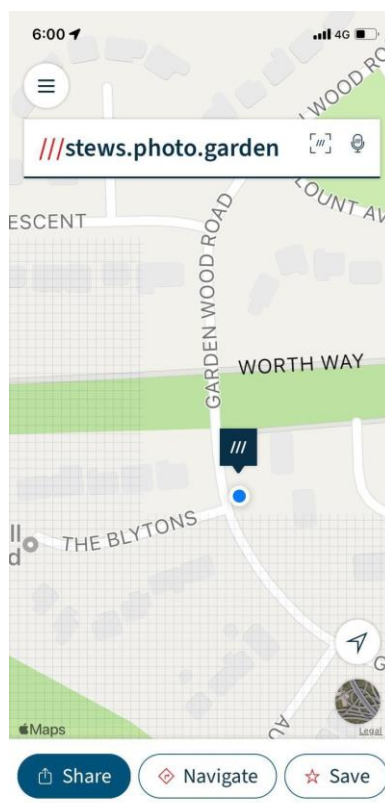
| | |
|---------------------------|-----------------------------------|
| Wednesday, June 19 | |
| 6:45pm | LRC coaching (Ian G) |
| Thursday, June 20 | |
| 6:30pm | Club run |
| 7:00pm | Club running (Tom - Starborough) |
| Saturday, June 22 | |
| 6:30am | Biggin Hill Sunrise Challenge |
| 10:00am | Club run |
| 11:00am | Danehill Fun Run |
| Sunday, June 23 | |
| 8:30am | Hangers Way 50k |
| 9:00am | Richmond 10k (Surrey Road League) |
| 10:00am | Greener Earth Trail Race, Nutley |
| Tuesday, June 25 | |
| 7:15pm | Club running (L10s recce run) |

| | |
|---------------------------|-----------------------------------|
| Wednesday, June 26 | |
| 6:45pm | LRC coaching (James K) |
| Thursday, June 27 | |
| 6:30pm | Club run |
| 7:00pm | Club running (Pub run, Penshurst) |
| Saturday, June 29 | |
| 9:00am | Hove Promenade parkrun (GP event) |
| 10:00am | Club run |
| 12:30pm | Downland Dash |
| Sunday, June 30 | |
| 8:00am | James Cooper Community Run |
| 8:30am | North Downs Run 30k |
| 9:00am | Lingfield 10s |

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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Today's coaching session starts here with Ian Greenaway



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Reminders from previous weeks

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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