



Newsletter

Wednesday 7 May 2025

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Two new members to welcome this week - Amy Hodge and Ben Horner. And one we forgot to mention a few weeks ago - Michelle Olckers!

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.

It's a very sad start today, as I must report the untimely passing of recent member **Paul Blackmore** (above) last week. Many people have told me what a good guy and fine athlete Paul was, including being the club's 10k champion in 2010. **Simon Moore** gives us his recollections [later on](#), and please feel free to send me more.

There was an excellent parkrun turnout last Saturday with 49 members at 17 locations: East Grinstead (16), Banstead Woods (1), Bethlem Royal Hospital (2), Five Arches (1), Henley Wood (2), Hove Promenade (1), Lancing Beach Green (1), Lee-on-the-Solent (1), Market Bosworth Country Park (1), Royal Tunbridge Wells (3), Seaford Beach (2), Tilgate (3), Toyen (1), Wakehurst (10), Waterworks (2), Whitley Bay (1) and Wimbledon Common (1).

Particular congratulations to our three second-placed runners - **Sally Alexander** (East Grinstead), **Dan Celani** (Lee-on-the-Solent) and **James Caffrey** (Wakehurst) - and to the seven who got PBs.

Last week I reported the final event of the East Surrey Road League run by **Nick Keen** and **Maggie Statham-Berry**. The ESL has now produced its final individual rankings for the season, and I'm very pleased to say that **Nick Keen** was second overall male runner (behind under-20 runner Douglas Aikman of Croydon), and first in his age group. Very well done, Nick.

P.S. I'm half expecting a set of corrected results, as I find it hard to believe that Maggie doesn't appear anywhere in the winners' lists!

The first May Bank Holiday weekend sees the regular Mid Sussex 'marathon' take place. This starts with the East Grinstead 10-mile race. This year we had several runners taking part, led home by third-placed **Tom Harvey** in a time of 1.03.06. **Mark Aldred** ran a time of

1.26.23 and **Michele Edwards** finished in 1.47.14. (Michele was first in her age category, and Tom and Mark were second and sixth in theirs). Very well done, everyone. The 258 runners were led home by Ben Short (Personify Fitness) in 59.48, and first woman was Oxted's Rebecca Coomber in 1.17.43.

Michele Edwards continued to the second of the race series on Sunday – the Haywards Heath 10-miler. She completed this in a time of 1.40.07, fifth in her age group. **Steve Ackroyd** joined her in this race, running 1.14.47. Hailsham Harrier's Christopher Doherty was first in 57.34, and Laura Kaye (Bedford & County) was first woman in 1.03.43. There were 410 finishers.

The 'marathon' was completed by the Burgess Hill 10k on the Monday. **James Caffrey** was our first finisher here, fourth in 39.05 (and first in his age group), followed by **Daniel Jones** in 51.56. But our star was, of course, **Michele Edwards**, completing the last of the three-race series in 1.04.41 for third place in her age group. Simon Heath (Brighton Phoenix) won in a time of 34.21, and first woman was Alison Moore (Eastbourne Rovers) in 44.36.

In the overall, combined race times for the whole 'marathon', Ben Peters (Burgess Hill) won in 2.42.53, and first woman was Jenny Hirst (Brighton Phoenix) in 3.34.50. **Michelle** was a brilliant first in her age category with her time of 4.31.56. Great running, Michele.

Also on Saturday was the British Masters 10-mile Championships at Mallory Park, near Leicester. **Maggie Statham-Berry** was running in her Lingfield vest and provides a report [later on](#). Maggie ran very well indeed, winning the silver medal in her age group, in a time of 82.09. Excellent result, Maggie. Ben Kruze (Stratford-upon-Avon) was overall winner in 55.18 and first woman was Sarah Webster (Lewes) in 61.43.

On Sunday, Worthing staged races over two distances – half marathon and the Worthing 10k. The latter was the choice of **Paul McCarthy** and he completed it in a time of 1.04.25, another PB for Paul. Great run, Paul, good to see the hard work paying off. The race winner was Simon Heath (his first win of the weekend) in 31.43 and first woman was Laura Smith (36.11).

There are a couple of events which catch my eye this coming Sunday. It's event six of the club Open Grand Prix (Ranelagh Richmond Half) and also the East Grinstead Triathlon, which usually sees many members involved - either competing or marshalling. Best of luck everyone.

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

03-May-25

49 LRC parkrunners Median 59.05%

	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	4	Lenard BINUAGAN	00:20:20	64.84%	PB
117 runners		7	Nick KEEN	00:21:21	66.43%	
		10	Sally ALEXANDER	00:21:51	78.64%	
		16	Brandon WEBB	00:22:58	65.82%	
		26	Nick CHAMPNESS	00:25:29	56.97%	PB
		27	David WORSELL	00:25:33	58.64%	
		28	Ben HORNER	00:25:46	51.75%	
		34	Fiona CHAMPNESS	00:26:35	63.82%	
		36	David WATKINS	00:27:24	59.55%	
		47	Isla GREENAWAY	00:28:16	52.36%	
		65	Nevenka WORSELL	00:30:45	55.88%	
		66	Steve ACKROYD	00:30:46	46.80%	
		67	Miranda CHITTY	00:30:53	59.42%	
		75	Glen SMITH	00:31:40	47.74%	
		116	Keith CHAMBERS	01:00:25	28.03%	
		117	Ian WATKINS	01:00:26	27.74%	
Banstead Woods	548	138	Judy HAYLER	00:27:23	71.88%	PB
328 runners						
Bethlem Royal Hospital	718	122	Steve WARNER	00:32:43	53.29%	
162 runners		149	Marie WARNER	00:40:15	51.14%	
Five Arches	13	53	Lisa COMPTON	00:24:06	90.87%	
150 runners						
Henley Wood	769	6	James WILLIS	00:21:32	67.41%	

119 runners		42	Jennifer WILLIS	00:28:15	57.94%	
Hove Promenade	23	450	Sue GARNER	00:26:31	96.61%	
899 runners						
Lancing Beach Green	320	8	Harry RAFFAITIN	00:20:33	62.77%	
243 runners						
Lee-on-the-Solent	134	2	Dan CELANI	00:17:51	79.46%	
553 runners						
Market Bosworth Country Park	657	171	Sandra ANKERS	00:41:04	59.05%	
192 runners						
Royal Tunbridge Wells	753	25	Pete HOLMES	00:21:04	66.30%	PB
415 runners		181	Helen PETITT	00:27:49	53.27%	PB
		182	Simon PETITT	00:27:50	46.59%	
Seaford Beach	187	11	Kieran BARNES	00:17:40	73.02%	
325 runners		281	Noah SEMONIN	00:36:40	35.18%	
Tilgate	474	23	Dan OPPE	00:21:09	65.48%	
535 runners		146	David NOTTIDGE	00:27:04	64.41%	
		307	Mike LOTHIAN	00:32:35	57.19%	
Toyen	n/a	95	Aly WARNER	00:26:44	61.97%	
210 runners						
Wakehurst	281	3	James CAFFREY	00:17:42	78.25%	PB
426 runners		30	Daniel JONES	00:22:46	61.35%	
		58	Simon COOK	00:24:23	64.11%	PB

		136	Chris RANCE	00:27:57	54.08%
		140	Helen DAVEY	00:28:10	68.88%
		184	Martin PAYNE	00:29:53	58.34%
		332	Paul EVANS	00:40:08	41.78%
		345	Robin MAYER	00:42:36	46.17%
		362	Kath GARRIDO	00:46:25	54.18%
		396	Eliska KELLY	00:52:15	30.40%
Waterworks	461	87	Ian GREENAWAY	00:26:34	57.34%
379 runners		271	Theresa DONOHUE	00:34:40	53.65%
Whitley Bay	355	132	Lucy WILKES	00:24:09	65.77%
575 runners					
Wimbledon Common	671	8	Jeremy GARNER	00:18:55	78.59%
592 runners					

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Annual General Meeting report **Editor**

There was standing room only on 29 April (why won't people sit in the front row?), as almost 40 members squeezed into the Jennings Hall, behind Lingfield & Dormansland Community Centre.

The crowd was treated to a series of informative reports from the Committee and other club officers on the past year's activities and plans for the coming year.

The most contentious part of the evening was the debate on whether to increase the club's membership fees for this year. The coaches/run leaders are keen to expand the club's offering to members and were concerned that plans may need to be curtailed without a fee increase. However, the Treasurer reassured the meeting that this should not be an issue for the coming year, and fees will be reviewed again next April. The motion to keep the current £15 fee was passed overwhelmingly with three

votes against.

Nevenka Worsell succeeds Tom Cartledge as Treasurer; Nick Keen will replace Graeme Bennett as Secretary; and Jennifer Willis takes over from Helen Davey as a Welfare Officer. Details of the full committee and contact details are on the [club website](#), along with [draft minutes](#) from the meeting.

Thanks to Chris Ryan for the pictures below



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RIP - Paul Blackmore

Simon Moore

It is sad to report that Paul Blackmore passed away last week. Paul had been a member of LRC for many years and competed for the club in a range of events. From the club XC team to 5/10k races, which were his preferred distances. He was recording 5k times around the 17-18 minute mark as a V50 athlete.

It was cycling that Paul really excelled at, being a lifelong member of East Grinstead Cycling Club. My early memories of Paul were at school at Imberhorne, where he was on or never far away from his bike.

He was able to put these two sports - running and cycling - together and become an accomplished triathlete, representing GB in the World Masters Championships. In recent years Paul was able to pass his talents on through coaching.

The club and UK sport has lost a fine athlete.

For those wishing to pay their respects, Paul's funeral will be on 28th May at 12.00, at Worth Crematorium, and all are welcome to attend.



Picture above right reproduced with approval of Paul's brother, Steve

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British Masters 10M championship **Maggie Statham-Berry**

On Saturday 3 May, Mallory Park, in the countryside near Leicester, hosted a festival of road running on its iconic motor racing circuit. There were 100k and 50k ultra races on offer as well as a 10-mile race and shorter distance relays for club teams. I opted for the 10-mile race which was the British Masters 10M championship.

My race started at 5pm after the conclusion of the ultra races, which had been going on all day with many contestants on the circuit for seven, eight and even nine hours. I felt rather nervous watching them digging in and pushing on, counting down every lap. The three-mile lap circuit around a central lake was convoluted with chicanes, cambers, doubling back and a steep climb up to 'Shaw's hairpin' twice in the lap. The 100k contestants did 20.72 laps, and went up the hill 42 times.

My 10-mile race was a mere 3.33 laps with seven climbs up the hill which was clearly designed for motor transport, not runners. Once I got going, I enjoyed the race and the great support going through the feed zone, which was set up for the razzamatazz of the ultras. I was happy to win the W70 Silver medal in a time of 82:10, my best for many years.

[ATW Mallory Race Circuit 50k/100k & 10Mile](#)



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Weekly club runs

Gary Spring

Thursday Evening club runs

With the lighter evenings, we will be organising some Club Runs on Thursday evenings. Unfortunately, the pull of The Star quiz, this coming Thursday, means I won't be leading a run then, but if any of our run leaders fancies taking a group out on this evening, please post a message on the LRC Runfinder WhatsApp. Normal service will be resumed on 15th May.

Tuesday, 13th May

Trail run in Dry Hill

Meet at The Plough, Dormansland

Start Time: 7pm

We'll be doing a couple of recces of the Lingfield 10s routes between now and June 29th. This is the first one and, as it is Fiona and Nick's wedding anniversary and also Nick's birthday, I foresee a good excuse to end up at The Plough for post-run refreshments. The route will be mostly trail, about 5.5 miles and hilly.

There will be an option of a 6.5 km run, starting and finishing at The Plough, led by Sophie Davis and starting at 7:15pm. There are some sections of the route where the sun never seems to shine but if the weather stays the same over the rest of the week, road shoes should be OK.

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.

What's coming up in May for Club run events

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

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

If you are around on either of these two evenings, but would prefer to marshal, please let me know (organiser@lingfieldrunningclub.co.uk)

Note: I did have a Pub Run from Edenbridge pencilled for 13th May.

As you will see from the earlier bits in this article, we're now meeting at The Plough, Dormansland for that night. I'll reschedule the Edenbridge run for a later date.

It's not all about the tarmac

Nick Keen

We'll start this regular feature on paths and trails - with 2 routes that are very close to home and heart, and which many of you will be very familiar with...

Yes! The 'Lingfield 10' race routes!

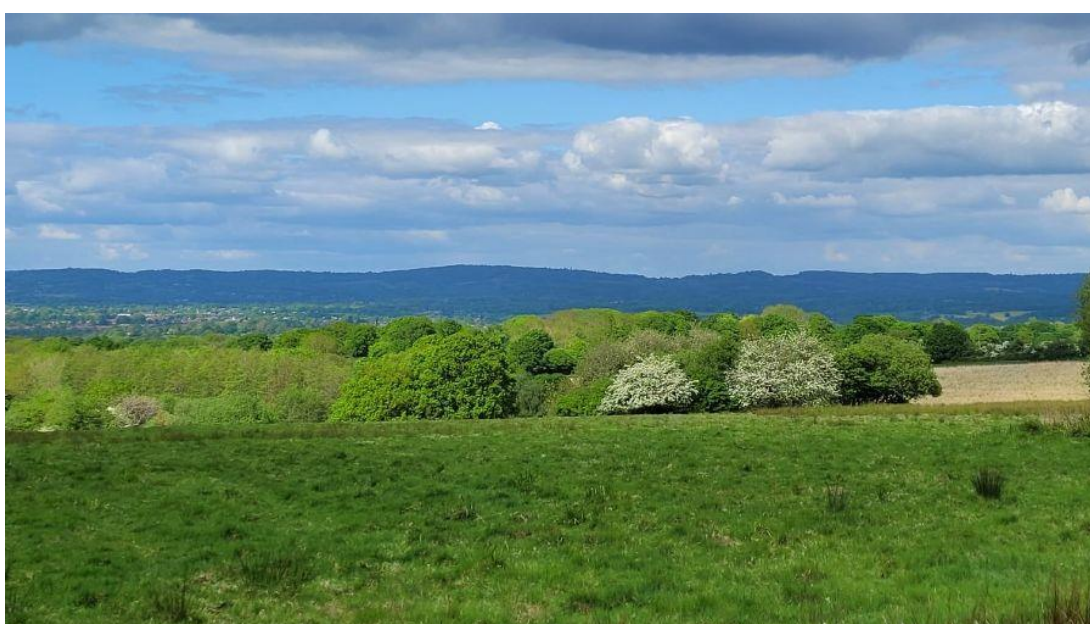
These undulating - but delightful - routes (10 mile and 10k) both start and finish at Lingfield College.

They wind their way down quiet country lanes (for a short while), before heading onto well-maintained trails and paths through woods, passing blankets of bluebells and fields of rapeseed, with glorious views out to the North Downs and the High Weald - and then looping back to the College.

The routes take in small parts of the Vanguard Way and the Sussex Border Path - both of which beauties will feature later in this series.

You can find route PDFs here: [Dry Hill 10-mile](#) or [10km route](#)
GPX file links to follow soon.

If you have any off-road routes that you'd like to shout about, please let [Nick Keen](#) know. Some of Nick's pics are shown below.





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2025 LRC Quiz slot
Gary Spring

We had four fully-correct answers for the April Puzzle; three from the ‘Usual Suspects’, Debbie Wilkes, Judy Hayler and Lucy Wilkes, plus one from Lisa Compton.

April’s Puzzle asked you to add back the vowels to some letters and find the opposite

meanings to part of the word to identify the correct parkrun. Here are the answers, with the solving process.

1	BBW	B'bow	B'arrow'
2	MNTL	Mine'tail'	Mine'head'
3	STFRWNSTD	East 'Frown'stead	East 'Grin'stead
4	TLLHPPY	Toll'happy'	Tol'cross'
5	WSPRM	'Wise' Prom	'Morecombe' Prom
6	HRHGH	Har'High'	Har'low'
7	DLLNNDHV	'Dull'on and Hove	'Bright'on and Hove
8	THRFRD	'There'ford	'Here'ford
9	TSDTNWDS	'Outside'ton Woods	'Middle'ton Woods
10	STRBRDHCWL	'Starboard'hawl	'Port'hawl

PUZZLE 5

Puzzle 5 is a new type of challenge: hopefully quite taxing for the 'Bletchley Park' candidates.

The answers are all parkrun locations, based on the '2023 Power of 10 parkrun list by difficulty'.

The first step is to identify what the colours, referenced in the clues, relate to.

Then, try out parkrun locations, after the clue word. If you can see a logical fit, in relation to the Colour, then put the parkrun name down as the answer. Here are some examples:

Colour: YELLOW: Clue: ABRAHAM. Answer: LINCOLN

Colour: PINK: Clue: BURT. Answer: LANCASTER

Colour: BROWN (now PURPLE). Clue: Joan. Answer: MARPLE

I realise that there could be multiple correct answers, which I am prepared to consider, but I am looking for well-known names. While your uncle or neighbour may fit the bill, it won't count if they haven't appeared a lot in national print or on the Big Screen. The answers do need to be a logical fit with the specified colour group.

YELLOW

1. SPIRO
2. CLYDE

PINK

3. HARRISON

4. DON

ORANGE

5. DAVID

6. TEDDY

WAS BROWN, now PURPLE

7. LADY

8. CAPTAIN

GREEN

9. ROGER

BLUE

10. LAKE

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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 < > May – Jun 2025 ⓘ			
7	MAY, WED	6:45 – 7:45pm	LRC coaching (Ian W) East Court, College Ln, East Grinstead RH19 3LT, UK
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
13	MAY, TUE	7 – 8pm	Club running (Gary - pub run, Dormansland)
		7:15 – 8:15pm	Club run (Sophie, Dormansland)

14	MAY, WED	● 6:45 – 7:45pm	LRC coaching (Dave)
		● 7 – 8pm	Chase the Sun 5k & 10k Clapham Common, Windmill Dr, London SW4 9DE, UK
15	MAY, THU	● 6:45 – 8:15pm	Coaching with Horley Harriers
18	MAY, SUN	● All day	Surrey Masters Track & Field Champs. WAAC, Kingston
		● 9 – 10am	Wimbledon Half Rushmere Pond, London SW19, UK
		● 10 – 11am	Hogsmill 5 (women-only) Epsom, UK
		● 10:30 – 11:30am	Lindfield Village Run (5k & 10k) Hickmans Lane Recreation Ground, Lindfield, Haywards Heath RH16 2PX
20	MAY, TUE	● 7 – 8pm	Club May Race 1 (handicap series #2) Racecourse Road
21	MAY, WED	● 6:45 – 7:45pm	LRC coaching (Fiona)
		● 7:30 – 8:30pm	Trundle View (WSFRL)

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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Race the Train **Nick Keen**

Have you ever run for a train - trying to catch it before it leaves the station? Probably, yes.

Have you ever run *against* a train - trying to beat it before it *reaches* a station?! Probably, not.

Well - now's your chance!

Each year, the small Welsh coastal town of Tywyn offers just that opportunity - with an aptly named race called '[Race The Train](#)'.

With a 14 mile, 10k, 5.5 mile and 3.3 mile race to choose from, you get the opportunity to race a steam train - while your family and friends get the opportunity to ride on the steam train, hollering at you through the windows if they spot you!

As an added incentive for you to not delay, the train blows its whistle regularly. If you hear the whistle up close, you know you're close to being chased down - and passed - by the train!

And once all is done and dusted (or sweated or steamed), the town descends on a large marquee in the evening - for drinks, presentation of awards, and general merriment late into the evening.

It's one of my favourite races - such a lot of fun. So difficult not to laugh at the surreal situation while running!



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Reminders from previous weeks

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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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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