



Newsletter

Wednesday 10 September 2025

Contents

- [Lingfield's weekly racing round up](#)
- [Weekly club runs - Gary Spring](#)
- [2025/26 Cross Country Season Update - Keith and Liz](#)
- [Puzzle 8 \(resurrected\) - Gary Spring](#)
- [Ultra Trail de Mont Blanc - Sally Alexander](#)
- [Junior parkrun? - Scott McDonald](#)
- [LRC Artists - Sandra Ankers](#)
- [And in the next two weeks](#)
- [Weir Wood Wander - Sally Alexander](#)

Reminders

- [Sports therapist update 2 - Sally Alexander](#)
- [LRC coaching sessions - Editor](#)

Welcome this week to new members, Simon Harris and Jamie Maskell, and returning members, Kevin Reeve and Sally Skipper

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.

Last Saturday, we had 46 members running in nine parkrun locations: East Grinstead (27), Basingstoke (1), Bury Field (2), Bushy (1), Maidstone River Park (1), Preston Park (1), Tilgate (3), Wakehurst (9) and Whitstable (1).

Particular congratulations to first-placed runners **Dan Celani** (Wakehurst this week) and to our placed runners at East Grinstead - **Lucy Wilkes** (second) and **Lenard Binuagan** and **Fiona Champness** (both third). And, it would appear from the results of the five-mile handicap on Sunday, that Gary was unaware of yet another PB by **Amy Hodge**!

I could only find one member racing at the weekend and that man travelled all the way to the far northeast to take part in the Great North Run. **Terry Sumner** (for it was he) completed this huge event (there were 60,000 others) in a time of 1.58.10. The local paper reported that times were on average slightly slower than usual due to the windier conditions on the route, otherwise Terry may have got another PB for the distance. Alex Mutiso (Kenya) was first in 1:00:52, and first woman was S. Chepkirui (also Kenya) in 1:09:32. Well done, Terry.

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

25

		46LRC parkrunners		Median59.75%	
	Difficulty rank /835	Position	Name	Time	Age grade
Grinstead	823	3	Lenard BINUAGAN	00:20:21	64.78%
runners		6	James KILFIGER	00:21:07	70.96%

		7	Nick KEEN	00:21:14	66.80%	
		10	James WILLIS	00:22:37	64.19%	
		16	Michael MANWILL	00:23:42	62.24%	
		20	David THOMAS	00:23:58	59.60%	
		21	Daniel PIKE	00:24:14	60.39%	
		22	Brandon WEBB	00:24:16	62.77%	
		27	Tim MARTIN	00:24:58	58.61%	
		29	Ben HORNER	00:25:21	52.60%	
		32	Lucy WILKES	00:25:58	61.75%	
		35	David WATKINS	00:26:27	62.26%	
		37	Fiona CHAMPNESS	00:26:31	63.98%	
		46	Wendy SMITH	00:27:53	65.81%	
		50	Isla GREENAWAY	00:28:12	52.48%	
		54	Judith CARTLEDGE	00:28:26	70.22%	
		58	Nevenka WORSELL	00:28:42	60.69%	
		73	Michele EDWARDS	00:30:00	66.56%	
		79	Liz WEBSTER	00:31:23	51.62%	
		91	Helen DAVEY	00:32:31	60.53%	
		93	Amy HODGE	00:32:58	46.66%	PI
		94	Ian WATKINS	00:32:59	50.83%	
		95	Keith CHAMBERS	00:33:00	51.31%	
		100	Steve WARNER	00:33:37	51.86%	
		114	Theresa DONOHUE	00:37:27	50.38%	
		132	Marie WARNER	01:00:40	34.45%	
		137	Judy HAYLER	01:04:04	30.72%	
stoke	512	399	Sarah FERGUSON	00:32:36	47.55%	
nners						
field	589	25	Simon COOK	00:25:03	62.94%	
ners		61	Martin PAYNE	00:29:58	58.18%	
	75	567	Sue GARNER	00:26:25	96.97%	
runners						
one River Park	169	118	Ian GREENAWAY	00:25:26	59.90%	
nners						
n Park	194	656	Carole BARNES	00:39:46	55.99%	
nners						
:	474	171	David NOTTIDGE	00:27:54	62.49%	
nners		259	Noah SEMONIN	00:30:49	41.86%	
		313	Mike LOTHIAN	00:32:39	57.07%	
urst	281	1	Dan CELANI	00:18:19	77.98%	
nners		7	Steve ACKROYD	00:20:20	70.82%	PI
		9	Dan OPPE	00:20:42	67.47%	

25	Simon PETITT	00:22:07	58.63%
160	Darija SPARKES	00:28:30	58.13%
301	Paul EVANS	00:35:56	46.66%
308	Helen PETITT	00:36:21	40.76%
337	Eliska KELLY	00:38:45	40.99%
353	Robin MAYER	00:42:09	47.65%
517	Miranda CHITTY	00:29:28	63.12%

[table](#)
[ners](#)

[Back to top](#)

Weekly club runs

Gary Spring

Sunday, 7th Sept

Club Handicap Race #7. The 5-mile road run



Photo courtesy of Tom Cartledge

Amy Hodge led from start to finish in last Sunday's sun-bathed Club Handicap race. She proved to be uncatchable over the five-mile course and finished two and a half minutes

clear of Judith Cartledge, in second place (that will be the last zero-minute handicap that Amy gets for a while!). Nearly everyone managed to negotiate the out and back course correctly. I'm not mentioning names, but I think that maybe two weeks hiking in the Alps may have disoriented one of our runners. Luckily, marshal Robin Mayer and Brandon Webb spotted the off-piste manoeuvre before too much time was lost.

Many thanks to Robin, Sue Garner, Graeme Bennett and Glen Smith for marshalling and to Tom Cartledge for the time-keeping.

There are two more Handicap races to go and the current points table (accessible [via this link](#)) shows that it is still pretty close at the top and it may not be until the final race, the Christmas Handicap, when more members have six race points scores, that we will know who will be picking up the 1st Place trophies and 2nd and 3rd place prizes.

The next Handicap race is the Dennis Crowhurst Race, which also has its own trophy for the first finisher. The date is Sunday, 26th October. More details will be posted nearer the time.

Here are the results for the 5-mile road race.

Position	Name	Clock time (min:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Amy Hodge	54:27	0:00	54:27	20
2	Judith Cartledge	56:58	14:00	42:58	19
3	Keith Chambers	57:13	14:30	42:43	20
4	Maggie Statham-Berry	57:28	17:00	40:28	18
5	Michael Manwill	57:49	21:00	36:49	19
6	David Thomas	58:32	21:00	37:32	18
7	Sally Alexander	58:42	26:00	32:42	17
8	James Kilfiger	59:01	27:00	32:01	17
9	David Nottidge	59:08	13:00	46:08	16
10	Hannah Cartledge	59:32	14:00	45:32	16
11	Dave Watkins	59:53	18:00	41:53	15
12	Brandon Webb	60:27	23:00	37:27	14
13	David Waddington	60:48	21:00	39:48	13
14	Scott McDonald	60:48	13:00	47:48	12

Thursday, 11th Sept

Club Road Run

I will be leading a Club Run from the Victoria Club, starting at 7pm. It will be on pavements/quiet roads and between five and six miles in distance. Please bring a headtorch and wear something bright so you can see and be seen. As the Thursday evening run has not attracted too many members so far, we'll have one group and run at the pace of the slowest runner.

Tuesday, 16th September

Club Run from Victoria Club

Start time 7pm.

This will be a road run, distance about five miles. If we get a decent turn-out, we should be able to divide up into different-paced groups so you can run at a pace that suits you best.

NOTE ON FUTURE ROAD RUNS

As the road routes are less varied than the trail routes, there are more club members who know them so the plan is to offer different paces for the Tuesday evening runs. There is also interest in continuing the Pub Run theme for the forthcoming road runs. I will therefore plan for the first Tuesday of each month to be a Pub Run. October's Pub Run location will be the Dorset Arms, East Grinstead. I am keen to have any suggestions for later months. We just need a route of about five to six miles, on pavements or quiet roads and parking for about 10 to 15 vehicles near the pub. Please let me know if you have a suitable route.

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.

2025 – 2026 Cross Country Season Update

Keith Chambers and Liz McLennan

As the nights draw in, temperatures start to fall, and the leaves begin to turn; it can only mean one thing; the Cross Country season is just around the corner.

Our first fixture will be at Lloyd Park on Saturday 4th October in the East Surrey League.

Although dates and venues are still unconfirmed, the first race of the Surrey League XC will be on Saturday 11th October, the races being held on the second Saturday of the month in October, November, January and February.

Last XC season was one of the most successful for the club, the ladies finishing well in Division 2, and the men topping Division 4 to start the new season in Division 3.

For those who haven't experienced the LRC XC vibe yet, here's what you can expect. A chauffeur driven experience to the race venue in the Lingfield Minibus (13 seats available), a generously sized tent for changing and kit storage, great support and camaraderie, tea, coffee, cake, and more.

There are no entry fees.

Please let Liz and Keith know if you're interested and we'll make sure that you're in our respective XC WhatsApp groups and have a run number allocated.

There are two rules for participation;

1. You must be registered with England Athletics
2. You must wear a Lingfield Running Club vest or T-shirt

Please watch this space for more details as and when we get them.

Other dates for your XC diary:

- Reigate Priory Relays (Grand Prix event): Saturday 1st November at Priory Park.

- SEAA Championships (The Southern):
Saturday 24th January 2026 at Beckenham Place Park.
- English National Cross Country: Saturday 21st February 2026 at Sedgefield,
County Durham.

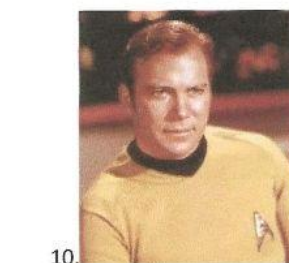
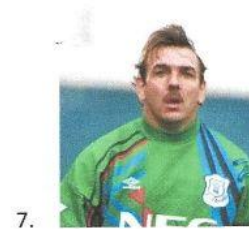
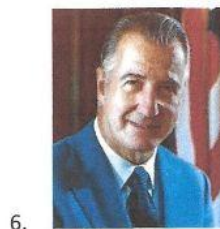
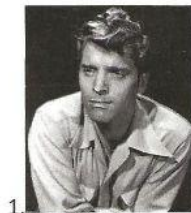
[Back to top](#)

Puzzle 8 (resurrected)

Gary Spring

I've had another go at the Puzzle 8 format and Graeme has successfully trialled attaching it to the newsletter without revealing the answers, so here is the new Puzzle 8. You just need to work out which parkrun is represented by the following photos. I'm using the '2025 Power of 10 list by difficulty' for the answers.

Please send your entries to higaryspring@gmail.com. Closing date: 30th September 2025.



'Meet your Extraordinary'
The UTMB World Series Finals: 25th – 31st August 2025

Sally Alexander



GB's Tom Evans and New Zealand's Ruth Croft Victorious in the 2025 UTMB

Nick messaged me to ask if I would put 'finger to keypad' and write something about possibly the most iconic race weekend in the ultra-trail yearly calendar: the UTMB (or the Ultra Trail of Mont Blanc) which takes place in the Alps over the last weekend in August.

It is one of my favourite running weekends of the year, but no, I don't take part (I wouldn't even come close to qualifying!) My family and I have gone most years since 2003, when it started, to soak up the atmosphere; have a momentary desire to take part but then settle in to enjoy cheering on the courageous of trail runners as they pass through St. Gervais les Bains (the first snack stop and checkpoint after leaving the start) to the roar of the crowds and the clangs of cowbells and then finally as the lead runners cross the finish line the following afternoon in the centre of Chamonix.

So, what is the Ultra-Trail of Mont Blanc?

Well, it is one of the most iconic ultra-trail running events in the world which starts late Friday afternoon in Chamonix and takes runners across the borders of the three countries (France, Italy and Switzerland) which hug the spectacular Mont Blanc range on a 174km loop. Like all ultra-running competitions, competitors have a series of checkpoints which they must reach within a specified time or face being pulled from the race, and everyone must complete the course within the cut-off time of 46:45. Sounds familiar, hey?

However, unlike a lot of ultras, not only do the competitors face the challenge of climbing over 9,900 metres in elevation during the event, but they are also at the mercy of whatever weather the mountains decide to throw at them! And this year was particularly extreme! After basking in hot late August sunshine, by the time the runners had arrived at the first checkpoint just 23 km from the start, they were being battered by strong winds and

torrential rain! As if that was not enough to set them on their night-time journey up the Roman Road, it was blizzarding at Col de la Seigne! Courtney Dauwalter described the overnight conditions as 'brutal'! However, a fresh dawn brought the promise of a fine day and the leaders returned to Chamonix bathing in warm Alpine sunshine. I am not quite sure how one prepares for every weather eventuality – perhaps our incredible Brandon will be able to shed light on this, having completed the UTMB in 2018 when I believe he too faced heavy snow but slightly earlier in the race!

This year, 2,492 competitors from around the world crossed the start line in Chamonix, embarking on a race of a lifetime. As you can imagine, among the mix of runners were those who enjoy the challenge of seeing just where they can push their bodies while taking in some of the most spectacular vistas the Alps offers (during the day of course!) Equally, there are the seasoned professional ultra-runners who are set to go for the 'win', representing brands such as Hoka, Asics and the North Face.

And what a winning year it was. Britain was buzzing in Chamonix when race favourite, Tom Evans, who is based in Loughborough, stormed across the finish line in 19:18, followed by USA's Ben Dhimman in 19:51 and then another Brit, Josh Wade from the Lake District, in 20:05. We couldn't believe it as this is the first time since 2010 Britain has podiumed (and we did it twice!) I shed lots of tears to the disdain of the family, but the atmosphere and emotions were overwhelming. In an interview, Tom Evans, who had DNF'd the past two years said, "I was so proud that I had put myself up to fail and was willing to fail again but was then able get the result I knew I was capable of getting," which just shows the importance of that proverb: if at first you don't succeed, try, try again!

The women's lead runners faced an equally incredible finish with New Zealand's Ruth Croft powering across the line first in 22:56, followed by France's Camille Bruyas in 23:28 and finally Germany's Katharina Hartmuth in 24:16. Wow!

For the women's race favourite who is currently considered to be the best female ultra-runner in the world, American, Courtney Dauwalter, the race demonstrated that it takes no prisoners. The night proved particularly challenging for her, but true to runner form, Courtney did not give up and took strength from those around her to make it across the line in a not too shabby 25:50! Later Courtney reflected, "While my legs gave out and left the party early, there were a million reasons to keep taking another step forward. Family & friends. Love and high fives and hugs. Pain Cave expansion. Finishing what we start. Adventure. Trying hard. All of you. Thank you thank you thank you. Getting to this finish

line might be one of my most treasured memories.” I think that just says it all except for the legacy Courtney and the other female runners might not realise they left when I saw Dauwalter running with a group of young girls for a short part of her journey! What an inspiration she and the other runners are to the next generation!

It truly is an incredible event which we all delight in watching, and that afternoon when we finally returned home, I couldn't wait to don my trainers and get out on my 'go to' trail along Les Contamines Valley, which had been trodden by all the incredible athletes who had taken part in the UTMB!

So, what about you?

I know there are plenty of you out there who would relish the beauty, sense of freedom and challenge running in the Alps brings. So, why not collect a stone, register and see if you too could secure a place in this incredible ultra-running event and 'Meet your Extraordinary'?

For full details of the UTMB and other Hoka World Series Events, click on the link below:

<https://utmb.world/>



Ben Dihman with Brits: Tom Evans and Josh Wade

[Back to top](#)

Junior parkrun - an open letter **Scott McDonald**

Hello everyone.

Myself and Robert Mitchell from the Lingfield Sports Club have, for the last few months, been thinking about trying to organise a junior parkrun in Lingfield. The

proposed parkrun would be held in the grounds of Lingfield Sports Club.

Despite contacting parkrun HQ, they have not responded to me. Robert and I know we need to raise a one-off fee of £4,800 (includes VAT) to register the parkrun but we would like advice about a few other things:

- Do we need Public Liability Insurance?
- How do we record times?
- Who does the Risk Assessment?
- Any ideas on advertising the proposed parkrun would be helpful, and any other hints and equipment required please.

Robert and I do have a plan around fundraising the £4,800 e.g. Parish Councils, Gatwick Airport, Tesco Stronger Starts, Surrey Playing Fields but other ideas will be gratefully appreciated. Please reply to me, any assistance will be gratefully appreciated and please note this is a totally separate event from Lingfield Running Club.

Many thanks, Scott
ScottkmcDonald64@gmail.com
07710 269369

[Back to top](#)

Lingfield Running Club – Artists Group

Sandra Ankers

To our running, walking, biking, swimming, quizzing and Bingo groups; we have a new addition; our Artists!

Last Monday, eleven of our ladies enjoyed a Sip 'n' Paint evening at Olivers Wine Bar in Copthorne; and what a great gallery!



[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			< > Sep – Oct 2025 ▾	
10	SEP, WED	6:45 – 7:45pm	LRC coaching (Terri) Lingfield Running Club	
11	SEP, THU	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK	
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	Bewl Water Autumn runs Bewl 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 Shrubb Memorial Race 10k & 5k Slinfold Cricket Club, Lyons Rd, Slinfold, Horsham RH13 0RY, UK	
16	SEP, TUE	7 – 8pm	Club running (Gary) 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
20	SEP, SAT	● 9 – 10am	parkrun (trail tbc - GP event)
21	SEP, SUN	● 8 – 9am	Hospice in the Weald 5k, 10k & Half Lower Common, London Rd, Royal Tunbridge Wells, TN11 1AB, UK
		● 8 – 9am	Phoenix Weir Wood Wander Weir Wood Reservoir, United Kingdom
		● 9 – 9:30am	Run Reigate Half Marathon, 10K, 5k Priory Park, Bell St, Reigate RH2 7RL, UK
23	SEP, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
24	SEP, WED	● 6:45 – 7:45pm	LRC coaching (Ian)
28	SEP, SUN	● 9 – 10am	Hellingly 10k Hellingly, Hailsham BN27, UK
		● 10 – 11am	Barns Green Half, 10k & 5k RH13 OPT, Muntham Dr, Barns Green, Horsham RH13 OPT, 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

[Back to top](#)

Weir Wood Wander

21 September 2025

Looking for a personal challenge in a beautiful location?



Then sign up for the next Phoenix Running, West Sussex event on **Sunday 21st September 2025** @ Weir Wood Reservoir.

Remember:

YOU set your pace, your distance and your start time, and you can even change your mind on route!

So, come along and join Vernon and the PRWS team! You won't regret it!

Click on the link below for full details:

[Phoenix : West Sussex - Weir Wood Wander](#)



[Back to top](#)

Reminders from previous weeks

Sports therapist recommendation update 2

Sally Alexander

I am including a link again this week to the [version 3](#) of the 'Directory' of member recommendations as I have received another.

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

[Back to top](#)