



Newsletter

Wednesday 5 February 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.

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Lingfield's Racing Roundup

Hello everyone.

There were a lot of parkrunners last Saturday, with 49 runners at 11 locations. These were East Grinstead (17), Ashford (2), Bromley (1), Cardiff (1), Cyclopark (1), Hove Promenade (3), Kingdom (1), Royal Tunbridge Wells (1), Tilgate (9), Wakehurst (12) and Woking (1).

The Lingfield women had a 1,2 3 at East Grinstead - well done **Lucy Wilkes, Judy Hayler** and **Nevenka Worsell**. Congratulations also to **James Kilfiger** and **Lenard Binuagan** who had a tense battle for first place at EG, and to **Aly Warner**, second woman at Cyclopark.

There wasn't much running elsewhere last weekend, but Sunday did see the club represented at the Chichester 10k, run at the Goodwood Motor Circuit. The first Lingfield member to finish was **Sally Alexander** in a time of 39.10, for second place in her age group. And the first woman to finish overall was Sally's daughter, Charlotte (Tonbridge AC), in a time of 34.04. A great running weekend for the family.

In the men's race, second-claim member **Kieran Barnes** (in a Holland Sports vest) ran 31.07 to finish sixth overall behind winner Jack Woods (Worthing & District) in 30.05. **Dave Worsell** was Lingfield's sole first-claim male runner and finished in 44.57. According to powerof10 records, Sally, Dave and Kieran all ran PBs. Great running by all of you. Sally has written a short account of the race [later in the newsletter](#).

Putting my Secretarial head on for a moment, can I let you know that I have put an updated copy of the Members' Handbook on to the [club website](#), and VSSC noticeboard. This includes the new Privacy Policy, tweaks to the safe running guidance and club trophies page, along with other minor edits. It's well worth a read.

What a weekend of cross-country running we have to look forward to, with Lingfield men aiming to clinch promotion (and, perhaps, even top the Division). Expect an open-top parade along Lingfield High St. later in the evening - well, from the Victoria Club to the Bengal Village anyway. Best of luck to all our runners and spectators at Lloyd Park.

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-Feb-25 | 49 | LRC parkrunners | | Median | 55.52% | |
|--------------------------------|----------------------|-----------------|-------------------|----------|-----------|-----|
| | Difficulty rank /760 | Position | Name | Time | Age grade | PB? |
| East Grinstead | 693 | 1 | James KILFIGER | 00:23:22 | 63.62% | |
| 51 runners | | 2 | Lenard BINUAGAN | 00:23:33 | 55.98% | |
| | | 4 | Brandon WEBB | 00:24:50 | 60.87% | |
| | | 6 | Vernon GIVEN | 00:26:31 | 56.51% | |
| | | 9 | Michael MANWILL | 00:26:46 | 54.67% | |
| | | 10 | David WORSELL | 00:27:49 | 53.86% | |
| | | 16 | Tim MARTIN | 00:28:42 | 50.58% | |
| | | 17 | Lucy WILKES | 00:29:48 | 53.30% | |
| | | 24 | Keith CHAMBERS | 00:32:22 | 52.32% | |
| | | 25 | Judy HAYLER | 00:32:37 | 60.35% | |
| | | 26 | Chris RANCE | 00:32:43 | 46.20% | |
| | | 28 | Matthew STOCKWOOD | 00:33:20 | 46.10% | |
| | | 32 | Nevenka WORSELL | 00:35:01 | 49.07% | |
| | | 34 | Michele EDWARDS | 00:35:33 | 55.37% | |
| | | 39 | Laura STOCKWOOD | 00:37:10 | 42.02% | |
| | | 40 | Steve WARNER | 00:37:15 | 46.31% | |
| | | 41 | Helen DAVEY | 00:37:32 | 51.69% | |
| Ashford | 184 | 272 | Ian GREENAWAY | 00:34:37 | 44.01% | |
| 366 runners | | 281 | Theresa DONOHUE | 00:35:22 | 52.59% | |

| | | | | | | |
|---------------------------------------|-----|-----|-----------------|----------|--------|----|
| Bromley | 2 | 227 | Lisa COMPTON | 00:24:43 | 88.60% | PB |
| 905 runners | | | | | | |
| Cardiff | 39 | 93 | Harry RAFFAITIN | 00:20:55 | 61.67% | |
| 860 runners | | | | | | |
| Cyclopark | 225 | 28 | Aly WARNER | 00:23:52 | 69.41% | |
| 244 runners | | | | | | |
| Hove Promenade | 22 | 22 | Simon PETITT | 00:19:02 | 68.13% | |
| 768 runners | | | | | | |
| | | 335 | Helen PETITT | 00:25:49 | 57.39% | |
| | | 372 | Sue GARNER | 00:26:26 | 96.91% | |
| Kingdom | 702 | 14 | Nick KEEN | 00:22:57 | 61.29% | |
| 143 runners | | | | | | |
| Royal Tunbridge Wells | 589 | 9 | Pete HOLMES | 00:23:57 | 58.32% | |
| 142 runners | | | | | | |
| Tilgate | 436 | 22 | Dan OPPE | 00:20:50 | 66.48% | |
| 511 runners | | | | | | |
| | | 150 | David NOTTIDGE | 00:27:23 | 62.99% | |
| | | 201 | Debbie WILKES | 00:29:32 | 74.15% | PB |
| | | 256 | Paul MCCARTHY | 00:31:31 | 48.33% | PB |
| | | 318 | Noah SEMONIN | 00:33:45 | 38.22% | |
| | | 381 | Mike LOTHIAN | 00:36:04 | 51.66% | |
| | | 464 | Bridget HOLLIS | 00:44:07 | 49.64% | |
| | | 470 | Kath GARRIDO | 00:45:18 | 55.52% | |
| | | 492 | Eliska KELLY | 00:52:04 | 30.22% | |
| Wakehurst | n/a | 4 | James CAFFREY | 00:17:50 | 77.66% | |
| 379 runners | | | | | | |
| | | 5 | Dan CELANI | 00:18:51 | 75.24% | |
| | | 13 | James WILLIS | 00:20:26 | 71.04% | |

| | | | | |
|-----|---------------------|----------|--------|----|
| 69 | David WADDINGTON | 00:24:38 | 54.60% | PB |
| 101 | David WATKINS | 00:26:08 | 62.44% | |
| 116 | Jennifer WILLIS | 00:26:58 | 60.69% | |
| 132 | Darija SPARKES | 00:27:36 | 59.30% | |
| 155 | Catherine WILSON | 00:28:36 | 58.62% | |
| 176 | Sarah FERGUSON | 00:29:57 | 51.36% | |
| 345 | Sophie DAVIS | 00:44:23 | 34.66% | |
| 352 | Martin PAYNE | 00:46:33 | 37.06% | |
| 353 | Simon COOK | 00:46:34 | 33.57% | |

[Woking](#) 216 4 Jeremy GARNER 00:19:19 76.96%

291 runners

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Pasta party 2025
Scott McDonald

Hello everyone,

The running club will be having their annual marathon pasta party on Thursday 24th April 2025, 8pm at the Victoria Club.

This time allows members to go for a quick run to build up their appetite.

As in previous years, the menu is meat pasta, veg pasta, both with salad and garlic bread. We normally have about 40 going to the pasta party, so please consider putting this date in your diary. It's the Thursday before the London Marathon.

Kellie has very kindly kept the price at £10 each: it's been that price for the last two years, so great value for money! Friends and family are welcome.

If going, please pay the £10 a head to the Running Club account, with the reference of 'Pasta Party'.

Account Name: **Lingfield Running Club**

Sort Code: **60-07-17**

Account No. **96771046**

To allow for Kellie to purchase food and minimise food waste, no payments will be taken on the night, last payment will be Sunday 20th April 2025.

Many thanks, Scott

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Be Smart, Be Safe!

Sally Alexander



While we are not asking you to be lit up like the Blackpool Tower, your safety is paramount to us! Can we remind all LRC members of the importance of taking necessary precautions while out running. Following the Green Cross Code, wearing high-viz clothing and a head torch, really do make a difference!

(PS. Despite the similarity, as pointed out by Tom, and unless he has changed his name, the iconic 70s media campaign was not led by our lovely and equally iconic Gary!)

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PBs All Round for LRC at The Chichester 10K
Sunday 2nd February 2025
By Sally Alexander



Sunday 2nd February marked the first of the three Sussex flat 10K races this year. Falling in the middle of a busy cross-country season, it was not surprising that just three LRC members (and their supporters) were up before light to head down to Chichester for the 9.30am start. Thankfully, despite being bitterly cold, the sun shone brilliantly and there wasn't one boggy hill or field to negotiate – slightly different to the week before at the Southern XC Champs!

Similar to the Brighton and Worthing 10Ks, there was a huge number of (mostly) club runners who were aiming for a PB on the flat course. The route took runners on a

complete circuit of the Goodwood racetrack, before heading out onto the roads which hugged the track's perimeter. Athletes had to make two sharp turns around cones, before heading back onto the race circuit for a final push towards the finish line, which was in front of the viewing terrace.

Although Dave did not quite make his all-time PB at Goodwood on Sunday (the last time Dave raced at Goodwood, he was travelling at 150 mph in a Caterham 7 and had a near miss with the bollards on the S-bend), he still achieved a fantastic PB running time! Second-claim member Kieran also had a phenomenal race, coming sixth overall with a new 10K PB time too. I do have to mention my daughter, Charlotte Alexander, who was the main reason I had entered Chichester. Despite not getting a PB herself, she did win the women's race, so it was a good result all round! Fantastic achievements everyone – top notch running!

Finally, a huge thank you to our supporters, especially Nevenka and the Worsell dogs, who were superb supporters, cheering us on at several points on the course! Hearing words of encouragement really do make such a difference when you are racing!



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LRC Quiz Slot 2025

Gary Spring

PUZZLE 1 feedback

Here is the solution to Puzzle 1

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | R | A | T | H | O | N | | | C | O | O | P | E | R | |
| E | | E | | R | | V | | | | B | | E | | E | | |
| D | I | S | E | A | S | E | S | | | U | S | U | R | P | S | |
| A | | E | | I | | R | | B | | E | | S | | T | | |
| L | I | T | T | L | E | T | O | E | | S | T | O | I | C | | |
| S | | S | | | | L | | S | | S | | N | | U | | |
| | | | | E | M | M | Y | | | T | H | I | N | A | I | R |
| S | | P | | A | | | | | | O | | L | | E | | |
| P | A | R | K | R | U | N | | | | W | I | N | D | | | |
| L | | O | | M | | A | | | | I | | | | S | | A |
| U | L | T | R | A | | | | M | O | T | O | R | B | O | A | T |
| R | | E | | L | | E | | H | | I | | R | | H | | |
| G | U | I | T | A | R | | | S | O | L | V | A | B | L | E | |
| E | | N | | D | | | | U | | A | | E | | N | | |
| D | A | S | H | E | D | | | A | T | H | L | E | T | E | S | |

I received three completely correct answers and one with just one answer wrong for Puzzle No. 1.

Congratulations to Debbie Wilkes, Judy Hayler, Lucy Wilkes and Lisa Compton for their cryptic-clue solving abilities. In case you wanted an explanation of the clues, use this link. [PUZZLE 1 CLUES EXPLAINED.](#)

PUZZLE 2

The format of Puzzle 2 is a logic puzzle. You are given a number of facts related to five runners. From these facts, you need to determine which month each runner has a birthday and what is their preferred race distance and shoe brand. There is a grid on this link [PUZZLE 2 GRID](#), to help you work out the solutions. I can assure you that the following facts are all you need to solve this puzzle. Make sure you use both the horizontal and vertical sections of the grid.

The facts are as follow:

1. The person who runs 10Ks has a birthday after the person who runs Marathons.

2. The person who wears Brooks shoes is Edward.
3. The person who runs Ultras is Andy.
4. Andy has a birthday after Diana.
5. Caroline has a birthday after the person who runs Marathons.
6. The five people are: The Asics shoe wearer, the person whose birthday is in April, the person who runs Half Marathons, the person who wears New Balance shoes and Edward.
7. The person who wears Asics shoes is not Diana.
8. The person who runs Marathons does not wear New Balance shoes.
9. Of Edward and the person who wears Nike shoes, one has a birthday in October and the other runs Ultras.
10. The person who runs 10Ks is not Caroline.
11. Either the person whose birthday is in January or the person whose birthday is in October wears Saucony shoes.

The closing date for Puzzle 2, is midnight, 28th February.

Use the table, below, to put your answers and send this information to me by the closing date.

| Birthday month | Name | Shoe Brand | Preferred distance |
|-----------------------|-------------|-------------------|---------------------------|
| January | | | |
| February | | | |
| April | | | |
| June | | | |
| October | | | |

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Weekly club runs

Gary Spring

PLEASE NOTE: While we're still in the depths of winter and running on dark evenings, please wear something bright and carry a torch so you can see and be seen.



A good turn-out for our run around East Grinstead last night and, sadly, we say farewell to Michelle Hollins, who is moving up't north next week. We'll miss you, and all your photos.

There is hope that Michelle becomes our club's Northern correspondent and we look forward to staying in touch and hearing about her running adventures in her new location.

Tuesday, 11th February
Club Run in Lingfield

Meet at the Victoria Club for a 7pm start.

5 mile road run, probably involving going up West St at some point.

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 organiser@lingfieldrunningclub.co.uk 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 | | < | > | Feb – Mar 2025 | ⌵ | ⓘ |
|-------|----------|---|----------------|------------------------------------|--|---|
| 5 | FEB, WED | ● | 6:45 – 7:45pm | LRC coaching (James) | Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK | |
| 6 | FEB, THU | ● | 6:45 – 7:45pm | Coaching with Horley Harriers | K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, 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 2JS, UK | |
| | | ● | 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 (Road run - Gary) | Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK | |
| <hr/> | | | | | | |
| 12 | FEB, WED | ● | 6:45 – 7:45pm | LRC coaching (Keith) | | |
| 13 | FEB, THU | ● | 8 – 10:30pm | LRC quiz team | The Star Inn, Church Rd, Lingfield RH7 6AH, UK | |
| 15 | FEB, SAT | ● | 9:15 – 10:15am | South Downs Trail Run (21km/13km) | Plumpton Racecourse Ltd, Plumpton, Lewes BN7 3AL, UK | |
| 16 | FEB, SUN | ● | 8:30 – 9:30am | Barcelona Marathon | | |
| | | ● | 8:30 – 9:30am | Hampton Court Half | KT7 OBT, Giggs Hill Rd, Thames Ditton KT7 OBT, UK | |
| | | ● | 9:30 – 10:30am | Bexley 10k | Danson Road, Danson Rd, Bexleyheath, UK | |
| | | ● | 11am – 12pm | Run Your Heart Out (WSFRL) | K2 Leisure Centre, Crawley RH11 9BQ, UK | |
| 17 | FEB, MON | ● | 7:15 – 8:15pm | Beginners' running (C25k) - Sophie | VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK | |
| 18 | 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

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[The benefits of Taylor Swift's workout routine](#)

Yes, you too should sing while you run

By [Donna Raskin](#)



Buda Mendes/TAS23 // Getty Images

I never knew it, but Taylor Swift is my workout doppelgänger. Like Swift, I'm a singer (mezzo soprano in my chorus) and I run and [lift weights](#).

So I was excited to learn that, like me, Swift sings when she runs. In fact, music is my fuel, and all of my neighbours have heard me sing on my runs. I have no shame (and a pretty good voice).

'It was a great idea for her to pair running and singing to build her endurance for the Eras tour,' says Julie Sapper, a running coach based in Maryland, USA, and the co-founder of [Run Farther & Faster](#). 'I hope that she took walk and hydration breaks, though, because without them, three hours on a treadmill could cause injury.'

While we don't know the *exact* details of Swift's running and strength training workouts, which she did at the USA's very exclusive Dogpound gym, located in New York City and Los Angeles, we do know that we can all incorporate some of Swift's habits into our own training. And those habits include – you've guessed it – singing.

[Read full article](#)

Next week: your Editor interviews Beyonce, sharing her thoughts on running. Don't miss it.

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[Reminders from previous weeks](#)

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 -
[mencaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk) or
socialsecretary@lingfieldrunningclub.co.uk

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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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