



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
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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%
<hr/>					
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%
<hr/>					
Catford	260	207	Steve WARNER	00:35:53	48.58%
239 runners		234	Marie WARNER	00:45:45	45.68%
<hr/>					
Clair	710	147	Martin PAYNE	00:43:18	40.26%
157 runners					
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Dartford Heath	571	15	Aly WARNER	00:25:18	66.27%
90 runners					
<hr/>					
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%
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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 are 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 Campion, 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 3 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