



Newsletter

Wednesday 14 January 2026

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Welcome to all our new C25K members, who we list below

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

Last Saturday we had 30 parkrunners at seven locations: East Grinstead (9), Alexandra (3), Catford (2), Clair (1), Dartford Heath (1), Tilgate (4) and Wakehurst (10).

Particular congratulations to **Aly Warner**, first woman at Dartford Heath and to second-placed **Lucy Wilkes** at East Grinstead. Congratulations also to **Glen Smith** and **I** for our PBs at Wakehurst - coincidentally, it was also the 25th parkrun for both of us.

One of the reasons for the lower parkrun numbers was the resumption of the Surrey County Cross-country League season, at Oxshott Woods this time. There have been issues with the results and I've no reports this week from the combatants, so I'll summarise what we think we know.

The men had a great turnout of 22 runners (two full teams, plus two), but we are waiting for final league positions after three races. In terms of the Men's XC trophy leaderboard, it's close with just seven points separating the top three – **Simon Petitt**, **James Caffrey** and **Tom Seller**. See the full table [here](#). Division 3 places and times below:

| | | |
|-----|----------------|-------|
| 23 | James Caffrey | 29.06 |
| 53 | Tom Harvey | 30.37 |
| 54 | Tom Seller | 30.42 |
| 56 | Simon Petitt | 30.47 |
| 99 | James Kilfiger | 33.16 |
| 114 | Steve Ackroyd | 34.13 |

| | | |
|-----|------------------|-------|
| 116 | Nick Keen | 34.30 |
| 117 | James Willis | 34.35 |
| 129 | Matthew Lester | 35.20 |
| 137 | Dan Oppe | 35.52 |
| 150 | Brandon Webb | 37.05 |
| 155 | David Waddington | 37.55 |
| 164 | Simon Harris | 39.07 |
| 176 | Martin Faulkner | 40.49 |
| 181 | Dave Worsell | 41.36 |
| 184 | Ian Greenaway | 42.11 |
| 189 | Gary Spring | 42.52 |
| 190 | Chris Rance | 42.58 |
| 191 | David Watkins | 43.11 |
| 194 | Ian Watkins | 43.50 |
| 196 | David Nottidge | 47.54 |
| 197 | Keith Chambers | 50.52 |

Just seven of our toughest women turned out at Oxshott, and the A team came 14th of 15 in Division 2 race, despite **Sally Alexander's** 15th place finish. Both Sally and Maggie were first in their age groups. Welcome to Amy, taking part in her first cross-country for us. Most of clubs in the B team competition fielded full teams of five, whereas we only had two, so that will have a big impact on our position in that table. Division 2 places and times below:

| | | |
|-----|----------------------|-------|
| 18 | Sally Alexander | 33.09 |
| 94 | Maggie Statham-Berry | 41.37 |
| 113 | Judy Hayler | 43.57 |
| 138 | Jennifer Willis | 46.02 |
| 147 | Nevenka Worsell | 47.22 |
| 151 | Michele Edwards | 48.06 |

| | | |
|-----|-----------|-------|
| 167 | Amy Hodge | 54.14 |
|-----|-----------|-------|

It's not as tight in the women's trophy competition as it is in the men's; Sally extended her lead to 16 points, from **Maggie Statham-Berry**, then comes **Nevenka Worsell**, ten points further back. The full table is [here](#).

There are three more XC events in the series, starting with the [South of England Championships](#) at Beckenham Place Park on 24 January.

At (roughly) the same time, second-claim members **Kieran Barnes** and **Jeremy Garner** were also in cross-country action. Kieran ran for Holland Sports in the [Surrey Division 1](#) race at Mitcham Common, coming 31st in 28.14. Jeremy ran for Epsom & Ewell at Oxshott in [Surrey Division 2](#) and (cheered on by our ladies' team) finished 94th in 30.29. Well done to both of you.

Dan Celani missed the cross-country to make sure he was able to complete the [Stubbington 10k](#) on Sunday. Dan finished 56th of 1,871 runners with a time of 35.38. Southampton's Harry Smith won in 30.58, and first woman was Portsmouth's Cassie Thorp in 35.08. Great run, Dan.

And of course, two days ago, **Sophie Davis** started out on a new '[Couch to 5k](#)' course with our latest group of running recruits. Sophie has given us an account of the evening further on in the newsletter. We look forward to seeing how you all progress over the next nine weeks.

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

| | | | | | | |
|--------------------------------|-----------------------------|-----------------|------------------------|---------------|------------------|------------|
| 10-Jan-26 | | 30 | LRC parkrunners | Median | 54.87% | |
| | Difficulty rank /835 | Position | Name | Time | Age grade | PB? |
| East Grinstead | 823 | 4 | Nick KEEN | 00:23:25 | 60.57% | |
| 71 runners | | 12 | Ben HORNER | 00:25:32 | 51.63% | |
| | | 15 | Tim MARTIN | 00:26:40 | 54.88% | |
| | | 19 | Brandon WEBB | 00:27:46 | 54.86% | |

| | | | | | |
|--------------------------------|-----|-----|----------------------|----------|--------|
| | | 20 | Lucy WILKES | 00:28:13 | 56.82% |
| | | 26 | Ian GREENAWAY | 00:30:37 | 50.19% |
| | | 41 | Miranda CHITTY | 00:34:56 | 53.24% |
| | | 59 | Theresa DONOHUE | 00:41:36 | 45.35% |
| | | 71 | Catherine WATKINS | 01:08:44 | 30.87% |
| Alexandra | 15 | 225 | Tom CARTLEDGE | 00:26:21 | 61.42% |
| 504 runners | | 260 | Judith CARTLEDGE | 00:27:22 | 72.96% |
| | | 315 | Hannah CARTLEDGE | 00:28:37 | 51.83% |
| Catford | 260 | 207 | Steve WARNER | 00:35:53 | 48.58% |
| 239 runners | | 234 | Marie WARNER | 00:45:45 | 45.68% |
| Clair | 710 | 147 | Martin PAYNE | 00:43:18 | 40.26% |
| 157 runners | | | | | |
| Dartford Heath | 571 | 15 | Aly WARNER | 00:25:18 | 66.27% |
| 90 runners | | | | | |
| Tilgate | 474 | 103 | Fiona CHAMPNESS | 00:25:40 | 66.10% |
| 486 runners | | 186 | Matthew STOCKWOOD | 00:29:08 | 53.20% |
| | | 195 | Laura STOCKWOOD | 00:29:15 | 53.79% |
| | | 325 | Patrick BASTOW | 00:35:02 | 45.00% |
| Wakehurst | 281 | 8 | Dan CELANI | 00:20:22 | 70.13% |
| 389 runners | | 13 | Dan OPPE | 00:20:52 | 66.93% |

| | | | | |
|-----|----------------|----------|--------|----|
| 51 | Daniel JONES | 00:24:02 | 58.53% | |
| 73 | Andrew SENIOR | 00:25:07 | 56.01% | |
| 159 | Glen SMITH | 00:28:44 | 53.02% | PB |
| 167 | Sue GARNER | 00:28:51 | 88.79% | |
| 171 | Helen DAVEY | 00:29:00 | 67.87% | |
| 256 | Graeme BENNETT | 00:32:23 | 55.84% | PB |
| 264 | Steve BRINKLEY | 00:32:50 | 52.03% | |
| 355 | Kath GARRIDO | 00:45:53 | 55.83% | |

Chair's message

Sally Alexander

The water outage this week, affecting many of our members in the East Grinstead area, has only reinforced the spirit of camaraderie which underpins Lingfield Running Club! The Club's Community WhatsApp has been abuzz with messages of help from lots of you offering up use of washing machines, showers and water refills!

Thank you to you all for reminding us of why our club is so special! 😊

Happy Running! 🏃 🏃

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, 20th January **'The Dog' (3rd time lucky?)** **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. There is also a shorter, less hilly version for anyone who wants an easier run.

Should East Court still be busy as a water distribution centre, next Tuesday, I'll send out an update at the weekend, with a change of route in Lingfield.

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.

Couch to 5k

Sophie Davis

Following a delayed start to our 2026 Couch to 5k programme due to the icy conditions last week, 13 new and returning runners joined us on Monday night (in the rain) to kick-start their running journey. I reminded them the hardest part of getting out on a cold and wet January evening is done and it will only get easier from now! We were very well supported by Laura, Gary, Michele and James as well as 2025 graduates, Vic and Glen, who are going from strength to strength with their running now.

Everyone did really well, we have a couple more due to join next week to get us up to 15, and the weeks will fly by. Just hoping for less rain next week!



We extended a warm (and wet) welcome to our new cohort of C25k members (in no particular order): Joanna Sinden, Ben Lofthouse, Dominique Borlase, Tracey Webb, Angela Wilson-Taylor, Louisa McAleenan, Elena Weaver, Monet Rennison, Abigail Gage, Victoria Champion, Claire Williams, Nicola Hodge, Victoria Waite plus current members Tracy Roberts and Deanne Blaylock

You're Invited to a Ceilidh Dance!

Sandra Ankers

A post-Christmas and New Year shake-out

Date: Saturday, 17th January 2026

Time: 7:00 PM

Location: Victoria Sports & Social Club, Lingfield

£2, yes, just £2 per person, and free for under-18's

Please make your payment direct to the Lingfield Running Club account:

Sort code: 60-07-17

Account: 96771046

Or pay on the night.

Join us for an evening of fun and traditional Scottish dancing!

Whether you're a professional dancer or a beginner, come along and join us for an evening filled with lively music and traditional Scottish dancing.

We will have music and guided dances presented by an accomplished Ceilidh caller

Dress comfortably, bring your friends and family for a memorable night of dancing and wear something with a hint of tartan (optional).

We're asking for everyone to bring along a little food to share, thank you.

During the evening we will be holding a raffle in aid of Papyrus – Prevention of Young Suicide, any raffle prizes gratefully received.

RSVP to Sandra please...

socialsecretary@lingfieldrunningclub.co.uk

or accept the invite on the Friends of Lingfield Running Facebook group

See you on Saturday!



Running Club WhatsApp group update

Editor

Finally, **Nick Keen** will shortly be setting up a WhatsApp group for 'General community chat'. The Runfinder group will remain in use, but posts there should be restricted to club training sessions and runs, photos of team events (eg XC, relays etc) and training sessions and runs.

And to remind you, there are currently 15 groups for you to join under the overarching LRC Community umbrella:

- LRC Run Finder
- Tuesday 7.15 group
- Tuesday 7pm run
- Interval/Improvement Wednesday's (sic)
- Thursday 7pm run
- Morning walks and a coffee
- Pub quiz in The Star
- Lingfield social events
- Lingfield 10s
- Ladies XC
- East Grinstead parkrun
- General parkrun chat (excluding East Grinstead)

- Committee
- Bank details
- Used kit buy, sell and give away

Lingfield junior parkrun

Scott McDonald

Robert Mitchell from Lingfield Sports Club is working with me to try to set up a Junior parkrun in Lingfield this year. In case you are not familiar with the concept, the following text is quoted from the parkrun website <https://www.parkrun.com/about/join-us/junior-parkrun/>

“junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14.

“2k junior parkrun events take place on Sunday mornings in the UK, Ireland and Australia.

“junior parkrun is a great introduction for all the family to be physically active outside together. Walk, jog, run, volunteer or spectate with us.

“Taking part is easy! Once you have registered your child, their account will have a barcode to bring along on Sunday morning to take part in junior parkrun.

“Our junior events offer an opportunity for the whole community to come together and get involved. We want to encourage people to walk, jog, or run and volunteer together – junior parkrun is for everyone!”

Although there is a parkrun in East Grinstead, the nearest Junior ones are Reigate or Crawley.

There are three preliminary requirements.

1. Landlord’s permission. This we have, as we will use the Lingfield Sports Ground.
2. Sufficient volunteers.
3. £4,800.

It will be a parkrun event and the money is paid to an account with parkrun, specifically for a Lingfield event. We are trying to raise the £4,800 from a variety of sources e.g. Tandridge Together, Parish Council etc.

Our stumbling block at the moment is item 2 so, If anyone is interested in helping with volunteering at Junior parkrun on future Sundays, then please contact me. I assure you even only the occasional volunteering would be helpful!

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 | | | |
|--------------------------|----------|----------------|---|
| 14 | JAN, WED | 7 – 8pm | LRC strength & conditioning (Tejin) Lingfield College Prep School and Nursery, Racecourse |
| 17 | JAN, SAT | 9:30 – 10am | Maverick New Forest Gravel Holmsley Campsite, Forest Rd, Burley, Christchurch BH23 7EQ, UK |
| | | 7 – 8pm | LRC social event VSSC – Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK |
| 18 | JAN, SUN | 8 – 9am | Phoenix Red Robin Run RH13 9UN, Southwater, Horsham RH13 9UN, UK |
| | | 9:30 – 10:30am | 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 - 'The Dog' (Gary) East Court, College Ln, East Grinstead RH19 3LT, 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 |
| 24 | JAN, SAT | All day | British Masters Indoor Track Championships Cyncoed Campus, 9 Cyncoed Rd, Cardiff CF23 6XD, UK |
| | | 1:30 – 3pm | Southern XC Champs Beckenham Place Park, Beckenham Hill Rd, Beckenham BR3 1SY, UK |
| 25 | JAN, SUN | 9 – 10am | Windsor Trail run (10k & Half) Alexandra Gardens Car Park, Windsor SL4 3HY, UK |
| | | 10 – 11am | Ashdown Forest 10M & 5M TN22 3HW, Nutley, Uckfield TN22 3HW, UK |
| 26 | JAN, MON | 7:15 – 8:15pm | C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK |
| 27 | JAN, TUE | 7 – 8pm | Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK |
| 28 | JAN, WED | 6:45 – 7:45pm | LRC coaching (Dave) |

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

Entries are live for Sutton 10k and Dorking 10 mile races

Editor

To: Road League <roadleague@surreyathletics.uk>

Hello Road League clubs

Two more of the League races are now open for entries. Please would you direct your athletes to these links:

- Race 3: **Sutton 10k:** <https://www.suttonrunners.org/sutton-10k>
- Race 5: **Dorking 10 miles:** <https://in.njuko.com/dorking-tens-2026?currentPage=select-competition>

Thanks for all your support for the league and our local clubs. A reminder that we kick off our season soon with the Valentines 10k on 15th February - be sure to make a strong start in the 2026 competitions and get your entries in

here: <https://register.enthuse.com/ps/event/Valentines10K2026>

Any questions about the league feel free to contact me.

Mary

Mary James

Road Competitions Secretary

Surrey County Athletic Association

roadleague@surreyathletics.uk

<http://www.surreyathletics.uk>

Reminders from previous weeks

Club trophy races 2026

Editor

Gary and Tom got their heads together 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.

LRC Trophy Races 2026

updated 2 January 2026

| GP race nos. | H'Cap race nos. | GP races and (in GREEN) Handicap races |
|--------------|-----------------|---|
| 1 | | Saturday 3rd January East Grinstead parkrun |
| 2 | | Sunday 22nd February Tunbridge Wells ½ Marathon |
| 3 | | Saturday 7th March Road parkrun |
| 4 | | Sunday 29th March Phoenix 10k TBC |
| | 1 | Sunday 15th March: Club Handicap Race #1. 5km road race |
| 5 | | Sunday 12th April Blackland 10k |
| | 2 | Tuesday 28th April: Club Handicap Race #2. May Race 1 |
| 6 | | Saturday 9th May Trail parkrun |
| | 3 | Tuesday 12th May: Club Handicap Race #3. May Race 2 |
| | 4 | Tuesday 2nd June: Club Handicap Race #4. May Race 4 |
| 7 | | Sunday 7th June Dorking 10 Mile |
| 8 | | Wednesday 24th June TAC Penshurst Midsummer Relays |
| 9 | | Sunday 19th July Elmbridge 10K |
| | 5 | Tuesday ? July TBC: Club Handicap Race #5. May Race 3 |
| | 6 | Tuesday 4th August: Club Handicap Race #6. Uphill Mile |
| 10 | | Monday 31st August King's Head Canter 5k |
| | 7 | Sunday 13th September: Club Handicap Race #7. 5 mile road race |
| 11 | | Sunday 27th September Eridge 10 (TBC depending on EG10k) |
| 12 | | Sunday 4th October East Grinstead 10k |
| 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 |

Cross-country trophy races
2025/26 (& points for first member)

| | | |
|---|--------------------------|-----------|
| 1 | ESL 5m (10 pts) | 04-Oct-25 |
| 2 | Surrey League 1 (20 pts) | 11-Oct-25 |
| 3 | Priory relays (10 pts) | 01-Nov-25 |
| 4 | Surrey League 2 (20 pts) | 15-Nov-25 |
| 5 | Surrey League 3 (20 pts) | 10-Jan-26 |
| 6 | Southern XC (10 pts) | 24-Jan-26 |
| 7 | Surrey League 4 (20 pts) | 07-Feb-26 |
| 8 | ESL XC race 2 (10 pts) | 28-Feb-26 |

Surrey Road League 2026

| | | |
|---|------------------------|-----------|
| 1 | Valentines 10k | 15-Feb-26 |
| 2 | Kew 10k | 28-Mar-26 |
| 3 | Sutton 10k | 19-Apr-26 |
| 4 | Ranelagh Half | 10-May-26 |
| 5 | Dorking 10 | 07-Jun-26 |
| 6 | Richmond 10k | 21-Jun-26 |
| 7 | Ranelagh Sunset Sprint | 03-Jul-26 |
| 8 | Elmore 7 | July TBC |
| 9 | Elmbridge 10k | 19-Jul-26 |

TBC

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