**Lingfield Running Club Newsletter**

**Wednesday 28 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 🏃

24 October 2026

Forty-one runners, 12 locations, three PBs

East Grinstead (23), Bracknell (1), Brooklyn Bridge (1), Conyngham Hall (1), Faelledparken (1), Hove Promenade (1), Ifield Mill Pond (2), Kawana (1), Millfield (1), Tilgate (2), Wakehurst (6) and Whitstable (1).

Particular congratulations to first-placed **Ashley Middleton** at Whitstable (with a PB), and to our placed women - **Susie Miller** (second at Millfield, with a PB), **Sarah Begley** and **Lucy Wilkes** (second and third at East Grinstead). Finally to **Angela Wilson-Taylor,** who celebrated a PB at Wakehurst. Well done every one who got out of bed in time to run (you did better than me).

See all the results.




'Bless The Weather' sang John Martyn in 1971, but you would not have heard many people humming it in Eastbourne on Saturday (or Sunday) morning. More popular was probably Dylan's 'Shelter from the Storm' (1975). Younger members can substitute their own, more recent musical choices … although I don't think we had many of them running Beachy Head last weekend.

So, who was? Let's start with the biggie first – Saturday's Beachy Head Marathon, where we had one of our strongest turnouts for years. **Tom Harvey** was a tremendous fourth finisher (first in age group) and **Sally Alexander** was second woman to finish (and first in age group). What an event for Dan, Nick and Glen to choose as his first marathon!
*"What an amazing day. My 1st (and probably only) marathon. The hardest thing I have ever done but so chuffed to have actually completed it and in a time I will be forever proud of! Beachy Head did not disappoint. It was beautiful in parts and brutal in others but the whole course was covered by a team of amazing marshals who were so kind and supportive."*

And a special mention to **Amy Hodge** who had the misfortune to twist her knee halfway round and wisely pulled out of the race (entries for 23rd October next year are open now, Amy!). Race winner was Timothy Short (3.06.32) and first woman was Alice Robinson (Worthing & District) in 3.42.20.

| Pos | Net Time | Name | Age Grade |
|---|---|---|---|
| 4 | 03:15:33 | Tom Harvey | 69.72 |
| 35 | 03:50:46 | Sally Alexander | 68.90 |
| 60 | 04:05:34 | James Kilfiger | 56.99 |
| 212 | 04:45:48 | Brandon Webb | 49.85 |
| 430 | 05:28:25 | Ian Watkins | 48.05 |
| 431 | 05:28:24 | Nick Champness | 41.35 |
| 472 | 05:35:21 | Laura Stockwood | 42.00 |
| 473 | 05:35:20 | Matthew Stockwood | 43.13 |
| 513 | 05:45:16 | Daniel Jones | 37.59 |
| 580 | 05:59:58 | Nevenka Worsell | 44.02 |
| 581 | 06:00:00 | Judith Cartledge | 50.67 |
| 706 | 06:44:57 | Hannah Cartledge | 33.02 |
| 707 | 06:44:57 | Tom Cartledge | 37.48 |
| 820 | 07:28:06 | Keith Chambers | 35.99 |
| 850 | 07:43:38 | Glen Smith | 30.38 |
| 880 | 08:02:22 | Steve Warner | 34.14 |

Take a look at Fiona's video for a collection of race day photos. It is a big file.

In Sunday's Beachy Head Half Marathon, in slightly better conditions, **James Caffrey** finished in 1.38.05, **David Nottidge** in 2.31.08 and **Michele Edwards** in 2.41.48. Dave was first in his age group too. Steve Feltbower (Ochil Hill Runners) was first to finish in 1.30.12, and first woman was Harriet Bloor in 1.37.33. We are lucky to have two reports on this race. Your turn next week, Mr. Caffrey!

Never having wanted to be blown off the cliffs, **Sue Garner** found herself slightly more clement weather for her Sunday race, the River Thames Half at Walton on Thames. Sue was first in her age group, in a time of 2.05.45. Belgrave Harriers provided first man and woman – Ollie Garrod (1.13.42) and Saron Haileselase (1.18.27).

Also on Sunday was the penultimate West Sussex Fun Run League (WSFRL) of 2026, the Steepdown Challenge from Lancing. **Ian Greenaway** ran for Saints and Sinners, finishing the 8km route in a time of 45.13. Rob Sherwood (Horsham Joggers) was first in 29.20.

Second-claim member **Vernon Given** completed marathon number 82 (of his current 100 target) in the Battersea Park Running Festival last Saturday. Vernon, running as a '100 Marathon' club member, completed in a time of 3.44.31. Well done, Vernon.

A team called Lingfield Running Club 'A' entered Scott's Lingfield Marathon Minibus fundraising quiz last Friday. Despite two team changes, history repeated itself from 2025 as we came second to 'Last year's winners'. More importantly, the evening raised £662.60 towards the existing minibus upkeep, and the cost of a new minibus, which will be the sixth since the charity started in 1981. Well done, Scott, and fingers crossed that our muddy XC runners are allowed to use the shiny new one when it arrives.

I hope to see a few of you at the club's EGM tomorrow evening, which will discuss the proposal for the club to apply to become a 'Community Amateur Sports Club'.

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

**Thank you Chris Ryan!**

On behalf of the Club, we would like to thank Chris Ryan who has generously donated money in memory of those members who have passed.

Following liaison with Chris and Scott McDonald, the Committee is pleased to announce the purchase of a new hot water flask to replace the broken one for cross country and other club events. The remainder of the fund will be used to provide a discount on the new light-weight club vests.

Both items reflect the core of the club – cross country and camaraderie - which those members who have sadly passed were very much integral to supporting and building.

We hope that you all enjoy further hot drinks and cooler vests when the sun returns!

*NB: We were lucky to receive a small additional uplift to Chris' donation from Gary's involvement in securing volunteers for the TCS London Marathon. Thank you, Gary!*

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## Beachy Head Marathon

**Saturday 25th October 2026**

**Sally Alexander**

**Austen and Boelo were no match for Lingfield Runners who created their own storm to propel themselves to the finish line at Beachy Head!**









***Team 'Beachy Head Marathon 2026' in four shots!!***

With weather warnings firmly in place as the first two autumn storms struck the UK, and several events were being cancelled, where would you have expected to find the hardy runners that are LRC? Well…not tucked up indoors that's for sure! For 17 members (plus Tommy C) Beachy Head marathon was top of their weekend agenda and no storm was going to get in their way!

With the start time being brought forward an hour, it was an even earlier departure as the 'fun bus' (driven by Tom), with several support cars in hot pursuit, made their way to Eastbourne. When the darkness finally lifted, we were all pretty optimistic to see vibrant gleams of a bright red and orange sunrise appear across the sea (and there was only a gentle breeze)! It couldn't have been more perfect… So, it was the obligatory lavatory stop, en masse, before shedding our outer layers in the sports hall, alongside the other 900 or so competitors, and then making our way to the start.

I won't deny that it is a slightly daunting prospect as you stand in the shadow of the first ascent, which rises onto Beachy Head by St. Bede's School, marking the very first (and probably shortest) of the 3,819 feet of elevation that lay ahead. However, there is nothing better than the musical beats, the positive vibes of the compere and the sole piper who pipes runners up that first incline, to lift your mood and set you on your way!

Once on top, everyone began to settle into their pace and focus their minds on the task ahead: stiles, fields, slippery chalk tracks, muddy paths, exposed flint trails, precipitous descents and acute climbs with two sets of the 'stairs of doom', all of which are relentless! However, the biggest test comes in the last six miles when you finally reach the Seven Sisters. Do not be fooled by the seemingly comforting familial name, they are the most unforgiving of relatives who take no prisoners, including those agile young athletes who you would imagine would have no trouble hopping and skipping their way up and down the final stretch!

For all of us, the first two - three hours were a 'dream'; it was dry and the conditions, albeit slippery, were pretty hospitable, but then the second storm hit with a vengeance! We had gale-force winds, torrential rain, and battering hail that only got worse as the day wore on. For all, there was no choice but to 'batten down the hatches' – meaning to struggle to take hydration vests off, tackle the wind head on to sport our waterproof jackets, gloves and hats – and then dig into the DEEPEST of reserves to get through the rest of the course.

You might be thinking that there is nothing worse than running a marathon on the south coast in a storm, but I can tell you that this is when real camaraderie and dogged determination carry you through, and you discover just how resilient we can be as

humans.

While Judith and Nevenka clung to each other as they traversed Beachy Head, 'treasure hunting' Judith's glasses which had been whipped off by the wind; Laura and Ian were motivating first time marathoner, Nick C, and first time Beachy Header Matt S up and down the hills. Tom C was, meanwhile, the go-between for Hannah and Keith until Keith courageously encouraged him not to wait. But it was Aims who sadly had to make the hardest decision to pull out and champion her running partner Glen to the finish line alone. This hugely challenging and technical course had taken her prisoner when she twisted her knee and could barely walk, let alone run.

Despite navigating the course mostly alone, Tom H, Steve W, Tommy C, James K, Brandon, Dan J and myself, often found ourselves running next to a stranger when conversation would strike up and you find yourself giving each other encouragement with every step you take together. Everyone is super friendly: the other runners, the marshals and the supporters who are all willing you to a successful end.

And when you finally see Eastbourne below you in the distance, you know you have done it – well, after you have tackled the treacherous descent off Beachy Head. Lisa's words of warning remained firmly in my head this year and, yet again, while I was gingerly picking my way down the flint steps, I was overtaken by a chap who came haring down past me. BUT I did not care, at least I had got back in one piece!

While we were all soaked through, and some of us utterly frozen, I think if you ask any one of us, we would all say the same: it was an amazing event; yes, it was tough, yes, there were moments we would like to have stopped, but crossing that finish line showed us all that we are capable of more than we think.

A huge well done to the whole team, especially Dan Jones, Nick Champness and Glen Smith for completing their first marathons, and to Amy Hodge for making the bravest but most sensible decision and so far through the marathon too. A massive shoutout must also go to Steve Warner, Ian Watkins, Keith Chambers, Nevenka Worsell, Judith Cartledge, Tom Cartledge, Laura and Matt Stockwood, James Kilfiger, Tommy Cartledge and Tom Harvey. And while we might be a small club, we made our mark, yet again, with Tom H coming fourth out of 939 finishers and first in his age category, and we also scooped the second female trophy too.

I can't finish the article without thanking our supporters: Marie, Dave W, Sandra, Fiona and Catherine (even Scott and Harriet turned up too)! Your support and Janie's flapjacks were invaluable!

So, if you are looking for a challenge with the most outstanding of scenic views, then why

not enter Beachy Head marathon next year? We have! Entry is already live and there is an early-bird offer!!!!

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## Beachy Head Half

**Michele Edwards**

In my usual fashion, I entered with a few weeks to go having only run a maximum of 10k in the last six months. I was grateful for Tom's hill training sessions and for Fiona reminding me of 'bring Sally up/down' and managed to run ten miles twice but, unfortunately, ten days before I tripped, did something and couldn't even walk for a few days. Nothing that a bit of pain relief and ice couldn't resolve.

I'd talked my friend (who prefers road running to join me) and we left very early Sunday morning as I was concerned that roads would be blocked after the storm. As a result, we arrived very early, but it was just as well as the portaloos hadn't survived the storm and there was a distinct lack of toilets … so lots of queuing.

We eventually finished our pre-race panic and started up that hill, that just seem to lead to more and more hills, i don't remember any down.

Unfortunately, my friend hadn't read the 'walk up hills' memo, so I had to run a lot more than I intended to keep up. The wind on the section was incredibly strong and either in front of you, so you felt you weren't moving forwards, or it was pushing you to one side.

There was a long stretch along a lane leading to Friston and the Seven Sisters which I hated, as I much prefer grass and mud.

Prior to the Seven Sisters there were drinks available (there were plenty of water stops en route) and I gladly had some coke, as I remember how much that gave me a boost on the Marathon even if it did make me feel sick.

The wind on the Sisters was thankfully behind us mostly, great for the uphill but treacherous when pushing you downhill.

On the last steep hill to the finish, my friend fell and I waited so we could finish together; after all she had waited for me a few times, and this wasn't about time, but an achievement together.

I would recommend this event to anyone: the marshals are fantastic, the facilities are great (toilets don't usually blow away), parking easy and you get a sausage roll at the end.




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## Beachy Head Half

**Dave Nottidge's version**

After horrendous weather overnight the day dawned with lots of blue sky.
Still windy but no rain.



LRC had three runners, James Caffrey, MIchelle Edwards and myself.

They set us off in waves to avoid bottlenecking at the start, then it was steep uphill to the top to begin a big circuit inland, round to the Seven Sisters, onto Birling Gap and then back over Beachy Head.

The running was pretty good, lots of good going on slightly uphill and downhill grassy terrain. Obviously some steeper uphill sections.

The first half of the race was either into the wind or across it. It made running pretty hard. I was often blown sideways. That was hard work. Once we began heading back to the East the wind was behind us. So great going uphill. A bit of care needed going downhill as the wind nearly blew you over.

Then the steep downhill to finish. Care needed on that as it would be easy to trip/fall - right in front of a large number of supporters!
A great event. I'll be back next year.

Results:
James Caffrey: 13th in 1:38:05.
David Nottidge: 392nd in 2:31:08 (1st in 70 yrs + category).
Michelle Edwards: 515th in 2:41.48.
All net times.
Men's winner was Steve Feltbower of Ochil Hill runners in 1:30:12
Ladies' winner was Harriet Bloor in 1:37.33





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## 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, 3rd November**

Trail & Road run

Meet at The Plough, Dormanland

7pm start

Tom will be leading a five-mile run from The Plough, up to Dry Hill for the main group and there will be shorter routes around Ford Manor Road for those wanting an easier run. Not sure yet if we will have a walk group, but the temptation to hear a nightjar again makes it a strong possibility. Look for updates on the club WhatsApp groups nearer the time. You can park close to the pub, in Plough Road or Ford Manor Road. Trail shoes are recommended and please wear something bright and bring a torch. A map of the five mile route can be seen using this link. https://lingfieldrunningclub.co.uk/route-maps/

## Update to Ladies Handicap Trophy points table

I made an error with the Ladies' points table in last week's newsletter. I've updated the table, which now shows that the trophy winner will be either Hannah Cartledge, or Angela Wilson-Taylor, who is a mere three points behind Hannah. To take any human bias out of the Christmas Handicap times, Dave Worsell has used AI to calculate the times, so expect everyone to be tripping over everyone else as they cross the finish line!

## 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.

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## Club kit news

**Gary Spring**

1. Lighter-material running vest

We're getting close to a decision on the vest material and supplier. Expect an update during November (when the weather will be getting ideal for a thinner vest material!)

2. Hydration vest (see review below)




As previously mentioned, the hydration vest, shown in the above photos, is currently on sale for £24, with the soft bottles, an extra £5 each. Brandon Webb has been testing it and is happy with the quality.

This price will go up to £28 from 1st November. I am preparing an order at the £24 price, with the eleven people who have already requested a vest. If anyone wants one at the £24 price and has not requested it yet, please contact me asap, certainly by end of Friday, 30th October.

The hydration vest will have our club logo on the back, (see top left photo) and the club name on the front (see top right photo). The text will be white rather than green as we feel this shows up better. State if you want the soft bottles or not.

3. Club Hoodies

Our current hoodie supplier, PB Teamwear, has incorporated our new club logo into a black version of their hoodie – see photo, below (the logo does not work well with the red hoodie because of the clash of red in the logo).




I'm currently sorting out what options we have for the text on the back. I'll have more information, with prices, in November.

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## Swiftal hydration vest

**Brandon Webb**

As Gary mentioned in last week's newsletter, I have been trialling a Lingfield Running Club branded hydration vest supplied to the club by a small UK company called Swiftal.

After testing it on several long training runs and at last weekend's Beachy Head Marathon, I now feel in a position to give my feedback. In short, I like it!

The vest is very comfortable to wear and is easily adjustable, providing a secure, locked-in fit. The rear zipped storage compartment is large enough to carry a spare top, hat, gloves, waterproof jacket, food and other essentials, and there was no noticeable bounce while running, whether it was fully loaded or relatively empty.

I used it with two soft flasks, which fitted into two of the five front pockets. It is also compatible with a hydration bladder, although I didn't test this feature. In addition, there

are three zipped front pockets, each large enough to hold items such as a phone, gels and keys. Full product details and specifications can be found on the Swiftal website:

https://swiftal.co.uk/products/black-lightweight-adjustable-running-vest

My preference would be for the hydration flasks to sit slightly higher on the vest, but it's a minor point. At £35 (excluding the soft flasks), and currently reduced by 30% to £24.50, it represents excellent value for money. It's an ideal piece of kit for weekly long runs when you need to carry water, snacks, or spare clothing. The Beachy Head Marathon was a perfect example of an event where having room for a waterproof jacket was invaluable!

I'm not sure whether Gary wants the vest back, hopefully not, as I'll definitely be using it for future runs!

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## Membership survey results

**Dave Worsell**

**Lingfield Running Club – Member Feedback**

The recent club membership survey gave the coaching team a useful insight into what members think about the club and how we can continue to improve. Although only 19 members responded, the feedback was generally positive, with 69% of respondents saying there was nothing they would change about the current arrangements. Comments also highlighted the variety of training, racing and social opportunities available, and the importance of keeping these going.

It's particularly encouraging to see that attendance at our training sessions has improved compared with previous years, with the Holland Sports track sessions proving especially popular. This suggests that the changes we've made over the past year are having a positive impact for most members.

However, we're still looking to improve on your feedback and have been responding to feedback about the variety of training opportunities available. You'll have seen us offering sessions with more varied pace groups, including a walking group which we'll aim to provide whenever run leaders are available. This is part of our commitment to make sure there are opportunities for everyone, whatever their pace or ability.

To make it easier to find out what's happening, we've also introduced a new WhatsApp group, "LRC Training Diary", where we're posting all club runs alongside a poll to gauge attendance. Please join in with the polls so we can see which sessions are likely to attract runners and plan accordingly.

You may also have noticed a few more runs appearing on the club calendar, including the return of Thursday evening runs. A big thank you to Tom for helping to make these happen!

Other survey suggestions included improving race briefings, refreshing club kit and ensuring that everyone feels welcome and included and you should see progress being made in all these areas too. We want Lingfield RC to remain a club where everyone feels valued, from those chasing personal bests to those running for enjoyment, fitness and friendship.

We will continue to use member feedback alongside attendance figures to shape the club's future coaching sessions. If you have ideas or would like to get more involved in coaching or leading sessions, please speak to a member of the committee or coaching team.

**Strength & Conditioning – Your Club Needs You!**

Despite being requested by a number of members in the 2025 survey the Strength & Conditioning sessions have failed to take-off. Attendance has been disappointing, and we are currently struggling to cover the cost of running these sessions. We need at least 12 members attending each monthly session to make them financially viable.

The sessions take place on the second Wednesday of every month at 7pm at Escots Primary School. Our recent survey indicated that members still want these sessions, so we need to turn that interest into actual attendance. If we cannot get sufficient numbers along, we will have no option but to consider cancelling them.

Some members have raised concerns about the impact of the exercises on their knees. I've discussed this with Tejin and asked him to modify the sessions to accommodate these concerns. Speaking from personal experience, strength training is particularly important as we get older, helping to build the muscle strength and stability that support our joints. With appropriate exercises and sensible progression, it can be a valuable part of staying active and running for longer.

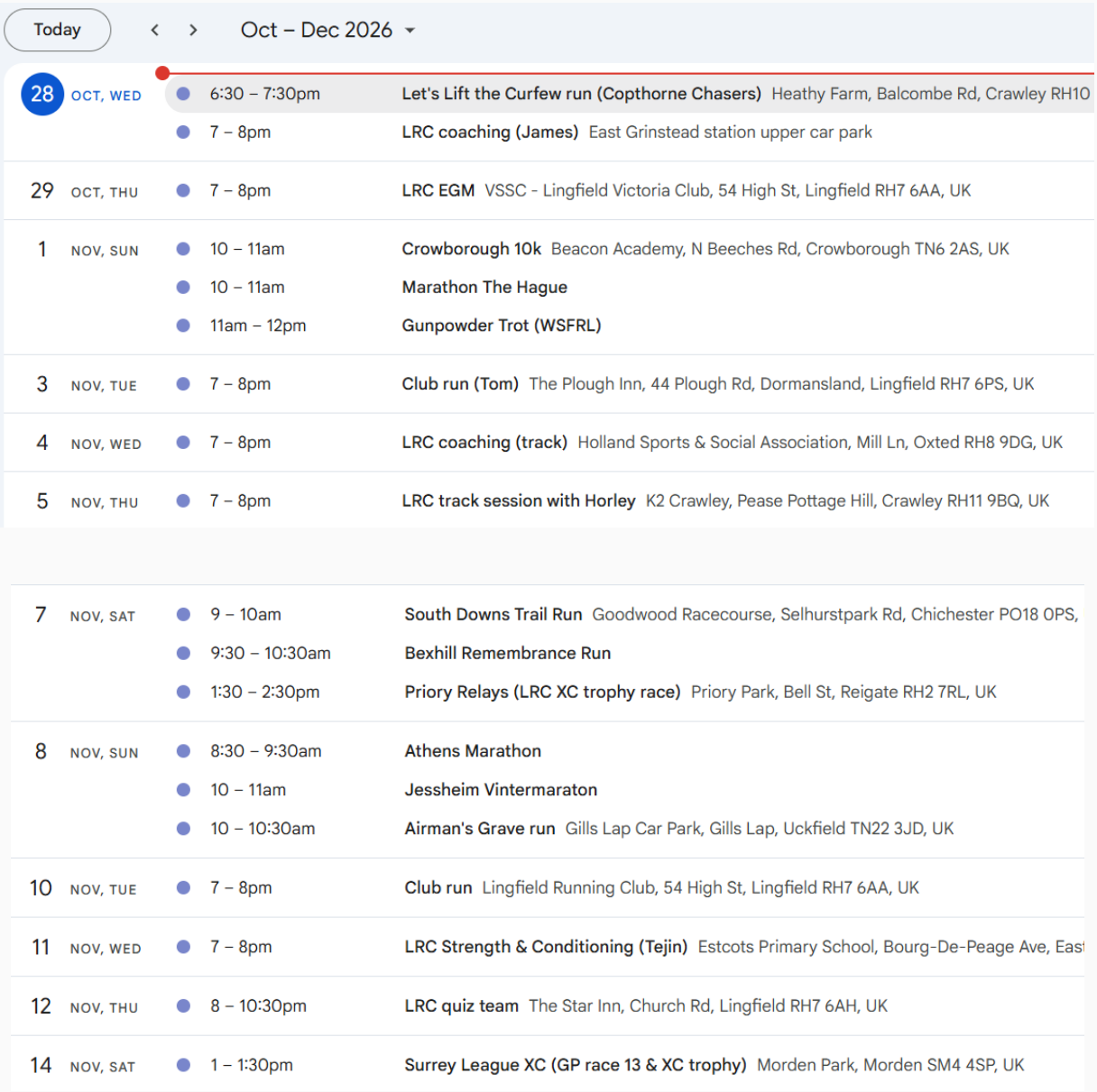
Please make every effort to attend the next session if you can. These classes are a valuable opportunity to improve our strength, support our running and invest in our long-term fitness. Let's turn that positive survey feedback into real attendance and give these sessions the support they need to continue!

*Coming next week - the newsletter survey results. Ed.*

## Key dates for the next two weeks

**Editor**

Click on the link - race calendar - for full details



Today  Oct – Dec 2026

| | | | |
|---|---|---|---|
| 28 OCT, WED | 6:30 – 7:30pm | **Let's Lift the Curfew run (Copthorne Chasers)** | Heathy Farm, Balcombe Rd, Crawley RH10 |
| | 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 (Tom)** | The Plough Inn, 44 Plough Rd, Dormansland, Lingfield RH7 6PS, 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 |
| 8 NOV, SUN | 8:30 – 9:30am | **Athens Marathon** | |
| | 10 – 11am | **Jessheim Vintermaraton** | |
| | 10 – 10:30am | **Airman's Grave run** | Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK |
| 10 NOV, TUE | 7 – 8pm | **Club run** | Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK |
| 11 NOV, WED | 7 – 8pm | **LRC Strength & Conditioning (Tejin)** | Estcots Primary School, Bourg-De-Peage Ave, East |
| 12 NOV, THU | 8 – 10:30pm | **LRC quiz team** | The Star Inn, Church Rd, Lingfield RH7 6AH, UK |
| 14 NOV, SAT | 1 – 1:30pm | **Surrey League XC (GP race 13 & XC trophy)** | Morden Park, Morden SM4 4SP, 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

## Surrey Police 'Jog On' campaign

**Editor**

**Jog On campaign returns to tackle harassment of female runners**

Surrey Police has relaunched its Jog On campaign after recording more than 100 incidents of sex-based harassment since new legislation came into force in April of this year.

The campaign forms part of the Force's ongoing commitment to tackling violence against women and girls (VAWG), improving feelings of safety in public spaces and ensuring women can exercise without fear of intimidation or abuse.

Since 1 April, we have recorded 105 incidents under Section 4B of the Public Order Act 1986, which introduced an offence of using threatening behaviour, language or graphics to cause intentional harassment, alarm or distress on account of sex. The reports are helping officers build a picture of offending across the county, identify potential hotspots and inform targeted activity to challenge behaviour and prevent further offending.

The new offence strengthens the law and the powers available to police, now carrying a maximum of two years' imprisonment on conviction.

Surrey Police takes a zero-tolerance approach to harassment directed at women and girls. Behaviour that may be dismissed as minor or 'just banter' can have a significant impact on those targeted, and it is important that inappropriate behaviour is challenged before it continues, repeats or escalates.

Building on the work launched in 2025, phase two of Jog On will continue to see officers take a proactive approach to identifying and challenging inappropriate behaviour towards women and girls running in public spaces, alongside engagement with local running clubs and communities to better understand their experiences.

Tactics have been developed and shaped from our already established work combatting VAWG within the night-time economy, which sees plain clothed female officers working alongside uniformed colleagues to identify predatory behaviour in bars, clubs and town centres, and intervene early on. Jog On uses the same approach and involves plain clothed female police officers going out jogging in key locations. If they are subject to harassment, there are support crews on hand nearby to assist and deal with perpetrators.

These operations can take place at any time of day and are designed to be varied and unpredictable.

Of the 105 incidents recorded between April and October 2026, 17 remain under investigation and two cases have resulted in a charge under the recorded offence, one further case resulting in a charge for an alternative offence and four cases being dealt with through community resolution.

Every report of an incident allows officers to build intelligence, identify patterns and assess the appropriate action to take.

T/Inspector Nicola West, one of the Force leads for the operation in West Surrey, said: "No woman or girl should feel intimidated, harassed or unsafe simply because she has chosen to go for a run.

"Jog On is about taking a proactive approach to this behaviour, challenging those responsible and making clear that harassment is not something anyone should have to accept as part of their everyday life.

"We want women and girls to feel confident reporting what has happened to them. Every report gives us an opportunity to better understand experiences, identify patterns and inform our approach to how we can respond and tackle offending.

"The introduction of the new legislation provides an important opportunity to reinforce that intentional sex-based harassment can have serious consequences and we will take robust action where offences are identified.

"Alongside our operational activity, we are listening and working with local running clubs to understand their experiences and ensure our activity is informed by the places and the people affected."

Harassment, intimidation and abusive behaviour directed at women are not harmless or simply "banter". Such behaviour can affect women's confidence and their freedom to use public spaces, and we are committed to challenging offending and preventing it from continuing or escalating.

We encourage anyone who experiences harassment or witnesses an incident to report it to us online via our website or by calling 101. Always call 999 in emergency.

Anyone who feels unsafe in a public space can also use StreetSafe to anonymously report locations where they have felt unsafe. This information helps police and partners identify potential problem areas and inform work to improve public safety.

Jog On is an initiative that forms part of a force-wide priority to tackling violence against women and girls in Surrey. A focus on this crime type is embedded as part of Our Plan and neighbourhood teams build this into their local policing approach, through enforcement and engagement activity. With every crime report we receive, we're committed to delivering a victim-centred approach and engage with local partners to ensure accessible specialist support for those affected. Proactively identifying and targeting perpetrators is key, whether through standalone operations or managing high-harm perpetrators alongside other agencies.

*Copthorne Chasers is hosting a 'Let's Lift the Curfew' run from Heathy Farm at 6.30 tonight if anyone is interested. Ed.*

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**Reminders from previous weeks**

## 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

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## 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**