



Newsletter

Wednesday 28 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 48 parkrunners at 13 locations, with the abandonment of East Grinstead giving its regulars a chance to have a change of scenery: Battersea (1), Beckenham Place (1), Bromley (2), Charlton (2), Dartford Heath (3), Downs Link (1), Hove Promenade (2), Ifield Mill Pond (2), Kingdom (2), Queen Elizabeth (2), Southsea (1), Tilgate (6) and Wakehurst (23).

Congratulations to **Tom Harvey**, making his way back to full fitness in a rare parkrun outing, with third place at Wakehurst. And there were PBs for **Ben Horner** (Bromley), **Glen Smith** and **Kath Garrido** (both at Wakehurst) and **Jeremy Garner** (Battersea).

Just four members passed the stringent entry requirements for selection to the club's team for the Southern Cross-country Championships at Beckenham Place Park on Saturday. They all acquitted themselves with distinction. In the Senior Women's race over 8km, our results were: **Sally Alexander** (92nd – 33.26), **Maggie Statham-Berry** (251st – 41.11) and **Katie-Cahill-Smith** (310th - 45.42). Kate O'Neil (Havering AC) was first in 27.20, and 335 finished.

In the Senior Men's race (15km, 603 finishers), **Nick Keen** was 421st in 1.05.11, and second-claim member **Kieran Barnes** (Holland Sports) was 32nd in 49.02. James Kingston (Tonbridge AC) won the race in a time of 44.27.

Sally has given us an account of their adventures later on, and you can find all of the results [here](#). Great running, team.

While he didn't feel fit enough for an 'Arc of Attrition', **James Caffrey** did feel up to running the Ashdown Forest 10 last Sunday. James had a great race, finishing fourth in a time of 1.09.48. Ollie Sprague was first in 1.06.18, and first woman was Charlotte Stebbings in 1.25.49.

Even when the Runbritain and Powerof10 websites are up and running (and they still aren't), 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

24-Jan-26	48	LRC parkrunners	Median	56.46%		
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
Battersea 1,295 runners	3	51	Jeremy GARNER	00:17:55	83.63%	PB
Beckenham Place 411 runners	726	54	Nick KEEN	00:23:36	60.10%	
Bromley 939 runners	5	67	Ben HORNER	00:21:05	62.53%	PB
		252	Lisa COMPTON	00:25:10	88.48%	
Charlton 226 runners	170	152	Steve WARNER	00:31:37	55.14%	
		216	Marie WARNER	00:46:00	45.43%	
Dartford Heath 93 runners	571	24	Ian GREENAWAY	00:26:58	56.98%	
		34	Isla GREENAWAY	00:28:41	51.60%	
		64	Theresa DONOHUE	00:36:39	51.48%	
Downs Link 308 runners	n/a	23	Matt LESTER	00:20:54	70.57%	
Hove Promenade 655 runners	23	369	Sue GARNER	00:28:52	90.47%	
		617	Lynda WILLMENT	00:38:12	50.09%	

Ifield Mill Pond	362	67	Helen DAVEY	00:28:19	69.51%
162 runners		122	Eliska KELLY	00:35:17	45.02%
Kingdom	732	130	Michele EDWARDS	00:30:32	65.39%
254 runners		144	Judy HAYLER	00:31:21	63.69%
Queen Elizabeth	797	46	David WORSELL	00:27:47	54.41%
126 runners		73	Nevenka WORSELL	00:31:08	55.94%
Southsea	111	370	Miranda CHITTY	00:30:53	60.23%
615 runners					
Tilgate	474	85	David WATKINS	00:24:36	66.94%
622 runners		87	Steve ACKROYD	00:24:40	58.38%
		183	David NOTTIDGE	00:27:52	62.56%
		274	Darija SPARKES	00:30:28	54.38%
		394	Mike LOTHIAN	00:34:23	55.11%
		442	Paul MCCARTHY	00:35:56	42.76%
Wakehurst	281	3	Tom HARVEY	00:18:41	78.95%
490 runners		17	Dan OPPE	00:21:35	64.71%
		38	James WILLIS	00:23:03	63.49%
		53	David THOMAS	00:23:40	60.35%
		60	Simon HARRIS	00:23:51	61.84%
		75	Lucy WILKES	00:24:20	65.89%
		152	Keith CHAMBERS	00:26:49	63.70%
		178	Ian WATKINS	00:27:50	60.24%

185	Glen SMITH	00:28:06	54.21%	PB
198	Hannah CARTLEDGE	00:28:38	51.80%	
236	Ben ASHMORE	00:29:58	43.38%	
275	Debbie WILKES	00:31:18	71.14%	
304	Graeme BENNETT	00:32:43	55.27%	
310	Catherine WILSON	00:33:01	51.39%	
433	Susie BIRCH	00:40:34	52.30%	
434	Simon COOK	00:40:37	38.82%	
441	Martin PAYNE	00:41:30	42.01%	
446	Bridget HOLLIS	00:42:22	52.56%	
447	Tracy ROBERTS	00:42:24	47.09%	
448	Robin MAYER	00:42:25	47.35%	
450	Kath GARRIDO	00:43:12	59.30%	PB
463	Catherine WATKINS	00:45:53	46.24%	
468	Sandra ANKERS	00:47:28	51.09%	

Southern Cross-Country Championships 2026

Saturday 24th January - Team Lingfield Takes on the Best in the South!!

Sally Alexander



Four take on the Southern XC Champs

Katie, Nick, Maggie and Sally

Yet again, the beautiful parkland of Beckenham Place was the venue for this year's Southern Cross-Country Championships which boasts the top-level competitive runners in the South of England. And, standing shoulder to shoulder with our region's elite, were none other than four of our hardy club XC runners: Nick Keen, Maggie Statham-Berry, Katie Cahill-Smith and myself.

While we were a modest group of just four this year, it did not dampen our spirits or that LRC camaraderie which the cross-country season brings. Nick, Martin Statham-Berry, Maddie Cahill-Smith and our Holland AC friends were on hand cheering on the women, who were out first tackling the 8 km hilly course. Then, it was over to the men and, in true Nick style, he approached the significantly longer distance with grace and inner determination! Both men and women completed a loop in front of the stunning country home, before heading out along fields, wooded tracks and the notorious hill, where you endeavour to find some traction on any tuft of grass that has not been trodden down by junior runners earlier in the day!

Despite the very wet weather we have endured of late, the course was remarkably well drained, and the sun even showed its face for a few hours in the afternoon. This was very fortunate for my team mates who escaped being subjected to my weather and mud whingeing – but don't worry, it is Lloyd Park in two weeks!!!

The whole team enjoyed the event and, as with all races, the pride everyone felt afterwards was palpable. Well done 'peeps', and particular congratulations to Katie who was delighted to achieve an LRC bronze place (in her words!)

A reminder to you all that the final Surrey XC League* race takes place on 7th February with a celebratory curry in Lingfield afterwards. So, get your spikes sharpened and cleaned, your vests at the ready. Lloyd Park, we're coming for you!!!!

* You'll see from the tables later on, that we need a strong turnout on 7th. Ed.

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, 3rd February

Club Run from East Court, East Grinstead

Start time 7pm

Two road routes:

1. 5 miles, with hills.
2. 4 miles, with less hills and an easier pace.

Both routes are viewable in the map sections of the club website, called 'View our Common Routes Here'. You can access it via this link: <https://lingfieldrunningclub.co.uk/route-maps/> The routes are called '[East Grinstead 4-mile road route](#)' and '[East Grinstead 5-mile road route](#)' - I'll try and get more inventive with new route names.

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.

Surrey League Cross-country update

League positions after three events

Editor

There's no room for complacency in either men's or women's teams, if we want to retain our respective Division Three and Two positions for next season. The final races of the season are on Saturday 7th February - if you can make it (or to the curry in the evening) please contact [Keith](#) or [Liz](#).

This is the men's position (LIN):

Men season scores: 2025-26 Div 3

Team scores after 3 matches

Match	W/W	LCR	FOT	SOC	262	BAR	CLP	LIN	ELM	W4H
Match 1B	165	404	450	438	480	518	472	653	720	750
Match 2B	176	304	320	355	430	592	684	663	702	824
Match 3B	125	295	404	524	502	561	681	699	695	564
Points	466	1003	1174	1317	1412	1671	1837	2015	2117	2138
Position	1	2	3	4	5	6	7	8	9	10

And in Division Two for the women (LIN A):

Team scores after 3 matches

Match	Match 1B	Match 2B	Match 3B	Points	Position
REI A	117	123	110	350	1
VAC A	125	94	135	354	2
E&E A	240	122	75	437	3
CLP A	102	166	185	453	4
W/W A	145	161	152	458	5
LCR A	193	154	140	487	6
W4H A	136	146	207	489	7
262 A	143	234	229	606	8
DMV A	97	456	212	765	9
CRO A	400	161	250	811	10
SOC A	397	238	312	947	11
ELM A	335	437	284	1056	12
LIN A	410	405	503	1318	13
EAL A	611	456	419	1486	14
WIN A	769	689	693	2151	15

East Grinstead Triathlon

East Grinstead Living magazine

Editor

Maybe you didn't notice this in the local magazine, but it is the 40th anniversary of the Triathlon on 10th May. I know several of our members will be taking part - indeed several took part in the first event too! And some of us are also involved in the organisation of the event. [Online entry](#) is open, I believe.



The Class of '86: Local Triathlon Pioneers

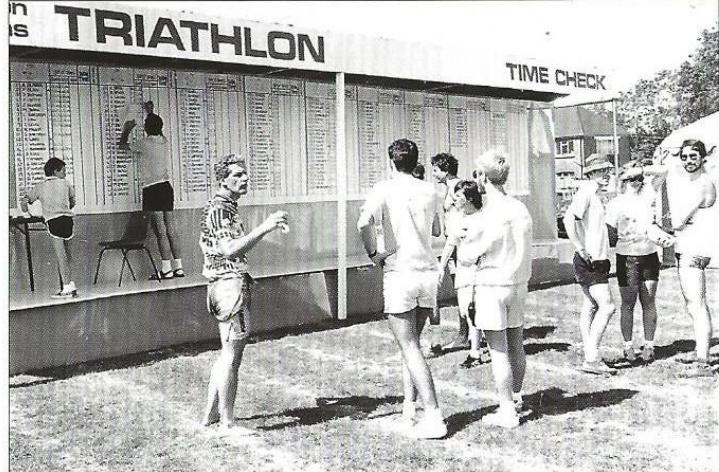
Back in 1986, a group of sporting enthusiasts in East Grinstead decided to put on a triathlon. Little did they know the challenges they'd face or the lasting impact the race would have.

According to Martin Darlison, one of the original organisers (who finished third in the first race!), the first triathlon was originally the brainchild of Dirk van der Starre, who was manager of the King's Leisure Centre – which has served as EG Tri Club's HQ for the past 40 years.

Dirk served as race director, while local swim teacher Eve Savage was responsible for the pool-based swim. Experienced road racer Bill Wates took responsibility for the bike section, while Martin himself arranged the run.

Martin says:

"There was no standardisation of distances in triathlon at the time, so we thought we would



go with some round figures; a mile (1.6 km) swim in the King's Centre pool (64 lengths) seemed like a good idea, an oft-used 40 km bike circuit around some brutal local countryside would keep everyone happy, and we would finish with a 10 km run as two laps around

a residential part of East Grinstead. Hardly anybody knew what a triathlon was, there were very few events, and we only had 55 competitors in that first year, but it did contribute to getting a foothold in the UK.

"Little did we know that this would later become (almost exactly) the standard-distance triathlon we know today.

"Somebody once said, 'It will never catch on.' But here we are 40 years later, having evolved into a popular and achievable test of endurance, with its rightful place as an Olympic sport."

Sport and leisure

The toughest of the tough



FINISHING East Grinstead's first triathlon event together were King's Centre instructor Teena Windwood, left, and Elizabeth Rose

LOCAL athlete Roger Sheridan made the most of his home advantage when he stepped to the start line after hours of training to win the first King's Centre triathlon Saturday.

Home, from Cranley Down, who works at the centre, had the best time of the day, with the cycling and running courses within earshot. Planning was the key to the event.

With that experience he covered the 64 lengths of the King's Centre pool in 20 minutes and the run in a time of 2 hours 19 minutes, 41 seconds – nearly three times faster than the nearest challenger from Uckfield in Sussex.

Third place in the men's event went to Teena Windwood of Darlison who clocked 2 hours 25 minutes.

Competition was equally fierce in the women's category with the more than 50 entries. First place went to local Peter Hines of North Chichester, while second went to Sheridan's Bill Murchison. Unfortunately there was no local

team in the first three in this section. The women's section was more close-cut with experience favouring local girls from Egham.

Second place went to Sue Jeudney, of Grinstead, and third went to Sheridan's Sue Jeudney.

Elizabeth Rose, of East Grinstead, finished a creditable 10th place.

Perhaps the major triumph of the day was that all 55 starters finally completed the course with the exception of one who had to be carried across the finish line by John Ambulance crew to ensure safety.

Encouraged by this initial success, the organisers, Bill Murchison, Teena Windwood, and Elizabeth Rose, have already committed themselves to a bigger and better triathlon next year.

EAST GRINSTEAD		1986 TRIATHLON		
60	C. HARRIS	FINNISHED	20.11.86	21.15.30
61	J. HARRIS	FINNISHED	20.11.86	21.15.30
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215	J. GRIFFITHS	FINNISHED	20.11.86	21.15.30
216	J. GRIFFITHS	FINNISHED	20.11.86	21.15.30
217</				

seven, they had to make up a name for the seventh person, as there were too few to form a club!

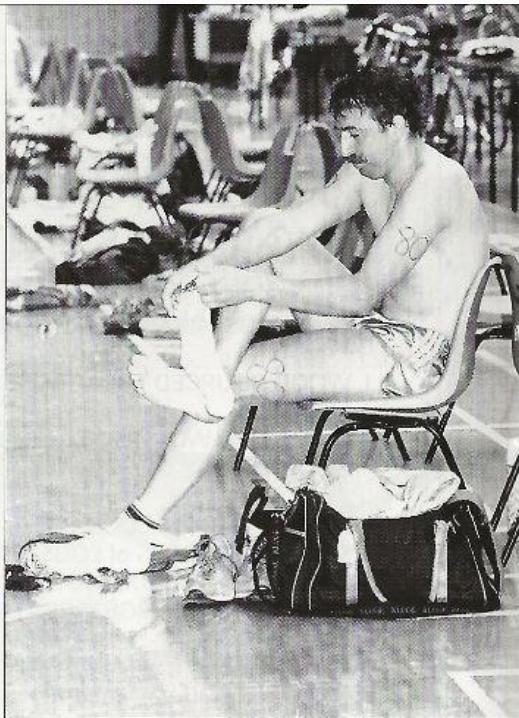
The event was advertised amongst the few clubs in the South East, as well as local sports centres and gyms, to drum up entrants. Eighty people entered and 55 raced and finished on the day. People came from all over the south and east of England. Everyone was friends by the end of the day! All race entries were paper-based, with entry forms posted alongside a cheque.

No one knew how to arrange the transition area, so chairs were set up in the main sports hall, on which competitors leaned their bikes. As only a handful had trisuits, nudity was all too prevalent between changes. In later years, the transition area was moved onto the field and wooden posts were banged into the ground to prop bikes against, using materials from a local scaffold company to build bike racking – very hard work!

Kit and technology were "old school", for example steel-frame road or shopping bikes, toe clips and leather straps, leather "hairnet" crash hats, and no proper helmets. Race-day nutrition consisted of water, bananas, dried fruit and walnut cake.

There were not many competitors with any experience. One competitor wore his swim hat and goggles for the entire race and they were pretty steamed up by the finish! The first race was held on a Saturday morning, but there wasn't so much traffic (or as many competitors) in those days.

The real fun of that first EG triathlon was that almost all entrants were novices and shared a terrific experience together. Many went out for an evening meal together, forming a strong bond, that has held them as close friends, even 40 years on.



Every time you spoke with someone about triathlon, they would ask what it consisted of. Once they heard the answer, they went away totally convinced you were weird.

The event contributed to triathlon getting a foothold in the UK and caught people's imagination. Triathlon was only two to three years old by this stage, with very few events on the calendar. Entries more than doubled in the second year, to 180.

After 40 years, it is believed that EG triathlon is one of only three events that have run continually every year since then – apart from 2020.



Continued over page

Finishers received a medal and a T-shirt, bright yellow in line with the dayglo fashion of the time. There are very few left today. Eddie Wright (a contestant in almost every consecutive year) wears his every year, and it is pretty faded now. Martin has a mint condition one, still bright yellow, and the design is going to be used on this year's 40th anniversary edition.

The club and race demographic in the late 1980s was very different compared to today. It was almost exclusively men in their 20s and early 30s, and the "beginner" races were longer distances and tougher routes than now, attracting a very "hard man" image. Wetsuits were not permitted in open-water events, and sports nutrition was not what we know today.

No one thought that what was pioneered in East Grinstead 40 years ago would last so long. Triathlon was



22

Triathlon club takes off

FOLLOWING the success of last month's Kings Centre Triathlon, some of the town's former athletes have banded together to form the East Grinstead Triathlon Club and have already been flying the local flag at other events.

In the top quality Farnham Triathlon held in Surrey on Sunday both Martin Darlison and Mike Hardy acquitted themselves very well in hot and difficult conditions over

a longer course than the Kings Centre competition.

Martin, 41, a member of East Grinstead Athletic Club, recorded a time of 3hr 23m for the 1 mile swim, a personal best in 1hr 12s for the 23 mile cycle and 1hr 11m 23s for the 10 mile run.

Mike, also 24, who finished 6th in the town's event behind 3rd placed Martin, recorded personal best times of 3hr 26s in the swim and

1hr 50m in the cycle before rounding the day off with 1hr 10m 26s for the run.

Both of this pair were competing in only their second ever triathlon and see the new club as a means of encouraging other local athletes in their preparation for this most grueling of sports.

Martin, of Woodbury Avenue, East Grinstead, said: "We only started the club while we were preparing for the town triathlon but we are affiliated to the British

Triathlon Association and are now looking for new members to join us."

"The idea is to organise training sessions and clinics and to lay on travel to events for anyone who is interested. We hope to compete in London in August and there are quite a few local competitions."

"Anyone who is basically fit can start training for the sport and there are short course events for beginners where the swim for example is only half a mile or a quarter of a mile."

Interested athletes should contact either Martin on 0141 31063 (evenings) or Kings Centre organiser, Dirk van Der Staa on 01342 21096.

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Please get
your sport

severely frowned upon at the time in some quarters, where some regarded it as a "fad". A famous quote from the cycling fraternity was that "it will never last." And some triathletes were barred from athletics clubs because "professionals" raced in triathlon, while athletics was an amateur sport (ahem).

Triathlon has grown massively over the past four decades and has moved from a reputation as a "random fad" to mainstream recognition as an honest and challenging test of endurance and skill. Today, it enjoys its rightful place in the Olympics, with top triathletes recognised as amongst the best in the world.

Fast forward four decades and the East Grinstead Triathlon has evolved alongside the sport itself. With a thriving club membership, a highly professional volunteer race team, and support from the local community, the event now runs like a well-oiled machine. However, the heart of the race remains unchanged:

testing yourself, encouraging others, and enjoying a truly memorable day.

At our 40th anniversary triathlon on 10th May, we'll be celebrating the volunteers, supporters and athletes of all abilities who have helped shape the event over the years, including some of the original "Class of '86". From our Tri-a-Tryers who are tackling their first event in an inclusive and supportive environment, to the seasoned club triathletes vying for points in the local South East club series, there is something for everyone.

Come and be part of a celebration of sport, endurance and local pride – as we look ahead to the next 40 years of the East Grinstead Triathlon!

For more information and entry please visit our website www.egtricloud.com/triathlon



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 – Mar 2026
28	JAN, WED	7 – 8pm	LRC coaching (Dave)	Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX, UK
30	JAN, FRI	6 – 6:30pm	Longbridge 100 Backyard Ultra	Alfriston, Polegate BN26, UK
1	FEB, SUN	All day	British Masters 10k Road Champs.	Goodwood Motor Circuit, Motor Circuit, Goodwood, Chichester PO18
		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	7:15 – 8:15pm	C25k runners	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3	FEB, TUE	7 – 8pm	Club run (Gary)	East Court, College Ln, East Grinstead RH19 3LT, UK
4	FEB, WED	7 – 8pm	LRC coaching (track)	Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
5	FEB, THU	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
7	FEB, SAT	9:45 – 10:15am	Maverick West Sussex Trail	Amberley Museum, New Barn Rd, Amberley, Arundel BN18 9LT, I
		1 – 2:30pm	Surrey XC League 4	Lloyd Park, 84 Coombe Rd, Croydon CR0 5RA, UK
		6 – 7pm	XC social curry night	Bengal Village, Lingfield RH7 6AA, UK
8	FEB, SUN	9 – 10am	Goodwood Running GP (5k-42k)	Goodwood Motor Circuit, Motor Circuit, Goodwood, Chichester PO18 0PH, UK
9	FEB, MON	7:15 – 8:15pm	C25k runners	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
10	FEB, TUE	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
11	FEB, WED	7 – 8pm	LRC strength & conditioning (Tejin)	Lingfield College Prep School and Nursery, Racecourse Rd, Lingfield RH7 6AA, UK
15	FEB, SUN	8 – 9am	Valentine's 10k (SRL race 1)	KT9 2JS, Chessington KT9 2JS, UK
		9 – 10am	London Winter 10k	Trafalgar Square, London, UK
		9:30 – 10:30am	Bexley 10k	DA6 8HL, Bexleyheath DA6 8HL, UK
		11am – 12pm	Run Your Heart Out (WSFRL)	

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

How to get a runner's high: 20 ways to find more happiness in running

Runner's World

Dr Josie Perry explains how setting goals and focusing your running will help you to find greater enjoyment in the sport

By [Joe Mackie](#) Updated: 21 January 2026



It's now common knowledge that aerobic exercise – particularly running – can boost your mental health, cognitive abilities and overall wellbeing. In fact, research has found that for mental health issues such as stress and anxiety, spending time in our running shoes can be as [effective as taking pills](#) or undergoing psychological therapies – and a study that collated the results of 30 trials found that it can also reduce symptoms of depression.

So how can you squeeze the greatest joy from your runs? Here, sport and exercise psychologist Dr Josie Perry shares 20 ways to run happier.

1. Develop a mastery focus

When outcomes are your currency, your happiness is tied to something that you can't control. When you focus on mastery, like improving technique, form, fitness or effort, you can control your improvements and feel more positive.

2. Win or learn

Not every run feels great in the moment. However, spending a few minutes afterward working out what didn't make it great helps you to spot patterns and negative triggers that you can avoid in future.

[Read full article ..](#)

Reminders from previous weeks

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.

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