



## **Newsletter**

**Wednesday 1 April 2026**

**(so one of these articles may not be strictly accurate)**

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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 tablet 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-three runners, 13 locations, two PBs:

East Grinstead (10), Black Rocks (1), Bushy (1), Crystal Palace (1), Guildford (1), Highbury Fields (2), Hove Promenade (1), Kingdom (3), Leybourne Lakes (1), Queen's Glasgow (2), Tilgate (6), Wakehurst (12), and Y Promenad (2).

Particular congratulations to first-placed runners, **Tom Harvey** (East Grinstead) and **Sarah Begley** (Kingdom). Sarah also nabbed a PB at Kingdom, and **Claire Williams** broke through the 40-minute barrier with her PB at EG. Well run, all.

See [all the results](#).



I have now seen the results of the West Sussex Fun Run League (WSFRL) Flyers 5 at Thakeham from 22 March. **Ian Greenaway**'s time was 50.34 for what is now 5+ miles, due to course tweaks. In case you didn't know, Ian runs for second-claim club Crawley Saints and Sinners in many of these WSRFL events. They are open to all and the next event is the Lewes AC Easter Monday Fun Run (6<sup>th</sup> April).

They always seem to be running at Battersea Park and I have two results from there. Last Wednesday 25<sup>th</sup>, **Dave Nottidge** travelled to London for the latest Battersea Park Chase the Moon 10k. Dave ran a chip time of 57.01, placing second in his age group, describing it as 'cold but fun'. Dave is looking forward to the summer event, by which time he will have leapt into a new age category. Max Sanderson (Brentwood Beagles) was quickest with 31.20 and fastest woman was Molly Bryan (Victoria Park Harriers) in 35.14. There were 426 finishers, and another 393 completed the 5k race.

And in Battersea last night (thanks for letting me know, Simon), **Simon Moore** ran for second-claim club Veterans AC in their 5k race. Simon ran a cracking time of 18.54. At the time of writing, I don't have the full results.

Having seemingly run out of cross-country races to enter, even in Wales, **Maggie Statham-Berry** opted for the Kew the Run 10k last Saturday. This may also have something to do with the fact that it is now a Surrey Road League trophy event. Maggie completed this in a fine chip time of 51.04, first of 13 in her age group. The 20 points she collected means that she moves to the top of the women's leaderboard after two runs.



Maggie says: *"The event was huge with 2,741 finishers all crammed onto a tortuous course on narrow paths within Kew Gardens. There were constant twists and turns so I didn't have a clue where I was although there were helpful km markers. It took most people more than five minutes to get to the start line, so it didn't feel like a proper race, more like a time trial. I enjoyed it but I prefer the less glitzy club races"*.

Woking's Jamie Ludlow was fastest in 32.39 and fastest woman was Katie Balme (Herne Hill Harriers) in 37.32. The next SRL run (third of nine) is the Sutton 10k on 19<sup>th</sup> April. There was also a Kew half marathon race, but we don't seem to have had any entrants there.

Instead, on Sunday, two members experienced the Llandudno Half Marathon. Having suffered bad weather at their last outing in Brighton, they scoured the UK for better conditions. However, as a northerner himself, **Tom Cartledge** ought to have realised that North Wales in March was not the most reliable option. Despite the forecast of heavy rain and 40+mph winds, organisers deemed the outlook to be 'okay', although they did alter the course ever so slightly to avoid the slippery pier ...

Copilot described the actual conditions as *'classic North Wales morning: grey, wet, humid, and breezy, with only brief breaks from the rain'*. Fortunately for us, supporter-daughter Hannah left her hotel to snatch a picture (top) as Tom fought his way to a heroic time of 1.53.54. James Yarwood (Wrexham AAC) was quickest in 1.16.43 and first woman was Penny Lane Striders' Lois Lee in 1.22.53.

One other, second-claim, member who raced on Sunday was **Jeremy Garner** who took on the [Cranleigh 21](#). I'd forgotten about this race, which is a bit different, and often used as by anyone gearing up for a spring marathon. Everyone starts together at 9am, and you decide during the event whether you're doing one, two or three laps — 7, 14, or 21 miles. Each lap is half on country lanes and half on the Downs Link (old railway line). Jeremy ran very well to complete in 2.31.39, in 11<sup>th</sup> place (second in his age group). The quickest 21-miler was Steven Ramek (Chessington Unity RC) in 2.13.47 and first woman was Stragglers' Nicky Hornzee in 2.32.58.

Lingfield Junior parkrun update – I have received the following from Scott, for your information:

- *'Hello everyone, the proposed junior Lingfield parkrun is still being worked on; we now have 16 volunteers but if anyone else is interested, then please get in contact with myself or Robert Mitchell from Lingfield Sports Club. Funding is still being sought; so far we have £600 from Lingfield Parish Council and, after lengthy negotiations, an application to Sport England Movement Fund is being considered this week. As we move into April and a new financial year, a number of other organisations will open up for funding bids, so Robert and I are hopeful of obtaining the necessary funding. As things develop, I look forward to updating everyone.'*

Open Grand Prix update – after the cancellation of event four of 15, a reminder that this year's competition will comprise 14 races, best seven scores to count. The next race is the Blackland Farm 10k on April 12<sup>th</sup> and entries are now open at: <https://booking.blacklandfarm.org/course/blackland-bluebell-10k-run-3>

Best of luck to all running over the Easter period, and I look forward to seeing your photos and reports!

Editor

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



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**URGENT**  
**Club Secretary Role Vacancy**  
**Sally Alexander**

Due to unforeseen circumstances, it is with regret that Nick Keen will be stepping down as Club Secretary as of 14th April 2026.

In the past year, Nick has been an invaluable member of the Committee, who has made a profound and positive contribution to the governance of Lingfield Running Club. We have really appreciated Nick's professional guidance, diligent approach and good sense of humour – all of which we will celebrate at the forthcoming AGM.

In the meantime, we are now looking to appoint a new Club Secretary to join Lingfield Running Club's Committee. The role is a 3-year tenure and encompasses overseeing the administration of the club.

If you are interested in standing for Club Secretary and/or would like to find out more about the role, please email: [chair@lingfieldrunningclub.co.uk](mailto:chair@lingfieldrunningclub.co.uk) or speak to any of our committee members!

We look forward to welcoming you on the team!

The Committee

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## **AGM CAKE DONATIONS WELCOME!**

**Tuesday 14<sup>th</sup> April 2026 @ 8pm at The Star Inn, Lingfield**

*(and you'll find the full [agenda here](#))*



While trialling the new AGM venue this year in response to last year's members' survey (yes, we do listen to you!!), donations of small cake bakes\* would be welcome on the evening!

As you saw from Nick's previous notice, it should prove to be a fun-packed evening where we come together as a club not only to undertake a few business matters, but more importantly to celebrate all members', volunteers' and founders' contributions to making LRC such an inclusive, vibrant and successful local running club!

We look forward to seeing you there!

The Committee

*\*You may also wish to read the related club baking policy item below*

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## **Couch to 5k - 2026**

**Sophie Davis**



And we've done it again, we have completed another Couch to 5K program. It wasn't just cold but very wet this year, but that didn't seem to put anyone off. We've now had 11 members of our group successfully complete their 5K run, for some it was first time but, for others, we have supported them on a return to running which is great!

A huge well done to Victoria, Angela, Nikki, Elena, Jo, Dee, Dominique, Abi, Teresa, Claire and Tracy. Unfortunately Louisa couldn't join due to annoying train issues on Monday but will be completing soon!

Also a big thanks to Gary, Michele, James, and Laura for their support each week, as well as to the group as a whole for being so supportive and encouraging to one another.

With the conclusion of the programme, I'll be returning to lead on Tuesday nights where we run a slightly shorter and slower version of the main Tuesday night group. We will be starting back on 14th April (before the AGM) with a gentle 5km if anyone wants to join this group.



## **Weekly club runs**

### **Gary Spring**

Well, we've finally made it back to the lighter evenings and so will soon be on the trails and footpaths for the Tuesday Club Runs. We will aim to bring back the Thursday evening Club Runs when it is light enough to comfortably complete an off-road run and we have available Run Leaders.

### **Organised Club Running events in April**

Tuesday, 28th April: 2nd Handicap Race: 'May Race 1'

Thursday, 23rd or 30th April: Possible dates for our annual 'Bluebell' run, through Staffhurst Wood.

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, 7th April**

Club Road Run from East Court, East Grinstead

Start time 7pm

Ian Watkins will lead this Club Run. He will post details of the run on the Club WhatsApp and Facebook groups, nearer the time.

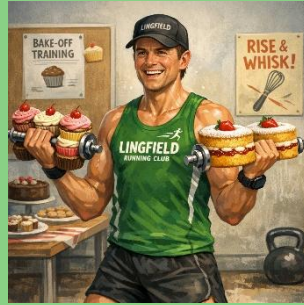
### **Information on runs and races that club members are doing**

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.

P.S. results of my March quiz, and the new one for April will appear in next week's newsletter

## 🍰 Baking Now Counts as Cross-Training 🍰 Editor (& Copilot)



*New Sport England Guidance Adopted by Lingfield Running Club*

### 🍰 Why Baking Is Now 'Recognised Training'

According to a totally legitimate and definitely not-made-up Sport England report, **baking activates the same muscle groups as strength training**, including:

- *Gluteus Maximus* — engaged while bending to check the oven
- *Forearm Flexors* — activated during vigorous whisking
- *Core Stability* — required when carrying a tray of cupcakes across a crowded kitchen
- *Mental Fortitude* — tested when the icing splits

The report concludes that **“regular bakers demonstrate superior resilience, carbohydrate management, and community engagement.”** Naturally, Lingfield RC has adopted this wholeheartedly.

### 🍰 How to Log Your Baking as Training

Members may now record bakes on:

- Strava (as “Other”)
- Garmin (as “Strength”)

- TrainingPeaks (as “Threshold Cake Session”)
- WhatsApp (on LRC 'BunFinder' group)

Each bake must include:

- A photo
- A short description of technique (“tempo whisking”, “progressive kneading”, “piping intervals”)
- A nutritional breakdown (optional but admired)

### **The Official Lingfield Bake-to-Points System**

To ensure fairness, the club has introduced a **standardised scoring system**:

- **Scones — 10 points** *Bonus three points if they rise evenly.*
- **Brownies — 15 points** *Extra five points for a glossy top.*
- **Victoria Sponge — 20 points** *Automatic PB if the jam-to-cream ratio is perfect.*
- **Banana Bread — 8 points** *Reduced points due to overuse during lockdown.*
- **Anything Gluten-Free — 25 points** *Awarded for technical difficulty and emotional bravery.*
- **Experimental Bakes — Variable** *Club coaches will assess risk, ambition, and structural integrity.*

### **New Club Awards Introduced**

To support this initiative, the club will present the following at the 2027 AGM:

- **The Golden Whisk** — Most consistent baker
- **The Angela Gill Handshake Award** — Best technical bake
- **The Soggy Bottom Wooden Spoon** — Awarded with love, sympathy, and a reminder to preheat the oven

### **Bake-Off Sessions Now Added to the Training Calendar**

Every Wednesday evening, members may choose between:

- **Track Session**
- **Tempo Run**

- **Bake-Off Conditioning (Kitchen-Based)**

The Bake-Off session includes:

- Warm-up: gentle whisking
- Main set: 3 × 10-minute knead intervals
- Cool-down: icing application and tea

Coaches' feedback will be provided, mostly on flavour.

 **Committee Statement**

*“We believe this initiative will strengthen the club, both physically and emotionally. Also, we really like cake.”*

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**Marathon Memories Evening**

**Friday 1<sup>st</sup> May 2025; 7:00pm**

**Sandra Ankers**

After a long Winter of marathon training and completed Spring Marathons we are going to get together on Friday 1<sup>st</sup> May at The Star in Lingfield, 7:00pm; for a post-marathon social.

An opportunity to catch up and share marathon memories.

If you haven't run yours yet, everyone is welcome, please come along and join us at this Lingfield Running Club Social.

Happy running!

Sandra



## Key dates for the next two weeks

### Editor

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

Today	<	>	Apr – May 2026	▼
1	APR, WED	● 7 – 8pm	LRC coaching (track)	Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, U
2	APR, 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
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 (Ian W)	East Court, College Ln, East Grinstead RH19 3LT, UK
8	APR, WED	● 7 – 8pm	LRC coaching	East Grinstead, UK
11	APR, SAT	● 9:15 – 10:15am	Spring 'Run the Seasons' Cowdray (10k-5k)	Cowdray Farm Shop & Cafe, Cowdray P
		● 9:45 – 10:15am	Maverick East Sussex Trail	Stanmer Park Nature Reserve, Falmer, Brighton BN1 9RG, I
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 4)	Blackland Farm Outdoor Centre, Grinstead L
14	APR, TUE	● 7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		● 8 – 9pm	Lingfield Running Club AGM	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
15	APR, WED	● 7 – 8pm	LRC coaching (track)	Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
16	APR, THU	● 7 – 8pm	East Surrey League race 3	Epsom and Ewell Harriers
		● 7 – 8pm	LRC track session with Horley	K2 Crawley, Pease Pottage Hill, Crawley RH11 9BG

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)

## **Dormansland Litter Pick**

**Sally Alexander**

The Lingfield and Dormansland Community have asked for our support

**Join us for the Dormansland  
litter pick**



At the community litter pick on Sunday 26th April @ noon.  
Meet at the Dormansland Baptist Church @ noon. Refreshments will be served afterwards!

Any LRC volunteers would be warmly welcome!

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## **Reminders from previous weeks**

### **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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**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 (TBC from April)

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**