Lingfield Running Club Newsletter

Wednesday 11 November 2026

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Welcome to new members, Dean Gargate, Camille Iona, Daniel Turi and Adam Webster, this week!

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

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🏃 Lingfield's Racing Roundup 🏃

7 November 2026

Fifty-one runners, 16 locations, seven PBs

East Grinstead (19), Banstead Woods (1), Brighton & Hove (1), Finsbury Park (1), Foots Cray Meadows (3), Ifield Mill Pond (1), Jeskyns Community Woodland (1), Kew Wakehurst (10), Malling Rec. (1), North Farm (1), Penrose (2), Roosevelt Island (1), Seaton (1), Tilgate (5), Uckfield (2) and University Parks (1).

Particular congratulations to **Sally Alexander** (first woman at East Grinstead) and **Dan Celani** (third at Jeskyns). And we had an excellent seven PBs, which must augur well for the XC season! These were **Angela Wilson-Taylor** and **Joanne Sinden** (East Grinstead), **Ben Horner** (Kew Wakehurst), **Stephen Lovell** (Malling Rec.), **Liz Webster** (Roosevelt Island), **Claudette Sims** (Tilgate) and **Sue Garner** (University Parks).

See all the results.



We had four mixed teams competing in the Reigate Priory Relays last Saturday and had great results. There were 33 teams in total, of which 15 were mixed. Our teams were placed second (by just eight seconds), fifth, eighth and 11th of the 15. We had three men in the top 20 finishers and Sally was the fifth woman to finish, but

everyone ran with great credit. Trevor would have loved being there. Thanks to Sally for offering(?) the race report later on.

Full results here

There's not much in it but, with three of the eight events concluded, **Jason Meers** and **Natalie Mitchell** lead the cross-country trophy competitions.
XC tables after three events

It was also the Bexhill Remembrance Run on Saturday, and **Wendy Smith** and **Michael Manwill** tackled the 10k distance option. Michael was third in his age group in a time of 47.08, and Wendy was second in hers with a time of 52.57. The winner was Ollie Carey in 36.02, and first woman was Zoe Habgood in 41.59.

Aly Warner was on her travels again, last Sunday, for the Jessheim Vintermaraton (just a stone's throw from Oslo airport, since you ask). On this occasion, Aly finished her run in a time of 4.18.24. Wherever next, Aly?

And more congratulations to:

- **Keith Chambers** for passing his final England Athletics Coach in Running Fitness (CiRF) assessment (read all about it below), and
- **Maggie Statham-Berry**, who has been selected to represent England in the British and Irish Masters XC International in Dublin on Saturday. Hope you have a great run, Maggie. Read all about it, next week!

Can I give a reminder that if you'd like to send me a personal memory/story about your dealings with Trevor, it would be great to have them by 14th so I can pull it all together.

Trevor's funeral will be held at 11am on Tuesday 1st December, in Lingfield Parish Church. Afterwards there will be a wake at The Star PH, Lingfield.

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 will inspire others.

Editor

editor@lingfieldrunningclub.co.uk

Trevor Crowhurst

Jas Dhanda (Reigate Priory AC)

To everyone at Lingfield RC,
I was deeply saddened to hear of the passing of Trevor Crowhurst.

Although I knew Trevor primarily through local events such as the Holly Run and Priory Relay, where I was Race Director, he always left a lasting impression. Trevor was unfailingly warm, kind, and generous with his time. No matter how busy an event day might be, he would always stop for a chat and share a few words.

I particularly appreciated the courtesy he showed in keeping me updated about Lingfield's team entries, often taking the time to send a note even when declarations might be arriving a little later than planned. Those small acts reflected the consideration and respect he showed to everyone around him.

Trevor was a tremendous ambassador for Lingfield RC and for the wider running community. It will be very sad not to see him at future events, and I will greatly miss our conversations.

Please accept my sincere condolences and best wishes to Trevor's family, friends, and everyone at Lingfield RC.
Kind regards,
Jas Dhanda

Crowborough 10k

Dave Nottidge

This annual race took place on 1st November. Results were listed in the last newsletter. The weather was unusually good for running. Normally at this race it's wet and cold, but this time it was dry with little wind.

For those that don't know the race route is two laps, all on road. The route starts with a long downhill, then there is a ford to cross followed by a long uphill section. On the start line I asked Robert if he had a time in mind - he said he just wanted to finish before the chicken! There was a guy dressed in a chicken outfit behind us. It

is a Sussex Grand Prix race - so lots of club runners - only one chicken though.

My race went pretty well. I went through the Ford each time - the water was low. There is a bridge you can use if you want. I managed to keep a slow run up the hill. Then round a second time. Finally up to the finish which is steep 75 metres up hill.

LRC had six runners. The race used to be one of our Grand Prix races - I think it should be reinstated. It's hosted by Crowborough running club, so good to support a local club.

All our runners put in good times. Special note though to Maggie, who was first in the V 70s, a great run.



'Sorry, Simon - missed you for the photo'!

Reigate Priory XC Relays

Sally Alexander

Running Up That Hill at Saturday's Reigate Priory Relays!

Saturday 7th November 2026

By Sally Alexander (coerced into this XC report writing!)




True to form: the obligatory two photos!
Congratulations to: Maggie, James W, Robert, Jason, Susie, Laura, Sophie, Ashley, Fiona, Natalie, Dan C, James K, Scott, Tom S, Sarah B and Captain Chris!

As the morning fog on Saturday lifted to reveal the most beautiful of autumn days, 16 of us were back on the 'fun' bus and making our way to Reigate Priory for this year's relay event.

Leaving Michele and I in charge of erecting the tent, Chris headed off to collect the numbers, returning to realise perhaps we were not the best tent mechanics, despite having caught the attention of a Dorking and Mole runner who had tried to help us! Nevertheless, with a bit of team elbow grease, our blue HQ was swiftly inflated and secured so we could concentrate on…checking out what sweet delights would be waiting for us after the race!

This year, our captains had opted for four mixed teams, which was a brilliant idea, with individuals having to complete one large loop of the Surrey Cross Country League course. Luckily, conditions couldn't have been better, which meant the only challenge was arriving at the start in time to take over from your previous team-mate and then 'running up that road' (if you had spikes) and 'running up that hill' – apologies, **TWO** hills – which is never easy, but at least we had grip!

With Jason Meers, Tom Seller, Robert Llewelyn and James Willis off first, the rest of us were busy cheering them on, warming up and heading back and forth to the WC! Once the second runners took to the course, it became more difficult to appreciate fully how each of the teams were fairing, so you just had to dig deep and go for it!

And go for it we did! All teams flew round the course in brilliant times even though we were up against some runners who were clearly significantly younger and more agile than most of us! When the results finally came in, we were delighted to discover Lingfield A Team had secured second-place trophies having narrowly missed out on first place by just eight seconds which, as Ashley pointed out, was

probably down to me!!! I didn't like to disclose that I had paused to ask one of the male runners in front of me if he was OK, having got a fly stuck up his nose halfway up the second the hill!!!!

Like the cross-country and the road league, the relays are always such lovely events, where we really come together as a team; have a good laugh; eat cake and do some running in between!! Well done to everyone who participated and good luck to the Queen of XC, Maggie, who will be competing for England in the British and Irish Masters Cross-Country International next weekend.

A special thank you to Chris for coordinating the teams, providing refreshments and support, to Michele (who was injured) but came to cheer us on, Martin Berry, the Sellers, and to Scott for driving the minibus.

I would like to finish by also mentioning our dear Trevor Crowhurst whose legacy was evident at Saturday's relays with Reigate Priory members offering their condolences and reflecting on their fond memories of him. A real testament to a man who endeared himself to the wider running community.

Weekly club runs

Gary Spring

Tuesday, 17th November

Road run around Lingfield

Meet at the Victoria Club for a 7pm start

The route is the James Kilfiger Lingfield route, in reverse, about 5.5 miles in distance. The route is fairly well-known, and there are plenty of options for a shorter run, so we should be able to suit everyone's requirements for pace and distance. The route can be found on the club website Map tab, using this link https://lingfieldrunningclub.co.uk/wp-content/uploads/2026/03/202603-James-Kilfiger-reverse-Lingfield-route.pdf

Sunday morning, 22nd November

One Mile time trail

Tom and I have marked out the One-Mile route and have successfully tested out the timing App for this event, so all we need now are willing members who want to give it a go. I am hoping to get permission from Lingfield College to park in their Senior School car park so you will just have about 1km of St Piers Lane to do some warm-ups while you get to the Start, just past Young Epilepsy. We're currently planning a 10am start time and will set off runners at intervals rather than a mass start. Final details in next week's newsletter and on the Club WhatsApp groups.

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.

England Athletics Coach in Running Fitness (CiRF)

Keith Chambers

Last Sunday while many of you were attending the Airman's Grave Remembrance Service on Ashdown Forest I was attending my EA CiRF Assessment Day at the Sports Centre, Tunbridge Wells; a class of fourteen local and not so local runners from Oxted, West Hoathly, Rye, Bournemouth and Exeter to name a few, nervously congregated, awaiting our final assessment.

We'd formed a close group over the duration of the course, sharing lots of knowledge, experience and ideas; it's great when a group of strangers 'clicks'.

We'd started our course back in July with two days, in person, theoretical and practical training, delivered by very friendly, experienced EA Coaches.

Along the way we've had an online training day and prepared an eight-week training mesocycle for our athletes, with identified goals to improve a technical aspect of their running form, e.g. arm swing; and a fitness goal, e.g. sub-60-minute 10k.

It feels like we've covered everything from training principles, diet, nutrition, session planning, and of course delivering warm ups, training sessions and a cool down.

Our assessment was to deliver a training session including a warm up, not just a gentle precursor jog but a structured RAMP Warm Up; I'll leave that one to you ☺; a training session focussing on a technical aspect of our running form, e.g. arm swing; and cool down; all under the watchful eye of our EA Coach Assessor.

The Assessors were first class; helpful, supportive and very friendly, and we all passed!

It's been a very interesting course; I've become very self-analytical and much more aware of my own running style and where I need to improve; it's never too late!
Finally, a big thank you to our Committee and Head Coach, Dave; for supporting me along the way; and of course to my athlete, you know who you are!

I hope that I can share some of my new learning with the athletes of our great club.

Airman's Grave Remembrance Sunday Service

Ashdown Forest

Sally Alexander

'Running with pride, remembering with respect. We will remember them.'
Sunday 8th November 2026







Uniting as one, Lingfield Running Club joins our local running community, to remember, and Chris Rance (Men's Captain) and Laura Stockwood (Membership Secretary) lay a wreath at the Airman's Grave on behalf of the club.

Thank you to those who could join us for our annual club run/walk to Ashdown Forest's Airman's Grave for the poignant Remembrance Sunday Service to honour those who have fallen, sacrificing their own lives and those of their loved ones who have been left behind in past, present and ongoing conflicts.

As is tradition, we united with other local clubs including Tunbridge Wells Harriers, East Grinstead Runners, Crowborough Runners, Ashdown Trail Runners, Uckfield Runners and the Wadhurst Runners to complete one of the 12-mile or 6-mile running/walking loop options. Forging new and re-establishing old running friendships as we went, sent a striking message of our unity, a visual display that

the sacrifice made by our war veterans was not in vain.

The route to the service is stunning and, as the grave comes into view on the distant slope, there is little that compares to the sight of hundreds of people from the local forest community joining together to remember those who gave so much.

With a live transmission from Whitehall, the bugle to signal the two-minute silence, followed by simple yet pertinent words from Father John Caperon and John McCrae's verse, "In Flander's fields the poppies blow/Between the crosses, row on row/That mark our place," you cannot help but feel the depth of meaning and emotion which the Remembrance Service evokes.

It was then time for numerous wreath layers to pay their respects on behalf of the different associations and clubs represented. For Lingfield Running Club, Chris Rance and Laura Stockwood placed our wreath (a token of our gratitude, respect and pledge that we will not forget). If you are not aware of its significance, the site marks the morning of 31st July 1941, when the crew of the Wellington of 142 Squadron, crashed into the hillside returning from a night raid on Cologne.

As we made our way back to Gill's Lap and St. John's carparks, reflections on the service and equally the joy of unifying as one running group were carried on the breeze through notes of sombre thought and also high-spirited laughter.

Thank you to everyone who joined us, Laura and Chris for laying the club's wreath, our run leaders James K and Ian Watkins, and everyone who baked cakes or provided sweet treats. You all helped make it a special morning.

Key dates for the next two weeks

Editor

Click on the link - race calendar - for full details

Today Nov – Dec 2026

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 (Gary)** 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

22	NOV, SUN	9 – 10am	**Wimbledon Common Trail Half & 10k** Richard Evans Memorial Playing Fields, Roehampton Vale, Lon
		10 – 10:30am	**LRC one-mile time trial** St Pier's Lane, Dormansland, Lingfield RH7 6PN, UK
24	NOV, TUE	7 – 8pm	**Club run** Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
25	NOV, WED	7 – 8pm	**LRC coaching (Ian W)** East Grinstead, UK
26	NOV, THU	7 – 8pm	**LRC hills run (Tom)** Dry Hill,
27	NOV, FRI	6 – 9pm	**The STAR Backyard** Peaslake, Guildford, UK
28	NOV, SAT	All day	**Southern Masters XC Champs.** Lloyd Park
		All day	**Sussex Downs Trail Run** Plumpton racecourse
29	NOV, SUN	8 – 8:30am	**Phoenix Big Badger Run** Southwater Country Park, Cripplegate Ln, Southwater, Horsham RH13 9UN,
		9 – 10am	**Mental Elf Run 5k** Beach House Grounds, Worthing BN11 2EJ, 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

Christmas Handicap

Sally Alexander

Who will walk away with the Matt Bennett Trophy for 2026?

LRC's Xmas Handicap Race, Post-Race Xmas Get Together & Awards Ceremony
Saturday 19th December 2026
Start time: 10.30am
Full details to follow shortly!

In the meantime, we need your help!

Raffle Prize Donations



Although our raffle-prize sourcing elf, Scott McDonald, is on the local trail seeking donations for our Xmas charity raffle, your help would be greatly appreciated too!

If you have any gifts (or contacts who you could approach to donate gifts/vouchers etc.) to our Xmas raffle, we would be most grateful.

ALL proceeds from the raffle will go towards our chosen charity Young Minds (https://www.youngminds.org.uk/)

Please hand your donations to any committee member in advance of 19th December or bring it along on the day!

Many thanks!



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