



## **Newsletter**

**Wednesday 18 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



Forty-six runners, 14 locations, five PBs:

East Grinstead (11), Brea Reservoir (1), Great Salterns (1), Kingdom (2), Kingston (1), Longford (1), Malling Rec (1), Mote Park (2), Potternewton (1), Queen Elizabeth (1), Tilgate (8), Wakehurst (14), Walmer & Deal Seafront (1) and Worthing (1).

Particular congratulations to our first-placed runner, **Sally Alexander** (Tilgate) and **Simon Petitt** (East Grinstead). **James Kilfiger**, **Lucy Wilkes** (EG) and **Dan Celani** (Great Salterns) had second places and there were third places for **Michele Edwards** (EG) and **Liz Webster** (Malling Rec).

ADVANCE WARNING: unless I receive a deluge\* of objections, this is the last week I plan to list every individual parkrun result. Instead I will provide a link to the full list [like this](#), so you see it only if you want to. This should reduce the size of the newsletter by (at least) two pages, and make it easier to skim.



I missed a very good performance by second-claim member **Kieran Barnes** on 8<sup>th</sup> March – thanks to Trevor for letting me know. Kieran ran in the Cambridge Half Marathon, which he completed in 1.06.19, which I believe was a PB, in ninth place. Great run, Keiran. Cambridge & Coleridge AC provided first-placed man and woman - James Teagle (1.04.15) and Holly Archer (1.12.20).

**Daniel Jones** was our sole representative at the Hampton Court Half on Sunday. He finished with a chip time of 1.50.17 which, I think, knocks nine minutes of his PB for the distance. Mohamed Hashi (Ealing Southall and Middlesex) was first in 1.11.15 and first woman was Charlotte Brooks (East Essex Tri Club). Well done, Daniel.

I'm sure you'll know that last Sunday, Vila Real de Santo António hosted the Campeonatos Nacionas 5km (National 5km Road Championship), organised by the Portuguese Athletics Federation. The competition brought together some of the best national athletes, on a fast and certified circuit in the heart of the city. We sent our top Portugal-based runner, **Mike Manwill**, to represent Lingfield. Mike did us proud with a great run to finish 43<sup>rd</sup> of 110 in the Open Race, with a time of 23.18. Joao Ferreira won in 17.04 and first woman was Liliana Parreira (CATA) in 21.18. The fastest time of the day, in the elite race, was 13.56, run by Etson Barros (SL Benfica). As Mike has been celebrating his birthday since then, Wendy has sent us a [short report](#) later on.

It looks like there is quite a selection of races this coming weekend, so I look forward to a bumper bundle of race reports and pictures! Please remember the newsletter motto ...



Editor

\* or objections from a few VVIPs

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14-Mar-26	46	LRC parkrunners	Median	56.26%		
	Difficulty rank /835	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	823	1	Simon PETITT	00:22:37	57.48%	
53 runners		2	James KILFIGER	00:23:44	63.13%	
		6	Ben HORNER	00:26:55	48.98%	
		13	Lucy WILKES	00:29:26	54.47%	
		22	Michele EDWARDS	00:34:20	58.16%	

		28	Isla GREENAWAY	00:38:18	38.64%
		37	Theresa DONOHUE	00:42:53	44.00%
		42	Claire WILLIAMS	00:47:06	33.40%
		48	Miranda CHITTY	00:52:54	35.16%
		50	Helen DAVEY	00:53:00	37.14%
		53	Aysha DEGIA	00:55:06	30.07%
<a href="#">Brea Reservoir</a>	n/a	21	Eliska KELLY	00:32:50	48.83%
39 runners					
<a href="#">Great Salterns</a>	456	2	Dan CELANI	00:20:08	70.94%
61 runners					
<a href="#">Kingdom</a>	732	40	Ian GREENAWAY	00:27:55	55.04%
141 runners		57	Judy HAYLER	00:28:55	69.05%
<a href="#">Kingston</a>	171	38	Jeremy GARNER	00:21:10	70.79%
395 runners					
<a href="#">Longford</a>	n/a	71	Kath GARRIDO	00:44:31	57.54%
81 runners					
<a href="#">Malling Rec</a>	751	22	Liz WEBSTER	00:27:34	58.77%
61 runners					
<a href="#">Mote Park</a>	678	221	Steve WARNER	00:33:11	52.54%
372 runners		328	Marie WARNER	00:43:21	48.21%

<a href="#">Potternewton</a>	600	84	Kelly WALTER	00:31:02	59.13%	PB
166 runners						
<a href="#">Queen Elizabeth</a>	797	10	Nick KEEN	00:23:35	60.57%	
137 runners						
<a href="#">Tilgate</a>	474	16	James CAFFREY	00:20:27	68.30%	PB
553 runners		20	Sally ALEXANDER	00:20:43	84.07%	
		84	David THOMAS	00:23:43	60.72%	
		152	Steve ACKROYD	00:26:16	54.82%	
		405	Mike LOTHIAN	00:35:29	53.41%	
		526	Nicola HODGE	00:51:00	32.09%	
		527	Elena WEAVER	00:51:01	36.46%	
		528	Amy HODGE	00:51:01	30.38%	
<a href="#">Wakehurst</a>	281	20	Dan OPPE	00:22:00	63.48%	
397 runners		25	Andrew SENIOR	00:22:18	63.08%	PB
		35	Simon HARRIS	00:23:14	63.49%	
		48	David WATKINS	00:23:55	68.85%	PB
		64	Chris RANCE	00:24:51	61.30%	PB
		114	David NOTTIDGE	00:27:18	63.86%	
		130	Darija SPARKES	00:27:46	59.66%	
		160	Judith CARTLEDGE	00:29:08	69.57%	
		175	Hannah CARTLEDGE	00:29:58	49.50%	
		353	Robin MAYER	00:42:33	47.20%	
		367	Catherine WATKINS	00:45:41	46.44%	
		368	Martin PAYNE	00:46:07	38.24%	
		369	Simon COOK	00:46:13	34.11%	

378 Alison SLATER 00:48:37 41.07%

[Walmer & Deal Seafront](#) 117 170 Debbie WILKES 00:29:04 76.61%

325 runners

[Worthing](#) 7 215 Lisa COMPTON 00:24:55 89.36%

716 runners

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**Lingfield 10s 2026**  
**Committee Update & Call for Volunteers**  
**Fiona Champness**



 **Event Date: 28th June 2026**

With just a few months to go until race day, preparations for the 2026 Lingfield 10s are well underway! The committee has been working hard to deliver another fantastic event and we're excited to share the latest updates – plus ways you can get involved.

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**Key Updates from Recent Meetings**

 **Sponsorship & Marketing**

We're delighted to confirm **AEG as our main event sponsor**, with **Summit Wellbeing also supporting the race**. You'll see their logos featured on this year's race t-shirts, with AEG's logo also appearing on the medal ribbons.

Marketing efforts are ramping up, with **'Save the Date' posts live on social media**. Flyers / promo boards have arrived. Additionally, we'll be launching a **'Win a Place' competition** to build excitement—so stay tuned!





## **Event Logistics**

- ✓ **Water Stations** – Bottled water will be available at the finish line, with dedicated recycling bins to reduce waste.
  - ✓ **Medals & T-Shirts** – Medals are being sourced, and t-shirt production is well underway. T-shirts will be available for purchase for club members and runners.
  - ✓ **Permits & First Aid** – All necessary permits and permissions are being sourced. **Tech Medical** will be providing first aid services on race day.
  - ✓ **Vendors** – The Little Green Truck will be with us once again and we have sourced an ice cream van to cool us off post-race, and hopefully more to follow!
  - ✓ **Event Compère** – We're pleased to confirm that **Terry Sumner** will be our compère for the event.
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## **Call for Volunteers – We Need You!**

A successful event wouldn't be possible without the help of dedicated volunteers. If you'd like to be part of this fantastic community event, we'd love to hear from you!

We're looking for volunteers to assist with:


-  **Route Clearing** – Ensuring the race route is clear and safe for runners (takes place in the weeks before the event). (13<sup>th</sup> June – 10:30am, after parkrun)
-  **Signage** – Put out the event signage on the 27<sup>th</sup> June.
-  **Marshalling** – Supporting and guiding runners along the course on race day.
-  **Event Promotion** – Attending local races and running events to help spread the word about Lingfield 10s.

**Want to get involved for day?** Fantastic! It's a great way to be part of an exciting event while supporting local runners.

- Marshalling 07:30 to 12:00
- Carparking 07:00-08:15 or 8:15-9:15
- Event close down 12:00 – 13:30

## **Sign Up Now**


To register your interest in volunteering, **please complete the Google Form:**


 [https://docs.google.com/forms/d/e/1FAIpQLSe0-wo\\_2WqtOqm\\_Fdb4xeEhtFx8hXN\\_ju3jUBweWEGScgmyzw/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSe0-wo_2WqtOqm_Fdb4xeEhtFx8hXN_ju3jUBweWEGScgmyzw/viewform?usp=header)

For any questions about volunteering, **email us at**  [lingfield10svolunteers@gmail.com](mailto:lingfield10svolunteers@gmail.com)

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 **Help Us Spread the Word!**

 **Repost our social media updates** to help us reach as many runners as possible.

 **Know someone who might be interested in running?** Share our social media pages, help distribute flyers and encourage friends, family and running groups to sign up!

Thank you for your support – we can't wait to see you all on race day!

The Lingfield 10's Team

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## **Campeonatos Nacionas 5km**

**Wendy Smith**

Another race in our town, this time the first running of the National Championship 5km road race. Set here because it's dead flat. The road between VRSA and Monte Gordo is used frequently for training, usually triathletes, and training runners who stay in the local hotels at training camps, and they were going to use that out and back route for the race.

As usual, tricky to enter. I managed to enter Mike and his friend but forgot to enter myself; not that I was bothered by that because I was really keen to watch the fast runners, and fast they were, the fastest time was 13.56.

Mike's friend was second in his age category in his race – however an 80-year old ran faster, such was the calibre of the runners. New national records were set in the under-18 and under 20-year-old categories, it was very exciting to watch.

There were several categories who went off at different times, plus an 'open race' which I'd entered them into. Mike had a good race and was 4<sup>th</sup> in his age category in the open race. The the fast runners just looked like sticks blowing in the wind - 156 runners in the male race alone were under 20 minutes, including many M60 runners!

Here is a link to the drone footage of the race, you might need to join the page to see it, but its worth a watch. The scenery here is lovely with the sea, the river, the pine forest, the iconic lighthouse and blue skies, all of which the drone captured perfectly.

<https://fb.watch/FWdvhlfTEH/>

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## **Weekly club runs**

**Gary Spring**

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

We're now probably only about a month away from getting back onto the trails and footpaths again, for the evening Club Runs!

### **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.

### **Sunday 22<sup>nd</sup> March**

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

Start time: The poll showed a similar preference for 9:00 and 10:00am so I'll compromise and go with a **9:30am** start time.

*Please park at the Victoria Club and jog down to the start, on Racecourse Road, opposite the racecourse entrance.*

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 at the 2.5km distance and then back to the Start. It is all pavement/road and reasonably flat (apart from the potholes!), so if you're looking for a local route to get your 5km PB, this is it! No need to pre-book - just turn up on the day. If you've done a race/parkrun this year, I should already have you listed for a Handicap time.

Guests are very welcome, so if you know someone outside of the club membership, who fancies trying a 5km race, please invite them along.

The slower runners will start first, at **9:30am**. The faster runners will have a handicap of about 10 and 15 minutes, depending on who enters.

### **HELP WANTED, PLEASE!**

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](mailto:higaryspring@gmail.com) or text me on 07925 195032. I'll also put a post on LRC Runfinder.

**Tuesday 24<sup>th</sup> March**  
**Club Road Run from Victoria Club, Lingfield**  
**Start time 7pm**

Route name: **James Kilfiger loop, in reverse direction**

Distance: **5 miles**

Hopefully you find running an established route in the reverse direction as novel (bewildering!) as I do, so you can treat this as a new road route to explore. Plenty of options to cut the distance as we circulate through the village centre a number of times.

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, in reverse](#)', on the list of maps.

### **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 ([higaryspring@gmail.com](mailto:higaryspring@gmail.com)) and we can add you in.

## **Club Database**

**Gary Spring**

This is a reminder about the Club Database, which was created by Dave Wilkes.

All our members' race and parkrun results, that are listed in the newsletter, are loaded into the Database, which can produce a variety of reports, such as:

- men's and women's All-Time ranking for all distances from 5km to marathons;
- fastest times for any year in the 5km to marathon distances;
- All race results for individual club members;
- numbers of male and female members attending any race/parkrun;
- course records for any race/parkrun;
- all members' fastest times for various races.

The database includes all members' results, going back to the late 1980s and, while there is a bias towards the faster members, there is a good chance that everyone can get listed in the Course records report, if you seek out an obscure race/parkrun that non-one else has attempted.

The Course Records report has just been updated and is one of the reports on the club website, which can be viewed using this link. <https://lingfieldrunningclub.co.uk/performances/>

The Course Records report is the first report listed, under the lower photo.

If you don't see a race listed that you've finished, please send me the details and I can add it to the database. Also, if you would like to see a list of all your individual race/parkrun results, let me know and I can send you the report.

## Key dates for the next two weeks

Editor

Click on the link - [race calendar](#) - for full details

Today			<	>	Mar – Apr 2026	▼
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
21	MAR, SAT	● 9 – 10am	Stansted House Trail (21k/15.5k/9.5k)			PO9 6DX, Rowland's Castle PO9 6DX, UK
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			Lingfield Park Racecourse, Racecourse Rd, Lingfield RH7 6PQ, UK
		● 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 Leonards-on-sea TN38 0BX, UK
		● 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, UK
24	MAR, TUE	● 7 – 8pm	Club run (Gary)			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
		● 7 – 8pm	LRC coaching (Keith)			
28	MAR, SAT	● 8:30 – 9:30am	Kew Gardens 10k & Half (SRL race 2)			
29	MAR, SUN	● 10 – 11am	Plumpton Centenary Trail Run			Plumpton College, Ditchling Road, Lewes, UK
31	MAR, TUE	● 7 – 8pm	Club run			Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
2	APR, THU	● 7 – 8pm	LRC track session with Horley			K2 Crawley, Pease Pottage Hill, Crawley, UK
		● 8 – 10:30pm	LRC quiz team			The Star Inn, Church Rd, Lingfield RH7 6AH, UK
6	APR, MON	● 10:45 – 11:45am	Lewes AC (WSFRL)			Lewes, 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)

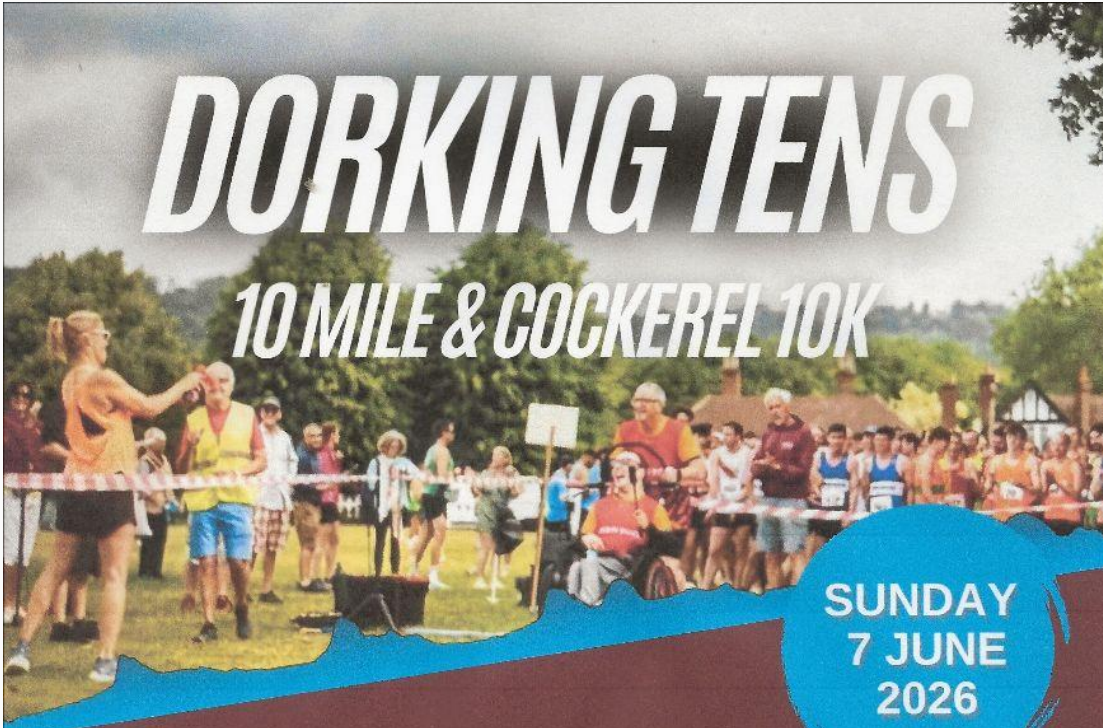
## [Dorking 10s](#)

(GP Race 7, Surrey Road League and Surrey 10-Mile Road Race Championships)

Editor

# ***DORKING TENS***

## ***10 MILE & COCKEREL 10K***



**SUNDAY  
7 JUNE  
2026**

**10 MILE ROAD RACE** | **9AM**  
**COCKEREL 10K** | **9.40AM**



The Dorking Tens is a scenic countryside road race open to all, proudly supporting two charities: Dyscover and Patchwork Garden Project. Join us as we celebrate **40 years** of racing through the beautiful Surrey countryside.

- Prizes/medals for Men/Women/Teams and age categories inc. new age category for 75 years +
- Special waterproof kit bag celebrating 40 years
- Finisher's medal for all runners
- Random spot prizes awarded
- Refreshments available at start and finish

*Register here*



For more info and a link to register visit:  
[www.dmvac.org/events/dorking-tens](http://www.dmvac.org/events/dorking-tens) or scan the QR code

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## **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.

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## **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://lingfielddrivingclub.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**