



Newsletter

Wednesday 12 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.

Many members were racing last weekend so parkrun numbers were down on Saturday, with just 22 runners at seven locations. These were East Grinstead (6), Bromley (1), Brooklands (1), Hove Promenade (1), Tilgate (3), Tooting Common (2) and Wakehurst (8).

Congratulations to **George Matthews**, second at East Grinstead, and to **Paul McCarthy**, breaking through the 30-minute barrier with his PB at Bromley .

If you happen to be going to Wakehurst this coming Saturday, give a shout out to **Sarah Ferguson** and **Catherine Wilson**. Both will be celebrating their 100th parkruns, and Sarah is also using it as her goodbye run, before she moves further away from us.

The main weekend events were the final Surrey Cross-country League fixtures of the season, at Lloyd Park. In Division 4 of the Men's League, Lingfield started the day in second place overall, but a great turnout and strong running meant that they not only won the race on the day, but also overtook leaders Elmbridge Road Runners to win the Division 4 trophy for the season. Read all about it [later](#).

After that Lloyd Park event, we now have just one more cross-country trophy race to go – the East Surrey League on 1st March at (you've guessed it) Lloyd Park! The club men's XC trophy winner has already been decided, whatever happens in March, and **Tom Seller** has retained his trophy. There is the possibility of some change in second and third spots however – see the [table here](#). The women's trophy is more finely balanced. **Sally Alexander** wins if she completes the course, but Liz McLennan is waiting to pounce if she doesn't. Current positions [here](#).

And there was some racing on Sunday, with the Valentine's 10k. Ollie Garrod (Belgrave) led home the field of 247, in 32.34, and first woman to finish (and third overall) was Vale Royal's Tessa McCormick in 34.23. **Sue Garner** led home the two Lingfield ladies in 55.33 (second in her age group) from **Debbie Wilkes** in 56.51. **Jeremy Garner** was also running (for Epsom & Ewell Harriers) and had a good race to finish 23rd in 38.27. Well run all of you.

There was also more running at the Goodwood Motor Circuit, where **Ian Greenaway** completed the marathon in the Goodwood Running GP. Ian had a great run to finish in 4.09.17. Chichester's James Baker won the race in 2.31.52 and first woman was Lu Robbins (Clapham Chasers) in 2.54.07.

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

08-Feb-25	22	LRC parkrunners		Median	56.26%	
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	2	George MATTHEWS	00:22:17	57.97%	
66 runners		27	Isla GREENAWAY	00:32:54	44.98%	
		28	Judy HAYLER	00:33:09	59.38%	
		31	Helen DAVEY	00:34:11	56.75%	
		35	Nevenka WORSELL	00:35:06	48.96%	
		59	Theresa DONOHUE	00:46:40	39.86%	
Bromley	2	473	Paul MCCARTHY	00:29:25	51.78%	PB
831 runners						
Brooklands	74	125	Aly WARNER	00:23:41	69.95%	
700 runners						
Hove Promenade	22	581	Lynda WILLMENT	00:36:53	51.15%	
612 runners						
Tilgate	436	151	Darija SPARKES	00:27:30	59.52%	
499 runners		313	Mike LOTHIAN	00:33:57	54.88%	
		464	Kath GARRIDO	00:46:48	53.74%	
Tooting Common	274	378	Steve WARNER	00:34:24	50.15%	
445 runners		439	Marie WARNER	00:44:47	45.96%	

Wakehurst	n/a	6	Dan OPPE	00:20:31	67.51%
319 runners		7	Dan CELANI	00:20:33	69.02%
		8	James WILLIS	00:20:34	70.58%
		31	Tim MARTIN	00:23:39	61.38%
		97	Jennifer WILLIS	00:27:36	59.30%
		103	Simon COOK	00:28:02	55.77%
		135	Steve ACKROYD	00:29:14	48.86%
		154	Martin PAYNE	00:29:55	57.66%



Surrey League XC (Match 4) Lloyd Park

Saturday 8th February 2025

Keith Chambers & Liz McLennan

Keith Chambers & Liz McLennan

Last Saturday we went to Lloyd Park for the fourth and final race of the Surrey League Cross Country series, a two-lap course of five miles, organised by Croydon Harriers. The undulating course has a reputation for being wet and muddy at this time of year and it didn't disappoint; five miles of challenging muddy parkland, but at least overhead conditions were dry after the early light drizzle.

For a change it was the ladies' team who took to the course first, with Sally Alexander first home for Lingfield finishing to retain the Ladies V45+ age category award, and another great run from Maggie Statham-Berry to take the Ladies V65+ age category award again. On the day our lady's 'A' finished ninth of 15 teams, and Ladies 'B' eighth of 11 teams; finishing the season 11th of 15 teams.

The big question in pre-race build up was could the men's team seal promotion to Division 3 as Division 4 Champions. At the start of the day the team was in second position, 44 points behind first placed Elmbridge Road Runners, a significant gap but not out of reach. We had an amazing 25 men lined up on the start line, all eyes focused on the green vests of Elmbridge.

Our leading runner was Tom Harvey who, having mostly recovered from his 100 miles in the ARC of Attrition event two weeks earlier, finished in first place again: that's three consecutive first place finishes. Rules state that Senior and Masters men must complete all four races, and as Tom didn't run in the first event, he missed out on an age category award. Other series achievements include Tom Seller retaining his V35+ award; Jack Goldsmith fourth V35+, James Kilfiger fourth V45+, and Dave Nottidge and Keith Chambers, second and third respectively in the V65+ category. A special mention to one of our new members, Lenard Binuagan (U20), the youngest competitor in the race, finishing in 48th position.

Following the men's race there was nothing to do but wait for the results, everyone having given their all. As we made our way home, the results landed: our men's 'A' and 'B' teams both finished first; and, by scoring 70 points less than Elmbridge, we not only won promotion to Division 3, but did so as Division 4 Champions; celebrations on the bus! Thanks to everyone who's run in the Surrey League XC series; your time, commitment, and support is really appreciated, and contributed to the success of both teams this season.

A big thank you as always to our non-running supporters, it's always great to have support around the course; and to Ian, for driving us in the Mini Bus (Team Coach).

In the evening went to the Bengal Village, Lingfield; for an end of Surrey League XC season

Curry Night where it was great to welcome along Brian Spicer, one of the Founder Members of Lingfield Running Club to join in the celebrations. It was a day to remember.

And the results from Lloyd Park...

Men's Division 4

Overall position (D4)	A Team position	Name	Time
1	1	Tom Harvey	30.46
6	6	James Caffrey	32.32
7	7	Tom Seller	33.11
9	9	Simon Petitt	33.15
13	13	Dan Celani	34.40
14	14	Jack Goldsmith	34.49
23	23	Nick Keen	35.58
27	27	James Kilfiger	36.12
39	39	Harry Raffaitin	37.38
41	41	Ben Ashmore	37.43
148 finishers			

Overall position (D4)	B Team position	Name	Time
48	1	Lenard Binuagan	38.16
50	2	Steve Ackroyd	38.18
54	3	Brandon Webb	38.50
66	4	Vernon Given	40.47
78	7	Michael Manwill	42.06
89	13	Dan Oppe	43.52
98	18	David Worsell	44.35
108	22	Ian Watkins	46.31
115	25	Dave Nottidge	47.22
119	27	Keith Chambers	48.23
120		Chris Rance	48.29
123		Nick Champness	49.15

124		Gary Spring	49.24
131		Matt Stockwood	51.18
139		Dave Watkins	56.46
148 finishers			

Ladies Division 3

Overall position (D2)	A Team position	Name	Time
18	18	Sally Alexander	38.43
70	70	Liz McLennan	44.16
75	75	Maggie Statham - Berry	44.30
84	84	Lucy Wilkes	45.19
107	107	Fiona Champness	47.41
155 finishers			

Overall position (D2)	B Team position	Name	Time
123	123	Helen Petitt	51.16
124	124	Laura Stockwood	51.42
128	128	Judith Cartledge	52.59
131	131	Michele Edwards	53.22
144	144	Hannah Cartledge	56.03
155 finishers			

Full results are available here: <https://surreyleague.org>

Future events

We have three men and one lady representing Lingfield Running Club at the 'Nationals' on Saturday 22nd February; good luck to Maggie Statham-Berry, Ian Greenaway, Nick Keen and Harry Raffaitin.

The season's final cross-country event is the East Surrey League on Saturday 1st March 2025 at Lloyd Park, yes, again; but this time it's a combined Men's and Women's race. If you're available it would be great to see you for another friendly cross country running afternoon. For this event, EA registration is not required, wearing club colours is. If you haven't tried cross country before, consider giving it a go, it would be great to see you.

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

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

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Mother's Day 10k, Weir Wood

Keith & Liz

This is the event that we agreed to use as a replacement for the cancelled Mel's Milers 10k on the same day; entries are now open, no entries on the day. This is event four of 16 in the Grand Prix calendar.

Location: Weir Wood Sailing Club, House East Dam End, Weir Wood Reservoir, East Sussex, RH18 5HT

<https://www.evententry.co.uk/mothers-day-run>

Grand Prix event 3 (March 8th) - road parkrun

We would like to ask you which parkrun you would prefer for the venue of this event. Please send your suggestions by Sunday 16th to:

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

All the Grand Prix events are listed [on the website](#).



Mother's Day Run

Sunday, 30 March 2025 @ 08:30

[Overview](#) [What & When](#) [Where](#) [Organiser](#)

Phoenix Running West Sussex is inviting you to our Mother's Day Run.

This is one of our timed events where you choose - from 5km to 10k, half to marathon to ultra, you can complete as many, or as few, laps as you like of a 5.3km, 3.28 mile, out and back, course along the beautiful Weir Wood Reservoir. We welcome all abilities of runner - complete one lap and you're both a finisher and a winner in our eyes, or keep going and see how far you can get in the full 7 hour time limit and everyone gets the fabulous bespoke finisher's medal.

We also operate our uniquely flexible rock up and run start times within a 1.5 hour start window, so no waiting around if you arrive early and no added pressure if you're running a bit late. If you have any special start time requirements then just get in touch because depending on the distance you are planning to run we can pretty much accommodate all start time requests.

Whilst Phoenix Running West Sussex is very much about the bling and our medals are second to none, we're also acutely conscious that events can be expensive to enter and times are tough right now. To do

Sign Up Here

Mother's Day Run

- Affiliated
- Unaffiliated
- No Medal - Affiliated
- No Medal - Unaffiliated

Sign Up Now !

Phoenix Running - West S
Event Contact : Vernon Given

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Community News article

Well done, Sally, for getting this article in the latest edition of Community News.

'Dickens' legacy of Christmas giving lives on at Lingfield Running Club



Christmas would not have been Christmas if Lingfield Running Club members and friends had not taken to our local streets on **Saturday, 21st December**.

It was the final internal handicap race of 2024 for the coveted Matt Bennett Memorial Trophy, raising money for POPYRUS, a charity supporting young people with mental health issues.



Donning festive hats, costumes and the all-important club vests, members were set off in a staggered start (dependent upon their personal handicap times) and completed a five-mile road route through the Club's home-villages of Lingfield and Dormansland. Congratulations to our winner, Steve Ackroyd, and to Paul McManus and Judith Cartledge for scooping the Men's and Ladies' Club Handicap Trophies.

Afterwards, members continued the theme of festive-fun and fundraising by heading back to the Club's HQ at Lingfield's Victoria Sports and Social Club, meeting various stallholders selling home-made cakes, re-loved creations, bespoke pottery and fashion accessories, not to mention the raffle and auction of three electronic hand-held massagers (a runner's best friend!)

Through the proceeds from the race-entry fee, craft and cake sales, as well as the auction and raffle, the Club was delighted to raise over £420 for POPYRUS, a charity close to its heart.

Graeme Bennett, the Club's Secretary, was on hand to present the Matt Bennett Memorial Trophy to overall winner, Steve Ackroyd, who stormed to the finish line in break-neck speed.



Graeme Bennett (Club Secretary) presenting overall winner, Steve Ackroyd, with the Matt Bennett Memorial Trophy.

As a club, the local and wider community are at the heart of all we do, and we are looking forward to another year of running fun and fundraising in 2025! Come and join us www.lingfieldrunningclub.co.uk, and see what we have to offer.

Sally Alexander (Chair, Lingfield Running Club)

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.

Tuesday, 18th February

Club Run in Lingfield

Meet at the Victoria Club for a 7pm start.

Five mile road run around the village.

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.

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
12	FEB, WED	6:45 – 7:45pm	LRC coaching (Ian)	Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK
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 0BT, Giggs Hill Rd, Thames Ditton KT7 0BT, 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 (Gary - road run)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

19	FEB, WED	● 6:45 – 7:45pm	LRC coaching (Keith)
20	FEB, THU	● 6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
22	FEB, SAT	● 1 – 2pm	National XC Champs. Parliament Hill Fields Lido, Parliament Hill Fields, Gordon House Rd, London NW5 1LT, UK
23	FEB, SUN	● 9 – 10am ● 9 – 9:30am ● 9:30 – 10:30am	London Half Marathon and 10k E20 2ST, London E20 2ST, UK Tunbridge Wells Half marathon (GP event) Eastbourne Half Princes Park, princes park, Channel View Rd, Eastbourne BN22 7LL, UK
24	FEB, MON	● 7:15 – 8:15pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria 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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Health, happiness ... and romance? How running could help you find love

The Guardian (via Gary Spring)



Photograph: pixdeluxe/Getty Images

It's a well-trodden fact that running with other people is good for camaraderie, safety and our physical and mental wellbeing – but now it seems it's fertile ground for dating

Name: Running.

Age: People have been doing it since there were beasts to run after and beasts to run away from.

Less about beasts now, though, isn't it? I dunno, you should see some of the dogs in my park. But yeah, people tend to run for different reasons nowadays.

It's good for you, I've heard. Yes. The health benefits are well documented – it can improve your cardiovascular fitness, lower your blood pressure, improve cholesterol levels, bone and muscle strength and help with weight management.

And my mental health, too, right? Right. Running can be good for your mood, reduce stress and anxiety and [help with depression](#). Perhaps it's no surprise that the workout-tracking app Strava, favoured by many runners, has increased its user base by 80 million in five years.

I know, but I just find it so hard to get off the couch and get going. What if I told you that running is a good way of hooking up?

What, as in finding love? There are apps for that. What do you think I'm doing on the couch, apart from swiping left? Then get out, join a club, meet a community of like-minded real people, maybe find someone special.

Couch to ... er, bed? Well, maybe! But with at least 5K in between. Running is the new Hinge, Tinder, Grindr, whatever it is you're scrolling through.

Says who? Says Tim Navin-Jones, the founder of the London City Runners club. [He told CNN](#) there had been at least 20 marriages between couples who met at the club. The CNN journalist at one of the club's meets reported that, at the end of the run, "a sea of phones emerged to exchange numbers".

Maybe they just want to be friends? Also fine. It's about community and running with other people.

The not-so-loneliness of the whatever-distance runner? That. Although it's also about safety, I'm afraid. [A survey by the University of Manchester](#) this year found that 68% of the 498 women who participated had experienced abusive behaviour while running.

OK, so I'm going to run with other people for camaraderie, for safety – and possibly more. I don't think I'm very clubby, though. No problem. What about parkrun – a brilliant way of staying fit and meeting people in your area. Loads of people have met their partners there. Such as [Kelly and Mike](#) and A75452 and A480909 ...

Interesting names. Barcodes; it's a parkrun thing.

You can scan my barcode any time you like. Calm down. Here's another: Minreet, looking for a husband ... oh, [according to her article](#), she didn't find him, but she did find another kind of love. Maybe a better kind.

What kind of love is that? A love of ... running!

Do say: "Let's start with a 10K, shall we? And then maybe go on ... for ever?"

Don't say: "Jog on."

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Reminders from previous weeks

LRC Quiz Slot 2025

Gary Spring

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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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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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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