



Newsletter

Wednesday 19 February 2025

Contents

- [Lingfield's weekly racing round up](#)
- [L10s update & Call for Volunteers - Fiona Champness](#)
- [Grand Prix update - Keith Chambers](#)
- [Weekly club runs - Gary Spring](#)
- [And in the next two weeks](#)
- [Running Club Quiz team - Graeme Bennett](#)

Reminders

- [LRC coaching sessions - Editor](#)

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.

Follow us via





Lingfield's Racing Roundup

Hello everyone.

East Grinstead may have taken a well-needed rest for two weeks, but one thing you can say about parkrun is that there are plenty of other options available. And 50 of our members found them at these ten locations: Birkenhead (1), East Brighton (3), Nonsuch Park (1), Peacehaven (1), Pocket (1), Royal Tunbridge Wells (1), Squerryes Winery (1), Tilgate (5), Wakehurst (an astonishing 35) and Woking (1).

Congratulations to **Sally Alexander** (first woman at Wakehurst), to second-placed **Dan Celani** (Wakehurst), **Aly Warner** (East Brighton) and **Jeremy Garner** (Woking). Not forgetting **James Kilfiger**, third at Squerryes Winery. There was also a plethora of PBs to celebrate, at Wakehurst in particular.

One race missing from last week was **Lisa Compton's** run in the Farnborough Half Marathon on 9 February. Lisa was second in her age group by just 23 seconds in a time of 1.51.53. There were 2,398 finishers here, led home by Adam Clarke in 1.03.46 and first woman was Ellie Monks in 1.15.55. Another strong run from a consistent performer, well done, Lisa.

And, while checking the results of last Saturday's South Downs Trail Run, I managed to find our **Mark Aldred**, running (or possibly limping?) the 21k route, which took him 2.21.40. The winner was Harry Mayne in a time of 1.30.15 and first woman was Alice Denning in 1.45.34. You can run but you can't hide, Mark - well done.

Heading for the sun were **Paul McCarthy** and **Terri Scott**. Little did they know they would be taking part in a world record event, as Jacob Kiplimo ran Sunday's Barcelona Half Marathon in 56.42. Joyciline Jepkosgei was the first woman to finish in 1.04.13. Paul and Terri decided, wisely as it turned out, not to try and go at that pace, but Terri still finished in a time of 2.04.14, her fastest 'half' time for several years. Paul finished in 2.40.22 in what, I think, was his first attempt at this distance. Great performances, both of you.

Also on Sunday was a more local half, the Hampton Court Half Marathon, which **Sue Garner** was using as part of her pre-London preparation. Sue completed the run in

2.09.50, second in her age group, and appeared to be showing no ill-effects when spotted walking on Monday morning. I'm not sure if **Jeremy Garner** is running London but he was also present, finishing in a time of 1.25.54 for his first-claim club Epsom & Ewell Harriers. Very well done, both of you. Ollie Garrod (Belgrave) won in 1.10.26 and first woman was Melissah Gibson (Ealing Eagles) in 1.18.08.

Best of luck to members competing in either the [National XC Champs](#) at Parliament Hill or the [Tunbridge Wells Half Marathon](#) GP event (or both?). I hope to receive reports on both of these next week.

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

15-Feb-25	50	LRC parkrunners	Median	60.31%		
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
Birkenhead	82	195	Fiona CHAMPNESS	00:25:40	66.10%	
656 runners						
East Brighton	667	10	Aly WARNER	00:24:33	67.48%	
64 runners						
		38	Ian GREENAWAY	00:31:23	48.54%	
		53	Theresa DONOHUE	00:36:00	51.67%	
Nonsuch Park	65	16	Harry RAFFAITIN	00:19:46	65.26%	
619 runners						
Peacehaven	331	56	Helen DAVEY	00:28:47	67.40%	
141 runners						
Pocket	366	78	Liz WEBSTER	00:28:30	56.26%	

124 runners

[Royal Tunbridge Wells](#) 589 12 Pete HOLMES 00:23:03 60.59%

135 runners

[Squerryes Winery](#) 574 3 James KILFIGER 00:21:58 67.68%

98 runners

[Tilgate](#) 436 13 Dan OPPE 00:20:48 66.59%

492 runners

123 David NOTTIDGE 00:26:28 65.18%

131 Isla GREENAWAY 00:26:39 55.53% PB

150 David WATKINS 00:27:13 59.95%

374 Noah SEMONIN 00:36:27 35.39%

[Wakehurst](#) n/a 2 Dan CELANI 00:18:53 75.11%

355 runners

5 Lenard BINUAGAN 00:19:47 66.64% PB

10 Steve ACKROYD 00:20:31 69.62%

12 Sally ALEXANDER 00:20:45 82.81%

17 Vernon GIVEN 00:21:30 69.69%

25 Michael MANWILL 00:22:00 66.52%

30 David WORSELL 00:22:30 66.59%

34 Tim MARTIN 00:23:07 62.80%

50 David WADDINGTON 00:23:58 56.12% PB

59 Lucy WILKES 00:24:23 65.14% PB

70 Lisa COMPTON 00:24:47 88.37% PB

71 Keith CHAMBERS 00:24:48 68.28%

80 Chris RANCE 00:25:11 60.03% PB

98 Simon COOK 00:26:07 59.86%

106	Laura STOCKWOOD	00:26:31	58.89%	PB
109	Nick CHAMPNESS	00:26:38	54.51%	PB
111	Jennifer WILLIS	00:26:43	61.26%	
115	Wendy SMITH	00:27:01	67.92%	
117	James WILLIS	00:27:05	53.60%	
123	Judy HAYLER	00:27:11	72.41%	
124	Matthew STOCKWOOD	00:27:13	56.46%	PB
161	Debbie WILKES	00:28:28	76.93%	PB
163	Michele EDWARDS	00:28:32	68.98%	
171	Nevenka WORSELL	00:28:53	59.49%	
75	Martin PAYNE	00:29:19	58.84%	
183	Darija SPARKES	00:29:47	54.95%	
187	Sarah FERGUSON	00:29:58	51.33%	
188	Catherine WILSON	00:29:59	55.92%	
202	Steve WARNER	00:30:57	55.74%	PB
233	Helen PETITT	00:32:28	45.64%	
234	Simon PETITT	00:32:29	39.92%	
243	Peter PHILLIPS	00:32:54	53.60%	
320	Marie WARNER	00:42:48	48.09%	
340	Sandra ANKERS	00:47:28	50.18%	
341	Kath GARRIDO	00:47:29	52.97%	

[Woking](#)

216

2

Jeremy GARNER 00:19:05 77.90% PB

329 runners

[Back to top](#)

Lingfield 10s 2025 – Race Committee Update & Call for Volunteers

Fiona Champness

Event Date: 29th June 2025

With just a few months to go until race day, preparations for the 2025 Lingfield 10s are well underway! The race committee has been working hard to deliver another fantastic event and we're excited to share the latest updates – plus ways you can get involved.


Key Updates from Recent Meetings


Sponsorship & Marketing


We're delighted to confirm **AEG as our main event sponsor**, with **Summit Wellbeing also supporting the race**. You'll see their logos featured on this year's race t-shirts, with AEG's logo also appearing on the medal ribbons.


Marketing efforts are ramping up, with **'Save the Date' posts live on social media**. Flyers / promo boards are arriving shortly / have arrived. Additionally, we'll be launching a **'Win a Place' competition** to build excitement—so stay tuned!


Event Logistics

 **Water Stations** – Bottled water will be available at the finish line, with dedicated recycling bins to reduce waste.

 **Medals & T-Shirts** – Medals have been sourced, and t-shirt production is well underway. T-shirts will be available for purchase.

 **Permits & First Aid** – All necessary permits and permissions have been secured. **Tech Medical** will be providing first aid services on race day.


 **Vendors** – We're in discussions with a range of vendors to enhance the race day experience.


 **Event Compère** – We're pleased to confirm that **Terry Sumner** will be our compère for the event.


Call for Volunteers – We Need You!

A successful event wouldn't be possible without the help of dedicated volunteers. If you'd like to be part of this fantastic community event, we'd love to hear from you!

We're looking for volunteers to assist with:

 **Route Clearing** – Ensuring the race route is clear and safe for runners (takes place in the weeks before the event).

 **Marshalling** – Supporting and guiding runners along the course on race day.

 **Event Promotion** – Attending local races and running events to help spread the word about Lingfield 10s.

Want to get involved for day? Fantastic! It's a great way to be part of an exciting event while supporting local runners.


 **Sign Up Now**


We are asking all club members to **complete the Google Form (link below), whether you are available or not for the event:**

 [Volunteer and Marshal Questionnaire](#)

For any questions about volunteering, **email us at**  lingfield10svolunteers@gmail.com

 **Help Us Spread the Word!**

 **Repost our social media updates** to help us reach as many runners as possible.

 **Know someone who might be interested in running?** Share our social media pages, help distribute flyers and encourage friends, family and running groups to sign up!

Thank you for your support – we can't wait to see you all on race day!

[Back to top](#)

Grand Prix update
Keith Chambers

Our poll of members for choice of road parkrun for the GP Event on Saturday 8th March has Hove Promenade as the unanimous decision.

So this is what the [GP programme](#) now looks like. Best eight scores of 16 to count.

	Date	Event
1	Saturday 4 th January	East Grinstead parkrun
2	Sunday 23 rd February	Tunbridge Wells ½ Marathon
3	Saturday 8 th March	Hove Promenade parkrun
4	Sunday 30 th March	Mother's Day 10k, Weir Wood
5	Sunday 13 th April	Blackland 10K
6	Sunday 11 th May	Ranelagh ½ Marathon (Surrey Road League)
7	Sunday 1 st June	Dorking 10 Mile (Surrey Road League)

8	Wednesday 25 th June	TAC Penshurst Midsummer Relays
9	Saturday 12 th July	Elmore 7 (Surrey Road League)
10	Monday 25 th August	King's Head Canter 5K
11	Saturday 20 th September	Trail parkrun
12	Sunday 5 th October	East Grinstead 10K
13	Saturday 18 th October	Gatliff Marathon (25K or 50K choice)
14	Saturday 1 st November	Reigate Priory XC Relays (2.5M)
15	Sunday 16 th November	Brighton 10K
16	Sunday 6 th December	Road parkrun

[Back to top](#)

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, 25th February

Club Run in Lingfield

Meet at the Victoria Club for a 7pm start.

5 mile road run around Lingfield and Dormansland.

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.

[Back to top](#)

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	▼
19	FEB, WED	●	6:45 – 7:45pm	LRC coaching (Keith)	Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19
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
23	FEB, SUN	●	9 – 10am	London Half Marathon and 10k	E20 2ST, London E20 2ST, UK
		●	9 – 9:30am	Tunbridge Wells Half marathon (GP event)	
		●	9:30 – 10:30am	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
25	FEB, TUE	●	7 – 8pm	Club running (Gary - road run)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
26	FEB, WED	●	6:45 – 7:45pm	LRC coaching (Fiona)	
1	MAR, SAT	●	All day	East Surrey League (XC trophy)	Lloyd Park, 84 Coombe Rd, Croydon CRO 5RA, UK
		●	10 – 11am	Kempton Park 5k, 10k & Half	Kempton Park Racecourse, Staines Rd E, Sunbury-on-Thames TW
2	MAR, SUN	●	9 – 10am	Dartford Half Marathon	Central Park Arena, Central Park, Dartford DA1 1JP, UK
3	MAR, MON	●	6:30 – 7:30pm	LRC Committee	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		●	7:15 – 8:15pm	Beginners' running (C25k) - Sophie	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA

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

[Back to top](#)

Running Club Quiz Team

Graeme Bennett

Last Thursday saw the latest instalment in the long-running soap opera that is the club quiz team, which meets monthly at The Star, Lingfield.

Some of the regulars were joined this week by Lucy and Tim Wilkes who were hoping for a quiet meal together (it was the day before Valentine's Day, after all) but came over to bolster us instead. Two other runners fled the bar before the quiz, having decided their preparations for Barcelona would not be helped by a stressful/fun two hours with us.

We did okay, fourth place, and donated our winnings from the 'roll-off' win to the local charities which The Star supports each week. We would have been so much better if we'd known our Venus from our Uranus, or realised that Valencia rhymed with Columbia.

Below are the picture quiz questions if you want to try them out for yourself. I can even remember some of the answers a week later.

1. 'N'-yone Will Do - Give their full, commonly-used names, all beginning with 'N' (7)



2. Venn Diagrams - Give the 3 missing items (3)



3. Fancy A Brew?

Name the plants used in hot drinks (6)



4. Musical Films (6)



5. Predictive Texts
e.g. 43556 = 'Hello' (2)

1	2	3
[_]	ABC	DEF
4	5	6
GHI	JKL	MNO
7	8	9
PQRS	TUV	WXYZ

Things you shouldn't look at through a telescope
a) 8431786
b) 968716344426877

6. Tech Logos (4)



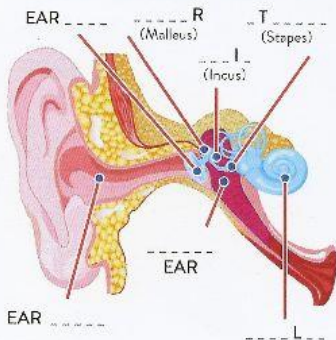
7. Born The Same Year
Give 4 names and the year (1 mark for +/-1yr, 2 for exact) (6)



8. Initials - Long film titles
Give JUST the highlighted words (4)



9. Ears To You - Write your answers L-R (7)



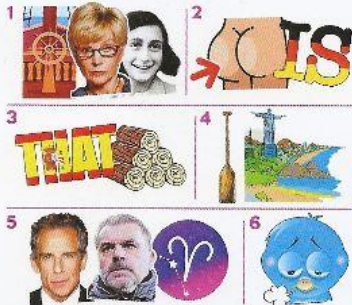
10. Stream Queens
Give the most streamed song on Spotify by each (as main artist). Number of words in title given (8)



11. Flag Tag
Name the countries from the flags, and the cities numbered 1-4 that rhyme with them (8)



12. Pictorial Food Brands (6)



13. Missing Vowels - UK Cities

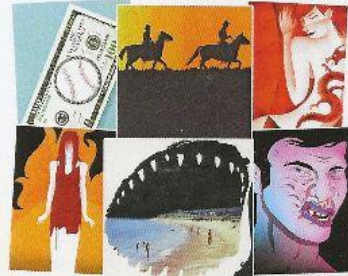
...with one part changed to an opposite/related word
Give the ORIGINAL city names (4)

GLLPBRY
STHSTR-T-N-S
DRCHS
LNGRNLT-D

INQuizITION
a quiz@nquizition.com

14. Film Book Covers

Give the titles of the films, all based on books/short stories (6)



[Back to top](#)

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

[Back to top](#)