



Newsletter

Wednesday 9 April 2025

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Welcome to no new members 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.

A strong turnout with 46 members at 13 parkrun locations last Saturday: East Grinstead (19), Dartford Heath (1), Fountains Abbey (1), Jesmond Dene (1), Lancing Beach Green (1), Maidstone River Park (1), Malling Rec (1), Morden (2), Nonsuch Park (1), Orpington (2), Seaton (1), Tilgate (4), and Wakehurst (11).

Particular congratulations at East Grinstead to **Dan Celani** and **Lenard Binuagan**, first and third, and to **Lucy Wilkes** (third woman).

It was a Sunday of long-distance races for our runners. The most popular was the Brighton Marathon, which saw seven members make the most of the sunny, if windy, weather. **Tom Harvey** had a storming run to finish eighth overall and first in age group. As far as I can tell from Powerof10, the two James got PBs, and it was a fab first marathon for Katie. Great runs, all of you.

Posn.			Time
8	Tom	Harvey	2.41.10
93	James	Caffrey	2.55.10
485	James	Kilfiger	3.14.56
1,482	Daniel	Pike	3.37.23
1,800	Brandon	Webb	3.41.32
1,893	Doug	Bewley	3.43.02
6,076	Katie	Gunstone	4.27.28

Another long-distance runner in action was **Hannah Cartledge**, in the London Landmarks Half Marathon. Hannah finished with a time of 2.03.59 and seemed to really enjoy the event from the pics I spotted. Stefan Otway won the race in 1.08.38, and first woman was Jen Sykes in 1.10.45. Well done, Hannah.

Going down in distance again, we had **Sue Garner** in action in the Thames Towpath Ten, from Chiswick, which she completed in 1.34.06. Ealing Eagles supplied first man and woman to finish - Niall Gilchrist in 56.27 and Melissah Gibson in 59.26. This is, apparently, "*one of London's most scenic 10-mile runs along the Thames Towpath! Hosted by West 4 Harriers, this race combines a welcoming atmosphere, iconic views, and a flat,*

straightforward course perfect for every type of runner". And you receive a commemorative pint glass at the end.

Which brings us to last night. And let's begin with **Lisa Compton** who took part in the Vets AC 5K at Battersea Park, where she was in danger of being lapped by her son Che (who won the race in 16.13!) but stayed ahead with a time of 24.18. **Jeremy Garner** was also present, finishing 17th in 17.26. First woman was Zoe Oldfield in 17.58. Great running there by all of you.

The main event last night, though, was the first handicap race of the year, a 5k starting down by the racecourse. We had a great turnout of 32 runners, and Gary has written his account [later in the newsletter](#). Congratulations to **Charlotte King** for finishing first and getting the better of the handicapper - this time!

Despite badging themselves as 'Not the Lingfield Running Club', two regulars (Gary and James K) and one twicer (Lucy W) - together with two partners (Tamsin and Tom) - teamed up for last week's pub quiz at The Star. The 'Notters' played brilliantly to finish second to a new team called 'Only 6 of us'. We may need to book two tables if this carries on.

Finally, best of luck to those running in the 10ks at Sutton (Surrey Road League) or Blackland Farm (club Open Grand Prix event 5) this Sunday.

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

05-Apr-25		46	LRC parkrunners	Median	57.04%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	1	Dan CELANI	00:19:58	71.04%	
111 runners		3	Lenard BINUAGAN	00:20:47	63.43%	
		5	Nick KEEN	00:21:18	66.59%	
		7	James WILLIS	00:22:06	65.69%	
		33	Lucy WILKES	00:26:03	60.97%	
		35	Nick CHAMPNESS	00:26:14	55.34%	

39	David WATKINS	00:27:16	59.84%	
40	Isla GREENAWAY	00:27:33	53.72%	
41	Ian GREENAWAY	00:27:38	55.13%	
45	Judith CARTLEDGE	00:28:15	70.68%	PB
48	Gary SPRING	00:28:31	63.41%	
49	Judy HAYLER	00:28:35	68.86%	
60	Michele EDWARDS	00:29:42	66.27%	
65	Miranda CHITTY	00:30:32	60.10%	
68	Nevenka WORSELL	00:30:38	56.09%	
95	Theresa DONOHUE	00:37:52	49.12%	
101	Sandra ANKERS	00:41:50	57.97%	
102	Keith CHAMBERS	00:41:51	40.46%	
110	Darija SPARKES	01:00:15	27.16%	

[Dartford Heath](#) 571 6 Steve ACKROYD 00:20:50 69.12%

91 runners

[Fountains Abbey](#) 118 340 Glen SMITH 00:31:14 48.40%

540 runners

[Jesmond Dene](#) 745 134 Helen PETITT 00:29:10 50.80%

255 runners

[Lancing Beach Green](#) 320 92 David CHASE 00:27:09 57.09%

236 runners

[Maidstone \(River Park\)](#) 169 108 Aly WARNER 00:26:47 61.85%

345 runners

[Malling Rec.](#) 751 4 Harry RAFFAITIN 00:19:37 65.76%

126 runners

[Morden](#) 663 109 Steve WARNER 00:31:45 54.33% PB

174 runners 156 Marie WARNER 00:41:29 49.62% PB

[Nonsuch Park](#) 341 9 Jeremy GARNER 00:18:25 80.72%

817 runners

[Orpington](#) 587 23 Pete HOLMES 00:22:35 61.85%

216 runners 190 Carole BARNES 00:38:31 56.86%

[Seaton](#) 246 170 Mike LOTHIAN 00:32:42 56.98%

240 runners

[Tilgate](#) 474 24 Dan OPPE 00:21:06 65.64%

480 runners 98 Fiona
CHAMPNESS 00:25:28 66.62%

122 Laura
STOCKWOOD 00:26:20 59.30%

224 Paul MCCARTHY 00:30:29 49.97% PB

[Wakehurst](#) 281 32 Simon PETITT 00:23:10 55.97%

381 runners 75 Simon COOK 00:25:39 60.95%

161 Martin PAYNE 00:29:32 59.03%

238 Peter PHILLIPS 00:32:19 55.23%

310 Paul EVANS 00:39:43 41.84% PB

337 Robin MAYER 00:42:23 46.40% PB

353 Debbie WILKES 00:46:52 46.73%

354 Bridget HOLLIS 00:46:52 46.73%

357 Kath GARRIDO 00:48:04 52.32%

368 Eliska KELLY 00:51:26 30.88%

372 Tracy ROBERTS 00:51:47 38.01%

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Pre-London Marathon Pasta Party
Sandra Ankers

Dear All,
we are just two weeks away from our London Marathon Pasta Party.

Unless you have already informed me please let me know NOW if you intend to join us.
Thursday 24th April at 8pm. Venue VSSC.

There's a meat or vegetable lasagna option, with salad and garlic bread; please state your preference.

Payment is £10 payable to the LRC account:

Account Name: Lingfield Running Club

Sort code: 60-07-17

Account number: 96771046

with "Pasta Party" as reference

And please let me know your meal choice.

Thank you 🙏

Sandra

socialsecretary@lingfieldrunningclub.co.uk



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Lingfield Running Club AGM
Graeme Bennett (Secretary)

The agenda for the running club AGM on 29 April is now on the club notice board (as required by our constitution) and on the club website [here](#). You can find draft minutes of last year's meeting in the same places.

We're looking forward to a multi-media event, the likes of which have never been seen before, so come early to get front-row seats.

No booking or money required, and there will even be time for a quick run before it starts at 8.15pm.

Please remember that:

'Nominations for officers of the club, members of the management committee and the president must be sent to the [secretary](#) no later than seven days prior to the AGM. Details of items to be included in any other business should also be notified in this manner'.

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Weekly club runs
Gary Spring

Tuesday, 8th April
1st Handicap Race – 5km road race report



Photo courtesy of Tom Cartledge

We had a great turn out for our first Handicap Race of the year, with 32 runners, including several of our recent Couch to 5K members, who performed magnificently, taking four of the first five finish places. Sophie's training plan obviously paid off!

Many thanks to the race crew; to Sue Garner for being the Turn-round Marshal and to Tom Cartledge and Ian Watkins for handling the Start/Finish organising.

The results are shown below, together with the points that will go towards the Series Trophies for Women and Men. The best six scores out of the nine races will count.

Position	Name	Clock time	Handicap time	Actual time	Points
1	Charlotte King	33:09	0 mins.	33:09	20
2	Ian Miller	34:55	0 mins.	34:55	20
3	Ian Fotheringham	35:25	8 mins 30 secs	26:55	19
4	Victoria Kaisharis	35:36	4 mins.	31:36	19
5	Michelle Olckers	35:38	1 min.	34:38	18
6	Steve Brinkley	35:48	6 mins.	29:48	18
7	Matthew Stockwood	36:01	11 mins.	25:01	17
8	Paul McCarthy	36:25	6 mins.	30:25	16
9	Nick Champness	36:39	12 mins 30 secs	24:09	15
10	Ben Ashmore	36:42	18 mins.	18:42	14
11	Peter Phillips	36:47	5 mins.	31:47	13
12	Andy Senior	37:04	12 mins 30 secs	24:34	12
13	Jamie Maskell (Guest)	37:07	16 mins.	21:07	
14	Dan Celani	37:17	19 mins.	18:17	11
15	Terri Scott	37:17	10 mins.	27:17	17
16	Fiona Champness	37:25	12 mins 30 secs	24:55	16
17	Judith Cartledge	37:32	12 mins.	25:32	15
18	James Deakin (Guest)	37:32	16 mins.	21:32	
19	Dave Watkins	37:38	11 mins.	26:38	11
20	Sally Alexander	37:41	17 mins 30 secs	20:11	14
21	Dave Worsell	37:42	15 mins.	22:42	11
22	Dan Oppe	37:55	17 mins 30 secs	20:25	11
23	Vivek Trevedi	37:58	0 mins.	37:58	11

24	Hannah Cartledge	38:02	11 mins 30 secs	26:32	13
25	Lucy Wilkes	38:09	13 mins 30 secs	24:39	12
26	Paul Evans	38:11	1 min.	37:11	11
27	Michelle Edwards	38:21	10 mins.	28:21	11
28	Brandon Webb	39:25	15 mins.	24:25	11
29	Ian Greenaway	39:26	13 mins 30 secs	25:56	11
30	Dan Pike	39:30	15 mins.	24:30	11
31	James Kilfiger	39:50	15 mins.	24:50	11
32	Judy Hayler	42:02	12 mins.	30:02	11

Tuesday 15th April

Mix of trail and road

Start Times 7pm & 7:15pm, from the Victoria Club

The 7pm group will do an extended version of the 'Flat Four', that comes out at about 5.5 miles. The 7:15pm group will do a shorter version of the 'Flat Four', of about 5.5 km, with the aim of finishing close to the 7pm group. Both routes start down Racecourse Road and go up Mill Lane. Light rain is expected before 15th but I think you could get away with road shoes for both routes. I will lead the 7pm group and Sophie Davis will lead the 7:15 group.

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 or text me on 07925 195032.

Upcoming (and updated) Club Races and Special Runs
during the Spring & Summer

Gary Spring

All the weekday runs will be in the evening. The Sunday run will be in the morning. More details on each race, closer to the date.

APRIL

Tuesday 8th: Handicap Race #1. 5km road race

Tuesday or Thursday, TBD: Bluebell run, Staffhurst Wood

MAY

Tuesday, 13th: Pub Run at Edenbridge

Tuesday 20th: Handicap Race #2. May Race 1.

Tuesday 27th: Handicap Race #3. May Race 2.

JUNE

Tuesday, 10th: Co-hosted run with Oxted Runners, in Oxted

Tuesday, 17th: Handicap Race #4. May Race 4

Tuesday, 24th: Pub Run at Forest Row

JULY

Tuesday 15th: Pub Run at Penshurst

Tuesday, 22nd: Handicap Race #5. May Race 3

AUGUST

Tuesday 12th: Co-hosted run with Oxted Runners, in Lingfield

Tuesday, 19th: Handicap Race #6. Uphill Mile

Tuesday, 26th: Pub Run at Outwood

SEPTEMBER

Tuesday, 2nd: Pub Run at Dormansland

Sunday, 7th: Handicap Race #7. 5-mile road run

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	!
9	APR, WED	6:45 – 7:45pm	LRC coaching (Fiona)	East Court, College Ln, East Grinstead RH19 3LT, UK
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 (mix of road/trail - Gary/Sophie)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
16	APR, WED	6:45 – 7:45pm	LRC coaching (Ian)	
17	APR, THU	6:45 – 8:15pm	Coaching with Horley Harriers	K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
21	APR, MON	10:45 – 11:45am	Lewes AC 10k (WSFRL)	BN7 2XG, Lewes BN7 2XG, UK
22	APR, TUE	7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
23	APR, WED	6:45 – 7:45pm	LRC coaching (Terri)	

LRC Race Diary

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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[Running a marathon can affect your brain, according to new research](#)

Runner's World

Spoiler – you don't have to avoid the 26.2-mile distance in fear of brain damage

By [Elizabeth Millard](#) and [Rachel Boswell](#) Published: 03 April 2025

A swathe of research on cognitive function and exercise suggests that the benefits of physical activity can have profound advantages for your brain. Research published in [Comparative Physiology](#), for instance, has noted that exercise, in conjunction with a healthy diet, may help to prevent neurological and cognitive disorders. What's more, the [Centers for Disease Control and Prevention](#) reports that physical activity can be a boon for problem solving, emotional balance, learning and memory.

However, a new study published in [Nature Metabolism](#) has results that seem to contradict those prior findings. According to researchers, [marathon running](#) can deplete a crucial brain substance for motor coordination, as well as sensory and emotional regulation.

Although that might sound alarming, here's the good news – this process may actually *benefit* your long-term brain health.

What did the research involve?

Researchers did magnetic resonance imaging (MRI) on 10 runners aged 45 to 73, both 24 and 48 hours before and 24 and 48 hours after they completed a marathon. They also did an MRI on two of these participants two weeks after the marathon and on six of these participants two months after the marathon. (Keep in mind that this was a small study!)

[Read the full article](#)

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Reminders from previous weeks

2025 LRC Quiz Slot

Gary Spring

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 **BGNNGCLFF**

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, 30th April. Send your solutions to higaryspring@gmail.com

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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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