



Newsletter

Wednesday 5 November 2025

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Welcome this week to new members James Deakin, Matt Lester and Jamie Scaramanga

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,

Last Saturday Lingfield had 37 members running in ten parkruns: East Grinstead (16), Chichester (1), Delaware & Raritan Canal (1), Downs Link (1), Mole Valley (1), Nonsuch Park (1), Peacehaven (1), Skipton (1), Tilgate (8) and Wakehurst (6).

Particular congratulations to **James Caffrey**, first at East Grinstead, and to **Lucy Wilkes** whose 'third-itis' continued at the same venue. I see that **Dave Chase** was trying out the new Downs Link venue near Shoreham. It doesn't sound very attractive "flat and boring" ... but may be good for a PB if Hove Prom is too crowded for you.



At last, the results have arrived from the 13th Grand Prix race, the Gatliff Marathon on 18th October. I have been able to identify four members who gorged themselves on the GP points available. In the men's 25k run, **Simon Mills** took full advantage by finishing in 5.24.45. In the women's 50k run, **Zoe Greenfield** gobbled up 20 points by posting a time of 7.55.02. And finally, two men tackled the 50k distance – **Brandon Webb** in 6.12.18 and **David Waddington** in 7.10.40. Well done to all of you, you earned those points. If I missed anyone out, let me know.

These were the times from the Reigate Priory Relays last Saturday. If you didn't know, this each of the four team members runs a 2.5-mile (4km) leg over an undulating course. Thanks to men's captain, Keith for his report later on.

Sarah	Begley	19:41
Fiona	Champness	21:26
Maggie	Statham-Berry	22:07
Liz	Webster	24:43
Laura	Stockwood	22:52
Katie	Cahill-Smith	24:22
Nevenka	Worsell	24:56
Michele	Edwards	26:20

Simon	Petitt	16:26
James	Kilfiger	17:23
Dan	Oppe	18:35
Keith	Chambers	22:05
David	Worsell	22:11
Nick	Champness	22:15
Matthew	Stockwood	23:36
Tom	Cartledge	23:48

Adding the points for this event and the Gatliff Marathon, we find **James Kilfiger** still with a narrow lead in the men's trophy and **Judith Cartledge** with an

even narrower lead in the women's. The full tables are here: [men](#) and [women](#). There are two events to go: the [Brighton 10k](#) on 16th November and a yet-to-be-named parkrun on 6th December. The winners will receive their trophies on 20th December, after the [Christmas Handicap](#).

Last Sunday we had several long-distance long-distance runners.

There were over 59,000 finishers at the [New York Marathon](#) on Sunday and Lingfield RC was well represented by quality runners **Dan Celani** (2.52.37) and **Lisa Compton** (4.21.47). Great runs by both of you, and weather looked ideal. Benson Kipruto won the race in 2.08.09 and first woman was Hellen Obiri in 2.19.51.

Meanwhile, second-claim member **Vernon Given** was in the south of France for the [Toulouse Marathon](#) – his 54th marathon in total! Vernon finished in a time of 3.52.39. Adrien Latestere won in 2.24.42 and first woman was Salome Lecoq in 2.53.41. Well run, Vernon.

Five members went local for their competitive runs on Sunday. In the [Crowborough 10k](#) were **Tom Harvey** (eighth place in 37.18), **Maggie Statham-Berry** (53.07), **Sue Garner** (58.40) and **Dave Nottidge** (1.01.05). Tom, Maggie and Sue were all first in their age categories! Hastings Runner Louis Dargan won this in 35.41, first woman was Peacehaven's Eva Winton in 41.55.

In the [Crowborough 5k](#) was **George Matthews**, who finished in a fine second place, with a time of 19.09. He was only beaten by Jago Dinnage (Weald Tri Club).

There was also the final West Sussex Fun Run League (WSFRL) event of 2025 on Sunday – the [Gunpowder Trot](#). This starts at Horsham Cricket Club and is approximately 4.5 miles (7.25 km) of undulating, mainly off-road course, on bridleways and footpaths. Running for second-claim club Saints and Sinners was **Ian Greenaway**, who ran a time of 41.34. Jack Hayward (Haywards Heath Harriers, of course) won in 28.10 and first woman was Geraldine Moffat (Portslade Hedgehoppers) in 31.45.

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

01-Nov-25		37	LRC parkrunners	Median	54.62%
	Difficulty rank /835	Position	Name	Time	Age grade
East Grinstead	823	1	James CAFFREY	00:20:07	69.43%
92 runners		9	James WILLIS	00:23:55	61.18%
		17	Ben HORNER	00:25:24	52.49%
		24	David WADDINGTON	00:26:48	50.56%
		26	Lucy WILKES	00:27:46	57.74%
		34	Ian GREENAWAY	00:30:31	49.92%
		35	Isla GREENAWAY	00:30:33	48.45%
		41	Harold BURR	00:31:35	41.74%
		46	Emma FORBES	00:32:49	46.11%
		49	Miranda CHITTY	00:33:17	55.88%
		51	Steve WARNER	00:33:39	51.81%
		62	Amy HODGE	00:37:55	40.57%
		70	Theresa DONOHUE	00:41:53	45.05%
		72	Helen PETITT	00:43:41	33.92%
		77	Keith CHAMBERS	00:48:35	35.16%
		92	Nevenka WORSELL	01:04:35	26.97%

Chichester	523	216	Patrick BASTOW	00:36:37	43.06%
263 runners					
Delaware & Raritan Canal	n/a	25	Lisa COMPTON	00:26:39	83.55%
102 runners					
Downs Link	n/a	159	David CHASE	00:27:37	56.61%
324 runners					
Mole Valley	768	142	Helen DAVEY	00:30:04	65.47%
282 runners					
Nonsuch Park	341	33	Jeremy GARNER	00:21:12	70.13%
705 runners					
Peacehaven	458	43	Judy HAYLER	00:27:12	72.37%
109 runners					
Skipton	481	19	Steve ACKROYD	00:21:52	65.85%
164 runners					
Tilgate	474	12	Ben ASHMORE	00:20:08	64.57%
427 runners		18	Dan OPPE	00:20:45	67.31%
		61	David THOMAS	00:23:54	59.76%
		96	David WATKINS	00:25:32	64.49%
		168	David NOTTIDGE	00:28:36	60.96%
		214	Darija SPARKES	00:30:20	54.62%
		284	Mike LOTHIAN	00:33:35	56.43%

		414	Noah SEMONIN	00:54:12	23.80%
Wakehurst	281	144	Judith CARTLEDGE	00:27:23	72.92%
445 runners		203	Hannah CARTLEDGE	00:29:29	50.31%
		255	Luke SANDERS	00:31:51	41.18%
		349	Carole BARNES	00:37:06	60.02%
		411	Simon COOK	00:45:00	35.04%
		412	Martin PAYNE	00:45:01	38.73%

Reigate Priory Park XC relays

Saturday 1st November 2025

Keith Chambers

Most running events have a fixed position in the race calendar, and the first Saturday of November belongs to the Reigate Priory Park Relays: this year it's the 69th edition.

Relay teams of four ladies, four men, or mixed; each runner completing one lap of 2.5 miles, a flat grassy start leading towards a long climb to the top of the course, and a few undulations before a steep descent to the finish and handover area.

Course conditions were perfect, soft in places, mud free, but requiring concentration on the ground to avoid the occasional tree root, step, or other camouflaged trip hazard.

The club's gazebo pitched, a light breeze, two complete ladies' and men's teams; and we were all set for another great event, all first leg athletes, men and women, gathered on the Start Line. It was quite a spectacle, peering into the far corner of the park, waiting for the first glimpse of a Lingfield vest and tracking its progress towards the handover area, where it was a quick, one in, one out, baton-less handover.

Another great event to be part of with the Lingfield Running Club team; thanks and well run to everyone who took part, and to our roving photographer Sandra for support and encouragement.

And the results....

Our top individual finishers, Simon Petitt finishing 33rd of 116 men, and a debut in the ladies' cross country team for Sarah Begley, finishing 34th of 92 ladies.

<u>Men's Team</u>	<u>Placing</u>	<u>Time</u>
Crawley AC A	1 st	1:00:43
Lingfield A	14 th	1:14:35
Lingfield B	23 rd	1:31:44
23 Teams		

<u>Ladies' Teams</u>		
The Stragglers A	1 st	1:06:57
Lingfield A	10 th	1:27:57
Lingfield B	15 th	1:38:30
16 Teams		

Next up:

On Saturday 15th November, we return to the Surrey Cross Country League for the second race in the four race series, this time hosted by Holland Sports AC in Hurst Green. If you haven't experienced Holland Sports' hospitality before you might want to try this; in previous years, post-race recovery has included dance music, an open bar, tea, coffee, and a barbeque!

The race distances are Ladies 6k, and Men 8k; two laps of flat and undulating fields; there's no entry fee but you must be registered with England Athletics and wear a club vest.

If you're interested, please contact either Liz or Keith; we'll be riding in the 'fun bus' if you'd like to reserve a seat for the short journey; we have a reserved parking space trackside.



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 now we'll be back to light evenings in about **five** months!

Thursday 6th November

No organised Club Run.

If you want to run this evening with others, please consider using LRC Runfinder to see who else is interested.

Tuesday 11th November

Start time: 7pm.

Club Run from the Victoria Club.

Road run of about five miles; route to be decided on the night.

Wednesday, 12th November

Strength & Conditioning session with Tejin

Lingfield College Prep School Sports Hall

Start time: 7pm.

A recent article about Strength Training

(<https://www.theguardian.com/wellness/2025/nov/03/exercise-tips-fitness-routines-by-age>) suggests that to reduce the risk of injury as you age, you should increase the ratio of Strength Training to Cardio exercise. The recommendation is 50/50 ratio when you are in your 50s, increasing to 60/40 in your 60s and 70/30 in your 70s. So, on that topic, here is a great opportunity to help you meet that advice!

This one-hour session will benefit everyone including beginners, social runners and serious athletes

There is a cost of £5/person, to cover the costs of Tejin's time and the hire of the Hall. Payment can be made to the club bank account.

Please note, this is taking place at the Prep School, opposite the racecourse. Directions to the Sports Hall can be found [here \(link\)](#). Please do not go to the Senior School in St Piers Lane

Advanced Notice of the next Club Handicap Race

Sunday, 30th November: Dennis Crowhurst Race

More information closer to the race date.

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

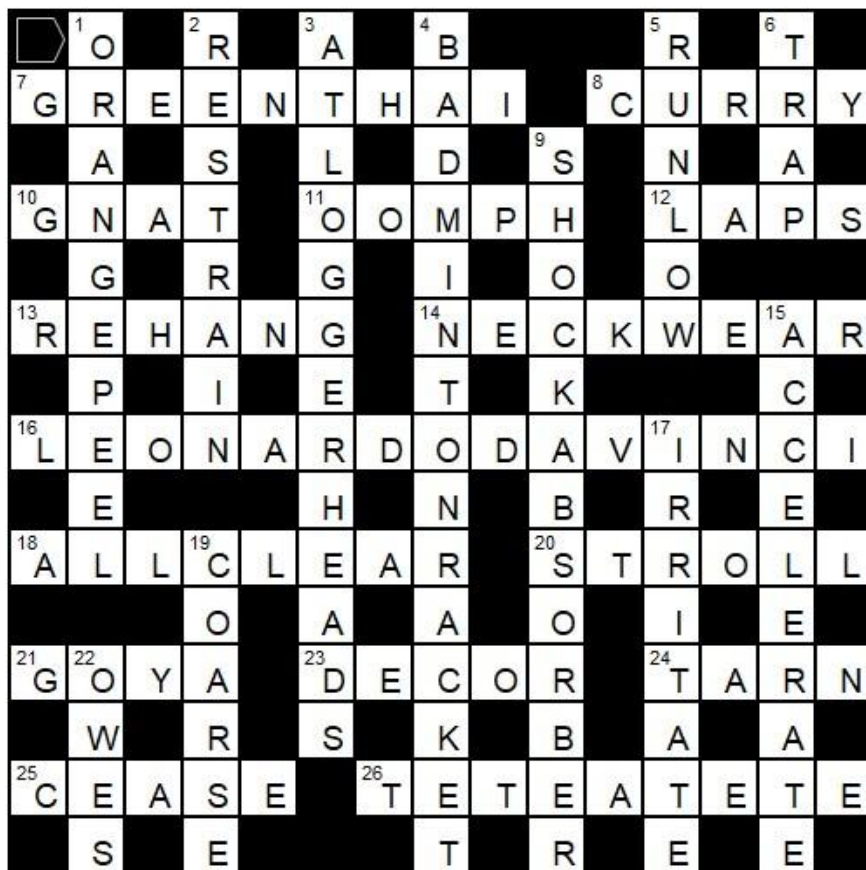
Laura Stockwood (membershipsecretary@lingfieldrunningclub.co.uk)
or Gary Spring (organiser@lingfieldrunningclub.co.uk) and we can add you in.

2025 LRC Quiz Slot

PUZZLE 9 answers

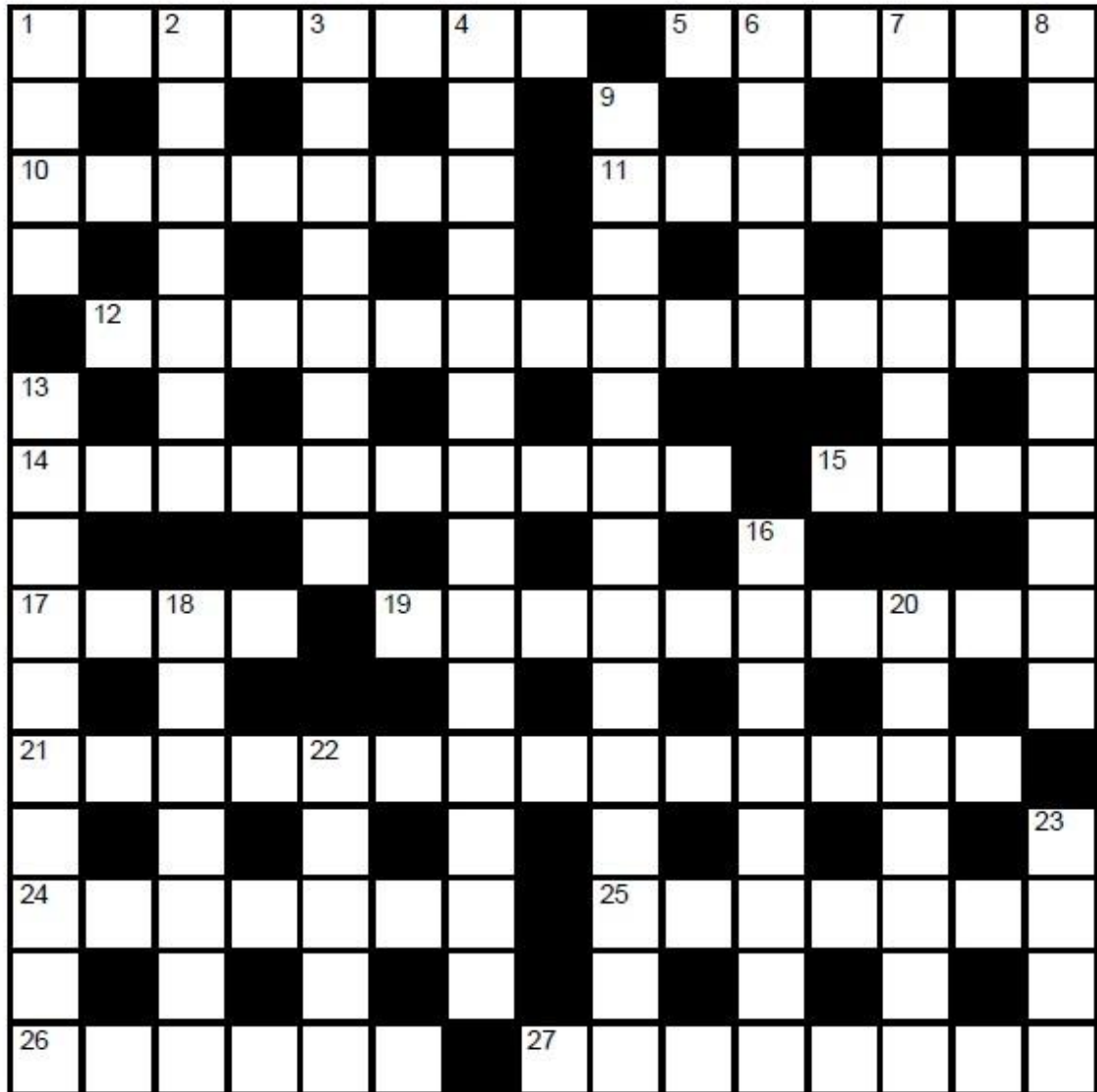
Graeme Bennett was the first to send in a correct entry, followed by Judy Hayler and Lucy Wilkes.

Here is the completed puzzle. Please let me know if you need any of the answers explained.



For November's puzzle, I'm going with another Cryptic crossword, which does have one clue related to a parkrun location. For info, December's puzzle will be a lot less cryptic and have parkrun locations for all the answers.

Here is Puzzle 10.



Across

- 1 Invisible High Street decline (8)
 5 Psychic agency (6)
 10 Ropy dump around contorted grin (7)
 11 Jazz fan, Charlie, with a fifty litre whistle (7)
 12 Investment makes great lady sound like posh Chinese. (14)
 14 Worn out connection. You say 'Nope!' (6,4)
 15 Creep removes head of songbird (4)
 17 Crazy deal for a start! (4)
 19 The molar is massaged at the same temperature (10)
 21 Spinner seen on 4 Down (9,5)
 24 Unparalleled parkrun? (7)
 25 Connector returns rubbish flat note (7)
 26 Digital messages I turn back, feeling sick (6)
 27 Place for genteel refreshment with mixed seats about dance hall (8)

Down

- 1 Defeat joker by removing him from fight (4)
 2 Plan to promote greek character by US city (7)
 3 Softer edge inside twisted European tree (8)
 4 Disorganised hotel waking extremely funny guest on rat's anniversary (3,6,5)
 6 Old craft brought back bonus (5)
 7 Revised Latin number lost going in pizzeria (7)
 8 Misery for Spice girl when victory replaced by loss in small fish (10)
 9 Crowning achievement to organise endless nickel into change. (5,2,3,4)
 13 Dodgy permission to sell liquor? (3-7)
 16 Top Soviets like ginger nuts (8)
 18 Receiver of stake turned away lady in 12 Across (7)
 20 Violent turmoil with large and medium losses for musical expert (7)

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 < > Nov – Dec 2025 ▾		
5	NOV, WED	7 – 8pm LRC coaching (Dave) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
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 South Downs Trail Run Goodwood Racecourse, Selhurstpark Rd, Chichester PO18 0PS, UK 9:30 – 10:30am Bexhill Remembrance Run 10k, 5k & Half Bexhill Beach, 583 Bexhill Rd, Bexhill, Saint Leonards-on-sea 1
9	NOV, SUN	9 – 10am Airman's Grave 12-mile run TN6 1XP, Crowborough TN6 1XP, UK 9:30 – 10am Airman's Grave 6-mile walk Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, 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 (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK

12	NOV, WED	● 6:45 – 7:45pm	LRC strength & conditioning (Tejin) Lingfield College Prep School and Nursery,
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
18	NOV, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
19	NOV, WED	● 6:45 – 7:45pm	LRC coaching (Fiona)
23	NOV, SUN	● 9 – 10am	London Ten (10k & 10m) Queen Elizabeth Olympic Park, London, UK
		● 9 – 10am	Turin Marathon
		● 9:30 – 10:30am	Wimbledon 10k and Half
		● 10 – 10:30am	New Forest Stinger Ocknell Campsite, Fritham, Lyndhurst SO43 7HH, 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

Best head torches for runners

Runner's World



Lakota Gambill

The leaves are turning brown, the temperature is dropping and darker mornings and evenings are once again upon us. If you can't get out to run in daylight hours — or you prefer to run early or late — then a running head torch is an essential purchase for the autumn and winter months.

And they're not just for dark trails or countryside paths – a head torch will help you avoid huge puddles on the pavements or navigate uneven city surfaces safely. A good head torch should also be comfortable throughout your run, with the ability to turn it off, on or brighter when needed.

[Full article and products](#)

Reminders from previous weeks

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...

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