Lingfield Running Club Newsletter

Wednesday 21 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 🏃

17 October 2026
Forty-five runners, 12 locations, three PBs
East Grinstead (22), Alice Holt (1), Beckenham Place (1), Burgess (1), Clair (2), Dartford Heath (2), Hackney Marshes (2), Ifield Mill Pond (1), Kingdom (1), Noosa (1), Tilgate (3) and Wakehurst (8).

Particular congratulations to our first-place women - **Sally Alexander** at East Grinstead and **Emma Page-Moore** at Kingdom. **Ashley Middleton** showed no effects from his marathon last week, winning East Grinstead with a PB, and there were also PBs for **Sarah Begley** (Wakehurst) and **Nevenka Worsell** (Clair). I also give a nod to **Natalie Mitchell** at East Grinstead for equalling her previous PB! Well done everyone.

See all the results.



Last Saturday was the latest Grand Prix event, but not many people usually tackle the Gatliff Marathon, and it's a good way for our long-distance runners to boost their GP points totals. Unfortunately, the results usually take some time to arrive so, until they do, I cannot update the GP table. Sorry, Brandon et al!

Gary has covered the Dennis Crowhurst Memorial race in his weekly update, so I won't dwell

on **Steve Warner**'s well-deserved victory, or **Ashley Middleton**'s time. I have included the full results below this article.

Meat-eating teetotaler* **Sue Garner** won eight bottles of beer and a cabbage for her 'first in age group' result at the historic Cabbage Patch 10 (miles) on Sunday (see pic above). Sue finished in a time of 1.32. 20 (age grading 89.96). And let's not forget **Lisa Compton**'s run, seven minutes ahead of Sue in 1.25.55 (age grading 84.07, and third in her age group). Lisa's was also the highest age grade in her 65-74 age group. Brighton and Hove's Joshua Hobbs was first in 48.43 and first woman was Meg Gadsby in 54.36.
** this may not be totally accurate. Ed.*

It was the Great South Run too, and a handful of members took that on, led home by **Dan Celani**. Well done to all four of you. Elite race winner was Kadar Omar (Birchfield Harriers) in 47.26, and first woman was Hannah Irwin (Cambridge & Coleridge) in 53.34.

Position	**Name**	**Finish**
144	Dan Celani	00:59:38
377	Simon Petitt	01:04:19
656	Dan Oppe	01:07:12
6,147	Kevin Reeve	01:29:44
12,390	Terri Scott	01:47:46

We don't often get the chance to mention orienteering since **Jim** and **Sue Parker** retired, but here's a pic of **Judy Hayler** flying at Pippingford Park, in the Compass Sport cup final. That means little to me(!) but Judy has sort of promised an article about her races in a couple of weeks, to which I look forward.



Finally, just in case you were interested but hadn't quite got round to it, we've had a reminder from the Surrey County Athletic Association:

'*A quick reminder for your older cross-country runners that Saturday is the annual Surrey Masters Championships. Entries close at midnight Wednesday October 21st.*'

Enjoy your running, 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

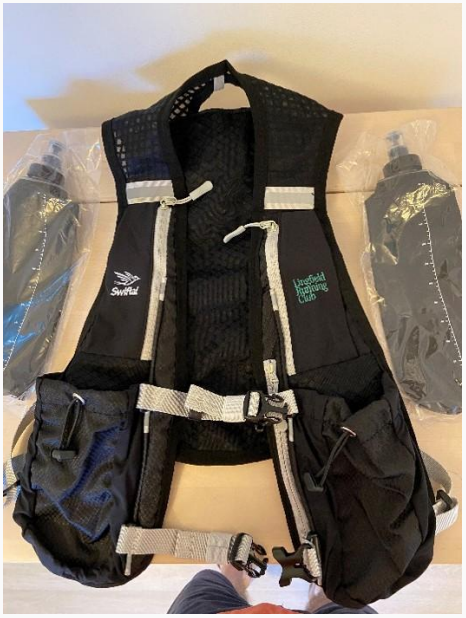
Dennis Crowhurst Handicap results in full

Position	Name	Clock Time (min:sec)	Handicap time (min:sec)	Actual time (min:sec)
1	Steve Warner	51:14	2:00	49:14
2	David Waddington	54:53	17:00	37:53
3	Patrick Bastow	55:18	8:00	47:18
4	Judith Cartledge	55:42	14:00	41:42
5	Maggie Statham-Berry	56:23	17:00	39:23
6	Andrew Hindmarch	56:44	18:00	38:44
7	David Nottidge	56:49	15:00	41:49
8	David Wilkes	57:21	-15:00	72:21
9	Angela Wilson-Taylor	57:37	12:00	45:37
10	Nevenka Worsell	57:40	14:00	43:40
11	Matt Lester	57:46	24:30	33:16
12	Hannah Cartledge	57:52	14:00	43:52
13	Sean Begley	58:08	21:30	36:38
14	Debbie Wilkes	58:12	12:00	46:12
15	Sally Alexander	58:13	28:00	30:13
16	Simon Harris	58:21	22:00	36:21
17	Ashley Middleton	58:45	33:00	25:45
18	David Watkins	59:03	21:30	37:33
19	Keith Chambers	59:05	19:00	40:05
20	Wendy Smith	59:06	19:00	40:06
21	George Matthews	59:08	30:00	29:08
22	Scott McDonald	59:09	15:00	44:09
23	Brandon Webb	59:35	23:00	36:35
24	Steve Lovell	59:48	24:30	35:18
25	Michael Manwill	62:24	24:30	37:54
26	Ben Horner	63:14	26:30	36:44

HYDRATION VEST WITH CLUB LOGO

Gary Spring





Some of you may be aware of the hydration vest, with our club logo on, that Brandon Webb has been trialling. You may also have seen it when he was sporting it at the Dennis Crowhurst race last weekend.

Brandon was satisfied with the vest and, I think, will be writing a report about it. In the meantime, I contacted the supplier to find out how we place orders - and found out that the price of the vest is currently £24 (bottles are an extra £5 each), but that it will go up to £28 on 1st November.

So I wanted to get something out to you, ahead of Brandon's report, so you don't miss the opportunity of the lower price.

To get the £24 price, we need to have at least five orders that I can send to the supplier before 1st November. So, if you would like to grab one at the lower price, please send me an email (no money needed yet) to vests@lingfieldrunningclub.co.uk

The vest comes in 'One Size Fits All' and has lots of pockets for phones, keys etc.

The supplier website is https://swiftal.co.uk/products/black-lightweight-adjustable-running-vest where you can get a lot more details.

We're making one change to the logo design on the vest. The wording on the front (currently in green on the right photo, above) will be white. We felt the white colour would stand out better than the green. Otherwise, it will look like what you can see in the above photos.

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.

Dennis Crowhurst race report



Photo courtesy of Tom Cartledge

The weather gods were favouring us again as a great turn-out of members took part in perfect conditions for the Dennis Crowhurst race last Sunday.

Steve Warner was first home, picking up the race trophy (well, he will do, at the Club Christmas party, as I mistakenly left it at home). Ashley Middleton was obviously not that tired after his supreme effort at last week's Chester Marathon, as he took nearly two minutes off the course record here. I now fear Graeme Bennett's One Mile record time may be at risk,

when we try out the event in November.

Many thanks to the marshals, Cathy Samuel, Kath Garrido, Graeme Bennett, Dave Worsell and James Kilfiger for keeping everyone on the right track and many apologies for making you guess how many runners took part. I will endeavour to improve my communication method before the next race.

As usual, the assigned handicap times are a cause for debate, but there may be an improved system in place for the Christmas Handicap as we're going to see how AI will predict the Handicap Times. I'm interested to try it, if only to deflect the blame when someone ends up getting left well behind.

Talking of the next Handicap event, this will be the culmination of this year's Handicap Series and the current points table can be seen using this link.

For the Women, any of the top four could take the trophy, so be careful how much fancy dress you decide to wear for this race, as AI will not have taken this into account when working out the Handicap times.

For the Men, David Waddington has a significant lead and while the top of the table is dominated by 'Davids', Sean Begley has a slim chance of sneaking into any of the top three places if he places high in the Christmas Handicap.

Tuesday, 27th October
Road run in Lingfield
Meet at the Victoria Club
7pm start

I'm aware that many members who come to the Tuesday Club Run, will have slogged up several big hills on the South Downs over the weekend, so I am planning an easy flattish route for this Tuesday. Please go to the Map section in the Club website for the route map. https://lingfieldrunningclub.co.uk/route-maps/

The distance is 7.5 km and we expect to be able to offer a shorter distance, if needed. More information nearer the day on LRC Runfinder & LRC Training Diary groups.

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.

Airman's Grave

Airman's Grave Annual Remembrance Day Sunday Run & Service:
8th November 2026
Date for your diaries!



LEST WE FORGET

Come and join us on **Sunday 8h November** in the morning (times and meeting points TBC) for the annual Remembrance Day Service at the Airman's Grave, Ashdown Forest, where Chris and Laura will be laying a wreath on behalf of Lingfield Running Club.

There will be both running and walking options available of six miles in total, starting at Gill's Lap carpark, and a 12-mile loop starting at St. John's carpark near the Horder Centre. As always, we hope to be joined by our friends at East Grinstead Runners and Tunbridge Wells Harriers.

We look forward to seeing as many of you as possible, and we will confirm timings and meeting points in due course!

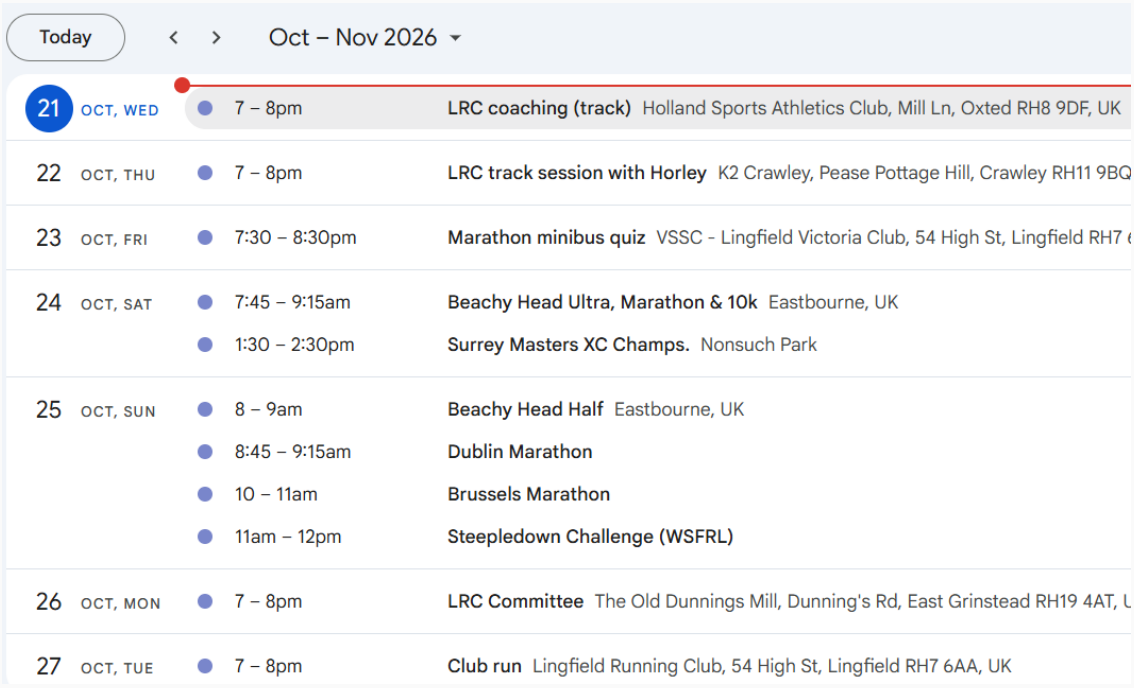
Best wishes,

The Committee

Key dates for the next two weeks

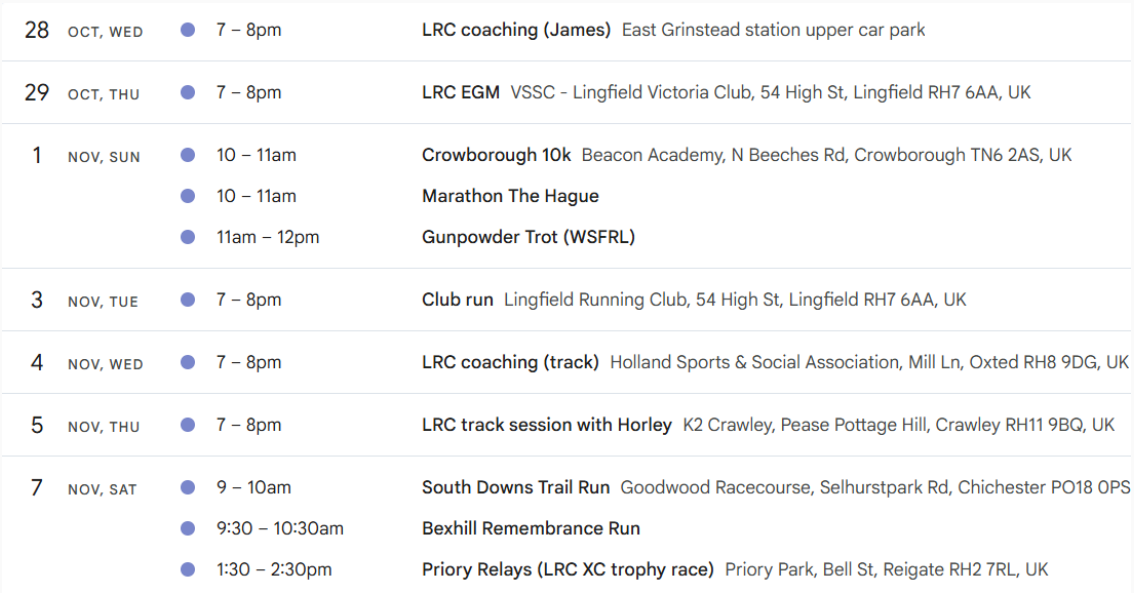
Editor

Click on the link - race calendar - for full details



Today Oct – Nov 2026

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
23 OCT, FRI	7:30 – 8:30pm	**Marathon minibus quiz**	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7
24 OCT, SAT	7:45 – 9:15am	**Beachy Head Ultra, Marathon & 10k**	Eastbourne, UK
	1:30 – 2:30pm	**Surrey Masters XC Champs.**	Nonsuch Park
25 OCT, SUN	8 – 9am	**Beachy Head Half**	Eastbourne, UK
	8:45 – 9:15am	**Dublin Marathon**	
	10 – 11am	**Brussels Marathon**	
	11am – 12pm	**Steepledown Challenge (WSFRL)**	
26 OCT, MON	7 – 8pm	**LRC Committee**	The Old Dunnings Mill, Dunning's Rd, East Grinstead RH19 4AT,
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
29 OCT, THU	7 – 8pm	**LRC EGM**	VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
1 NOV, SUN	10 – 11am	**Crowborough 10k**	Beacon Academy, N Beeches Rd, Crowborough TN6 2AS, UK
	10 – 11am	**Marathon The Hague**	
	11am – 12pm	**Gunpowder Trot (WSFRL)**	
3 NOV, TUE	7 – 8pm	**Club run**	Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
4 NOV, WED	7 – 8pm	**LRC coaching (track)**	Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
5 NOV, THU	7 – 8pm	**LRC track session with Horley**	K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
7 NOV, SAT	9 – 10am	**South Downs Trail Run**	Goodwood Racecourse, Selhurstpark Rd, Chichester PO18 0PS
	9:30 – 10:30am	**Bexhill Remembrance Run**	
	1:30 – 2:30pm	**Priory Relays (LRC XC trophy race)**	Priory Park, Bell St, Reigate RH2 7RL, 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

Race, illness, injury, repeat -

REDs and why men are suffering in silence

BBC

By Sarah Dawkins, BBC Sport senior journalist

Warning: this article contains discussion of eating disorders

"*If you keep this up, you'll be in a wheelchair at 30*."

That is what doctors told British long-distance runner Jake Smith four years ago.

From the outside looking in, his career was flying.

By the age of 23, he had signed a professional contract with Nike and represented Great Britain on the global stage.

But at the same time, his body was deteriorating - enduring a relentless pattern of race, illness, injury, repeat.

Balancing an intense training regime with disordered eating meant the 28-year-old returned from a running camp in Uganda weighing just eight stone (51kg) at 5ft 5in (1.7m). He had such brittle bones that he was told his career could be over.

After suffering two stress fractures in the space of four months, Smith sought professional help and was diagnosed with REDs – relative energy deficiency in sport.

It is a syndrome that can affect anyone and if left undiagnosed or untreated, can have an impact on performance and cause serious, long-lasting health problems.

The symptoms are slightly better documented in women - just last month, tennis player Emma Navarro revealed her diagnosis and subsequent decision to step away from competition until 2027.

But men are just as susceptible and due to stigma and lack of obvious warning signs, it can go undetected for longer and means many, like Smith, suffer in silence.

BBC Sport explains what the condition is, how it affects men and women and why, despite its prevalence and severity, REDs remains a relatively under-reported and overlooked area of sports science.

Read full article.

I started running at 53

Runner's World

By Jacob Nur, as told to Cindy Kuzma

At 71, I'm still going sub-3 in the marathon and breaking records. Here's how'

How one late-start runner uses speedwork, cross-training and recovery to keep clocking impressive finish times.



Courtesy Jacob Nur

Last year, at age 70, I trained for a 2:50 finish at the Chicago Marathon. I was hoping to break what was then the age-group world record – 2:54:19 – by three or four minutes.

My training was going really well: Two weeks beforehand, I had finished the Urban Cow Half Marathon in 1:20:57, maintaining an average pace of 6:10 min/mile. In that race, I set American records in the 70-74 age category not only in the half marathon, but in the 10-mile distance, with a split of 1:01:35.

Running at a pace of 6:30 min/mile after that should have felt easy in Chicago – it did, until about mile 19. That's when my hamstring totally cramped. I stopped at the medical tent and they massaged me and gave me electrolytes. I got back out there, but it kept tightening.

After I tried three or four times, I decided to stop and walk off the course. I knew I could finish, but it wasn't going to be a record time anymore and I didn't want to risk getting injured again. In the past, I just ran through my injuries, but not anymore.

Read full article

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.

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