



## **Newsletter**

**Wednesday 11 June 2025**

## **Contents**

- [Lingfield's weekly racing round up](#)
- [Weekly club runs - Gary Spring](#)
- [Chinley 3 Peaks Challenge - Michelle Hollins](#)
- [And in the next two weeks](#)
- [Never think you're too old - The Guardian \(via Steve Warner\)](#)

## **Reminders**

- [LRC June quiz - Gary Spring](#)
- [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).**

**Follow us via**





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

Hello everyone.

Another very good turnout of 47 members at parkrun last Saturday in 12 locations: East Grinstead (23), Chippenham (1), Fulham Palace (1), Hoblingwell (2), Hove Promenade (1), Ifield Mill Pond (1), Mensola (1), Nonsuch Park (1), Shepton Mallet (1), Tilgate (4), Victoria Dock (1) and Wakehurst (10).

Particular congratulations to first place finishers **James Caffrey** (East Grinstead) and **Sally Alexander** (Mensola), and to second-placed **Lucy Wilkes** (East Grinstead) and **Dan Celani** (Victoria Dock). And to **James Kilfiger**, third with a PB at East Grinstead.

**Ben Ashmore** and **Darija Sparkes** ran the Weald Challenge Half Marathon on Sunday. This starts and finished in Chiddingly, and the route is based around parts of the Wealdway and Vanguard Way. So it is not an easy one. Ben finished 69<sup>th</sup> in 1.55.02 and Darija (in East Grinstead Runners guise) 203<sup>rd</sup> in 2.34.35. Very well run, both of you. The Army's Max Walker was first in a time of 1.25.47 and first woman was Gina Wilkinson (Lewes AC) in 1.41.02. There were 312 runners.

On June 1st, northern rep. **Michelle Hollins** completed the Chinley 3 Peaks Challenge. She describes the day later on, in what will be her last report as a club member! I am still prepared to accept her occasional notes, though, so don't worry too much. This event was over an approximate distance of 9.5 miles (15k), starting and finishing at the Old Hall Inn, Whitehough, Chinley. If there were any official results, I've yet to find them.

Last week, I wondered how come **Steve Warner** had resumed road running in Dorking. Steve has kindly explained how it all came about:

*"I have been struggling with my fitness this year due to injuries and a fall causing more injuries, so have only really been doing parkruns (and some of those were walks). My daughter and her partner entered the (Dorking) 10-mile race along with a few of her Ranelagh club mates and planned to have a lunch to celebrate their birthdays, so we said we would join them. I then thought it would be a shame to miss the opportunity for a run in a nice location. I had only managed 8km max up to then, so thought I would be walking at some point, so was very pleased when I managed to run the whole distance. Hopefully I will manage to make it to other events this year."* Let's hope so, Steve, and thanks for the update.

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.

Next week's edition will be published later than usual due to holiday commitments.

Editor

---

<b>07-Jun-25</b>		<b>47</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>59.51%</b>	
	<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	James CAFFREY	00:19:21	71.58%	
96 runners		3	James KILFIGER	00:20:40	71.94%	PB
		7	Nick KEEN	00:21:31	65.92%	
		10	Lenard BINUAGAN	00:22:18	59.12%	
		14	Andrew SENIOR	00:23:47	58.72%	PB
		15	Michael MANWILL	00:24:30	60.20%	
		19	Lucy WILKES	00:25:07	63.24%	PB
		20	Ben HORNER	00:25:11	52.95%	PB
		23	David WORSELL	00:25:24	59.51%	
		27	Keith CHAMBERS	00:26:10	64.71%	
		28	Nick CHAMPNESS	00:26:13	55.82%	
		33	Wendy SMITH	00:27:07	67.67%	
		35	Judy HAYLER	00:27:31	71.53%	
		40	Ian GREENAWAY	00:28:07	54.18%	
		41	Isla GREENAWAY	00:28:07	52.64%	
		50	Judith CARTLEDGE	00:28:55	69.05%	
		52	Darija SPARKES	00:28:58	57.19%	
		53	Harold BURR	00:28:59	45.26%	
		55	Michele EDWARDS	00:29:22	67.03%	
		59	Nevenka WORSELL	00:29:51	57.57%	

		67	Catherine WILSON	00:32:03	52.31%	
		82	Theresa DONOHUE	00:37:20	49.82%	
		90	Ian WILSON	00:47:48	38.98%	
<a href="#">Chippenham</a>	529	145	Helen DAVEY	00:28:04	70.13%	
300 runners						
<a href="#">Fulham Palace</a>	361	35	Harry RAFFAITIN	00:20:54	61.72%	PB
493 runners						
<a href="#">Hoblingwell</a>	783	42	Steve WARNER	00:30:40	56.85%	
93 runners		80	Marie WARNER	00:44:50	46.62%	
<a href="#">Hove Promenade</a>	23	256	Sue GARNER	00:26:41	96.00%	
529 runners						
<a href="#">Ifield Mill Pond</a>	362	77	Paul MCCARTHY	00:30:17	50.74%	
130 runners						
<a href="#">Mensola</a>	n/a	1	Sally ALEXANDER	00:20:38	84.41%	
52 runners						
<a href="#">Nonsuch Park</a>	341	10	Jeremy GARNER	00:18:14	81.54%	
828 runners						
<a href="#">Shepton Mallet</a>	231	111	Miranda CHITTY	00:30:14	60.69%	
194 runners						
<a href="#">Tilgate</a>	474	92	David WATKINS	00:25:50	63.74%	
429 runners		133	Aly WARNER	00:27:42	59.81%	
		144	David NOTTIDGE	00:28:12	61.82%	

		304	Mike LOTHIAN	00:34:55	53.37%	
<a href="#">Victoria Dock</a>	18	2	Dan CELANI	00:17:27	81.28%	PB
222 runners						
<a href="#">Wakehurst</a>	281	9	Dan OPPE	00:19:51	69.77%	
305 runners						
		11	James WILLIS	00:20:21	71.33%	
		60	Maggie STATHAM	00:24:47	92.87%	
		129	Jennifer WILLIS	00:28:54	56.63%	
		151	Steve ACKROYD	00:29:32	48.76%	
		231	Eliska KELLY	00:34:17	46.33%	PB
		253	Paul EVANS	00:36:41	45.71%	PB
		259	Carole BARNES	00:37:38	59.17%	
		288	Simon COOK	00:49:08	31.82%	
		289	Martin PAYNE	00:49:10	35.46%	

[Back to top](#)

## **Weekly club runs**

**Gary Spring**

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

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



The above photo was taken before the run, but I think everyone was still smiling at the end of the joint Club run last night with Oxted Runners, especially after the ascent of the North Downs was completed (think of it as good training for May Race 4 next week!). We also drew the free 2026 London Marathon place, for the LM volunteer group, as the volunteers came from both clubs. The lucky winner was a member of Oxted Runners, but Matthew Stockwood's name was pulled out of the hat for the reserve position, so he could now be planning some long winter training runs, just in case.

#### **Thursday, 12<sup>th</sup> June**

Sorry, no planned run from me on this evening as I'm injured.

#### **Tuesday, 17<sup>th</sup> June**

##### **Club Handicap Race #4. May Race 4.**

Start time for the slowest runners is 7pm, from the racecourse entrance on Racecourse Road.

The route is just over 5 miles and mainly on concrete/pavements, with two trail sections, one through Mill Lane and the other, dropping off Moons Lane, down to Ford Manor Road. The route map can be viewed on the club website via this link

<https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/05/2024-May-Race-4-route.pdf>

The weather looks to be set fair for the coming week so road shoes should be OK to run in. The faster runners can expect a handicap start time of about 20 minutes. If you are driving, please park at the Victoria Club and jog down to the start.

I do need a lot of marshals to ensure this event is safe for the runners. If you are available to help marshal this event, (from about 7pm to 8pm) please contact me by email me at [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) or text me on 07925 195032. I'll also send out an individual email request to all our members, which you can reply to.

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

---

[Back to top](#)

# **Chinley 3 Peaks Challenge**

## **A High Peak 3-Peaks challenge with a twist**

**Michelle Hollins**

The order in which you visit the peaks is entirely down to yourself and you choose what route you want to take between the peaks.

I spent time during the week looking on the OS map app (just love this app) plotting the route I would take. I was quite excited about doing a bit of map reading - and trying not to look at my phone map. Although it is wise to have your maps route downloaded onto your watch and phone just in case one doesn't work.

The car journey is getting more and more familiar as I travel to each destination in order to explore the Derbyshire Dales and The Peak District. Driving through the countryside is a pleasure in itself.

Parking was pretty straightforward and close to the start and finish. Walkers could start at 9.00 and runners at 10.00 but it looked like a rolling start for everyone. I signed in, recieved my waterproof OS Explorer map had a brief on the RunMap that I had to download (bit like OS maps), but this also beeped at you when you had reached the summit peaks.

The first peak I decided to do was Eccles Pike. This consisted of gritstone, which is pink in colour at the summit. On a clear day (and today I was in luck) you can see Manchester to the west and Kinder Scout plateau to the east and Coombes reservoir lies to the south. This was a gentle incline with short sharp ascent towards the top. The views were stunning 🏔️ 1,210ft (370m).

Back down the trail and onwards towards South Head; also a gritstone hill. The hilltop was aquired by the National Trust in the 1980s and is designated as access land to the public. The Pennine bridleway runs along the north and east sides. South Head is one of the 95 hills known as Ethels. The Ethels are a tribute to Ethel Haythornwaite who pioneered the establishment of the Peak District as Britain's first national park. There is a Ethel Ready smartphone app that you can use for "hill bagging". Something to think about for the future 😊

This was a bit more of a climb than Eccles and a bit more technical. Very windy at the top nearly lost my hat, again. Coming back down was amazing, felt like a fell runner 🏃🏻💨😂😂 1,621ft (494m) Last, but certainly not least, was Big Stone: named oddly enough because of the big stone outcrop at the top. Cracken Edge is a large disused quarry lies north west of the Peak District. This is the High Peak region within the 'Dark Peak'. Getting to Big Stone there were some nice runnable sections and on grass which was good underfoot. The last bit was a bit of a hike to get to the top. Very windy again, a bit chilly with spots of rain 🌧️. 1,312ft (399m). The route back was a nice long 🏃🏻 section along the edge and then back down a bridle path into Chinley.

There was no medal waiting but a well-deserved delicious portion of chilli and rice. What a fabulous route, a lovely day, perfect weather and a very friendly low-key race and



absolutely stunning landscapes. 🌄🌄🌄🌄 I'm going to look out for more of these as there are quite a few going that are advertised on the map. Loved it so much that I nearly went back up Eccles Pike for a second time. Just out of interest, I heard that the fastest time was 59 minutes 😱😱😱😱 Fell runners for ya!

Next run to the spooky haunted 🏠 house



---

[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 < > Jun – Jul 2025				
11	JUN, WED	6:45 – 7:45pm	LRC coaching (Ian W)	Kings Centre, Moat Rd, East Grinstead RH19 3LN, UK
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 0SN, 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)	
21	JUN, SAT	All day	Club '12 in 12'/'24 in 24' challenge	East Grinstead, UK
		12:30 – 1:30pm	Downland Dash (WSFRL)	
22	JUN, SUN	9 – 10am	Ranelagh 10k (SRL)	TW10 7QA, Riverside Dr, Richmond TW10 7QA, UK
		9:30 – 10:30am	Alfriston 7k trail	Alfriston, Polegate BN26, UK
		11:30am – 12pm	Race for Life Epsom and Ewell 10k	
24	JUN, TUE	7 – 8pm	Club running (pub run, Forest Row)	Forest Row, UK
25	JUN, WED	6:45 – 7:45pm	LRC coaching	
		7 – 8pm	TAC Penshurst Midsummer Relays (GP event)	TN11 8DG, Penshurst, Tonbridge TN11 8DG, 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](#)

### **'Never think you're too old:': meet the world's fastest 75-year-old woman** [The Guardian](#)

You may remember (I wish) from the 26 February newsletter, Maggie Statham-Berry mentioned racing against Sarah Roberts at the British Masters Indoor Track & Field Champs.

Well, thanks to Steve Warner for pointing out a long article about her in last weekend's newspaper.



Sarah Roberts wearing some of her many medals for running. Photograph: Sean Smith/The Guardian

**Sarah Roberts is a grandmother and global record holder but only took it up after a parkrun eight years ago**

Along a sun-dappled canal towpath in picturesque Hertfordshire countryside, a grey-brown bob rises and falls with the effortless bounce of a lithe, spectacled figure gliding her way past dog-walkers and afternoon ramblers.

There is a watch – one of those smart-technology devices capable of producing all sorts of unnecessary metrics – on Sarah Roberts’s wrist, but she has forgotten to switch it on. Roberts, a grandmother of five, tends not to take note of such things.

When she does go for a run – an occurrence of surprising infrequency – she prefers to be guided by feel; distances and times forgotten upon return to her front door. The fastest 75-year-old woman in history – a multiple world champion and world-record holder – possesses no training logbook, no coach and, most intriguingly, almost zero running pedigree for most of her life.

Asked by the hastily stretching Guardian journalist – foolishly attempting to keep pace for a few miles – how she is capable of launching straight into a run without any semblance of a warm-up, she reveals she only stretches before races “so that I don’t look unprofessional”. Her Great Britain Masters singlet reveals taut muscles and supple limbs that would never have been employed for their current purpose were it not for a holiday to South Africa eight years ago.

Read the full article [here](#)

---

[Back to top](#)

## Reminders from previous weeks

### LRC June 2025 quiz

Gary Spring

### 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)

---

[Back to top](#)

### **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](#)