



Newsletter

Wednesday 19 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,

The proximity of the cross-country races affected our parkrun numbers last Saturday with 26 members at seven parkruns (half of last week's turnout): East Grinstead (10), Clair (1), Kingdom (1), Margate (2), Preston Park (1), Tilgate (1), and Wakehurst (10).

Congratulations to **Nick Keen**, third at East Grinstead, and to **Lisa Compton** for her Preston Park PB. And my apologies to **Dan Celani** (77.77%), **Steve Ackroyd** (72.97%) and **Dave Chase** (47.23%) for omitting these age grades from last week's parkrun report!

Looking ahead, if you're looking for a seasonal parkrun, [here is a link](#) to a list of those who have announced special events this Christmas/New Year 2026.

More significantly, we had a very strong turnout of 33 runners for the second leg of the Surrey League Cross-country races last Saturday, run at Holland Sports in

Hurst Green. Thanks to Keith and Liz, we have an account of the day's events later in the newsletter, including all the individual times.

After adding the results for the Priory Relays and the latest Surrey League, the cross-country trophy leaders are **Simon Petitt** (45 points) and **Sally Alexander** (50 points). You can find the full tables on the club website – [men](#) and [women](#).

Thousands headed to the seafront on Sunday for the Brighton 10k, the penultimate club Grand Prix event. I think eight of them were Lingfield members, listed below. As you can see, there was some great running, with several top 10 age group finishes. Powerof10 says both Tom and Sarah achieved PBs, but I'm not so sure that is the case! Dean Williamson (Colchester Harriers) was the race winner in 29.59, and first woman was Kate Estlea-Morris (Aldershot Farnham & Dist.) in 33.03. You will find Sally's report of the event, including Tom's special achievement, later in the newsletter.

Tom Harvey	33.34	1st MV50
Dan Celani	35.25	7th MV45
Sally Alexander	39.16	5th FV50
Andrew Hindmarch	49.54	
Judith Cartledge	50.02	9th FV60
Hannah Cartledge	54.50	
Sarah Ferguson	58.34	
Ian Watkins	1.07.39	

If my sums are correct, the current trophy leaders, **Sally Alexander** and **James Kilfiger**, cannot be caught at the final GP event in December. Try and work out the sums for yourself by looking at the latest tables – [men](#) and [women](#). These trophies are usually presented at the Christmas handicap social (20th December this year).

One of our current English Masters Internationals, **Maggie Statham-Berry**, was in action last Saturday in Leeds. This was the British & Irish Masters XC International, and Maggie was delighted to come home with a team Gold Medal, finishing her 6km leg in 33.48. Great achievement, Maggie, and thanks very much for the report and photo below. Conditions sounded awful!

A smaller local event was the Hartfield Honey Run which comprises two race distances. In the Half Marathon race, I found several Lingfield names – **Ben Ashmore** (1.46.27), **Jamie Maskell** (1.57.53), and **Darija Sparkes** (in her East Grinstead guise - 2.39.21). **James Kilfiger** also ran but doesn't yet appear in the results. He explains that *"My bib number was 249. As there are no results for runners with bibs over 236, I would guess that they haven't included the 'on the day' runners yet. My time was 1hr 49min and something"*. **James Deakin** is also missing from the results and he says that he *"ran with Eliot Law (bib number 109). He is listed as 2:18:59 and I crossed just before him"*. I know it's only a 'fun run' but they'll need to get the timing/results sorted out more quickly if they want to attract more runners. <https://www.webscorer.com/race?raceid=413745>

Well done to all of you, as I can imagine it was not an easy run. Race winner was George Smith (1.30.21) and first woman was Julie Beaken (1.35.02).

It looks like it was left to **Patrick Bastow** to fly the flag for Lingfield in the Hartfield 10km race. This he did very well, even taking his own photos, completing in a time of 1.14.36. And Patrick has sent us a short report. The published times look more credible here, so I'll say that Phil Payne won in 40.18 and first woman was Jasmine Anderson in 48.34.

Away in Italy, **Aly Warner** seems once again to have fulfilled her pacing duties impeccably in the Verona Marathon. She completed this in 4.59.59; if so, I suspect anyone accompanying her must have had their hearts in their mouths on that final sprint. Well done, Aly. Race winner was Kenya's Keiyo Kipchirchir in 2.14.44 and first woman was Tuccitto Alessia (Caivano Runners) in 2.37.41. I think Aly's in Turin next weekend!

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

15-Nov-25	26	LRC parkrunners	Median	52.09%
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	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	3	Nick KEEN	00:23:58	59.18%	
63 runners		9	Ben HORNER	00:25:36	52.08%	
		15	Tim MARTIN	00:27:35	53.05%	
		18	Simon HARRIS	00:29:42	49.66%	
		22	Isla GREENAWAY	00:31:04	47.64%	
		29	Lenard BINUAGAN	00:32:41	40.34%	
		35	Helen DAVEY	00:33:08	59.41%	
		39	Miranda CHITTY	00:34:10	54.44%	
		44	Judy HAYLER	00:36:33	53.85%	
		61	Marie WARNER	00:58:11	35.92%	
Clair	710	116	Catherine WILSON	00:32:34	52.10%	
150 runners						
Kingdom	732	73	Glen SMITH	00:29:43	51.26%	
159 runners						
Margate	487	62	Ian GREENAWAY	00:26:06	58.37%	
214 runners		157	Theresa DONOHUE	00:34:36	54.53%	
Preston Park	194	261	Lisa COMPTON	00:26:19	84.61%	PB
673 runners						

Tilgate	474	309	Mike LOTHIAN	00:33:19	56.88%
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482 runners

Wakehurst	281	13	Dan OPPE	00:20:45	67.31%
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379 runners

49	David THOMAS	00:23:41	60.31%
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141	Dan CELANI	00:27:46	51.44%
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315	Helen PETITT	00:38:39	38.34%
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334	Robin MAYER	00:41:27	48.45%
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347	Bridget HOLLIS	00:43:03	51.72%
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348	Debbie WILKES	00:43:04	51.70%
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354	Kath GARRIDO	00:44:53	57.07%
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357	Simon COOK	00:47:57	32.88%
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359	Martin PAYNE	00:48:00	36.32%
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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 20th 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 5 miles in distance.

Tuesday 25th November
Club Run from the Victoria Club.
Start time: 7pm

Road run of just over 5 miles, around the village, with two loops of the Nature Reserve.

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.



The X Milhas do Guadiana has been held annually since 1992 with the aim of uniting two countries over 18km, they said. It starts in Ayamonte in Spain and passes over the bridge over the Guadiana river, through Castro Marim to Vila Real de Santo Antonio (VRSA) in Portugal, indeed it did. We knew not a lot else. The posters were all in Portuguese, the entering was in Portuguese, but I knew I'd managed to sign Mike up running for his team – Lingfield. We should have sussed when he picked up his race number (Portuguese athletes pick them up in Portugal, Spanish athletes in Spain – anyone else, who knew?) when the lady said, you are the only one in your team! But we thought nothing of it.

Looking back its quite ridiculous really, but we struggled to manage the logistics. The race poster said it started at 10am. There is no way to get to Spain by 10am by bus or by ferry, and on a Sunday morning it's ludicrous to imagine there is, especially because that would be 9am in Portugal. So, the only thing for it was to take the camper for the night to stay on the start line, like a pure pro the guy in the running shoe shop in Faro had said!

The build-up to the race had been interesting; the roads in Portugal were being resurfaced, meaning they'd taken the top off but left the rough old bottom. There seemed to be no indication of any kind of a race. No signs, cones, nothing.

We drove over on Saturday evening and had a nightcap bottle of Rioja and some crisps. Delightful indeed. We'd arranged to set our alarm for 8am Spanish time, which was 7am for our bodies. I needed to be able to get away before they shut the roads, and thought an hour before was sensible. So I left Mike, with two euros, standing in his Lingfield vest just before 9am. There didn't seem to be anyone around, and it was chilly. They started putting cones out from a high-speed white van and, on my drive back over the bridge, there was cone madness as some got hit, moved, flattened etc.

In Portugal there was no sign of any road closures or race signs. Still, no time to waste, I had to make it to my spot at the 16km mark. These runners are 'athletes'

as we are always being told, and I knew they would be fast and I wanted to see all the front runners.

I had plenty of time for that, as when no-one came through at about the 45/50min mark - I thought it odd. I walked up to a place where I could see 3km back – nothing; I walked to a spot where I could see the bridge and strained my eyes – nothing! It dawned on me that though the race start time was 10am, it was not the location time but the organiser's time! Who knew. Well, it was kind of obvious really, I suppose, looking back.

Eventually, at 50 mins of running time came the first runner from the Albufeira club who won it last year, Daniel Martins. He was about five minutes ahead of anyone. He did the last 2km in seven minutes. It turns out he'd run 5km to the race then 5km after it.

Mike came through at about 1hr 20mins looking like it was tough. The unexpected delay for the start, and no coffee or food, helped not one bit, the nightcap having run out by now. It's a tough, flat race once you get off that bridge with no shade in any of the route. Mike said that the route was lovely, especially the running over the bridge, it was well-organised (more than us, it could be said), good support from bikes and motorbikes to keep traffic away, and a generally friendly vibe, and man, it makes you feel like a woman ... runner.

He had a good first part of the race but had no stocks on board. He crossed the line in 1hrs 28 mins. His first words - 'I'm so hungry'. It was nice to get a coffee, bottle of beer and a custard tart post-race and still have change from five euros.

We stayed for the many podium finishes and then sussed out that there are no podium appearances for the first, second and third, but it was all about teams, only team prizes. Alas, the absence of Lingfield runners let him down. Maybe next year? Next year it is run from Portugal to Spain.

And yes, there was a bus that took people and brought their luggage back, who knew eh – well, veterans Claire and Dave from Dulwich Runners on their seventh year of running it clearly did – they say hello to Sue and Maggie! Claire got a V60 prize – I think she said she was 78! There are not many over 50s in this race, they are all young, lithe, team athletes! So, if you need to find something to spend ten euros on and fancy smashing all the V50 prizes and team prizes let us know!



British Masters Cross Country International

15 November, Roundhay Park, Leeds

Maggie Statham-Berry

I was selected for England's W70 team of four after a trial race near Crewe in September. The annual cross country international is a five-way match between England, Scotland, Wales, Ireland and Northern Ireland. Every five-year age group from V35 up to W75 for the women, and M80 for the men, has its own competition with individual and team medals.

There were four races. Mine was the first with all the over-65s, men and women, running together over 6km (three laps). The younger women (also 6km) were next followed by the M50-64 and M35-49 men, each doing 8km (four laps).

It was England's turn to host the event and the venue was Roundhay Park in Leeds, on a tough course used many times in the past for the English National cross-country championships. There had been constant heavy rain the day before, courtesy of storm Claudia, and the rain continued, albeit a bit lighter, on the day. The storm had caused cancellations of the flights of the Irish teams from Dublin and Belfast and the times of the races were put back so that their teams could catch the first planes to Leeds/Bradford airport on Saturday morning.

The course was a 2km circuit laid out on hilly grassland which was saturated with rainfall and had become very slippery with greasy mud. One of the hills was the notorious Hill 60, a long hill which gets steeper as it nears the bottom. It was the scene of many skids and tumbles on the descent and caught me out on the first of my three laps when I over-cooked it and only just stayed upright. I was more cautious after that. The uphill was a killer. I was pleased to come fifth out of 16

W70 competitors, and I was only 11 seconds behind the fourth placed finisher. Fast Irish women were clear in first and second, followed by two English women in third and fourth and me in fifth. It's three to score so England's total score was 12. With their first and second places, if the third scoring Irish woman came in eighth or better, Ireland would win the W70 team Gold. She came in 11th, so it was a team Gold for England!

Overall, England made home advantage count and won 13 of the 17 age-group contests. Ireland was second and Scotland third. Next year the event will be hosted by Ireland in Dublin and I'm sure the Irish will go all out for victory.

The results of the races and the team scores are here: [British and Irish Masters XC Int 2025](#)

There is also a report in [Athletics Weekly](#) (subscription needed).

A photo of the W70 Gold medallists is below (I am on the left).

Best wishes



Hartfield Honey Run 10k

Patrick Bastow

Hi.

This was my first run in a Lingfield Runners running vest. I joined the club in July and promptly had an unexpected stay in hospital. I'm now back running and this my first 'local' 10k.

So, this run is organised by the local scout troop and it raises funds for themselves and Ashdown Forest. There's a 10k and a half marathon. The half starts at 9.30am and the 10k at 10.30am. It's a hilly course and basically across the beautiful local area. It's cross country. It was very muddy and slippery in places, but a great run. I won't mention my time but it was opposite of a PB 😊.

I didn't bump into any fellow LR's. I would really recommend this race. It has such a great community feel. There are cakes, teas and coffee and bacon baps available through the morning. When you finish you get a little pot of honey! 🍯 The only real downside is the parking - there isn't any. It took a while to find somewhere to park - so car-sharing is best. This is the kind of race I really love. Non-commercial, community race around stunning countryside.



Surrey League XC (Match 2) Holland Sports AC

Saturday 15th November 2025

Keith Chambers & Liz McLennan

Last weekend we had a fantastic turnout for Match 2 in the Surrey League XC series at Holland Sports AC, Hurst Green. Always a great venue, not least for the post-race pop music, BBQ, and open bar in the Clubhouse; a very different XC atmosphere.

This week we had a great turnout of 21 men and 12 ladies, with David Waddington, Darija Sparkes, Matt Lester, and Simon Harris, all making XC debuts in LRC colours, hopefully not their last; and Karen Wells, making a very welcome return.

Race timings at each event rotate to ensure that one race category doesn't always start first or start last; unfortunately, this time it meant that our ladies' race started at 11:30am and our men's at 2:30pm, quite a gap between the two races, but huge thanks from the gents to our ladies for staying behind to cheer us on; and to our loyal supporters and cake bakers.

We'll run everyone, and thank you for your tremendous support, you all count; we finished with complete A and B teams, in both ladies' and men's events. After two matches, both ladies' and men's teams are one place above a relegation place but have increased the gap over the team below, so all to run for; you are more than welcome to join us for the next Surrey League XC race; the 3rd race of 4, on Saturday 10th January 2026 at Oxshott Woods.

And the results...

Ladies Division 2 Match 2

1st place – Stevie Lawrence - Club: CRO - Time: 21:12

League standings Lingfield A Team 13th of 15 teams

Division 2 finish position	Name	Time
13	Sally Alexander	25:49
84	Fiona Champness	31:12
88	Lucy Wilkes	31:24

106	Karen Wells	32:24
118	Laura Stockwood	33:23

B Team

Division 2 finish position	Name	Time
120	Darija Sparkes	33:40
126	Jennifer Willis	34:00
135	Judy Hayler	34:44
138	Katie Cahill-Smith	34:51
139	Liz Webster	34:55
150	Nevenka Worsell	35:53
159	Michele Edwards	37:25

Men's Division 3, Match 2

League standings Lingfield A Team 8th of 10
1st place - Sam Bayliss- Club: LCR - Time: 28:10

A Team

Division 3 finish position	Name	Time
20	James Caffrey	29:50
37	Tom Seller	31:11
38	Simon Petitt	31:14
75	James Kilfiger	33:07
81	Lenard Binuagan	33:20
96	Steve Ackroyd	34:31
104	James Willis	35:16
108	Matt Lester	35:31
110	Dan Oppe	35:42

134	David Waddington	38:43
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B Team

Division 3 finish position	Name	Time
148	Martin Faulkner	41:24
152	David Worsell	41:41
155	Simon Harris	42:25
157	Nick Champness	42:47
158	Keith Chambers	43:48
160	Tom Cartledge	44:23
161	Gary Spring	44:42
162	Chris Rance	45:14
164	David Watkins	45:40
167	Scott McDonald	49:47
168	Steve Warner	50:02

Future events

The South of England Athletic Association Main XC Championships (Southernns) take place at Beckenham Place Park on Saturday 24th January 2026; and the English National XC Championships take place in Sedgefield, County Durham on Saturday 21st February 2026.

Our committee have agreed to cover the entry fee for up to ten runners in both Championship events; first come, first served.

If you're interested in our next Surrey League XC, the Southernns, or Nationals, please contact either Liz or Keith.



Brighton 10K

Sunday 16th November 2025

LRC Victorious as they Motored Along Brighton's Promenade on Sunday with Tom H Securing an England Vest!





***Tom H, Dan C, Judith, Hannah, Andrew H, Ian W and Sarah smashed the Brighton 10K in style!
(still required three photos to capture everyone though!!!!)***

It was not a relaxing Sunday morning stroll for the unusually modest eight LRC members who took on the 10 kilometres of Brighton's seafront! And this year, with mild temperatures and a gentle breeze blowing, the team was ready to show Brighton what they were made of!

An incredible 2,932 runners took up the challenge in a race which encompasses it all, from the country's elite road runners, to attached and unattached club runners, charity fund raisers and those who courageously showed us that there are no barriers to completing the event if you have determination.

Just before 9.30am, runners were nervously waiting for the claxon to sound (this was my opportunity to 'hassle' Dan C for a start-line photo!) and when it did, as is typical of busy races, we resembled one jostling body of bobbing heads and ballet feet until we turned the corner 500 metres after the start. Once we hit the road though, it was all pistons go as we powered our way past the i360 and Brighton's iconic pier before eventually making the sharp turn near the marina at 4.5 kilometres.

The turn is double edged as you are met with a gentle gradient which normally wouldn't even touch the sides of our hardened lot. However, when you are tiring and have slowed at the cones, all of us had to dig deep to regain our speed and our momentum. Equally, this is the point you get to shout or signal to fellow runners coming towards you. Seeing Tom, Dan, Hannah, Judith, Sarah, Andrew and Ian waving and voicing grunts of support to each other, certainly gave us all the lift we needed to get moving again.

Fortunately, all of us have completed this event before, so we were prepared for

the next challenge, when runners pass the finish line but still have 1½ kilometres remaining. It certainly plays mind games with you, as you keep telling your inner gremlin that you are not there YET! Thankfully, Catherine Watkins was on hand to encourage us to the final straight.

I do not need to tell you that Judith, Tom H, Andrew H, Sarah F, Dan C, Ian W and Hannah C all had incredible runs and crossed that finish line, collecting their well-deserved medals for 2025. Many achieved course, if not personal, PBs. Dan C had only completed NYC marathon two weeks before in an unbelievable 2:52, so hats off to him for his course PB of 35:25. It was also great to see Ian back and beaming along the route, delighted to be taking part!

However, I cannot conclude this article without one special mention. And that goes to **Tom Harvey** whose fantastic run resulted in his England qualification for the Master's 10K Championships having come first in the MV50 category in an eye-wateringly fast time of 33:34. Well done Tom! We all know how much time and effort you have given to achieving this goal and it is truly deserved! We can't wait to watch you compete for the country.

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://lingfielddrainingclub.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@lingfielddrainingclub.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 ▾			
19	NOV, WED	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
20	NOV, THU	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		7 – 8pm	Track session with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
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 (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
26	NOV, WED	6:45 – 7:45pm	LRC coaching (Fiona) tbc
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, Edenbridge TN87 5JL, UK
		10:45 – 11:45am	British Masters 5k Champs. Battersea Park, London SW11 4NJ, UK
2	DEC, TUE	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3	DEC, WED	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
4	DEC, THU	7 – 8pm	Track session 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
5	DEC, FRI	12 – 1pm	Winter on the Downs 100m BN20 7XL, Eastbourne BN20 7XL, UK
6	DEC, SAT	7:30 – 9:30am	Winter on the Downs 55m & 50k BN20 ODR, East Dean, Eastbourne BN20 ODR, UK
		8am – 12pm	Lanzarote Marathon, Half & 10k
		9 – 10am	parkrun (GP event)

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

Raffle prize donations

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

Sally Alexander

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!

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

