



Newsletter

Wednesday 21 January 2026

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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

Last Saturday we had 45 parkrunners at eight locations: East Grinstead (16), Ifield Mill Pond (2), Lullingstone (1), Nonsuch Park (1), Preston Park (1), Sutcliffe (2), Tilgate (8) and Wakehurst (14).

Particular congratulations at East Grinstead to **Sally Alexander** (first woman) and to second- and third-placed men **James Kilfiger** and **Nick Keen**. **James Caffrey** and **Dan Celani** took the same positions at Wakehurst, and **Emma Page** was third woman at Tilgate. Congratulations also to **David Thomas** and **Nick Champness** for their PBs.

I think we must start with thanks to Social Secretary, **Sandra Ankers**, for organising such a hilarious ceilidh last Saturday evening. With the help of friend **Tracey Trotter**, Sandra's raffle raised a fantastic £320 for Papyrus. And thanks to all who contributed the prizes.

Although I was no wallflower myself, my favourite memory was watching the mass pile-ups during the 'Gay Gordons'. Let's just hope nobody was seriously injured in the melee. It was Scottish dancing, but unlike any seen before. Thanks and sympathy for former members **Val** and **Chris McLaren** who tried to instill some sort of order to proceedings. They probably won't be in a rush to return! Sandra has written a few words about the evening below, where you can also watch some moving pictures.

A shorter newsletter this week because, except for people doing some long distances at the [Phoenix Red Robin](#) event (inc **Vernon's** 60th marathon, I think), and **Dave Chase** seemingly walking along a river with the Long Distance Walkers Association, I couldn't find any more member activity last weekend. My research was not helped, however, by the fact that the powerof10 and runbritain websites were down this week, I think for upgrading. There should be more to report on next week, despite the cancellation of the [East Grinstead parkrun](#).

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

17-Jan-26	45	LRC parkrunners	Median	55.33%	
	Difficulty rank /835	Position	Name	Time	Age grade PB?
East Grinstead	823	2	James KILFIGER	00:23:49	62.91%
89 runners		3	Nick KEEN	00:23:59	59.14%
		6	Matt LESTER	00:24:56	59.16%
		7	Sally ALEXANDER	00:24:58	69.76%
		10	Ben HORNER	00:26:01	50.67%
		19	Simon HARRIS	00:28:33	51.66%
		26	Ian WATKINS	00:30:37	54.76%
		30	Keith CHAMBERS	00:31:59	53.41%
		41	Nevenka WORSELL	00:33:39	51.76%
		42	Michele EDWARDS	00:33:40	59.31%
		43	Ian GREENAWAY	00:33:43	45.58%
		44	Isla GREENAWAY	00:33:45	43.85%
		53	Miranda CHITTY	00:36:52	50.45%
		69	Theresa DONOHUE	00:43:14	43.64%
		76	Helen DAVEY	00:48:37	40.49%
		82	Catherine WATKINS	00:56:39	37.45%
Ifield Mill Pond	362	26	David THOMAS	00:23:16	61.39% PB
148 runners		73	Hannah CARTLEDGE	00:28:20	52.35%
Lullingstone	822	56	Patrick BASTOW	00:35:43	44.14%
68 runners					
Nonsuch Park	341	12	Jeremy GARNER	00:19:43	75.99%

771 runners

Preston Park	194	649	Eliska KELLY	00:32:02	49.58%
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882 runners

Sutcliffe	78	318	Steve WARNER	00:31:12	55.88%
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452 runners		426	Marie WARNER	00:42:42	48.95%
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Tilgate	474	42	Emma PAGE-MOORE	00:22:21	67.11%
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623 runners		108	David WATKINS	00:25:12	65.34%
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217	Darija SPARKES	00:28:43	57.69%
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218	David NOTTIDGE	00:28:44	60.67%
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360	Catherine WILSON	00:32:06	52.86%
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449	Amy HODGE	00:35:03	43.89%
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450	Glen SMITH	00:35:04	43.44%
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497	Mike LOTHIAN	00:37:48	50.13%
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Wakehurst	281	2	James CAFFREY	00:17:55	77.95%
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485 runners		4	Dan CELANI	00:18:43	76.31%
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22	Dan OPPE	00:21:11	65.93%
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43	James WILLIS	00:23:02	63.53%
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69	Lucy WILKES	00:24:13	66.21%
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88	Andrew SENIOR	00:25:01	56.23%
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92	Nick CHAMPNESS	00:25:05	58.34%	PB
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192	Judy HAYLER	00:28:48	69.33%
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202	Liz WEBSTER	00:29:05	55.70%
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315	Debbie WILKES	00:33:21	66.77%
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440	Martin PAYNE	00:41:24	42.11%
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441	Simon COOK	00:41:28	38.02%
444	Robin MAYER	00:41:51	47.99%
462	Kath GARRIDO	00:46:18	55.33%

Lingfield Running Club in a Spin

Sandra Ankers

Oh what a night; no not late December '63, this time it was mid-January '26.

On Saturday, Club members, family members and friends; fifty-one of us took to the floor at the Victoria Sports and Social Club for our new year's Ceilidh dance night; so many of us, it was murder on the dance floor 😊

It was great to see everyone joining in, getting totally disorientated, but having fun; I'm sure that with a bit of practice before next year we could get it right on the night.

A big thank you to Chris and Val, previous LRC members for giving us the music and showing us how to do it ... we tried!

And thank you all for bringing along raffle prizes and contributing to what became a magnificent buffet; much needed given all the floor activities.

Our raffle raised an amazing £320 for our chosen charity, Papyrus, for the prevention of young suicide.

Thank you to everyone who came and danced the night away; whatever next!



Click for moving images from the ceilidh - with thanks to Ian Watkins (these are not AI-generated)

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 an evening Club Run on Thursdays until April, as there has not been a lot of interest for it during these dark evenings. If you want to see if there is a demand for an occasional Thursday evening Club Run, please consider using 'LRC Runfinder', or the new 'Thursday 7pm run' WhatsApp group. I'm happy to quickly organise something, if there is.

Tuesday, 27th January
Club Run from Victoria Club, Lingfield
Start time 7pm

This will be a road route, distance about five miles, heading out to Dormansland and back. There will also be a shorter route on offer, at an easier pace.

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.

2026 Club Handicap races

Gary Spring

The dates for the 2026 Club Handicap races are as follows:

(The Race #5 date and the Race #9 route still be confirmed)

Number	Race Name	Date	Distance and terrain
1	Club Handicap Race #1. 5km road race	Sunday morning March 15th	3 miles. Road

2	Club Handicap Race #2. May Race 1	Tuesday evening April 28th	4.5 miles. Trail and road
3	Club Handicap Race #3. May Race 2	Tuesday evening May 12th	4.5 miles. Trail and road
4	Club Handicap Race #4. May Race 4	Tuesday evening June 2nd	5.3 miles. Trail and road
5	Club Handicap Race #5. May Race 3	Tuesday evening in July (exact date TBD)	4.5 miles. Trail and road
6	Club Handicap Race #6. Uphill Mile	Tuesday evening August 4th	1 mile Road
7	Club Handicap Race #7. 5 mile road race	Sunday morning September 13th	5 miles Road
8	Club Handicap Race #8. Dennis Crowhurst Trophy	Sunday morning October 18th	5 miles Road
9	Club Handicap Race #9. Matt Bennett Trophy	Saturday morning December 19th	4 to 5 miles (Route TBD) Road

For those of you who have just joined the club, and not experienced the fun of our Handicap Races, these races have a staggered start, with the slowest runners starting first and the faster runners having to endure about a 20-minute wait before they go off. The Handicap times are carefully designed to have everyone finishing at about the same time but, as this is dependent on how accurate we've matched the handicap time to current level of fitness, there is an opportunity for anyone to come home in first place.

Points are awarded on position only (not time). There are Men's and Women's trophies for the highest number of points gained from your six best scores from the nine-race series. There are also separate trophies for Races #8 and #9.

Guests (over 18 years old) are welcome to take part; they will get a time, but no points.

If you're puzzled why there are races with 'May' in the title that are not being run in May, this is because we used to hold these four handicap races in May but, lately, it has been less stressful to the organisers to spread them out over the summer months. As the senior members still remember the routes as 'May Race 1', 'May Race 2' etc. it seemed only right to retain their names. The May races vary on the % of road and trails. Because May Race 3 is mostly on trails, it is held last to try and get the best of the weather and a firmer ground.

Running Club Annual General Meeting

Nick Keen (Secretary)

A date for your diaries!

We will be holding our Annual General Meeting on Tuesday 14 April, at 8pm, at the Star Inn in Lingfield - after the Tuesday run!

You will be able to buy drinks and snacks at the bar and sit back in a comfortable atmosphere as we work through a fun-packed agenda, including:

- celebration of our C25K graduates;
- presentation of the men's and ladies' XC awards;
- presentation of the President's award;
- unveiling our new club logo;
- election of our new men's and ladies' XC captains
- annual re-election of our Committee members;
- hearing the annual reports of the Committee, including progress against our Club Development Plan; and
- discussing with you important topics - as the club moves onwards and upwards into the next year.

The formal notice of the AGM will be emailed to members in the coming weeks.

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 ▾		
21	JAN, WED	<ul style="list-style-type: none"> 7 – 8pm LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
22	JAN, THU	<ul style="list-style-type: none"> 7 – 8pm LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
23	JAN, FRI	<ul style="list-style-type: none"> 1 – 2pm Arc of Attrition 100 mile Coverack, Helston TR12, UK
24	JAN, SAT	<ul style="list-style-type: none"> All day British Masters Indoor Track Championships Cyncoed Campus, 9 Cyncoed Rd, Cardiff CF2 9 – 10am Arc of Attrition 50 mile The Minack Theatre, Porthcurno, Penzance TR19 6JU, UK 1:30 – 3pm Southern XC Champs Beckenham Place Park, Beckenham Hill Rd, Beckenham BR3 1SY, UK
25	JAN, SUN	<ul style="list-style-type: none"> 7 – 11am Arc of Attrition 12 and 25 mile 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 10 – 11am Bromley 10k BR2 9EJ, Hayes Ln, Bromley BR2 9EJ, UK
26	JAN, MON	<ul style="list-style-type: none"> 7:15 – 8:15pm C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
27	JAN, TUE	<ul style="list-style-type: none"> 7 – 8pm Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
28	JAN, WED	<ul style="list-style-type: none"> 6:45 – 7:45pm LRC coaching (Dave)
30	JAN, FRI	<ul style="list-style-type: none"> 6 – 6:30pm Longbridge 100 Backyard Ultra Alfriston, Polegate BN26, UK
1	FEB, SUN	<ul style="list-style-type: none"> All day British Masters 10k Road Champs. Goodwood Motor Circuit, Motor Circuit, Goodwood, Chichester 8:30 – 9:30am Bedgebury Forest 10m & 5m 9:30 – 10:30am Chichester 10k Goodwood Motor Circuit, Motor Circuit, Goodwood, Chichester PO18 0PH, UK
2	FEB, MON	<ul style="list-style-type: none"> 7:15 – 8:15pm C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3	FEB, TUE	<ul style="list-style-type: none"> 7 – 8pm Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
4	FEB, WED	<ul style="list-style-type: none"> 7 – 8pm LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
5	FEB, 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

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

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 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