



Newsletter

Wednesday 15 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 (and I'll make it readable)

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Lingfield's Racing Roundup



Fifty-one runners, 16 locations, two PBs

East Grinstead (27), Beckton (2), Bolberry Down (1), Burnley (1), Bushy (1), Downs Link (1), Eastleigh (1), Frogmary Green Farm (1), Gunnersbury (1), Hastings (2), Ifield Mill Pond (1), Jersey (1), Milton Country (1), Riddlesdown (1), Tilgate (2) and Wakehurst (7).

Particular congratulations for the third week in a row to **Ashley Middleton** and **Sally Alexander**, our first man and woman at East Grinstead (Sally with a PB this time), and with **Dan Celani** again in second. Elsewhere, new member **Susie Miller** was second woman at Wakehurst and **Robert Llewellyn** came up with a PB at East Grinstead, knocking more than a minute off his previous best. Well done everyone.

See [all the results](#).



The results of the West Sussex Fun Run League (WSFRL) event on 1st July have come to my attention. **Ian Greenaway** often runs these races for second claim club Saints and Sinners, and he did this one, the Roundhill Romp. The race begins at the Clock Tower in Steyning High Street and heads west up Mouse Lane. After two to three miles of climbing to the top of the South Downs Way, you run along the SDW and make a long steep descent (down the Beeches) to return and finish in the Memorial Field. Ian completed this lap in 53.56. Chichester Runners had the fastest man and woman - James Baker (31.53) and Charlotte Reading (37.50). Well done, Ian.

There was another WSFRL run last Sunday, the (Hove) Hornets Stinger which is, they say, ‘a proper off-road challenge with chalk, flint, ruts, cattle-pitted fields, and two steep climbs’. Once again **Ian** was up to the task, finishing in a time of 1.03.11. Chichester provided the race winners again, this time in the shape of Josh Collins (37.41) and Kari Mack (48.00).

The next WSFRL event is the Seven Stiles this coming Sunday! This one sounds a bit easier, being four miles, starting and finishing at Henfield Leisure Centre. Mainly flat country footpaths including the Downslink and a stretch along the River Adur. No, not Ian’s sort of run at all.

I was taken aback to find Lingfield in the club results page when checking the results of Sunday’s Sevenoaks Seven. But it was just a one-woman team, comprising **Marije Field**, who completed the race in 1.17.07. Well done, Marije, you're a great example to us all! Shamil Mohammed won this in 41.00 and first woman was Ellie Grant in 52.25.

The Surrey Road League tables have been updated after the seventh of eight races: <https://surreyroadleague.org/tables/> . They will be awarding the individual trophies after the Elmbridge 10k race on Sunday – best of luck Maggie, Sue and Dave!

Meanwhile, the club’s quiz team continued its resurgence with a convincing win at The Star last Thursday. Having said that, the pub doesn’t have air conditioning, so maybe the heat and the World Cup game that evening deterred some less committed (and less fit!) teams. This is now our winning-most year since records began, and it’s only July. As usual, we put our winnings back into the pub’s charity pot.

Good luck to all running in Hurst Green tomorrow night (teams below) and elsewhere for the rest of the week. There'll be lots to read next week - I hope!

Team Name	Leg 1 Runner	Leg 2 Runner	Leg 3 Runner	Leg 4 Runner	Event
Lingfield Running Club A	Ashley Middleton	George Matthews	James Willis	Simon Petitt	Senior Male
Lingfield Running Club B	Dave Thomas	Robert Llewelyn	Sean Begley	Simon Harris	Senior Male
Lingfield Running Club A	Dan Oppe	James Kilfiger	Matt Lester	Steve Ackroyd	Male Vet 40
Lingfield Running Club B	Brandon Webb	Dave Watkins	Michael Manwill	Steve Lovell	Male Vet 40
Lingfield Running Club C	Ian Watkins	Matthew Stockwood	Scott McDonald	Terry Sumner	Male Vet 40
Lingfield Running Club D	Glen Smith	Nick Champness	Patrick Bastow	Chris Rance	Male Vet 40
Lingfield Running Club A	Judith Cartledge	Hannah Cartledge	Kelly Walter	Amy Hodge	Senior Female
Lingfield Running Club A	Sally Alexander	Sarah Begley	Fiona Champness	Susie Miller	Female Vet 35
Lingfield Running Club B	Natalie Mitchell	Maggie Statham Berry	Lisa Compton	Wendy Smith	Female Vet 35
Mixed	Keith Chambers	Liz Webster	Ashley Middleton	Sally Alexander	Mixed

Editor

editor@lingfieldrunningclub.co.uk

Club development plan

Sally Alexander

Dear All

We are excited to share our updated Club Development Plan for 2026-27. After reviewing feedback, taking into consideration evolving legislation and ensuring the community spirit of the club remains, we have refined a few key areas to strengthen the club further and improve your experience.

If you are interested in taking a look, please click on the link below.

<https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/07/20260707-LRC-Club-Development-Plan-2026-27-Final.pdf>

A big thank you to you all for being part of this community and for helping to shape its future. Your energy, ideas and commitment are what keep the club moving forward! If you have any questions or further ideas, please let us know; we would love to hear from you!

In the meantime, happy running!

Sally & the Committee

The origin of the Tonbridge Relays

Graeme Bennett

I meant to print this before Penshurst but I forgot

Many members have enjoyed the recent revival of the June relays, organised by Tonbridge AC at Penshurst Place. I say revival advisedly, because there was another local summer relay competition many, many years ago.

Tunbridge Wells Harriers organised these and they were held on the first Wednesday of June, from the Tunbridge Wells Rugby Club on Frant Road (you may know it as the A267). The race comprised three x 3km legs, with men's, women's (and the odd mixed) teams. The first event on 14 June 1989 attracted 29 teams, all from Kent. The following year there were 44 and, when Lingfield joined the party in 1991, this had grown to 64. This was despite the fact that those first two years races took place in torrential rain, and the route was around the playing field and

adjacent farmland.

Unfortunately, despite the best efforts of friends at Tunbridge Wells Harriers (to whom I owe many thanks), the last full set of results they could unearth was the 1991 event. Here Lingfield sent out three men's and one mixed team (with Peter Dunn doubling-up as the last leg on Jackie Barker and Julie Earl's team). That evening our 'A' team placed 12th of the 64 – Peter Dunn (10.13), Noel McKnight (10.54) and Dennis Crowhurst (11.12). It's also worth noting that the then 54-year-old Trevor Crowhurst ran a time of 12.50 in our 'C' team. Fastest runner on the night was Mike Gratton in 9.12.

My diary says that the women won a team prize in 1992, but none of the veteran lady runners I've contacted can remember anything about it!

By 1998, the club contingent had increased to eight teams, and I was very lucky to find an old club newsletter which reported them in full:

The 10th Tunbridge Wells Harriers Summer Relays
Wednesday 3rd June 1998

Position	Team	1 st leg pos'n	Running Time	Indiv, time	2nd leg position	Running Time	Indiv, time	3rd leg position	Running Time	Indiv, time
1	Medway S. Men	2	9:55	9:55	1	19:04	9:09	1	28:38	9:34
			Rob Hall			Barry Royden			Gareth Williams	
11	Lingfield S. Men	7	10:23	10:23	10	21:18	10:55	11	32:28	11:20
			Peter Dunn			Steve Pautard			Graeme Bennett	
32	Lingfield S. Men	36	12:19	12:19	27	24:18	11:59	32	37:30	13:12
			Chris Ryan			Richard Chaffe			Jim Christie	
36	Lingfield S. ladies	31	12:08	12:08	37	25:21	13:13	36	37:50	12:29
			Marlene Pautard			Kath Garrido			Veronica Donohue	
38	Lingfield S. Men	27	11:58	11:58	25	24:16	12:18	38	38:40	14:24
			Kevin Farrell			Tom Dunn			Steve Hill	
40	Lingfield S. Men	39	13:07	13:07	39	26:28	13:21	40	39:52	13:24
			Andrew Hindmarch			Kio Vejdani			Mike Diebel	
46	Lingfield S. Ladies	45	14:25	14:25	43	28:23	13:58	46	43:05	14:42
			Sonelle Le Roux			Mary Davis			Sue Garner	
47	Lingfield S. Men	50	15:30	15:30	46	29:24	13:54	47	43:16	13:52
			Ian Wilson			Mike Redmond			Trevor Crowhurst	
53	Lingfield S. Ladies	51	15:55	15:55	51	31:53	15:58	53	48:06	16:13
			Tiffany Basden			Jan Diebel			Clare Collett	

I ran these relays with Lingfield four times between 1992 and 1998. There was a great team atmosphere then, as now, heightened by the shared showers separated by a flimsy bit of plastic. Never, before or since, have I seen so many male runners so eager to wash after a race.

In the lead up to the 2025 Penshurst event, RunABC's news writer Alan Newman fondly remembered arriving in Kent in the early-1990's and enjoying regular summer relays in attractive venues. He recalls: "*I was once trying to impress my new teammates in Medway AC and was*

going well on a balmy summer evening relay at Tunbridge Wells – or so I thought until an express train in a red Invicta East Kent vest came flying past. That was the first time I had ever 'met' Mike Gratton, the 1982 Commonwealth Marathon bronze medallist and 1983 London Marathon champion!"

Those relays were great fun, and highly competitive, with teams often including international class athletes whom cunning team managers tactically deployed for the greatest impact on the overall result. Sadly, such joys have been largely lost in the Garden of England, so Alan's present club Tonbridge AC has put together a new event on an entirely off-road course within the grounds of stunning Penshurst Place and Gardens near Tonbridge, Kent".

Weekly club runs

Gary Spring

Tuesday, 21st July

Handicap Race #5: May Race 3 route
Meet at the Victoria Club for 7pm start

This Club Race set-up is a bit different from the others as we start in Jenners Field, but finish in the usual spot, opposite the racecourse. It is about a five-minute walk from the Victoria Club to the start, so we'll all meet at the Club and walk down to the start at about 6:55pm. If anyone gets to the club after we've left, the directions to Jenners Field can be found [on this link](#)

The route is mainly trails and footpaths through fields, but the ground is like concrete so road shoes will be OK. The route distance is just over 4.5 miles and one of our flattest routes. Faster runners can expect about a 20-minute handicap. A map of the route can be found [via this link](#)

HELP NEEDED, PLEASE!

As this 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 of 21st July.

We would also like plenty of marshals, at key junctions and road crossings, to keep everyone on the correct track. 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, for any signage or marshal volunteers.

Thursday, 23rd July

Pub Run in Forest Row

Start time: 7:00pm, from the car park behind Co-op,

Hartfield Road RH18 5HE

Postponed from June, this is the Pub Run in Forest Row, being held on a Thursday, so we can frequent the Hop Yard pub (a cultural experience!) after the run.

The route is mainly trails and footpaths with some concrete farm tracks thrown in. Road shoes will be OK. The route is five miles in distance and quite hilly, but we're very happy to have recuperative rests at the summits, and as there are no World Cup matches this evening, we can take our time and enjoy the scenery (and the pub!)

The weather prediction is temperatures in the mid-20s and sunny and a lot of the route is in shade so it should be a comfortable run (apart from the hills!).

Map of the route can be seen [via this link](#).

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.

Club kit news

Gary Spring

A couple of new items related to our Club kit.

1. **Lighter material vests:** We've had comments that our current club vest design is uncomfortable to wear in hot weather. Our kit supplier can supply a running vest in a lighter material and will send me a sample for you to have a look at.

The lead time for supplying club kit in the lighter material is likely to be too long to meet the current heatwave, but as it seems consistent high temperatures will be the norm for future summers, we can have a solution for anyone wanting a more comfortable club vest to run in next summer. I will let you know when I have the sample to view.

2. **Previously-enjoyed club kit:** we are taking inspiration from Phoenix's second-hand kit stand at the Lingfield 10s, and some donations by ex-members of their club kit, still in good condition. So, we'd like to offer used kit to members who would prefer to go the sustainable route or are finding it financially hard to afford the price of new kit.

If anyone has good-condition club kit with the current design they no longer want, please consider donating it to our second-hand stock for passing on to other members.

For info, the current club kit design is shown below.



Key dates for the next two weeks

Editor

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

Today < > Jul – Aug 2026 ▾			
15	JUL, WED	● 7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
16	JUL, THU	● 7 – 8pm ● 7:30 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK Holland Sports relays (1-mile) Mill Lane Recreation Ground, Oxted RH8 9DG, UK
18	JUL, SAT	● 10:30 – 11:30am ● 12pm – 11:30am ● 2 – 2:30pm	Battersea Park Half & 10k Phoenix Festival of Running (Day 1/2) Blackland Farm Outdoor Centre, Grinstead Ln, East Grinstead RH19 3LH, UK Elmore 7 CR5 3SB, Chipstead, Coulsdon CR5 3SB, UK
19	JUL, SUN	● 12pm – 11:30am ● 9 – 9:30am ● 9:30 – 10:30am ● 10 – 11am ● 10 – 11am ● 11am – 12pm	Phoenix Festival of Running (Day 2/2) Blackland Farm Outdoor Centre, Grinstead Ln, East Grinstead RH19 3LH, UK Elmbridge 10k (GP race 8; SRL race 8) Elmbridge Xcel Sports Hub, Waterside Dr, Walton-on-Thames KT12 7LJ, UK Wimbledon Common trail 10k & Half SW15 3PQ, London SW15 3PQ, UK Ashdown Forest 5m & 10m Pippingford Manor, Pippingford Park, Nutley, Uckfield TN22 3HW, UK Surrey Slog Half Duke of Kent School, Cranleigh GU6 7NR, UK Seven Stiles (WSFRL)
21	JUL, TUE	● 7 – 8pm	Club Handicap race #5 Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
22	JUL, WED	● 7 – 8pm	LRC coaching (Keith) East Grinstead, UK
23	JUL, THU	● 7 – 7:30pm	Club pub run Co-op Food - Forest Row - Hartfield Road, 19 Hartfield Rd, Forest Row RH18 5DN, UK
25	JUL, SAT	● 1:30 – 2:30pm	Great British Beerathon EC1A 9DY, W Smithfield, London EC1A 9DY, UK
26	JUL, SUN	● 10 – 11am ● 11am – 12pm	Newick Will Page 10k South Downs Trail (12k-50k) Queen Elizabeth Country Park Visitor Centre, S Downs Way, Waterlooville PO15 7DQ, UK
28	JUL, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
29	JUL, WED	● 7 – 8pm	LRC coaching (James)
30	JUL, THU	● 7:30 – 8:30pm	SL Harriers NADI 10k
2	AUG, SUN	● 12 – 5pm	East Grinstead Live East Court, College Ln, East Grinstead RH19 3LT, UK

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

Afternoon Delight at East Court Live

Sandra Ankers

Another date for your diaries:

Sunday 2nd August 2026 from 12:00 midday 'til the end!

The final East Court Live event of the sizzling Summer takes place on the lawns outside of Meridian Hall at East Court, East Grinstead where our very own "Rock God" Terry Sumner and band Euphoria will be taking to the stage for the Grand Finale at 4:00pm.

The music-filled afternoon starts at midday so, if you're available, why not come and join us at any time.

We are free to take our own picnics and drink, so hopefully see you there; and it's free entry!

Let's just hope the thunder and monsoon rain keeps clear of East Court this year 🙏

www.eastgrinstead.gov.uk/whats-on/east-court-live

Happy running!

Sandra



The poster is for the 'East Court Live' event, presented by East Grinstead Town Council. It features a green background with yellow and white circular graphics. At the top left is the town council crest and name. The event schedule is shown in four circles: 1PM with 'DISCO B'STARDS', 2PM with 'THE SAVIOURS OF SOUL', 3PM with 'FIVE DOLLAR SHAKE', and 4PM with 'EUPHORIA'. Below the schedule is the 'EAST COURT LIVE' logo, a QR code, and the name of the compère, Paul Stanworth. At the bottom, it states the event is open to the public from 12PM, encourages bringing a picnic, and mentions a food and pay bar. The main event details are '2 AUGUST ★ LIVE MUSIC ★ 1-5PM' at East Court, College Lane, East Grinstead, RH19 3LT, with a note about limited parking.

EAST GRINSTEAD TOWN COUNCIL proudly presents

1PM
DISCO B'STARDS

2PM
THE SAVIOURS OF SOUL

3PM
FIVE DOLLAR SHAKE

4PM
EUPHORIA

EAST COURT LIVE

QR CODE

COMPÈRE:
PAUL STANWORTH

OPEN TO PUBLIC FROM 12PM BRING YOUR OWN PICNIC FOOD & PAY BAR

2 AUGUST ★ LIVE MUSIC ★ 1-5PM

EAST COURT, COLLEGE LANE, EAST GRINSTEAD, RH19 3LT LIMITED PARKING, PLEASE WALK IF POSSIBLE

Run Reigate Charity places

Editor

I hope you are well and enjoying the sunshine!

I'm Saoirse, the Community Fundraiser at I Choose Freedom, a Surrey-based domestic abuse refuge charity. I am reaching out to see if you or anyone in Lingfield Running Club would be interested in supporting I Choose Freedom at Run Reigate 2026.

We have charity places available in the 5K, 10K, Half Marathon and Kid's Race distances and we are building a team of local runners to support our work with survivors of domestic abuse in Surrey.

I Choose Freedom provides refuge and a path to freedom for adults and children fleeing domestic abuse. Each year, we help around 250 adults and children, offering safety, support and advocacy so they can begin rebuilding their lives free from abuse.

Every runner will help us continue this vital work across Surrey.

If you or your members would be interested in running for I Choose Freedom at Run Reigate 2026, you can sign-up directly: [Run For Charity - Event Page Listing](#). All our runners will receive a running vest, fundraising support, and the loudest cheers from our volunteers on race day!

Kind regards,

Saoirse

Community Fundraiser

I Choose Freedom

+44 7943 156333

Run Reigate for I Choose Freedom!

With every step you could help survivors of
domestic abuse rebuild their lives.



5K

10K

Half Marathon

Kid's Race

**20 September
2026**

Sign Up Now!



I Choose Freedom Registered Charity No: 289508

Reminders from previous weeks

Monthly puzzle slot

Gary Spring

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 in the [pdf version](#).

Send in your entries by midnight, 31st July 2026, to higaryspring@gmail.com

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