



## **Newsletter**

**Wednesday 15 April 2026**

### **Contents**

- **Lingfield's racing round up**
- **AGM briefing - Editor**
- **Weekly club runs - Gary Spring**
- **Key dates for the next two weeks**
- **Man running 131 miles - Scott McDonald**

### **Reminders**

- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

***No new members to welcome this week, but we do have a new logo!***

*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-six runners, 16 locations, four PBs:

East Grinstead (16), Brixworth Country (1), Burgess (2), Bushy (1), Clair (2), Edgbaston Reservoir (1), Holyrood (1), Kingdom (1), Lloyd (2), Malahide (1), Severn Bridge (2), Tilgate (3), Uckfield (1), Victoria (2), Wakehurst (9) and Wimpole Estate (1).

Particular congratulations to **Dan Celani**, second at East Grinstead, and **Sarah Begley** (third at Uckfield). And, of course, to those with PBs: **Ben Horner** and **Claire Williams** at East Grinstead, **Aysha Degia** (Kingdom) and **Jennifer Willis** (Tilgate).

See [all the results](#).

Wakehurst celebrates its 100<sup>th</sup> parkrun this coming Saturday but please note that there will be no parkrun there on 25<sup>th</sup> April.



I have now seen the results of the West Sussex Fun Run League (WSFRL) event on Easter Monday – Lewes AC 10k Easter Fun Run. **Ian Greenaway**, in his second-claim club Saints and Sinners guise, completed the run in 56.21. Lewes AC had the winning runners Josh Burgess (33.28) and first woman Ruby Whyte-Wilding (38.25). Good run, Ian.

Much busier weekend to report on this week!

Let's start with the fourth Grand Prix race on Sunday – the Blackland Farm Bluebell 10k. Fourteen members ran with the 13 first-claim members picking up their GP points, and their times are listed below:

|    |                 |         |
|----|-----------------|---------|
| 3  | Simon Petitt    | 43:03   |
| 4  | James Kilfiger  | 45:36   |
| 5  | Matt Lester     | 47:45   |
| 6  | Vernon Given    | 50:27   |
| 10 | Sarah Begley    | 52:51   |
| 15 | Sophie Davis    | 56:47   |
| 17 | David Watkins   | 57:51   |
| 18 | Fiona Champness | 57:57   |
| 20 | David Worsell   | 1:00:18 |
| 21 | Judy Hayler     | 1:01:23 |
| 22 | Liz Webster     | 1:01:27 |
| 25 | Michele Edwards | 1:05:33 |
| 29 | Miranda Chitty  | 1:07:48 |
| 38 | Patrick Bastow  | 1:15:23 |

As none of our runners sent me their versions, I'll refer you to Blackland Farm, which has posted a race report on Facebook - [here](#).

The results mean changes to the overall GP placings. **James Kilfiger** leapfrogs **James Caffrey** at the top of the men's table, with **Simon Petitt** moving up to third. In the women's trophy, **Sally Alexander** hangs on to her lead by a whisker(?) from **Sarah Begley**, with **Fiona Champness** moving up to third place. The full tables are on the website – [men's](#) and [women's](#). The next GP event is a parkrun on 9<sup>th</sup> May, the venue for which our new captains (Chris and Lucy) will need to decide.

April sees not just bluebells blooming but also the Spring marathons, and we were represented in several last weekend.

I spotted two runners in the Brighton Marathon. **Tom Harvey** (an excellent 2.44.40), and President **Brandon Webb** (3.43.28). Sam Cook won the race in 2.25.04 and first woman was Amy Harris in 2.49.38.

Then there was the Brighton Trail Marathon. This starts in Stanmer Park, includes the highest point on the South Downs at Ditchling Beacon, then joins the main Brighton Marathon route for the final miles into Hove. Tackling this for the first time was second-claim member **Darija Sparkes**, who finished in a time of 5.50.06. The winner here was James Baker in 2.58.12 and first woman was Alice Denning in 3.39.35. Well done, Darija.

And finally, in the Brighton 10k, we had **Ian Fotheringham** (63.20), **Terri Scott** (66.08) and **Paul McCarthy** in 76.40 – I know this was the first run after injury problems for both Terri and Paul, so great to see you back. Oh, and did I mention that the race winner was our second-claim member **Kieran Barnes** in 31.33! First woman in this race was Josie Wren Golder in 36.59.

Others travelled further for their long distances. For example, in the Paris Marathon, where **Natalie Mitchell** had a great run to finish with a time of 4.01.50, followed home by **Tasha Neave** in 4.51.35. Great running, both of you; no doubt spurred on by the enthusiastic cheering of our Chair.



And, back up in London, **Kelly Walter** was tackling the London Landmarks Half, along with almost 20,000 others! Kelly says she thoroughly enjoyed it, finishing in 2.17.53. *“I was just amazed at the amount of people, young and old cheering everyone on – I’d run the Vitality 10k as a practice but there were twice/three times as many for the Landmarks”*. Great work, Kelly.

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

Editor

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



... was someone out with a marker pen at Blackland Farm?

## **Lingfield Running Club AGM**

**Editor**



At least 50 members attended the club's 42<sup>nd</sup> AGM last night, the first one held at The Star PH. Gary has now called for weekly AGMs (or any sort of meeting in the pub) as it seemed to boost the usual Tuesday runner numbers from five/six to about 20.

By masquerading as the minute-taker, I managed to get a seat near the top table (yet hidden enough to watch the football on my tablet). I also figured that I would not be able to hear anything if I was seated at the rear of a noisy pub. And yet, when Sally Alexander rose, quiet descended, and a pretty decent AGM unfolded.

Members said their farewells, and gave thanks to, retiring committee members Keith Chambers, Liz McLennan and Nick Keen (in his absence). I can reveal the new, enlarged club committee as:

- Chairperson - Sally Alexander
- Secretary - Graeme Bennett
- Treasurer - Nevenka Worsell
- Membership Secretary – Laura Stockwood
- The ladies’ and men’s captains – Lucy Wilkes & Chris Rance
- Club Welfare Officer – Alison Stuart
- Deputy Club Welfare Officer – Jennifer Willis
- Health and Safety Officer – Gary Spring

The club's president (Brandon Webb) and Head Coach (Dave Worsell) are also invited to attend committee meetings.

There are three discretionary trophies presented at the AGM and this year they went to:

- Men's Captain's trophy - Martin Faulkner
- Ladies’ Captain’s trophy – Maggie Statham-Berry
- The President’s trophy - Robert Healey

We will have the draft minutes of the meeting, and the wording of the revised constitution, available for you in the near future.



## **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.

### **Thursday 16th April**

#### **Bluebell Run**

**Meet at St Sylvans car park on Staffhurst Wood Road RH8 0GH**

**What3words: learn.known.tribes**

**Start time 7pm**

This will be a very leisurely 5km run to admire the bluebells and have a chat. I am hoping someone else apart from me knows the route, so I can lead a shorter walk through the woods (say 3km)

If you get there early, there may be space in the car park; otherwise, park on the side of the road, by the car park.

### **Tuesday 21st April**

#### **Club Trail Run**

**Meet at the Victoria Club. 7pm start**

Fiona will be leading this Club Run. The run will be mainly trail and lead out to Starborough Castle. The route distance is about 5.5 miles.

## **Other organised Club Running events in April**

## **Tuesday 28<sup>th</sup> April: Handicap Race #2: [MAY RACE 2 ROUTE](#)**

The Handicap Race on this date, will now be the May Race 2 route (well, actually a slight modification to the normal route; see why, below).

It has been pointed out to me that there is an evening event at the racecourse this day, (thanks, Chris R!) so it would not be wise to try and cross the racecourse (which the May Race 1 route does) or have the start/finish by the racecourse entrance. Tom C and I have a plan that will keep our race event on the same date, but avoid a clash with the punters.

We will do the May Race 2 route, but move the start to Mill Lane and have the finish by the Lingfield College Prep school car park. I am currently negotiating with the school to allow us use of the Prep School car park to park in, so you don't have to slog it down and up Town Hill. More information to follow in next week's newsletter.

Many thanks to all the members who volunteered to be marshals. I now have enough to keep everyone safe and on the right route.

Chris also pointed out there is a clash with the following Handicap Race date of 12<sup>th</sup> May. The new plan for a Handicap race on this date, will be revealed in the first May newsletter. All the other Handicap race dates are OK for now (unless the racecourse comes up with some more new events on those dates!)

### **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](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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## Key dates for the next two weeks

Editor

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

| Today | <        | > | Apr – May 2026 |   |
|-------|----------|---|----------------|---|
| 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 – 10am       | Manchester Marathon   |
|       |          | ● | 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, UK           |
|       |          | ● | 11am – 12pm    | Chicken Run (WSFRL) The Mac's Farm Summer Campsite & Days out, The Mac's Farm, Ditchling, Hassocks BN6 8TL, |
| 21    | APR, TUE | ● | 7 – 8pm        | Club run (Fiona) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK                                  |
| 22    | APR, WED | ● | 7 – 8pm        | LRC coaching (Fiona) East Grinstead, UK   |
| 26    | APR, SUN | ● | 8:45 – 9:45am  | Bluebell Trail Run BN13 3UJ, Patching, Worthing BN13 3UJ, UK  |
|       |          | ● | 9 – 9:30am     | Leonardslee x Spring 5k & 10k Leonardslee Lakes & Gardens, Brighton Road, Horshar                           |
|       |          | ● | 9:30 – 10:30am | London Marathon   |
|       |          | ● | 12 – 1pm       | Ale Trail 15 Mile Ye Olde Smugglers Inne, Waterloo Square, Alfriston, Polegate BN26 5L                      |
| 28    | APR, TUE | ● | 7 – 8pm        | Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK  |
|       |          | ● | 7 – 8pm        | LRC Handicap GP #2 (May Race 2)   |
| 29    | APR, WED | ● | 7 – 8pm        | LRC coaching (Ian) East Grinstead, UK   |
| 1     | MAY, FRI | ● | 7 – 8pm        | LRC social (Marathon Memories) The Star PH, Lingfield   |

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)

## **The man running 131 miles for the Trust**

**Scott McDonald**



**Nathan Gornall**

**My Story**

As Europe's largest conservation charity, the National Trust looks after nature, beauty and history for everyone to enjoy.

This year some of you will already have successfully completed your half marathons and marathons but Nathan Gornall is going a step further. He is running 131 miles to celebrate 131 years of the National Trust. Although Nathan has never ran a marathon, he came close in 2015 at Bournemouth where he ran with his wife (Tash), but unfortunately she passed out at mile 22 and they crossed the finish line in an ambulance. This has not deterred Tash from running as she completed the Edinburgh Marathon in 2025.

Nathan's challenge is to run eight consecutive half marathons and then on day nine, run the London Marathon. An amazing challenge and his aim is to raise funds for the National Trust.

Nathan lives in Bristol and will run the half marathons at various National Trust locations across England and Wales, so it's not just about running, add on the massive challenge of travel and accommodation. I wish him well with every race and look forward to seeing him cross the finish line on Sunday 26th April in London.

To everyone who is running in London or in another race, good luck, and ENJOY!

Scott McDonald

## **Reminders from previous weeks**

### **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 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.

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**THE END**