



Newsletter

Wednesday 30 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.

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Lingfield's Racing Roundup

Hello everyone.

A good parkrun turnout last Saturday with 41 members at six locations: East Grinstead (23), Ferry Meadows (1), Peel (3), Royal Tunbridge Wells (1), Uckfield (1) and Wakehurst (12).

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

Now, let's go back to the night of the club pasta party, 24 April. While 28 members were tucking into their plates of food in the Victoria Club, two were starving in Ewell, completing a 4.4 mile, two lap multi-terrain race in and around the Hogsmill Open Space. This was the final event of the [East Surrey Road League](#) and **Nick Keen** and **Maggie Statham-Berry** finished in times of 28.55 and 34.55 respectively. Race winner was Ben Chapman in 22.31 and first woman was Anna Bloomfield in 26.12. Very well done, both of you.

Otherwise, just a couple of low-key marathons to report on from last weekend, but they did produce some outstanding Lingfield performances. Our fastest first-claim member at the [London Marathon](#) is one we are longing to meet in person – what an addition to the XC team Tomoya would be! Gary tells me that he currently works in Dusseldorf and joined our club when his job was being moved to Surrey. That move got postponed, so he is still in Germany.

Sally also exceeded her expectations (if not ours) in her first marathon, Kieran, Terry and Tasha had also PBs ... as far as I could tell, and everyone completed and came home safely (I think), which was the main thing. Oh, and a lot of money raised for charities too! Great stuff.

Lingfield members' London times:

Name (running for, if not LRC)	Time	Place (category)
Kieran Barnes (Holland Sports)	2.31.39*	181
Tomoya Murakami	2.32.44	221
Tom Harvey	2.42.01	48

Juhana Kirk	2.46.27	180
Jeremy Garner (Epsom & Ewell)	3.05.25	239
Sally Alexander	3.12.19*	22
Michelle Hollins	4.11.30	96
Lisa Compton	4.12.48	19
Tom Cartledge	4.17.57	476
Terry Sumner (East Grinstead Runners)	4.43.17*	2,185
Catherine Wilson	5.09.47	1,362
Tasha Neave	5.20.39*	1,938
Sue Garner	5.26.59	7

* shows as a PB on Powerof10 records

The overall race winner was Kenya's Sebastian Sawe in 2.02.27. First woman, in 2.15.50, was Tigst Assefa (Ethiopia) with a world record for a women's only field.

Meanwhile, up at the [Manchester Marathon](#), **Ian Watkins** (4.40.04) won the Lingfield in-house struggle with **Keith Chambers** (4.57.27). Race winner was Jake Guest (City of Stoke) in 2.25.47 and first woman was Claire Frankland (West End Runners) in 2.47.50. Well done, both of you.

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

26-Apr-25

41 LRC parkrunners Median 58.38%

	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	1	James CAFFREY	00:19:00	72.89%	PB
113 runners		2	Lenard BINUAGAN	00:20:34	64.10%	
		5	Nick KEEN	00:21:18	66.59%	

6	James KILFIGER	00:21:34	68.93%	
11	Brandon WEBB	00:23:35	64.10%	
14	Simon COOK	00:24:59	62.58%	
15	Daniel JONES	00:25:18	55.20%	
18	Lucy WILKES	00:25:32	62.21%	
28	David WORSELL	00:26:56	55.63%	
32	Laura STOCKWOOD	00:27:16	57.27%	PB
33	Judy HAYLER	00:27:21	71.97%	
35	Judith CARTLEDGE	00:27:31	72.56%	PB
37	Isla GREENAWAY	00:27:50	53.17%	
39	Ian GREENAWAY	00:27:54	54.60%	
41	Matthew STOCKWOOD	00:28:03	54.78%	
43	Nick CHAMPNESS	00:28:12	51.48%	
50	Hannah CARTLEDGE	00:29:12	50.74%	
54	Martin PAYNE	00:29:42	58.70%	
56	Miranda CHITTY	00:29:47	61.61%	
63	Nevenka WORSELL	00:30:16	56.77%	
96	Theresa DONOHUE	00:36:49	50.52%	
97	Steve WARNER	00:40:33	42.99%	
111	Marie WARNER	00:56:03	36.72%	

Ferry Meadows	177	200	David NOTTIDGE	00:25:52	67.40%	PB
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653 runners

Peel	83	738	Sandra ANKERS	00:44:48	54.13%
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789 runners

760	Ian WATKINS	00:53:38	31.26%
763	Keith CHAMBERS	00:54:23	31.14%

[Royal Tunbridge Wells](#)

753	28	Pete HOLMES	00:21:57	63.63%
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332 runners

[Uckfield](#)

819	5	Harry RAFFAITIN	00:21:32	59.91%
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131 runners

[Wakehurst](#)

281	2	Dan CELANI	00:18:32	76.53%	
	10	James WILLIS	00:20:17	71.57%	
	14	Dan OPPE	00:20:41	66.96%	
	16	Simon PETITT	00:20:45	62.49%	
	76	David WATKINS	00:25:16	64.58%	PB
	124	Liz MCLENNAN	00:26:57	58.38%	
	149	Darija SPARKES	00:27:56	58.59%	
	153	Helen PETITT	00:28:07	52.70%	
	197	Steve ACKROYD	00:29:51	48.24%	
	217	Paul MCCARTHY	00:30:17	50.74%	PB
	363	Paul EVANS	00:40:07	41.79%	
	377	Robin MAYER	00:42:40	46.09%	

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Lingfield's Runners Leap into the Guinness Book of Records at the 45th London
Marathon
EVERYONE'S A WINNER!
Sunday 27th April 2025



All ready for the off....

As I begin my write up on behalf of everyone who took part in this year's London Marathon, I appreciate I am writing to an audience consisting of numerous seasoned marathon runners! So...apologies for writing this from the perspective of a marathon novice, but one who can now boast of completing just one marathon!

We were lucky to have several LRC members and second-claim members competing with three on the championship start; two who had good for age places, Tom who won the club's ballot place and the rest of us who were running for different charities. I think this alone encapsulates the wide range of runners we truly are! (Apologies for any errors in information!)

For me, waking to the prospect of a dry and sunny day was perfect and, while others had made their own transportation or accommodation arrangements, the Alexander taxi was on the move at 6am collecting Sue, Tom and Lisa on route to Three Bridges. We were a merry troupe until we boarded the DLR when a mix of nerves and excitement began to take hold – this was it....we were in the game! We managed to scoop up an even more anxious Glaswegian (Graham) who may well bring some of his running club to our Lingfield 10s – well, nothing like a bit of impromptu advertising!!!!

The sight at the start was incredible with hot-air balloons; toilet queues the length of a football pitch; lorries stacked in meticulous order taking kit drops; the pens and just people everywhere – some chatting nervously and some quietly contemplating what lay ahead. It was strangely at this point my nerves began to subside and my attention turned to preparing for the 26.2 miles of London which lay ahead.

As promised by you experienced crew, the start was calm and almost inconsequential as we were herded in a slow-moving line towards the matting and then, in unison, the walk

became a jog and the jog....well...ended up as 18 miles of trying to navigate weaving in between shoulders and shoulders and legs and legs of participants! Oh...and trying not to twist your ankle on thrown water bottles! However, with Fiona and Ian's voices firmly in my ear, "Start slow, don't go out fast!" perhaps this was a good thing.

Personally, I found the first six miles rather anticlimactic and then we turned a corner, and the roar of the crowd and vision of the Cutty Sark swept me off my feet and I admit to shedding a tear or two...we were truly running the London Marathon! From then on in, it was one iconic landmark and deafening roar after another as we were met by the phenomenal sights of Tower Bridge bathed in glorious sunlight; out into Docklands (which gave me a moment to reflect and consider the event), before the roar of the crowds welcomed us back past the Tower of London; along the Embankment; past Westminster and then onto Birdcage Walk and that final turn....we had done it!

What struck me the most was the power of the London Marathon to re-instil hope in humankind. We were carried by humanity at its kindest where all cultures, beliefs and traditions came together as one. We were serenaded by the likes of steel bands, pop music, rappers, choirs and mini-orchestras; we were encouraged by strangers whose only goal was to see us all finish and humbled by runners who were carrying emotional and physical burdens. It really makes you count your blessings and look at the world in a positive light.

Each and everyone of us crossed that finish line which was not easy to be certain of considering the high temperature and the number of participants collapsing with heat stroke or injury. A HUGE WELL DONE TO YOU ALL – no one can underestimate the challenge 26.2 miles poses to the mind and the body.

We all want to thank you for your support both leading into the event, via your messages and on the course. No words can describe the personal boost if you are lucky enough to spot family and friends in the immense sea of faces, and I did spot our Terry and Darija! I can't tell you how much that lifted my spirits. I managed to catch Sue myself going strong at 25 miles and she even had the energy to ask me if I had enjoyed it!!! The other funny thing is I knew several of you were tracking us and, even that felt like you were by our sides!

So....would I do it again?
ABSOLUTELY!

(The only thing is Scott may need to remortgage the house for the amount of physio and sports massage I have had the past seven weeks!!!!)

Tom C, Lisa, Tomoya, Tasha, Tom H, Jeremy, Sue and Sally proudly sporting medals or mid-race





As well as the members who were running the London Marathon last Sunday, we had nine members who were volunteers at the race. These are Hannah and Judith Cartledge, Sarah Ferguson, Daniel Jones, Paul McCarthy, Laura and Matthew Stockwood, Gary Spring and Terri Scott.

Here is a photo of some of them, braced for the arrival of 2000+ runner's bags.



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Manchester Marathon 2025
Ian Watkins

A year ago at last year's AGM, Keith, Tom and I decided that it would be a great idea to enter the Manchester Marathon and there the story started....

But then, there was a slight change, Tom managed to bag a club place to run The London Marathon so then there was two of us, plus our lovely ladies.

So, after 6 months of training in cold, wet, frosty conditions, Keith, Sandra, Catherine and I all set off from East Grinstead train station destined for Manchester Piccadilly.

We arrived at the 'Budget' Ibis hotel at Salford Quays. A lovely location with a retail outlet which Catherine and Sandra became very well acquainted with! Also, lots of restaurants, water activities, theatre and the BBC Media City.

On Saturday we decided to walk the Peel parkrun as a little shakeout, the trouble was, so did most of the Marathon runners too, to say it was busy, was an understatement!

We thought that booking our pasta meal on Friday night would be easy enough but, the only time slot they had to accommodate us was 3:30 pm - so we had a very early supper and an early night too!!

Uncharacteristically, I slept well and woke feeling nervous but ready. I pinned my race number to my vest and instantly felt overwhelmed with pride.

We arrived and the sun shone and shone. The start was outside the iconic Old Trafford football stadium. As we stood at the start, we could feel the nervous energy rising as fast as the ambient temperature was. The bell sounded and off we went. Our race plan was 9:50 min mile pace, drink at every water station and a gel every five miles. We were spot on for the first ten miles hitting 9:45 per mile; then we encountered a couple of gentle climbs, where, with the rising temperature we decide to ease the pace back slightly. We pressed on and on, moving to run in the shade wherever we could, then around 16 miles with more hills and absolutely no shade the seeds of doubt started to dawn.

The water stations, Marshals and support were amazing! Loads of shoutouts for both of us and the club as we were both wearing our LRC vest. It's amazing how it all helps, hearing your club being given a shout out.

The miles ticked by and on we pressed on and at mile 18/19 the legs were screaming and stinging and I knew it was getting close to walking!

Finally came the walk of shame! I had nothing left in the legs, so 100m walk, 250m run, and finally I made to the finish line! Kieth followed shortly afterwards. It was a

fantastic well-supported race with fabulous marshalling and support from the crowds. Will I do another.... the jury's out on that one. But probably, almost certainly.

Then, we had the lovely task of rehydrating. We all had an amazing time and an early night too, no surprises there.

We had booked a boat cruise around the Manchester ship yards as we thought it would be kinder on the legs. The only problem was that I couldn't manage the stairs going on board!

On Tuesday morning, we decided we should do a little shake out at a local park, so Keith with a very stiff lower back and me with my sore quads we managed a slow two-miler. At the end of it we both felt considerably better.

I must say that we all had a very enjoyable few days up in Manchester and were blessed with great weather. It was just a shame that race day was so hot.

So, just to come out in sympathy with Spain, the entire tram system we were travelling on had a power outage, so we had to walk the last mile to Manchester Piccadilly station, much to Sandra's dismay.



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Running club survey **Dave Worsell**

We're always looking for ways to improve and grow as a club and your feedback is essential in making that happen.

We've put together a short, anonymous survey to help us understand what's working, what could be improved, and what new ideas you'd like to see introduced. The **“Stop, Start, Change”** survey will give all members the opportunity to share their views and

provide feedback about the club, training days, run times and session types, so we can better tailor our runs and coaching sessions to suit member needs and availability.

Whether you're a regular at club nights or attend occasionally, your voice matters. Please take a few minutes to share your thoughts and help shape the direction of the club.

[Click here to take the survey](#)

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It's not all about the tarmac

Nick Keen

With a myriad of well-marked, well-maintained, quiet paths and trails on our doorstep - passing through rolling green hills, expansive and open fields, ancient woodlands, National Parks, Areas of Outstanding Natural Beauty, Sites of Special Scientific Interest, quaint villages, feats of engineering, historic castles, and diverse and abundant wildlife - it's inspiring to head off road!

Stay tuned for regular instalments of beautiful paths and trails to run, jog or walk!





Photographs also courtesy of Nick Keen. Ed.

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AGM pictures

Ian Watkins/Sophie Davis, via the Editor

A selection of pictures from our delighted trophy winners at last night's AGM.
Full report next week, if I have recovered from the emotion of the evening by then.



Above - Evie, Glenn, Victoria and Michelle, if not necessarily in that order, and (below left) their memento



*Top right - Michele receives Ladies' Captain's trophy
Below - Jack (Men's Captain's trophy) and Graeme (President's trophy)*

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Weekly club runs **Gary Spring**

Thursday, 1st May

Bluebell run in Staffhurst Wood

Start time 7:15pm at St Sylvans car park, on Staffhurst Wood Road.

What3words: rapid.aura.entire

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!

St Sylvan's car park is in Staffhurst Wood Road, about 100 metres from the junction with Dwelly Lane.

Tuesday, 6th May

EITHER trail run from East Court, top car park, East Grinstead,

Start Time: 7pm

James Kilfiger has offered an interesting trail route for us to try out. The distance is about 5.5 miles, and being East Grinstead, expect hills.

OR option of trail run from the Victoria Club

Start time 7:15pm

Sophie will be leading a trail run at 7:15pm, from the Victoria Club. The distance will be about 6km.

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			
30	APR, WED	6:45 – 7:45pm	LRC coaching (James) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX
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, UK
		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 (James K) East Court, College Ln, East Grinstead RH19 3LT, UK
		7:15 – 8:15pm	Club run (Sophie) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
7	MAY, WED	6:45 – 7:45pm	LRC coaching (Keith)
8	MAY, THU	8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
10	MAY, SAT	8 – 9am	Run to the Sea Brighton Christs Hospital, Horsham RH13, UK
11	MAY, SUN	6 – 6:30am	The Lap, Windermere LA22 0LU, Ambleside LA22 0LU, UK
		7 – 8am	East Grinstead Triathlon Kings Centre, Moat Rd, East Grinstead RH19 3LN, UK
		8:30 – 9:30am	Ranelagh Half (GP/SRL event) TW10 7QA, Riverside Dr, Richmond TW10 7QA, UK
		11am – 12pm	Horsham 10k Horsham Rugby Football Club, Hammerpond Rd, Horsham RH13 6PJ, UK
		11 – 11:30am	Hedgehoppers 5 Portslade Sports Centre, Chalky Rd, Mile Oak, Brighton and Hove, Brighton BN41 2WS,
12	MAY, MON	7:30 – 8:30pm	L10s meeting 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

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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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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