



Newsletter

Wednesday 17 September 2025

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Welcome this week to no new members!

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 41 members running in nine very scattered parkrun locations: East Grinstead (21), Beckenham Place (2), Jersey (2), Seaford Beach (1), Swanley (1), Tilgate (4), Vingis (4), Wakehurst (5) and Weymouth (1).

Particular congratulations to first-placed runners **Dan Celani** (Wakehurst), **Aly Warner** (Swanley) and **Simon Petitt** and **Sally Alexander** (both at East Grinstead). In addition, **Lucy Wilkes** was, once again, second at East Grinstead. And well done to **Noah Semonin** for his EG PB.

I noticed that **Tom Harvey** hasn't updated his parkrun profile, so I can't immediately pick up his parkruns. However, he did two in August – 2nd August at Queen's Glasgow, he won in 18.49; and, on 23rd, he ran 18.08 at Royal Tunbridge Wells. Well done, Tom, but please update parkrun!

Last week, organisers brought forward the Friday Night 5K Under the Lights at Battersea Park to Thursday! It didn't confound **Kieran Barnes** or 160 other runners, who competed in three races on the night. Kieran (running for Holland Sports) was 17th quickest, in a time of 14.51. Joe Wigfield (Wirral AC) had the fastest time of 13.57, with Hollie Parker (Brighton Phoenix) the fastest woman in 15.52. Another strong, consistent, run from Kieran.

Lingfield runners didn't just go to Lithuania for a parkrun (see below), they also went to run the Vilnius Marathon on Sunday. It looks like **Vernon Given** was first of them to finish in 3.49.44, then **Lisa Compton** in 4.13.40 and **Ian Greenaway** in 4.15.38. Tremendous running by all. The race winner was Lukas Tarasevicius in 2.28.32 and first woman was Modesta Buzeryte in 2.55.31. We have been

promised a report of the race, which I now hope to bring you next week.

There was also some running closer to home. **James Caffrey** ran in the 22km element of the Brighton 50/50, finishing in a great third place with a time of 1.42.33. Oliver Varney won in 1.28.10 and first woman was Emma Gambin in 2.18.31. There were also 50km and 50-mile races, but they didn't attract any of our members as far as I could see. Very well done, James.

Finally, best of luck to anyone running in the Grand Prix event at Squerryes Winery parkrun on Saturday.

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

13-Sep-25	41	LRC parkrunners	Median	58.54%
	Difficulty rank /835	Position Name	Time	Age grade PB?
East Grinstead	823	1 Simon PETITT	00:20:20	63.77%
95 runners		5 Sally ALEXANDER	00:21:51	79.71%
		10 Nick KEEN	00:22:43	62.44%
		17 Ben HORNER	00:23:46	56.10%
		19 Lenard BINUAGAN	00:24:18	54.25%
		20 David THOMAS	00:24:24	58.54%
		21 Simon HARRIS	00:24:36	59.96%

		27	Michael MANWILL	00:25:14	58.45%	
		31	Noah SEMONIN	00:25:25	50.75%	PB
		33	Lucy WILKES	00:25:53	61.94%	
		35	David WATKINS	00:26:45	61.56%	
		37	Isla GREENAWAY	00:27:29	53.85%	
		43	Wendy SMITH	00:28:23	64.65%	
		46	Judith CARTLEDGE	00:28:56	69.01%	
		47	Hannah CARTLEDGE	00:29:01	51.06%	
		58	Helen DAVEY	00:30:24	64.75%	
		59	Michele EDWARDS	00:30:35	65.29%	
		61	Ian WATKINS	00:30:56	54.20%	
		63	Emma FORBES	00:31:24	48.20%	
		66	Miranda CHITTY	00:31:51	58.40%	
		92	Judy HAYLER	00:53:57	36.48%	
Beckenham Place	726	197	Steve WARNER	00:32:38	53.42%	
283 runners		275	Marie WARNER	00:43:50	47.68%	
Jersey	224	126	Keith CHAMBERS	00:25:28	66.49%	
425 runners		404	Sandra ANKERS	00:45:24	53.41%	
Seaford Beach	187	94	Glen SMITH	00:31:24	48.14%	
140 runners						
Swanley	572	20	Aly WARNER	00:26:01	64.45%	

63 runners

Tilgate	474	25	Dan OPPE	00:22:08	63.10%
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367 runners		134	David NOTTIDGE	00:27:53	62.52%
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		284	Mike LOTHIAN	00:36:17	51.36%
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		332	Ian WILSON	00:45:17	41.15%
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Vingis	n/a	21	Vernon GIVEN	00:22:03	68.56%
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200 runners		37	Ian GREENAWAY	00:24:28	62.26%
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		48	Lisa COMPTON	00:25:18	86.56%
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		136	Theresa DONOHUE	00:35:01	53.88%
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Wakehurst	281	1	Dan CELANI	00:18:14	78.34%
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318 runners		74	Simon COOK	00:25:47	61.15%
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		188	Martin PAYNE	00:30:37	56.94%
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		208	Steve ACKROYD	00:31:48	45.28%
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		300	Robin MAYER	00:42:14	47.55%
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Weymouth	206	173	Sue GARNER	00:27:13	94.12%
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481 runners

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Weekly club runs

Gary Spring

Running in the dark evenings

We want you all to be safe when you are taking part in Evening Club Runs. We're inevitably going to be crossing roads and running on uneven pavements so, if you're wearing dark clothing and don't have a torch, there is a high risk of a driver not seeing you at a road crossing or you not spotting potential trip hazards. We don't want you laid up with an avoidable injury, so please wear something bright so you can be seen and bring a torch so you can see where you are going.

The good news is that we'll be back to light evenings again in about six months!

Thursday 18 Sept.

Club Road Run

Club Run from the Victoria Club, starting at 7pm. It will be on pavements and between 5 to 6 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, 23rd September

Club Run from Victoria Club

Start time 7pm.

This will be a road run, distance about 5 to 6 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. Please bring a headtorch and wear something bright so you can see and be seen.

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 5 to 6 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.

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Surrey League Cross Country update

Keith Chambers & Liz McLennan

It's official, the confirmed dates and venues for the 2025-2026 Surrey League XC season are:

Saturday October 11th, 2025, Richmond Park

Saturday November 15th, 2025, Hurst Green

Saturday January 10th, 2026, Oxshott Woods

Saturday February 7th, 2026, Lloyd Park

Start times, usually around 1:00pm are still to be confirmed but if you're available for the first event at Richmond Park please let either Liz or Keith know; and if required, please reserve a seat in the minibus.

We had a fantastic turnout last season, probably the best we've ever had. We appreciate that your weekends are busy, but if you can fit in a cross country race on these dates it'll be great to see you and get the season off to a good start.

East Grinstead parkrun – Lingfield Running Club “takeover”

Saturday 27th September 2025

We'll be holding our annual “takeover” of East Grinstead parkrun on Saturday 27th September.

We've had tremendous support at our previous East Grinstead parkrun takeovers when we've filled all the volunteer roles and parkrun pacers.

If you're available, please let either Liz or Keith know and we'll add you to the volunteer roster.

This will be the last event on the East Grinstead parkrun Summer course until April 2026; it's moving to the Winter route on Saturday 4th October; let's mark the end of Summer in style.

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

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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			< > Sep – Oct 2025	
17	SEP, WED	6:45 – 7:45pm	LRC coaching (Ian) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX, UK	
18	SEP, THU	6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK	
		7 – 8pm	Club run (Gary) Lingfield Running Club, RH7 6AA	
20	SEP, SAT	9 – 10am	Squerryes Winery parkrun (GP event) Squerryes Winery, TN16 1QP	
21	SEP, SUN	8 – 9am	Hospice in the Weald 5k, 10k & Half Lower Common, London Rd, Royal Tunbridge Wells, Tunbridge Wells	
		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 (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK	

24	SEP, WED	● 6:45 – 7:45pm	LRC coaching (Keith)
27	SEP, SAT	● 9 – 10am	EG parkrun (club takeover) East Court, College Ln, East Grinstead RH19 3LT, UK
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,
		● 10:30 – 11:30am	Eridge Park 10 Trail TN3 9JT, Eridge Green, Tunbridge Wells TN3 9JT, UK
30	SEP, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
1	OCT, WED	● 6:45 – 7:45pm	LRC coaching
2	OCT, 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

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



Sunday
21st September
Weir Wood Reservoir

5K
10K
1/2 Marathon
Marathon
Ultra

- 7 hour cut off
- Run as far as you like of the 5k lapped course
- Rock up and Run (start when you like)
- Chip timing (auto lap count)
- Great medals and amazing aid station

Phoenix Running West Sussex

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Running Club Quiz Team

Editor

The LRC quiz team won the quiz at the Star two weeks ago, with 120 points. As is now the custom, we gave our winnings back to the pub's local charity pot, which raised £132 on the night. During the course of the evening, relative newcomer Lucy Wilkes asked for how long the club had been doing the Star quiz. I had to scratch my head for a while, and search my diary when I got home, to find that the answer was probably 'since 2014'.

Dave Chase, Social Secretary at the time, recalls *"I saw an advert somewhere for the quiz at the Star and just wondered if we could get a team together. I had no idea if this was something people would be interested in but thought I'd offer it and see if we had any takers. Amazing that it's still going strong all these years later"*.



Winners 25 June 2015 - Chris Bridgwater, Dave 'Sam' Samuel, Bob and Laura Pank, Cathy Samuel. Picture - Editor.

In those early days the club attended the quiz on the last Thursday of every month. The first one I attended was on 24 April 2014, when the team came second with 96 pts. In those days it was quite an informal affair with the possibility of anything from four to 14 people turning up on spec. On one occasion, I think we took both first and last places in the quiz! In those days we also used to keep our winnings and buy lottery tickets - as you can probably guess, we got nowhere with that.

At first, the question-and-answer sheets would often be poor black and white

photocopies. These days they are produced professionally, colour-printed on shiny paper - you can see our last example below. And there are another 50 or so 'unseen' questions, including music and audio. While us runners can be a competitive lot, and it's nice to win, the evening always has its amusing moments, and you can't afford to take yourself too seriously ...

1. Famous Relations - Give their full, commonly-used names, all pairs are related (8)

2. Venn Diagrams - Give the 3 missing items (3)

EXAMPLE

Neptune Jupiter Saturn	Plain Ordinary Standard	Cue Remind Hint	Gift Trojan Dead
Mars	?	?	?
Twix Snickers Bounty	Chocolate Strawberry Mint	Timely Punctual Not late	Hay Mourning L-O

3. Something Fishy (6)

R _ _ _ _

M _ _ _ _ H _ _ _ _ A _ _ _ _

4. Alphabet Films
Give their full titles, all starting with the letter shown (6)

5. Predictive Texts
e.g. 43556 = 'Hello' (2)

1	2	3
[_]	ABC	DEF
4	5	6
GHI	JKL	MNO
7	8	9
PQRS	TUV	WXYZ

Things that give you red flags:
a) 39-7278637
b) 543348273

6. 'Y' Logos (4)

7. Born The Same Year
Give 4 names and the year (1 mark for +/-1yr, 2 for exact) (6)

8. Multiple Meanings
Give the 2 or 3 full answers for each initialism (7)

PC (TECH, SOCIALLY ACCEPTABLE, OFFICER)
PM (UK GOVERNMENT, TIME)
OS (SOFTWARE, UK MAPS)

9. Heads Up - Give the character names (6)

A _ _ _ _ ELLEN _ _ _ _ R _ _ _ _ JOHN _ _ _ _ R _ _ _ _ G _ _ _ _

10. The Country Formerly Known As...
(Or otherwise known as) Give their current/other names (7)

SWAZILAND / W _ _ _ _

PERSIA / _ _ _ _

SIAM / _ _ _ _

BURMA / _ _ _ _

ZAIRE / DR _ _ _ _

CEYLON / _ _ _ _

UPPER PERU / _ _ _ _

11. Stringing You Along
Label your answers 1-8 (8)

12. Pictorial Cheeses (6)

1 2 3 4 5 6

13. Missing Vowels - Double Meanings
Give the 5-letter words and their 2 meanings
e.g. CRNMCHNBRD = Crane - Machine, Bird (4)

MTCHPRFRSTRTR
NVLBKNSL
CHSTTRSBX
LGHTLLMNTPL

14. Russian To Print
Give the missing title words (6)

INQuizITION
alex@inquizition.com

If you discount the Covid years, there have been about 100 Thursday nights when the club could have turned up for the Star quiz. I have been there for at least 50 of them, of which I know we have won ten and been second another eight times, so a decent record. Our best year was 2022, with three wins on the trot, and two second places. After a couple of leaner years, we have bounced back with two wins in 2025 (so far)!

The club also enters other local quizzes, in particular the Lingfield Marathon Minibus fundraiser each November. This tends to be won by one or two even more serious quizzers than our own, but we did triumph in 2023. Don't forget this year's event is on Friday 7th November - we'll be there again. You too can enter here - https://www.lingfield-marathon.org/quiz_night.php

Nowadays, we meet on the first Thursday of the month, and teams are limited to six. Points are deducted for extra numbers, and we really need to book a table in advance as it can get very busy. Obviously, if we know a larger number want to attend, we can book two tables. We have a hard core of regular attendees (take a bow, Dave Worsell and Gary Spring) and others who dip in and out when free (or are persuaded to come and make up the numbers). More recently, Lucy and husband Tim, have joined us and clearly made an impact.



Winners 19 December 2024 - Dave Worsell, Gary Spring, Ed., James Kilfiger, Megan W, Chris Ryan and Josh W.

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Reminders from previous weeks

Sports Therapists

Sally Alexander

Every week we will include this link to our latest update of the [Directory of Member Recommendations](#).

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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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