



Newsletter

Wednesday 28 August 2024

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Welcome to new member, Sally Skipper, 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 34 parkrunners last Saturday, at 12 locations. This week's venues were East Grinstead (18), Bushy (1), Faelledparken (1), Hove Promenade (1), Ifield Mill Pond (1), Littlehampton Prom (1), Orpington (1), Royal Tunbridge Wells (1), Somerdale Pavilion (1), The Old Showfield (1), Tilgate (4), and Wakehurst (3).

Particular congratulations to **Simon Petitt** (first), and to **Lucy Wilkes** (second woman) at East Grinstead. Congratulations too to **Nick Champness** who reached 100 parkruns on Saturday.

On Sunday, **Ian Greenaway** and **Isla Greenaway** ran for Saints and Sinners in the (Fittleworth) Flyers5 at Thakeham. The distance is actually 5.5 miles and run on a new course which Ian says included a congested start and a lot of hills. There were 271 runners and Ian finished in 79th place in 46.41, and Isla was 226th in 61.58. Very well run, especially Isla, who was not feeling well on the day but stuck at it. Neil Hutchison (Worthing Harriers) was first to finish in 33.39 and first woman was Lucie Bourne (Hove Hornets). The next WSFRL race is the Tilgate 5 on Sunday 8th September.

Bank holiday Monday saw the latest running of the Kings Head Canter, a club GP race. This popular event, run on country lanes from Chiddingly to East Hoathly, attracted 19 club members among the 268 competitors. **Dan Celani** was the first Lingfield runner to finish in 14th place, and **Michelle Hollins** ran her usual strong race to be first Lingfield woman, in 98th place. Judging from the pictures taken at the end, all our runners entered into the spirit of the event.

14	Dan Celani	17.34
36	James Willis	19.38
41	James Kilfiger	19.45
52	Dan Oppe	20.31
73	Vernon Given	22.04
74	Dave Worsell	22.05
98	Michele Hollins	24.00
99	Tom Cartledge	24.04
107	Keith Chambers	24.33
109	Ian Watkins	24.35

125	Judith Cartledge	25.03
143	Hannah Cartledge	26.05
149	Dave Nottidge	26.21
156	Chris Rance	26.32
175	Jennifer Willis	27.46
207	Steve Warner	30.18
220	Peter Phillips	31.28
240	Lynda Willment	33.16
261	Sandra Ankers	38.09

Max Walker (Abingdon/Army) won the race in 15.49 and first woman was junior Freda Pearce of Eastbourne Rovers in 18.36.

Here are the revised Grand Prix tables after nine events - [men](#) and [women](#).

No changes in the women's table. **James Kilfiger** effectively increased his points total by two as his 18 points for the Kings Head Canter replaced his 16-point score for the Tunbridge Wells Half. **Dan Celani** is in hot pursuit.

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

24-Aug-24	34	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	1	Simon PETITT	00:19:18	67.01%	PB
76 runners		12	Vernon GIVEN	00:23:32	63.67%	
		16	Ian GREENAWAY	00:24:58	60.55%	
		17	Tim MARTIN	00:25:03	57.95%	
		18	Keith CHAMBERS	00:25:09	66.67%	
		20	Lucy WILKES	00:25:43	61.76%	PB
		25	Tom CARTLEDGE	00:26:41	60.09%	
		29	Harold BURR	00:27:01	48.30%	
		35	Isla GREENAWAY	00:27:43	53.40%	
		36	Nick CHAMPNESS	00:27:49	52.19%	

		43	Judith CARTLEDGE	00:29:39	66.39%
		44	Miranda CHITTY	00:30:19	60.53%
		47	Steve WARNER	00:30:28	56.62%
		48	Michele EDWARDS	00:30:37	64.29%
		50	Peter PHILLIPS	00:31:15	56.43%
		51	Helen DAVEY	00:31:17	62.01%
		61	Fiona CHAMPNESS	00:33:35	49.93%
		64	Theresa DONOHUE	00:37:42	48.67%
Bushy	115	38	Jeremy GARNER	00:18:46	78.60%
1,787 runners					
Faelledparken (Copenhagen)	n/a	95	Judy HAYLER	00:27:46	69.87%
153 runners					
Hove Promenade	22	298	Sue GARNER	00:26:39	94.37%
536 runners					
Ifield Mill Pond	451	66	Paul MCCARTHY	00:32:15	47.24%
87 runners					
Littlehampton Prom	97	19	Steve ACKROYD	00:20:29	69.73%
212 runners					
Orpington	580	33	Aly WARNER	00:24:22	67.99%
135 runners					
Royal Tunbridge Wells	589	41	Pete HOLMES	00:23:16	59.53%
207 runners					

Somerdale Pavilion	327	44	Lisa COMPTON	00:24:59	86.26%	
156 runners						
The Old Showfield	93	35	Sophie DAVIS	00:23:20	65.93%	
129 runners						
Tilgate	436	10	Dan OPPE	00:20:05	68.46%	
347 runners						
		81	Nicky PUMFORD	00:25:41	64.50%	
		91	David WATKINS	00:26:05	62.56%	
		100	David NOTTIDGE	00:26:31	65.05%	
Wakehurst	n/a	5	Dan CELANI	00:19:41	72.06%	
202 runners						
		8	James KILFIGER	00:20:07	73.90%	
		97	Debbie WILKES	00:29:06	75.26%	PB

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A selection of our King's Head cavaliers

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Prostrate screening
Scott McDonald

Gentlemen, please read on and Ladies, please consider mentioning this to any men in your life....

Once again the East Grinstead Lions are hosting a Screening process for Prostrate Cancer; this is a simple, quick and painless blood test. Test results are emailed to you, and a donation to East Grinstead Lions to support their charity work is requested.

I know all this because I and a few other LRC members have made use of this useful screening process.

Date - Saturday 19th October 2024, held at East Court, East Grinstead, RH19 3LT.

Bookings have started, so please visit [this site](#) and select event 'East Grinstead', and follow registration instructions. The venue is at the top of the parkrun hill.

At their screening process in 2023, 993 tests were completed, identifying 61 men who were potentially at risk and needed further medical intervention.

Many thanks, Scott

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My Favourite Race
This week, Ian Wilson's choice



The 'gang' from an earlier event. Ian is third from the left

The full list reads (from left to right): Val McLaren, Sue Garner, Ian Wilson, Mike Diebel, Rob Moir, Kath Garrido, Jan Diebel, Steve Hollis, Reg Garrido, Chris McLaren, Dave Chase, Clare Collett, Paul Allen and Bridget Hollis.

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

Beachy Head Marathon (formerly known as the Seven Sisters Marathon, and some still have the T-shirts!)

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

I have entered eight times so far but only completed seven, as I fell once and banged my head, and had to pull out at 16 miles.

3. *What made it special to you?*

Well, the scenery for one thing, and the fact that it is all off-road. Also, the camaraderie of the event and the personal challenge. It's not about the time so much, but can you do it?

It was also the first off-road event that I completed, in the same year as my first London Marathon. I think I was hooked.

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

It's not flat! You are either going up or coming down... The high points are the piper who serenades you as you start out from St Bede's school, the soup and sausage rolls as you

journey round and the stewards and race officials who tirelessly give up their time for a very long day!

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

I haven't entered for a while now due to health problems but, as some runners will tell you, they feel they have 'just one more' Marathon left inside them! Perhaps it is unfinished business for me!

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

I think it's a classic event that you can either run, jog, or walk around, in beautiful countryside. The weather is always unpredictable, as it can be overly warm one year, and incredibly wet and windy another. I once did it in 50 mph winds where the organisers changed the course to bring you more inland and, thankfully, away from the cliff edge!

Next week's article is the choice of Carole Barnes

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Weekly club runs

Gary Spring

Thursday, 29th August

Trail run to Starborough Farm

Start Time 7:00pm, from the Victoria Club

Tom Cartledge will lead this run. It is a mix of footpaths and quiet lanes. With the current spell of warm weather, the paths should be firm, so road shoes will probably be OK, but please wear trail shoes if you want to ensure a good grip. The route is about 6 miles and not too hilly. The final couple of miles are mainly in the open so there should be enough light to make it back without torches, but if you have any concerns about running in fading light, please bring one to be safe.

I will lead a walk of about 2.5 miles, if anyone wants an alternative option.

Tuesday, 3rd September

Last evening Pub Run of the Year

Start time 7:00pm, from The Plough, Dormansland.

I plan to lead this run. The route has options of 4 and 5.5 miles. The route is mainly on trails, up into Dry Hill. I would advise wearing trail shoes and bringing a headtorch to be sure of getting round in one piece. We've got six months of running

on pavements coming up, so don't miss this opportunity for a scenic evening run. If anyone wants to do a walk to coincide with this run, I can offer a 2.5 mile walk, that follows part of the Lingfield 10s 10 km route, but you will need to navigate it (I will have maps!).

Advance notice of Final 'May' Race

There was no ideal weekend in September to fit in the postponed May Race, so I am proposing to hold this Club Handicap race on the morning of Sunday, 6th October. The Club calendar indicates that this is a relatively quiet weekend for races but please let me know if I missed anything that many of our members may attend and could clash with this race.

If the rain holds off enough to keep the footpaths firm, this will be the May Race 3 route, but if the puddles return, it will be the May Race 1 route.

This will be the seventh Club Handicap Race for this year. For information, the final two Club Handicap races are:

Denis Crowhurst race – Sunday, 27th October

Christmas Handicap – Saturday, 21st December

The female and male winners of the Handicap Series will be announced at the post-race Club Christmas party

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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 28 ▾

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

Wednesday, August 28	
6:45pm	LRC coaching (James - East Ct.)
Thursday, August 29	
7:00pm	Club running (Tom - Starborough)
Sunday, September 1	
Henley River 10k and Half	
9:00am	The Big Half
Tuesday, September 3	
7:00pm	Club running (Gary - Plough pub run)
Wednesday, September 4	
6:45pm	LRC coaching (James)
Thursday, September 5	
7:00pm	Club running
8:00pm	LRC quiz team
Sunday, September 8	
Bacchus Wine Half Marathon and 10K	
9:00am	Farnham Pilgrim Marathon
9:00am	Great North Run
9:00am	Surrey Half Marathon, 5k
11:00am	Saints & Sinners Tilgate Forest

Tuesday, September 10	
7:00pm	Club running
Wednesday, September 11	
6:45pm	LRC coaching (Fiona)
Thursday, September 12	
7:00pm	Club running
Saturday, September 14	
National XC Champs. (re-run)	
Thames Path Ultra Challenge (100k-10k)	
9:00am	EG parkrun - LRC takeover
Sunday, September 15	
8:00am	Richmond Marathon
10:00am	East Grinstead 10k (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

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

[mencaptain@lingfieldrunningclub.co.uk](mailto: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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