



Newsletter

Wednesday 14 August 2024

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Welcome to new member, Paul Gates, 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.

First, a big thank you..... to Scott and Dee for their heroic efforts before and on the day at the Summer BBQ. This comes on behalf of all who attended and all on the Committee, who particularly appreciate what goes on behind the scenes. Great job, guys.

Another good weekend for our parkrunners last Saturday, with 33 at 11 locations. This week's venues were East Grinstead (17), Bushy (1), Cranleigh (1), Hove Promenade (2), Maidstone River Park (1), Ormeau (2), Royal Tunbridge Wells (1), Tamar Trails (2), Tilgate (2), Wakehurst (3) and Woodhouse Moor (1).

Particular congratulations to **Aly Warner** (first woman at Cranleigh), **James Kilfiger** (first at East Grinstead, with a PB) and to **Lucy Wilkes** (second woman at East Grinstead). I'll also give a shout out to **Paul McCarthy**, well and truly on the comeback trail with a PB at Tilgate.

Either I'm losing my touch, or everybody had a lie-in in preparation for the Summer BBQ last weekend, as I couldn't find any club members in the results of the races I searched through. Probably quite wise as it turned out rather hot.

Next weekend looks pretty empty on the local races front, so do please tell the Editor if you have done, or are planning, any races. I'd hate to miss anyone out of our results report. Have fun and enjoy your running.

Editor

10-Aug-24	33	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade PB?	
East Grinstead	693	1	James KILFIGER	00:20:42	71.82%	PB
103 runners		13	Simon PETITT	00:23:50	54.27%	
		18	Lucy WILKES	00:25:52	61.40%	
		21	Ian GREENAWAY	00:26:15	57.59%	
		25	Tim MARTIN	00:26:58	53.83%	

		29	Matthew STOCKWOOD	00:27:23	55.63%	
		33	Tom CARTLEDGE	00:27:47	57.71%	
		38	Isla GREENAWAY	00:29:16	50.57%	
		43	Judith CARTLEDGE	00:29:58	65.68%	
		45	Helen DAVEY	00:30:11	64.27%	
		50	Michele EDWARDS	00:30:44	64.05%	
		52	Peter PHILLIPS	00:31:08	56.64%	
		60	Hannah CARTLEDGE	00:31:27	47.06%	
		61	Catherine WILSON	00:31:28	52.65%	
		62	Steve BRINKLEY	00:31:39	52.98%	
		91	Theresa DONOHUE	00:36:17	50.57%	
		103	Judy HAYLER	00:57:18	33.86%	
Bushy	115	30	Jeremy GARNER	00:18:52	78.18%	
1,359 runners						
Cranleigh	587	31	Aly WARNER	00:24:25	67.85%	
150 runners						
Hove Promenade	22	344	Sue GARNER	00:26:38	94.43%	
757 runners		657	Lynda WILLMENT	00:33:27	56.40%	
Maidstone River Park	168	76	Lisa COMPTON	00:25:40	83.96%	PB
316 runners						
Ormeau	131	429	Sandra ANKERS	00:37:08	64.14%	
490 runners		430	Keith CHAMBERS	00:37:09	45.13%	

Royal Tunbridge Wells	589	49	Pete HOLMES	00:23:52	58.03%	
280 runners						
Tamar Trails	647	72	Steve WARNER	00:30:38	56.31%	
127 runners		119	Marie WARNER	00:43:55	46.87%	
Tilgate	436	12	Dan OPPE	00:20:33	66.91%	
433 runners		255	Paul MCCARTHY	00:32:44	46.54%	PB
Wakehurst	n/a	71	David WADDINGTON	00:24:55	53.98%	
344 runners		97	David WATKINS	00:26:08	62.44%	PB
		115	Elizabeth WEBSTER	00:26:57	59.49%	PB
Woodhouse Moor	229	282	Miranda CHITTY	00:28:17	64.88%	
582 runners						

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East Grinstead parkrun 'takeover'
Saturday 7th September 2024

Dear All,

On Saturday 7th September, Lingfield Running Club will be 'taking over' East Grinstead parkrun, when we'd like to fill most, if not all, of the parkrun Volunteer roles. Last year we had a great turnout, with 33 club members covering all of the roles, including eight pacers.

If you have time on the morning of Saturday 7th September, it would be great to see you. Pre-event setup starts at 8:00am, Marshalls are asked to arrive around 8:30am.

For a list of roles available please check the link below, a 'click' on the role will show

a fuller description of what's involved. They are all straightforward and training will be available!

www.parkrun.org.uk/eastgrinstead/futureroster/

If you'd like to take part, then please contact Keith or Liz and let us know which role you'd like. If you'd like to be a pacer, please let us know your target time, last year we had nine pacers covering 23 to 34 minutes.

Thank you
Liz & Keith

menscaptain@lingfieldrunningclub.co.uk
ladiescaptain@lingfieldrunningclub.co.uk

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LRC Summer BBQ **Scott and Dee**

Sunday afternoon saw over 30 of us have our summer BBQ at the Lingfield Sports Association (LSA). Everyone seemed to enjoy themselves including the Rounders match.

A big thank you to the following;

Dee and Russell for preparing salads, ordering the food, baking her famous Xmas cake and many other things including helping me with cooking and cleaning up, Tom for managing the budget, to Liz for helping on the day, Sally and ongoing support from our Committee and big thanks to Sally for the chocolate brownies - went down a treat! Also thank you for the box of Heroes chocolates.

And to everyone else for joining us and supporting our club!

As always I welcome any feedback and, on behalf of LSA, we apologise for the electronic failure that meant the lager was not on draft.

Many thanks, Dee & Scott



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Cavendish House Trust donation
Dave Nottidge

We called in at Cavendish House at the start of Tuesday evenings run for the cheque presentation. There was a good turnout of LRC runners. We all gathered at the front of the house for the photo. They have five residents and some of them joined us.

As previously said this was the final donation from Lingfield 10s race profits. A few photos and we were off on the run. It sort of goes without saying, but it does feel very satisfactory that we have been able to support this local organisation.



Services to Athletics and Running E.A. Regional Volunteer Awards

Gary Spring 2024

GARY SPRING...THIS IS YOUR LIFE!

(well, your running life!)



Hooking up with one of the Michigan runners whilst volunteering at the London Marathon – Gary's legacy reaches far and wide

When England Athletics contacted us regarding potential nominees for their Regional Volunteer Awards, one name immediately 'sprung' to mind for the prestigious Services to Athletics and Running Volunteer Award: Gary Spring! The tricky part was editing Gary's running resume into 200 characters, including spaces! I hope you don't mind, but I have taken the opportunity to use the newsletter's liberal word count to tell you a bit more about 'our' Gary and why he truly deserves this nomination and why E.A. has shortlisted him.

So...what do WE know about Gary?

Since rejoining LRC in 2016, when he retired, Gary has always been one of the first members to offer his time, expertise and creativity to the Club in a wide range of areas. He began by volunteering on the Dry Hill 10s' Committee (renamed the L10s) during which time, he organised the Race HQ's transfer from the Young Epilepsy Centre to Lingfield College. Then, between 2021-2024, Gary held the position of Membership Secretary – a significant committee role which involves not only processing new and existing memberships, but also ensuring our new members feel welcome and part of the LRC 'team'. It comes as no surprise, Gary's quiet yet generous nature made him a complete natural for the task.

Being passionate about running and utilising his analytical skills, Gary also spent time considering membership opportunities and set about developing the famous LRC business cards. These have been a valuable portable tool in membership recruitment and many of us have successfully 'collared' runners in and around the local area, handing them one of these cards! It was also during his time as Membership Secretary, Gary took on the responsibility of Events' Organiser from Trevor Crowhurst, a position he continues today.

In typical 'spring fashion', Gary's passion to promote running for all has been evident in his tireless leadership of the Tuesday Club Run Sessions, coordinating and acting as Race Director for the internal Handicap Races, whilst also maintaining the club database. Gary's creative approach to increasing club participation at the regular evening Club Run Sessions has succeeded in inspiring even greater numbers of us to don our running/walking shoes and head out on interesting, lesser-explored trails, with the odd pub and joint running venture with other local clubs thrown in! On top of that, Gary also established the 'LRC Run Finder' WhatsApp group which has become a popular communication portal for members to organise informal social runs.



A huge turnout for Gary's incredibly successful joint club run with Oxted Runners (for whom Gary is also an honorary member)

Gary is also a regular contributor to the Club's newsletter where he set up the brilliant column: My Favourite Race, giving all our members a voice, demonstrating the selflessness that is characteristic of Gary. For Gary, volunteering is not about self-promotion, but about quietly considering ways of developing our members, our Club and a love of the sport for all. Hence, we are grateful Gary is part of our Club Development Plan Sub-Committee where we will all benefit from his knowledge, ingenuity and vision.

As if these significant voluntary responsibilities and initiatives were not enough, Gary has never given up being an active club member and he continues to represent Lingfield Running Club, with pride, at numerous events including the Surrey XC League.



Gary looking strong as he approaches the finish line at this year's Wakehurst Willow 8k race!

But this is only scratching the surface!

Are you aware of what Gary has contributed to running prior to being a member of Lingfield Running Club?...Well...let me take you back...right back...to 1981....

Gary's running journey started in 1981 when he participated in the inaugural London Marathon and joined Havering AC in 1982, seeking AAA approval to compete in the New York Marathon later that year. Gary subsequently moved to Brentwood AC, volunteering on their committee (setting up track meetings and supervising the youth team), while competing as their 5k and steeplechase 'B' runner. A few years later, Gary joined Thrift Green Trotters (now Brentwood RC) before he took a work assignment to Michigan in 1992. Keen to maintain his running adventure, Gary signed up with Ann Arbor Track Club where he continued to fulfil his competitive streak, but also volunteered (along with his wife) for the club. On their return to the U.K. both were made life-long honorary members of the Michigan club, which certainly says something about the extent to which they appreciated Gary's contributions to running, even back then.

Gary 'springing' to the finish line in the inaugural London Marathon!



While Gary spent some time back home between 1995 - 2000, where he returned to Thrift Green Trotters, he accepted a further secondment to Cologne and, despite being unable to find a running club, he persevered training alone. It was in 2000, when Gary and his

family moved to Westerham, he joined Oxted Runners. In true 'Spring style', Gary was quick to offer his support as a committee member and took on the sizeable roles of Run and Couch to 5k Leader; Race Director of Oxted's Titsey Trail 10k and Race Results Administrator. As many of us have come to appreciate, being a race director is an enormous task which takes up much time and comes with a huge amount of responsibility.

Despite stepping down as Race Director in 2021 after several years in this role, Gary is still part of the Titsey Trail 10km Race Committee. By 2010, Gary had moved to Lingfield and finally joined LRC as a second-claim member, having met the indomitable Trevor a few years earlier!



Gary presents awards in one of his roles as Oxted Runner's Race Director for the Titsey Trail 10k.

However, in 2013, foreign shores beckoned Gary once more and he found himself in Chongqing, China, but his passion for running remained. Gary participated in local athletics events and he even won the Over-40s 800m race at the age of 63! Gary modestly puts his success down to the fact he was the only non-smoker among the participants, but I have my doubts!! It was finally in 2016, when Gary returned to the U.K. and he chose Lingfield Running Club as his first-claim club, where he has remained a devoted and much-valued member. It was at this point, Gary was made an honorary life-time member, again, but this time, of Oxted Runners, which confirms just how much he is appreciated both nationally and internationally!

It is not just your commitment to athletics and running which makes you stand out, Gary, it is your palpable passion for the sport; your ability to engage and inspire members at all levels and execute your voluntary responsibilities with integrity and humility.

We thank you for everything you have contributed to athletics and running more broadly and for what you have given and you continue to give to Lingfield Running Club. You epitomise both LRC's vision and ethos as well as that of E.A. Where would the sport be without members like you?

In the words of Winston Churchill: "We make a living by what we get. We make a life by what we give." – Gary, you have certainly given a lot to running and athletics!



Lingfield Running Club's runners and walkers come together for a beautiful evening on Ashdown Forest

Gary will be attending the E.A. Regional Volunteer Awards Ceremony on 25th September at Denbies Wine Estate where the winners of each category will be announced.

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And let's not forget Scott McDonald ...

... who has been shortlisted in the EA 'Club leader of the Year' category. He will also be attending the awards ceremony in September. This what has made Scott a more than worthy nominee for this award:

Scott has been a member of Lingfield Running Club for 16 years. He was the Chair of the club from 2021 to 2024, but he took his role far beyond chairing committee meetings. Scott has played an instrumental role in raising the local profile of the club and encouraged members recovering from injury to take first steps to running again. His roles have included planning, coordinating and managing fund-raising initiatives and a midweek running/walking group. He is also the club's Mental Health Champion and was key to recruiting our two Welfare Officers.

How has Scott demonstrated effective leadership and how has he supported other club volunteers?

- Scott is a highly respected member of the local community. He was the club chair and took on other community roles, building links with the parish and district councils. This period included the return to running after covid, and ensuring runners maintained protocols.
- He is a driver/fundraiser for the Community minibus, making weekly shopping trips for local vulnerable people. He promotes the minibus's use as transport for the club's XC running teams – environment-friendly as well as fostering great team spirit.

- A good example of Scott's leadership was leading discussions with Lingfield Sports Association, who proposed our club move its base to its location on the village outskirts. While members did not support the move, the running club now uses the Sports Club for its annual BBQ, including the 40th anniversary celebration in 2023.
- Despite injury, Scott has also led by example, including Southern XC Champs!

What changes/improvements has Scott helped make happen? What has been the impact of these changes?

- Scott has worked effectively with the committee to meet 6/7 club standards and the club improved its coaching offer. Scott has taken the lead role in reviewing the club's risk assessment, and promoted the awareness of defibrillators in the areas where we run, and at all our club sessions.
- Not every member is ready to join in organised club runs or coaching sessions, and Scott has encouraged members recovering from injury to take first steps to running again, with a midweek walking/running session.
- In partnership with the parish council, funds have been secured to buy cross-country equipment for the club (making them the envy of the Surrey XC League on those wet Saturdays) and to fund more EA-qualified coaches for training sessions.
- Scott has ensured the club maximised fundraising from its Christmas handicap race, with the auction & entry fees raising £1,500 in his three years as Chair. This is donated to POPYRUS Prevention of Young Suicide, a cause close to the club's heart.
- Scott was the driving force behind the club's sign up to EA's #runandtalk campaign and became the club's Mental Health Champion, a role he still retains. In the same vein, he identified two club members who became the club's Welfare Officers

Best of luck to both of you in September.

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My Favourite Race
This week, Dan Pike's choice



Dan, with some serious post-race refreshment

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

The Barns Green Half Marathon.

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

Twice.

3. *What made it special to you?*

Lovely course, well-organised friendly event - not too busy.

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

Pleasant scenery, gently undulating course.

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

This year - yes.

Next week's article is the choice of Sophie Davis

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Weekly club runs

Gary Spring

It's all happening in Ashdown Forest!

Thursday, 15th August

Trail run in Ashdown Forest



Start time 7pm, from Friends Clump, Ashdown Forest.

Post Code: TN22 3HY

What3words: fashion.printers.wobbling

Tom Cartledge is leading this run. The route will be the two 3 mile loops from the car park. Total distance of 6 miles, but there is the option to do just one loop (3 miles). There will also be a walking group, led by me. We will do a slightly shortened version of one of the loops (about 2.5 miles)
Road shoes should be OK.

Tuesday, 20th August

Uphill Mile: Club Handicap Race



Start time 7:30pm, at the bottom of Kidd's Hill, Ashdown Forest.

Meet at Gills Lap car park at the top of Kidd's Hill at 7:15pm.

Postcode: TN7 4EU

What3words: atlas.obey.seabirds

This is the 6th Club Handicap race of the year and secretly, everyone's favourite race – they are just too shy to declare it in their 'My Favourite Race' articles.

It is just a mile in distance, though there is a bit of climbing involved, well, 123 metres of climb, to be exact.

We welcome both runners and walkers and are very happy to have guests join us. After everyone has got to the top, we'll do a gentle jog for about 2 miles around the flatter bits of Ashdown Forest near the car park.

Please try to get to the Gill's Lap car park by 7:15pm to give everyone a chance to jog down to the bottom of the hill and be ready at 7:30pm, when the first runners will start. The faster runners can expect about a six-minute handicap. If anyone wants to race-walk it, we can arrange a start before 7:30pm.

Please note that the car park does charge for parking so car-sharing would be a good idea. Maybe organise this on FB or the club WhatsApp group. If anyone wants a lift from The Victoria Club, I will be leaving there at 6:40pm.

After the post-race warm-down, there is the opportunity to meet in The Hatch, at the other end of Kidds Hill, for a bit of socialising with refreshment.

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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, August 14 ▼

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

Wednesday, August 14	
6:45pm	LRC coaching (Ian G - Forest Way)
Thursday, August 15	
6:30pm	Club run
7:00pm	Club running (Tom - Ashdown Forest)
Saturday, August 17	
Race the Train (Tywyn, Wales)	
10:00am	Club run
Tuesday, August 20	
7:00pm	Club running (Uphill mile - handicap GP)
Wednesday, August 21	
6:45pm	LRC coaching (Dave)

Thursday, August 22	
6:30pm	Club run
7:00pm	Club running
Saturday, August 24	
BMW Helsinki Marathon	
10:00am	Club run
Sunday, August 25	
8:00am	James Cooper Community Run
9:30am	Woldingham marathon and half
Monday, August 26	
11:00am	Kings Head Canter (GP event)

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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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

