

Newsletter

Wednesday 23 September 2026

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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

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Lingfield's Racing Roundup



19 September 2026

Forty-six runners, 13 locations, three PBs

East Grinstead (28), Chichester (1), Horsham (1), Hove Promenade (1), Judarskogen (1), Kingdom (1), Market Bosworth Country Park (1), Mile End (2), Rendlesham Forest (1), Seaton (1), Squerryes Winery (1), Tilgate (3) and Wakehurst (4).

Particular congratulations to our three first-placed finishers - **Sally Alexander** and **Ashley Middleton** at East Grinstead, and **Dan Celani** (Wakehurst). **Natalie Mitchell** and **Lucy Wilkes** were also second- and third-placed women at East Grinstead, with a PB for Natalie. Much further north, **Lisa Compton** was third woman at Judarskogen! We also had two other PBs - **Robert Llewellyn** at East Grinstead, **Nevenka Worsell** (Horsham). Well done to all.

See [all the results](#).



After my lengthy build-up last week, you will be pleased to know that **Juhana Kirk** successfully completed the Tor de Geants 330 in the early hours of last Thursday morning. Juhana took 87 hours, 20 minutes and 31 seconds for the 336 kms; what a massive achievement. In the end, 690 of the 1,000+ starters completed the journey. Jiaju Zhao was quickest in 65.55.22, and first woman (and third overall) was Katharina Hartmuth in 67.10.09.

There were several distances available at the Run Reigate event last Sunday. **Simon Harris** chose the longest, half-marathon distance which he finished in a chip time of 1.59.00. This race was won by Andrij Sochka (Kolomyia Running Club) in 1.16.09, and first woman was Nicole Allan (Springs Gym) in 1.22.09.

Given the lack of other local races, I'm a bit surprised that I couldn't spot any other club members in the results. Please let me know if you were there, and I missed you.

I was lucky that **Lucy Wilkes** flagged up her attendance at the Larkfield 10k on Sunday. This race is in East Malling, is a fast and flat 10K course and also hosts the Kent County Athletics Association short course championship. Lucy completed this race in a time of 48.21 which, I believe, was a PB. Well done, Lucy, and thanks for [the report](#). Alex Richards (Bexley AC) won in 33.04, and first woman was Amelie Karlsson (Medway & Maidstone) in 38.11.

Feedback

Do we need a newsletter? If so, what should it contain?

I will be sending an email to all members in the next few days, with a link to a short online survey form. It would be very helpful if you could spend a few minutes completing it, so that the Committee can decide whether, and in what form, we continue in the future.

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

Editor

editor@lingfieldrunningclub.co.uk

Larkfield 10k

Lucy Wilkes

I ran the Larkfield AC 10k on Sunday. This was my first ever 'proper' race back in 2017, and I've now completed it seven times. The two-lap course has changed a bit in that time, to take some twists and turns through a newish housing estate instead of passing through the grounds of a stately home. I prefer the newer route as it's both a bit more varied and a bit more undulating, while still offering just as much PB potential as the old one.

The race HQ is at a fruit research institute which is also an events venue, and a few years ago had a major upgrade of its facilities. As a result those facilities are also completely on point, and I can't not mention the best ladies' toilet provision I've encountered at any race - indoors, clean and with minimal queuing required!

As usual, Saturday's race was part of the Kent Grand Prix series and was also the Kent Short Course Championships. Some Kent clubs were clearly taking the competition very seriously, with a huge turnout from Petts Wood Runners in particular. Despite this, there was a friendly atmosphere with many of the female runners saying "well done" as I passed them, although perhaps they had noted my Surrey vest and the lack of a Championships number on my back! One Dartford runner went further after overtaking me in turn and encouraged me to join up with her for the last mile: "come on, Lingfield, we'll get each other to the finish".

It turned out we were both aiming for a course PB and both hoping to get under 49 minutes. The last kilometre is an uphill drag back up the access road to the research station that feels like it goes on for miles, and I would definitely have slowed down more if she hadn't been spurring me on. As it was, we crossed the line together in 48:53, exchanging heartfelt congratulations and a promise to connect on Strava.

My chip time of 48:21 was also an overall PB by over a minute (one second over, but it still counts), and the fifth time I've improved on my PB in six attempts at Larkfield. My dad was pleased with his season's best time and third place in the Kent Championships as well, and it kept him in contention for the Grand Prix series.

Overall it's a great race, great atmosphere and a really fast course - I'd recommend it to any other Surrey runners who are willing to fly the Lingfield colours in deepest Kent in future!



One Mile time trial

Gary Spring

There is growing interest in the club reviving the One Mile time trial, down St Piers Lane.

Tom Cartledge and I are currently reviewing the logistics of holding this event safely, on an accurately-measured section of the road. We'd like to try it out before the end of this year, but because of the darker evenings, this is likely to be on a Sunday morning rather than a weekday evening.

We want to make this event something that all members would enjoy, not just the ones who want to take Graeme Bennett's record away from him, so don't think you need to be Mr or Mrs Speedy to take part.

We aim to come up with a viable plan for the event at the next Club Committee meeting, at the end of September, so expect more information in early October.

In the meantime, we're interested in who would like to take part so, if this is something you would like to try out, please can you tell Tom or myself, or send a message to me at organiser@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. Contact one of the Club Committee if you have not yet joined these WhatsApp groups and want to be included.

Tuesday, 29th September

Club Road Run in Lingfield.

Meet at the Victoria Club

7pm start

The road route will be the one designed by James Kilfiger, that allows us to run just over five and a half miles, around Lingfield, without any repeat loops. See the Club website for the route map, using this link: <https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/03/202602-James-Kilfiger-Lingfield-route.pdf>

Please, Please, Please! wear a reflective or light-coloured top and wear/hold a torch so you can see and be seen. 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 continue to dress like Ninjas.

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!)

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.

Club Kit news

Gary Spring

1. Lighter-material running vest



We had a lot of interest in the lighter running vest from our current supplier, but there were also many comments about the higher price putting off some members. Things have now improved cost-wise, as we have a number of cheaper lightweight vest options to consider, all at a similar price to our current vest.

Thanks to Peter Vaughan, a member of our club but based in Abu Dhabi, he has

introduced to me to a UK kit supplier called Zeon, that his Abu Dhabi club use (see photo, above).

Zeon have three different light-weight vest materials on offer. Currently, Ashley Middleton is trying out the lightest weight sample and Miranda Chitty has a sample of the Abu Dhabi club vest. Peter says that this vest is comfortable to wear in the high humidity/high temperature conditions in Abu Dhabi.

Our current supplier, Scimitar, has also provided a sample of another lightweight vest which is priced similar to their current vest. Sally Alexander is trialling the sample they provided.

The plan is to gather the feedback from the vest testers over the next couple of weeks and have a decision on which vest supplier to go with, before the end of October. I apologise that the time is slipping back, but we do want to take time to make the right decision with which vest material to go with.

I realise that we're unlikely to get high temperature and humidity conditions again until next summer but if anyone would like to try out one of the vest samples now, we have the following:

- a. Zeon material 1. Men's Small (Very lightweight!)
- b. Zeon material 2. Men's Small (As used by Abu Dhabi Running Club)
- c. Zeon material 3. Men's Medium (Zeon say this is an upgrade to 'b')
- d. Scimitar Lightweight material. Women's Extra Small

Let me know if you are interested in seeing or testing any of the above vest samples (vests@lingfieldrunningclub.co.uk) and I'll pass it onto you as they become available.

2. Hydration vest

Hydration vest supplier, Swiftal, recently contacted Brandon Webb (as Club President) to offer a free sample of their product for the club to try out. This included having our club logo printed on the vest. See photos.



The vest price is £25 and the soft water bottles are £5 each. This includes the cost of adding the club logo. Once Brandon has finished trialling it, including how it stands up to being washed, we'll publish what he thought of it and provide the necessary info, if you would like to purchase one.

Key dates for the next two weeks

Editor

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

Today < > Sep – Oct 2026 ▾		
23 SEP, WED	● 7 – 8pm	LRC coaching (Fiona) Mount Noddy
24 SEP, THU	● 7 – 7:30pm	Club hills training (Tom) Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK
26 SEP, SAT	● 12 – 1pm	SEAA 6/4/3 Stage Road Relays Rushmoor Arena, Rushmoor Rd, Aldershot GU11 2FE, UK
27 SEP, SUN	● 8 – 9am	Phoenix Fox Trot Run Buchan Country Park, Horsham Rd, Crawley RH11 9HQ, UK
	● 9 – 10am	Berlin Marathon
	● 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 (Gary)	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
30	SEP, WED	● 7 – 8pm	LRC coaching (Dave)	Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Grinstead
1	OCT, THU	● All day	Club hills training (Tom - time tbc)	TBC each week
		● 8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
3	OCT, SAT	● 8:30 – 9:30am	LRC East Grinstead parkrun takeover	East Court, College Ln, East Grinstead RH19 3LT, UK
		● 8:30 – 9am	Maverick South Downs Trail	PO8 OQE
		● 2 – 3pm	East Surrey League (XC trophy race 1)	Lloyd Park, 84 Coombe Rd, Croydon CR0 5RA, UK
4	OCT, SUN	● 9 – 10am	Run Kent Half	Tonbridge, UK
		● 10 – 10:30am	East Grinstead 10k (GP race 11)	
6	OCT, TUE	● 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

In a former life ... Mark Aldred **Editor**

My informants have supplied me with the following background on member Mark's former career as a top player for a local football team. If you have any other articles about what members used to get up to (within reason, and ones that aren't likely to result in legal action), please send them in.

HEROES OF THE HAVEN

CATCHING UP WITH GREAT PLAYERS FROM THE CLUB'S HISTORY



Mark Aldred

How long did you play for Crawley Down?

I played for Crawley Down from the age of 7 or 8. My debut in adults football was against Chichester City Reserves in the cup. I was 16 and I scored two, won a penalty and we won 3-2. In winning the penalty I did my ankle ligaments, so I didn't play again for a few months.

What was your finest moment in a Crawley Down shirt?

Being involved in getting the club promoted to the County league and winning cups and leagues along the way.

Favourite goal?

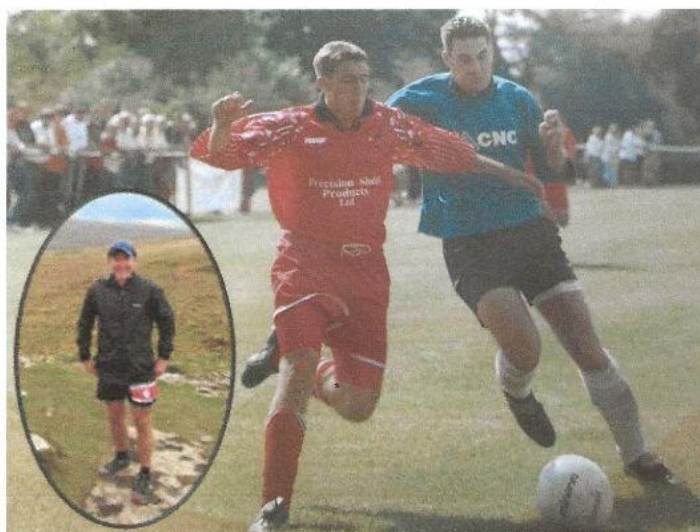
Scoring against East Grinstead on Boxing Day when we won 6-0. A great day.

Who were the best teammates you played with?

So many to choose from: Andy Barker, Adam Aylward, the De Castro brothers, Doug Cashman, Matt Heasman. It is impossible to name them all, great lads.

Who was your funniest teammate?

Dave Conner, Fryer, Clark. Again, so many great characters over the years.



Then and now: Mark Aldred in action for Crawley Down and, inset, now

What made Crawley Down so special?

The great team spirit especially when we had four teams and everyone used to go out every Saturday night win, lose or draw. Good days.

What are you doing now?

I'm now a driving instructor, married to Debbie with two kids: Lily and Oscar. I love running and enjoy trail ultra marathons.

Are you still involved in football?

I'm not involved in football anymore, but I still love watching it.

Do you still keep in touch with your old teammates?

I still see quite a few lads from the various CD teams I've played for over the years, including a few from when it all started many years ago: Darren Fryer, Adam Aylward, Kevin Maxey, Simon Rawden, Danny Todman.

Did you play for the Crawley Down? If so, we would love to feature you in this series of articles. Please email cdgfcjuniorcoordinator@gmail.com

With thanks to Crawley Down Gatwick Football Club from whose matchday programme this article comes

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](#).

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