



Newsletter

Wednesday 26 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.

Follow us via





Lingfield's Racing Roundup

Hello everyone.

We had 37 members at these 11 parkrun locations last Saturday: Basingstoke (1), Belton House (1), East Brighton (5), Horsham (1), Hove Promenade (1), Nonsuch Park (1), Roosevelt Island (1), Royal Tunbridge Wells (1), Tilgate (9), Wakehurst (14) and Worthing (2).

Particular congratulations to **Lisa Compton** and **Nevenka Worsell** (first and third women at East Brighton), and to **Tom Seller** and **Dan Celani** (second and third at Wakehurst). And not forgetting to mention that **Sue Garner** made Hove Promenade the venue for her 250th parkrun - well done, Sue.

HEADLINE NEWS

Lisa Compton has another England call-up – last week we reported Lisa's [Farnborough Half](#) result. She has now received this email from EA:

'I am writing to you to let you know that the results of the masters qualification race at the 2025 Farnborough Half Marathon have now been verified and I am delighted to confirm you have qualified to represent England at the 2026 International Representative Masters Half Marathon ... Huge congratulations on qualifying to represent your country as a masters athlete, the standards of masters road running are improving every year so this is a huge achievement.'

I'm sure we all add our congratulations to Lisa as well and look forward to finding out later this year when and where the 2026 event will take place.

Meanwhile, at the [National XC Champs](#) at Parliament Hill, four members took to the starting line. In the senior women's race over five muddy miles, **Maggie Statham-Berry** finished in 538th place in a time of 47.46. Jessica Gibbon (Reading AC) won in 29.19 (with Sally's daughter Charlotte 15th in 32.07) and 830 finished. Maggie has written us an account of her race [later on](#).

In the senior men's race, over 7.5 even muddier miles, only two of our runners finished, **Harry Raffaitin** having lost a shoe after 3km. **Nick Keen** was 947th in 64.57 and **Ian Greenaway** was 1,647th in 84.59.

Kieran Barnes was also competing (for Brighton and Hove) and finished a very creditable 82nd in 48.56. Richard Slade (Chiltern Harriers) was first in 43.52 and 1,781 finished.

Fortunately, Harry did get his shoe back, finding it by the side of the course after continuing spike-less for another 4k. Well done to everyone involved for representing the club and I do hope you managed to enjoy the experience despite the conditions.

Later, **Maggie Statham-Berry** also tells us about the [Inter Area Masters Track & Field](#) event in which she competed over 800m and 1500m a few weeks ago at the Lee Valley indoor arena. In one of her races, the World W75 indoor record for 1500m was broken!

On Sunday the [Tunbridge Wells Half Marathon](#) GP event attracted 23 members. Dillon Hobbs (Tunbridge Wells Harriers) won the race in 69.33 and first woman was Charlotte Johnstone (Maidstone Harriers) in 84.31.

Tom Harvey was our first finisher, in a time of 77.31, for 11th place overall and first in his age group. In the women's race, **Judith Cartledge** excelled to finish first of our runners in a personal best time of 1.58.07, and leads the early GP trophy table after two events. **James Caffrey** holds a similarly small lead of two points in the men's trophy race. I'll post the full tables after the next event, but well done to all who ran, particularly if you also managed a PB.

Here are all our times from the official results when I checked, but please let me know if you have been omitted:

Finish posn.	Name	Chip time
11	Tom Harvey	01:17:31
36	James Caffrey	01:22:28
63	Jack Goldsmith	01:26:00
67	Simon Petitt	01:26:29
78	George Matthews	01:27:16
94	James Kilfiger	01:28:27
141	James Willis	01:32:43
523	David Worsell	01:48:31
562	Tom Cartledge	01:50:26
706	Paul McManus	01:55:12
862	Ian Watkins	02:02:01
910	Keith Chambers	02:02:24
909	Matthew Stockwood	02:02:26
985	Nick Champness	02:05:19
1089	Ian Fotheringham	02:10:20

Finish posn.	Name	Chip time
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808	Judith Cartledge	01:58:07
843	Laura Stockwood	01:59:10
866	Fiona Champness	02:00:44
994	Darija Sparkes	02:05:17
993	Hannah Cartledge	02:05:40
1063	Jennifer Willis	02:08:46
1068	Liz Webster	02:09:26
1218	Zoe Greenfield	02:18:31

Best of luck to those revisiting Lloyd Park for the final cross-country trophy race of the year on Saturday, or the Brighton Half (assuming it's safe enough to run it) on Sunday.

It's not feasible to check the results of every event, so 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

22-Feb-25	37	LRC parkrunners	Median	59.00%	
	Difficulty rank /760	Position	Name	Time	Age grade PB?
Basingstoke	486	248	Sarah FERGUSON	00:32:39	47.12%
460 runners					
Belton House	347	7	Steve ACKROYD	00:20:48	68.67%
383 runners					
East Brighton	667	9	David WORSELL	00:25:26	58.91%
51 runners					
		10	Keith CHAMBERS	00:25:56	65.30%
		15	Lisa COMPTON	00:27:51	78.64%
		25	Nevenka WORSELL	00:30:53	55.64%
		47	Sandra ANKERS	00:40:35	58.69%

Horsham	336	132	Judy HAYLER	00:28:00	70.30%	
326 runners						
Hove Promenade	22	373	Sue GARNER	00:26:38	96.18%	
719 runners						
Nonsuch Park	65	5	Jeremy GARNER	00:19:50	74.96%	
544 runners						
Roosevelt Island DC	n/a	28	Noah SEMONIN	00:27:29	46.94%	
85 runners						
Royal Tunbridge Wells	589	40	Pete HOLMES	00:31:52	43.83%	
112 runners						
Tilgate	436	21	Dan OPPE	00:20:59	66.00%	
510 runners		38	James KILFIGER	00:22:16	66.77%	
		100	Terri SCOTT	00:25:08	73.01%	PB
		146	Isla GREENAWAY	00:26:43	55.40%	
		154	David NOTTIDGE	00:26:58	63.97%	
		174	Darija SPARKES	00:27:43	59.05%	
		200	Catherine WILSON	00:28:25	59.00%	
		274	Paul MCCARTHY	00:30:52	49.35%	PB
		471	Kath GARRIDO	00:47:13	53.27%	
Wakehurst	n/a	2	Tom SELLER	00:18:14	72.30%	
383 runners		3	Dan CELANI	00:18:26	76.94%	
		46	Tim MARTIN	00:23:26	61.95%	
		71	Lucy WILKES	00:24:29	64.87%	

	114	David WATKINS	00:26:33	61.46%	
	139	Helen PETITT	00:27:37	53.65%	
	159	Michele EDWARDS	00:28:31	69.02%	PB
	162	Debbie WILKES	00:28:38	76.48%	
	168	Chris RANCE	00:28:59	52.16%	
	253	Peter PHILLIPS	00:33:17	52.98%	
	354	Robert MAYER	00:47:17	41.59%	
	366	Simon COOK	00:50:54	30.71%	
	370	Martin PAYNE	00:51:03	34.15%	
	378	Eliska KELLY	00:53:09	29.88%	
Worthing	7	443	Steve WARNER	00:32:24	53.24%
587 runners		556	Marie WARNER	00:40:19	51.05%

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Spot. Support. Signpost.

Alison Stuart



<https://www.activesussex.org/>

<https://www.mind.org.uk/>

<https://www.samaritans.org/>

As the Lead Welfare and Safeguarding Officer I attended an online forum organised by Active Sussex and presented by Mind entitled '*Spot. Support. Signpost: How you can help someone who may be struggling with their mental health*'.

There was a great deal of information which I will disseminate over the next three newsletters.

Part one:

SPOT : Spot the signs someone may be struggling

Behaviour – has something changed?

- someone is not attending social activities that they have attended in the past: have they stopped going to the pub or coffee after a run for example?
- they are avoiding or missing sessions;
- their motivation seems to have reduced;
- they don't appear to be enjoying the activities any more;
- isolating themselves;
- exercising more than usual or becoming obsessive about exercising.

Mood – has something changed?

- they are quieter or more withdrawn than usual;
- they are louder or more energetic than usual;
- they have extreme mood swings;
- they appear to be sad, anxious or worried.

Thoughts and feelings – has something changed?

- have they expressed thoughts of self-harm or suicide;
- said they feel trapped or hopeless;
- are they more forgetful than usual;
- do they appear confused or have disordered thoughts;
- do they have difficulty making decisions;
- are they finding it hard to concentrate.

Habits – has something changed?

- are they drinking or smoking more than usual;
- are they sleeping too much or too little;
- have there been changes in their appetite or weight;

... or none of these signs!

Next week: **SUPPORT: Support them (if you feel able to do so)**

In the meantime if you have any concerns or questions please do not hesitate to contact me in confidence by emailing welfare@lingfieldrunningclub.co.uk

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National Cross-country Championships

Maggie Statham-Berry

There was greasy, sticky, mud everywhere on Parliament Hill. Even crossing the grass to the tent to pick up numbers was treacherous as shown by the many skid marks and dirty leggings and jackets of some of those clutching their club's envelopes.

The route down to the lido was a mess, as runners cautiously made their way to the start fearing that there was worse to come. There certainly was.

After the initial charge then slow grind up to the top of the hill, which seemed to take forever, the fun started. The other side was a quagmire, and so it continued in varying degrees for just short of five miles, one medium lap and one large lap, for the women. It was all ups and downs too.

On the worst stretches, I spotted abandoned footwear in the sludge and during the race I admired some women who had continued running without a shoe. I took it steady and was surprised to find myself going past people. In the end there were 300 runners behind me which I took as a success. I completed the course in 47:46, 538th position out of 830 finishers, probably the first over 70. The photo at the end shows me as ridiculously happy at having done it!



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Couch to 5K



by Sophie Davis

We've reached week 6 of our newly-revived Couch to 5km programme and our fantastic new runners are making incredible progress. It's cold, it's dark, and to be honest there are times when I wouldn't have made it out if I hadn't been leading the group! But here we are with a great team of enthusiastic and determined runners, all working towards their goal of running 5 km. Over the next few weeks, we're going to be sharing some of their stories, motivations, and goals. Whether they're lacing up for fitness, fun, or a personal challenge, we're really proud to be supporting them on their journey.

Evie Weston's story



What was your motivation for joining our Couch to 5K (C25K) group?

I wanted and needed to get back into running following illness and injury. Due to a house move it was too far for me to travel back to join my previous running group so C25K with Lingfield Running Club seemed perfect. I was also stopped by Gary and given one of the club's ('business') cards while out running one morning.

Is this the first time you have considered taking up running?

See below.

If you have previously tried running, what stopped your progress then and what made you start again with our group?

I had previously been able to run up to nine miles and used to run with Speldhurst Runners (a very informal group) but sadly, four years ago, a bout of serious illness put a stop to

that. As I slowly recovered, I started to run on a treadmill at the gym but I then sustained a stress fracture to my left heel. After nine months the fracture hadn't healed and I had to have exogen therapy (ultrasound waves) at home, daily, for 20 minutes over a period of four months. I'm pleased to say that after a year I now have an anatomically perfect left heel. As you can imagine my first tentative steps back to running were taken very slowly. I started to run on my own but missed the company of others; even if I am too out of breath to talk! This made up my mind to join Lingfield Running Club.

How have you found the C25K course so far? Has it met your expectations? What parts of the session have you enjoyed?

The C25K course has been hard going mainly due to the freezing cold weather and not being used to running in the dark - so looking forward to the lighter nights and warmer weather. Despite this, it has been very enjoyable and rewarding; I feel that I have achieved a lot in a relatively short time. I am probably the oldest member of the group and did feel a little apprehensive that I wouldn't be able to keep up, but I needn't have worried. The course and the encouragement from the group have given me the confidence to keep going. It is great having the guidance from the experienced runners who lead the run, Sophie in particular who organises us all and sends out all the numerous WhatsApp messages. I enjoy running with others as it pushes me to work that bit harder, I know that I definitely run a bit faster when out with the group. It helps being able to share the highs and lows of the course with others in the group.

We're pretty confident that you will be able to complete a 5km run on the completion of this course. Do you have any targets beyond doing the 5km?

If all goes well and I have no further injuries or illness then I'm hoping to train and run a half marathon next year with my sistershe doesn't know yet! I have never done a parkrun so maybe I should start with that first, but I always say aim high.

P.S. And many thanks to Gary Spring for pulling this series together for us. Ed.

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Masters Indoor Track and Field championships

Maggie Statham-Berry

On 16 February, I swapped the mud of cross-countries for the boards indoors. The event was the Inter Area Masters Indoor Track and Field championships which takes place every year at the Lee Valley indoor arena near Enfield. My masters' club,

Veterans AC (VAC), enters a team to compete with eight other masters' clubs from all over the UK in 90 track and field events (45 each for men and women).

As one of VAC's selectors, and the women's team manager, it was a very busy day for me, especially as I had selected myself to run in the W70+ 800m and 1500m races. I never do indoor track races, especially over such short distances, but VAC's best W70 runner was injured. In fact, this was my first ever indoor 1500m and only my second indoor 800m.

Needless to say, I was outclassed in the races. However, there was no shame in this because the three women ahead of me in each race are 'famous' in the masters world for holding numerous British, European and World records for their age groups. They are Yuko Gordon (W70), Angela Copson (W75) and Sarah Roberts (W75).

- Yuko is a former Olympian at the marathon and holds the British W70 10-mile, Half Marathon and Marathon records as well as being in the 'all time' top five for much shorter track and road races.
- Angela Copson is a multiple record holder for track races in Britain, Europe and the World in the W65, W70 and W75 age groups. She is the current World record holder for the W70 outdoor 1500m and held records as a W75 too, until Sarah Roberts came along.
- Sarah is the new kid on the block, and her story is amazing. She started running in 2017 at the age of 67. For two years she did parkruns before joining a club and moving on to doing races in 2021. She was exceptionally good and her progression has been phenomenal. Since turning 75 last year, she has dominated the age group, knocking chunks off established records on the road and the track.

The 1500m was the first race. There were five W70+ runners on the start line. Sarah Roberts shot off, followed by Yuko Gordon. I tried (and failed) to hang on with Angela Copson on my tail. Indoor (200m) tracks are weird with bends every 50 metres and a constant camber. My inexperience showed as I slowed into each bend instead of using the uphill and downhill of the bend to gain momentum for the short straight. Angela ran a great race and sprinted past me coming off the final bend, so I was fourth out of five. My time was 6:57.77, with Angela recording 6:56.71 and Yuko 6:30.94. Up front, Sarah Roberts ran a magnificent 6:05.90 to set a new W75 World Indoor 1500m record which generated lots of noisy cheering for her throughout the race. I felt privileged to be photographed with her, Angela and Yuko after the race. *

The 800m was a re-run of the 1500m with the same five runners. Again, Sarah Roberts sped off with Yuko close behind, but this time I followed Angela, as 800m is her speciality, and I decided to run my own race. I coped better than in the 1500m and recorded 3:38.84, an indoor PB! Sarah's time of 3:05.22 was excellent but did not quite match her W75 indoor World record of 3:01.11 set a few weeks ago in

Sheffield. Yuko and Angela's times were 3:18.17 and 3:32.41 respectively.

In the event itself, my club, VAC, was a creditable fourth. Midland Masters were the winners.

If you're interested, here's the link to the competition page for the event. Click on RESULTS to see the results of each event. Click on SCORES to see the scores in each event and the overall scores.

[Home | England Masters AA Indoors Inter-Area Track & Field Challenge](#)

** Sarah Roberts has since improved on her W75 800m and 1500m World Records. She achieved sub-3 minutes and sub-6 minutes times at the British Masters championships at Lee Valley last weekend. She did 2:57.32 for 800m and 5:58.15 for 1500m. Amazing!*

The photo below was taken after the 1500m race.

From left to right, there's me, Angela Copson, Sarah Roberts and Yuko Gordon.



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Weekly club runs

Gary Spring

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

Tuesday, 4th March

Club Road Run in East Grinstead

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

The distance will be about five miles and will include some hills! The route is currently TBD.

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 - Apr 2025		
26	FEB, WED	6:45 - 7:45pm	LRC coaching (Fiona)	
1	MAR, SAT	10 - 11am	Kempton Park 5k, 10k & Half	Kempton Park Racecourse, Staines Rd E, Sunbury-on-Thames TW16 5AQ, UK
		2 - 2:30pm	East Surrey League (XC trophy)	Lloyd Park, 84 Coombe Rd, Croydon CRO 5RA, UK
2	MAR, SUN	9 - 10am	Dartford Half Marathon	Central Park Arena, Central Park, Dartford DA1 1JP, UK
		9:30 - 10:30am	Brighton Half Marathon	Hove Lawns, Kingsway, Brighton and Hove, Hove BN3 2PE, 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, UK
4	MAR, TUE	7 - 8pm	Club running (Gary)	East Court, College Ln, East Grinstead RH19 3LT, UK

5	MAR, WED	6:45 - 7:45pm	LRC coaching (Dave)	
6	MAR, 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	MAR, SAT	9 - 10am	Hove Promenade parkrun (GP event)	The Lawns Cafe, Kingsway, Brighton and Hove, Hove BN3 2FR, UK
9	MAR, SUN	10 - 11am	Paddock Wood Half (inc British Masters Champs.)	
11	MAR, 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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[10 micro goals for runners](#)

Runner's World

Not all running goals need to be life-changing. In fact, as running coach Tom Craggs explains, there's a lot to be said for setting yourself smaller, beneficial and easy-to-tackle targets to boost your running

By [Tom Craggs](#)



Getty Images

It's great to have a big race goal, such as a [marathon](#), several months or even a year away to give your running a direction of travel. However, it's easy for life to get in the way and for motivation to wane unless you find a way of setting yourself smaller, more process-focused goals.

Setting micro goals – small, specific and attainable targets – can significantly enhance your running experience by providing immediate gratification, maintaining motivation and fostering continuous improvement. Here are 10 micro goals designed to boost your

performance, add variety to your workouts and keep your training engaging.

Read [full article](#).

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Reminders from previous weeks

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

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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!

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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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