



Lingfield Running Club Newsletter

Wednesday 30 September 2026

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No new members to welcome this week.

Race results, reports, club updates, and upcoming events all below.

Send race reports/photos, articles to: editor@lingfieldrunningclub.co.uk

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🏃 Lingfield's Racing Roundup 🏃



26 September 2026

Fifty-one runners, 18 locations, six PBs

East Grinstead (29), Bognor Regis (1), Enniskillen (2), Fletchers Cove (1), Ganger Farm (1), Guildford (1), Hastings (2), Holywell King George V Playing Fields (1), Hove Promenade (1), Jeskyns Community Woodland (1), Maidstone River Park (1), Market Bosworth Country Park (1), Middleton Greenway (1), Richmond (1), Seaton (1), Tilgate (1) Torvean (1) and Wakehurst (4).

Particular congratulations to our 'placed' finishers at East Grinstead - **Sally Alexander** and **Ashley Middleton** (firsts), and **Ben Horner** (third). And we had more PBs than usual - **Ben Horner**, **Lucy Wilkes** and **Amy Hodge** at East Grinstead, **Liz Webster** (Fletchers Cove), **Michael Manwill** (Hastings) and **Sarah Begley** (Wakehurst). Well done to everyone.

See [all the results](#).



I received one late race result ([and report](#)) from **Simon Moore** who ran the Grimpette des Bedjuis in Switzerland on 12 September. Makes the uphill mile look a bit tame. Simon ran the four-mile route in 53.39, for the views alone, it would seem! Well done, Simon.

After the relative quiet of last weekend, this was quite the opposite. It was the latest round of the club's Open Grand Prix Trophy series on Sunday, at

the Eridge 10 Trail race. Three of our top runners acquitted themselves with distinction – **Ashley Middleton** (1.08.08), **Sally Alexander** (1.20.49) and **James Kilfiger** (1.23.10). Sally has given more detail in her report later in the newsletter.

This gained James a few more points at the top of the GP table, but Ashley moved into an ominous fifth place with four GP races remaining. As for the women's trophy ... well, Sally can put her feet up now, having the maximum 140 points from her seven races to date. Interestingly, though, if **Sarah Begley** is first home in the remaining four GP events, she could equal Sally's total, because she has also won three GP events

Then there were the Barns Green races. **Glen Smith** was our rep in the half marathon, finishing with a time of 2.24.21. In the 10k it was up to **Sue Garner** to represent the club, and she did this with a first-place age category time of 55.30. Excellent both of you.

It looks like we may have a touch of the Kerr/Ingebrigtsen rivalry in the club, with two of our top lady vets avoiding competition against each other. So, not to be outdone, **Lisa Compton** went to the Vitality London 10k, where she finished with a time of 51.40, and first place in her age group. Age cannot wither them, nor custom stale them ... etc, etc.

There were also three Lingfield men taking part in London! **Terry Sumner** (in East Grinstead guise) was first to finish in 47.30, then came **Mark Aldred** in 48.10, and **Simon Harris** managed 48.30. Very well done to everyone.

We had a few members doing marathons last weekend.

James Caffrey went along to the latest Run Dorney Lake series. Although there are regular multi-distance races at Dorney Lake, last weekend's Run Dorney Lake Marathon/Half/10K/5K was a major autumn event. James completed the run in a time of 2.53.27, a PB for him, and fourth in his age group. Super, James.

Simon Petitt was a bit further away for the Loch Ness Marathon, which he completed in a time of 3.05.24. This placed him 105th of the 4,000 who finished. Great run, Simon.

Even further away was roving **Aly Warner**, for the Warsaw Marathon. Aly finished this with a chip time of 4.15.25. Stephen Kibor won in 2.09.19 and first woman was Lili Anna Vindics-Toth in 2.24.47.

And **Dave Nottidge** has let me know about his Sunday run, the Windsor half

marathon.

"I did this race yesterday. It's an undulating course, all on roads and lanes through Windsor Great Park. Very scenic with the finish down the Long Walk. It was hillier than I expected, but I enjoyed it - ran it with my son Matt. The winner was James Mcmarry of St Albans AC in 1.07.28. First Lady was Lesley Locks of Aldershot Farnham AC in 1.24.08. I came 1932nd out of 3000 runners in 2.14.21. It was a very well organised race". Well done, Dave, and great photo.



Phew!

At a slightly less competitive level(?), Phoenix West Sussex hosted its latest event, the Fox Trot Run, at Buchan Country Park. The list of half marathon finishers reads like a who's who of the Club, but I do hope Laura and Hannah recover quickly from their falls.

First Name	Surname	Bib#	Made with AI
Ian	Watkins	78	02:16:28
Tom	Cartledge	16	02:17:37
Laura	Stockwood	75	02:19:04
Matt	Stockwood	76	02:22:00
Judith	Cartledge	15	02:23:45
Keith	Chambers	20	02:30:13
Nevenka	Worsell	84	02:30:13
Hannah	Cartledge	9	02:44:56



If you don't want a knee like that at the end of your next run, the first event of the XC season is probably right up your street, as it takes place at grassy/muddy Lloyd Park. It's on Saturday 3rd October and is the first of the three East Surrey League series races. A Lingfield first place here will earn you ten points towards the club's cross-country trophy.

Finally, best of luck to **Dave Worsell** and **Fiona Champness** at the SEAA volunteer awards on Saturday evening. You're already winners to us! And I hear it's possible we may be able to live-stream the event into our devices. We'll put links on Facebook/WhatsApp groups if we find out.

Feedback

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

Last Friday I sent an email to all members, with a link to a short online survey form. Very many thanks to those who have already responded.

If you haven't (you know who you are), 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 racing, pacing or marshalling over the next week. Please send me a report of your adventures - it may inspire others.

Editor

editor@lingfieldrunningclub.co.uk

A message from the Chair

Sally Alexander

Award season

First, good luck to **Dave Worsell** and **Fiona Champness** who will be attending the EA South East Regional Volunteer Awards on Saturday, having been shortlisted for the Services to Athletics and Running Volunteer Award and the Unsung Hero Volunteer Award respectively.

As we all know, both Dave and Fiona are more than worthy candidates who always willingly give their time and expertise to both our club and its members. We hope you have a fantastic evening and should the event be live-streamed, I will send a link!

Member donation

We would like to extend our heartfelt thanks to **Chris Ryan** who has kindly donated funds to the club again this year, in memory of those members who have passed.

Following discussion with Chris, Scott and the Committee, the money will be used to purchase a new hot-water flask so you can continue to enjoy a hot drink to accompany your sweet treats after racing - one of ours is broken!

The remainder will be used towards the new lighter-weight club vests. These two items reflect the heart of Lingfield Running Club - the cross country - an event in which those members who have passed were passionate participants.

We have also been lucky to have received some additional funds to support Chris' donation, thanks to Gary's work helping to organise volunteers for the London Marathon.

On behalf of the club, thank you Chris! When we are slogging up those muddy hills in our smart new vests, we will think of the hot drink waiting for us at base camp!!!

Lingfield Junior parkrun

As many of you already know, Scott McDonald has been working hard to set up a junior parkrun in Lingfield. After significant efforts to raise the necessary funds to establish our community's very own event, the committee has taken the decision, on behalf of the club, to match the L10s' contribution of £200 so that Scott can get this important venture underway.

I am sure you will join us in wishing Scott and his core team every success, and I know there will be many of our members and their families who will be out supporting and even running at the parkrun in spring!

Eridge 10 Mile Trail Run

(Grand Prix #10)

Sally Alexander

Three LRC Musketeers Tackle TWH's Notorious Trail Challenge

Sunday 27th September 2026



Ashley, James and myself all set at the start of the Eridge 10M!

Described as a 'mild love letter to mud, leg cramps, and the questionable life choices' that us runners make, Ashley, James K and I took on the highly regarded challenge that is the Eridge 10-mile.

If you have not competed in this event before, you are initially lulled into a dreamy state of reverie, admiring the stunning Kent countryside from the beautiful setting of Eridge Park. However, once the race starts, it's a case of digging very deep into those calf and quad reserves as you hit ten miles of relentless uncut sloping fields, steep rutted gulleys, a couple of fetid muddy swamps, a bridge, ancient woodlands and ascents which certainly test your mettle! Even Ashley confessed to walking the steepest hill at the eight-mile point!!

However, if you are able to take a moment to look around (and not trip over - as I managed to do going uphill!!) at every point, you are rewarded with the most spectacular views of our English countryside at its best! It really is glorious!

For Ashley, James K and I, we only had one thing in mind and that was the free pint of Sussex beer waiting for us at the finish line. Oh! And the sumptuous array of home-baked cakes! This meant keeping focused on one of the most technical of courses. And it comes as no surprise that our nimble ‘musketeer’, Ashley, stormed across the finish line in third place overall, with myself and James K not doing too badly either, finishing in 13th and 20th place overall out of a field of 140 runners.

We should have walked away with two x third-place trophies for the men's and women's field, but there seemed to be some confusion and instead we were congratulated on narrowly missing out on a team trophy (despite this being for single-sex entries!!) I know I am not the most elegant of women, but I hope I have some feminine attributes!!

All that aside, we were really pleased to have entered the race. It was super friendly, relaxed, beautiful and great practice for our looming cross-country season and for Beachy Head.

So, if you are looking for a technical trail challenge with about 450 metres of elevation in the stunning Kent countryside, I would highly recommend the Eridge 10M.

P.S. To Chris: I promise not to moan about Lloyd Park or the hill at Oxshott, unless it is raining of course!!!

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, 6th October

Club **TRAIL** Run in Dormansland/Dry Hill
Meet at The Plough, Plough Road RH7 6PS
7pm start

This route is about 7.5km in distance and starts and finishes at The Plough. It is about 50/50% road and trail. It is pretty flat all the way round **but it will be dark in places so you must be wearing/carrying a torch to take part**. There are several options to cut down the distance for anyone wanting a shorter route. There is also a short road route if anyone wants to stay off the footpaths.

REMAINING CLUB HANDICAP RACES

Number 8: Dennis Crowhurst race

Sunday, 18th October: 10am start

This race starts at the St Sylvan car park in Staffhurst Wood Road. It is all on road, reasonably flat and just under 5 miles in distance. More details closer to the day.

**** NOTE **** We will need some marshals to stand at the junctions of this route so if you are available on the morning of Sunday 18th October, but don't fancy taking part in the race, please contact me about being a marshal.
(organiser@lingfieldrunningclub.co.uk)

Number 9: Matt Bennett Trophy race (Christmas Handicap)

Saturday, 19th December: 10:30am start.

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.

Grimpette des Bedjuis Mountain Race – 12th September 2026

Simon Moore

Time to head for Switzerland again—for what is now an annual event for me: ticking off another mountain running race, uphill only. This year I headed to Riddes in the Valais region to take part in the Grimpette des Bedjuis, which roughly translates as 'short steep climb'—though it's actually named after the Bedjuis, as the locals of Isérables are known. The four-mile race packs 3,200 ft of ascent into its little climb, and forms part of the Valais Mountain Cup series—a series incorporating three races. One is quite enough for me.

The race starts with a kilometre warm-up through the old streets of Riddes on the river Rhône, then hits the switchbacks heading up the valley wall to Isérables. It then winds through the village's narrow cobblestone alleys, past the church, before the final push above the village to Les Crêtaux, which is by far the steepest section.

At the finish line there were no medals or souvenirs, just the satisfaction of having reached the summit, and the view of the Rhône valley below. Drop back down to the village, and your race entry guarantees a free ride back to Riddes on the gondola.

I finished in 53:39 - 22nd out of 224 runners. The winner, Fernando Esteves, completed it in a speedy 42:30. And to think that, at the moment I crossed the finish line, Juhana still had another 204 miles ahead of him at the Tor des Géants. What an amazing achievement.



[Full results](#)

Key dates for the next two weeks

Editor

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

Today			< > Sep – Oct 2026	
30	SEP, WED	7 – 8pm	LRC coaching (Dave) Imberhorne Lane Long Stay Car Park, Imberhorne Ln, East Gri	
1	OCT, THU	7 – 7:30pm	Club hills training (Tom) 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	
3	OCT, SAT	8:30 – 9:30am	LRC East Grinstead parkrun takeover East Court, College Ln, East Grinstead RH19 3	
		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 5R	
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 trail run (Gary) RH7 6PS, Plough Rd, Dormansland, Lingfield RH7 6PS, UK	
7	OCT, WED	7 – 8pm	LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, I	
8	OCT, THU	All day	Club hills training (Tom - time tbc) TBC each week	
8	OCT, 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,	
10	OCT, SAT	All day	EG Lions prostate screening East Court, College Ln, East Grinstead RH19 3LT, UK	
		All day	Surrey XC League (1) (XC trophy) Priory Park, Bell St, Reigate RH2 7RL, UK	
		9 – 10am	Lisbon Marathon	
		9:30 – 10:30am	Sofia Marathon	
11	OCT, SUN	9 – 10am	Bucharest Marathon	
		9 – 10am	Budapest Marathon	
		9 – 10am	Royal Parks Half	
		9 – 10am	Zagreb Marathon	
		9:30 – 10:30am	Eindhoven Marathon	
		9:30 – 10am	Tiramisu Run (10.1k) Treviso, 31100 Treviso, Province of Treviso, Italy	
		10 – 11am	Titsey Trail 10k Limpsfield Chart Golf Club, Westerham Rd, Oxted RH8 0SH, 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

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.

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