



Newsletter

Wednesday 24 September 2025

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Welcome this week to new members Luke Sanders and Catherine Watkins

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, we had 41 members running in ten parkrun locations: East Grinstead (20), Hilly Fields (2), Hove Promenade (1), Ifield Mill Pond (1), Moors Valley (1), Nonsuch Park (1), Richmond (1), Squerryes Winery (9), Tilgate (2), and Wakehurst (3).

Particular congratulations at East Grinstead to first-placed runner **Lenard Binuagan** and third-placed **Lucy Wilkes** and **Nick Keen**. And at the GP event at Squerryes Winery, **James Caffrey** finished second and **Dan Celani** third.

The Squerryes parkrun was the 11th of 16 GP races. The points accrued by the nine members who ran there mean that **Judith Cartledge** overtakes Sally at the top of the women's rankings. There has been no change at the top of the men's table, with **James Kilfiger** now five points ahead of **James Willis**. But **James Caffrey** has crept up into fourth spot, having only run four events so far. Here are [the top 10s](#) as they stand.

The next race in the series is the East Grinstead 10k on 5th October.

In last week's edition, owing to my limited ability to translate Lithuanian, I inadvertently reported the gun times for our Vilnius marathoners. Their chip times were Vernon 3:48:56, Lisa 4:11:45 and Ian 4:13:41. Prašau priimti mano atsiprašymą, **Lisa Compton**. And we now have Ian's report to read, as promised.

Last Saturday, **Tom Harvey** and **Ben Ashmore** competed in the Chiltern Wonderland 50-mile race, starting and finishing in the riverside village of Goring-on-Thames. Organisers Centurion Running reported that *'Autumn conditions were in the air with a strong breeze and some rain showers passing through but it was a warm and humid start to proceedings for the 244 runners who set out'*. The route includes a mere 5,600 feet of climbing. To quote the official race report again: *'Third place went to Tom Harvey who paced himself extremely well for a fine podium finish'* in 6.54.16, while Ben also smashed it in 8.33.13 for 23rd place. Both course records were broken - the men's by Joe Turner with a 6.18.15, and Julia Davis broke the women's record in 7.13.19.

Also running a long way last Sunday was **Terry Sumner**, doing the Berlin Marathon. Terry not only completed it in very warm conditions, but also achieved a new PB of 4.24.51. Sabastian Sawe won the race in a time of 2.02.16 with fellow Kenyan Rosemary Wanjiru the fastest woman in 2.21.05. Great run and WhatsApp message, Terry.

Closer to home, **Mike Manwill** tackled the Reigate Half Marathon and ran a time of 1.42.42. This is not a distance Mike tackles very often these days, so he should be very pleased with that. Ollie Garrod won in 1.09.53 and first woman was Sarah Overington in 1.23.35.

Aysha Degia took part in the Hospice in the Weald 5k run in Tunbridge Wells on Sunday. She ran her fastest time for some years, finishing in 37.08 (chip time). James Carter was the quickest in 20.44 and first woman was Sonja King in 23.53. Good work, Aysha, on a course even the organisers say is 'moderately hilly'!

It's not a run but we should acknowledge the great swimming achievement of **Sarah Begley** last Saturday. She completed a very cold two-mile swim in the Serpentine (a big pond in Hyde Park) to complete her London Classics set. And also, well done **Nick Averre** completed his first Tough Mudder(?). If that's what you're after there's lots of those available for free, Nick; they're called Surrey League Cross Country! See all the dates later in the newsletter.

Next week's will be a special edition to mark the club newsletter's 30th anniversary. We'll be looking back (and forward too), so make sure you don't miss

it.

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-Sep-25		41	LRC parkrunners	Median	59.36%
	Difficulty rank /835	Position	Name	Time	Age grade PB?
East Grinstead	823	1	Lenard BINUAGAN	00:20:48	63.38%
100 runners		3	Nick KEEN	00:21:47	65.11%
		11	Ben HORNER	00:24:05	55.36%
		15	David THOMAS	00:24:35	58.10%
		16	Simon HARRIS	00:24:51	59.36%
		26	Simon COOK	00:25:32	61.75%
		29	Lucy WILKES	00:25:55	61.86%
		40	Fiona CHAMPNESS	00:27:53	60.85%
		45	Isla GREENAWAY	00:28:16	52.36%
		46	Ian GREENAWAY	00:28:18	53.83%
		48	Matthew STOCKWOOD	00:28:35	53.76%
		55	Judy HAYLER	00:30:12	65.18%
		57	Martin PAYNE	00:30:36	56.97%
		60	Darija SPARKES	00:31:02	53.38%

		61	Miranda CHITTY	00:31:12	59.62%
		63	Helen DAVEY	00:31:27	62.59%
		66	Steve BRINKLEY	00:31:38	53.53%
		84	Ian WATKINS	00:35:08	47.72%
		85	Keith CHAMBERS	00:35:09	48.17%
		89	Laura STOCKWOOD	00:37:12	41.98%
Hilly Fields	594	229	Steve WARNER	00:32:41	53.34%
287 runners		273	Marie WARNER	00:42:06	49.64%
Hove Promenade	23	354	Sue GARNER	00:26:18	97.40%
757 runners					
Ifield Mill Pond	362	41	Glen SMITH	00:29:25	51.39%
85 runners					
Moors Valley	270	460	Kath GARRIDO	00:43:32	58.84%
509 runners					
Nonsuch Park	341	370	Aly WARNER	00:28:16	59.32%
875 runners					
Richmond	412	14	Jeremy GARNER	00:19:42	75.47%
477 runners					
Squerryes Winery	635	2	James CAFFREY	00:18:22	76.04%
205 runners		3	Dan CELANI	00:18:56	75.44%

5	Simon PETITT	00:19:35	66.21%	
8	James KILFIGER	00:20:22	73.57%	PB
12	James WILLIS	00:21:16	68.26%	
46	Maggie STATHAM	00:25:06	91.70%	
86	Judith CARTLEDGE	00:27:47	71.87%	
98	David NOTTIDGE	00:29:10	59.77%	
107	Jennifer WILLIS	00:29:35	55.32%	

Tilgate	474	245	Paul MCCARTHY	00:32:30	47.28%
428 runners		277	Mike LOTHIAN	00:33:47	55.16%

Wakehurst	281	17	Dan OPPE	00:20:50	67.04%
362 runners		102	David WATKINS	00:26:33	62.02%
		303	Robin MAYER	00:40:32	49.55% PB



Just a few of Lingfield's runners from last Saturday

East Grinstead parkrun – Lingfield Running Club 'takeover'

Saturday 27th September 2025

Thanks you for your tremendous response to requests for volunteers at this week's 'takeover' of East Grinstead parkrun; so far, we have had 27 offers.

There's still time to sign up, so If you're available, please let either Liz or Keith know and we'll add you to the volunteer roster.

This will be the last event on East Grinstead parkrun's Summer course before it moves to the Winter route on Saturday 4th October.

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

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, 25th Sept

Club Road Run

Club Run from the Victoria Club, starting at 7pm. It will be on pavements and between five to six miles in distance. Please bring a headtorch and wear something bright so you can see and be seen. As the Thursday evening run has not attracted too many members so far, we'll have one group and run at the pace of the slowest runner.

Tuesday, 30th September

Club Run from Victoria Club

Start time 7pm.

This will be a road run, distance about five to six miles. If we get a decent turn-out, we should be able to divide up into different-paced groups so you can run at a pace that suits you best. Please bring a headtorch and wear something bright so you can see and be seen.

**** Date change ****

Please note the date change for the Dennis Crowhurst Club Handicap Race.

It was originally planned for 26th October but, as some of our members who would usually take part in this race, are involved with the Beachy Head races on the same weekend, we're moving the Dennis Crowhurst race to Sunday, 9th November, which seems to be unusually clear of other local races at the moment.

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.

New Club Logo

Gary Spring

We've had five submissions so far for the new Club Logo design. We plan to close the entries on 30th September so, if you have not yet sent in an entry and have a design, or an idea for a design, that you would like to be considered, please send it to me at higaryspring@gmail.com, by next Tuesday.

Lithuania: celebrations all round

Ian Greenaway

When Lisa had the idea of spending her 70th birthday in Vilnius, we – her son Che, Vernon, Joanne, James, Theresa and I - didn't take much convincing to join her. Of course, as it was Lisa, there was a marathon involved! The extra bonus was that Vilnius now has a parkrun too.

So Saturday morning came around and a few of us ran to Vingis parkrun as a warmup, meeting up with the more sensible ones who opted to arrive by cab. The numbers at parkrun were boosted from their usual levels due to the marathon, including a contingent of 40+ from Swindon Running Club. A good route – two laps on paths through a nice park.

Celebration number 1 for our party was Theresa completing her 100th different parkrun.



Sunday morning arrived and Lisa, Che, Vernon and I set off to the start of the marathon. Not a long walk due to the excellent choice of hotel by Lisa. Joanne, Theresa and James had time for a leisurely breakfast before they headed out, armed with several maps marked up with different parts of what looked like an impossibly complicated marathon route. The course was very pretty and varied, through parks, streets and alongside the river. It did have a few hills and lots of cobbled sections making it a bit tougher, but we had great support from our cheer squad!

Celebration number 2: Marathon successfully completed. Che was the first of us to finish and also the first British runner to finish, followed by Vernon, Lisa then me bringing up the rear. It was also the end of my challenge to run a marathon every calendar month for a year which had started with the Yorkshire marathon in October 2024.



Celebration number 3 was Lisa's birthday starting with cocktails on the 20th floor of a hotel overlooking the city. (Credit for arranging this goes to Che who managed to book it before we left England with the help of Google translate!)

And not forgetting our last, but not least, celebration which was Vernon and Joanne's 25th wedding anniversary!

A perfect weekend – a bit of running, good food, a few drinks and great company!

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 < > Sep – Oct 2025			
24	SEP, WED	6:45 – 7:45pm	LRC coaching (Keith) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX, UK
25	SEP, THU	7 – 8pm	Club run (Gary) Lingfield Running Club, RH7 6AA
27	SEP, SAT	9 – 10am	EG parkrun (club takeover) East Court, College Ln, East Grinstead RH19 3LT, UK
28	SEP, SUN	9 – 10am	Hellingly 10k Hellingly, Hailsham BN27, UK
		10 – 11am	Barns Green Half, 10k & 5k RH13 OPT, Muntham Dr, Barns Green, Horsham RH13 OPT, UK
		10:30 – 11:30am	Eridge Park 10 Trail TN3 9JT, Eridge Green, Tunbridge Wells TN3 9JT, UK
30	SEP, TUE	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
1	OCT, WED	6:45 – 7:45pm	LRC coaching (Dave)
2	OCT, THU	6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
		8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
4	OCT, SAT	1 – 2pm	East Surrey League (XC trophy) Lloyd Park, 84 Coombe Rd, Croydon CRO 5RA, UK
5	OCT, SUN	8 – 9am	Guildford 10k High St, Guildford
		9 – 10am	Tonbridge 5k, 10k and Half Judd Road, Judd Rd, Tonbridge TN9, UK
		10 – 10:30am	East Grinstead 10k (GP event) Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QX, UK
		10:30 – 11:30am	Lewes Downland 10 Landport Bottom Meadow
7	OCT, TUE	7 – 8pm	Club pub run (Gary) Dorset Arms, 58 High St, East Grinstead RH19 3DE, UK
8	OCT, WED	6:45 – 7:45pm	LRC coaching (Fiona)
11	OCT, SAT	8 – 8:30am	Beat Box Hill 24k & 50k KT20 7LB, Tadworth KT20 7LB, UK
		1 – 2:30pm	Surrey XC League race 1 Richmond Park, Richmond, UK

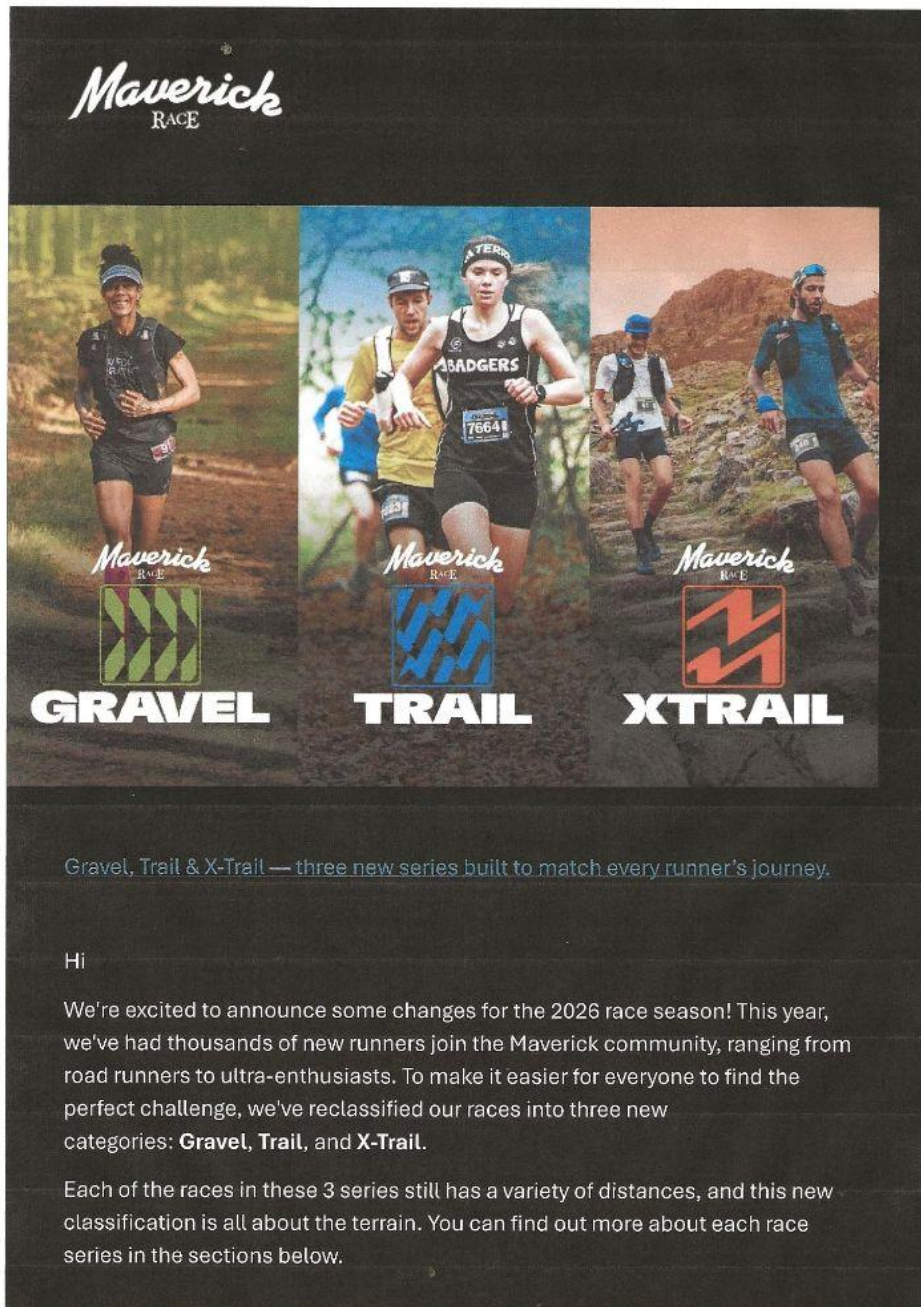
Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

[Maverick 2026 race calendar](#)

Nick Keen

Introducing the new Maverick Race Series: Gravel, Trail & X-Trail

[View in browser](#)

A promotional graphic for the Maverick Race Series. At the top, the text "Maverick RACE" is displayed in a white script font. Below this, three vertical panels show runners in action. The left panel features a female runner on a gravel path, with a green and white geometric logo and the word "GRAVEL" in bold white letters. The middle panel shows two male runners on a trail, with a blue and white geometric logo and the word "TRAIL" in bold white letters. The right panel shows two male runners on a rocky trail, with an orange and white geometric logo and the word "XTRAIL" in bold white letters. Each panel also includes a small "Maverick RACE" logo above its respective terrain logo. Below the panels, a line of text reads: "Gravel, Trail & X-Trail — three new series built to match every runner's journey." This is followed by a "Hi" greeting and a paragraph explaining the 2026 race season changes. The final paragraph states that each race series has a variety of distances and provides more information about the terrain classification.

Maverick
RACE

Maverick
RACE

Maverick
RACE

GRAVEL

TRAIL

XTRAIL

Gravel, Trail & X-Trail — three new series built to match every runner's journey.

Hi

We're excited to announce some changes for the 2026 race season! This year, we've had thousands of new runners join the Maverick community, ranging from road runners to ultra-enthusiasts. To make it easier for everyone to find the perfect challenge, we've reclassified our races into three new categories: **Gravel**, **Trail**, and **X-Trail**.

Each of the races in these 3 series still has a variety of distances, and this new classification is all about the terrain. You can find out more about each race series in the sections below.

[The 2026 Race Calendar](#)

Our new race series isn't the only thing to get excited about next year. We're also making our mark on some brand-new locations, including a move up north! We're adding three new races to the calendar, bringing the Maverick community to uncharted territory. We can't wait to see you there!

17 January - [The Maverick New Forest Gravel](#)

7 February - [The Maverick West Sussex Trail](#)

14 March - [The Maverick Hampshire Trail](#)

11 April - [The Maverick East Sussex Trail](#)

12 April - [The Brighton Trail Marathon](#)

2 May - [The Maverick Exmoor X-Trail](#)

16 May - [The Maverick Cotswold Trail](#)

30 May - [The Maverick Peak District Trail](#)

13 June - [The Maverick Dorset Trail](#)

Coming Soon - [The Maverick North Downs Trail](#)

11 July - [The Maverick Chilterns Trail](#)

NEW! - 8 August - [The Maverick Ochil Hills Trail](#)

NEW! - 5 September - [The Maverick Kielder Forest Gravel](#)

19 September - [The Maverick Lakes X-Trail](#)

3 October - [The Maverick South Downs Trail](#)

NEW! - Coming Soon - [The Maverick Yorkshire Dales Trail](#)

Coming Soon - [The Maverick Jurassic Coast Trail](#)

Coming Soon - [The Maverick Oxfordshire Trail](#)

Coming Soon - [The Maverick Dark Oxfordshire Trail](#)

Coming Soon - [The Maverick Dark Castle Trail](#)

28 November - [The Maverick Suffolk Gravel](#)

[VIEW ALL RACES](#)

Reminders from previous weeks

Surrey League Cross Country update

Keith Chambers & Liz McLennan

It's official, the confirmed dates and venues for the 2025-2026 Surrey League XC season are:

Saturday October 11th, 2025, Richmond Park

Saturday November 15th, 2025, Hurst Green

Saturday January 10th, 2026, Oxshott Woods

Saturday February 7th, 2026, Lloyd Park

Start times, usually around 1:00pm are still to be confirmed but if you're available for the first event at Richmond Park please let either Liz or Keith know; and if required, please reserve a seat in the minibus.

We had a fantastic turnout last season, probably the best we've ever had. We appreciate that your weekends are busy, but if you can fit in a cross country race on these dates it'll be great to see you and get the season off to a good start.

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk

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

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