



Newsletter

Wednesday 13 May 2026

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No new members 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

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Lingfield's Racing Roundup



Fifty-two runners, 11 locations, seven PBs

East Grinstead (16), Amager Strandpark (1), Beckenham Place (1), Crane Park (2), Hoblingwell (2), Hove Promenade (15), Nonsuch Park (1), Roundshaw Downs (1), Squerryes Winery (1), Tilgate (2) and Wakehurst (10).

Particular congratulations to Dan Celani, third in our Grand Prix event at Hove Promenade parkrun. Seven others celebrated PBs - **Joanna Sinden** at East Grinstead, **Aysha Degia** (Squerryes), **Luke Sanders** (Wakehurst) and four at Hove Prom. - **James Kilfiger**, **Dave Watkins**, **Sophie Davis** and **Fiona Champness**. I've also been asked to mention **Dave Wilkes** who managed to finish in front of wife Debbie, a rare event indeed.

See [all the results](#).

In the trophy table, **James Kilfiger** retains the men's top spot, but is now followed by **Dave Watkins** and **James Caffrey**. In the women's table, **Sarah Begley** and **Fiona Champness** leapfrogged the absent **Sally Alexander**. Full tables - [men](#) and [women](#).



Many events to record this week, so less waxing lyrical than usual, I'm afraid.

Run to the Sea Brighton does what it says on the tin – a 50km multi-terrain run from Horsham to Brighton seafront. And it took **David Waddington** just 6 hours 27 minutes and 59 seconds to do so on Saturday. I don't know how many he has done but David says it was a 50k PB! Not so for **Darija Sparkes** with her time of 7.42.43, but still a great time. Winner John Markham took 3.58.00 and first woman Jemima Bean did it in 4.43.52. Next year's race is on 8th May.

Almost as popular as the Hove parkrun, was Sunday's 40th running of the East Grinstead Triathlon. We had 12 members involved in either individual or relay teams, the latter being a new event for 2026.

In the individual Sprint Triathlon, not a lot separated our three ironmen – **Matthew Stockwood** (1.39.19), **Ian Watkins** (1.40.20) and **Tom Cartledge** (1.42.44). In the shorter Tri-a-Tri race, **Jennifer Willis** had a great day, fourth of 23 in 53.01.

And there were another eight involved in four separate relay teams. As a member of **Debbie Wilkes** team, I must point out that James and Hannah had to bring in ringers in order to beat us, and our individual athletes' times! We have written a long report of our morning - enjoy.

	James Willis			Hannah Cartledge	
Swim 400m	Joe Twyman	00:06:32		Hannah Cartledge	00:10:51
Transition 1		00:01:46			00:01:38
Cycle	Michael Cheetham	00:55:07		Thomas Cartledge	00:51:45
Transition 2		00:01:07			00:00:55
Run 5k	James Willis	00:18:56		Judith Cartledge	00:25:05
Total		01:23:30			01:30:17
	Debbie Wilkes			Kath Garrido	
Swim 400m	Bridget Hollis	00:12:49		Kath Garrido	00:13:03
Transition 1		00:02:31			00:02:30

Cycle	Graeme Bennett	01:04:37		Alison Garrido	01:06:18
Transition 2		00:01:26			00:01:14
Run 5k	Debbie Wilkes	00:28:32		Helen Davey	00:27:02
Total		01:49:57			01:50:09

Another unusual event to report on was the national level Friston Forest Weekend of Orienteering. I only do so because **Judy Hayler** had some great results, coming third in her age group over 3.8km on Saturday, in a time of 56.15. And on Sunday, she finished fourth in her age group in the 4km, with a time of 50.14. Very well done, Judy.

Returning to uninterrupted running, there was the latest instalment of the Surrey Road League (and Surrey Road Championships) on Sunday, the Ranelagh Harriers Richmond Half. **Dave Nottidge** and **Maggie Statham-Berry** took 20 trophy points each here, to extend their leads at the top of the tables. Maggie stormed to age group third place in the Surrey Champs. In 1.53.04 and Dave had another consistent run to finish in 2.06.36. Hugh Tibbs (Cambridge Harriers) won in 1.08.44 and first woman was Stragglers' Lisa Bailey in 1.18.31. Dave has written a short report later on, and here are [full results](#).

Crawley hosted the Run Gatwick races on Sunday. We had three representatives in the Run Gatwick 5k, led home by **Paul McCarthy** in 34.35, next **Lynda Willment** (38.04) and then **Alison Slater** in 44.13. Race winner was Luke Stone (16.48) and first woman was Crawley's Stephanie Shaw in 18.22. In the Run Gatwick Half, it was left to **David Thomas** to fly the flag, which he did in a fine 1.45.37. Winner here was James Westlake in 1.09.01 and first woman was Katie Newton (Reigate Priory) in 1.22.05.

Ian Greenaway was wearing his Saints and Sinners vest for the West Sussex Fun Run League race, the Hedgehoppers 5. This was a five-mile course on undulating chalky paths over the South Downs starting and finishing in Portslade. Ian ran a time of 45.59. Race winner was Josh Collins (Chichester, 29.40), first woman was Katie Horton (Horsham Joggers, 37.33).

While not a race, we should also take note of **Claire Williams'** first 10k completion at West Phoenix's Bumblebee Run at Ardingly on Sunday. It's great to see how well you're progressing, Claire.

Wily **Aly Warner**'s Dusseldorf Marathon (26 April - time 4.10.25) may have passed me by, but her Denmark parkrun ensured that I picked up Sunday's Copenhagen Marathon performance. This time Aly finished in 4.08.11. Well done, Aly, I'd love to hear more!



There are plenty more local races this weekend, so enjoy your running.

Editor

editor@lingfieldrunningclub.co.uk

Mental Health Awareness Week **Scott McDonald**

This week, 11th to 17th May is Mental Health Awareness Week, and the theme is Action!

Our top ten actions to support good mental health are.....

1. Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.
2. One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.
3. Spending time in nature can boost your mood, lessen stress, and help you concentrate.
4. Good quality sleep helps your brain work better, lifts your mood, and is good for you. I know this one is difficult for those that work shifts, but try to get into a pattern that works around your daily life. Leave the mobile phone alone at bedtime and read instead.

5. Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most. Put a limit on Social Media.
6. Try Mindfulness - Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.
7. Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.
8. Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts, it doesn't need to be a marathon!
9. Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.
10. It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.

Everyone deserves good mental health! For more tips and information please consider visiting [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Let's concentrate on Mental health for everyone.

One in four people will experience some kind of mental wellbeing being problem in the course of a year.

For many of us talking about mental health is difficult and often men find this even more difficult. It's hard to put how you're feeling into words. Remember you can be strong without being silent. It's ok to not be ok!

If you're struggling with your mental wellbeing being, help is available:

- [Samaritans](#)
- [Mind](#)
- [Shout](#)

Other local groups are very available for wellbeing:

Rambler's Wellbeing Walks who meet most Mondays at 10.15am at the Lingfield Community Centre for a 45 - 60 minute walk.

Mental Health Mates (MHM) walk most Sundays from Boots, High Street, Edenbridge for a 3 mile walk.

Men at Walk, next meet on 31st May, 10am at Moons Lane, Dormansland for a “walk and talk“, all aimed to improve our wellbeing.

As always, if you are struggling, I am more than happy for anyone to contact me. Or if you know of any club member who would benefit from a chat, then please let me know and I will contact them, as always everything is confidential.

Many thanks, Scott McDonald

LRC Mental well-being Champion

Three have a tri **Debbie Wilkes**

Kath Garrido was to blame for flagging up this year’s running of the East Grinstead triathlon. The last time that she, Bridget and I entered was in 2015 (see pic below), its 30th anniversary and my 60th (birthday). Eleven years on, with Covid intervening, the 40th anniversary beckoned and yet another birthday was forecast for me on the event date. All older but no wiser, we were seduced by the inaugural relay option.



Having lost Kath to the prestigious elite who had participated in the first event, Bridget and I cast around for a substitute, our eyes alighting on Susie (Birch), who dusted off her bike for the cycle leg. After some serious training, Susie was forced to withdraw due to injury, leaving the way clear for her other half (Bennett - our esteemed secretary and editor) to join us.

Bridget's brisk start

Yes, it did “seem like a good idea at the time”. Of course, we said yes, but unfortunately Susie had to pull out of the cycle, but hero Graeme could step(cycle) in and make up our team. We had

a combined age of 213 years as Debbie's birthday happened to be on the day; not only turning 71, but also it turned out to be our Team Number!



So, I am at the poolside with the other early starters and six firemen in full-on gear! Lucky me, eh? Just a shame they were four lanes away. Ready to get underway, briefing completed and chip tied onto my left leg as instructed, into the water we go. Just 16 lengths later and I spring (clamber!) out. On the last length I had waved to our support team to warn them, but it seems they were too busy chatting to notice (or watching the firemen?).

It was a slow jog round the full circuit of transition to meet up with Graeme who, after switching the chip onto his left leg, rode* out of transition.

** jogged - I'd have been disqualified for riding! Ed.*

Debbie and Bridget's token man on a bike

What Debbie and Bridget say above is not wholly accurate ...

True enough, they did ask Susie Birch first but, after she declined, they asked Cathy Samuel; she was too busy. After that was Bridget's husband, Steve, but he had to say no for different medical reasons. Then it was Rob's turn to be sounded out, but he was on holiday - cycling seriously in Scotland. So, in desperation, they turned to the only other person they could think of with a bike. What could a poor boy do (well, a few things did cross my mind) but say 'yes, I'd love to, thanks for having me'.

So, I paid Halfords to service my bike - even touring bikes can have self-esteem issues, and I wanted 'Dale' looking his best among the elite tri-bikes. Then I put myself through a few leg-strengthening routines on a bike in the gym. I also recce'd the route once to see where the worst potholes were - a wise move; and so I could let Debbie and the support team know how long they'd be hanging around waiting for me, watching the firemen, come the big day.

I watched Bridget slide into the pool and then strolled off to await her arrival outside. A quick chat to Thomas Cartledge at the relay racks made it seem like no time at all before Bridget

reappeared in her one-piece ... and was then (mis?)directed all the way round the transition area to get to me. Thanks to her early swim start (she queue-jumped), I probably had the least traffic to contend with and only saw two cyclists all the way round – one I overtook(!), the other went past me like the clappers just after Hartfield.



Photo: Epic Action Imagery

I'd forgotten what it was like to be cheered home, and my eyes moistened as friends and teammates screamed when I entered King George's Field and leapt off my bike ... 'faster, faster, can't you go any faster'! I was then scolded for not 'racking' my bike correctly. Collapsing to my knees, I clung desperately to Debbie's ankles to secure the timing chip.

Despite all my training, I was just three and a half minutes (5%) quicker than my trial ride. And that could have been because I had removed my mudflaps and handlebar bag. Although, to look on the bright side, I was only 23% slower than Thomas Cartledge on a bike, whereas I'm 65% slower than him at parkrun.

Debbie's run report

I was the lucky team member with the 5k run leg. No training needed for me, other than the odd parkrun (oh, sorry, was I supposed to do more than that?).

It was cool out there at 8am, especially for our gallant band of supporters, the spouses and too many LRC members to mention individually. Brisk weather too for the superb marshals out on the run route.

With cries ringing in my ears to get a move on as I was delaying breakfast, I set off. Over the bridge, up the London Road, past the cinema and onwards and slightly upwards to join the High Street briefly before heading towards Chequer Mead and down Sandy Lane to the Kings Centre. Twice!



Job done! Breakfast awaited!

Ranelagh half marathon, 10th May

Dave Nottidge

Maggie Statham and I were the only LRC runners to attend this race, which is one of eight Surrey Road League races.

It was an early race start, 08.30, so no lying in bed on Sunday morning. It was a pretty chilly and breezy day. Not that that seemed to be a problem for running - the first three men all broke the course record. The race route was a large loop crossing the Thames twice, all on paths and pavement apart from a bit of grass at the start and finish.

Maggie: 'along the Thames tow path, past Teddington Lock, over Richmond Bridge, back along roads leading to Kingston Bridge and then a few more miles back into a strong headwind to where we'd started at Ham Lands!'

I was careful to keep a slow speed to start, as I was a bit concerned that I might run out of puff. It's quite a long time since I'd run the distance. But it went ok and I was happy with my time of 2:06:36. Maggie ran a speedy 1:53:04 and got a well deserved medal for third in her age group. *Maggie: 'the County doesn't stretch to W70 medals so I was in with the W65s!'* The winner was Hugh Tibbs of Cambridge Harriers in a rapid 1:08:45 with the first Lady Lisa Bailey of Croydon Stragglers in 1:18.33. There were 393 runners in total.

The next race in the Surrey league is the Dorking 10 mile on 7th June. It's also a club Grand Prix race.



Photo: Sue Nottidge

Weekly club runs

Gary Spring

Tuesday, 19th May

3rd Club Handicap Race (New Route!)

Meet by The Plough, Plough Road, Dormansland, RH7 6PS

Slowest runners will start at 7pm

This race route is taking the place of the May Race 4 route, to give you a break from dicing with the traffic, all the way up from Dormansland station to Hollow Lane. The run takes in sections of the Lingfield 10s' routes and, as the weather prediction is a warm sunny day, it should be very scenic along Moon Lane. The distance is about 6.5km, so will hopefully suit all our members.

There is a decent-sized hill between 1km and 2km to get you up to Moon Lane, but after that you can relax and enjoy the scenery, while also, of course, trying to keep ahead of those bearing down on you.

You can park along Plough Road or Ford Manor Road, or even in The Plough car park, if you intend to have a drink there after the event. A map of the route can be viewed on the Club website, using this link <https://lingfieldrunningclub.co.uk/route-maps/>. We're calling the route 'May Race 5'.

Many thanks to all the members who have volunteered to be marshals, who will ensure you stay safely on the correct route.

No other special events planned in May

NOTE: The planned joint-club run with Tunbridge Wells Harriers, on Sunday, 24th May, has had to be cancelled as the TWH contact has now realised he is away that weekend.

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.

Key dates for the next two weeks

Editor

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

Today	<	>	May – Jun 2026	▼
13	MAY, WED	●	7 – 8pm	LRC coaching (Michele) East Court, College Ln, East Grinstead RH19 3LT, UK
16	MAY, SAT	●	All day	Maverick Cotswold Trail
		●	7:45 – 8:45am	North Downs Way 50 GU9 7UD, Farnham GU9 7UD, UK
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 Hickmans Lane, Hickmans Ln, Lindfield, Haywards Heath RH16, UK
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
20	MAY, WED	●	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK

21	MAY, THU	● 7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley
23	MAY, SAT	● 8 – 9am	Fox Trail (20k, 41k & 62k) Godalming
		● 7 – 8pm	Phoenix Sunset Series Ardingly Reservoir, Haywards Heath RH17, UK
24	MAY, SUN	● 6 – 7am	Cape Town Marathon
		● 10 – 10:30am	Edinburgh Marathon
26	MAY, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
27	MAY, WED	● 6:30 – 7:30pm	Bexhill 5k series Bexhill, Bexhill-on-Sea, UK
		● 7 – 8pm	LRC coaching (Keith) East Grinstead, UK
		● 7:30 – 8:30pm	Trundle View (WSFRL)
28	MAY, THU	● 7:30 – 8:30pm	SL Harriers NADI 10k SLH Clubhouse, 194a Brighton Road

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

Penshurst Relays **Chris Rance & Lucy Wilkes**

Our first duties as captains, is to put together teams for the Penshurst Relays.

Date: Wednesday 24th June

Time: 19:15

Where: Penshurst Place in Kent TN11 8DG

Format: Teams of three people over a 4km multi-terrain course through Penshurst Place parkland (the team completes 12km in total). Teams can be ladies', men's or mixed.

Cost: £8 per person (+extra £2 for non-EA runners).

All abilities welcome, just WhatsApp message Lucy Wilkes for the ladies or Chris Rance (07801 045 964) for Men's to confirm attendance and we will register the required number of teams and register individuals.

Please reply by Sunday the 24th May, so we can do the initial entry wave.

For those on the cross-country WhatsApp groups that have already replied you don't need to reply again.

Anybody not on the cross-country WhatsApp groups, but wish to be added for future team communications, message the relevant captain [mencaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk) or ladiescaptain@lingfieldrunningclub.co.uk and they will add you to the relevant men's/ladies' group.

Regards

Lucy and Chris



Reminders from previous weeks

Running club quiz spot

Gary Spring

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

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