



Newsletter

Wednesday 12 August 2026

Contents

- **Lingfield's racing round up**
- **East Peckham 10k - Lucy Wilkes**
- **Weekly club runs - Gary Spring**
- **Key dates for the next two weeks**

Reminders

- **LRC Summer Social - Sandra Ankers**
- **LRC monthly puzzle - Gary Spring**
- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

Welcome to new member, David Edwards, this week

Holiday edition - more (I hope) next 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-nine runners, 14 locations, five PBs

East Grinstead (15), Bedgebury Pinetum (24), Bethlem Royal Hosp. (1), Fletchers Cove (1), Gunnersbury (1), Harrogate (1), Hove Promenade (3), Longford (1), Newport (1), Reigate Priory (1), Rothay Park (1), Shepton Mallet (1), Tilgate (2) and Wakehurst (6).

Particular congratulations to our Bedgebury tourists, where (would you believe it?) **Ashley Middleton** and **Sally Alexander** had first place finishes. And there's more: second places for **Susie Miller** (Bethlem Royal Hosp.) and **Liz Webster** (Fletchers Cove), and third place for **Lucy Wilkes** at East Grinstead.

We must also congratulate our five who achieved PBs - **Nick Keen**, **Judy Hayler** and **Marie Warner** (all at Bedgebury), **Miranda Chitty** (Shepton Mallet) and (stepping out of the shadow of his more illustrious wife) **Dave Wilkes** at East Grinstead.

See [all the results](#).



Last week I reported **Lucy Wilkes'** performance in the East Peckham 10k, but her account of the event did not reach you due to some email shenanigans. This week we have it in full below, thanks, Lucy.

At least I know I can rely on **Sue Garner** for a report on the Henfield Half for next week's edition.

Although I was not present to witness it, I can report that the quiz team finished in a fine second place at last week's Star quiz, picking up a spot prize in the process. Well done, team.

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

Editor

editor@lingfieldrunningclub.co.uk

East Peckham 10k

Lucy Wilkes

I ran the East Peckham 10k on Sunday, sporting the lone Lingfield vest among a sea of Kent clubs. Much like the Surrey countryside, the Kent countryside was looking dry and brown, and the grass on the start/finish field crunched underfoot. Apart from the start and finish the course is entirely on quiet country roads. It's advertised as a flat course in what is undoubtedly a flat area, but it somehow feels as if you are climbing for most of the race, with only one or two brief downhill stretches to compensate.

I always think it should be easy and always find it hard work, especially in the hot weather that tends to accompany the late July / early August timing. This year the hedges surrounding the course provided very little shade, with only the occasional tree to give some relief from the sun, which was already high overhead by the 10am start time.

Despite struggling with the heat in the past, I was optimistic after a good run last year, followed by some PBs over both longer and shorter distances in the interim. I've also been waiting (hoping) for my marathon training over the winter to pay off with a step change in fitness, and even though there had been no sign of that so far there was still a chance it might suddenly kick in. All that considered I was disappointed to be almost a minute slower than last year, especially since I had been overtaking people throughout the second half, which gave me the illusion that I was running well!

My dad had a more successful outing, finishing first in his M70 age category. We had met one of his Kent rivals at the finish line, who had clearly finished some time earlier - fortunately, it turned out the rival had opted for the new 5k distance this time, so my dad's path to victory was left clear. I was fourth in my own age category but couldn't help noticing that my chip time was faster than that of the woman who came third - by one whole second.

The race is well-organised by Nice Work and fairly well attended by the local clubs, with a small but decent turnout of over 300 runners in the 10km. New for this year there was a 5km option as well as a 2km children's race around the field before the main start. Some of the children looked less keen to be running around a field in the baking sun than others, with those towards the back of the field needing varying degrees of parental encouragement to keep putting one foot in front of the other.

By contrast, the winner had the air of a seasoned athlete, building up a lead early on and maintaining his pace despite the heat. Definitely a star in the making there but, despite his impressive effort, the biggest cheer went to the last finisher. This was a small girl called Lily, who had looked close to tears on the first lap but wore a huge smile at the finish line - perhaps due to the enthusiastic reception, or maybe she was just delighted she could finally stop running. Crossing the same line later in 27-degree heat, I know I was.



Weekly club runs

Gary Spring

Tuesday, 18th August

Club Run from Victoria Club
Cook's Pond: 7pm start

We will do the Cook's Pond route this evening. The distance is 6.5 miles but there is also a shorter option of 4 miles, that turns back before the pond. More details on what routes are available will be posted on our Club WhatsApp group on Tuesday.

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	<	>	Aug – Sep 2026	▼
12	AUG, WED	●	7 – 8pm	LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage Ave, East Gr
16	AUG, SUN	●	9:30 – 10:30am	Henfield Half Henfield Leisure Centre, Northcroft, Henfield BN5 9QB, UK
18	AUG, TUE	●	7 – 8pm	Club run (Cooks Pond) 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
23	AUG, SUN	●	11am – 12pm	Windlesham House 4
		●	2 – 5pm	LRC Summer Social Lingfield Sports Association - The Sports Pavilion, Godstone Rd, Lingfie

24	AUG, MON	● 7 – 8pm	LRC Committee The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4AT, UK
25	AUG, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
26	AUG, WED	● 7 – 8pm	LRC coaching (Ian W) East Grinstead, UK
30	AUG, SUN	● 9 – 10am	Arundel Castle 10k Arundel Park, South Stoke, Arundel BN18 9LL, UK
		● 9 – 10am	Dulwich 10k SE21 7ET, Frank Dixon Way, London SE21 7ET, UK
		● 9:30 – 10:30am	Woldingham Marathon and Half Woldingham School, Marden Park, Woldingham, C
31	AUG, MON	● 11am – 12pm	Kings Head Canter (GP race 9) Chiddingly

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

Reminders from previous weeks

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



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.

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