



## **Newsletter**

**Wednesday 28 May 2025**

## **Contents**

- [Lingfield's weekly racing round up](#)
- [Summer social update - Scott and Sandra](#)
- [Weekly club runs - Gary Spring](#)
- [Edinburgh Half - Terri Scott](#)
- [And in the next two weeks](#)
- [Does protein make you gain weight - Runner's World](#)
- [From TikTok to the track - The Guardian](#)

## **Reminders**

- [LRC coaching sessions - Editor](#)

***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](mailto:editor@lingfieldrunningclub.co.uk).**

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### **Lingfield's Racing Roundup**

Hello everyone.

We had a knockout 51 members at parkrun last Saturday in 12 locations: East Grinstead (29), Bushy (1), Edenbrook Country (1), Hoglingwell (1), Kingston (1), Malling Rec (1), Mura di Lucca (2), Reigate Priory (1), Sizewell (2), Squerryes Winery (1), Tilgate (4) and Wakehurst (7).

Particular congratulations to **Lenard Binuagan** and **Sally Alexander** (first places at East Grinstead), **Dan Celani** (second at Wakehurst) and **Aly Warner** (third woman at Hoblingwell). And it's good to see **Sally Skipper** back to parkrun again!

What would I do without **Scott Ulatowski**'s Facebook posts? Last Saturday he told us that **Tom Harvey** was running the UK Ultra South Downs 2025 - 100 Miles, from Queen Elizabeth Country Park to Eastbourne. When I first checked in, Tom was having a ding-dong battle with Calum MacDonald of Kent AC as they left Goodwood racecourse after 45km. Either that or they were running together chatting; it's hard to tell unless their pings are synchronised.

By the time I went to bed, he'd lost Rory and by the time I woke up, he'd finished the race in 17.46.44. This was a new course record breaking (his own) previous record by almost one hour. He won, of course! Great role played by his support crew, Mr Ulatowski, too. Fifty-nine started the run, just 30 finished.

**Terri Scott** ventured north to Scotland on Sunday to run in the high-quality Edinburgh Half marathon. She completed this in a strong time of 2.04.05. The race winner was Sean Chalmers (Aberdeen AC) in 1.04.59, and first woman was Stella Cross (Wetherby Runners) in 1.19.02. From [your report](#), sounds like it was a good weekend.

By some oversight, **Aly Warner** forgot to let us know that she went to Latvia and ran the Rimi Riga Marathon on 18 May. But I can now tell you that Aly completed the race in a time of 4.03.55, just 22 seconds slower than her run in Zurich earlier this year. Melikhaya Frans was first in 2.13.20 and first woman was Ayantu Tadesse in 2.28.24. Well done, Aly.

Both Grand Prix and Surrey Road League points are up for grabs on Sunday, at the Dorking 10-mile race. It's also the Surrey County 10-mile Championship event. Just a reminder

that to get points for these events this year, you must be entered as running for Lingfield and not your other club (if you have one). Best of luck to everyone, on what looks like being a day of decent weather.

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

**24-May-25**

**51 LRC parkrunners**

**Median 58.67%**

	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>
<a href="#">East Grinstead</a>	823	1	Lenard BINUAGAN	00:19:56	66.14%	PB
98 runners		4	James KILFIGER	00:21:18	69.80%	
		5	Sally ALEXANDER	00:21:38	79.43%	
		12	Nick KEEN	00:23:34	60.18%	
		15	Sarah BEGLEY	00:24:07	62.20%	
		19	David WADDINGTON	00:24:24	55.53%	
		29	Ben HORNER	00:25:59	51.31%	
		31	David WORSELL	00:26:23	56.79%	
		34	Ian WATKINS	00:27:17	61.45%	
		38	Chris RANCE	00:27:57	54.08%	
		39	David WATKINS	00:28:08	58.53%	
		40	Isla GREENAWAY	00:28:09	52.58%	
		41	Ian GREENAWAY	00:28:12	54.02%	
		47	Harold BURR	00:29:11	44.95%	
		48	Helen DAVEY	00:29:13	67.37%	
		49	Darija SPARKES	00:29:14	55.99%	
		50	Judith CARTLEDGE	00:29:20	68.07%	
		52	Michele EDWARDS	00:29:28	66.80%	

		54	Nevenka WORSELL	00:30:00	57.28%
		59	Miranda CHITTY	00:30:30	60.16%
		63	Hannah CARTLEDGE	00:31:03	47.72%
		73	Emma FORBES	00:33:42	44.91%
		81	Keith CHAMBERS	00:35:29	47.72%
		83	Theresa DONOHUE	00:37:19	49.84%
		92	Martin PAYNE	00:50:14	34.70%
		93	Simon COOK	00:50:19	31.07%
		95	Sandra ANKERS	00:51:38	46.97%
		96	Kath GARRIDO	00:51:39	48.69%
		98	Judy HAYLER	01:02:38	31.43%
<a href="#">Bushy</a>	75	601	Sue GARNER	00:26:58	94.99%
1,458 runners					
<a href="#">Edenbrook Country</a>	285	26	Steve ACKROYD	00:20:31	70.19%
478 runners					
<a href="#">Hoblingwell</a>	783	25	Aly WARNER	00:25:54	63.96%
83 runners					
<a href="#">Kingston</a>	171	7	Jeremy GARNER	00:18:04	82.29%
394 runners					
<a href="#">Malling Rec</a>	751	48	Lisa COMPTON	00:25:41	85.27%
153 runners					
<a href="#">Mura di Lucca</a>	n/a	4	Simon PETITT	00:19:02	68.13%
125 runners		120	Helen PETITT	00:49:35	29.88%

<a href="#">Reigate Priory</a>	697	22	Harry RAFFAITIN	00:21:23	60.33%	
376 runners						
<a href="#">Sizewell</a>	460	60	Steve WARNER	00:31:00	56.24%	
95 runners		90	Marie WARNER	00:42:39	48.26%	
<a href="#">Squerryes Winery</a>	635	33	Lucy WILKES	00:24:31	64.79%	
149 runners						
<a href="#">Tilgate</a>	474	75	Nick CHAMPNESS	00:25:21	57.73%	PB
464 runners		118	Fiona CHAMPNESS	00:26:48	63.31%	
		160	David NOTTIDGE	00:28:41	60.78%	
		249	Sarah FERGUSON	00:31:58	48.12%	
<a href="#">Wakehurst</a>	281	2	Dan CELANI	00:18:40	75.98%	
316 runners		7	Dan OPPE	00:20:13	68.51%	
		12	James WILLIS	00:20:49	69.74%	
		30	Andrew SENIOR	00:22:56	60.90%	PB
		254	Carole BARNES	00:37:45	58.98%	
		272	Sally SKIPPER	00:39:14	58.67%	
		284	Robin MAYER	00:42:27	46.33%	

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*Thanks to Scott Ulatowski for the pictures*

[Back to top](#)

### **LRC Summer Social** **Scott McDonald & Sandra Ankers**

Hello everyone, the club summer social gathering is coming round fast. It's on Sunday 13th July 2025, 2pm - 5pm at Lingfield Sports Association ( LSA) on Godstone Road.

Dee has kindly advertised it on FB with a selection of options, please take a few seconds to vote on your preference. You are welcome to bring partners, children, friends, four-legged friends etc. This will be our fourth year at the LSA; it's a nice venue, with cheap-ish bar, car parking, and an opportunity to play a game of rounders or just enjoy a bit of socialising.

To make it happen we need to know how many of you are going to attend. Cut-off date for attending will be Saturday 5th July. This allows for final numbers to be either given to a caterer or for Sandra to purchase the food for our own BBQ.

If you don't want to eat, then please feel free to bring your own picnic or just come for a few drinks: all are welcome, but we still need to know the numbers. As a reminder please note that the only drinks that can be consumed are those from the

LSA bar.

If you are attending then please respond to Dee's FB post or e mail me on [scottkmcdonald64@gmail.com](mailto:scottkmcdonald64@gmail.com)

Updates such as final costs will be made on FB and the newsletter once we get a better idea of numbers attending. Any donations of home baking will be gratefully received for dessert!

Many thanks, Sandra & Scott.

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[Back to top](#)

### **Weekly club runs** **Gary Spring**

#### **Tuesday, 27<sup>th</sup> May – May Race 2 report**



*Photo courtesy of me!*

Taking into account that it was half-term and the dire weather predictions for the time of race, I think we did well to get 22 runners for May Race 2. We also had eight marshals out on the course and two Start/Finish officials. Many thanks to Kath Garrido, Charlotte King, Karen Wells, Carole Barnes, Graeme Bennett, Robert Healey, Ian Greenaway and Robin Mayer for doing a great job in 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 Sue



Garner for getting the runners to the start at the right time. We also had Trevor Crowhurst in attendance again to make sure proceedings were in order.

The results are shown below, where Sarah Begley took first position with an impressive time, close to the fastest runners of the day. A re-calibration is already in progress for Sarah's next Handicap Time! Ian Miller, however, defied my prediction for his finish time and now has two maximum scores towards the Men's Handicap Trophy. Fortunately, he wants to marshal the next Handicap race, which will give the men a chance to catch him up. Judith Cartledge leads the points for the Ladies, obviously wanting to hang on to the Handicap Trophy she won last year, though daughter, Hannah, is staying in close attendance again, in 2<sup>nd</sup> place. The latest points tables can be found using [this link](#).

### Results from May Race 2

Position	Name	Clock Time (mins:secs)	Handicap Time (mins:secs)	Actual Time (mins:secs)	Points
1	Sarah Begley	49:35	17:30	32:05	20
2	Ian Miller	49:57	0	49:57	20
3	David Waddington	50:48	17:30	33:18	19
4	Nevenka Worsell	51:09	9:00	42:09	19
5	Fiona Champness	51:33	15:30	36:03	18
6	Chris Rance	51:41	11:30	40:11	18
7	Amy Hodge	51:46	0	51:46	17
8	Vernon Given	52:06	20:00	32:06	Guest
9	Judith Cartledge	52:35	13:00	39:35	16
10	Maggie Statham-Berry	52:43	16:30	36:13	15
11	Darija Sparkes	52:47	13:00	39:47	14
12	Nick Champness	52:54	17:00	35:54	17
13	Brandon Webb	53:34	21:00	32:34	16
14	David Worsell	53:42	19:00	34:42	15
15	David Watkins	54:07	14:00	40:07	14
16	Miranda Chitty	54:18	9:00	45:18	13
17	Scott McDonald	54:39	8:00	46:39	13
18	Hannah Cartledge	54:58	13:30	41:28	12
19	Sally Alexander	54:59	23:00	31:59	11
20	Dan Oppe	55:07	23:00	32:07	12
21	Lucy Wilkes	55:25	15:30	39:55	11



**Thursday, 29<sup>th</sup> May**

No planned evening Club Run this Thursday

Ian Watkins and I am recceing the route for next Tuesday's Club Run, this Thursday morning. If anyone is interested in joining us, we're starting from the Three Crowns, Ashurst Wood, at 9:30am. More details of the route, below.

**Tuesday, 3<sup>rd</sup> June**

**Club Run in Ashurst Wood**

Meet at The Three Crowns, Hammerwood Road, Ashurst Wood.

Start Time: 7pm

Ian Watkins will be leading this run. The route is mainly trails/footpaths, about 5.5 miles in distance and a tad hilly. There should be sufficient parking space on Hammerwood Road, plus also the pub car park, if you're stopping at the pub for a post-race refreshment.

**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 email either [membershipsecretary@lingfieldrunningclub.co.uk](mailto:membershipsecretary@lingfieldrunningclub.co.uk) or [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) or text me on 07925 195032.

**What's coming up in June for Club run events**

Tuesday, 10<sup>th</sup>: Co-hosted run with Oxted Runners, in Oxted

Tuesday, 17<sup>th</sup>: Handicap Race #4. May Race 4

Tuesday, 24<sup>th</sup>: Pub Run at Forest Row

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[Back to top](#)

**Edinburgh Half Marathon 2025 ... highly recommend 5 ★**

**Terri Scott**

Staying over with friends we had a two-mile walk to the start. Dodged the skanky portaloos and used the Edinburgh Uni toileting facilities (which 40,000 others weren't aware of!) Baggage drop all good and a wee staun' in the sun before the well-organised colour start.

It was meant to be 8° and rain ... but for the 8 a.m. start we had a scorchio 11° and sun! Unfortunately, my friend had to pull out at three miles and got the bus home as his Achilles injury played up. It was a gorgeous scenic run along the seafront and into Musselburgh and not too painful for me.

The hardest bit was the last 2.5 miles with a head wind. Lots of crowd support, especially the last mile. Gel/water/toilet stations all well organised and a quick bag pickup for my fabi T-shirt, medal and drawstring bag. Pleased with my result of 2:04:05.

Fantastic route :

[https://www.myrunning.uk/emf-halfmarathon-2025/route-map?return\\_to=%2Fhome%23entry-1557224&entryId=1557224](https://www.myrunning.uk/emf-halfmarathon-2025/route-map?return_to=%2Fhome%23entry-1557224&entryId=1557224)

PB guaranteed if you train hard enough!! 🤔🤔🤔

Spoke to a marathon runner on my flight home...that was a different story ... by the time they started, the wind had picked up and it was raining cats, dogs'n bears! Poor guy was crying, walking into hailstones for three miles! I asked if he'd do it next year...he started to greet\*\* again!

P.S. There's this too:

<https://vimeo.com/1087559058?&signup=true#> =

I've asked (on club FB page) if anyone want to run the hairy haggis relay, but no takers yet!

*\*\* for our English readers; this means to weep...heartily!*



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[Back to top](#)

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 – Jul 2025 ⓘ		
28 MAY, WED	6:45 – 7:45pm	LRC coaching (James) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX
	7:30 – 8:30pm	Beach Run (WSFRL) east green litt
29 MAY, THU	9:30 – 10:30am	Club recce run - Gary & Ian Three Crowns, Ashurst Wood, East Grinstead RH19 3TH, UK
	5 – 6pm	Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Andorra
30 MAY, FRI	5 – 6pm	Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Andorra
31 MAY, SAT	9 – 10am	Three Castles 50k ME1 1QN, Esplanade, Rochester ME1 1QN, UK
	5 – 6pm	Everesting Ordino Ordino Arcalís estación de esquí, Edifici Hortell, Ctra. d'Arcalís, AD300 Ordino, Andorra
1 JUN, SUN	9 – 10am	Dorking 10 mile (GP/SRL event)
	9 – 10am	Weybridge Half, 10k & 5k KT12 1AR, Bridge St., Walton-on-Thames KT12 1AR, UK
2 JUN, MON	7:30 – 8:30pm	L10s meeting Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3 JUN, TUE	7 – 8pm	Club running (Ian W) Three Crowns, Ashurst Wood, East Grinstead RH19 3TH, UK
4 JUN, WED	6:45 – 7:45pm	LRC coaching (Terri)
	7:30 – 8:30pm	Trundle View (WSFRL) PO18 OPS, Chichester PO18 OPS, UK
5 JUN, THU	6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
	8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
7 JUN, SAT	All day	SheRaces Trail run Surrey Sports Park, Richard Meyjes Rd, Guildford GU2 7AD, UK
8 JUN, SUN	9 – 10am	Brighton 10 Black Rock Station, Madeira Dr, Brighton Marina, Brighton and Hove, Brighton BN2 1FY, UK
	9:30 – 10:30am	Run Wisborough 5k/10k RH14 OBN, Butts Mdw, Wisborough Green, Billingshurst RH14 OBN, UK
10 JUN, TUE	7 – 8pm	Club run - with Oxted Runners Oxted RH8, 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](mailto:editor@lingfieldrunningclub.co.uk)

[Back to top](#)

**Does protein make you gain weight?**

**Runner's World**

Essential for runners, protein helps your muscles to recover and repair after each workout – but can a protein-packed diet also affect the number on the scales?

By [Rachel Boswell](#)



Even if you're not (yet) a runner, it's vital that you include enough protein in your diet. A non-negotiable nutrient, protein is what your body needs for maintenance, growth and repair – and if you run regularly and lead an active lifestyle, it's especially important that you take on sufficient protein to sustain your training routine.

Protein helps tissues such as your muscles, bones and cartilage to recover and rebuild after your workouts and it creates the enzymes and hormones that are necessary for a healthy immune system. As such, consuming an ample amount of protein can help you to boost your running performance while dodging the risk of injury and illness.

But how much protein is too much? Can a protein-rich diet lead to weight gain? Here's what you need to know about protein consumption for runners.

[Read full article](#)

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[Back to top](#)

**From TikTok to the track: Gen Z are driving running's third great boom**

**The Guardian**



*There are 349,000 more runners in England in 2024 compared to 2023 and the rise has almost entirely been fuelled by women. Photograph: Moof/Getty Images/Image Source*

At the heart of running's unprecedented explosion in popularity is the digitally native generation making the sport fashionable, communal and more diverse than ever

Hear that sound? It is the fingertips of Gen Z scrolling through Instagram reels and TikToks. The pings of card readers as more stylish gear leaves the shelves. The drumbeat of cushioned soles on pavements up and down the country. But, most of all, it is the noise of the jaws of the smartest people in sport crashing to the floor. Because, suddenly and entirely unexpectedly, we are in the third great running boom, one that almost nobody saw coming and powered almost entirely by Gen Z, particularly women.

[\*Sean Ingle\*](#)

Tue 27 May 2025 08.00 BST

[Read the full article](#)

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[Back to top](#)

**Reminders from previous weeks**

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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**

[Back to top](#)