



## **Newsletter**

**Wednesday 4 March 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](mailto:editor@lingfieldrunningclub.co.uk)**

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## **Lingfield's Racing Roundup**

Last Saturday we had a round 50, in fact exactly 50, parkrunners at 14 locations: East Grinstead (18), Brockenhurst (1), Bushy (1), Donaupark (1), Harrow (2), Horsham (1), Ifield Mill Pond (3), Littlehampton Prom (1), Squerryes Winery (1), Tilgate (6), Tonbridge (2), Toyen (1), Uckfield (1) and Wakehurst (11).

Particular congratulations to the first and second at East Grinstead - **James Caffrey** and **Tom Seller** and to **Emma Page-Moore**, second woman at Littlehampton Prom. And there were PBs for **Simon Harris**, **Nicola Hodge** and **Elena Weaver** (all at Tilgate) and **Sarah Begley** (Wakehurst). Well done to all of you.

On Saturday it was the last of our cross-country trophy races, the East Surrey League at Lloyd Park (well, where else would it be). Cross-country aficionado **Maggie Statham-Berry** was our only representative, finishing in 44.17. Maggie reported back that it was *“on the same course as we ran in the men's and women's Surrey League fixture three weeks ago on 7 Feb. The weather was certainly better this time and I'd like to say that the course had improved a lot, but it hadn't. There was a lot less water and parts of the course were firmer but the long muddy stretches were just as muddy, and it was stickier. It felt harder this time but I was a bit quicker”*.



With only ten points at stake for this event, Maggie's valiant pursuit of **Sally Alexander** was in vain, and Sally takes the Ladies' XC trophy for 2025/26 by nine points. As no men turned up, **Simon Pettitt** clung on to win the Men's XC trophy by four points. Final tables are on the website: [men](#) and [women](#).

The third and final East Surrey League event of the winter should be on Thursday April 16<sup>th</sup> from the Epsom & Ewell Harriers base.

The main race on Sunday was the Brighton Half Marathon, held in perfect conditions. Navigating the results wasn't easy but this is who I found in the official results;

Place		Chip time
2,360	Tasha Neave	01:47:20
2,932	Tom Cartledge	01:51:06
4,806	Hannah Cartledge	02:01:49

There may have been one or two others running as late replacements e.g. second-claim member **Terry Sumner**, but I don't have details of their exact finishing times. Race winner was Seyfu Jamaal (London Heathside) in 1.05.28 and first woman was Maisie Trafford (Brighton Phoenix) in 1.17.32.

The third round of our Grand Prix series is this Saturday at Tilgate parkrun, and there are various local longer runs on Sunday. Best of luck if you're 'in action' anywhere.

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

28-Feb-26	50	LRC parkrunners	Median	55.64%		
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	823	1	James CAFFREY	00:22:27	62.21%	
51 runners		2	Tom SELLER	00:22:40	58.53%	
		4	Simon PETITT	00:22:53	56.81%	
		5	James KILFIGER	00:24:21	61.53%	
		7	Nick KEEN	00:25:06	56.51%	
		8	Matt LESTER	00:25:52	57.02%	
		13	Ben HORNER	00:27:17	48.32%	
		19	Lucy WILKES	00:30:21	52.83%	
		20	Fiona CHAMPNESS	00:30:30	56.34%	
		23	Ian GREENAWAY	00:30:53	49.76%	
		24	Nick CHAMPNESS	00:31:35	46.33%	
		27	Chris RANCE	00:33:09	45.95%	
		29	Liz WEBSTER	00:34:03	47.58%	
		30	Michele EDWARDS	00:34:30	57.87%	
		31	Miranda CHITTY	00:34:58	53.19%	
		33	Isla GREENAWAY	00:37:46	39.19%	
		44	Claire WILLIAMS	00:45:28	34.60%	
		51	Theresa DONOHUE	01:07:08	28.10%	
<a href="#">Brockenhurst</a>	282/537	10	Steve ACKROYD	00:20:48	69.23%	
181 runners						
<a href="#">Bushy</a>	75	104	Jeremy GARNER	00:21:15	70.51%	
1,347 runners						
<a href="#">Donaupark</a>	n/a	79	Lisa COMPTON	00:25:21	87.84%	

204 runners

[Harrow](#) 294 190 Steve WARNER 00:30:25 57.32%

332 runners 317 Marie WARNER 00:43:04 48.53%

[Horsham](#) 296/482 308 Eliska KELLY 00:39:34 40.52%

350 runners

[Ifield Mill Pond](#) 362 24 David THOMAS 00:23:50 60.42%

134 runners 78 Luke SANDERS 00:30:59 42.33%

125 Kath GARRIDO 00:45:03 56.86%

[Littlehampton Prom](#) 132 28 Emma PAGE-MOORE 00:22:30 66.67%

344 runners

[Squerryes Winery](#) 635 4 Dan CELANI 00:23:25 61.00%

51 runners

[Tilgate](#) 474 58 Simon HARRIS 00:23:30 62.77% PB

548 runners 71 David WATKINS 00:24:19 67.72%

327 Amy HODGE 00:32:50 46.85%

369 Mike LOTHIAN 00:34:30 54.93%

507 Nicola HODGE 00:46:15 35.39% PB

506 Elena WEAVER 00:46:15 40.22% PB

[Tonbridge](#) 392 331 Patrick BASTOW 00:32:20 48.76%

535 runners 518 Aysha DEGIA 00:51:37 32.10%

<a href="#">Toyen</a>	n/a	58	Helen DAVEY	00:31:27	62.59%
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97 runners

<a href="#">Uckfield</a>	704	14	David NOTTIDGE	00:33:40	51.78%
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48 runners

<a href="#">Wakehurst</a>	281	17	Dan OPPE	00:21:29	65.01%
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404 runners

56	David WORSELL	00:23:50	63.43%
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100	Sarah BEGLEY	00:26:02	57.81%	PB
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129	Simon COOK	00:27:31	57.30%
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191	Nevenka WORSELL	00:29:38	58.77%
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235	Debbie WILKES	00:31:25	70.88%
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361	Robin MAYER	00:42:32	47.22%
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364	Martin PAYNE	00:43:00	41.01%
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385	Catherine WATKINS	00:48:37	43.64%
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386	Ian WATKINS	00:48:38	34.82%
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398	Tracy ROBERTS	00:53:37	37.24%
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## **Running Club Annual General Meeting**

**Nick Keen**

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.

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### **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, 7<sup>th</sup> 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 10th March**

**Start time 7pm**

**Club Road Run from Victoria Club, Lingfield**

Route distance: 9km (5.5 miles)

This is the route that James Kilfiger devised, which covers most of the roads around Lingfield with minimal overlap. Plenty of opportunities to cut the distance to whatever suits you, if needed.

The route can be found on the club website, at the following link:

<https://lingfieldrunningclub.co.uk/route-maps/>

The route is called 'James Kilfiger Lingfield route'.

### **Sunday, 15<sup>th</sup> March**

#### **Joint Club run with Tunbridge Wells Harriers**

**9:30am start, from Chiddingstone**

A joint club run with Tunbridge Wells Harriers has been planned, starting from Chiddingstone, by the church. The post code is **TN8 7AH**.

The route is 10km and mainly on trails and footpaths, including running through the Penshurst Place grounds. It is the same run we do as one of our Summer pub runs. You can view the map on the [club website](#). The map is called 'Chiddingstone pub run 2025 – 10km'.

I do not envisage ending up in the pub after this specific run, but there is an excellent café by the church, that sell great cakes and tea/coffee, for post-run refreshments.

I would like to offer TWH a range of paces for their members, so I would be very grateful for any volunteers to be a pace leader. If you are tech-savvy, I can send you the GPX file for the route. If you would prefer to experience the route first-hand, I will lead a run from Chiddingstone on Sunday, 8th March. 9am start time.

**NOTE:** The Club Handicap race, planned for this date, is now on the following week (Sunday, 22<sup>nd</sup> March).

### **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](mailto:membershipsecretary@lingfieldrunningclub.co.uk))

or Gary Spring ([organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk)) and we can add you in.

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## **LRC Puzzle Slot**

**Gary Spring**

### **Answers to February's puzzle**

Thank you to Judy Hayler, Lucy Wilkes and Debbie Wilkes for their entries for February's puzzle. This time, Debbie had the highest number of 'vegetable' (i.e. anything plant-based) answers. I was ruthless with all three entries in not accepting words that did not show a 'vegetable' reference when Googled, so the final scores were 43 for Debbie, 40 for Lucy and 39 for Judy, all of which, easily beat my total of 31 vegetables/vegetation-based words, hidden in the parkrun names.

As with the January puzzle, all four of us had acceptable names that the others did not, so I've ended up with a list of 76, that can be seen [via this link](#).

### **March Puzzle**

#### **Minerals**

To complete the set, for March's puzzle, I'm looking for mineral-based names, hidden in the UK parkrun names. i.e. anything solid, naturally-occurring and non-organic.

Owing to the 'Power of 10' list being down at the moment, I suggest you use this link to find the list of 835 UK parkruns. <https://therunningchannel.com/fastest-and-slowest-parkruns-uk/>

I think this will be the toughest group of the three, so I will be generous with the acceptance criteria, but, ideally, I am looking for words that would have a 'mineral' or 'non-organic' definition when Googled. I won't be able to accept element symbols (e.g. AL, Fe, etc) but element names are welcome. I also can't accept objects that are non-organic but not naturally-occurring (i.e. man-made), e.g. Gun or Bridge. Good luck!

The closing date for March's puzzle is midnight, 31<sup>st</sup> March 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		<	>	Mar – Apr 2026	▼
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	Tilgate parkrun (GP race 3)	
8	MAR, SUN	●	7:30 – 8am	Steyning Stinger (Marathon, 30k and Half)	Steyning BN44, UK
		●	9 – 10am	Club run (Gary)	TN8 7AH, The Village, Chiddingstone, Edenbridge TN8 7AH, UK
		●	9:30 – 10:30am	Eastbourne Half	Princes Park, princes park, Channel View Rd, Eastbourne BN22 7LL, UK
		●	10 – 11am	Paddock Wood Half	TN12 6BE, Eldon Way, Paddock Wood, Tonbridge TN12 6BE, 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 (Gary)	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, Racecou
14	MAR, SAT	●	9:45 – 10:15am	Maverick Hampshire Trail	Matterley Basin Grand Prix track, A31, Winchester SO24 1HW, U
		●	11am – 12pm	Hampton Court Palace 10k	KT8 9AU
15	MAR, SUN	●	8:30 – 9:30am	Phoenix St Patricks Day run	Weir Wood Reservoir, United Kingdom
		●	9 – 10am	Hampton Court Half	KT8 9AU, Hampton Ct Way, East Molesey KT8 9AU, UK
		●	9:30 – 10am	Club run with Tunbridge Wells Harriers	TN8 7AH, The Village, Chiddingstone, Edenbridge
16	MAR, MON	●	7:15 – 8:15pm	C25k runners	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
17	MAR, TUE	●	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
18	MAR, WED	●	7 – 8pm	LRC coaching (track)	Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
19	MAR, THU	●	7 – 8pm	LRC track session with Horley	K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, 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](mailto:editor@lingfieldrunningclub.co.uk)

## Local Colour Runs

Editor

(With thanks to Scott McDonald and Nick Keen for flagging these up)



Meridian  
**Rotary** 

**Rotary Colour Run**

Raising Funds for  
**Cut out Cancer**

Sunday 19th April 2026  
East Grinstead Sports Club,  
St Hill Road, RH19 4JU  
Starts 10:00am  
Adults £18 Children 5-15 £12  
Family of four £50.00

**Ticket includes white T shirt and  
novelty sunglasses**

East Grinstead Sports Club is proud to be the location of  
the Colour Run  
Come and join the fun for a great cause



Rotary South  
**CUT OUT  
CANCER**  
Royal Surrey  
County

Scan the QR  
Code for your  
tickets





**STAR RUN**  
St Piers  
stpiers.org.uk

**Saturday 4 July, 2026**  
St Piers Lane,  
Lingfield,  
RH7 6PW

# Colour Run

**Run. Walk. Laugh. Get splashed in colour!**

**All funds raised go to St Piers School & College**

We are excited to welcome our local community to enjoy a brilliant day of fundraising for St Piers.  
A fun day out for all the all the family, with something for everyone:

- 5k race around our beautiful campus
- Activities for all
- Post-run food and drinks

**Scan me to register**




**FR** Registered with FUNDRAISING REGULATOR  
Registered Charity No: 311877

**Reminders from previous weeks**

**Sports Therapists**

**Sally Alexander**

Every week we include this link to our latest update of the [Directory of Member Recommendations](#).

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**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.

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**THE END**