Lingfield Running Club Newsletter

Wednesday 18 November 2026

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Welcome to returning member, Rob Moir, this week!

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

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🏃‍♀️ Lingfield's Racing Roundup 🏃‍♂️

7 November 2026
Forty-five runners, eight locations, no PBs
East Grinstead (23), Abbot's Wood (1), Foro Italico (14), Kew Wakehurst (2), Lullingstone (1), Riddlesdown (1), Roma Pineto (1) and Tilgate (2).

Particular congratulations to **Lucy Wilkes** (second woman at East Grinstead) and **Nick Keen** (third at Roma Pineto). The only explanations for the lack of PBs must be foreign jaunts and Surrey League Cross-country.

See all the results.

Apologies for including the wrong link to the parkrun results for 7th November – this is the correct one.



As mentioned last week, **Maggie Statham-Berry** was on international duty (oh, how I loved writing that phrase!) in Dublin in the British and Irish Masters International cross-country races. Maggie's time was 31.06, finishing 29th in the O65 category, despite not feeling her best. Very well done, Maggie. Maggie has sent us a report below.

There were tremendous performances at Morden Park on Saturday in the Surrey League Cross-Country. The Ladies 'A' team were fourth of 13, and the Men's 'A'

came sixth of ten, including first place for **Ashley Middleton**. Read Chris's report later on.

Pos		Time
7	Susie Miller	27:10
14	Camille Iona	28:34
23	Natalie Mitchell	29:15
26	Sophie Davis	29:33
32	Darija Sparkes	30:13
41	Lucy Wilkes	31:12
51	Judy Hayler	31:51
68	Helen Petitt	33:18
77	Nevenka Worsell	33:48
86	Michele Edwards	35:31

Natalie Mitchell retains her position at the top of the women's trophy table but with **Susie Miller** and **Lucy Wilkes** now second and third. In the men's trophy, it's a similar pattern with **Jason Meers** staying top but **James Kilfiger** and **Tom Harvey** moving into second and third. See the full tables here – men and women.

Pos		Time
1	Ashley Middleton	26:07
10	Tom Harvey	27:51
22	James Caffrey	29:01
38	Simon Petitt	29:44
45	Tom Seller	30:06
94	James Kilfiger	32:34
103	James Willis	33:18
104	Jason Meers	33:19
149	David Waddington	37:38
151	Daniel Jones	37:39

155	Simon Harris	37:53
172	Martin Faulkner	40:49
174	David Watkins	40:56
179	Ian Greenaway	41:57
182	Chris Rance	42:53
183	David Nottidge	46:34
184	Scott McDonald	47:34
187	Steve Warner	53:56

On Sunday, conditions were not good for any of our runners.
In the Brighton 10k, we had seven bottoms of the soggy variety. Sally earned herself a national qualification for next year. Sue would have done had she realised that it was a qualifying race and entered accordingly.

Pos		**Chip time**
153	Dan Celani	35.30
373	Sally Alexander	39.24
1,003	Terry Sumner	48.18
1,296	Andrew Hindmarch	51.16
1,707	Dave Nottidge	55.36
1,733	Sue Garner	56.33
1,977	Angela Wilson-Taylor	59.25

Brighton's Josh Hobbs was first in 29.49 and first woman was Daisy Glover (Framlingham Flyers) in 33.09.

In the Hartfield Honey Run, there were just three wet ones as far as I could tell. The results are not yet available, but Patrick Bastow said afterwards: *Excellent, special 'not for profit' race. Beautiful countryside, great marshals. I love the 'feel' of this race. Bacon butties and veggie buggers*. Changing rooms etc. A pot of hunny afterwards and a bandana type thing. This is a real 'jewel' and they raise over £5k a year for local charities. It's not a pb course, you don't get a chipped time and there are no mile markers around the course. It's great though. It's my fav race of the year.*

** surely some mistake? Ed.*

And enjoying better weather than us were the Sicilian Mob, out in Palermo. They've not yet recovered enough to give us a report, but I've found these results.

Half marathon	Real time
Lisa Compton	1.57.21
Fiona Champness	2.03.20
Judith Cartledge	2.03.52
Laura Stockwood	2.08.56
Hannah Cartledge	2.12.58
Matthew Stockwood	2.12.57
Nick Champness	2.22.34
Terri Scott	2.24.58

Marathon	Real time
Tom Cartledge	4.26.26
Ian Watkins	4.45.24
Keith Chambers	5.17.55

Congratulations to the club's quizzers, who won their sixth Star PH quiz of 2026 last Thursday. This time, instead of returning their winnings to the pub's local charities, they donated them to the British Heart Foundation.
I hope to pull together the 'Trevor special' over the next week, so you have one last chance to send me a memory for inclusion.

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. There will be a walking procession from the top of Mount Pleasant Road to the church, leaving at 10.20am. LRC attire will be welcome.
You can find more details on the funeral director's website.

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

Perspective of Trevor

Dave Worsell

I must have known Trevor for over 25 years but only some of that was during my time at Lingfield Running Club. Trevor was an accomplished sportsman in many different areas. He played badminton, was an excellent table tennis player and an outstanding cricketer.

I first met Trevor when I was captain at Bletchingley Cricket Club. Our trips to Blindley Heath to play our local derby were always eagerly anticipated. While we won as many games as we lost, Trevor was an ever-present in the Blindley Heath side and was widely respected by our players.

He was a stylish batsman, technically correct and never one to give his wicket away cheaply. I'm told he scored plenty of runs for Heath in his earlier years and continued playing into his late seventies. But while Trevor was a fine batsman, he was an even better wicket-keeper, having played at a good club level in his youth.

After the demise of Bletchingley Cricket Club, I decided to join Blindley Heath and was fortunate enough to play alongside Trevor for many years. He always had a story to tell about his cricketing exploits and the many famous names he'd played alongside over the years.

One of my fondest cricketing memories of Trevor is seeing him standing up to the stumps, his wicket-keeping pads almost up to his ears, while our fastest bowlers thundered in to deliver the ball. Any batsman foolish enough to leave their crease and miss the ball would have their bails whipped off by Trevor in the blink of an eye. Many unfortunate batsmen began their slow trudge back to the pavilion that way!

Trevor was quite simply amazing behind the stumps. He had the quickest hands of any wicket-keeper I'd ever played with or against at our level of cricket. He took

countless catches and stumpings over the years, and I'm sure you'll find plenty of entries in the club records reading "Stumped Crowhurst, Bowled Worsell!"

Trevor was also always happy to share his expertise and advice. He spent a great deal of time coaching my daughter and teaching her to play cricket, although I'm sure he was a little disappointed when she eventually took up netball instead!

Like many of my fellow runners, it took Trevor quite a few years to wear me down and convince me to join Lingfield Running Club. I'm so pleased he did. It was Trevor's passion for running, his coaching and, above all, his encouragement that got me hooked.

Above all, Trevor was a gentleman and a gentle man. I'm very pleased to say that he was my friend, both on and off the pitch. He'll be greatly missed by all of us at Lingfield Running Club, but equally by the local cricketing community, where he was such a familiar face and such a big personality.

I'm very grateful to have known Trevor, to have shared so many sporting memories with him and, most importantly, to have called him my friend.



British & Irish Masters Cross-Country International

Abbotstown, Dublin, 14 November 2026

Maggie Statham-Berry

It was Ireland's turn to host the annual five nations (England, Ireland, Wales, Scotland and Northern Ireland) cross-country international match for Masters athletes. The venue was within the grounds of the well-appointed Sport Ireland Campus at Abbotstown near Dublin. The Campus provides centres of excellence for an array of indoor and outdoor sports including swimming, athletics, gymnastics, fencing, rugby, hockey and equestrianism. The cross-country course

is Ireland's national course and is set in lovely natural parkland, mostly firm grassland with some undulations.

Initially, I had been a non-travelling reserve for the W70 team because I hadn't finished in the top four at the selection race in September. This suited me as I wasn't on top form and had been poorly with a cold and also nursing a slight adductor strain. I didn't expect anyone to drop out and I certainly wasn't delighted when I received a late call up. I considered turning down the place but who turns down an England vest? So my husband (Martin) and I found ourselves on a Ryanair flight to Dublin and staying in the very expensive team hotel in which all the discounted rooms had been taken. The hotel must have taken pity on me because on arrival, we were upgraded to an executive suite which was huge and offered access to the club lounge which supplied free food and drinks. This feature was appreciated after the race!

Race day started with a shuttle bus from the hotel to the course. My race was the first one of the day at 11.30am. It was for the Over 65s, both men and women. Each of the five nations was allowed four selected runners in each five year age group. In my race there were V65s, V70s, V75s and V80s. The start was wide and slightly downhill and extremely fast. I immediately felt on the limit. The standard was very high, especially from the Irish athletes with home advantage. The lack of proper hills and mud didn't suit me. There was no respite from the initial dash and people charged up the inclines without slowing down.

The distance was 6km made up of four 1500m laps. As expected, I felt outclassed, but my average speed was very good (for me) and I considered afterwards that I had had a good run. I was a respectable 29th out of the 43 women in the race, although I wasn't high up in the W70 results. It was disappointing that Wales had no W70 runners and Northern Ireland only had two. They would have provided more competition for me and I would usually be ahead of them. My time was 31:06. The Irish W70 team won the Gold medal. England won Silver and Scotland Bronze.

Overall, taking into account the results of the younger women's race and the scores in the age groups from W35 to W60, Ireland won the Women's match, but only by one point (Ireland 37, England 36). It was the same for the men's age groups. Ireland scored 39, England 38. Adding the scores together, the Irish were the overall champions for only the third time in the competition's 37 year history.

It was very lively at the awards banquet that evening! The Irish hospitality was wonderful. As I picked up my Silver W70 team medal, I was so glad that I had accepted the place in the team. I had a wonderful time and it has given me added incentive to keep going and try for selection next year when the event will be in

Glasgow. It gets harder though, as I will be at the oldest end of the W70 age group. I first did the event 34 years ago, when I was selected for the W35 category. I have been selected for most of the age categories since then and I hope I'll be in contention for W75 selection in two years' time!

Here are the results:

British & Irish Masters XC 2026 | MyRunResults

The photo is the W70 England team, from left to right: me, Jenny Morgan, Sue Clarke, Sue Haslam.



Full EA report here

Surrey League XC - Morden Park

Chris Rance





For the second Surrey cross-country fixture of the year, we were heading to the leafy London Suburbs at Morden Park. This new venue caused a lot of pre-race debate, centred mainly around “What shoes are you wearing on Saturday”, (the

answer post-run was not crocs, stilettos, boots, but a mixture of trail shoes and short spikes).

The funbus was booked, and our pilot for the day was Scott, transporting an enthusiastic bunch of ladies and men, navigated by Captain Chris, at an unusually early start from the VSSC of 10:30. After an early frost we were greeted with warm midday sun and an executive decision was made to not inflate the gazebo. So the tarp was laid out, (new) table erected, and our post-run feast of cakes and biscuits was laid out ready for our return.

First up were the ten ladies of Lingfield, on the undulating course, still frozen in the shaded areas, completing two laps of the park. A great team effort ensured we equalled our result at Reigate with another excellent fourth place (of 13), led home by Susie (27:10), new member Camille (28:34), with Natallie (29:15) rounding out the top three. As we went to press, the team scores after two matches were still to be confirmed, but a safe bet would probably be fourth!!!

Next up were the men, after a lot of confusion of where the start was and which direction everybody should be heading in (as this was different to the ladies' race). The starting whistle was blown for 2 ½ laps of the park, led away by a marshall on a bike to ensure nobody went wrong. The A team finished one better this time, coming home in sixth place and the B team coming home ninth. Ashley, making his Lingfield cross-country debut, not only led home the Lingfield team, but the entire field (have we ever had a Lingfield runner win a cross-country race?). He finished in a fantastic time of 26:07, followed by Tom Harvey (27:51), and James Caffrey (29:01) completing the Lingfield top three, with James and Tom also winning their respective age categories.

So, after two of the four races completed, where are we? The men have consolidated their seventh place overall with clear air now below us, and a 130-point gap to Dorking and Mole Valley AC above us. As for individuals; Tom Harvey (V50) is an incredible fourth overall which puts him in a commanding first place in 45+, plus Steve Warner is third overall in 65+.

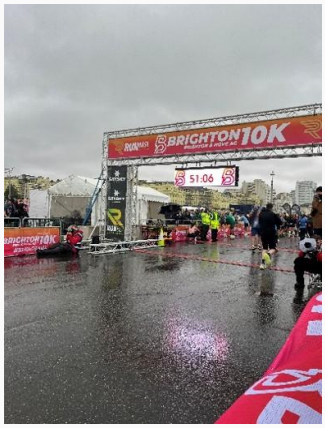
Thank you to all the ladies and men who ran on Saturday, and their supporters; it really is a team event, and the captains appreciate everybody who turns up. After a seasonal break (go easy on those pigs in blankets), the next Surrey XC race is on Saturday the 16th January at Oxshott, with ladies off at 2pm and the men at 1pm.

Brighton 10k

Sally Alexander

Wet n' Wild!

Sunday 15th November 2026











With the exception of Terry on arrival, I think our bedraggled faces and clothing say it all! Apologies to Dave and Dan whose photographs, the weather did not permit me to get!

For the seven of us who opted for Brighton's prestigious 10K race this year, rather than the second Surrey XC League of the season, it was 'wet, wet, wet' (oh, and windy too!)

With a 9.30am start time and road closures in place for 8.30am, it was an early start for us all. However, as dawn broke, there were vestiges of sunshine, and I am not just talking about Terry Sumner who has the knack of bringing those golden rays to even the most dismal of days!

With nearly 3,000 participants in the senior race, the promenade was bustling with seniors and veterans alike warming up, as the dark clouds were building rapidly from the southwest! By the time we were called to the start line, the first spits of rain could be felt and those were accompanied by rising gusty winds. When you have done this race a few times, you learn the benefit of slotting yourself into the middle of a group of runners for the 15 minutes you are kept on the start line before the gun!

The first ½ mile is congested as runners head west before making a right-hand turn back down the seafront towards the marina. However, experts like Dan C had sought the inside barrier for a speedier departure (yes, I did see you Dan, but saved you from our usual start-line photo as I was shivering too much to reach for my phone!!)

The windy conditions were not on our side for the first 5km down to the half-way point, and then there is a slight but noticeable incline back up from the marina as runners retrace their steps. Although this might sound a little dull to some of our adventurous trail runners, what is fun is to wave to fellow runners coming in the opposite direction. As expected, Sue was full of joy when she waved from the other side of the barrier, reminding me that no matter how hard it may feel, we are all so lucky to be able to do what we do.

So, when the heavens opened on us, and every vestige of our bodies was soaked through, including our shoes which were literally squelching on the concrete, I tried not to bemoan my decision to enter, reminding myself that we would all appreciate it at the end!

And what an ending! Everyone was across the finish line well within the hour, which I know delighted Angela who had set a 60-minute maximum target herself which she smashed. Despite these not being PB conditions as Andrew rightly pointed out, Terry defied the odds and got himself round the course in 48 minutes, his fastest 10K to date. Dave N, Andrew H, Sue and Dan C also had great runs, despite the conditions, and LRC walked away with a 2nd, 3rd and 10th in age group, which is remarkable considering the calibre of runners and the fact this was the final England age-group qualifying* 10K race of the season.

The only ‘dampener’ was the weather which meant, as Dave N (below) articulated so well, once over the line, we had no choice but to go into ‘self-preservation mode’ by joining the 25-minute bag-drop queue, get re-robed and head straight for our cars. I did manage to cheer Andrew across the line, but my shaking body defeated me in the end, and even I had to head home to get warm and dry.



Well done to Angela, Dave N, Terry S, Sue, Dan C and Andrew H. It was tough out there, but we did it and flew the flag for Lingfield Running Club at the Brighton 10K, Trevor's favourite race!

** yes, congratulations, Sally! Ed.*

Weekly club runs

Gary Spring

Sunday morning, 22nd November
One Mile time trial: 10am to 11am

Everything is ready to hold this event; we currently have four keen participants, though we would be very happy to have more. It would help to know ahead, who is entering, so we can plug your name into the race list. If you are still making your mind up, please consider sending in your name. No issue if you decide in the end, not to do it. We can also cope if you just want to show up unannounced on the morning.

We're hoping this event will be of interest to all our active members, not just the ones hoping to beat Graeme Bennett's record time. Here's your chance to see how fast you can run one mile in on a reasonably flat road surface and without having to do four laps of a track. It could be a handy baseline for comparing your pace improvement when we repeat the event in the future.

Runners will go off individually (no grouped start) and we will be ready to time you, between 10am through to 11am.

We have permission from Lingfield College to park in their Senior School car park at the bottom of St Piers Lane. The route to the car park is not that obvious so please see the map to get there, via this link.
https://lingfieldrunningclub.co.uk/route-maps/

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.

The weather on the day is currently looking a bit wet but we should be OK if it is only a drizzle. If, however, it is a prolonged heavy downpour, we will postpone to a future date*.

** this has not been agreed with the current record holder! Ed.*

Tuesday, 24th November
Road run in East Grinstead: 7pm start
Meet at the top car park in East Court

The route is just over five miles and the route is on the club website, called 'East Grinstead 5 mile road route':
There are many options to shorten the route so expect to be able to join groups doing shorter distances.

REMAINING CLUB HANDICAP RACE

Number 9: Matt Bennett Trophy race (Christmas Handicap)
Saturday, 19th December: 10:30am start.

Request for Marshals for this event.

If you don't want to run this event but are free to marshal, please contact me (organiser@lingfieldrunningclub.co.uk) and I will add you to the list.

Information on runs and races that club members are doing

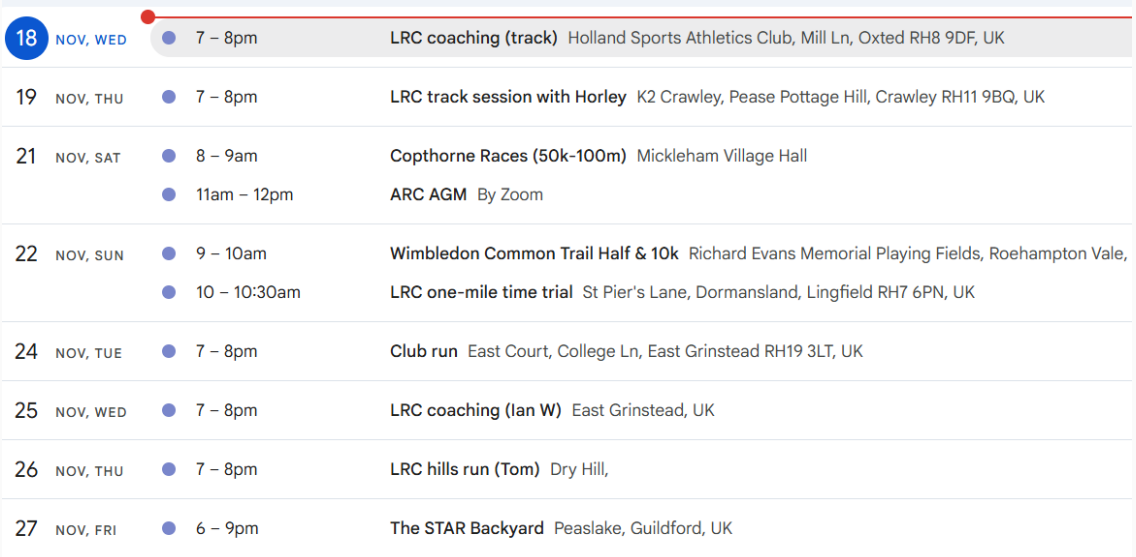
As well as the information in the club website calendar on planned races and club runs, there are also a lot of posts from members about external races and ad hoc group runs on the club WhatsApp group, **LRC Runfinder.**

The Club encourages all our active members to consider joining this group, so you can see what runs and races are being planned. If you want to join this WhatsApp group, please send a message to
Laura Stockwood (membershipsecretary@lingfieldrunningclub.co.uk)
or Gary Spring (organiser@lingfieldrunningclub.co.uk) and we can add you in.

Key dates for the next two weeks

Editor

Click on the link - race calendar - for full details



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	8 – 9am	**Copthorne Races (50k-100m)** Mickleham Village Hall
		11am – 12pm	**ARC AGM** By Zoom
22	NOV, SUN	9 – 10am	**Wimbledon Common Trail Half & 10k** Richard Evans Memorial Playing Fields, Roehampton Vale,
		10 – 10:30am	**LRC one-mile time trial** St Pier's Lane, Dormansland, Lingfield RH7 6PN, UK
24	NOV, TUE	7 – 8pm	**Club run** East Court, College Ln, East Grinstead RH19 3LT, 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
30 NOV, MON	7 – 7:30pm	**LRC Committee** VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
1 DEC, TUE	11am – 12pm	**Trevor 's funeral** St. Peter's & St. Paul's Church, Church Rd, Lingfield RH7 6AH
	7 – 8pm	**Club run** Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
2 DEC, WED	7 – 8pm	**LRC coaching (track)** Holland Sports & Social Association, Mill Ln, Oxted RH8 9DG, UK
3 DEC, THU	7 – 8pm	**LRC track session with Horley** K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
	8 – 10:30pm	**LRC quiz team** The Star Inn, Church Rd, Lingfield RH7 6AH, UK
5 DEC, SAT	9 – 10am	**Wakehurst parkrun (GP race 14)** Wakehurst Pl, Ardingly, Haywards Heath RH17 6TN, 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

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Reminders from previous weeks

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!

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