



## **Newsletter**

**Wednesday 9 July 2025**

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## **Reminders**

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***Welcome to returning member, Vernon Given, 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.

After all the excitement of recent weeks, it was a quieter parkrun last Saturday, which found 37 members in eight locations: East Grinstead (25), Basingstoke (1), Bolberry Down (2), Bushy (1), Hove Promenade (1), Shorne Woods (1), Tilgate (1) and Wakehurst (5).

Particular congratulations to **Dan Celani** and **Lenard Binuagan**, first two at East Grinstead, to **James Caffrey**, second at Wakehurst, and to the four who achieved PBs. Well done, all.

Only two of my errors were spotted last week. A friend of **Sue Garner's** pointed out her omission from last week's parkrun/walk results. On her 260<sup>th</sup> parkrun, Sue did a time of 43:43 at Lanhydrock, age grading 58.6%. Sorry, Sue, although I do blame the late publication of results by the organisers. And **Lisa Compton's** speedy Marine Parade run was done on the easy promenade (ranking 10) and not the 798-ranked beach course. Mea culpa, Lisa. So, if you are thinking of going to Weston-super-Mare, please note that its summer doesn't start until July – whatever the temperature.

Last week, you may also have noticed that **Nick Keen** forsook East Grinstead, on a pilgrimage to Bushy Park, inspiring him to the article you can read [below](#).

Shortly after reading last week's newsletter (I hope), four members rushed off to race the Reigate Summer 10k, from Priory Park. No race report, I'm afraid but everyone seemed to run well and enjoy it. Our runners' times were:

Posn. Time

131	53:11	Andrew Hindmarch
158	55:59	Chris Rance
168	57:04	Hannah Cartledge
200	1:00:40	David Nottidge

George Grassly (Belgrave Harriers) won the race with a time of 32.18 and first woman was Amy Walton in 42.15. The winner of the L10s race the previous Sunday, Thomas Almond, came third.

The Goodwood Running GP is a series of running races held at the Goodwood Motor Circuit in Chichester, West Sussex. It features various distances, including 5k, 10k, half marathon, 20-mile, and marathon, as well as sprint and standard duathlons. The races take place on a traffic-free, smooth tarmac circuit, offering runners a unique experience

on a historic motor racing track (according to the organisers). Last Sunday, **Steve Warner** motored down there to run in the 10k race. Steve completed the race in 61.52 and tells us about his experience [later in the newsletter](#). Race winner was George Gathercole in 33.09 and the first woman was Aoife Moss in 42.57.

I also couldn't help noticing many Lingfield vests were running the Phoenix Reservoir Radiance Run at Ardingly on Sunday. They weren't racing as such but, as so many attended, we thought we would share the runners' recorded times, this week.

Distance run	Name	Time
26.2	Nick Keen	03:48:34
26.2	Brandon Webb	04:13:21
26.2	Ian Greenaway	04:56:06
19.7	Mark Aldred	03:20:04
16.4	Darija Sparkes	03:06:43
13.1	Fiona Champness	02:04:56
13.1	Ian Watkins	02:13:30
13.1	Lisa Compton	02:21:55
13.1	Terry Sumner	02:25:00
13.1	Sarah Begley	02:25:20
9.8	Matthew Stockwood	01:40:00
9.8	Laura Stockwood	01:41:12
6.2	Judith Cartledge	01:02:31

Which brings us to yesterday evening, when **Sue Garner** attended the Vets AC 5k at Battersea Park. Running for Vets AC, Sue was first in her age group in a time of 27.31. Fastest on the night was Andrew McCarron (Queens Park Harriers) in 16.24 and fastest woman was Rebecca Piggott (London Heathside) in 17.40. Well done, Sue.

*And, of course, I hope to see many of you at the Holland Sports Relays tomorrow night or at the Summer Social next Sunday!*

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

05-Jul-25

37 LRC parkrunners Median 59.56%

	Difficulty rank /835	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	823	1	Dan CELANI	00:19:50	71.51%	
128 runners		2	Lenard BINUAGAN	00:19:56	66.14%	
		5	James KILFIGER	00:20:39	72.56%	PB
		8	Nick KEEN	00:21:09	67.06%	
		11	James WILLIS	00:21:33	67.36%	
		19	Michael MANWILL	00:23:24	63.03%	
		26	Ben HORNER	00:24:57	53.44%	PB
		27	David WORSELL	00:24:58	60.55%	
		44	Wendy SMITH	00:26:59	68.00%	
		48	David WATKINS	00:27:10	60.61%	
		53	Judy HAYLER	00:27:37	71.27%	
		56	Judith CARTLEDGE	00:28:05	71.10%	
		58	Ian WATKINS	00:28:09	59.56%	
		67	Nevenka WORSELL	00:29:26	58.38%	
		74	Matthew STOCKWOOD	00:30:13	50.85%	
		85	Michele EDWARDS	00:31:16	62.95%	
		86	Darija SPARKES	00:31:25	52.73%	
		89	Hannah CARTLEDGE	00:31:37	46.86%	
		96	Laura STOCKWOOD	00:32:45	47.68%	
		100	Steve WARNER	00:33:58	51.32%	
		112	Amy HODGE	00:36:03	42.67%	
		115	Theresa DONOHUE	00:37:04	50.18%	

118	Miranda CHITTY	00:41:15	44.48%
127	Sandra ANKERS	00:54:45	44.29%
128	Kath GARRIDO	00:54:46	46.77%

<a href="#">Basingstoke</a>	512	409	Sarah FERGUSON	00:30:50	49.89%	PB
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716 runners

<a href="#">Bolberry Down</a>	408	83	Harold BURR	00:28:12	46.51%
146 runners		107	Emma FORBES	00:30:31	49.59%

<a href="#">Bushy</a>	75	622	Sue GARNER	00:27:08	94.41%
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1,667 runners

<a href="#">Hove Promenade</a>	23	113	David THOMAS	00:22:16	64.15%	PB
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676 runners

<a href="#">Shorne Woods</a>	556	7	Steve ACKROYD	00:21:09	68.09%
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242 runners

<a href="#">Tilgate</a>	474	123	David NOTTIDGE	00:27:16	63.94%
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473 runners

<a href="#">Wakehurst</a>	281	2	James CAFFREY	00:18:21	75.48%
416 runners		15	Dan OPPE	00:20:10	68.68%
		228	Peter PHILLIPS	00:31:30	56.67%
		355	Martin PAYNE	00:41:02	42.49%
		402	Eliska KELLY	00:51:06	31.08%

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## **Mark Notridge's funeral details**

Mark's wife, Mandy, has provided the following information about his funeral.

Date: Friday, 25<sup>th</sup> July

Time: 3pm

Location: St Richard's Chapel, Surrey and Sussex Crematorium, Crawley RH10 3NQ

Dress code: please wear whatever you feel comfortable in – black not necessary

After the funeral, there will be a gathering in the Shipley Bridge pub to celebrate Mark's life.

No flowers please. If you want to make a donation, details will be on the Order of Service

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### **In praise of parkrun**

**Nick Keen**

To where it all started...

As many of you may know, I firmly believe that parkrun is the best invention the world has ever seen.

Race it, run it, jog it, shuffle it, walk it, use it as an opportunity to catch up with friends, use it as an opportunity to kick start the weekend, use it as an opportunity to gain, regain or improve fitness, use it as an opportunity to clear one's head; parkrun really is for EVERYONE!

On Saturday - having a week off from volunteering at East Grinstead Parkrun due to the East Grinstead Runners' takeover - I took the chance to head over to Bushy Park (next to Hampton Court Palace) - to the place where parkrun was born all those years ago\* - to pay homage.

1,481 other people also had the same idea as me...

For a parkrun of such a size, it's incredibly well organised - and is still as relaxed, friendly and welcoming as other parkruns - helped on the day in no small part by over 70 volunteers.

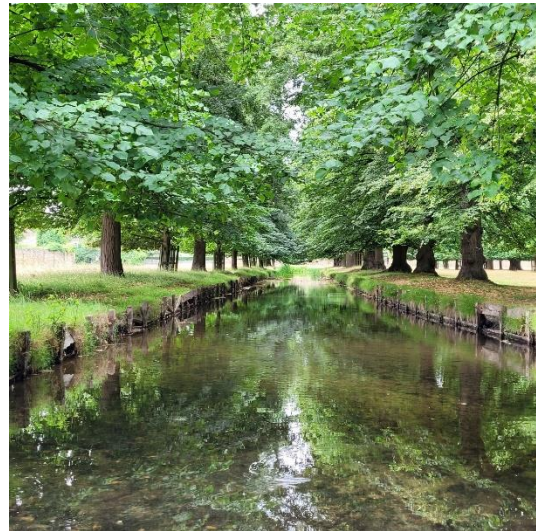
The start is very wide: rows 100 people wide, all waiting to launch forward on the 'G' of the "Go!" (The energy in the air in such situations is quite something to experience).

From there, the way narrows to flat, fast, gravel and grass paths, looping on a one lap course through the wide-open space of the park.

The finish is the same as any other parkrun: keep moving through the finish funnel, collect a finishers token, get scanned in, thank the volunteers, head for the café and wait for the endorphin rush.

Definitely one I'd do again.  
#loveparkrun

\*Here's a link to a nice little history of Parkrun:  
<https://share.google/GlCvYRpre9DXzjSCa>



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

#### **Thursday, 10<sup>th</sup> July**

As this evening will be the Holland Sports Relays, there is no planned Club Run. But, as my knee seems to be OK again, expect a resumption of an organised Club Run on Thursday evenings, from next week.



**Tuesday, 15<sup>th</sup> July**

**Pub Run from Chiddingstone**

**TN8 7AH**



Start time 7:15pm, from outside Chiddingstone Castle pub

**(note the slightly later start time to allow everyone to get there on time)**

This will be the same route that we've usually run, starting from Penshurst, but as the route goes past Chiddingstone and the pub there is now open again on Tuesday evening, I thought it would be a nice change to start there. It also means we don't get 'The Long Hill' until the latter part of the run. The route is about 10km and mainly on footpaths and trails, with the added bonus of running past Penshurst Place - so, if you did the relay race there last month, you can enjoy the view again at an easier pace. On the other hand, if you did not do the relays, you can see for yourself what the fuss is about and be inspired to do the event next year.

For info, Chiddingstone village is owned by the National Trust and is a single street of picturesque Tudor houses and pub. If you've never been there, it is well worth a visit, especially if you're combining it with a run and a social gathering in the pub afterwards!

If anyone wants to do a walk or slow run, instead, from the pub, I have a suggestion for a scenic off-road loop of about 4.5km. I hope to be doing the 10km route, so will not be leading the shorter route, but will bring a map of the route for anyone who wants to try it. Both routes are on the Club website, if you want to check them out in advance - [Use this link](#).

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

or Gary Spring ([organiser@lingfieldrunningclub.co.uk](mailto: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, 22<sup>nd</sup>: Handicap Race #5. May Race 3

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### **Goodwood Running GP**

**Steve Warner**

I went down to Goodwood Motor racing circuit on Sunday to run the 10k in the Running GP event. This was my first visit to this event and I was very pleased with my chip time of 61. 52.

I didn't see any other Lingfield members down there and couldn't see an obvious way to search by club in the results which are at

<https://results.runthrough.co.uk/results.aspx?CId=16487&RId=5457&EId=4&dt=0&PageNo=5>

Conditions were good for running with overcast cloud and cool stiff breeze. From what I have heard it sounds as though it was warmer around East Grinstead.

Course was all on the racing circuit, with an initial out and back section followed by two laps of the track. There was a half marathon and 5k also running, with slightly different start times, which meant you never quite knew what distance runners passing or being passed were doing.

Track is surprisingly undulating which made it a little tougher than expected. Open nature of track could make wind an issue but we were lucky with most of upwind

section sheltered by trees.

Regards Steve



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### **LRC Summer Social**

**Scott McDonald/Sandra Ankers**

Hello everyone, a reminder that our summer social is on Sunday 13th July 2025, 2 - 5pm in the Lingfield Sports Association grounds and pavilion.

So far 29 members have advised me they are attending, the food vote went very much towards bring your own picnic, although there are a few who are just coming for a drink. Sandra will be purchasing some starters, deserts, snacks etc please advise me asap if you are joining us. Family, friends, kids, 4 legged friends all welcome, please let me know who you are bringing.

Car parking is available in the grounds. Bar takes cash and card. Any drinks consumed MUST be purchased from the bar. Looking forward to seeing you. Hopefully someone will bring the Rounders kit?

Any questions please contact me on 07710 269369.

Many thanks, Sandra & Scott

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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 < > Jul – Sep 2025 ▾			
9	JUL, WED	6:45 – 7:45pm	LRC coaching (Dave) East Court, College Ln, East Grinstead RH19 3LT, UK
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 Lingfield Sports Association - The Sports Pavilion, Godstone Rd, Lingf
15	JUL, TUE	7:15 – 8:15pm	Club running (pub run, Chiddingstone) The Castle Inn Chiddingstone, Chiddingstone Rd, i
16	JUL, WED	6:45 – 7:45pm	LRC coaching (Fiona)
		7:30 – 8:30pm	Phoenix 10k Hove, Brighton and Hove BN3, UK
20	JUL, SUN	9 – 10am	Dulwich 10k & 5k SE21 7ET, Frank Dixon Way, London SE21 7ET, UK
		10:15 – 11:15am	Seven Stiles (WSFRL)
		11 – 11:30am	Elmbridge 10k (SRL)
22	JUL, TUE	7 – 8pm	Club May race 3 (handicap race 5) Racecourse Road
23	JUL, WED	6:45 – 7:45pm	LRC coaching (James)
25	JUL, FRI	7:30 – 8pm	Wedding Day 7 (SRL) TW12 1NB, High St, Hampton Hill, Hampton TW12

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)

### **Reminders from previous weeks**

### **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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