



Newsletter

Wednesday 10 July 2024

Contents

- [Lingfield's weekly racing round up](#)
- [IMPORTANT NOTICE: Victoria Club car parking - Editor](#)
- [Midsummer Relays report - Sally Alexander](#)
- [Upcoming EA Masters qualification races - Editor](#)
- [My favourite race - Kath Garrido](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next ten days](#)

Reminders

- [Summer BBQ - Scott and Dee](#)
- [LRC coaching sessions - Editor](#)

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 34 parkrunners last Saturday, at 11 locations. This week's venues were East Grinstead (16), Alton Water (1), Hove Promenade (1), Littlehampton Prom (1), Lydiard (1), Mole Valley (1), Newbury (1), Squerryes Winery (1), Tilgate (3), Tonbridge (2) and Wakehurst (6).

Particular congratulations to **Dan Celani**, first at Wakehurst and to **Isy Godfrey** and **Lucy Wilkes**, second women at Tilgate and East Grinstead respectively.

To start with, this week's report takes us back to last Wednesday, when three events took place.

The largest number of members went to the Penshurst Midsummer Relays, where we had six teams of three running. Our quickest team of **Sally Alexander**, **Tom Seller** and **Michael Manwill** finished 8th of 33 in the 'mixed' team race. Sally has written [a report](#) with all the results later in the newsletter, and it sounded like a great evening's running, which people seem keen to repeat next year. Very well done to everyone who turned out.

We also had six runners at the Reigate Summer 10k. Paul Bailey (South London Harriers) won this race in 33.58, and first woman was the same club's Laura Hancock in 42.18. First Lingfield member home was (I think) **Andy Stone** in 48.31, then **Fiona Champness** in 51.14, **Andrew Hindmarch** in 51.30, **Ian Watkins** in 52.50, **Peter Phillips** in 63.26 and **Lynda Willment** in 70.58. There were 198 finishers. Very well done, everyone.

And then there was the West Sussex Fun Run League's Roundhill Romp near Steyning. This attracted three members – **Ian Greenaway** (201st in 54.12), **Isla Greenaway** (335th, 63.39) and **Theresa Donohue** (394th, 72.40). They were all running for their second-claim club, Saints and Sinners, who are currently placed 10th of 17 in the WSFRL. James Baker of Chichester was first in 34.21 and first woman was Alice Robinson of Worthing Harriers in 41.09.

It's probably too late for you to get to the next WSFRL race – the Arunners Beach Run at 7.30pm tonight, but next Sunday it's the Hove Hornets Stinger 10k. And, of course, there is also the club's next Grand Prix and Surrey Road League event on Saturday – the Elmore 7. See the club calendar for further details of both events.

On the Thursday evening, **Steve Ackroyd** took part in the JP Morgan Corporate Challenge. He reports that *'this fast, flat race in Battersea Park over the curious distance of 5.7k (3.5 miles) attracts a field of over 20,000 over two nights. After an annoying zigzag experience through crowds two years ago when I last did it, I managed to get right at the front of the*

second wave allowing me to run at my own pace. I was fairly pleased with my time of 22:10 which placed me 584 of 21,542 finishers. First male was Mark Ruby in 17:06 (pretty much 15 min pace for 5k) and first female Lucy Reid in 18:33'. Well done, Steve, and thanks very much for letting us know about the event.

The weekend was much quieter, but **Scott McDonald** and **Dave Nottidge** went to run the St. Piers StarRun on Sunday. Scott says that with “*some assistance from my 4-legged friend, I got round this morning’s 5km race at St Piers Epilepsy centre. This was a well-organised event for a good Lingfield charity, and good to see Dave Nottidge looking good in the 10km race*”.

Dave said it was “*low key but enjoyable*”. The official results showed that Dave was 11th of 24 in a time of 54.49. Zac Knight was first to finish in 48.45, a minute ahead of first woman Holly Lawson in 49.46.

In the 5k, Scott had a great run to finish 4th of 42 in 27.17. Seb Robertson and Jenny Bennett were first man and woman in 24.31 and 29.20 respectively. Great to support a local run like this, guys.

The StarRun is St Piers School and College’s annual Flagship event and this year they have raised over £8,000 from the event. In future, their vision is for the event to not only be a fun run, 5k and 10k, but to include a village fair so that the local community can also come along to see how wonderful St Piers is, and also learn more about what it does as a school/college and charity.

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

06-Jul-24	34	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	4	Michael MANWILL	00:22:36	64.75%	
79 runners		5	James WILLIS	00:22:46	63.25%	
		12	Tim MARTIN	00:24:55	58.26%	
		18	Lucy WILKES	00:26:35	59.18%	
		26	Isla GREENAWAY	00:27:46	53.30%	
		33	Nick CHAMPNESS	00:29:00	50.06%	
		32	Ian GREENAWAY	00:29:00	52.13%	

		37	Helen DAVEY	00:29:22	66.06%
		40	Nevenka WORSELL	00:30:21	55.90%
		41	Miranda CHITTY	00:30:37	59.12%
		43	Michele EDWARDS	00:31:09	62.28%
		47	Jennifer WILLIS	00:32:06	50.47%
		56	Judy HAYLER	00:33:19	58.23%
		66	Theresa DONOHUE	00:35:16	52.03%
		78	Wendy SMITH	01:01:02	29.66%
		79	Sandra ANKERS	01:01:05	38.99%
Alton Water	660	38	Zoe GREENFIELD	00:31:28	54.61%
57 runners					
Hove Promenade	22	238	Sue GARNER	00:26:34	94.67%
495 runners					
Littlehampton Prom	97	29	Paul ATHERTON	00:23:51	66.11%
221 runners					
Lydiard	298	7	Simon PETITT	00:18:47	68.86%
231 runners					
Mole Valley	676	152	Paul MCCARTHY	00:35:48	42.55%
198 runners					
Newbury	252	188	Aly WARNER	00:29:15	56.64%
334 runners					
Squerryes Winery	574	37	Pete HOLMES	00:25:49	53.65%
120 runners					

Tilgate	436	23	Dan OPPE	00:21:38	63.56%	
409 runners		29	Isabel GODFREY	00:22:12	67.79%	
		109	David NOTTIDGE	00:26:30	65.09%	
Tonbridge	254	266	Steve WARNER	00:29:53	57.72%	
465 runners		431	Marie WARNER	00:39:43	51.83%	
Wakehurst	n/a	1	Dan CELANI	00:18:14	77.15%	
334 runners		115	David WATKINS	00:26:36	61.34%	PB
		143	Darija SPARKES	00:27:32	59.44%	PB
		188	Debbie WILKES	00:30:16	72.36%	
		253	Steve ACKROYD	00:33:57	42.07%	
		256	Carole BARNES	00:34:13	64.00%	

.... and we found the pictures of the women's race winners from the Lingfield 10s.



Women's race winners Ellen Wells (10 mile) and Isy Godfrey (10k).

Pics supplied by Forest Row's well-known amateur creative, Chris Ryan (below)



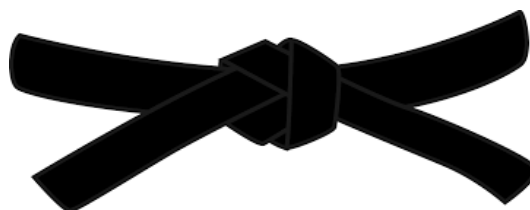
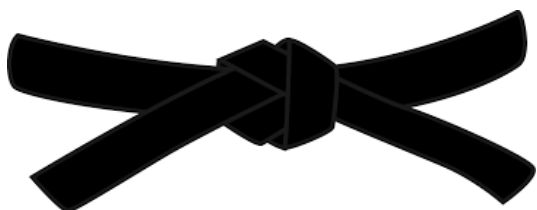
[Back to top](#)

Victoria Club car parking **Editor**

As part of the effort to make sure the VSSC Car Park is only used by Members and regular Hall hirers, club manager Kellie has got some stickers made that need to be displayed on your car dashboard with immediate effect.

When you next visit the club, please go inside and get a sticker from the bar staff, who hold an up-to-date list of members' names.

I don't yet know what the penalties for non-compliance may be, but Kellie's middle name is 'clamper' ... and it may not just be on account of her Taekwondo skills.



[Back to top](#)

Tonbridge Athletics Club – Midsummer Relays **Race Report** **Sally Alexander**



Who says we are not a competitive club?

Wednesday 3rd July saw 18 Lingfield Running Club members compete in TAC's inaugural Midsummer Relays which were held within the stunning grounds and surrounding countryside of Penshurst Place.

I can't deny that when we saw our competition, we all felt a degree of apprehension which was voiced by Judith – how were we going to perform against some of the top Kent and Sussex athletics clubs?

Well...as suspected, we did not need to worry and LRC certainly left its mark. Everyone pulled out all the stops and did LRC proud!

Made up of six teams of three, each athlete had to complete one 4 km circular route around Penshurst Place. The terrain was a mix of hard, uneven trail and road, which began with a long, steady climb; a relatively flat section; a sharp downhill before levelling out as we headed to the finish line. Once across the timing mats, we had to touch hands with the next runner in our team, who repeated the loop.

In total 94 all-male, all-female and mixed-gender teams competed in the race. Despite heavy competition at the top-end, our LRC runners held their own with our first mixed team coming 8/40 in their category (or 24th overall) in an impressive cumulative time of 47:29. Tom S, Harriet Alexander and Mike M completed their individual loops of the course in incredible times of 14:08, 16:02 and 16:52 respectively. A special mention must also go to one of our all-female teams consisting of Michelle, Lucy and Wendy who won a spot prize at the awards ceremony, and their photo can be found on the official race website! Well done, ladies!

Putting competition aside, the whole event was fantastic. The Cartledges formed a family team; Laura and Matt competed together; Michelle rescued Judy and Ruby spurred us on with her enthusiastic barking! Nothing compares to the camaraderie of relay races where

you are running as part of a team, and even the commentator applauded our loudly supportive team spirit on the finish line! Everyone concluded that it was a great evening, and we are all keen to enter again next year where we will take full advantage of the food and beers available at the end!

Well done to: Tom S, Mike M, Judith, Hannah, Tom C, Matt, Laura, Judy, Lucy W, Michelle H, Wendy, Dave Wo, Keith, Vernon, Katie C, Liz and a special thanks to Harriet Alexander (our honorary member) who stood in at the last minute due to illness!

If you were not able to take part this year, it is definitely one for your racing calendar! Kieran, Dan, Simon and Tom H.....**WE NEED YOU** to help Tom S chase down the 12:09 leader and the first male team which finished in 38 minutes!!!! No pressure lads!



Michelle, Wendy and Lucy looking deservedly proud having scooped one of the spot prizes

Pos n.	Team	Category	Cat . Pos n.	Lap 1	Time	Lap 2	Time	Lap 3	Time	Total time
24	Lingfield RC A	Mixed	8/33	Sally Alexander	16.29	Thomas Seller	14.08	Michael Manwill	16.52	47:29
60	Lingfield RC A	Male	27/33	Keith Chambers	19.44	Vernon Given	17.19	David Worsell	19.16	56:20
62	Lingfield RC B	Female	10/21	Liz Mclennan	19.49	Katie Cahill-Smith	21.59	Harriet Alexander	16.02	57:52
68	Lingfield RC A	Female	11/21	Lucy Wilkes	19.45	Wendy Smith	20.07	Michelle Hollins	20.05	59:58
75	Lingfield RC B	Mixed	31/40	Hannah Cartledge	21.44	Judith Cartledge	20.58	Tom Cartledge	20.00	1:02:43
83	Lingfield RC C	Mixed	35/40	Matthew Stockwood	20.18	Laura Stockwood	20.49	Judy Hayler	26.38	1:07:45

[Back to top](#)

Upcoming EA Masters qualification races

Editor

Are you aged over 35? Do you love running? Are you looking for a chance to earn an England Age Group Masters vest? There are lots of upcoming qualification races across 10k, half marathon and marathon distances. Be sure to register your interest to compete as a Masters athlete now!

England Age Group Masters teams and races



... we've done it before and we can do it again!



[Back to top](#)

My Favourite Race
This week, Kath Garrido's choice



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

The Beachy Head Marathon, formerly known as the Seven Sisters Marathon.

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

17 times!

3. *What made it special to you?*

It is off-road; a scenic and challenging route through the South Downs National Park. It is friendly, there is plenty of support, good food and music.

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

It starts at the bottom of a hill and when you reach the top there is a lone piper playing the bagpipes.

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

Yes, but mainly walking these last few years.

Next week's article is the choice of Vernon Given

Weekly club runs

Gary Spring

The Club needs more Club Run leaders

With my injury stopping me running, and Tom Cartledge currently being away, we recognise that the Club cannot operate effectively with just two Club Run Leaders. This is therefore a request for more members to volunteer to lead a Club Run.

Please be aware that this role does not require special training or EA qualifications. Our club insurance is covered if the Run Leader is familiar with the route, has some awareness of the running ability of everyone within their group and is able to keep the group together throughout the duration of the run.

The Club Runs do not have to start at the Victoria Club. If you have a route of about 5 to 6 miles, within a 15-minute drive of Lingfield, there is sufficient (free!) parking space near the start and any road sections have pavement or a grass verge to stay safe from traffic, then this would work fine. There is also no requirement to be available every week. The more Club Run leaders we have, the less commitment to be available. Also, Tom and I intend to be at the Club Runs most weeks, so the minimum requirement for extra help is likely to be just a few weeks each year.

The really important bit is to have knowledge of the route, but also, being able to count how many runners you started and finished with.

If you can help, please contact any of the Club Committee or add a comment to this message on the club Facebook group.

Thursday, 11th July

Trail/road run to Red Barn

Start Time 7pm, from the Victoria Club

Tom Cartledge should be back from his travels to lead this run. The route is mainly off-road and is a distance of just under 6 miles. There are some muddy sections which are firm, though will be a bit greasy on top, from the recent rain. If you've got good balance, road shoes will be OK. Otherwise, light trail shoes recommended.

Tuesday, 16th July

Trail/road run

Start time 7:00pm

No firm plan yet on this Club Run. More information to follow, by email and on the club Facebook group, nearer the day.



[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, July 10 ▾

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

Wednesday, July 10	
6:45pm	LRC coaching (Terri - Lingfield)
7:30pm	Arrunners Beach Run
Thursday, July 11	
6:30pm	Club run
7:00pm	Club running (Tom - Red Barn route)
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
Monday, July 15	
6:00pm	LRC Committee
Tuesday, July 16	
7:00pm	Club running

Wednesday, July 17	
6:45pm	LRC coaching (Ian W)
Thursday, July 18	
6:30pm	Club run
7:00pm	Club running
Saturday, July 20	
10:00am	Club run
Sunday, July 21	
9:00am	Elmbridge 10k (Surrey Road League)
11:00am	Henfield Joggers Seven Stiles

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

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

[Back to top](#)

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

[Back to top](#)
