



Newsletter

Wednesday 3 July 2024

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And, at the risk of losing a considerable number of readers ... an Election Special!

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A big welcome back to returning member, Jayne Webb, 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 tremendous turnout of 49 parkrunners last Saturday, at nine locations. Unsurprisingly, the largest number was at Hove Promenade (26), followed in popularity by East Grinstead (14). We also had members running at Great Yarmouth North Beach (2), Krakow (1), Lancing Beach Green (1), Nonsuch Park (1), Squerryes Winery (1), Tilgate (1) and Wakehurst (2).

Congratulations to **Kieran Barnes** (first at Squerryes), **Sally Alexander** (second at Hove) and to **Tom Seller** and **Fiona Champness** (both second at East Grinstead).

I blame being in Greece, but I missed **Peter Phillips'** run in the Eastbourne 10k on 23rd June. Peter had a good run to finish in 01:03:21. Peter was 292nd of 434 in a race won by Eastbourne Rovers' Bryan Brett in 33.23 and first woman was the same club's Raya Petrova in 39.55.

There was a great start to this weekend with 26 members attending the latest Open Grand Prix event, Hove Promenade parkrun. From the picture below it looked like a glorious morning. My thanks to Sue Garner for pointing out that six of the best ten age gradings on the day were achieved by Lingfield runners (five by the ladies)!

After six GP events, **Sally Alexander** has accrued maximum points of 120 to remain the clear leader of the women. In the men's league, **Dan Celani** is stalking long-time leader **James Kilfiger** You can find links to the full tables [below](#).

But the weekend highlights were, of course, the Lingfield 10s races, Lingfield 10-mile and Lingfield 10k. In the 10-mile race, **Kieran Barnes** (running in his first claim Brighton and Hove vest) finished first of 142 finishers in exactly 56 minutes. We had six members running, four of them second-claim. **Darija Sparkes** was one of these, also our only woman running, completing the run in 01:44:32. Ellen Wells was the first woman home in 01:17:20. Very well done both of you - and to Scott McDonald's son (Keir) who finished third.

1	Kieran Barnes	00:56:00
12	Jeremy Garner	01:15:04
53	Mark Aldred	01:27:56
74	Tom Cartledge	01:31:02
92	Andy Stone	01:36:47

In the 10km race, nine current members ran but it was former member Luke Davis who overcame his injury issues to win in a time of 36.15. A great run saw Lingfield's **Isy Godfrey** win the women's race in 46.59, and Lingfield men filled the second, third and fourth spots. There were 122 finishers in this race, here are Lingfield's times.

2	Dan Celani	00:37:01
3	Simon Petitt	00:40:19
4	George Matthews	00:41:52
9	Isabel Godfrey	00:46:59
16	Fiona Champness	00:50:47
21	Lucy Wilkes	00:51:59
31	Tom Atkins	00:54:14
33	Harold Burr	00:55:02
99	Lynda Willment	01:10:42

Very well done to every member, other volunteers who ran or helped out in any way on the day or beforehand. And thanks, too, to our sponsors this year – **Air Engineering Group, Summit Wellbeing and Lingfield Co-op.**

Later that day, I received an email from one runner.

".. can I pass on my congratulations to the club for hosting such a lovely event this morning. Please pass onto everyone involved how brilliant all the Marshalls were, how well the course was signposted and how enjoyable the route was with a good mix of inclines, technical trails and faster stretches."

I'm sure many others expressed similar sentiments in other social media.

Dave and Sarah have penned (sorry, typed) a few words later in the newsletter and Laura is collecting photos of the day [here](#) if you want to see more.

Finally, best of luck to any of you tackling one of the three, yes, three local races tonight (you wait all year, etc, etc).

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

29-Jun-24

49

**LRC
parkrunners**

	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	2	Tom SELLER	00:19:00	69.39%	
110 runners		11	Michael MANWILL	00:23:00	63.62%	
		19	Tim MARTIN	00:24:35	59.05%	
		29	Fiona CHAMPNESS	00:25:59	64.53%	
		33	Simon COOK	00:26:30	58.49%	
		34	Wendy SMITH	00:26:39	67.92%	
		37	Nick HALL	00:26:49	52.89%	
		46	David NOTTIDGE	00:27:28	62.80%	
		47	Isla GREENAWAY	00:27:31	53.79%	
		52	Chris RANCE	00:28:20	52.88%	
		54	Helen DAVEY	00:28:31	68.03%	
		60	Miranda CHITTY	00:29:40	61.01%	
		77	Martin PAYNE	00:31:36	54.59%	
		110	Judy HAYLER	00:43:02	45.08%	
Hove Promenade	22	4	Dan CELANI	00:17:05	82.34%	
774 runners		32	James WILLIS	00:18:51	76.39%	
		33	Steve ACKROYD	00:18:54	75.57%	PB
		37	Sally ALEXANDER	00:19:13	89.42%	
		40	James KILFIGER	00:19:15	77.23%	
		106	Vernon GIVEN	00:21:00	71.35%	
		198	Michelle HOLLINS	00:23:10	82.59%	
		210	Sophie DAVIS	00:23:24	65.38%	
		238	Judith CARTLEDGE	00:23:54	82.36%	

		255	Lucy WILKES	00:24:08	65.19%	
		260	Lisa COMPTON	00:24:14	88.93%	
		278	Liz MCLENNAN	00:24:39	63.35%	
		280	Ian WATKINS	00:24:40	67.36%	
		293	Hannah CARTLEDGE	00:24:50	59.60%	PB
		306	Matthew STOCKWOOD	00:25:05	60.73%	
		307	Keith CHAMBERS	00:25:08	66.71%	
		364	Terri SCOTT	00:26:19	68.78%	
		372	David WATKINS	00:26:24	61.81%	
		406	Sue GARNER	00:26:57	93.32%	
		445	Jennifer WILLIS	00:27:40	58.55%	
		461	Sarah FERGUSON	00:27:58	54.71%	
		538	Steve WARNER	00:29:25	58.64%	
		581	Laura STOCKWOOD	00:30:38	50.60%	
		646	Paul MCCARTHY	00:32:28	46.92%	
		701	Sandra ANKERS	00:35:52	66.40%	
		733	Marie WARNER	00:38:37	53.30%	
Great Yarmouth North Beach	760	20	Ian GREENAWAY	00:32:01	47.21%	
54 runners		43	Theresa DONOHUE	00:45:31	40.31%	
Krakow	n/a	57	Aly WARNER	00:24:26	66.98%	
199 runners						
Lancing Beach Green	312	186	Carole BARNES	00:34:58	62.63%	
246 runners						

Nonsuch Park	65	36	Jeremy GARNER	00:19:44	74.75%	
741 runners						
Squerryes Winery	574	1	Kieran BARNES	00:16:20	78.98%	
205 runners						
Tilgate	436	26	Dan OPPE	00:21:10	64.96%	
399 runners						
Wakehurst	n/a	47	Paul ATHERTON	00:23:28	67.19%	PB
320 runners						
		148	Darija SPARKES	00:28:36	57.23%	



The Lingfield squad on Hove Promenade last Staurday

Updated trophy tables at 30th June
Editor

- Open Grand Prix - [men](#) and [women](#)
- [Surrey Road League](#)
- [Handicap Grand Prix](#)

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Lingfield 10s race report
Dave Nottidge



Having been involved in organising these races for a few years now, there is a pattern as to how it all builds up to race day. It keeps ramping up over a period of quite a few months. Then a few days pre-race there are usually some late unexpected things to deal with. Then a day or so pre-race there is a sense of, well, we've done all we can, let's go. That was the case this year. As race director I hope to have little to do on race day and all the helpers just get on with their different tasks as planned. And of course they do/did. Sally said I appeared calm and focused. I was focused and mostly calm. It helps a lot when you see the race timer has arrived and also the First Aiders. If one of them doesn't arrive there is quite a problem.

We had record entries this year, more than ever before as far as I know. As is the case with most races the bulk of entries come in the last month, with many in the last week, and quite a few on the day. Our race licence allowed 300 runners. We had 296 entrants with 142 actual runners in the 10 mile and 122 in the 10k. That's 128 more runners than our last race in 2022.

Weather conditions for the race were good. A bit overcast with a light NW wind. Maybe a light shower around midday. We did get a shower - but right at the end as we were starting to pack up.

This year we started and finished on the school playing field. That was much better than before when we started over the road. We were pleased to see runners quite quickly spreading out as they went round the field – we didn't want too many joining St Piers Lane at one time. We had a lead bike on the road sections which added some safety – for the

front runners anyway.

Then everybody was gone – out on the race routes. There was a lull in activity at race HQ until we thought, right we need to get ready for them coming back. Which they started doing in about 36 mins when Luke Davis, the 10k leader reappeared. Then more and more. Kieran Barnes, the first 10-mile runner came in quickly in 56.02. It was great, after a few light years in terms of race entrants, to see so many on the field.

There were no major incidents. One person fell and had a few minor scrapes, one very small cut, another low on sugar. We had about 20 runners go off route. Instead of running along Moon Lane they cut across it and went up another track. Hard to understand. There was a member of the public standing right in front of/blocking our direction sign which may have had something to do with it. While it was no doubt annoying for those runners, they all seemed pretty calm about it.

So that's it for another year. The race committee is meeting this Friday to review the event so that improvements can be carried into next year. A massive thanks to all the race committee who put so much time and effort into making it all happen. For the race director (me in this case), it is crucial to have that support/input. And of course, huge thanks to all the volunteers who helped at various stages, particularly on the day. It feels like we are building the reputation of the Lingfield 10s and that's down to all you guys.

Dave Nottidge

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Men's race winners Kieran Barnes (10 mile) and Luke Davis (10k)



Women's 10-mile winner, Ellen Wells, descends from Dry Hill

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Message from Sarah Ferguson
Lingfield 10s volunteer coordinator

Hi all.

I know I said a thank you to many yesterday, but I wanted to further write to thank you all, as I was aware that I wasn't able to catch everyone, nor indeed was everyone who made this possible even present on the day.

An event like Lingfield 10s is a big team effort, so for whatever big or small part you played in that, the committee, the club and I are all really most grateful. We have had such brilliant feedback from runners, spectators and volunteers, it really was a great event.

Without your support both beforehand and on race day, this would not have been possible. Above all, thank you for your willingness, responsiveness and kindness; I don't know about you, but I came home thoroughly exhausted, although content and feeling fulfilled.

This week, the committee will meet to discuss what went well and what can be improved, if you have any feedback for us, we would love to hear it, please email lingfield10svolunteers@gmail.com.

Once again, thank you for the individual and wonderful team efforts that made a brilliant event.

All the best,
Sarah

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Summer BBQ **Scott and Dee**

Hello everyone, the club annual BBQ is approaching fast - Sunday 11th August 2024, 2pm to 5pm - it's just under six weeks away.

Our BBQ has been advertised on FB and previous newsletters. So far it's a slow response with only four members who have paid. Without a lot more signing up to our BBQ, it will have to be cancelled: so please check your diaries and join us for a few hours.

If you don't want to indulge in our BBQ then you can bring your own picnic. Please let us know if this is the case by responding to the FB post, or e mailing myself or Dee and paying £1 per person to the club account (this goes to Lingfield Sports Association, who are kindly letting us use their facilities).

A licensed bar is available, good parking, plenty of space for a game of rounders, four-legged friends are welcome. You can also bring friends, and family.

Looking forward to seeing you,
Dee & Scott, Club social secretary

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My Favourite Race **This week, Tom Harvey's choice**



Photo of Tom crossing the finish line of the Centurion North Downs Way 100

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

Tough question as I have a few favourites. But for now, it has to be the Centurion North Downs Way 100 (miles) 2023.

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

Once.

3. *What made it special to you?*

It was my first 100 miler, so a 'leap of faith' into the unknown distance/time on feet, to see if all the training and planning would pay off. It did. I came 4th out of approximately 250 runners, chasing podium with 3rd, only a few minutes ahead. I had an LRC member, Juhana Kirk, as pacer for the last 21 miles that really helped get me to the finish line past midnight in 18 hours 24 minutes. Nutrition, pacing, kit choice and general race strategy went really well.

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

Early August is usually nice weather. That day there was a storm (Antoni) from start to finish with ankle deep puddles for the last 25 miles, on top of high winds and lots of rain. It was tough, especially having to run on macerated blistered feet for the last 4-5 hours.

It's amazing what your body can come back from and recover during a long race. Troubleshooting nutrition, stretching, pace etc.

The finish was amazing as my brother, who was tracking me throughout the day, drove to Ashford to run the last few miles with me. We were also 'FaceTiming' my other brother in Scotland, when we reached the running track stadium, to join us in the lap of honour. This was a lovely surprise.

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

No, I like variety in my races so try to enter different ones each time. There are certain ones I may enter more than once of course, if good enough. e.g. ARC of Attrition.

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

This was my intro into competitive 100-mile racing and I look forward to doing more in 2024, especially the Lakeland 100.



Next week's article is the choice of Kath Garrido.

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Weekly club runs

Gary Spring

**Please note that this Thursday, the Club run is
in East Grinstead.**

Thursday, 4th July

Brambletye Ruins

Start Time 7pm,

from the Meridian Hall, East Court Top Car park



This run is a mix of quiet lanes and footpaths. Two distances; 5.2 miles and 7.2 miles. This is a very scenic route and worth it just to see the ruins of the 17th Century building, which is now the front garden of someone's house!th

Tuesday, 9th July

Blindley Heath run with Oxted Runners

Start time 7:15pm from the Victoria Club

This is a co-hosted run with Oxted Runners and the start time is slightly later to give the Oxted Runners time to get to Lingfield.

The route is just under 10 km and there will be three different-paced groups. It is mainly off-road and road shoes will be fine.

When we held this event in Lingfield last year, we had twenty three Oxted Runners and just seven runners from our club and O.R. have less than half the number of members as we do. It would be great if we could try to get closer to twenty from our club this year, to 'wave the flag' for LRC.

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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, July 3 Print [Week](#) [Month](#) [Agenda](#)

Wednesday, July 3	
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 (Brambletye)
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
Tuesday, July 9	
7:00pm	Club running (Blindley Heath - joint Oxted run)

Wednesday, July 10	
6:45pm	LRC coaching
7:30pm	Arrunners Beach Run
Thursday, July 11	
6:30pm	Club run
7:00pm	Club running
Saturday, July 13	
	Race to the Stones
10:00am	Club run
2:00pm	Elmore 7 (GP event & Surrey Road League)
Sunday, July 14	
9:00am	Cranleigh 7/14/21
11:00am	Hove Hornets Stinger

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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Running for office

Runner's World

The race for Westminster highlighted the importance of how physically fit we perceive our potential leaders to be. And it turns out that running and politics are deeply intertwined...



When the Conservatives labelled Keir Starmer ‘Sir Sleepy’ in May it may not have marked a high point in political discourse. But the attempt to portray the 61-year-old Starmer as less active than 44-year-old Rishi Sunak touched on an important theme: being ‘fit’ for office, includes physical fitness too. Sunak’s confidence to go head-to-head with Starmer on this was no doubt bolstered by the fact that he’s a regular runner. Sunak’s social media posts have referenced squeezing miles in before cabinet meetings and, in April, he went for a central London run with ‘Hardest Geezer’ Russ Cook, confiding that he took up running to woo his wife. Sunak doesn’t just talk the talk – in May 2023 he ran the Northallerton 10K in his North Yorkshire constituency of Richmond in a very respectable 47:46. Starmer does his running around a 5-a-side football pitch, but to be fair he looks in pretty decent shape, too.

Full article by Duncan Craig 24 June 2024 - [here](#)

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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.

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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