



## Newsletter

**Wednesday 10 June 2026**

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***Welcome to new members, Ashley Middleton & Tom Williamson, this week***

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

**Please don't be shy! Send a race report and/or pictures to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk) (and I'll make it readable)**

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## Lingfield's Racing Roundup



Thirty-eight runners, ten locations, two PBs

East Grinstead (17), Kingdom (1), Mile End (1), Pont y Bala (1), Roundshaw Downs (2), Swansea Bay (1), Uckfield (1), Uppsala (2), Wakehurst (11) and Weymouth (1).

Congratulations to **Dan Celani** and **Lucy Wilkes** (second and third at East Grinstead), and particularly to **Ashley Middleton**, whose first run as a club member brought third place (and a PB) at Wakehurst. And there was one other PB, for **Nick Keen** at Kingdom. Well done to all.

See [all the results](#).



I must start by saying that there was another handicap race cheerleader who didn't get a mention last week. Thanks should go to **Susie Birch**, who was also sitting on a damp chair at the end of our garden. I thought my oversight was safe but forgot that Susie does read the newsletter sometimes.

The big race of the weekend was the Dorking Tens, the latest club Grand Prix event. By offering free (return) transport to the event, **Sally Alexander** managed to persuade ten members to race, our best attendance for quite a few years, I'd say. Here are our teams' results. Well done each and every one of you.

Chip Pos	Name	Chip Time	Gen Pos	Cat Pos
96	Sally Alexander	01:06:13	7	2
111	James Kilfiger	01:08:02	100	29
271	Maggie Statham-Berry	01:21:18	61	1
300	Simon Harris	01:23:32	225	80
338	David Watkins	01:28:09	237	37
339	Sophie Davis	01:28:10	101	30
375	Sue Garner	01:33:42	125	1
382	David Nottidge	01:35:03	254	11
387	Andrew Hindmarch	01:36:28	257	49
395	Patrick Bastow	01:38:35	260	50

Plus, our second-claim member **Kieran Barnes**, ran for Holland Sports and won in 52.17! I think Sally got his autograph, too. It doesn't seem from Powerof10 that Kieran has done a ten-miler before so, by definition, it's a PB. The fastest woman was Katie Grinyer (Guildford & Godalming) in 59.12.

As well as the age category awards for the race itself (see Sally's report later), this race also affected four of our internal club trophies. In the hot(not)ly contested Surrey Road League, **Dave Nottidge** consolidated his men's trophy lead, as did **Maggie Statham-Berry** in the women's. See the full table [here](#).

And in the chase for the Open Grand Prix trophies, **James Kilfiger** kept his top place in the men's. However, **Sally Alexander** leapt into top spot in the women's league, albeit with a narrow lead over **Sarah Begley** and **Sophie Davis**. Full tables are here – [men](#) and [women](#).

I also found a couple of members had sneaked off to the [Weald Challenge Half Marathon](#). The two concerned were **Jamie Maskell** (who finished in 1.53.56) and **Dan Jones** (2.25.16). Quickest on the day was Crowborough's Nick Harvey (1.31.41) and fastest woman was Gemma Garwood in 1.47.25. I hope you both enjoyed the race and the mugs, which are still the reward for finishers, I think.

**Lisa Compton** took on another foreign challenge on Sunday, venturing into Wales for

the Swansea Half Marathon – maybe because it is described as flat, fast and scenic? If you ask me, Lisa took a big risk by running in her England International vest but had a great run to finish in 1.53.42. (Oh, I see ... it was also the Masters International Road Championships, involving 216 Masters Athletes from Wales, England, Northern Ireland and the UK Armed Forces teams)! Lisa excelled again with fourth in her age category. Omar Ahmed won in 1.03.42 and first woman was Rose Harvey in 1.11.58.

These results have taken a while to reach Powerof10, but I can report on a rare competitive outing for **Robert Healey** (in Herne Hill guise) on Monday 18th May, in the 2,000m walk at Battersea Park. This was in the Vets AC Southern Counties Veterans League. Robert finished in 14.02.9, second in his age group and “was very pleased with the time, quicker than last year”. Great performance, Robert.

Finally, **Brandon Webb** tells me that he managed another marathon last Sunday, this one with the support of the Phoenix West Sussex team at the Ladybird Run. This he completed in 4.20.22. At the same event, second claim member **Vernon Given** ran the half marathon distance in 2.01.21 and it may well have been our **Claire Williams** who ran 3.1 miles in 41.44. Well done all!

Away from the running (and walking) malarkey, the LRC quiz team returned to some form at The Star last week. Second place, by just half a point! Which, given the vagaries of marking at these events, means that we might actually have won had VAR been in place. We welcomed new team member **Angela Wilson-Taylor**, whose knowledge of Jason Derulo’s hits (among other things) proved very handy.

Try the picture quiz yourself [here](#) (just don't expect me to remember the answers). We meet again on July 2<sup>nd</sup>.... I have checked my World Cup wallchart and can't see any likely clashes.

Best of luck to all running over the next week.

Editor

[editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

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**Dorking 10s**  
**Sally Alexander**

**The Dorking 10s – including the Surrey Road League Championships  
TEN TAKE ON THE 10S!  
Sunday 7<sup>th</sup> June 2026**



*The obligatory two photographs – we are yet to master ‘rounding up’ the team for a single shot!!!  
I also stole Kieran for a photo too!*

It was with relief the team woke up to a dry and miraculously sunny Sunday morning after the deluge of rain to which we had been subjected the day before! So, with a spring in our step – after sucking on a few caffeine gels! – LRC was ready to take on the hilly but scenic route of Dorking and Mole’s 10-mile race, which also forms part of this year’s Surrey Road League Championships.

While the route meanders through quintessential English countryside and picturesque hamlets, sporting tempting ‘Midsommer Murder’-esque public houses, the ten of us had only one goal in mind...to focus on the road ahead and get to that finish line!

And...after tackling three significant hills, two loops and a myriad of hedge-lined lanes, with the support of Sue Nottidge and our friends at Holland AC (Chris Green, Jack Kavanagh, Luke Davis and Neil Danby - who were jogging the course in the opposite direction), all ten of us made it across the line to collect our medals and waterproof commemorative bags to celebrate the event’s 40<sup>th</sup> year.

To top off what was another great road event, we also fielded two complete teams, Kieran secured a first-place win, and we managed to scoop some individual age-category medals: gold for Maggie and Sue, silver for me and a further gold for Maggie for the Surrey

Road League Championships (note to self and anyone else: remember to tick the box when entering!!)

However, the most important result of the day was that we had all taken part, achieved our personal goals and thoroughly enjoyed spending the morning together as a club. If that was not enough, we also made the most of catching up with the friends we have made with other club runners, especially those at Holland A.C.

A huge congratulations to our team: Sue, Maggie, Sophie, Andrew H, Patrick, James K, Dave N, Simon H and Dave W.

It would be fantastic to see more of the crew out at the next Surrey Road League event on 21<sup>st</sup> June (see LRC's [racing calendar](#) on our website for details).

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## **Weekly club runs**

**Gary Spring**

**Tuesday 9<sup>th</sup> June**

**Joint Club Run with Oxted Runners**



***Photo courtesy of Fiona Champness***

A great run last night, when Oxted Runners took us on a tour of the scenic footpaths and trails around Oxted and Hurst Green, as part of our annual get-together. While it was distinctly chilly at the Off, we were soon bathed in warmth and sunshine, to enjoy the rest of the run. Sally, James K and Ian B were brave enough to take on the challenge of the seven-mile route, while the rest of us were very happy to stick to the five mile-option on offer.

For information, our club will reciprocate by leading a run with members of Oxted

Runners, on Tuesday, 11<sup>th</sup> August. That is likely to be from The Plough and take in Dry Hill... talking of which;

**Tuesday 16<sup>th</sup> June**  
**Dry Hill run**  
**The Plough, Plough Road, Dormansland**  
**7pm Start**

Meet by The Plough pub. There should be parking spaces on Plough Road or Ford Manor Road. You can also park in the pub car park if you plan to call in for a drink after the run. There are several route lengths, from a 4km walk route to a 6.5 and 8km run route.

All the runs cover parts of the Lingfield 10s routes, so we can check out anyone's marshal position, if they want, plus see the state of the route, after clearing the extensive growth of vegetation, after the recent sun and rain.

If anyone has not contacted Sarah Ferguson to volunteer for the vegetation clearance, but is available, we're meeting at the Victoria Club at 10:30am, Saturday, 13 June, where we can divide up into groups and drive to various parts of the route. Please bring shears, secateurs, sickles, scythes and petrol-driven or battery strimmers, if you have any of them. We have a decent-sized group of volunteers already, so we should be finished by mid-day.

**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](mailto:membershipsecretary@lingfieldrunningclub.co.uk))  
or Gary Spring ([higaryspring@gmail.com](mailto: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	<	>	Jun – Jul 2026	▼
10	JUN, WED	●	7 – 8pm	LRC coaching (Sally) East Court, College Ln, East Grinstead RH19 3LT, 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 (Gary) The Plough Inn, 44 Plough Rd, Dormansland, Lingfield RH7 6PS, 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)
18	JUN, THU	●	7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
19	JUN, FRI	●	7 – 8pm	Robertsbridge Midsummer 10k TN32 5AA, High St, Robertsbridge TN32 5AA, UK
20	JUN, SAT	●	7 – 8pm	Phoenix Sunset Series Ardingly Reservoir, Haywards Heath RH17, UK
21	JUN, SUN	●	8:30 – 9:30am	Eastbourne 10k
		●	9 – 9:30am	Ranelagh Richmond 10k (SRL race 6)
23	JUN, TUE	●	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		●	7 – 8pm	Dashing Deer 5k Battersea Park Rd, London SW11 4NJ, UK
24	JUN, WED	●	7 – 8pm	Tonbridge AC Midsummer Relays (GP race 7) Penshurst Place, Penshurst, Tonbridge TN11 8DG,
25	JUN, THU	●	7:30 – 8:30pm	SL Harriers NADI 10k

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](mailto:editor@lingfieldrunningclub.co.uk)

**Marathon minibus fundraising**  
**Scott McDonald**

Our Lingfield community minibus goes from strength to strength - it is great that it is getting used by more groups! From our weekly Friday morning shopping trips to taking staff and students from Hever Primary School to Edenbridge for swimming lessons and additional field trips, Lingfield Marshall Arts, Lingfield Scout Group, Jubilee Community Church in East Grinstead, Greathed Manor Care home, Lingfield Sport Club Cricket teams, LINGFIELD RUNNING CLUB, Edenbridge and Oxted show, they are all making great use of our minibus.

The Ladies who are taken on a door-to-door service every Friday for shopping have been to Denbies Vineyard and also a day trip to Eastbourne.

To maintain this great community asset, we could really do with another volunteer driver. This doesn't need to be every week, it could be once a month or even once every two months, but we need a little bit of help. So, if interested, please contact me.

On Sunday 12th July 2026, 2 - 5pm in St Peter and St Paul's Church in Lingfield, we are having a coffee afternoon to raise some funds to keep the mini bus on the road. Everyone is welcome and if anyone wants to help with making drinks and clearing up, or donate a raffle prize, please contact me.

Many thanks, Scott  
07710 269369

# LINGFIELD MARATHON MINIBUS

## Fundraising Tea Party

EVERYONE WELCOME!



  
Sunday  
12 July

  
2:00pm -  
5:00pm

 St Peter &  
St Paul Church,  
Lingfield

Join us for a delightful afternoon of:



Homemade Cakes



Tea & Coffee



Raffle



Community Fellowship



### Supporting a Vital Community Service

The Lingfield Marathon Minibus provides weekly supermarket shopping trips for a small donation and is available for community use.

This fundraising tea party will help raise essential funds to:

- ♥ Maintain the current minibus
- ♥ Keep the service running for local residents
- ♥ Build a fund for a future replacement vehicle when needed

### CAN YOU HELP?

We would be grateful for donations of:



Cakes and baked goods



Raffle prizes



Volunteers to help serve on the day

Please contact:

Sue Ellis

✉ suebellis@outlook.com

☎ 01342 870261

Scott McDonald

✉ scottkmcdonal64@gmail.com

☎ 07710 269369



Come along, enjoy tea and cake, meet friends and neighbours, and help support this valuable community service.



## **Reminders from previous weeks**

### **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 [on this link](#)

Send in your entries by midnight, 30th June 2026, to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

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### **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.

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**THE END**