



## **Newsletter**

**Wednesday 25 March 2026**

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### ***No new members to welcome this week.***

This edition is being despatched from a secret location in the southwest. Apologies if it's not edited to the usual high(?) standard or if I have missed any late news.

*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 runners, 13 locations, six PBs:

East Grinstead (12), Brockenhurst (1), Clair (2), Fountains Abbey (1), Kingdom (2), Queen Elizabeth (1), Royal Tunbridge Wells (2), Squerryes Winery (1), The Pastures (1), Tilgate (2), Tonbridge (1), Wakehurst (13), and Woking (1).

Particular congratulations to third-placed runner, **Emma Page-Moore** at Tilgate, and PBs for **Claire Williams** (EG), **Chris Rance** (Brockenhurst), **Lisa Compton** (Kingdom) and three at Wakehurst - **Lucy Wilkes**, **Sarah Begley** and **Dave Nottidge**.

See [all the results](#).



Last Saturday, **Maggie Statham-Berry** excelled at the British Masters XC Championships near Bangor, Wales. Maggie's race was over 6km, which she ran in 31.54, for first in age group and a lovely gold medal. Ifan Lloyd was first in 24.14 and first woman was Sarah Winstone in 24.57. Ifan was also the only runner in the race with a higher age grading than Maggie!

A cool Sunday around here kicked off with the first Handicap Grand Prix race of 2026, a 5k up St Piers Lane - and back. **Miranda Chitty** and **Noah Semonin** were the two to confound Gary's handicap times and get 20 trophy points into the bargain. Gary covers this race in his weekly report. Well done all who ran, and my apologies if we upset anyone when cycling through all 23 of you, shouting what were meant to be encouraging words.

**Amy Hodge** travelled to Spain for her weekend run – though, had there been a parkrun, I'm

sure she would have done that too. Amy was delighted to complete the Madrid Half Marathon in a chip time of 2.34.23. Great run, Amy. Levy Kibet Chematot was first in 1.00.50 and first woman was Ludwina Chepngetich in 1.08.31.

On Sunday, **Sue Garner** was on the road again with son (and second-claim members) **Jeremy Garner**. They took on the Surrey Half marathon in Woking. Sue ran another strong race to finish in 2.04.43, four minutes quicker than Paddock Wood, for second in her age group. Jeremy finished in a time of 1.23.23 – I have a feeling this might be a PB, so very well run, both of you. Omar Ahmed (Birchfield Harriers) won in 1.04.24 and first woman was Andrea Clement (Blackhealth and Bromley Harriers) in 1.15.01.

Another of our elite ladies went for the Reading Half Marathon on Sunday. **Lisa Compton** completed in a time of 1.53.45, first in her age group. Great running on a hilly course, Lisa.

Two members (**Brandon Webb** and **David Waddington**) found an off-road marathon held in the hills (more than 3,000 feet of ascent) around Lewes, East Sussex – this was the famous Moyleman Marathon. Brandon reports that "*I finished in 4:32 ... Another great event, lovely running conditions and no mud at all, the usual pizza and beer at the finish at the Harveys Brewery in Lewes. It's a ballot entry for places now, so I can post something on the club WhatsApp site when the ballot opens for those that are interested (usually around October)*". Thanks to Brandon for supplying the results which show he finished in 4.32.38 and David did it in 5.18.21. First runner to finish was James Turner in 2:56:26 and first woman was Phoebe Connolly in 3:46:48.

Also at the time of writing, **Ian Greenaway's** result from the West Sussex Fun Run League Flyers 5 race at Thakeham is not available yet.

Editor

[editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)



## Weekly club runs

### Gary Spring

I recently attended an EA webinar on Health & Safety, and it made me realise that I need to put more emphasis on the need to take care while we are running on the dark evenings.

1. **Please do not dress in dark clothing** – you're not Ninjas! Wear something bright and ideally reflective, so other pavement users and drivers have a chance of spotting you.
2. **Carry a torch so you can see the route ahead**. Lingfield, in particular, is full of uneven pavements and other trip hazards, which you need to avoid if you don't want an enforced rest from running. Rechargeable head torches have probably never been so cheap so skip the over-priced Easter egg this year and treat yourself to a torch instead (even though you won't need it for a while, after mid-April!)

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

### Organised Club Running events in April

Tuesday, 7<sup>th</sup> April: Club Run from East Court, East Grinstead

Tuesday, 28<sup>th</sup> April: 2<sup>nd</sup> Handicap Race: 'May Race 1'

It is also likely that the bluebells will be out and about by the end of April so possibly, 23<sup>rd</sup> or 30<sup>th</sup> April could be our annual run around Staffhurst Wood. I will keep you updated.

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

### 1<sup>st</sup> Club Handicap race – The 5km road race



We had 23 runners (including Ben Horner's dad, Mike) taking part in the first Club Handicap race of the year. Many thanks to Robert Healey and James Kilfiger for marshalling the route and to Tom Cartledge for organising the starts and recording the finish times.

Congratulations to Miranda Chitty who was the first to finish, over five minutes under my prediction. This shows I definitely need to revise the prediction factor I use to normalise an East Grinstead parkrun time. I think almost everyone finished quicker than I expected. The possible exceptions being those might have been a bit tired after running marathon-training distances the day before!

The results are shown, below. I needed to adjust three positions, where the runner went later than their assigned Handicap time. For the next Handicap race, I intend to improve the start process so everyone starts on time.

<b>Position</b>	<b>Name</b>	<b>Clock time (mins:secs)</b>	<b>Handicap time (mins:secs)</b>	<b>Actual time (mins:secs)</b>	<b>Points</b>
1	Miranda Chitty	42:57	12:15	30:42	20
2	Noah Semonin	43:38	20:45	22:53	20
3	Patrick Bastow	44:06	16:30	27:36	19
4	Angela Wilson-Taylor	44:20	11:00	33:20	19

5	Andrew Senior	45:04	23:15	21:49	18
6	Scott McDonald	46:04	16:45	29:19	17
7	Mike Horner	46:12	19:45	26:27	Guest
8	Hannah Cartledge	46:19	19:45	26:34	18
9	Keith Chambers	46:22	20:45	25:37	16
10	Judith Cartledge	46:24	19:45	26:39	17
11	Darija Sparkes	46:57	22:15	24:42	16
12	Sophie Davis	47:17	24:15	23:02	15
13	Kelly Walter	47:20	17:45	29:35	14
14	Natalie Mitchell	47:21	22:15	25:06	13
15	David Nottidge	47:25	21:00	26:25	15
16	David Watkins	47:39	24:15	23:24	14
17	Ben Horner	47:51	26:15	21:36	13
18	Dave Thomas	47:53	25:00	22:53	12
19	Steve Ackroyd	48:09	28:00	20:09	11
20	Matt Lester	48:34	27:45	20:49	11
21	Michele Edwards	48:38	20:15	28:23	12
22	Simon Harris	48:54	25:15	23:39	11
23	Sally Alexander	49:57	28:45	21:12	11

For information, there will be nine Handicap races in total, this year. There are separate trophies for the woman and man who have the highest points totals from their best six scores in the nine events. The trophies are awarded at the Club Christmas party, that follows straight after the Christmas Handicap Race. The first woman and man get 20 points each and the points increment down one for every place, but everyone gets at least 11 points for participating. The points tables can be viewed [via this link](#).

**Tuesday, 31<sup>st</sup> March**

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

**Start time 7pm**

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

Distance: **five miles**

Deferred from last night, when I was out of action with a knee injury. (Thank you, Fiona, for stepping in for me). Hopefully, I'll be fit enough to lead this run. 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.

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## **Madrid Half Marathon**

**Amy Hodge**

After promising my wife Nikki that we could swap cold and wet England for the warmth of Spain for the Madrid half marathon, we landed in a wet and cold Madrid. Typical!

On race day we were up early, I put on my brightest running outfit (so Nikki could spot me easily!) and luckily for us the sun came out. It was a beautiful, warm morning and there was a buzz around the city as runners headed up to the start on Paseo de Recoletos.

Typical Spanish style, there was a delay with the start but we soon got underway. The first 5k were pretty tough going as it was all uphill, but we had a big group of Spanish paratroopers running along and singing, so that helped take my mind off the uphill. It also gave me a

chance to put my hill training from Keith, Ian and Dave into action and that helped to power me up!

The next 10k were quite undulating, with some sharp uphill as we had to run through about three car tunnels. The crowd were fab though, cheering everyone on and keeping us all going, then there was a lovely downhill which was a relief to my legs at about 16km.

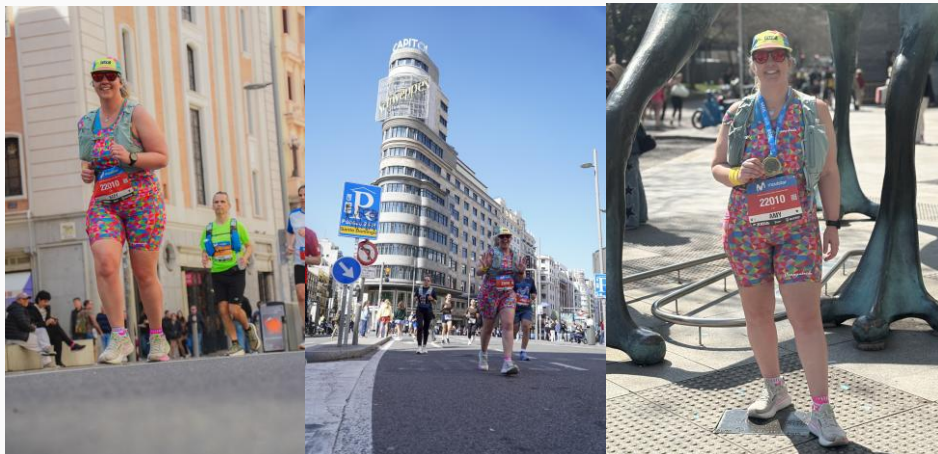
I found the last 4k pretty tough as it got quite hilly again and my back has been playing up a bit in training the last few weeks, which I started to feel at that point. But seeing Nikki about 400m from the finish gave me the boost I needed to get over the finish line.

My official time was 2.34 (annoying loo queues didn't help!) and, in hindsight, I probably should have looked at the elevation profile more clearly before booking the Madrid half marathon as it was quite hilly! But running on the flat is boring, right?

I've learned a lot from training, and this half has shown me what I need to focus on to improve for the next one.

Huge thanks to everyone at the club for being so supportive, I really appreciate it and in particular to Keith, Ian and Fiona who have given me lots of great tips and my training buddy Glen, who has helped to get me through those long runs!

PS: For post run recovery we came across an amazing Vietnamese restaurant where a bowl of noodles and some banana fritters sorted me right out!



## Key dates for the next two weeks

### Editor

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

Today	<	>	Mar – May 2026	▼
25	MAR, WED	●	7 – 8pm	Chase the Moon Battersea Park 5k & 10k SW11 4NJ, London SW11 4NJ, L
		●	7 – 8pm	LRC coaching (Terri)
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
31	MAR, TUE	●	7 – 8pm	Club run (Gary) 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 RH
		●	8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
4	APR, SAT	●	11am – 12pm	Battersea Park 5k, 10k & Half SW11 4NJ, London SW11 4NJ, UK
6	APR, MON	●	10:45 – 11:45am	Lewes AC (WSFRL) Lewes, UK
7	APR, TUE	●	7 – 8pm	Club run (Gary) East Court, College Ln, East Grinstead RH19 3LT, UK
11	APR, SAT	●	9:15 – 10:15am	Spring 'Run the Seasons' Cowdray (10k-5k) Cowdray Farm Shop & Cafe, Cowdray Park,
		●	9:45 – 10:15am	Maverick East Sussex Trail Stanmer Park Nature Reserve, Falmer, Brighton BN1 9RG, UK
12	APR, SUN	●	8:45 – 9:45am	Brighton Marathon and 10k Hove Lawns
		●	9 – 10am	Dulwich Park 5k, 10k & Half SE21 7ET, Frank Dixon Way, London SE21 7ET, UK
		●	9 – 9:30am	Paris Marathon
		●	9:15 – 9:45am	Brighton Trail Marathon Stanmer Park
		●	10 – 10:30am	Blackland Bluebell Run (GP race 5) Blackland Farm Outdoor Centre, Grinstead Ln, East C

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)

## 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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**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.

## 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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### **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**