

Newsletter

Wednesday 21 May 2025

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Welcome to new member Kerry Adams 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.

There was the usual very good parkrun turnout last Saturday with 47 members at 10 locations: East Grinstead (25), Forfar Loch (1), Harleston Magpies (1), Hove Promenade (1), Lands End (1), Lowestoft (2), Nonsuch Park (1), Tamar Lakes (1), Tilgate (2) and Wakehurst (12).

Particular congratulations to **James Caffrey** (first at Wakehurst) and to **Dan Celani** and **Lenard Binuagan** (second and third at East Grinstead). And not forgetting **Lucy Wilkes**, who was second at Forfar Loch. And of course to the group that went off to Chequer Mead afterwards for the <u>bingo</u> - adding this to tug-of-war as LRC non-running successes!

Also on Saturday, **Nick Averre** relaxed by taking part in the <u>Maverick X-Series North Downs</u>, which starts in Cranleigh and offers Ultra, Long, Medium and Short distance races. Nick chose the 'Long' run, which I think is a marathon, and he finished in 6.40.42. Nick commented on Facebook that it was a "Tough day to be plodding around the North Downs, very warm but oh so beautiful". James Miller was first at this distance in 3.08.33, and first woman was Yvette Wrapson in 4.24.54. Well done, Nick.

On Sunday, **Helen Davey** went to the <u>Lindfield Village Run</u> and chose the 10k option. Well, it's called a 10k, but Helen insists it was considerably further than that - 1.11.18, was her time. First to finish was Mike Priest in 42.35 and first woman was Sarah Martin in 48.23. Good running, Helen, and thanks for <u>the report</u>.

Lingfield's northern branch officer, **Michelle Hollins**, enjoyed the <u>Eyam Half Marathon</u> (a few miles south west of Sheffield) and survived to <u>tell us all about it</u>. Michelle ran a time of 2.00.52 (would have been well under two hours with less photography) with the winner Andrew Heyes (Hallamshire) managing 1.11.50, and first woman was Nicola Holland in 1.36.31. Keep them reports coming in, Michelle, thanks.

Dave Nottidge found himself a scenic race on Sunday ... "*A nice run on rural lanes, hilly*". It was the <u>Rye</u> <u>5-miler</u>, which starts and finsihes at Jempson's Supermarket in nearby Peasmarsh, not Rye! There is also a 10-mile option but Dave completed the five miles in 45.31 (16th of 56). Well done, Dave. Ian Dickson (Ashford & District) was race winner in 31.42 and first woman was Camilla Hilland-Lamprell (Istead & Ifield) in 39.06.

And, now that the official results are out, I'm pleased to confirm **Paul McManus**'s time of 1.53.00 in the <u>Geneva Half marathon</u>!

Finally, please don't forget that **Paul Blackmore**'s funeral takes place at noon on Wednesday 28th May at Worth Crematorium.

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

17-May-25		47	LRC parkrunners	Median	58.44%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	2	Dan CELANI	00:18:53	75.11%	
130 runners		3	Lenard BINUAGAN	00:20:04	65.70%	PB
		6	James KILFIGER	00:20:45	71.65%	
		7	Nick KEEN	00:21:00	67.54%	
		12	Brandon WEBB	00:22:42	66.59%	
		19	Tim MARTIN	00:24:24	59.97%	
		27	Simon COOK	00:25:14	61.96%	
		29	Ben HORNER	00:25:16	52.77%	РВ
		31	Nick CHAMPNESS	00:25:34	57.24%	
		41	Fiona CHAMPNESS	00:26:42	63.55%	
		52	Isla GREENAWAY	00:27:38	53.56%	
		53	Ian GREENAWAY	00:27:39	55.09%	
		56	David WORSELL	00:27:58	53.58%	
		58	lan WATKINS	00:28:14	59.39%	
		59	Keith CHAMBERS	00:28:15	59.94%	
		62	Darija SPARKES	00:28:41	57.06%	
		63	Jennifer WILLIS	00:28:42	57.03%	РВ
		64	Karen WELLS	00:28:52	62.70%	
		73	Nevenka WORSELL	00:29:34	58.12%	
		75	Miranda CHITTY	00:29:57	61.27%	
		82	Martin PAYNE	00:30:57	56.33%	

		85	Helen DAVEY	00:31:06	63.29%
		94	Scott MCDONALD	00:33:26	48.40%
		108	Theresa DONOHUE	00:36:27	51.03%
		121	lan WILSON	00:47:52	38.93%
Forfar Loch	279	41	Lucy WILKES	00:24:42	64.30%
229 runners					
Harleston Magpies	493	61	Emma FORBES	00:31:53	47.46%
112 runners					
Hove Promenade	23	65	Daniel PIKE	00:19:05	76.68% PB
950 runners					
Lands End	653	84	Judy HAYLER	00:35:00	56.24%
113 runners					
Lowestoft	259	315	Steve WARNER	00:30:33	57.06%
506 runners		450	Marie WARNER	00:38:57	52.85%
		_			
Nonsuch Park	341	6	Jeremy GARNER	00:18:15	81.46%
928 runners					
Tensorialista	000	50		00.05.50	50.449/
Tamar Lakes	399	53	Chris RANCE	00:25:52	58.44%
178 runners					
Tilgate	474	76	Noah SEMONIN	00:25:32	50.52%
463 runners	474	326	Carole BARNES	00:36:28	61.06%
		020		00.00.20	01.0070
Wakehurst	281	1	James CAFFREY	00:17:42	78.25%
370 runners		15	Dan OPPE	00:20:19	68.17%
		37	Simon PETITT	00:22:11	58.45%

38	Daniel JONES	00:22:15	62.77%	PB
64	Andrew SENIOR	00:24:01	58.15%	
87	David WATKINS	00:25:10	64.83%	РВ
127	David NOTTIDGE	00:26:53	64.85%	РВ
148	Helen PETITT	00:27:52	53.17%	
163	Steve ACKROYD	00:28:27	50.62%	
209	Peter PHILLIPS	00:30:48	57.95%	
305	Paul EVANS	00:37:10	45.11%	РВ
335	Robin MAYER	00:41:48	47.05%	PB

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Weekly club runs Gary Spring



Photo courtesy of Tom Cartledge

We had a good turn-out of 24 runners for May Race 1, plus nine marshals and two Start/Finish officials. Many thanks to Kath Garrido, Amy Hodge, Ben Ashmore, Sally Alexander, Laura Stockwood, Graeme and Susie (and their water station!), Alison Stuart and Evie Weston for doing a great job of keeping the runners on the right route. Thanks also to Tom Cartledge for doing the timing and helping put out the signs before the race, and to Sarah Ferguson for getting the runners to the start line at the right time. It was also good to have Trevor Crowhurst with us to cheer on the runners.

We had a few first-timers to a Club run, namely Kerry Adams, who was also the first lady finisher, and Isla's brother. Ben Horner, who had only run up to 5km before tonight, Dad, Ian G, successfully paced Ben through to the finish. I was also very pleased to have three of our recent Couch to 5K group try out a

longer-distance event. Well done to Charlotte, Vicky and Ian M for completing the distance. No excuses now, for not doing the other Club Handicap races, especially as you are all at the top of the Handicap points tables!

The results are shown below, where I appear to have been very generous with the handicaps for our faster runners. Rest assured that the Handicaps will be re-balanced for next week's Handicap Race, May Race 2 (more details, further below in this article)

The latest results table also lists the points from this race.

Results from May Race 1

Position	Name	Clock time (mins:secs)	Handicap time (mins:secs)	Actual time (Mins:secs)	Points
1	Dan Pike	48:10	16:00	32:10	20
2	Andrew Senior	51:05	14:00	37:05	19
3	Kerry Adams	52:31	15:30	37:01	20
4	James Kilfiger	53:01	21:00	32:01	18
5	Dave Worsell	53:04	15:30	37:34	17
6	George Matthews	53:37	22:00	31:37	16
7	Isla Greenway (and Ivy)	53:53	10:00	43:53	19
8	Brandon Webb	53:56	18:30	35:26	15
9	Martin Faulkner	54:38	14:00	40:38	14
10	Hannah Cartledge	55:02	12:00	43:02	18
11	Dan Oppe	55:24	20:00	35:24	13
12	Nevenka Worsell	55:29	8:00	47:29	17
13	Maggie Statham-Berry	55:32	15:30	40:02	16
14	Chris Rance	55:38	10:00	45:38	12
15	Matthew Stockwood	55:49	14:00	41:49	11
16	Darija Sparkes	55:54	11:30	44:24	15
17	lan Greenaway	56:08	14:00	42:08	11
18	Ben Horner	56:09	14:00	42:09	11
19	Vicky Kaisharis	56:45	5:00	51:45	14
20	Judith Cartledge	57:29	13:30	43:59	13
21	Dave Chase	57:48	11:30	46:18	11
22	Charlotte King	60:05	8:00	52:05	12

23	Scott McDonald	60:05	8:00	52:05	11
24	Ian Miller	61:59	5:00	56:59	11

Thursday, 22nd May

Trail run around Lingfield. Start time 7pm from the Victoria Club

The route will be about 5 miles. I have a few ideas on where we can run and we can decide which to pick on the night.

Tuesday, 27th May

May Race 2. The 3nd Club Handicap race

Meet on Racecourse Road, opposite the racecourse entrance

Start Time: 7pm, for the slowest runners

The distance is similar to May Race 1, about 4.5 miles and a mix of footpaths/trails and pavements/quiet roads. The slowest runners will start first, at 7pm. The faster runners can expect a handicap time of about 20 minutes. The route map can be seen on the club website, using this link https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/04/2024-MAY-RACE-2-ROUTE.pdf

If you are driving to the event, please park at or near to the Victoria Club and jog down to the start, on Racecourse Road, opposite the racecourse entrance.

For info, there are nine Club Handicap races over the year and there is a trophy for the highest scoring woman and man, over the nine races. Points are awarded, based on finish position. The best six scores from the nine races are counted to decide who will win the trophies. The current points tables can be seen, via this link.

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 <u>organiser@lingfieldrunningclub.co.uk</u> or text me on 07925 195032.

What's coming up in June for Club run events

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



One May racer doesn't genuflect enough for the marshal's liking ...

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Lindfield 10K - 2025

Helen Davey

I decided to enter this because we are currently renting in Lindfield so it was an easy 34 mile walk to the start and those of you who know me well know "I'm a lazy runner!" in that I can't be bothered to travel to far for short races!! So ambling there for early number collection and then back home and returning later for the start suited me fine!

The first thing you need to know about this trail race is that it is not 10K – I registered 6.6 miles and my husband 10.7K so both the same distance! But no one wants to be cheated on distance.....! However do not expect a PB for that reason alone.

The race starts at the recreation ground in Hickman's Lane and is extremely well organised for number collection from 08.30. The route heads out on a footpath and then along a closed road before picking up a footpath again. There was a serious bottleneck shortly into taking this footpath at a kissing gate and you have no choice but queue unless you are at the front - which I definitely wasn't! There are a total of six kissing gates, two styles, two sections of very steep descending and ascending steps, multiple fallen branches or low branches you have to jump or duck (yes even I had to duck!). And there was a herd of extremely docile cows, very curious to survey this group of mad people running through their field, so decided to congregate at one of the kissing gates! The route includes a short section by the reservoir and through Ardingly College, before returning to Lindfield.

The paths were extremely rutted, but also one area of wet mud and multiple soft marshmallow-type mud so, if we had not had such dry weather preceding this race, it would be a mud bath in places....!

There were loads of friendly marshals encouraging you and keeping you on the right path at key areas so you couldn't get lost. Would I do it again – definitely as the views are really lovely, would I enjoy it as much if it had been raining on the day or very wet beforehand; well in truth probably not! But I was very happy to trot round in 1.11.18!



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Eyam Half Marathon Michelle Hollins



Sunday morning and it's time for my first race in the North of England.

Today was the day for the Eyam Half Marathon. Starting and finishing in this historic Plague Village of Eyam. Eyam was not a nice place to live in the period of 1665 to 1666 when the Bubonic Plague was rife. There is a gravesite where Elizabeth Hancock lost her husband and six of their seven children. The seventh child was on an apprenticeship in Sheffield at the time.

Eyam is full of interesting history with markers on houses denoting residences who died during the time.

There were three car parks altogether, each manned and directed expertly. The number collection was a sort walk away, with numerous toilets scattered about. The cafes and pubs were open, so opportunities to nip in there too. The race was a road race, not my favourite. It started off in the village market square.

The first two miles were uphill, climbing over 400 feet before the course kind of levels off for the next three miles ... but the word 'undulating' sprang to mind during this section. You run through the quaint little hamlets of Bretton and Abney. The next 4.5 miles are a real treat with over 800 feet of descent running towards Hathersage, giving you a false sense of security because, believe me, you want to keep some energy in reserve as what goes down must go up.

Here at miles nine to 11, we have the leg- and lung-sapping 800 feet climb, and did I feel it on my calves and glutes (note to self - must do more hill training). It's just over two miles before the route culminates in the final 400 feet and descending back to Eyam village.

I don't usually like road races but this was lovely, the scenery was outstanding: well it is Hope Valley in the Peak District after all. An expansive valley known for its stunning landscapes, mix of gritstone moors, limestone outcrops and deep cut dales. Lots of photo opportunities, so not a PB course for me, but a chance to be out in nature and beautiful landscapes.

There was no medal 😕 but never mind, it just gets stashed away somewhere. Instead is a nice t-shirt for a tenner or you can plant a tree instead, I did both.

So I crossed over the line in 2:00:52 not too shabby. 😉 187th out of 368 runners, 38th female and 4th in my age category. I had a great time. Fabulous organised, very friendly and a lovely atmosphere. Will I do it again? Yes, I think I might 😕



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Housey, housey success The Editor

Social Secretary, Sandra Ankers, launched the club's latest sporting venture last weekend – the mixed, combined bingo & fish and chip-eating team. Fourteen of the club's elite noshers staged a commando-style raid at Chequer Mead, winning five of the 14 cash prizes available, including both jackpots, for a total of £132. They also cleared out 13 portions of fish and chips and one sandwich (I'll leave it to Peter Phillips to explain what went wrong with his sausage and chips order, in a future edition).

Lisa and the Worsells (no, not a band from the Eurovision Song Contest) very kindly donated their winnings to charity Papyrus, a figure which Graeme and Susie were pleased to match. The Editor had a shout out for another winning line but, unfortunately, the rules of one game had changed while he was in the loo. His loud cry of 'bingo' was soon drowned out by even louder laughter. The picture below shows the delighted winners (except for Terri) shortly before they were chased out of the fire exit by angry regulars.

Congratulations, Sandra - I feel sure you will want to get the team back together if you can find another venue willing to accept the club's entries. The bingo team has already exceeded the quiz team's earnings for the year

And some thanks from our leader:

On Saturday 17th May fourteen of our members attended Chequer Mead Theatre for a post parkrun event with a bit of a difference; fish, chips and bingo; yes bingo!

In total we played eight games, aiming for either a 'line' or 'full house'. First win for the team was Lisa calling out with a 'line'; followed in successive games by 'line' calls from Graeme and Susie, and Dave.

Clearly on a roll now, eyes down, and up went successive jackpot 'bingo' calls from Graeme and then, on the final game, from Julie. Prizes galore!

Thank you to everyone who attended and I hope that you enjoyed a little bit of fun after parkrun.

Sandra



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And over the next two weeks

Editor

Highlighting events in the club <u>race calendar</u> for the next ten days. Please click on the link - will take you straight to the race calendar!

Today < > May - Jul 202	25 -
21 MAY, WED 6:45 - 7:45pm	LRC coaching (Fiona) East Court, College Ln, East Grinstead RH19 3LT, UK
22 мау, тни 🔹 7 – 8рт	Club run (trail with Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
24 MAY, SAT • 8 - 9am	Fox Trail 20k, 41k & 62k GU7 1EE, Great George St, Godalming GU7 1EE, UK
27 мау, тие • 7 – 8pm	Club May Race 2 (handicap series #3) Lingfield Park Racecourse, Racecourse Rd, Lingfield RH7 6PQ,
28 мау, wed 6:45 – 7:45pm 7:30 – 8:30pm	LRC coaching (Ian) Beach Run (WSFRL) east green litt
29 мау, тни 🔹 5 – 6рт	Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Anc
30 мау, fri 🔹 5 – 6pm	Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Anc
 31 MAY, SAT 9 - 10am 5 - 6pm 	Three Castles 50k ME1 1QN, Esplanade, Rochester ME1 1QN, UK Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Anc
1 јил, ѕил • 9 – 10am • 9 – 10am	Dorking 10 mile (GP/SRL event) Weybridge Half, 10k & 5k KT12 1AR, Bridge St., Walton-on-Thames KT12 1AR, UK
2 јин, мон • 7:30 - 8:30pm	L10s meeting Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3 јил, тие • 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 <u>editor@lingfieldrunningclub.co.uk</u>

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St. Piers SarRun Colour Run Scott McDonald

Young Epilepsy invites us to join them at the St Piers StarRun this year.

F Join us on Saturday 5th July at this year's StarRun. We are excited to announce that this year's theme is a colour run.



Run. Walk. Laugh. Get splashed in colour!

This fun 5K is for all ages and abilities – run, walk or dance your way around and enjoy a brilliant day out.

The st Piers Lane, Lingfield RH7 6PW

🕐 Reg opens: 11 AM | Run starts: 12 PM

Tickets:
 *Adults: £15
 *Children (5–16): £10
 *Under 5s: Free
 *Family ticket: £40
 St Piers Students pay £5 – Select St Piers Student ticket option
 St Piers/YE Staff pay £10- Select St Piers Staff ticket option

Expect colour blasts, food trucks, games, and loads of laughs 🌎 🖨 🌆

♥ All proceeds support St Piers School & College

Sign up now: <u>https://register.enthuse.com/ps/event/StPiersColourRun</u>

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Reminders from previous weeks

Summertime Relays Keith Chambers

Dear All,

There are some exciting relay events on the horizon.

Relay races are great team events; last year at the Tonbridge AC Relays we enjoyed an exciting evening, especially around the changeover and adjacent café, our top team finishing 24th of 94. It would be great to have some teams out again at both relays; details below.

If you are interested, please contact Liz or Keith and we'll coordinate team entries.

ladiescaptain@lingfieldrunningclub.co.uk

 $\underline{menscaptain@lingfieldrunningclub.co.uk}$

2nd Tonbridge AC Penshurst Midsummer Relays

Location: Penshurst Place, Tonbridge, TN11 8DG Wednesday 25th June 2025, Start time: 7:15pm Teams of 3 runners £21 entry fee per team, plus an additional £2 per person for non EA registered runners 4km multi-terrain course through Penshurst Place's beautiful parkland and grounds. 3 competitions within one race: male, female and mixed Download Course Map

1st Holland Sports Night of Relays

Location: Holland Sports, Mill Lane, Oxted, RH8 9DF

Thursday 10th July 2025, Start time: 7:30pm (Senior races) Teams of 4 runners £20 entry fee per team

Coming soon - the Longest Day run!

Lisa Compton

Think you could run one mile on the hour every hour for 12 hours? Well, ten of us did this last year, and we loved it so much that we're planning on doing it again. But this time with an option of increasing this to 24 in 24 – yes, that's right, 1 mile on the hour every hour for 24 hours. Easy, right?

Then come and join us on the summer solstice weekend on 21st / 22nd June 2025. There will be a group start at 8am on Saturday 21st at East Court, with every mile run together until 11am, after which we'll go our separate ways to run each mile wherever we choose, before meeting up again in the evening for mile 12. Those people running 24 miles then have the option to camp at Keith's for some company for the overnight miles. Alternatively, you can run each mile individually, a route of your choice.

This is not a race or a competition – it's just for fun! However, if you want to submit your mile times, we'll produce a log of everyone's splits. There is also an option to sign up to the virtual version of the Phoenix longest attended day event, submit times to them and receive a fabulous medal through the post a few days later.

Please let us know via the 'LRC Run Finder' WhatsApp group if you're planning on participating – although there's no need to commit yet, it would be helpful to know numbers for the overnight stay option.

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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 <u>Facebook</u> or the club website '<u>calendar</u>' on the day itself, for any session details and any changes in venue.

THE END

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