



## **Newsletter**

**Wednesday 29 January 2025**

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### **Reminders**

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***Welcome to new members Katie Gunstone, Daniel Jones and Kathryn Scott 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.

We had another good attendance at parkrun last Saturday, with 38 runners at ten locations. These were East Grinstead (10), Cranleigh (1), Dinton Pastures (1), Exeter Riverside (1), Homewood (2), Hove Promenade (2), Nonsuch Park (1), Tilgate (1), Tonbridge (1) and Wakehurst (18).

Particular congratulations to **Dan Celani** - first to finish at Wakehurst, and to **Isla Greenaway** and **Miranda Chitty**, first and second women at East Grinstead. Also to **Sue Garner**, who celebrated her birthday week with a highest-ever age-grading of 97.53 at Hove Promenade. The air must be very thin up there, Sue.

One event missing from last week's results was the [BrighTEN \(Brighton\) 10 Mile Seafront Run](#). **Terri Scott** completed the event in a time of 1.33.46, and **Paul McCarthy** clocked 1.53.28, which I believe was a PB. The race winner was Sam Cook in 55.15, and the first woman was Emily Proto in 1.04.29. There was also a 10k race, but I don't think we had any runners in that one. Well done, Terri and Paul.

**Paul McCarthy** followed up last weekend's Brighton run by travelling up to the [Bromley 10k](#) last Sunday. Paul completed the race in a time of 64.54 which, if I'm not mistaken, was another PB. Great run, Paul, and this despite (or inspired by) attending the club social in The Star the previous night. Race winner was Jack Gardiner in 33.32 and first woman was Molly Riglin (Ranelagh) in 39.14.

There were more than 100 clubs represented at the [South of England XC Championships](#) at Beckenham Place Park on Saturday. In the senior men's race, Lingfield was one of just 42 who managed to field a full team. In the senior women's race, Lingfield ran very well to finish 27th of 36 teams, but there were also another 38 clubs represented who were unable to field a full team. Of the 115 clubs represented in senior men's or women's races, Lingfield was one of only 26 who fielded full teams in both. This reflects great credit on all our cross-country runners and both captains.

The captains describe the day [later in the newsletter](#), but everyone ran well in very sticky conditions. The men were led home by **James Caffrey** in a time of 57.36. **Kieran Barnes** was there but running for first claim club Brighton and Hove and finished in a great 23<sup>rd</sup> place in 47.32. In the women's race, **Sally Alexander** was first to finish, in 34.34 for 99<sup>th</sup> place.

Highgate Harriers won the men's team prize. Bournemouth AC's Abdinassier Mohamoud Elmi was the first man in 43.30. Megan Gadsby (City of Norwich) won the senior women's race in 28.01, with Thames Hare & Hounds the winning team.

As the winds blew and the rains fell last Friday morning in Felcourt, my heart went out to **Tom Harvey, Juhana Kirk, Brandon Webb** and **Nick Averre**. They were soon due to start the [Arc of Attrition](#) race down in Cornwall, where the forecast was even worse. However, my fears were unfounded according to the official report, which said that 'the winds had dropped and conditions were actually relatively forgiving for this event'!

But, as is common in these long-distance events, not everything went to plan. Juhana withdrew at Porthleven, leaving Tom and Brandon in the 100-mile race by teatime Friday. Brandon made it as far as Land's End, which left Tom to forge on for a fantastic eighth-place finish in a time of 22 hours, 45 minutes.

The fastest runner in this event was Lewis Ryan (Scarpa) in 19.22.35 and first woman was Noor Van Der Veen (Rab) in 22.30.44.

**Nick Averre** didn't start the 'short' 41k event until Saturday, but he finished in a time of 6.52.03. First to finish was Kristian Jones (Swansea Harriers) in 2.41.25 and first woman was Sara Alonso (Asics Fuji Trail Team) in 3.04.55. Congratulations and commiserations, as appropriate, to all of you for taking on such a challenge (year after year, in some cases ...).

More successful at finding a long run in bad weather, and closer to home, were **Dave Chase** and **Ian Greenaway**. They opted for the [South Downs Way and Arundel Winter](#) marathon. This (usually) scenic run starts in Heyshott and ends in Arundel. Dave (5.58.00) finished slightly ahead of Ian (6.00.58) in 70<sup>th</sup> place, although I don't know how competitive their struggle was. Apparently, several runners were treated for hypothermia at the end of the race. James Whetman was first to finish in 3.48.01 and first woman was Hannah Curtis in 4.49.54. One hundred and twenty-two finished, but another 23 didn't.

On the subject of long-distance running, GB ultrarunner and women's rights advocate Sophie Power spent last weekend at the National Running Show in Birmingham. She was attempting an extraordinary Guinness World Record – the greatest distance ever run on a treadmill in 48 hours. She ran more than 226 miles (365km), saying she is "thrilled" to have achieved the [new world record](#) and done it for a cause close to her heart - SheRaces, the charity she set up to champion female runners. Mind-boggling, I would think.

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	38	LRC parkrunners	Median 54.53%			
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	693	8	Michael MANWILL	00:27:19	53.57%	
50 runners		9	David WORSELL	00:27:45	53.99%	
		13	Tim MARTIN	00:29:57	48.47%	
		16	David NOTTIDGE	00:31:20	55.05%	
		17	Isla GREENAWAY	00:31:52	46.44%	
		21	Miranda CHITTY	00:35:15	52.06%	
		32	Catherine WILSON	00:38:36	43.44%	
		36	Sarah FERGUSON	00:40:56	37.58%	
		42	Theresa DONOHUE	00:46:14	40.23%	
		50	Darija SPARKES	01:14:38	21.93%	
<a href="#">Cranleigh</a>	587	33	Judy HAYLER	00:28:15	69.68%	
121 runners						
<a href="#">Dinton Pastures</a>	512	83	Aly WARNER	00:25:06	66.00%	
468 runners						
<a href="#">Exeter Riverside</a>	396	378	Martin PAYNE	00:31:24	54.94%	
527 runners						
<a href="#">Homewood</a>	696	77	Steve WARNER	00:34:30	50.00%	
101 runners		97	Marie WARNER	00:49:46	41.36%	
<a href="#">Hove Promenade</a>	22	342	Sue GARNER	00:26:16	97.53%	
721 runners		680	Lynda WILLMENT	00:37:55	49.76%	

<a href="#">Nonsuch Park</a>	65	12	Jeremy GARNER	00:19:51	74.90%	
723 runners						
<a href="#">Tilgate</a>	436	168	David WATKINS	00:27:10	60.06%	
572 runners						
<a href="#">Tonbridge</a>	254	22	Harry RAFFAITIN	00:21:26	60.19%	
564 runners						
<a href="#">Wakehurst</a>	n/a	1	Dan CELANI	00:18:52	75.18%	
366 runners		12	James WILLIS	00:20:48	69.79%	
		13	Dan OPPE	00:20:50	66.48%	
		17	Simon PETITT	00:21:04	61.55%	
		66	Lucy WILKES	00:24:37	64.52%	
		74	David WADDINGTON	00:25:11	53.41%	
		96	Fiona CHAMPNESS	00:26:17	63.79%	
		113	Jennifer WILLIS	00:27:00	60.62%	
		121	Helen PETITT	00:27:22	54.14%	
		124	Gary SPRING	00:27:36	65.52%	
		129	Matthew STOCKWOOD	00:27:59	54.91%	
		130	Laura STOCKWOOD	00:28:02	55.71%	
		147	Steve ACKROYD	00:28:37	49.91%	
		158	Chris RANCE	00:29:09	51.86%	
		165	Helen DAVEY	00:29:46	65.17%	
		200	Liz WEBSTER	00:31:24	51.06%	
		224	Nick CHAMPNESS	00:32:09	45.15%	
		353	Eliska KELLY	00:52:09	30.17%	PB



*Action shots from Saturday night at The Star. Many thanks to Dee & Scott for organising.*

**Club (cross-country) curry celebration**  
**Sandra Ankers**

Everyone welcome!



**Saturday 8th February 2025, 7.30pm**

Come join us to celebrate the end of the Surrey League XC with a curry night at the Bengal Village in Lingfield, in the evening after Lloyd Park XC.

Pre-event warm up in the VSSC from 6pm - cheapest drinks in the village!

Pay on the night but please let Keith Chambers or Sandra Ankers know in advance, so that we book the right number of seats.

Contact them via Facebook, WhatsApp or email -  
[menscaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk) or  
[socialsecretary@lingfieldrunningclub.co.uk](mailto:socialsecretary@lingfieldrunningclub.co.uk)

## **SEAA Main Cross Country Championships – Beckenham Place Park**

**Saturday 25<sup>th</sup> January 2025**

**Keith Chambers & Liz McLennan**

Last Saturday our cross-country teams packed their kit and set off for the South of England Athletic Association's annual cross-country championships at Beckenham Place Park, another opportunity to compete alongside the region's best cross-country runners.

Fortunately race day fell between Friday's Storm Éowyn and another wet and windy Sunday; today the weather conditions were perfect; 7°C, blue skies, no wind, and warm winter sunshine as we set up camp next to the starting area.

Course conditions were as good as it gets, generally soft with a few patches of wet ground to negotiate; but as last year the sight of runners coming back from races not plastered in mud, was encouraging. The course, as you would expect for a championship event, is challenging, with a long and steep hill to climb on the looped section of the course.

As ever, pre-race conversation was around choice of footwear, spikes or studs, studs or spikes...

Our ladies' team were first to start, one small circuit followed by two medium loops totalling 8k; Sally opting for spikes this time continuing her fine form and leading our strong ladies' team home.

The afternoon's closing event was the Men's race, one small circuit followed by two larger loops totalling 15k; apparently the longest cross country race distance in the country. After some emergency shoe repairs for Vernon we were off, and all completing the course before the dreaded 'cut-off' time; the ever-improving James Caffrey leading our strong men's team back.

Well run everyone, what a day; it's great to see our club represented and running well at these big events.

As always, a very big thank you to our support team, Joanne, Catherine, Hannah and Sandra; your presence provided a big lift around the course; and of course for the post-race cakes.

And the results...

### **Lingfield Women**

27<sup>th</sup> of 36 complete teams; 38 incomplete teams (312 finishers).

Position	Name	Gun Time
99	Sally Alexander	34:34
185	Hollie Shears	39:11
208	Liz McLennan	40:58



226	Maggie Statham-Berry	41:31
270	Tasha Neave	44:35
288	Terri Scott	48:15

### **Lingfield Men**

41<sup>st</sup> of 42 complete teams; 49 incomplete teams (633 finishers within 01:30:00 time limit).  
Once again great to complete full teams of six men.

Position	Name	Gun Time
267	James Caffrey	00:57:36
395	Jack Goldsmith	01:02:12
553	Vernon Given	01:11:28
610	Keith Chambers	01:21:32
619	Ian Watkins	01:22:58
620	Tom Cartledge	01:23:08

### Coming soon to Lloyd Park

The final Surrey League Cross Country fixture is on Saturday 8<sup>th</sup> February 2025 at Lloyd Park. After a season of promise, this could be the match that finally sees our men's team promoted to Division 3; if you're available to run or support it would be great to see you. Event rules stipulate that competitors must be EA registered and wear club colours.

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

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### **The Bermuda Triangle Challenge**

**Lisa Compton**

Back in October I saw an advert for the Bermuda Triangle Challenge: 'Three days, three races - run in paradise!' The races consisted of one mile on the Friday, 10k on the Saturday and either a half or a full marathon on the Sunday. I thought that sounded challenging but also great fun, how lovely to go away somewhere warm in January and run a few races. I originally planned to do the half marathon, but I talked my son into going with me and as he decided on the marathon, I changed my mind and signed up for the full as well.

It wasn't until I received the confirmation and details of the races and the island that I realised that I maybe should have done a bit more research before booking. Under the description of the courses, it said "Bermuda is hilly! The 10k, half marathon and marathon are all hilly. We highly recommend you train for hilly terrain." Not welcome news, as I usually avoid hills at all costs. Also, along with many others, I had always thought that Bermuda was in the Caribbean. It isn't, it's much higher up in the North Atlantic, and gets a considerable amount of rain and high winds, which make the temperatures feel considerably lower than they are. Warm it was not!

The first race, the one mile, was held on the Friday evening, an out and back along the sea front which I now believe is the only flat street on the entire island. There were about 800 participants overall including an elite field and several junior categories. The support was amazing, with fireworks and music and the Town Crier leading the local cheer groups. Then there were just a few hours to recover before heading out to the National Stadium for the 10k the following morning.

This race started at the bottom of a hill, and looped round some lovely country roads with a series of yet more hills. The wind had dropped and there were some beautiful properties along the route and lovely views of the sea which acted as a distraction. The race ended in the stadium with a finish festival serving free beer, rum, snacks, hot food and entertainment. Lord Coe was presenting the awards, and we had a brief chat and photo with him. He'd just run the 5k race (not part of the Challenge) and finished in 26:48. Not sure he was trying particularly hard! He was also the guest speaker at the pasta party that evening, he spoke for over half an hour and was very entertaining.

Sunday morning involved getting the 5.30am ferry to the Royal Naval Dockyard for the 7am start. It was still dark at that time, and there was a head wind of 45mph for the first 9 and last 5 miles, so what with that, the hills and the 10k the day before, it was particularly challenging, and I did have to walk up the steepest hills. But once again the natural beauty of the landscape and the amazing houses helped the miles go by.

Frequent drinks stations were manned by beautifully dressed and very enthusiastic school children who sang and danced and were a great support, much needed as I was running on my own for a lot of the time. There were also two rum stops – yes, that's not a typo, there were shots of rum available at mile 18 and mile 23. And no, I didn't partake.

I finally got to the finish to find out I'd just missed my son being presented with his award and trophy by Seb, which was a shame, but I really don't think I could have finished any sooner on that course. But we enjoyed celebrating at the finish festival which was amazing again, free food, ice-cream, beer and rum, along with live entertainment.

In spite of my moaning about the course and the weather, I had an amazing time. It was certainly a challenge but the organisation of the races was faultless, and the volunteers, traffic control, freebies and support were awesome. The results were live, every race started exactly on time, and everyone involved was so very friendly and helpful. And the island itself was stunning. So, was it fun? Without doubt, but I think I'd describe it mostly as Type 2 fun – difficult at the time, but very, very rewarding when it's over.



*Comptons and Co.*

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### **My Favourite Race**

**This week, Gary Spring's choice**



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

Over the eighteen months we have been running this feature, I've been reminded of several memorable races that I had also entered in the past, especially the International Snowdon Race that was Steve Warner's nomination. However, the race I've picked as my favourite is a small event I used to run regularly, about 40

years ago. This was a four-mile trail race near Basildon, Essex, from a pub in Langdon Hills, to another pub in Horndon-on-the-Hill. I don't think it ever had a proper name.

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

Probably about 20 times. It was held on a Wednesday evening, once a month, during the summer.

3. *What made it special to you?*

Although everything about the race was low-key - no numbers and no finish times – that was down to you and your Casio watch. It attracted a lot of talent from the local Athletic Clubs, with a total field of around 50 runners. The high standard of entrants meant you were always in for a hard race; you just didn't know how hard until you saw who was lining up with you on the start line. Also, did I mention that it finished at a pub?

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

The race was mainly on footpaths and farmland, and duelling with combine harvesters for right of way down the farm tracks was often an added feature of the race. Being Essex, the course was pretty flat except for a steep climb, about 200 metres from the finish. At about 400 metres from the start, there was a bottleneck where the footpath narrowed to single-width, waist-high (shoulder-height for me) gorse bushes for about 100 metres. So, in order to ensure a good finish position, a key feature of the race was the need to sprint hard at the start, as well as the finish.

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

No, I stopped entering when I moved south of the river. I did try an internet search recently, to see if it was still being held, but drew a blank. I'd like to think it still quietly takes place, but I fear the need to meet modern race requirements made it non-viable

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

It was the antithesis of the big commercial races, so a big change from races like the London Marathon, which I was also doing at this time. The entry cost was 25p and, while all the finishers were duly recorded on a sheet of paper that was then stuck on the pub wall, the only prize on offer was a bottle of wine to the first non-club finisher, usually about mid-way down the results list. The best accolade you could achieve was if one of the two men who organised the event, had finally remembered your name and did not have to ask for it at the finish. The race also favoured the regular participant. With no marshals or direction signs, a fast 'newbie' stood no chance. You just had to accept that for the first few times you did it, you were there just to learn the course.

## **My Favourite Race – a Summary**

**Gary Spring**

We thought a summary of the 76\* 'My Favourite Race' articles we've published in the club newsletter would be of interest to the membership.

Here are the stats:

- The race distances varied from 5 km (surprisingly, no-one listed the Uphill Mile Club Handicap event) to 100 miles, with an average distance of 29.4 km and a median value of 21 km (Half Marathon distance).
- The most popular distances were the 10 km and Marathon, with 16 races each, closely followed by the Half Marathon, on 14 races.
- The most popular event was the Cross-Country, proposed by six members. Next was the Beachy Head Marathon (formerly the Seven Sisters Marathon) proposed by four members, then the Brighton 10K and Mel's Milers 10K, with three votes each.
- All but ten races were in the UK and over 40 of the UK races were in London and the South East.
- There were two common themes running through the majority of the articles, on why a particular race was chosen:
  - The camaraderie of doing a race with fellow club members.
  - Completing a significant race distance and/or challenging terrain for the first time.

These last bullet points probably explain why most of the selected races were local and why the average race distance was so high. Also, because it ticks both boxes, why the Beachy Head Marathon will continue to be a club member's favourite.

*\* so that's less than half of you with a favourite race. Perhaps the rest can send us your most unpleasant race instead! Ed.*

## Weekly club runs

**Gary Spring**

**Tuesday, 4<sup>th</sup> February**

**Club Run in East Grinstead**

**‘The Lanes of East Grinstead’**

Meet at East Court Top car park for a 7pm start.

This will be a road run of about 5.5 miles, going along some of the town’s back roads.

There are several sections without street lighting, so head torches are recommended.

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 – Mar 2025		
29	JAN, WED	6:45 – 7:45pm	LRC coaching (Dave)	Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK
1	FEB, SAT	12 – 3pm	Fish, chips & bingo	Chequer Mead Theatre, De La Warr Rd, East Grinstead RH19 3BS, UK
2	FEB, SUN	9 – 10am	Four Piers marathon	The Pier, The Esplanade, Bognor Regis PO21 1SY, UK
		9:30 – 10:30am	Chichester 10k	Goodwood Motor Circuit, Motor Circuit, Goodwood, Chichester PO18 0PH, 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 (Gary - 'Lanes of EG')	East Court, College Ln, East Grinstead RH19 3LT, UK

5	FEB, WED	● 6:45 – 7:45pm	LRC coaching (James)
6	FEB, THU	● 6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
		● 8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
8	FEB, SAT	● 1 – 1:30pm	Surrey XC race 4 (Lloyd Park)
		● 7:30 – 8:30pm	Club curry night (all welcome) Bengal Village Lingfield, 64 High St, Lingfield RH7 6AA, UK
9	FEB, SUN	● 8 – 9am	Valentine's 10k Chessington School, Garrison Lane, Chessington KT9 2JS, Garrison Ln, Chessington KT9
		● 9 – 10am	Running GP, Goodwood
10	FEB, MON	● 7:15 – 8:15pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
11	FEB, 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)

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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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