



## **Newsletter**

**Wednesday 4 June 2025**

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## **Reminders**

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***Welcome to new member, Iain Scotland, 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.

Despite the heat, humidity and the proximity of the Dorking 10, we had a very good turnout of 47 members at parkrun last Saturday in 12 locations: East Grinstead (24), Bethlem Royal Hospital (2), Broadwater (1), Fulham Palace (1), Hove Promenade (2), Mallong Rec (1), Nonsuch Park (1), Queen Elizabeth's Grammar School (1), Riddlesdown (2), Tamworth Castle Grounds (1), Tilgate (2) and Wakehurst (9).

Particular congratulations to first place finishers **James Caffrey** (Tamworth CG) and **Dan Celani** (Mallong Rec), and to **Lucy Wilkes** and **Lenard Binuagan** (second and third places at East Grinstead). And, finally, to **Lisa Compton** for her highest ever age grading of 91.82!

Belated news in ... **Paul McCarthy** ran the Dorney Lake 10k on 25 May, while Terri was up in Scotland doing the Edinburgh Half. He finished in 1:03:14...another pb. Great stuff, Paul. Race winner was Perrine Grisillon in 34.01 and (wait for it) first man was Andrii Sochka (Kolomyia Running Club) in 34.04.

Just seven members chased the points (and county Champs. glory) at the Dorking 10-mile road race last Sunday. **James Kilfiger** led them home in a PB time of 1.07.13, with **Sally Alexander** just three places and 23 seconds behind him! These are all members' times and thanks to Sally for [her report](#) on the event.

118	James Kilfiger	01:07:13
121	Sally Alexander	01:07:36
290	Maggie Statham-Berry	01:21:40
326	Lisa Compton	01:25:35
346	Ian Watkins	01:29:26
366	Sue Garner	01:33:00
DNF	Andrew Hindmarch	01:21:26*

*\* Andrew casts doubt on this official 'provisional' time as he jogged half the race after incurring an injury ... and didn't cross the finishing line.*

Holland Sports' Jack Kavanagh won the race in 50.22 and is Surrey Champion, as is Alice

Crane (Guildford & Godalming AC), first woman in 58.51. Also presented with age-group County Championship medals were **Maggie** (Silver – 40 seconds from a Gold) and **Sally** (Bronze). Great work, Lingfield, and what a shame Sally had to return the trophy a short time later!

After seven events in the [Open Grand Prix trophy](#) series, these results mean there are no changes to the leaders (**James Willis** and **Judith Cartledge**). But they now have different chasers breathing down their necks, in the shapes of **James Kilfiger** and **Sally Alexander**. In the [Surrey Road League](#) series, after three of the seven events, **James Kilfiger** and **Maggie Statham-Berry** maintained their leads.

Forfeiting their chances of County medals (and trophy points), by running in the Dorking Cockerel 10k, were **Dave Nottidge** (55.53) and (in one of his rare 10k road outings) **Steve Warner** (1.06.40). Well done, both of you and I (for one) would love to know what tempted Steve back onto the road. The winner of this race was Daniel Evans (Dorking & Mole Valley) in 34.55 and first woman was Katherine Golding (Hunters Bog Trotters – allegedly Edinburgh's finest and most friendly running club (!)) in 38.37.

Hot off the press ... the results of the [Vets AC 5k Champs](#). at Battersea Park last night. **Lisa Compton** had a great run to finish second in her category in 25.25. While I think Lisa was disappointed with her run after a great parkrun last weekend, she shouldn't be. We aren't machines, and it was her third 'race' in four days. Some of us can only dream of such things. Cue violins ....

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

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<b>31-May-25</b>		<b>47</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>58.31%</b>
	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>
<a href="#">East Grinstead</a>	823	3	Lenard BINUAGAN	00:20:09	65.43%
144 runners		5	Nick KEEN	00:21:11	66.96%
		8	James KILFIGER	00:21:44	68.40%
		13	David WORSELL	00:23:40	63.87%
		19	Tim MARTIN	00:24:31	59.69%
		22	Simon PETITT	00:25:07	51.63%

		24	Ben HORNER	00:25:27	52.39%
		26	Lucy WILKES	00:25:40	61.88%
		40	Karen WELLS	00:27:19	66.26%
		42	Judy HAYLER	00:27:25	71.79%
		53	Sophie DAVIS	00:28:31	53.95%
		56	Helen DAVEY	00:28:38	68.74%
		64	Michele EDWARDS	00:29:25	66.91%
		68	Nevenka WORSSELL	00:29:53	57.50%
		70	Harold BURR	00:30:15	43.36%
		82	Helen PETITT	00:31:16	47.39%
		94	Isla GREENAWAY	00:32:52	45.03%
		95	Steve WARNER	00:33:04	52.72%
		97	Emma FORBES	00:33:14	45.54%
		108	Sarah FERGUSON	00:34:15	44.91%
		136	Sandra ANKERS	00:47:09	51.43%
		140	Ian WATKINS	00:59:39	28.11%
		142	Miranda CHITTY	00:59:44	30.72%
		144	Keith CHAMBERS	01:02:27	27.12%
<a href="#">Bethlem Royal Hospital</a>	718	37	Ian GREENAWAY	00:25:16	60.29%
136 runners		112	Theresa DONOHUE	00:34:47	53.47%
<a href="#">Broadwater</a>	668	194	Aly WARNER	00:29:58	55.28%
336 runners					
<a href="#">Fulham Palace</a>	361	58	Harry RAFFAITIN	00:21:32	59.91%
660 runners					
<a href="#">Hove Promenade</a>	23	287	Lisa COMPTON	00:23:51	91.82%
904 runners		822	Lynda WILLMENT	00:35:29	53.92%

<a href="#">Malling Rec</a>	751	1	Dan CELANI	00:18:40	75.98%
155 runners					
<a href="#">Nonsuch Park</a>	341	8	Jeremy GARNER	00:18:31	80.29%
1,004 runners					
<a href="#">Queen Elizabeth's Grammar School</a>	n/a	6	Steve ACKROYD	00:20:01	71.94%
197 runners					
<a href="#">Riddlesdown</a>	701	25	David WADDINGTON	00:23:24	57.91%
236 runners		197	Carole BARNES	00:37:22	59.59%
<a href="#">Tamworth Castle Grounds</a>	228	1	James CAFFREY	00:18:01	76.87%
370 runners					
<a href="#">Tilgate</a>	474	144	David NOTTIDGE	00:28:00	62.26%
495 runners		356	Mike LOTHIAN	00:36:55	50.47%
<a href="#">Wakehurst</a>	281	12	Dan OPPE	00:19:59	69.31%
434 runners		18	Daniel PIKE	00:20:39	70.86%
		133	David WATKINS	00:26:57	61.10%
		156	Judith CARTLEDGE	00:27:37	72.30%
		183	Hannah CARTLEDGE	00:28:37	51.78%
		198	Simon COOK	00:29:10	53.60%
		214	Martin PAYNE	00:29:54	58.31%
		338	Paul EVANS	00:39:13	42.75%
		371	Robin MAYER	00:42:24	46.38%

## **Lingfield RC Runners take on the 'Dorking Duo'**

**Sunday 1<sup>st</sup> June 2025**

**Sally Alexander**



***James, Vernon, Andrew, Sally, Ian, Lisa, Sue, Maggie, Dave and Steve glasses off and glowing in the after-sun of their run!***

***(Two photographs, naturally, as someone is always missing !!!)***

The sun shone for our runners on Sunday who set off for the picturesque Brockham to compete in the Dorking 10M (the next Grand-Prix event and part of the Surrey Road League Championships) and the Dorking Cockerel 10K races.

The races began on the village green of Brockham, surrounded by wisteria-clad cottages and the all-important village pub. The routes (made up of either one large single-loop or one short and one long loop) meander along quiet country lanes flanked by hedgerows, fields and a wide vista of the Surrey Hills. Don't be fooled into thinking the course was easy. With the heat of the day quickly rising and incessant long, hilly drags, everyone had to dig deep to complete their chosen distances.

In true LRC style, our runners all made their mark in a very competitive field, crossing the finish line with determination and style! James Kilfiger led the way to the finish line with Sue Garner, Lisa Compton, Maggie Statham-Berry and Dave Nottidge coming in the top seven for their respective age categories.

Maggie's very strong run was rewarded with the overall second-place age-category medal and Surrey Road League Championship medal and I managed to scoop the overall third-place age-category medal (I relinquished the county medal upon discovering that I didn't qualify for it, having not been born or living in Surrey - oops!)

Our accolades did not stop there as our women's team came eighth overall, and Steve Warner was awarded a spot prize (wine tasting for two at Denbies').

The highlight of the morning was spotting Sophie Raworth who not only started the race but also competed in the 10M event herself. Many of you will know the news broadcaster's long list of marathon successes, but you may not be aware she also took on and completed the infamous Marathon des Sables in 2018.

I do have to apologise to Andrew Hindmarch, who kindly asked how my 'tripping' was going while waiting near the start line. A few moments of discussing the perils of running so it was fresh in our minds, resulted in Andrew sadly taking a tumble on the concrete just a few miles into the race. Despite, ending up in the medical tent where his blooded knees were treated, Andrew was back on the finish line cheering us in.

Congratulations to everyone who competed, making for a great start to the June events season.

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## **Weekly club runs**

**Gary Spring**

### **Thursday, 5<sup>th</sup> June**

Sorry, no planned run from me on this evening. I have the onerous task of trying to remember things like how many of the world capitals start with 'J' etc, at the Star Quiz.

If anyone wants to organise a run this evening, please advertise it on LRC Runfinder. Normal service should resume on the following Thursday, 12<sup>th</sup> June.

### **Tuesday, 10<sup>th</sup> June**

#### **Joint Club run with Oxted Runners, in Oxted**

Start time: **7:15pm** (to give you extra time to get there)

Meet at Limpsfield Fitness car park, Limpsfield High St.

RH8 0DG



***Photo, showing entrance, leading to Limpsfield Fitness car park (opposite the church)***

Oxted Runners will be hosting this run, with a trail route, likely to be on Limpsfield Chart, about five miles in distance. As in previous years, there will be different pace leaders, so you will be able to run at a pace that is comfortable for you.

As an extra feature to the run itself, we will be drawing the name for the 2026 London Marathon place from the LM volunteer group, before we start the run, because the candidates come from both clubs. Good luck to Laura, Sarah, Terri, Daniel, Matthew and Paul!

#### **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**

(more details to follow)

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

If you are available to help marshal this event, (from about 7pm to 8pm) please contact me by email at [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) or text me on 07925 195032.

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

## **2025 LRC Quiz spot**

**Gary Spring**

### **Puzzle 5 answers**

We had two fully correct answers for the May Puzzle; congratulations to Lucy Wilkes and Debbie Wilkes. Judy Hayler had a partially-correct entry, so takes third place.

The colour theme was related to Trivial Pursuit and the colours associated with the following topics: History (Yellow), Entertainment (Pink), Sport & Leisure (Orange), Art & Literature (was Brown, now Purple), Science & Nature (Green) and Geography (Blue),

The parkrun locations were:

#### **YELLOW (History)**

- |          |        |
|----------|--------|
| 1. Spiro | AGNEW  |
| 2. Clyde | BARROW |

#### **PINK (Entertainment)**

- |             |            |
|-------------|------------|
| 3. Harrison | FORD       |
| 4. Don      | WARRINGTON |

#### **ORANGE (Sport & Leisure)**

- |          |            |
|----------|------------|
| 5. David | BEDFORD    |
| 6. Teddy | SHERINGHAM |

#### **WAS BROWN, now PURPLE (Art & Literature)**

- |            |           |
|------------|-----------|
| 7. Lady    | BRACKNELL |
| 8. Captain | HASTINGS  |

#### **GREEN (Science & Nature)**

- |          |         |
|----------|---------|
| 9. Roger | PENROSE |
|----------|---------|

#### **BLUE (Geography)**

- |          |          |
|----------|----------|
| 10. Lake | VICTORIA |
|----------|----------|

### **PUZZLE 6**

We're sticking with parkrun locations for the answers to Puzzle 6. In this puzzle, the

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

For info, a Spoonerism is where the initial sounds or letters of two or more words, are transposed. I've taken the liberty to extend this to include syllables, where a parkrun location only has one word. And as you can see from the examples, below, I've liberally used homophones and homonyms to make the answers work.

Here are some examples:

A. CLUE: Gag on Dutch cheese, (gives you, **Pun Gouda**),

ANSWER – GUNPOWDER

2. CLUE: Master second character, (gives you, **Learn B**)

ANSWER - BURNLEY

3. CLUE: Take criminal across the river, (gives you, **Ferry Hood**)

ANSWER: HEREFORD

Here are the clues for Puzzle 6.

1. Heather's family
2. Lisped falsehoods with fluttering eye
3. Assertive Howl
4. Honest French good
5. Clear urine
6. Eaten and disinterested
7. Respectable complaint
8. Mound of computer devices
9. Dressed like a Scot with money
10. Beat shiny jewellery

Your answer should be the parkrun name.

The closing date for Puzzle Number 6, is Midnight, 30<sup>th</sup> June. Send your solutions to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

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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

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Jun – Jul 2025

4 JUN, WED

6:45 – 7:45pm

LRC coaching (Terri)

East Court, College Ln, East Grinstead RH19 3LT, UK

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

8:45 – 9:45am

Worthing 10k

Worthing Promenade, 70 Marine Parade, Worthing BN11 3QB, UK

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

7:15 – 8:15pm

Club run - with Oxted Runners

Limpsfield Fitness, The Pavilion, Glebe Meadow, Limpsfield, Fitness

11 JUN, WED

6:45 – 7:45pm

LRC coaching (Keith)

15 JUN, SUN

8 – 9am

Buchan (not Brighton) Marathon

Buchan Country Park, Horsham Rd, Crawley RH11 9HQ, UK

10 – 10:30am

Midsummer 10k

Cross In Hand Village Hall, Lavender Cottage, Cross in Hand, Heathfield TN21 OSN, UK

16 JUN, MON

7:30 – 8:30pm

L10s meeting

Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

17 JUN, TUE

7 – 8pm

Club running (May race 4)

Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

18 JUN, WED

6:45 – 7:45pm

LRC coaching (Keith again)

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)

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## Looking for a new owner

Gary Spring

As a possible new feature of our newsletter, we're trialling a way to offer your 'previously-owned' running kit to other members.

First off the block is Graham Bradbury, who wishes to hand on a pair of running spikes.



They are Men's, size 6 UK, 40.5 Euro. – just what you need to stay upright on a muddy Lloyds Park XC! Graham is happy to give these away to anyone who wants them.

If you are interested, send an email to [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) and I will pass this onto Graham.

If you have any running kit that you no longer need, but has useful life left, please consider either posting it on the newsletter or offer it to our Pre-loved CIC box, which will reach a wider audience. See the article about the Pre-loved box in [this newsletter](#).

For now, please send details of what you want to sell/give away to [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk)

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### **Reminders from previous weeks**

### **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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### **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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