



## **Newsletter**

**Wednesday 2 April 2025**

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***Welcome to new members Soph Elliott and Victoria Waite this week, and welcome back Clare Harris***

*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).**

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## **Lingfield's Racing Roundup**

Hello everyone.

Last Saturday, we had 45 members at 13 parkrun locations: East Grinstead (11), Alness (1), Bethlem Royal Hospital (1), Egham Orbit (1), Hastings (1), Hove Promenade (3), Ifield Mill Pond (1), Lee-on-the-Solent (1), Nonsuch Park (1), Royal Tunbridge Wells (1), Swanley (2), Tilgate (1), and Wakehurst (20).

Particular congratulations to **James Kilfiger** and **Nick Keen**, first two at East Grinstead. Also to **Aly Warner**, **Harry Raffaitin** and **James Caffrey** for their second place finishes, and to **Dan Celani** and **Lisa Compton** third at their chosen venues.

Fifteen members competed in the latest club Open Grand Prix event, the Phoenix Running West Sussex Mother's Day run last Sunday. I'll also give a shout out to **Ian Watkins**, **Natasha Neave**, **Sue Garner** and **Lisa Compton** who were there supporting the event and running / walking 10K+ distance in preparation for marathons next month. Thanks to Sally for the short report (with pics) later on. Here are all our finishers:

Sally	Alexander	00:44:40
Steve	Ackroyd	00:46:03
David	Worsell	00:53:16
Lucy	Wilkes	00:53:16
Laura	Stockwood	00:57:42
Judith	Cartledge	00:58:10
Keith	Chambers	00:58:11
Matthew	Stockwood	00:59:03
Judy	Hayler	01:00:28
Terri	Scott	01:01:25
Helen	Petitt	01:02:23
Fiona	Champness	01:03:54
Debbie	Wilkes	01:04:42
Jennifer	Willis	01:04:52
James	Willis	01:04:53

The latest Grand Prix positions are on the [club website](#), but here are the top threes:

James	Willis	62
Simon	Petitt	53
Steve	Ackroyd	52

Judith	Cartledge	69
Sally	Alexander	60
Laura	Stockwood	56

Best of luck to any member running one of the Brighton races this coming weekend, and to all entering or supporting the first of the Handicap Grand Prix runs, next Tuesday evening.

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

<b>29-Mar-25</b>		<b>45</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>58.19%</b>
	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade PB?</b>
<a href="#">East Grinstead</a>	823	1	James KILFIGER	00:20:41	71.88%
82 runners		2	Nick KEEN	00:21:24	66.28%
		17	Keith CHAMBERS	00:25:25	66.62%
		26	David WORSELL	00:27:04	55.36%
		29	Nick CHAMPNESS	00:27:33	52.69%
		31	Isla GREENAWAY	00:28:21	52.20%
		41	Michele EDWARDS	00:30:15	65.07%
		46	Darija SPARKES	00:31:23	52.15%

		79	Kath GARRIDO	00:52:39	47.77%	
		80	Sandra ANKERS	00:52:40	46.04%	
		81	Nevenka WORSELL	00:52:42	32.61%	
<a href="#">Alness</a>	256	33	David NOTTIDGE	00:26:38	64.77%	
96 runners						
<a href="#">Bethlem Royal Hospital</a>	718	25	Aly WARNER	00:25:29	65.01%	
99 runners						
<a href="#">Egham Orbit</a>	423	3	Harry RAFFAITIN	00:19:27	66.32%	
188 runners						
<a href="#">Hastings</a>	71	263	Sarah FERGUSON	00:29:17	52.53%	
448 runners						
<a href="#">Hove Promenade</a>	23	427	Sue GARNER	00:26:18	97.40%	
897 runners						
		633	Steve WARNER	00:29:39	58.18%	
		867	Marie WARNER	00:42:24	48.55%	
<a href="#">Ifield Mill Pond</a>	362	20	Lisa COMPTON	00:24:36	89.02%	PB
120 runners						
<a href="#">Lee-on-the-Solent</a>	134	3	Dan CELANI	00:17:30	81.05%	PB
654 runners						
<a href="#">Nonsuch Park</a>	341	59	Jeremy GARNER	00:20:42	71.82%	
925 runners						
<a href="#">Royal Tunbridge Wells</a>	753	43	Pete HOLMES	00:24:00	58.19%	

314 runners

[Swanley](#) 572 19 Ian GREENAWAY 00:27:27 55.49%

59 runners 36 Theresa DONOHUE 00:34:50 53.40%

[Tilgate](#) 474 25 Dan OPPE 00:21:02 65.85%

512 runners

[Wakehurst](#) 281 2 James CAFFREY 00:17:55 77.30%

462 runners 9 Rhodri LLEWELYN 00:19:55 74.64%

16 James WILLIS 00:20:31 70.76%

40 Daniel JONES 00:22:41 61.57% PB

79 Lucy WILKES 00:24:14 65.54% PB

128 Judy HAYLER 00:26:22 74.65% PB

159 Terri SCOTT 00:27:34 66.57% PB

166 Jennifer WILLIS 00:27:44 59.01%

174 David WADDINGTON 00:27:59 48.06%

197 Helen DAVEY 00:28:30 68.07%

216 Steve ACKROYD 00:29:11 49.34%

259 Paul MCCARTHY 00:30:46 49.51% PB

325 Mike LOTHIAN 00:33:22 55.84%

332 Sophie DAVIS 00:33:35 45.81%

345 Peter PHILLIPS 00:34:16 52.09%

381 Carole BARNES 00:37:38 58.19%

396 Tracy ROBERTS 00:39:43 49.56%

419 Robin MAYER 00:42:48 45.95% PB

438 Simon COOK 00:48:24 32.30%

437 Martin PAYNE 00:48:24 36.02%

## **Sparkles all round at our 4<sup>th</sup> Grand-Prix Event!**

**30<sup>th</sup> March 2025**

**By Sally Alexander**



*All set for race day!*

What does Mother's Day normally signify? Well, a race, of course! However, this was no ordinary LRC Grand-Prix running event. Set against the backdrop of the glorious Weir Wood Reservoir on the sunniest of Mother's Day, was one of the most relaxed and friendly 'races' you could enter.

Phoenix Running West Sussex's mantra is: start when you like; run as far as you like and enjoy the sumptuous array of drinks and snacks whenever you like. It was not only the reservoir's water which sparkled, so too did the bubbles in the prosecco which was also available! What could possibly be better?

With that in mind, we had a good turnout of runners (and supporters) who arrived as their personal schedules allowed, completing two 5km loops weaving around the picturesque undulating tracks which hug Weir Wood Reservoir, to qualify for the 4<sup>th</sup> event in the Grand-Prix series. We ran, we jogged, and we hiked, all reaching the finish line feeling ready to take on the day!

Despite some of us choosing to start alone, no one felt alone, as we quickly formed that strong running camaraderie with fellow runners and LRC participants who were out on the course. For those of us training for the marathon, we were then able to continue our loops, completing our long run for the day with Tom as a magnificent pacer.

Well done to everyone who came to the event participating, supporting and even pacing!

A special mention must go to Vernon and his Phoenix Running West Sussex team for organising a fabulous multi-distance event in a stunning location and we are all looking forward to the next event on 5<sup>th</sup> May.



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### **2025 LRC Quiz Slot**

**Gary Spring**

For **Puzzle 3**, I received three correct solutions. Congratulations to Debbie Wilkes, Lucy Wilkes and Judy Hayler, who have managed to get full marks on all three puzzles this year. The answers are all capital cities and are shown below. Hopefully, the answers will be apparent, but I am happy to explain any of them if needed.

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

## PUZZLE 4

The idea for Puzzle 4 has been taken from the table round of last month's Star Quiz, (that the LRC team won!). Basic format is that the answers are all parkrun locations (taken from the 'Power of 10' list of Fastest and Slowest parkruns 2023 version.). One part of the parkrun name has been replaced by its opposite meaning, or opposite pairing e.g. black and white, Flanders and Swann, chalk and cheese. Then, just to make it interesting, all the vowels have been removed and the letters crunched together!

The increased difficulty level of this puzzle is regrettable, but necessary, to try and provide a reasonable challenge to Debbie, Lucy and Judy!

Here are some examples, to help you solve this puzzle:

**Andover** becomes **Andunder**. Removing the vowels, we get **NDNDR**

**Endcliffe** becomes **Beginningcliffe**. Removing the vowels, we get **BGNNNGCLFF**

Here are the 10 questions for this month's puzzle.

1. BBW
2. MNTL
3. STFRWNSTD
4. TLLHPPY
5. WSPRM
6. HRHGH
7. DLLONNDHV
8. THRFRD
9. TSDTNWDS
10. STRBRDHCWL

Your answer should be the **correct** parkrun name for each question.

The closing date for Puzzle Number 4, is Midnight, 30<sup>th</sup> April. Send your solutions to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

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## **Weekly club runs**

### **Gary Spring**

Congratulations! We've made it out of the dark evenings and will soon have enough light to see where we're going without headtorches.

**Tuesday 8th April**

### **5km Handicap Start Club Race**

Start Time 7pm, from Racecourse Road

This is the first of our nine Handicap Start races. The slowest entrant will start just after 7pm. We're hoping to have some of our recent C to 5K members take part, so all you sub-20-minute guys may want to delay your arrival at the start by about 15 minutes.

The race route is out and back along St Piers Lane. Reasonably flat and all tarmac so an opportunity to try for a 5km PB! We will start by the car park entrance, opposite the racecourse entrance. Because of limited parking at the start, the recommendation is to park at the Victoria Club and jog down for a warm-up.

This year, we are opening up the Club Handicap Races to all runners, regardless if they are members or not, so if you have any running pals who would like to take part, please let them know they are warmly invited. All runners will get a time and position, but only club members will get awarded points for the Race Series trophies. It would be great to have some advance notice of any guest runners, so I can try and give them a representative handicap time. Please email me at [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) with their name(s) and an estimated 5km time.

**Volunteer request:** I need someone to stand at the turn-round position near the Water Lane end of St Piers Lane to make sure everyone does the full 5km. Because the narrowness of the roads makes parking a problem, it would ideally be someone who can cycle there. Another option is to have two volunteers, one to drive to the turn-round and drop off the other volunteer and then pick them up after the race. If you can help, please contact me by email (see above) or text (07925 195032)

### **Advance Notice**

#### **Bluebell run, Staffhurst Wood**

I will be monitoring the state of the local flora to determine a suitable date for our annual run in the woodland near Staffhurst Wood, to appreciate the display of bluebells. The pace will be easy, to give us time to look at the flowers and there will also be a walking group organised, if you want an even easier pace. With this spell of warm weather, timing is more likely to be late-April rather than May and it could be on either a Tuesday or Thursday evening. I will provide further updates in the newsletter and LRC Runfinder WhatsApp group.

## 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](mailto: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	<	>	Apr – May 2025	🗨
2	APR, WED	● 6:45 – 7:45pm	LRC coaching (Dave) Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK	
6	APR, SUN	● 9 – 10am	Brighton & Hove 10k BN3 2PE, Kings Gardens, Brighton and Hove, Hove BN3 2PE, UK	
		● 9:45 – 10:45am	Brighton & Hove Marathon Preston Park, Preston Rd, Brighton and Hove, Brighton BN1 6SD, 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	
9	APR, WED	● 6:45 – 7:45pm	LRC coaching (Fiona)	
12	APR, SAT	● 9 – 10am	Henley River 10k & Half RG9 3DB, Remenham Ln, Remenham, Henley-on-Thames RG9 3DB, UK	
13	APR, SUN	● 9:30 – 10am	Sutton 10k (Surrey Road League) Nonsuch Park, 23 Ewell Rd, Sutton SM3 8AB, UK	
		● 10 – 10:30am	Blackland 10k (GP event) Blackland Farm Outdoor Centre, Grinstead Ln, East Grinstead RH19 4HP, UK	
15	APR, 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](mailto:editor@lingfieldrunningclub.co.uk)

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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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