



## **Newsletter**

**Wednesday 22 January 2025**

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***No new members to welcome 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](mailto:editor@lingfieldrunningclub.co.uk).**

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## **Lingfield's Racing Roundup**

Hello everyone.

With the distraction of cross-country out of the way, our parkrun numbers were up last Saturday, with 41 runners at nine locations. These were East Grinstead (15), Bromley (1), Bushy (1), Horsham (1), Malling Rec. (1), Royal Tunbridge Wells (1), Tilgate (3), Wakehurst (18) and Wallaceneuk (1). It seems that Dame Kelly Holmes heard that Sally was running at Wakehurst, so diverted to East Grinstead at the last moment. Much to Lucy's annoyance.

Particular congratulations to **Nick Keen**, **Lucy Wilkes** and **Wendy Smith** - first, second and third in their runs at East Grinstead. Also to **James Caffrey** and **Sally Alexander** for their second places at Wakehurst and **Aly Warner**, for her second at Wallaceneuk (which I now know is not in the Netherlands).

Although I'm always suspicious when Aly is doing a far-flung parkrun, nobody has told me about any other member race activity in the UK over the weekend. But we did have representatives running overseas.

First, off to sunnier climes for the Bermuda Triangle Challenge, which involves running a mile on Friday, 10k on Saturday and a marathon on Sunday. **Lisa Compton** has promised us a full report and (celebrity) photos for next week. Lisa ran very well indeed, first in her age group for the marathon and overall. These were her times for each event:

Butterfield Mile	7:51
BF&M Bermuda 10K Run	53:24
PwC Bermuda Marathon	<u>4:23:29</u>
Total	5:24:45

On the other hand, **Scott Ulatowski** went for the Serralades de Barxeta, a mountain running event taking place on January 19 over four different distances. Scott, of course, chose the marathon, which he described as the hardest he'd done, not helped by starting with a tight achilles. But he did finish, in a time of 7.20.37. Great run, Scott. The first to finish was Santiago Carrasco in 4.18.07. Marta Poveda was first woman in 5.12.05.

I'd like to wish our Southern Cross-country Championship runners, and our ultra runners, well for next weekend. We have 15 in the former event at Beckenham Place Park, and a

handful off to Cornwall for the infamous Arc of Attrition race. I'm sure they will all recover well enough to make it to Lloyd Park for the last cross-country race on 8<sup>th</sup> February.

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

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18-Jan-25	41	LRC parkrunners		Median	55.23%	
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	693	1	Nick KEEN	00:23:15	60.50%	
48 runners		8	Vernon GIVEN	00:26:37	56.29%	
		14	David WORSELL	00:28:34	52.45%	
		16	Lucy WILKES	00:28:56	54.90%	
		18	Wendy SMITH	00:30:33	60.07%	
		19	Michael MANWILL	00:30:42	47.67%	
		20	David NOTTIDGE	00:31:50	54.19%	
		21	Ian WATKINS	00:31:51	52.17%	
		23	Isla GREENAWAY	00:32:18	45.82%	
		28	Liz WEBSTER	00:33:46	47.48%	
		31	Steve WARNER	00:35:05	49.17%	
		33	Helen DAVEY	00:35:34	54.55%	
		44	David WATKINS	00:53:25	30.55%	
		48	Sandra ANKERS	01:02:10	38.31%	
<a href="#">Bromley</a>	2	7	Dan CELANI	00:17:10	82.62%	
823 runners						
<a href="#">Bushy</a>	115	28	Jeremy GARNER	00:18:30	80.36%	
1,550 runners						

<a href="#">Horsham</a>	336	163	Laura STOCKWOOD	00:28:54	54.04%	
368 runners						
<a href="#">Malling Rec.</a>	n/a	69	Miranda CHITTY	00:31:42	57.89%	
119 runners						
<a href="#">Royal Tunbridge Wells</a>	589	15	Pete HOLMES	00:23:31	59.39%	
206 runners						
<a href="#">Tilgate</a>	436	20	Dan OPPE	00:21:19	64.97%	
557 runners		106	Noah SEMONIN	00:25:22	50.85%	PB
		383	Carole BARNES	00:35:29	61.72%	
<a href="#">Wakehurst</a>	n/a	2	James CAFFREY	00:17:50	77.66%	PB
403 runners		4	Simon PETITT	00:18:47	69.03%	
		12	James WILLIS	00:20:39	70.30%	
		15	Sally ALEXANDER	00:21:17	80.74%	
		121	Darija SPARKES	00:26:57	60.73%	PB
		125	Helen PETITT	00:27:14	54.41%	PB
		126	Judith CARTLEDGE	00:27:15	72.23%	
		133	Sue GARNER	00:27:31	91.40%	
		136	Jennifer WILLIS	00:27:36	59.30%	
		146	Catherine WILSON	00:28:01	59.85%	
		163	Judy HAYLER	00:28:51	68.23%	
		168	Hannah CARTLEDGE	00:29:08	50.86%	
		189	Sarah FERGUSON	00:29:57	51.36%	
		199	Sophie DAVIS	00:30:25	50.58%	
		214	Martin PAYNE	00:31:14	55.23%	
		249	Peter PHILLIPS	00:33:34	52.53%	

	376	Kath GARRIDO	00:47:27	53.00%	
	400	Eliska KELLY	00:57:24	27.41%	
<a href="#">Wallaceneuk</a>	638	15	Aly WARNER	00:25:27	65.09%

62 runners

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**New Club Welfare Officer Needed!  
Support Our Community and Make a Difference**



Are you passionate about LRC and dedicated to the wellbeing of others? Following Helen Davey's decision to step down as one of our CWOs from April, we are seeking a compassionate individual to join our team as the new Club Welfare Officer, assisting Alison Stuart with any welfare matters that may arise.

At Lingfield Running Club, we believe that our members' welfare is paramount. We are committed to creating a safe, supportive and inclusive environment where everyone can thrive. As the new Club Welfare Officer, you will play a crucial role in supporting Alison Stuart, our Lead Club Welfare Officer, in ensuring the wellbeing of our members.

Your role:

- Assist in implementing welfare policies and procedures.
- Provide a listening ear and support to club members.
- Work closely with Alison Stuart to address any welfare concerns.
- Promote a culture of safety, respect, and inclusion.

- The chance to make a positive impact on the lives of our members.

If you have a compassionate nature, and an interest in promoting the welfare of others, we would love to hear from you! Please contact Sally @ [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk) or Graeme @ [secretary@lingfieldrunningclub.co.uk](mailto:secretary@lingfieldrunningclub.co.uk)

Or, to contact Alison for more detail, [welfare@lingfieldrunningclub.co.uk](mailto:welfare@lingfieldrunningclub.co.uk)

**Lingfield Running Club – Where Every Runner Matters**

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### **LRC WhatsApp Community**

**Dee Baker**

#### **Brief for WhatsApp community group**

As some of you will have seen/experienced already, I have been working on a WhatsApp Community for our running club. This can bring together existing club WhatsApp groups in one place. This means instead of having four or five separate groups in your WhatsApp chat, you will only have the one 'Lingfield Running Club' group showing.

It won't be perfect just yet and, as always, I am open to any suggestions or input anyone may have. If anyone has a group they'd like to add or start, again just let me know.

There is no need for you to join the community, but it is there as an added line of communication for members (and it doesn't cost anything). It may also offer you the chance to join groups you didn't even know existed.

Some of the existing group chats will be added to the community (with the owners' permission). For example, the Ladies' XC chat has been added. The beauty of the community is that you only need to join the groups which you are interested/involved in. This means you won't get spammed with walking chat if you are only interested in running for example. Or cross country chat if you only do parkrun.

You may leave any of the groups, or the Community, at any time.

If you do want to be added to the Community group, you can email your 'phone number to any of the club officers, via the email addresses listed at the end of this article.

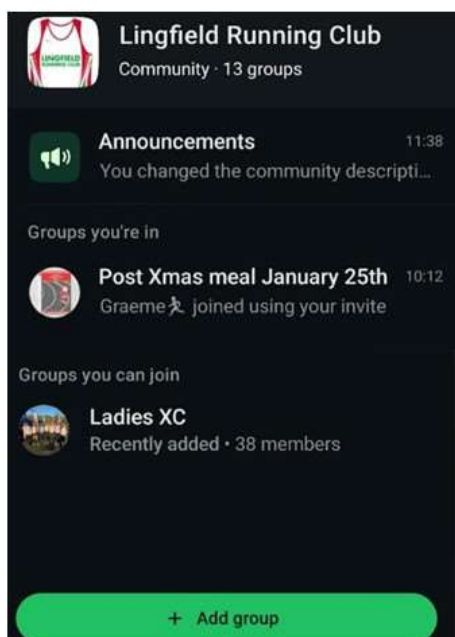
And I am more than happy for anyone to contact me via WhatsApp or email to [donnadee13@gmail.com](mailto:donnadee13@gmail.com), if they would like any help with the community or joining a group etc. I might not answer immediately but I'll always get back to you.

Once your 'phone number has been added to the Community, you are free to join the groups in the list. Some groups are open and others will need to be confirmed by the group owner(s). Please do not try to join groups you aren't involved in (for example, the Committee) - refusal may offend, and you'll end up being spammed with messages which are of no interest to you.

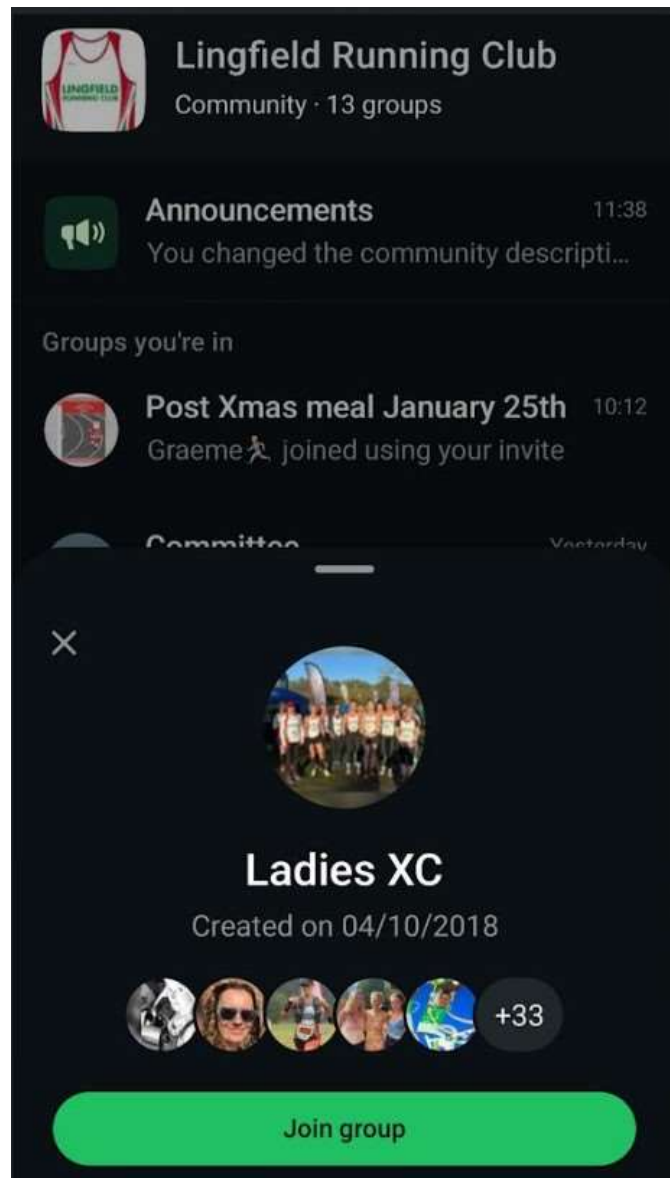
**Once you have asked for your number to be added, an admin will add you to the Community, which should appear on your phone something like this:**



Once you click on Lingfield Running Club, you should see something like this:



You should have (at the moment) a list of about 13 groups you can join. If you click on the group you wish to join you will see this:



All you need to do is click on 'Join Group' and that's it; once confirmed, the group will appear in the 'Groups you're in' list.

You may see a notification on your WhatsApp (depending on your settings) and it might be a notification from one of your groups, so you can check at your leisure. Please feel free to nose around - you will not be able to delete a group accidentally, etc. and if you get stuck please feel free to message me - [donnadee13@gmail.com](mailto:donnadee13@gmail.com). There is no judgement here, I am completely self-taught with technology, there were no IT lessons when I was at school!!

Yes, I'm that old, we still had chalkboards . . .

**There following rules are on the group info page:**

- Please be kind and inclusive and treat everyone with respect.



- No hate speech or bullying.
- No promotions or spam (this includes links to charity pages - the same rules as the Facebook page).
- Respect everyone's privacy - we value mutual trust.

You can read the club's full Social Media policy on the website [here](#).

Anyone found to be ignoring the above will be removed from the group.

#### Club officer email addresses

- [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk)
- [secretary@lingfieldrunningclub.co.uk](mailto:secretary@lingfieldrunningclub.co.uk)
- [membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk)
- [treasurer@lingfieldrunningclub.co.uk](mailto:treasurer@lingfieldrunningclub.co.uk)
- [menscaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk)
- [ladiescaptain@lingfieldrunningclub.co.uk](mailto:ladiescaptain@lingfieldrunningclub.co.uk)
- [president@lingfieldrunningclub.co.uk](mailto:president@lingfieldrunningclub.co.uk)
- [socialsecretary@lingfieldrunningclub.co.uk](mailto:socialsecretary@lingfieldrunningclub.co.uk)
- [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk)

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### **My Favourite Race** **This week, Scott McDonald's choice**



*Explanation of above photo (yes, that is Scott, on the left).  
This is 1986, and Scott is accepting a trophy for the team that raised the most charity*

*money for the race described, below. Presenting the trophy is Archie MacPherson who was a journalist and football TV commentator for Scottish football.*

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

It has got to be a charity race I did at the beginning of my running career. Running up and down Ben Lomond, which is 3,192 feet high and on the banks of Loch Lomond, about a 40-minute drive from Glasgow.

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

Six times, 1984-86. Three practice runs and three races.

3. *What made it special to you?*

We were raising money for Royal National Institute for the Blind. The money raised was donated to India to allow doctors to carry out sight-saving operations on young people.

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

It was nine miles in distance. To walk up and down can take 4.5 to 6 hours. I got to the top in 59 minutes and then 45 minutes to get back down. The first and last half mile were on the flat, as we started from Rowardennan Youth Hostel which is situated on the West Highland Way path. This was a steep hilly race and then, about three quarters of the way up, it levels out a bit for about a mile. You climb about 500 feet in this mile. This area is called The Plateau. At various stages the climb was so steep you were using your hands and feet to keep moving. I was very impressed and frightened to watch how some runners literally sprinted down and managed not to fall!

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

I have not run it since 1986. This charity race stopped in the early 1990s, but another race organised by Westerlands Cross Country Club still occurs. This year, the Ben Lomond Hill Race is 11th May 2025.

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

Fantastic views of the Loch Lomond area. Weather can change quickly or, as some people say, four seasons in one day. When I ran this race, I was 2.5 stones lighter so had a lot less weight to carry up the mountain!

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## My most unpleasant race

Graeme Bennett



It was difficult to find a race (either club or external) of which, with hindsight, I didn't enjoy some aspect. Although, as I am glum by nature, almost every photo of me during a race appeared to show a man thoroughly not enjoying himself. This was misleading, however, as I was also naturally competitive, and struggled to run at a pace that allowed me to smile and wave to the crowds.

There were the three events that I didn't finish; these were multi-lap races where I just felt too tired/bored to go on, and that's not the fault of the race. There was the very hot Godstone 10k, where I collapsed after crossing the finishing line - but we (Lingfield) won the team prize, so that provides good memories. But I think I'll opt for the Worthing 20-mile race.

### What were the circumstances in which it took place?

I took up running before we moved to Lingfield, and I ran alone around the mean streets of Peckham, Walworth and Rotherhithe. In 1986 I entered the 1987 Mars London Marathon because that's what 'runners' did. After running quite well in a 10k race that November, I thought I'd take a more serious approach to training. And, having read that running 20 miles about a month before the big one was a good idea, I found the Worthing race and entered.

### Why was it so unpleasantly memorable?

The temperature was very cold; it was windy, damp and drizzly and there were no facilities at the start/finish. The course was either two or three laps (I've erased that bit of memory) around housing estates on the edge of Worthing. I don't even remember spotting the sea. Not many runners, very few spectators.

### What did you learn from the experience?

1. That I could run 20 miles.
2. In future, keep a record of your race time – nobody else will. It was in the region of 2.20.

3. Worthing wasn't very interesting\*

Have you revisited the event since (and why!)? – No.

*\* This is a personal opinion and does not reflect the views of the running club. And it might have changed since 1987. Ed.*

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

**Tuesday, 28<sup>th</sup> January**

**Club Run in Lingfield and Dormansland**

Meet at the Victoria Club for a 7pm start.

This will be a road run, about five 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](mailto: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!*

Today				<	>	Jan – Feb 2025	▼
22	JAN, WED	● 6:45 – 7:45pm	LRC coaching (Terri)	Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK			
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	Arc of Attrition (Day 2/3)	Coverack, Helston TR12, UK			
		● 12:30 – 1pm	Southern XC Champs. (XC trophy)	Beckenham Place Park, Beckenham Hill Rd, Beckenham BR3 1A, UK			
		● 7 – 8pm	LRC Social event	The Star Inn, Church Rd, Lingfield RH7 6AH, UK			
26	JAN, SUN	● All day	Arc of Attrition (Day 3/3)	Coverack, Helston TR12, UK			
		● 10 – 11am	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 (5 miles road - Gary)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			
29	JAN, WED	● 6:45 – 7:45pm	LRC coaching (Dave)				
2	FEB, SUN	● 9 – 10am	Four Piers marathon	The Pier, The Esplanade, Bognor Regis PO21 1SY, UK			
3	FEB, MON	● 7:15 – 8:15pm	Beginners' running (C25k) - Sophie	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK			
		● 7:30 – 8:30pm	L10s meeting	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			
4	FEB, TUE	● 7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			
5	FEB, WED	● 6:45 – 7:45pm	LRC coaching (James)				

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)

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### **Senior women runners wanted** **Edinburgh University Dissertation Study**

For my studies at the University of Edinburgh in Sports Science Medicine, I am conducting my dissertation on 'The Effect of the Menstrual Cycle and the Combined Oral Contraceptive Pill (COCPs) on Athletic Performance in Female Runners'.

I am looking for participants, and I wondered if you could share this email and the attached information document with your club to see if anyone is interested. If this could also be shared on any facebook club pages and social media that would be great!

It involves **very little effort** from participants, as it should involve studying a run they already regularly complete and just a 5-minute questionnaire at the end of each week!

I am looking for club-level runners who are aged between 20 and 35 years old. I am either looking for women with a regular menstrual cycle or who take the combined pill.

Please ask anyone who may be interested and willing to take part to send me a quick email, and I can answer any questions they may have!  
Any help and sharing of the project would be appreciated.

Best wishes,  
Tash Watmough

[Full details are available here](#)

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### **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**

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