

### **Newsletter**

# Wednesday 1 October 2025

# **Contents**

- Thirty years of .... Editors
- East Grinstead parkrun Lucy Wilkes
- Lingfield's weekly racing round up
- Weekly club runs Gary Spring
- From Photocopiers to Pixels: Andrew Hindmarch
- Thirty Years on the Run Copilot/Editor
- And in the next two weeks
- A future edition Copilot/Editor

#### **Reminders**

- Recommended physios Sally Alexander
- LRC coaching sessions Editor
- Disturbing pic Editor

P.S. for those of you desperate for Gary's October quiz, it will appear in next week's edition.

#### 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 dust off that touchscreen and send a race report and/or pictures to <a href="mailto:editor@lingfieldrunningclub.co.uk">editor@lingfieldrunningclub.co.uk</a>

#### Follow us via





#### It's our pearl anniversary

#### Editor(s)



Yes, the pearl, which traditionally stands for purity, honesty and wisdom (the newsletter's watchwords).

Hard to believe, but the running club newsletter is 30 years old this month, older even than one or two of our members. The first editor, **Andrew Hindmarch**, is still very much with us (older, thinner, greyer ... as is his hair) and later he describes what it was like to produce a newsletter 'in the old days'. He then passed the baton to **Graham May** who, in May 2000, handed over to me for my first stint as editor.

During that time, I introduced colour, indices and the first emailed newsletters (that is, to the few who had an email address). The newsletter was still quarterly then (or whenever we had enough articles to fill it). I was followed by **Rupert Apthorp**, **David Proud**, **Ian 'Snowwy' Wilson**, **Richard Bushell**, **Bob Pank**, **Ian Wilson** (again) ... but then it all goes a bit vague around 2010/11. It seems to reappear in 2012 as a much shorter report and update from **Trevor Crowhurst** until, in 2015, I found a copy which thanks **Dave Wilkes** for editing 'week after week, year after Year'! Unusually for such a diligent guy, however, Dave has been unable to unearth any evidence of his editorial career.

Cayton took the helm. Diane used Trevor's weekly racing round up as a starting point and built it from there. It was under Diane's supervision in March 2017 that we first used Mailchimp to send out the newsletter. Diane explains why: "I used to use the EA website (but) that would crash regularly because it couldn't cope with the volume. Only way I could get round it was to send it out in batches ... which was very laborious and long-winded. Some (people) still used to get missed and some got duplicates! Then Dave Worsell put me on to Mailchimp". And the newsletter, as we know it today, took shape.

Around about 2020, I took over writing Trevor's weekly racing round up due to his declining health and, in mid-2021, agreed to take over full production from Diane. Diane had by then set the record for longest continuous editorship (well, women are meant to have more stamina than men). Which brings us up to date.

My apologies if I've forgotten any other editors in this potted history. But, of course, our biggest thanks are to everyone who has contributed articles and ideas over the years. The newsletter is only ever as good as those members kind enough to provide (and read) the

contents, so please keep them coming in.

#### And so, to the future ...

It's only a matter of time before the Committee replaces me with an AI editor. So, to see what that might look like, I asked **Microsoft Copilot AI** to produce its own celebratory article, and a glimpse into what a future newsletter might look like. More of that later.

Here's a taster of the quality you can expect when I'm gone:

'The significance of the pearl elegantly parallels the ethos of a running club: overcoming adversity, nurturing growth, and celebrating hard-earned triumphs. By weaving this symbolism into newsletter communications, a running club can foster a culture of encouragement, patience, and appreciation for every runner's unique journey.'

Not much to live up to then.

P.S. for those of you desperate for Gary's October quiz, it will appear in next week's edition.



# **Lingfield's Racing Roundup**

Hello everyone.

Once again last Saturday, we had 41 members running in ten parkrun locations: East Grinstead (29), Basingstoke (1), Eastbourne (2), Egham Orbit (1), Nonsuch Park (1), Penryn Campus (1), Reading (1), The Pastures (1) and Wakehurst (4).

The club was, of course, doing its annual parkrun 'takeover' at East Grinstead, so thank you to everyone who helped out there, in whatever capacity. We had eight 'pacers' on the course and particular congratulations to one **Lucy Wilkes** for her third-placed finish, and to **Dave Watkins** as the pacer finishing closest to his target time!

Last Sunday I could only find one member racing and **Sue Garner** was surprised to find herself the only member at the <u>Barns Green 10k</u>. This used to be a very popular event with the club (particularly the half marathon distance) but no longer, it would seem. Sue completed the race in 53.40, first in her age group. Excellent, Sue. Freddy Boniface (Horsham Blue Star) was quickest in 33.58 and fastest woman was Portslade Hedgehopper Geraldine Moffat in 39.12.

There are **three** club trophy events this weekend. On Saturday it's the first cross-country race of the winter - the <u>East Surrey League</u> at Lloyd Park. And on Sunday the <u>East Grinstead 10k</u> incorporates the club's 10k championship trophies and GP event 12. Best of luck to all who run.

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

27-Sep-25		41	LRC parkrunners	Median	59.13%	
	Difficulty rank /835		Name	Time	Age grade	PB?
East Grinstead	823	6	Nick KEEN	00:21:23	66.33%	
135 runners		12	Lenard BINUAGAN	00:22:45	57.95%	
		14	James CAFFREY	00:23:23	59.73%	
(LRC takeover		18	Michael MANWILL	00:23:40	62.32%	
week)		22	James WILLIS	00:24:03	60.36%	
		23	Ben HORNER	00:24:12	55.10%	
		24	Daniel JONES	00:24:32	57.34%	
		25	Simon HARRIS	00:24:37	59.92%	
		28	Steve ACKROYD	00:24:53	57.87%	
		32	David WADDINGTON	00:25:13	53.73%	
		42	Lucy WILKES	00:25:50	62.06%	
		50	Dan CELANI	00:27:05	52.74%	
		56	Judith CARTLEDGE	00:27:39	72.21%	
		59	Wendy SMITH	00:27:56	65.69%	
		60	David WORSELL	00:28:01	53.96%	
		61	Gary SPRING	00:28:05	65.34%	
		71	David WATKINS	00:28:59	56.81%	
		76	Nevenka WORSELL	00:29:21	59.34%	
		77	Jennifer WILLIS	00:29:26	55.61%	
		78	Helen DAVEY	00:29:30	66.72%	
		86	Emma FORBES	00:30:43	49.27%	
		87	Fiona CHAMPNESS	00:30:44	55.21%	
		88	Miranda CHITTY	00:30:48	60.39%	
		89	Michele EDWARDS	00:31:04	64.27%	
		105	Peter PHILLIPS	00:33:24	53.44%	
		119	Paul EVANS	00:38:56	43.07%	PB
		123	Ian WATKINS	00:46:26	36.11%	
		125	Darija SPARKES	00:49:39	33.37%	
		135	Liz MCLENNAN	00:59:56	26.25%	
Basingstoke 590 runners	512	323	Sarah FERGUSON	00:30:00	51.67%	PB
<u>Eastbourne</u>	147/359	69	Ian GREENAWAY	00:24:39	61.80%	

282 runners		223	Theresa DONOHUE	2 00:34:22	54.90%
Egham Orbit 141 runners	423	47	Lisa COMPTON	00:27:08	82.06%
Nonsuch Park 831 runners	341	8	Jeremy GARNER	00:18:46	79.32%
Penryn Campus 92 runners	767	51	Judy HAYLER	00:31:18	62.89%
Reading 294 runners	264	69	Aly WARNER	00:24:44	67.79%
The Pastures 93 runners	774	47	David NOTTIDGE	00:29:34	58.96%
Wakehurst 320 runners	281	12 40 171 277	Dan OPPE Daniel PIKE Martin PAYNE Robin MAYER	00:20:35 00:22:51 00:29:29 00:40:57	67.85% 64.04% 59.13% 49.04%

## <u>East Grinstead parkrun</u> <u>Lingfield Running Club Takeover, 2025</u> <u>Lucy Wilkes</u>

There were perfect parkrunning conditions last Saturday for Lingfield Running Club's annual takeover at East Grinstead parkrun. Running club members and their families took on many of the volunteer roles to give the regulars a well-earned break, or a rare chance to run or walk the course. A few familiar faces could still be spotted helping out around the course - as always, proving a welcome sight for any of us regulars who benefit from their good cheer, support and encouragement week in and week out.

LRC Chair Sally Alexander was acting as co-run director and gave the pre-run briefing, before sending the parkrunners and parkwalkers on their way. The hilly course is famously muddy in winter, but this week was showing itself in its best light, with firm paths and grass underfoot. There were also beautiful views to be had from its highest point by the mansion in the autumn sunshine, though it's possible that not all parkrunners had the energy or breath to appreciate them after making it up 'That Hill'... especially the second time!

In all there were an impressive 51 volunteers, their numbers boosted by the LRC contingent. Thankfully they were outnumbered by the 135 parkrunners and walkers, including 46 first-time visitors to East Grinstead. The first finisher was James Carter of Tonbridge AC, completing his first parkrun with us, and the first female was Jemma Edgar, back for her second visit after also coming in first the previous week. James also

achieved the highest age grading, closely followed by LRC's Judith Cartledge. Judith was close to matching her PB, possibly spurred on by husband Tom and daughter Hannah who were volunteering on the course.

Charlotte Howard, Sam Hill, Jean-Luc and Riaan La Cock, Claire Williams and Clover Green all completed their first ever parkrun, and 23 people achieved personal bests in the fine conditions. Congratulations to all!



Delighted tourist Jill with her family

Perhaps a few of our LRC pacers had a hand in some of those PBs. There were eight in total at one-minute intervals, covering target times from 23-30 minutes. Having been impressed by the accuracy of the pacing last year, this year I decided to give it a try myself, reasoning that since I make it round the course most weeks in a steady 26-ish minutes, I should be able to pace others round with a sustainable level of effort. Unfortunately I didn't account for the psychological impact of having a number pinned to my back, which immediately sent me into race mode and caused me to set off far too fast. I must therefore apologise to anyone who had set their sights on 26 minutes and might have been disappointed to see me zooming off into the distance on the first corner. My finishing time of 25:50 looks respectable, but only to those who didn't see me slowing significantly on the last lap or jogging towards the finish! Still, it was a novel experience to slow down towards the end of a parkrun and be able to enjoy the excellent support from the Lingfield runners and other volunteers lining the finish funnel.

I'm pleased to report the other Lingfield pacers proved better at even pacing, with David Watkins deserving a special mention for coming in just one second under his 29-minute target. Pacing is certainly an interesting challenge on such a hilly course and I've been

inspired to try and do better next year!

Before that though I have another challenge ahead of me, as I've been lucky enough to get a place in parkrun Global's London marathon team for 2026. Fellow parkrun marathoners Geoff and Jill happened to be visiting East Grinstead this week, and it was great to meet two of the people who'll be joining me on my marathon training and fundraising journey! My fundraising page is live

at <a href="https://www.justgiving.com/page/lucy-wilkes-london-2026">https://www.justgiving.com/page/lucy-wilkes-london-2026</a> and I'd be very grateful for your support.



Last but not least, thank you to all of the 51 volunteers who made this even possible, and so welcoming and enjoyable to all of us taking part: Steve ACKROYD, Sally ALEXANDER, Sandra ANKERS, Tony BAULCH, Graeme BENNETT, Susie BIRCH, James CAFFREY, Richard CARTER, Hannah CARTLEDGE, Judith CARTLEDGE, Tom CARTLEDGE, Dan CELANI, Keith CHAMBERS, Fiona CHAMPNESS, Janie CHAMPNESS, Jessica CHITTY, Miranda CHITTY, Neil CONQUEST, Helen DAVEY, Sam DAVIES, Sophie DAVIES, Aysha DEGIA, Heloise DENNEHY, Will DENNEHY, Theresa J DONOHUE, Michele EDWARDS, Kevin FARNBOROUGH, Sue GARNER, Kath GARRIDO, Reg GARRIDO, Clare HARRIS, Peter HILL, Rhea JOHNSON, Bruce JOHNSON Z, Nick KEEN, James KILFIGER, Sarah MARTIN, Liz MCLENNAN, Helen PETITT, Tracy ROBERTS, Darija SPARKES, Gary SPRING, Finley STOCKWOOD, Laura STOCKWOOD, Paul TOWNSEND, David WATKINS, Ian WATKINS, Lucy WILKES, James WILLIS, David WORSELL, Nevenka WORSELL

## Weekly club runs

#### **Gary Spring**

# Running in the dark evenings: Please wear something bright and have a torch on you.

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 2nd October**

#### No planned Club Run

Please use the LRC Runfinder WhatsApp if you want to run with company this evening.

# Tuesday, 7<sup>th</sup> October Club Run from East Court, East Grinstead 'The Dog' Start time 7pm.

This will be a road run, distance of just over five miles, starting at the Top Car park at East Court.

There is also the option of meeting up at the Dorset Arms after the run to celebrate getting up all those hills.

#### \*\* Another Date change for Dennis Crowhurst race \*\*

I now realise why the 9<sup>th</sup> November (the date I chose to hold the Dennis Crowhurst race on) was empty on the club calendar. This is because it is the date when we run over Ashdown Forest for the Airman's Grave run, so the Dennis Crowhurst race date needs to be moved again. The next clear date is <u>Sunday</u>, 30<sup>th</sup> November, so this will be the new date for the Dennis Crowhurst Club Handicap Race. More details will be provided nearer the time.

#### 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

Laura Stockwood (<u>membershipsecretary@lingfieldrunningclub.co.uk</u>) or Gary Spring (<u>organiser@lingfieldrunningclub.co.uk</u>) and we can add you in.

# From Photocopiers to Pixels: The Evolution of Our Running Club Newsletter

#### **Andrew Hindmarch**

It feels like a lifetime ago — just a few years after we'd made Lingfield our home — that we decided to launch a newsletter for the running club.

Producing a newsletter in the 1990s was a labour of love — and often a logistical headache. As the editor, I experienced firsthand the challenges of creating, printing, and distributing content in an era before digital convenience. Fast forward to today, and the process has transformed dramatically.

Back then, the internet was in its infancy. Dial-up connections were the norm, and the idea of sending large files by email was still a distant dream. Superfast broadband? Not even on the horizon.

#### The 1990s: A Manual Marathon

From what I recall, most content came in as handwritten or typed submissions from club members. I'd transcribe these into an early version of Microsoft Word, and scan any photos that were provided — digital photography was still a rarity and largely non-existent. Here's what the process looked like:

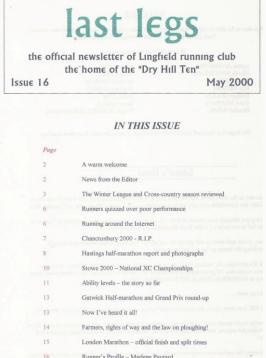
- **Writing and Editing**: Typed on a basic word processor with limited formatting options. Spellcheck was rudimentary, and layout tools were primitive.
- **Design Limitations**: Clip art and borders were about as creative as it got. No dragand-drop design platforms or high-resolution images.
- **Printing**: Usually done at home, at work, or via a local print shop. Photocopying was time-consuming and prone to smudges or misalignment.
- **Distribution**: Physical copies around 50, all in black and white were stapled and brought down to the club's original home at the Squash/Sports Club, then located where Tannery Gardens now stands.
- **Feedback Loop**: Minimal. You might hear a comment at the next club run, but there was no easy way to gauge engagement or reach though everyone seemed appreciative.

Despite the effort, it was a lot of fun. I loved reading about members' races and adventures — though, looking back, it would probably breach a whole bunch of data protection laws today!

The name of the newsletter, *Last Legs*, was my idea. I did ask around for suggestions, but none were forthcoming — so I went with it.

Pulling each issue together took time, and I think I only managed two or three editions a year. A weekly newsletter, like we have now, would have been completely out of the question with the technology available.





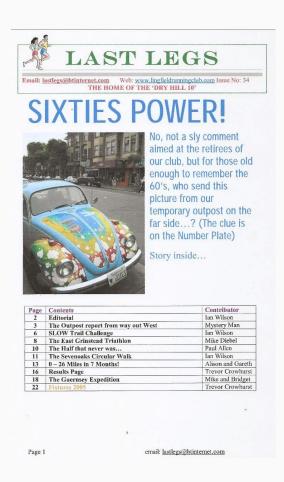
Edition One (above left) and five years on (right)
(Click on image to read newsletter)

#### **Today: A Digital Sprint**

Now, things couldn't be more different:

- Content Creation: Tools like Google Docs, Canva, and Grammarly make writing, editing, and designing seamless and collaborative.
- **Design Freedom**: Templates, stock images, and drag-and-drop interfaces allow for professional-looking newsletters without graphic design experience.
- **Distribution**: Email, social media, and club websites mean instant delivery to hundreds of members no paper, no postage.

- Analytics: Platforms like Mailchimp or Substack offer insights into open rates, clicks, and reader engagement.
- Archiving and Access: Past issues can be stored online, searchable and accessible anytime.





Above - front pages from 2005 and 2010 (as close as I can find anyway)
(Click on image to read newsletter)

#### **Reflections and Lessons**

While today's process is faster and more efficient, there was something special about the old newsletters — the smell of fresh ink, the satisfaction of folding and stapling each copy, and the personal touch of handing them out in person.

Still, the digital age has allowed us to reach more people, include richer content, and spend more time running — and less time wrestling with printers.

Eventually, I handed the reins over to Graham May, who improved and expanded the newsletter. Since then, several editors have taken it forward, including our current editor, Graeme Bennett, who has elevated it to an incredible level — with near-instantaneous weekly updates.

A huge well done to him and all the past editors who've kept Last Legs running strong.





Above left, 20th anniversary and right a pandemic-era edition from 2020 (Click on image to read newsletter)

# Thirty Years on the Run: Celebrating Your Club Newsletter Honouring Three Decades of Community, Stories and Strides

#### Microsoft Copilot (with minor edits!)

#### The Heartbeat of Our Running Club

Thirty years ago, a handful of passionate Lingfield runners came together not just to pound the pavements, but to share their journey through words. The first edition of our running club newsletter was a modest affair—typed up, photocopied, and handed out at training sessions. Today, as we celebrate three decades, our newsletter stands as a testament to the enduring spirit of our club and the runners who have shaped its narrative.

#### A Chronicle of Memories

Over the years, the newsletter has evolved from a simple bulletin into a vibrant publication that captures the essence of Lingfield Running Club. Each issue has been a chronicle of achievements—be it personal bests in the marathon, tales from scenic Sunday runs, or reflections on overcoming setbacks. Members have shared training tips,

race reviews, and heart-warming stories of camaraderie, making every edition a keepsake.

#### **Keeping the Community Connected**

In the early days, the newsletter was the glue that held the club together, especially before the age of social media. It kept everyone informed about upcoming events, celebrated milestones, and introduced newcomers. Through interviews, member spotlights, and race listings, bonds were formed and friendships blossomed. Even now, in our digital era, the newsletter remains a cherished ritual, arriving in inboxes and letterboxes with anticipation.

#### **Spotlight on Contributors**

None of this would have been possible without the dedicated editors, writers, and photographers who have poured their energy into each issue. Some have been with us since the beginning, while others have brought fresh perspectives. From running legends to relative beginners, contributors have ensured our newsletter is both informative and inclusive, reflecting the diverse voices of our club.

#### **Inspiring the Next Generation**

For many, the newsletter has been more than a source of news—it has been a source of inspiration. Stories of personal triumph, volunteer spotlights, and training advice have motivated runners of all ages and abilities. As new members join, they find not just a place to run, but a community ready to celebrate their journey in print.

#### Milestones and Memories

- 1995: First newsletter published, featuring race results and club updates.
- 2000: Introduction of colour and email.
- 2005: Celebrated 10 years with a change of editor.
- 2017: Mailchimp version launched, reaching an even wider audience.
- 2025: Thirty years, countless stories, and a thriving community.

#### **Looking Forward**

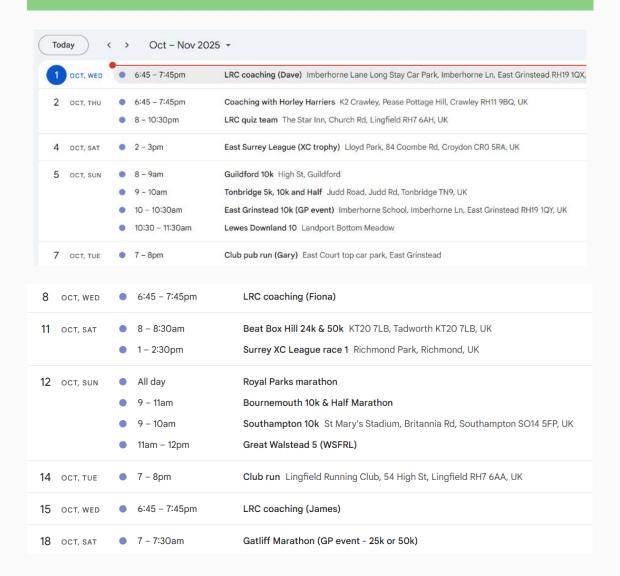
As we mark this remarkable anniversary, we reflect on how far we've come—and how much further we can go. The newsletter will continue to evolve, but its heart will remain the same: a celebration of running, friendship, and community spirit. To every member who has read, contributed, or been featured — thank you for being part of our story.

Here's to another thirty years of running, writing, and connecting. Lace up, pen in hand—the journey continues.

And over the next two weeks ....

Editor

Highlighting events in the club <u>race calendar</u> for the next ten days. *Please click on the link - will take you straight to the race calendar!* 



Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to <a href="mailto:editor@lingfieldrunningclub.co.uk">editor@lingfieldrunningclub.co.uk</a>

# **Crystal ball**

Doing my best to embrace the future, I asked Copilot to design a new front page with a smiley Editor, instead of the grumpy old one. Not too bad, although looks like we will still need a spellchecker!



Behold the face of endurance, wisdom, and suspiciously clean running shoes. Our beloved honorary editor (pictured above) hasn't run a race since 1997—but he has perfected the art of showing up just in time for cake.

# 🏂 In This Issue:

- The Great GPS Debacle of 2009 When half the club ended up in Crawley
- Interview with Our Founding Members Still arguing over who actually started the club
- Top 10 Excuses for Skipping Hill Training #4: "My cat looked sad"
- Fashion Through the Decades From neon lycra to moisture-wicking regret
- Cake Ratings from the Last 40 Events Victoria sponge reigns supreme

#### ♀ Join Us for the 40th Anniversary Bash!

There will be running (optional), reminiscing (mandatory), and a commemorative mug that may or may not be dishwasher safe.

# **Reminders from previous weeks**

# **Sports Therapists**Sally Alexander

Every week we will include this link to our latest update of the <u>Directory of Member</u> Recommendations.

#### Wednesday coaching sessions

Dave Worsell

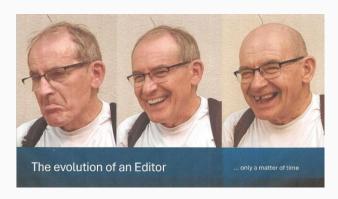
We've ended the booking system for Wednesday evening coaching sessions, as few people bother to book these days.

Please look on <u>Facebook</u> or the club website '<u>calendar</u>' on the day itself, for any session details and any changes in venue.

#### **Disturbing projections #1**

I had to leave this until last so that it upsets as few readers as possible. This is Copilot's take on what the editor could look like in another year or two.

Note for Committee: put succession planning on next agenda.



(and Susie wishes AI projections had been available to her 40 years ago ...)

#### THE END