



# Newsletter

**Wednesday 22 April 2026**

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***Welcome to new member Elke Cheriton 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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## RIP Clive Barnard



I'm sad to report the passing of another original member of Lingfield Running Club. Last week **Clive Barnard** died, aged 83, a few days after a fall at the care home where he lived.

According to club records, Clive's first event was the Xmas handicap in 1985, and his last was Tilgate parkrun in February 2017. He was a regular competitor in the internal club races, particularly the 10-mile handicap (until traffic conditions led us to abandon it) and May races (when Trevor introduced them). Clive was also a keen cyclist and led many long-distance outings with club members.

Clive lived with and cared for his mother until she died at the age of 102. Unfortunately, Clive's mental and physical health declined rapidly thereafter, and we rarely saw him in recent years.

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## Lingfield's Racing Roundup



Fifty-three runners, 14 locations, six PBs:

East Grinstead (19), Kingdom (2), Lancing Beach Green (1), Littlehampton Prom (1), Millennium Country (1), Nonsuch Park (2), Rothay Park (2), Roundshaw Downs (1), Squerryes Winery (2), Stretford (5), Tilgate (4), Wakehurst (10), Whitecliffe Lake (2) and Wichester (1).

Particular congratulations to **Dan Celani**, third at Roundshaw Downs, and to our second and third placed runners at East Grinstead - **Lucy Wilkes**, **Fiona Champness**, **George Matthews** and **James Kilfiger**. and **Sarah Begley** (third at Uckfield). And to those with PBs: **Lisa Compton** (Kingdom), **Andrew Senior** and **Aysha Degia** (Tilgate) and (at Wakehurst) **Luke Sanders**, **Eliska Kelly** and **Dave Watkins** (who is now going the full Mondo Duplantis - taking his PB down one second at a time).

See [all the results](#).

Wakehurst - no parkrun there on 25<sup>th</sup> April.



On Thursday 16<sup>th</sup>, **Maggie Statham-Berry** flew the Lingfield flag in the third and final East Surrey League event of the winter. Maggie says “*it was a 4.4-mile multi terrain race comprising two laps of a circuit of the Epsom & Ewell athletics track, the trails of the Hogsmill Open Space, surrounding suburban roads and the grassland next to the track. There were 73 finishers and I was 63rd in a time of 35:50. I was the first (and only) over-70 runner (men and women)*”. The race was won by home favourite Ollie Garrod in 22.26 (just holding off the teenagers of Sutton & District), Julia Wedmore finishing as first woman in exactly 28 minutes. Very well done, Maggie.



**Sue Garner** sinned last Sunday by forgetting to tell me that she had run the Thames Towpath 10 (miles) on 12 April. Sue tried to make up for it by sending me this race report ‘*a stunning 10-mile race along the Thames ... easy parking, very low key, just the job*’. Thanks, Sue, and I must admit it’s a rare omission on your part. Sue’s chip time was 1.33.53. She may only have been the 16/32 in the Over-55(!) category but she had the highest age grading of 89.44%. Race winner was Andy Barnes (London Heathside) in 55.38, and first woman was Ealing Eagles’ Alice Braham (58.52)

However, this week **Sue** was very quick off the mark with the results of the Sutton 10k. This was the third leg of the Surrey Road League, Sue was our sole representative, and she finished with a time of 55.48. This means she picks up 20 points, moving her to second place in the trophy table. Race winner was Harrison Hayman (South London Harriers) in 31.44 and first woman was Stragglers’ Emma Henston in 36.32.

The main Lingfield weekend action was focused on the Manchester Marathon, however. Eight members were among the 28,000 who completed this race, and all seemed to enjoy themselves judging from the pictures. Keith has sent us a report, along with everyone's times later on. Congratulations to first-timer **James Willis, Tom** for his fastest marathon since 2022, **Ian** for his fastest since 2023, **Dan, Laura** and **Matthew** for PBs, and **Keith** for accompanying Matthew to his PB! I can't find second-claim member **Terry**'s marathon record, though I think he may have done a few ....

And, belatedly catching up on his social media feed, I realise that I also omitted **Terry Sumner**'s London Landmarks Half performance last week. He got a PB (1.47.14) and raised £1,800 for St Piers. Great work, Terry.

Phoenix West Sussex organised a Dirty Dozen event on Sunday at Buchan Country Park, where **Sally Alexander** and **Lisa Compton** completed careful and conservative (by their lofty standards) final warm-up runs before London. Sally describes it later in the newsletter.

Just on the off-chance, I looked through the results of the Eridge Park Trail Half and 10k and found that one Patrick Bastow had completed the Half in 1.30. Given this was a big step forward on his recent parkruns, I had to ask if it was our Patrick. As honest as the day is long (whatever that means), Patrick admitted that he "*only did the 10k in the end. It was a very tough course, so I ran a very slow 10k, so I thought it best to stop halfway. Never done that before*"\*.

By the time I rechecked the results, Patrick had been reallocated to the 10k list - with a better time of 1.28.24. Your honesty rewarded; well done, Patrick.

\* I have, Patrick! Ed.

Best of luck to all running in London, and I look forward to reading your marathon-length reports!

Editor

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

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## **Manchester Marathon**

**Keith Chambers**

Having completed the Manchester Marathon on a couple of occasions, the draw of a well-organised, well-supported big city marathon drew us back again.

The route is flat, a few bridges to cross, mentally and physically, but generally a good one lap scenic run around Greater Manchester.

For those starting their journey on Friday, the first challenge was overcoming the power outage into Manchester Picadilly Station. Our advance scout Tom giving us the heads up that we might need an extra hour's bus ride from Stockport to get there. Fortunately, we were in luck as we managed to pick up the diesel train service and arrived in Manchester with little time lost.

Saturday's Stretford parkrun was at the home of Stretford AC in Longford Park, a short tram ride away. A two-lap flat run starting and finishing on a tartan track; the easy pre-marathon leg loosener turning into a progressively faster run, and Sandra finishing first in her age category; the rest of us enjoying the atmosphere alongside over 900 other parkrunners.

Marathon Day dawned with a clear blue sky, calm and chilly. On arrival at Old Trafford for the start, the first hurdle was the hour long wait in the loo queue causing a delay to everyone's start times.

Shortly after our race started, we caught sight of our Terry running with the 04:45 pacers, caught him up, shared a few hugs and photos, and then pressed on.

There was a huge amount of support along the route, loud bands, choirs, shout-outs and refreshment stations.

Turning the final corner, there in the distance was the finish line, slowly but surely drawing nearer. Why does the last 400 metres seem so much longer!

A well-organised finish area collecting the medals and goodies.

Based on previous experience, we decided to meet a little distance away from the crowded finish area to meet up with the support crew and the LRC team.

Everyone was elated and dying for a well-earned pint to celebrate the day's

achievements.

	<b>Chip Time</b>
Dan Pike	03:18:03 (PB)
James Willis	03:49:12 (PB)
Tom Cartledge	04:09:37
Ian Watkins	04:29:02
Laura Stockwood	04:29:02 (PB)
Terry Sumner (Pacer)	04:37:52
Matthew Stockwood	05:11:00 (PB)
Keith Chambers	05:11:00

Manchester's public transport system, mainly the tram and buses are easy to use, their 'tap on and tap off' payment making it easy to navigate.

Manchester was very friendly, clean and tidy with plenty of fine old and modern architecture to appreciate.

No matter how far you are from home there's always someone who knows the club. Tom was running along when another runner tapped his shoulder and asked to be remembered to Brandon; Ian and Laura also met someone who had recently moved to Horsham who was interested in joining the club, not the easiest of information to pass on mid-run!

Congratulations everyone, and good luck to our London Marathoners, your time is coming.

All the best, we'll be with you all the way.  
Enjoy the day.



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## **Weekly club runs**

**Gary Spring**

**Thursday, 16<sup>th</sup> April**

**Bluebell Run**



*Photo, courtesy of James Kilfiger*

The Staffhurst Wood bluebells put on a decent show for us last week, but I think they were looking a bit tired, (the bluebells, not the runners!), so next year, I may have to consider moving this run to early April, to try and catch them at their best. Thanks to everyone who came out for the run/walk.

**Tuesday, 28<sup>th</sup> April**

**2<sup>nd</sup> Handicap Race: May Race 2 route**

**Start time (for slowest runners): 7pm**

As I mentioned last week, this race is now on the May Race 2 route, to minimise disruption with a racecourse activity. The route length is now slightly shorter, at 6.5km, as we need to move the Start/Finish away from the racecourse, but hopefully this distance will suit all members, new and old, to come and try out the event.

We've also reduced the walking distance to get you from your car to the start. You can now park in the visitor's car park at Lingfield College Prep. Look for the big (open) wooden gates, near the bus stop, opposite the racecourse stable block on Racecourse Road. (see photo, below: please use the car park on the left side, as you drive into the school).

The race will start on Mill Lane, just past the hotel car park and finish by the school car park. A route map is posted in the Club website. Here is the link: <https://lingfieldrunningclub.co.uk/route-maps/>

There is likely to be about a 20+ minute handicap for the faster runners so if you plan to arrive after 7pm, please cross the road and follow the footpath between the railway bridge and the hotel drive. We will be assembling on the footpath, just past the houses on the left, by the golf course.



*(Entrance to school car park)*

The route is about 50/50 footpaths and road, and, based on the recent weather, road shoes should be OK for all the route.

There are a couple of road crossings (Dormans High Street and Moor Lane). There will be marshals at these locations. Please heed their instructions and do not cross the road until they say it is OK to do so. Remember that personal safety trumps Handicap race points!

Please contact me if you need any more information about this race. My email address is at the bottom of this article.

### **Special running events coming up in May**

Tuesday, 5th May: Pub Run in Edenbridge. (Ye Olde Crown)

Tuesday, 12<sup>th</sup> May: 3<sup>rd</sup> Handicap race: New route! Start at The Plough, Dormansland

Sunday, 24<sup>th</sup> May: Joint Club Run with Tunbridge Wells Harriers: Chiddingstone route

### **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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### **Phoenix Running West Sussex – Dirty Dozen!**

**Buchan Park**

**Sunday 19<sup>th</sup> April 2026**

**Sally Alexander**



While Lingfield Running Club's Manchester Marathon team were queuing at the start line (or, from what I understand, the lavatories!), Lisa Compton and I headed to the stunning venue of Phoenix Running West Sussex's 'Dirty Dozen' at Buchan Park.

Aided by a gloriously sunny morning, the bluebell carpet of the wooded trails and the glittering lake could not have been more beautiful as runners enjoyed the stunning views and delightful spring scents of the 5km loops! The trail is 'undulating' but with every up, as we know, comes a welcome down! And, how many other events have the added bonus of ongoing runner support, as participants pass each other as they complete their personally chosen distances?

With only one week until London, Lisa navigated the route with great care to avoid taking a tumble, and I was completing the second 'test' run on my recovering knee! Thankfully, I can report both of us finished our chosen distances with all body parts intact and we were greeted with the signature PRWS drinks and snack bar!

A huge thank you to Vernon, Joanna and the unbelievable friendly Phoenix Running team. There is no doubt the support and encouragement given by the team and runners alike, is second to none.

So, if you missed out on Sunday, take a look at the Phoenix Running website to check out the next event, or perhaps think about joining the running festival on 18<sup>th</sup>-19<sup>th</sup> July! Look out for further details!

## Key dates for the next two weeks

Editor

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

Today	<	>	Apr – May 2026	▼
22	APR, WED	●	7 – 8pm	LRC coaching (Ian) Car Park East Grinstead Station   APCOA, Grosvenor Rd, East Grinstead RH19 1
26	APR, SUN	●	8:45 – 9:45am	Bluebell Trail Run BN13 3UJ, Patching, Worthing BN13 3UJ, UK
		●	8:45 – 9:45am	Weald Walkers Wander (8m treasure hunt) Lingfield & Dormansland Community Centre, High St, I
		●	9 – 9:30am	Leonardslee x Spring 5k & 10k Leonardslee Lakes & Gardens, Brighton Road, Horsham RH13 6PP,
		●	9:30 – 10:30am	London Marathon
		●	12 – 1pm	Ale Trail 15 Mile Ye Olde Smugglers Inne, Waterloo Square, Alfriston, Polegate BN26 5UE, UK
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
2	MAY, SAT	●	All day	Maverick Exmoor X-Trail
		●	10:30 – 11:30am	East Grinstead 10 Miles
3	MAY, SUN	●	9 – 10am	Three Forts Challenge BN15 OPH, Manor Rd, Lancing BN15 OPH, UK
		●	10:30 – 11:30am	Haywards Heath, 10 Mile
		●	11am – 12pm	Worthing 10k & Half
4	MAY, MON	●	6:45 – 9:45am	Tonbridge Triathlon
		●	10:30 – 11:30am	Burgess Hill 10k
5	MAY, TUE	●	7 – 8pm	Club pub run (Gary) Ye Olde Crown, 74-76 High St, Edenbridge TN8 5AR, UK
6	MAY, WED	●	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, L

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)

## Weald Walkers Wander

Liz McLennan



### **A Walking Rally**

### **with a Difference**

An 8-mile Treasure Hunt  
Solve the Clues

Find the Checkpoints  
Test your Map Reading Skills  
Challenges at Checkpoints

**The Date and Time: Sunday 26th April 2026 (start 8.45am to 9.30am)**

**Start & finish: Lingfield & Dormansland Community Centre, High Street, Lingfield, RH7 6AB**

**THE EVENT:** The walk is about 8 miles. You will need to solve clues to find each checkpoint and your map and compass skills will also be put to the test. Points are awarded for completing quizzes and games, at the checkpoints. A trophy is awarded to the winning team.

**THE TEAMS:** You will need to enter in teams of between 2 and 5 people. Everyone is welcome - young or not so young, families or other groups, however at least one person in each team must be 16+.

**TIME:** Start times are between 8.45am and 9.30am in order to depart between 9.15 and 10.00.

**WHAT TO BRING:** Each team must have the latest Ordnance Survey maps, Explorer 146 & 147 (1:25,000 scale). Also bring pen and paper, compass, suitable footwear and clothing. Also bring your packed lunch..

**CHECKPOINTS:** Cold drinks and biscuits will be provided at all checkpoints. Hot drinks and fruit will be served at the lunch stop and hot drinks, cakes and cheese and biscuits at the finish. All provided free,

**ENTRY/REGISTRATION: *In advance:*** Adults £10.00, U16 £5.00 or ***On the day:*** Adults £12.00, U16 £6.00.

Please e-mail Linda for an entry form: [linda.bignall@virginmedia.com](mailto:linda.bignall@virginmedia.com).

Cheques should be made payable to COPSE.

Online entry is available [via SI Entries](#)

*If you're quick, you may even get back in time for the ....*

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**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!

**Phoenix West Sussex  
Festival of Running**



**PHOENIX  
WEST SUSSEX  
FESTIVAL OF  
RUNNING**

**24-HOUR RUNNING EVENT**

 **JULY 18<sup>TH</sup> - 19<sup>TH</sup>  
2026**

 **START AT 12 NOON ON  
18<sup>TH</sup> JULY**

**24 HOUR  
EVENT**

**CHOOSE FROM:**

-  **SOLO (12 HOUR OR 24 HOUR)**
-  **GROUP RELAY (TEAM OF 2-4 OR 5-8)**
-  **1 MILE PER HOUR EVERY HOUR FOR 12  
OR 24 HOURS**

**ENTRY INCLUDES:**

-  **FREE CAMPING**  
(TENT PITCHES INCLUDED)
-  **UPGRADE: BELL  
TENT**  
(PRE PITCHED, SLEEPS  
4-6AD)
-  **BESPOKE  
FINISHER MEDAL**

**BLACKLAND FARM,  
EAST GRINSTEAD,  
WEST SUSSEX,  
RH19 4HP**

Scan for more info and entry ↓



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 <https://www.phoenixrunning.co.uk>

**Reminders from previous weeks**

## **Lingfield Running Club AGM**

### **Editor**

At least 50 members attended the club's 42<sup>nd</sup> AGM last week, the first one held at The Star. 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.

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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 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**