



Newsletter

Wednesday 31 December 2025

Contents

- **Lingfield's weekly racing round up**
- **Weekly club runs - Gary Spring**
- **Royal Tunbridge Wells parkrun - Lucy Wilkes**
- **A ÚLTIMA CORRIDA DO ANO! - Wendy Smith**
- **And in the next two weeks**

Reminders

- **New club logos - Gary Spring**
- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

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





Lingfield's Racing Roundup

A happy new year to you all and remember to run responsibly in 2026.

Two parkrun reports this week!

Unfortunately for me, parkrun doesn't seem to produce a club report for the special events like Christmas Day, so I've relied on WhatsApp posts to identify where our 29 members were: Royal Tunbridge Wells (1), Tilgate (27) and Worthing (1). Particular congratulations to our 'most-improved' runner **Ben Horner**, for his Tilgate PB. And many thanks to **Lucy Wilkes** (and parkrun) for letting us reproduce her tourist 'report' later.

Things were back to normal for last Saturday, I'm pleased to say. This time we had 41 members at 12 locations: East Grinstead (16), Battersea (1), Beacon (1), Bedfont Lakes (1), Cotsford Fields (1), Downs Link (1), Horsham (1), Hove Promenade (1), Huntingdon (1), Mole Valley (1), Tilgate (3) and Wakehurst (13).

Particular congratulations to second placers **James Caffrey** (Beacon) and **Simon Petitt** (East Grinstead). James and **Lisa Compton** (Battersea) also managed PBs.

There weren't many other local organised races over the festive period, but **Glen Smith** found the Leonardslee Winter 10k on Sunday 28th. In fact, two Glen Smiths did, according to the results. The real Glen assures me he is not capable of a 52-minute finish for 10k, so we must record 1.05.33 as his time. Next year, Glen, next year. Daniel Clewley was first to finish in 43.42 and first woman was (I think) Aaliyah Ali in 46.18.

I've also received a report from our friends in Portugal, **Wendy Smith** and **Mike Manwill**, which I also reproduce below. This was a 10k road run around Quarteira which, as best I can work out, is called simply 'The last race of the year 2025' (but in Portuguese). Mike ran a time of 45.07 and Wendy 50.30 (first in age group). Well done, guys and thanks for the report. Race winner was Morgan le Guen in 30.22 and first woman was Diotime Boudoussier in 36.29.

The Grand Prix series of races for 2026 starts with a nice easy parkrun next Saturday - hope to see many of you there. Keep an eye out for footwear advice, it could be tricky. And then let's hope Sophie has recovered from her seasonal bugs to lead the latest Couch to 5k course from Monday 5th!

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

25-Dec-25		29	LRC parkrunners	Median	54.20%
	Difficulty				
	rank	Position	Name	Time	Age gradePB?
	/835				
Royal Tunbridge Wells	753	169	Lucy WILKES	00:27:09	59.05%
601 runners					
Tilgate	474	77	Simon PETITT	00:23:02	56.44%
874 runners		78	Nick KEEN	00:23:04	61.49%
		84	Ben HORNER	00:23:11	56.87% PB
		111	David THOMAS	00:23:48	60.01%
		137	Simon HARRIS	00:24:30	60.20%
		175	Dave WATKINS	00:25:29	64.62%
		233	Darija SPARKES	00:27:04	61.21%
		234	Judith CARTLEDGE	00:27:05	73.72%

243	Hannah CARTLEDGE	00:27:22	54.20%
252	James WILLIS	00:27:30	53.21%
254	Isla GREENAWAY	00:27:32	53.75%
279	Keith CHAMBERS	00:28:11	60.62%
285	Jennifer WILLIS	00:28:24	58.33%
336	Judy HAYLER	00:29:34	67.53%
385	Aly WARNER	00:30:33	54.88%
390	Sophie DAVIS	00:30:39	50.57%
392	Ian GREENAWAY	00:30:41	50.08%
403	Emma PAGE- MOORE	00:30:55	48.52%
466	Helen DAVEY	00:32:33	60.47%
488	Nevenka WORSELL	00:32:54	52.94%
489	Dave WORSELL	00:32:55	45.92%
517	Amy HODGE	00:33:56	45.33%
541	Ian WATKINS	00:34:14	48.98%
653	Aysha DEGIA	00:37:46	43.87%
661	Theresa DONOHUE	00:37:51	49.85%
787	Kath GARRIDO	00:49:02	52.24%
814	Helen PETITT	00:51:47	28.61%

[Worthing](#)

7

369	Glen SMITH	00:28:59	52.56%
-----	------------	----------	--------

769 runners

27-Dec-25		41	LRC parkrunners	Median	56.06%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	2	Simon PETITT	00:21:48	59.63%	
81 runners		5	James KILFIGER	00:23:38	63.40%	
		8	Nick KEEN	00:24:28	57.97%	
		9	Matt LESTER	00:24:30	60.20%	
		14	Brandon WEBB	00:25:55	58.78%	
		15	Ben HORNER	00:26:34	49.62%	
		26	Lucy WILKES	00:28:36	56.06%	
		37	Laura STOCKWOOD	00:31:52	49.37%	
		38	Peter VAUGHAN	00:32:06	46.68%	
		39	Matthew STOCKWOOD	00:32:15	48.06%	
		43	Ian WATKINS	00:32:55	50.94%	
		45	Isla GREENAWAY	00:33:14	44.53%	
		52	Miranda CHITTY	00:34:40	53.65%	
		54	Helen DAVEY	00:35:31	55.42%	
		57	Kelly WALTER	00:36:45	49.93%	
		59	Amy HODGE	00:37:57	40.54%	
Battersea	3	292	Lisa COMPTON	00:24:40	90.27%	PB
523 runners						
Beacon	54	2	James CAFFREY	00:17:07	81.60%	PB
367 runners						

Bedfont Lakes	485	37	David THOMAS	00:24:57	57.25%
-------------------------------	-----	----	--------------	----------	--------

132 runners

Cotsford Fields	715	5	Vernon GIVEN	00:23:39	63.92%
---------------------------------	-----	---	--------------	----------	--------

28 runners

Downs Link	n/a	116	Aly WARNER	00:26:30	63.27%
----------------------------	-----	-----	------------	----------	--------

250 runners

Horsham	296/482	425	Kath GARRIDO	00:46:08	55.53%
-------------------------	---------	-----	--------------	----------	--------

434 runners

Hove Promenade	23	381	Sue GARNER	00:28:50	88.84%
--------------------------------	----	-----	------------	----------	--------

594 runners

Huntingdon	532	82	Liz WEBSTER	00:26:41	60.71%
----------------------------	-----	----	-------------	----------	--------

298 runners

Mole Valley	768	14	Jeremy GARNER	00:20:27	73.27%
-----------------------------	-----	----	---------------	----------	--------

412 runners

Tilgate	474	202	David NOTTIDGE	00:28:33	61.06%
-------------------------	-----	-----	----------------	----------	--------

448 runners

301	Mike LOTHIAN	00:34:14	55.36%
-----	--------------	----------	--------

405	Emma PAGE-MOORE	00:47:20	31.69%
-----	-----------------	----------	--------

Wakehurst	281	27	Dan CELANI	00:21:04	67.80%
---------------------------	-----	----	------------	----------	--------

567 runners	28	Dan OPPE	00:21:06	66.19%
-------------	----	----------	----------	--------

76	Simon HARRIS	00:23:55	61.67%
100	David WATKINS	00:25:06	65.60%
283	Debbie WILKES	00:31:02	71.75%
361	Eliska KELLY	00:33:34	47.32%
378	Patrick BASTOW	00:34:09	46.17%
384	Steve ACKROYD	00:34:17	42.00%
404	Steve WARNER	00:34:52	50.00%
433	Carole BARNES	00:36:10	61.57%
486	Robin MAYER	00:42:16	47.52%
496	Marie WARNER	00:43:56	47.57%
501	Simon COOK	00:45:22	34.75%

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!

Thursday, 1st January 2026

Happy New Year!



No organised club run on this day. Consider it as a Recovery Day in more ways than one.

Tuesday, 6th January

‘The Dog’

Club Run from East Court, East Grinstead

Start time 7pm

The road route is about 5 miles and has some hilly bits to help wear off the excess mince pies from last week. The route map can be seen at this link. <https://lingfieldrunningclub.co.uk/route-maps/>

We should have enough people who know this route to break into different-paced groups if needed.

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.

Royal Tunbridge Wells parkrun

25 December 2025

Event no 517

Lucy Wilkes (via parkrun)

Twas the morning of Christmas and in Dunorlan Park
Some creatures were stirring, bringing chatter and barks.

A procession of Santas came from each entrance gate
To converge by the cafe, at three quarters past eight.

There were pigs wearing blankets, plus some reindeer and elves
(And a few bemused runners, who had dressed as themselves).

They all shivered and chattered and drank in the sights,
Swelling parkrunner numbers to unseen new heights.

Post a festive run briefing they stormed down the ridge -
And promptly ground to a halt, at the small wooden bridge.

As the path widened out they could speed up once more,
With a thunder of footsteps and skitter of paws.

Twice round the large lake, up steep hills and then down -
Always outside the cones, on the soft muddy ground.

Though legs might have been heavy, their spirits weren't damped
By the climb to the finish, up that heartbreaking ramp.

The first runner came home in 16:53,
Amid milestones aplenty, and a host of PBs.

Thanks to all of the heroes in high vis who stood
In that bitter north wind, you've all done something good.

I hope Santa brought wonderful gifts on his sleigh,
In return for our parkrun this cold Christmas Day.

Editor's note: Tourist Lucy was visiting from East Grinstead parkrun. She is fundraising for parkrun as part of her challenge to complete the London

Marathon in 2026, if you'd like to sponsor her, you can do so here: <https://www.justgiving.com/page/lucy-wilkes-london-2026>



A ÚLTIMA CORRIDA DO ANO!

28 December, 1700hrs, Quarteira, Algarve, Portugal

Wendy Smith

The Portuguese contingent found one final race in the Algarve before the year was out. We'd had such hot weather for three days over Christmas it was bound to be a lovely run. Not. It rained solidly on the 27th, all day and all night. I scoured the website sure the run would be cancelled as the roads were flooded, no updates. More rain on the 28th but our running friends from the other end of the Algarve predicted (wrongly) it would stop by 3pm.

You'd wonder why we'd be fussed by rain, but the rain here is truly stair-rods. The previously empty dams now had enough rain for four years (they are today being emptied); still, we had to drop mother at the airport in the morning, so thought we'd head over in the camper and check it out.

Picked up our race numbers and headed off to find a lunch spot. True to form, we

had our true athletes' fodder, menu of the day, wine, pudding and coffee. We'd underestimated the time we'd have to kip. Two hours later we were with the others, giving it a bit of a jiggle warm-up under the trees ... in the rain.

Undertop and long trousers my choice; Mike - vest and Keith-envy short shorts. We all (1,800 including walkers) crammed into the start, as instructed, only to find out we were all facing the wrong way and had then all had to jump the side barriers to avoid the timing mats to get back down the road. Proper Portuguese.

The rain stopped on the start line and by some miracle stayed stopped until the end. The run was a road run around Quarteira, two x 5km laps, some inclines, a few out and backs which was great to see the front runners, a mile along the promenade at the seafront, lots of crowd support. We both really struggled with stitches in the first lap and full bellies but kept a steady pace.

We started in the daylight, but by the second lap it was dark and all the Christmas lights were on; it was magical (well, it was alright, but enough's enough now). The time really flew because it was such an interesting route (even though I was really hot!). We both had good runs.



I crossed the line to find Mike eating the healthy food at the finish line – home-made donuts coated in sugar! It was well-organised by the Loule Council, the roads were shut, it was free to enter, and just one more race in the Algarve to be recommended. The last race I missed the podium for age category by one minute, this time I won it by six minutes but they didn't have any podiums for age categories – darn!



...some of the boxes of donuts but you can't see them well!

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 ▾		
31 DEC, WED	<ul style="list-style-type: none"> 10 – 11am Coaching (Ian) East Court, College Ln, East Grinstead RH19 3LT, UK 5pm – 7am Phoenix NYE Midnight Run (Day 1/2) Ardingly Reservoir, Haywards Heath RH17, UK 	
1 JAN, THU	<ul style="list-style-type: none"> 5pm – 7am Phoenix NYE Midnight Run (Day 2/2) Ardingly Reservoir, Haywards Heath RH17, UK 9 – 10am parkrun special events (see link) 11am – 12pm Knacker Cracker 10k Denbies Wine Estate, Bradley Ln, Dorking RH5 6AA, UK 11am – 12pm Serpentine NYD10K & 3K Hyde Park, London, UK 11:30am – 12:30pm Hangover 5 (WSFRL) Hill Barn Recreation Ground, 1 Sanditon Way, Worthing BN14 9QB, UK 	
3 JAN, SAT	<ul style="list-style-type: none"> 9 – 10am East Grinstead parkrun (GP race 1) 	
4 JAN, SUN	<ul style="list-style-type: none"> 11:30am – 12:30pm Tadworth 10 Epsom Downs Racecourse, Downs, Epsom KT18 5LQ, UK 12:45 – 1:45pm Surrey XC Champs. Denbies Wine Estate, Bradley Ln, Dorking RH5 6AA, UK 	
5 JAN, MON	<ul style="list-style-type: none"> 7:15 – 8:15pm C25k course starts Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK 	
6 JAN, TUE	<ul style="list-style-type: none"> 7 – 8pm Club run - 'The Dog' (Gary) East Court, College Ln, East Grinstead RH19 3LT, UK 	
7 JAN, WED	<ul style="list-style-type: none"> 7 – 8pm LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK 	
8 JAN, THU	<ul style="list-style-type: none"> 7 – 8pm LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK 8 – 10:30pm LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK 	
10 JAN, SAT	<ul style="list-style-type: none"> 1 – 2:30pm Surrey XC League 3 Oxshott Heath, A244, Oxshott, Leatherhead KT12 1QW, UK 	
11 JAN, SUN	<ul style="list-style-type: none"> 10 – 11am Her Move Fun Run East Grinstead Sports Club, Saint Hill Rd, East Grinstead RH19 4JL, UK 10:30 – 11:30am Battersea Park Half SW11 4NJ, London SW11 4NJ, UK 	
12 JAN, MON	<ul style="list-style-type: none"> 7 – 9pm LRC Committee VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK 7:15 – 8:15pm C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK 	
13 JAN, TUE	<ul style="list-style-type: none"> 7 – 8pm Club run Lingfield Running Club, 54 High St, Lingfield RH7 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

Reminders from previous weeks

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.

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