



Newsletter

Wednesday 22 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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... give them back, give them back!

Lingfield's Racing Roundup



Fifty-three runners, 15 locations, three PBs

East Grinstead (32), Abbot's Wood (1), Bolberry Down (1), Brighton & Hove (2), Bromley (1), Chelmsford Central (1), Clair (1), Crystal Palace (1), Herrington Country (1), Jamaica Pond (1), Mensola (2), Morecombe Prom. (1), Seaford Beach (1), Tonbridge (1) and Wakehurst (6).

Congratulations to our two second-placed runners, **Ashley Middleton** (Tonbridge) and **Lucy Wilkes** (EG). And we had three members who achieved PBs - **Andrew Senior** at East Grinstead, **Lynda Willment** (Brighton & Hove) and **Ben Horner** (Bromley). Well done one and all.

See [all the results](#).



Last week was a busy one, starting with the Holland Sports Relays on Thursday 16th. It's fair to say there have been issues with the official timings, with some runners finishing before they started and one runner within a few seconds of the world record set by Josh Kerr two days later.

We think they have sorted out the glitches, and this is the most accurate we have. Our Female Vets ran off with the first prize fizz and chocolates (see **Terry Sumner's** pic above) before the results were corrected. **Nick Champness** has written us a report of the evening later in the newsletter.

Team Name	Total Time	Leg 1 Runner	Leg 2 Runner	Leg 3 Runner	Leg 4 Runner	Event
Lingfield Running Club A	22:15	Ashley Middleton	George Matthews	06:01 James Willis	05:27 Simon Petitt	Senior Male
Lingfield Running Club A	25:16	06:21 Dan Oppe	06:21 James Kilfiger	06:16 Matt Lester	06:17 Steve Ackroyd	Male Vet 40
Lingfield Running Club B	28:43	Brandon Webb	07:40 Dave Watkins	06:55 Michael Manwill	06:57 Steve Lovell	Male Vet 40
Lingfield Running Club A	28.51	Sally Alexander	07:13 Sarah Begley	07:45 Fiona Champness	07:19 Susie Miller	Female Vet 35
Lingfield Running Club B	29:40	07:20 Dave Thomas	08:15 Robert Llewelyn	06:59 Sean Begley	07:04 Simon Harris	Senior Male
Mixed	30:05	Keith Chambers	08:43 Liz Webster	06:46 James Kilfiger	Sally Alexander	Mixed
Lingfield Running Club D	31:31	07:45 Glen Smith	07:37 Nick Champness	08:00 Patrick Bastow	08:09 Chris Rance	Male Vet 40
Lingfield Running Club C	32:10	08:25 Ian Watkins	07:48 Matthew Stockwood	08:40 Scott McDonald	07:16 Terry Sumner	Male Vet 40
Lingfield Running Club B	32.19	Natalie Mitchell	08:17 Maggie Statham-Berry	08:22 Lisa Compton	07:58 Wendy Smith	Female Vet 35
Lingfield Running Club A	36:30	Judith Cartledge	08:43 Hannah Cartledge	08:56 Kelly Walter	10:17 Amy Hodge	Senior Female

In addition, second-claim member **Kieran Barnes** ran for Holland Sports with a time of 5.08, and you can find the [full results here](#). Well done to everyone who took part.

Sunday found eight members by the River Thames for the Elmbridge 10k, a Grand Prix and Surrey Road League (SRL) event. And what a successful day they all had, too. **Ashley Middleton** had an excellent result, eighth place overall in a time of 34.17, and **Maggie Statham-Berry** and **Sue Garner** fourth and sixth in the FV65+ category, with 90+ age-gradings. Maggie won an SRL age group Gold and has written about the event later on.

Here were all our results:

Place	Chip Time		Age grade
8	34:17	Ashley Middleton	76.87
270	48:03	Sarah Begley	62.83
296	49:14	John Begley	55.26
304	49:57	Maggie Statham-Berry	90.48
309	50:06	David Watkins	66.81

367	54:06	Patrick Bastow	58.13
380	55:06	Sue Garner	90.98
396	56:39	David Nottidge	62.49

Ollie Garrod (Belgrave Harriers) was the race winner in 32.03 and first woman was Suzie Monk (Guildford & Godalming) in 35.24.

In terms of the Grand Prix trophies, **Sarah Begley** has now jumped above **Sally Alexander** in the ladies' table. There was no change in the men's top places, although **Dave Watkins'** fine run moved him 16 points closer to leader **James Kilfiger**. Full tables are here – [men](#) and [women](#). The next (and ninth) GP event is the [Kings Head Canter](#) on 31st August.

This was also the eighth and last event of the [Surrey Summer Road League](#) series. I can confirm that the top three men were **Dave Nottidge**, **Dave Watkins** and **Patrick Bastow**. The top three women were **Maggie Statham-Berry**, **Sue Garner** and **Sally Alexander**. Congratulations to you all. The final tables [are here](#).

Despite my suggestion that it was not his sort of run at all, **Ian Greenaway** did turn out for Saints and Sinners at the [Seven Stiles](#) race last Sunday. This West Sussex Fun Run League (WSFRL) event was just four miles, and Ian completed it in 34.35. Andrew McCaskill (Lancing Eagles) was race winner in 22.06 and first woman was Katie Horton (Horsham Joggers) in 26.47. The next WSFRL run is the [Highdown Hike](#) on 5th August.

In future months I hope to receive reports about US parkruns from **Liz Webster**, who is decamping to Washington DC to prepare for a local half marathon next spring. Missing you already, Liz!

Enjoy your running over the next week (although I can't find many local races) and please send me reports of your adventures – running-related preferred but not essential.

Editor

editor@lingfieldrunningclub.co.uk

Holland Sports relays

Nick Champness



Photo: Sandra Ankers

On Thursday evening 16th August, 37 of Lingfield's finest athletes (and myself) gathered at Holland Sports in Hurst Green for the annual one mile sprint relays.

Due to some drainage work on the football field, there was a course change this year so on arrival the Lingfield clan gathered and made the long walk from the clubhouse down the narrow track and onto the back fields where the winter cross-country takes place.

Having run the cross-country a couple of times, I arrived with some trepidation, but it was a beautiful evening and although slightly rutted it was much nicer conditions than the calf-deep mud of the winter!!

Lingfield fielded quartets of six men's, three ladies' and one mixed and, apart from Holland themselves, we were easily the biggest presence there.

Pre-race preparation took the usual shape of pinning on race numbers and lacing up shoe tags for the central timing, followed by some gentle limbering up by most - or standing talking in my case.

Soon it was 7.30 and start time, so the first runners all gathered for the mass sprint start, and the gun was met with loud cheers of encouragement from the sidelines.

With each leg only being one mile there was little time to relax, as lead runners appeared

back at the handover station with amazing speed and the second wave had to ensure they were ready. As the race went on things calmed down slightly as the field spread, making tracking each runner easier.

Overall, there was a strong showing from Lingfield across the board with everyone running with grit and determination and even the odd smile or two!

Special mention to Sarah Begley who was running in the second wave and somehow managed to fall over during the handover before even crossing the start line, but still managed to run a great time and keep the team in place!

Once all runners had finished the course, we gathered back at the clubhouse for a well-earned beer and waited for the results!



Photo: Terry Sumner

We were delighted to discover that our Female Vets A Team had come first in their category and won Prosecco and Lindt Chocolates, so well done to Sally, Sarah, Fiona & Susie. However, on close inspection of the chip times, the results may not have been as accurate as they seemed; but a win is a win and that is all that counts! No surprises in my house to find the chocolates are already a thing of the past!!!

A great evening of running but, more importantly, amazing camaraderie which really highlights what Lingfield is all about and what really matters.

Huge thanks to Chris Rance for organising the teams and for all the admin.
Thats all folks!

Elmbridge 10k, including the Surrey Road League

'Eight by the River'

Maggie Statham-Berry



Photos: Sean Begley/Dave Nottidge

Eight from LRC lined up at 9am on 19th July for the Elmbridge 10k, organised by Elmbridge Road Runners at the Xcel Sports Hub in Walton, in perfect conditions after many weeks of fierce heat on Sunday mornings. It helped to be by the river with a shady race route. The river in question was the Thames, and the route was mostly on the towpath going east towards Molesey and back again.

The other seven from LRC loved the course, but I kept quiet. Maybe it's the out and back, the stony parts of the towpath, narrow in places, the two-kilometre urban/pavement section, some along the busy A3050, or the final kilometre inland through the car park and suddenly hitting the running track where a sprint is required. However, the real reason for my lack of enthusiasm is that I take this race too seriously each year and only notice the negatives! That's probably because it's a Road League match and I'm looking for a good time and being ahead of my age group rivals. This year was no exception, but more about that later.

What I don't appreciate enough during the race is running alongside the magnificent river, passing Sunbury weir and lock, the wonderfully named eyots and aits (islands), the gentle breeze and lovely shade along the towpath, the river craft and all the interesting activities taking place on or near the water such as fishing, rowing and canoeing. The marshals are great too, with good cheer and lots of encouragement.

First back for LRC was Ashley Middleton, who wisely lined up at the front and stormed to an eighth-place finish in a fantastic time of 34: 21 (34:17 chip). By his own admission he was "over the moon" and delighted at setting not only a 10km PB but also 5km PBs in each half of the race. Sarah and Sean Begley were next, followed by me, David Watkins, Patrick

Bastow, Sue Garner and Dave Nottidge. Patrick, Sue and Dave ran together for part of the race and enjoyed each other's company before rapidly improving Patrick pulled away to finish strongly with a surge on the track to pick up more places. Sue's chip time of 55:06 was excellent, as evidenced by its 90.98% age-grading, the third best in the entire race of 527 finishers. Former LRC second-claimer, Jeremy Garner, was also there competing for Epsom & Ewell. He finished 11th out of 96 in a very competitive M45-54 age group, in which he is at the senior end.

I'm happy to report that the day ended well for me. It looked good when I finished because the race clock indicated a sub 50-minute chip time and my own watch showed 50:01 which was my best this year. My main rival for the W65+ Road League trophy was a minute ahead (she always beats me over 10k), but she gained no advantage because we'd both been pushed down by two extra-speedy W65s who did this race but no others in the League. The mathematics indicated that I would be the overall winner after eight matches, five of which would count.

Imagine my dismay, after all that effort, when I was tipped off that my name was completely missing from the results. My chip had failed to register. Shades of the Holland Sports Relay haunted me as I didn't get a valid time for that one either. Maybe it's not surprising that the chip timing company was the same one... Anyway, after joining the queue of missing people, making a nuisance of myself, getting reinstated (although in a lower place and with a much slower time), I was duly presented with an impressive lump of glass as the trophy for the winner of the W65+ Road League. It got better later in the day when, after further pestering, the chip timing company managed to 'retrieve' my chip time, and I was credited with 49:57. I was well pleased with that! Next year, I'm sure the fast W65s will prevail and someone like me, approaching the W75 age group, won't be prominent in the W65+ Road League rankings. I won't mind that at all because next year, I'm determined to admire the views and enjoy the race!



Photo courtesy of Marilyn Davis (Stragglers)

Weekly club runs

Gary Spring

Tuesday, 21st July

Handicap Race #5: May Race 3 report



Photo courtesy of Tom Cartledge

Smashing weather, a great turn-out; no-one got lost, no-one got injured – ticks all the boxes for a great club event! We even overcame the problem of police cordoning off the last part of the route because of an accident (hence why the finish photo, above, is in a field and not by the jockeys' car park).

Many thanks to the large group of marshals, namely Graeme Bennett, Sue Garner, Terri Scott, Robert Healey, Keith Chambers, Judith Cartledge, Lisa Compton and Christopher Ryan, who kept everyone on the right route and to Tom Cartledge as official timer and photographer. Thanks also to Graeme, Christopher, Tom and Ian Watkins for putting out the many signs this race requires, and not forgetting Amy Hodge, who was going to be the final marshal at St Piers Lane until the route got shortened.

Well done to Angela Wilson-Taylor for coming home first and congratulations to James Kilfiger for the fastest run of the race. There was some close bunching in the middle and some flyers at the front and back of the pack, so, as Dave Chase would point out, the handicapping produced a normal distribution curve; but I promise to re-check everyone's handicap times (again) before the next event.

The next Handicap race is on Tuesday, 4th August. It's the shortest event of the series; a mere mile in distance. There's just the matter of the 130 metres of climb to do at the same time, but it can't be that tough as James Caffrey and James Kilfiger did a hill session on it

last year, going up and down six times. Respect!

Here are the results from this week's Handicap Race:

	Position Name	Watch time (mins:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Angela Wilson-Taylor	47:28	3:30	43:58	20
2	Judy Hayler	47:51	9:30	38:21	19
3	Patrick Bastow	48:53	11:30	37:23	20
4	Ian Greenaway	48:54	11:30	37:24	19
5	Hannah Cartledge	48:55	9:30	39:25	18
6	Scott McDonald	48:57	6:00	42:57	18
7	Miranda Chitty	48:58	6:00	42:58	17
8	David Waddington	49:02	17:00	32:02	17
9	Glen Smith	49:28	11:30	37:58	16
10	Theresa Donohue	49:53	0 :00	49:53	16
11	Terry Sumner	50:00	15:30	34:30	15
12	James Kilfiger	50:06	20:30	29:36	14
13	Wendy Smith	50:31	13:30	37:01	15
14	Steve Ackroyd	50:47	20:30	30:17	13
15	Simon Harris	50:56	17:00	33:56	12
16	Charlie Greaves	51:01	9:30	41:31	Guest
17	Sarah Ferguson	51:03	3:30	47:33	14
18	Sophie Davis	51:15	15:30	35:45	13
19	Michael Manwill	51:18	18:30	32:48	11
20	Sean Begley	51:33	17:30	34:03	11
21	Chris Rance	51:38	11:30	40:08	11
22	Robert Llewellyn	51:59	6:45	45:14	11
23	Nick Champness	52:02	15:30	36:32	11
24	Ben Horner	52:10	18:30	33:40	11

25	Brandon Webb	52:14	19:15	32:59	11
26	Maggie Statham-Berry	52:28	15:30	36:58	12
27	Dave Watkins	53:15	17:00	36:15	11
28	Will Humphrey	53:25	20:30	32:55	Guest
29	Steve Lovell	53:42	20:30	33:12	11
30	Evie Weston	54:07	0:00	54:07	11
31	David Nottidge	55:40	13:30	42:10	11
32	Fiona Champness	55:41	15:30	40:11	11

The updated points tables, after five evens, can be found using [this link](#).

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](#).

Tuesday, 28th July

Club Run in Lingfield

Meet at the Victoria Club for a 7:00pm start time

Route will go out to Starborough Castle. Distance is about six miles and is mainly on trails and fields. There is a map of the route on the club website. Use this link to see it. <https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/07/202607-Starborough-Castle-run.pdf>

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.

Key dates for the next two weeks

Editor

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

Today < > Jul – Sep 2026 ▾			
22	JUL, WED	7 – 8pm	LRC coaching (Keith) Lower East Court car park, Unnamed Road, East Grinstead RH19 3DA, 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	Newick Will Page 10k
		11am – 12pm	South Downs Trail (12k-50k) Queen Elizabeth Country Park Visitor Centre, S Downs Way, Waterlooovill
28	JUL, TUE	7 – 8pm	Club run (Starborough) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
29	JUL, WED	7 – 8pm	LRC coaching (James) Car Park East Grinstead Station APCOA, Grosvenor Rd, East Grinstead RH19
30	JUL, THU	7:30 – 8:30pm	SL Harriers NADI 10k

2	AUG, SUN	● 9:30 – 10:30am	Vanguard Way Marathon & Half Lloyd Park, 84 Coombe Rd, Croydon CR0 5RA, UK
		● 12 – 5pm	East Grinstead Live East Court, College Ln, East Grinstead RH19 3LT, UK
4	AUG, TUE	● 7 – 8pm	LRC Handicap GP Race #6 (Uphill mile) Kidd's Hill, Hartfield TN7, UK
5	AUG, WED	● 7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
		● 7:30 – 8:30pm	Highdown Hike (WSFRL)
6	AUG, 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
8	AUG, SAT	● All day	Maverick Ochil Hills Trail
		● 9 – 10am	LRC parkrun tour Bedgebury Pinetum parkrun, 3FC2+P4, Goudhurst, Cranbrook TN17 2SJ,
		● 11:15am – 12:15pm	Battersea Park 10k & Half

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

Sleep if you wanna go faster

The Guardian

Eye masks, cherry gel and an afternoon kiwi: Katarina Johnson-Thompson, Alex Yee, Ezri Konsa and other top sports stars on how to get a good night's sleep



Katarina Johnson-Thompson

A Team GB heptathlete and indoor pentathlete, Johnson-Thompson is a two-time world champion, two-time Commonwealth Games champion and Olympic silver medallist in the

heptathlon. In the indoor pentathlon, she is a world champion and two-time European champion. The 33-year-old relies on having a fresh head for fine-tuning the varied technical details of her seven events, from hurdles to high jump; things get sloppy without proper recovery, she says. She's competing in the European [Athletics](#) Championships in Birmingham, from 10-16 August.

How many hours do you sleep at night?

I go to bed at 10pm and wake up around 7am. I have Sundays off and on Thursdays I don't do anything that physical, so on those nights I'm a bit more restless.

Do you track your sleep?

I did for a while using a Whoop band, but I got too obsessed with it so I haven't for a couple of years now.

Do you eat or drink anything before bed?

I've been doing a kiwi trend I saw online recently, where you have a kiwi fruit a couple of hours before bed, as it's said they contain vitamins and antioxidants that can improve sleep quality.

Do you use any gadgets or sleep aids?

I use a satin blue sleep mask from Smug. I also recommend a weighted blanket, which stops you from tossing and turning.

Read [the full article](#)

Reminders from previous weeks

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.

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

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