



Newsletter

Wednesday 23 April 2025

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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 huge parkrun turnout last Saturday with 51 members at 13 locations: East Grinstead (33), Bedgebury Pinetum (1), Birkenhead (1), Exeter Riverside (1), Hove Promenade (1), Ifield Mill Pond (2), Lloyd park (1), Mole Valley (2), Riddlesdown (1), Royal Tunbridge Wells (1), Southsea (1), Tilgate (5) and Woking (1).

Particular congratulations to **Dan Celani** (first at Ifield Mill Pond) and, at East Grinstead, second places for **James Caffrey** and **Lucy Wilkes**, and third for **James Kilfiger**.

There didn't seem to be much racing last weekend, perhaps reflected in the high numbers of parkrunners, but **Ian Greenaway** and **Dave Nottidge** did manage to fit in the Lewes 10k fun run on Monday. Dave has given us a bit of background [later on](#), and I've updated their finishing times with the published results. Race winner was James Baker in 35.05 and first woman was Izzy Coomber in 40.29.

Looking ahead it's a (the?) big marathon weekend. As far as I've been able to gather, we have 12 members running The London on Sunday. Our very best wishes go to **Sally Alexander, Tom Cartledge, Lisa Compton, Sue Garner, Tom Harvey, Michelle Hollins, Juhana Kirk, Tomoya Murakami, Tasha Neave, Terry Sumner** and second-claim members **Kieran Barnes** and **Catherine Wilson**.

In addition, **Keith Chambers** and **Ian Watkins** are heading north for the Manchester Marathon.

May the wind be behind you all the way and let's hope we see a few PBs, and the odd race report please!

Please remember that it's the club AGM next Tuesday, assuming the Secretary sorts out the venue. The agenda is [down below](#), and you'll be able to hear Tom and Graeme open up about their three years in office. When they took up their posts, Boris Johnson was Prime Minister, and Harry Stiles and Ed Sheeran were top of the charts! There's the beginning of another quiz idea there, Gary.

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.

19-Apr-25		51	LRC parkrunners	Median	57.75%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	2	James CAFFREY	00:19:21	71.58%	PB
142 runners		3	James KILFIGER	00:21:18	69.80%	
		4	Nick KEEN	00:21:30	65.97%	
		5	Steve ACKROYD	00:21:43	66.31%	
		7	Simon PETITT	00:22:38	57.29%	
		9	Brandon WEBB	00:23:02	65.63%	
		10	Lenard BINUAGAN	00:23:03	57.19%	
		16	Daniel JONES	00:24:11	57.75%	PB
		18	James WILLIS	00:24:23	59.54%	
		22	Tim MARTIN	00:24:51	58.89%	
		28	Lucy WILKES	00:25:32	62.21%	
		30	David WORSELL	00:25:36	58.53%	
		42	Harold BURR	00:26:32	49.43%	
		46	Fiona CHAMPNESS	00:26:59	62.88%	
		50	Laura STOCKWOOD	00:27:26	56.93%	PB
		53	Judy HAYLER	00:27:40	71.14%	
		59	Doug BEWLEY	00:27:55	48.90%	
		60	Matthew STOCKWOOD	00:27:57	54.98%	
		65	Helen PETITT	00:28:13	52.51%	PB
		68	Judith CARTLEDGE	00:28:19	70.51%	
		69	Isla GREENAWAY	00:28:21	52.20%	
		76	Miranda CHITTY	00:29:25	62.38%	

		77	Michele EDWARDS	00:29:30	66.72%	
		78	Hannah CARTLEDGE	00:29:49	49.69%	
		85	Helen DAVEY	00:31:11	62.21%	
		101	Peter PHILLIPS	00:33:18	53.60%	
		102	Sarah FERGUSON	00:33:32	45.87%	
		117	Emma FORBES	00:36:00	42.04%	
		125	Paul EVANS	00:41:13	40.68%	
		137	Sandra ANKERS	00:56:36	42.84%	
		138	Kath GARRIDO	00:56:38	44.41%	
		141	Darija SPARKES	00:57:00	28.71%	
		142	Nevenka WORSELL	00:57:01	30.14%	
Bedgebury Pinetum	727	197	Glen SMITH	00:33:09	45.60%	
303 runners						
Birkenhead	119	700	Tracy ROBERTS	00:38:45	50.80%	
760 runners						
Exeter Riverside	330	322	Martin PAYNE	00:44:09	39.49%	
337 runners						
Hove Promenade	23	394	Sue GARNER	00:27:02	94.76%	
724 runners						
Ifield Mill Pond	362	1	Dan CELANI	00:18:50	75.31%	
138 runners		24	Lisa COMPTON	00:24:35	89.08%	PB
Lloyd Park	773	57	Aly WARNER	00:26:52	61.66%	
224 runners						

Mole Valley	768	155	Ian GREENAWAY	00:27:23	55.63%	
418 runners		356	Theresa DONOHUE	00:38:41	48.08%	
Riddlesdown	701	175	Carole BARNES	00:36:51	59.43%	
204 runners						
Royal Tunbridge Wells	753	33	Pete HOLMES	00:22:38	61.71%	
308 runners						
Southsea	111	22	Dan OPPE	00:21:03	65.80%	
439 runners						
Tilgate	474	113	David WATKINS	00:25:36	63.74%	
548 runners		147	David NOTTIDGE	00:27:05	64.37%	
		269	Paul MCCARTHY	00:30:35	50.25%	
		352	Mike LOTHIAN	00:33:02	56.41%	
		522	Eliska KELLY	00:51:59	30.55%	
Woking	297	4	Jeremy GARNER	00:18:25	80.72%	PB
372 runners						

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Lewes 10k fun run **Dave Nottidge**

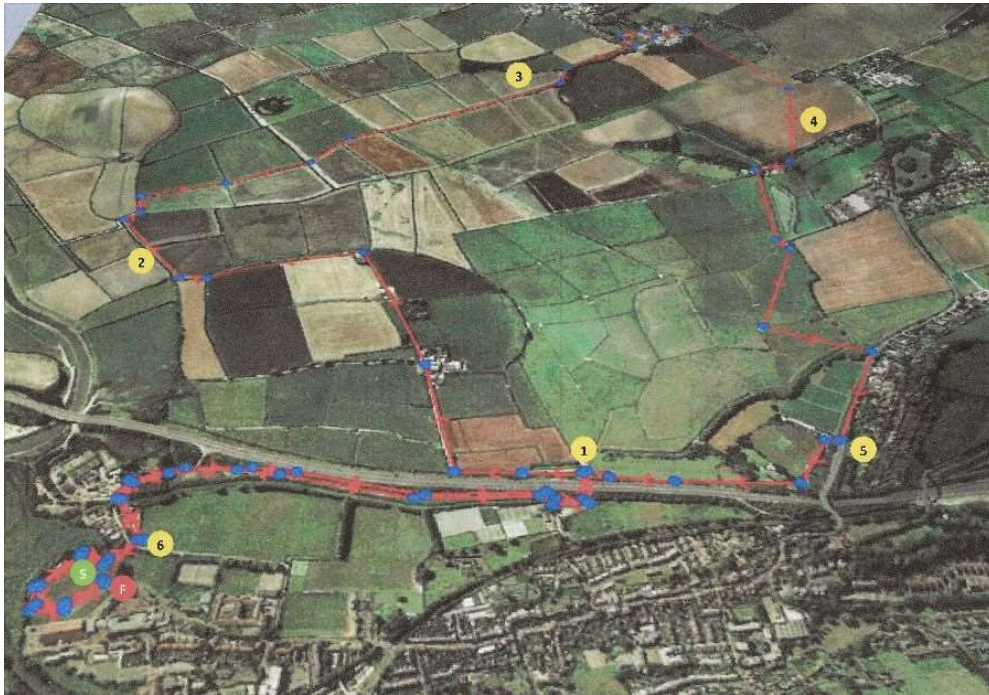
Ian Greenaway and I both did this race yesterday. It's part of the [West Sussex Fun Run league](#) - but open to anybody. Most of those taking part are from West Sussex clubs. At £15 to enter it's good value - £7 if you are a West Sussex club member.

The route is mostly flat but with a couple of small hills, mixture of trail and tarmac (map below). It goes through the flood plain to the south of Lewes. The race is hosted by Lewes Athletic Club and starts and finishes on the track. It's a bit longer than 10k

- it came up as 10.45k on my watch.

The race was won by a familiar name, James Baker of Chichester Runners in 35.06. Ian came 254th in 54.54* and I came 328th in 59.16*. 523 runners in total.

** the official results credit Ian with 54.41 and Dave with 59.13. Every little counts, guys. Ed.*



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Club development plan (CDP) **Sally Alexander**

Creating a CDP last year was not about changing LRC, but developing the excellent provision and local-club ethos so that it appeals to younger members, who will be the Club's future.

With that in mind, I asked for volunteers to join a CDP Sub-Committee and was delighted when Isla Greenaway, Gary Spring, Laura Stockwood, James Kilfiger and Fiona Champness came forward to share their knowledge and experience.

Our first task was the SWOT analysis. We asked a wide range of members to give us their thoughts about the club's strengths, weaknesses, opportunities and threats (i.e. SWOT!). From this, we began the task of creating the development plan, which the committee has approved and is ready to be shared with the club.

The CDP covers: leadership and management; finance; members; facilities and sustainability. It provides a summary of where the club is now and plans a series of actions, some of which are already underway.

Read the CDP [on the website](#).

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East Surrey League 10k **24 April 2025**

It's late, but here is some information received recently from Matt at Croydon Harriers regarding the East Surrey League Ewell 10k tomorrow.

Nick Keen is currently top of the Men's V45 leader table.

'There is one week to go until the East Surrey League road race on Thursday 24th April, starting at 7pm at Epsom and Ewell Harriers, KT19 9RY

- *The declaration sheets and numbers will be available in the clubhouse.*
- [Course Map](#)
- [Overall Standings](#)
- *The young athletes run one lap of 2.2 miles and the adults run two laps equating to 4.4 miles.*
- *Licence confirmed for Powerof10*

A massive thanks to Epsom and Ewell Harriers for hosting!'

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Stress Awareness Month

Scott McDonald

Stress Awareness Month is held each April, this is to increase public awareness about both the causes and cures of stress. This year the Stress Management Society has chosen the theme 'Lead with Love'.

We all know what it's like to feel stressed – being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental and physical health problems or make existing problems worse.

Millions of people around the UK are experiencing high levels of stress, and it may be damaging your health.

Stress isn't a mental health condition, but it can cause a mental health problem, like anxiety or depression or it can cause an existing one to get worse. Stress can also affect you physically, it can cause headaches, insomnia, tiredness, or stomach problems.

Individually we need to understand what is causing our personal stress and learn what steps we can take to reduce it for ourselves and those around us.

What can we do to help manage worries and stress

There are various steps we can take to cope with being under pressure, remember, different things work for different people.

- **Breathing exercises** – stop and take a breath, learn a new breathing technique like box breathing or baby breath.
- **Write down your worries and concerns** – this may help process your thoughts and emotions. You can then read the worries back and try to think of them from a different perspective.
- **Keep a daily routine** – our overall wellbeing relies on our daily routines; these also help with sleeping & eating patterns. This is why it's important to ensure you and

your family have structure in your day. They can also include things to look forward to.

- **Identify your triggers and take control** – working out what triggers your stress can help you anticipate when you may feel stressed and what you could do about it in advance.
- **Organise your time** – making some adjustments to the way you organise your time can help you feel more in control and able to handle the pressure you are feeling.
- **Keep active** – exercise can help clear your head and then let you deal with your problems more calmly. Go outside to exercise, as fresh air and spending time in nature can really help.
- **Stay healthy** – as well as exercise it's important to maintain a healthy diet and ensure you are getting enough sleep.
- **Talk to other people** – friends, family & colleagues can help support you through the stress you are feeling, you may even have a laugh and start to relax. You may also want to consider talking to a professional counsellor.
- **Do something you enjoy** – spending time doing something you enjoy will take your mind off how you are feeling. Everyone needs to take time for themselves, it can be as simple as having a bath or reading a book.
- **Avoid unhealthy ways to cope** – many people use alcohol, smoking, chocolate, and gambling to try and relieve the stress they are feeling, none of these things will help in the long term, use healthy coping strategies like going for a run, listening to music, or walking the dog.
- **Challenge yourself** – learning new skills and setting yourself new goals will help build your confidence and make you feel good about yourself.
- **Help others** – think of others in your local community, who may need help with small tasks, like shopping or volunteer to help a worthwhile cause, like litter picking or the local food bank. People who help others tend to be more resilient.
- **Keep informed** – whilst it's important to keep up to date with the latest news, it can be overwhelming, so in order to manage any feelings of stress and anxiety consider only checking the news and social media once a day. Ensure you stick to trustworthy sources for the latest information.
- **Keep positive** – it's very easy to focus on the negatives of a situation. But it's important to stay positive. You could also think of all the things you are grateful for, write down or say out loud 3 things that went well each day. Use these positive statements to create a positivity jar with your family.
- **Try Mindfulness** – mindfulness can help reduce stress; it can also give you the space to respond calmly under pressure.
- **Address some of the causes** – where possible improve some of the issues that are putting pressure on you.

- **Accept the things you can't change** – it's not easy but accepting that there are some things happening to you that you can't do anything about will help you focus your time and energy elsewhere.
- **Be kind to yourself** – don't be too hard on yourself, look for positives.

Please remember it's ok to not be ok: as a club we have welfare officers and a mental well-being champion. Should anyone need help or want to talk, please don't hesitate to contact me via e mail or mobile.

Thanks for reading.

Scott, 07710 269369

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Lingfield Running Club AGM

29 April 2025

Graeme Bennett (Secretary)

The venue is to be confirmed but the agenda will be the following:

1. Acceptance of minutes of 2024 AGM
2. 'Couch to 5k' presentations
3. Chair's Report
4. Secretary's report
5. Treasurer's report and adoption of annual accounts
6. Membership Secretary's report
7. Event Organiser's report
8. Ladies' Captain Report and trophy presentations
9. Men's Captain Report and trophy presentations
10. Head Coach's report
11. Presentation of the President's Trophy
12. Election/re-election of officers, committee members and President for the forthcoming year, 2025-2026.
13. Setting membership fee for the forthcoming year, and the date payment due

Please note that the Secretary has received no further nominations for officers and no items for any other business.

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Weekly club runs
Gary Spring

Tuesday 29th April

Pre-AGM run, a mix of road and trail to Crowhurst

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

The 7pm group will run about 5.5 miles. The route goes through Jenners Field to the Nature Reserve, up to Ardenrun, back down Bowerland Lane and through the station.

The 7:15pm group will do a shorter version of this route, coming out into Rushfords and up Saxbys Lane which will be about 4 miles (6.5km).

The names of the leaders for both groups will be confirmed on Facebook and the Club WhatsApp group.

It is expected that both groups will be back in time to attend the Club AGM, that starts at 8:15pm, at the Victoria Club.

Thursday evening Club Runs

With the lighter evenings, we will be organising some Club Runs on Thursday evenings. The first one of the year will be the Bluebell Run – see below for details.

Thursday, 1st May. Bluebell run, Staffhurst Wood

Meet at Staffhurst Wood Road car park for a 7:15pm start.

Note the delayed start time, to give everyone a bit more time to get to the start.

The distance is under 6km. The pace will be slower than usual, as we navigate round the woods and stop to take photos, so we'll combine both the main group and the C25K group into the one run.

If you are looking for a longer run, there is always the option of running back to the Club, making it about 7.5 miles in distance. Alternatively, we could always end up at the Grumpy Mole pub for a post-run drink!

Meet at St Sylvan's car park in Staffhurst Wood Road, about 100 metres from Dwelly Lane.

What3Words location: rapid.aura.entire

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 ▾		
23 APR, WED	6:45 – 7:45pm	LRC coaching (Terri) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
24 APR, THU	7 – 8pm	East Surrey League (4.4 mile road) KT19 9RY, Poole Rd, Epsom KT19 9RY, UK
	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 (pre-AGM road and trail) Lingfield Running Club, 54 High St, Lingfield RH7 6AA
	8 – 10pm	LRC AGM (venue tbc)
30 APR, WED	6:45 – 7:45pm	LRC coaching (James)

1	MAY, THU	● 6:45 – 8:15pm	Coaching with Horley Harriers
		● 7:15 – 7:45pm	Club bluebell run St Sylvans car park, Staffhurst Wood
3	MAY, SAT	● 10:30 – 11:30am	East Grinstead 10-mile
4	MAY, SUN	● 9 – 9:30am	Run Frimley 5k and 10k Frimley Lodge Park, Sturt Rd, Frimley Green, Camberley GU16 6HY, U
		● 9:30 – 10:30am	Worthing Runfest 10k & Half BN11 3DZ, Worthing BN11 3DZ, UK
		● 10:30 – 11:30am	Haywards Heath 10-mile RH16 4HT, Haywards Rd, Haywards Heath RH16 4HT, UK
5	MAY, MON	● 8:30 – 9:30am	Phoenix May Day Run RH13 6HS, Blackhouse Rd, Colgate, Horsham RH13 6HS, UK
		● 9:30 – 10:30am	Ted Pepper Memorial 10k BR2 9EG, Hayes Ln, Bromley BR2 9EG, UK
		● 10:30 – 11:30am	Burgess Hill 10k RH15 9EA, Burgess Hill RH15 9EA, UK
		● 2:30 – 3:30pm	Hildenborough Races TN11 9HY, Riding Ln, Hildenborough, Tonbridge TN11 9HY, UK
6	MAY, 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

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Reminders from previous weeks

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.

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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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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