



Newsletter

Wednesday 24 December 2025

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Welcome to no new members 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**

Follow us via





For the avoidance of doubt, image courtesy of Copilot AI

Lingfield's Racing Roundup

Most importantly, season's greetings to all our readers.

The club's Christmas kicked off last Saturday with the Xmas Handicap, and this no doubt affected turnout (and many times?) at parkrun. We had 36 members at these seven locations: East Grinstead (19), Brighton & Hove (1), Downs Link (1), East Holmes Field (1), Nonsuch Park (1), Tilgate (1) and Wakehurst (12).

Particular congratulations to run winners **James Caffrey** (Wakehurst) and **Steve Ackroyd** (East Grinstead), and to our second-placed runners **Dan Celani** (Downs Link) and **Fiona Champness** and **Nick Keen** at East Grinstead.

Many of you then rushed off to Lingfield to enjoy the nice flat road surface of the new-look Xmas Handicap course. It was my great pleasure to present the Matt Bennett Trophy to first-across-the-line **Debbie Wilkes** at the Victoria Club later. Both Gary and Scott give us their takes on the day later on.

I was also pleased to be able thank all club members and the committee, on behalf of Susie and myself, for their continued support of the Papyrus charity. Since we lost our son Matt in 2018, we have been raising funds to help them prevent other young people from taking their own lives. We much appreciate the club's support, and you have also made some very generous individual donations, too, so thank you all.

The only other activity I detected was for last Sunday morning, when a **David Nottidge** went to Lewes to run in the Downland Christmas 5k. However, as this runner showed up in the 25-49 age category, I'm not sure if it was our Mr. Nottidge, and he has yet to confirm to me. If it was him, Dave had a good run, finishing in a time of 32.57. Emily Hague (Lewis AC) was first in 24.32, and first man was Milo Edridge in 26.13.

And a final reminder that, if you're looking for a seasonal parkrun, you'll find the full lists here:

<https://www.parkrun.org.uk/special-events/>

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

20-Dec-25		36	LRC parkrunners	Median	52.89%
	Difficulty rank /835	Position	Name	Time	Age grade PB?
East Grinstead	823	1	Steve ACKROYD	00:23:51	60.38%
76 runners		2	Nick KEEN	00:24:04	58.93%
		8	Tim MARTIN	00:26:49	54.57%
		9	Ben HORNER	00:26:57	48.92%
		11	James KILFIGER	00:28:26	52.70%
		12	Lenard BINUAGAN	00:28:27	45.81%
		13	Fiona CHAMPNESS	00:28:45	59.01%
		25	Ian GREENAWAY	00:32:01	48.00%
		26	Isla GREENAWAY	00:32:07	46.08%
		34	Laura STOCKWOOD	00:34:37	45.45%
		35	Matthew STOCKWOOD	00:34:43	44.65%

		36	Miranda CHITTY	00:35:03	53.07%	
		39	Michele EDWARDS	00:35:20	56.51%	
		46	Steve WARNER	00:35:38	48.92%	
		53	Kelly WALTER	00:39:13	46.79%	
		65	Theresa DONOHUE	00:44:05	42.80%	
		72	Helen DAVEY	00:56:42	34.71%	
		73	Nevenka WORSELL	00:56:43	30.71%	
		75	Judy HAYLER	01:10:22	28.38%	
Brighton & Hove	208	148	Lisa COMPTON	00:25:31	87.26%	
461 runners						
Downs Link	n/a	2	Dan CELANI	00:18:03	79.13%	PB
244 runners						
East Holmes Field	n/a	144	Kath GARRIDO	00:49:39	51.59%	
154 runners						
Nonsuch Park	341	17	Jeremy GARNER	00:19:34	76.58%	
743 runners						
Tilgate	474	305	Mike LOTHIAN	00:35:09	53.91%	
424 runners						
Wakehurst	281	1	James CAFFREY	00:17:46	78.61%	
500 runners		30	Dan OPPE	00:21:24	65.26%	

97	James WILLIS	00:24:33	59.61%
104	Lucy WILKES	00:24:52	64.48%
159	Jennifer WILLIS	00:27:14	60.83%
169	Darija SPARKES	00:27:29	60.28%
216	David NOTTIDGE	00:28:59	60.15%
306	Catherine WILSON	00:32:30	52.21%
352	Sue GARNER	00:34:29	74.29%
451	Robin MAYER	00:42:18	47.48%
468	Simon COOK	00:45:23	34.74%
469	Martin PAYNE	00:45:23	38.41%

Lingfield 10s thank you

Fiona Champness

As we come to the end of 2025, the Lingfield 10's team would like to say a huge **thank you** to everyone who supported this year's event.

Thanks to your generosity, time and enthusiasm, we raised a fantastic sum which was shared between **five brilliant causes**:

- The **Marathon Mini Bus**.
- The **MS Society**.
- **Topic of Cancer**, in memory of former member, Richard Adams.
- Our neighbours at **Young Epilepsy**.
- The **CdLS Foundation**.

We've been incredibly moved by the feedback we've received from the charities. One message in particular really captured the impact of your support:

"That's amazing, thank you so much. This will make a wonderful difference to the lives of our students."

A **special mention must go to our marshals**. You were absolutely brilliant — cheerful, encouraging, organised and visible throughout the course. The feedback

from runners about how supported and safe they felt was outstanding, and the event simply could not happen without you.

We're delighted to confirm that **Lingfield 10's 2026 will take place on Sunday 28th June (please save the date)**. If anyone would be interested in **sponsoring the event next year**, we would love to hear from you — sponsorship makes a huge difference and allows us to maximise what we can give back to our chosen charities.

Finally, if anyone has **suggestions for charities to support in 2026**, please do let the committee know — we are always keen to hear your ideas.

Thank you once again to the Lingfield Running Club community for everything you do to make this event such a success year after year.

Wishing you all a very Merry Christmas and a happy, healthy New Year.

With grateful thanks,

The Lingfield 10's Team



As part of the charity donations from the 2025 Lingfield 10s event, Laura Stockwood and Gary Spring presented a cheque of £400 to Nicola Wright of Young Epilepsy.

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're past the Winter Solstice the evenings will be getting (slowly!) lighter and we'll be back to off-road evening runs in about **four** months!

Saturday, 20th December

The Matt Bennett (Christmas) Handicap Race report



Photo, courtesy of Tom Cartledge

On a busy weekend for most members, we still had a good turn-out for the Matt Bennett trophy race, most of whom were also festively-attired. Fortunately, the deluge that had left parts of St Piers Lane under water on Friday night, had receded

enough to allow us to keep to the original route and prevent a rapid adjustment to the handicap times.

Debbie Wilkes was a worthy winner of the race, while Scott McDonald's son, Keir, stormed home in second, at an impressive five and a half(ish)-minute mile pace. Before the start, Keir actually suggested his handicap time was too generous, which was a First! but, as he was running as a guest, it did not affect the points.

Many thanks to Robert Healey and Angela Wilson-Taylor for marshalling the route, and to Tom Cartledge for time-keeping and the photography. It was also good to have Trevor Crowhurst at the start to help cheer on the runners.

The winners of the overall Handicap race series (best six scores from the nine races), were Hannah Cartledge for the Ladies and James Kilfiger for the Men, though it was close for second place, with David Waddington just one point behind James, (sorry to remind you, David!) and last year's winner, Judith Cartledge, only two points behind her daughter. It was good to see that 69 different members took part in at least one of the nine races. Tom and I think we have the race format working pretty efficiently now but, if any of you have suggestions to further enhance the races (maybe, excluding discussion on personal handicap times 😊) we'll be glad to hear them. The updated and final Points Table for 2025 is on the club website. You can use [this link](#) to see it.

The results from the Matt Bennett race are as follows:

Position Name		Clock time (min:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Debbie Wilkes	38:10	2:30	35:40	20
2	Keir McDonald	39:04	18:00	21:04	Guest
3	Kevin Reeve	39:31	7:30	32:01	20
4	Dave Watkins	39:52	9:30	30:22	19
5	Jennifer Willis	40:59	8:00	32:59	19
6	James Willis	41:00	16:30	24:30	18
7	David Waddington	41:05	15:00	26:05	17
8	Brandon Webb	41:12	14:30	26:42	16
9	Terry Sumner	41:17	10:00	31:17	15
10	Sarah Begley	41:21	10:00	31:21	18

11	Katie Cahill-Smith	41:25	8:00	33:25	17
12	James Kilfiger	41:29	17:30	23:59	14
13	Hollie Shears	41:34	13:30	28:04	16
14	Sally Alexander	41:41	18:00	23:41	15
15	Amy Hodge	41:42	02:30	39:12	14
16	Sarah Ferguson	41:50	06:00	35:50	13
17	Glen Smith	42:07	10:00	32:07	13
18	Dan Oppe	42:15	16:30	25:45	12
19	Simon Petitt	42:22	20:00	22:22	11
20	Dave Thomas	42:28	15:30	26:58	11
21	Simon Harris	42:41	15:00	27:41	11
22	Hannah Cartledge	42:45	10:00	32:45	12
23	Andrew Senior	42:56	13:00	29:56	11
24	Scott McDonald	43:00	08:00	35:00	11
25	Judith Cartledge	43:12	11:30	31:42	11
26	Keith Chambers	43:12	11:00	33:12	11
27	Matt Lester	43:24	18:00	25:24	11
28	Bob Pank	43:31	00:00	43:31	11
29	Chris Rance	45:06	11:00	34:06	11

Thursday, 25th December

Happy Christmas! 

I am assuming you will all have more important things occupying your time on this day, but if anyone does have time to fit in a run and wants some company, please consider using WhatsApp LRC Runfinder to find some like-minded souls.

Tuesday, 30th December
Club Run from the Victoria Club
Start time 7pm

I'll be leading a road run around the village, distance of about 5 miles, but this can be adjusted up or down to suit whoever turns up. Hopefully, we will have additional run leaders there to offer a couple of distances and paces.

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.

Christmas Handicap fundraising

Scott McDonald

Saturday 20th December 2025 saw our annual Christmas handicap race. The weather was in our favour - cold, fresh and dry!

Some hardy club members had been at parkrun, some were decked out in Christmas dress, and perhaps some (like me) just wanted to get on and finish the race.

Starting in our usual place by the Racecourse entrance but with a change of route - which was a great decision as it was much flatter and dry apart from the odd puddle. Twenty-nine elite* athletes lined up for this challenge, and congratulations to Debbie Wilkes finishing in first place and taking the Matt Bennett Trophy.

After our efforts and some photographs we returned to the Victoria Club for well-earned coffee and some wonderful home-baking!! Congratulations to all the trophy winners, great to see a few more members join us at the Victoria Club.

Absolute fantastic sales on the raffle tickets and the superb homemade Christmas pies and cakes were going down to a treat! A massive thankyou to everyone who helped organise our race - Gary, Tom, marshals, particularly Robert Healey who has marshalled at every club race this year and supported us at cross-country races; thank you to the Victoria Club for hosting our social gathering and, lastly, well done Lingfield Running Club for raising so much money for such a worthy cause - PAPYRUS, a very worthy charity for mental well-being and prevention of young suicide.

My thanks also to those that donated prizes for our raffle -

- The Star Pub in Lingfield
- Tarana Restaurant in Lingfield
- The Wiremill Pub,
- Lingfield Racecourse,
- A beloved creation donated by Club Captain Liz McLennan
- Jill Dyer's chiropodist in Lingfield
- Bonce hairstylist in Lingfield
- Chiddingston Dairy
- Amber Picture studio in Lingfield
- A gift from Houses of Parliament via our MP Clare Coutinho.
- LRC Members Alison Slater and Scott McDonald. Gifts from

Many thanks to Susie for her pottery sale to once again support our chosen charity!

A massive £630.62 raised!

Many thanks to everyone involved.

** I give Scott the benefit of the doubt with this descriptor. Ed.*

Trophy winner
Most Improved Male Runner
Ben Horner



Ben Horner was unable to attend our Christmas party last Saturday, so Sue Garner later presented Ben with his trophy for the Most Improved Male Runner, which Sue said he was very pleased to receive.

There was some competition for the award for Ben, from Glen Smith and Dave Watkins, who had both had significant improvements in their times over the year, but there was unanimous agreement from the coaches that Ben's improvement in his 5km time, from 26 minutes to sub-24 minutes, fully deserved the award of the Most Improved Runner trophy.

We look forward to seeing what Ben achieves in 2026, especially once the East Grinstead course dries out!

Gary Spring

Quiz team 2025
Graeme Bennett

Last Thursday, the LRC quiz team had its final runout of 2025 at a very festive Star PH in Lingfield. As it was Christmas, the guv'nor, Simon, was hosting the proceedings in person, which guarantees a well-run evening.

We had a good turnout of seven, including James Kilfiger's bright young things, Sally and Leo. We also introduced a promising newcomer in Martin Faulkner. Martin had discovered the previous week that entering the quiz solo, against teams of six, would only have one outcome, and it would not be good. In the end, despite a knockout round stumble, we finished a respectable fourth of 18, five and a half points behind the winners, the Naughty Boys. You can have a go at the seasonal picture quiz [HERE](#).

The pub raised £80 for local charities on the night, taking it to £3,800 for the year. LRC contributed considerably towards that total because, as well as our entry fees, we also donated the winnings from our three victories back to the charity pot. Together with three fourth place finishes, I think we can be pleased with the outcomes of our nine appearances – overall it was second best year of the 12 for which I have records. Our 2026 'season' starts on 8th January.

New Club Logo

Gary Spring

At the Club Christmas party last Saturday we showed the three options, selected by the club committee, for a new club logo and invited members to vote for their favourite. The votes were cast as follows:

Logo 1. 4 votes



Logo 2. 5 votes



Logo 3. 19 votes



For info, the current logo was included in the voting options but did not receive any votes.

Therefore Logo 3 will be the option that we will progress with. You may be aware that it is a variant of the Lingfield 10s logo, designed by Alison Stuart's daughter, Kirsty, who is a qualified graphic designer. The club committee wants to make sure we have a strong logo design that will look sharp and relevant for the long-term. Kirsty has offered her time to provide further design enhancements. We will update you all in this newsletter on the logo design as it develops in the new year.

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 < > Dec 2025 – Jan 2026 ▾			
24 DEC, WED	10 – 10:30am	Club run (James) Sainsbury's, Brooklands Way, East Grinstead RH19 1DD, UK	
25 DEC, THU	9 – 10am	parkrun special events (see link)	
26 DEC, FRI	9 – 10am	Club run (Tom)	
	10:30 – 11:30am	Chris Carter Boxing Day races Preston Park Brighton & Hove, Preston Rd, Brighton and Hove,	
	11am – 12pm	Boxing Day Run The Devil's Punchbowl Hotel, 52 London Rd, Hindhead GU26 6AG, UK	
27 DEC, SAT	10:30 – 11:30am	Christmas run to yoga (10k) RH18 5AA, Forest Row RH18 5AA, UK	
28 DEC, SUN	8:45 – 9:45am	Leonardslee x Winter (5k/10k) Leonardslee Lakes & Gardens, Brighton Road, Horsham RH13 6J	

30	DEC, TUE	● 7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
31	DEC, WED	● All day ● 5pm – 7am	Coaching (Ian) time tbc Phoenix NYE Midnight Run (Day 1/2) Ardingly Reservoir, Haywards Heath RH17, UK
1	JAN, THU	● 5pm – 7am ● 9 – 10am ● 11am – 12pm ● 11am – 12pm ● 11:30am – 12:30pm	Phoenix NYE Midnight Run (Day 2/2) Ardingly Reservoir, Haywards Heath RH17, UK parkrun special events (see link) Knacker Cracker 10k Denbies Wine Estate, Bradley Ln, Dorking RH5 6AA, UK Serpentine NYD10K & 3K Hyde Park, London, UK Hangover 5 (WSFRL) Hill Barn Recreation Ground, 1 Sanditon Way, Worthing BN14 9QB,
3	JAN, SAT	● 9 – 10am	East Grinstead parkrun (GP race 1)
4	JAN, SUN	● 11:30am – 12:30pm ● 12:45 – 1:45pm	Tadworth 10 Epsom Downs Racecourse, Downs, Epsom KT18 5LQ, UK Surrey XC Champs. Denbies Wine Estate, Bradley Ln, Dorking RH5 6AA, 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

How fast should you be able to run a mile?

[Runner's World](#)

An article for those of us who weren't already depressed enough about our declining powers! Ed.

1-mile times for women

	<u>Top 20%</u>	<u>Top 10%</u>	<u>Top 5%</u>	<u>Top 1%</u>	<u>Top 0.01%</u>
20-29	07:00	06:30	06:15	06:00	05:45
30-39	06:45	06:30	06:15	06:00	05:45
40-49	07:15	07:00	06:45	06:30	06:15
50-59	07:45	07:30	07:15	07:00	06:45
60-69	08:15	08:00	07:45	07:30	07:15
70-79	09:00	08:45	08:30	08:15	08:00
80-89	10:30	10:15	10:00	09:45	09:30

And for men

Age	Novice	Intermediate	Advanced	Excellent
20	07:48	06:38	05:46	05:08
25	07:48	06:38	05:46	05:08
30	07:49	06:38	05:46	05:09
35	07:56	06:44	05:52	05:14
40	08:13	06:58	06:04	05:25
45	08:31	07:14	06:18	05:37
50	08:51	07:31	06:33	05:50
55	09:13	07:49	06:49	06:04
60	09:37	08:09	07:06	06:20
65	10:02	08:31	07:25	06:37
70	10:32	08:57	07:47	06:57
75	11:20	09:37	08:22	07:28
80	12:32	10:38	09:16	08:15
85	14:26	12:15	10:40	09:30
90	17:35	14:55	12:59	11:35

For an explanation of the calculations, you will need to read [the full article](#).

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>

Here is a link for the [location](#) of the Holland Sports track sessions: [Holland Sports and Social Association, Mill Lane Oxted RH8 9DG](#).

Please look on [Facebook](#) or the club website '[calendar](#)' on the day itself, for any session details and any changes in venue.

THE END