



Newsletter

Wednesday 15 January 2025

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Welcome to new members Sarah Burchell, Emma Poulton, Vivek Trivedi and Esther Watson this week.

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.

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Lingfield's Racing Roundup

Hello everyone.

The abandonment of some parkruns, and afternoon cross-country races, had a huge impact on our parkrun turnout last Saturday, with just 13 runners at four locations. These were East Grinstead (9), Battersea (1), Hove Promenade (1) and Kingdom (1). Congratulations to all of you for managing to get out in the freezing cold and get a run in.

The undoubted highlights of the weekend were the performances of our [Surrey League cross-country](#) teams at Oxshott on Saturday. Twenty-two men and 13 women braved the icy wastes and were rewarded with some great runs. The club also welcomed XC debutants Ben Ashmore, Lenard Binuagan, Tasha Neave and Helen Petitt.

Our captains will give you more information [later in the newsletter](#) but suffice to say that our men's A and B teams were first in their respective races. **Tom Harvey** won the overall Division Four race in 27.53 and **James Willis** was first to score for the B team in 34.47. Meanwhile **Sally Alexander** led the women's A team home in 33.22, and **Lucy Wilkes** was first scorer for the B team in 40.43. The women's teams finished in solid 8th and 9th places respectively in their team leagues. Promotion is a very real possibility for the men this year.

There were some very good age-group placings as well – **Maggie Statham-Berry** and **Sally Alexander** were first in their age categories, **James Kilfiger** was third V50, and **Tom Harvey** and **James Caffrey** were first and third in the V40-49. But it's congratulations to every member who turned out to represent the club – in these team events every runner is important.

In the race for the XC trophies, both **Tom Seller** and **Sally Alexander** retained their top placings after event five of eight. Full tables are here – [men](#) and [women](#).

Our second-claim member, **Kieran Barnes**, raced for Brighton and Hove in the [Sussex Cross-country Championships](#) on 4th January, in Bexhill. Kieran had an excellent run, finishing in fourth place in a time of 34.36. Very well done, Kieran.

We don't want our new couch to 5k runners to labour under the illusion that running is all

sweetness and light, so please remember to share your unhappiest or funniest running memory with us! If you would like to add to Robert's tale of woe, please email details to 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/humorously memorable?
- What did you learn from the experience?
- Have you revisited the event since (and why!)?

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

05-Oct-24	13	LRC parkrunners	Median	50.05%	
	Difficulty rank /760	Position	Name	Time	Age grade
East Grinstead	693	5	Nick KEEN	00:22:56	61.34%
71 runners		12	David WADDINGTON	00:26:40	50.44%
		30	Isla GREENAWAY	00:30:35	48.39%
		38	Miranda CHITTY	00:33:15	55.19%
		42	Nevenka WORSELL	00:34:20	50.05%
		50	Sarah FERGUSON	00:36:36	42.03%
		60	Judy HAYLER	00:47:01	41.86%
		61	Simon COOK	00:51:50	30.16%
		62	Martin PAYNE	00:52:11	33.06%
		70	Darija SPARKES	01:06:16	24.70%
Battersea	n/a	445	Lisa COMPTON	00:24:46	88.43%
1,103 runners					
Hove Promenade	22	393	Sue GARNER	00:26:18	95.63%
874 runners					

[Kingdom](#)

702

124

Steve BRINKLEY

00:32:17

52.45%

188 runners



Our cross-country teams at Oxshott on Saturday

Southern Cross-country marshalling
Liz McLennan

The [SEAA \(South England Athletics Association\)](#) will be holding the Southern Cross Country Championships in Beckenham Place Park on Saturday 25th January 2025.

The SEAA is currently short of marshals for these Championships, where many of our members are running, and has asked us if any of our club members would be willing to help with the marshaling.

"Your help in trying to recruit more marshals will be very much appreciated".

If you are interested in helping out, please contact Liz or Keith:
[mencaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk) or
ladiescaptain@lingfieldrunningclub.co.uk

Many thanks.

Committee update
Graeme Bennett

The club committee met on Monday 13 January. These are the key points to come out of the meeting.

- Liz and Keith considering a replacement for missing Mel's Milers GP race; Liz will be running a poll for parkrun GP preferences.
- Alison briefed us on Safeguarding event she attended. Laura to remind more than 60 members who haven't signed up to EA code of conduct.
- Final total of £428 to be donated to Papyrus from Xmas Handicap event.
- Online membership forms for new members should be up and running soon. Current members will receive renewal requests.
- Website refresh almost complete – take a look and let us know what you think.
- We're looking for people who want to be run leaders and/or coaches. And remember the vacancies for Treasurer and Secretary – we have had some interest but there's still time if you're thinking about it.
- Club 'Community' WhatsApp group – more info from Dee next week!

- Handicap races to be promoted to non-members (though they won't get trophy points).
- New privacy policy and risk assessment approved. You should have received an email about the privacy policy yesterday - if not please check your 'Spam'.
- Pasta party to go ahead on 24th April at Victoria Club – Sandra and Scott leading.

The next committee meeting is Monday 3rd March, possibly the last before our AGM on 29 April.

You can find the full set of minutes on the [club website](#).

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Surrey League XC (Match 3) Oxshott Woods
Saturday 11th January 2025
Keith Chambers and Liz McLennan

On Saturday, thirty-five of us (is that a record?) took the road to Oxshott Woods for the return of the Surrey League cross-country competition. Setting up camp in the apricity of early January sunshine it was easy to forget that the air temperature was hovering around 0°C. Temperatures were deceptively mild in the sun but much cooler out on the course in the shade of the woodlands, but this didn't deter most of our athletes from going with the single vest option rather than full on thermals!

As last year, the 8K course for men's and ladies' events comprised one short lap followed by two longer laps on the trails through the pine, beech, and birch woodland; the two longer laps taking in the short steep woodland hill. The course for the most part was dry enough for road shoes.

The big freeze didn't stop another magnificent turnout, Tasha Neave, Helen Petitt, Ben Ashmore and Lenard Binuagan making their cross country debuts for Lingfield Running Club; very well run, we hope that you enjoyed the experience and come again!

Our leading runners at Oxshott were the indomitable pair of Tom Harvey and Sally Alexander; Tom finishing 1st and Sally 11th overall in Division 4 and 2 respectively; well done Tom and Sally.

Our men's 'A' team finished the day in 1st position, maintaining 2nd place in the Division 4 table and now on the cusp of promotion to Division 3; and for the second time running we were the only club finishing with a complete men's 'B' team, also 1st in the 'B' league.

Our ladies' 'A' team finished the day in 8th position, now 11th place in the Division 2 table and the 'B' team 9th in the 'B' league.

Another enjoyable afternoon, with post-race tea, coffee and cake around the club tent. Well run again everyone, and thanks for your support.

The Finale

The final Surrey League Cross Country event is on Saturday 8th February 2025 at Lloyd Park; this two lap course can be the most arduous in the league, with its stretches of wet mud around the back of the course; but it would be great to finish the Surrey League season with another big showing from Lingfield Running Club. This may be the race that seals the men's 'A' team promotion, and we also have Tom Seller, Tom Harvey, Sally Alexander, Maggie well placed to take age category awards; it's going to be quite a day.

if you're available it would be great to see you for another great XC afternoon. Event rules are that competitors must be EA registered and wear club colours when competing; there's still time!

Please contact either Liz or Keith if you're interested, you won't regret it!

And the results...

Men's Division 4 Match 3

Division 4 finish position		
	Name	Time
1	Tom Harvey	27:53
4	James Caffrey	29:56
7	Tom Seller	30:10
11	Simon Petitt	30:58
12	Ben Ashmore	31:06
13	Jack Goldsmith	31:10
25	James Kilfiger	32:36
29	Lenard Binuagan	32:47
38	Steve Ackroyd	34:06
40	Dan Oppe	34:16
49	James Willis	34:47
53	Vernon Given	35:07

56	Brandon Webb	35:09
71	Michael Manwill	36:03
123	David Worsell	40:14
131	Martin Faulkner	40:44
137	Tom Cartledge	41:07
154	Ian Watkins	43:09
159	David Nottidge	43:40
162	Gary Spring	43:49
169	David Watkins	45:34
170	Keith Chambers	45:58
186	finishers	

Ladies' Division 2 Match 3

Division 2 finish position		
	Name	Time
11	Sally Alexander	33:22
55	Hollie Shears	37:15
87	Liz McLennan	40:10
88	Sophie Davis	40:15
91	Maggie Statham - Berry	40:27
93	Lucy Wilkes	40:43
119	Tasha Neave	42:43
134	Judith Cartledge	43:48
137	Laura Stockwood	44:03
149	Michele Edwards	46:04
151	Hannah Cartledge	46:39
153	Jennifer Willis	46:46
154	Helen Petitt	46:47
177	finishers	

My Favourite Race
This week, James Caffrey's choice



James, at the Busan Half Marathon

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

The Busan Half Marathon in South Korea.

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

Once.

3. *What made it special to you?*

The sea views and the first time to run a race.

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

Very flat, beautiful weather and right on the sea front.

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

No, as I live in England now.

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

It was 15 years ago!

Next week's article will be the last of the series and the choice of Gary Spring (but very happy to delay this for late entries from anyone who has not yet submitted their favourite race article!)

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My most uncomfortable race

Robert Healey

The uphill mile in Ashdown Forest in August 2022. It was on a dark and stormy night.....actually, it was an extremely hot and a very light evening. I had been working in London that day and fortunately managed to get a seat on the packed train. I arrived home feeling hot and drove over to the start feeling pretty tired. The temperature was still 20c.

I jogged down to the start, this took an awfully long time, is this race really one mile? It felt a lot further. I noted a few landmarks en route. I started first as I was (race) walking. I set off too fast (an old failing), but got up the first steep bit, then the angle eased off, bliss. This reprieve did not last long, I was soon on the steep stuff, it was unrelenting and a lot of it. Most of the runners passed me, I was in agony, trying to keep going without walking or stopping. I could see the tree line and knew that once there the race was almost over. When I passed the trees, the angle eased off, and I could see the finish. The torture was nearly over. I staggered over the line, huge relief, even though my time was abysmal. I did a quick change, drove home, sweat was pouring off me, but I was past caring.

I learned a few things from this. Nice Trevor Crowhurst (who devised this event) is in fact a sadist. I am or was probably a masochist. I had done the race twice before, so I knew what I was letting myself in for.

I did the course again later in September, when it was much cooler, and knocked a minute off my race time. Pride was restored.

Would I do it again? Possibly, but I have not done it since then.

PS - unfortunately there was no photographer present to record Robert staggering to the finish, but we will try to provide pics with future articles in this series. Ed.

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Weekly club runs **Gary Spring**

Tuesday, 21st January

Club Run in Lingfield and Dormansland

Meet at the Victoria Club for a 7pm start. This will be a road run, about 4.5 miles, going up into West St and Dormans High St.

If you are looking for company on a run at a different day and time to the above Club Run, please consider using the club WhatsApp group 'LRC Runfinder', to suggest a run or see what other members are planning to do. If you are not yet in this WhatsApp group, and want to be, please send me a message at higaryspring@gmail.com or text me on 07925 195032.

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And over the next two weeks

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
15	JAN, WED	6:45 – 7:45pm	LRC coaching (Ian W)	Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK
17	JAN, FRI	6 – 7pm	Longbridge 100 Winter Backyard Ultra	Alfriston, Polegate BN26, UK
18	JAN, SAT	12 – 1pm	Sussex Masters XC Champs.	BN15 ORS, Coombes Rd, Coombes, Lancing BN15 ORS, UK
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 (Road run - Gary)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
22	JAN, WED	6:45 – 7:45pm	LRC coaching (Terri)	

23	JAN, THU	● 6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
24	JAN, FRI	● All day	Arc of Attrition (Day 1/3) Coverack, Helston TR12, UK
25	JAN, SAT	● All day ● 12:30 – 1pm ● 7 – 8pm	Arc of Attrition (Day 2/3) Coverack, Helston TR12, UK Southern XC Champs. (XC trophy) Beckenham Place Park, Beckenham Hill Rd, Beckenham BR3 1SY, UK LRC Social event The Star Inn, Church Rd, Lingfield RH7 6AH, UK
26	JAN, SUN	● All day ● 10 – 11am	Arc of Attrition (Day 3/3) Coverack, Helston TR12, UK Bromley 10k BR2 9EF, Hayes Ln, Bromley BR2 9EF, UK
27	JAN, MON	● 7:15 – 8:15pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
28	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

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[Jeffing: the run-walk method that can get you to the marathon finishing line](#)

The Guardian
(via Gary Spring)

Olympian Jeff Galloway says his pace-shifting technique means less injury and better health for beginners and experienced marathoners alike.



Jeff Galloway gives the thumbs-up as he heads for the finish line in the Peachtree Road Race, Atlanta, Georgia, 2019. Photograph: Tribune Content Agency .LC/Alamy

Jeff Galloway has run more than 230 marathons. He was a member of the US team at the 1972 Olympics in Munich, has a 10km personal best of about 28 minutes and he has been a running coach for more than 50 years. But perhaps the 79-year-old's greatest achievement is creating the run-walk method known as "Jeffing" that can be practised by beginners and experienced runners alike.

"Firstly, I must say how proud I am to be a verb," says Galloway, before explaining that the idea goes back to 1973. "I was encouraging beginners to run, but they were suffering all

types of aches and pains. I then realised that even world-class athletes need to warm up properly. They start at low intensity with a jog and then speed up to get the blood flowing.

“So, I took that pace-shifting template and applied it to a group of 22 people with an average age of 42. We started off walking, flowed into a jog and then walked again. We followed that pattern and at the end of the 10-week programme, every one of the 22 had finished either a 5km or a 10km. That was great in itself, but I then realised none of the group broke down with injury. I’d never before trained a group of runners where at least one hadn’t been injured.”

Galloway says he has not had an injury himself since 1978. He believes that his walk-run strategy is more “natural” than non-stop efforts. “According to anthropologists, while humans were designed for long distances – up to 5,000 miles during the earliest migrations – we weren’t designed for non-stop running. It’s not inherently in our DNA to run continuously, which is why many individuals break down.”

[Read full article](#)

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Reminders from previous weeks

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.

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Post-xmas/New Year social
Scott and Dee

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

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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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