



Newsletter

Wednesday 29 April 2026

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Welcome to new member Sean Begley 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



Forty-nine runners, 16 locations, three PBs

East Grinstead (25), Bevendean Down (1), Brooklands (2), Clair (1), Coldham's Common (1), Durham (1), Finsbury (1), Foots Cray Meadows (1), Horsham (1), Ifield Mill Pond (1), Lincoln (1), Squerryes Winery (1), The Leas (2), Tilgate (8), Volksgarten (1) and Worthing (1).

Congratulations to **Simon Petitt**, first at East Grinstead, **Sarah Begley** second at Clair and **Dan Celani**, third at Ifield Mill Pond. We also had three with PBs at EG yesterday - **James Kilfiger**, **Ben Horner** and **Nicola Hodge**. Very well done to you all.

See [all the results](#).



Last Sunday really was 'Super Sunday' for our London Marathon runners, Gary's baggage handlers and all our roadside supporters! All ten (that I could count) runners had great races and the support teams seemed to have fun in the glorious sunshine.

	Time	Place (category)
Juhana Kirk	02.39.02	83
Tom Harvey	02.42.06	17

Dan Celani 02.54.18 214
Sally Alexander 03.01.13 8
Jeremy Garner 03.06.49 252
Steve Ackroyd 03.49.00 1,528
Lisa Compton 04.16.07 1
Lucy Wilkes 04.31.09 1,178
Judith Cartledge 04.58.18 322
Sue Garner 05.20.28 1

They can correct me if I'm wrong, but I think there were marathon PBs for **Juhana Kirk, Sally Alexander**, and first-timers **Lucy Wilkes** and (on the road) **Judith Cartledge**. I think Lisa and Sue may be in line for further GB vests after those amazing performances. And a big thank you to Lucy for describing her day in the sun later on.

I believe the race winners also did decent times – Sebastian Sawe (1.59.30) and Tigst Assefa (2.15.41).

Anyone who wants to celebrate with them (not Seb/Tigst) or bring any other marathon memories, don't forget to come along to The Star, Lingfield on Friday (from 7pm).

There was at least one other race on Sunday, but **Vernon Given** had to go abroad to find it (and some cooler weather) in the Rhodes Marathon. Running as a Pound Hill Pounder, Vernon completed marathon number 69 in a time of 3.43.56 (ninth of 67 Brits). Great run again, Vernon. Nicolas Dalmasso won in 2.35.43 and first woman was Ourania Rempouli in 2.55.02.

The Long Distance Walkers Association (LDWA) organised a South Downs Marathon last Sunday (with a choice of 18 or 28 miles). So, not really a marathon as we would understand it then! Nevertheless, **Brandon Webb, Nick Averre** and **Simon Mills** did take part, if only as 18-mile walkers, completing in seven hours and two minutes('ish). There must have been pubs involved.

If anyone else raced, they've covered their tracks well.

Best of luck to all running this week, and please remember to complete your club survey when you get the email.

Editor
editor@lingfieldrunningclub.co.uk

Marathon Memories Social

Friday 1st May 2026; 7:00pm

Sandra Ankers

After two successful weekends of magnificent marathon performances in Manchester and London, we are having a post-marathon social to come together and share our marathon memories.

Everyone is very welcome to come along and join us at.....

The Star in Lingfield on Friday 1st May at 7:00pm

And please wear your medals, you earned them!



If you're planning to eat then please plan directly with The Star

www.thestarlingfield.co.uk

Tel: 01342 832364

Happy running!

Sandra

My first London marathon

Lucy Wilkes

When I agreed to write about my first London marathon, I thought it would be easy; but it was such an intense experience that I'm still struggling to process it all. It's impossible to organise my thoughts into a coherent narrative yet, so I've decided to list some things I learned and hope that it resolves into something that gives a flavour of what it's like to run a first marathon in general, and London in particular.

1. Getting to the marathon is really bad preparation for a marathon

In an ideal world if I had to run 26.2 miles in one day I would make sure I got enough rest, have a leisurely breakfast and generally try to conserve energy as much as possible before the start. Instead, my alarm went off at 4am after a mostly sleepless night, and after a quick breakfast and some last-minute panicking, by 5:30 I was running up the road in order not to keep the Alexander race taxi waiting. Despite a second breakfast on the train to London Bridge, by my 10:18 start time my Garmin was telling me my body battery was already running low and I was pretty much ready for lunch and a nice sit down. This was partly because...

2. The trains can't cope with the number of people

I spent many years commuting on Southeastern, so this shouldn't have been a surprise, but for some reason I expected the trains to Blackheath to have enough capacity and to run like a well-oiled machine on marathon day. Instead, the platform at London Bridge had a crowd at least ten people deep, and the trains were arriving late and already full. Judith and I watched two or three trains go past before realising that even standing at the front by the doors was no guarantee you would be able to get on the next one. Eventually we spotted a train on the adjacent platform that wasn't due to leave for ten minutes so we got on that, to be sure of being able to get there eventually. We did get there, but the train sat for a long time outside Blackheath due to the volume of people disembarking ahead and the time it took to clear the platform. The moral of the story is, even if you think you've got time, don't sit at London Bridge drinking a leisurely coffee before heading to the platform if you want to avoid additional stress.



3. When you get to Blackheath... there's space!

This was a surprise to me because I expected the start area to be really crowded. A large green space that could accommodate the hordes of runners arriving and still offer room to move around, discard layers, put on sunblock and even sit on the grass was a very pleasant surprise. The queue for the toilets moved quicker than expected too, and of course it was lovely to see some familiar Lingfield faces manning (and womanning) the baggage lorries.

4. When you start running... there's still space!

This was an even bigger surprise because I expected to start off shuffling along in a crowd and unable to pick up any speed. Instead, we were off running straight away and I soon found myself going backwards because I had submitted my expected finish time before picking up the injury that derailed my training completely. I didn't mind though as I'm not competitive with anyone other than myself when running, and myself had never run a marathon before so we were in uncharted territory. Regardless, it was very pleasant running through the leafy streets around Blackheath and experiencing the crowd support for the first time.

5. What Cutty Sark?

I'm told we ran past this - I've even seen photographic and video evidence that we ran past this, but it was from people who started behind me, so I'm still not convinced they didn't put it there after I went past.



6. I can't do fuelling

I found fuelling the hardest thing to get used to about marathon training - even more than getting up at 5am to run in the dark before work, which I discovered I actually rather enjoy. The idea of fuelling during a run goes entirely against my usual eating strategy, which is to eat when I'm hungry and to eat things I enjoy. I tried gels and I found a flavour I could tolerate, and I convinced myself that consuming about half a gel on a training run meant I'd be able to eat them during a marathon. I stuffed four gels into my pockets at the start and at the finish I still had... four gels. One of which had leaked all over my shorts.

7. Twisted Running's cargo shorts are ideal marathon attire

One of my fundraising team discovered these, largely because they were purple and would go with our orange and purple parkrun vests. They have a total of about seven pockets and include a sort of integrated mesh belt that accommodates pretty much anything you might need to carry. I had the aforementioned four gels, one packet of Veloforte chews (which did get eaten), phone, door keys, several tissues and a KeyGo card for the train. Best of all, there is enough room to stash a small bottle of water in the back, so I could carry one with me to sip when needed. At almost every water station I took a new cold bottle, stashed it in my back pocket, and poured what remained of the previous one over my head to keep cool. And tried very hard not to think about the mountain of plastic waste I was contributing to.

8. The second half of the marathon is more congested than the first

I really didn't expect this, given that most races thin out as you go, but because of the staggered start you can end up catching a lot of people ahead of you who have slowed down more than you have. By the end there were a lot of people walking and it was difficult to find a path through, and the additional swerving and changes of speed required are hard work for tired legs. I was feeling OK in the second half - by which I mean my legs weren't aching any worse than they had for most of the first half - but I found it a lot harder to make progress. According to the race results I moved up 1,113 places between the 5k point and the finish, which explains why I felt I was continually having to pass people even though I was also slowing down.

9. You might get overtaken by a rhino

We saw 'Rhino boy Chris' at London Bridge but I didn't expect someone in a bulky, presumably heavy rhino costume to come past me midway through the race, especially on a warm day. Shortly afterwards I passed him and he didn't come past me again, but the fact remains that I was running slowly enough that someone in a rhino costume was able to catch me. At least it wasn't the man in the full suit of armour.

10. Running on Lucozade is really unpleasant

There were three Lucozade stations on the course and after each one the road had a coating of Lucozade for about half a mile. It's a weird combination of sticky and slippery and makes a horrible sticky sound under your trainers. I did appreciate the slightly salty taste and extra energy boost in the final few miles though.

11. You've done this before

You might not have done a marathon before, but if you've done a half marathon or a 10k or even a parkrun before you can break the distance down into something manageable. I ran a half marathon, then a parkrun, and then I had ten miles to go, and at that point I knew I could run to the finish, because I knew I could run ten miles. It's not a new idea and everyone has their own ways of chunking up the distance, but it really does work.



Pic also from Sportograf.com

12. People speak to you in London

My medal wasn't visible on the way home but, perhaps due to my shorts and general air of exhaustion, at least three strangers went out of their way to say "well done" to me in stations. In London. Which was nice.

13. Lingfield has some truly exceptional women

One final observation that shouldn't really have been a surprise, and wasn't, except that I do find it remarkable that one small village running club could have two age category winners in an event the size of the London marathon, plus the 8th W50. In the *London marathon*, and in a field of over 59,000 people. Huge congratulations to Lisa, Sue and Sally. Given Sunday's performance, I also wouldn't put it past Judith to join them in future if she decides to continue her marathon career. Oh, and the men did pretty well too.

Thank you to Sally, Judith, Lisa, Sue, Steve and Dan for your company on the journey up, and especially to Sally (and Scott) for the lift to the station. Congratulations to all of the runners, and a heartfelt thank you to everyone who volunteered and everyone who supported (and sorry I missed seeing you all!). Thank you as well to everyone who so generously donated to my fundraising page. I'm aware I haven't mentioned the crowds, or the bands, or the incredible opportunity to run on closed roads and through iconic landmarks such as Tower Bridge, but I just haven't got the words to do any of that justice.

Weekly club runs
Gary Spring

Sunday, 26th April
London Marathon



We just wanted to acknowledge the great turn-out of club members who volunteered at the London Marathon. There were 15 in total. The photo shows the Blue Start Lorry #26 Baggage team, (not sure what happened to Sandra), and there were also another four club members directing runners from Blackheath station to the starts and two on a different baggage lorry.

Tuesday, 28th April
2nd Club Handicap Race



Photo courtesy of Tom Cartledge

On the plus side, we had a great turn-out for our second Handicap race and everyone got back safely.

On the negative side, I managed to position one marshal beyond where the route went (really sorry, Cathy!) and I timed our finish, by the school entrance, to coincide with when an evening class was leaving the school. Luckily, we had some silver-tongued members in support, who effectively held back the traffic to let our runners finish at full pelt, without any drivers seeming to get upset. Thank you ladies!

Well done to Elke Cheriton for leading the pack home. It was really great to see a lot of our recent Couch to 5K team take part; in some cases, this was their longest-ever run. The official turn-out was 35 runners but as Isla is six months pregnant, we could count this as 36 and we look forward to seeing Isla's child running with us independently, in the future.

Many thanks to our marshals, namely Graeme Bennett, Judith Cartledge, Lisa Compton, Sue Garner, Robert Healey, Cathy Samuels and Lucy Wilkes, who ensured everyone got back safe and no-one got lost. And my deepest apologies, again, to Cathy for placing her off the route.

Here are the results and assigned points. The updated points table, after two events, can be seen [via this link](#).

Position	Name	Watch time (mins:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Elke Cheriton	59:11	16:15	42:56	20
2	Steve Brinkley	59:49	20:30	39:19	20
3	Vic Kaisharis	60:00	20:45	39:15	19
4	Hannah Cartledge	60:08	25:00	35:08	18
5	Theresa Donohue	60:38	12:15	48:23	17
6	Isla Greenaway	60:39	12:15	48:24	16
7	Terry Sumner	60:43	27:45	32:58	19
8	Keith Chambers	60:47	25:45	35:02	18
9	Kelly Walker	61:21	23:15	38:06	15
10	Miranda Chitty	61:45	22:30	39:15	14
11	Judy Hayler	61:48	25:45	36:03	13
12	Angela Wilson-Taylor	61:53	20:45	41:08	12
13	Sean Begley	62:01	31:45	30:16	17
14	Liz Webster	62:12	27:30	34:42	11
15	Andy Senior	62:18	34:15	28:03	16
16	Evie Weston	62:21	12:15	50:06	11
17	Clare Williams	62:23	12:15	50:08	11
18	Nick Champness	62:48	29:45	33:03	15
19	George Matthews	62:51	38:15	24:36	14
20	Ian Greenaway	62:56	27:00	35:56	13
21	David Nottidge	63:14	27:45	35:29	12
22	Dave Waddington	63:16	34:15	29:01	11
23	Fiona Champness	63:34	31:00	32:34	11
24	Ben Horner	63:48	34:15	29:33	11
25	Glen Smith	63:51	25:45	38:06	11
26	Maggie Statham-Berry	63:58	31:00	32:58	11

27	Matt Lester	64:00	36:15	27:45	11
28	Dan Oppe	64:04	35:00	29:04	11
29	Michele Edwards	64:26	26:30	37:56	11
30	Dave Watkins	64:44	31:45	32:59	11
31	Ben Ashmore	64:55	39:00	25:55	11
32	Simon Harris	65:04	33:00	32:04	11
33	Amy Hodge	65:29	20:45	44:44	11
34	Dominique Borlase	65:40	16:15	49:25	11
35	Sophie Davis	65:48	20:45	45:03	11

Tuesday 5th May

7pm Start time

Meet on Church Street, TN8 5BD

Pub Run in Edenbridge

The route is mainly footpaths and trails and just over five miles in distance. If anyone is happy to lead a shorter run or walk from the same start point, let me know and I can supply maps and other details. Road shoes will be OK for this run. There are plenty of parking spaces in Church Street. If anyone fancies a post-run refreshment, we will be in Ye Olde Crown pub, a short walk from the parking area.

Special running events coming up in May

Tuesday, 12th May: third Handicap race: New route! Start at The Plough, Dormansland. The route will start and finish at the Plough, Plough Lane, Dormansland (an opportunity for another post-run refreshment!).

Request for volunteers: If anyone is available to be a marshal for this event on the evening of 12th May, please let me know. Rest assured that you will all be positioned on the route! My email address is at the end of this article, if you can help.

Sunday, 24th 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)

or Gary Spring (higaryspring@gmail.com) and we can add you in.

They also serve ...

Chris Ryan

Last Sunday it felt strange to be on the other side of this great event, as I had previously completed around 14 London Marathons before hanging up my marathon distance boots after the 2001 LM event.

On Saturday I began to soak up the marathon atmosphere (and later soak up other stuff in the lounge bar of the pub & hotel The Mitre) in Greenwich village on the lovely warm eve of the event and it was a particularly poignant moment for me when I strolled up to that lovely old ship the 'Cutty Sark' (in drydock at approximately the LM route 10K mark), which vessel may have only just finished its last trading voyage when I did my first LM in 1987 (the 1987 ADT London Marathon). That's how old I am although Trevor Crowhurst can go one better because I think he may recall it being built in 1869.

A 5 o'clock wake-up call in my room was followed by my driver taking me up Prince Charles Road (now Prince of Wales Road) in order to meet up with the rest of Gary Spring's LRC crew, supporting this great event with different roles. We were treated to an efficient volunteers' registration involving flashing some peculiar thing called a QR code and then received a nice breakfast takeaway bag as well as our official LM docket that proclaimed our Pass authority to take command of the whole situation.

I was spared the role that fell to some of my LRC colleagues on truck loading runners' gear duties, as for some years now the runners' gear bags are made of clear plastic (for good security reasons) and I've never been great at the sight of large volumes of competitors post-run underwear choices.

Under the efficient command of LRC's Geraint Davies our group were allocated the job of guiding competitors coming at us from two directions from Blackheath Railway Station, and Geraint split us into pairs giving me the excellent partnership of LRC's Kevin Frost at the final post, being at the top of Blackheath High Street where we had in the background the sight of mass of portaloos simmering in the early morning light.

We were a long time on our feet (say from 6 am to 10.30am?) but it was great to see all the nervously excited competitors (plus friends) walking the final leg of wherever they had come from to the start, that must have made it so real for them. I had learn't to say 'Welcome to The London Marathon' in several languages although I may have made some errors, as I'm not so good at national flags, but the atmosphere throughout was happy.

Mostly I was asked where to go for whichever start (green, red, blue, pink, green) and I was happy to help tell them where to go. Some parts of that morning especially stick in the memory; the costumes of some of the runners (and the face and hair makeup), some of them trying to sing... and the surprise of young Jeremy Garner recognising me, followed by a quick chat and a selfie.



Then there was the balding bloke in his late 50s, who came to me for some very specific help with a problem (once you wear one of these official LM docketts you almost take on the role of Doctor of everything). He had his end-of-race bag ready for deposit, but had forgotten to bring his important sunscreen cream and wanted to know if I knew of anywhere he could buy the product on a Sunday in Blackheath at 8.15 in the morning. I had no idea but the previous night I had bought some and the look on his face as I squirted my emollient all over his open palms was a sight to remember for the rest of our lives. Having thoroughly creamed his pate he looked as though he was having trouble bending down to smooth it on his legs but I had to let him do this on his own as it might not have been a good look in front of all of the other passers-by if I had gone down on my knees in front of him to assist. People have cameras on their phones you know.

By 10.30 the flow was thinning out, and my last sought-after advice included a couple who wanted to know if I knew of a nice cafe with 'good toilets' (good cafe toilets in Blackheath High Street on London Marathon Day? ... good luck with that love....); runners had been piling in to every available cafe bog in the High Street since around 7am (Costa Coffee actually closed their facility as, throne-wise, the 'tide had risen' beyond control of the flush mechanism).

Last duty was to help half a dozen young chaps who wanted to know how to get to Lewisham and could not get a signal on their phones to find out - so my 20 years old folding paper map came in very useful as Lewisham's geographical position has not changed much.

Sunday was a great day and how fantastic to be part of an event which involved new marathon world records for the elite competitors and for certain equally LRC heroes with many more great times from all of the brave LRC runners. Well done to the 2026 LM organisers and to my fellow volunteers led by Gary, Geraint and others from LRC.

Key dates for the next two weeks

Editor

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

Today		< > Apr – May 2026 ▾	
29	APR, WED	● 7 – 8pm	LRC coaching (Dave) Imberhorne Lane Long Stay Car Park, Imberhorne Ln
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, U
6	MAY, WED	● 7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
7	MAY, 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
9	MAY, SAT	● 9 – 9:30am	Hove Prom. parkrun (GP race 5) The Lawns Cafe, Kingsway, Brighton and Hove, Hove B
10	MAY, SUN	● 7am – 12pm	East Grinstead Triathlon Kings Centre, Moat Rd, East Grinstead RH19 3LN, UK
		● 8:30 – 9:30am	Ranelagh Richmond Half (SRL race 4)
		● 9 – 10am	Run Gatwick Half Marathon Southgate Ave, Crawley RH10 1UZ
		● 11am – 12pm	Hedgehoppers 5 (WSFRL)
		● 11am – 12pm	Horsham 10k Horsham Rugby Football Club, Hammerpond Rd, Horsham RH13 6PJ, UK
11	MAY, MON	● 7 – 8pm	LRC Committee VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK

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

Sports Therapists

Sally Alexander

Every week we include this link to our latest update of the [Directory of Member Recommendations](#).

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.

THE END