



Lingfield Running Club Newsletter

Wednesday 7 October 2026

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In case I missed him last month, let's welcome new member, Jason Meers, this week!

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

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🏆 Lingfield's Racing Roundup 🏆



3 October 2026

Forty-nine runners, 17 locations, four PBs

East Grinstead (30), California Country (1), Crosby (1), Holyrood (1), Hove Promenade (1), Jeskyns Community Woodland (2), Kingdom (1), Leybourne Lakes (1), Limepark Playing Fields (2), Littlehampton Prom (1), Penrith (1), Seaton (1), Tilgate (2), Tonbridge (1), Uckfield (1), Wetherby (1) and Y Promenad (1).

Particular congratulations to our 'placed' finishers at East Grinstead - **Tom Harvey** (second) and **Lucy Wilkes** (third). Tom also had a PB, along with **David Waddington** and **Susie Birch** (East Grinstead), and **Dan Oppe** (Tonbridge). Well done to all, particularly to pacemaker(?) David.

See [all the results](#).

Lucy Wilkes has also written a report about our East Grinstead 'takeover' for the parkrun website, and which I have reproduced below.



What a weekend of medals: a brilliant parkrun takeover on Saturday, Maggie at Lloyd Park, volunteer awards that evening, and domination of the East Grinstead 10K trophies on a sunny Sunday morning.

First up, the East Surrey League at Lloyd Park on Saturday, where we had just the four runners this year, half of last year's number. **Jason Meers** was a one-man team, but having three women enabled them to finish sixth of the nine clubs in this first of three events. The next one is not until 27 February next year! Maggie picked up her trophy for first in age group last season, and has written a short report, with times, later on. Well done to all four of you.

In the evening, **Dave Worsell** and **Fiona Champness** put on their posh frocks and sashayed to the Silvermere Inn on the Lake in Cobham for the England Athletics Regional Volunteer Awards. Dave was a Winner for his Services to Athletics and Running and Fiona won the Unsung Hero Award. Very well deserved, both of you. More detail here: [England Athletics Volunteer Awards](#)

And, on Sunday morning, was the Andy Ripley Memorial 10K in East Grinstead. This was, of course, the club's 10k Championship Trophy race, as well as Grand Prix event #11. We dominated the numbers with 36 runners, results as below, and read Sally's report.

Pos	Net Time	Name	Category	Age Grade
2	32:59	Ashley Middleton	Senior Men (2 of 82)	80.05
5	35:26	Dan Celani	Vet Men 45-49 (1 of 39)	81.76
18	41:05	Sally Alexander	Vet Women 50-54 (1 of 18)	85.82
19	41:18	James Kilfiger	Vet Men 50-54 (1 of 23)	73.77
34	43:45	Ben Horner	Male U20 (5 of 12)	59.22
35	43:42	James Willis	Vet Men 45-49 (5 of 39)	66.07
57	45:53	Stephen Lovell	Vet Men 65-69 (1 of 12)	72.34
64	46:49	Simeon Howe	Vet Men 55-59 (2 of 12)	64.08
68	47:43	David Thomas	Vet Men 45-49 (11 of 39)	59.62
71	48:09	Sarah Begley	Vet Women 35-39 (2 of 28)	62.32
83	49:21	John Begley	Vet Men 40-44 (4 of 17)	54.55
84	48:41	Simon Harris	Vet Men 50-54 (6 of 23)	59.6
87	48:48	Mark Aldred	Vet Men 50-54 (7 of 23)	59
102	49:55	David Watkins	Vet Men 60-64 (3 of 23)	65.37

105	50:18	Daniel Jones	Vet Men 45-49 (13 of 39)	54.97
129	52:02	Wendy Smith	Vet Women 55-59 (1 of 15)	69.79
145	52:13	Keith Chambers	Vet Men 65-69 (5 of 12)	63.22
150	52:32	Matthew Stockwood	Vet Men 55-59 (6 of 12)	56.72
151	52:33	Ian Watkins	Vet Men 65-69 (6 of 12)	62.23
161	53:18	Judith Cartledge	Vet Women 60-64 (1 of 17)	71.47
163	54:24	Fiona Champness	Vet Women 50-54 (4 of 18)	61.46
188	55:27	Sue Garner	Vet Women 75+ (1 of 1)	86.97
214	56:26	Hannah Cartledge	Senior Women (11 of 37)	49.57
218	56:47	Scott McDonald	Vet Men 60-64 (14 of 23)	54.34
219	58:13	Helen Petitt	Senior Women (12 of 37)	49.1
225	57:46	Patrick Bastow	Vet Men 55-59 (10 of 12)	51.64
228	59:09	Judy Hayler	Vet Women 60-64 (2 of 17)	63.85
245	59:52	Kelly Walter	Vet Women 55-59 (6 of 15)	57.3
261	1:00:41	Steve Brinkley	Vet Men 65-69 (8 of 12)	53.58
267	1:01:28	Angela Wilson-Taylor	Vet Women 50-54 (8 of 18)	53.22
288	1:03:48	Marije Field	Vet Women 60-64 (5 of 17)	57.51
307	1:04:03	Zoe Greenfield	Vet Women 55-59 (7 of 15)	51.57
328	1:07:36	Amy Hodge	Vet Women 40-44 (23 of 33)	43.69
400	1:27:10	Michele Edwards	Vet Women 60-64 (17 of 17)	43.29
403	1:40:28	Dave Wilkes	Vet Men 75-79 (2 of 2)	38.48

Sally retained the Ladis 10k trophy for the fourth year, while this was the first Men's trophy for Ashley. His time was not only a personal PB, but it was also the fastest time recorded in the history of the club's 10k Championship race. Brilliant. For the record, despite Sally's fast times over the last four years, **Marlene Pautard** still holds the women's 10k championship record for her 40.22 at Brighton in 2002!

In terms of Grand Prix trophies, **James Kilfiger** continues to cling on to first place, but with **Dan Celani** moving into second, and **Ashley Middleton** now in fourth. In the

women's table, **Sally Alexander** has clinched the trophy, as **Sarah Begley's** second place means that she cannot now catch up with the flying machine. **Sophie Davis** stays in third. Here are the full tables – [men](#) and [women](#) .

There were a few other events to report.

Dave Nottidge was our friend in the North on Sunday, competing in the 10k version of the Great Cumbrian Run. This is run around Carlisle and is, they say, Cumbria's leading running event. As Dave first ran it 40 years ago, he must know it well. Dave says: *"A run all on tarmac - some in the city, some in the countryside. I ran it in 57.29. The winner, Josh Pearson finished on 34.22. There were 421 runners. There was also a half marathon with 825 runners. Another enjoyable race."* First woman was Georgina Knapper in 39.00.

And **Simon Moore** (below) was at the Run Kent Tonbridge Half marathon. Simon completed this in 1.29.02, for 50th place of the 1,147 finishers. Great time, Simon, well done. Tonbridge AC provided both winners - Thomas Lockhart (1.13.31) and Elizabeth Owen (1.21.23).



Last week I received a copy of the latest edition of the English Cross-Country Association (ECCA) Handbook. It reminded me that Lingfield hosted the 'Nationals' in 1902 and 1905, both won by Highgate Harriers. The individual winner in 1902 was one Alf Shrubbs, whose name lives on today in the [Alf Shrubbs Memorial 10k](#) race, held at Slinfold each September.

Many thanks to the 61 members (of 162) who replied to the survey about the club newsletter. I will publish the results and the Committee response after our next meeting on 26th October.

Last but not least, the club's quiz team resumed its winning ways at The Star last Thursday. Yes, we swapped the chance of watching 'Celebrity Traitors' to celebrate our fifth win of the year. The winnings went to the pub's charities, as usual. [Picture quiz here](#) if you're interested in having a go.

Before our next Star quiz date on 12th November, there is the not insignificant matter of

the Lingfield Marathon minibus fundraising quiz, hosted at the Victoria Club by our own **Scott McDonald** on Friday 23rd October. We have one team entered (that I know of) and I'm sure Scott would welcome more. [Email Scott](#) if you're interested.

Enjoy your racing, or whatever else you choose to do, over the next week. Please send me a report of your adventures - it may inspire others.

Editor

editor@lingfieldrunningclub.co.uk

East Surrey League, Lloyd Park, 3 October 2026 **Maggie Statham-Berry**



From left - Jason, Natalie, Susie, me
Photos: Martin Berry

Lloyd Park was pleasantly warm and the ground was completely dry for the first match of the East Surrey league. There were nearly 100 finishers in this friendly cross-country race which was a season's opener for most.

Jason Meers made his competitive debut for LRC and did well to hold his ground in an uphill charge for the line amidst five equally determined finishers. His time of 36:10 was good for the five-mile undulating course, even in dry conditions. It will be different in February!

Susie Miller was next in 39:40 followed Natalie Mitchell in 40:54, then myself in 43:48, 76th overall.

After the race, there was a presentation of trophies for last season's ESL series. I was awarded a shield for being the first W70.



East Grinstead Runner's Andy Ripley Memorial 10K Race **Sally Alexander**

Grand-Prix #11 AND Club 10K Championship Race (it was a busy one!!)

Worth Every Step: 35 Lingfield Runners Smashed the Worth Way!
Sunday 4th October 2026



Pre-race photo of the majority of the LRC team with Dave all smiles post-race!

After a Saturday filled with parkrun takeover and the East Surrey League Cross-Country, an incredible 35 LRC runners took on the yearly pilgrimage of East Grinstead's Worth Way, part of the East Grinstead 10K route!

As the sun shone and Terry was blasting the beats, the Lingfield team were limbering up ready to tackle the course. At the sound of the horn, the race was underway with Ashley leading the us out (having come to terms the evening before that sub-15-minute 5K Crawley AC athlete, James Westlake, would be running (and this year, he was not intending upon pacing his brother!!))

After skirting the field and path behind Imberhorne School, it was onto the Yellow Brick Road and then the infamous course section of the Worst (oops, Worth) Way which seems to go on...and on...and on...Fortunately for us, our supporters were out in force, cheering us on and thus making those kilometres 'fly' by before some respite of that long downhill began. As we all know, though, the 'sting in the tail' comes at the traffic lights with a further kilometre of uphill tarmac before the final turn into the field with Terry (who we couldn't be more pleased to hear and see) welcoming us across the line!

It really does not matter what motivates each and everyone of us to run, whether it is to socialise, enjoy the autumn sunshine, get fit, prove we can run a 10K, chase a PB or podium; we got out there, we got stuck in and we were all champions. And when we consider the story of this event – the late Andy Ripley and sadly, more recently, the wonderfully vivacious and joyful Mapande, it certainly makes you appreciate how lucky we all are that we were able to enjoy the event, each other's company and the community spirit which is at its heart.

Of course, we cannot conclude the report without applauding Ashley Middleton for coming second overall and walking away with the men's second-place trophy. I know he was delighted with his time too! Also, congratulations to Sue Garner for achieving the highest age grading overall in the event of 86.97% and Dan Celani for securing the highest men's age grading in the club of 81.76%. We also had numerous first in age group winners: Dan C, James K, Steve L, Wendy S, Judith C and Sue, along with a raft of second in age group winners: Ashely, Dave Wilkes, Sarah B, Judy H and Simeon H, and Dave Watkins achieved a third in age group win.

What a great morning to see so many of us come together as a club and it was the icing on the cake that some members who we don't often see out, chose to enter the event too!

Thank you to East Grinstead Runners for another fabulous race and to all our supporters who were lining the route – your words of encouragement really do help!

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, 13th October

Club Road Run in East Grinstead

Meet at East Court Top car park. RH19 3LT

7pm start

The route is all pavement and about five miles in distance. It is a route devised by Tom Cartledge, called ‘Tom’s EG road run’ in the Maps section of the [Club website](#).

Unusually, for East Grinstead, it doesn’t have that many big hills; the most significant one being on a section of Imberhorne Lane, leading up to Chapmans Lane. We’ll plan to have different pace groups so no-one is struggling to keep up.

Sunday, 18th October: 10am start

The 8th Club Handicap Race: Dennis Crowhurst race



This race starts at the St Sylvan car park in Staffhurst Wood Road. It is all on road, reasonably flat and just under five miles in distance. You can either park in the car park, if you get there early enough, or on the road, on the same side as the car park.

Slower runners will start just after 10am. Faster runners can expect a handicap time of around 25 minutes. Guest runners are very welcome.

As the route is on roads without any pavement, we need to ban headphones for your own safety, as hearing approaching cars is much more important than the music on your phone.

This Handicap race is a month earlier than last year, so hopefully we won't encounter the sheep drive along Staffhurst Wood Road, that occurred shortly before the start of last year's race.

**** NOTE **** We will need **four** more 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 message me or email me about being a marshal.

(organiser@lingfieldrunningclub.co.uk)

REMAINING CLUB HANDICAP RACE

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 (organiser@lingfieldrunningclub.co.uk) and we can add you in.

Monthly puzzle corner

Gary Spring

SEPTEMBER PUZZLE Answers

The September puzzle consisted of an anagram of two parkrun locations, both starting with the same letter. There were two extra hints, one about the significance of the number of clues and the other, about the order of the clues. This was intended to make you think of club-related nine-letter words (i.e. LINGFIELD!), which reveal the following parkrun locations:

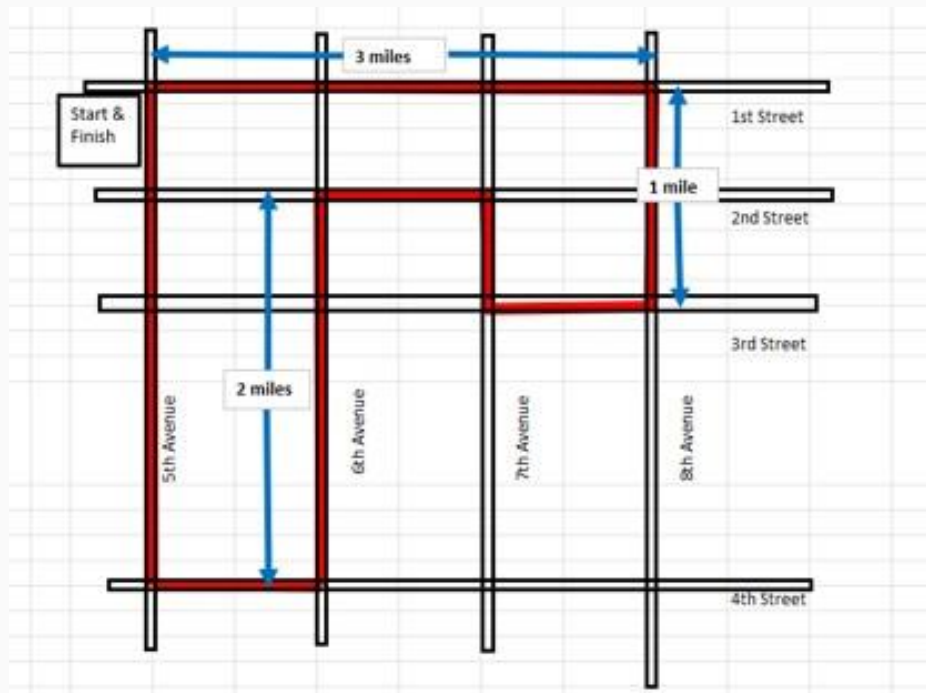
1. ARRIVAL MAPS OLD GYM – Largs Prom & Limavady
2. REHIRES UNWILLING PHOBIC – Ingrebourne Hill & Ipswich
3. THROWN CHAIRMAN HOWLS – North Walsham & Norwich
4. ANNA DASHES SAVAGED GNAT – Ganavan Sands & Gateshead
5. ELF FOLDS TARTAN – Flatts Lane & Ford
6. MODIFIES MAINTAINABLE PILL DRILL – Ifield Mill Pond & Isabel Trail (Main)
7. ERADICATE SET SONGS – East Grinstead & Ecos
8. DOLLS LEND INN CAN – Lands End & Lincoln
9. LOVERS DEFY BAD TYRANT – Dalby Forest & Daventry

Congratulation to Debbie Wilkes and Judy Hayler for their correct entries. Judy pointed out that the Ipswich parkrun has now been renamed Christchurch, so this is presumably what held back the rest of you from sending in entries.

OCTOBER PUZZLE

Back to some mathematical logic.

After the success of the Lingfield Running Club run around Buckingham Palace, The White House is quick to see the political advantage of being associated with our club so they offer to transport our members in Air Force One to run a race at a US city with the typical road grid pattern. We've been sent a map of the route but, unfortunately, it did not include distances for all the road sections. Based on the limited information, given below, can you work out the full distance of the one lap race route? (route shown by red line)



Note: The map is not to scale so don't try working it out with a ruler.

Please send your solutions to organiser@lingfieldrunningclub.co.uk by midnight, 31st October 2026.

Lingfield Running Club takeover

Lucy Wilkes

Lingfield Running Club members swelled the volunteer numbers to 54 this Saturday at their annual takeover of East Grinstead parkrun. With LRC members filling all of the required roles, the regular volunteers had the chance to take a well-earned week off. It was great to see some of those regulars taking the opportunity to run, as well as others choosing to occupy their usual positions round the course, and still more helping out the first-time volunteers to ensure the event ran smoothly.

It was a pleasant, slightly chilly morning to run, walk or volunteer, with course conditions about as good as they can get. With the mud yet to set in for the winter, the summer course was still in use, and the 149 parkrunners and walkers took full advantage of this slightly less hilly option, with 29 achieving new course PBs.

Perhaps some of those PBs were inspired by LRC's 16 pacers (below), who were offering a wide spread of target times from 20 to 40 minutes. One of them - David Waddington - even managed to pace himself to a PB, though he went somewhat under his target time as a result. More successful at sticking to their targets were James Caffrey, pacing 23 minutes in a near-perfect 22:59, and Simon Harris and Dan Celani, who were just two seconds off their goal times of 26 and 34 minutes respectively. The most consistent pacer (at least according to Strava) was Ashley Middleton, whose steady tempo around the course would have brought anyone able to stay with him home in nine seconds under that iconic 20-minute barrier.

The first finisher was first-timer Alan O'Shea from London Heathside, coming in just ahead of Lingfield's Tom Harvey. It was still a good day out for Tom though, with both a new PB and the highest age grading of the day. The fastest woman was another first-time visitor to East Grinstead, Georgina Sneddon from Newcastle University Cross Country club. Special mention also for a new PB by Cody Minter, who recently celebrated his sixth birthday at East Grinstead and achieved the third-highest age grading of the day.

Mia Grüninger, Nokutenda Emily Nyamatanga, Paul Rimell and Natalie Foster all completed their first parkruns on Saturday. Congratulations to all of you, and hope to see you again!

Thank you to all of the volunteers who made Saturday's parkrun possible, and to all of the regular volunteers and core team at East Grinstead who have made this such a thriving and welcoming community event.



Key dates for the next two weeks

Editor

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

Today < > October 2026 ▾		
7	OCT, WED	7 – 8pm LRC coaching (track) Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
8	OCT, THU	7 – 8pm LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
10	OCT, SAT	- All day EG Lions prostate screening East Court, College Ln, East Grinstead RH19 3LT, UK 9 – 10am Lisbon Marathon 9:30 – 10:30am Sofia Marathon 12 – 2pm Surrey XC League (1) (XC trophy) Priory Park, Bell St, Reigate RH2 7RL, UK
11	OCT, SUN	9 – 10am Bucharest Marathon 9 – 10am Budapest Marathon 9 – 10am Chester 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 11am – 12pm Bournemouth Half 11am – 12pm Great Walstead 5 (WSFRL)
13	OCT, TUE	7 – 8pm Club run (Gary) East Court Top car park 7:30 – 8:30pm LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage Ave, UK
14	OCT, WED	7 – 8pm LRC coaching (Ian W) East Grinstead, UK
17	OCT, SAT	7 – 10:30am Gatliff Marathon (GP race 12) Edenbridge Cricket Club, The Matthew Cox Community Centre, Edenbridge, Kent, UK 10:30 – 11am Women's Run Series 5K, 10K and Half Battersea Park Rd, London SW11 4NJ, UK
18	OCT, SUN	8 – 9am Guildford 5k & 10k 8 – 9am Phoenix Secret Squirrel run Buchan Country Park 9 – 10am Amsterdam Marathon 9 – 10am Ljubljana Marathon 10 – 11am Great South Run Ave De Caen, Southsea, Portsmouth, Southsea, UK

		● 10 – 10:30am	LRC Handicap GP Race #8 (D Crowhurst run) St Sylvans car park, Staffhurstwood
20	OCT, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
21	OCT, WED	● 7 – 8pm	LRC coaching (track) Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
22	OCT, THU	● 7 – 8pm	LRC track session with Horley K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
23	OCT, FRI	● 7 – 8pm	Marathon minibus quiz VSSC – Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
24	OCT, SAT	● 7:45 – 9:15am ● 1:30 – 2:30pm	Beachy Head Ultra, Marathon & 10k Eastbourne, UK Surrey Masters XC Champs. Nonsuch Park
25	OCT, SUN	● 8 – 9am ● 10 – 11am ● 11am – 12pm	Beachy Head Half Eastbourne, UK Brussels Marathon Steepledown Challenge (WSFRL)
26	OCT, MON	● 7 – 8pm	LRC Committee The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4AT, 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

Runner's World Shoe Awards: Autumn 2026

Editor



The *RW* test team has run thousands of miles in hundreds of [running shoes](#), spanning every brand and every type that you can think of – plus a few that you probably never even realised existed. We try to get our feet into every running shoe that comes on the market, thoroughly road-testing them in all conditions, poring over the specs and analysing how they translate to real-world experience. We then compare notes and

leverage our decades of experience to review and rate each model, with only the very best earning a place on these pages.

We also recruit our Runner's World Club Gold members to help us put shoes through their paces. We then compare their feedback with ours to help us verify our findings and overall verdict.

[Read full article.](#)

DAILY TRAINER AWARD WINNERS

				
Puma Deviate Pure Nitro	Nike Pegasus 42	Mizuno Wave Rider 30	Asics Novablast 6	Puma Velocity Nitro 5
£130 AT PUMA	£130 AT NIKE	£140 AT MIZUNO	£140 AT ASICS	£110 AT PUMA
Hearst Owned	Hearst Owned	Hearst Owned	Hearst Owned	Hearst Owned
Designed to 'inject speed into everyday runs', this is the first shoe to feature Puma's Nitrofoam midsole <i>without</i> a PWRPLATE. The Nitrofoam is a more 'evolved' version, using a PEBA-blend rather than A-TPU,	A budget-friendly workhorse for more than four decades, the Pegasus works well for most runners, most of the time. But Nike has made some big changes here: a new Air unit, a new last shape and	Mizuno tore up the rule book for the 30th edition of its staple daily trainer and the result is the most versatile Wave Rider in years. An updated dual-layer midsole pairs a softer, top layer of	Overall, Asics has taken the 'if it ain't broke, don't fix it' approach with the latest Novablast, but there's one change that delivers a more enjoyable ride without compromising the stability and	The Velocity Nitro 5 sets a new standard for just how good a budget daily trainer can be. A lot of the updates to the latest version focus on the fit. Previous Puma shoes have had a tendency to run narrow, but

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

