



Newsletter

Wednesday 22 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,

Another quieter than usual parkrun last Saturday, with 36 members running in nine locations: East Grinstead (15), Carlisle Park (1), Livonia (2), Malling Rec (1), Nonsuch Park (1), Rising Sun (1), Tilgate (3), University Parks (1) and Wakehurst (11).

Congratulations to **Lenard Binuagan** and **Ben Ashmore**, third men to finish at East Grinstead and Wakehurst respectively. Also well done to Robin and Miranda for their PBs.

But what a busy weekend it was for Lingfield members from then on. We have a lot to cover.

Last Saturday was the latest Grand Prix event, the **Gatliff Marathon**, starting from Edenbridge Cricket Club. This is actually two events in one, and you can score GP points in either the 25km or 50km distance. The route changes every year, so you never know quite what to expect and that's part of its allure. Unfortunately, these results usually take a week or two to arrive. If you can't wait, you can look out for them here:

<https://www.copsecroydon.co.uk/annual-events/gatliff-marathon/gatliff-results/>

Acting as an entrée to the big one on Sunday was the 5k element of the **Great South Run**, which is run the day before. **Dan Oppe** took this on too and finished 50th in 19.03, five seconds faster than last year. Oakley Knipe (City of Portsmouth) was first in 15.31, with Imogen Edwards (Basingstoke & Mid Hants) first woman in 17.08.

As well as USA parkrunning, we also had members running abroad on Sunday. It was good to see **Juhana Kirk** out on the roads again, in the **Amsterdam Marathon**. His tremendous time of 2.36.12 was his fastest that I can find in the Powerof10 records. While browsing the results, I also spotted an **Aly Warner**, who finished in 4.49.34. Aly (assuming it was her) was clearly hoping to throw me off the scent by not running a local parkrun the day before, but you'll have to try harder than that, Aly. First to complete Amsterdam was Geofry Kipchumba in 2.03.29 and fastest woman was Aynalem Desta in 2.17.34.

And **Daniel Pike** was in Slovenia for the **Ljubljana Marathon**. Dan achieved a time of 3.22.28 and paced it very well, gradually increasing the tempo through the race. Haftamu Gebresilase won in 2.06.51 and first woman was Tigist Menigstu in 2.22.45.

On Sunday **Hollie Shears** told me about her run at the **Bedgebury Forest Half Marathon**, where she finished in a time of 2.11.52, 96th of 178 finishers. Hollie says this was the furthest

she'd run in many years – well done, Hollie! Andy Hudson was quickest here in 1.23.27, and first woman was Alexandra Buckle-Bugg in 1.44.35.

Sue Garner made her annual pilgrimage to Twickenham (no, not to look at the rugby players) for the Cabbage Patch 10, based at the pub of the same name. This year, Sue managed a time of 1.28.51. Another Cabbage Patch regular **Jeremy Garner** (running for first-claim club Epsom & Ewell Harriers) did a very good 1.03.48. Joe Wigfield (Wirral AC) was quickest on the day in 49.41 and first woman was Annabel Gummow (Herts Phoenix AC) in 55.42.

Glen Smith was on the south coast for his debut over the distance in the Worthing Seafront 10k. Glen was deservedly delighted to complete this in a time of 59.24. That's great, Glen, very well done and fingers crossed you'll tell us all about your journey to 10k next week. Rory Grimes won the race in 36.45, and first woman was Nicole Allan in 37.57.

Three members headed to the Abingdon Marathon which is flat and fast, and almost all on roads. These were **James Kilfiger** who ran a time of 3.32.23, and (in an England international vest) **Lisa Compton** (4.11.37). Second-claim member **Vernon Given** was also there, completing his 52nd marathon in a time of 3.38.35. Lisa was first in her age group, and her time was nine seconds quicker than her time in Vilnius last month – how's that for consistency! Great running, all of you. The race winner was Lonely Goat Tom Hollis in 2.29.24 and first woman was Louise Flynn (Les Croupiers) in 2.46.41. Lisa has written us an account of the run (and her international experience) [later in the newsletter](#).



The most popular race of the weekend, and looking a bit like an East Grinstead parkrun line-up, was the 10-mile Great South Run. I'm sure I can't be the only person who had trouble searching for their club results but, with Keith's assistance, I think we've captured them all below. I haven't checked all the times for PBs, but I did notice that many ran quicker than in 2023, when we also had a mass entry. Take a bow Laura, Judith, Hannah, Matthew, Claudette and Paul (by a stonking 24 minutes). Thanks to Sally for [the report](#) later on.

Dan Celani	59.35
Sally Alexander	1.04.01
Dan Oppe	1.06.18
Simon Petitt	1.04.31
Simon Harris	1.19.45
Laura Stockwood	1.25.31
Judith Cartledge	1.27.17
Fiona Champness	1.28.55
Hannah Cartledge	1.31.29
Tom Cartledge	1.31.29

Matthew Stockwood	1.31.58
Kevin Reeve	1.34.03
Claudette Sims	1.39.01
Nick Champness	1.39.50
Paul McCarthy	1.56.51
Keith Chambers	2.27.24
Ian Watkins	2.27.24

Marc Scott (Richmond & Zetland Harriers) won the overall ('elite' and 'mass') races in 47.21, and first woman was Verity Ockenden (Swansea Harriers AC) in 56.37.

Phew!

Best of luck to anyone tackling the Beachy Head race series this weekend. The weather forecast looks decent, with the wind behind you coming back over the 'Sisters' (albeit pushing you towards the cliff edge). However, I suspect this week's rain has made the chalk, leaves and grass nice and slippery, so take care out there.

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

18-Oct-25		36 LRC parkrunners		Median	56.74%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead 102 runners	823	3	Lenard BINUAGAN	00:20:51	63.23%	
		22	Ben HORNER	00:24:57	53.44%	
		29	Tim MARTIN	00:26:28	55.29%	
		30	Simon HARRIS	00:26:29	55.70%	
		34	Lucy WILKES	00:27:22	58.59%	
		36	Isla GREENAWAY	00:28:20	52.24%	
		47	David WORSELL	00:29:36	51.07%	
		49	Ian GREENAWAY	00:29:50	51.06%	
		50	Keith CHAMBERS	00:29:53	57.17%	
		58	Nevenka WORSELL	00:30:56	56.30%	
		59	Helen DAVEY	00:31:01	63.46%	
		63	Emma FORBES	00:31:32	47.99%	
		65	Darija SPARKES	00:31:43	52.23%	
		73	Michele EDWARDS	00:34:49	57.35%	
		77	Amy HODGE	00:35:59	42.75%	
Carlisle Park 90 runners	611	47	Miranda CHITTY	00:30:18	61.39%	PB
Livonia 102 runners	n/a	32	Steve WARNER	00:31:01	56.21%	
		64	Marie WARNER	00:42:47	48.85%	

Malling Rec 158 runners	751	39	Nick KEEN	00:24:33	57.77%	
Nonsuch Park runners	341	74	Jeremy GARNER	00:21:56	67.78%	
Rising Sun 338 runners	427	275	Helen PETITT	00:36:00	41.16%	
Tilgate 402 runners	474	153	David NOTTIDGE	00:28:29	61.21%	
		241	Mike LOTHIAN	00:32:08	58.97%	
		338	Carole BARNES	00:40:58	54.35%	
University Parks 687 runners	124	221	Lisa COMPTON	00:25:38	86.87%	
Wakehurst 401 runners	281	4	Ben ASHMORE	00:19:20	67.24%	
		13	James CAFFREY	00:20:50	67.04%	
		16	James WILLIS	00:21:14	68.37%	
		41	Daniel JONES	00:23:10	60.72%	
		98	Simon COOK	00:25:39	61.47%	
		147	Judy HAYLER	00:27:10	72.45%	
		159	Dan CELANI	00:27:28	52.00%	
		167	Jennifer WILLIS	00:27:39	59.19%	
		237	Steve ACKROYD	00:30:45	46.83%	
		349	Robin MAYER	00:40:14	49.92%	PB
		369	Martin PAYNE	00:46:07	37.80%	

The Great South Run **Sunday 19th October 2025**

Lingfield Runners 'Storm' their Way Along Portsmouth's Seafront in The Great South Run



At the start line, on route, at the finish and partying on the bus!

After last year's cancellation due to gale force winds and torrential rain, there was much excited anticipation surrounding this year's 35th Great South Run, and LRC was well represented with 18 of us (I believe) donning the club colours for the 10M road race. And the wind and torrential rain did not disappoint!!

Like all AJ Bell events, the Great South Run is huge, attracting a spectrum of runners from the country's top elite, to club and non-club runners, joggers, charity fundraisers and wheelchair racers. I can't seem to locate an exact figure of how many people participated, but the literature I have read indicates over 25,000 people took to the streets of Portsmouth in what was described as the largest AJ Bell event yet.

The start was indescribable. From the yellow wave where Dan C and I were, all I could see was an infinite 'sea' of runners extending back into the distance, and all I could think was that I was the 'fraudster' at the front – especially after various people told me the legend, Kelly Holmes, was competing! However, once the claxon sounds, all fears are

quickly quelled as you cross the starting mat (and I was lucky to spot Terri and Paul shouting words of encouragement before Paul joined the start line himself). Incredibly, competitors were still crossing the start line when Simon, the two Dans and I finished, which just shows the vast number of entrants.

The course is considered good for 10-mile PBs as it is flat and weaves in a figure of eight along the streets of Portsmouth. The damp to distinctly wet weather did not in any way dampen the atmosphere of the event which was a feast for the senses. Bagpipes, steel bands, choirs, Heart FM, the waft of street food and salty sea air, and the constant cheer of the crowd who flanked the route did not wane and kept all of us going throughout. A random moment during the race, which just sums up why competing is fun, was when a charming man called Lewis ran by my side and asked if I knew James Caffrey as they are great friends and could I say 'hi' to him!!! However, at that point, even I was struggling to hold a conversation and could merely grunt a response until Simon and I bumped into Lewis again at the end and I resumed the chat with gusto!

At the final turn, with the waves crashing against the shore and the wind blowing inland, two miles seems a long way, but fortunately Jack Kavannagh was on hand (having come to support some Holland AC runners) to give us that much-needed boost towards the finish line. Every single one of us smashed the course to become proud owners of a 35th GSR medal!

By the time the team began finishing, the wet weather had truly set in, but fortunately Tom C had driven a group of us down in the trusty fun bus. This then doubled-up as a wet-weather party bus, where most of us congregated for hot drinks, cake, snacks and celebrations.

Well done to Paul M, Ian W, Claudette, Simon H, Tom C, Fiona, Dan O, Kevin, Judith, Nick C, Matt S, Laura, Hannah, Keith, Sarah F, Simon P and Dan C, and a particular thanks to our supporters who braved the rain and Tom for taking to the helm and driving us there and back! Everyone's a superstar!

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 23rd October

No organised Club Run

Please consider using LRC Runfinder if you want to run with some company, this evening

Tuesday, 28th October

Club Run from the Victoria Club

Start time: 7pm.

A five-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.

Abingdon Marathon

Lisa Compton

As well as the fantastic club turnout at the Great South and other venues, we still managed to field a small Lingfield contingent at the Abingdon marathon on Sunday, consisting of Vernon, James and myself.

I was lucky enough to secure a place to run for England in the EA Masters programme, Abingdon being the representative race and a match between England and Wales. The day started with a team photo of all the England athletes. Abingdon attracts a lot of club runners and is obviously very popular as it had sold out extremely quickly.

The race itself starts with a lap of the track at the Tilsley Park stadium, then out onto the surrounding roads. It was advertised as fast and flat, although with only a couple of

closed roads near the start and the rest managed by volunteers with stop/go boards, there was quite a lot of stepping on and off the pavements and some weaving to avoid traffic. There were also some trail sections which I hadn't expected – obviously I need to pay more attention to the race information!

Support along the course was good but sporadic, but we were very grateful to have Joanne along, who cheered whenever I passed her. As with all marathons, it started to get hard at about 22 miles, by which time I was drenched through as the rain got worse as the day progressed. But I pushed on, and it was nice to see that James had finished and stayed to encourage me as I returned to the stadium. The race ended with another lap of the track, with Joanne and Vernon literally screaming at me as I ran to the finish.

All the Masters' runners had to wear back numbers displaying their age category, so all through the race runners are looking to spot others in the same category and work out where they are placed. Of course, this is tricky if you don't know who's ahead of you, but it does help pass the time! Although not sure of my position I was very pleased to find out I was placed first, and was presented with an England Athletics age group trophy and also the British Masters Athletics Federation V70 championship gold medal. My time was 4:11:37, just nine seconds faster than in Vilnius five weeks prior. James and Vernon both put in good performances, finishing in 3:32:23 and 3:38:35 respectively. Vernon also celebrated completing marathon 52 on his countdown towards 100.

This was my second marathon of three (in seven weeks) to celebrate reaching 70; I've still got New York on 3rd November to come. Many, many thanks to those of you who have donated to my Just Giving page in respect of Rescue Remedies cat and dog rescue where I volunteer. But there's still time if you haven't....

[Lisa Compton is fundraising for RESCUE REMEDIES DOG RESCUE](#)



Airman's Grave run/walk

REMINDER



Airman's Grave Remembrance Day Service on Sunday 9th November 2025 @ 10.45 am.

Please join us for the annual Remembrance Day Service at the Airman's Grave, Ashdown Forest where we will be laying a wreath at the memorial site, on behalf of the club.

Details to follow but there will be various run/jog and walking options. All welcome, including family, friends and your four-legged pets!

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 – Dec 2025 ▾		
22 OCT, WED	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
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) BN15 OPH, Manor Rd, Lancing BN15 OPH, UK
28 OCT, TUE	7 – 8pm	Club run (Gary) 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) Priory Park, Bell St, Reigate RH2 7RL, UK
2	NOV, SUN	● 10 – 11am ● 11am – 12pm	Crowborough 10k TN6 2AS, Crowborough TN6 2AS, UK Gunpowder Trot (WSFRL)
4	NOV, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
5	NOV, WED	● 6:45 – 7:45pm	LRC coaching (Ian)
6	NOV, THU	● 8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
7	NOV, FRI	● 7:30 – 10pm	Lingfield Marathon minibus quiz VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
8	NOV, SAT	● 9 – 10am ● 9:30 – 10:30am	South Downs Trail Run Goodwood Racecourse, Selhurstpark Rd, Chichester PO18 OPS Bexhill Remembrance Run 10k, 5k & Half Bexhill Beach, 583 Bexhill Rd, Bexhill, Saint Leonards-on-Sea TN38 9JL, UK
9	NOV, SUN	● 10 – 11am	Airman's Grave run

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

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.

THE END