



Newsletter

Wednesday 25 February 2026

Contents

- **Lingfield's weekly racing round up**
- **Weekly club runs - Gary Spring**
- **Free sports bra fitting - Lingfield College**
- **Tunbridge Wells Half - Sally Alexander**
- **Couch to Half Marathon - Glen Smith**
- **And in the next two weeks**
- **Time to up your smileage! - Runner's World**

Reminders

- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

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@lingfielldrinningclub.co.uk**

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Lingfield's Racing Roundup

We welcomed back East Grinstead parkrun on Saturday, but only the hardcore members did! Overall, we had 41 members at ten locations: East Grinstead (12), Downs Link (1), Jubilee (1), Richmond (2), Seaford Beach (1), Squerryes Winery (1), Tilgate (5), Valentines (1), Wakehurst (16) and Woking (1).

Particular congratulations to the first three women at East Grinstead - **Lucy Wilkes, Michele Edwards** and **Nevenka Worsell**, and **James Kilfiger**, second overall there. And **Jeremy Garner** was third at Woking, plus there were PBs for **Nicola Hodge** (Tilgate) and **Alison Slater** (Wakehurst).

The highest profile race of the weekend was the English National Cross-country Championships in Sedgefield, but only one of our members was brave enough to travel all the way there to compete. **Nick Keen** was one of over 1,000 in the senior men's race and had a great run, finishing in a time of 52.56. Race winner was Hugo Milner of Derby AC in a gun time of 37.07. Nick reported that “*conditions underfoot were really good and the course was very runnable. The atmosphere was great*”.

The most popular race for our club, on the other hand, was the Tunbridge Wells Half Marathon on Sunday. I counted 21 members running, as listed in Sally's report later on, but let me know if I missed you, as there are Grand Prix points at stake. There were just 13 seconds between our fastest two runners **Dan Celani** and **James Caffrey**, in 23rd and 24th places. Among the many pictures on WhatsApp, I saw one of **Sally Alexander** with her medal for first F50 (and she was fourth woman overall too). A special shout-out to those new to the distance (read **Glen Smith's** account below), and I think there may have been PBs for both **Dan Celani** and **Sally Alexander**. Well done everyone.

Race winner was Dillon Hobbs (Tunbridge Wells Harriers) in 1.08.21, and first woman was Tonbridge AC's Lucy Reid in 1.14.41.

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

21-Feb-26	41	LRC parkrunners		Median	53.64%	
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
East Grinstead	823	2	James KILFIGER	00:23:58	62.52%	
39 runners		4	Matt LESTER	00:25:54	56.95%	
		6	Ben HORNER	00:27:00	48.83%	
		9	Lucy WILKES	00:29:53	53.65%	
		10	David WORSELL	00:29:59	50.42%	
		14	Harold BURR	00:33:41	39.14%	
		15	Michele EDWARDS	00:33:48	59.07%	
		17	Nevenka WORSELL	00:34:37	50.31%	
		19	Isla GREENAWAY	00:36:21	40.72%	
		29	Judy HAYLER	00:42:07	47.41%	
		33	Claire WILLIAMS	00:47:14	33.31%	
		39	Sandra ANKERS	00:55:58	43.33%	
Downs Link	n/a	75	Lisa COMPTON	00:25:45	86.47%	
237 runners						
Jubilee	661	6	Nick KEEN	00:22:01	64.42%	
110 runners						

Richmond	412	400	Steve WARNER	00:32:48	53.15%	
566 runners		532	Marie WARNER	00:43:44	47.79%	
Seaford Beach	187	246	Eliska KELLY	00:36:54	43.45%	
275 runners						
Squerryes Winery	635	23	Liz WEBSTER	00:30:12	53.64%	
50 runners						
Tilgate	474	171	David NOTTIDGE	00:27:14	64.01%	
594 runners		206	David WATKINS	00:28:16	58.25%	
		306	Miranda CHITTY	00:30:59	60.03%	
		546	Nicola HODGE	00:47:00	34.82%	PB
		550	Emma PAGE-MOORE	00:48:04	31.21%	
Valentines	210	158	Helen DAVEY	00:28:12	69.80%	
465 runners						
Wakehurst	281	8	Dan CELANI	00:19:49	72.08%	
runners		37	Dan OPPE	00:22:05	63.25%	
		53	Simon HARRIS	00:23:09	63.71%	
		59	Andrew SENIOR	00:23:21	60.24%	
		70	Simon PETITT	00:23:50	54.55%	
		76	James WILLIS	00:24:01	60.93%	
		171	Jennifer WILLIS	00:28:09	58.85%	
		183	Sue GARNER	00:28:34	91.42%	
		254	Ian WATKINS	00:30:55	54.77%	
		265	Sarah FERGUSON	00:31:17	49.55%	

282	Catherine WILSON	00:32:09	52.77%	
387	Robin MAYER	00:41:10	48.79%	
414	Martin PAYNE	00:44:49	39.35%	
423	Catherine WATKINS	00:48:10	44.05%	
428	Alison SLATER	00:50:15	39.73%	PB
446	Helen PETITT	01:01:24	24.16%	

[Woking](#)

297 3 Jeremy GARNER 00:18:30 80.99%

545 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 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 3rd March

Start time 7pm

'The Lanes of East Grinstead'

Club Road Run from East Court, East Grinstead

The main route is six miles and there is an option to cut this short to five miles, by missing out the 1.5 km (including the sprint up Hermitage Lane!).

A map of the route is accessible via the club website, using this link: <https://lingfieldrunningclub.co.uk/route-maps/>

Advance Notice of a special run in March and a change of date for our first Club Handicap race

Sunday, 15th March: Joint Club run with Tunbridge Wells Harriers

Some of you will remember running with TWH members at the Airman's Grave run, last November. I'm not sure if it was the scintillating company, the hot drinks and cake at the end or both, but there was strong agreement to repeat the fun, before we meet up again this November. The route is 6 miles and mainly off-road. We will have several pace leaders so we can break into groups to allow us to all run at a comfortable pace.

The run starts at 9:30am from Chiddingstone and the route map can be viewed on the club website (see above for the link to the map 'Chiddingstone pub run 2025 – 10km'). More information in the next newsletter.

Sunday, 22nd March: 1st Club Handicap Race.

To enable us to hold the joint club run with Tunbridge Wells Harriers on 15th March, I've moved our first Club Handicap race to Sunday, 22nd March. This new date also helps us avoid any overlap with the racecourse, who have an event on the afternoon of 15th. More information nearer the date.

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.

PEBE Sports Bras: Free fitting session on Thursday, 26th February

Gary Spring*

Lingfield College is offering a free sports bra fitting session with PEBE, on Thursday 26th February from 5.30pm-6.30pm.

This session has been arranged following research highlighting the importance of a well-fitted, high-quality sports bra. Appropriate support can enhance comfort, confidence and performance, while also reducing the risk of injury during physical activity.



About [PEBE Sports Bras](#)

PEBE sports bras are market-leading in movement control, offering effective support without compression. They are designed with growing bodies in mind, featuring adjustable elements to accommodate natural changes, with each size typically covering up to two cup sizes. This ensures long-lasting comfort, breathability, and a personalised fit that supports young athletes to perform with confidence.

Please book onto your free sports bra fitting slot by [following this link](#).

The session will take place in the Senior School Sports Hall. To get there, enter the school grounds on St Piers Lane, at Le Clerc House (turn left after the big hedge). Follow the road through the school which will eventually take you to a large car park. You will pass the Sports Hall on your right, just before you get to the car park.

** Just to confirm that my involvement in this event is solely because the school contacted all the organisations that book its facilities. I am not involved with the fitting process!*

Tunbridge Wells Half Marathon

Sunday 22nd February 2026

Sally Alexander

Lingfield Running Club Members swap 'That Hill' for 'THAT HILL'!



The obligatory two photographs!

(The lavatory queues were very long! Still missing a few though so apologies!)

With last week's Surrey Road League barely a distant memory and Nick still making his way back down the motorway from the National XC Champs at Sedgefield, Sunday heralded one of the most popular club events in the racing calendar – the Tunbridge Wells Half Marathon.

Twenty-one hardy club runners took up the challenging gauntlet – and that is not to mention our second-claim members and a number of additional family members who also joined the crew! As is customary, the rain showed little mercy when we were held at the start because of a few rogue cars which had breached the closure signs further down. However, the delay did allow a few of our avid photographers to get some start-line snaps! However, once the race got underway, I think we were all grateful for the showers which graced us with their presence as the temperature was relatively mild.

As many of you know, the route is fairly forgiving for the first five miles with the long, flat and scenic roadway taking runners to the sharp descent into Penshurst Village, where the fabulous band perks up athletes' spirits, with leisurely vibes.

Then, just as you begin to think you might be having fun, THAT hill looms before you (and I am not talking about E.G. Parkrun!) Oh, no! This one requires even more grit, as runners must dig very deep to get themselves up the mile-long steep incline, which takes in Fordcombe Village, and there is no Sharon at the top to help! However, the locals were out in droves shouting words of

encouragement all the way.

The final four miles are deceptively challenging as, despite being downhill most of the way to the finish line, the drag is long and legs are wobbly from the climb! For some, the pain of the final stretch was lessened somewhat with a swift stop for a free pint (one of the perks of the race!) Who could resist? Well, strangely Chris, who forfeited light refreshment choosing a sub 2-hour half as his preferred option!!

And what a finish for the Lingfield Running Club team! For some, it was their first half marathon – we are so proud of you! The distance is tough and this hilly course certainly adds to the challenge! You are superstars! For others, they were chasing PBs; returning from injury; using the race as part of a disciplined marathon training exercise or choosing to run it for ‘pleasure’. Whatever the goal, everyone smashed it! You did yourselves and the club proud!

Yet again, we put LRC firmly on the map among local club giants such as Tonbridge AC and Tunbridge Wells Harriers with five members running sub 1:30 and 11 runners completing the course in sub 2 hours! However, what sets us apart are the giggles we have on the way – I think the photos say it all!

Thank you, as always, to our loyal supporters! To see Judith dancing away in Langton Green is something we will all remember!

I will leave it (as always) to my trusty side-kick, Graeme, for ‘the scores on the doors’! Not only were you ‘playing’ for your half marathon, you were also clocking a score in the second of this year’s Grand-Prix events!

<u>Posn.</u>		<u>Gun</u> <u>time</u>	<u>Chip</u> <u>time</u>
23	Dan Celani	01:22:21	01:22:19
24	James Caffrey	01:22:33	01:22:32
43	Sally Alexander	01:26:10	01:26:10
92	James Kilfiger	01:29:10	01:29:04
222	James Willis	01:38:10	01:37:48
587	Sarah Begley	01:52:56	01:52:04
751	Lucy Wilkes	01:58:06	01:57:07
766	David Watkins	01:58:28	01:57:25
800	Chris Rance	02:00:06	01:59:04

810	Daniel Jones	02:00:29 01:59:31
814	Terry Sumner	02:00:41 01:59:48
833	David Chase	02:01:17 02:00:14
864	Ian Greenaway	02:02:52 02:01:14
996	Ian Watkins	02:09:12 02:07:31
1034	Matthew Stockwood	02:11:01 02:09:21
1042	Hannah Cartledge	02:11:23 02:09:55
1103	Nick Champness	02:14:44 02:13:53
1224	Glen Smith	02:23:28 02:21:05
1225	Zoe Greenfield	02:23:35 02:21:43
1282	Amy Hodge	02:31:30 02:29:06
1309	Patrick Bastow	02:35:23 02:32:59
1333	Keith Chambers	02:41:10 02:39:29

Couch to Half Marathon

Glen Smith

At the end of last year, I wrote about my journey from Couch to 5k and then on to my first 10km event in Worthing. Not long after, Amy jokingly suggested I set my sights on the Tunbridge Wells Half Marathon — an idea I initially dismissed as ridiculous. The course has a tough reputation, the race is in the depths of winter, and... it's a half marathon!

But the seed was planted. During a Sunday Striders session, Matthew L and Nick C assured me the course wasn't *that* bad, both having run PBs on it. Their encouragement weakened my resolve, and before long, I found myself signed up.

Fast-forward to race day. Standing at Race HQ with a group of Club Members and around 1,500 runners, I aimed simply to finish before the three-hour cut-off. Amy and I lined up near the 2:30 pacer, hoping to stay in that zone.

From the first step to the last, I loved every minute. The weather was ideal — cool with light

showers — and I kept my energy steady with gels and water. My pace held just ahead of plan but felt manageable. The support around the course was amazing: cowbells, applause, jelly babies, and enthusiastic high-fives from children. For a newcomer to larger events, the atmosphere was genuinely moving.

Spring Hill, the infamous mile-long climb, certainly lived up to its name. Most of us sensibly power-walked it to save energy for the rest of the route. Despite its reputation, the course was beautiful and varied, which helped the miles tick by.

I crossed the line in 2:21 — nine minutes faster than expected — and was thrilled. It was great to regroup with fellow members afterward and share our experiences.

Much to the dismay of my legs (and possibly my sanity), I'm confident this won't be my last half. Beachy Head is calling later in the year, with a few others likely in between.

A huge thank-you to my clubmates for their constant encouragement. Special thanks to Nick and Matthew for that fateful Sunday chat, and to Amy — my running buddy — for all her support on the long training miles. Here's to the next challenge!



Before and during pics from Glen - trust me, he's enjoying it. Ed.

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 – Apr 2026	▼
25	FEB, WED	●	7 – 8pm	LRC coaching (Fiona)	Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead, UK
28	FEB, SAT	●	8 – 9am	Lulworth Cove Trails	BH20 5PU, West Lulworth, Wareham BH20 5PU, UK
		●	2 – 3pm	East Surrey League race 2	Lloyd Park, 84 Coombe Rd, Croydon CR0 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 'Lanes of EG' (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
7	MAR, SAT	●	9 – 10am	(road) parkrun venue tbc (GP race 3)	
8	MAR, SUN	●	7:30 – 8am	Steyning Stinger (Marathon, 30k and Half)	Steyning BN44, UK
		●	9:30 – 10:30am	Eastbourne Half	Princes Park, princes park, Channel View Rd, Eastbourne BN22 7LL, UK
		●	11am – 12pm	Leith Hill Half	The Priory C of E School, W Bank, Dorking RH4 3DG, UK
9	MAR, MON	●	7:15 – 8:15pm	C25k runners	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
10	MAR, TUE	●	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
11	MAR, WED	●	7 – 8pm	LRC strength & conditioning (Tejin)	Lingfield College Prep School and Nursery, Race

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

Time to up your smileage! The impact of smiling on running performance and 3 ways to put it into action

Why smiling can make you a faster running AND have a happier life

Runner's World

By [Rick Pearson](#)



Jordi Salas // Getty Images

High-effort running has been described as type 2 fun: the kind of activity, in other words, that is enjoyable only in retrospect. That's understandable: running or racing hard hurts. But lightening up a bit might be a boon for your running performance and general wellbeing.

*Researchers at Ulster University asked 24 runners to complete 4 x 6-minute intervals on a treadmill while smiling or frowning. The [results](#) revealed that those who smiled ran more economically, used less oxygen and reported a lower perceived rate of exertion than those who frowned. Specifically, runners were 2.8% more economical when smiling than when frowning. Why? 'When we make a facial expression, we may experience the emotional state we associate with the expression,' study coauthor Noel Brick told *Runner's World*. 'We associate smiling with happiness or enjoyment, states that make us more relaxed, so when we smile, we are consciously trying to relax.'*

If a 2.8% improvement doesn't sound like much on paper, consider what it would mean in a race. For someone running a [four-hour marathon](#), a 2.8% improvement equates to almost seven minutes. Even over [5K](#) – or a [parkrun](#) – it's a meaningful difference. Someone running 25 minutes over that distance, could be 42 seconds quicker simply by turning that frown upside down.

More generally, a smile and a laugh may be the punch line to improved life satisfaction. [According to a meta-analysis](#) of 33 global studies, laughter therapy – such as humorous yoga or guide sessions – led to greater wellbeing. It's no joke: compared to a control group, those chuckling through treatment scored eight to 10 points lower for anxiety and 10 to 12 points higher for happiness, boosting endorphins. 'Runners should listen to this research as we know smiling is a free and effective exercise-improvement tool,' says sport psychologist [Dr Josephine Perry](#). Here are three tips from Perry to help you smile more on the run.

1. Use the mantra 'smile every mile' so you can grin your way through the mile markers.
2. Smile at supporters so they smile back at you. [A 2014 study](#) in *Frontiers in Human Neuroscience* put cyclists on bikes in a lab and conducted time-to-exhaustion tests. Those who were subliminally primed with happy faces were able to cycle 12% longer than those who saw grumpy faces and their perception of effort was lower, too.
3. When racing, have a 'banner spotting' competition to actively look out for supports and signs and see which gives you the biggest chuckle.

Editor's note: Obviously I don't endorse smiling as an activity, but I know some people swear by it, and I embrace diversity.

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