

## Newsletter

Wednesday 8 July 2026

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***No new members to welcome 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



Fifty runners, 20 locations, three PBs

East Grinstead (20), Abbot's Wood (1), Brighton & Hove (1), Cirencester (2), Folkestone (2), Hove Promenade (1), Itchen Valley (1), Mile End (1), Monsal Trail (2), Nonsuch Park (2), Queen Elizabeth (1), Riddlesdown (1), Shanganagh (1), Squerryes Winery (1), The Lost Gardens of Heligan (1), Tilgate (2), Tonbridge (2), Wakehurst (6), Whitstable (1) and Y Promenad (1).

Particular congratulations to our first man and woman (again) at East Grinstead (**Ashley Middleton** and **Sally Alexander**), and **James Caffrey** first at Wakehurst. Not to forget, **Dan Celani** (second at EG) and **Simon Petitt** (third at Cirencester). We also had some PBs this week, all at EG, so take a bow Ashley, **Darija Sparkes** and **Patrick Bastow**.

See [all the results](#).



It was good to see that at least one club member was still having a go at the RPAC summer evening 10k in Priory Park on 1<sup>st</sup> July. It's one of **Andrew Hindmarch's** favourites, which he completed this year in a time of 54.01. Keep at it, Andrew, someone else will join you eventually.

Alexander Williams (Southampton University) was first in 36.11 and first woman was Charlotte Robinson in 42.27. I also spotted a Kirsty Wachuku-King (unattached) among the results!

Then, on Friday, **Maggie Statham-Berry** was our only runner at the first-ever Sunset Sprint 3k, which was announced in early July 2026 as a brand-new Ranelagh Harriers club fixture. It was intended to be 'a fresh, festival-style summer race designed to blend fast 3k running with a social evening atmosphere' and it was added to the Surrey Road League (SRL) calendar.

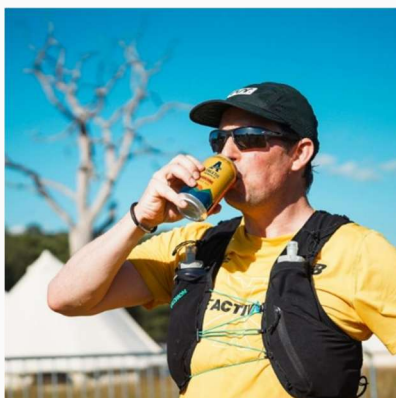
Maggie ran well and tells us about the event, later in the newsletter. That run means that Maggie has prised **Sue Garner's** fingers off the club's Surrey Road League trophy for 2026, with one race to go. Well done, Maggie. Fingers crossed things go well in the last race (Elmbridge 10k) and you can get gold in the SRL trophy race. I think Sue Garner and **Dave Nottidge** are still in contention for age group medals too.

Fastest runner on the evening was Ranelagh's Peter Cook in 8.53, and fastest woman was Poppy Disley-May (Thames Hare & Hounds) in 10.01.

<https://surreyroadleague.org/>

Also on Friday was a very popular race (1,300+ runners) that club members used to attend regularly – the Brands Hatch 10k. **Glen Smith** had found out about this race, he completed it in a time of 1.02.14, and he tells us all about it later on. Good running in difficult conditions, Glen. Race winner was Cameron Sharp (Central Park Athletics) in 34.07 and first woman was Catherine Fletcher in 43.49.

On Saturday, **Daniel Jones** was dragooned by a 'friend' to participate in the Dawn to Dusk run at Eridge Park, as a relay team. Daniel reports that he *"completed all four loops once! Ran as a relay with one other person. So recovery between each. This is the longest I have run to date, so very pleased. Very technical, hilly and of course hot. Stunning location, Edridge Park. Black Loop — 12.5 km (7.76 miles), Red Loop — 9.7 km (6 miles), Blue Loop — 8.0 km (4.9 miles) and Green Loop — 7.1 km (4.4 miles)"*. It took them ten hours, 48 minutes and 32 seconds of which Daniel contributed 5.15.29.



*Daniel says 'Camera man wanted a 'someone drinking the athletic beer' photo!'*

Incidentally, the name of Daniel's team, 'wunt be druv' means (according to my AI friend), 'we will not be driven' and is the unofficial motto of Sussex.

On Sunday, two members completed the Bowl Water 5-mile race. It looked like quite a hot morning, but **Marije Field** and **Robert Llewellyn** completed the race in 55.45 and 60.17 respectively. Well done to both of you. Finley Dorling-Parkes was first in 32.05 and first woman was Magdalena Schoerner (Eastbourne Rovers) in 39.26.

I think that's the lot for this week. Apologies if I've missed anyone - you know where I am if you want to send me your results and a report/photo to go with it.

And don't forget it's the Marathon Mini-'fun'-bus fundraising tea party on Sunday, 2pm to 5pm, St Peter's and St. Paul's Church, Lingfield.

Editor

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

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[Guide running workshop](#)

**Amy Hodge**



Over the last year I've seen quite a few guide runners at parkrun and some races and I was interested to give it a try, so I found a course on England Athletics and last Saturday headed over to Guildford for the two-hour session.

Mike from East Grinstead Athletics was our course leader. After a presentation on guide running and watching some videos on how to guide and the safety considerations, our gang of enthusiastic guides were ready to give it a try!

Divided into pairs we took it in turns to guide and to be guided. Trying to run with a blindfold is quite an interesting experience. I found it quite disorientating almost felt dizzy, but it was a brilliant experience to help me understand how to guide someone safely.

Guiding was a little stressful at first, knowing I had to be super clear to my runner so they were safe and also to make sure they were confident in me. Clear communication is vital, describing changes in surface and any obstacles or turns that are coming up. We also learnt that some runners prefer to use a tether which you both hold, while others prefer holding on to your arm.

It was a really great experience and I'm so glad I got the opportunity to do it. I just need to wait for my DBS check and do an online health and safety and first aid course, then I will get my guide licence. In the meantime, if anyone would like to come and run with me wearing a blindfold so I can practice, let me know!

There was also someone from a charity called Sight For Surrey and he's looking for guide runners to help get some of the young people they help into running, so I'm hoping I can get involved with that, once I get my licence.

If anyone would like to know more about [the course](#), let me know.

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## **Weekly club runs**

**Gary Spring**

### **Tuesday, 14<sup>th</sup> July**

Club Run: Ardenrun and Red Barn

Start time: 7:00pm, from Victoria Club

The route is about 4.5 miles in distance and mainly footpaths and fields. It is pretty flat compared to our usual routes and we can break into different-paced groups so it would be ideal for members who are testing the water to increase their distance up to five miles. The ground is pretty firm so road shoes should be OK. The route can be found on the club website, using this link: <https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/05/20260512-Ardenrun-and-Red-Barn.pdf>

This evening is one of the World Cup semi-finals (i.e. France/Morocco vs someone) but as the match does not start until 8pm, and the route is not a long one, you should hopefully be able to fit in both the run and the match.

### **Advance information on the following week's organised Club Runs**

#### **Tuesday, 21<sup>st</sup> July**

Handicap Race #5; May Race 3 route

**HELP NEEDED, PLEASE!** As this race route is mainly off-road, it is more of a challenge to put up the signage. Tom and I would really appreciate a couple of extra helpers to put out the signs in the morning.

We would also like some marshals, at key junctions and road crossings. If anyone is free in the evening and does not plan to run this race, please consider being a marshal. My contact email is [higaryspring@gmail.com](mailto:higaryspring@gmail.com), for any signage or marshal volunteers.

#### **Thursday, 23<sup>rd</sup> July**

Pub Run in Forest Row

Start time: 7:00pm, from the car park behind Co-op  
Hartfield Road RH18 5HE

More details in next week's newsletter.

### **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.

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### **Ranelagh Sunset Sprint 3k** **Maggie Statham-Berry**

I was the only one from LRC at the Ranelagh Sunset Sprint 3k on Friday 3 July. It was the seventh race of the Surrey Road League series.

The races took place on traffic-free avenues on open land around Ham House near Richmond. The setting was idyllic with the Thames flowing nearby and a polo match taking place in an adjacent field. It was an out and back course and quite dusty in places on compacted tracks.

There were eight waves of 3k races, seeded according to predicted times with the slowest going first. There were around 40 people on the start list for each wave and about 20 minutes between each wave. There was lots of noisy support from fellow racers who had either already raced or were going in later waves. The final wave was for elite athletes and was timed to coincide with the sunset at 9.20pm. I was in Wave 3.

There were 32 of us on the line. I knew from the predictions that I would be one of the slowest but was a bit shocked at the speed at which everyone charged off. I was quickly dropped and was well and truly last for half the race until I overhauled someone at the two-kilometre mark and then took another three places including my rival in the race in the W65-74 age category. It was so tough to 'sprint' 3k.

My gun time was 14:12 (14:10 chip time) which I was happy with. I was even happier

when I looked at the results of Wave 2 in which my main rival for the W65-74 prize had run. She did 14:19 (14:18 chip) so I was first.

The photo was taken after my race. My legs are a weird colour in the sunset!

### [Ranelagh Sunset Sprint 3k](#)

Maggie



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## **Brands Hatch 10k**

**Glen Smith**

I've been a motorsport fan for as long as I can remember, and I've visited Brands Hatch more times than I can count. So, when I heard there was a 10km race there, I had to sign up and experience the circuit from the other side of the barriers. I already knew the track was 'undulating' — in other words, hilly — and I was sure it would feel very different at running pace compared with the speed of the cars and motorbikes I'm used to watching.

After work on Friday evening, I headed to the circuit and arrived to full 'race day' traffic management, with hundreds of cars bringing runners and supporters to the event. There were nearly 1,500 runners, plus at least as many supporters lining the start-finish straight and one of the main grandstands. It wasn't quite as hot as the Penshurst relays, but temperatures were still in the high 20s — more than warm enough.

The atmosphere was fantastic. A lively compere reminded everyone that our entry fees were supporting Heart of Kent Hospice before sending us on our way at 7pm sharp. The Goodyear Airship made a fly-by, and the crowds of runners set off at their own pace on a perfect summer evening.

As expected, it was tough. There's very little flat ground, so you're almost always going

uphill or downhill, and the dark, hard tarmac — off-camber in places — was unforgiving, especially in the sunshine. Thankfully, there were plenty of drink stations. Despite starting too quickly and discovering that Paddock Hill Bend's steep drop and Druids' steep climb had to be tackled three times, I really enjoyed it. I finished in just over an hour and two minutes, which felt about right given the heat and terrain. It was a great event and, if you fancy a challenge, definitely worth considering next year.

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## **Monthly puzzle slot**

### **Gary Spring**

#### **June Puzzle results**

Congratulations to Debbie Wilkes and Judy Hayler for getting all the parkrun names correct in June's puzzle. The answers are:

1. Alexandra (ALEX Ferguson AND RA)
2. Wilmslow (WILMa Flintstone/Captain SLOW)
3. Ashford (Leslie ASH/Harrison FORD)
4. Dewsbury (Kiernan DEWSBURY-Hall)
5. Stevenage (STEVEN Spielberg/Jimmy PAGE)
6. Higginson Marlow (Alex HIGGINS/SON Hueng-min /Christopher MARLOW)
7. Billericay (BILL Gates/ERIC Clapton/James MAY)
8. Chasewater (Chevy CHASE/WAITER White)
9. Kesgrave (KES/Robert GRAVES)
10. Rostrevor (ROSS Barkley/TREVOR Brooking)

#### **July Puzzle**

Well, I got a 100% increase in entries for the June puzzle compared to May, so I'll go with the popular vote and give you another set of ten 'people-related' clues, representing parkrun locations, for the July puzzle. There is also a 'non-people-related', tougher bonus clue to give you something to think about while you sip your mint juleps in this continuing heatwave.

Clues below or see the [pdf version](#).

Send in your entries by midnight, 31st July 2026, to [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

# July Puzzle



#9.



S W



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#10.



s

...and for those of you that found the above clues easy to solve, here is a tougher, bonus question!

#11.



**Key dates for the next two weeks**

## Editor

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

| Today < > Jul – Aug 2026 ▾ |          |                   |                                                                                                              |
|----------------------------|----------|-------------------|--------------------------------------------------------------------------------------------------------------|
| 8                          | JUL, WED | ● 7 – 8pm         | LRC coaching (Dave) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead RH19 1QX, 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 | ● 9:30 – 10am     | London 10k                                                                                                   |
|                            |          | ● 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, The Old Town House, Church Rd, Lingfield      |
| 13                         | JUL, MON | ● 7 – 8pm         | LRC Committee Victoria Club                                                                                  |
| 14                         | JUL, TUE | ● 7 – 8pm         | Club run (Ardenrun/Red Barn) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK                       |
|                            |          | ● 7:30 – 8:30pm   | LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage Ave, East Grinstead RH19          |
| 15                         | JUL, WED | ● 7 – 8pm         | LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK                               |
| 16                         | JUL, THU | ● 7 – 8pm         | LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK                           |
|                            |          | ● 7:30 – 8pm      | Holland Sports relays (1-mile) Mill Lane Recreation Ground, Oxted RH8 9DG, UK                                |
| 18                         | JUL, SAT | ● 10:30 – 11:30am | Battersea Park Half & 10k                                                                                    |
|                            |          | ● 12pm – 11:30am  | Phoenix Festival of Running (Day 1/2) Blackland Farm Outdoor Centre, Grinstead Ln, East Grinstead RH19 4HP   |
|                            |          | ● 2 – 2:30pm      | Elmore 7 CR5 3SB, Chipstead, Coulsdon CR5 3SB, UK                                                            |
| 19                         | JUL, SUN | ● 12pm – 11:30am  | Phoenix Festival of Running (Day 2/2) Blackland Farm Outdoor Centre, Grinstead Ln, East Grinstead RH19 4HF   |
|                            |          | ● 9 – 9:30am      | Elmbridge 10k (GP race 8; SRL race 8) Elmbridge Xcel Sports Hub, Waterside Dr, Walton-on-Thames KT12 2JP, UK |
|                            |          | ● 9:30 – 10:30am  | Wimbledon Common trail 10k & Half SW15 3PQ, London SW15 3PQ, UK                                              |
|                            |          | ● 10 – 11am       | Ashdown Forest 5m & 10m Pippingford Manor, Pippingford Park, Nutley, Uckfield TN22 3HW, UK                   |
|                            |          | ● 10 – 11am       | Surrey Slog Half Duke of Kent School, Cranleigh GU6 7NR, UK                                                  |
|                            |          | ● 11am – 12pm     | Seven Stiles (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](mailto:editor@lingfieldrunningclub.co.uk)

## Reminders from previous weeks

## **Sports Therapists**

**Sally Alexander**

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