



Newsletter

Wednesday 9 September 2026

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Welcome to new member, Jason Meers, 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

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Lingfield's Racing Roundup



29 August first...

Forty-eight runners, 14 locations, four PBs

East Grinstead (26), Abbot's Wood (1), Cross Flatts (2), East Holmes Field (1), Ganger Farm (1), Harrogate (1), Hove Promenade (1), Marlborough Common (1), Shepton Mallet (1), Southsea (1), Teifi Marshes (1), Tilgate (3), Wakehurst (6) and Walton Promenade (2).

Particular congratulations to first-placed **Emma Page-Moore** (Wakehurst), **Ashley Middleton** (second at East Grinstead) and to the four who achieved PBs - **Natalie Mitchell** and **Luke Sanders** at East Grinstead, **Kath Garrido** (East Holmes Field) and **James Caffrey** (Wakehurst).

See [all the results](#).

And then on to the 5th September...

Sixty runners, 17 locations, three PBs

East Grinstead (32), Amsterdamse Bos (1), Bevendean Down(1), Clair (1), Edinburgh (1), Gladstone (2), Hove Promenade (1), Ifield Mill Pond (1), Malling Rec. (1), Mensola (1), Nonsuch Park (1), Preston Park (1), Seaford Beach (2), Tilgate (4), Victoria Park Newbury (1), Wakehurst (7) and Zuiderpark (2).

This week we give our particular congratulations to **Ashley Middleton** and **Sally Alexander** for their first places at East Grinstead (with another PB for Sally). Also to second-placed **Dan Celani** at Clair and to our other two PB-ers, **Ben Horner** (Wakehurst) and **Matt Lester** at Seaford Beach.

See [all the results](#).



We have some catching up to do this week.

Let's start at the beginning, 26th August, the day the rain returned ... **Ashley Middleton** went to the last of the GBR Run Bexhill 5k series. In race one of this series in May, Ashley ran 17.26; by the final race he had got his time down to 16.13 (and first finisher too). Great progress, Ashley, and congratulations. Later, he gives us a dramatic account of the determination it takes to win a race (and the whole series) like this.

On Sunday 30th, **Mark Aldred** and **Ian Greenaway** took part in the Woldingham Marathon, a two-lap course from Woldingham School. Mark finished tenth with a time of 5.06.20, and Ian came in after 6.03.46. Stephen Harris (Striders of Croydon) won in 4.00.47, and first woman was Alice Robinson in 4.05.17. Well done, guys.

The highlight of the Bank Holiday weekend though, was the King's Head Canter on 31st. All the times are listed below and, later in the newsletter, Sally has described the day, and the prizes won by our athletes. Very well done to everyone.

Pos	Net Time	Name	Age Grade
10	16:15	Ashley Middleton	78.94
18	17:18	Dan Celani	82.22
25	17:35	James Caffrey	79.07
28	17:46	Simon Petitt	72.32
58	19:26	Sally Alexander	88.34
61	19:30	James Willis	73.98
72	20:07	Dan Oppe	69.12
90	21:01	James Kilfiger	70.92
128	22:57	David Waddington	58.56
134	23:14	Simon Harris	62.94
138	23:33	Sophie Davis	65.04
147	24:08	David Watkins	67.69

198	26:52	David Nottidge	64.27
212	27:31	Jennifer Willis	58.62
258	30:42	Robert Llewellyn	43.31
277	32:25	Sarah Ferguson	47.33
293	33:44	Theresa Donohue	53.64
301	35:10	Claire Williams	44.16

Also running was second-claim member, **Kieran Barnes**, who was the only Holland Sports entry and finished second in a time of 15.20, four seconds behind winner James Turner (Brighton & Hove). First woman was Izzy Bradford (Lewes) in 18.00.

As far as the Grand Prix points tables are concerned, the only change is that **Sally Alexander** has overtaken the absent **Sarah Begley** at the top – just three points in it, though, and **Sophie Davis** is just five behind Sarah. **James Kilfiger** maintains his top place in the men's race. The full tables are on the club website – [men](#) and [women](#).

The next GP event is the Eridge 10 (miles) on 27th September.

Last Sunday found **Robert Llewellyn** competing in the BBB10k in Battle, where I think it's fair to say that he found a few hills. Every picture tells a story, Robert, but you did it. Ashley Vora won in 33.13, and first woman was Libby Stannard in 41.45.

Enjoy your running over the next week, be it St Piers Lane or Estonia. Please send me the occasional report of your adventures - it may inspire others.

Editor

editor@lingfieldrunningclub.co.uk

Bexhill 5k Series 2026
Race 3 of 3 (Wed 26th Aug 2026)
Ashley Middleton

Heading into the third and final race of the Bexhill 5k series, I knew I was in a pretty solid position overall. After finishing fifth in the first race and third in the second, a quick look at the standings showed I had a proper shot at taking the whole series. The weather was spot on; bright and

sunny with minimal breeze and the promenade course is famously flat as a pancake. The organisers had tweaked the layout slightly to a double out-and-back using traffic cones instead of rounding buildings, which probably added a few seconds on the hairpin turns, but it was still primed for speed. My pre-race prep was decent, even if sitting in gridlock traffic on the drive down meant my warm-up was more of a chaotic, rushed jog to the start line.

My main goal was to break the sub-16 barrier, so I decided on a classic strategy: go out a little bit fast to "bank some time" and hold on for dear life! When the starter went, I took the lead straight away and pushed the pace. By the 1km mark, I was completely out on my own, looked down at my watch, and was greeted by a 2:58. That was a good 12 to 14 seconds faster than planned. It turns out banking time in a 5k isn't saving up for a rainy day. It's essentially taking out a high-interest payday loan on your lungs, and the collectors come knocking immediately. I passed through the second kilometre in 3:12, meaning I technically still had time banked, but my legs were already sending urgent legal notices.

Just after 2km, the promenade opened up and I hit a brutal wall of headwind. Being isolated at the front with nobody to draft behind, my pace immediately tanked into the 3:25s. The next kilometre up to the second turnaround was pure survival; a dark, quiet mental battle of questioning every life choice that had led me to running up and down a windy seafront on a weeknight.

Rounding that final turn with about 1.5km to go, the wind finally got off my chest and onto my back. I sneaked a glance behind and saw a comfortable gap to second place. The sub-16 dream had well and truly slipped away thanks to that rogue opening kilometre, so it was all about salvaging the best time possible. I gave myself a stern internal talking-to and, despite my legs being completely shot, I managed to get the pace back on track to around 3:15/km and drove as hard as I could across the finish line.

I stopped the clock at 16:13. A new six-second PB, first place on the night, and the overall Bexhill 5k Series title wrapped up! I certainly made sure I got my money's worth from the event staff at the finish. The paramedics came rushing over to check if I was still technically among the living while I was sprawled on the tarmac. I was in no fit state to speak; words literally couldn't form. After a few minutes of dramatic gasping, I managed to assure them I wasn't having a medical emergency, I'm just deeply dramatic.

All in all, it's a brilliant, cheap, and exceptionally well-run series. Coastal wind aside, the course is ridiculously fast and draws a great field of runners. We've seen sub-16 times posted here

throughout the series, so the speed is genuine. If anyone at the club wants an official chip-timed 5k PB to replace their parkrun benchmark, I strongly advise getting a squad together for next year. It's a great evening out by the seaside; just try not to run your first kilometre like a seagull that's just spotted an unguarded tray of chips!



King's Head Canter

Sally Alexander

Nothing Like a Free Pint to Inspire the Team!

Monday 31st August 2026



Post-race smiles and beer!

(as always, we are missing a member – sorry Dave N!)

While an August Bank Holiday Monday traditionally lends itself to a day of rest before autumn madness sets in, for an incredible 18 Lingfield Running Club members (and 19 when we include our lovely Kieran!) it was off to East Hoathly for the next in the Grand Prix series: the King's Head

Canter 5km road race.

Lulled into a false sense of everything 'Midsomer' with wisteria-clad Sussex cottages, meandering lanes and two country pubs to mark the start and finish of the route, as a race novice, I was taken by surprise when we were met by a barrage of top Sussex club vests and numerous athletes mixing bicarb in Chiddingly's Village Hall! It was certainly not going to be a casual trot around the countryside!

Once Theresa had slightly adjusted James K's initial description of the route being 'flattish' to a more realistic 'undulating', we were all set to go! The race begins in Chiddingly and is a point-to-point run to East Hoathly where a much-welcome pint of Sussex beer, or something of your choice, awaits at the King's Head. Indeed, I believe David Waddington stated that the draw of a pint was his only motivation for entering the race! And why not?!

It will come as no surprise that everyone crossed the finish line, cheered on by Karen Oppe and new 'Grandfather' Ian Greenaway, who was resting his legs after completing the Woldingham Marathon the day before. Finishing any running event, no matter the time, is a huge achievement and one that should not be dismissed. Everyone who entered deserves a massive pat on the back and should feel very proud, especially as we had some runners completing their very first 5km road race, which is fantastic, and others who prefer trail to road, but made the decision to enter.

Despite the calibre of clubs who were represented, LRC certainly took no prisoners and, yet again, we made our mark with a high turnout of red, white and green vests which dominated the start line. On top of that, Ashley had a great race, coming tenth overall and we secured several age-group category gold, silver and bronze placements including: James Caffrey (second), Dan Celani (first), Dave Nottidge (third) and myself (first).

Above all, though, the best thing about these events is coming together as a team and enjoying cheering each other on and having fun, which is what it is all about!

Congratulations to Claire, Robert, Sarah, Jennifer, Dan C, James C, Dan O, Theresa, James K, Sophie, Simon P, David W, Ashley, James W, Dave W, Simon H and Dave N!

East Grinstead parkrun 'takeover'

Saturday 3rd October 2026

Lucy Wilkes

Dear All,

On Saturday 3rd October, Lingfield Running Club will be 'taking over' East Grinstead parkrun, when we'd like to fill most, if not all, of the parkrun volunteer roles. Last year we had a great turnout, with club members covering all of the roles, including pacers .

If you have time on the morning of Saturday 3rd October, it would be great to see you there. Pre-event setup starts at 8:00am, and marshals are asked to arrive around 8:30am.

For a list of roles available please check the link below. Click on the role to see a fuller description of what's involved. They are all straightforward and training will be available!

www.parkrun.org.uk/eastgrinstead/futureroster/

If you'd like to take part, then please contact Chris or Lucy and let us know which role you'd like. If you'd like to be a pacer, please let us know your target time. Last year we had eight pacers covering 23 to 30 minutes.

Thank you

Lucy & Chris

menscaptain@lingfieldrunningclub.co.uk

ladiescaptain@lingfieldrunningclub.co.uk



Weekly club runs

Gary Spring

Hopefully, you are all aware of the new Club WhatsApp group called 'LRC Training Diary'. This is for the Club Run Leaders and Coaches to post details of upcoming Club Runs and

Training sessions. Please continue to use LRC Runfinder for posting photos, messages and other running info.

Thursday, 10th September

Club Run in Ashdown Forest.

Meet at Gills Lap car park, top of Kidds Hill,
Post code TN22 3JD for a 6:30pm start

Tom Cartledge is leading this run. The route is just over five miles. Please remember to bring a head torch or similar in case the twilight deteriorates near the end of the run.

Sunday, 13th September

Next Club Handicap race – 5-mile road run
First runners start at 10am.

Meet at the usual start point, opposite the racecourse entrance on Racecourse Road.

The route goes down St Piers Lane and then turns left, going to the end of Water Lane and back again, to the Start. It is a reasonably flat 5-mile route, all on road. Please park at the Victoria Club and jog down to the start. The fastest runners will have about a 20-minute handicap. Guests are very welcome to join in the fun!

I need three marshals to be at the junctions and turn-round position. Please let me know asap if you can be a marshal.

Tuesday, 15th September

Club Trail Run in Lingfield.

Meet at Victoria Club for a 7pm start

This will be the Trail run to Ardenrun, that got deferred from 8th September. The route is similar to May Race 3., heading out to Ardenrun and 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. Please bring a (charged-up, working) torch.

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.

PLEASE NOTE: For your own safety, it is highly recommended 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

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.

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.

Monthly puzzle challenge **Gary Spring**

AUGUST PUZZLE Answers

If you recall, you needed to find a way to measure 30 minutes with just a 14-minute and a 22-minute hourglass, all within a 30-minute time period. The trick is to turn over one of the hourglasses **before** all the sand runs out.

Start with both hourglasses turned up. When the 14-minute hourglass empties, turn it over. When the 22-minute hourglass empties, eight minutes' worth of sand has poured out of the 14-minute hourglass. Turn the 14-minute hourglass over. The eight minutes' worth of sand will pour back and when it is empty, a total time period of 30 minutes will have passed. Congratulations to Lucy Wilkes and Judy Hayler for sending in correct entries, with a special mention on Lucy's quick entry, that arrived in my Inbox within hours of the newsletter being sent out.

SEPTEMBER PUZZLE

For this month, we're back with UK parkrun locations as the answers. I've tried to find an anagram puzzle that can't be solved in seconds by AI. Hopefully, this one achieves that.

There are nine sets of clues. Each clue is an anagram of two parkrun locations.

To give you some help, note the following:

- Both parkrun locations in each clue start with the same letter.
- The order of the clues is significant.
- The number of clues is significant.

1. ARRIVAL MAPS OLD GYM
2. REHIRES UNWILLING PHOBIC
3. THROWN CHAIRMAN HOWLS
4. ANNA DASHES SAVAGED GNAT
5. ELF FOLDS TARTAN
6. MODIFIES MAINTAINABLE PILL DRILL
7. ERADICATE SET SONGS
8. DOLLS LEND INN CAN
9. LOVERS DEFY BAD TYRANT

Please send your solutions to higaryspring@gmail.com, before midnight, 30th September 2026.

Key dates for the next two weeks

Editor

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

Today			< > Sep – Oct 2026 ▾		
9	SEP, WED	7 – 8pm	LRC coaching (Sally) Meridian Hall East Grinstead, East Court, College Ln, East Grinstead		
10	SEP, THU	6:30 – 7:30pm	Club hills training (Tom C) Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK		
		8 – 10:30pm	LRC quiz team The Star Inn, Church Rd, Lingfield RH7 6AH, UK		
12	SEP, SAT	8:30 – 9:30am	Bewl Water Autumn Races		
		10:30 – 11:30am	Battersea Park 5k, 10k & Half		
13	SEP, SUN	9 – 10am	Chevening 10k TN14 6HG, Chevening Rd, Chevening, Sevenoaks TN14 6HG, UK		
		9 – 10am	Great North Run		
		9 – 10am	Hellingly 10k Hellingly Country Park, 51 Chichester Rd, Hailsham BN27 4EP, UK		
		9 – 10am	Tallinn Marathon https://worldsmarathons.com/marathon/tallinn-marathon		
		10 – 11am	LRC Handicap GP Race #7 VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK		
		11am – 12pm	Alf Shrubbs Memorial race Slinfold, Horsham, UK		
15	SEP, TUE	6:30 – 7:30pm	Hasty Hare 5k Battersea Park Rd, London SW11 4NJ, UK		
		7 – 8pm	Club run (trail) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK		
16	SEP, WED	7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK		
17	SEP, THU	All day	Club hills training (Tom - time tbc) TBC each week		
		7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK		
19	SEP, SAT	All day	Maverick Lakes X-Trail		
20	SEP, SUN	9 – 10am	Berlin Marathon		
		9 – 10am	Run Reigate 5k, 10k & Half Priory Park, Bell St, Reigate RH2 7RL, UK		
22	SEP, TUE	7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK		
23	SEP, WED	7 – 8pm	LRC coaching (Fiona) East Grinstead, UK		
24	SEP, THU	All day	Club hills training (Tom - time tbc) TBC each week		

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 September Code

Laura Stockwood

Hi there,

I hope you've had a lovely bank holiday 🌻

The SportsShoes code for September is J53PK26C841.

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 01/10/26.

Please let me know if you have any questions.

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