



Newsletter

Wednesday 12 November 2025

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No new members to welcome this week

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 a very strong turnout of 51 members at ten parkruns: East Grinstead (24), Alice Holt (1), Bromley (2), Downs Link (3), Exeter Riverside (1), Land's End (1), Nonsuch Park (1), Royal Tunbridge Wells (1), Tilgate (2) and Wakehurst (15). **Sue Garner** also started the Bushy event but had a nasty fall and was unable to complete (although she tried her best). Get well soon, Sue.

Particular congratulations to **Sally Alexander** and **Fiona Champness**, first and third women at East Grinstead, and to **Lucy Wilkes** whose 'third-itis' ended with second place at Land's End! Congratulations also to **Simon Petitt**, for his second place finish at EG. And more congratulations to Dee and Russell Baker ... on Wednesday 5th November, they welcomed two additions to their family - beautiful twins, Sophie and Callie.



Some of this year's C25K group headed to the Bexhill Remembrance Run 10k last Saturday for their initiation at the distance. **Victoria Kaisharis** completed it in 1.02.15, **Evie Weston** did 1.17.44 and **Glen Smith** (okay, so it wasn't his first!) in 1.00.18. You're a great example to us all, guys, well done. Eastbourne Rovers AC provided the first man (Ant Anderson, 35.36) and first woman (Vicky Moynihan, 43.15). Later in the newsletter, **Sophie Davis** has given an outline of C25K plans for next year.

Meanwhile **Mike Manwill** had a foreign adventure last Sunday when he ran from Spain into Portugal in what I think was called the '30th X Miles of the Guadiana'. For the mathematicians out there, in this instance $X = 10$, as opposed to 'unknown'. Wendy has written a very interesting report of their weekend arrangements, but I'll hold that over until next week's edition, so it doesn't get lost in this week's bumper content. For now, I'll just say that Mike finished 147th of 371 in a time of 1.28.34. Race winner was Daniel Martins (Clube Desportivo Areias de São João) in 57.30 and first woman was Ana Isabel Cabecinha (Clube Oriental de Pechão) in 1.12.07.

Apart from that, the only other events of the weekend seem to have been the Airman's Grave runs and walk on Sunday, which Sally has described later in the newsletter.

Last, but by no means least, the LRC quizzers overcame 12 other teams at The Star last Thursday, as they strolled to their third victory of 2025. The famous five this month were **Gary S, Dave & Megan Worsell, James K** and your **Editor**. As usual the team donated its winnings to the pub's local charities.

And there was another quiz on Friday night too, this time at the Victoria Club, in aid of the Lingfield Marathon minibus (you may know it as the 'party' bus). This time the club 'first' team finished a very close but unlucky second to 'Quiz Team Aguillera'. We had five members in another team, too, appropriately named the 'Forever Hopefuls'. The evening was hosted by quizmaster **Scott McDonald** who reports that the event raised over £740 to support the minibus. Thanks to all the **Worsells, Ryans, Bennett-Birches, Parkers, Hollises** and **Wilkes** for their support.

There is far more running action this coming weekend, including the second Surrey Cross-Country League races at Hurst Green on Saturday, and the Brighton 10k (a

Grand Prix race) on Sunday. And no quizzes. Best of luck to all those who take part.

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

08-Nov-25	51	LRC parkrunners	Median	54.79%
	Difficulty rank /835	Position Name	Time	Age grade PB?
East Grinstead	823	2 Simon PETITT	00:21:36	60.19%
76 runners	4	Lenard BINUAGAN	00:22:15	59.25%
	5	James KILFIGER	00:22:43	65.96%
	7	Sally ALEXANDER	00:23:52	72.97%
	13	Ben HORNER	00:25:52	51.55%
	16	Tim MARTIN	00:26:25	55.39%
	20	Simon HARRIS	00:27:48	53.06%
	23	Simon COOK	00:28:53	54.59%
	25	Nick CHAMPNESS	00:29:30	49.60%
	24	Fiona CHAMPNESS	00:29:30	57.51%
	29	Keith CHAMBERS	00:29:54	57.13%
	33	David WORSELL	00:30:32	49.51%
	34	Isla GREENAWAY	00:30:37	48.34%

35	Ian GREENAWAY	00:30:41	49.65%
37	Judy HAYLER	00:30:54	63.70%
42	Liz WEBSTER	00:32:34	49.74%
41	Nevenka WORSELL	00:32:34	53.48%
47	Michele EDWARDS	00:33:38	59.37%
48	Miranda CHITTY	00:33:50	54.98%
56	Amy HODGE	00:36:43	41.90%
59	Patrick BASTOW	00:38:31	40.93%
68	Theresa DONOHUE	00:42:05	44.83%
71	Martin PAYNE	00:46:36	37.41%
76	Sandra ANKERS	01:01:49	39.23%

[Alice Holt](#) 660 129 Aly WARNER 00:27:37 60.71%

339 runners

[Bromley](#) 5 505 Steve WARNER 00:30:14 57.66%

781 runners 725 Marie WARNER 00:40:52 51.14%

[Downs Link](#) n/a 8 Dan CELANI 00:18:22

336 runners 22 Steve ACKROYD 00:19:44

256 David CHASE 00:33:06

[Exeter Riverside](#) 330 233 Helen DAVEY 00:28:05 70.09%

457 runners

[Lands End](#) 653 16 Lucy WILKES 00:25:24 63.12%

100 runners

[Nonsuch Park](#) 341 19 Jeremy GARNER 00:19:18 77.03%

844 runners

[Royal Tunbridge Wells](#) 753 122 Nick KEEN 00:27:56 50.78%

310 runners

[Tilgate](#) 474 20 Dan OPPE 00:20:54 66.83%

520 runners 425 Carole BARNES 00:38:23 58.01%

[Wakehurst](#) 281 22 James WILLIS 00:21:28 68.17%

470 runners 36 Emma PAGE-MOORE 00:22:13 67.52% PB

54 David THOMAS 00:23:07 61.79%

63 Daniel JONES 00:23:38 59.52%

201 Darija SPARKES 00:28:54 57.32%

227 Jennifer WILLIS 00:29:59 54.59%

252 Debbie WILKES 00:31:17 71.18%

297 Catherine WILSON 00:32:51 51.65%

312 Graeme BENNETT 00:33:34 53.87%

386 Paul EVANS 00:38:01 44.10%

412 Susie BIRCH 00:41:07 51.60%

413 Robin MAYER 00:41:11 48.77%

424 Tracy ROBERTS 00:43:12 46.22%

434 Kath GARRIDO 00:44:43 57.29%

442 Bridget HOLLIS 00:47:03 47.33%

-STOP PRESS-

Applications for LRC's London Marathon Club Place - Draw Now Open!



It is the moment you have all been waiting for! If you would like to enter Lingfield Running Club's London Marathon draw, now's your chance, as applications for entry are officially open!

For those of you who are new to the club (or have forgotten!) LRC is given **ONE** entry each year for the iconic TCS London Marathon, and 2026's event will take place on Sunday 26th April.

To get your name into the ballot for a chance to win a place on the start line, please email me at chair@lingfieldrunningclub.co.uk with your name and a brief explanation how you have met the requisite list of qualifying criteria.

To enter LRC's ballot, you **MUST** have met the following criteria within the past 12 months:

1. Completed four club trophy events (Grand-Prix events, Club Handicap Races, XC Races, Surrey Road Leagues).
2. Volunteered at a minimum of ONE club activity such as: timekeeping, marshalling at club runs such as the May races, Handicap races, Dry Hill Tens, LRC parkrun takeover; or sat on the committee; or organised a social event, handicap race or other club activity.
3. You must have been an LRC member for a calendar year.

4. You must be England Athletics registered, with Lingfield RC as your first-claim club.
5. You must not have won a club place in the last two years.

The closing deadline for all applications is **MIDNIGHT on Wednesday 26th November 2025**. Please note, the club will not accept any entries after this date.

The TCS London Marathon club-place draw will take place on **Sunday 30th November 2025** at the Dennis Crowhurst Race.

So, don't miss out on this incredible opportunity to take part in one of the most prestigious global running events of the year, and get your name in the draw now!
GOOD LUCK!

Date for your diary:

LRC's Xmas Handicap Race and Post-Race Get Together

Saturday 20th December 2025 starting @ 10.30am

Full details to follow shortly!

In the meantime, we need your help!

Raffle Prize Donations Request



Although our raffle-prize sourcing magician, Scott McDonald, is on the local trail seeking donations for our Xmas charity raffle, your help would be greatly appreciated too!

If you have any gifts (or contacts who you could approach to donate gifts/vouchers etc.) to our Xmas raffle, we would be most grateful.

Whether it's a bottle of wine, a voucher, chocolates, a sports massage or (as in last year) a theragun, your donations would be most welcome.

ALL proceeds from the raffle will go towards our chosen charity PAPYRUS www.papyrus-uk.org

Please hand your donation to any committee member in advance of 20th December or bring it along on the day!

Many thanks!



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

**Thursday 13th November
Club Run from the Victoria Club.
Start time: 7pm**

Plan is to run one of our road routes around Lingfield/Dormansland. It will be about five miles in distance.

**Tuesday 18th November
Club Run from the Victoria Club.
Start time: 7pm.**

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

Advanced Notice of the last two Club Handicap Races

Sunday, 30th November: Dennis Crowhurst Race

Saturday, 20th December: Christmas Handicap Race (followed by the Club Christmas party at the Victoria Club)

More information closer to the race dates.

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.

Airman's Grave Remembrance Sunday Run
Sunday 9th November 2025
Lingfield RC Runners and Walkers Came Together to Remember
the Fallen
Sally Alexander



***LRC come together with old and new-found friends from Tunbridge Wells
Harriers and East Grinstead Runners***

A beautiful morning awaited our members on Sunday as they joined forces with our friends from Tunbridge Wells Harriers and East Grinstead Runners for our community run/walk to the annual Remembrance Sunday service at the Airman's Grave on the Ashdown Forest.

As our members made their way to the service, the camaraderie among the three clubs was palpable – perhaps a fitting tribute to the poignant message of peace

which Remembrance Sunday represents. This was felt even more deeply as we joined together with the local community of other runners, walkers and horse riders who stood on the hillside adjacent to the memorial. The site marks the place where a Wellington bomber tragically crashed on the morning of 31st July 1941, killing all the young crewmen on board as they returned home from taking on a night attack at Cologne's railway marshalling yards.

Following the bugle sounding the Last Post and Father John Caperon reading the Act of Remembrance, Keith and Sandra were invited to lay a wreath on behalf of the club, alongside other local organisations, thus concluding the service.

With the words of John McCrae's poem, 'In Flanders Fields', fresh in our minds, we then made our way back up the steep slope towards tea, coffee, cakes and new friendships which we had forged along the way.

A huge thank you to Fiona, Ian W and James K for leading our three walking/running groups; to Keith and Sandra for laying the wreath on behalf of the club while also providing refreshments; to our cake bakers for their delicious tasty treats; to our sherpas who carried warm clothing for us to wear during the service and to the vast numbers of you who were able to come!

'We will remember them, always. Their sacrifice reminds us that freedom is never free, and we stand together to honour those who gave their lives for our future...'

Land's End parkrun anniversary

Lucy Wilkes

The parkrun gods were smiling on Land's End parkrun for their sixth birthday celebrations this Saturday, as the south western tip of the country was bathed in glorious autumn sunshine. A round 100 parkrunners and parkwalkers took on the flat-for-Cornwall course, which goes out and back - and out again, and back again - along a stony cycle path with twists and turns that briefly take away the sea views, only to deliver them back more spectacularly when you round the next corner. The conditions were perfect for running, dry and sunny but still cool, with a noticeable breeze that I suspect still counts as a light wind for the area. There were a few puddles to dodge - or if, like me, you're used to a cross country course, to plough straight through and gain a few precious seconds to make up for the wet feet.

It was my second visit to Land's End, but the first was more than two years ago, so I made sure to arrive in time for the first timers' briefing to refresh my memory. My memory clearly needed it because Land's End doesn't have a first timers' briefing, for the simple reason that they get a lot of tourists and first timers can outnumber the regulars, as demonstrated by the inversion of the usual question in the pre-run briefing: "is anyone here *not* a tourist?" This being the sixth birthday event, as well as the usual thank you for the volunteers there was a special mention for Sandra, whose doctor's surgery played a key role in getting Land's End parkrun up and running back in 2019. And talking of getting events up and running, among the 33 first time visitors welcomed to Land's End this weekend was an unassuming tourist from Horsham named Paul Sinton-Hewitt - yes, none other than the founder of parkrun, completing his 595th 5k event.

Surprisingly, Paul still didn't top the 'most parkruns' list for the event - that honour went to fellow tourist Ian Cockram, with an astonishing 667 parkruns completed. At the other end of the spectrum, five people completed their first ever parkruns this week.

One of the benefits of an out and back course is that you get to see how other people tackle the course and offer words of encouragement whenever you have breath to spare, as well as benefit from their encouragement in return. This week's first female finisher was Ruth Glover from Mounts Bay Harriers, who was kind enough to say "well done" as she passed me for the final time - I only wish I'd had enough breath in that moment to congratulate her in return. The first finisher overall was Howard Friman, a first timer making short work of the stony course in 18:58. The highest age grading of the day went to another first timer, Charlotte Minchell of Zero to Hero Runners, who is clearly more towards the "Hero" end of that range. Thirteen people managed to improve on their PBs.

It wasn't a PB for me on this occasion, but I barely noticed my finish time as I'd been joined by a fellow runner on one of the last few bends. He had spotted my t-shirt, which I had printed with a QR code to support my fundraising efforts as one of the runners selected to be part of parkrun Global's team at next year's London marathon. When he caught me up (easily) it turned out to be Paul Sinton-Hewitt, so I had the unexpected opportunity to talk to the founder of parkrun about what I was doing. I was quite breathless - and if I'm honest, a little bit starstruck - by that point, but I hope I explained that I was honoured to get the chance to run and raise money for parkrun, and that I didn't think anything else would have motivated

me to take on the 26.2 mile (8.4 parkruns!) distance for the first time.

I really appreciated his coming up to talk to me, especially as on the way round I'd been wondering if I had the courage to approach him at the end and ask for a photo, which isn't something I'd normally do but I thought it might help give a boost to my fundraising. At the end of the run, after he'd broken the ice and I was finally feeling brave enough to ask, imagine my gratitude when instead he was the one to suggest a photo first!



My first parkrun at Land's End was memorable partly due to being accompanied by a loved one who lived locally, and is now sadly no longer with us. I'm grateful to Paul Sinton-Hewitt for ensuring this one will be memorable for a very different reason, and for giving millions of people around the world a reason to get out of bed on a Saturday morning. Also to the event director Yvonne Turner and to Dr Sandra Trelevan and her surgery, for starting this fantastic event at the very edge of the country six years ago.

Couch to 5km 2026

Sophie Davis

Following the success of our Couch to 5km programme at the start of the year, we are pleased to announce we will be running the programme again in January 2026, lead again by Sophie Davis. Sessions will be on Monday evenings at 7:15pm. So far

this has only been advertised in the Community news but will go live on facebook etc. in the next couple of weeks. Sign-ups are now open, the link to the form is here so if you know anyone who would like to join, please pass it on.

<https://lingfieldrunningclub.co.uk/join-the-club/>

There is a drop-down menu where you can choose the Couch to 5km programme rather than just signing up to the club. Sophie can also be contacted at beginners@lingfieldrunningclub.co.uk if anyone has any questions. We welcome other members to come and support the Monday sessions so please do come along and join the group.

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 ▾			
12	NOV, WED	6:45 – 7:45pm	LRC strength & conditioning (Tejin) Lingfield College Prep School and Nurser
13	NOV, THU	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
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 (Gary) 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
24	NOV, MON	● 7 – 9pm	LRC Committee	VSSC – Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
25	NOV, TUE	● 7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
26	NOV, WED	● 6:45 – 7:45pm	LRC coaching (James)	
29	NOV, SAT	● 8 – 9am	Witterings beach run	PO20 8AJ, West Wittering, Chichester PO20 8AJ, UK
30	NOV, SUN	● 10 – 11am	Dennis Crowhurst Handicap	Staffhurst Wood Road, Staffhurst Wood Rd, I
		● 10:45 – 11:45am	British Masters 5k Champs.	Battersea Park, London SW11 4NJ, 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

Phoenix West Sussex

16 November 2025



16th November
Ardingly Reservoir

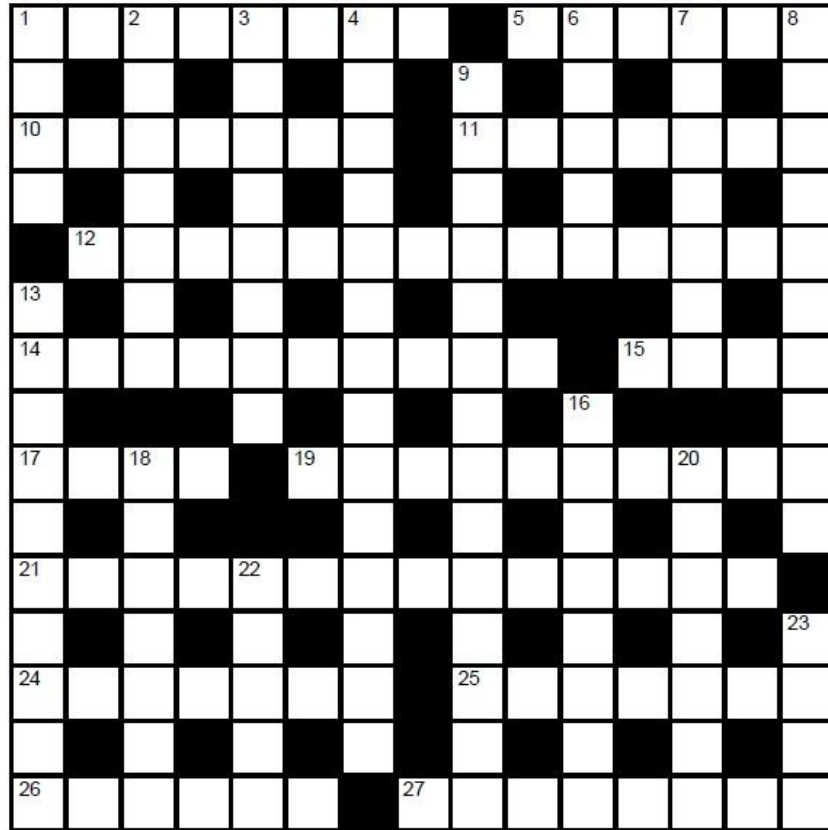
5K
10K
1/2 Marathon
Marathon
Ultra

- 7 hour timed event
- Course is 5K laps
- Rock up and Run (flexible start time)
- Chip timing
- Amazing medals and great aid station

Phoenix Running West Sussex

Reminders from previous weeks

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)

22 European queen starts to usually accept likelihood of similar status (5)

23 Reported gains of decorative vessels (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