



Newsletter

Wednesday 1 July 2026

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Gary's July puzzle will be in next week's edition

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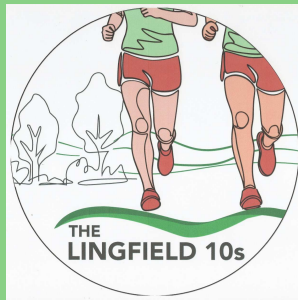
Welcome to new member, Susie Miller, this week

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 runners, nine locations, no PBs

East Grinstead (22), Clair (1), Downs Link (2), Hove Promenade (2), Ifield Mill Pond (1), Mote Park (1), The Desmesnes (2), Tonbridge (1) and Wakehurst (8).

Particular congratulations to the first man and woman at East Grinstead (**Ashley Middleton** and **Sally Alexander**). And, at Ifield Mill Pond, to **Sarah Begley** who was third woman to finish.

See [all the results](#).



It does seem like a long time ago now but, last Wednesday evening, 24 of our finest men and 14 of our fittest ladies went to the sauna that was the Tonbridge AC Penshurst Relays. We have a report from Sally to read later on, where I have also included the full Lingfield results. So, for now, I'll focus on the impact it had on the Open Grand Prix tables, as it was race seven in the

series. The [ladies' table](#) remains unchanged as **Sally, Sarah** and **Sophie** finished in that order. In the [men's table](#), **Dan Celani** moves a point ahead of **James Caffrey** in third place. **James Kilfiger** and **Dave Watkins** stay first and second, but have now both completed seven events, so any points they get from the remaining GP races will only count if they are higher than a number from a race they have completed already.

The next Open GP race is the [Elmbridge 10k](#) on 19th July. This is also the eight and last Surrey Road League race of the year.

Of course, there was just the one race to report on from last weekend – the [Lingfield 10s](#). Once again, we had a very good turnout for both races, good weather and a cracking atmosphere all day. Lingfield College had even arranged a hockey match for people to watch afterwards. Sarah Ferguson has written a note of thanks for everyone involved later in the newsletter, and Sally has composed a report you will also see in a future Community News.

According to the official results when I checked, the 10k race had 122 entrants with 110 finishers, and the 10-miler had 124 entries, 109 finishers with 13 no-shows and two DNFs.

This year I think we had eight members running in the ten-mile race, as below, with **Tom Harvey** our top finisher:

Pos	Net Time	Name	Cat Pos	Age Grade
2	01:05:34	Tom Harvey	2	75.2
5	01:09:23	Simon Petitt	1	63.07
7	01:12:20	Ben Ashmore	3	60.59
22	01:22:47	Ben Horner	5	53.15
31	01:28:00	Simon Harris	10	56
38	01:30:31	Martin Faulkner	7	51.75
93	01:48:05	Peter Vaughan	26	46.66
94	01:48:23	Yvonne Reynard	12	50.36

Race winner was Kent AC's Che Compton (yes, he does have a famous mother) in 1.02.06, and first woman was Rebecca Coomber (Oxted Runners) in 1.14.14.

In the 10k race, there were nine Lingfield members running, including race winner **Ashley Middleton**:

Pos	Net Time	Name	Cat Pos	Age Grade
1	00:36:03	Ashley Middleton	1	73.19
4	00:39:50	James Caffrey	1	70.36
7	00:44:37	Matt Lester	1	66.44
10	00:47:16	Steve Ackroyd	2	61.75
14	00:50:36	David Thomas	4	57.56
54	01:01:38	Harold Burr	14	42.95
59	01:03:13	Kelly Walter	4	55.41
93	01:14:18	Catherine Wilson	14	45.3
106	01:21:47	Vivek Trivedi	20	32.39

Here the fastest woman was Laura Vowles in 40.18.

Plus, I should mention the sterling contributions of our tail-runners **Sally Alexander** and **Scott McDonald** who made sure nobody got lost on the way round. The full results are here:

<https://live.sportsystems.co.uk/results.aspx?CId=20246&RId=12336&EId=1&dt=0&adv=1>

Best of luck to all running over the next week, including tonight's Reigate 10k and Friday's Surrey Road League fixture.

Editor

editor@lingfieldrunningclub.co.uk

PS: I think I need to thank Terry Sumner for the photo below, which is crying out for a caption competition.



'Allelujah!'

L10s thank you

Sarah Ferguson

Hi all,

Yet again I have been astounded by all who have come together to bring joy and fun to such a special Lingfield 10s event. Thank you so much for your part in it, whether supporting us in the planning, route clearance, race set up, one of so many on the day roles, or by turning up toward the end of the race to help with some last-minute cheering and tidy up, we appreciate you all.

We have been so grateful that to those who have just so willingly said "yes" to our appeals for help and for the way that community has been built through working together, these are the times that we see the very best in society and that friendships are formed.

It was such a fabulous day, we have had just so, so many comments of thanks and

appreciation from runners, who loved what we do. We have certainly been recognised as a hugely friendly and supportive club and have been applauded for a well-organised and enjoyable race; this is in such big part thanks to your involvement and enthusiasm.

As always, we realise that there will be things that you want celebrating or that could be improved, we want to hear your experiences so that we can use this for any future planning. Please do email me with any reflections or comments that you have. I know that there were some who tried to tell me their thoughts on the day also; if you are able to put these down in a few words, then I can bring these back to the committee too.

Thank you again for being such a wonderful running club and community.
Until next year...

Sarah

lingfield10svolunteers@gmail.com



Weekly club runs

Gary Spring

Tuesday, 30th June: Club Run in Ashdown Forest



Photo courtesy of Dave Chase

A great run last night, led by Tom Cartledge, around Ashdown Forest. The weather was perfect and the views were stunning. Unfortunately, the hills were as steep as usual, but all the groups

successfully completed their planned routes. We hope to fit another evening run in Ashdown Forest while we still have the light evenings so look out for further news.

Tuesday, 7th July

Club Run from Victoria Club

7pm Start

Trail run, out towards Starborough Castle

This route is mainly off-road and about six miles in distance. There is a shorter route available (about 6km) and I'll consult with Sophie to see if this would work for her group. It is reasonably flat (well, compared to Ashdown Forest!) and the weather prediction is sunny, but not too hot so hope you can join us!

The route is on the [club website](#).

Lingfield 10s

(An article for Community News)

Sally Alexander

The Lingfield 10s – A Celebration of Community Spirit

By Sally Alexander, Chair, Lingfield Running Club



L10s Race Director, Fiona Champness

The Lingfield 10s returned on Sunday 28th June, bringing runners, families, volunteers and supporters together for a day that celebrated both fitness and the strength of our local community. Set against the beautiful Dry Hill trails, participants tackled either the 10K or 10-mile course, enjoying some of the area's finest countryside.

Although competition is part of any race, the Lingfield 10s has always been about more than finishing times. It's an event that encourages runners of all abilities to challenge themselves, enjoy the outdoors and share in a collective sense of achievement.

Behind the scenes, Race Director **Fiona Champness** led months of planning with dedication and meticulous attention to detail. From route inspections and clearance days to risk assessments, signage, facilities and race-day logistics, Fiona ensured a safe, smooth and professionally organised experience. Her leadership formed the backbone of the event, even if much of her work remained unseen by participants.

Fiona was supported by an outstanding committee and more than 70 club and local volunteers whose enthusiasm and teamwork made the day possible. Marshals, registration teams, refreshment stations and finish-line helpers all played vital roles, creating the warm, welcoming environment that runners consistently praise.

Race Headquarters at Lingfield College buzzed with activity thanks to local businesses including AEG, Summit Wellbeing, The Little Coffee Company, Phoenix Running West Sussex, The Forest Row Clinic and the ever-popular ice-cream van. Music from our own 'Rock God', Terry, added to the festival feel and kept spirits high.

The positive feedback from runners and supporters highlights just how special the Lingfield 10s has become. Lingfield Running Club extends heartfelt thanks to Fiona and everyone who contributed to making this year's event such a great community success.

To join Lingfield Running Club, visit: www.lingfieldrunningclub.co.uk

TAC's Penshurst Midsummer Relays

Sally Alexander

FEELING HOT HOT HOT AT PENSHURST!

Wednesday 24th June 2026



37 of the LRC team all raring to go - just Dan missing in action!

Well, there is one thing for sure, if David Waddington has entered a race, you can most certainly count on it being hot, and guess what? Yep! 7.15pm on Wednesday night, the thermometer hit 33 degrees! And while our dear Editor was sipping chilled white wine, wistfully admiring the Isle of Wight's pristine shoreline*, a 38-strong Lingfield team had set up camp at Tonbridge Athletics Club's ever popular summer relay event!!

Competing alongside the running 'power houses' that are Tonbridge AC, Tunbridge Wells Harriers, Sevenoaks AC and Medway and Maidstone AC, we yet again made our mark. Fielding seven men's teams, four women's teams and two mixed teams, our runners set their focus on the 4K trail loop around the stunning grounds of Penshurst Place, navigating one long, rutted hill before the path levelled out at the top. If you didn't have sweat streaming down your face, you could admire the incredible views of the Kent countryside which the course affords!

And what a result for the club! Everyone huffed, puffed and dug deep, in the extreme heat, to cross the finish line safely, showing immense grit and determination. It certainly took stamina, beating off those demons which are constantly telling us to stop. Considering the top level of competition, all runners should feel very proud of their achievements. We were up against the best in our local area! Our Mixed A Team, consisting of Dan Celani and James Caffrey, only narrowly missed out on third place awards, taking fourth place out of 61, and coming 16th overall out of 151 teams, and our Men's A Team consisting of Matt Lester, James Kilfiger and James Willis secured an incredible 34th place overall.

It was fabulous to welcome back on the team our Portuguese wanderers, Mike and Wendy and to also to welcome our new member, Ashley Middleton, who stepped in at the last minute under the guise of Dan Jones who was unable to attend. Ashley steamed across the finish line in an eye-watering 14:05 – the fastest LRC split of the evening! Well done, Ashley! And as if one loop wasn't enough, Dan Celani took on the guise of Ian Watkins, completing an additional lap for the team!

As Fiona pointed out on FB, Wednesday evening was, ‘Lingfield at its best’. The sea of red, white and green; the camaraderie; the humour and team spirit could not have been better. This is what being part of a club is about! With that in mind, don’t forget Holland AC’s relays take place on Thursday 16th July. Register your interest with our XC Captains, Chris and Lucy, via LRC Run Finder or the XC WhatsApp groups!

And finally, a huge thank you to Chris and Lucy for organising the teams and to Chris for his seamless management on the night!



** many a true word - well done, all. Thinking of you*

Alternative, anonymised views of the event:

"did not enjoy the run one bit, went off too fast and had a stitch all the way round. Although looking back I am pleased with my time and these evenings are great for the club. As for the tent, Chris, you did fine but can you do it on a wet afternoon at Lloyd Park"

"my brain ... 'here we go ... come on XX, go big for the teamhmmm, should I be this hot after 200m ... do not walk up this XXXXXX hill, do not die on this hill, why am I not recovering after that hill sure there is a nice view if I was not staring down at this never ending farm road ... why is my watch only saying 2km...' The rest is just a blur apart from the last three feet"

Pos	Name	Category	Cat Pos	Gun Time	Lap1	Team Member	Lap2	Team Member	Lap3	Team Member
16	Lingfield Running Club A	Mixed	4	00:46:27	00:14:20	Dan Celani	00:17:20	Sally Alexander	00:14:46	James Caffrey
34	Lingfield Running Club A	Male	22	00:50:16	00:17:20	Matt Lester	00:16:43	James Kilfiger	00:16:13	James Willis
38	Lingfield Running Club B	Mixed	12	00:51:20	00:16:55	Steve Ackroyd	00:18:43	Sarah Begley	00:15:42	Ben Ashmore
55	Lingfield Running Club B	Male	33	00:53:27	00:15:44	George Matthews	00:18:48	Michael Manwill	00:18:55	David Waddington
70	Lingfield Running Club E	Male	40	00:56:27	00:14:08	Ashley Middleton	00:20:57	David Watkins	00:21:20	Keith Chambers
99	Lingfield Running Club C	Male	47	00:59:49	00:20:11	Martin Faulkner	00:19:38	Simon Harris	00:20:00	David Thomas
103	Lingfield Running Club G	Male	50	01:00:48	00:20:58	Nick Champness	00:21:34	Chris Rance	00:18:16	Dan Celani
110	Lingfield Running Club A	Female	14	01:02:18	00:21:59	Lisa Compton	00:19:57	Sophie Davis	00:20:21	Fiona Champness
113	Lingfield Running Club F	Male	51	01:03:13	00:20:49	Patrick Bastow	00:20:44	Tom Cartledge	00:21:38	Matthew Stockwood
117	Lingfield Running Club D	Male	54	01:04:19	00:19:47	John Begley	00:21:54	Ian Greenaway	00:22:37	Glen Smith
122	Lingfield Running Club B	Female	18	01:05:07	00:21:17	Wendy Smith	00:20:57	Laura Stockwood	00:22:52	Judith Cartledge
134	Lingfield Running Club C	Female	19	01:08:37	00:24:50	Kelly Walter	00:22:35	Hannah Cartledge	00:21:11	Darija Sparkes
150	Lingfield Running Club D	Female	24	01:15:44	00:24:07	Nevenka Worsell	00:29:04	Theresa Donohue	00:22:33	Jennifer Willis

Key dates for the next two weeks

Editor

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


Today		<	>	Jul – Aug 2026	▼
1	JUL, WED	●	7 – 8pm	LRC coaching (track)	Holland Sports & Social Association, Mill Ln, Oxted RH8 9D
		●	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,
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	Bowl 15 and 5 mile	TN5 6AZ, Wadhurst TN5 6AZ, UK
7	JUL, TUE	●	7 – 8pm	Club run (Starborough)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
8	JUL, WED	●	7 – 8pm	LRC coaching	East Grinstead, UK
9	JUL, THU	●	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, 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	
		●	2 – 5pm	Minibus fundraising tea party	St. Peter's & St. Paul's Church,
13	JUL, MON	●	7 – 8pm	LRC Committee	Victoria Club
14	JUL, TUE	●	7 – 8pm	Club run	Lingfield Running Club, 54 High St, Lingfield RH7 6AA
		●	7:30 – 8:30pm	LRC Strength & Conditioning (Tejin)	Estcots Primary School, I

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

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



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