



Newsletter

Wednesday 11 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**

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Lingfield's Racing Roundup

Another very strong parkrun turnout last Saturday, with 51 runners at 11 locations: East Grinstead (10), Andover (1), Dereham (1), Downs Link (1), East Holmes Field (1), Harcourt Hill (1), Littlehampton Prom (1), Royal Tunbridge Wells (1), Tilgate (27), Wakehurst (6) and Woking (1).

Particular congratulations to our first-placed runners - birthday boy **Nick Keen** (East Grinstead), **Dan Celani** (Dereham) and **Sally Alexander** (Tilgate). **Emma Page-Moore** was third -placed woman at Littlehampton Prom and there were PBs for **Kath Garrido**, **Ian Greenaway**, **Alison Slater** and (at Tilgate) **James Kilfiger**, **Matt Lester** and **David Waddington**. Well done one and all.

Saturday's Tilgate run was also the third of the 2026 Open Grand Prix trophy series. The outcomes mean that **Hannah Cartledge** moves into second place behind **Sally Alexander** in the women's list, and the top three in the men's are now the three **James** – **Caffrey**, **Kilfiger** and **Willis** in that order. You can see the full points tables on the website – [men](#) and [women](#). Sally has, of course, provided her usual race report for us later on.

This week I will be submitting an overtime claim, as so many people were out and about – and writing about it! On Monday morning, I was going to have a moan in this column about a lack of race reports; by Wednesday morning I was having to omit items because I had too many! Please, keep them coming in, it's what makes the newsletter interesting.

At first, I thought **Brandon Webb** had run a very fast half marathon at Battersea later that day, but it turns out that was another Brandon. Instead, our Brandon was running more sedately along the South Downs, at the Endurance Life Sussex

Marathon. Although this race shares much of the Beachy Head Marathon route, and is equally hilly, it is different and is run in a clockwise direction. Brandon completed the race in 22nd place (of 66) with a time of 4.59.14. The winner was David Green in 3.18.36 and first woman was Hayley Green in 3.59.45.

On Sunday, four members completed an old favourite, the Paddock Wood Half Marathon. The race winner was Cole Gibbens (Tonbridge AC) with a time of 01:04:44 and first woman was Tracy Barlow (Thames Valley) in 01:14:01. **Tom Harvey** ran a fine race to finish with his fastest half marathon time for several years, at least. And Lucy has even written us an inspiring race report too!

Paddock Wood Half			
Place		Chip time	
95	Tom Harvey	1.15.13	3rd in age group
703	Steve Ackroyd	1.34.25	
1,172	Lucy Wilkes	1.45.49	PB
1,908	Sue Garner	2.06.52	
2,447 finishers			

And six more went further, for the Kingston 20-miler (shorter distances were available as part of its Break-Fest run). Ian has written us an account of the event (thanks, Ian, let's hope this is contagious) and their times were as follows:

Kingston 20-miler			
Net place		Chip time	
57	Jeremy Garner (second claim)	02:14:49	3rd in age group
361	Tom Cartledge	02:57:11	
411	Lisa Compton	03:03:56	1 st in age group
536	Laura Stockwood	03:23:17	(nursing an achilles injury)
537	Ian Watkins	03:23:18	

535	Matthew Stockwood	03:28:06	PB
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Of the 639 finishers, Mohamed Hashi (Ealing Southall & Middlesex AC) was first in 01:49:25, first woman being Sarah Holt (Stragglers) in 01:58:36.

Dan Pike clearly is not a man to follow the crowd, and he went to the south coast for his run, the Eastbourne Half Marathon. Dan finished this race in a time of 01:28:37, third in his age group. Race winner was Ollie Sprague in 01:13:00 and first woman was Brooke Gillies in 01:21:23.

Meanwhile, three members went to Steyning, with all three running different distances. The results pages have vacillated a few times but I hope they have now settled on the following. Second-claim member **Darija Sparkes** tackled the Steyning Stinger Half Marathon, finishing this tough race in a time of 2.36.26. Nicholas Dawson (Brighton & Hove City AC) was first in 01:26:26 and first woman was Katie Brook in 01:58:47.

Zoe Greenfield took on the even tougher, Steyning Stinger 30k. Zoe ran a time of 04.06.00 and then **Dave Chase** took on the toughest race of the day, the Steyning Stinger Marathon in a time of 05.10.34. In this race, the winner was Neil Huthcinson (Worthing & District Harriers) in 3.13.41 and first woman was Natalie Atherton in 3.54.02. Surprisingly, Dave said the course wasn't too muddy.
<https://live.sportsystems.co.uk/results.aspx?CId=20246&RId=12293&EId=1&dt=0>

I have Facebook to thank for spotting that **Nick Averre** had returned to the road in the Nottingham 10k on Sunday. Nick got round in a chip time of 59.40, in a race won by Joe Crutchley in 31.49 with first woman Claire Frankland (West End Runners) in 36.20. Nick reported that it was "*Lovely course and nice touch having the finish at the castle... surprisingly hilly at times*". Good on you, Nick.

Just when I thought I could take a short break, in came a report from our Portugal branch. **Wendy Smith**, and **Mike Manwill** ran in the Falésia 11km. Wendy ran 1.01.15, Mike finished in 1.01.16 and I presume Ruby was somewhere in between. Wendy has kindly sent us a report (see below).

Finally, for those interested in our non-running activities, the club's **quiz team**

won for the second consecutive month at The Star last Thursday. You can try the evening's picture quiz section [here](#).

PS – I've received a late notice from our Captains that we've had to cancel the 10k GP event scheduled for Sunday March 29th. We'd planned to use a local Phoenix Running event, but it is no longer going ahead ... we'll let you know asap what our alternative will be!

Remember, it's not feasible to check the results (or write the race reports) for 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

07-Mar-26	51	LRC parkrunners	Median	59.70%	
	Difficulty rank /835	Position	Name	Time	Age grade PB?
East Grinstead	823	1	Nick KEEN	00:24:18	58.78%
50 runners		6	Ben HORNER	00:26:38	49.50%
		12	Simon HARRIS	00:28:39	51.48%
		19	David WORSELL	00:31:20	48.24%
		26	Michele EDWARDS	00:33:39	59.34%
		27	Nevenka WORSELL	00:35:02	49.71%
		30	Isla GREENAWAY	00:36:46	40.25%
		44	Theresa DONOHUE	00:43:21	43.52%
		49	Claire WILLIAMS	01:16:35	20.54%
		50	Aysha DEGIA	01:16:38	21.62%

Andover	346	200	Sarah FERGUSON	00:32:59	46.99%	
301 runners						
Dereham	321	1	Dan CELANI	00:18:31	77.14%	
123 runners						
Downs Link	n/a	120	Judy HAYLER	00:29:19	68.11%	
207 runners						
East Holmes Field	n/a	143	Kath GARRIDO	00:49:29	51.77%	PB
151 runners						
Harcourt Hill	498	64	Aly WARNER	00:28:02	59.81%	
134 runners						
Littlehampton Prom	132	47	Emma PAGE- MOORE	00:21:56	68.39%	
379 runners						
Royal Tunbridge Wells	753	46	Ian GREENAWAY	00:29:09	52.72%	PB
171 runners						
Tilgate	474	7	James KILFIGER	00:20:03	74.73%	PB
551 runners						
		10	James CAFFREY	00:20:33	67.96%	
		15	Steve ACKROYD	00:20:51	69.06%	
		18	Matt LESTER	00:20:54	70.57%	PB
		20	Sally ALEXANDER	00:20:59	83.00%	

30	Simon PETITT	00:21:49	59.59%	
35	David WADDINGTON	00:22:17	60.81%	PB
38	Andrew SENIOR	00:22:31	62.47%	
41	James WILLIS	00:22:49	64.13%	
63	David WATKINS	00:23:57	68.75%	
72	Sophie DAVIS	00:24:18	63.79%	
91	Fiona CHAMPNESS	00:24:56	68.92%	
106	Darija SPARKES	00:25:28	65.05%	
129	Nick CHAMPNESS	00:26:13	55.82%	
134	Gary SPRING	00:26:23	69.55%	
135	Kevin REEVE	00:26:24	n/a	
182	David NOTTIDGE	00:27:48	62.71%	
188	Hannah CARTLEDGE	00:27:57	63.07%	
192	Liz WEBSTER	00:28:03	57.75%	
201	Jennifer WILLIS	00:28:12	58.75%	
227	Judith CARTLEDGE	00:28:57	70.01%	
236	Miranda CHITTY	00:29:12	63.70%	
281	Claudette SIMS	00:30:34	62.60%	
318	Steve WARNER	00:31:28	55.40%	
484	Marie WARNER	00:42:32	49.14%	
504	Catherine WATKINS	00:45:47	46.34%	
538	Helen PETITT	00:54:58	26.99%	
Wakehurst	281	8	Dan OPPE	00:21:52 63.87%

410 runners	215	Debbie WILKES	00:30:16	73.57%	
	344	Tracy ROBERTS	00:40:06	49.79%	
	345	Martin PAYNE	00:40:13	43.85%	
	346	Simon COOK	00:40:19	39.11%	
	388	Alison SLATER	00:48:24	41.25%	PB
Woking	297	6	Jeremy GARNER	00:18:13	82.25%
379 runners					

LRC's Grand-Prix Event #3 – Tilgate Parkrun

Saturday 7th March 2026

Sally Alexander

The Lingfield Contingent – Legs Blazing at Tilgate!



A couple of photos of some LRC team members! Apologies to those of you I missed.

With the new month only a week under way, it meant just one thing for the club's runners: the third of this year's Grand-prix events. The mystery 'road parkrun' venue was confirmed just days ago, following Liz's poll, and Tilgate came out on top.

Arriving bright and early, the team was seen sporting club vests, buggies and I even spotted one of our members in a suede jacket! It was a hive of chatter as members made their way to their chosen starting positions making up the

551 participants.

With Glen and Luke in support positions near the start, nine 'o' clock came and we were off. With the course consisting of one longer loop (taking in two hills) followed by a short loop around the lake, our runners could be seen storming their way round the course to the finish line.

And what finishes everyone had! Despite much needed end of week red wine indulgences; rising at 5am, so a long run finished with a speedy parkrun; wheeling 'younger future members' round the course in buggies; having completed two half marathons in the space of two weeks and competing in half marathons tomorrow morning, the LRC grit shone through with each member storming across the finish line.

Well done to you all! It was a great start to the weekend to see so many members taking part.

For all this week's 'scores on the doors', see the weekly report above!

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, 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 17th March
Club Road Run from Victoria Club, Lingfield
Start time 7pm

Route distance: five miles

This is the route that Tom Cartledge devised; two loops around the village, going through the Nature Reserve. 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 'Tom's Dec '23 Lingfield road route', on the list of maps.

Sunday 22nd March
**Club Handicap race – 5km road, starting in Racecourse Road, opposite the
racecourse entrance**

Start time will be either 9:00 or 10:00am, based on result of poll on LRC Runfinder and will be confirmed in next week's newsletter.

This is the first Club Handicap race of the year. The route is 5km in distance and starts opposite the racecourse entrance, heading down St Piers Lane to the turn-around spot and then back to the start. It is all pavement/road and reasonably flat so if you're looking for a local route to get your 5km PB, this is it!

The slower runners will start first. The faster runners will have a handicap of about ten and 15 minutes, depending on who enters.

I would like to have a couple of marshals, one at the turn-around spot and one on the corner of St Piers Lane/Racecourse Road. If you don't plan to run the race and are available to help that morning, please contact me, at higaryspring@gmail.com

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 (higaryspring@gmail.com) and we can add you in.

Kingston Break-fest 20-mile Race Report

Ian Watkins

Last Sunday 8th March 2026 we all set off from East Grinstead at 6am. All being; Matthew and Laura Stockwood, Tom Cartledge, Lisa Compton and myself, to tackle the Kingston 20 miler.

We arrived in good time, picked up our race numbers and queued for ages and ages to use the facilities– we kept looking to see if there were other toilet options but the queues appeared to be the same and weren't moving any quicker – finally, we all managed to go and with only five minutes left we dropped our bags off at the bag drop, took a few quick obligatory photos, and joined the masses.



The starter counted us down 5,4,3,2,1, go go go – but, we stood there for what seemed an age, unfortunately for us, due to the delays in us all being very late to the start line and a narrow funnel into the start area, it meant that we were almost right at the very back! Ordinarily this isn't a bad situation as it helps you to warm up a bit, but, because the towpath and pavements were so narrow it impeded our progress.



There are three race distances available, 8-mile, 16-mile, and 20-mile, which are two loops of eight miles with a four-mile loop through the town.

It's a very easy flat route that runs next to the River Thames and has lots going on that helps to take your mind off the job in hand.

Once the second lap was completed, all we had to do was the four-mile loop.... This proved to be tough as there were lots of twists and turns, cobbled areas and gentle inclines (tough at mile 19).

Finally, a marshal "shouts out" 300 metres to go! A quick glance at my watch showed that there was nearly half a mile to go, as we approached the last right-hand turn, I could see Tom and he was shouting lots of encouragement and taking more obligatory photos.



Laura and I managed somehow a sprint to the finish line where, as always, she found a little extra and pipped me to the finish line – well done Laura. We were short on distance, so we ran up and down a bit to the amazement of the marshals and, Lisa who had well finished by then and was wondering what we were doing! Great medal, T-shirt and a goody bag too.

We all finished well and Matthew achieved a PB too – well done!

Our finish times were:

Tom 2:57.11

Lisa 3:03.56 and first in her age category, well done!

Laura 3:27.17

Ian W 3:27.18

Matthew 3:32.31 PB

All that remained was to find the carpark where the car was parked. That's for another time.



Overall, a great race with lots of marshals and support along the way.

AP Falésia Sunset Run, Açoteias, Algarve

7 March 2026

Wendy Smith

Billed as Falésia 11km (to circumnavigate restrictions for usual race distances we hear), it was not far away so we thought we'd give it a go. If anyone has been on a running holiday to Portugal, chances are you've probably stayed at the hotel which was our start and end point, with its own running track no less, and a stones throw from a stunning 6km beach with beautiful cliffs.

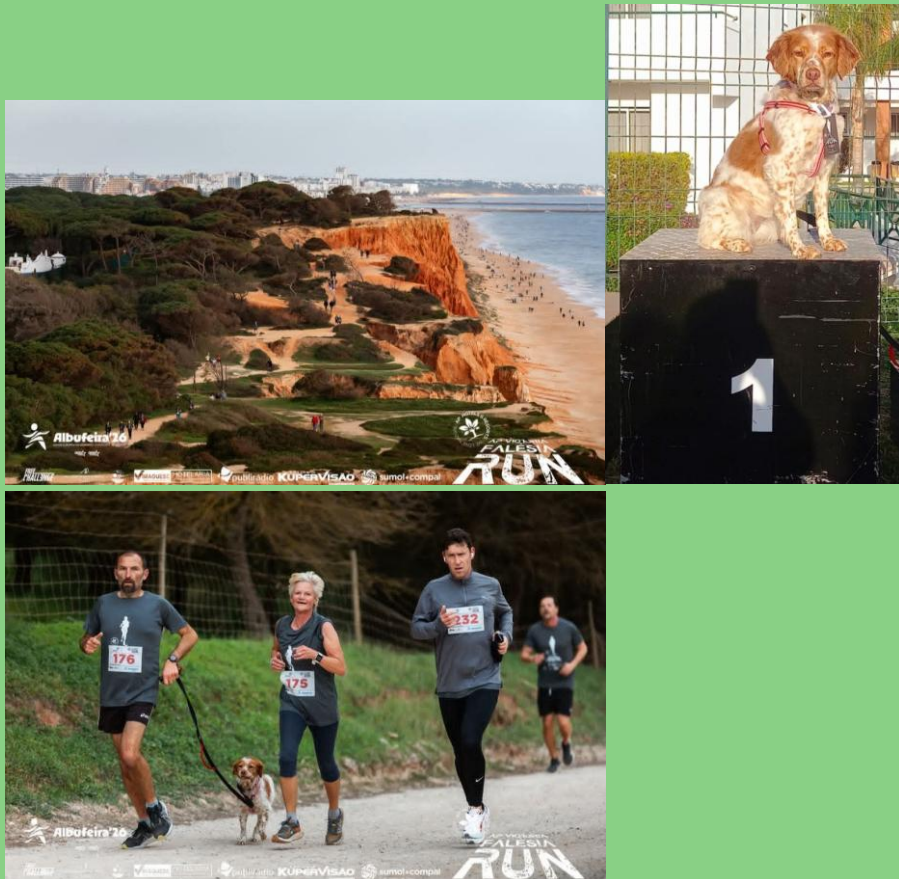
Having discovered Pickleball back in December we've been very lax with any running and have spent far too much time dinking. DINKING, not drinking. ...um, ahem. So off we went in the camper to make a night of it, and enjoy the race and run together. 4 pm start and parked outside the hotel front door, we literally were on the start line.

The intro chat said that the race was probably the most beautiful in the world and that the purpose of the race was to 'get fat people like me out and exercising', (that's what the translation was!), and everyone cheered. It was also a 5km walk too, walking routes are very popular in races here.

The usual carnage at the start with everyone in the wrong place, facing the wrong way and we were off. The first part of the race took us down a lane along a flood plain with farmers grazing goats, towards the beach, then a quick jump up onto the boardwalk at the beach and we headed down on the last of the flat. Had we known we might have pushed it a bit more when we could. I knew it was hilly but didn't realise it might be hands and knees hilly.

True to words, it was a stunning route, up along the red cliffs beside the beautiful 6km long unspoilt beach next to the glimmering blue sea. It was an absolute treat, if you could take your eyes off the tree roots, ruts and rocks, the sheer uphill and downhill, it was something else. Ruby Tuesday had a great time and did a great run. I will not lie, it was a struggle in places. Just when we were thought we were near home we had a lap of the cross-country course and its steep hills, which I'm sure are for mountain bikes!

We finished off with a lap of the running track at the hotel. I ended up on the podium 3rd in my age category (had we known we might have forbidden Ruby doing a poo near the end and me refusing to sprint finish and got shifted up). Another well organised, fun Portuguese run that we thoroughly enjoyed and I would fully recommend!



Paddock Wood Half

Lucy Wilkes

Conditions were perfect for the 36th Paddock Wood half marathon on Sunday. Earlier in the week the forecast had threatened an unseasonably warm day, but a morning mist that failed to fully lift kept temperatures cool, and formed a reassuring grey blanket to block out any of that pesky sunshine, as nearly 3,000 runners descended on the Kent countryside.

The race starts and finishes in Eldon Way, an uninspiring dead-end street lined with industrial units where the runners gather before the start, and try to warm up on the short stretch of road left unoccupied by the portaloos and bag-drop queues. There's no shelter, so it would be an even more miserable place to gather if the heavens were to open. Views - in the attached photos - are also uninspiring, consisting mainly of some bins and the lengthy baggage queues.

So why do they turn up in their thousands, I hear you ask? If it's not for the atmosphere or the scenery, why do all those runners come? The main draw has to be the course itself, which is almost completely flat and on quiet roads, with clear PB potential. The scheduling also makes it ideal as race practice for a spring marathon. Last but not least, probably because all the other runners they know will be there, friends and rivals alike. Those who could get in, that is - apparently the race was fully sold out in advance this year.

It was my fifth time at the race this year and as you can tell from the above, I'm still not 100% sold on the experience, and yet I'm one of those runners that keeps coming back. My dad usually does it, which is part of the draw. It might also have something to do with the fact that I've improved my PB in three of my four previous attempts. Last year however was not one of them, which might have contributed to my negative outlook in the start area. While the flat course has clear advantages, I find it can get quite monotonous, particularly as the country roads are mostly surrounded by high hedges so there isn't much of interest to look at on the way round. It also requires a consistent and unrelenting level of effort for the whole 13.1 miles, with virtually none of the welcome breaks you get from the downhill sections on a more undulating course.



Nevertheless, I've been reading a lot about endurance recently and decided it would be a good opportunity to test out the power of positive thinking. I

determined to try and enjoy myself and to look as if I was enjoying myself, including smiling at people on the way round and thanking everyone who offered me support, encouragement or jelly babies. It made me appreciate that the local support is actually better than I'd realised, with many people turning out to cheer the runners on in addition to the plentiful marshals and water stations. There was a positive reaction to a Lingfield vest too, with at least one person saying, "nice to see you here, Lingfield". Thanks to my vest a fellow runner also briefly mistook me for Maggie Statham-Berry, which I took as a compliment of the highest order.

Talking of Lingfield vests, I didn't manage to spot any others in the throng, but congratulations to Tom Harvey (third M50), Steve Ackroyd and Sue Garner - who were all apparently in there somewhere - on their excellent finish times.

And my positive thinking? Well, it got me another PB in the end, by an unexpected three minutes over my previous course best, and 2.5 minutes over my previous fastest half marathon. My dad did well too, finishing well within his target time and with his fastest time for over a year. Back in Eldon Way it was even possible to find a positive spin on the long baggage queues: at least they meant I knew exactly where to find him for my lift home afterwards.

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	▼
11	MAR, WED	●	7 – 8pm	LRC coaching (Keith)	Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinst
13	MAR, FRI	●	7 – 8pm	LRC strength & conditioning (Tejin)	Lingfield College Prep School and Nursery, Racece
14	MAR, SAT	●	9:45 – 10:15am	Maverick Hampshire Trail	Matterley Basin Grand Prix track, A31, Winchester SO24 1HW,
		●	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
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 (Gary)	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
21	MAR, SAT	●	9 – 10am	Stansted House Trail (21k/15.5k/9.5k)	PO9 6DX, Rowland's Castle PO9 6DX,
22	MAR, SUN	●	9 – 10am	Surrey Half Marathon	GU22 9BA, Woking GU22 9BA, UK
		●	9:15 – 10:15am	Madrid Half Marathon	Plaza de Colón, Pl. de Colón, Madrid, Spain
		●	9:30 – 10:30am	LRC Handicap GP #1	
		●	9:30 – 10:30am	Nonsuch Park 10k	Nonsuch Park, Ewell Rd, Sutton SM3 8AL
		●	10 – 11am	Moyleman Marathon	BN7 1PU, Gundreda Rd, Lewes BN7 1PU, UK
		●	10:30 – 11:30am	Hastings Half Marathon	TN38 0BX, Grosvenor Cres, St Leonards, Saint Leon
		●	11am – 12pm	Flyers 5 (WSFRL)	Thakeham, Pulborough RH20 3EP, UK
23	MAR, MON	●	7 – 8pm	LRC Committee	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA
24	MAR, TUE	●	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
25	MAR, WED	●	7 – 8pm	Chase the Moon Battersea Park 5k & 10k	SW11 4NJ, London SW11 4NJ, 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

Victoria Club AGM

(not to be confused with the running club AGM two days earlier)
 As a member of the running club you also become a member of the VSSC
 and may attend its AGM.

Victoria Sports & Social Club
Victoria Memorial Institute,
84 High Street, Lingfield, Surrey RH7 6AA
Telephone 01342 833422

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting
of the Victoria Sports & Social Club Limited will be held at:
The Victoria Memorial Institute, 84 High Street, Lingfield RH7 6AA
at 8.00 pm on Thursday 16th April 2026
for the purpose of the following business.

1. Welcome by Chairman.
2. Presentation of the accounts.
3. Adoptions of the accounts.
4. Election of members to the General Committee.
5. Election of the Wine Committee.
6. Election of Independent Accountant as Examiner.
7. To decide on any resolution submitted under rules 3b, 32 or 33.
8. To fix the Entrance Fee & Annual Subscription for 2027.

Only those who are fully paid up & have been members for at least 1 month are entitled to attend & vote.

No other business will be conducted at this meeting.

Copies of the accounts will be available for inspection at the club in the 14 days before the meeting; anyone wanting a full copy to keep should leave their email address for a copy to be sent electronically.

By order of the Board,
Michael Ellis,
Company Secretary
1st March 2025

Victoria Sports & Social Club
Victoria Memorial Institute,
84 High Street, Lingfield, Surrey RH7 6AA
Telephone 01342 833422

Dear Member(s),

This Club is a corporate entity and the rules were adopted at a meeting held on 31st March 2011.

We have a company limited by guarantee under which each of the Members would be liable to contribute up to £1.00 (and no more) in the event of the Club's insolvency. All the income generated by the Club's activities has to be ploughed back to improve and enhance the facilities available to Members. The property is leased from the Trustees at a peppercorn rent.

The Members will elect the Management Committee to run the Club. The Management Committee will appoint directors who will be members of the Committee who will ensure compliance with Club's obligations as a company. Members of the Management Committee will not be entitled to any payment for their services as Directors or Committee members. There may, however, be occasions when it is necessary for them to carry out duties over and above their committee or directors' obligations. In that case the Management Committee may authorise payment. The extent and nature of such payments will be reported in the annual audited accounts.

The rules set out the membership categories and the rights of members to call meetings and to vote at meetings.

After the business of this formal meeting is completed the meeting will close and there will be an informal session at which Members may raise any reasonable matters which may be of concern. Although it will not be possible to conduct any formal business we hope that there will be a useful exchange of ideas for the development and future of the Club.

The present Management Committee comprises the current Trustees of the Victoria Memorial Institute, Michael Ellis, Brian Perkins, Leslie Steeds and Mark Ridge plus elected/co-opted members Kellie Love (Chairman), David Wilkes (membership secretary), Alex Lowe (Treasurer), John Styles, Romany Peverley, Ian Whitley, Lisa Reid, Paul Cook and Glen Ireland.

A maximum of 12 and no less than 4 members are to be elected to the committee at this meeting.

The Management Committee has appointed 4 Directors of the Company. They are Kellie Love, Michael Ellis, David Wilkes and John Styles.

Yours sincerely



Kellie Love
Chairman

Reminders from previous weeks

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.

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