



Newsletter

Wednesday 21 August 2024

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Welcome (back) to new member, Rupert Apthorp, 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 42 parkrunners last Saturday, scattered all over the place, at 18 locations. This week's venues were East Grinstead (17), Brockenhurst (2), Colchester Castle (1), Heartlands (1), Hove Promenade (2), Jamaica Pond (1), Kingston (1), Lancing Beach Green (1), Parke (2), Peacehaven (1), Royal Tunbridge Wells (1), Squerryes Winery (1), Swanley (1), Tilgate (2), Tokoinranta (2), Torbay Velopark (1), Wakehurst (4) and Woodhouse Moor (1).

Particular congratulations to our third-place finishers - **Dan Celani** at Wakehurst and **James Kilfiger** and **Lucy Wilkes** at East Grinstead. Also good to see that **Ian 'Snowy' Wilson** has lost none of his speed despite a two+ year parkrun absence!

Incidentally, my sources tell me that **Ian Greenaway** has now run at 100 different parkrun venues (some of them more than once). That's quite an achievement, Ian. If any other member has got close to that total yet, then please let us know.

There is one late result to report from the West Sussex Fun Run League (WSFRL) on 7th August – the Highdown Hike at Angmering. Running for second-claim club, Saints and Sinners, **Ian Greenaway** came 170th in a time of 43.11 and **Isla Greenaway** 285th in 48.30. Well done, both of you. The next WSFRL event is the Fittleworth Flyers 5 next Sunday 25 August on what, I read, is a new course for this year – the race has been missing from the WSFRL calendar for several years.

A few weeks ago, I noted that **Tom Harvey** had to pull out of the Lakeland 100-mile race after 60 miles. Tom has recovered enough now to give us a [detailed account](#) of what went right, what went wrong and the lessons he learned – which I think we should all listen to. Apart from moving to the Lake District, that is. Thanks, Tom.

Last night's Uphill Mile continues to attract the club's masochists/serious runners (delete as nec.) and very well done all who completed it. Once was enough for this southern softie.

Best of luck to all heading down to Chiddingly for Monday's King's Head Canter, the next club Open Grand Prix event. Enjoy the free drink at the end too.

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

17-Aug-24

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LRC parkrunners

	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	3	James KILFIGER	00:20:48	71.47%
117 runners		17	Simon PETITT	00:24:05	53.70%
		19	James WILLIS	00:24:17	59.30%
		22	Michael MANWILL	00:25:06	58.30%
		24	Keith CHAMBERS	00:25:15	66.40%
		30	Lucy WILKES	00:26:15	60.51%
		34	Wendy SMITH	00:26:37	68.00%
		43	Fiona CHAMPNESS	00:27:30	60.97%
		46	Nick CHAMPNESS	00:27:42	52.41%
		48	David WATKINS	00:28:18	57.66%
		56	Miranda CHITTY	00:29:12	62.84%
		71	Helen DAVEY	00:30:35	63.43%
		72	Michele EDWARDS	00:30:48	63.91%
		73	Peter PHILLIPS	00:30:56	57.00%
		79	Isla GREENAWAY	00:31:44	46.64%
		97	Lynda WILLMENT	00:36:01	52.38%
		109	Sandra ANKERS	00:43:13	55.11%
Brockenhurst	529	7	David WORSELL	00:23:04	64.96%
117 runners		70	Nevenka WORSELL	00:28:55	59.42%
Colchester Castle	467	237	Judy HAYLER	00:32:05	60.47%
327 runners					
Heartlands	536	37	Tim MARTIN	00:23:50	60.91%
206 runners					

Hove Promenade	22	402	Sue GARNER	00:26:32	94.79%
802 runners		487	Debbie WILKES	00:27:56	78.40%
Jamaica Pond	n/a	45	Simon COOK	00:25:00	62.53%
170 runners					
Kingston	123	7	Jeremy GARNER	00:18:31	79.66%
305 runners					
Lancing Beach Green	312	71	David CHASE	00:26:36	57.77%
217 runners					
Parke	744	105	Steve WARNER	00:32:04	53.79%
160 runners		151	Marie WARNER	00:50:46	40.54%
Peacehaven	331	29	Aly WARNER	00:24:47	66.85%
122 runners					
Royal Tunbridge Wells	589	63	Pete HOLMES	00:24:16	57.07%
317 runners					
Squerryes Winery	574	93	Ian WATKINS	00:30:32	54.42%
182 runners					
Swanley	641	4	Steve ACKROYD	00:20:49	68.61%
78 runners					
Tilgate	436	109	Darija SPARKES	00:26:03	62.83%
446 runners		413	Ian WILSON	00:44:54	40.87%
Tokoinranta	n/a	29	Ian GREENAWAY	00:24:17	62.25%

107 runners		80	Theresa DONOHUE	00:35:12	52.13%
Torbay Velopark	70	5	Daniel QUINN	00:17:51	78.80%
304 runners					
Wakehurst	n/a	3	Dan CELANI	00:18:30	76.67%
368 runners		18	Dan OPPE	00:20:24	67.40%
		93	Nicky PUMFORD	00:25:35	64.76%
		127	David NOTTIDGE	00:27:08	63.57%
Worthing	7	116	Sophie DAVIS	00:22:43	67.72%
667 runners					

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Committee update from 19 August
Graeme Bennett

Some key points from Monday's meeting:

- the parkrun takeover date has had to change from 7th to 14th September.
- the new Race Director for the Lingfield 10s races is ... Fiona Brown.
- the club will need to do a lot of work to ensure it complies with the England Athletics Safeguarding requirements by April 2025 - including asking all members to give their agreement online.
- Dee will be retiring as Social Secretary next January, so we will be looking for another.
- club Christmas Handicap will be on 21st December, similar format to last year (with tighter timescales!).
- Scott McDonald and Gary Spring are both shortlisted for England Athletics volunteer awards. We will know the outcomes on 25 September.

The full set of minutes is on the [club website](#).

Lakeland 100 2024 Race Report

Tom Harvey



Race Specs:

Distance - 105 miles; elevation - 22,493 ft.; terrain - mainly trail.

Clockwise loop around the Lake District from Coniston to Coniston with 14 checkpoints (CPs) within loop.

Race starts at 6pm, Friday 26th July, with 40-hour cut off to Sunday 10am.

Training leading into race

This went really well, with an average of 70-80 miles per week, with over 10,000 ft. elevation, trail-specific over an eight-week period from the recent SD100 UK Ultra race. Lots of hill reps, 1-2 km sessions to get the elevation in within the local area. Being down South, I did not manage to get a recce in, or even get up to Wales to the mountains; all of my training was local. With over 22k ft elevation to train for in the race, this would be new territory for me with almost double previous 100-mile races done. After winning the SD100, I felt confident that I could make top-10 out of the circa 750 field.

Coming into the last week of taper, I caught a nasty cough and sore throat that kept me up most of the night (x3) when needing to bank sleep, so was very tired ready for the long drive.

Driving up on the Thursday then proved to be tough, with car problems - going into 'limp mode' for most of the 350-mile route - resulting in a joyful 9+ hour journey ... and needing a local Coniston mechanic to help get home again on Sunday. I was determined not to let the car effect the race but it did.

So, managed to register ok and get the kit ready for the start with multiple self-checks back at the car. The mandatory kit was fairly extensive but, with months to plan helped get the lightest bits to shave off weight and pack positioning. The adrenaline was mounting at the start line and was an amazing party like atmosphere after the briefing.

With 15 mins, 'Nessun Dorma' in the background, loaded up the GPX file that I took from last year's winner Andy Berry Strava activity, due to the improved accuracy vs official GPX.

Checked my watch that showed a battery of 19%. Not good before the biggest race of my life.

The Race

My plan was to go out confidently with the lead pack, inc. Mark Darbyshire and Gavin Dale. The pace was pretty aggressive and the elevation in terrain noticeable for the first three hours. The first 50k of Lakeland is really tough, including a few tough climbs and going into the night. With recent rain, the ground under foot was pretty boggy in places, so wet feet throughout were guaranteed. Trying to keep with lead pack on the descents was tough, and they made it look easy over the technical terrain. This can really fatigue the knees and quads early on, making future miles tough.

So, three hours in near Wasdale Head and still up the front and going strong, then took the lead and went the wrong way, ended up lost in bracken, and noticing the chasing pack of around 16 runners overtaking across a small valley. This was a real low point as I needed to bushwhack and rock scramble to get back on the correct route, then slowly chase and overtake to get back up front again. One sure way to burn through the body's glycogen store. An hour later and its getting dark and I managed to catch up with the lead pack, noticing Kim Collison. More fatigued than should have been at this stage.

Leading into Buttermere 26.3 miles in, with one of the biggest climbs 712m ahead, I noticed that the climbs were harder than they should have been and my core body temperature went into chill down even though working hard up the climb. The sore throat was coming back and losing my voice. Jacket and buff out really early to not get cold, this surprised other runners who were hot and sweating. As time went on, I noticed my pace further reduce and not knowing the course found myself tagging onto runners to avoid getting lost at turn points. I was hoping the GPX on watch would be enough, but was losing confidence as time went on.

The next CP5 was Braithwaite at 32.8 miles in; it was midnight, soaked though with core temp hard to regulate and felt like I was burning up with a sore throat. Dropping from lead pack to around 14th, knowing my body was not in a good state with the whole night to get through, I was ready to DNF. I was told that it would be a six-hour wait for the bus to come to take me back to Coniston, so walked out. A walk turns to a jog and linked up with a few great runners who knew the course well.

This gave me a new lease of life and running at similar pace managed to push on through the night through to CP6 Blencathra, where my watch started to have problems with GPX route disappearing from the map. I was tied to them, slogging on through the night looking forward to the morning sunrise whereby we were met by continuous rain. Still in the top 20, we ran on lead by Derek (eventual 1st MV50) who had recently done Bob Graham run with 9.5k m climb and feeling strong.

The morning daylight had arrived, Derek, Wayne and myself pushing on with the next milestone being CP8 Dalemain 59.1 miles where the drop bags were with dry shoes and socks. Luxury.

At this stage my voice had gone, with a fever, feeling weak; GPX problems, so tied to the small group for navigation (aka Derek who recently found he was in 1st position for MV50).

With this info and a long descent down to CP9 Howtown 66.2 miles the pace was stepped up and I eventually had to let them go. At round 11am, This was a real low point with 40 miles to go and relentless rain. My £200/n B&B was booked for the Saturday night as an incentive to keep the pace up, I really didn't want to go down with the full-blown flu esp with a 9-hour drive in a faulty car on the Sunday.

Result - DNF at Howtown. Medical staff were amazing, and I was lucky enough to get a lift back with another runner who DNF'd at that CP. I was thinking of the next races now - Big Half and Berlin Marathon. It was the right decision and managed to do a 100km recce of the course, that is beautiful (and really challenging).

Main Learnings

1. It is really hard to train for the climbs by just doing local hill reps. - basically I need to get into the mountains and get as much vertical in as possible. I thought I was doing well this year with 280k ft climb and 2,200-mile distance but the leaders are up in the 400k ft + vert range and live in places like e.g. Ambleside. Living next to the Ashdown Forest or South Downs can only do so much.

2. Not go out too hard at the start and try and keep up with leaders on descents as your legs will get trashed too early on. Listen to your body. Leave the ego at the door.

3. Basically, this race route needs to be learned with recce runs, so confident navigation can be done solo. I have looked at why the GPX file had problems but not found the answer. Will stick to official one in future. I would just look at completing it and learning course with areas that can be improved for the next time, but it's a long way to travel for a race with family commitments. 4. Do not buy a Land Rover with Diesel EGR, although seems to be fixed now with a new battery and full service.

I feel that without the underlying bug, I would have completed the ultra as would have had a lot more sleep ready for the start line. The mind would have been stronger in the later stages. General race prep, training, kit choice went well. Bring on the next race!

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My Favourite Race
This week, Sophie Davis's choice



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

I narrowed it down to a Top 3: The City-to-Surf in Sydney, The Dorset CTS (which we ran in Storm Desmond!), but I'm going to go with the Tissington Trail Half Marathon up in the Peak District.

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

I ran it twice, the last time being 2018.

3. *What made it special to you?*

It was the last half marathon I ran before having my first son and remains my (unofficial) PB of 1:42.

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

It is point-to-point along a disused railway line - just like the Forest Way, with an ever-so-slight elevation drop - luckily you don't run it the other way!

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

I was entered again and then had multiple deferrals through COVID and pregnancies which have finally expired but I would love to have another go.

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

It's great to tie in with a trip to the Peak District, and the Bakewell parkrun is just up the road, for the day before!

Next week's article is the choice of Ian Wilson

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Weekly club runs

Gary Spring

Tuesday's Uphill Mile



Another good turn-out for last night's Uphill Mile Race. Photo, courtesy of Sally Alexander.

The conditions must have been ideal for the race as nine of the runners who had previously run the Uphill Mile, set PBs. In Simon Petitt's case, his time was good enough to take him into the Top Ten of all-time PBs, Sophie Davis managed to take nearly three minutes off her previous best, while Keith Chambers did a 'Sergey Bubka' and just shaved off a second for his new PB! I have updated the All-time PBs table on the [club website](#) to show the new state of play. While everyone looked like they gave it their all to get to the top as quickly as possible, the prize for physical effort must go to Doug Bewley, who found out why the race is nicknamed The Chuck-Up Mile.

This was the sixth out of the nine Club Handicap races planned this year. The latest points tables are viewable [via this link](#). All very tight for the first three ladies, with Sarah Ferguson still leading, Judith and Hannah Cartledge, joint second and Sophie Davis closing up, in fourth place. For the men, James Kilfiger has taken over the lead from Paul McManus, with Steve Ackroyd in third and Dan Pike in fourth, having only run in four of the races. The next Club Handicap race will be 'May Race 3', to be held in September, on a Sunday morning; date to be confirmed.

Name	Clock time	Handicap time	Actual time	Points
Simon Petitt	13:43	06:30	07:13	20
Doug Bewley	14:14	06:30	07:44	19
Hannah Cartledge	14:31	03:30	11:01	20
James Kilfiger	14:49	06:30	08:19	18
Dan Pike	14:56	06:00	08:56	17
Sophie Davis	14:59	05:00	09:59	19
Dave Worsell	15:03	05:30	09:33	16
Steve Ackroyd	15:04	06:30	08:34	15
Nick Keen	15:11	06:30	08:41	Guest
Scott McDonald	15:12	04:30	10:42	14
Nick Champness	15:14	04:30	10:44	13
Keith Chambers	15:19	04:30	10:49	12
Dan Celani	15:22	07:30	07:52	11
Judith Cartledge	15:27	04:00	11:27	18
Steve Lovell	15:29	05:00	10:29	Guest
Maggie Statham-Berry	15:31	04:30	11:01	17
Michael Manwill	15:35	06:00	09:35	11
Dave Watkins	15:47	04:30	11:17	11
Paul McManus	15:50	04:30	11:20	11
Sandra Ankers	15:52	00:00	15:52	16
Fiona Champness	15:52	05:00	10:52	15
David Nottidge	15:58	04:00	11:58	11
Laura Stockwood	16:02	04:30	11:32	14
Matthew Stockwood	16:10	04:30	11:40	11

Martin Faulkner	16:11	04:30	11:41	11
Darija Sparkes	16:14	04:00	12:14	13
Sarah Ferguson	16:23	03:30	12:53	12
Wendy Smith	16:47	05:00	11:47	11

Thursday, 22nd August

Trail run to Brambletye Ruins

Start Time 7:00pm, from East Court Top car park.

Tom Cartledge is leading this run. The route is about 5.5 miles. I will lead a walking group, covering about 2 miles distance.

Road shoes should be OK.

Tuesday, 27th August

Trail run in Forest Row and Ashurst Wood

Start time 7:00pm, from the Co-op car park, Hartfield Road.

Ian Watkins will lead this run, which will go along the footpaths in Ashurst Wood and Forest Row. It will be about 5 miles, to ensure everyone gets back before the light goes. I will lead a walking group, doing about 2 miles. Road shoes should be OK.

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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 21 ▾

Print Week Month Agenda ▾

Wednesday, August 21	
6:45pm	LRC coaching (Dave)
Thursday, August 22	
7:00pm	Club running (Brambletye - Tom C)
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
11:00am	Fittleworth Flyers 5
Monday, August 26	
11:00am	Kings Head Canter (GP event)
Tuesday, August 27	
7:00pm	Club running (Ian W - Forest Row)

Wednesday, August 28	
6:45pm	LRC coaching (James)
Thursday, August 29	
7:00pm	Club running
Saturday, August 31	
10:00am	Club run
Sunday, September 1	
Henley River 10k and Half	
9:00am	The Big Half

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

East Grinstead parkrun 'takeover'

Saturday 14th September 2024

NOTE CHANGE OF DATE

Dear All,

On Saturday 14th 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 14th 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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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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