



Newsletter

Wednesday 18 February 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

With fewer distractions and decent weather, parkrun numbers were restored to more normal figures last Saturday. We had 46 members at 15 venues: Battersea (1), Bushy (1), Cardiff (1), Cyclopark (3), Downs Link (2), Dulwich (1), Greenham Common (1), Ifield Mill Pond (2), Kingdom (5), Reigate Priory (4), Royal Tunbridge Wells (1), Seaton (1), Tilgate (2), Wakehurst (20) and Worthing (1).

Particular congratulations to **James Caffrey** and **Tom Harvey**, second and third at Wakehurst, and there were too many PBs to mention. Oh, alright, if you insist ... **David Thomas** (Ifield Mill Pond), **Lisa Compton** (Kingdom), **Ben Horner** (Tilgate), **Glen Smith** (Worthing) and, at Wakehurst, **Simon Harris**, **Dave Watkins**, **Ian & Catherine Watkins** and **Claire Williams**.

Unusually, there were also quite a few race results for me to check last weekend. Let's hope I did find everyone.

The Valentine's 10k was easy, as **Sally Alexander** stuck a picture in the Run Finder WhatsApp group. This was the first Surrey Road League event of 2026, and several members took the opportunity to get some early points into my spreadsheet. Sally was our first to finish in 39.56, then **Maggie Statham-Berry** (51.18), **Dave Nottidge** (55.40) and **Sue Garner** (58.08). All our ladies had age gradings of 86%+, with Maggie coming second in her age group, and Sally fourth (of 63) in hers! Kevin Quinn (South London Harriers) was the race winner in 31.10 and first woman was Stragglers' Lisa Bailey in 35.22. You can find Sally's race report later on.

Elsewhere, **Ian Greenaway** raced in the second West Sussex Fun Run League event of 2026, the Run Your Heart Out which took place at Tilgate Park. Running for his second-claim club, Saints and Sinners, Ian finished in 44.43 – well done, Ian. Horsham Joggers' Lewis Reeves was first in 30.10 and first woman was Steynings' Victoria Berrington in 36.23.

Not satisfied with just local cold and rain, **Brandon Webb** went to Norfolk to find some snow and find it he did in the Marriott's Way Trail Marathon. Brandon finished 24th with a time of 3.49.17. The event is described by the organisers as 'beginner friendly', so I'm not sure what Brandon was

doing there, but well run anyway. Joe Skipper was first in 2.45.23 and first woman was Sabria Stanton-McKellar in 3.19.25.

Second-claim member, **Jeremy Garner**, ran in the [Hampton Court Half](#) on Sunday, and had a very good run. He finished as first V50 (of 58) in a time of 1.24.06, which is also his best half marathon time for 15 years, perhaps ever. Seyfu Jamaal won with a time of 1.05.25 and first woman was Sarah Holt in 1.16.24.

There was only one way to avoid the awful weather here, and **Darija Sparkes** nailed it. Fly to the sun and run a marathon, in Darija's case the [Seville Marathon](#). Darija finished with a great gun time of 4.17.50 and even greater chip time of 4.15.24. Both/either were PBs as far as I can tell from the new EA website, so very well done Darija. The men's race was decided in a photo finish, with Ethiopia's Tola Shura Kitata getting the verdict in 2.03.59. First woman was Finland's Alisa Vainio in 2.20.39. Read Darija's account below.

Best of luck to anyone running over the weekend, particularly anyone heading for the club's second Open Grand Prix event of the year – the [Tunbridge Wells Half Marathon](#).

Remember, it's not feasible to check the results of every member at every event - it helps if you have 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

14-Feb-26	46	LRC parkrunners	Median	60.37%		
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
Battersea	3	214	Steve ACKROYD	00:19:52	72.48%	
1,226 runners						
Bushy	75	44	Jeremy GARNER	00:19:49	75.61%	
1,485 runners						

Cardiff	74	96	Nick KEEN	00:20:35	68.91%	
931 runners						
Cyclopark	151	33	David WORSELL	00:22:37	66.84%	
239 runners		70	Ian GREENAWAY	00:25:15	60.86%	
		201	Theresa DONOHUE	00:34:48	54.21%	
Downs Link	n/a	32	Steve WARNER	00:30:06	57.92%	
217 runners		195	Marie WARNER	00:42:02	49.72%	
Dulwich	12	581	Miranda CHITTY	00:29:04	63.99%	
967 runners						
Greenham Common	n/a	329	Sarah FERGUSON	00:30:54	50.16%	
564 runners						
Ifield Mill Pond	362	19	David THOMAS	00:22:59	62.65%	PB
168 runners		86	Patrick BASTOW	00:30:12	52.21%	
Kingdom	732	6	James KILFIGER	00:21:18	70.34%	
173 runners		19	Matt LESTER	00:22:48	64.69%	
		31	Daniel JONES	00:25:10	55.89%	
		53	Lisa COMPTON	00:27:40	80.48%	PB
		167	Eliska KELLY	00:51:02	31.42%	
Reigate Priory	697	124	Keith CHAMBERS	00:27:50	61.38%	
300 runners		148	Judy HAYLER	00:28:45	69.45%	

		190	Michele EDWARDS	00:31:01	64.37%	
		283	Sandra ANKERS	00:43:57	55.18%	
Royal Tunbridge Wells	753	124	Aysha DEGIA	00:49:08	33.72%	
143 runners						
Seaton	246	233	Mike LOTHIAN	00:34:40	54.66%	
292 runners						
Tilgate	474	34	Ben HORNER	00:22:01	59.88%	PB
540 runners						
		201	Isla GREENAWAY	00:28:34	51.81%	
Wakehurst	281	2	James CAFFREY	00:17:48	78.46%	
457 runners						
		3	Tom HARVEY	00:18:11	81.12%	
		6	Dan CELANI	00:18:47	76.04%	
		25	Dan OPPE	00:21:26	65.16%	
		34	Simon HARRIS	00:22:33	65.41%	PB
		59	David WATKINS	00:24:01	68.56%	PB
		66	Andrew SENIOR	00:24:12	58.13%	
		76	Lucy WILKES	00:24:33	65.31%	
		121	Ian WATKINS	00:26:31	63.86%	PB
		161	Helen DAVEY	00:28:14	69.72%	
		196	Simon COOK	00:29:37	53.24%	
		5	Ben ASHMORE	00:29:55	43.45%	
		245	Debbie WILKES	00:31:32	70.61%	
		362	Claire WILLIAMS	00:37:52	41.55%	PB
		396	Robin MAYER	00:41:35	48.30%	
		400	Bridget HOLLIS	00:42:00	53.02%	

		411	Kath GARRIDO	00:44:31	57.54%	
		418	Martin PAYNE	00:45:04	38.68%	
		420	Catherine WATKINS	00:45:13	46.92%	PB
		439	Alison SLATER	00:51:03	39.11%	
Worthing	7	368	Glen SMITH	00:28:27	53.54%	PB

688 runners

Weekly club runs

Gary Spring

Running in the dark evenings: Please wear something bright and have a torch on you

Hopefully everyone has noticed the evenings are getting lighter, but we're not quite there yet, so please continue to bring a torch and wear something bright.

The weekly evening Club Run plans from now to April

Tuesday, 3rd March and 7th April: Run from East Court, East Grinstead.

All other Tuesdays in February and March: Run from the Victoria Club, Lingfield.

When attendance numbers allow it, we can be organised into different-pace groups.

Our aim is to offer you a group run at a pace you will find suitable to your needs.

Tuesday 24th February

Start time 7pm

Club Run from the Victoria Club, Lingfield

Two road routes:

1. 8 km (5 miles)
2. 6 km (4 miles)

The 6 km and 8 km routes go out to Dormansland, up New Farthingdale and back up to The Star. The 6 km goes straight back to the club, while the 8 km route takes in Mount Pleasant Road and

Drivers Mead. The route is 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 route is called "New Farthingdale route".

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.

Seville Marathon

Darija Sparkes

Official Time: 04:17:50

The Zurich Marathon Sevilla is renowned as the flattest marathon in Europe, attracting more than 200 elite athletes and marking one of the first races that kick off the 2026 season. This year's event brought together over 17,000 runners.

After a solid 16-week training block, I was eager to see what I could achieve in Seville, especially in comparison to Valencia 2024, where I'd previously set my PB at 4hr:28. My goal was to target a 4hr:15–4hr:16 finish—exactly what Garmin's race predictor estimated based on my recent training.

However, in the final days of tapering, I developed a heavy head cold and, at my lowest points, I wasn't even sure I'd make it to the start line. Once I successfully talked myself out of the classic 'maranoia' that hits right before race day, my strategy remained the same: run the first half conservatively, then try to pick up the pace in the second half—depending on how much energy I had left while still dealing with lingering cold symptoms.

Race day conditions were perfect, just as the organisers had advertised. I reached my start pen just in time, and my wave set off at 9 a.m. I kept the early kilometres relaxed, managing

the adrenaline and avoiding the temptation to follow faster runners around me. I focused on my music, my fuelling plan, and staying properly hydrated. I use gels during races, and my Garmin watch conveniently reminds me when it's time for the next one.

This approach paid off. Looking back at my Strava splits, I was able to increase my speed from around 30 km onward and run a negative split. My final 5 km—'just another parkrun'—clocked in at around 27 minutes, helped by visualising Tilgate parkrun.

Given how uncertain the few days before the race were, I'm extremely pleased with how the race turned out.

Seville itself is a beautiful city, and the course was excellent with fantastic organisation. There was more than enough water on both sides of the route, and overall, it's a race I would recommend to anyone chasing a PB.

You may not be aware of this, but Spain's top five major marathons—often referred to as *Las 5 Grandes*—are Valencia, Seville, Barcelona, Madrid and San Sebastián. Having now completed two of them, I'm very tempted to add the remaining three to the list.



The Valentine's 10K – Chessington

Surrey Road League #1

Sally Alexander

Wet, Windy but Wonderful Start to the Surrey Road League Season!

Sunday 15th February 2026



***Dave, Sue, Maggie and I rather wet, but all smiles post-race!
(Well, Dave is trying to eke one out!)***

While Brandon was battling snowy conditions in Norfolk and The Sunday Striders were shivering their way along the Forest Way, four of Lingfield Running Club's members were up and out of the door by 6.30am on Sunday morning to mark the start of the Surrey Road League season.

On arrival, we set up our team camp in the salubrious warm, bright, contemporary and (most importantly) dry foyer that is Chessington School with access to luxury toilets and changing facilities, hot and cold refreshments and an array of snacks. It was a far cry from the muddy team field-camp arrangement at Lloyd Park the week before!!!

It was an early start time (8am) and the course took runners on a 10km square loop of the Chessington area with a few 'undulations' thrown in for good measure! It was the first race where I have seen so many experienced runners wearing long tops, hats, gloves and even long running

tights. Yet no matter the biting temperatures, threatening skies and the torrential downpour that welcomed most of us across the finishing line, the warmth of the road league competitors lifted our spirits and quelled any doubts about our own sanity having chosen to compete rather than enjoy a leisurely Sunday morning reading the papers with a cup of coffee in the warmth of our homes!

Our road league stalwarts: Sue, Dave N, Maggie and I completed the course with gusto, enjoying every moment of the event. As expected, our amazing team stormed home in this competitive event with Maggie securing second place in the 65+ age group, achieving an age grading of 86.44% and Sue (who was returning from injury) finishing with an age grading of 86.04%. Remarkable!

As I have mentioned before, while the Surrey Road League is for every ability, it does boast some of the top runners in our county, and it is always a pleasure to compete alongside local club giants such as The Stragglers, Herne Hill Harriers, Clapham Chasers and Woking AC to name but a few.

Well done ladies and gent, and a special mention to Dave's wife, Sue, who braved the icy downpour to cheer each one of us across the finish line. That certainly deserves a medal!

So, LRC, check out the list of Surrey Road League events by clicking the link below and let's get more of the club on those start lines!

<https://www.surreyathletics.uk/road/league/index.php?Y=2025&O=R&S=2026>

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	<	>	Feb – Mar 2026	▼
18	FEB, WED	●	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
19	FEB, THU	●	7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
21	FEB, SAT	●	All day	British Masters Indoor Track & Field Champs. Lee Valley Athletics Centre, 61 Meridian Wy., London N9 OAR, UK
		●	All day	National XC Champs Sedgefield, Stockton-on-Tees TS21, UK
22	FEB, SUN	●	8:30 – 9:30am	North Downs Ridge 50K Denbies Wine Estate, Bradley Ln, Dorking RH5 6AA, UK
		●	10 – 11am	Her Move Fun Run East Grinstead Sports Club, Saint Hill Rd, East Grinstead RH19 4JU, UK
		●	10 – 11am	Run Reigate Canicross & Trail RH2 OTW, Reigate RH2 OTW, UK
		●	10 – 10:30am	Tunbridge Wells Half (GP race 2) TN4 9TX
23	FEB, MON	●	7 – 9pm	LRC Committee VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
		●	7:15 – 8:15pm	C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
24	FEB, TUE	●	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
25	FEB, WED	●	7 – 8pm	LRC coaching (Keith)
28	FEB, SAT	●	8 – 9am	Lulworth Cove Trails BH20 5PU, West Lulworth, Wareham BH20 5PU, UK
		●	1 – 2pm	East Surrey League race 2 Lloyd Park, 84 Coombe Rd, Croydon CRO 5RA, UK
1	MAR, SUN	●	9:30 – 10:30am	Brighton Half Hove Lawns
2	MAR, MON	●	7:15 – 8:15pm	C25k runners Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
3	MAR, TUE	●	7 – 8pm	Club run (Gary) East Court, College Ln, East Grinstead RH19 3LT, UK
4	MAR, WED	●	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
5	MAR, 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

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 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