



## **Newsletter**

**Wednesday 7 January 2026**

### **Contents**

- **Lingfield's weekly racing round up**
- **Weekly club runs - Gary Spring**
- **Health & Safety Officer**
- **East Grinstead parkrun - Sally Alexander**
- **Volunteering - Scott McDonald**
- **Tadworth 10 - Dave Nottidge**
- **LRC puzzle slot - Gary Spring**
- **And in the next two weeks**
- **All club races 2026 - Editor**

### **Reminders**

- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

***Welcome to new member, Marije Field, 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](mailto:editor@lingfieldrunningclub.co.uk)**

**Follow us via**





### **Lingfield's Racing Roundup**

Two parkrun reports again this week...

Once more, parkrun didn't produce a club report for New Year's Day, so I've relied on WhatsApp posts and gut instinct. As a result, I found 31 members at seven venues: Bognor Regis (4), Guildford (1), Horsham (1), Hove Promenade (7), Nonsuch Park (2), Riddlesdown (2) and Tilgate (14). Congratulations again to runner **Ben Horner**, for another Tilgate PB.

Back to normal reporting again for Saturday. Given the cancellations and weather conditions, we had an amazing 52 members running at four locations: East Grinstead (49), Hove Promenade (1), Lancing Beach Green (1), South Norwood (1) and Uckfield (1). I must admit I gave up my chance of a rare Grand Prix point for the warmth of the gym this time .... shame on me.

Particular congratulations at East Grinstead to first- and third-placed men **James Caffrey** and **Simon Petitt** and first- and third-placed women, **Sally Alexander** and **Sarah Begley**. And, unlike most of those tip-toeing across the frozen wastes, **Glen Smith** and **Patrick Bastow** managed PBs.

Now and again(!) I overlook some noteworthy performances by our members, and it has happened in the case of **Aysha Degia**. Aysha has improved her parkrun time from 46.42 last February, to PBs of 38.50 on 6<sup>th</sup> December and 37.46 on 25<sup>th</sup>. Great going, Aysha.

On New Year's Day, **Ian Greenaway** ran for second-claim club Saints & Sinners in

the [Hangover 5](#), the first West Sussex Fun Run League (WSFRL) race of the year. Ian completed this in 47.58. Worthing's Tom Teissandier won in 31.37, first woman was Rhiannon Navesey in 34.56. You can find all the 2026 WSFRL events in the club calendar on the website.

They wouldn't have let horses race on it, but the [Tadworth 10\(s\)](#) went ahead for us humans on Epsom Downs last Sunday, albeit on an amended course. We had two event regulars there – **Dave Nottidge** and second-claim member **Jeremy Garner**. Dave has sent us a report later on; suffice to say he finished the five miles in a time of 50.19. The race was won by Sam Taylor-Allkins, and first woman Meghan Trupant. Jeremy was in the 10-mile event, finishing in a time of 1.08.38; this was won by Ben Short, with first woman Gabriel Reynolds. Very well run, both of you and thanks to Dave for the report below.

Last Sunday was also the [Surrey County XC Championships](#) at Denbies in Dorking. The organisers warned in advance that '*... they now have sheep grazing amongst the vines. You may find early parts of the courses blocked by electric fencing*'. Despite these hurdles to overcome, there was a race and **Maggie Statham-Berry** (who else – see below!) represented the club. Maggie finished what must have been a very cold 8.4 km race in a time of 47.08 and Belgrave's Emily Bradley won it in 31.57.

Maggie's view: "*The course was 5.2 miles up and down the slopes of the vineyard. The ground was firm on top with frost but slippery underneath in places. The temperature was just above freezing, but sunshine made it feel fairly pleasant. I was 77th out of 106, the first and only W70. The results are here: the [Surrey XC Championships 2026](#)*".

In the men's 12.2 km race, Holland Sports' Jack Kavanagh won in a time of 38.50, with our second-claim member **Kieran Barnes** in twelfth place in 42.35.

Which reminds me that next Saturday is the third of four races in the [Surrey XC League](#), this one at Oxshott. Both men and women are fighting hard to maintain their league positions so, if you are able, please contact the Captains and find out how to get there.

Our Secretary, **Nick Keen**, has asked me to remind you about the '[Used kit buy, sell and give away](#)' scheme, which you may have seen mentioned on Facebook. Nick has set up a new WhatsApp group within the main Lingfield Running Club Community WhatsApp group, which you can join and use to communicate with

others.

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



---

01-Jan-26	31	LRC parkrunners	Median	60.44%	
	Difficulty rank /835	Position Name	Time	Age grade	PB?
<a href="#">Bognor Regis</a>	369	41 Nick KEEN	00:23:28	60.44%	
351 runners	65	Ian GREENAWAY	00:25:25	60.46%	
	73	Lisa COMPTON	00:25:43	86.58%	

		276	Theresa DONOHUE	00:35:24	53.30%
<a href="#">Guildford</a>	549	456	Aly WARNER	00:00:35	48.09%
529 runners					
<a href="#">Horsham</a>	296/482	312	Kath GARRIDO	00:45:00	56.93%
328 runners					
<a href="#">Hove Promenade</a>	23	5	James CAFFREY	00:17:22	80.42%
875 runners		13	Dan CELANI	00:18:13	78.41%
		48	Simon PETITT	00:19:31	66.61%
		252	Daniel JONES	00:24:07	58.33%
		460	Glen SMITH	00:27:45	54.89%
		474	Sue GARNER	00:27:56	91.71%
		861	Helen PETITT	00:49:52	29.71%
<a href="#">Nonsuch Park</a>	341	14	Jeremy GARNER	00:19:04	78.58%
632 runners		227	Judy HAYLER	00:27:12	73.41%
<a href="#">Riddlesdown</a>	701	47	Lucy WILKES	00:25:09	63.75%
157 runners		64	Liz WEBSTER	00:27:12	59.56%
<a href="#">Tilgate</a>	474	19	Steve ACKROYD	00:21:30	66.98%
526 runners		21	Dan OPPE	00:21:34	64.76%
		26	Lenard BINUAGAN	00:22:00	59.24%
		40	Ben HORNER	00:22:51	57.70% PB
		51	James WILLIS	00:23:19	62.76%

71	Simon HARRIS	00:24:06	61.20%
88	David WATKINS	00:24:40	66.76%
113	Mark ALDRED	00:25:37	57.58%
130	Andrew SENIOR	00:26:03	54.00%
201	David NOTTIDGE	00:28:19	61.57%
209	Darija SPARKES	00:28:27	58.23%
266	Jennifer WILLIS	00:30:13	54.83%
272	Luke SANDERS	00:30:31	42.98%
292	Miranda CHITTY	00:31:21	59.33%

---

<b>03-Jan-26</b>		<b>52</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>54.83%</b>
	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade PB?</b>
<a href="#">East Grinstead</a>	823	1	James CAFFREY	00:20:48	67.15%
184 runners		3	Simon PETITT	00:21:32	60.37%
		4	Dan CELANI	00:22:20	63.96%
		7	James KILFIGER	00:22:31	66.54%
		8	Lenard BINUAGAN	00:22:37	57.63%
		10	Nick KEEN	00:23:08	61.31%
		14	Sally ALEXANDER	00:23:43	73.44%
		15	Steve ACKROYD	00:23:44	60.67%
		16	Matt LESTER	00:23:52	61.80%
		18	Daniel PIKE	00:24:05	61.25%
		23	Ben HORNER	00:25:10	52.38%

25	David WADDINGTON	00:25:20	53.49%	
26	James WILLIS	00:25:21	57.73%	
30	Dan OPPE	00:25:35	54.59%	
38	Sarah BEGLEY	00:26:21	57.12%	
41	Simon HARRIS	00:26:42	55.24%	
43	David THOMAS	00:26:59	52.93%	
44	Tim MARTIN	00:27:07	53.96%	
55	Fiona CHAMPNESS	00:28:04	60.45%	
60	Lucy WILKES	00:28:27	56.36%	
64	Nick CHAMPNESS	00:28:40	51.05%	
66	Tom CARTLEDGE	00:29:11	55.45%	
67	David WATKINS	00:29:13	56.36%	
72	Liz WEBSTER	00:29:25	55.07%	
73	Andrew SENIOR	00:29:29	47.71%	
77	Keith CHAMBERS	00:29:50	57.26%	
78	Ian GREENAWAY	00:29:51	51.48%	
80	Laura STOCKWOOD	00:30:05	52.30%	
83	David WORSELL	00:30:11	50.08%	
84	Chris RANCE	00:30:12	50.44%	
85	Ian WATKINS	00:30:20	55.27%	
89	Darija SPARKES	00:30:57	53.53%	
96	Glen SMITH	00:31:26	48.46%	PB
101	Hannah CARTLEDGE	00:32:05	46.23%	
108	Isla GREENAWAY	00:32:30	45.54%	

109	Nevenka WORSELL	00:32:31	53.56%	
116	Miranda CHITTY	00:33:26	55.63%	
117	Helen DAVEY	00:33:33	58.67%	
124	Michele EDWARDS	00:34:12	58.38%	
128	Judy HAYLER	00:34:52	57.27%	
130	Patrick BASTOW	00:35:09	44.86%	PB
136	Kelly WALTER	00:35:49	51.23%	
142	Matthew STOCKWOOD	00:36:42	42.23%	
151	Catherine WILSON	00:38:14	44.38%	
152	Steve BRINKLEY	00:38:55	43.90%	
156	Theresa DONOHUE	00:41:57	44.97%	
167	Catherine WATKINS	00:52:08	40.70%	
173	Eliska KELLY	00:57:03	27.84%	
184	Jennifer WILLIS	01:02:20	26.58%	

[Hove Promenade](#) 23 606 Sue GARNER 00:28:28 89.99%

1,107 runners

[South Norwood](#) 410 179 Aly WARNER 00:27:19 61.38%

418 runners

[Uckfield](#) 704 108 Martin PAYNE 00:46:07 37.80%

124 runners



## **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 weekly Club Run plans from now to April**

We should be able to get back to off-road evening runs by the second week of April. Until then, the pattern for our Club Runs will be a run from East Court, East Grinstead on the first Tuesday of February, March and April, and runs from the Victoria Club, Lingfield on the other Tuesdays. When attendance numbers allow it, we can be organised into different-pace groups so nobody who turns up, will feel they going to be left behind or having to do too many turn-rounds. Our aim is to offer you all a group run at a pace you will find suitable to your needs.

I am not planning any evening Club Run on Thursdays, until April, as there has not been a lot of interest for it during these dark evenings. Please consider using the LRC Runfinder group if you want to see if there is a demand for an occasional Thursday evening Club Run. I'm happy to quickly organise something, if there is.

**Tuesday, 13<sup>th</sup> January**

**'The Dog'**

**Club Run from East Court, East Grinstead**

**Start time 7pm**

The road route is about five miles and has some hilly bits to test your mettle. 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.

Also, not a Club Run, but something that should be useful to all our active members, regardless of pace and running distance/terrain.

**Wednesday, 14<sup>th</sup> January**

**Strength & Conditioning session with Tejin**

Lingfield Prep School Sports Hall, **Racecourse Road**

**7pm to 8pm**

More information to follow on the LRC Runfinder group.

**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](mailto:membershipsecretary@lingfieldrunningclub.co.uk))

or Gary Spring ([organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk)) and we can add you in.

---

**New Year: New Club Role!**  
**Health and Safety Officer**  
**Sally Alexander**

At LRC, your health, safety and welfare are paramount! The Committee would like to announce **Gary Spring** as the newly appointed (and created) Club Health & Safety Officer.

We would also like to remind you that our Club Welfare Officers are Alison Stuart and Jennifer Willis.

Should you need to make contact, they can be emailed on:

Gary Spring - [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk)

Alison Stuart & Jennifer Willis – [welfare@lingfieldrunningclub.co.uk](mailto:welfare@lingfieldrunningclub.co.uk)

A huge thank you to Gary for undertaking this new role and continued thanks to Alison and Jennifer for their Club welfare responsibilities.

## **Clear Skies and Icy Conditions Heralded LRC's First GP Event of 2026**

**Saturday 3<sup>rd</sup> January 2026**

**Sally Alexander**



***LRC WELCOMING IN THE NEW YEAR AT THE FIRST OF THE CLUB'S G.P. EVENTS!***

With Christmas decorations barely back in their boxes; half-bottles of wine still to be finished off and the Grand Prix trophies only just making their way onto the winners' shelves, Lingfield Running Club's members were 'back on it' for the first of this year's grand prix events: East Grinstead parkrun!

Despite the hoar frost, snow peppered ground and freezing temperatures, which had forced the cancellation of our other local parkrun events, the hardy lot at E.G. made every effort to ensure Saturday's much-loved run could continue! The parkrun team (which includes many of our own) was out early with grit and shovels, clearing some of the more treacherous paths and rerouting the course.

And true to form, embodying that 'grit', Lingfield Running Club saw 49 of its members take on the course to complete the first of this year's Grand Prix events. Navigating hard, rutted ground and a snow-compacted downhill section in the brilliant wintry sun, which was drenching East Court, everyone dug deep to get to the finish line and then stay to cheer in the other 184 runners and walkers.

Well done to everyone who braved the cold and took part in the event. However, a special mention must go to the amazing E.G. parkrun team and volunteers who are out early every Saturday getting the course ready; marshalling, timekeeping, barcode scanning, race directing, clearing up, and encouraging each and every one of us! Their enthusiasm and dedication are truly appreciated. So...

THANK YOU E.G. PARKRUN TEAM – YOU ARE AN EXCEPTIONAL GROUP OF PEOPLE!



And, just to add to those sentiments ... **International Volunteers Day**

International Volunteers Day takes place on 5 December every year and is a chance to recognise the fantastic contribution volunteers make to our communities and to say thank you. I know I am a month late but EVERYDAY we should recognise the fantastic work that volunteers do!

Volunteers play a key role in making a difference to our communities. Today is a great time for us to thank all volunteers for their invaluable contribution and also consider volunteering ourselves.

Volunteering doesn't just help others and the community but it has also shown to improve volunteers' wellbeing too. It's human nature to feel good after helping someone out. But volunteering can also help you gain valuable new skills and experiences, boost your confidence and be your chance to make a difference. People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, by volunteering they are making a difference to the community.

Volunteering is a hugely valuable and rewarding experience for the volunteers and the communities they support.

There are many reasons to volunteer, including:

- **Community** – volunteering helps us giveback to those around us, particularly in the community we live or work in. When you volunteer you strengthen your community, improve the environment you live in, give something back to an organisation, make a difference to the lives of others and help others less fortunate or without a voice. Volunteering enables people to play an active role in society and contribute to positive social change. Volunteers support vulnerable people in society and enable them to live a healthy and rewarding life. This could mean support with things we take for granted, such as practical help at home for disabled or older people, mentoring a care leaver and helping them to find their feet as an adult, or taking part in a litter pick or at a local scouting group.
- **Your mental health and self-esteem** – volunteering also makes you feel good. In fact, a study has shown that, not only is volunteering associated with increased happiness and lower depression, but it also reduces the risk of premature death. This is especially true if you enjoy volunteering and feel valued and part of a team. You will spend quality time away from work or your busy lifestyle and be in the moment. It may help you gain confidence and improve your self-esteem. Volunteering can also help to improve your mental health. Evidence suggests there are five steps you can take to improve your mental health and wellbeing. One of which is to give to others, research suggests that acts of giving and kindness and being part of community life can improve your mental wellbeing.

So, my thanks to everyone who volunteers for Lingfield Running Club whether it is on the Committee, marshalling, timekeeping, newsletter, parkrun, the list goes on. If you volunteer elsewhere, then I would be interested in learning what and why you do this work, please feel free to e mail me a few lines.

Many thanks, Scott McDonald

---

### **Tadworth 10 (at Epsom racecourse)**

**Dave Nottidge**

This is a popular race with many local clubs attending in numbers. Usually it is about 50% tarmac, 50% trail. Due to the tarmac being iced-up this year, they changed it to all trail. There was a 10-mile and a 5-mile race. The 10-mile was four laps of the usual cross-country course, the 5-mile was two laps.

Sunday was sunny but very cold. There was a dusting of snow on the course, no wetness at all. Many of you will be familiar with the race route. For the 5-mile it is about two miles gently down hill, about two miles gently up and a mile level - roughly. Nice running.

Over 440 runners completed the 10-mile, which was won by Ben Short in 59.36. First lady was Gabriel Reynolds in 1.05.30.

And 130 runners completed the 5-mile. The winner was Sam Taylor Atkins in 29.28. First lady was Meghann Trupant in 38.39. I came 55th in 50.19.

A good day out. Thanks to supporters Sue Nottidge and Sue Garner. (Sue G has been a regular participant in this race in past years - but now recovering from injury).

---

## **LRC Puzzle Slot**

**Gary Spring**

### **Answers to December 2025 puzzle**

So much for thinking there was only one solution to December's puzzle. To remind you, I wanted a list of twelve parkruns, starting from Crystal Palace and ending with Redcar, using the last two letters of the first parkrun name as the start of the second parkrun name, etc.

I had thought the following was the only solution: Crystal Palace, Centre Vale, Letchworth, Thames Path Woolwich, Chevin Forest, Strathclyde, Derry City, Tyne Green, Endcliffe, Felixstowe, Wepre, Redcar.

However, Lucy Wilkes, Judy Hayler and Steve Warner sent in differing (and correct!) solutions to mine, incorporating other parkrun names, so that was a humbling experience.

I've awarded a bottle of wine to Debbie Wilkes, Lucy Wilkes and Judy Hayler for sending in solutions almost every month, during 2025. It does help to know someone is having a go!

For 2026, the puzzles will feature less cryptic content in the clues, so hopefully they will be more understandable and tempt you to send in an entry. They will continue to feature parkrun locations, either as part of the clue or of the solution.

So, why not start by trying January's puzzle and see if you can win a bottle of wine by next December!

### **January 2026 puzzle**

#### **Animal Magic**

For January's puzzle, it's a case of finding the animals, tucked away in the list of UK parkrun names, from '**2025 Power of 10 parkrun list, by difficulty**'.

I managed to spot ten different birds, five fish, fourteen mammals, one reptile, three insects, two amphibians and one invertebrate, for a total of 36 different animals but, after December's puzzle, I'm not going to be surprised if you find more. No repeated animal names, please, where the same animal appears in more than one parkrun name.

As an example, if there was a parkrun called 'Caterham', then CAT would be an acceptable answer. If the parkrun was called 'Caterham Icerink', then you could

also have MICE, which is lurking between both words.

Plural forms of animal names, such as MICE, are acceptable, as well as names for specific male or female animals, like sow and buck.

So please send in your list of animals, with the appropriate parkrun name, before the closing date and we'll see who can come up with the highest number. The target is currently 36, but I'm sure someone will get nearer 50. No need to separate into lists of birds, mammals, etc. If one parkrun name has more than one animal, just list the same parkrun name each time with the different animal name.

The closing date for January's puzzle is midnight, 31<sup>st</sup> January, 2026

Send your solutions to: [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

### **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			< > Jan – Feb 2026		▼	
7	JAN, WED	● 7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9E			
8	JAN, THU	● 7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BG			
		● 8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK			
10	JAN, SAT	● 1 – 2:30pm	Surrey XC League 3 Oxshott Heath, A244, Oxshott, Leatherhead KT12 1QW, UK			
11	JAN, SUN	● 10 – 11am	Her Move Fun Run East Grinstead Sports Club, Saint Hill Rd, East Grinstead RH19			
		● 10:30 – 11:30am	Battersea Park Half SW11 4NJ, London SW11 4NJ, UK			
12	JAN, MON	● 7 – 9pm	LRC Committee VSSC – Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK			
		● 7:15 – 8:15pm	C25k course starts Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK			
13	JAN, TUE	● 7 – 8pm	Club run - 'The Dog' (Gary) East Court, College Ln, East Grinstead RH19 3LT, UK			



14	JAN, WED	7 – 8pm	LRC strength & conditioning (Tejin) Lingfield College Prep School and Nursery, Racecourse Rd, Dormansland,
17	JAN, SAT	9:30 – 10am 7 – 8pm	Maverick New Forest Gravel Holmsley Campsite, Forest Rd, Burley, Christchurch BH23 7EQ, UK LRC social event VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
18	JAN, SUN	8 – 9am 9:30 – 10:30am	Phoenix Red Robin Run RH13 9UN, Southwater, Horsham RH13 9UN, UK BrighTEN 10m & 10k
19	JAN, MON	7:15 – 8:15pm	C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
20	JAN, TUE	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
21	JAN, WED	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
22	JAN, THU	7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, 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](mailto:editor@lingfieldrunningclub.co.uk)

## Club trophy races 2026

### Editor

Gary and Tom got their heads together last week to pencil in dates for the Handicap GP Series for 2026, so you can now put (almost) all the club race dates in your diaries! This is also on the [club website](#). It will be updated but please let me know if you become aware of any date changes.

**Please note comment underneath about the Kew 10k entries.**

LRC Trophy Races 2026			updated 2 January 2026		
GP race nos.	H'Cap race nos.	GP races and (in GREEN) Handicap races	Cross-country trophy races 2025/26 (& points for first member)		
1		Saturday 3rd January East Grinstead parkrun	1	ESL 5m (10 pts)	04-Oct-25
2		Sunday 22nd February Tunbridge Wells ½ Marathon	2	Surrey League 1 (20 pts)	11-Oct-25
3		Saturday 7th March Road parkrun	3	Priory relays (10 pts)	01-Nov-25
4		Sunday 29th March Phoenix 10k TBC	4	Surrey League 2 (20 pts)	15-Nov-25
	1	Sunday 15th March: Club Handicap Race #1. 5km road race	5	Surrey League 3 (20 pts)	10-Jan-26
5		Sunday 12th April Blackland 10k	6	Southern XC (10 pts)	24-Jan-26
	2	Tuesday 28th April: Club Handicap Race #2. May Race 1	7	Surrey League 4 (20 pts)	07-Feb-26
6		Saturday 9th May Trail parkrun	8	ESL XC race 2 (10 pts)	28-Feb-26
	3	Tuesday 12th May: Club Handicap Race #3. May Race 2	Surrey Road League 2026		
	4	Tuesday 2nd June: Club Handicap Race #4. May Race 4	1	Valentines 10k	15-Feb-26
7		Sunday 7th June Dorking 10 Mile	2	Kew 10k	28-Mar-26
8		Wednesday 24th June TAC Penshurst Midsummer Relays	3	Sutton 10k	19-Apr-26
9		Sunday 19th July Elmbridge 10k	4	Ranelagh Half	10-May-26
	5	Tuesday ? July TBC: Club Handicap Race #5. May Race 3	5	Dorking 10	07-Jun-26
	6	Tuesday 4th August: Club Handicap Race #6. Uphill Mile	6	Richmond 10k	21-Jun-26
10		Monday 31st August King's Head Canter 5k	7	Ranelagh Sunset Sprint	03-Jul-26
	7	Sunday 13th September: Club Handicap Race #7. 5 mile road race	8	Elmore 7	July TBC
11		Sunday 27th September Eridge 10 (TBC depending on EG10k)	9	Elmbridge 10k	19-Jul-26
12		Sunday 4th October East Grinstead 10k	TBC		
13		Saturday 17th October Gatliff Marathon (25K or 50K choice)			
14		Saturday 14th November Surrey League XC			
	8	Sunday 18th October: Club Handicap Race #8. Dennis Crowhurst Trophy			
15		Saturday 5th December Road parkrun			
	9	Saturday 19th December Club Handicap Race #9. Matt Bennett Trophy			

From: **Road League** <[roadleague@surreyathletics.uk](mailto:roadleague@surreyathletics.uk)>

Date: Mon, 5 Jan 2026, 20:52

Subject: **Kew 10k - Surrey Road League race #2 28th March** - places will sell out soon

To: Road League <[roadleague@surreyathletics.uk](mailto:roadleague@surreyathletics.uk)>

Hello League Clubs

Just a little heads up that places are selling quickly for the Kew 10k, the 2nd race of 9 in the Surrey Road League. It is over 85% full and the organiser expects it to be sold out within the next 10 days.

Please use the entry link on the SCAA website for the reduced price £28.50 (from £42!) for league club athletes.

Flat, fast, traffic free, picturesque course. Your race entry allows you to bring 2 adults and 2 children (under 16) into Kew Gardens. The price also includes T-shirt, medal, goody bag.

Any questions about the league feel free to contact me.

Mary



**Mary James**

Road Competitions Secretary

Surrey County Athletic Association

[roadleague@surreyathletics.uk](mailto:roadleague@surreyathletics.uk)

<http://www.surreyathletics.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**