



Newsletter

Wednesday 24 June 2026

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Welcome to new member, Maria Sanchez, 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 (and I'll make it readable)

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Lingfield's Racing Roundup



Forty-seven runners, nine locations, three PBs

East Grinstead (28), Beckenham Place (1), Fountains Abbey (2), Highcliffe Beach (2), The Leas (1), Tilgate (2), Wakehurst (9), Winchester (1) and Wycombe Rye (1).

Particular congratulations to the first two at Wakehurst (**Dan Celani** - with a PB - and **James Caffrey**). And, at East Grinstead, to **Sarah Begley** - first woman - and **Joanna Sinden** (another PB). Well done.

See [all the results](#).



Well, a lot more action to report this week!

But what I didn't know last Wednesday though, was that **Nick Keen** had just set off on the Mid Wales 200 (miles, that is), starting and finishing in Machynlleth. The organisers say that 'this hilly route is not for the faint-hearted with 30,187ft of climbing over 200 miles to be completed in 120 hours. It will be tough, but the picturesque Welsh trails will reward you'. Sixty-seven people started and Nick was 15th to finish with a time of 82 hours 33 minutes and 53 seconds, a remarkable performance. I hope to receive a race report once Nick has recovered!

The winning time was 60.39.39 by Sergejs Malins. Allie Bailey was first woman in 77.33.00.

Another long (but not quite as long) distance runner was **David Waddington** who tackled Saturday's Race to the King 100km event (actually 104km, as I'm sure he would want you to know). David completed this run in a time of 16.48.18. Well done, David. Declan O'Collaghan was first home in 9.30.15, first woman was Catherine Dickson in 13.14.25.

There were some more normal runners too. For example, **Robert Llewellyn** wandered/wondered (his words) around the Robertsbridge Midsummer 10k on Friday. His time was 1.12.54. Finlay Goodman (Hy AC) won in 34.05 and first woman was Francesca Gardner in 44.41.

There was a Surrey Road League (SRL) trophy race on Sunday, the Ranelagh Richmond 10k, and all the leading contenders were present. Being the Surrey Championship race, it was hot in more senses than one. So, it's fair to say that Maggie and Sue scorched their ways to silver medals in the county championship race. Thanks to Sally for [her report](#) below. Our team's times were:

Chip Pos.	Name	Chip Time	Category Pos.
141	Sally Alexander	00:41:46	6
316	Maggie Statham-Berry	00:51:15	2
376	David Nottidge	00:56:48	24
390	Sue Garner	00:58:37	2

These results mean that **Dave Nottidge** can already be crowned the Men's SRL trophy winner for 2026! With a 57-point lead and just two races to go, he can't be caught. Dave has now won this trophy for an unprecedented fifth time. In the Ladies' trophy competition, **Maggie Statham-Berry** just needs to complete one of the final two events to take the trophy. But, if she's planning a month-long holiday in July, Sue or Sally might yet pip her to the post. Current tables [here](#).

And I'm delighted to report that last week's newsletter was the most read (well, opened anyway) since records began in 2002. It was also the shortest. Perhaps you're trying to tell me something. Next month's reader survey should confirm it one way or another.

On the eve of the Lingfield 10s race, the committee would like to say 'good luck' and thank you to Fiona Champness and the L10s Committee in advance of Sunday's event. And, of course, to her team of volunteers on the day. It should be fun.

Best of luck to all running over the next week.

Editor

editor@lingfieldrunningclub.co.uk

National Loneliness Awareness week

Scott McDonald

15 – 21 June is National Loneliness Awareness week

We all feel lonely at times, it is a natural emotion. By building a greater awareness and acceptance of loneliness, we can help ourselves to manage the feeling.

Loneliness Awareness Week is hosted by Marmalade Trust. Their aim is to reduce the stigma of loneliness. The aim is to raise awareness of loneliness and to get people talking about it. For more details of the week click [here](#).

Loneliness is affecting more and more people in the UK and has had a huge impact on our physical and mental health especially during and since the pandemic. The connection to other people and the community is fundamental to protecting our mental health.

Most people will feel lonely at some point in their lives, regardless of age or background. It's a deeply personal experience that in most cases will thankfully pass. But for a growing number of people, loneliness can define their lives and have a significant impact on their overall wellbeing.

Loneliness will be felt differently for everyone, it may still occur when you have loving support around you. It's not always the number of social contacts but the perception of those relationships that count. Feeling lonely is different from being alone.

Things you should know about loneliness

Loneliness is a natural feeling

Most of us will experience loneliness at some point in our lives. Loneliness doesn't mean there is anything wrong with you, it is simply your body's way of letting you know that you're not getting your social needs met. Like hunger telling you to eat.

You shouldn't feel embarrassed or shameful about being lonely.

Loneliness can affect you at any age

It is generally thought that the older community are more likely to feel lonely, but this isn't the case, people aged 16-24 are now the most likely group to experience loneliness.

There are various reasons for feeling lonely

Certain life events, such as a bereavement can trigger such feelings, even if other family members rally around in support.

Loneliness can be caused by many other things including leaving the workplace, children or friends moving away, debilitating health conditions or illness, no longer being able to participate in normal hobbies or activities and lack of access to transport. Emotional loneliness can happen in relationships and families, where you have people in your life, but you don't feel close to or understood by them.

We are all different and you may not know someone is feeling lonely unless they tell you.

Loneliness is temporary

You may not realise it if you are feeling overwhelmed by loneliness, but it won't last forever and you can take steps to feel better.

Loneliness should improve with time. However, often it's advisable to address the situation in the early stages to prevent it becoming a chronic issue.

Loneliness is now being recognised for its damaging effects, such as mental health conditions, cardiovascular issues, and sleep problems. It is therefore important to try and overcome the feeling of isolation.

Loneliness is not a mental health condition, however, if left unchecked, loneliness can start to affect both your mental and physical health.

What can you do if you're feeling Lonely?

- **Catch up with friends** – Connecting with the people around you, such as your family, friends, colleagues, and neighbours are key to your overall wellbeing. These relationships will support and enrich you.
- **Make new friends** – Join local groups or classes based on your interests, not only will you be doing something you enjoy, you'll meet new people with similar interests.

- **Help others by volunteering** – Giving to others is a great way to boost your wellbeing. It can give a sense of purpose and create feelings of positivity. It is also a great way to meet new people whilst helping the local community.
- **Do things you enjoy** – Plan your week to include activities that you enjoy and make you feel good.
- **Learn a new skill** – Continued learning throughout your life helps to enhance your self-esteem and encourages social interactions.
- **Spend time outdoors** – Fresh air, natural light and exercise combined are great for our mental health. Whatever the weather it's great to get outside.
- **Focus on the positives** – When you are feeling lonely, you can sometimes be in a negative frame of mind. Thinking about the good things in your life, remembering happy times or identifying at least one thing each day to be thankful for can help you to think more positively.
- **Look after yourself** – Self-care is essential. Make sure you are sleeping well, eating healthily and being as active as possible. Prioritise looking after yourself.
- **It's good to talk** – If at times, life gets too much for you, it's important that you speak to someone about how you are feeling. This may be a family member or trusted friend, your GP, or a professional organisation.

However lonely you are feeling, there is always something you can do to feel better.

If you need help, then please contact me via some of the club WhatsApp groups or club Facebook.

Scott

LRC Mental wellbeing champion

Ranelagh 10K (Surrey Road League #6)

Sally Alexander

Surrey Road League's Sunday Scorcher

Sunday 21st June 2026



Maggie, Dave, Sue and myself enjoying post-race shade!

True to form, the soaring temperature on Sunday morning did not deter our Surrey Road League stalwarts Maggie, Sue and Dave N, who were up at the crack of dawn, to head over to Ham for Ranelagh Harriers' 10K event, which is also the sixth in the Surrey Road League series.

The event is always well attended by club runners and local joggers alike, but clearly the heat did put off a significant number of people as the race was over 100 competitors shy of those who had paid to enter. However, that was not the case for us; but, as we stood shoulder to shoulder with other runners on the start line, we could already feel the sun's rays beating down on our heads and there was not a 'dry body' in sight!

The two-loop course is mostly in full sun, so the tree lined one-mile tow-path section, which hugs the Thames, was a welcome relief from the searing heat. While some runners seemed to cope well with the humidity, I have to admit that it defeated me and I couldn't have been happier to see the finish line and delight in the array of refreshments on offer. In addition, I was greeted by one of Ranelagh Harriers' members, Mike, who I last saw three weeks prior, at the finish line of the Cape Town Marathon!

After we had all recovered and caught up with each other under the shade of a large horse chestnut tree, we headed to the awards ceremony to applaud Maggie's and Sue's silver-medal age-group achievements. The only criticism I have is that just the gold medal was formally presented for the over-75s, so I think Surrey may wish to take another look at its inclusion policy!

That being said, another well done to Dave N, Sue and Maggie, and to Sue N for cheering us on. We really appreciate it!

These are great events, and as I always mention, it would be fabulous to see more of you

join us, so if you are interested, the next one is a sunset running festival organised by Ranelagh Harriers on Friday 3rd July!

Weekly club runs

Gary Spring

Week of 22nd June

I can't believe I'm saying this, but because of the heat wave there are no planned Club Runs this week. The Pub Run in Forest Row, planned for this Thursday, will be moved to a later date, when the temperature cools down a bit, hopefully before the clocks go back.

Tuesday, 30th June

Ashdown Forest Run

Start time: 7:15pm

from Friends Clump car park

The Club Run, next Tuesday, will be in Ashdown Forest, led by Tom Cartledge. It will be at a leisurely pace, with lots of photo opportunities, though as a lot of us know the route, we can easily break into different-pace groups to suit everyone's needs.

We are meeting at the Friends Clump car park on Crowborough Road TN22 3HY.

The route comprises of two separate three-mile loops, either side of the road. The surface is mainly hard mud and has some hilly sections, so trail shoes are recommended but you can get round safely in road shoes.

The start time is 7:15pm, to allow a bit more time to get there. Please note that all the Ashdown Forest car parks require payment, via an App like Ringo, so remember to bring your phone, or consider lift-sharing.

Running in Ashdown Forest is an amazing experience so, if you've not ventured out there yet, be sure to fit this one into your running schedule. We will pass the car park after the first three-mile loop, so it will work out perfectly if you only want to do one three-mile loop.

The temperature is expected to be about 20 deg C when we will be running, so no heat wave concerns.

NOTE: The date of the next Club Handicap race will be Tuesday, 21st July and will follow the May Race 3 route. The map of the route can be found on the Club website.

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

Penshurst Relays

Editor

Thanks to Chris Rance, barring any further last-minute changes, these are our teams for this evening, weather permitting:

Men A Matt Lester James Kilfiger James Willis	Men B George Matthews Michael Manwill David Waddington	Men C Martin Faulkner Simon Harris Dave Thomas	Men D Sean Begley Ian Greenway Glen Smith	Men E Daniel Jones Dave Watkins Keith Chambers	Men F Patrick Bastow Tom Cartledge Matthew Stockwood	Men G Nick Champness Chris Rance Dan Celani aka Ian Watk
Ladies A Lisa Compton Sophie Davis Fiona Champness	Ladies B Wendy Smith Laura Stockwood Judith Cartledge	Ladies C Kelly Walter Hannah Cartledge Darija Sparkes	Ladies D Nevenka Worsell Theresa Donaghue Jennifer Willis	Ladies E No Team		
Mixed A Dan Celani Sally Alexander James Caffrey	Mixed B Steve Ackroyd Sarah Begley Ben Ashmore					

Key dates for the next two weeks

Editor

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

Today	<	>	Jun – Jul 2026	▼
24	JUN, WED	●	7 – 8pm	Tonbridge AC Midsummer Relays (GP race 7) Penshurst Place, Penshurst, Tonbridge TN11 8DG
26	JUN, FRI	●	6 – 7pm	Longbridge 100 Summer Backyard Ultra Litlington BN26, UK
28	JUN, SUN	●	All day	British Masters 30k Multi-Terrain Champs. The Tollgate, Northfleet, Gravesend DA11, UK
		●	8:45 – 9:45am	Housedean Half & 10k BN7 3JW, Lewes BN7 3JW, UK
		●	9 – 10am	Lingfield 10s Lingfield College Senior School and Sixth Form, St Pier's Ln, Dormansland, Lingfield
30	JUN, TUE	●	7:15 – 8:15pm	Club run (Ashdown Forest) Friend's Clump Car Park, Maresfield, Uckfield TN22 3HY, UK
1	JUL, WED	●	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
		●	7:30 – 8:30pm	Roundhill Romp (WSFRL)
		●	7:30 – 8:30pm	Summer Evening 10k Priory Park, Bell St, Reigate RH2 7RL, UK
2	JUL, 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
3	JUL, FRI	●	5 – 5:30pm	Ranelagh Richmond Sprint 3k (SRL race 7) Ham
4	JUL, SAT	●	12 – 1pm	St Piers Colour Run Young Epilepsy, RH7 6PW
5	JUL, SUN	●	9 – 10am	SheRACES Trail Series Denbies Wine Estate, RH5 6AA
		●	10 – 11am	Bewl 15 and 5 mile TN5 6AZ, Wadhurst TN5 6AZ, UK
7	JUL, TUE	●	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
8	JUL, WED	●	7 – 8pm	LRC coaching East Grinstead, UK
11	JUL, SAT	●	All day	Maverick Chilterns Trail
		●	7 – 8am	Race to the Stones 100k Lewknor, Watlington OX49, UK
12	JUL, SUN	●	9:45 – 10:45am	Beat the Boat Windsor SL4, UK
		●	10:30 – 11:30am	Hornets Stinger (WSFRL)
		●	10:45 – 11:45am	Littlehampton 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

Loseley Park 10k

Editor

Some members of Surrey-based running clubs have already taken advantage of our Early Bird offer for the Loseley Park 10K this September 6th

As a result, we wanted to extend the same opportunity to your club. We're offering your members an exclusive £5 discount on entry using the code: **Surrey5**

Event Details: 📍 Loseley Park, Surrey

📅 Sunday 6th September 2026

Scenic 10K route through the historic grounds of one of Surrey's most beautiful private estates. Entries can be made here:

<https://www.britishlandmarkseries.co.uk>



St Piers Colour Run

Editor

If you're looking for a colourful run this summer, then here's one to consider,



StarRun - 4th July 2026

Enter, via this link: <https://www.stpiers.org.uk/get-involved/challenge/starrun-colour-run-2026>



Reminders from previous weeks

Holland Sports relays
Chris Rance & Lucy Wilkes

Many of you did this last year. Please contact us via email or club WhatsApp if you're interested in this year's event on 16th July.



FLAT-FAST FURIOUS

NIGHT OF RELAYS 2026
4 X 1 MILE TEAM CROSS RELAY
THURSDAY JULY 16TH

Scan for entry

ENTRY: £20 per team


REGISTRATION: Via QR code or Holland Sports website

AGE GROUPS: U10/12/14/16/18, Senior & Vets

TIMINGS: Juniors 6.30pm, U16/U18/Seniors 7.30pm

APRÉS-RUN: bar, music, BBQ & prize-giving

VENUE: Mill Lane, Hurst Green, RH8 9DG



Lingfield Summer Social

Sandra Ankers



Sports Therapists

Sally Alexander

Every week we include this link to our latest update (16 June 2026) 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