



Newsletter

Wednesday 18 December 2024

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No newsletter next week ... and I'm not sure about New Year's Day!

Tip: to get the most from the newsletter, view it on a PC or laptop

Please feel free to get your keyboard out and send a race report and/or pictures to editor@lingfieldrunningclub.co.uk.

Follow us via



Lingfield's Racing Roundup

Hello everyone.

Last Saturday saw 32 Lingfield parkrunners at ten locations. These were East Grinstead (11), Alvaston (1), Cassiobury (1), Hove Promenade (1), Kingston (2), Nonsuch Park (1), Royal Tunbridge Wells (1), Squerryes Winery (1), Tilgate (5) and Wakehurst (8).

Particular congratulations to **Lucy Wilkes**, first woman at Squerryes Winery. And also, at East Grinstead, to **James Caffrey** and **Nick Keen** (second and third men) and **Wendy Smith** and **Michele Edwards** (second and third women). Nobody is perfect, but **Sue Garner** is inching that way with a new personal best age grading of 96.05, achieved at Hove Promenade. Perhaps we should all follow Sue's example by spending Friday night in the Old House at Home*.

I couldn't find members running any other races last weekend. However, a little birdie tells me that **Darija Sparkes** completed the [Valencia Marathon](#) on 1st December. I'm not sure why she was so coy about her result as she ran a very respectable 4.28.33, 21 minutes faster than her London time! Great running, Darija. Sebastian Sawe (Kenya) won in 2.02.05, and first woman was Megertu Elemu (Ethiopia) in 2.16.49.

In case you didn't notice on Facebook, two of our most popular Grand Prix events have just announced that they are not taking place in 2025 ([Mel's Milers 10k](#) and [Wakehurst Willow 8k](#)). At the moment there are no plans to try and replace these races, so we are down to [15 events](#), best eight scores to count.

I hope to see many of you at the Xmas Handicap race on Saturday, and afterwards at the Victoria Club, and here is a reminder of how the Handicap GP tables stand before the final

race ... [Handicap GP tables after 8](#)

With that, I'll wish you all a merry Christmas and happy new year, in case I can't find enough material or time for a festive edition.

Have I missed you out? Then please [update your parkrun profile](#), and 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

** other public houses may be equally effective at improving performance*

14-Dec-24		32	LRC parkrunners	Median	57.54%
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	2	James CAFFREY	00:21:49	63.48%
runners		3	Nick KEEN	00:24:09	58.25%
		8	Michael MANWILL	00:27:08	53.93%
		12	David WORSELL	00:29:19	51.11%
		13	Wendy SMITH	00:29:36	61.99%
		19	Michele EDWARDS	00:34:06	57.72%
		21	Nevenka WORSELL	00:34:34	49.71%
		24	Isla GREENAWAY	00:35:57	41.17%
		25	Helen DAVEY	00:36:07	53.71%
		32	Judith CARTLEDGE	00:39:41	49.60%
		40	Keith CHAMBERS	01:00:45	27.87%
Alvaston	29	193	Miranda CHITTY	00:30:48	59.58%
288 runners					
Cassiobury	141	221	Judy HAYLER	00:27:48	69.78%
496 runners					

Hove Promenade	22	323	Sue GARNER	00:26:11	96.05%
627 runners					
Kingston	123	287	Steve WARNER	00:39:05	44.14%
319 runners					
		308	Marie WARNER	00:45:26	45.30%
Nonsuch Park	65	20	Jeremy GARNER	00:19:50	74.96%
562 runners					
Royal Tunbridge Wells	589	18	Pete HOLMES	00:23:51	58.56%
157 runners					
Squerryes Winery	574	15	Lucy WILKES	00:26:41	59.53%
70 runners					
Tilgate	436	21	Dan OPPE	00:20:50	66.48%
399 runners					
		98	David NOTTIDGE	00:25:59	66.39%
		100	David WATKINS	00:26:11	62.32%
		180	Steve ACKROYD	00:29:16	48.80%
		308	Carole BARNES	00:36:52	59.40%
Wakehurst	n/a	25	Simon PETITT	00:21:55	59.16%
329 runners					
		26	James WILLIS	00:21:57	66.14%
		59	Dan CELANI	00:24:44	57.35%
		135	Darija SPARKES	00:28:35	57.26%
		143	Helen PETITT	00:28:53	51.24%
		159	Catherine WILSON	00:29:22	57.09%
		160	Jennifer WILLIS	00:29:23	55.70%
		316	Martin PAYNE	00:47:58	35.96%

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Southern XC entries

Keith Chambers

The closing date is fast approaching for entries to the South of England Athletic Association Cross Country Championships - 'The Southernns' - at Beckenham Place on Saturday 25th January 2025.

Please let [Liz](#) or [Keith](#) know if you'd like us to enter you and we will arrange it.

As an added bonus the club have offered to pay entry for the first ten entrants in each team.

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Shona's Christmas Quiz

Editor

With what I hope may become a seasonal fixture, **Shona Wilkinson** has kindly given me permission to publish, for your amusement, the Christmas quiz which visitors to her festive soiree are obliged to enter. To reproduce the conditions under which the quizzers have to perform, you should ideally try the quiz in semi-darkness, after several drinks.

1. In which part of the body would you find the cruciate ligament?
2. What is the largest marathon field entry?
3. How many marathons has Bob (Pank) run?
4. In what year was the M25 opened, and which member has competed in a race on it?
5. Who holds the Lingfield Running Club ladies' world record for every race (distance)?
6. What is the fastest time Trevor (Crowhurst) has run for 10k?
7. What is the fastest official time run for the marathon distance?
8. Which US marathon advertises that it is the only marathon to begin in one country and end in another?
9. In what year did Boston officially become the first marathon to allow women competitors?

10. Fill in the missing words

Never going to give you ...,
Never going to let you ... ,
Never gonna run around and you,
Never gonna make you,
Never gonna say,
Never gonna tell a, and you.

There are only ten points available, and marking will be very strict, as it was at the live event. With no marks or half-marks awarded for being within a few seconds, or a year, either way. Shona's answers (accurate or not) are the only ones I will accept.

Please submit your answers to editor@lingfieldrunningclub.co.uk by midnight on Tuesday 24 December 2024. Presuming that anyone enters, who wasn't there for the original quiz, results will be published when I can get around to it.

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The 12 Runs of Christmas

James Kilfiger

Are you looking for a bit of a challenge this Christmas? Need a task or twelve to keep you motivated?

Here are 12 tasks for the 12 days of Christmas. You can do them in any order, but I've suggested a day for each, and you can do as many or as few as you want. You can do most of them solo or in a group. There's no prize but, if you participate, I'd love to hear about it, so share on Facebook or Strava.

1. Wed 25. **A Christmas run!** Run around the town wearing a Santa hat.
2. Thu 26. **Lights Cameras Action!** Run around town, and photograph the lights.
3. Fri 27. **Get serious.** Speed work. Run a pyramid of 4-3-2-1-2-3-4 minutes with 1 min walk recovery between each interval.
4. Sat 28. **Jingle Bells.** Run with bells on, singing optional.
5. Sun 29. **Get muddy.** Go off-road, clog up the washing machine afterwards
6. Mon 30. **Back to work:** Go for a run and be home before sunrise (8:03 am)
7. Tue 31. **Pair work.** Go on a run with another person.
8. Wed 1. **'First foot'** Run to a friend's house, bringing coal, bread, salt, silver, or whisky.

9. Thu 2. **Break your resolution.** No running! (Go for a walk instead)
10. Fri 3. **Endurance** Make up for yesterday! By going further today.
11. Sat 4. **parkrun** - run the local parkrun course.
12. Sun 5. **Twelfth night.** Any run that ends in a pub or cafe. ENJOY

Remember to warm up before any strenuous exercise, and cool down/stretch afterwards. If you're going out in the dark, wear something bright.

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New features for our club newsletter

Gary and Graeme

We have come to the end of our parkrun feature and will soon be finishing our 'My Favourite Race' section, so we're looking for new topics to include in the club newsletter. On average, 70% of you open and (I assume) read the newsletter each week, but it is only as interesting/useful as the articles we receive from you.

The Editor has been combing through other running clubs' newsletters for ideas, but we're also interested in getting your suggestions. If you have a suggestion, please email them to Graeme, editor@lingfieldrunningclub.co.uk. This is also the address to send race reports which we hope will remain the bedrock of the newsletter.

We're ready to consider any running topic (e.g. most bizarre running experience, dog-friendly* races) and also non-running ideas (e.g. favourite book, film, recipe etc) that are likely to interest our membership. Gary is even working on a regular puzzle section, to satisfy the small, but keen group, who participated each week in the parkrun quiz. So, please have a think and send your ideas to the Editor.

** well, one of us thought this was a good idea!*

	Opens	First Name	Last Name	Preferred format	Member Rating	Last Changed
>	1	Liz	Webster	html	★★★★☆	12/7/23 13:01
>	1	Jack	Goldsmith	html	★★★★★	20/11/18 12:49
>	1	Hannah	Luffman	html	★★★★☆	31/3/22 19:22
com >	1	David	Waddington	html	★★★★☆	25/1/24 19:29
>	2	Paul	Atherton	html	★★★★☆	15/1/24 18:51
>	1	Tom	Harvey	html	★★★★☆	1/4/24 19:33
>	1	Paul	Gates	html	★★★★☆	12/8/24 9:07
ik >	1	Julie	Landsborough	html	★★★★☆	16/11/22 8:40

We're watching you Mailchimp lets me see who has opened the newsletter and these were the first ten last week.

I would point out that the 'Member ratings' are the opinions of Mailchimp, are no reflection of running ability, and do not necessarily reflect the views of the Editor himself ...

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Parkrun quiz: Answers to Question 10

Based on results recorded in the club database, the total number of East Grinstead parkruns, completed by LRC members between 9th September 2017 and 7th December 2024, is **4,804**.

For your interest, there have always been LRC members present at every East Grinstead parkrun, with the highest number being 45, on 10th August 2019; no doubt to celebrate the 100th parkrun there. The average number is just over 15.

There were two entries that scored 10 points. Judy Hayler was just over 2% out, having used some form of statistical analysis for her estimate, while the Wendy&Michael team were the closest; their estimate being just over 1% from my answer. I suspect Wendy and Michael's dog, Ruby, heard me muttering the answer on last night's club run and tapped it to them when they got home. In the battle of the Warners, Steve was closer than Marie, gaining him three extra points that conveniently resulted in them ending the quiz with the same score.

Which takes us to Lisa Compton, whose guess was close enough to secure her five points and take the top spot. Prizes will be awarded at the Club Christmas party for Lisa, Marie and Steve's sleuthing skills over the ten weeks of questions. Many thanks to the other members who took part and watch out for more quizzes in the club newsletter next year.

Here is the final scores table.

parkrun Quiz												
#	Name	1	2	3	4	5	6	7	8	9	10	Total
1	Lisa Compton	7	10	10	7	10	10	9	10	10	5	88
=2	Marie Warner	8	8	7	10	10	10	10	10	10	2	85
=2	Steve Warner	6	8	9	10	10	10	8	10	9	5	85
4	Judy Hayler	4	5	9	4	10	10	10	10	8	10	80
5	Lucy Wilkes	8	2	10	6	10	10	10	10	10	2	78
6	Wendy&Michael	6	2	6	3	10	10	8	10	7	10	72
7	Helen Davey		8	10	5	7	10	10	10	9		69
8	Debbie Wilkes			9		10	10	10	10	10	5	64
9	Miranda Chitty	5	5	6	3		10	8				37
10	James Kilfiger	7	5	9						9		30
11	Sue Garner	4	2		5	10					5	26
12	Steve Ackroyd	5	5	6	5							21
13	Scott McDonald	3	0	3	3		3	1	0	5	0	18
14	Tom Seller	5	0		3							8
15	Liz McLennan	7										7
16	Trevor Crowhurst	3										3
17	Matthew Stockwood		2									2
18	Robert Healey	1										1
19	Ian Watkins		0									0

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My Favourite Race
This week, Ian Miller's choice



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

Sutton Runners 10K in May 2022.

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

Just the once!

3. *What made it special to you?*

It was my first appearance in a competitive event wearing Lingfield colours.

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

I managed to finish!

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

Unfortunately not, due to injury.

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

A mainly flat course, around Nonsuch Park in Cheam. Very friendly event with some lovely scenery.

Next week's article is the choice of David Nottidge

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Weekly club runs
Gary Spring

Saturday, 21st December
Christmas Handicap race.

Meet on Racecourse Road, opposite the racecourse.
Start time: 10:30am.

[Christmas Handicap route.](#)

This is a road race, of about 4.5 miles distance. For the new members, all entrants have a handicap time, based on their recent running form, with the intention that everyone will finish at roughly the same time. Points are awarded on finish position and the Handicap Trophy series has a separate competition for women and men.

The winner of the Christmas Handicap race itself, receives the Matt Bennett Trophy to keep for one year.

The first runners will start just after 10:30am. The fastest runners can expect a handicap time of around 18 minutes. If you are driving to the race, please park at the Victoria Club and jog down to the start. If you plan to enter, but have not run a race recently, I would appreciate you letting me know your current running pace for five miles, so I can work out a suitable handicap time before the day. My email address is higaryspring@gmail.com

We have a full team of marshals in place and I'm currently negotiating with the higher powers to keep the rain away during the race, so come along and enjoy the fun.

After everyone has finished, we'll adjourn to the Victoria Club for refreshments, club award presentations and Scott's raffle. This is the final club handicap race for this year, so, after some 'back of a fag packet' calculations at the Victoria Club, the series winners, plus 2nd and 3rd place women and men, will be announced and awarded their prizes.
higaryspring@gmail.com

Club Runs from next week, through to New Year's Day

With the next two Tuesdays being Christmas Eve and New Year's Eve, I am assuming you may all have better things to do in the evening than do a Club run. Also, as many of you are likely to be on vacation, you may prefer to run when it is daylight.

I therefore suggest that if you're looking for company to go for a run over the next two weeks, please use the Club WhatsApp group 'LRC Runfinder' to see what other members are planning. If you are not yet in the group and want to be, please contact me by text (07925 195032) or email (higaryspring@gmail.com).

I know James Kilfiger, for one, has some '12 Days of Christmas' running plans in mind ([see above](#)), so be sure to look out for them on LRC RunFinder.

And look out for James Cooper's last of 366 marathon runs on 31st December. Check Facebook for when and where updates. Ed.



"We had a good turnout out for the annual Christmas lights run, 15 runners in total. We were also joined by Paul McManus for part of the route" Tom

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!

Date	Day	Time	Event Name	Location
18	DEC, WED	6:45 – 7:45pm	LRC coaching (Dave)	Imberhorne School, Imberhorne Ln, East ...
19	DEC, THU	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
21	DEC, SAT	10:30am – 12:30pm	LRC Xmas Handicap	Lingfield Running Club, 54 High St, Lingfiel...
22	DEC, SUN	8:15 – 9:15am	Portsmouth Coastal Marathon	
26	DEC, THU	11am – 12pm	Devils Punchbowl Boxing Day Run	GU26 6AG, Hindhead GU26 6...
29	DEC, SUN	8 – 9am	James Cooper Community Run	The Market Square Food & Wine...
		9:30 – 10:30am	Heritage Trail Series 10k/5k	Leonardslee Lakes & Gardens, Brigh...
31	DEC, TUE	8 – 9am	James Cooper final marathon	High Street, High St, East Grinste...
1	JAN, WED	9:15 – 10:15am	Surrey Inns Kanter (LDWA - 12m or 20m)	RH7 6PS, Plough Rd, D...
		11am – 12pm	Knacker Cracker (10k)	Denbies Wine Estate, Bradley Ln, Dorking...
		11:30am – 12:30pm	Worthing Hangover 5	BN14 9QB, Hill Barn Ln, Worthing BN14 9Q...
2	JAN, THU	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
4	JAN, SAT	9 – 10am	East Grinstead parkrun (GP event)	East Court, College Ln, East ...
		1 – 2pm	Surrey County XC Champs.	Lloyd Park, 84 Coombe Rd, Croydon...
5	JAN, SUN	11:30am – 12:30pm	Tadworth 10s	

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

Reminders from previous weeks**Open Grand Prix events 2025
Keith Chambers and Liz McLennan**

Here is the list of open Grand Prix events that we've selected for 2025. Best eight scores* count towards the trophies.

We've also scheduled three parkruns which we'd like to take a vote on; March 8th, September 20th and December 6th; if you have any preferences please let us know and we'll go with the majority decision.

	Date: 2025	Event
1	Saturday 4 th January	East Grinstead parkrun
2	Sunday 23 rd February	Tunbridge Wells ½ Marathon
3	Saturday 8 th March	Road parkrun
	Sunday 30 th March	Mel's Milers 10K (CANCELLED)
4	Sunday 13 th April	Blackland 10K
5	Saturday 11 th May	Richmond ½ Marathon
6	Sunday 1 st June	Dorking 10 Mile
7	Wednesday 25 th June	TAC Penshurst Midsummer Relays
	Wednesday (?) July	Wakehurst Willow 8K (CANCELLED)
8	Saturday 12 th July	Elmore 7
9	Monday 25 th August	King's Head Canter 5K
10	Saturday 20 th September	Trail parkrun
11	Sunday 5 th October	East Grinstead 10K
12	Saturday 18 th October	Gatliff Marathon (25K or 50K choice)
13	Saturday 1 st November	Reigate Priory XC Relays (2.5M)
14	Sunday 16 th November	Brighton 10K
15	Sunday 6 th December	Road parkrun

* From 2025, second-claim club members must be running for Lingfield in 'open' events if their results are to count towards club trophies.

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Christmas Handicap raffle

Scott McDonald

Please let me give you an update for our Xmas handicap race, a reminder it is coming around fast and is on Saturday 21st December 10.30am. After the race we will go to the Victoria Club for presentation of trophies and an opportunity to purchase raffle tickets and other goodies as described below.

We are supporting POPYRUS - a charity that does wonderful work supporting mental wellbeing and preventing suicide. There will be a raffle and raffle tickets are now on sale.

Last week you saw in the newsletter a selection of books that will be available on the 21st for sale to also support POPYRUS. Books will be 50p each or three for £1. If you can't join us on the 21st but are interested in the books, then please email me.

The picture below shows some of the raffle prizes - a mixture of gin, cider, brandy, Lingfield Racecourse has also donated two race tickets and Bonce Hairstylist in the High Street, Lingfield has also donated a voucher. I have contacted a number of other businesses around Lingfield and remain hopeful a few more will donate a prize. **AND NOW** - House of Commons box of chocolates, a £50 meal for two voucher for The Star, the promise of a single annual membership for Wakehurst, and massage guns (see below).

If anyone wishes to donate a prize to the raffle please bring it on the day or contact me for collection. Raffle tickets are £1 each or £5 for a strip of 5 tickets. You can do a BACs transfer NOW to the LRC bank account for your tickets. Please give a reference of Xmas raffle. Please then email me on scottkmcdonald64@gmail.com for your tickets.

Other stalls available after our race will be Susie's pottery, Vernon's daughter Verity's fashion accessories and Liz will have her re-loved creations as well. And don't forget the cake sale, plenty time to get baking please!

Raffle tickets will also be available on the day, please bring cash.

One of our members has kindly put three massage guns (two are new, one only lightly used) up for auction. They have agreed to donate half the money they get to our Xmas race (21/12/2024) charity POPYRUS. The slightly used gun is a Fylina make and the new ones are Awardroom and 'unknown'. A free sponge roller can be thrown in with the Fylina gun.

The auction starts now, if interested in making a bid, please email me on Scottkmcdonald64@gmail.com with your offer. I will then update the FB post with the offer but not reveal any names.



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London Marathon ballot **Editor**

Closing date for applications is midday **TOMORROW** Thursday 19th December. Last year we refused to accept an entry after the closing date, so don't delay. In order to apply for the ballot, you must have, in the course of the year prior to entering the ballot:

- Completed four club trophy events;
- Been involved in at least one club activity (such as timekeeping or marshalling at club runs i.e. May races, Handicap races, LRC official parkruns), or sitting on the committee, or organising a social event, handicap race or other club activity.
- You must also have been a Club member for a calendar year; England Athletics registered, with Lingfield as your first claim club; you must not have won a Club place in the last two years.

If you wish to have your name entered in the ballot, please email secretary@lingfieldrunningclub.co.uk giving details of how you believe you have met the above criteria.

Just sending your name will meet with short shrift!

Stop press: 12 entries received so far - Ed.

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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



Picture courtesy of Alamy

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