



Newsletter

Wednesday 26 June 2024

Contents

- [Lingfield's weekly racing round up](#)
- [Richmond 10k - Sally Alexander](#)
- [Hangers Way Ultra - Michelle Hollins](#)
- [Phoenix 12 in 12 - Lisa Compton](#)
- [My favourite race - Sally Alexander](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next ten days](#)

Reminders

- [LRC coaching sessions - Editor](#)

Welcome to new member, Tim Atkins, 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 34 parkrunners last Saturday, at 12 locations. Congratulations to **Aly Warner** (third at Foots Cray), **Dan Celani** (second at Sandringham) and to **James Kilfiger** and **Lucy Wilkes** (both third at East Grinstead).

On Sunday, I noticed from my Grecian sunbed that we had a few runners at the Surrey Road League event - the [Richmond 10k](#). My correspondent, Sally Alexander, noted that 'the team ran brilliantly especially considering the heat! The level of competition was high but we managed to bring home 1 gold age-group medal and overall 1st age-group prize (both Maggie) and a second silver medal for age-group position (*too modest, Sally... Ed.*). Well done Maggie, Sue and Chris!'

Sam Friend won in 32.13 and first woman was Georgie Bruinvels in 35.48. Lingfield times were:

Jeremy Garner 38.31

Sally Alexander 40.58

Maggie Statham-Berry 52.11

Sue Garner 55.18

Chris Rance 57.50

Sally has done a [report](#) for us too. I'll update the League tables after washing the sand from between my toes.

Michelle Hollins has written [an account](#) of her weekend Ultra challenge later in the newsletter, and very well done Michelle.

Lisa Compton coordinated a group of members running the Phoenix 12 in 12 which she recounts [later in the newsletter](#).

More competitively, Dave Nottidge ran the Heathfield 10k and reports that he came 190th out of 254 in 1:01.33. "About 1 minute slower than last year so not too bad". Indeed, well done, Dave.

Thinking of Dave, this weekend is the biggest in the club's year, of course, with the latest running of the Lingfield 10s races. Best of luck to all organising, running or supporting. The weather looks good, the numbers look good, so let's all have a great Sunday's racing. Oh, and there's a GP race in Hove on Saturday morning!

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

22-Jun-24

34 LRC parkrunners

	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	3	James KILFIGER	00:21:03	70.63%	PB
		4	Daniel PIKE	00:21:22	67.94%	
85 runners		15	Tim MARTIN	00:24:44	58.69%	
		21	Lucy WILKES	00:26:07	60.24%	
		29	Wendy SMITH	00:27:17	66.34%	
		30	Michael MANWILL	00:27:18	53.60%	
		31	Isla GREENAWAY	00:27:25	53.98%	
		32	David WORSELL	00:27:26	54.62%	
		35	Judy HAYLER	00:27:47	69.83%	
		47	Michele EDWARDS	00:31:03	62.48%	
		56	Debbie WILKES	00:32:05	68.26%	
		60	Steve BRINKLEY	00:32:51	51.04%	
		66	Theresa DONOHUE	00:34:28	53.24%	
		81	Martin PAYNE	00:42:55	40.19%	
		83	Bridget HOLLIS	00:44:42	48.21%	
		86	Sandra ANKERS	00:59:23	40.11%	
Bromley	2	319	Ian WATKINS	00:28:04	59.20%	PB
650 runners						
Dulwich	23	392	Miranda CHITTY	00:28:53	62.67%	
604 runners						
Folkestone	112	16	Steve ACKROYD	00:19:38	72.75%	
382 runners						

Foots Cray Meadows	645	18	Aly WARNER	00:25:43	63.64%	
73 runners						
Gloucester City	285	212	Emma PAGE-MOORE	00:52:23	28.54%	
216 runners						
Kingdom	702	58	Catherine WILSON	00:28:57	57.23%	
124 runners						
		65	Darija SPARKES	00:29:12	56.05%	
		89	Sarah FERGUSON	00:33:48	45.27%	
Nonsuch Park	65	12	Jeremy GARNER	00:18:38	79.16%	
662 runners						
		102	Paul ATHERTON	00:23:31	67.04%	
Sandringham	525	2	Dan CELANI	00:18:02	78.00%	
196 runners						
Tilgate	436	18	Dan OPPE	00:20:40	66.53%	
433 runners						
Wakehurst	n/a	72	James WILLIS	00:24:52	57.91%	
346 runners						
		110	David WATKINS	00:27:00	60.43%	PB
		192	Jennifer WILLIS	00:30:45	52.68%	PB
		292	Simon PETITT	00:36:47	35.16%	
Wimbledon Common	428	272	Steve WARNER	00:28:31	60.49%	
480 runners						
		464	Marie WARNER	00:41:48	49.24%	OOK

Richmond 10k - Surrey Road League
Sally Alexander



On Sunday Chris, Sue, Maggie and I ventured up to Richmond to compete in the 4th Surrey Road League. Instead of 'wet, wet, wet,' it was 'hot, hot hot', but that did not deter the hardy LRC runners from digging deep and completing the two-loop course in magnificent times. For those of you who have not run this course, the route takes athletes out towards Kingston before turning right down to the picturesque Teddington Lock, where runners pick up the higher riverside tow path before treading some of the quiet, local roads back towards the finish.

Despite the level of competition, and 549 runners from top Surrey clubs, we managed to bring home two age-group medals and one overall age-category prize. A special mention must go to Maggie who scooped both a gold medal and prize for being first Surrey and first overall woman in her age category!

It was a super morning, made all the better to hear several athletes from various clubs cheer Sue and Maggie into the finish by name! They are clearly both running 'celebrities' and I felt proud to be running alongside them!

Well done everyone! What an achievement and yes, Chris, you certainly earned that ice-cream!

A note for your diaries! The next Surrey Road League is **Elmore 7M on 13th July 2024**. If you are free, get registering as it would be great to see you there representing our club!

Hangers Way 50K Ultra - 23rd June 2024

Michelle Hollins

Hangers Way 50k is a brand new trail run by Big Feat Events. The Hangers Way is a point to point trail run starting at the Alice Holt Country Park, Farnham and finishing at the Queen Elizabeth Country Park near Petersfield. I thought I would give it a go and see what it's like. I watched a Youtube video of a guy who had run the route and he had me a little worried as my last long run was the London Marathon. I messaged him to say that I was doing this trail run and he replied with the comment of "they have changed the route slightly and added a few surprises" mmmmmmmmmmm

The trail is a spectacular long distance path, characterised by the steep-sided wooded hills known as "The Hangers". It's a fully-signed course meandering through the beautiful countryside that passes through delightful villages such as Brighton and Selborne, home to Gilbert White, the naturalist and environmentalist. The route was fully supported with 4 aid stations and a cut off time of 9 hours.

With it being a point to point event, I could leave my car at the QECP and get on a coach to take me to AHCP, which meant a very early start of getting up at 04.00am, up before the sunrise. The car ride was an hour and a half and the coach left at 07.15. Registration was from 07.30am and the run started at 08.30am.

I got everything ready the day before and had my usual pizza and red wine ritual although now I have taken a liking to a glass of fruity cider instead. Morning arrived and the porridge was eaten with a cup of coffee and it was off out the door. The weather was looking glorious and the sun was due to come out along with the heat, so there was plenty of hydration going to be needed. There were no dramas getting to the QECP, so it was on the coach and head off to the start. There weren't many runners there - around 165, I believe. I got my number and then spent the rest of the time toing and froing to the toilet. There was a course briefing, mentioning that there were cows in one of the fields we had to pass through and the farmer asked if we would kindly walk through the field: absolutely, there was no fear of me running past them. And these cows, while I remember, guess where they stood, yep right next to the gate we had to escape from.

So after the briefing we were given the countdown and we were off. We started off running through the paved paths of the country park and then into wooden areas and narrow paths with overhanging brambles and thorns which jumped out and caught me all the way down my right arm and the blood started to flow. There were a couple of guys in front of me, one of whom took a tumble too - not once, but twice. Out of the woodland and into the open fields came the first hill, it was a gentle climb, nothing too hard and at the top was a lonely sheep who was doing a lot of baaing as he was on the wrong side of the fence from his mates. There's always one.

Through wheat fields and corn fields and a few more gentle hills, we approached the first aid station which had my new best friend "Coke" - love it. Lovely things to eat melon, orange, peanuts, crisps, banana just to name a few things. Everything went well, topped up on hydration, had some melon, orange, a gel, x2 salt tablets and on we went, feeling good. I was around 10 miles here, the next aid station was around mile 17. The sun had been behind the clouds, but now it was starting to make its presence felt through more open fields and then a sign for "Hangers Way". We passed a lovely pond with lots of lily pads floating absolutely beautifully. There were some very narrow pathways where the grass had been trodden down and you couldn't see what was underneath; these were the potential ankle breaker paths so I had to be super careful here. The hills started to get a little steeper and the down hills were just as steep. It was here that I had the first encounter with steps. My goodness the steps must have been a foot high and I'm not sure what was worse going up them or down them. This was also the point where we came in contact with cows I mentioned earlier.

Second aid station passed and I was two thirds of the way in, miles 20 onwards. Now this is where the real hills start to appear, goodness this one was brutal and steep not only going up but down as well. Going up it just seemed to go on forever and when you thought you were at the top - you weren't. To top it all there were stiles at the top, again I think these stiles were made for giants. It was really hard getting over them and at this stage in the trail I had to be careful not to set off any cramp. After those hills a gladly needed aid station came into view. Again topped up on hydration, a few bits to eat, trusted coke and we were off. At this point I came across a lovely little house that had a river running behind it which then cascaded down into a waterfall at the end of the garden. I just had to take time to admire this scene, it was lovely and I took some photos.

After a short section of some lovely running paths through the fields came the second of the three hills going up through the woodland. This was not just a hill, this hill consisted of all steps, again really high steps which I had to lift my knee up really high to stand on them. Looking upwards the people were going up very very slowly with lots of groans and moans. The guy who I ran with for some of the second half was also in the same position of not having very long legs and we couldn't help but laugh at each other trying to navigate these steps and stop every so often to gather our thoughts. Another welcome aid station - goodness the coke went down really really well.

Over the brow of a more gentle hill on the track heading back into the woodland was another herd of cows and guess where they were standing - yep right on the pathway that we needed to run on. I think they do it on purpose, you know.

One more long hill to go the backside of Butser Hill but before that there was another hill that again consisted of steps - noooooo - thrown in just for good measure.

The final stretch was up Butser Hill which was a killer after 30 miles, but the views going up were outstanding and it was a welcoming excuse just to stop and take a breather. This brought back memories when I reached the top of Butser Hill in Race

To The King with Michelle and Lish. Now it was time to run down to the finish line - and what a welcoming sight that was.

This is a beautiful route, stunning and varied. English countryside at its best, grassy downlands, bridle paths, woodlands, open fields, wild flowers, picturesque houses, animals and wildlife, steps, hills, stiles and kissing gates everything you would hope an ultra trail run to be. The organisation was fabulous, the marshalling and signage outstanding and the aid station plentiful. It was hard, the hills were steep, the steps were high, the stiles a nightmare but I wouldn't have it any other way.

It's a super event and one I would definitely do again and again.

[Back to top](#)

Phoenix 12 in 12 challenge

Lisa Compton

I regularly do my long runs with Phoenix Running, a very friendly organisation that puts on a variety of events, including six hour timed events, track runs and more formal races. They also offer an option to do some events virtually, submit your time and get one of their epic medals. Last year I did a virtual 12 in 12 challenge to mark the longest day – 1 mile, on the hour, every hour, for 12 hours. (I should mention that it is also possible to do this event in person, at Denbies Wine estate. And there's also a 24-hour version.)

When I said I'd done this, a few people said they'd like to give it a go, so this year I encouraged people to join me. And, without too much persuasion, ended up -rather appropriately - with a team of 12.

So, Saturday morning at 8am we met at East Court and Keith counted us down to the start of our first mile – a nice easy out and back. The second mile at 9am was also easy, although maybe less so for Dave who continued on to complete the 5k parkrun, while the rest of us marshalled in the rain. We all ran together again at 10am, followed by a quick coffee at the football club before the 11am mile. Not quite so easy now...

After mile 4 we all went our separate ways to our homes for the next few miles. But we kept in touch for the rest of the day via WhatsApp. Progress reports were varied – regular comments included 'here we go again' and 'doesn't that hour go quickly?' Other messages concerned how often people changed their shoes, and what people were doing between miles – including, but not limited to - clearing weeds from the drive, painting, gardening, ironing, cleaning the loo, and fixing fence posts. Another popular topic concerned what people were eating which ranged from cereal bars, crumpets, cheese on toast, and ice cream to vegetable lasagne, with accompanying photographic evidence.

After mile five I think Bon Jovi could be heard echoing across East Grinstead and

surrounding areas– ‘Whoa, we’re halfway there!’ Some family members were also getting involved – Sandra went out with Keith a couple of times, and the Stockwoods had the children and the dog too on some laps. The comments on WhatsApp helped entertain everyone, especially when things started to get harder - by mile 7 or 8, legs were getting tired and each mile seemed to get longer and slower, especially on routes that were uphill.

To mark the end, most of us met up again in East Grinstead for the final mile; and it was great to have company again after a few solo efforts. This was followed by celebratory beers and a lovely BBQ back at Fiona’s all perfectly prepared by Nick. The consensus was that running a mile an hour was far harder than running 12 miles straight. We were exhausted, but all agreed we’d had a great day, and really enjoyed the challenge, and in particular the team spirit.

Just waiting for our medals to come through the letterbox now. Next year – 24 in 24 anyone?ial kudos has to go to Ian Miller, who did every mile solo and had never run as much as 12 miles in a single day before.

Just waiting for our medals to come through the letterbox now. Next year – 24 in 24 anyone?

[Back to top](#)

My Favourite Race

This week, Sally Alexander's choice



Photo of Sally at the TW Half, who finished in an impressive 1 hour 31 mins.

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

To date, my favourite race would have to be the Tunbridge Wells Half Marathon.

2. How many times did you do it?

This year was the first time that I have entered this particular race.

3. What made it special to you?

The event was special to me as it is the first formal half marathon that I have completed. I had no idea what to expect, in terms of my race performance; how to pace myself or how my body would respond to 13 miles on concrete, but Ian was a brilliant mentor enroute and I was really chuffed to complete the course.

4. What were the distinguishing features of the race?

Like all the races and events I have completed so far, the friendliness of all competitors and organisers was fabulous and it was great to be part of such a large team of LRC runners. However, what made this run stand out against others is my penchant for quintessential English villages - not much could compete with running down the hill into picturesque Penshurst with the Sunday bells peeling; crowds lining the streets and the band playing outside the village pub!

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

I have no doubt, all being well, I will re-enter the race next year, but, in the meantime, it has certainly given me the courage to enter two other half marathons before 2024 closes!

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

I couldn't believe seeing a competitor finish the race in bare-foot running socks - that was impressive! All I could think about were his joints!



Photo of the LRC members who took part in this year's Tunbridge Wells Half Marathon

Next week's article is the choice of Tom Harvey

[Back to top](#)

Weekly club runs

Gary Spring

Thursday, 27th June

Pub run at Penshurst

Start time 7:15pm from the Leicester Arms, Penshurst

This is a great summer run; a few quiet lanes, a lot of off-road paths and plenty of scenic countryside around Penshurst and Chiddingstone, with a great finish, next to Penshurst Place. The distance is about 10km and there are a few hills involved. Road shoes will be OK.

We're starting a bit later to allow more time to travel there. If you only do one club pub run this year, make it this one! Hope to see you there.

Tuesday, 2nd July

Off-road run

Start Time 7pm, by the Victoria Club.

No decision yet on where we are going, but it won't be up Dry Hill. I think we all need a change of scenery after the Lingfield 10s!

Distance will be about 5 to 6 miles. Road shoes will be OK.

Advance notice of special July runs

Tuesday, 9th July - Co-hosted run with Oxted Runners.

Oxted Runners will come to Lingfield on this Tuesday so it is our chance to show off our off-road routes. I've not firmed up where to take them yet. If anyone has a suggested route, please let me know.

[Back to top](#)

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 26 ▼ Print Week Month Agenda ▼

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
Tuesday, July 2	
7:00pm	Club running (Gary - off road)

Wednesday, July 3	
6:45pm	LRC coaching
7:00pm	Tonbridge AC Mid Summer Relay (4k)
7:30pm	Reigate Summer Evening 10k
7:30pm	Roundhill Romp, Steyning
Thursday, July 4	
6:30pm	Club run
7:00pm	Club running
8:00pm	LRC quiz team
Saturday, July 6	
10:00am	Club run
Sunday, July 7	
Star Run 5k or 10k (Lingfield)	
9:00am	Sevenoaks 7

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

[Back to top](#)

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 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

[Back to top](#)