



Newsletter

Wednesday 3 June 2026

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Welcome to new member, Robert Llewellyn, 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



23rd May 2026

Fifty-nine runners, 21 locations, one PB

East Grinstead (19), Basingstoke (1), Bedfont Lakes (1), Five Arches (1), Flint Castle (1), Greenwich Peninsula (2), Gunnersbury (1), Hastings (1), Horsham (1), Hove Promenade (3), Kingdom (1), Kingston (2), Kirkharle Courtyard (1), Maidstone River Park (1), Mole Valley (2), Queen Elizabeth (1), Rondebosch Common (2), Shingashigawa Ukima (2), Tilgate (3), Uckfield (3) and Wakehurst (10).

Congratulations to **Sally Alexander** (second at Rondebosch Common) and **James Caffrey** (third at East Grinstead). It must have been the hot weather, but there was only one PB, **Daniel Pike** at Gunnersbury.

See [all the results](#).

30th May 2026

Fifty-four runners, 19 locations, six PBs

East Grinstead (23), Abbot's Wood (1), Bromley (1), Brooklands (1), Camperdown (1), Clermont Waterfront (2), Greenfield Valley (1), Heaton (1), Hove Promenade (3), Ifield Mill Pond (1), Kingdom (1), Mallards Pike (2), Orpington (1), Preston Park (1), Temple Newsam (1), Tilgate (1), Tonbridge (1), Wakehurst (10) and Wetherby (1).

Particular congratulations to **Dan Celani**, third at East Grinstead and to the six who celebrated PBs: **Joanna Sinden** (East Grinstead), **Ben Horner** (Bromley), **Laura** and **Matt Stockwood** (Clermont Waterfront), **Patrick Bastow** (Tonbridge) and **Andrew Senior** (Wakehurst).

See [all the results](#).



On 24 May, **Sally Alexander** and **Lisa Compton** were in South Africa for the Cape Town Marathon. Sally finished in 3.03.22 (11th of 1,444 in age group) and Lisa completed in 4.18.11 (13th of 88 in her category). Both were just two minutes slower than their London times which, given the different course profiles, was great going. Lisa gives us the lowdown [later on in the newsletter](#).

Also abroad that weekend were **Brandon Webb** and **Nick Averre**, who were enjoying the Mozart Ultra races. This is a major alpine trail-running event held in and around Salzburg and the Salzkammergut region of Austria. Nick ran in the Marathon which he completed in 8.40.56, and Brandon took on the Ultra (72km), finishing in 11.50.56.

On Wed 27th, **Dave Chase** risked life, limb and dehydration on the OneToyota Walking Marathon 2026. This was not a 'race' as such, though I'm not sure Dave saw it that way, but was raising a lot of money for the Motor Neurone Disease Association. Well done, Dave.

On the same day there was a West Sussex Fun Run League (WSFRL) race called the Trundle View, held near Goodwood Racecourse. This is approx. five miles with a grassy start and finish including two laps of the adjacent woodlands, entirely off road. **Ian Greenaway** ran this in his Saints and Sinners guise, with a time of 48.14.

There didn't seem to be much activity last weekend, but **Sue Garner** found the Hastings 5 mile. Sue was first in her age group with a time of 44.25. Ashford's Wegahtha Zerom won in 25.23 and first woman was Grace Baker (Hastings) in 28.55.

I'll leave Gary to describe the latest Handicap Grand Prix race from last night, and I'll finish by letting you know that second-claim member **Kieran Barnes** had another strong run in the Comeback 5000 at Battersea Park on 22nd May. Whatever he was coming back from, I think Kieran's over it as he finished with a time of 14.57.92.

Best of luck to all running over the next week, especially those in Dorking for the next Open GP race.

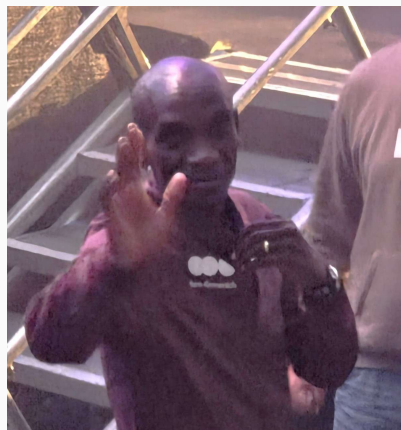
Editor

editor@lingfieldrunningclub.co.uk

Cape Town marathon

Lisa Compton

Arrived in Cape Town on Thursday morning with Sally and Che, all hopefully ready for our second marathon in four weeks. Once we'd recovered from the flight, we spent some time at the expo, where Sally and I both brought marathon jackets, which will no doubt be seen around and about a number of times during the summer. Abbott had put on a welcome function for the Age Group Championship (AGC) runners on Friday evening, with an amazing performance from the Ndlovu Youth Choir, and a buffet dinner. But the highlight was an appearance from Kipchoge, who got a standing ovation from the runners. Some people were near enough to get selfies with him; we weren't unfortunately, but did get a photo.



Then it was parkrun time at Rondebosch Common – a two lap, lovely flat course, if a bit narrow. It was a very friendly parkrun, with a chatty RD and inevitably lots of tourists, and we all enjoyed the run. However, the course description said there would be stunning views of Devils Peak, and we had to take their word for that, as we were surrounded by thick fog! Fortunately, the fog cleared in time for Che and I to take the cable car up to Table Mountain, while Sally caught up with Scott who flew in that morning.

We had the inevitable early start on Sunday morning; our buses left the hotel at 05.40 in the dark to take us to our start area. The marathon has two starts in the same way that London does, the Beach start and the Stadium start. We were in the beach start, and as Abbott AGC runners we had our own waiting area, so it wasn't too crowded. But there were still predictably long queues for the Portaloos. However, something I've never seen before at any race - there were cleaners who cleaned them in between use – very impressive! UK races should take note*. Anyway, I

managed to join the slowest queue and had to run to join my start wave in time.

All the AGC runners start in the Championship wave, immediately after the elites and wheelchair racers, so no congestion, unlike London. But within five minutes the wave 1 runners come up behind at what seems like an incredible speed. It must be very frustrating for them having to weave in and out of all these old people in their 60s, 70s and 80s. But at least the roads were nice and wide. It was also great to see Scott cheering at about 3k – thank you Scott!

The course starts with some harbour views, but there were also a few boring sections, running on dual carriageways and otherwise uninspiring roads. However, the backdrop of Table Mountain, Lion's Head, Signal Hill and Devil's Peak throughout the race certainly made up for it. I should say that thankfully the fog from yesterday had gone, it was hot and extremely humid. I threw more water over me than I drank. And the support, though sporadic compared with London, included some vibrant local entertainment and roaring crowds in places.

The course was certainly undulating, with several climbs throughout the suburbs, and a particularly tiring long uphill on cobbles at about 30k. Then the finish was particularly tough – the last four miles involved running past the stadium finish and hearing all the cheers, followed by a never-ending out and back which seemed to go on forever before turning, and a relentless uphill for the final two miles to the finish. But one benefit for me was the wide roads and lack of crowds – I didn't have to do all the weaving in and out of walkers, people who stopped right in front of me, and others taking photos, that I always have to do at London. Sally and Scott were there cheering not far from the finish, and I just about managed a smile. Finally at the finish we got given water, Gatorade, protein bars, chocolate milk and ice lollies. Another great improvement on London, which only gave out water.

Overall, although I found the course tough it was very well organised, there were plenty of water and fuel stations along the way, friendly marshals, the atmosphere was fabulous and Abbott looked after us flawlessly. There was also a tent for the AGCs with lots of free food and beer at the finish. Sally, Che and I all finished two minutes slower than our London times, which wasn't bad for a considerably harder course.

To summarise – we had a great few days. Post marathon, Che and I went shark diving which was brilliant, hiking (hard on the stony downhills with marathon legs), walking and refuelled and enjoyed a few beers. Loved having Sally and Scott's company too. Think I need a rest now!

** Something for the L10s committee to consider? Ed.*

Weekly club runs

Gary Spring

Tuesday, 2nd June

4th Club Handicap Race – May Race 1



Photo courtesy of Tom Cartledge

The predicted heavy rain fortunately stayed away for May Race 1, and it ended up being a warm run for everyone.

The first finisher was Steve Lovell (blue T shirt and green cup in the photo), who came along as a guest and (I think), is now keen to join the club – (just wait until he sees his adjusted handicap time for the next Club Race!). First club member home was Sean Begley and hot on his heels, was his wife, Sarah, who was the first lady. Matt Lester recorded the fastest time of the evening, which was good going, considering he had no-one to chase (see footnote, below). The updated points table can be found on [this link](#)

Many thanks to the wonderful team of marshals, Sophie Davis, Glen Smith, Kelly Walter, Victoria Champion, Sue Garner, Lisa Compton and Robert Healey, who kept everyone on the right route; to Robin Mayer for getting everyone lined up for their start times and to Tom Cartledge for his effective handling of the Start and Finish, as usual. A mention also to Graeme Bennett, who cheered everyone on, as they passed the end of his garden, on route.

Here are the results.

Position	Name	Watch time	Handicap time	Actual time	Points
1	Steve Lovell	54:05	17:30	36:35	Guest
2	Sean Begley	54:14	16:30	37:44	20
3	Brandon Webb	54:21	17:30	36:51	19
4	Dave Waddington	54:29	17:30	36:59	18
5	Sarah Begley	54:50	17:30	37:20	20
6	Simon Harris	55:32	16:30	39:02	17
7	Martin Faulkner	55:53	15:30	40:23	16
8	Terry Sumner	56:34	16:30	40:04	15
9	Ian Watkins	56:35	15:00	41:35	14
10	Dave Watkins	56:47	15:30	41:17	13
11	Darija Sparkes	57:00	14:00	43:00	19
12	Angela Wilson-Taylor	57:17	6:00	51:17	18
13	Judith Cartledge	57:37	12:30	45:07	17
14	Michelle Edwards	57:45	11:30	46:15	16
15	Amy Hodge	57:53	3:45	54:08	15
16	David Nottidge	57:56	13:00	44:56	12
17	Ben Horner	58:55	22:45	36:10	11
18	Judy Haylor	59:32	13:00	46:32	14
19	Scott McDonald	59:47	7:45	52:02	11
20	Sarah Ferguson	60:47	6:00	54:47	13
21	Lucy Wilkes	60:49	17:30	43:19	12
22	Matt Lester *	61:03	26:00	35:03	11
23	Dan Oppe	61:25	24:00	37:25	11
24	Hannah Cartledge	62:30	13:00	49:30	11
	Matt Lester	38:48	3:45	35:03	

*Matt needed to leave early, so started earlier than his planned handicap time. His actual time is shown above for reference.

Tuesday, 9th June

Trail run in Oxted: Joint run with Oxted Runners

Limpsfield Fitness, Limpsfield High Street RH8 0DG

Start time: 7:15pm



This is the first of our annual co-host runs with Oxted Runners and is our 5th year of holding the event. This run is in Oxted. The meeting place entrance is opposite St Peters Church, at the bottom of Limpsfield High Street (see photo). Members of Oxted Runners will lead the run.

They usually have three different-paced groups and the distances will be around five miles for the slowest pace to nearer seven miles for the fastest pace. I will post the routes on the club website when they are available to me. The routes will be mainly off-road, so if the weather continues to be on-and-off rain, remember to chuck your trail shoes in the car. The start time has been put back 15 minutes to 7:15pm to give you a bit more time to get there.

Also, on Tuesday, 9th June

Strength & Conditioning session with Tejin

Venue: Estcots Primary School, Bourge-De-Peage Avenue,
East Grinstead. RH19 3TY.

There will be a small cost per person, to cover the costs of Hall Hire and Tejin's time. Check the LRC Runfinder WhatsApp group for more details.

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.

Monthly puzzle slot

Gary Spring

May Puzzle result

I was hoping a logic puzzle would result in a flood of entries, but I only received one entry, from Lucy Wilkes. I was wondering if the puzzle answer looked too obvious; namely, Angela doing most of the running, pairing up with the other three runners to make a total of 19 minutes for getting everyone over the bridge. The interesting bit was that it is possible to get everyone over in 17 minutes, by combining Caroline and Dean for one of the crossings. Well done, Lucy, for working this out.

June Puzzle

I'm going back to the parkrun theme for June's puzzle. The parkrun locations are represented by photos of famous people. You just need to work out what the parkrun name is from the clues below.

Send in your entries by midnight, 30th June 2026, to higaryspring@gmail.com

1.



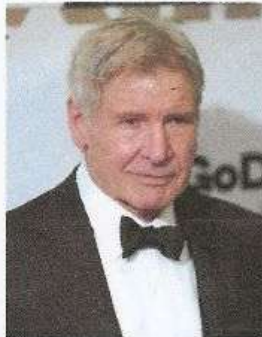
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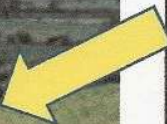
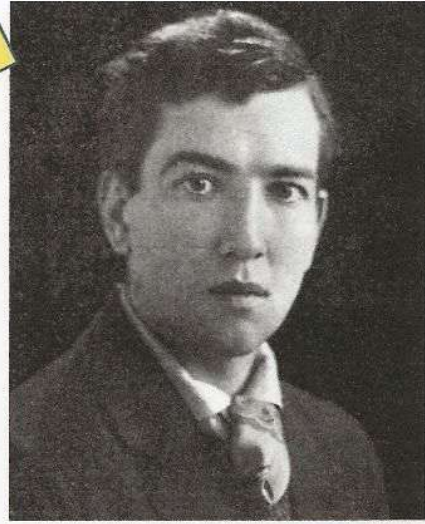


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Key dates for the next two weeks

Editor

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

Today	<	>	Jun – Jul 2026	
3 JUN, WED	●	7 – 8pm	LRC coaching (track)	Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
4 JUN, 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
6 JUN, SAT	●	12 – 1pm	Endure 24 (Reading)	
	●	7 – 8pm	Phoenix Sunset Series	Ardingly Reservoir, Haywards Heath RH17, UK
7 JUN, SUN	●	9 – 10am	Brighton TEN	Black Rock Station, Madeira Dr, Brighton Marina, Brighton and Hove, E
	●	9 – 10am	Dorking 10-mile (GP race 6; SRL race 5)	Brockham Green, Brockham Grn, Brockham, E
	●	9:15 – 10:15am	Weald Challenge Half	Chiddingly, Lewes BN8, UK
	●	9:30 – 10:30am	Worthing 10k	BN11 3QD, Marine Parade, Worthing BN11 3QD, UK
	●	10 – 11am	Danehill Village run (1, 5 & 10k)	
8 JUN, MON	●	6:30 – 7:30pm	Plough & Harrow Longman trail 10k	Litlington BN26, UK
9 JUN, TUE	●	7:15 – 8:15pm	Club run with Oxted Runners	Limpsfield Fitness, The Pavilion, Glebe Meadow, Limpsfield, E
	●	7:30 – 8:30pm	LRC Strength & Conditioning (Tejin)	Estcots Primary School, Bourg-De-Peage Ave, East Grinstead, UK
10 JUN, WED	●	7 – 8pm	LRC coaching (Sally)	East Grinstead, UK
13 JUN, SAT	●	All day	Maverick Dorset Trail	
	●	8:30 – 10am	Bowl Water Summer Races	Bowl Water, Wadhurst, UK
14 JUN, SUN	●	10 – 11am	Heathfield 10k	
	●	10:30 – 11:30am	Orpington High Elms 10k	Orpington, UK
15 JUN, MON	●	7 – 9pm	LRC Committee	The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4AT, UK
16 JUN, TUE	●	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
17 JUN, WED	●	7 – 8pm	LRC coaching (track)	Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
	●	7:30 – 8:30pm	Beach Run (WSFRL)	

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

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

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