



Newsletter

Wednesday 3 September 2025

Contents

- **Lingfield's weekly racing round up**
- **Weekly club runs - Gary Spring**
- **LRC quiz 2025 (September) - Gary Spring**
- **And in the next two weeks**
- **Crowborough 10k - Editor**
- **Lingfield Church quiz - Scott McDonald**

Reminders

- **Sports therapist recommendations - Sally Alexander**
- **LRC coaching sessions - Editor**

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.

Follow us via





Lingfield's Racing Roundup

Hello everyone.

Last Saturday, we had a more focused 48 members running in just eight parkrun venues: East Grinstead (25), Hove Promenade (1), Milton Country (2), Raphael (1), Southall (1), Teignmouth Promenade (1), Tilgate (5) and Wakehurst (12).

Particular congratulations to first-placed runners **Dan Celani** (East Grinstead) and **James Caffrey** (Wakehurst). There were also third places for **Lucy Wilkes** and **Lenard Binuagan** (EG) and a best-ever age grading of 97.90 for **Sue Garner** (Hove Promenade).

Once again, not a lot of racing to report on from last weekend but I was saved by the Windlesham House 4, the latest instalment of the West Sussex Fun Run League (WSFRL). Two members completed this, running for their second-claim club, Crawley Saints and Sinners. **Ian Greenaway** ran a time of 39.59 and **Isla Greenaway** did 49.59, and there were 283 finishers. Rob Sherwood (Horsham Joggers) won the race in 26.11 and first woman was a Portslade Hedgehopper, Geraldine Moffat, in 32.28. Well done, Ian and Isla, and what a shame there isn't a Surrey Fun Run League for our club to enter.

Incidentally, this race is referred to as the 'Windlesham Whip' on the Worthing Harriers website, whose home race this is. Although the Windlesham reference is obvious (it starts there), there is no explanation for the 'Whip' part. Does the route (below) really look like a whip? Any ideas?

The coming Sunday sees the latest event in the club's Handicap GP series – race seven of nine. See details later in the newsletter. It's close at the top of both men's

and women's tables, so anything could happen.

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

| | | | | | | |
|--------------------------------|-------------------------------------|-----------------|----------------------------|---------------|----------------------|------------|
| 30-Aug-25 | | 48 | LRC parkrunners | Median | 58.13% | |
| | Difficulty rank /835 | Position | Name | Time | Age grade | PB? |
| East Grinstead | 823 | 1 | Dan CELANI | 00:19:59 | 71.48% | |
| | | 3 | Lenard BINUAGAN | 00:20:16 | 65.05% | |
| 153 runners | | 6 | James KILFIGER | 00:20:32 | 72.97% | PB |
| | | 7 | Nick KEEN | 00:20:40 | 68.63% | |
| | | 11 | Steve ACKROYD | 00:21:53 | 65.80% | |
| | | 26 | David THOMAS | 00:24:24 | 58.54% | |
| | | 27 | Ben HORNER | 00:24:32 | 54.35% | |
| | | 42 | Michael MANWILL | 00:25:32 | 57.77% | |
| | | 45 | Lucy WILKES | 00:25:53 | 61.94% | |
| | | 48 | Fiona CHAMPNESS | 00:26:10 | 64.84% | |
| | | 59 | Wendy SMITH | 00:28:09 | 65.19% | |
| | | 70 | Ian GREENAWAY | 00:29:21 | 51.90% | |

| | | | |
|-----|--------------------|----------|--------|
| 71 | Isla GREENAWAY | 00:29:23 | 50.37% |
| 72 | Nevenka WORSELL | 00:29:30 | 59.04% |
| 73 | Darija SPARKES | 00:29:40 | 55.84% |
| 74 | Helen DAVEY | 00:29:45 | 66.16% |
| 77 | Michele EDWARDS | 00:30:02 | 66.48% |
| 81 | Nick CHAMPNESS | 00:30:24 | 48.14% |
| 87 | Miranda CHITTY | 00:30:47 | 60.42% |
| 101 | Keith CHAMBERS | 00:32:37 | 51.92% |
| 121 | Theresa DONOHUE | 00:37:08 | 50.09% |
| 137 | Judy HAYLER | 00:42:00 | 46.87% |
| 142 | Sandra ANKERS | 00:49:04 | 49.42% |
| 143 | Kath GARRIDO | 00:49:49 | 51.42% |
| 149 | Amy HODGE | 01:05:35 | 23.46% |

[Hove Promenade](#) 23 408 Sue GARNER 00:26:10 97.90%

903 runners

[Milton Country](#) 473 6 Simon PETITT 00:18:47 69.03%

332 runners 245 Helen PETITT 00:33:25 44.34%

[Raphael](#) 87 93 Lisa COMPTON 00:25:02 87.48%

365 runners

[Southall](#) 156 49 Steve WARNER 00:30:46 56.66%

98 runners

[Teignmouth Promenade](#)

| | | | | |
|-----|-----|--------------|----------|--------|
| 188 | 108 | Sophie DAVIS | 00:25:52 | 59.92% |
|-----|-----|--------------|----------|--------|

414 runners

[Tilgate](#)

| | | | | |
|-----|----|----------|----------|--------|
| 474 | 20 | Dan OPPE | 00:21:02 | 66.40% |
|-----|----|----------|----------|--------|

522 runners

| | | | |
|----|---------------|----------|--------|
| 89 | David WATKINS | 00:24:37 | 66.89% |
|----|---------------|----------|--------|

| | | | |
|-----|----------------|----------|--------|
| 169 | David NOTTIDGE | 00:28:14 | 61.75% |
|-----|----------------|----------|--------|

| | | | |
|-----|--------------|----------|--------|
| 281 | Mike LOTHIAN | 00:32:18 | 57.69% |
|-----|--------------|----------|--------|

| | | | |
|-----|---------------|----------|--------|
| 430 | Carole BARNES | 00:41:04 | 54.22% |
|-----|---------------|----------|--------|

[Wakehurst](#)

| | | | | |
|-----|---|---------------|----------|--------|
| 281 | 1 | James CAFFREY | 00:17:37 | 79.28% |
|-----|---|---------------|----------|--------|

427 runners

| | | | |
|----|--------------|----------|--------|
| 13 | James WILLIS | 00:20:26 | 71.04% |
|----|--------------|----------|--------|

| | | | | |
|----|------------------|----------|--------|----|
| 42 | David WADDINGTON | 00:23:17 | 58.20% | PB |
|----|------------------|----------|--------|----|

| | | | |
|----|--------------|----------|--------|
| 61 | Daniel JONES | 00:24:14 | 58.05% |
|----|--------------|----------|--------|

| | | | |
|----|------------|----------|--------|
| 85 | Simon COOK | 00:25:31 | 61.79% |
|----|------------|----------|--------|

| | | | |
|-----|-----------------|----------|--------|
| 154 | Jennifer WILLIS | 00:28:22 | 57.70% |
|-----|-----------------|----------|--------|

| | | | |
|-----|----------------|----------|--------|
| 215 | Sarah FERGUSON | 00:31:17 | 49.55% |
|-----|----------------|----------|--------|

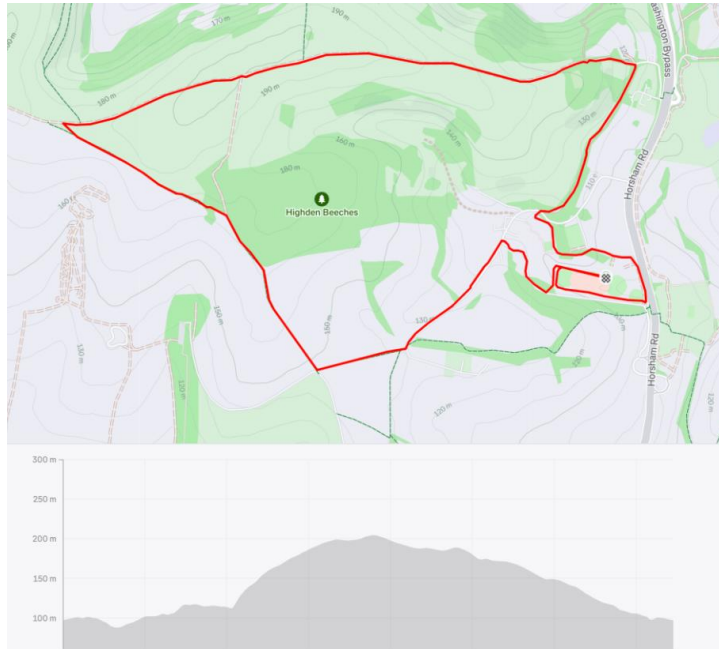
| | | | |
|-----|------------|----------|--------|
| 309 | Paul EVANS | 00:36:08 | 46.40% |
|-----|------------|----------|--------|

| | | | |
|-----|----------------|----------|--------|
| 319 | Peter PHILLIPS | 00:36:49 | 48.48% |
|-----|----------------|----------|--------|

| | | | |
|-----|--------------|----------|--------|
| 356 | Martin PAYNE | 00:40:25 | 43.13% |
|-----|--------------|----------|--------|

| | | | |
|-----|------------|----------|--------|
| 369 | Ian WILSON | 00:41:24 | 45.01% |
|-----|------------|----------|--------|

| | | | |
|-----|-------------|----------|--------|
| 387 | Robin MAYER | 00:42:45 | 46.98% |
|-----|-------------|----------|--------|



Windlesham Whip route (above) - but why a 'whip'?

[Back to top](#)

Weekly club runs

Gary Spring

Thursday, 4th Sept

No organised Club Run tonight

If you want to run in company this evening, please use LRC Runfinder to arrange a run with other members.

Sunday, 7th Sept

Club Handicap Race #7. The 5 mile road run

Start Time 9:30am, Racecourse Road.

The race starts on Racecourse Road, opposite the racecourse. Slowest runners will start at 9:30am, with about a 20-minute handicap for the fastest

runners. The route is all pavement/road, going along Racecourse Road and down St Piers Lane, turning left onto Water Lane and turning round at the end of this road and going back the same way. It is a reasonably flat course and the weather currently looks dry and sunny so it should be a pleasant morning's race. If you are driving, please park at the Victoria Club and jog down to the start. In case you want to see a map of the route, please use [this link](#).

Tuesday, 9th September

Club Run from Victoria Club

Start time 7pm.

We're rapidly approaching the dark evenings but I think we can squeeze in one more off-road Club Run, dependent on cloud cover. If the weather is reasonable, it will be mainly on trails, about 5 miles in distance and on open paths for the last few miles so we have enough light to see by. Sunset is about 7:30pm but there should be enough light for a further half hour (Civil Twilight). If there is a lot of cloud cover, I will select a road route instead. Please bring head torches if you want to be extra safe.

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)

or Gary Spring (organiser@lingfieldrunningclub.co.uk) and we can add you in.

Back to top

2025 LRC Quiz Slot

Gary Spring

PUZZLE 7

As feared, Lucy Wilkes, Debbie Wilkes and Judy Hayler made short work of Puzzle 7, with Lucy's correct answers arriving in my Inbox within three hours of Graeme sending out the newsletter. It was, however, gratifying to know that men can also do 'Cryptic', with the addition of a correct entry from James Kilfiger.

For those of you who were intrigued enough to want to know what the Puzzle format was, the idea was to pick suitable parkrun names, ending in something that sounds like 'LY', i.e. LEY or LEIGH, to allude to an adverb meaning 'like a', e.g. costly – like something expensive.

For Clue 1, One of the Chinese dynasties was the Han, so 'like a Chinese dynasty' could be Hanley (allowing for homophones). I hope that explains it. I've also added some notes on some of the clues that may need more explanation.

ANSWERS:

- | | |
|--|----------------|
| 1. Like a Chinese dynasty | - HANLEY |
| 2. Like a direction | - EASTLEIGH |
| 3. Like a pen ⁽¹⁾ | - SWANLEY |
| 4. Like a char | - BURNLEY |
| 5. Like a member | - ARMLEY |
| 6. Like a big granny | - GREAT NOTLEY |
| 7. Like a lame duck | - DUDLEY |
| 8. Like a collection of farm buildings | - BARNSLEY |
| 9. Like a measurement of herrings ⁽²⁾ | - CRANLEY |
| 10. Like a gothic author ⁽³⁾ | - BRAMLEY |

⁽¹⁾ Pen = female swan

⁽²⁾ Cran = volumetric measurement of herrings, typically about 1200 fish (amazing what you can learn in this newsletter!)

⁽³⁾ Bram, from Bram Stoker, author of Dracula

PUZZLE 8

We're staying with parkrun locations for the answers to Puzzle 8, using the **'2025 Power of 10 parkrun list by difficulty'**. for the answers.

This month, however, I've paused on the cryptic clue format to hopefully widen the possible field of entries. All you need to do is recognise who the following photos are of. Then determine which part of their name, title or character name they play, could help form part of a parkrun name. No homophones or homonyms used this time. The exact spelling of the required part of the person's name will match the spelling of the parkrun location.

Here is an example to get you going:



Bill GATES Anthony HEAD. The answer is GATESHEAD.

NOTE: Please don't assume the required part of the person's name is always the surname.

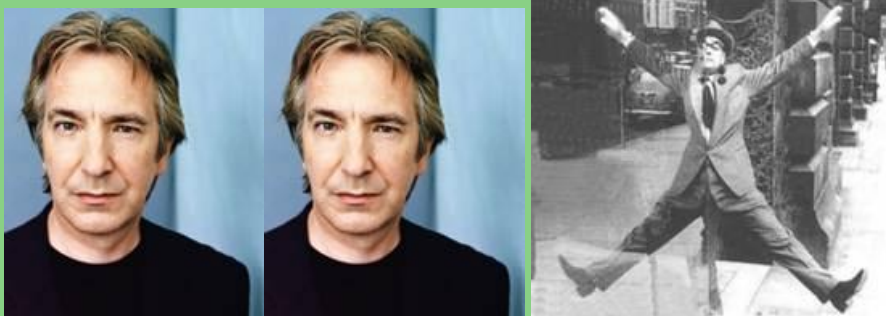
CLUE 1:



CLUE 2:



CLUE 3:



CLUE 4:



CLUE 5:



CLUE 6:



CLUE 7:



CLUE 8:



CLUE 9:



CLUE 10:



Your answer should be the parkrun name, as written, in the Power of 10 list.
The closing date for Puzzle Number 8, is Midnight, 30th September. Send your solutions to higaryspring@gmail.com

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 < > Sep – Oct 2025 ▾ | | | |
|----------------------------|----------|-----------------|---|
| 3 | SEP, WED | 6:45 – 7:45pm | LRC coaching (James) East Court, College Ln, East Grinstead RH19 3LT, UK |
| 4 | SEP, 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 | SEP, SUN | 9:30 – 10:30am | Club run - 5 mile road handicap Lingfield Park Racecourse, Racecourse Rd, Lingfield RH7 6PQ, UK |
| | | 10:45 – 11:15am | Great North Run |
| | | 11am – 12pm | Tilgate 5 (WSFRL) |
| 9 | SEP, TUE | 7 – 8pm | Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK |
| 10 | SEP, WED | 6:45 – 7:45pm | LRC coaching (Terri) |
| 13 | SEP, SAT | 7 – 8am | Brighton 50/50 Black Rock Station, Madeira Dr, Brighton Marina, Brighton and Hove, Brighton BN2 1FY, UK |
| | | 8:30 – 10am | Bowl Water Autumn runs Bowl Water, Wadhurst, UK |
| | | 11am – 12pm | Isle of Wight/SEAA Fell Running Champs. Ventnor, UK |
| 14 | SEP, SUN | 9 – 9:30am | River run (Marathon & Half) Shoreham-by-Sea, UK |
| | | 10 – 11am | Isle of Wight/SEAA Fell Running Champs. Ventnor, UK |
| | | 10:30 – 11:30am | Alf Shrubbs Memorial Race 10k & 5k Slinfold Cricket Club, Lyons Rd, Slinfold, Horsham RH13 0RY, UK |
| 16 | SEP, TUE | 7 – 8pm | Club running Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK |
| 17 | SEP, WED | 6:45 – 7:45pm | LRC coaching (Keith) |
| 18 | SEP, THU | 6:45 – 7:45pm | Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, 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

Crowborough 10k

Editor

Thank you to our Secretary, Nick Keen, for reminding us that old favourite, the [Crowborough 10k](#), is no longer competing with the Hartfield Honey Run and the Brighton 10k. It has been moved forward two weeks to avoid that conflict.

If you loved the Uphill Mile, you'll adore this!



A promotional poster for the Crowborough 10K / 5K race. The background is a solid blue color. At the top, the text "CROWBOROUGH" is written in large, bold, white capital letters, followed by "10K / 5K" in a slightly smaller font. To the right of this text is a small cartoon penguin wearing a blue running vest and yellow shoes, holding a laurel wreath. In the center of the poster is an oval-shaped photograph of several runners on a dirt path. The runners are wearing various athletic gear, including white singlets with "PHOENIX" and "Crowborough" printed on them. Some runners have bib numbers visible, such as 282, 213, 333, and 430. Below the photograph, the text "2ND NOVEMBER 2025" is written in large, bold, white capital letters, followed by "10:00AM" in a slightly smaller font. At the bottom of the poster, there are several logos and text elements. On the left, there is a logo for "freedom leisure" with a stylized 'f' and the tagline "who's your mate?". Next to it is a logo for "SCP" with the text "Michael Brooker" and "ESTATE AGENTS" below it. To the right of these logos is the text "Enter Here" followed by the URL "https://linktr.ee/Crowborou" and "ghRunners" below it. On the far right, there is a QR code.

[Back to top](#)

Friends of St Peter & St Paul
Quiz night 27 September
Scott McDonald

Funds raised will go towards the upkeep of the church.

A poster for a quiz night event. The background is dark grey with a string of warm white lights at the top. On the left and right sides, there are stylized, abstract shapes in yellow and orange, resembling the letters 'P' and 'S'. The text is centered and reads: 'Friends of St Peter & St Paul' in black, followed by 'QUIZ NIGHT' in large, white, outlined letters. Below this, 'Lingfield & Dormansland Community Centre' is written in black. The date 'SATURDAY 27TH SEPTEMBER' is in large black letters. Underneath, '7pm for 7:30pm start' and 'Tables of 6 - £8pp' are in a smaller, light yellow font. A horizontal line separates this from 'Licensed Bar & Raffle' in bold yellow letters. Another horizontal line follows. At the bottom, 'Tickets from:' is in black, followed by three email addresses: 'youngr@ryeconsult.co.uk', 'joanna.brown@talk21.com', and 'sallymartin086@gmail.com' in a light yellow font.

Friends of St Peter & St Paul

**QUIZ
NIGHT**

**Lingfield & Dormansland
Community Centre**

**SATURDAY 27TH
SEPTEMBER**

7pm for 7:30pm start
Tables of 6 - £8pp

Licensed Bar & Raffle

Tickets from:
youngr@ryeconsult.co.uk
joanna.brown@talk21.com
sallymartin086@gmail.com

Back to top

Reminders from previous weeks

Sports therapist recommendation update

Sally Alexander

I am including [a link](#) again this week to the current 'directory' of member recommendations as I have received more since last week. There is also a copy on the LRC Victoria Club noticeboard.

When the committee meets in a few weeks, we hope to agree to store a regularly updated version somewhere our members can access whenever they need it.

Should anyone have further recommendations, they can email me at my ['chair'](#) address!

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

