



Newsletter

Wednesday 26 March 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.

Last Saturday, we had an amazing 46 members at ten parkrun locations. Those locations were: East Grinstead (16), Banstead Woods (1), Brockenhurst (1), Morden (1), Newbury (1), Seaton (1), Tilgate (3), Tonbridge (2), Wakehurst (19) and Woking (1).

Biggest congratulations of the day, of course, to our six C25k graduates at Wakehurst - **Esther Watson, Evie Weston, Glen Smith, Paul Evans, Mandy Burchell** and **Ian Miller**. Congratulations also to the men and women at East Grinstead, who occupied the first three positions in each - **James Caffrey, Nick Keen, Lenard Binuagan, Judy Hayler, Isla Greenaway** and **Michele Edwards**. Also to **Dan Celani**, first at Wakehurst, and **Jeremy Garner**, third at Woking.

Lingfield Ladies are like fine wine, if you get my drift. Sunday saw two more fine performances to prove it.

Lisa Compton was at the [Reading Half marathon](#) where she ran 1.53.13, a time quicker than she achieved there two years ago! Lisa was first of 11 in her age category too. Race winner was David Nilsson in 1.04.59 and first woman was Kate Estlea-Morris in 1.14.14.

And also first in her age group on Sunday was **Maggie Statham-Berry** who ran a time of 45.36 in the [Bromley Veterans 5-mile](#) race. Allan Lee was first in 31.04 and first woman was Jennie Butler in 38.35.

Congratulations to both of you on your continued excellence – what an example.

And talking of our veterans' performances, **Sally Skipper** also achieved her long-term aim of completing the [Hampton Court Half Marathon](#). This she managed in exactly 3.03.03 and looks absolutely delighted (below). Josh Entwistle was the race winner in 1.11.50 and first woman was Charlotte Ryan (Durham City) in 1.23.35.

Dave Chase, meanwhile, attended the latest in the Heritage Trail Series, the [Leonardslee x Spring](#) over almost 10k. He was 39th of 158 in a time of 59.54, behind winner Petra Hruska in 41.23, and first woman Rachel Robinson (51.00). Nice one, Dave, and I hope you don't mind me whetting our readers' appetites ... you will be telling us all about how you get on at 'The Lap' (around Windermere) in May!.

Don't forget that it's the Victoria Club's AGM tomorrow night, if you want to have a say, and also that the clocks go forward by one hour this weekend.

It's not feasible to check the results of every member at every event if you haven't updated your profile to Lingfield on parkrun, for example, 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-Mar-25		46	LRC parkrunners	Median	55.80%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	1	James CAFFREY	00:20:31	67.51%	
60 runners		2	Nick KEEN	00:22:15	63.75%	
		3	Lenard BINUAGAN	00:22:34	58.42%	
		6	James WILLIS	00:24:35	59.05%	
		11	Daniel JONES	00:25:42	54.35%	
		13	Tim MARTIN	00:26:15	55.30%	
		17	David WORSELL	00:26:51	55.80%	
		21	Nick CHAMPNESS	00:27:56	51.97%	
		24	Judy HAYLER	00:28:43	68.54%	
		27	Ian GREENAWAY	00:30:19	50.25%	
		28	Isla GREENAWAY	00:30:23	48.71%	
		32	Michele EDWARDS	00:31:13	63.05%	
		34	Nevenka WORSELL	00:31:57	53.78%	
		40	Scott MCDONALD	00:33:36	48.16%	
		43	Steve WARNER	00:34:18	50.29%	
		50	Theresa DONOHUE	00:38:34	48.23%	
Banstead Woods	548	8	Harry RAFFAITIN	00:20:11	63.91%	
216 runners						

Brockenhurst	282 (W)	73	Jennifer WILLIS	00:26:38	61.45%	
221 runners	537 (S)					
Morden	663	9	Steve ACKROYD	00:20:52	68.45%	
147 runners						
Newbury	245	272	Martin PAYNE	00:30:19	57.50%	
463 runners						
Seaton	246	54	Lucy WILKES	00:24:13	65.59%	
243 runners						
Tilgate	474	19	Dan OPPE	00:21:37	64.07%	
464 runners		280	Mike LOTHIAN	00:32:40	57.04%	
		395	Carole BARNES	00:38:32	56.83%	
Tonbridge	392	35	Simon PETITT	00:21:14	61.07%	
663 runners		243	Helen PETITT	00:27:32	53.81%	
Wakehurst	281	1	Dan CELANI	00:18:47	75.51%	
399 runners		4	James KILFIGER	00:19:42	75.47%	PB
		115	Judith CARTLEDGE	00:26:56	74.13%	
		134	Sally ALEXANDER	00:27:52	61.66%	
		140	Sue GARNER	00:28:09	91.00%	
		143	Terri SCOTT	00:28:23	64.65%	
		184	Helen DAVEY	00:30:09	64.34%	
		197	Darija SPARKES	00:30:35	53.51%	
		203	Paul MCCARTHY	00:30:55	49.27%	
		236	Glen SMITH	00:00:32	46.70%	
		291	Esther WATSON	00:36:33	45.87%	
		292	Gary SPRING	00:36:34	49.45%	

295	Mandy BURCHELL	00:36:49	40.88%	
317	Evie WESTON	00:39:05	53.48%	
326	Ian MILLER	00:40:32	40.25%	
329	Paul EVANS	00:40:41	40.84%	
340	Eliska KELLY	00:42:20	37.52%	PB
348	Robin MAYER	00:43:05	45.65%	PB
371	Kath GARRIDO	00:47:34	52.87%	

[Woking](#) 297 3 Jeremy GARNER 00:18:29 80.43% PB

320 runners



*Sally Skipper has enough left for a sprint at the end of the Hampton Court Half!
I hope to share her report (and celebrity photo) next week.*

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Couch to 5K



by Sophie Davis

Celebrating Our Couch to 5K Graduates!

I'm thrilled to share some fantastic news from our Couch to 5K program. After weeks turning up on cold and dark Monday evenings, 12 members of our group have now successfully completed their 5K run, with 2 more expected to complete theirs tonight (no pressure!)

A huge congratulations to Paul, Glenn, Evie, Esther, Mandy, Vivek, Charlotte, Vik, Dee, Michelle, Tor and Ian with a particular shout out to Paul for not missing a single session! Your hard work and perseverance has paid off and I'm super proud of everyone's achievement. For those still working towards their 5K goal - keep going! Every run is progress, and we are here to support you all the way.

Also a big thanks to Gary, James, Terri and Laura for their support as well as to the group as a whole for being so supportive and encouraging to one another.

We will be running 5km again on Monday evening which anyone is welcome to join and we hope many of the group will join the 5km handicap race in April.

We are also finalising next steps for the group so watch this space for an extra run group being added to the programme after Easter!



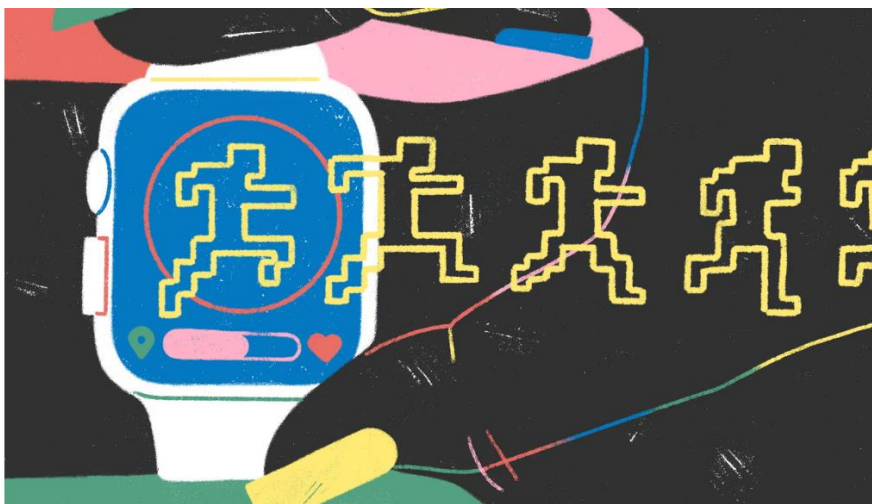
Our parkrun C25K graduates and supporters at Wakehurst on Saturday (above) and Victoria Club on Monday (below)



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[How to start running](#)

**Madeleine Aggeler (The Guardian)
(via Gary Spring)**



❑ A common mistake new runners make is running too fast. Illustration: Carmen Casado/The Guardian

Some might find running a daunting task – but experts say starting slow can help set the pace for a good experience.

Running can seem both approachable and daunting. On one hand, it's simple: all you need to do is throw on some shoes, step outside and run. On the other: you have to run.

"People think running is intimidating for a couple of reasons," says Martinus Evans, founder and CEO of the Slow AF Run Club. First, it often happens outdoors – in full view of others. "A lot of people are self-conscious and nervous about what other people are going to say," he explains.

Second, some people feel they're not built for running – they worry they're too big or too slow. But that doesn't matter, Evans says.

"You can be a runner in the body you have," he says. "It can still be something you own and enjoy."

We talked to some experts about how to start running - [full article here](#).

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Grand Prix Race 4 - Mother's Day 10K
Sunday 30th March 2025

Keith and Liz

This Sunday is the fourth event in our Open Grand Prix series, the Mother's Day 10K at Weir Wood, organised by our friends at Phoenix Running – West Sussex.

The event operates a flexible rock-up and run format with an official start time between 08:00 and 10:00; we are planning on having our LRC Mother's Day 10K mass start at 09:30. If this doesn't fit with your timings, feel free to start earlier or later, your time and position will still be included in the Grand Prix results.

You could also get a few laps in before or after your 10K and get some more miles in the bank; running finishes at 3:00pm.

We're sure than you don't need reminding but the clock's **spring forward** by one hour in the early hours of Sunday morning.

At the time of going to press, entries are still open.....:
www.phoenixrunning.co.uk/events/mothers-day-run

The Venue

Weir Wood Sailing Club House, East Dam End, Weir Wood Reservoir, Forest Row,
East Sussex, **RH18 5HT**

Bromley VAC 5-mile
Maggie Statham-Berry

I ran in the annual Bromley Veterans Open 5-Mile Cross Country race on Sunday 23 March. This race has been going for many years but I hadn't done it before.

The venue was Spring Park Wood with the race starting at Sparrow's Den in a level area alongside the busy Kent Gateway road in West Wickham. It was a small friendly event with 124 finishers of all abilities. The weather was fine, the organisation was excellent with chip timing, and the delicious home made cakes were plentiful for just a small donation to charity.

The course was 5.3 miles made up of two laps featuring steep climbs up into the wooded hills which form a backdrop to Sparrows Den. The race was mostly undulating pleasant trails. There were lots of tree roots but they were made visible with coatings of white flour which must have taken the marshals ages to do. It was a lovely race with firm ground and no mud. I finished in 56th position in 45:36, thirteenth woman and first over 65, for which I won a bottle of wine!

Results: [BVAC 5](#)



Maggie showing just one of the many reasons why people run

'Running on Thin Air'

Scott McDonald

So where are the toughest conditions that you have run in?? For me it was the Dundee marathon in April 1985, very hilly and snowing for most of the race. This was a marathon PB for me of 3 hours 17 minutes.

Thankfully things have changed for the better at the end of a race, because I remember going across the finish line - no photographers or medical team, or anyone handing out a bottle of water. Runners then went into a hall to be given a warm cup of juice and then you went home; again no sign of any medical team.

Just wondering if any of LRC members have ran at an height of 17,598 feet (5,485 metres)? *

This is the Tenzing Hillary Everest Marathon held annually in Nepal on 29th May to celebrate the first climbing of Everest on 29th May 1953.

The travel is the first challenge, flying from Heathrow to Doha and onto Kathmandu, and one last flight to the Himalayan village of Lukla. There are no roads here, so it's helicopter or a 12-day walk to Everest Base Camp, a height of 17,598 feet (5,485 metres). Most of this walk is uphill and is necessarily a slow pace to allow the body to acclimatise to 50% less oxygen at the Base Camp.

To continue to allow your body to acclimatise, two days are spent in the Base Camp, which is simply a boulder field next to the Khumba Glazier.

It's an early rise on Marathon day in darkness and very cold. You need to be at the start line by 6.15am, at 6.30am the sun comes up. Last year saw a small entry of 178 and the race starts at 7am. Those at the front are mainly Nepalese and the first section is along an ice-covered rocky trail. Then onto a rock ridge for five miles before arriving at the world's highest settlement of Gorak sheep who reside in a dried-up lakebed. The race route followed the Khumbu valley downhill by about 500 feet and then 500 feet climb.

Running is difficult as you go over loose rocks and boulders. Not uncommon for it to take four hours to get to the halfway point. The race route follows the Khola river valley for about five miles before a massive descent of about 1,200 feet, and then the race's 'sting in the tail', a 1,500 foot climb out of the valley to about 21 miles in this race. The race finishes in the village of

Namche Bazar at a lower height of 10,144 feet (3,092 metres) where there is a carnival atmosphere to meet you with drinks, food, chairs and a hot shower awaits you. You then have a well-earned rest overnight before a two-day walk gets you to the nearest airport.

Last year's winner completed this race in 3 hours 52 minutes, 174 completed and last runner came in 14 hours 23 minutes. Even the longest time is a magnificent result in such a challenging environment. The record dates back to 2006 when Mr Deepak Rai from Nepal won the race in 3 hours 28 minutes.

Perhaps this is the most challenging Marathon available due to the 12-days walk to get there and the 50% less oxygen at the start point. I would be interested to hear of any extreme marathons that you have completed?

Scott McDonald, Mental well-being champion.

** the closest we could find, Scott, was Kio's run in 1999 (see medal below right)*



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Weekly club runs

Gary Spring

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

Tuesday 1st April

Club Road Run in East Grinstead

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

We'll run the 'Lanes of East Grinstead' route. This is OK for road shoes, is about 5 miles in distance and is less hilly than 'The Dog'! It's very dark in places, so headtorches recommended.

Club Runs in April

As the clocks go forward at the weekend, we can look forward to getting back on the trail routes in April. However, whatever we do over the next few Tuesdays, I recommend we continue wearing headtorches for a few more weeks until we have enough daylight to spot all the trip hazards without needing them.

Advance Notice

1st Handicap Race is Tuesday 8th April

This will be the 5km road run down St Piers Lane and back. More information next week. Everyone should finish before sunset so unless we have a heavy cloud cover, I don't expect there is a need for headtorches.

Want to run with members on a different day and time?

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		Mar – May 2025		
26	MAR, WED	6:45 – 7:45pm	LRC coaching (Keith)	Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK
27	MAR, THU	8 – 9pm	VSSC AGM	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
28	MAR, FRI	7:30 – 8:30pm	Surrey County AA AGM	The Leatherhead Institute, 67 High St, Leatherhead KT22 8AH, UK
30	MAR, SUN	8:30 – 9:30am	Phoenix Mother's Day run (GP event)	Weir Wood Reservoir, United Kingdom
		9 – 10am	Cranleigh 7-14-21 mile	GU6 8AF, Village Way, Cranleigh GU6 8AF, UK
1	APR, TUE	7 – 8pm	Club running	East Court, College Ln, East Grinstead RH19 3LT, UK
2	APR, WED	6:45 – 7:45pm	LRC coaching (Ian W)	
3	APR, THU	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
6	APR, SUN	9 – 10am	Brighton and Hove 10k	BN3 2PE, Kings Gardens, Brighton and Hove, Hove BN3 2PE, UK
7	APR, MON	7:30 – 8:30pm	L10s meeting	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
8	APR, TUE	7 – 8pm	Club 5k road handicap race	Racecourse Road

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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Notice for Grand Prix event no.7
(and Surrey Road League)



Featuring the *Dorking 10*, a 10-mile road race (09:00)
and the *Cockerel 10K* road race (09:40)

The Dorking 10 is a qualifying leg of the **Surrey Road Running Championship**
and the **Surrey Road League**

Race through the scenic Surrey countryside

- Prizes/medals for Men/Women/Teams
and age categories
- Specially designed finisher's medal
- Random spot prizes awarded
- Refreshments available at start and finish

Register here



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Part of Ashurst (London) Limited, 112, Cannon Road, London, E8 5AP, UK
Tel: 020 8501 2884 - Email: info@rbl.co.uk

For more info and a link to register visit: www.dmvac.org/events/dorking-tens or scan the QR code.

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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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