



## Newsletter

Wednesday 8 January 2025

### Contents

- [Lingfield's weekly racing round up](#)
- [Surrey County XC Champs. - Maggie Statham-Berry](#)
- [Couch to 5k group - Sophie Davis](#)
- [New year social - Scott McDonald](#)
- [New Treasurer required - Tom Cartledge](#)
- [Runner's cryptic crossword - Gary Spring](#)
- [Tadworth 10 - Dave Nottidge](#)
- [My favourite race - Matthew Stockwood](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next ten days](#)

### Reminders

- [LRC coaching sessions - Editor](#)

***Welcome to new member Lenard Binuagan and to all our new 'Couch to 5k' members this week - Lizi Allanson, Deanne Blaylock, Julie Blythe, Ria Boxall, Mandy Burchell, Helen Bullock, Paul Evans, Phaedra Fry, Victoria Kaisharis, Charlotte King, Kristina & Jason Kokkini-Taylor, Caren McLaughlin, Laura Noble, Joanna O'Flynn, Emma Robson, Charly Russell, Glen Smith, Libby Suchley-Smith, Charlene Tester and Evie Weston.***

*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](mailto:editor@lingfieldrunningclub.co.uk).**

Follow us via



### **Lingfield's Racing Roundup**

Hello everyone.

Two parkruns to report on since last week. First the special New Year's Day events, which 23 members tracked down at six locations. These were Mole Valley (2), Riddlesdown (1), Seaford Beach (1), Sittingbourne (6), Tilgate (12) and Tonbridge (1). Apparently there were 140 runners at Seaford, although you wouldn't think so to judge from winner **James Caffrey**'s picture [below](#). Congratulations, James, and to **Lucy Wilkes**, who somehow managed a PB at Riddlesdown.

And a good turnout of 39 runners at parkrun last Saturday, the vast majority (28) at East Grinstead for the first Open Grand Prix event of 2025. We also had runners at five other locations - Battersea (2), Folkestone (1), Littlehampton Prom (1), Tilgate (2) and Wakehurst (5).

Particular congratulations at East Grinstead to **Sally Alexander** (first woman), and to **James Caffrey** and **Jack Goldsmith**, second and third men. Also to **Dan Celani**, third to finish at Wakehurst. It doesn't take a spreadsheet to work out that Sally and James lead the Grand Prix after race 1. The next event is on 23 February - the Tunbridge Wells Half Marathon.

Later, on Saturday afternoon, the Surrey Cross-country Championships returned to Lloyd Park, Croydon and, of course, you couldn't keep **Maggie Statham-Berry** away from the mud! Maggie tells us what it was like [later on](#), but she finished the (almost) five-mile course in 42.06. Suzie Monk won the women's race for Guildford and Godalming in a time of 28.43. Jack Kavanagh (Holland Sports) was first man home in 37.24.

Many other races were cancelled last weekend but the Tadworth 10 survived, starting and finishing at Epsom racecourse. We have several members who run this event regularly, and of course the rain did not deter them this year. Second-claim member **Jeremy Garner** was first of the three in 1.09.47 (21<sup>st</sup> overall), **Dave Nottidge** finished in 1.39.58 and **Sue Garner** in 1.50.09. Great running in the mud by all three, well done. Crawley's Ben Short won the race in 58.55 and first woman was Gaby Carnwath (Herne Hill Harriers) in 63.38. Read what Dave thought [later in the newsletter](#).

Going back a week, there were a few members, including Chair Sally, doing the Surrey Inns Kanter on New Year's Day. Organised by the Long-Distance Walkers' Association, it started and finished in Dormansland. There have been no 'results' as yet, but some photos have made it on to the event website to remind us of the weather then! I reproduce a wet one below.

As you will see from our list of new members above, the couch to 5k course has attracted a lot of local interest. **Sophie Davis** has done a great job resurrecting this event and she has given us a report on the evening [later in the newsletter](#). Well done, Sophie, and thanks to the members who came along to support her.

After more than a year of hearing about runners' favourite races, we are taking up Robert Healey's suggestion for a series of the most unpleasantly memorable races you have done (of course, these categories are not mutually exclusive). Robert has led from the front on this and next week we will include details of his most uncomfortable race. If you would like to add to his tale of woe, please email details to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk) addressing these questions ....

- What was the race?
- What were the circumstances in which it took place?
- Why was it so unpleasantly memorable?
- What did you learn from the experience?
- Have you revisited the event since (and why!)?

And finally, best of luck to our brave cross-country teams as they head to Oxshott on Saturday afternoon. May your feet fairly fly over the heathland.

Have I missed you out? Then 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

01-Jan-25	23	LRC parkrunners		Median	63.72%	
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">Mole Valley</a>	676	18	Jeremy GARNER	00:21:11	70.18%	
324 runners		141	Judy HAYLER	00:29:53	65.87%	
<a href="#">Riddlesdown</a>	597	28	Lucy WILKES	00:26:08	60.78%	PB
127 runners						
<a href="#">Seaford Beach</a>	116	1	James CAFFREY	00:18:52	73.41%	
140 runners						
<a href="#">Sittingbourne</a>	318	13	Vernon GIVEN	00:21:53	68.47%	
310 runners		62	Ian GREENAWAY	00:26:10	58.22%	
		94	Lisa COMPTON	00:27:50	78.68%	
		230	Theresa DONOHUE	00:35:53	51.83%	
		233	Sandra ANKERS	00:36:40	64.95%	
		234	Keith CHAMBERS	00:36:48	46.01%	
<a href="#">Tilgate</a>	436	6	Dan CELANI	00:19:28	72.86%	
511 runners		21	Dan OPPE	00:20:49	66.53%	
		69	James WILLIS	00:23:16	62.39%	
		104	Steve ACKROYD	00:25:00	57.13%	
		126	Simon PETITT	00:25:56	50.00%	
		158	Dave NOTTIDGE	00:27:04	63.73%	
		182	Sue GARNER	00:27:54	90.14%	
		206	Terri SCOTT	00:28:48	63.72%	
		252	Helen PETITT	00:30:07	49.14%	
		254	Dave WATKINS	00:30:13	54.00%	
		302	Sarah FERGUSON	00:31:52	48.27%	

488 Kath GARRIDO 00:47:27 53.00%

[Tonbridge](#) 254 122 Aly WARNER 00:25:55 63.92%

474 runners



*New Year parkrun at Seaford*

---

<b>04-Jan-25</b>		<b>39</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>56.25%</b>
	<b>Difficulty rank /760</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>
<a href="#">East Grinstead</a>	693	2	James CAFFREY	00:20:48	66.59%
85 runners		3	Jack GOLDSMITH	00:22:23	62.40%
		4	Tom SELLER	00:22:41	58.12%
		5	Simon PETITT	00:22:52	56.71%
		9	Steve ACKROYD	00:23:55	59.72%
		10	James WILLIS	00:24:06	60.24%
		14	Sally ALEXANDER	00:25:05	68.50%
		18	James KILFIGER	00:26:31	56.07%
		22	Liz MCLENNAN	00:27:32	57.14%
		24	Tim MARTIN	00:27:33	52.69%

		26	Keith CHAMBERS	00:27:54	60.69%
		30	Michael MANWILL	00:28:55	50.61%
		31	Lucy WILKES	00:29:05	54.61%
		35	Ian WATKINS	00:30:13	54.99%
		38	Judy HAYLER	00:31:15	62.99%
		47	Hannah CARTLEDGE	00:32:36	45.45%
		48	Judith CARTLEDGE	00:32:39	60.29%
		49	Darija SPARKES	00:33:03	49.52%
		50	Michele EDWARDS	00:33:07	59.44%
		52	Liz WEBSTER	00:33:23	48.03%
		53	Chris RANCE	00:33:50	44.68%
		54	Wendy SMITH	00:33:54	54.13%
		59	Steve BRINKLEY	00:36:12	46.78%
		60	Sarah FERGUSON	00:37:02	41.54%
		62	Paul MCCARTHY	00:37:26	40.69%
		65	Jennifer WILLIS	00:37:56	43.15%
		66	Miranda CHITTY	00:38:13	48.02%
		70	Helen DAVEY	00:38:53	49.89%
<a href="#">Battersea</a>	n/a	836	Steve WARNER	00:30:40	56.25%
1,080 runners		1055	Marie WARNER	00:42:50	48.05%
<a href="#">Folkestone</a>	112	79	Lisa COMPTON	00:24:57	87.78%
370 runners					
<a href="#">Littlehampton Prom</a>	97	44	Paul ATHERTON	00:22:44	69.94%
318 runners					
<a href="#">Tilgate</a>	436	12	Dan OPPE	00:22:11	62.43%
457 runners		432	Eliska KELLY	00:53:12	29.57%

<a href="#">Wakehurst</a>	n/a	3	Dan CELANI	00:18:41	75.91%
330 runners		102	David WATKINS	00:26:12	62.28%
		177	Debbie WILKES	00:29:27	74.36%
		276	Carole BARNES	00:37:40	58.14%
		312	Bridget HOLLIS	00:46:28	47.13%



*Under way at East Grinstead last Saturday*



*Surrey Inns Kanter survivors, (ex-member) Jackie Barker and Debbie Wilkes*

---

[Back to top](#)

### **Surrey County cross-country championship** **Maggie Statham-Berry**

I did the Surrey County cross country championship on Saturday 4 January at Lloyd Park, Croydon. It was bitterly cold, barely above zero degrees on the exposed fields of the park. But there was little wind, so I soon warmed up when the race got going.

The women's course was the usual two undulating laps, just short of five miles. The ground was sodden in parts and there was the customary mud and ankle-deep puddles. However, some stretches were frozen and rutted which required a degree of care.

I finished in 85th position out of 104 in a time of 42:08. There were no Masters medals, but I was the only W70 in the race.

Here is the link to the results:

[Cross Country Championships](#)



---

[Back to top](#)



## Our Couch to 5K Running Group has launched!

Sophie Davis

On Monday evening, we kicked off the return of our beginners' running group with the first Couch to 5K session of the year, and what a fantastic start it was! A total of **20 eager participants** joined us, showing incredible enthusiasm and determination to take that first step on their fitness journey.

After a warm welcome and introductions, the session included a gentle mix of running and walking intervals, designed to ease everyone into the program. There were plenty of smiles, encouraging words, and a great sense of camaraderie, and we have already received lots of positive messages about the session.

We'd also like to extend a **special thank-you** to our running club members - **Ian, Gary, James, and Laura** - who volunteered their time to help me and support the group. Their encouragement, guidance, and friendly faces made a real difference and helped ensure the evening was a success.

We can't wait to see how this group progresses over the coming weeks and encourage anyone thinking about joining to come along next Monday—there's still time to be part of the journey!

Congratulations to all our new runners!



---

[Back to top](#)

**Post-xmas/New Year social**  
**Scott and Dee**

Hi all and a Happy new year:)

The time has come to get those Post-Xmas meal orders in.

There is still time to join us on Saturday 25th January at The Star pub, even if it's just for a drink but please let us know if you are coming so we can ask for a seat for you.

Dee has posted the menu on the Facebook event page, alternatively you can find it on the pub website but pre ordering of your meal really will make things easier on the night for guests and staff. Please order no later than Saturday 18th January by replying to Dee's Facebook post or e mail to me. No money required until the event. Friends & family are welcome.

Dee, Sandra & Scott

---

[Back to top](#)

**New Treasurer required**  
**Tom Cartledge**

Hi All,

In April 2025, I will have completed my third and final year acting as Treasurer for the club. For a club stay active there are specific roles that need to be fulfilled, one such role is the Treasurer.

Probably not a natural role for myself but one that I have found very rewarding. As Treasurer you will form part of the club committee helping support the vision and direction of the club. The role and the committee elements are not time consuming, for myself I would estimate no more than 2 hours per month with one of those being the attendance at the monthly committee meeting.

For further details on the treasurer role please see the role description document located via the following link, this will provide a good insight into the role.

<https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/05/202403-LRC-Treasurer-Role-Description-Final.pdf>

In addition, I would be happy to discuss the role in more detail with any potential candidates.

Many thanks,  
Current club Treasurer

*NB - we are also still in search of a new Club Secretary as my witty advert produced no responses last month! Role description is also on [website](#). Ed.*

---

[Back to top](#)

### **2025 LRC Quiz Slot**

#### **Gary Spring**

There were a few members who enjoyed the parkrun quiz we ran at the end of last year and had asked if we could do something similar this year. So, to kick off proceedings, we're starting with a cryptic crossword, with a 'running' theme in some of the clues. For anyone who is not familiar with this form of puzzle, the clues require a bit of lateral thinking to work out the answer.

Some help on how to solve cryptic clues:

The definition of the answer will always be at the beginning or end of the clue. You could solve the clue just by working out suitable definitions of the right letter length and hopefully select the correct one but be aware that the definition word has been specially selected to create some ambiguity, e.g. 'Flower' could refer to a plant or it could be a river (i.e. 'flow-er'). The rest of the clue is an alternative way to work out the answer and it uses wordplays such as the following examples to give you the solution:

- Words like 'confused' and 'mixed-up' could indicate the word(s) before or after it is an anagram
- Words like 'sounds like' could indicate the word before or after it is a homonym
- Words like 'Left' and 'North' could be used as initials (i.e. L and N)
- Words like 'initially' could mean taking just the first letter of a word or phrase
- Words like 'turned round' could mean reading an adjoining word in the reverse order.
- Words like 'swallowed' could mean placing an adjoining word inside another word
- References to other clues, (e.g. 1 Across, in the puzzle, below, appears in a number of clues), are intended to show a linked theme.

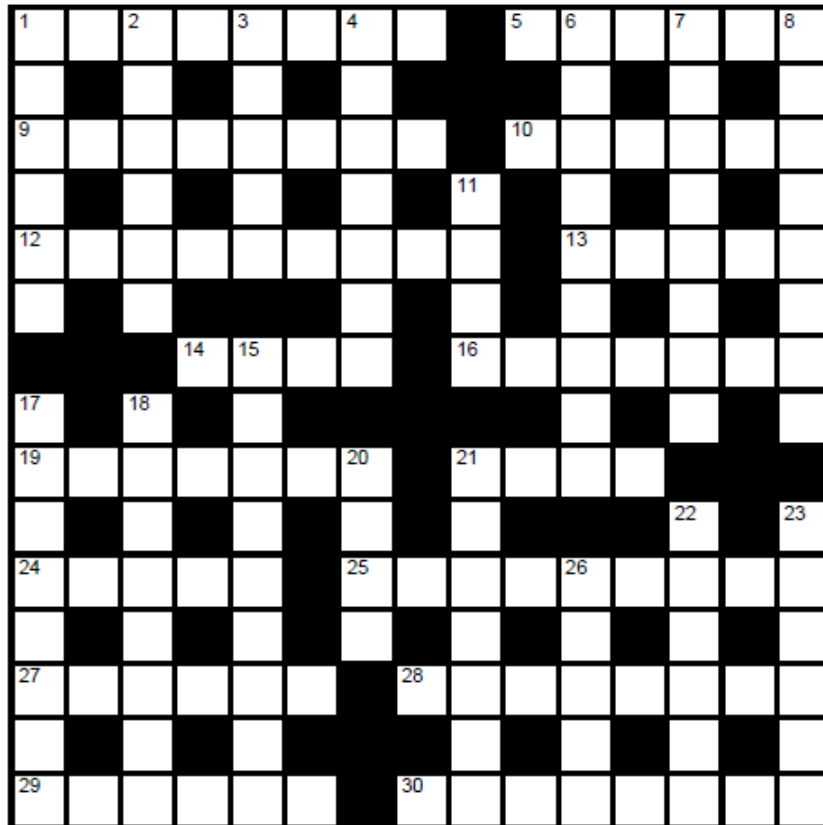
The closing date for Quiz Number 1, is Midnight, 31<sup>st</sup> January. There is no expectation to finish the whole crossword. Just send me a photo of what you've been able to complete by the closing date. The current plan is to have one puzzle per month. There will be prizes at the end of the year and I'll soon have a plan on how to score

any incomplete crosswords.

I hope the enjoyment you find from these puzzles outweighs the extra taxing of your brain. Just remember, similar to the benefit that running gives to your physical health, puzzles are the drug-free medicine for a healthy brain!

2025 LINGFIELD RUNNING CLUB  
QUIZ

Number 1.



<u>Across</u>	<u>Down</u>
1 - A moth ran about this far (8)	1 - Damsel confused about reason why some 30 Across compete (6)
5 - 1 Across man, barrelling along each day last year (6)	2 - Readjusts religious education on TVs (6)
9 - Infections reduce in Norfolk town (8)	3 - Hearing is disturbed on Cross-Country path (5)
10 - America, with crazy spur, seizes power (6)	4 - Obviously nothing; French Green. Lovely border (7)
12 - Likely victim in 1 Across, sure to cry all the way home... (9)	6 - Fixation of Bob losing head with meeting (9)
13 - ...or someone able to endure the hardship (of a sore 12 Across?) (5)	7/11 - Individual constant blast disturbed by top achievement (8,4)
14 - Artistic award picked up for mass entertainment, initially (4)	8 - Remainder preserve long period of relaxing (4-4)
16 - Balding Cockney likely to experience this in Himalayan 1 Across (7)	11 - See 7 Down (4)
19 - Basic instructions to travellers for early weekend exercise (7)	15 - Weaponise a boy I embrace for breakfast item (9)
21 - Force to finish first, then draw? (4)	17 - Raced around upset rug with learner and spent extravagantly (8)
24 - A long distance run to centre of Hull to back culture (5)	18 - Sounds in favour of youngsters to provide material for healthy bodies (8)
25 - Transport for watery ditch round back to Globe (9)	20 - Handle the final word, ending at the beginning (4)
27 - Instrument goes up into the Art room to start with (6)	21 - In the absence of humour at hospital, unconscious (7)
28 - Feasible introduction to sort of logic value is proficient (8)	22 - Sweet sounds of painful shout (6)
29 - Crestfallen, but ran fast (6)	23 - While about in those days for location of first 1 Across (6)
30 - 1, 19 and 24 Across participants have bath, topless, before turbulent sleet. (8)	26 - Right to mix up small bottle of drugs for competitor (5)

[Back to top](#)

## **Tadworth 10 mile**

**Dave Nottidge**

Last Sunday started with heavy rain. Not great running conditions. But having done the Tadworth 10 a number of times, and being early January, it's not likely to be good running conditions.

The race is up on the Epsom Downs and uses the superb venue of the Epsom racecourse building.

It's a great race. Hilly, and off road, scenic, very popular with local clubs (other than us!).

Although the rain had almost stopped, competitors were in no rush to leave the warm race venue to head out to the start. However, we were soon off and heading up around the racecourse. In the photo (below) you can just see Sue Garner in her pink jacket towards the back.

Then downhill and up the long, muddy track to Tadworth. Along a road section, downhill and up a long trail beside the racecourse to the top. Then repeat.

It's never easy and I was knackered by the end. Sue asked if I'd enjoyed it. In that strange way that we have all surely experienced, yes I did.

Will I do it again next year? I'm sure I will. It's just a case of whether I can resist the easier option of the 10k. I'll try to!



---

[Back to top](#)

**My Favourite Race**  
**This week, Matthew Stockwood's choice**



*Matthew, first on left, with other club members, at the 2023 Great South Run.*

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

The Great South Run 2023, pips my London Marathon entry just because I didn't run as well in the marathon as I hoped!

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

Once, although was booked to run this year, but it was sadly cancelled because of bad weather conditions.

3. *What made it special to you?*

This was my first proper race, first time over 6 miles and first time running as part of Lingfield RC. The team camaraderie was excellent as is at all the Team Lingfield running events.

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

All those who have run this race all seem to say the same, really well-organised, really well supported and great atmosphere.

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

Yes, will definitely be entering again next year.

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

For those who haven't run 'The Great South Run', I can highly recommend it. It really was like running the London Marathon, with all the crowd support from the start to finish. The benefit being, it's less than half the distance, so perfect for those who look at the Marathon as being way too far!

**Next week's article is the choice of James Caffrey**

[Back to top](#)

**Weekly club runs**  
**Gary Spring**

**Tuesday, 14th January**

Road run around Lingfield

Meet at the Victoria Club for a 7pm start. Distance will be about five miles.

[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!*

Today	<	>	Jan - Feb 2025	📅	🖨	Schedule ▾
8	JAN, WED	6:45 - 7:45pm	LRC coaching - CANCELLED			
9	JAN, THU	6:45 - 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK			
11	JAN, SAT	1 - 1:30pm	Surrey XC race 3 (Oxshott)			
13	JAN, MON	6 - 8pm	LRC Committee Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			
		7:15 - 8:15pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK			
14	JAN, TUE	7 - 8pm	Club running (Gary - road run) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			



15	JAN, WED	● 6:45 – 7:45pm	LRC coaching (Ian W)
19	JAN, SUN	● 9 – 10am	BrighTEN (Brighton) 10 Mile / 10k BN2 1TW, Brighton BN2 1TW, UK
		● 10 – 11am	Newhaven 10k The Drove, Newhaven BN9, UK
20	JAN, MON	● 7:15 – 8:15pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
21	JAN, TUE	● 7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

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](mailto:editor@lingfieldrunningclub.co.uk)

[Back to top](#)

### **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**

[Back to top](#)