



Newsletter

Wednesday 8 April 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 tablet and send a race report
and/or pictures to editor@lingfieldrunningclub.co.uk**

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Lingfield's Racing Roundup



Fifty-two runners, 17 locations, four PBs:

East Grinstead (21), Beacon (1), Clevedon Salthouse Fileds (1), Clevedon (1), Downs Link (1), Fort William (1), Fountains Abbey (1), Greenham Common (1), Groe (2), Guernsey (2), Kingdom (2), Leamington (1), Prospect (1), Squerryes Winery (1), Tilgate (8), Wakehurst (6), Whiteley (1) and Witney (1).

Particular congratulations to **Simon Petitt**, second at East Grinstead, and all those with PBs: **Ben Horner** (EG), **Claudette Sims** (Fountains Abbey), **Catherine Watkins** (Tilgate) and **Luke Sanders** (Wakehurst). Well done, all.

See [all the results](#).



I couldn't find much other competitive activity over the weekend.

Guernsey hosts an annual Easter Running Festival and, this year, a few Garners crossed the water to take part. On 3rd March, **Sue Garner** ran in the Guernsey 5k, finishing in a time of 27.31. **Jeremy Garner**, running for his first-claim club Epsom & Ewell Harriers, did even better in 17.40. In terms of age gradings, the positions were reversed with Sue's 87.2% (10th best overall) ahead of Jeremy's 84.3%. Luke Holmes (Jersey Spartans) was quickest with 14.15 and first woman was Louise Small (Aldershot, Farnham & District) in

15.44.

Then, on Easter Monday, Sue took on the road 10k, which was won by Bradley Andrews-Callec (Jersey Spartans) in 30.43 and first woman was Lousie Small (again) in 34.05. Sue finished in a time of 56.50, with the second-best age grading of the race (by 0.2%!). This got Sue on the Festival Prize Winners list as 10k 1st Female Vet (40+ Age Graded). Well done, Sue.

Another result from overseas is the latest outing by the Manwill-Smith duo (sorry, Wendy, but Smith-Manwill doesn't scan as well). The results aren't the easiest to understand, but I believe that **Michael Manwill** finished the odd distance of either 5.6k or 5.8k (depending on your grasp of maths) in 26.47 and **Wendy Smith** ran 26.46! Wendy has sent us another great report which you can read later on.

We are in GP action again this coming Sunday at the Blackland Farm 10k – best of luck all. That is followed by the club's Annual General Meeting being held for the first time (as far as I can recall) in a pub! Make the most of it, I say. See you at The Star (the Lingfield one, don't go to Felbridge).

Best of luck to all running next week, and I look forward to seeing your photos and reports!

Editor

editor@lingfieldrunningclub.co.uk



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 or speak to any of our committee members!

We look forward to welcoming you on the team!
The Committee

1º Memorial José Militão 5.58km
04 ABRIL 2026 18h30
Wendy Smith

Another quick report from the Portugal contingent. By now you might be getting jealous that we've had at least half a dozen races starting on our doorstep since December, mostly free. This one was the second, first running of a race in a few weeks, and this one in memory of José Militão who, it seems, was a runner in one of the local clubs. The races included children's races of varying ages and lengths, it was a great atmosphere. No lack of guts shown by the losing kids and lots of crowd support.

Our distance was very well attended by the fast Eastern Algarve bunch, I was dismayed to see my age grading competition looking lithe as ever with the added torment that others had appeared to have joined my age category. Still with coach Mr Manwill

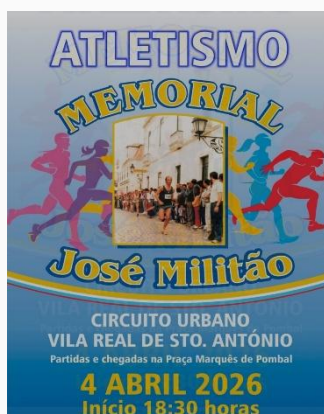
alongside we were going to give it a fair blast, apparently. It was four laps of 1.34km and a smaller lap of 0.46km. Forgive my maths but that ain't no 5km run! It was billed strangely as a 5.58km but add it up and its 5.82km.

I was quite keen to enjoy the run personally, as it was around the town in square loops, up and down kerbs, past people eating dinner in restaurants, over drains, over cobbled streets, lots of crowd support, the usual Portuguese relaxed madness. The start line was about 5 metres deep and 20 metres wide and full of keen runners like stomping cattle running through the small funnel of the finish line to start in a big old mass.

We did the small lap first and then started on the first large lap. We were lapped just into the first big lap, and I was told off for keeping on talking. By the end of the second lap, I was complaining about our speed and the fact I had a stitch and was given race breathing advice in response. By the third lap I was thinking of those folk we were passing who were dining in the mild evening. I was spurred on a bit by the cheering, but my pace dropped on the last lap. I was pleased to see that finish line I must say!

The results had me on the podium, third in my age category with a trophy, but I never made it there, as the results were wrong on the night and I was put as fourth. We made it round in 26.46 which was equivalent to 25.21 time for 5km which is not shabby at all methinks, considering. Misspelt Team Lingfiel came 28th overall!

All in all, it was a great atmosphere on a beautiful balmy evening, with lots of participation from enthusiastic kids and the t-shirt is a lovely yellow!



Weekly club runs

Gary Spring

Well, we've finally made it back to the lighter evenings and so look out for interesting off-road routes on offer for the Tuesday Club Runs, instead of the road routes. We will aim to bring back the Thursday evening Club Runs when we have available Run Leaders.

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 14th April

Trail/road run in Lingfield

Meet at the Victoria Club for a 7pm start

This will be a shortish run as we need to be back for the AGM, that starts at 8:00pm. More details will be posted on the club Social Media groups nearer the day.

Thursday 16th April

Bluebell Run/Walk from St Sylvan's car park,

Staffhurst Wood Road RH8 0GH

What3words: learn.known.tribes

Start time 7pm

I just did a recce to see the state of the bluebells and found that most of them are out and in full display so we need to fit in the Bluebell Run through Staffhurst Wood this week, before they are all wilted.

It will be a short, very leisurely run, only about 5km in distance. I am ready to lead a walk group but I do need someone to lead the run group, while my knee is recovering. If anyone knows the route or is happy to load a gpx file on their watch or take a map, I can provide these. If there are no offers to lead the run, we'll just do the walk, probably about 3km.

If anyone needs more details of where to meet up, please contact me. You can park in the car park or on the side of the road by the car park.

Organised Club Running events in April

Tuesday, 28th April: second Handicap Race: 'May Race 1 route'. 7pm start time

HELP WANTED, PLEASE!

We will need a group of marshals to make sure everyone stays on the correct route. Please let me know if you are able to help on the night.

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 external 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.

LRC puzzle slot

Gary Spring

Answers to March's puzzle

Sorry, March's puzzle was not my finest hour. There were very few 'minerals' to be found in the UK parkrun names and the ones that were there, were all hiding in plain sight.

Judy Hayler identified eight that I could accept. I had a few others, so we achieved a total of eleven. These can be found below.

April's Puzzle

We're back to some cryptic questions for April's puzzle, if only for the satisfaction of trying to give AI a tough time trying to solve the clues. All the answers are parkrun names.

Still no sign of the return of the 'Power of 10' parkrun list, so please consider using this link to find the list of 835 UK parkruns. <https://therunningchannel.com/fastest-and->

An example of the clue for April's puzzle is as follows:

Clue: Silver current. Answer: Agnew (Ag for Silver, New for current)

I can tell you that all the clues have answers with a different initial letter and all the clues are in alphabetical order of their answers. Good Luck!

- 1 Graduate confesses smoking cannabis
- 2 Revolutionary French wine in favour of French East
- 3 Swindled baby bed
- 4 Say, medical material applied
- 5 Turn Spanish cheer
- 6 Owns can with glass case
- 7 Kelvin with two directions to court extreme distress
- 8 Left record back to front depth
- 9 My French sailor bird
- 10 Old relative with empty toy for TV puppet Andy
- 11 Alternative to spymaster Perrier
- 12 For betting odds on shocking medical treatment
- 13 Piece shatters glass. Depart west.
- 14 Relax after team sport
- 15 Rage on Tesla
- 16 God exchanges oxygen for heavy metal music
- 17 As far as bridge hand, river follows Henry
- 18 Learner leaves online recording that is right before
- 19 Sound question on existence of a Premier Football team?
- 20 School dance after Spanish and returning Scandinavian

The closing date for April's puzzle is midnight, 30th April, 2026.

Send your solutions to higaryspring@gmail.com

Answers to March puzzle

Minerals, hidden in UK parkrun names.

	parkrun	Mineral
1	Ashford	Ash
2	Barclay	Clay
3	Black Rocks	Rock
4	Braunstone	Stone
5	Chalkwell Beach	Chalk
6	Clevedon Salthouse Fields	Salt
7	Crystal Palace	Crystal
8	Limepark Playing Fields	Lime
9	Sandhurst Memorial	Sand
10	Worcester Pitchcroft	Pitch
11	The Cinder Track	Cinder

Key dates for the next two weeks

Editor

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

Today	<	>	Apr – May 2026	▼
8	APR, WED	● 6:30 – 7:30pm	Shakeout Run	Cooks Kitchen Park Cafe, 106 Home Park Rd, London SW19 7HR, UK
		● 7 – 8pm	LRC coaching (James K)	Upper Station car park, East Grinstead
11	APR, SAT	● 9:15 – 10:15am	Spring 'Run the Seasons' Cowdray (10k-5k)	Cowdray Farm Shop & Cafe, Cowdray Park, E
		● 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 4)	Blackland Farm Outdoor Centre, Grinstead Ln, East Gr
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	Club Bluebell run	RH8 OGH, Oxted RH8 OGH, UK
		● 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 9BQ, UK
18	APR, SAT	● 9:30 – 10:30am	Hyde Park 5k & 10k	
19	APR, SUN	● 8 – 9am	Phoenix Dirty Dozen run	Buchan Country Park, Horsham Rd, Crawley RH11 9HQ, UK
		● 9 – 10am	Eridge Park Half & 10k	Eridge Park, Eridge Green, Tunbridge Wells TN3 9JT, UK
		● 9:30 – 10:30am	Seaford Martello Half	BN25 1DR, Seaford BN25 1DR, UK
		● 9:30 – 10am	Sutton 10k (SRL race 3)	
		● 10 – 11am	Meridian Rotary Colour Run	East Grinstead Sports Club, Saint Hill Rd, East Grinstead RH19 4JU, U
		● 11am – 12pm	Chicken Run (WSFRL)	The Mac's Farm Summer Campsite & Days out, The Mac's Farm, Ditchling,

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

Reminders from previous weeks

AGM CAKE DONATIONS WELCOME!

Tuesday 14th 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

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 the address of the venue for Tejin's forthcoming monthly Strength and Conditioning sessions: Estcots Primary School, Bourg De Peage Avenue, East Grinstead RH19 3TY with a [link here](#)

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