



Newsletter

Wednesday 29 October 2025

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Welcome this week to new member, Charlie Greaves

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,

Lovely weather for parkrun last Saturday, with 38 members running in ten locations: East Grinstead (14), Brickfields (1), Cornerstone Lakes (2), Eastbourne (1), Holyrood (2), Hove Promenade (2), Squerryes Winery (1), Tilgate (2), Tonbridge (1) and Wakehurst (12).

Congratulations to **Lenard Binuagan**, second at East Grinstead, and to **Lucy Wilkes** and **Isla Greenaway** for their third place finishes at Squerryes and East Grinstead respectively.

Last week, I teased **Aly Warner** about finding her races however hard she tries to hide, and I received this in response:

"So, you may have found my Amsterdam result (I was pacing 4h50 so pretty perfect result for my runners!) but I didn't tell you that I also ran Budapest the weekend before - they don't have parkrun (yet) - in 4h19 and that I'm pacing the Venice Marathon this weekend (4h45). Then in November I will run marathons in Turin and pace Verona (maybe I'll have honorary citizenship in Italy by then) and finishing road season with Valencia. Already planning/booking. 2026 which will involve more pacing and running around Europe....tbc"

I'm pleased to report that Aly fulfilled her pacing duties perfectly last Sunday by running the Venice Marathon in 4.44.44. That's great pacing, Aly.

You may have noticed that it was Beachy Head Marathon weekend a few days ago. On Saturday it was the turn of the 10k and marathon runners.

Dave Nottidge tackled the shorter (but still steep) race which he completed in a time of 1.05.37. Dave did this race last year and was four minutes slower this time.

But as Dave explains... *“the route was changed this year by an additional 700m - to make it a full 10k”*. Dave has promised us a podium finish next year when he falls into a new age group! Joshua Nisbett (Seaford Striders) was the race winner in 43.19 (yes, it is a tough race) and first woman was Dartford Harrier Tori Day in 44.16.

But the rest of the Lingfield contingent opted for the even tougher 42km option. You don't have to be mad to choose this as your debut marathon, but it surely must help - Hannah, Judith and Michele need never fear another marathon after this. **Sally Alexander** ran a storming race to finish first in her age group, sixth woman overall, in 3.51.35. **Brandon Webb** overcame recent injury problems to complete in 4.44.56. Read Sally's report later in the newsletter. Here are all the club times:

	Chip time
Sally Alexander	3:51:35
Brandon Webb	4:44:56
Michele Edwards	5:42:55
Simon Mills	6:29:12
Laura Stockwood	6:31:29
David Worsell	6:31:59
Ian Watkins	6:54:58
Hannah Cartledge	6:55:39
Judith Cartledge	6:55:48

Oliver Varney (Eastbourne Rovers AC) finished first in 3.02.52 and first woman was Izzy Bradford in 3.33.24.

On Sunday it was the turn of the half marathoners to take centre stage. We were represented here by **James Caffrey** and **Daniel Jones**. James ran a great race to finish in 1.27.27 (second overall and first in his age group). I don't know Daniel's running history, but it must be a while since he ran a race like this, and he completed it in 2.10.56 (213th of 662 finishers). Excellent, both of you. Richard Strong (Lewes AC) beat James in a time of 1.25.48 and first woman was Karen Robinson (JPs Runners) in 1.40.59.

Second-claim member **Jeremy Garner** seems to like running one marathon each year and, for 2025, he chose the [Dublin Marathon](#). Jeremy ran a time of 3.12.54 placing him 2,057th of 16,038 competitors. Race winner was Daniel Mesfin in 2.08.51 and first woman was Eebbissee Addunyaa in 2.26.26. Well done, Jeremy.

Best of luck to all racing at this wekkend, be it Reigate Priory or New York. With any luck we may also have the Gatliff results by next week, and I can update the Grand Prix tables.

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

25-Oct-25		38	LRC parkrunners	Median	57.33%
	Difficulty rank /835	Position	Name	Time	Age grade
East Grinstead	823	2	Lenard BINUAGAN	00:21:46	60.57%
84 runners		4	James KILFIGER	00:22:11	67.54%
		7	Steve ACKROYD	00:23:10	62.16%
		15	Ben HORNER	00:25:06	53.12%
		16	David THOMAS	00:25:26	56.16%
		31	Ian GREENAWAY	00:28:20	53.76%
		33	David WATKINS	00:28:53	57.01%
		38	Isla GREENAWAY	00:29:17	50.54%

		40	Harold BURR	00:29:46	44.29%
		41	Chris RANCE	00:29:54	50.95%
		44	Judy HAYLER	00:30:06	65.39%
		48	Helen DAVEY	00:31:01	63.46%
		55	Emma FORBES	00:31:54	47.44%
		63	Miranda CHITTY	00:33:38	55.30%
Brickfields	n/a	31	Jeremy GARNER	00:25:20	58.68%
128 runners					
Cornerstone Lakes	n/a	15	Steve WARNER	00:27:55	62.45%
33 runners		27	Marie WARNER	00:40:48	51.23%
Eastbourne	147/359	111	Nevenka WORSELL	00:27:50	62.57%
259 runners					
Holyrood	550	234	Keith CHAMBERS	00:26:14	65.12%
647 runners		618	Sandra ANKERS	00:46:50	51.78%
Hove Promenade	23	11	Dan CELANI	00:17:42	80.70%
693 runners		309	Sue GARNER	00:26:14	97.65%
Squerryes Winery	635	30	Lucy WILKES	00:25:28	62.96%
138 runners					
Tilgate	474	180	Glen SMITH	00:28:44	52.61%

435 runners	246	Paul MCCARTHY	00:31:25	48.91%
Tonbridge	392	123	Nick KEEN	00:24:43 57.38%
584 runners				
Wakehurst	281	12	Dan OPPE	00:20:28 68.24%
379 runners		26	Simon PETITT	00:21:50 59.54%
		36	James WILLIS	00:22:59 63.16%
		112	Darija SPARKES	00:27:16 60.76%
		127	Jennifer WILLIS	00:28:02 58.38%
		181	Sarah FERGUSON	00:30:02 51.61%
		251	Debbie WILKES	00:34:14 65.04%
		288	Helen PETITT	00:35:57 41.21%
		329	Robin MAYER	00:41:03 48.92%
		352	Kath GARRIDO	00:44:44 57.27%
		355	Simon COOK	00:44:57 35.08%
		354	Martin PAYNE	00:44:57 38.78%

Couch to 5k 10k

Glen Smith

On a cold, dark evening in January 2025, I made my way to the VSCC for the first night of the Couch to 5k programme. On arrival, I found a surprising number of other newbies and our mentor Sophie warmly welcomed us all, accompanied by (if I remember correctly) Gary, James, and a couple of others. I had run occasionally before, but not as a part of a club or with any sort of training programme, and not for several years. But my aims for 2025 were to run 5km non-stop and then to do it in less than 30 minutes.



We embarked on our running adventure with more walking than running, and for all of us, the idea of running for thirty minutes or more within three months seemed like a pipe dream. But we met every Monday evening and under Sophie's expert tutelage, made steady progress. I occasionally supplemented my Monday night sessions by joining the Imberhorne School track sessions which provided a great opportunity to meet other LRC members, and without exception, everyone was hugely inclusive, welcoming, and supportive.

At the end of the C25k programme, several of the group attended our 'passing out parade' at Wakehurst parkrun and once more, the support from fellow LRC members was fantastic. While I didn't manage to run 5km non-stop there, it came shortly after, and by now I was running two to three times a week and was totally hooked. I became a parkrun 'tourist', running at events across Kent, Surrey, Sussex, and as far north as Yorkshire, and in July I finally dipped below 30 minutes for a 5k.

An injury in May ruled me out of running for over a month, and I could not believe how much I missed it! However, I made good use of my time in staying connected with the club, helping with course clearing and then marshalling at the Lingfield 10s and a couple of the handicap races.

With my two initial targets met, a conversation with a friend in the summer led to me signing up for my first 10k event in October at Worthing Seafront. As previously, my primary aim was to simply finish, but with a secondary (somewhat ambitious) aim of beating an hour. Unfortunately, another injury meant vital training time lost and the pace became irrelevant, my focus simply being to stay fit and complete the event.

And so, on Sunday 19th October, I successfully completed my first 10k event, and my 'Couch to 10k' journey was complete.

The mental and physical effect running has had on me in the last ten months has been profound, and I could not have done it without the encouragement and support of LRC. Huge thanks to everyone who has made me feel so welcome, but especially to Sophie for supporting the 2025 C25k cohort not just to 5k, but beyond. I have no doubt as long as I stay fit, I will continue to run and set myself new goals (perhaps a half next year?).



Oh, and my time at Worthing? 59:14.

Mission accomplished.

... which leads us on perfectly to this article from the local Community News....

A New Year, A New Resolution, A New You? Lingfield Running Club has you covered!



Would you like to run, get fit and meet new people, but don't know where to start?

Well, look no further than Lingfield Running Club! Following the huge success of our beginners' course last January, the club is all set relaunch its 9-week programme in the New Year and YOU are warmly invited to join us!

Local resident and working mother of two, Sophie Davis (Run Leader), coached 20 people who were new to running or returning to running through the



progressive 9-week programme, slowly building from short run/jog intervals to completing their first 5km, something of which the group was truly proud. To mark their achievements, the course members were presented with a bespoke Lingfield Running Club C25K mug and certificate at LRC's AGM. And many of those who started are now full members of the club and would not look back!

The beginners' course is for anyone aged 18 years and over who wishes to build their run fitness and you do not need to have any previous running experience to join.

The course will run for 9 consecutive weeks from **Monday 5th January 2026** at 7.15pm from the Victoria Sports and Social Club, Lingfield High Street.

Let's Lace Up Those Trainers and Let's Go!

To find out more about our beginners' course or what else we offer at LRC, www.lingfieldrunningclub.co.uk E: beginners@lingfieldrunningclub.co.uk

Update on the New Club Logo design

Gary Spring

We received six proposals for a new Club logo, before the Closure Date.

The next step will be for the Club Committee to whittle these down to a final three design proposals. We will then have these three logos on display at the

Club Christmas party, on Saturday, 20th December, where members' votes will select the winner!

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 30th October

**Club Run from The Victoria Club
7pm start**

It will be a road run of about five miles. Because of the date, we could do 'The Beast of Beacon Hill'!

Tuesday 4th November

**Club Run from East Court, East Grinstead
Start time: 7pm**

I'm proposing we do 'The Lanes of East Grinstead' – a 5+ mile road run. There are some dark sections so I think a torch will be essential. Meet at the top car park, near the Meridian Hall.

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.

Beachy Head Marathon and Half Marathon

Saturday 25th and Sunday 26th October 2025

LRC Takes to the Hills with Marathon Effort!



Thomas, Brandon, Laura, Simon, Dave, Hannah, Michele, Ian, Judith, James and Dan deservedly jubilant after those hills!



And...Dave and Simon savouring a sausage roll – one of the many treats available at the five checkpoints en route!

Yet again, LRC members were out in force representing the club on both days of the Beachy Head Marathon Weekend!

As has become custom of the past few weekends, it was an early start in the dark (albeit James C and Dan J did benefit from the additional hour in bed on Sunday!) to head down to Eastbourne ready for the start of one of the UK's most iconic trail-running events – the Beachy Head Marathon and Half Marathon.

Fortunately for us, the weather this year was kind. Despite some wind and cooler temperatures first thing, the sun did shine, and it was not too muddy underfoot on the route.

As I write this article, I am fully aware many of our members have not only participated in the event once, but most of you have completed it several times and Sue has taken on the challenge 21 times! So, I feel rather under qualified to discuss the route and terrain being a Beachy Head running novice! But I will try!

For a first timer, however, and despite having walked many a weekend across the rolling hills of the chalky cliffs and Downs, it is quite something standing at the start line looking up at that initial steep ascent from Bede's School. Having said that, the atmosphere was incredibly relaxed, and the start did not involve a fast mass exodus from the town, which is in part due to the narrowness of the path and the fact everyone was walking. I was certainly glad to get to the top and to begin, what I had been told was undulating countryside at the start...well...I am inclined to think of the entire trail as short flattish paths frequently punctuated by long sharp climbs and equally long sharp descents down gulleys and into valleys! Not only that, but we had to keep our wits about us as we navigated uneven, slippery flint and chalk terrain, and leaf-strewn woods which hid a myriad of ankle-twisting obstacles!

Then, just as we thought we had got to grips with nature, we faced the infamous steps, which us novices thought there was one flight, only discover the *real* 'Steps of Doom' lay a few metres on! It was interesting watching different participants' approaches to the new challenge which lay before them. One gentleman seemed to be limbering up at the bottom, others walked them very slowly concentrating on balancing the use of both legs in equal measure to ascend each step, and then some decided (as Michele herself admitted) to using the balustrade as some kind of manual winch to haul themselves up!

Eventually, with the stunning views down to Birling Gap and the river gently winding its way out towards the sea, the finish line felt within reach. That was until we 'popped' out of fields enclosed by hedgerows and saw the start of the daunting

Seven Sisters which separated us from jacket potato, beans, sausage and cheese! No wonder Keith warned me to leave 'something in the tank'! What he failed to communicate was just what that 'something' meant!

Despite not being a coke drinker, many of us welcomed the cup of liquorice sugar, giving us that much needed hit for the last six miles. Although I was beyond counting at this point, I am pretty certain there seemed to be more than seven 'sisters'! Riding on the words of encouragement from sensible weekend walkers, we all battled our way up one of the towering peaks, down one of the precipitous descents, up another of the towering peaks, down yet another precipitous descent... - you get the picture - ...until we were finally at Beachy Head.

A more forgiving terrain then led us on towards Eastbourne until the last slope back down the sharp gradient of the start. This was the moment where we were aware we could cross the finish line with grace or take a chance, possibly going head over heels in full view of the expectant crowds at the bottom. With Lisa's words of caution in mind, it was time for us to pick our way gingerly down the flinty steps until our feet were securely on terra firma (aka concrete) where we could then power the few feet towards that finish mat!!!

And how did we all do? Well...everyone came through unscathed and smashed both events! James Caffrey podiumed, scooping second place in the half marathon which was fantastic and Dan Jones proudly completed what I believe is his first (or no more than second) half marathon distance! However, the biggest accolades go to Hannah Cartledge, Judith Cartledge and Michele Edwards who all completed their first ever marathons. It was so emotional watching them cross the finish line, we shed tears of joy for their amazing achievements, especially on such a challenging course.

While I might have painted a picture of an event which is riddled with danger, we all agreed it was one of the most relaxed, friendly and inclusive running events, and the scenery was absolutely stunning every step of the way. None of the pictures we took captured the beauty of the rolling Downs, Sussex countryside and dramatic coastline. It really is special.

Will we do it again? You bet we will! And it would be fantastic to have even more members joining in the fun at the seaside!

As always, a huge thank you to our supporters: Nevenka, Catherine, Tom, Matt and Finlay – it meant such a lot to see you en route.

Airman's Grave run/walks

Sally Alexander

Here are the details for the Airman's Grave service runs/walk. Ian is testing timings for the walk so he will confirm these after Thursday.

The Ashdown Forest Airman's Grave Remembrance Day Service Run/Walk Details

Sunday 9th November 2025



COME AND JOIN US ON...

Sunday 9th November 2025 for the annual run or walk to the Airman's Grave Remembrance Sunday service on the Ashdown Forest.

Once again, Lingfield Running Club will be laying a wreath at the Remembrance Sunday Service held at the Airman's Grave, Ashdown Forest, in honour, not only of the six young RAF pilots and crew members who lost their lives on 31st July 1941 when their plane crashed onto the forest, but also of **ALL** service personnel and their families who have sacrificed their lives and loved ones for the sake of global peace.

We are pleased to offer three running/walking options led by our dedicated team of run leaders. So.....

Join **James Kilfiger** for a 12-mile (in total) route which will depart @ **9.10am** from St. John's carpark, TN6 1XP (What3words: young.apprehend.foggy)

OR

Join **Fiona Champness** for a 6-mile (in total) running route which will depart @ **10.10am** from Gill's Lap carpark, TN7 4EU (What3words: overgrown.premiums.stem)

OR

Join **Ian Watkins** for a 6-mile (in total) walking route – **departure time TBC** - from Gill's Lap carpark, TN7 4EU (What3words: overgrown.premiums.stem)

We hope to be joining our friends from East Grinstead Runners and Tunbridge Wells Harriers on route! The departure times are fixed so we arrive promptly for the start of the service, and please ensure you have plenty of layers to keep you warm!

On our return to Gill's Lap carpark, Keith and Sandra will be armed with tea, coffee and cake! Cake donations on the day would be most appreciated!

If you are still not convinced, our Membership Secretary, Laura, describes it as her: "favourite run of the whole year."

We look forward to seeing lots of you there!

PS: A plea from James K for some of us to join his group – it will be at a pace which suits all...

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			
29	OCT, WED	6:45 – 7:45pm	LRC coaching (Keith) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead
30	OCT, THU	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
1	NOV, SAT	1:30 – 2:30pm	Priory Relays (GP & XC event) Priory Park, Bell St, Reigate RH2 7RL, UK
2	NOV, SUN	All day	New York Marathon
		10 – 11am	Crowborough 10k TN6 2AS, Crowborough TN6 2AS, UK
		11am – 12pm	Gunpowder Trot (WSFRL) RH12 1JR, Horsham RH12 1JR, UK
4	NOV, TUE	7 – 8pm	Club run (Gary) East Court, College Ln, East Grinstead RH19 3LT, 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 6A
8	NOV, SAT	9 – 10am	South Downs Trail Run Goodwood Racecourse, Selhurstpark Rd, Chichester PO18 OPS, UK
		9:30 – 10:30am	Bexhill Remembrance Run 10k, 5k & Half Bexhill Beach, 583 Bexhill Rd, Bexhill, Saint Leonards
9	NOV, SUN	All day	Airman's Grave 6-mile walk Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK
		9 – 10am	Airman's Grave 12-mile run TN6 1XP, Crowborough TN6 1XP, UK
		10 – 11am	Airman's Grave 6-mile run Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK
11	NOV, TUE	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
12	NOV, WED	6:45 – 7:45pm	LRC coaching (Dave)
15	NOV, SAT	1 – 2:30pm	Surrey XC League race 2 Mill Lane Recreation Ground, Oxted RH8, UK
16	NOV, SUN	8 – 9am	Phoenix Ardingly run Ardingly reservoir
		9 – 10am	Verona Marathon
		9:30 – 10:30am	Hartfield Honey Run (10k & Half) TN7 4AD, High St, Hartfield TN7 4AD, UK
		9:30 – 10am	Brighton 10k (GP event) Madeira Drive, Madeira Dr, Brighton BN2, 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

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](#).

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