



Lingfield Running Club Newsletter

Wednesday 14 October 2026

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No new members this week!

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

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🏃 Lingfield's Racing Roundup 🏃



10 October 2026

Forty-two runners, 14 locations, three PBs

East Grinstead (19), Ashgrove (2), Brighton & Hove (1), Chester (6), Clevedon Salthouse Fields (1), Fletchers Cove (1), Hackney Marshes (1), Heaton (1), Horsham (2), Morden (1), Peacehaven (1), Tilgate (1), University Parks (1) and Wakehurst (4).

Particular congratulations to the winner at East Grinstead - **Dan Celani** - and to our PB'ers. This week they were **Angela Wilson-Taylor** (East Grinstead), **Lynda Willment** (Brighton & Hove) and **Liz Webster** (Fletchers Cove). Well done to all.

See [all the results](#).



Another busy weekend of racing, including the prestigious Surrey Cross-Country League, which went ahead despite the good weather and underfoot conditions. Despite some notable absentees, we fielded strong teams at Reigate Priory on Saturday. Both the men's A-team and the B-team had solid seventh-place finishes in Division Three. The women's team did even better with fourth place for the A-team and fifth for the B-team, but these are provisional and may change by next week.

After two events, **Jason Meers** leads the men's club XC trophy, **Natalie Mitchell** the women's. [Full tables here.](#)

**Div.3
posn.**

Men's A team

3	Dan Celani	30.51
8	Tom Harvey	31.40
30	Simon Petitt	33.33
60	James Kilfiger	35.44
73	Nick Keen	37.32
76	Jason Meers	37.49
80	Dan Oppe	39.00
89	Ben Horner	40.29
91	David Thomas	41.48
92	David Waddington	42.10

Men's B team

49	David Watkins	45.28
51	Nick Champness	45.47
55	Martin Faulkner	46.25
57	Tom Cartledge	46.31
59	Chris Rance	49.54
60	Robert Llewellyn	51.50
62	Steve Warner	57.00
81.5	3 unfilled places, penalty score each	

Women's A team

2	Sally Alexander	26.49
13	Sarah Begley	30.30
18	Natalie Mitchell	31.33
37	Lucy Wilkes	33.32
42	Maggie Statham-Berry	34.13

Women's B team

54	Laura Stockwood	35.21
69	Nevenka Worsell	37.21
73	Michele Edwards	38.46
81	Judy Hayler	40.32
104	1 unfilled place, penalty score each	

Also running XC, but in the Division One race at Wimbledon Common for Holland Sports, was second-claim member **Kieran Barnes**, who finished 25th there in 25.46.

Down at the coast on Sunday were **Judith and Hannah Cartledge** for the Bournemouth Half marathon. Judith finished fourth in her age group with a chip time of 2.01.28 and Hannah's was 2.06.34. Oluwatosin Adedeji (Newham & Essex) won in 1.06.07 and first woman was Cara Fiddy in 1.21.12. Very good performances, ladies.

The Royal Parks Half marathon featured **Darija Sparkes**. Darija's time was 1.53.44, which was a PB and reward for all the hard work she has been putting in recently. Great stuff. Sam Brashaw won in 1.09.30 and first woman was Celia Anton in 1.14.10.

Our marathon runners were also out in force on Sunday.

The most popular race was the Chester Marathon, which saw **Ian Watkins, Matthew Stockwood** and **Keith Chambers** sacrificing their own times to help pace (for the first 100m anyway) **Ashley Middleton** to his amazing time of 2.35.53, the fourth fastest marathon time by a Lingfield member, I believe. And he's so young, so much more to come? As for the three 'pacers', it looks like Keith summoned a sprint at the finish to get a chip time one second ahead of the other two – 4.44.35.



In the ASML Marathon Eindhoven field was **Aly Warner**. Aly was pacing and finished in a chip time of 4.59.26. Aly is, I think, now off to the inaugural Den Haag marathon with the Dutch pacing team on November 1st.

But our furthest away runner was second-claim member **Terry Sumner** who completed the Chicago Marathon in 4.22.10. Terry's Powerof10 records are thin on the ground, but they tell me that this was a PB by 15 minutes (within the last three years anyway) – great running. Kenya's Amos Kipruto won in 2.01.09 and first woman was Hawi Feysa Gejia (Ethiopia) in 2.13.33.

It was also the Titsey Trail 10k in Limpsfield on Sunday. Crawley AC's Hugo Hewitt was first in 34.47, and Lingfield's **Gary Spring** was last in 1.35.09. Well, he was the tail runner, and his time was not recorded officially, but he was there. His other success of the day was selling an up-to-date race vest to LRC founder-member **Brian Spicer** (below), who was present as a spectator. Brittney Stewart was first woman in 41.28.



You need your wits about you in this role and, unbeknown to me, last Sunday's scheduled West Sussex Fun Run League (WSFRL) race, the Great Walstead Five had been reinvented as the Ardingly Amble.

Fortunately, **Ian Greenaway** was in the know and, in a Saints and Sinners' vest, he completed what is still five miles in 42.53. All the WSFRL dates are in the club calendar and, as far as I know, the last two have not changed their names.

Finally, you should have received an email yesterday inviting you to an important general meeting on 29th October at the Victoria Club. If you don't recall seeing it, please take another look in your mailboxes, and let secretary@lingfieldrunningclub.co.uk know if you can't find it.

Among the events this coming weekend, there are three club trophy events – in the Open Grand Prix there is the 'Gatliff Marathon' on Saturday and, on Sunday, in the Handicap GP (and with its own trophy), the Dennis Crowhurst memorial race. I hope to see some of you out on the route in the latter.

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

Surrey Cross-Country League

Reigate – Saturday 10th October

Chris Rance

The first Surrey League cross-country fixture of the year kicked off with the short trip to Reigate in unusually warm and dry weather, and no fun bus for this match as the girl guides had beaten us too it.

After an on-the-job learning session of how to inflate the gazebo, the ladies' race kicked off at 12 sharp for a lap and a half of Reigate's Priory Park, and what it lacked in mud was more than made up for by the hills. The nine ladies of Lingfield coming home in a magnificent fourth place (of 13), and the B team in fifth, led home by Sally Alexander in 26:49, who was also second overall in Div 3. A great team effort from everybody who ran, and a great starting point for the season.



As the ladies stood in the gazebo talking through the race, the men's team turned up with the refreshment supplies to accompany the banana loaf baked by Sally, which included a shiny new hot water flask bought with the kind donation of Christopher Ryan.

The men's race was the final race of the day, with two full laps of the course to be completed by the 17 Lingfield runners. Nick Champness (fresh from parental cab duties) made a seamless transition from car park to gazebo (to collect number) to start line with seconds to spare which, based on his fantastic run for the team, is now the warm-up of choice.

The A team coming home in a credible seventh place and this was matched by the B team also coming home seventh. Dan Celani led the men's team home in 30:51, and third overall in Div 3 (and first in 40-49 age group), closely followed by Tom Harvey, eighth overall in 31:40 (and first in 50-59 age group). With a number of regulars absent due to other race and family commitments, we were happy to welcome Ben Horner, Jason Meers and Robert Llewellyn who were running their first Surrey League cross-country for the club, and a special mention to Martin for his fantastic chocolate cake tray bake, which went down a storm.

A solid start for the men's team but, with Tadworth and Sutton Striders hot on our heels, it will need another good performance to keep them at bay in the next match at Morden Park.



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 18th October: 10am start

The 8th Club Handicap Race: Dennis Crowhurst race
Meet at Staffhurst Wood Road, RH8 0GH

10am start (for slowest runners)

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.

(In case we are short of marshalls, please remember that it is a runner's responsibility to know the route he/she is running. You can find this route on the [club website](#). Ed.)

**** NOTE **** We need another marshal 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)

*Anyone wanting a lift from the Victoria Club is welcome to join me in the minibus please. £2 cash return journey please which will go towards minibus upkeep. Parking is very limited at the start / finish area.
Many thanks, Scott*

Tuesday 20th October

Club Road Run in Lingfield
Meet at the Victoria Club
7pm start

We'll do the [James Kilfiger route in Reverse](#). The distance is 5.5 miles. I'll co-ordinate with Sophie to make sure there is a shorter length version on offer. Please wear something bright and have a torch with you.

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.

Key dates for the next two weeks

Editor

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

Today < > Oct – Nov 2026 ▾		
14 OCT, WED	7 – 8pm	LRC Strength & Conditioning (Tejin) Estcots Primary School, Bourg-De-Peage Ave, E
17 OCT, SAT	7 – 10:30am	Gatliff Marathon (GP race 12) Edenbridge Cricket Club, The Matthew Cox Community
	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 F
23	OCT, FRI	● 7 – 8pm	Marathon minibus quiz VSSC – Lingfield Victoria Club, 54 High St, Lingfi
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 RH
27	OCT, TUE	● 7 – 8pm	Club run Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
28	OCT, WED	● 7 – 8pm	LRC coaching (James) East Grinstead station upper car park

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

'maths and science and consistency'

Runner's World

'It's maths and science and consistency.' The training formula that powered Spencer Matthews' 2:49 marathon PB

The podcast host, TV personality and endurance athlete shares the strategies that helped him to surpass his finish time expectations at the 2026 Berlin Marathon – and how he's now approaching a 2:45 marathon attempt in Valencia.



At this year's [Berlin Marathon](#), Spencer Matthews entered what he calls 'unicorn territory' – he achieved the sub-2:50 marathon that he thought was almost unreachable. In fact, before hitting the start line and going on to secure a finish time of 2:49:46, he says that he gave himself no more than a 4% chance of breaking the 2:50 barrier at that race.

But broadcaster and entrepreneur Matthews, who first found fame as a star on reality TV show *Made in Chelsea*, is not unfamiliar with the [marathon](#) distance. In 2024, for example, he completed a gruelling [30 desert marathons in 30 days](#) in Jordan. Then, in 2025, he conquered [Project Se7en](#) – a quest to finish a full Ironman triathlon in all seven continents within just three weeks. Alongside that, he's completed several [Abbott World Marathon Majors](#) events, with his best performances pre-Berlin being a 3:00:04 in [London](#) this April and a 2:57:42 – his first sub-3 – a month earlier in [Tokyo](#). It makes sense, then, that Matthews considers himself 'a runner now above everything else'.

[Read full article.](#)

Reminders from previous weeks

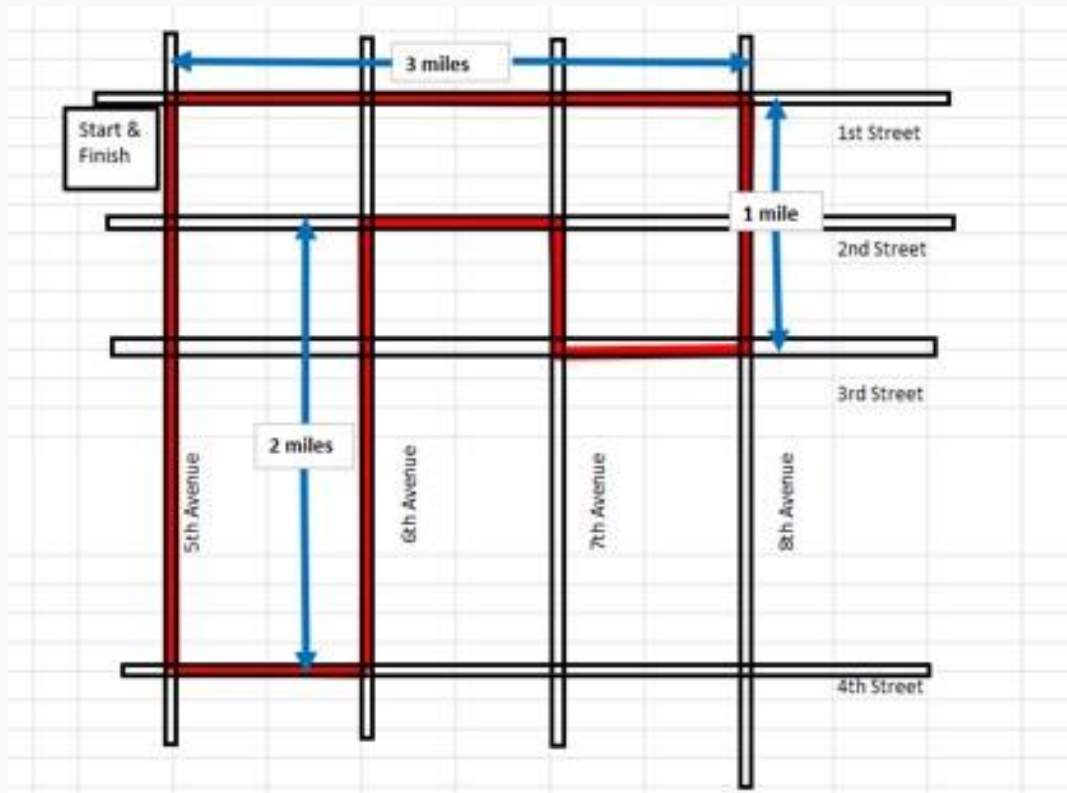
Monthly puzzle corner

Gary Spring

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.

Sports Therapists

Sally Alexander

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

Midweek 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