



Newsletter

Wednesday 16 September 2026

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Welcome to new member, Tim Wilkes, 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



12 September 2026

Fifty-one runners, 14 locations, five PBs

East Grinstead (28), Downs Link (1), Harrogate (1), Hastings (2), Horsham (2), Itchen Valley (2), Jamaica Pond (1), Kingdom (2), Medina (1), Riddlesdown (1), South Manchester (1), Tilgate (1), Tyne Green (2) and Wakehurst (6).

Particular congratulations to first-placed **Sally Alexander** (with another PB) and second-placed **Daniel Pike** at East Grinstead, and to **Dan Celani** for his third at Wakehurst. We also had four other PBs - **Glen Smith** at East Grinstead, **Wendy Smith** (Hastings) and **Eliska Kelly** (Jamaica Pond) and **Luke Sanders** (Wakehurst).

See [all the results](#).



The weekend's main event was episode seven of the club's Handicap Grand Prix series, which Gary will cover in his weekly report further down. It was very humid morning and there wasn't much left of Gary's post-race water afterwards.

If you weren't doing the club handicap race, it must have been because you were glued to the TV screen looking out for **Simon Petitt** or **Terry Sumner** in the Great North Run.

Terry had a great run to finish with a time of 2.07.05, while Simon went even faster to complete his race in 1.27.36. Simon has written an account of the race for us later on.

As I may have mentioned in a previous newsletter, **Aly Warner** was away in the Baltics for the Tallinn Marathon on Sunday. Aly tucked this one away in a time of 4.09.59. Evans Kiprono won in 2.12.48 and first woman was Vivian Cherotich in 2.31.58.

Thanks to **Scott Ulatowski** for letting us know that, on the same day, one of our ultra stars, **Juhana Kirk**, started out on another long'un – the Tor de Géants® starting and finishing in Courmayeur. It is one of five races ranging in distance from 30km to 450km which take place between 11 and 19 September. The organisers say this 'is the first race of this kind to cover an entire region, running along its spectacular paths at the foot of the highest Four-Thousanders in the Alps and through the Gran Paradiso Natural Park and the Mont Avic Regional Park'. Juhana's event is 336kms (208 miles) with, I could be wrong here, a few ups and downs. There is a cut-off of 150 hours.

When I first checked Juhana's position on Monday afternoon, he was 44% along the route and at his lowest point ... by which I mean literally – the lowest altitude of the whole race. I watched the video of him walking into the checkpoint and confirmed that he was smiling.

While I slept through Monday night, Juhana had moved on another 41km to Niel-La-Gruba, and up to 44th place. I watched him run into a checkpoint on Tuesday evening and, by Wednesday morning, he was up into 32nd place as he left Oyace with 62kms left to the finish. As I put this edition to bed, Juhana has just left Ollomont, 50kms from the finish. You can track his last few steps via this link - <https://live.torxtrail.com/>

I take my hats off to the organisers (and the competitors!) of these incredible events – they really are something special. You can find the background here: <https://www.finishers.com/en/event/tor-x>

I notice that Gary apologises for the short notice he gave about the date of the five-mile handicap last Sunday, but he shouldn't really need to. All the club races are put in the club website calendar early in the year, and there is also a separate document with them all listed in one place and kept up to date if anything changes. [You can find both here.](#)

Finally, the latest quiz team news. Abandoned by half of their usual teammates, Gary, Lucy and Tim nevertheless battled to fourth place in The Star quiz last Thursday. A valiant effort, guys. I hope to rejoin you on 1st October. Here are the picture quiz questions from

last week, if you fancy a go.

Enjoy your running over the next week, be it Reigate or Berlin. Please send me a report of your adventures - it may inspire others.

Editor

editor@lingfieldrunningclub.co.uk

Great North Run

Simon Petitt

The forecast was looking good for this year's Great North Run (its 45th anniversary), and a look at the weather in the morning showed a reasonable temperature of around 15-17°C at the start time. However, lining up at the start in the direct sun, it felt more like the mid-20s and we all knew we were in for a hot run.

The elite runners lined up at the start closely followed by the usual group of famous faces from TV, sport etc, and this year for the first time the sitting Prime Minister. The gun went and we were off (albeit slowly, even being in the first public wave, it was a few minutes of gentle walking before I crossed the start line) and the Red Arrows flew past trailing their iconic Red, White and Blue smoke.

The first few kms go by quickly, it's mostly downhill and the crowd is vast and noisy in Newcastle City centre, and before you know it you're over the Tyne Bridge. A little bit of up and down follows before a bit of an uphill slog towards 10km.

You then get a nice downhill stretch and quickly pass through the halfway point. A few kms later, just as your legs are starting to scream at you approaching the 10-mile point, you get to what seems like a never ending uphill section towards the coast. Thankfully, it does end and you're greeted with a nice downhill respite with the sea in view. It's easy to get carried away here, but as you turn onto the coast road you still have a mile to go! It can feel like the longest mile you've ever run, but the amazing crowd carries you through it. Crossing the finish line here is always special, a fantastic atmosphere with the crowd seemingly ten people deep either side of the road.

Truthfully, the route itself is not that inspiring (aside from the first stretch through

Newcastle, and the South Shields finish) but the atmosphere among the crowd and other runners (63,000 of them this year) is what makes this race special and keeps people wanting to come back. It isn't the fastest course, and it wasn't my fastest time here, but it's always a great day out.

I'm already in the ballot for next year, and it closes on Sunday 20th September if you fancy giving it a go!



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. Contact one of the Club Committee if you have not yet joined these WhatsApp groups and want to be included.

Sunday, 13th September

5-mile Club Handicap race report



Photo courtesy of Tom Cartledge

The participants of last Sunday's 5-mile Club Handicap race experienced a masterclass in running style and efficiency, as Sally Alexander flew by everyone to take first place. I hope everyone took note!

Fortunately, the 80%/90% predicted rainfall did not happen, so we were blessed with a pleasant Autumnal morning. Many thanks to Lisa Compton, Judith Cartledge and Graeme Bennett for ensuring everyone stayed on the right route and thanks, as usual, to Tom Cartledge for his effective starting and timing of everyone and for the above photo.

Here are the results:

Position	Name	Clock Time (min:sec)	Handicap time (min:sec)	Actual time (min:sec)
1	Sally Alexander	57:20	26:30	30:50
2	Miranda Chitty	58:03	13:00	45:03
3	Angela Wilson-Taylor	58:39	10:00	48:39
4	Evie Weston	59:19	0:00	59:19
5	David Watkins	59:48	21:00	38:48
6	Sarah Begley	59:48	21:00	38:48
7	Simon Harris	60:23	24:00	36:23

8	Ben Horner	60:40	25:00	35:40
9	Robert Llewellyn	61:08	13:00	48:08
10	Dave Waddington	61:11	25:00	36:11
11	Sean Begley	61:27	24:00	37:27
12	Dave Thomas	61:43	25:00	36:43
13	Brandon Webb	61:49	25:00	36:49
14	Keith Chambers	62:14	20:00	42:14
15	Andy Senior	62:22	26:30	35:52
16	Scott McDonald	62:28	14:30	47:58
17	Steve Warner	62:48	8:00	54:48
18	Hannah Cartledge	63:16	18:00	45:16
19	Maggie Statham-Berry	63:41	21:00	42:41
20	Glen Smith	67:30	19:00	48:30

I apologise for the late notice of this event and realise that we would have a few more attendees with an earlier message. I will ensure all future events are announced well in advance (see below).

This event was the seventh of the nine club handicap events which makes the series points tables more interesting as runners, who have completed every event, now need to remove the lowest score from their points total, to keep to their best six scores. With up to 40 points available from the last two events, there are still a number of members in contention for the Ladies' and Men's trophies. The updated tables can be viewed via this link.

<https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/09/20260913-handicap-GP-after-7.pdf>

REMAINING CLUB HANDICAP RACES

The next Handicap Race will be on **Sunday, 18th October**, 10am start time.

This is the Dennis Crowhurst race, which comes with a separate trophy as well as scoring points for the series trophy.

The final Handicap race will be on **Saturday, 19th December**, 10:30am start time.

This is the Christmas Handicap race. The winner receives the Matt Bennett trophy, as well as series points. The Handicap Series trophies will be awarded after this race, at the Club Christmas party at the Victoria Club, (once everyone has trudged back up Town Hill and Tom and I have checked our maths!)

Tuesday, 22nd September

Club Road Run in East Grinstead.

Meet at East Court top car park. RH19 3LT

7pm start

The route will be 'The Dog' in East Grinstead – just over five miles, hilly and all on pavement. See the Club website for the route map, using this link:

<https://lingfieldrunningclub.co.uk/route-maps/>

Please, Please, Please! wear a reflective or light-coloured top and wear/hold a torch so you can see and be seen. Although the East Grinstead pavements are more even and better-lit than in Lingfield, it is good to get into the practice of wearing brighter clothes and having a torch, now we are encountering the darker evenings. We also plan to include a regular evening trail run during the upcoming winter months and there will be some serious Health & Safety decisions made about including members on these runs, who decide to dress like Ninjas.

Advance notice of the Titsey Trail 10K race, Sunday, 11th October.



I wanted to make sure you all knew about the Titsey Trail 10K, that is coming up next month. Unfortunately, the Race Director still insists on holding it on the same weekend as the first XC race but, if you've still got some energy after the XC, or just fancy a race with less mud, please consider entering this event. The very scenic route loops around the Limpsfield Chart, near Oxted, and only has about 200 metres of road – the rest is really interesting trails through the woods and fields and once you've got to the 6km point, all the big hills are out of the way!

I have to make a declaration of interest as I'm a previous Race Director and long-term committee member of this race, but just want to highlight what a fun event it is, even with the hills. There is a medal, a bottle of local beer and a very bright pink T-shirt for all finishers. The race usually sells out, so my advice is don't wait until Race Day to decide to enter.

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.

HELP the EGAC Schools Cross-Country Races

Sally Alexander

Do you remember your first race? When someone was there cheering you on. Helping you push through. Making you feel part of something bigger. On Sunday 11th October, you can be that person for young athletes in our community.

The East Grinstead Schools Cross Country on October 11th is more than a race. It's about inspiring and encouraging young runners to discover what they're capable of.

If you've ever felt that spark from a supportive community at a race, you can help us create that for the next generation.

We need volunteers:

-  Course marshals
-  Finish funnel support
-  Race support
-  Setup and teardown

Two hours or all day. Whatever you can give.

Sign up: <https://xc.eastgrinsteadac.co.uk#volunteers>

Community makes running better. 🏆

Key dates for the next two weeks

Editor

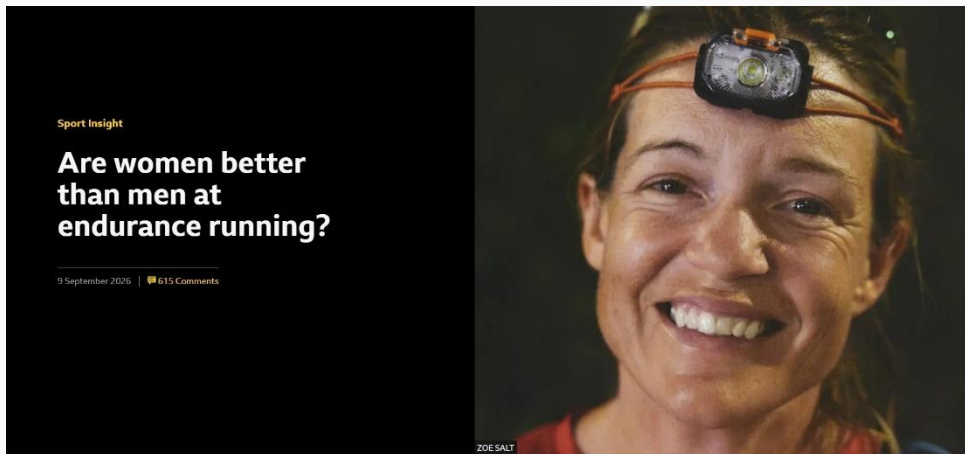
Click on the link - [race calendar](#) - for full details

Today			<	>	Sep – Oct 2026	▼
16	SEP, WED	● 7 – 8pm	LRC coaching (track)			Holland Sports Athletics Club, Mill Ln, Oxted RH8 9
17	SEP, THU	● 6:30 – 7pm	Club hills training (Tom)			Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD,
		● 7 – 8pm	LRC track session with Horley			K2 Crawley, Pease Pottage Hill, Crawley R
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 (Gary)			East Court, College Ln, East Grinstead RH19 3LT, 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
26	SEP, SAT	● 12 – 1pm	SEAA 6/4/3 Stage Road Relays			Rushmoor Arena, Rushmoor Rd, Aldershot GU11 2FE, I
27	SEP, SUN	● 9 – 10am	Warsaw Marathon			
		● 9:30 – 10:30am	Eastbourne 5k & Mile			Holywell, Eastbourne BN20 7XN, UK
		● 10 – 11am	Barns Green Half, 10k & 5k			
		● 10:30 – 11am	Eridge 10 (GP race 10)			
		● 12 – 1pm	SEAA AGM			The Civil Service Club, 13-15 Great Scotland Yard, London SW1A 2HJ, UK
28	SEP, MON	● 7 – 8pm	LRC Committee			VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
29	SEP, TUE	● 6:30 – 7:30pm	Kangaroo Hop 5k			Battersea Park Rd, London SW11 4NJ, UK
		● 7 – 8pm	Club run			Lingfield Running Club, 54 High St, Lingfield RH7 6AA, 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

Are women better than men?

BBC



Sarah Dawkins

BBC Sport Senior Journalist

"The race is too hard for women. They are simply not tough enough to do it."

Those are the words of Lazarus Lake, race director of the [Barkley Marathons](#) - one of the world's hardest ultramarathons which to date, of the approximate 1,000 people who have started, only 20 have ever completed.

Speaking in 2015 and daring for someone to prove him wrong, it took nine years until a British ultra-runner did just that.

Completing the extreme 100-mile course with just one minute 39 seconds to spare of the 60-hour cut-off, [Jasmin Paris from Midlothian made history](#) and cemented her name in the ultra-running history books.

But now, increasingly, she is not alone.

[Read full article](#)

Reminders from previous weeks

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

Sports Therapists

Sally Alexander

Every week we include this link to our latest update (16 June 2026) of the [Directory of Member Recommendations](#).

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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