

Newsletter

Wednesday 6 May 2026

Contents

- Lingfield's racing round up
- Tomoya's London - Gary Spring
- Worthing Half - Ian Watkins
- Three Forts Challenge - Aly Warner
- Weekly club runs - Gary Spring
- Club puzzle slot - Gary Spring
- Key dates for the next two weeks



Reminders

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

Welcome to new member Yvonne Reynard this week

Tip: to get the most from the newsletter, view it on a PC or laptop

**Please feel free to be a keyboard warrior and send a race report
and/or pictures to editor@lingfieldrunningclub.co.uk**

Follow us via  



Lingfield's Racing Roundup



Sixty-five(!) runners, 20 locations, eight PBs

East Grinstead (33), Alton Water (2), Amsterdamse Bos (1), Banstead Woods (1), Battersea (1), Bevendean Down (1), Brentwood (1), Bushy (1), Greenham Common (1), Harrogate (1), Ifield Mill Pond (1), Kingdom (1), Nonsuch Park (2), Royal Tunbridge Wells (3), Seaford Beach (1), Seaton (1), Shepton Mallet (1), Uckfield (1), Wakehurst (10) and Woking (1).

Particular congratulations to first-placed **Sally Alexander** (East Grinstead) and **Sarah Begley** (Ifield Mill Pond). Also to second-claim member **Kieran Barnes**, third at Seaford Beach, despite a PB of 14.56! The other seven with PBs were - **David Waddington**, **Jennifer Willis**, **Catherine Watkins** and **Nicola Hodge** (all at East Grinstead), plus **Simon Pettitt** (Tunbridge Wells), and **Dave Watkins** and **Alison Slater** (Wakehurst).

See [all the results](#).



After last week's big city excitement, we're back to more local races. On Saturday the Mid-Sussex Marathon weekend began with the East Grinstead 10 (miles). Lewes AC's Ben Peters was fastest in 1.04.01 and first woman was Yolanda King (Hastings AC) in 1.10.14. I found results for four Lingfield members:

East Grinstead 10	Chip time
25 Ben Horner	01:22:36
61 Natalie Mitchell	01:31:11
75 Maggie Statham-Berry	01:33:29
175 Patrick Bastow	01:54:34

This was followed, as usual, by Sunday's Haywards Heath 10. It looks like only **Natalie Mitchell** continued to this race, which she completed in 1.30.33. Ollie Sprague won this in 57.41 (Ben Peters was second) and first woman was Yolanda King again, in 1.03.32.

My breath was bated, waiting for the results of Monday's Burgess Hill 10k. Did she, or didn't she? Yes, she did, **Natalie** running the distance in a time of 54.52. Great running, Natalie, congratulations. This time it was the turn of Brighton Phoenix's Simon Heath (34.40) to beat Ben Peters into second place. First woman today, completing the weekend treble, was Yolanda King, in 41.02.

The charming seaside town of Worthing hosted its annual RunFest on Sunday. Taking on the Worthing half marathon was **Ian Watkins**, finishing with a time of 2.20.18. Reuben Hoyte won this in 1.10.01 and first woman was Claire Keith in 1.30.48. Ian has described how he came to be running this event, later in the newsletter.

Mark Aldred chose a higher degree of difficulty for his Bank Holiday – the Pennine Barrier 50 Mile ultra. This run starts at the '*beautiful village of Malham with trails taking in Malham cove, the Dry Valley of Watlowes, Malham tarn, Fountains Fell, Janet's foss and the wonderful Yorkshire 3 peaks of Pen-y-Ghent, Whernside and Ingleborough*'. There are 2,593m of ascent. Nevertheless, a total of 550 runners completed, with Mark finishing in a time of 14.57.04. Hats off to you, Mark. A Bowland Fell Runner, Liam Mills, was fastest in just 7.37.58 and fastest woman was Lynne Nicholls (Northampton Road Runners) in 9.00.20 – which I would imagine was a tad annoying for her.

There was also an event starting in Lancing, called the Three Forts Challenge. I found **Aly Warner** among the finishers over the marathon distance, with a time of 5.18.03. The three 'forts' in question are, I believe, Cissbury Ring, Chanctonbury Ring, and Devil's Dyke – although I'm not quite sure how the half marathon and five-mile races manage that feat. Chichester's James Baker was quickest in

3.15.20, first woman was Hastings' Sabrina Holt in 3.55.16. We're lucky to have a report from Aly about the race – read on.

For any friends of **Clive Barnard** who may not know, please note that his funeral will be held on Monday 11th May at 10.15am at the Surrey & Sussex Crematorium, Crawley RH10 3NQ.

There are plenty more local races this weekend, so enjoy your running (and/or swimming and cycling).

Editor

editor@lingfieldrunningclub.co.uk

Our club member, Tomoya Murakami **Gary Spring**



Photo of Tomoya Murakami (2097) in full flight on the London Marathon route

In last week's newsletter, we missed listing an additional club member who ran the London Marathon. Tomoya Murakami is still based outside the UK for work purposes but retains his club membership and ran as an LRC member in the Marathon.

He ran an impressive personal best time of 2 hours 24 minutes 21 seconds, and if this is difficult to visualise, consider that his time over the first 5 km was 16:42 and he then kept this pace going for the whole 26.2 miles.

Oh, and by the way, Tomoya is not resting on his laurels; he has a sub 2:15 marathon time as his long-term goal!

Worthing Half Marathon

Sunday 3rd May 2026

Ian (& Catherine) Watkins



After running the Tunbridge Wells Half Marathon, my daughter Corrine asked if I would run with her on the Worthing Half - she told me the date, and I thought its two weeks after the Manchester Marathon and a week before the East Grinstead Tri. I thought the body should have recovered sufficiently to pace Corrine and it will give me enough time to recover for the Tri as well. So being a supportive Dad, I duly entered.

So, we agreed that we would meet up at the car park at 8am at Montague Green. We had been following a couple of cars for a few miles even down side roads and commented that they must be going to the Marathon too. The BMW even turned into the same car park and out stepped Corrine (driving the boyfriend's car!) amazing to arrive at the exact same time when we were both coming from different directions.

We collected our numbers and Catherine duly handed out lots of Lingfield 10s flyers. When a chap said, I remember you from Phoenix run at Buchan Park. You took a photo of me by the sign – I think he mainly remembered it as Catherine took a selfie of herself by mistake and had to try again! That aside, we joined the queue for the toilets, race start time due, we agreed on a pace time and positioned ourselves in the correct coral.

I checked the weather forecast it was supposed to be a 13° high with cloud cover

and a low wind speed and a fairly flat terrain. So off we started – finally! Just as we got started the sun broke through and the temperature started to rise, we tucked ourselves in with the 2.15 pacer. We got to mile three and the sun was starting to beat down with a fair bit of intensity. I checked with Corrine on how she felt and she gave me the thumbs up. I was starting to get really hot, and I could see that Corrine was too. No sign of any water stations on the course. Finally, we got to mile 5 and there we could see the water station. It was such a relief as by then we were starting to flag.

We carried on, the pace dropped a little as Corrine was, by now hot, and slowing but, she didn't stop, just kept going.

The route was basically flat along the seafront with out and backs along the coast road. Finally, we reached 10-mile and Corrine found a bit more energy from somewhere and picked her pace up – I think it was catching the sight 2.20 pacers closing in! At mile 12, Corrine said she'd had enough of my encouragement and suggested I pushed on and we'd meet at the finish (so very reluctantly I did as asked). I came in at 2.21 and Corrine came in at 2.27.

We both said it wasn't the most exciting half, as there was a lot of out and back, unlike Tunbridge Wells which is a circular route. Putting that to one side, Corrine was really pleased as she had run all the way round and done it! I was super proud of her as she just kept going – very determined after not running for over 18 months due to rupturing her ACL! Also, a big shout out to Catherine for distributing lots of flyers and providing support throughout the run.



Three Forts Challenge – A Day on the Downs

Aly Warner

On Sunday 2nd May, I took on the Three Forts Challenge – a 44km trail run from Lancing across the South Downs. A route of rolling hills, open skies and just enough climbing to keep my heart rate up - and not just because of the hills, the views were exceptional.

From the start, there was a quiet sense of camaraderie – everyone knowing they were in for a long day. The warmth built early, and it quickly became a run of small decisions: when to push, when to ease off, when to take on fuel, when to just keep moving forward, and when to stop for a moment to take in the scenery and take photos.



The course itself had a rhythm to it – long stretches where you could settle, followed by climbs that demanded a bit more grit. And just when it started to feel tough, there would be a marshal or a supporter with a smile, a few encouraging words, or an aid station appearing exactly when you needed it most. Those moments really stayed with me – simple, human, and hugely motivating. I've run a lot of road marathons recently and I love returning to trails for the different challenge it brings, and the sense of accomplishment looking over your shoulder at the hills you've climbed and the changing views.

Crossing the finish in **5 hours 16 minutes**, especially on such a warm day, felt incredibly rewarding. Not just because of the time, but because of how it was earned.

And to then be handed a medal by the Mayor, knowing the event supports local charities, was the perfect end to a day that felt both personal and part of something bigger. With complimentary massages provided by local students, free cake and squash and the ability to have a warm shower in the leisure centre - it was so well thought out.

A tough run, a beautiful route, and one that will stay with me for a long time.

Would I recommend it? yes

Will I run this one again? Also yes - next year!

There is also a five-mile and HM challenge if you're not ready to take on the 'Tough One / extra mile' and dogs are welcome too so if you love running with your pooch - then this is definitely an event for you.



Weekly club runs

Gary Spring

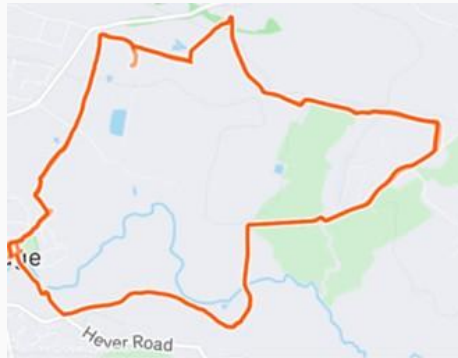
Tuesday, 5th May

Pub Run in Edenbridge report



We had a great turn-out for our first Pub Run of the year. The weather was on our side, and with the combined forces of Kevin, Nick, James and myself, we managed

to keep to the official route that delivers the shape of a dog's head, a worthy rival to the EG version.



The icing on the cake was in the pub after the run, where Patrick gave us a masterclass in the soft fruit business, which would have not disgraced an episode of 'In Our Time'. Many of us will now be searching the supermarket in the summer for 'Driscoll's Sweetest Batch' strawberries and 'Stella' cherries!

Tuesday, 12th May

Trail run from Victoria Club

Start time: 7pm

Ardenrun & Red Barn

This route is just over 7km (about 4.5 miles) and reasonably flat. Mostly trails and fields; no cows!

I hope you can come along and enjoy the traffic-free route and green scenery. A map of the route can be found using this link. <https://lingfieldrunningclub.co.uk/route-maps/>

Special running events coming up in May

Tuesday, 19th May: ** NOTE DATE CHANGE **

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: Thank you to the people who have already volunteered to marshal this race. I could do with a couple more to be safe so if you are available

that evening, please let me know. 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.

Running club quiz spot

Gary Spring

April Puzzle

Congratulations to Debbie Wilkes and Lucy Wilkes, who got every clue answer correct and well done to Graeme Bennett and Judy Hayler for getting at least half* of the answers correct. Here are the answers. If anyone wants an explanation of the answers, please click [on this link](#).

1	Graduate confesses smoking cannabis	Basingstoke
2	Revolutionary French wine in favour of French East	Chevin Forest
3	Swindled baby bed	Didcot
4	Say, medical material applied	Eglinton

5	Turn Spanish cheer	Goole
6	Owens can with glass case	Hastings
7	Kelvin with two directions to court extreme distress	Kew Woods
8	Left record back to front depth	Lydiard
9	My French sailor bird	Monsal Trail
10	Old relative with empty toy for TV star Andy	Nant y Pandy
11	Alternative to spymaster Perrier	Ormeau
12	For betting odds on shocking medical treatment	Prospect
13	Piece shatters glass. Depart west.	Queen's Glasgow
14	Relax after team sport	Ruchill
15	Rage on Tesla	Stormont
16	God exchanges oxygen for heavy metal music	Thurrock
17	As far as bridge hand, river follows Henry	Upton House
18	Learner leaves online recording that is right before Vogrie	
19	Sound question on existence of a Premier Football team?	Wyre Forest
20	School dance after Spanish and returning Scandinavian	Y Promenâd

** a good deal more than half, thank you! Ed.*

May's puzzle

This is a logic puzzle. Read the following statements and come up with an answer to the question at the end of this text.

- There is a Club Run that crosses a rickety old bridge.
- The Club Health & Safety Officer insists that a maximum of two runners at a time, can cross the bridge.
- The race is at night, so the Club Health & Safety Officer also says it is necessary for the runners to carry a torch whenever they cross the bridge.
- There is only one torch available.

- It is considered too risky to throw the torch across the bridge so it must be carried on every bridge crossing.

There are four runners and they run at different speeds.

Angela takes 1 minute to cross the bridge

Barry takes 2 minutes to cross the bridge

Caroline takes 5 minutes to cross the bridge

Dean takes 10 minutes to cross the bridge

When two runners cross the bridge together, they run at the speed of the slower runner

What is the quickest total time to get all four runners safely from one side of the bridge to the other side of the bridge?

Please can you provide your working, so I know you're not just guessing a time!

Send in your entries by midnight, 31st May 2026, to higaryspring@gmail.com

Key dates for the next two weeks

Editor

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

Today		< > May – Jun 2026 ▾	
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 E
		7 – 8pm	Phoenix Sunset Series Ardingly Reservoir, Haywards Heath RH17, UK
10	MAY, SUN	7am – 12pm	East Grinstead Triathlon Kings Centre, Moat Rd, East Grinstead RH19 3LN, UK
		8 – 10am	Phoenix Bumblebee run Ardingly Reservoir Car Park, Unnamed Road, Haywards Heath
		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)
11	MAY, MON	11am – 12pm	Horsham 10k Horsham Rugby Football Club, Hammerpond Rd, Horsham RH13 6PJ, UK
		7 – 8pm	LRC Committee VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK

12	MAY, TUE	● 7 – 8pm	Club run (Gary) - Ardenrun/Red Barn	Lingfield Running Club, 54 High St, Lingfield RH7 6A
13	MAY, WED	● 7 – 8pm	LRC coaching (Michele)	East Grinstead, UK
16	MAY, SAT	● All day	Maverick Cotswold Trail	
17	MAY, SUN	● 10 – 11am	Bognor 10k	West Park Drive, W Park Dr, Silverston Ave, Bognor Regis PO21 2RB, UK
		● 10 – 11am	Farnham Park 5m	
		● 10 – 11am	Rye 10m & 5m	TN31 6YD, Rye TN31 6YD, UK
		● 10:30 – 11am	Lindfield Village Run	
19	MAY, TUE	● 7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		● 7 – 8pm	LRC Handicap GP #3	The Plough Inn, 44 Plough Rd, Dormansland, Lingfield RH7 6PS, UK
20	MAY, WED	● 7 – 8pm	LRC coaching (track)	Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, 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