



Newsletter

Wednesday 19 August 2026

Contents

- **Lingfield's racing round up**
- **Beat the Tide 10k - Darija Sparkes**
- **Henfield Half - Helen Davey**
- **Weekly club runs - Gary Spring**
- **Key dates for the next two weeks**

Reminders

- **LRC Summer Social - Sandra Ankers**
- **Recommended physios - Sally Alexander**
- **LRC coaching sessions - Editor**

Welcome to no new members 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-eight runners, 20 locations, four PBs

East Grinstead (25), Brighton & Hove (1), East Brighton (1), Exmouth (1), Finsbury (2), Guernsey (1), Hastings (2), Kensington (1), Kingdom (2), Lahti Harbour (1), Lullingstone (1), Rothay Park (1), Rushcliffe (1), Seaton (1), Southampton (1), Squerryes Winery (1), St. Mary's (1), Tamworth Castle Grounds (2), Tilgate (2) and Wakehurst (11).

Particular congratulations to first and second at East Grinstead (**Ashley Middleton** and **Simon Petitt**). And hearty congratulate to our four who achieved PBs - **Susie Miller** and **Catherine Watkins** at East Grinstead, and **Michael Manwill** and **Wendy Smith** at Hastings.

See [all the results](#).



No sooner had I gone away last week when a race report arrived from **Darija Sparkes**, who ran the very different Beat the Tide 10k down in Worthing. Darija enjoyed her outing, finishing in an impressive (gun) time of 57.48. Jon Boxall (Henfield Joggers) was first in 38.01 and first woman was Claire Lockwood (Meads Runners) in 44.07.

It would be a thin results section indeed if it were not for **Darija Sparkes** who also turned out

in the Henfield Half Marathon last Sunday, along with **Helen Davey**! Darija ran a time of 2.11.28, and Helen finished in 2.35.05. Ollie Sprague (Peacehaven) was first here in 1.20.11 and first woman was Claire Keith (Hailsham Harriers) in 1.35.05. Well done, ladies, and many thanks to Helen for producing a race report at short notice.

Enjoy the Summer Social on Sunday, and your running over the next week (now including Tom's new Thursday hill sessions on Ashdown Forest). Please send me the occasional report of your suffering or Euphoria.

Editor

editor@lingfieldrunningclub.co.uk

Beat The Tide 10K

Darija Sparkes

With temperatures reaching record highs on Thursday evening, 13th August, what better way to cool down than by taking part in the Worthing Coast Running **Beat the Tide 10K**?

Organised by **Sussex Trail Events**, this fantastic race follows the shoreline of Worthing and Lancing beaches, taking runners across sandy stretches, shingle, and rock pools before heading up to the path above Widewater and back again.

Before the race, I was warned about the breezy conditions, but after such high temperatures throughout the day, the sea breeze was a very welcome addition. Running alongside the coast made the heat much more manageable and provided a refreshing contrast to the warm weather.

For this race, I opted to wear my trail shoes to help with grip and avoid slipping on the sea grass. The terrain was challenging at times, as runners had to navigate stones, pebbles, rock pools, and patches of sea grass that often concealed rocks underneath. This meant constantly watching your footing and adjusting your stride. Despite the uneven surface, the course was very runnable and not as difficult as I had expected.

Overall, it was a unique and enjoyable race, offering stunning coastal scenery, a refreshing sea breeze, and a fun challenge underfoot. A great way to spend a warm summer evening by the sea. And yes, I did beat the tide....celebrated by pizza 🍕 after the event.



Henfield Half Marathon - 16/08/2026

Helen Davey

Welcome to my ramblings on Henfield Half Marathon.

The process started back in May, when I decided I needed a new challenge after reading everyone else's achievements in the Newsletter.

A quick search revealed Henfield as an ideal choice - not too far away (I don't like travelling too far - parkrun tourism is an exception!), and it was a trail which I prefer; plus it was not likely to be too busy. So, although we had just started heatwave number one, I was confident entering a race in August would be fine, as it would obviously be cold and wet on the day!!!

Then the training thought actually entered my head, and realised we had two holidays booked - one in Derbyshire at the end of June (brilliant week of tough walking) and then the end of July (Dolomites - very tough walking and Via Ferratas!), so I thought "well that will be great training"! Trouble was, I arrived back exhausted from the Dolomites with only two weeks to go....

Never mind, eleven miles churned out ten days before the race and 9.5 on the Sunday before race day with the Sunday Striders. Race day arrived and the chaos started at 6.30 a.m., when I discovered a flooded kitchen - unfortunately a tap had been left running slowly all night! Mess cleaned up and I got out the door on time. Arrived in unremarkable and

uneventful time to park directly at the leisure centre, which is race HQ.

I then milled around, bumping into Darija, so had someone to chat to. There were several large groups of running clubs which, from the general chit chat, I learnt was on their calendars as a regular event*. I was grateful the temperature was cooler than the previous week's number five heatwave, and the predicted temperatures were starting with a "2" and not a "3", but an estimated high of 26°C was going to be a challenge for me.

Then, in a very low-key start, we were off! It was a quick pace (well quick for me!) for the first four miles and very pleasant, along a path which was possibly a disused railway line, then across fields and a quiet lane before picking up the river Adur. At this point I was trotting along very happily and thought I would be on target for sub 2.30...

The route left the river and we returned along the same disused railway line, turning left before entering Henfield, across a few fields and then picked up the river again at about the 10.5-mile distance, and I was still feeling ok. Unfortunately, once I turned onto the river, things began to unravel.

The ground was horrific in places, not just rutted but huge cracks which I decided (as I was feeling rather tired) to be very cautious over and walked - I admired anyone with the confidence to run over this section. Finally, the route left the river to loop back to the finish at the leisure centre, but very cruelly there were two large stiles in this section!

The route is really pretty and, if you like trail races with views from the river (it's enclosed on the out and back path though), you would really enjoy it. Would I do it again? Probably not as the heat was a big factor for me - of course it was cooler at mid to high 20's, but it was still too hot really for me and I didn't have the confidence to run over the last river section which was very uneven terrain, so I had to walk. Was I disappointed missing the 2.30 time? A bit but, in hindsight, my training was a bit erratic to say the least, so what do I expect 😊 . I'll obviously have to sign up for something else! 😊



** this half marathon is part of the [Sussex Grand Prix](#) (SGP), a series of 12 races which take place between March and November each year in various locations across Sussex. It is made up currently of 24 Sussex running clubs. Ed.*

Weekly club runs

Gary Spring

Tuesday, 25th August

Club Run from Victoria Club.

Trail run around Lingfield: 7pm Start.

This will be a newish trail route around the village, combining bits of other known routes that we do. The distance is about 5 miles. Rest assured that I will have run it beforehand to confirm I know the route and that it is passable!

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 ▾	
19	AUG, WED	●	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF	
20	AUG, THU	●	7:15 – 8:15pm	Club hills training (Tom C) Friend's Clump Car Park, Maresfield, Uckfield TN	
22	AUG, SAT	●	8:45 – 9:45am	Helsinki Marathon	
23	AUG, SUN	●	8 – 9am	Phoenix Doughnut Dash Ardingly Reservoir, Haywards Heath, UK	
		●	11am – 12pm	Windlesham House 4	
		●	2 – 5pm	LRC Summer Social Lingfield Sports Association - The Sports Pavilion, God	
24	AUG, MON	●	7 – 8pm	LRC Committee The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4	
25	AUG, TUE	●	7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK	
26	AUG, WED	●	7 – 8pm	LRC coaching (Keith) East Grinstead, UK	

27	AUG, THU	● 7:15 – 8:15pm	Club hills training (Tom C) Friend's Clump Car Park, Maresfield, Uckfield TN22 3HY, 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, Caterham
31	AUG, MON	● 11am – 12pm	Kings Head Canter (GP race 9) Chiddingfold
1	SEP, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
2	SEP, WED	● 7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
3	SEP, THU	● 7:15 – 8:15pm	Club hills training (Tom C) Friend's Clump Car Park, Maresfield, Uckfield TN22 3HY, UK
		● 8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK
4	SEP, FRI	● 7:15 – 8:15pm	Brockham Blast 5K RH3 7LA, Wheelers Ln, Brockham, Betchworth RH3 7LA, 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

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

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