



## **Newsletter**

**Wednesday 5 March 2025**

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***Due to holiday commitments there will be no newsletter next week.  
Back on 19th March***

*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).**

**Follow us via**





### **Lingfield's Racing Roundup**

Hello everyone.

We had 36 members at 12 parkrun locations last Saturday: Brighton & Hove (1), Brockwell (2), Bushy (1), Guildford (1), Hunstanton Promenade (1), Kingdom (8), Pymmes (1), Royal Tunbridge Wells (1), Seaton (1), Shorne Woods (3), Tilgate (2) and Wakehurst (14).

Particular congratulations to **James Caffrey** (first at Wakehurst) and to **Dan Celani** (second at Hunstanton Promenade).

It was the final cross-country trophy race of the season last Saturday, the East Surrey League at Lloyd Park. Four members turned out in the balmy weather, as described in the Captains' report [later in the newsletter](#).

The Men's Trophy had already been decided with **Tom Seller** once again taking the trophy, but the women's result was significant. With **Sally Alexander** away altitude-training in the mountains, **Liz McLennan** took full advantage to gain all ten points available and join Sally on 100 points, to share the XC Trophy for 2024/25. Congratulations to both of you. Thirty-two men and 20 women ran in at least one of the races in this XC season – well done, every one of you, for contributing to such a successful season and great team spirit. The final points tables are on the [club website](#).

On Sunday several members took advantage of the seaside sun to enjoy the Brighton Half Marathon. **Simon Petitt** was first to finish in 1.23.37, followed by **Keith Chambers** and **Ian Watkins** who dead-heated with a time of 2.02.58. I did also spot second-claim member **Sarah Begley** (1.59.22) but I didn't go through all 8,900 finishers so apologies if you've been missed off. The race winner was Seyfu Jamaal (London Heathside) in 1.04.30 and first woman was Christa Cain (Best Athletics) in 1.16.18.

**Brandon Webb** ran the Marriott's Way Marathon on Sunday up in Norfolk. He tells me it was a "Lovely linear route following two disused railway lines from Norwich up to the market town in Aylsham. There's also a half marathon, only a small event, I guess maybe 70 in the marathon. I finished in 3:48 which I was very happy with". Well done, Brandon, sounds like a good event to do.

Last Thursday, in the [Friday\(?\) Night 5K Under the Lights](#), at Battersea Park, second-claim member **Kieran Barnes** ran a PB of 14.41, in his heat. Kieran was just 14 seconds (but 21 places!) behind the winner Raif Serif (Belgrave Harriers - 14.27). There were five different races, with almost 250 athletes, over the evening. The fastest runner overall (in 13.42) was Jack Kavanagh of Holland Sports, the club which Kieran has recently moved to. The fastest time, in the one women's race, was set by India Weir (Thames Valley Harriers) in 15.44 – which was, I think, a new course record.

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.

Finally, please note that the [Victoria Sports & Social Club](#) AGM is being held on Thursday 27 March at 8pm. As a member of the running club, you are also a member of the Victoria Club, and are entitled to attend its AGM. You can find the [agenda here](#).

Editor

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01-Mar-25	36	LRC parkrunners		Median	58.25%
	Difficulty rank /760	Position	Name	Time	Age grade PB?
<a href="#">Brighton &amp; Hove</a>	174	296	Judy HAYLER	00:27:16	72.19%
648 runners					
<a href="#">Brockwell</a>	370	349	Steve WARNER	00:32:08	53.68%
418 runners					
		408	Marie WARNER	00:42:55	47.96%
<a href="#">Bushy</a>	115	19	Jeremy GARNER	00:18:03	82.36%
1,385 runners					
<a href="#">Guildford</a>	317	8	Harry RAFFAITIN	00:20:20	63.44%
327 runners					
<a href="#">Hunstanton Promenade</a>	429	2	Dan CELANI	00:18:25	77.01%
113 runners					

<a href="#">Kingdom</a>	702	40	Simon COOK	00:26:39	58.66%	
150 runners		54	Matthew STOCKWOOD	00:27:50	55.21%	
		56	Keith CHAMBERS	00:28:06	60.26%	
		71	Laura STOCKWOOD	00:30:02	52.00%	
		82	Helen DAVEY	00:31:07	62.35%	
		83	Martin PAYNE	00:31:10	55.94%	
		138	Sandra ANKERS	00:50:11	47.46%	
		139	Kath GARRIDO	00:50:12	50.10%	
<a href="#">Pymmes</a>	162	49	Lisa COMPTON	00:24:28	89.51%	PB
178 runners						
<a href="#">Royal Tunbridge Wells</a>	589	15	Pete HOLMES	00:23:33	59.31%	
146 runners						
<a href="#">Seaton</a>	320	220	Mike LOTHIAN	00:33:56	54.91%	
289 runners						
<a href="#">Shorne Woods</a>	524	70	Isla GREENAWAY	00:27:09	54.51%	
295 runners		152	Ian GREENAWAY	00:32:02	47.55%	
		218	Theresa DONOHUE	00:36:49	50.52%	
<a href="#">Tilgate</a>	436	13	Dan OPPE	00:20:26	67.78%	
454 runners		192	Darija SPARKES	00:29:32	55.42%	
<a href="#">Wakehurst</a>	n/a	1	James CAFFREY	00:17:59	77.02%	
345 runners		5	Ben ASHMORE	00:19:42	65.82%	
		9	James WILLIS	00:20:49	69.74%	
		41	Tim MARTIN	00:23:56	60.65%	
		46	Daniel JONES	00:24:09	57.83%	

55	Lucy WILKES	00:24:45	64.18%	
70	Nick CHAMPNESS	00:25:35	56.74%	PB
86	David WATKINS	00:26:24	61.81%	
105	Judith CARTLEDGE	00:27:20	73.05%	
125	Michele EDWARDS	00:28:08	69.96%	PB
137	Hannah CARTLEDGE	00:28:37	51.78%	
161	Steve ACKROYD	00:29:52	47.82%	
178	Paul MCCARTHY	00:30:53	49.33%	
309	Robert MAYER	00:44:15	44.44%	PB

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Earlier this week, I received a request for results to be shown in age grade order. I've done it this week as a one-off, but I'm afraid it takes too much extra time to become a regular feature.

Lisa COMPTON	00:24:28	89.51%
Jeremy GARNER	00:18:03	82.36%
James CAFFREY	00:17:59	77.02%
Dan CELANI	00:18:25	77.01%
Judith CARTLEDGE	00:27:20	73.05%
Judy HAYLER	00:27:16	72.19%
Michele EDWARDS	00:28:08	69.96%
James WILLIS	00:20:49	69.74%
Dan OPPE	00:20:26	67.78%
Ben ASHMORE	00:19:42	65.82%
Lucy WILKES	00:24:45	64.18%
Harry RAFFAITIN	00:20:20	63.44%
Helen DAVEY	00:31:07	62.35%
David WATKINS	00:26:24	61.81%
Tim MARTIN	00:23:56	60.65%

Keith CHAMBERS	00:28:06	60.26%
Pete HOLMES	00:23:33	59.31%
Simon COOK	00:26:39	58.66%
Daniel JONES	00:24:09	57.83%
Nick CHAMPNESS	00:25:35	56.74%
Martin PAYNE	00:31:10	55.94%
Darija SPARKES	00:29:32	55.42%
Matthew STOCKWOOD	00:27:50	55.21%
Mike LOTHIAN	00:33:56	54.91%
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Robert MAYER	00:44:15	44.44%

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### **Wakehurst parkrun volunteers**

#### **Editor**

The club has received the following email from the Event Director at Wakehurst, which may interest some of you. This is the full text, with no edits!

*'Wakehurst parkrun, along with a host of other Sussex parkruns, is going from strength to strength. Wakehurst has settled into 350 runner fields on average to compliment the increasing fields across the county. Your running club alone have completed 1815km at Wakehurst! We have been lucky enough to date to attract over 450 people in our first 40*

weeks to help us with the volunteering tasks required to keep everyone running, and your group have been very helpful supporting that need. We have a well-established relationship in place with the supportive landlord KEW, and we have some clear processes and kit in place to make the thing work effectively. We also now have built a very inclusive and warm atmosphere around the event each week with a regular base of local runners (75% of average field).

I want to ask you for some specific support. We have become (through job changes and shift work requirements) a Haywards Heath focussed core team here at Wakehurst with representation only from HH Harriers and a local running group called J&M. We would like a broader geographic representation on our core team. It increases the ownership of the parkrun across multiple groups, and also importantly increases the influence on a broader potential volunteer base. Would any of your club, runners or non-runners like to join us? The core team ensure that the requirements for the week's run are in place each week and fill in on the volunteer roster when needed. We set a rough 'rule' of two weeks in every month at Wakehurst volunteering and on those occasions, we have roles that can be done before or after running the parkrun. We are a couple of months away from celebrating our one-year anniversary as a core team, so the time is right to add some new faces.

Secondly, can you encourage your member base to volunteer in addition to joining us as runners? We appreciate all the support you give us already and we want to build on that if possible.

I appreciate that Wakehurst is not your group's local parkrun and you may have allegiances and/or responsibilities with other parkruns. but your club is a 4<sup>th</sup> most regular set of runners so we must be doing something right!"

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**East Surrey XC - Lloyd Park**  
**Saturday 1st March 2025**  
**Liz McLennan & Keith Chambers**

Last Saturday we ventured again to Lloyd Park, Croydon; this time for the East Surrey XC League race over the same two-lap, five-mile course that we'd visited only three weeks ago in the Surrey XC League. Fortunately since early February course conditions had improved very slightly, but still challenging with large areas of soggy grass, mud and puddles.

There was blue sky all round, little breeze, and warmth in the early Spring sunshine; perfect for the final XC race of the season.

Compared to the 35 runners at the final Surrey XC League event at the same venue, today's turnout was a fabulous four; great running and thank you all for coming.

The results from Lloyd Park...

Finish position	Name	Time
15	Nick Keen	35:54
47	Liz McLennan	45:30
52	David Nottidge	49:46
54	Scott McDonald	51:47
61 finishers		

As Ladies' and Men's Team Captains we'd both like to thank you all for your considerable time, support and outstanding performances this cross-country season; runners and supporters alike. It's been a long demanding season, but a real pleasure to have shared it with you, thanks again.

We will be reviewing the season and our teams' performances at the AGM on Tuesday 29<sup>th</sup> April (8:00pm); hopefully we'll see you there.

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

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

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

Here is the second part summarising the information given at 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*'.

Part two:

**SUPPORT them (if you feel able to do so)**

See if urgent help is needed

Understand the best time and place for a conversation



**Pose open-ended questions**

**Provide validation for their feelings and experiences**

**Offer emotional support and show empathy**

**Reassure them it's good to talk**

**Thank them and summarise**

**See if urgent help is needed**

- If you or others feel at risk of harm call 999
- If you think they are not safe by themselves help get them to A&E or call for an ambulance
- If you think they can keep themselves safe help them to make an emergency GP appointment or contact a helpline eg Samaritans – call 116 123, Shout – text SHOUT to 85258 or call NHS 111

**Understand the best time and place for a conversation**

- Probably before or after a session
- Find a quiet, informal space away from people

**Pose open-ended questions**

- To encourage them to talk: “Have you felt like this before? What happened and did anything help? Can you tell me more about how you are feeling?”
- Give them your full attention and actively listen to what they say

**Provide validation for their feelings and experiences**

- Try not to assume you know how they are feeling, quite possibly you don't!
- Valid their feelings: “It's ok to feel the way you do”
- Let them guide the conversation and don't push them to reveal more than they want to

**Offer emotional support and show empathy**

- Don't try to fix their problems
- Never say: “Try not to worry”, “It's a phase, you'll get through it”, “I know exactly how you feel”, “That's life” etc
- Show empathy: “It sounds like things are really difficult for you right now”

**Reassure them it's good to talk**

- It may have been hard for them to open up so statements like “I realise this was really hard for you but I’m glad you felt able to tell me”
- Don’t assume they want to be signposted to support, speaking to you may have been enough
- Empower them to decide what’s next: “How are you feeling now? What, if anything, would you like to do/happen now?”

**Thank them and summarise.**

- Ask if they have support from family or friends especially immediately
- Summarise what they have told you to show you have heard them and check to make sure you have got it right “You are feeling really down at the moment and nothing seems to be going right, is that correct?”
- If they want more help and you have offered to find out how they can get that help let them know “So, we’ve agreed I will look into .../find out ... and I will contact you on/by to let you know how I got on”

**Only offer support if you feel able to do so**

Next week: **SIGNPOST** them to help and support

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](mailto:welfare@lingfieldrunningclub.co.uk)

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**Pasta party 2025**  
**Scott McDonald**

Hello everyone, Just a reminder that the running club will be having its 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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# Couch to 5K



by Sophie Davis

## Jason Taylor's story



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

As someone who has recently moved to Lingfield it gave me an opportunity to meet other people while doing something I enjoy. I'm confident I can run 5k before joining, but it was more than that for me. It was about being part of something. Part of a community which also gave me a routine/commitment.

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

I've been an on and off runner for about five years. Having trained for the 2020 London Marathon before injury set in and the pandemic. Personally, it's the escapism and challenge that running creates for me.

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

I think life. I've always run/trained on my own so when my wife said there was a running club local to us it just made sense. And now we are talking about how we can complete a 10k as a follow on group from this.

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

The structure has really given me a different way to train for the future. Timed intervals seem more achievable than distance (sometimes). It's definitely met expectations and so great to get the support from the others.

*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?*

Now we are heading towards the warmer months, I'm looking forward to running more often and, as always, my goal will be to complete a marathon at some stage.

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### **2025 LRC Quiz Slot**

**Gary Spring**

For Puzzle 2, I received five correct solutions. Congratulations to Debbie Wilkes, Lucy Wilkes, Judy Hayler, Lisa Compton and Steve Warner. The answers are shown

below. If anyone needs an explanation on how to solve this puzzle, please let me know and I'll do my best to explain the process.

<b>Birth day month</b>	<b>Name</b>	<b>Shoe Brand</b>	<b>Preferred distance</b>
January	Diana	Saucony	Half Marathon
February	Ben	Asics	Marathon
April	Andy	Nike	Ultra
June	Caroline	New Balance	parkrun
October	Edward	Brooks	10K

### **PUZZLE 3**

We're back to cryptic clues for Puzzle 3; the last sanctum for puzzles that (hopefully) can't easily be solved using Google or AI. There is a common theme, that is not referenced in the clues, to make it a bit more challenging. I've also not given you the number of letters to the solutions, but here is a hint to the theme. While the solutions are not related to running, Clue 3 will be significant to some of our members, at the end of next month.

1. Party? Some laugh!
2. Primarily, a North Korean army recruitment agency
3. On learner to begin with, sign of agreement returned
4. Leave nothing
5. Is Buddhist teacher no good?
6. Compete ahead of Ann returning
7. Edit move on edit
8. Preserve confused bear about river
9. Explosion of potassium is all right
10. Over the top and without authority initially

The closing date for Puzzle Number 3, is Midnight, 31<sup>st</sup> March. Send your solutions to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

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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, 11<sup>th</sup> March**

**Club Road Run in Lingfield**

Meet at the Victoria Club for a 7pm start.

I'm currently loving the new single lap route that James Kilfiger devised for us, so it is more of the same. All road and just over five miles in distance.

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](mailto:organiser@lingfieldrunningclub.co.uk) or text me on 07925 195032.

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**Coaching and run-leading for the club**

**Dave Worsell**

*As our club continues to grow, we urgently need to expand our coaching team. Thanks to Sophie's successful Couch to 5K (C25K) program, we've welcomed many new members, resulting in a diverse range of pace groups. By offering more varied training options, we can attract even more runners and support those eager to improve.*

*New England Athletics regulations require that club runs and coaching sessions be led by qualified leaders with either a Leadership in Running Fitness (LiRF) or a Coach in Running Fitness (CiRF) qualification.*

*These courses are straightforward, and the club is happy to cover the cost for members interested in earning either certification. There's no obligation to commit significant coaching hours or organise Wednesday track sessions (unless you want to!). Your main role will be to lead a group, enjoy your runs as usual, and help support fellow runners.*

**For more information email me at [coach@lingfieldrunningclub.co.uk](mailto:coach@lingfieldrunningclub.co.uk)**

**Training at K2 this week**

Click on picture for [booking link](#)

It's £3.50 per runner. Meet at K2 by the track at 6:50pm for registration with a 7pm start.

David Worsell  
 Admin Top contributor · February 18 at 8:28 AM · 🌐

We have another track session at K2 hosted by Horley Harriers on Thursday. 6.50pm meet for a 7pm start. Only £3.50 to use the excellent facilities. Register here before attending.

**Horley Harriers Track Sessions**  
 Physical Activity Readiness Questionnaire & Declaration

\* Indicates required question

**Personal Details**

Full Name \*

Your answer

Please select your club \*

Copthorne Chasers

DOCS.GOOGLE.COM  
**Horley Harriers Track Sessions**  
 Physical Activity Readiness Questionnaire & Declaration

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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		< > Mar – Apr 2025	
5	MAR, WED	6:45 – 7:45pm	LRC coaching (Ian W) Imberhorne School
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 2FF
9	MAR, SUN	7:30 – 8:30am	Steyning Stinger Steyning
		8 – 9am	Kingston Breakfast Run (8/16/20 miles) KT1 1JP, Kingston upon Thames KT1 1JP, UK
		10 – 11am	Paddock Wood Half (inc British Masters Champs.)
11	MAR, TUE	7 – 8pm	Club running (Gary - road run) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

12	MAR, WED	● 6:45 – 7:45pm	LRC coaching (Terri)
16	MAR, SUN	● 8:30 – 9:30am	St Patrick's Day run Weir Wood Reservoir, United Kingdom
		● 9 – 10am	Surrey Half & 5k Woking Leisure Centre, Woking Park, Kingfield Rd, Woking GU22 9BA, UK
		● 10 – 10:30am	Moyleman Marathon BN7 1PU, Gundreda Rd, Lewes BN7 1PU, UK
18	MAR, TUE	● 7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
19	MAR, WED	● 6:45 – 7:45pm	LRC coaching

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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### Grand Prix races 2025 (Open and Handicap) Gary Spring

GP Races	H'Cap Races	GP races and Handicap races (in GREEN)
1		Saturday 4th January East Grinstead parkrun
2		Sunday 23rd February Tunbridge Wells ½ Marathon
3		Saturday 8th March Hove Prom. parkrun
4		Sunday 30th March Mother's Day 10k, Weir Wood
	1	Tuesday, 8th April: Club Handicap Race #1. 5km road race
5		Sunday 13th April Blackland 10K
6		Sunday 11th May Ranelagh ½ Marathon (Surrey Road League)
	2	Tuesday, 20th May: Club Handicap Race #2. May Race 1
	3	Tuesday, 27th May: Club Handicap Race #3. May Race 2
7		Sunday 1st June Dorking 10 Mile (Surrey Road League)
	4	Tuesday, 10th June: Club Handicap Race #4. May Race 4
8		Wednesday 25th June TAC Penshurst Midsummer Relays
9		Saturday 12th July Elmore 7 (Surrey Road League)
	5	Tuesday, 22nd July: Club Handicap Race #5. May Race 3
	6	Tuesday, 12th August: Club Handicap Race #6. Uphill Mile
10		Monday 25th August King's Head Canter 5K
	7	Tuesday, 9th September: Club Handicap Race #7. 5 mile road race
11		Saturday 20th September Trail parkrun
12		Sunday 5th October East Grinstead 10K
13		Saturday 18th October Gatliff Marathon (25K or 50K choice)
	8	Sunday, 26th October. Club Handicap Race #8. Dennis Crowhurst Trophy
14		Saturday 1st November Reigate Priory XC Relays (2.5M)
15		Sunday 16th November Brighton 10K
16		Saturday 6th December Road parkrun
	9	December (date TBC) Club Handicap Race #9. Matt Bennett Trophy



Yes, May Race 3 is after May Race 4 again - to try and ensure better conditions underfoot. All the current course route maps are on the [club website](#).

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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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