



Newsletter

Wednesday 16 April 2025

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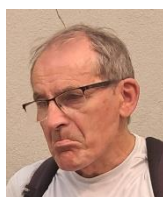
Welcome to no new members this week

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.

Follow us via





Lingfield's Racing Roundup

Hello everyone.

A strong parkrun turnout with 43 members at 14 locations last Saturday: East Grinstead (20), Arrow Valley (1), Black Park (2), Brighton & Hove (1), Eden Project (1), Edgbaston Reservoir (1), Guernsey (1), Hove Promenade (1), Ifield Mill Pond (1), Mallong Rec. (2), Royal Tunbridge Wells (1), Squerryes Winery (1), Tilgate (3), and Wakehurst (7).

Particular congratulations to **Harry Raffaitin** (first at Squerryes), Lenard Binuagan (second at East Grinstead) and **Dan Celani** (third at Wakehurst).

More Spring marathons last weekend, starting with **Darija Sparkes** at the [Paris Marathon](#). Darija finished strongly to post a time of 4.34.04 which, I believe, is a new PB. Bedatu Herpa was first woman in 2.20.45 and overall race winner was Benard Biwott in 2.05.25. Congratulations, Darija.

Ian Greenaway went for the [Kent Spring Marathon](#), where he finished in a time of 4.26.12. Ian has sent us a [short report](#) and picture below. Race winner was Nasradine Haroun, in 2.58.51 and first woman was Charlotte Broyd in 3.20.45.

Maggie Statham-Berry and **Sue Garner** were the only members attracted by the [Sutton 10k](#) (a Surrey Road League race). Maggie finished in a time of 50.33 and Sue also ran very well to finish in 55.26. Race winner was Josh Reed (Ranelagh) in 33.14 and first woman was Anna Bloomfield (Epsom & Ewell) in 37.03. Maggie has also sent us a pic and report [later on](#).

Travelling much further afield for a 10k was **Dave Nottidge**, who turned a family holiday in Majorca into a training camp by entering the [Cala Ratjada 10k](#) last Saturday. Dave has given us an account of his trip [further on](#), but I can report that he ran well to finish as third v65 in 59.35. Race winner was Alejandro Perez in 35.05 and first woman was Leonor Balduque (Club Atl tico Mallorca) in 38.01.

The closest race to Lingfield was the [Blackland Farm 10k](#) (a club Open Grand Prix event) which found 11 members looking for bluebells in the woods. **Jennifer Willis** made a bold

attempt to leap up the leaderboard of the Ladies' GP table but, unfortunately for her, photographic evidence appeared of her attempted coup. As it is, husband (co-conspirator?) James is establishing a good early lead at the top of the men's table. **Judith Cartledge** is doing similar in the Ladies'. See the full tables on [the website](#).

Here are all the club times (I hope):

2	James Willis	48.13
4	Brandon Webb	49.51
11	Dave Worsell	55.42
12	Keith Chambers	56.14
14	Laura Stockwood	61.09
15	Matthew Stockwood	61.14
16	Liz McLennan	61.37
18	Judith Cartledge	62.55
19	Judy Hayler	63.10
22	Mark Aldred	67.26
27	Steve Brinkley	73.19

Nick Averre (Blackland Farm) tells us that he was *"Very pleased with how the race went ... and it seemed everyone enjoyed it; the conditions were a lot better than last year which helped. Tom Harvey's course record set last year still stands although there were only a few minutes in it, so he better watch out. I'm delighted the nasty little hill halfway around had people talking, mainly cursing but still enjoying it"*.

Looks like a quiet weekend coming up, but do let me know if you're out and about.

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

12-Apr-25

43 LRC parkrunners Median 58.40%

Difficulty rank /835	Position	Name	Time	Age grade	PB?
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East Grinstead	823	2	Lenard BINUAGAN	00:20:35	64.05%	
126 runners		5	James KILFIGER	00:21:20	69.69%	
		8	James WILLIS	00:22:05	65.74%	
		13	Nick KEEN	00:24:15	58.49%	
		15	David WORSELL	00:24:21	61.53%	
		17	Mark ALDRED	00:24:36	59.49%	
		18	Tim MARTIN	00:24:40	59.32%	
		24	Brandon WEBB	00:25:53	58.40%	
		25	Lucy WILKES	00:25:58	61.17%	
		27	Nick CHAMPNESS	00:26:04	55.69%	
		37	David WATKINS	00:27:48	58.69%	
		38	Harold BURR	00:27:57	46.93%	
		48	Michele EDWARDS	00:29:13	67.37%	
		50	Keith CHAMBERS	00:29:19	57.76%	
		54	Miranda CHITTY	00:30:07	60.93%	
		59	Nevenka WORSELL	00:30:42	55.97%	
		79	Sarah FERGUSON	00:33:16	46.24%	
		99	Emma FORBES	00:35:57	42.10%	
		108	Theresa DONOHUE	00:37:32	49.56%	
		113	Sandra ANKERS	00:41:59	57.76%	
Arrow Valley	94	119	Isla GREENAWAY	00:26:12	56.49%	PB
430 runners						
Black Park	334	438	Steve WARNER	00:33:18	51.80%	
752 runners		639	Marie WARNER	00:42:39	48.26%	
Brighton & Hove	208	100	Lisa COMPTON	00:24:10	90.62%	PB

446 runners

Eden Project	37	5	James CAFFREY	00:17:44	78.10%
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418 runners

Edgbaston Reservoir	123	187	Ian WATKINS	00:30:43	54.58%
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277 runners

Guernsey	612	4	Jeremy GARNER	00:18:52	78.80%	PB
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218 runners

Hove Promenade	23	9	Kieran BARNES	00:16:59	75.96%
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999 runners

Ifield Mill Pond	362	60	Paul MCCARTHY	00:30:15	50.36%	PB
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109 runners

Malling Rec.	751	77	Judy HAYLER	00:26:56	73.08%
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		92	Helen DAVEY	00:27:54	69.53%
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189 runners

Royal Tunbridge Wells	753	27	Pete HOLMES	00:22:30	62.07%
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279 runners

Squerries Winery	635	1	Harry RAFFAITIN	00:20:29	62.98%
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168 runners

Tilgate	474	17	Dan OPPE	00:21:02	65.85%
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		121	Noah SEMONIN	00:26:24	48.86%
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498 runners

		467	Carole BARNES	00:51:24	42.61%
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Wakehurst	281	3	Dan CELANI	00:18:44	75.71%
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		81	Andrew SENIOR	00:24:53	56.13%
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423 runners

177	Helen PETITT	00:28:45	51.54%
251	Peter PHILLIPS	00:32:30	54.92%
354	Simon COOK	00:42:07	37.12%
355	Martin PAYNE	00:42:09	41.36%
374	Sue GARNER	00:44:58	56.97%

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Donate your preloved sportswear! **Laura Stockwood**

We will be having a collection point at the AGM for unwanted sports clothing to be donated to 'Preloved Sports CIC'.

This is a great opportunity to have a clear out of all those sportswear drawers and turf out anything you don't wear. (Please note that they are currently unable to accept race Tees.)

Here's a little bit about Preloved Sports CIC and their mission, or visit their website at <https://prelovedsports.org.uk> to find out more.



Preloved Sports CIC

OUR PURPOSE

TO USE FITNESS AS A DRIVER FOR POSITIVE CHANGE TO ENABLE PEOPLE TO FULFIL THEIR POTENTIAL AND PROTECT OUR COMMUNITIES.

Did you know that 300,000 tons of sportswear reaches landfill every year?

But we know how important running, cycling and fitness helps with our mental health and wellbeing, so we're not going to tell you to quit and find another hobby. We're not against you or the brands but by working together, we can help reduce

waste by...

DONATE TO US

Donate your Preloved Sportswear to us where we can resell them or redistribute them to someone in need. We can even repair or repurpose slightly damaged garments.

SHOP WITH US

We have a growing range of Preloved Sportswear in stock ranging from good to new condition. This gives items a new home and our proceeds goes towards the work we do in making fitness more accessible to others.

REDUCE WASTE

By using Preloved Sports you are helping reduce waste heading to landfill, protecting our communities for our future generations.

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Blackland Farm 10K Bluebell Run - Grand-Prix # 5

Sunday 13th April 2025

It's Raining Bluebells....Hallelujah! It's Raining Bluebells!

Sally Alexander



The team all set to start!

Sunday saw the fifth of LRC's Grand-Prix 2025 series at the stunning setting that is Blackland Farm. For those of you who ran in the event last year, well, the weather could not have been more different. The sun shone, the ground was firm (sorry, Jack, no opportunity for a mid-run dip) and the bluebells were beginning to bloom in the wooded section. However, there was one thing that had not changed, and that was the hill!

The challenging course takes participants across fields, down a sharp, rutted descent into an undulating wooded valley, before they have to dig deep to ascend a sharp hill, culminating in more fields before completing the loop a further three times to make up the 10K distance. Fortunately, Sandra, Sarah and Hannah were on hand at the top of the hill, providing moral support when things got tough, while I popped up at random points along the route to keep everyone on their toes!

In true LRC spirit, everyone embraced the beautiful but technically tricky course with gusto, storming to the finish line rightly proud of their morning's work! James (who thought he could disguise himself as Jennifer) had a super run, taking 2nd place overall and Laura sprinted past Matt on the final loop, securing first LRC female spot. A special mention must go to Mark who completed the entire race, despite recovering from a Saturday afternoon doing what all runners do pre-race, actively ensuring they are well-hydrated!!!!

Thank you to Nick Averre and his team, helped by Phoenix Running West Sussex, for orchestrating a great event which was super friendly and set within a stunning location.



Almost all of the club's Blackland Bluebell 10k runners

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Cala Ratjada 10k
Dave Nottidge

Before going on a family holiday to Majorca I checked for any local events going on - as I normally do. There was a 10k race about an hour up the coast from where we were staying. So I entered it - then carefully broke the news to Sue!

There were two simultaneous races, a 10k and a half marathon. There was a bit of a foul up at the start as the organisers had not told the runners that the half marathon was to start first, then the 10k, not all together. Lots of 10k racers set off on the half marathon, then ten minutes later reappeared at the start having been redirected by race marshals. No matter, it worked out in the end - they just had an extra warm up .

It was an undulating run on a mixture of hard surfaces, road, promenade. Quite a lot next to the sea. It was warmer than I'd expected. I was aware of a few other brits around , but mostly Spanish. Almost everyone was younger than me, only one older runner - he was mid-eighties! Well done him.

It was a bit of a tossup if I did the run at all as I had a cold coming on. But it went ok, I came 201st out of 280.

The next day the Portocollum triathlon was taking place where we were staying. 1k swim, 100k bike and 10k run. Very impressive - great to watch.

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Kent Spring Marathon (below left)

Ian Greenaway

It was a hard course - 1,500ft total ascent. The hardest hill we had to run up four times, as the course was a figure of eight.

Finished middle of the pack: 94th, 276 finished. Felt good until 18 miles, last eight miles were a slog. Managed to keep running.

Some shade but warm when in the sun!



Sutton 10k (above right)
Maggie Statham-Berry

The race was the first one of the Surrey Road League and was well supported with 344 finishers.

The weather was perfect with pleasant sunshine but fairly cool. The two lap course was half on paths in Nonsuch Park and half on public pavements and as such was quite choppy with a variety of surfaces, some fairly uneven.

My chip time was 50:33 and I was third in the W65+ age band, but first W70. Sue's time was 55:26 and she was the eighth W65+.

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Weekly club runs **Gary Spring**

Tuesday 22nd April

Mix of trail and road

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

The 7pm group will do the May Race 1 route, but starting and finishing at the Club. This is just under six miles in distance.

The 7:15pm group will do a shorter version of this route which will be about 6km. Both routes start down Racecourse Road and go up Mill Lane. I will lead the 7pm group and Sophie Davis will lead the 7:15 group.

Advance Notice

Thursday 1st May Bluebell run, Staffhurst Wood

I checked out the status of the bluebells over the weekend and think they should be ready to admire by then. More details in next week's newsletter and Facebook/WhatsApp.

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 < > Apr – May 2025 ▾		
16	APR, WED	6:45 – 7:45pm LRC coaching (Ian) Worth Way, East Grinstead RH19, UK
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 (Gary & Sophie) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
23	APR, WED	6:45 – 7:45pm LRC coaching (Terri)
24	APR, THU	7 – 8pm East Surrey League (4.4 mile road) Ewell Court athletic track
		8 – 10pm LRC pasta meal Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

27	APR, SUN	● 9 – 10:30am	Manchester Marathon
		● 9 – 10am	London Marathon Blackheath, London, UK
29	APR, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		● 8 – 10pm	LRC AGM Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
30	APR, WED	● 6:45 – 7:45pm	LRC coaching (James)
1	MAY, THU	● 6:45 – 8:15pm	Coaching with Horley Harriers
		● 7 – 7:30pm	Club bluebell run (tbc)

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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What is 'hitting the wall' during a marathon and how can you avoid it?

If you fuel properly during your marathon, you needn't worry about bonking. Here's what you need to know

By [The Runner's World Editors](#) Updated: 08 April 2025



What does it mean to 'hit the wall' during a [marathon](#)? Some refer to it as 'bonking', but whatever you call it, it's an awful experience.

Everything can seemingly be going OK: you've done the miles in training, practised necking gels and worked out a pacing strategy that has you crossing the finish line in a new PB. Then, bang! It all seems to crumble around you. Your legs simultaneously feel like they are made of jelly, yet also weigh eight tonnes each.

Every step is an absolute triumph of will, and you start to seriously doubt that the race even *has* a finish line. It usually happens to runners around the 18-22-mile mark and, most

of the time, is the result of insufficient fuelling or unwise pacing.

[Read full article.](#)

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Reminders from previous weeks

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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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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