



Newsletter

Wednesday 5 August 2026

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Welcome to no new members, this week

No newsletter next week (staff holiday), unless I get reports by Monday afternoon!

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)

Follow us via  



Lingfield's Racing Roundup



Fifty-four runners, 16 locations, six 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 where normal service was restored with first places for **Ashley Middleton** and **Sally Alexander** (with a PB). And to our other first-placed runner, **Ben Ashmore** (Noel Booth Community) and second-placed **Dan Celani** (Tonbridge, with a PB). **James Caffrey** achieved third place at Wakehurst and there was another third place finish and a PB for **Susie Miller** at Frogmary Green Farm. And finally, congratulations to **Kelly Walter** (East Grinstead), **Daniel Pike** (Gunnersbury) and Glen Smith (Squerries) for their PBs.

Dan's result is (quite) interesting. He was recorded as first male, second finisher, at Tonbridge and the results showed he was beaten by an 'unknown' runner with no recorded time. I had to ask, and Dan explained ...” *I was 2nd to a male runner wearing a Cambridge University running top. He came out of nowhere! Someone told me he started at the back and just overtook everyone to finish first*”.

See [all the results](#).



Not a great deal of action that I could find last weekend, but **Lucy Wilkes** thoughtfully highlighted the East Peckham 10k on Sunday. Lucy finished 126th of 320 with a time of 50.30. Although her time was slightly slower than last year, Lucy was up to fourth in her age group! Well done, Lucy. Cameron Sharp (Central Park Athletics) was first in 34.13, and first woman was Elizabeth Owen (Tonbridge AC) in 37.58.

Enjoy your running over the next week (and the parkrun tour) and please send me reports of your holiday adventures – running-related preferred but not essential.

Editor

editor@lingfieldrunningclub.co.uk

England Athletics Volunteer Awards Saturday 3rd October 2026

Sally Alexander

Dave Worsell and Fiona Champness: our Regional Volunteer Champions!



Fiona and Dave epitomising the reason for their E.A. Volunteer Awards Recognition at the L10s

If you have been wondering why I have been flashing the video on my phone at various people over the past week, it is because...

... we are delighted to share the good news that Dave Worsell has been shortlisted for this year's prestigious E.A. Regional Volunteer Award for Services to Athletics and Running. Dave's involvement in athletics and running began well before he joined Lingfield Running Club – in fact all the way back when he was competing as a child! His personal enthusiasm for the sport has continued ever since and he has willingly given his time to developing other athletes in their own running journeys.

As many of you know, he has been part of the East Grinstead parkrun Core Team for many years, and he was intrinsic to devising the new winter route at East Court following the council's proposal to terminate our local parkrun. On top of that, Dave was a highly valued coach at East Grinstead Athletics Club, and he continues to coach on a regular basis at Poundhill Pounders. As if that is not enough, two years ago Dave took on the Head Coach role at our very own LRC, leading our dedicated coaching team and seeking ways to improve and streamline our own coaching provision, while also providing hands-on and advisory support to Lingfield Running Club's Committee, for which we are immensely grateful.

But our members' accolades do not stop there! Our remarkable Fiona Champness has also been selected for the E.A. Regional Unsung Hero Volunteer Award. Fiona has tirelessly given up her time as a central member of the coaching team, devising speed sessions which are fun, dynamic and certainly test your limits, as well as frequently leading Sunday runs and filling in when Gary is unable to take the Tuesday group. However, for the past two years, Fiona has been the Race Director of the incredibly popular and successful Lingfield 10s. Being a race director, as Dave Nottidge will concur, is a huge responsibility. Not only are you the name on all the legal documentation, but the role involves many months of planning, meetings, coordination and finally implementation. Ultimately, the 'buck' stops with the race director, and this is a role Fiona has undertaken with sincerity and professionalism.

To Dave and Fiona, well done and thank you from all of us!

The awards will be presented by England Athletics on the evening of Saturday 3rd October. Although we cannot be there in person to support (as it is invitation only), we will share a link which will allow us to watch the presentations from the comfort of our homes!!

Weekly club runs

Gary Spring

Tuesday, 4th August

The Uphill Mile report



Photo courtesy of Tom Cartledge

The above photo was taken **after** the race, with the many smiles proving it is in fact possible to ‘enjoy’ the Uphill Mile. As no-one got lost or was violently ill afterwards, Tom and I were happy with the event, though a sneaky piece of asphalt prematurely ended Steve Ackroyd’s race, when it tripped him up on the jog down to the start.

Ian Watkins had a storming run and finished nearly a minute clear of second place, but then we had a close procession of runners coming across the finish, which Tom, as timekeeper, handled in his stride. A special mention to Ashley Middleton for being only the sixth Club member to dip under seven minutes for the Uphill Mile, since its inaugural run in 1987 (a list of over 300 member’s PBs can be found [via this link](#)). I’d also like to throw in a mention to the Uckfield Runner I met while putting up the ‘Caution Runner’ signs before yesterday’s race, who was jogging down after the second of his five repeats of the ‘Hill’. I did invite him to join us but I think he said he had a 30km run around the forest to fit in next.

There was a bit of confusion with Start Times with the last runners to go (Sally, James, Dan and Ashley), resulting in them starting 15 seconds later than planned. As positions count in the Handicap Races, their times have been adjusted to match the original Handicap Times, that also affected the Results Table, below. The Points tables have been updated and can be seen [via this link](#).

Position Name		Clock time (mins:secs)	Handicap time (mins:secs)	Actual time (mins:secs)	Points
1	Ian Watkins	13:55	3: 15	10:40	20
2	Ashley Middleton	14:51	8 :00	6:51	19
3	Dave Watkins	14:53	4:15	10:38	18
4	Hannah Cartledge	15:07	2:45	12:22	20
5	Kevin Reeve	15:15	3:45	11:30	17
6	James Kilfiger	15:16	6:45	8:31	16
7	Sally Alexander	15:21	6:30	8:51	19
8	Dan Celani	15:24	7:30	7:54	15
9	Amy Hodge	15:25	0:30	14:55	18
10	David Waddington	15:26	5:45	9:41	14
11	Sophie Davis	15:27	5:30	9:57	17
12	Steve Lovell	15:29	5:30	9:59	13
13	Natalie Mitchell	15:33	4:15	11:18	16
14	Robert Llewellyn	15:34	3:30	12:04	12
15	Will Humphrey	15:43	5:30	10:13	11
16	Judith Cartledge	15:47	3:00	12:47	15
17	Angela Wilson-Taylor	15:51	1:30	14:21	14
18	Kelly Walter	15:55	2:30	13:25	13
19	Terry Sumner	15:59	5:15	10:44	11
20	Simon Harris	16:03	5:30	10:33	11
21	Glen Smith	16:08	4:00	12:08	11
22	Andrew Senior	16:15	6:00	10:15	11

Tuesday, 11th August

Joint Club Run, with Oxted Runners

Meet at The Plough, Dormansland, for a 7pm start

This is when Oxted Runners come to Lingfield. We will do the usual run around Dry Hill, so will meet by The Plough Inn, Plough Road, RH7 6PS. There a range of route distances on offer, from 5km, 6.5km, 9km and 11km. We'll definitely do the 9km route, but if anyone is happy to lead one of the other distance routes, let me know and I can share the route with you.

I'd like to offer the 5km route as a walk, so I would be especially grateful for anyone offering to lead this.

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.

LRC monthly puzzle

Gary Spring

JULY PUZZLE Answers

1. Chris BROAD + Roger WATER(S) = BROADWATER
2. Jack BLACK + Damon HILL = BLACKHILL
3. Anthony BURGESS = BURGESS
4. BASIL + Monty DON = BASILDON

5. Will CARLING + John WARK + Ken LO(A)CH = CARLINGWARK LOCH
6. CAT Deeley + Anna FORD = CATFORD
7. Hermione GRANGE(R) + Bobby MOOR(E) = GRANGEMOOR
8. LONG John Baldry + Shirley EATON = LONG EATON
9. MILE(S) Davis + (W)END(Y) = MILE END
10. MILLHOUSE + S = MILLHOUSES

...and for the more-challenging No. 11...

AB (Blood) + BEY + PARK = ABBEY PARK

Well done to Debbie Wilkes for solving all eleven questions, (with the help of family members) and to Judy Hayler for solving the majority of them on her own!

AUGUST PUZZLE

This is a logic puzzle, which will hopefully intrigue you enough to give it a go and send in your solution.

King Charles III has granted Lingfield Running Club permission to organise a run in the grounds of Buckingham Palace (well, it makes a change from Cook's Pond...). Because of other royal commitments, we are tightly restricted to a 30-minute time slot and, as the King is a wily old bird, he insists we can only use a 22-minute hourglass and a 14-minute hourglass to time the period (i.e. no watches!)



Please can you come up with a solution that allows us to time the 30 minutes with just these two hourglasses. Just to confirm, the overall timing period cannot exceed 30 minutes.

Please send your solutions to higaryspring@gmail.com, before Midnight, 31st August 2026.

Samaritans Awareness day

Scott McDonald

Following on from International Self Care day please note Samaritans Awareness day was also on 24th July. Samaritans as an organisation is there 24/7.

Taking care of your mental health is as important as taking care of your physical health.

Mental health problems affect around one in four people in any given year*. They range from common problems, such as [depression](#) and [anxiety](#), to rarer problems such as [schizophrenia](#) and [bipolar disorder](#)

It is important that we all, as individuals, do what we can to look after ourselves and each other. You may also have concerns about how others are coping.

Starting a conversation with someone around their mental health can feel daunting. You may be worried that you will say the wrong thing but remember that saying nothing is far worse.

The more conversations we have about mental health, the more barriers we can break down and the closer we'll come to ending mental health, stigma and discrimination.

Here are some tips on helping others

- Ask others how they are feeling.
- Ask someone twice how they are feeling. This will give them the opportunity to be honest and to realise that you genuinely want to know.
- Listen and don't judge. It's great that people are happy to talk to you about how they are feeling, so ensure you really listen to them.
- Ask how long they have felt this way and if there is anything you can do to help.
- Ask what support they need. Provide them with details of professional organisations, who may be able to help.
- Treat them in the same way, don't change the way you act towards someone once you are aware of their poor mental health.
- Little gestures can have a big impact. This may be just meeting for a cuppa or going for a walk together.

Becoming a better listener can help you support loved ones who may be struggling to cope. You could help your loved ones talk about how they're feeling by improving the way

you listen. It can also help improve your relationships with family, friends, and colleagues. Here are some tips on becoming a better listener.

- **Listen without being distracted** – choose a suitable setting for the conversation and ensure you have plenty of time. Reduce distractions, by putting your phone away and focusing completely on the other person. If you're talking to someone on the phone, try doing it in a quiet place.
- **Listen without interrupting** – try to remember that pauses are fine, you don't need to fill any silences. Be empathetic and take them seriously.
- **Body language** – keep your body language open and non-confrontational and maintain eye contact.
- **Check in on loved ones** – if you're concerned about a family member or friend, try to check in with them once or twice a week. Sometimes it can take a few tries to get someone to open up about how they're feeling, so don't give up.
- **Listen and communicate non-judgmentally** – when we listen to another person it can remind us of elements of our own experiences. We then form opinions and make judgements on that basis. The more aware we become of this, the easier it is to pay attention to what the person is trying to say, instead of what we think they are saying. Communicating without judgment is essential to create a supportive environment. Summarising back what they are saying shows that you're listening.
- **Don't give advice** – instead share sources of support, where necessary signpost to their GP and discuss self-care.

Like adults, the emotional wellbeing of children and young people is just as important as their physical health. Good mental health will allow them to develop the resilience to cope with life's ups and downs and to grow into well-rounded, healthy adults.

For more details on supporting your children, read our Children's mental health guide [here](#).

Research has shown that emergency services workers are twice as likely as the public to identify problems at work as the main cause of their mental health problems, but they are also significantly less likely to seek help. So, it's even more important to look after your own mental health when working on the frontline.

Here are some tips:

- **Think about your purpose:** Be clear about why you are doing this job.
- **Be clear on expectations:** Make sure you know what is expected of you and whether it is realistic.

- **Keep your boundaries:** Establish clear boundaries between work and personal life, don't take work home with you.
- **Talk to colleagues:** Make time to talk to your colleagues about your experiences and share fears and concerns.
- **Value your own family and relationships:** While work is important, your family and relationships need to be valued.
- **Exercise:** Regular exercise can boost your self-esteem, can help you concentrate, relax, and increase your overall wellbeing.
- **Get plenty of sleep:** Sleep helps regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions and an imbalance in those chemicals can result in us becoming depressed or anxious. Read our sleep guide [here](#).
- **Eat well:** A balanced diet that is good for your physical wellbeing is also good for your mental wellbeing. Your brain needs a mix of nutrients to stay healthy and function well. Read our healthy eating guide [here](#).
- **Avoid alcohol:** The numbing effects of drinking are only temporary – if you do drink, it is advised, that you stay within the governing bodies recommended unit guidelines.
- **Keep in touch:** It's good for you to catch up with friends and family face to face or over the phone.
- **Take a break:** A change of scenery or pace is good for you.
- **Do something you're good at:** Enjoying yourself can help beat stress
- **Care for others:** Supporting others uplifts you as well as them.
- **Ask for help:** If at times, life gets too much for you, it's important that you speak to someone, this may be a family member or trusted friend, your GP, or a professional organisation, see the list at the end of this guide for details.

Mental health conversations have the power to make a big difference, but sometimes these conversations can bring up some difficult things that people may not have spoken about before. This might mean that they need some support.

If you feel a loved one, colleague or yourself need additional support, contact a GP, a counselling professional or one of the organisations listed here:

- [NHS](#)
- [Samaritans](#)
- [Mind](#)

- [Anxiety UK](#)
- [Mental Health Foundation](#)

Thanks for reading,
 Scott McDonald,
 LRC Mental Well-being Champion

Key dates for the next two weeks

Editor

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

Today < > Aug – Sep 2026 ▾		
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
	11:15am – 12:15pm	Battersea Park 10k & Half
9 AUG, SUN	9 – 10am	Thames Meander 10k-marathon Small Profits Dock Gardens, Lonsdale Rd, London SW
	9:30 – 10:30am	Richmond Park Half Sheen Gate, Richmond, UK
11 AUG, TUE	7 – 8pm	Club run (with Oxted) The Plough Inn, 44 Plough Rd, Dormansland, Lingfield RH7 6PS
	7:30 – 8:30pm	LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage Ave, E

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
18	AUG, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
19	AUG, WED	● 7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
20	AUG, THU	● 7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9B
23	AUG, SUN	● 11am – 12pm ● 2 – 5pm	Windlesham House 4 LRC Summer Social Lingfield Sports Association - The Sports Pavilion, Godstor
24	AUG, MON	● 7 – 8pm	LRC Committee The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4AT,

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

SportsShoes code for August **Laura Stockwood**

The SportsShoes code for August is F1ZXF187MC . The code is valid on **AW26 products only** and will give you 15% off (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/09/26.

Please can you also pass on the following to your club members regarding one of our upcoming events?

We are pleased to announce an exciting event taking place on 16th August at Tameside Cycle Circuit in Manchester, SportsShoes Podium MCR. The event will feature seeded 5k (aimed at athletes running 21 minutes and quicker) and 1 miles races from 1pm. Please note, the minimum age to participate in this race is 15 years old on the day of the event.

Please visit the following link to find out more information about the event and to enter now: https://bookitzone.com/mia_france_2/fcEFFX Registration closes on 2nd August so don't delay if you are wanting to run.

In addition to this, if your club has any sub 14:15 male athletes or sub 16:30 female athletes for the 5k, or sub 4:20 male athletes or sub 5:10 female athletes for the mile, that would like an elite entry then please contact aces@sportsshoes.com with proof of power of 10 results.

We look forward to your athletes' participation in this event and please don't hesitate to contact us if you have any questions.

Reminders from previous weeks

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

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