



Newsletter

Wednesday 15 October 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 dust off that touchscreen and send a race report
and/or pictures to editor@lingfieldrunningclub.co.uk**

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Lingfield's Racing Roundup

Hello everyone, sad news to start.

Ray McCullough (1944-2025)

We said a permanent goodbye to another long-time Lingfield member last Friday when **Ray McCullough** passed away after a very long period of illness. Ray ran with distinction for the club between 1992 and 2005. In 1993 he was part of the Polytechnic Marathon team which managed what Trevor thinks is our best club achievement: our men's team finished in second place behind Blackburn Harriers and ahead of Cardiff AC. That day Ray ran a time of 2.40.35 as a veteran. He also represented Northern Ireland in the 2000 British and Irish Masters Cross-country International in Navan, running 45.05 for the 8km course.

We will let you know funeral arrangements in due course.

A combination of cross-country and other weekend races meant fewer parkrunners than usual last Saturday, with 35 members running in nine locations: East Grinstead (14), Amsterdamse Bose (2), Dulwich (1), Hove Promenade (1), Kingdom (1), Nonsuch Park (3), Orpington (1), Tilgate (3) and Wakehurst (9).

Particular congratulations to **Isla Greenaway**, first woman to finish at East Grinstead, and to **Dan Celani** for his third place at Wakehurst. There was also a cluster of PBs at Wakehurst (well done Simon, Eliska, Robin and Kath) and let's give another shout-out to the running machine that is **Sue Garner**, with her highest-ever age grading of 98.65 at Hove Promenade!

It was the first event of the Surrey Cross-country League which attracted most

attention on Saturday. Keith and Liz give a longer account later on, so just headlines here. Fifteen men and eight women avoided the local traffic incidents and made it to the finish line in Richmond Park. This was the men's first season in Division 3 after last season's promotion and the A team ran strongly and packed well to finish eighth of ten teams. The B team was particularly affected by the traffic incidents and ended up eighth of nine B teams.

Lingfield's women also ran well. While the A team came 13th of 15, they are a long way clear of the teams below and very close to the teams above. The B team did not have a full team and are 12th of 14 teams as a result. Still, everything to play for. The XC trophy tables after two events are on the website – having been first finishers at both events, **Tom Harvey** and **Sally Alexander** are leading at the moment.

Kieran Barnes is back doing Surrey League again now but, unfortunately, it's for Holland Sports. He ran in their home fixture last Saturday, third scorer with a time of 25.05.

A busy weekend programme continued on Sunday with the main event being the Royal Parks Half in London. It looked like great fun, and everyone seemed to be smiling. As best I can tell from the photos posted, we had five runners who finished as follows:

Terry Sumner	1.50.56
Matthew Stockwood	2.04.41
Dave Chase	2.05.07
Hannah Cartledge	2.05.14
Darija Sparkes	2.06.10

Some excellent grouping there, except for Terry who was determined to improve his PB yet again. Andrea Soffientini won the race in 1.09.53, first woman was Alice Braham in 1.16.48 and first non-binary runners was Nick Biggane in 1.35.54.

There was a more local race on Sunday – the Titsey Trail 10k – such a shame it clashed with cross-country weekend. I looked without success for **Gary Spring** but stumbled upon our **Zoe Greenfield** instead, who completed the hard run in 1.08.57. It turns out Gary was acting as tail runner (and didn't want his time recorded) but at least he also got the beer and T-shirt for finishing. Well done, both

of you. Harry Lawson (Belgrave Harriers) was first in 35.50, and first woman was Nicola Archer (South London Harriers) in 43.19 (gun times).

Best of luck to this weekend's runners, particularly to those heading for the GP event (the Gatliff in Edenbridge) or the Great South 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

11-Oct-25		35	LRC parkrunners	Median	52.56%
	Difficulty rank /835	Position	Name	Time	Age grade PB?
East Grinstead	823	13	Daniel PIKE	00:24:09	60.59%
111 runners		16	Ben HORNER	00:25:20	52.63%
		23	Tim MARTIN	00:26:12	55.85%
		38	Isla GREENAWAY	00:28:55	51.18%
		49	Judy HAYLER	00:30:02	65.54%
		59	Helen DAVEY	00:31:23	62.72%
		61	Emma FORBES	00:31:52	47.49%
		79	Peter PHILLIPS	00:36:44	48.59%
		86	Steve BRINKLEY	00:37:42	45.31%
		96	Ian WATKINS	00:45:57	36.49%
		97	Marie WARNER	00:46:25	45.03%
		103	Amy HODGE	00:51:01	30.15%
		108	Sandra ANKERS	00:53:11	45.60%

		111	Nevenka WORSELL	00:53:14	32.72%	
Amsterdamse Bos	n/a	43	Ian GREENAWAY	00:24:17	62.73%	
199 runners		173	Theresa DONOHUE	00:34:53	54.09%	
Dulwich	12	468	Miranda CHITTY	00:29:43	62.59%	
583 runners						
Hove Promenade	23	396	Sue GARNER	00:25:58	98.65%	
848 runners						
Kingdom	732	69	Darija SPARKES	00:31:31	52.56%	
105 runners						
Nonsuch Park	341	9	Jeremy GARNER	00:18:39	79.71%	
853 runners		514	Simon PETITT	00:30:51	42.14%	
		709	Helen PETITT	00:36:02	41.12%	
Orpington	587	156	Nick KEEN	00:55:36	25.51%	
156 runners						
Tilgate	474	19	Dan OPPE	00:21:04	66.30%	
399 runners		147	David NOTTIDGE	00:27:39	63.05%	
		245	Mike LOTHIAN	00:32:32	58.25%	
Wakehurst	281	3	Dan CELANI	00:19:17	74.07%	
404 runners		38	Simon HARRIS	00:22:53	64.46%	PB

67	Lucy WILKES	00:24:33	65.31%	
201	Sarah FERGUSON	00:29:51	51.93%	
244	Eliska KELLY	00:32:02	49.58%	PB
360	Robin MAYER	00:40:20	49.79%	PB
375	Simon COOK	00:42:22	37.21%	
374	Martin PAYNE	00:42:22	41.15%	
382	Kath GARRIDO	00:44:30	57.57%	PB

Surrey Cross Country League (Race 1) – Richmond Park

Saturday 11th October 2025

Keith Chambers & Liz McLennan

The dawn of a new cross-country season usually coincides with a return to cooler weather, wind, rain, and muddy courses, but those conditions couldn't have been farther from reality. We arrived at Richmond Park for the first of four Surrey League XC races on a calm, sunny, and very warm afternoon. We only just made it, having left Lingfield in the minibus in plenty of time, heavy traffic conditions all around delayed our progress, the minibus arriving with less than 25 minutes to go before the start of the men's race; a couple of our members unable to beat traffic and missing the race start.

Women's and men's races, two laps, two long, gentle climbs and a long downhill, each lap; who'd have thought that we'd be running through clouds of dust as we ran around the trails of the park keeping our eyes open for the deer that we'd been asked to bypass in the event they strayed on to the course.

Once again, our members came out in numbers making sure that we finished with complete A teams in both races, the timing of the events meaning that we could all get out and support each other around the course. Well run everyone, a good start to the season, and thanks to our travelling supporters too.

That's one down, three to go. The next Surrey League fixture is Saturday 15th November 2025 at Holland Sports, Hurst Green. For the past two years it's been great event with music, barbeque and open bar at the finish! There's no entry fee, only a small charge if you decide to travel in the minibus. If you're available, you're welcome to join us, these are great team events. Please note that you must be EA registered and wear your Lingfield Running Club vest.

A brief review of league rules:

For the men, the first 10 to finish complete the A Team, and the next 10 the B Team; and for the ladies it's the first 5 to count per team. All finishers contribute to the overall team position, but if a team is short, the unfilled places are awarded penalty points: that's the rules!

The results from Richmond Park.....

Women's Division 2, Match 1

League standings: Lingfield A 13th team of 15, Lingfield B 12th team of 14
1st place - Jodie Judd - Club: W4H - Time: 24:14

A Team

Division 2 finish position	Name	Time
4	Sally Alexander	26:23
83	Natalie Mitchell	32:34
91	Maggie Statham - Berry	32:58
108	Laura Stockwood	34:35
124	Judith Cartledge	35:29

B Team

Division 2 finish position	Name	Time
133	Liz McLennan	36:27
148	Nevenka Worsell	38:08
157	Michele Edwards	39:33

Men's Division 3, Match 1

League standings: Lingfield A 8th team of 10, Lingfield B 8th team of 9
1st place - Flynn Orchard - Club: 262 - Time: 29:37

A Teams

Division 3 finish position	Name	Time
6	Tom Harvey	30:18
31	James Caffrey	32:05
47	Tom Seller	33:24
61	Simon Petitt	34:26
64	Lenard Binuagan	34:37
107	Steve Ackroyd	37:09
114	Ben Ashmore	37:54
136	Dan Oppe	39:39
138	Brandon Webb	40:04
161	Martin Faulkner	44:42

B Teams

Division 3 finish position	Name	Time
163	David Worsell	45:52
164	Keith Chambers	46:06
165	David Watkins	46:13
167	Tom Cartledge	46:38
175	Steve Warner	58:05
Total finishers 175		

Particular congratulations to:

Tom Harvey, 1st V40 category by 2 seconds!

Sally Alexander, 1st V45 category by 5 seconds!

Maggie Statham-Berry, 2nd V65 category by 4 seconds!

Next up, is the 69th running of the **Reigate Priory Relays**

Saturday 1st November starting at 1:30pm.

There is an entry fee for this one..... £7:50 per person

Another cross country event to look forward to with the added attraction of baton less relays over a 2.5 mile (4k) course; another event with a great atmosphere around the athlete's handover area.

Team formats are:

- Men's Team: 4 men
- Women's Team: 4 women
- Mixed Team: 2 men + 2 women

If you're interested in any of the cross country events, please contact Liz or Keith, you won't regret it!

ladiescaptain@lingfieldrunningclub.co.uk

menscaptain@lingfieldrunningclub.co.uk





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, 16th October

Start time: 7pm

Club Run from the Victoria Club

We'll do a 5 mile road run around Lingfield/Dormansland.

Tuesday, 21st October

Club Run from the Victoria Club

Start time: 7pm.

A different 5 mile road run around Lingfield/Dormansland!

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.

Plea from the Association of Running Clubs

Nick Keen (Secretary)

We have received this plea from 'ARC' which provides the club's race permit (and insurance) for the Lingfield10s races every year.

Without them, it will be much harder for us to continue organising them.

Contact ARC direct if you are interested - although we would also like to know if you do take the role on!



The future of ARC is at risk.

Two additional committee members urgently needed

I'm sending this email to all ARC members using the Permit App.

The ARC Permit App has been a great success with all permits now being issued

electronically. This has enabled greater interaction with our members, but this workload is being managed by one person.

We need help with issuing race permits. If we don't get it we could fold. ARC affiliates will then have to find an alternative permit and insurance source.

We need at least two more people who can take over processing permits, at most up to one day's work a week. We will pay an hourly rate, working from home and would suit retired runners who want an enjoyable way to continue to support club runners.

ARC is a well-kept secret amongst the active few in any club organising races. Please publicise our appeal to your wider membership as the ARC committee want to continue to provide the quality service you are accustomed to.

Anyone interested should contact us at info@runningclubs.co.uk

Best wishes

Richard Dajda

ARC Chairman

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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 < > Oct – Nov 2025 ▾		
15	OCT, WED	6:45 – 7:45pm LRC coaching (James)
16	OCT, THU	7 – 8pm Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
18	OCT, SAT	7 – 7:30am Gatliff 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 (Gary) 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 SM3 8AB, UK
26	OCT, SUN	8 – 9am Beachy Head Half
		9:30 – 10:30am Ricky Road Run (10 mile) WD3 5HA, Chorleywood, Rickmansworth WD3 5HA, UK
		11am – 12pm Steepledown Challenge (WSFRL)
28	OCT, TUE	7 – 8pm Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
29	OCT, WED	6:45 – 7:45pm LRC coaching (Keith)
1	NOV, SAT	1:30 – 2:30pm Priory Relays (GP & XC event) tbc Priory Park, Bell St, Reigate RH2 7RL, UK
2	NOV, SUN	10 – 11am Crowborough 10k TN6 2AS, Crowborough TN6 2AS, UK
		11am – 12pm Gunpowder Trot (WSFRL)

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

Reminders from previous weeks

2025 LRC Quiz Slot

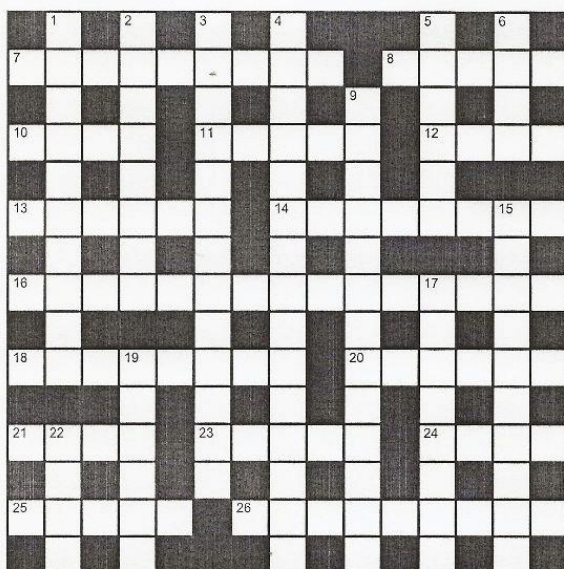
Gary Spring

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, 31th October.. Send your solutions to 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)

Sports Therapists

Sally Alexander

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

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.

THE END