



## **Newsletter**

**Wednesday 16 July 2025**

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***No new members to welcome 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.

Another hot Saturday morning last weekend, with 50 members in 12 locations: East Grinstead (22), Bolberry Down (2), Cheadle Hulme (2), Hove Promenade (2), Littlehampton Prom (1), South Norwood (2), Squerryes Winery (1), Tilgate (3), Uckfield (2), Wakehurst (10), Witney (2) and Worthing (1).

Particular congratulations to **Simon Petitt** and **Lucy Wilkes**, for their third places at East Grinstead, and to the four who achieved PBs.

Don't forget that this weekend's Race for Life series means there will be no parkrun at Tilgate (and some other venues).

Last Thursday evening the roads and trains to Hurst Green were packed with people heading for the Holland Sports Relays. Your editor followed the crowd from the station but was pleasantly surprised to find a very short queue at the bar. Sensing that this would change as soon as the runners started completing their relay legs, I had to take advantage (earlier in the morning I had done my first jog in over a year in the gym, so I felt I deserved it).

I watched from the sidelines as our runners belted round the nice, flat course – although the number of twists and turns did affect the finishing times. Our fastest team (D) completed the four legs in a speedy 22.38. The winning team was Holland Sports 'Eye-licking Lizards' in a time of 19.17 but, as half their team were Lingfield or ex-Lingfield members (Kieran and Luke), we also claim some of the credit. Many thanks to Sally for [her report](#) later on.

These are the times for all of our teams:

Posn.	Total time	Seniors	Leg 1		Leg 2		Leg 3		leg 4	
6	00:22:38	Lingfield D	00:05:14	Dan Celani	00:05:59	James Kilfiger	00:05:38	Lenard Binuagan	00:05:46	Dan Pike
7	00:23:24	Lingfield E	00:05:41	Steve Ackroyd	00:05:26	Simon Petitt	00:06:05	Dan Oppe	00:06:11	Vernon Given
13	00:32:38	Lingfield B	00:07:03	Wendy Smith	00:09:22	Sarah Ferguson	00:08:05	Judith Cartledge	00:08:07	Hannah Cartledge
		<b>Vet 35-44*</b>								
7	00:26:54	Lingfield F	00:07:12	Keith Chambers	00:06:27	David Worsell	00:06:35	David Waddington	00:06:38	Mark Aldred
		<b>Vet 45-54</b>								
7	00:27:06	Lingfield H	00:06:20	Michael Manwill	00:06:43	Brandon Webb	00:07:20	Tom Cartledge	00:06:42	David Thomas
10	00:29:40	Lingfield A	00:06:01	Sally Alexander	00:07:27	Lisa Compton	00:08:38	Sue Garner	00:07:33	Maggie Statham-Berry
11	00:31:22	Lingfield C	00:08:29	Nevenka Worsell	00:07:36	Tasha Neave	00:07:53	Darija Sparkes	00:07:23	Natalie Mitchell
12	00:31:57	Lingfield G	00:07:29	Ian Watkins	00:07:39	Chris Rance	00:09:01	Paul McCarthy	00:07:47	Scott McDonald

*\* well, they claim to be in these age groups*

I'm sure **Dave Chase** would have liked to join us, but he had to be up for a (non-competitive) run in Brighton that started at 5.30am the next day - a 5km in aid of Rocking Horse charity. As well as raising money for charities, the [run530](#) events are designed to encourage physical activity and a healthy routine ... though not the sort of routine I'm keen to take up anytime soon. Well done, Dave, hope you raised a lot of money.

The second Saturday of July means only one thing to Lingfield's elite lady runners – yes, it's the Chipstead Flower Show. So, to cover their tracks, they also entered the Elmore 7 Surrey Road League (SRL) event, which starts and finishes at the same venue. **Sally Alexander** and **Maggie Statham-Berry** were seen waving their wonga before heading for the petunias, as they won age group prizes (second and first respectively). Sally was also fourth woman overall.

Woking AC runners took first places with John Hutchins in 37.05 and Martha Collings in 43.59. Sally did 48.08, Maggie 58.01 and **Sue Garner** 1.10.31. For the men, **James Kilfiger** ran a time of 49.41 and **Dave Nottidge** finished in 1.09.12. If you ask me, they all deserve garlands. And, once again, thanks to Sally for telling us [all about it](#).

This race was not only an SRL but also an Open Grand Prix event, so trophy points counted twice. In the GP tables, both Sally and James consolidated their leads. The next (and tenth) GP event is the Kings Head Canter on 25 August.

In the SRL, James is now uncatchable – a 41-point lead, with only two races to go. In the women's event, things are on a knife-edge. Maggie has a six-point lead from Sue Garner, with a 31-point gap to Sally. In theory, any one of the three could take the trophy. See the full tables on the club website:

[Grand Prix – men](#)

**David Waddington** was eager to get an even better suntan on Saturday, so opted for 100km [Race to the Stones](#). It turns out that David does have what it takes to conquer the oldest path in Britain. He traversed sweeping chalk downs and passed through ancient forests before finishing by the 5000-year-old Avebury Standing Stones, completing the event in a time of 18.02.57. Was it ever in doubt? Hugh Tibbs, however, ran a time of 7.41.56 to win the race and first woman was Sophie Power (Guildford & Godalming) in 10.11.21.

The other main event on Sunday was the club's [Summer Social](#) at the Lingfield Sports Club ground. Despite some very dubious refereeing decisions by the event organiser (and player), **Sandra Ankers**, her rounders team was deservedly beaten 2-1. The winning scoring runs came from Michael Manwill and your Editor on their last hits of the game. This was after some appalling fielding by the opposition allowed the Editor to get up off the ground and crawl to first base when the game had barely started. History is written by the victors, Sandra, but I'd love to publish your version of events for balance. Oh, I'm sorry, Keith has written a [report below](#), and I can see your influence in what he's written.

Finally, as a postscript to the club '24 in 24' event on 21 June: I only recently found out that **James Kilfiger** had done his as a charity run, raising about £800 for Papyrus, a charity the club has been supporting for a few years now. Well done, James, it makes the achievement even more special.

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>29-Mar-25</b>		<b>50</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>56.09%</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	3	Simon PETITT	00:19:33	66.33%	
122 runners		10	Nick KEEN	00:21:20	66.48%	
		12	James KILFIGER	00:21:36	69.37%	
		13	Daniel PIKE	00:21:37	67.69%	
		19	Michael MANWILL	00:23:21	63.17%	
		31	Ben HORNER	00:26:01	51.25%	
		34	Daniel JONES	00:26:23	52.94%	
		37	Nick CHAMPNESS	00:26:55	54.37%	

		39	Ian GREENAWAY	00:27:01	56.38%	
		40	Lucy WILKES	00:27:02	58.75%	
		44	Fiona CHAMPNESS	00:27:17	62.19%	
		52	Wendy SMITH	00:28:40	64.01%	
		59	Ian WATKINS	00:29:51	56.17%	
		69	Isla GREENAWAY	00:30:34	48.42%	
		73	Michele EDWARDS	00:31:14	63.02%	
		80	Miranda CHITTY	00:33:29	54.80%	
		83	Liz WEBSTER	00:34:07	47.00%	
		90	Amy HODGE	00:35:55	42.83%	PB
		95	Theresa DONOHUE	00:38:04	48.86%	
		112	Ian WILSON	00:44:01	42.33%	
		117	Simon COOK	00:49:27	31.88%	
		121	Sandra ANKERS	00:54:01	44.89%	
<a href="#">Bolberry Down</a>	408	32	Harold BURR	00:24:34	53.39%	PB
135 runners		100	Emma FORBES	00:30:49	49.11%	
<a href="#">Cheadle Hulme</a>	724	42	Laura STOCKWOOD	00:27:53	56.01%	
90 runners		43	Matthew STOCKWOOD	00:27:54	55.08%	
<a href="#">Hove Promenade</a>	23	12	Dan CELANI	00:17:51	79.46%	
908 runners		374	David CHASE	00:25:13	61.47%	
<a href="#">Littlehampton Prom</a>	132	103	Aly WARNER	00:24:41	67.93%	
374 runners						
<a href="#">South Norwood</a>	410	113	Steve WARNER	00:31:09	55.97%	
203 runners		190	Marie WARNER	00:44:36	46.86%	
<a href="#">Squerries Winery</a>	635	143	Glen SMITH	00:33:15	45.46%	

210 runners

<a href="#">Tilgate</a>	474	144	David WATKINS	00:26:37	61.87%
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482 runners		271	Paul MCCARTHY	00:32:04	47.92%
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		320	Mike LOTHIAN	00:34:15	54.40%
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<a href="#">Uckfield</a>	704	25	David THOMAS	00:24:15	58.90%
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155 runners		57	Judy HAYLER	00:28:52	68.19%
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<a href="#">Wakehurst</a>	281	6	Dan OPPE	00:20:22	68.00%
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329 runners		11	James WILLIS	00:20:55	69.40%
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		98	Judith CARTLEDGE	00:27:09	73.54%
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		102	Darija SPARKES	00:27:30	60.24%
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		133	Helen DAVEY	00:29:24	66.95%
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		144	Jennifer WILLIS	00:30:10	54.25%
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		145	Steve ACKROYD	00:30:11	47.71%
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		181	Sarah FERGUSON	00:31:58	48.12%
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		211	Catherine WILSON	00:33:58	49.36%
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		251	Paul EVANS	00:37:03	45.25%
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<a href="#">Witney</a>	595	39	David WORSELL	00:23:43	63.74%	PB
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307 runners		141	Nevenka WORSELL	00:28:52	59.53%	PB
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<a href="#">Worthing</a>	7	174	Lisa COMPTON	00:24:51	88.13%
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684 runners

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*Holland Sports post-race debrief (top) and Chris not really listening to James ...*

**Lingfield Runners Make Their Mark at Holland AC's Relays**  
**Thursday 10<sup>th</sup> July 2025**  
**Sally Alexander**



*An impressive turnout for Holland AC's Relays (minus Maggie who was warming up!)*

*Additional competition 'FIND GRAEME'!! -*

Just two weeks after our impressive club turnout at TAC's Midsummer Relays, Thursday evening saw an even greater number of our runners don the distinctive club colours of red, white and green, ready for Holland Sports' first 'fast and furious' 4 x 1 mile relay event.

With Holland AC's England 5,000m star, Jack Kavanagh, leading the A runners, it certainly was a speedy competition which took each team member on a clearly marked route of the Mill Lane sports ground field and track. The whole course was perfect for spectators who were able to cheer each athlete on as they fired up their legs, arms and determination to get to the transition mat where their next team member was waiting to take on the 'baton'.

As expected and true to form, Lingfield Running Club dug deep and tackled the sun-drenched course with grit and good humour! And our reward? Well...not only a sense of personal pride; the sheer pleasure which running as part of a relay team brings; the indescribable camaraderie, joviality and delight standing side by side as a very prominent running club, but also the beer, the bangers and the burgers which flowed well into the setting sun! Indeed, Oxted Runners intimated envy that we had fielded eight teams of four and Neil Danby from Holland AC expressed his sincere gratitude for our support.

While we may not have medalled, there were some very impressive performances and several members who were delighted with their personal achievements (Graeme may have more statistical details!) It was also fantastic to see many new members and those who we have not seen for a while attend the relay. So, well done to everyone who signed up and ran, and thank you to our trusty supporters. Also, a big shout out to Keith for coordinating the teams, submitting our entries and disseminating event information so efficiently!

We are an amazing club!



## **Weekly club runs**

**Gary Spring**

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

**Pub Run from Chiddingstone**



*The combined run and walk groups, raring to start, outside the pub in Chiddingstone (photo, courtesy of Sally Alexander)*

A very successful Club Run last night (i.e. the weather was just right, I did not get lost, plenty of hilly bits to work up a thirst and the pub was open when we got back). As in previous years of doing this route, there was also the usual crowd of kids in the grounds of Penshurst Place to give us a 'High 5' as we ran past them. Many thanks to Keith and Sandra for leading a walk option.

**Thursday, 17<sup>th</sup> July**

Sorry, a family commitment means I will not be able to lead a run this evening. Please consider using LRC Runfinder to see if anyone is up for an evening run.

**Tuesday, 22nd July**

**May Race 3**

Club Handicap race #5

Start time 7:00pm, from **Jenners Field**

**Note: Starting place is not the usual location, (but the Finish is!)**

The May Race 3 route is mainly on footpaths and trails, with a one kilometre section of quiet road. Total distance is 7.5km and the route is pretty flat. The route map can be seen, using this link, <https://lingfieldrunningclub.co.uk/wp-content/uploads/2022/04/2022-May-Race-3.pdf>.

Tom Cartledge and I are planning to recce it beforehand, with secateurs, so it should be relatively bramble-free for the race. We will start in Jenners Field, which is about 400m, due North, from the Victoria Club. We will walk there from the Victoria Club, as a group, at about 6:50pm. If you arrive later than that, the route to Jenners Field is as follows:

- 1. Cross over Lingfield High Street to Old School Place and walk past the Community Centre, taking the footpath, ahead of you, that leads to the church.*
- 2. Go straight ahead along the footpath, passing the church on your right and go past the library and down the steps to Vicarage Road.*
- 3. Cross the road and take the footpath directly opposite. At the end of the footpath, turn left, through a wooden gate into Jenners Field. We will be assembling to the right of the playground.*

As with the previous Club Handicap Races, the slowest runners will start first, just after 7pm, and the faster runners can expect a handicap time of about 15 - 20 minutes. The race finish will be at the usual place on Racecourse Road, opposite the racecourse entrance.

If you want to leave anything at the start, like running tops or a water bottle, to collect at the finish, put them in my car at the Victoria Club and they'll be waiting for you at the end of the race. There will be water at the finish.

With the handicap start system, everyone has a good chance of winning, (especially the members who've bribed me for good handicap times – joking, honest!), so even if you are just into running, as long as you are able to run/jog five miles, please consider giving it a go. Guests are very welcome to take part – they just won't score for the Handicap Trophies.

**Information on runs and races that club members are doing**

As well as the information in the club website calendar on planned races and club runs, there are also a lot of posts from members about races and ad-hoc group runs on the club WhatsApp group, **LRC Runfinder**.

The Club encourages all our active members to consider joining this group, so you can see what runs and races are being planned. If you want to join this 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.

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## **Fiery Five go on an Adventure!**

**Elmore 7 – Surrey Road League, LRC's Grand Prix Series and LRC's Surrey Road League Series**

**Saturday 12<sup>th</sup> July 2025**

**Sally Alexander**



### ***Sue, James, Dave, Maggie and I finally smiling after 'running a scorcher' at the Elmore 7!***

As the temperature soared on Saturday, reaching the dizzy heights of 30 degrees, five of the club's stalwarts (or, utterly mad members) decided that since they had entered the Elmore 7, they may as well compete in it, despite the amber weather warning! Well, that was four of us, the fifth (James K) had clearly not had enough at EG parkrun in the morning so had headed up to Chipstead after battling 'that hill' to torture himself further!

As the race forms part of the traditionally English Chipstead Flower Show and fete, it does not start until 2pm. The challenging, hilly route takes runners on a circular loop navigating many of the hedgerow-lined lanes of the quintessential sleepy village. It really is a picturesque course, but perhaps not when the temperature is so high.

We all set off at a steady pace, which was certainly the right decision as so many of the exceptionally fast club runners were already walking by the first of the series of hills. I will admit to contemplating walking myself by mile three as I do not think I have experienced running in intense heat like that ever in my life! Fortunately, none of us listened to our little 'head gremlins' who were intent on scuppering our races, and all five of us literally battled and sweated to the finish line, and we were not alone. Sue had to correct one poor chap at the start line who thought it was a 7km not a 7m race – what a shock the extra distance must have been for him!

I cannot deny that it was tough! But we all made it and in excellent times with Dave Nottidge and Sue Garner coming in the top four of their age categories while LRC scooped two age-category first-place prizes. Bravo Maggie!

Once we had all recovered, we enjoyed the festivities of the fete which included a tug of war; a band; plentiful home bakes and prize vegetables, a plethora of local sellers, beer, a BBQ and a clown on stilts!

Truly well done to James Kilfiger, Dave Nottidge and ‘super vets’ Sue Garner and Maggie Statham-Berry. You all smashed it!

The next event is the flat and scenic Elmbridge 10K at 9am on Sunday 20<sup>th</sup> July. These events are for all paces and abilities. We would love to see lots of you there – so be part of the team and get on and get entered by clicking the link below:

<https://theentrypoint.co.uk/events/the-elmbridge-10k-2025-Yn5bZ9gDbZOVGIN>

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## **Sunday Afternoon Social**

**Keith Chambers**

This year our annual summer barbeque morphed into a glorious Sunday afternoon picnic; cooking over a sizzling hot plate replaced with a cool picnic and casual recline in the shade of Lingfield Sports Association’s roof.

Some things don’t change though, sun hats, sun glasses and a good covering of SP-50 required on another scorching summer’s afternoon.

We turned up with our picnics, where would be without good old Tupperware. An anonymous benefactor provided nuts, crisps and other nibbles, and the bar open for liquid refreshments.

Informal proceedings were opened by our emerging guitar duo, Mr Terry Sumner and Samual Champness. Sammy’s debut with Terry was unfortunately cancelled at last week’s East Court live gig when Terry had to end his performance after 22 minutes due to torrential rain and fork lightning. No such problems this afternoon and we were treated to a medley of classics including Snow Patrol’s ‘Chasing Cars’ which got the singalong going.

What’s now become a tradition of the annual Sunday Social is the Rounders Match; picnic seats offering a ringside seat to the theatrics on the playing field. Rules applied and broken as play progressed; full rounds achieved, air shots, catches held, run outs, tumbles (hope you’re okay now Ed); so much action but what about the final score? No-one could remember, but it was fun.

At the end of another active weekend of parkruns, the Elmore 7, and early Sunday runs; it was great to hit the pause button, come together and have a few hours enjoying each other’s company. The secret gift of a picnic: the permission to be gloriously, unapologetically idle.

A big thank you to Sandra and Scott for organising; to Terry and Sammy for some great entertainment; and to everyone for coming along and being idle, well at least until the Rounders started!

Notes for next year:



- The Rules of Rounders
- Practice



*Reasons why Sandra's team may have lost (above)  
and Nick gives motivational talk to youngest team member (below). Thanks, Keith, for the pics.*





*Lingfield's own Statler and Waldorf turned up to watch (below)*



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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 ▾			
16	JUL, WED	6:45 – 7:45pm	LRC coaching (Fiona) East Court, College Ln, East Grinstead RH19 3LT, UK
		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) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
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 1NB, UK
29	JUL, TUE	7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
30	JUL, WED	6:45 – 7:45pm	LRC coaching (Terri)
4	AUG, MON	7:30 – 8:30pm	L10s meeting Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
5	AUG, TUE	7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
6	AUG, WED	6:45 – 7:45pm	LRC coaching (Keith)
		7:30 – 8:30pm	Highdown Hike (WSFRL)

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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### Reminders from previous weeks

#### 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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### **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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