



## **Newsletter**

**Wednesday 8 October 2025**

### **Contents**

- [Lingfield's weekly racing round up](#)
- [Cross-country update - Keith Chambers](#)
- [Weekly club runs - Gary Spring](#)
- [World Mental Health Day - Scott McDonald](#)
- [East Grinstead 10k - Sally Alexander](#)
- [Run Kent Half - Lucy Wilkes](#)
- [LRC quiz spot 2025 - Gary Spring](#)
- [And in the next two weeks](#)

### **Reminders**

- [Recommended physios - Sally Alexander](#)
- [LRC coaching sessions - Editor](#)

***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 [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)**

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## **Lingfield's Racing Roundup**

Hello everyone.

A combination of bad weather cancellations and other race commitments resulted in a lower than usual number of parkrunners last Saturday, with 34 members running in just five locations: East Grinstead (28), Morden (1), Seaton (1), South Norwood (1) and Tilgate (3).

Particular congratulations to **Isla Greenaway**, who took **Lucy Wilkes** usual third-placed woman finish at East Grinstead, and to **James Kilfiger** as the third-placed overall. I know the new 'winter' course at EG probably accounted for some slower times, but I also suspect some runners were conserving energy for later in the weekend.

On Saturday it was also the first cross-country trophy race of the 'winter' - the East Surrey League at Lloyd Park. **Tom Harvey** was fourth, just a minute behind winner (Croydon's Douglas Aikman) and **Sally Alexander** was fifth woman and first in her age group. I have put all our runners' times in Keith's report later in the newsletter, but conditions were benevolent and all eight had good runs. Several enjoyed it so much they even turned out again for the next event of the weekend ....

... on Sunday the East Grinstead 10k, which incorporated the club's 10k championship trophies and GP event 12. This race became the most popular so far in the GP series with 29 members running. All the times are listed below Sally's

report.

So, all hail our 10k champions for 2025 – **Sally Alexander** and **James Caffrey**. Sally was first woman to finish, James fourth overall, and we also had four other age category winners plus two seconds and two thirds. Great running throughout. The race winner was Sean McCabery (Oxted Runners) in 34.36. This is the third time in a row that Sally has won the women's trophy, and the worrying thing (for her rivals) is that she has got faster each year. This despite running cross-country the day before.

The results mean that **James Caffrey** has cruised into third place in the men's GP table, having run just five events. **James Kilfiger** still leads, ahead of **James Willis**, although they both have eight scores on board already. Full table here - [men](#) and [women](#).

In the women's GP trophy, **Judith Cartledge** retains her lead, with **Sally Alexander** breathing down her neck with a race in hand. Full table here. As the next race in the GP is the Gatliff Marathon on 18<sup>th</sup> October, there's a chance for our long-distance runners to capture some points from the 'sprinters'. Then comes the Priory Relays on 1<sup>st</sup> November.

Not everyone was attracted to East Grinstead. **Helen Davey** took the path less well-trod, to the very windy and hilly Hastings Half Marathon. Helen had a great run to finish in 2.24.17. Race winner was Adam Clarke (HY Runners Hastings) in 1.08.38 and first woman was Phoebe Barker (Tonbridge AC) in 1.22.13.

**Lucy Wilkes** was also otherwise engaged at the Run Kent/Tonbridge Half Marathon. Her time of 1.48.22 shaved exactly 30 seconds off her previous best time. Race winner was Ben Shearer (Cambridge Harriers) in 1.13.48 and first woman was Georgie Bruinvels (Aldershot, Farnham & Dist.) in 1.20.14. You can read Lucy's account of the race later on.

But the person who travelled furthest and also ran furthest on Sunday was **Tom Cartledge**. The Chester Marathon was his target, and he had a great run, finishing in 4.21.39. Race winner here was Joshua Griffiths (Swansea Harriers) in 2.17.16 and first woman was Sammy Antell (Bideford AAC) in 2.44.21.

Finally, **Gary Spring** has sent me an updated document listing all LRC course

records according to the club database. I have put it on the [club website](#) for your interest. I know for sure that I shouldn't own some of those accredited to me but, until I can find the times of runners ahead of me, I'll just have to live with it! If you do see any errors (which you can back up with evidence), I'm sure Gary would love to hear from you before the next update. Be warned, it is a pdf document but, if you did want to print it, 48 pages long.

Best of luck to all our cross-country runners in Richmond on Saturday afternoon. I'm looking forward to (reporting) another great season of muddy running.

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>04-Oct-25</b>		<b>34</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>51.23%</b>
	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>
<a href="#">East Grinstead</a>	823	3	James KILFIGER	00:22:44	65.91%
191 runners		7	Steve ACKROYD	00:24:08	59.67%
		15	James WILLIS	00:26:01	55.80%
		22	Simon HARRIS	00:27:05	54.46%
		23	David WADDINGTON	00:27:15	49.72%
		25	Daniel JONES	00:27:32	51.09%
		28	Tim MARTIN	00:27:50	52.57%
		32	David THOMAS	00:29:11	48.94%

36	David WORSELL	00:29:33	51.16%
37	Isla GREENAWAY	00:29:53	49.53%
38	Ben HORNER	00:29:54	44.59%
41	Nick CHAMPNESS	00:30:16	48.35%
52	Nevenka WORSELL	00:31:36	55.12%
53	Darija SPARKES	00:32:14	51.40%
54	Judith CARTLEDGE	00:32:20	61.75%
55	Michele EDWARDS	00:32:29	61.47%
57	Hannah CARTLEDGE	00:32:58	44.99%
58	Emma FORBES	00:32:59	45.88%
67	Steve WARNER	00:33:59	51.30%
68	Miranda CHITTY	00:34:11	54.41%
70	Helen DAVEY	00:34:30	57.05%
77	Catherine WILSON	00:38:13	44.40%
80	Theresa DONOHUE	00:40:18	46.82%
84	Ian WATKINS	00:44:23	37.78%
89	Marie WARNER	00:48:41	42.93%
96	Sandra ANKERS	00:55:47	43.47%
100	Kath GARRIDO	00:57:00	44.94%
101	Judy HAYLER	00:57:01	34.52%
11	Jeremy GARNER	00:19:50	74.96%

279 runners

<a href="#">Seaton</a>	246	153	Mike LOTHIAN	00:34:08	55.52%
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197 runners

<a href="#">South Norwood</a>	505	53	Nick KEEN	00:24:39	57.54%
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186 runners

<a href="#">Tilgate</a>	474	12	Daniel PIKE	00:20:44	70.58%
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460 runners		17	Dan OPPE	00:21:01	66.46%
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		176	Dan CELANI	00:28:27	50.21%
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*Pre-race game of hide-and-seek?*



*Our weekend trophy winners, Sally and Nick*

## **Cross-Country Update**

**Keith and Liz**

### **East Surrey League XC – Saturday 4<sup>th</sup> October – Lloyd Park**

Thanks to Martin Faulkner, Maggie, Nick Keen, Ian Greenaway, Tom Harvey, Lenard, Scott, and Sally, for representing us and running so well at Lloyd Park for the opening cross-country fixture of the new season.

This was as good as cross-country conditions get at Lloyd Park, a cool breeze and firm underfoot. NO MUD! It won't be the same when we return in February 2026.

<b>Posn.</b>		<b>Time</b>
4	Tom Harvey	29:50
22	Lenard Binuagan	33:52
33	Sally Alexander	34:55
37	Nick Keen	35:48
69	Maggie Statham-Berry	42:26

71	Ian Greenaway	43:21
73	Martin Faulkner	44:05
79	Scott MacDonald	51:45

### **Surrey League XC – Saturday 11<sup>th</sup> October – Richmond Park**

This Saturday 11th October we start our Surrey League Cross Country season with both ladies and men's races taking place in the Royal Park in Richmond. After a successful 2024/25 season it would be great to keep the momentum going so, if you're free, you'd be very welcome to join us; the weather looks perfect. The men's race is approximately 8.5k, starting at 1:30pm; and the ladies approximately 6.6k starting at 2:45pm.

The cross-country events are always well supported by other Surrey-based running clubs so why not come along and give it a try; if you haven't before you won't be disappointed. There's still time; but you do need to be registered with England Athletics and run in a Lingfield Running Club vest.

Please contact either Liz or me if you're interested and for more information:

[ladiescaptain@lingfieldrunningclub.co.uk](mailto:ladiescaptain@lingfieldrunningclub.co.uk)

[menscaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk)

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### **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 9th October**

**No planned Club Run**

I think I will need a rest after the Wednesday Strength and Conditioning session. Here is [a link](#) to directions for this event.

**Tuesday, 14<sup>th</sup> October**

**Club Run – Lingfield/Dormansland**

**Start time 7pm.**

This will be a road run, distance of just over five miles, starting from the Victoria Club.

**\*\* Reminder about date change for Dennis Crowhurst race \*\***

The race will be on Sunday, 30<sup>th</sup> November. I am sorry that this clashes with yet another race that some of our members will be participating in; I guess we should be pleased that there are so many local races to enter! More details on the Dennis Crowhurst race 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 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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## **World Mental Health Day!**

**Scott McDonald**

World Mental Health Day is Friday 10th October 2025. This is an opportunity to raise awareness about everyone's Mental Health and is needed throughout the whole year! It creates supportive communities by having conversations with family, friends, and colleagues about mental health. We all have mental health. By talking about it, we can support ourselves and others.

The more conversations we have about mental health, the more barriers we can break down and the closer we'll come to ending mental health stigma and discrimination.

Mental health problems affect one in four of us, yet it can lead to many people feeling isolated, ashamed, and worthless.

Everyone needs to be more open about mental health, to talk, to listen, to improve lives. It's not just about helping others, it's about looking after our own wellbeing! Every conversation brings us a step closer to ending the feelings that too many of us experience. Poor mental health can affect anyone, of any age, gender, or background.

Starting a conversation with someone around their or your own mental health can feel uncomfortable. You may be worried that you will say the wrong thing but remember saying nothing is far worse. You may have concerns about how others are coping with the current situation.

### **Here are some tips on helping others:**

- Ask others how they are feeling.
- Ask someone twice how they are feeling, this will give them the opportunity to be honest and to realise that you genuinely want to know.
- Listen and don't judge, it's great that people are happy to talk to you about how they are feeling, so ensure you really listen to them.
- Ask how long they have felt this way.
- Ask if there is anything you can do to help.
- Ask what support they need. Provide them with details of professional organisations, who may be able to help.

- Treat them in the same way, don't change the way you act towards someone once you are aware of their poor mental health.
- Little gestures can have a big impact, this maybe just going for a walk, watching a film, or just having a cuppa together.

Our emotional health is just as important as our physical health. Good mental health will allow us to develop the resilience to cope with life's ups and downs and to grow into well-rounded, healthy person.

Here are some tips:

- **Think about your purpose:** be clear about why you are doing this job.
- **Be clear on expectations:** make sure you know what is expected of you and whether it is realistic.
- **Keep your boundaries:** establish clear boundaries between work and personal life, don't take work home with you.
- **Talk to colleagues:** make time to talk to your colleagues about your experiences and share fears and concerns.
- **Value your own family and relationships:** while work is important, your family and relationships need to be valued.
- **Keep active:** regular exercise can boost your self-esteem, can help you concentrate, relax, and increase your overall wellbeing. This can be as simple as a regular walk, being outside in nature can also help improve your mental health.
- **Get plenty of sleep:** sleep helps regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions and an imbalance in those chemicals can result in us becoming depressed or anxious.
- **Eat well:** A balanced diet that is good for your physical wellbeing is also good for your mental wellbeing. Your brain needs a mix of nutrients to stay healthy and function well.
- **Avoid alcohol:** The numbing effects of drinking are only temporary and can often lead to mental health issues. Alcohol can also damage the immune system. If you do drink, try to stay within the suggested weekly limits.
- **Keep in touch:** it's good for you to catch up with friends and family.

- **Take a break:** a change of scenery or pace is good for you. Make sure you take time to relax and re-charge.
- **Do something you're good at:** doing something you enjoy, and you are good at can give you the 'feel good' boost that everyone needs. Enjoying yourself can help beat stress.
- **Care for others:** supporting others uplifts you as well as them.
- **Ask for help:** sometimes you need help from others, so don't be afraid to ask for help, from a family member or friend, your GP, or a professional organisation, see the list at the end of this guide for more details.

Mental health conversations have the power to make a big difference, but sometimes these conversations can bring up some difficult things that people may not have spoken about before. This might mean that they need some support.

It's important to seek professional advice as soon as possible and not wait until it's more difficult to find a solution.

If you feel a loved one, colleague or you need additional support, contact a GP, a counselling professional or one of the organisations below:

- [Samaritans](#)
- [Mind](#)
- [NHS](#)
- [AnxietyUK](#)
- [Mental Health Org](#)

Take care and enjoy what you do!

Scott, LRC Mental Well Being Champion.

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## **East Grinstead 10K Andy Ripley Memorial Race**

**Sunday 5<sup>th</sup> October 2025**

**Grit, Glory and Acorns as LRC Takes on the East Grinstead 10K**



### ***LRC out in force all set to tackle the 10K route!***

A beautiful autumn morning greeted us for this year's East Grinstead 10K race which also 'trebles up' for Lingfield Running Club's 10K Championship men's and women's trophies and, of course, the next in the club's Grand Prix series. With so much at stake, 29 of you laced up your trainers and headed over to Imberhorne School to be met by lots of friendly familiar faces from our local community of runners and 'civilians' alike! And that's not to forget those of you who were involved in volunteering at the race in a wide range of capacities!

With our Terry in charge of music, it did not take long for the party atmosphere to get underway and, before we had even got going, the EG 10K team had got us grooving in the bid to warm up tired muscles and stiff joints!

Setting off in seven consecutive waves, the route took us around the school's sports field before heading out towards an acorn-strewn Worth Way in the direction of Crawley Down. That 180-degree turn gave us the opportunity to smile (or grimace) and grunt the odd encouraging word or two to our fellow

runners as we headed back towards the town. After over 7kms, we could finally enjoy a 2km downhill section before that last, tough upward push back towards the welcoming tunes and voice of our Terry as we crossed the finish line and collected well-earned medals - and celebrated Steve's birthday with 'lashings of ginger beer'!

Every single one of the 29 LRC participants smashed the course and should feel really proud. Not only were there several course and/or 10K PBs – I know Aims could not stop smiling when she checked her time at the end – but there were also several further club accolades with James Caffrey, Dan Celani, James Kilfiger and Sue Garner securing first-place category positions, and Judith Cartledge, Fiona Champness, Judy Hayler and Sally Skipper coming in the top-three of their respective age-groups. Seven of our runners (including George Matthews, Steve Ackroyd and James Willis) came in the top 30 out of 348 finishers. Wow! Hats off to everyone!

However, as with all races, when every muscle and joint in your body hurts and you feel you would rather be sipping a cappuccino in the warm sunshine than sweating and panting your way around East Grinstead, there is nothing more encouraging than seeing our members choosing to flank the route and cheer us on. While we might not be able to speak, and may look as though the world is our enemy, I know I express the simple sentiments of all runners...thank you so much! Your support really means such a lot!

Of course, I can't finish this article without alluding to the poignant backstory to this event which takes place in memory of the late Andy Ripley who lost his life to prostate cancer, reminding the men in our lives of the importance of early screening. What a great way to shine a light on an important health issue and to raise much needed funds.

A huge thank you to Race Director, Richard Foster, Chair, Jim Dorrington, and to all East Grinstead Runners, for hosting another fabulous, community-spirited race. I will leave it up to my trusty side-kick, Graeme, to dissect the results!!!!

See you all next week at Richmond Park for the first Surrey XC League event!!!!!! Get in touch with Keith or Liz if you have not already done so! We need you all!

### East Grinstead 10k - 5th October 2025

Posn.	Chip time			Cat. Posn.	Age grade
4	00:36:01	James Caffrey	Vet Men 40-44	1	77.75
5	00:36:30	Dan Celani	Vet Men 45-49	1	78.59
7	00:37:40	George Matthews	Senior Men	4	69.99
11	00:40:05	James Kilfiger	Vet Men 50-54	1	75.26
15	00:40:33	Sally Alexander	Vet Women 50-54	1	85.84
21	00:41:32	Steve Ackroyd	Vet Men 45-49	4	69.62
26	00:42:51	James Willis	Vet Men 45-49	5	67.29
45	00:45:28	Mark Aldred	Vet Men 45-49	9	63.28
58	00:46:45	Simon Harris	Vet Men 50-54	6	62.05
61	00:46:57	David Thomas	Vet Men 45-49	11	59.82
91	00:49:07	Daniel Jones	Vet Men 40-44	5	55.8
105	00:51:03	Ben Horner	Male U20	8	50.72
111	00:51:10	David Watkins	Vet Men 60-64	4	63.3
120	00:51:45	Judith Cartledge	Vet Women 60-64	2	74.02
132	00:52:57	Fiona Champness	Vet Women 50-54	3	62.96
145	00:54:05	Natasha Neave	Vet Women 45-49	8	59.72
151	00:54:25	Sue Garner	Vet Women 75+	1	88.39
162	00:54:39	Judy Hayler	Vet Women 60-64	3	68.63
174	00:56:25	Jennifer Willis	Vet Women 45-49	12	56.32
194	00:57:19	Hannah Cartledge	Senior Women	17	50.02
215	00:59:31	David Nottidge	Vet Men 65-69	6	57.92
225	00:59:48	Steve Brinkley	Vet Men 65-69	8	56.11
237	01:00:46	Sarah Ferguson	Vet Women 40-44	12	49.76
249	01:01:54	Eliska Kelly	Vet Women 45-49	17	50.03
264	01:02:50	Steve Warner	Vet Men 65-69	10	53.92
286	01:06:26	Amy Hodge	Vet Women 40-44	15	45.17
287	01:06:26	Paul McCarthy	Vet Men 55-59	12	45.08
336	01:19:12	Scott McDonald	Vet Men 60-64	14	39.94
342	01:24:19	Sally Skipper	Vet Women 70-74	2	51.62

### **Tonbridge Half Marathon / Run Kent**

**Lucy Wilkes**

Run Kent, formerly the Tonbridge Half Marathon, has a choice of distances that are run on entirely closed roads. The hilly half marathon course heads out from the Judd School through the village of Leigh towards Hildenborough, where it loops round and rejoins the path out, before a right turn that skirts the edges of Hayesden Country Park and takes you back towards the school. The downhill start that eases you gently into the race becomes a vicious uphill straight 13 miles later,

though if you have energy left it can also be a morale-boosting chance to overtake those running on tired legs.

It was my fourth time at the event and my third running the half marathon course, which is still my favourite of the three different half marathons I've run so far (all in Kent, as it happens). The entirely closed roads are a real luxury and allowed me to run at my own pace for the whole race, including the start, despite the 1000+ strong field. The Kent countryside is quiet and scenic, and unlike some races that somehow seem to be more uphill than down, there are plenty of downhill stretches to make up for the climbs. Despite all my practice on That Hill at East Grinstead parkrun I'm still slow going up hills, but I can recover quickly so the frequent ups and downs suit me quite well. I also live towards the top of a hill which means the majority of my runs end on an upward gradient. For some reason I also tend to speed up as I get closer to my house, so it turned out I had been accidentally practising for the last uphill push towards the finish line. I finished in 1:48:22, which was a new PB, and more than 7 minutes faster than the last time I ran the course in 2021. My dad was first (and only!) M70, a couple of minutes back in 1:50:53, his fastest time this year.

It was beautiful running weather on Sunday - if I had to quibble the wind was a bit stronger than would be ideal, but I didn't mind as it kept me from feeling too hot in the sunshine. Compared to previous editions of the race I noticed a few small changes - firstly an increased number of portaloos in a new location that didn't block the race traffic, which was welcome though it made the queuing system a lot harder to comprehend, with the number of queues being larger than one, but not a multiple of the number of doors available. Anyway, the queues were moving swiftly if somewhat at random. The second innovation was that instead of holding banners the pacers were wearing fluorescent vests with their target times on, which rendered them completely invisible in a crowd of runners, some of whom were also wearing fluorescent vests or t-shirts. I saw the 1:50 pacer at the start heading further towards the front, where he disappeared completely until I caught up with him after a few miles. I don't even know if there were any other pacers in the race. Finally, all the water stations out on course had small, pre-opened plastic bottles instead of cups, and part of me was shocked at how unenvironmentally friendly that must be, while another part was marvelling at how convenient it was, since I haven't yet mastered the art of drinking from a cup while running and this was the first time ever that I hadn't had to slow down. Throwing away the bottles in the litter zones felt incredibly wasteful, though.

Finally, I must mention the excellent support in Leigh, where the villagers line the streets and offer drinks, sweets and orange segments while waving signs and cheering on the passing runners. A fellow runner appreciated the 'Run now, Prosecco later' sign, while my personal favourite was 'The End is (not) Leigh', which only works if you know that Leigh is not pronounced the way you might think. All in all, it was a grand day out and I would like to go back next year - yes, even if it means missing the East Grinstead 10K again.



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## **2025 LRC Quiz Slot**

**Gary Spring**

### **Answers to PUZZLE 8 (resurrected)**

This was the puzzle with the photos that did **not** come with the answers (courtesy of Google!) included.

Graeme and I were hoping the revised format, used to paste the puzzle into the newsletter, would fox the Google photo ID technology, but Steve Warner's entry explained how he was still able to use Google, in a more elaborate way, to extract the answers. Well done, Steve, for solving them all!

I also had entries from Debbie Wilkes (seven correct) and Judy Hayler (eight correct) so it looks like they just relied on their memories to work out the answers, which are:

#### ANSWERS:

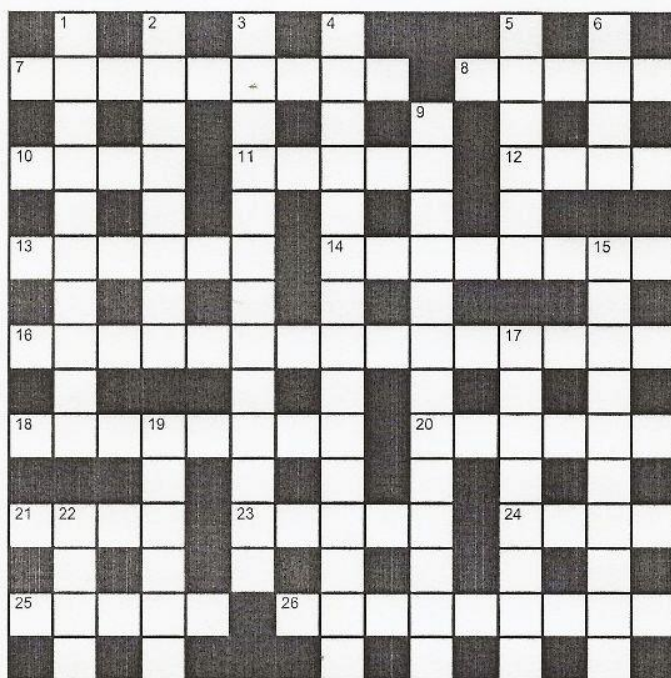
1. Lancaster (Burt **Lancaster**, actor)
2. Buckingham (Lindsay **Buckingham**, from Fleetwood Mac)
3. Harlow (Jean **Harlow**, actress)
4. Phoenix (River **Phoenix**, actor)
5. Perry Hall (Raymond Burr, actor, who played **Perry** Mason; Terry **Hall**, singer with The Specials)
6. Agnew (Spiro **Agnew**, US Vice-President)
7. Southall (Neville **Southall**, Everton goalkeeper)
8. Lloyd (John **Lloyd**, TV producer, writer – e.g. Blackadder, QI, Spitting Image)
9. Thornberry (Nigel **Thornberry**, from The Wild Thornberries cartoon)
10. Kirkwall (William Shatner, who played Captain James T **Kirk** from Star Trek; Max **Wall**, comedian)

#### PUZZLE 9

I needed a break from working out how to stop the 'Might of AI' identifying parkrun solutions so what you have this month is a straightforward cryptic crossword. Some clues allude to running and one clue even includes a parkrun location as part of the solution, but otherwise, it is just a case of using the standard cryptic crossword clue rules (find them with [this link](#)) to solve the following puzzle.

The closing date for Puzzle Number 9, is Midnight, 31<sup>th</sup> October.. Send your solutions to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

Puzzle 9



#### Across

- 7/8 Dishy Rocky Horror star has naive bond, reportedly (5,4,5)  
 10 Bite back biter (4)  
 11 Plenty of energy over zero speed? (5)  
 12 Note afterthought going round and round (4)  
 13 Called round, pardon? Put it back up! (6)  
 14 I heard 7 Across could be rough, they say. (8)  
 16 Polymath overlaid non-acid mixture (8,2,5)  
 18 Problem is over, a long life could initially be ahead for tragic ruler (3,5)  
 20 Turn following short way at a leisurely pace (6)  
 21 Artist from long ago. Yahoo! (4)  
 23 Colour scheme at Christmas, gold? (5)  
 24 Point traitor back to find mountain water (4)  
 25 Quit lisping on large bodies of water (5)  
 26 Note four times about a private chat (4-1-4)

#### Down

- 1 Covering navel or guardian about to go (6,4)  
 2 Hold back and stay calm before the storm (8)  
 3 In dispute with turtles (2,11)  
 4 Noisy horse event is batty (9,6)  
 5 Lacking energy, you're on your knees during the race (3,3)  
 6 Some Pop-Art returns to trick you (4)  
 9 Damper small knuckle muscles in front of Ball Queen (5,8)  
 15 Stirring up a cereal etc. can make you go faster (10)  
 17 Bother girl in mixed tier (8)  
 19 The race route sounds rough (6)  
 22 Under moral obligation to remove lowest edges (4)

## 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 < > Oct – Nov 2025 ▾			
8	OCT, WED	7 – 8pm	Strength and Conditioning Lingfield College Preparatory School, Racecourse Road
11	OCT, SAT	8 – 8:30am	Beat Box Hill 24k & 50k KT20 7LB, Tadworth KT20 7LB, UK
		1 – 2:30pm	Surrey XC League race 1 Richmond Park, Richmond, UK
12	OCT, SUN	All day	Royal Parks marathon
		9 – 11am	Bournemouth 10k & Half Marathon
		9 – 10am	Southampton 10k St Mary's Stadium, Britannia Rd, Southampton SO14 5FP, UK
		11am – 12pm	Great Walstead 5 (WSFRL)
14	OCT, TUE	7 – 8pm	Club run (Gary, Lingfield/Dormansland) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
15	OCT, WED	6:45 – 7:45pm	LRC coaching (James)
18	OCT, SAT	7 – 7:30am	Gatcliff Marathon (GP event - 25k or 50k)
19	OCT, SUN	9 – 10am	Hampton Court Palace 10k KT8 9AU, Hampton Ct Way, East Molesey KT8 9AU, UK
		9 – 10am	Hove Prom 10k BN3 4LX, Hove BN3 4LX, UK
		10:30 – 11:30am	Great South Run Southsea, Portsmouth, UK
20	OCT, MON	7 – 9pm	LRC Committee VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
21	OCT, TUE	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		7 – 8pm	Women's Run Series London Evening 5k & 10k E20 1DY
22	OCT, WED	6:45 – 7:45pm	LRC coaching (Terri)
25	OCT, SAT	7:45 – 9:15am	Beachy Head Ultra, marathon & 10k
		12:30 – 1:30pm	Surrey Masters XC Champs. Nonsuch Park, 23 Ewell Rd, Sutton SM6 8JL, 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](mailto:editor@lingfieldrunningclub.co.uk)

## **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**

Here is a link for detailed directions to the venue for the new, monthly Strength and Conditioning sessions - <https://lingfieldrunningclub.co.uk/wp-content/uploads/2025/10/20251008-Directions-to-the-Sports-Hall-at-Lingfield-College-Prep-School.pdf>

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.

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**THE END**