



Newsletter

Wednesday 2 July 2025

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Welcome to new member, Patrick Bastow, 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.

Another steamy Saturday found 40 members at parkrun in 12 locations: East Grinstead (20), Bushy (1), Church Mead (1), Dover Waterfront (2), Lancaster (1), Lullingstone (2), Malling Rec (2), Marine Parade (1), Seaford Beach (1), Squerryes Winery (1), Wakehurst (7) and Zegerplas (1).

Particular congratulations to first woman at Wakehurst, **Sally Alexander**, and to **Lenard Binuagan**, second at East Grinstead.

Let's move on to last week's Penshurst relays where we were among 135 teams taking part, including many of the top local athletic clubs. We did really well, and Sally provides a stirring account of the event [later on](#), but these were the team times.

<u>Pos</u>	<u>Team Member</u>	<u>Lap1</u>	<u>Team Member</u>	<u>Lap2</u>	<u>Team Member</u>	<u>Lap3</u>	<u>Total Time</u>
26	James Caffrey	14:28	James Kilfiger	16:54	Ben Ashmore	15:41	47:04
39	Nick Keen	16:30	Steve Ackroyd	16:10	David Waddington	17:36	50:18
48	Sally Alexander	16:36	Sarah Begley	17:26	Kerry Adams	18:06	52:08
78	David Worsell	18:19	Michael Manwill	18:11	Tom Cartledge	20:09	56:40
96	Nick Champness	19:50	Matthew Stockwood	20:50	Chris Rance	20:15	01:56
97	Fiona Champness	20:38	Lucy Wilkes	19:51	Laura Stockwood	20:31	01:01:01
104	Wendy Smith	20:30	Hannah Cartledge	21:58	Judith Cartledge	22:10	01:04:39
117	Nevenka Worsell	24:24	Darija Sparkes	22:24	Lisa Compton	21:13	01:08:02

Everyone should be really proud of their performances. Tonbridge AC was the fastest

men's team in 38.02, and Tunbridge Wells Harriers the quickest women's team in 44.36.

The results meant change at the top of the Open Grand Prix trophy tables (see [club website](#)). **Sally Alexander** now has a two-point lead over **Judith Cartledge**, and **James Kilfiger** has jumped into a three-point lead over **James Willis**. The ninth GP event is the Elmore 7 on 12th July.

The biggest race of the weekend (and, some would say, of the year) was the Lingfield 10s, down at Lingfield College. The organising committee and volunteers all did us proud, and we had a lovely sunny day (and an ice cream van, too). Race winner of the ten-miler was Thomas Almond (Reigate Priory AC) in 1.00.43 and first woman was Hannah-Mai Flynn in 1.16.31. **James Caffrey** had a great run to come in sixth in 1.07.34. Our fastest woman was **Sarah Begley** in 1.35.20. There were 127 finishers.

6	James Caffrey	01:07:34
65	Sarah Begley (entered as EG)	01:35:20
83	Iain Scotland (entered as EG)	01:42:36
95	Darija Sparkes	01:46:41
114	Helen Davey	01:54:41
116	Catherine Wilson	01:56:57

In the 10k race, the winner was Lingfield's **Dan Celani** in 37.57 (with **Daniel Pike** third in 42.22) and first woman was second-placed Laura Vowles in 41.30, with **Kerry Adams** second in 47.58. There were 114 finishers.

1	Dan Celani	37:57
3	Daniel Pike	42:22
7	Kerry Adams	47:58
9	David Thomas	48:29
18	Daniel Jones	51:17
52	Harold Burr	01:01:36
103	Amy Hodge	01:19:49
107	Vivek Trivedi	01:23:05

Your editor played a very minor (p)role in supporting the Lingfield 10s on Sunday and I would like to congratulate Fiona and her team for the great event they put on – it seems to get better every year.

From a personal perspective, it was very gratifying to be accosted by an attractive young woman in a running vest who told me how much she liked my asides (I think I heard that

right). Thank you very much indeed, madam, that doesn't happen to me every day. I also enjoyed sitting up on Dry Hill, drinking coffee, eating a Danish and reading the paper ... until the runners showed up, that is.

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

28-Jun-25		40	LRC parkrunners	Median	55.65%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	2	Lenard BINUAGAN	00:19:54	66.25%	PB
162 runners		15	James KILFIGER	00:22:46	65.81%	
		18	Simon PETITT	00:23:22	55.49%	
		22	Dan CELANI	00:23:44	59.76%	
		23	David WORSELL	00:23:46	63.60%	
		37	Ben HORNER	00:26:02	51.22%	
		38	Harold BURR	00:26:05	50.29%	
		51	Fiona CHAMPNESS	00:27:21	62.04%	
		58	Judith CARTLEDGE	00:28:23	70.35%	
		72	Nevenka WORSELL	00:30:01	57.25%	
		78	Laura STOCKWOOD	00:30:30	51.20%	
		80	Ian WATKINS	00:30:42	54.61%	
		81	Keith CHAMBERS	00:30:43	55.13%	
		87	Matthew STOCKWOOD	00:31:10	49.30%	
		99	Emma FORBES	00:32:18	46.85%	
		118	Helen PETITT	00:35:05	42.23%	
		137	Robert PANK	00:39:11	49.21%	

		152	Miranda CHITTY	00:47:26	38.69%
		156	Sandra ANKERS	00:54:16	44.69%
		159	Catherine WILSON	00:55:21	30.29%
Bushy	75	97	Nick KEEN	00:20:32	69.07%
1,482 runners					
Church Mead	818	83	Judy HAYLER	00:35:16	55.81%
120 runners					
Dover Waterfront	115	66	Ian GREENAWAY	00:25:48	59.04%
216 runners		187	Theresa DONOHUE	00:34:45	53.53%
Lancaster	788	26	Daniel PIKE	00:23:05	63.39%
236 runners					
Lullingstone	822	59	Steve WARNER	00:36:45	47.44%
73 runners		67	Marie WARNER	00:45:56	45.50%
Malling Rec	751	73	Michael MANWILL	00:26:09	56.41%
178 runners		76	Wendy SMITH	00:26:12	70.04%
Marine Parade	798	66	Lisa COMPTON	00:24:04	91.00%
314 runners					
Seaford Beach	187	86	Aly WARNER	00:24:38	67.25%
319 runners					
Squerryes Winery	635	90	David THOMAS	00:28:34	50.00%
210 runners					

Wakehurst	281	13	Sally ALEXANDER	00:19:51	87.74%	PB
393 runners		14	Dan OPPE	00:19:52	69.71%	
		66	Natalie MITCHELL	00:23:50	71.19%	
		67	Lucy WILKES	00:23:58	66.27%	PB
		231	Eliska KELLY	00:32:05	49.51%	PB
		248	Peter PHILLIPS	00:32:53	54.28%	
		348	Robin MAYER	00:41:53	47.95%	
Zegerplas	n/a	4	Steve ACKROYD	00:19:55	72.30%	
62 runners						

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Lingfield 10s 2025 – A Sun-Drenched Success! **Fiona Champness**

What a day! The sun blazed down on the 2025 edition of the Lingfield 10s, as 245 determined runners took on the rolling hills and country lanes of our much-loved course. With a few new tweaks, a blazing hot June day and a community effort like no other, it's fair to say this year's race was a resounding success.

🎉 **Congratulations to the Winners of The Lingfield 10's 2025!** 🎉

10 Mile Winners

- **Men:** Thomas Almond – 01:00:46

- **Women:** Hannah-Mai Flynn – 01:16:35

10K Winners

- **Men:** Dan Celani – 00:38:00
- **Women:** Laura Vowles – 00:41:34


Full results: [The Lingfield 10's 2025](#)


It was my first year as Race Director – and what a way to begin. First order of business? Gently removing my husband Nick from the compere role and replacing him with the brilliant Terry Sumner, who brought humour, energy, and plenty of beard to the proceedings! Nick was reassigned to car park duty – and did a top-class job keeping everything running smoothly from the very start.


A huge thank you to the brilliant Lingfield 10s Committee, who worked tirelessly behind the scenes in the lead-up to the event. From route tweaks to volunteer rotas, water station logistics to signage – every detail was thought through and delivered with care.


With temperatures soaring, this year's event called for a few extra touches. Steve Brinkley's sunflower sprinkler was an unexpected hero – a welcome burst of cool for grateful runners mid-course – and the additional water station proved essential.


We were lucky to be supported by some fantastic local vendors and partners:


 The Ice Cream Van – cooling everyone down in the best way


 The Little Green Truck – healthy, fresh, and delicious

 Phoenix Running (West Sussex) – who went above and beyond, providing jelly babies for the course, helping promote our event and capturing some stunning drone footage for our promo video

 Sports Systems – delivering slick and reliable chip timing so every runner got their result

 Tech Medical – on site to keep us safe and supported in the heat, with a calm and professional presence throughout the day

 Summit Well-being – our event sponsors and also offering free post-race massages that were very gratefully received by many tired legs

 AEG (Air Engineering Group) – our headline sponsor, whose support helped make this event possible

And a special shout-out to our event photographer Graham, who captured the spirit of the day so brilliantly – taking over **4,000** photos of smiling, sweating, sprinting, and high-fiving runners. <https://www.flickr.com/gp/belliss/k7Tr7127oV>

Over 40 amazing volunteers gave their time, smiles and energy to keep the event safe, organised and full of good vibes – from marshals and registration teams to water station heroes and finish-line supporters and LRC club promoters. We simply couldn't do it without you.

The feedback has been overwhelmingly positive – runners loved the course, the atmosphere, and the thoughtful touches that made a hot day manageable and memorable. We're proud of what we achieved together and already looking forward to 2026.

Thank you to everyone who ran, volunteered, supported, cheered, supplied, sprinkled, parked, promoted, timed, treated, massaged, or just smiled.

See you next year – hopefully a little cooler!

#Lingfield10s #LingfieldRunningClub #CommunitySpirit #RaceDayHeatwave
#ThankYouVolunteers #PhoenixRunningWS #TechMedical #SportsSystems #AEGsupport
#SummitWellbeing #GraemeThePhotographer #SupportLocal #RunningFamily



10k runner struggles to keep tabs on 10-milers



and congratulations to the whole organising team

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Weekly club runs
Gary Spring

Thursday, 3rd July

Sorry, no planned run from me on this evening. I hope to be quizzing at The Star. If anyone wants to run with company that evening, consider posting a message on LRC Runfinder.

Tuesday, 8th July

Trail run to Starborough Road

Start time 7pm, from the Victoria Club

The main run is about 5.5 miles, and mainly trails/footpaths. There is an option to reduce the distance to about 2.5 miles if anyone wants to start with us, but run a shorter distance. I hope to be running again for this evening, but if my knee says no, I will lead a walk on the 2.5 miles route. I will post on LRC Runfinder and the Club Facebook page what options are available in the morning of 8th July.

Saturday and Sunday Club Runs

There are several groups of club members doing longer runs (i.e. more than the 5km parkruns) over the weekend and we're aware of other members wishing to have the option of joining these groups. Unfortunately, the details of most of these weekend runs are not firmed up in time to publicise in the newsletter.

One place you are very likely to see what is happening is on the club WhatsApp group, LRC Runfinder. I encourage all our active members to consider joining this group, so you can see what runs are being planned at the weekend. If you want to join the WhatsApp group, please send a message to Laura Stockwood (membershipsecretary@lingfieldrunningclub.co.uk) or Gary Spring (organiser@lingfieldrunningclub.co.uk) and we can add you in.

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, see above for how to join it.

What's coming up in July for special Club run events

Tuesday 15th: Pub Run at Penshurst

Tuesday, 22nd: Handicap Race #5. May Race 3

Team Spirit and that LRC Tenacity marked TAC Midsummer Relays
(Grand-Prix Series #8)

Wednesday 25th June 2025

Sally Alexander



LRC's relay champions and our mascot, (who has returned from her travels!)

A new week heralded another challenge for LRC's members who came together last Wednesday evening to compete in one of my favourite type of events: a relay.

This is the second year in a row we have entered Tonbridge Athletics Club's Midsummer Relays which are held in the beautiful grounds on the edge of Penshurst Place. The 4km single-loop route takes athletes along a 'pleasant' incline before ascending a long and heavily rutted hill. Once at the top, the course meanders (but we don't!!) through parkland and nearby fields before a sharp descent brings runners back towards the changeover area.

We fielded an incredible eight teams, each one consisting of three runners. The swathe of LRC's iconic red, green and white racing colours in amongst the larger clubs of Tonbridge AC and Tunbridge Wells Harriers, certainly put us equally 'on the map'.

All teams started at the same time with the A runner from each individual team leading the way with B and then C runners following suit once the previous runner had reached the changeover area. The excitement and anticipation were palpable throughout the event with nervous team members waiting for their runner to reappear so they could get into position. All represented clubs shouted words of encouragement to their fellow club members completing their leg of the course...and no voices were louder than those of our

Lingfield crew!

At the top-end, this race sports some highly accomplished and youthful club runners whose pace is eye wateringly fast! To give you a little taste of what I am talking about, the fastest Tonbridge AC male athlete completed the hilly 4km loop in 12:40!! However, true to spirit and indicative of the professionalism and skill of our **veteran** teams, we held our own and everyone succeeded in achieving fantastic personal and team accomplishments. Bearing in mind the level of running ability (and youth!) our women's A team (which included new members Kerry Adams and Sarah Begley) came 4th overall, narrowly missing out on a third-place prize; our B and C teams consisting of Fiona C, Lucy W, Laura S, Nevenka W, Darija S and Lisa C, both came in third and our incredible D team powered to second place (of the B, C and D teams, respectively) – well done to Wendy S, Hannah and Judith C!

Our men's teams also did us proud in a highly competitive field with our A team, consisting of James C, James K and Ben A, coming 18th overall; our B team which included Nick K, Steve A and new member David Waddington achieving eighth position, and our C and D teams made up of Dave W, Mike M, Tom C, Nick C, Matt S and Chris R, powered through to an amazing fourth position in their respective categories. And...to top off the running feats, our men's C team were delighted to receive a spot prize – I am sure Tom, Dave and Mike will be proudly donning their new T-shirts at the next club run!

I cannot stress enough the fun we always have at relay events, and the best thing is we have the Holland Relays looming on Thursday 10th July in Hurst Green. We would love to see an even greater LRC field of runners for the one- mile flat loop which will be accompanied by music, a BBQ and beer! It is the perfect event for all the family to attend, so don't delay and join the fun. It is all about taking part and we can all run or jog one mile!

Please contact Keith via LRC Run Finder, if you have not already done so, and would like to take part.



Dave and Tom proudly receive their T-shirt spot prize!

2025 LRC Quiz Slot

Gary Spring

PUZZLE 6 answers

We had two fully-correct answers for the June Puzzle; congratulations to Lucy Wilkes and Debbie Wilkes. Judy Hayler was a whisker away with nine out of the ten correct. The answers to the Spoonerisms are as follows:

1. Heather's family, becomes Ling's Kin, which is **King's Lynn**
2. Lisped falsehoods with fluttering eye, becomes Lyth Blinks, which is **Blyth Links**
3. Assertive Howl, becomes Pushy Bark, which is **Bushy Park**
4. Honest French good, becomes True Bon, which is **Brueton**
5. Clear urine, becomes Light Wee, which is **Whiteley**
6. Eaten and disinterested, becomes Fed, Bored, which is **Bedford**
7. Respectable complaint, becomes Staid Moan, which is **Maidstone**
8. Mound of computer devices, becomes Hill Mouses, which is **Millhouses**
9. Dressed like a Scot with money, becomes Kilt on Means, which is **Milton Keynes**
10. Beat shiny jewellery, becomes Lick Bling, which is **Blickling**

Very sorry, but there is no puzzle for July. June was a bit busy, so I did not get time to complete the next puzzle. This will be ready for August.

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 < > Jul – Aug 2025 ▾			
2	JUL, WED	6:45 – 7:45pm	LRC coaching (Ian) East Court, College Ln, East Grinstead RH19 3LT, UK
		7:30 – 8:30pm	Reigate Midsummer 10k Priory Park, Bell St, Reigate RH2 7RL, UK
		7:30 – 8:30pm	Roundhill Romp (WSFRL)
3	JUL, 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
5	JUL, SAT	12 – 1pm	StarRun Colour Run Young Epilepsy, St Pier's Ln, Dormansland, Lingfield RH7 6PW, UK
6	JUL, SUN	7:30am – 1pm	Phoenix West Sussex event Ardingly Reservoir Car Park, Unnamed Road, Haywards Heath
		9 – 10am	Bowl 15 and 5 miles TN5 6AZ, Wadhurst TN5 6AZ, UK
		9 – 10am	Goodwood Running GP Goodwood Motor Circuit, Chichester, UK
7	JUL, MON	7:30 – 8:30pm	L10s meeting Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
8	JUL, TUE	7 – 8pm	Club running (Starborough run) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
9	JUL, WED	6:45 – 7:45pm	LRC coaching (Dave)
10	JUL, THU	7:30 – 8:30pm	Holland Sports Relays Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
12	JUL, SAT	2 – 3pm	Elmore 7 (GP/SRL event)
13	JUL, SUN	10:30 – 11:30am	Hove Hornets Stinger (WSFRL)
		2 – 3pm	LRC Summer Social (tbc) Lingfield Sports Association - The Sports Pavilion, Godstone
15	JUL, TUE	7 – 8pm	Club running (pub run, Penshurst) Penshurst, Tonbridge TN11, 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

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Reminders from previous weeks

LRC Summer Social

Scott McDonald/Sandra Ankers

Hello everyone, Sunday 13th July 2025, 2 to 5pm, is approaching fast - it's our annual summer social with a return to Lingfield Sports Association (LSA) grounds. So far only 22 of us have advised myself and Sandra that you are interested in attending.

The Vote result so far;

BBQ done by volunteer = 1

BBQ by local butcher = 3

Bring your own picnic = 12

Mixture of bring your own picnic or BBQ = 6

Without a higher number we may have to consider cancelling the event. In previous years 40-50 have attended. You are welcome to bring friends, family and four-legged friends to this event.

Please see Dee's Facebook post from 19th May, there is a voting system and the biggest vote is for people to bring their own picnic. I await confirmation from LSA that their BBQ will be available if you wish to do your own cooking but please note you will have to clean the BBQ after your use so please bring some utensils. There is a possibility that a junior cricket match might take place on 13th July but I am advised that there will be plenty space for everyone. There is parking at the LSA ground or in nearby local streets.

One of our members has made a very generous financial donation to the running club and this will be used towards food for our social gathering. We are very grateful for this and Sandra will be using this donation to purchase e.g. Crisps, garlic bread and deserts to accompany your picnic.

PLEASE NOTE THAT YOU MAY ONLY CONSUME DRINKS THAT ARE PURCHASED FROM THE LSA BAR!

Cash or card for the bar, and the bar is cheaper than any local bar/restaurant.

The cut-off date for joining us at our summer social has been extended to Wednesday 9th July, this allows for final adjustments to catering and to advise LSA of how many to expect. Please let me know if you are attending as I need to give a list of names to LSA. So please reply to my Facebook post or email me:- scottkmcdonald64@gmail.com

One last note, does anyone have the rounders kit that has been used for the last 3 years ? If so please bring it with you.

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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