



Newsletter

Wednesday 29 July 2026

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Welcome to new members, Clive Evans and Will Humphrey, 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-eight runners, 16 locations, three PBs

East Grinstead (24), Abbot's Wood (2), Brighton & Hove (1), Chichester (1), Ifield Mill Pond (1), Kingdom (1), Longrun Meadow (2), Medina IoW (1), North Walsham (1), Old Deer Park (1), Seaton (1), Snowden Field (1), Tilgate (2), Wakehurst (6), Wetherby (1) and Woolacombe Dunes (2).

Particular congratulations at East Grinstead to the first and third-placed women, **Sally Alexander** and **Lucy Wilkes** (EG). We also had second places at Medina IoW (**Dan Celani**) and Tilgate (**Emma Page-Moore**), and a third place finish at Kingdom from **Susie Miller** (with a PB). Plus another two PBs to applaud for **Patrick Bastow** at Chichester and **Claudette Sims** (Wetherby). Well done everyone, including the young Faulkners at Woolacombe Dunes!

See [all the results](#).



Ashley Middleton continued his fine spell of running at the third Run Bexhill 5k series last Wednesday. Ashley finished in third place with an excellent time of 16.19. Ashley confirms that it is a fast course, and the last 5k race of the series will be on 26th August, if you fancy a PB. Eastbourne Rovers AC provided the quickest man and

woman - Patrick Marsden (15.57) and Victoria Moynihan (19.16).

At the other end of the distance spectrum, and the other end of the country, we had **Juhana Kirk**, running the Lakeland 100 (miles). Starting from (and finishing at) Coniston at 6pm on Friday, Juhana had a great run, claiming eighth place in a time of 23 hours, 4 minutes and 9 seconds. Mark Darbyshire was the race winner in 18.51.31, and first woman was Anna Troup in 25.39.33.

I can only imagine how tough this race must be when you consider that 771 runners started, but only 489 finished (including one of the Cartledge clan, Thomas, who finished in 38.47.47). Congratulations to both of you.

My thanks, as usual, to **Dave Nottidge** for telling me about the races he's been doing in the hidden parts of Kent and Sussex. On Sunday it was the Newick Will Page 10k, a race which was returning after a six-year break. Dave describes it as one "*around the country lanes of Newick. It was a very pleasant race. Great village venue. Would be good as (a) club Grand Prix race! Hilly though.*"

Dave came 146th out of 221 in 1.00.49, winning the first prize in his age group. Great stuff. The winner was Richard Davis (Eastbourne Rovers) in 36.27 and first woman was Joanna Sippetts in 44.56.

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

International Self-Care Day

Scott McDonald

International Self-Care Day (ISD) is on **24th July** each year, to highlight the importance of self-care in improving overall health and wellbeing. The date (24/7) symbolises that self-care should be practiced 24 hours a day, 7 days a week. It was launched in 2011 by the [International Self-Care Foundation](#).

The day encourages individuals to prioritise their health and wellbeing through conscious, daily self-care practices to manage health, prevent illness and enhance overall quality of life. Consistent self-care practices have been [clinically proven](#) to help manage stress, improve mental health, and prevent chronic diseases. As health systems worldwide face a range of challenges, integrating self-care into our daily routine can lead to healthier populations.

The day is a powerful reminder that self-care is not a luxury – it’s a fundamental act of self-love and self-preservation. It is not selfish – it’s vital.

Self-care is not a trend; it’s a proactive and personal approach to looking after our overall wellbeing. Whether it’s getting enough rest, making healthy food choices or seeking support, every decision counts.

What is self-care?

The World Health Organisation’s definition of self-care is:

“The ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability, with or without the support of a health-care provider”.

Self-care involves people taking charge of their own physical and mental health using the knowledge and resources available to them. It empowers individuals to make informed choices in collaboration with healthcare professionals when needed. It includes:

- **Making healthy lifestyle choices** – being physically active and eating healthy.
- **Avoiding unhealthy lifestyle habits** – avoiding smoking and excessive alcohol consumption.
- **Using prescription and non-prescription medications responsibly.**
- **Recognising symptoms** – assessing and addressing symptoms in partnership with healthcare professionals where necessary.
- **Monitoring health** – checking for signs of deterioration or improvement.
- **Managing conditions** – managing symptoms in partnership with healthcare professionals.

The key focus areas are:

- **Mental health and emotional wellbeing** – reduce stigma and promote open conversations. For more details read our guide [here](#).
- **Physical activity and healthy eating** – encourage regular activities and balanced nutrition as daily priorities. For more details read our guide [here](#).

- **Sleep and rest** – understand the importance of restorative sleep. For more details read our guide [here](#).
- **Digital wellness** – minimise screen fatigue and promote healthy technology use.
- **Preventive health** – ensure you have regular dental, GP, and optical appointments.

How to get involved and you don't need to do all of them, just a couple every day !

Mental Health

- Spend time in nature.
- Practice yoga or stretching techniques.
- Try breathing techniques.
- Practice mindfulness, meditation or self-reflection.
- Journal your feelings, intentions or gratitudes.
- Write down three positives from the day.
- Use affirmations or positive self-talk.
- Identify your stress triggers and develop healthy coping strategies.
- Access mental health resources or talk to a counsellor.
- Read, listen to music, or engage in a relaxing hobby.

Physical Health

- Take the stairs, walk, or cycle when possible.
- Get at least 30 minutes of physical activity.
- Eat colourful nutritious meals (aim for at least four colours on your plate).
- Drink at least two litres of water daily.
- Prioritise 7–9 hours of quality sleep.
- Use wearables or apps to track your wellness.

Digital Self-Care

- Unfollow social media accounts that cause stress or self-comparison.
- Use apps that support sleep, mindfulness, and screen-time management.
- Take regular digital detoxes (start with 30 minutes a day and build up to digital-free days).

- Set tech-free hours, especially before bed.

Self-Care Resources

- [World Health Organization \(WHO\)](#)
- [The Sleep Charity](#)
- [NHS](#)
- [Mind](#)
- [Mental Health Foundation](#)

As always, if anyone needs help, please don't hesitate to make contact with me.

Many thanks,

Scott McDonald

LRC Mental well-being Champion

The Handicap Races

Gary Spring

We recognise that some members have been assigned handicap times in recent races, resulting in them coming home many minutes ahead of the main group or many minutes after.

Our aim (and Tom's worst nightmare) is to have all the runners finishing close together, so this is a plea to our mathematically-inclined members to see if they can offer a more accurate method to the one we currently use, to work out Handicap times.

For information, the current process to work out the Handicap times is a mix of the following:

- Look at recent race times of all our active members
- Disregard any that look like they were pushing prams or pacing slower runners
- Put a weighting factor on the times for tougher routes, like the East Grinstead parkrun, to adjust all races times to a 'level playing field'.
- Take an average of a member's times for about three different races
- Use Pete Riegel's power law to predict a finish time for the Handicap Race distance, based off a time from a race of a different distance.

Namely, $T_2 = T_1 \times \{D_2/D_1\}^{1.06}$, where.

- T_1 : Recent race time.
- D_1 : The distance of the recent race.
- D_2 : Distance of Handicap Race.
- T_2 : Predicted time for Handicap Race
- Slot into the Handicap Times list, members who we don't have competitive times for, based on their relative performance to other members.
- Use a 15-second increment for dividing the Handicap Times.

Based on the close finishing times in the middle of the pack from past Handicap Races, the above process does appear to work for most runners' handicap times. We just need a way to make it work for a larger majority of runners. i.e. not have a 'Normal Distribution' curve.

So, if anyone has a suggestion on calculating the Handicapping Times to get as many runners as possible finishing within a two to three minute 'window', we will be very pleased to hear from you.

Weekly club runs

Gary Spring

Tuesday, 4th August

6th Handicap Race – The Uphill Mile

Start at 7:30pm, from the ford at the junction of Chuck Hatch Lane and Kidds Hill, Ashdown Forest.



The Start, (above), and just one mile away, the Finish, (below)



This is our annual pilgrimage to test your mettle by pounding up Kidds Hill to Gills Lap car park, a mere mile from the start. Everyone should try this event at least once, if only to make 'That Hill' on the East Grinstead parkrun seem like a doddle.

Meet at Gills Lap car park, ready to jog down the road together, to reach the start, by 7:15pm. This should give us enough time to assemble everyone according to their handicap start times, for a 7:30pm kick-off. The current estimate is that there will be about a 5-6 minute handicap for the fastest runners.

Be aware that you will need to pay for the parking and it uses online parking Apps only. Maybe consider using 'LRC RunFinder' to organise car-sharing to cut the cost. There will be a post-race jog option of about 2.5 miles around the Ashdown Forest trails and there's also The Hatch pub, at the other end of Kidds Hill, for a possible post-race/post jog refreshment.

Gills Lap car park is at the junction of Kidds Hill and B2026 (Chuck Hatch Road)

Post code for Gill Lap car park: **TN22 3JD**

What3words for Gills Lap car park: **barrel.explorer.nicknames**

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	▼
29 JUL, WED	●	7 – 8pm	LRC coaching (James)	Car Park East Grinstead Station APCOA, Grosvenor Rd, East Gr
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 CRO 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
		● 11:15am – 12:15pm	Battersea Park 10k & Half
9	AUG, SUN	● 9 – 10am	Thames Meander 10k-marathon Small Profits Dock Gardens, Lonsdale Rd, Lond
		● 9:30 – 10:30am	Richmond Park Half Sheen Gate, Richmond, UK
11	AUG, TUE	● 7 – 8pm	Club run (with Oxted) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
		● 7:30 – 8:30pm	LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage A
12	AUG, WED	● 7 – 8pm	LRC coaching (Fiona) East Grinstead, UK
16	AUG, SUN	● 9:30 – 10:30am	Henfield Half Henfield Leisure Centre, Northcroft, Henfield BN5 9QB, 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

East Grinstead Lions Prostate Screening

Editor

East Grinstead Lions Club are pleased to announce that they will be holding their eighth Prostate Screening Event on Saturday 10th October. Booking opens on 1st August so see the poster below for the booking details. Demand for this is always high, so don't delay once lines are open.

**PROSTATE SCREENING
FREE PSA* TESTING**
for men aged 40 - 80

Saturday 10 October 2026



Sponsored by
**East Grinstead &
District Lions Club** and
administered by **PCaSO**
at



Meridian Hall, East Court, College Lane,
East Grinstead, West Sussex. RH19 3LT
Venue provided by East Grinstead Town Council

**Testing will be by
APPOINTMENT ONLY**

(Bookings open from 1 August)

PLEASE NOTE: Annual tests are recommended for men with a family history of prostate, breast or ovarian cancer; are of African Caribbean descent; or have BRCA1/2 genetic condition. If you tested with us last year, please consider leaving spaces for *high-risk men and those that have not tested at this event before.*

Please go to:

www.pcaso.mypsatests.org.uk

Select the event '**East Grinstead**' create an account and follow the registration instructions.
For (non-booking) enquiries call 01926 419959

A blood sample taken from your arm will be sent to an **NHS** laboratory and the **PSA*** result will be either posted or emailed to you.

**PSA – Prostate Specific Antigen – a simple blood test*

www.eastgrinsteadlions.co.uk

www.pcaso.org

Reminders from previous weeks

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

LRC Summer Social

Sandra Ankers

A date for your diaries: Sunday 23rd August 2026 from 2:00 to 5:00pm.

This year's Summer Social will once again be held at the Lingfield Sports Association, Godstone Road, Lingfield, RH7 6BT. Thank you, Scott, for making arrangements.

As last year please bring your own picnic; drinks can only be purchased at the Sports Club bar.

After our social, we'll be organising some sporting field activities for anyone in competitive mood; alternatively just relax and enjoy the spectacle! It's always a fun few hours on a Sunday Summer Social afternoon - hopefully see you there. 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