

Newsletter

Wednesday 20 May 2026

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No new members this week

There will be no newsletter next week due to staff holiday

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-five runners, 16 locations, eight PBs

East Grinstead (29), Bedgebury Pinetum (1), Clair (1), Clifton (1), Hove Promenade (1), Ifield Mill Pond (2), Lancing Beach Green (1), Littlehampton Prom (1), Nonsuch Park (1), Riddlesdown (1), Squerryes Winery (1), Tilgate (2), Uckfield (2), Wakehurst (9), Whitstable (1) and Witney (1).

Particular congratulations to **Dan Celani**, first with a PB at Uckfield, and to second-placed **Sarah Begley** (Squerryes), and our third-placed **Fiona Champness** (East Grinstead), **Lucy Wilkes** (Clifton) and **James Caffrey** and **Sally Alexander** (Wakehurst).

Seven others celebrated PBs, six of them at East Grinstead! These were **Matt Lester**, **Ben Horner**, **Darija Sparkes**, **Joanna Sinden**, **Dave Wilkes** and **Nicola Hodge**. Finally, **Dave Thomas** chose Lancing Beach Green for his PB.

See [all the results](#).



Last Friday, **Tom Harvey** set off on the UTMB Snowdonia 100-mile race. Unfortunately, Tom had to withdraw after 79 miles. Here is a Strava extract from Tom: “*Crazy race. First day and night weather was kind and then it wasn’t. Made the right call for H&S. Rocks like an ice rink esp Welsh slate, horizontal wind and rain, fog, slipped so many times, snapped a pole. Soaked to the bone, borderline hyperthermia. The scary part was trying to get off the mountain to next aid station meant going higher into the storm for a technical descent back down. Lots of bogs to run through. Shoe change at 84k inc Sealskinz/liners.*”

If you're interested for 2027, keep an eye out here <https://snowdonia.utmb.world/races/UTS-100M>



On Saturday, **Ben Ashmore** and **Emma Page-Moore** also tackled long distances in the North Downs Way 50-mile race, from Farnham to Knockholt Pound. Ben was an excellent 32nd in a time of 8.38.23 but, like Tom, Emma had to withdraw from the race before the finish (after 8 hours 47 minutes of running!). Race winner was Richard Strong in 6.56.42. First woman was Abigail Woolaston in 8.11.12.

Kelly Walter was in one of my old stomping grounds for the Colchester Zoo Stampede 10k on Sunday. Kelly ran great to finish with a PB time of 59.50, eighth of 54 in her age category (and the first Kelly to finish too). Luke Trice won in 32.13 and first woman was Katie Schofield (Gade Valley Harriers) in 41.01.

Dave Nottidge went to the Rye 5-mile, where he finished 21st in 47.05. Dave reports that it was on “hilly, country lanes. The 10-mile was a Sussex league race with about 230 runners. The 5-mile had 48 runners. The winner was Finley Dorling-Parkes in 28.47. And an added bonus for me, 1st in age group! Ok, there were only two others but still a win”. First woman was Ivy Buckland (Hy AC) in 35.03.

Gary has covered yesterday's handicap GP race in his report, and you can read about that later.

Best of luck to all running while I'm away, particularly those flying to faraway places! I think we'll have at least one exciting report to read on 3rd June.

Editor

editor@lingfieldrunningclub.co.uk

Annual members' survey

Dave Worsell

Just in case you misplace the email, here is the link to the 2026 club members' survey.



It's the same as last year so it will give us a chance to compare answers and see if the changes we made have been positive:

<https://forms.gle/TaSRcMhjWkJTCwrp8>

Please take the time to let us know your views.

There will be a separate survey in about a month's time, just about the newsletter.

Weekly club runs

Gary Spring

Tuesday, 19th May

3rd Club Handicap Race – The Inaugural May Race 5!



Photo courtesy of Tom Cartledge

The rain stayed away for our try-out of a new route for a Club Handicap Race. The feedback from the participants was positive, so we'll plan to keep this more traffic-free route as a replacement for the May Race 4 route.

Hannah Cartledge was the first runner to finish, with Miranda Chitty close behind. They have performed well in all three Handicap races so far, so I foresee some serious revision of handicap times for the next event, to bring them back into the pack! Simon Petitt and George Matthews were the last to start, out of a field of 25 runners, and duelled it out as they caught up many of the earlier starters, with Simon eventually finishing third and George in sixth place.

Also, a big welcome to our two guest runners, Tom Williamson and Robert Llewelyn and I hope they liked the event enough to want to join our club. With six more Handicap races this year*, there is still time for them and any of our members who have yet to try a Club Handicap race, to get enough points scores in to compete for the Series Trophy! The current points table can be found on [this link](#).

**The next event (number 4) is scheduled for Tuesday 2nd June, but Gary will send more details of all June events via email, next week. Ed.*

Many thanks to the wonderful team of marshals, Cathy Samuel, Terri Scott, Robin Mayer, Amy Hodge, Kath Garrido and Graeme Bennett, who kept everyone on the right route; to Evie Weston for getting everyone lined up for their start times and to Tom Cartledge for his effective handling of the Start and Finish, as usual.

Here are the results.

Position	Name	Watch time (mins:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Hannah Cartledge	48:44	11:45	36:59	20
2	Miranda Chitty	49:09	9:15	39:54	19
3	Simon Petitt	49:42	25:00	24:42	20
4	Ian Greenaway	49:49	14:30	35:19	19

5	Dan Pike	49:56	23:00	26:56	18
6	George Matthews	50:04	25:00	25:04	17
7	Tom Williamson	50:29	18:30	31:59	Guest
8	Robert Llewellyn	50:51	4:30	46:21	Guest
9	Theresa Donohue	51:00	3:00	48:00	18
10	Clare Williams	51:04	3:00	48:04	17
11	Judith Cartledge	51:17	12:15	39:02	16
12	Dan Oppe	51:22	21:45	29:37	16
13	Michele Edwards	51:23	12:30	38:53	15
14	Darija Sparkes	51:25	15:45	35:40	14
15	Kelly Walter	51:34	12:30	39:04	13
16	Judy Hayler	51:39	14:30	37:09	12
17	Angela Wilson- Taylor	51:41	10:00	41:41	11
18	Maggie Statham- Berry	51:41	17:45	33:56	11
19	Dave Nottidge	52:11	14:30	37:41	15
20	Ben Horner	52:15	21:00	31:15	14
21	Dave Watkins	52:18	17:45	34:33	13
22	Sophie Davis	52:19	17:45	34:34	11
23	Nevenka Worsell	52:37	11:45	40:52	11
24	Simon Harris	53:05	19:30	33:35	12
25	Steve Warner	54:16	9:15	45:01	11

Tuesday, 26th May

Off-road run, starting at the Victoria Club, at 7pm

Having swapped a swollen knee for a swollen ankle, I'm not certain I'll be able to run by next week and don't have a replacement lined up yet, but I can confirm the route will be mainly off-road, about five miles in distance and, based on the weather forecasts, dry underfoot and warm.

I will post an update on LRC Runfinder next Tuesday. I will also try to arrange a shorter version of the route, with a run leader, for Sophie's group.

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.

May Puzzle – update

Gary Spring

I was being guarded about the correct solution for the May Puzzle and it may have looked very obvious to some members, who looked at.

I just want to say that I am looking for the fastest time to get all four runners across the bridge and that it can be done, without any tricks, in less than 19 minutes.

Key dates for the next two weeks

Editor

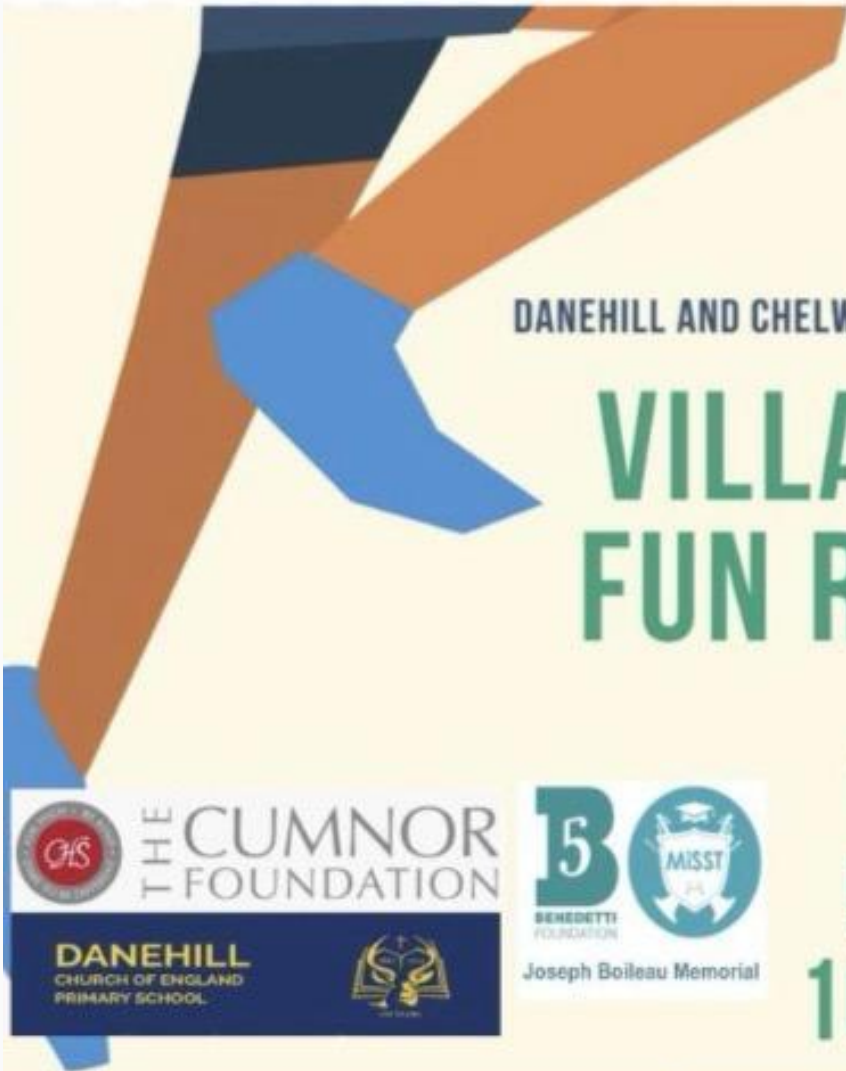
Click on the link - [race calendar](#) - for full details

Today	<	>	May – Jun 2026	▼
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 RH11 9BQ,
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 (off-road) 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 (Ian W) 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
30	MAY, SAT	●	All day	Maverick Peak District Trail
31	MAY, SUN	●	10 – 11am	Hastings 5 miles
		●	11am – 12pm	Race for Life Tunbridge Wells
2	JUN, TUE	●	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		●	7 – 8pm	LRC Handicap GP Race #4
3	JUN, WED	●	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG,
4	JUN, THU	●	7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, L
		●	8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, 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

Danehill Village run


Editor




DANEHILL AND CHELWOOD GATE


VILLAGE FUN RUN

1KM
5KM
10KM

 THE CUMNOR FOUNDATION

 DANEHILL CHURCH OF ENGLAND PRIMARY SCHOOL

 50 BENEDETTI FOUNDATION

 MISST Joseph Boileau Memorial

Walk or Run for fun!

ALL AGES AND ABILITIES WELCOME

Facebook: Danehill and Chelwood Gate Village Fun Run
Email: DanehillChelwoodGateFunRun@gmail.com

SUNDAY
7th JUNE 2026

DANEHILL RECREATION GROUND

Reminders from previous weeks

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 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

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.

THE END