



Newsletter

Wednesday 26 August 2026

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Welcome to no new members this week (maybe due to MemSec's holiday)

I apologise for missing a newsletter next week due to excessive holidays.

Back for 9th September.

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

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Lingfield's Racing Roundup



Sixty runners, 16 locations, four PBs

East Grinstead (24), Bromley (1), Cardiff (1), Clair (1), Compton Abbas airfield (1), Crane Park (1), Folkestone (2), Guernsey (1), Hastings (2), Kingdom (1), Malling Rec. (4), Roosevelt Island (1), Southampton (1), Tilgate (4), Uckfield (2) and Wakehurst (13).

Particular congratulations to first-placed **Ashley Middleton** (East Grinstead) and **Dan Celani** (Wakehurst), and **Lucy Wilkes** who was third at East Grinstead. And very well done to the four who achieved PBs - **Daniel Pike**, **Kelly Walter** and **Robert Llewellyn** at East Grinstead, and **Ben Horner** at Bromley.

See [all the results](#).

I should note that **Helen Davey** marshalled and ran, and Neil was the photographer, at the inaugural Compton Abbas Airfield parkrun. This airfield is owned by film director Guy Ritchie, although he doesn't appear to have taken part: I suspect he was too busy negotiating Meghan Sussex's contractual requirements.



Aly Warner threw me off the scent this week, by doing a parkrun in Finland on 15th, then going to Iceland for her latest foreign marathon on 22nd. Fortunately, she ‘fessed up, so I can report her time of 4.40.14 in the Reykjavik Marathon. Salman Al-Rashid won this race in 2.57.01 and first woman was Riikka Uimonen in 3.24.58. You can read Aly’s short report later on.

There was a West Sussex Fun Run League (WSFRL) race on Sunday, the Windlesham House 4. Despite the imminent arrival of his first grandchild (congrats, Isla!) **Ian Greenaway** felt he couldn’t let down his second-claim club Saints and Sinners. Ian ran a time of 39.43 – which was 16 seconds faster than last year, so he was clearly keen to get home! Andrew McCaskill (Lancing Eagles) won in 25.21 and first woman was Rachael Overton (Haywards Heath Harriers) in 31.58.

Many members warmed up for the afternoon rounders match with a tilt at the Doughnut Dash, a Phoenix West Sussex event at Ardingly on Sunday. **Peter Vaughan** did 30.6 miles, **Tom Cartledge** 15.5, **Dave & Nevenka Worsell** 13.1, **Judith & Hannah Cartledge** 12.4 and **Lisa Compton** 8.8. Nice day for it too, guys, well done and apologies if I missed out anyone.

And, also on Sunday, was the Summer Social at Lingfield Sports Club. Many thanks to **Sandra Ankers** and **Scott McDonald** for organising this. After some preliminary drinking and nibbling, it was time for the annual rounders match. As no-one has sent me an independent report, this is a personal view of things:

I set aside my disappointment at being captain **Tom Cartledge**’s last selection but contributed precisely nothing to his (and **Sandra**’s) winning team thereafter. ‘We’ achieved victory due to some great hits and running by Tom and **Chris Rance**, and some appalling fielding by **Dave Nottidge**’s cavaliers. Dave’s decision to pick **Susie Birch** for his team (ahead of me!) was vindicated when she was their only fielder to successfully take a catch (and they had five clear chances). She also ran me out on fourth base, according to Sandra - you should have gone to Specsavers, Sandra. Anyway, it’s just a bit of fun, isn’t it.

Enjoy your running over the next week, particularly the Grand Prix event at Chiddingly. Please send me the occasional report of your adventures - it may inspire others.

Editor

editor@lingfieldrunningclub.co.uk

Summer social thank you

Sandra Ankers

Hello everyone,

Thanks to all of you who came along to our Summer Social at the Lingfield Sports Association last Sunday afternoon.

Once again under sunny skies we enjoyed our picnics, great company, and of course our traditional game of rounders; well done Sammy, I don't think you missed a shot!

Thanks to Scott for making the venue arrangements and, as ever, to you all for your support

Happy running!

Sandra



Reykjavik Marathon

Aly Warner

Needless to say, I escaped the heatwave of the UK for temperatures of about nine degrees and lashings of rain. The Reykjavik marathon has around 1,600 (I think) runners spread across two separate races - competitive and general. The marathon and half runners start together running through the first 12km of music support, high fives and crowds of all ages along the coastline and residential streets.

Once the course split, there were very few runners and loads of space. The route was bumpy with plenty of aid stations. Some of it was scenic and some was low-key - through parks and suburbs. I went to enjoy the experience and for the majority of it I smiled - I hope that the official photos don't prove me wrong!

For the heads up I still have Tallin, Warsaw, pacing Eindhoven and the inaugural Den Haag marathon with the Dutch pacing team and Jessheim Norway. If I stay in the country long enough, I may squeeze in some trails and parkruns.



Sunlight, hot weather and mental health

Scott McDonald

Summertime is often known for bright sunny days and warm weather, both of which can impact our mental health in several ways.

Sunlight can be really good for our mental health it can help:

- To boost serotonin, a neurotransmitter that contributes to feelings of wellbeing and happiness.
- Regulate the body's circadian rhythms, improving sleep quality.
- To encourage us to do outdoor activities such as walking, gardening and sports, which are beneficial for our mental health.

However warm weather can impact our wellbeing, here are three things to remember:

1. Don't expect yourself to be at 100% during hot weather

- Be kind to yourself, take plenty of breaks and give yourself extra time to get things done.

2. Some medications can make it harder for your body to stay cool and hydrated

- Drink plenty of water, stay out of the sun during the hottest hours of the day and make sure to store medication away from direct sunlight.

3. Hot weather can lead to increased feelings of stress and anxiety

- Try simple breathing techniques and one minute mindfulness during difficult moments.

Make sure to take time to enjoy the summer weather while also being mindful of the impact that the weather can have.

Remember: every body is a summer body.

Please take care out there and enjoy the rest of this wonderful weather!

Scott McDonald,
LRC Mental Well-being Champion.

Weekly club runs

Gary Spring

Tuesday, 1st September

Club Run from the top car park at East Court,
East Grinstead.

Trail run: 7pm Start.

The route map can be found on the club website, using this

link: <https://lingfieldrunningclub.co.uk/wp-content/uploads/2025/07/20250730-East-Court-trail-route.pdf>

The terrain is mainly footpaths and trails and has some hills to contend. The distance is just under five miles, so we should be finished before it gets dark, but please consider bringing a torch, just to be safe at the end of the run.

Meet at the top car park in East Court, next to the Meridian Hall. RH19 3LT.

Advance notice for the following week's evening Club Run.

Tuesday, 8th September

Club Run from Victoria Club

Trail run to Ardenrun

To break up the monotony of running around the roads for the next six months, we're going to try a Club evening trail run each month (well, at least until the predicted El Nino effect turns the footpaths into swamps).

The first trail run will be to Ardenrun, coming back down Bowerland Lane. Once we get to Rushfords and based on the level of light and the state of the ground, we can determine if we continue on footpaths and trails to St Piers Lane or finish the run on the pavement.

In case anyone would prefer to do the whole run on the pavement, I will bring a map of a suitable road route, starting at the same location as our trail run.

Also, to add some variety to the Tuesday Club Road runs during the darker evenings, we will alternate between routes on the pavements in Lingfield and in East Grinstead.

PLEASE NOTE: It is absolutely essential that you bring a torch to light your way on these dark evening trail runs, so if your torch has been buried at the back of a cupboard during the bright

summer months, it is now time to dig it out and get it recharged. If you don't have a torch, there are plenty on offer on Amazon for around a tenner. Check out this link: https://www.amazon.co.uk/s?k=headtorch&crd=1C7WZTKVUK4Y0&sprefix=headtorch%2Caps%2C119&ref=nb_sb_noss_2

Thursday Evening Club Run in Ashdown Forest

For those of you who can't get enough of trail running in the dark, look out for Tom Cartledge's posts on the Club WhatsApp group, about running the Ashdown Forest routes from Friends Clump. This is currently on a Thursday evening, while the ground is firm enough to run on. Please remember to bring a torch for this run.

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			
26	AUG, WED	7 – 8pm	LRC coaching (Keith) Lower East Court play area, College Ln, East Grinstead RH19 3LY, 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 CR3 7YA, U
31	AUG, MON	11am – 12pm	Kings Head Canter (GP race 9) Chiddingly
1	SEP, TUE	7 – 8pm	Club run (Gary) Meridian Hall East Grinstead, East Court, College Ln, East Grinstead RH19 3LT, 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,
		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
5	SEP, SAT	All day	Maverick Kielder Forest Gravel
		1 – 2pm	Sparkling Run 10k Rathfinny Wine Estate - The Flint Barns & Rathfinny Cottage, Rath
6	SEP, SUN	8:30 – 9:30am	River Run Shoreham-by-Sea, UK
		9 – 10am	Littlehampton 10k BN17 5GB
		9 – 10am	Losely Park 10k GU3 IHS
		9:30 – 10:30am	Wimbledon Common Trail 10k & Half
		11am – 12pm	Tilgate 5 (WSFRL)

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

Club straight-mile record challenge

Editor

In July, Josh Kerr broke the world mile record which had stood for 27 years. But, on 11 August 2027, the club straight(ish) mile record of 4.37 will have stood for 35 years (we haven't organised a time trial for 30 years, but that's not important right now).

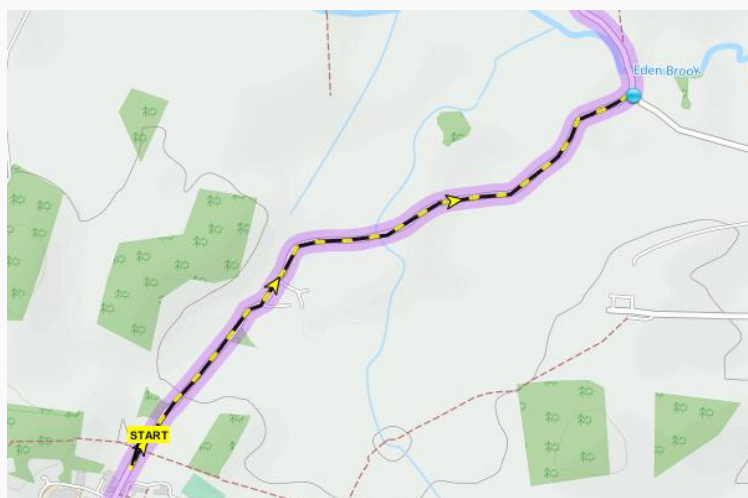
A few of you may be able to remember the summer of 1992, when the current record was set. The prolonged drought of 1988–92 finally broke with late-summer rains, with one of the wettest Augusts in decades. Mobile phones were a rarity, we were seven years away from buying our first home PC, 12 years from the first parkrun and 27 years before WhatsApp; but we did have sports watches back then. I recorded my time as 4.36, but Trevor disagreed, so 4.37 was entered on the database.

Trevor (as ever) was the instigator of the original timed mile race at St Piers, but it wasn't an annual club event like the uphill mile. Gary's records show that it was run ten times between November 1990 and September 1997, and he has produced a list of PBs for the 56 runners who have taken part – [on the website](#).

In the later years of speedwork on St Piers Lane (before traffic levels caused its relocation about eight years ago), Trevor would encourage us to time our own mile as a reference point for progress during the year; but the times weren't recorded centrally. The last one I noted was in July 2017, by which time I'd slowed to 6.58.

Now that Tom has marked out the St Piers Lane mile course again, it seems about time that someone made a serious attempt to smash this 'record' before that anniversary arrives. I know we have members capable of doing it. Or, even if you don't think you'll get near the record, why not just see how quick you can go and try and better it next time round.

The attempt must be made on the same course, with no allowances for evading oncoming traffic, exactly as it was in 1992. No pacing allowed. To be strictly comparable, any candidate will also have to get up at 5am for a five-mile training run, drive up for a day's work in London, and then join the club one-mile event at 7pm. However, I appreciate the difficulties involved in ensuring compliance, so we will be more lenient. I hope Gary and Tom will be able to oversee this challenge, details to follow in due course.



Reminders from previous weeks

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