Lingfield Running Club Newsletter

Wednesday 4 November 2026

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No new members this week.

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

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RIP Trevor Crowhurst 1937-2026

I hope you'll agree that there is more to say about Trevor than can reasonably be fitted into the weekly newsletter.

We would like to produce a special edition, incorporating any stories and/or photos which you might like to share with others.

If you wish to do so, please send items to editor@lingfieldrunningclub.co.uk and we will compile them.

But, to start us off, I thought Fiona's tribute on Facebook would resonate with many.

"Hello, you must be Fiona, I am Trevor, welcome!"

Fiona Champness

I was incredibly sad to hear that Trevor has passed away. Sometimes people come into your life and, without ever realising it, change its direction completely. Trevor was one of those people for me.

Back in 2015, I had absolutely no idea that one small decision to try running would lead to so much. I certainly never imagined the friendships I would make, the experiences I would have, the challenges I would take on or just how much running would become part of my life and my family's lives. Looking back, so much of that journey started with Trevor and a simple, incredibly warm welcome.

I recently came across this article I wrote for The PGA Professional magazine back in May 2017, entitled "Running in Another's Shoes", and it reminded me just how significant that moment was.

Having played golf all my life, I wanted to understand what it felt like to be a complete beginner at a new sport. So, rather nervously, I found Lingfield Running Club online and sent them a message.

Within 24 hours, I had received a lovely reply, followed by a couple of texts. The following

Monday, I drove into the car park, not quite knowing what to expect. Before I had even switched off the engine, there was a knock at my window.

“Hello, you must be Fiona, I am Trevor, welcome!”
And that was where it all began.

Trevor introduced me to the group, paired me up with someone and made sure I felt part of things straight away. Everyone went out together, came back together and there was a real sense of encouragement and belonging. I was even told, “Well done, come on Thursday!”

That Thursday, the lady captain ran with me at my pace. Everyone was friendly, there was no pressure and I was hooked.

That first welcome led to far more than I could ever have imagined. I’ve since completed three London Marathons, numerous other races and made friendships and memories that I will treasure.

But perhaps the loveliest thing is how running has become part of our whole family’s lives.

My son has now completed over 100 Parkruns, my mother-in-law gives her time volunteering at Parkrun and my husband Nick has just completed his very first marathon at Beachy Head – because he couldn’t possibly be left out!

When I look at that, I realise just how much came from one simple act of kindness and a friendly knock on a car window.

I have always believed that the most important thing about any club is how it makes people feel when they walk through the door for the first time.

Trevor understood that instinctively. He didn’t just welcome a new runner; he helped create a love of running, a community and a whole new chapter in our family’s lives.

I often talk about the importance of making people feel included, valued and supported, both in my professional life and in sport. Trevor was a wonderful example of exactly what that looks like in practice.

Thank you, Trevor, for making a nervous beginner feel welcome, for opening the door to a wonderful running community and for starting a journey that has given me and my family so much.

You probably never realised the ripple effect of that first welcome, but it has reached a lot further than you could ever have imagined.

Rest in peace, Trevor. Thank you for everything. You'll be remembered with enormous fondness. ❤️



Runners and walkers gather to pay tribute to Trevor at the club on Sunday
Picture: Ian Watkins





Pictures courtesy of Alison Lacey and Jill Streater

🏃 Lingfield's Racing Roundup 🏃

31 October 2026

Fifty-five runners, 15 locations, two PBs

East Grinstead (26), Belfast Victoria (1), Coldham's Common (1), Crystal Palace (4), Eastbourne (2), Edgbaston Reservoir (1), Egham Orbit (1), Hackney Marshes (2), Harrogate (1), Hove Promenade (1), Littlehampton Prom (2), North Farm (1), Shorne Woods (1), Tilgate (5) and Wakehurst (6).

Particular congratulations to three first-placed runners - **Ashley Middleton** (Eastbourne), **Lucy Wilkes** (East Grinstead) and **Sally Alexander** (Edgbaston Reservoir.) Also, to our placed runners - **Susie Miller** (third at Tilgate, with a PB), and James Caffrey (third at East Grinstead). **Dan Celani** also had a PB to celebrate at Eastbourne.

See all the results.



Trevor would have been delighted to see so many people turn up at the club last Sunday to have a commemorative run/walk (and minute of applause) in his memory. And it was great to see so many come into the club afterwards for a drink and a chat. Kellie opened early especially for us, for which we are very grateful.

He would also have been pleased that our runners continued to represent the club in their booked races including, appropriately enough, the Crowborough 10k. These were the results for our six runners. Well done all of you.

Posn.		Chip time
19	Simon Moore	40:17
102	Michael Manwill	49:39
145	Maggie Statham-Berry	52:55

171	Wendy Smith	55:13
178	David Nottidge	56:17
238	Robert Llewellyn	62:53

Ethan Scott won in 35.01 and first woman was Alison Moore (Eastbourne Rovers) in 41.34.

There were three marathoners abroad, literally, on Sunday. **Darija Sparkes** had a great day in the New York Marathon with a finish time of 4.22.07. **Aly Warner** did her pacing role in Marathon The Hague, completing in 4.49.29. And, in Toulouse, **Vernon Given** completed his 83rd in a time of 3.59.42. Great running, and I hope you all enjoyed your trips.

Also abroad, but for a slightly longer term, is **Liz Webster.** After a few parkruns to get acclimatised, Liz went for the Rockville 10k. It is 28 minutes on the subway from Washington and is 'run along the streets of the King Farm community for a scenic and challenging, yet rewarding, course'. Liz finished in a time of 55.06, and said it was her "longest race for quite some time, so hard work, but I enjoyed it".



Liz in the pink ..

For those of you following it, the West Sussex Fun Run League (WSFRL) 2026 came to its conclusion last Sunday. This was the Gunpowder Trot, run over 4.5 miles on the Denne Park and Chesworth Farm estates, close to Horsham town centre. Once again **Ian Greenaway** represented second-claim club Saints and Sinners, finishing the course in a time of exactly 40 minutes. Callum Carter won in 27.06 and first woman was Tracy Thomas (Worthing Harriers) in 30.38.
Pending any appeals or recounts, the 2026 WSFRL winners were Horsham Joggers, ahead of Chichester Runners. Crawley Saints and Sinners came a respectable tenth of the 17 clubs.

Yes, at last, we have the results of the Gatliff Marathon on 17th October.
In the 25km race, **Juhana Kirk** was comfortably first to finish in a time of 1.52.04. **Sophie**

Davis had a great run to finish as third woman with a time of 3.13.27, and then came **Dave Chase**, ninth (man) in 3.28.02.

In the 50km version, **James Kilfiger** was 11th in 6.23.28 and **David Waddington** 24th with 7.03.22. You can find the (short) official report of the event here: https://www.copsecroydon.co.uk/the-42nd-gatliff-marathon-2026/

The results have had little impact on Grand Prix positions overall – see complete men's table and women's table. There are two events to go – Surrey League XC on 14th November and **(TAKE NOTE)** Wakehurst parkrun on 5th December.

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

Editor

editor@lingfieldrunningclub.co.uk

Running club EGM

Graeme Bennett

For those that weren't present last Thursday, the members at the EGM voted unanimously to approve the proposed changes to the club constitution and agree that the club should apply to HMRC to become a Community Amateur Sports Club.

We outlined the details of what this meant in the email sent to all members on 13th October.

Draft minutes of the EGM and the revised constitution are on the club website, and we will keep you informed of progress with HMRC.

Your Committee

SportsShoes code for November

Laura Stockwood

The SportsShoes code for November is CJZ8GD9DWQ9. The code is valid on **AW26 products only** and will give you 15% off (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/12/26.

Couch to Trail Marathon

Glen Smith

It hardly seems possible that it is less than two years ago, in January 2025, when I signed up to the club and joined the Couch to 5k programme. At that time, I genuinely doubted I would manage 5km, or around half an hour, non-stop, and yet very soon I found myself hooked, and running became a huge part of my life. Within a few weeks, I'd climbed that mountain, and could (just) run 5km, and not long after that, I reached my second summit – the magical sub-30 minutes 5km.

By the end of last year, I'd completed my first 10k and could have stopped there but, with the encouragement and support of certain club members (you know who you are!), I took the next step into 'half' territory. I completed the Tunbridge Wells Half in February and found myself slipping further into the grasps of running addiction. Instead of that being the end of the distance journey for me as I'd predicted (and my confident quote "I'll never do a marathon"), I wanted more.

With spring came drier days, and the trails lured me in and, somewhat inevitably, I found myself signing up for the Beachy Head Marathon. I can neither confirm nor deny that the mention of sausage rolls had a hand in my choice, but the regular contingent reassured me that it was a lovely course, with breathtaking views and huge support all the way round. Thankfully, my long-suffering running buddy Amy also signed up, so I had an equally insane training partner, and someone to compare notes with on whichever bit of running paraphernalia was the day's 'must-have'!

So, last Saturday, I found myself on the start line in Eastbourne with so many LRC teammates, ready to tackle my biggest challenge to date. The forecast was, let's say, 'sub-optimal': Storm Austen was due to bring strong winds and rain (not ideal for the exposed ridges of the South Downs Way, Seven Sisters or Beachy Head). Undeterred, we

set off with a backpack full of snacks and waterproofs - as Amy so beautifully put it, “we’re going on a long picnic in the rain”. My aim was simply to make it round — no more and no less. The first third was dry; the second brought blustery showers and in places it was so slippery that walking was barely possible, let alone running. At around 18 miles, Amy was bitterly unlucky and twisted her knee, causing her to have to withdraw from the event. I was more fortunate and escaped unscathed but, as I reached the Seven Sisters for the final eight miles, there were storm-force winds and horizontal rain. I pushed on, longing for the finish and the promise of a hot jacket potato.

As I crossed the line, I felt ecstatic at what I’d achieved. Once again, to my surprise, I genuinely enjoyed digging deep and proving to myself just what’s possible. I loved it.

A huge thank you to all of the LRC members who supported me before and after the event, and of course to Amy, who planned our training runs, baked snacks and scheduled pit stops at coffee shops!

That support also brings Trevor to mind as we mourn his passing. The club is in safe hands and continues to stand for everything he stood for.





Airman's Grave timings

Sally Alexander

(times also in club calendar)

REMINDER and TIMINGS



Airman's Grave Remembrance Day Service
on
Sunday 8th November 2026 @ 10.45 am.

Please join us for the annual Remembrance Day Service at the Airman's Grave, Ashdown Forest where we will be laying a wreath at the memorial site, on behalf of the club.

Details as follow:

9.10 am departure from St. John's Carpark for 12-mile loop running group.

9.30 am departure from Gill's Lap Carpark for 7-mile loop walking group.

10.10am departure from Gill's Lap for 7-mile loop running group.

Many thanks to our Run Leaders: James K who will be leading 12-mile loop with Tunbridge Wells Harriers and Ian W & Sally will lead 7-mile loop walking/running group.

We are looking forward to seeing you on Sunday!

Weekly club runs

Gary Spring

Tuesday, 10th November

'The Lanes of East Grinstead'
Meet at East Court top cark park
7pm start

This route is about 5.5 miles and has a few decent hilly sections, including the character-building short push up Hermitage Lane to the Dorset Arms. A map of the route can be found using this link. https://lingfieldrunningclub.co.uk/route-maps/

Sunday morning, 22nd November

Proposed date for the revival of the One-Mile Time Trial.

The one mile route is at the top end of St Piers Lane. Tom Cartledge and I will be confirming the measurement over the next couple of weeks. The event is open to all members, regardless of your pace.

More information will appear in future newsletters. For now, please could you let Tom Cartledge or myself (organiser@lingfieldrunningclub.co.uk) know if you fancy taking part. There will be further Time Trials in the future, if you can't make this date.

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.

Newsletter survey results

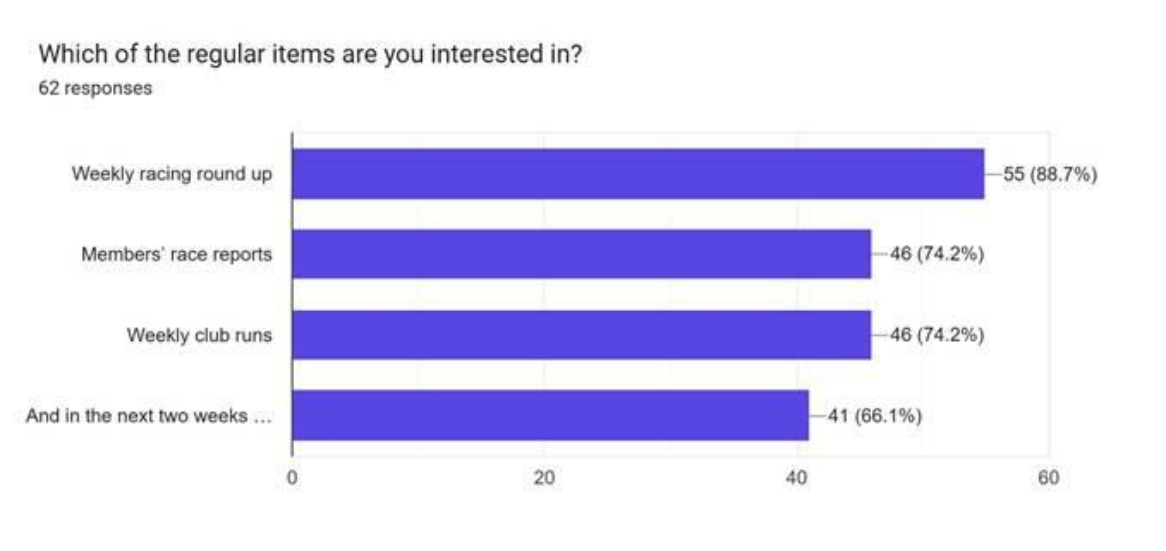
Editor

Survey feedback summary (AI-assisted analysis)

Overall, the newsletter is highly valued and widely enjoyed. Members appreciate its friendly tone, humour, variety, and the sense of connection it provides—particularly through updates on what other club members have been doing.

Most popular content

- Reports and results from recent races.
- Personal stories, member profiles and Q&As.
- Favourite races, parkruns and running journeys.
- Quirky or humorous running-related articles.
- Occasional non-running updates about members.
- Historical results and articles from the club.



Suggested additions

- Clearer details for upcoming club runs, including dates, meeting points and where to find the latest information.
- Race recommendations and information about forthcoming events.
- Practical training advice and example training schedules.
- Guidance on nutrition, fuelling, recovery, stretching and injury prevention.

- Reviews or recommendations for running kit and books.
- Features on notable runners and events, from 5Ks to ultras.

Publication frequency
Overall, 90 per cent of respondents favoured a weekly newsletter, so that will continue for now. Several respondents recognise that producing a weekly newsletter is a significant commitment for a volunteer. Suggestions ranged from fortnightly to monthly publication.

Presentation
One respondent suggested improving the formatting for easier reading on smaller screens, particularly iPhones.

Overall conclusion
The strongest message is to **retain the newsletter's current character and varied mix**, while considering a more sustainable publication schedule. The clearest opportunity for improvement is to make practical club-run information easier to find in one place.

Editor's response
First, many thanks to the 63 members who responded to the survey. Without your contributions there wouldn't be a newsletter! We will continue to add articles from other publications if we think they may be of interest to you, but feel free to forward ideas direct to me.
In response to two specific queries:
1. the race calendar on the club website is the single place where you will find the most up-to-date information about events in one place. It includes all the info I pick up from Facebook and WhatsApp groups. Click on the event to get full details (where they are available). Tell me if you think an event should be added/amended.
2. I have looked for suggestions on improving its readability on mobile phones, but am at a loss. If anyone has any ideas please email me direct.

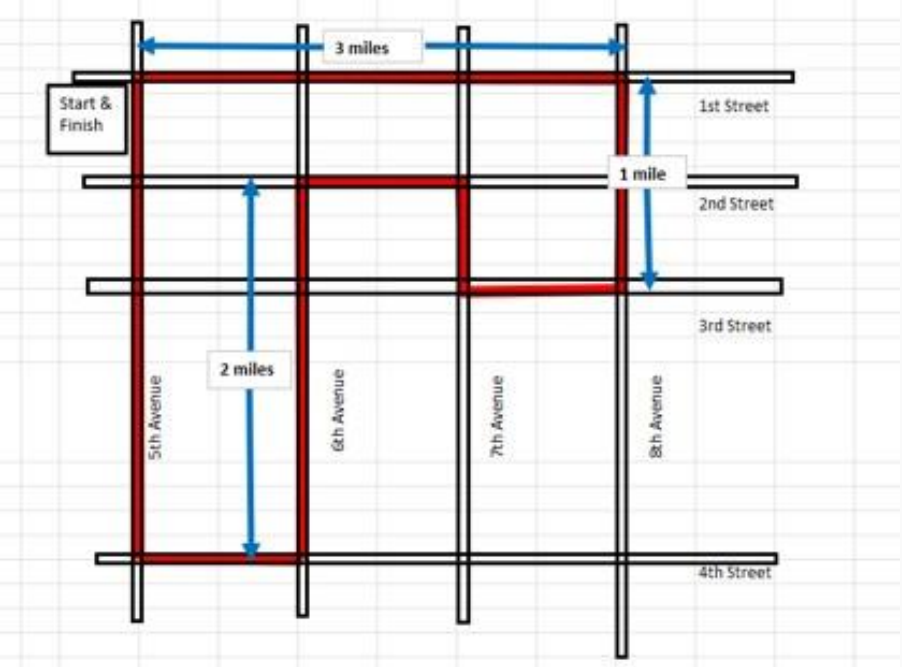
You can find all the individual comments we received in this fuller version of the report. Many thanks.
editor@lingfieldrunningclub.co.uk

Monthly quiz puzzle

Gary Spring

OCTOBER PUZZLE answer

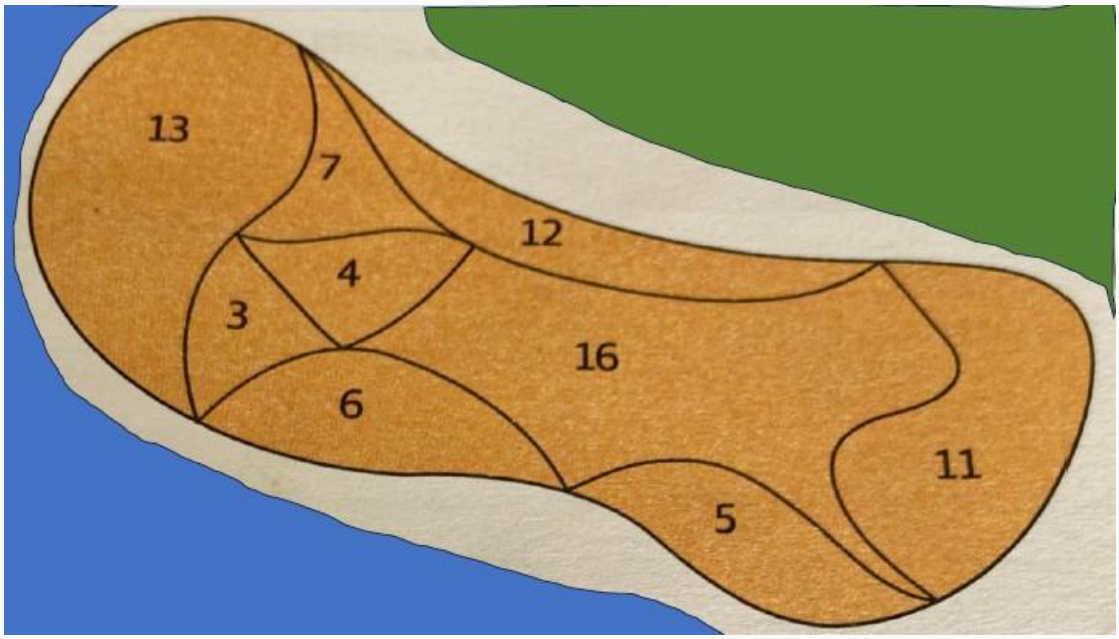
I received three entries to the October puzzle, of which I am very grateful. All were correct and from the usual suspects, so many thanks to Debbie Wilkes, Lucy Wilkes and Judy Hayler. A special mention to Debbie, who though confessing to being stumped with any puzzle involving logic, maths or science, sent in the correct answer less than hour after Graeme had sent out the newsletter.
The answer is 12 miles. I thought it was very neat the way all the unknowns in the diagram, below, cancel each other out, so the three known distances are all you need to work out the total distance.



NOVEMBER PUZZLE

To see if I can reach the dizzy heights of three entries again, here's another maths problem (you'll like it, Debbie, honest!)

Lingfield Running Club are on tour again and are staying near the beach, where there is a complex of running routes, within a larger area. See the map, below.



The map shows the perimeter, in km, for each smaller route, but our members are feeling up for something a bit longer (and without such tight corners!) The problem is that the map does not show the distance of the outer perimeter of the entire area. Can you work it out?

Please send your solutions to organiser@lingfieldrunningclub.co.uk by Midnight, 30th November 2026.

Key dates for the next two weeks

Editor

Click on the link - race calendar - for full details

Today Nov – Dec 2026

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 – 9am	**Phoenix Fireworks Flash run** Southwater Country Park, RH13 9UN
		8:30 – 9:30am	**Athens Marathon**
		9 – 10am	**Airman's Grave run** St Johns Car Park, 3 St John's Rd, Crowborough TN6 1RU, UK
		9:30 – 10am	**Airman's Grave walk** Gills Lap Car Park, Gills Lap, Uckfield TN22 3JD, UK
		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 (Gary)** Upper East Court Car Park, College Ln, East Grinstead RH19 3LY, UK
11	NOV, WED	7 – 8pm	**LRC Strength & Conditioning (Tejin)** Estcots Primary School, Bourg-De-Peage Ave, E
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
15	NOV, SUN	9 – 10am	**Fulham 10k** New Kings Road, New Kings Rd, London SW6, UK
		9:30 – 10:30am	**Brighton 10k**
		9:30 – 10:30am	**Hartfield Honey Run** Hartfield TN7, UK
17	NOV, TUE	7 – 8pm	**Club run** Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
18	NOV, WED	7 – 8pm	**LRC coaching (track)** Holland Sports Athletics Club, Mill Ln, Oxted RH8 9DF, UK
19	NOV, THU	7 – 8pm	**LRC track session with Horley** K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
21	NOV, SAT	11am – 12pm	**ARC AGM** By Zoom

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

Lingfield's award winners

Editor

I thought it was worth sharing these pictures from the England Athletics SE regional newsletter! Well done again, guys!

Winner: Fiona Champness (Lingfield Running Club)

Fiona Champness has made an outstanding contribution to Lingfield Running Club through her leadership of the Lingfield 10s and her continued support of members as a Run Leader. Taking responsibility for one of the club's flagship events, Fiona has dedicated countless hours to planning, volunteer coordination, stakeholder engagement and race management, ensuring the event remains successful and sustainable. Much of her work takes place behind the scenes and often goes unseen, yet it is critical to the smooth delivery of the race. Through organisation, collaboration and dedication, Fiona has strengthened the club and enriched the wider running community.



Winner: Dave Worsell (Lingfield Running Club)

Dave Worsell has dedicated more than 40 years to athletics through coaching, volunteering and community leadership. As Head Coach at Lingfield Running Club, he has helped countless runners develop confidence, improve performance and enjoy lifelong participation in the sport. A highly respected volunteer with more than 325 parkrun credits, Dave played a key role in establishing East Grinstead parkrun and now supports events across the region as a parkrun Ambassador. His commitment extends far beyond coaching sessions, helping build stronger running communities and ensuring opportunities remain accessible to everyone. His service has left a profound and lasting impact.



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