EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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Epsom and Ewell's MP in the running for …. running

20 January 2026



A hardy team of **Epsom & Ewell Harriers** women braved freezing conditions for the third fixture of the **Surrey Cross Country League** season at **Oxshott Woods** on 10th January, hosted by Elmbridge Road Runners. The demanding woodland course, featuring slippery roots, undulating ground and the infamous hill, tested runners throughout.

Epsom & Ewell fielded two full women's teams and enjoyed an outstanding day in Division Two. The A team produced a commanding performance to take first place, finishing 35 points clear of Reigate Priory, while the B team secured an excellent second place, just behind Wimbledon Windmilers.

Individually, Sophie Glencross (U20) led the Harriers home with a superb third-place finish overall, drawing on her recent Varsity Cross Country experience to handle the tough conditions with confidence. Close behind, Sophie Lomas continued her strong winter form by finishing fourth, following her eighth-place result at the Surrey Cross Country Championships the previous weekend.

Completing the A team scoring positions were Annie Snowball (U20) in 19th, Nicky Stevenson (V45) in 21st and Lily Brown (U20) in 28th. Stevenson also recorded a notable age-group performance, finishing fifth in the V45–54 category with a time of 34:40.

Further strong runs came from Lauren Johnson in 32nd, Amber Brough-Nuesink in 43rd and **Helen Maguire in 44th place — the Liberal Democrat MP for Epsom and Ewell** — competing alongside her local club on a challenging winter course. Also finishing were Sandra Newbury in 86th and Julie Houghton in 98th.

After three of the four league fixtures, Epsom & Ewell sit third in Division Two, with Annie Snowball currently leading the U20 individual standings. With Reigate Priory and Vets AC contesting the top positions and E&E holding a narrow advantage over both Clapham Pioneers and Wimbledon Windmilers for the final promotion place, the concluding fixture at Lloyd Park promises to be keenly fought.

Selected results:
3rd – Sophie Glencross 30:01
4th – Sophie Lomas 30:43
19th – Annie Snowball 34:11
21st – Nicky Stevenson 34:40
28th – Lily Brown 35:22
32nd – Lauren Johnson 35:49
43rd – Amber Brough-Nuesink 36:37
44th – **Helen Maguire** 36:43
86th – Sandra Newbury 40:14
98th – Julie Houghton 42:18

Sam Jones – Reporter



Photo: Courtesy Epsom and Ewell Harriers

Epsom and Ewell Harriers return with gold aplenty

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A number of **Epsom & Ewell Harriers** travelled to the beautiful island of Madeira for the European Masters Athletics Championships and returned with a big haul of medals. In total, Harriers athletes brought home seven gold and three silver medals to help GB to its most successful ever championships as the team topped the medal table with 129 gold medals, 20 clear of Germany with France a long way back in third place on 65 golds.

Most of the medals were won in the sprints. Helen Godsell claimed three golds and a silver in the W70 100m, 200m and relays while Anne Nelson was also part of the winning W70 4x100m team. Lisa Boland almost matched Helen with another 100m / 200m double, winning the 200m in a W40 British record of 25.27 seconds and anchoring the W40 team to silver in the sprint relay.

Steve Winder had a busy championships running a total of 37K across four events and capped off an exciting and enjoyable championships with an individual silver and team gold in the M50 Half Marathon on the final day.

Well done to all the Harriers and GB athletes on a memorable championships.

See below for a summary of E&E results and full results here:
https://data.opentrack.run/en-gb/x/2025/PRT/emacs/

Helen Godsell W70:
 100m 15.34
 200m 32.29 (31.94 in Heat)
 4x100m GB Team 1st
 Mixed 4x400m GB Team 2nd

Anne Nelson W70:
100m 6th Final 17.66 (17.48 in Heat)
200m 5th Heat 2 37.31
 4x100m GB Team 1st

Stacey Gonzalez W50:
Hammer Throw 10th 36.62
Shot Putt 21st 7.99
Discus 14th 24.47

Steve Winder M50:
3000m s/c 12th 10:58.99
8K XC 10th 30:24
5,000m 17:10.36
 Half Marathon (GB Team) 1:18.53

Stuart Flack M50:
1500m 9th Heat 3 4:44.41

Lisa Boland W40:
 100m 12.49
 200m 25.27 (W40 British Record)
 4x100m GB Team 2nd

Ashley Reid M40:
100m 7th Semi Final 12.35 (12.31 in Heat)
200m 3rd Heat 7 25.05
4x100m GB Team 5th

Stuart Flack

The prefix **W** stands for *Women* and **M** for *Men*.

- The number indicates the **age category** of the athlete in Masters athletics (veterans' competition).
- So **W70** means *Women aged 70–74*, **W40** means *Women aged 40–44*, **M50** means *Men aged 50–54*, etc.

These age brackets allow athletes to compete fairly against others of similar age at international Masters events.

Photo: W40 100M final – Epsom and Ewell Harriers YouTube

Since 1890, Epsom and Ewell Harriers has been bringing together athletes of all abilities at its home in Epsom. Whether you dream of breaking records or simply want to stay active, you'll find a place at Epsom and Ewell Harriers. Join HERE

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Epsom & Ewell athletics legend remembered

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Remembering Don Turner: A Legend in Local Athletics

Epsom and Ewell's athletics community is mourning the loss of **Don Turner**, who passed away on Sunday, 9 March. A dedicated member of **Epsom and Ewell Harriers** for an incredible 70 years, Don was not only an accomplished athlete but also a respected official and administrator who left an indelible mark on the sport, both locally and nationally.

Don's career in athletics was nothing short of remarkable. An international-standard distance runner, he completed 65 marathons, but his true talent shone in even longer races. He broke the world record for a six-hour track run in challenging conditions at Stompond Lane, won the grueling Isle of Man TT course race twice, and was part of a Surrey trio who dominated the 1962 Comrades Marathon in South Africa, finishing within the top four.

His dedication to the sport extended far beyond competing. Don was a pillar of athletics officiating, holding key roles within Epsom and Ewell Harriers, Surrey Athletics, the South of England AA, and South of the Thames Cross Country Association. His expertise in timekeeping was widely recognized, and he became a mentor to many officials in the region.

A true pioneer in race technology, Don played a crucial role in introducing photofinish techniques in an era when timing relied on manual stopwatches and wet film processing. He was a key figure in international athletics, including officiating at the prestigious Crystal Palace events and working with Seiko at the Barcelona Olympics test event in 1991.

Perhaps one of his most well-known contributions was his involvement in the founding of the London Marathon in 1981, working alongside Chris Brasher and John Disley to organize the race's finish and timekeeping. Yet, despite these high-profile roles, Don remained dedicated to grassroots athletics. Well into his 80s, he could be found officiating at local youth competitions, including the Ebbisham League at Ewell Track.

Helen Maguire, MP for Epsom and Ewell and an Epsom and Ewell Harriers runner, paid tribute to Don's immense contribution:

"Don officiated in many a race I've taken part in during my 14 years running for Epsom & Ewell Harriers. Don also helped start the London Marathon alongside Chris Brasher in 1981. He lived in Stoneleigh. His contribution to the sport of running has been enormous and he will not be forgotten. Thanks, Don, for everything you have done for the sport."

A Club with a Rich Heritage

Don Turner's legacy will live on through Epsom and Ewell Harriers, one of the oldest and most successful athletics clubs in Surrey. With a membership of approximately 250 athletes of all ages and abilities, the club competes in a range of track and field, cross country, and road running events at regional, national, and even international levels.

The club's facilities include a six-lane track and provisions for high jump, long jump, pole vault, hammer, discus, and javelin training. It is a strong competitor in the Surrey Cross Country leagues, Area Cross Country Championships, and road running events. Additionally, the club actively supports and encourages coaching and officiating qualifications among its members.

Epsom and Ewell Harriers also play a vital role in the local running community, including their well-established link with Nonsuch parkrun, where they frequently provide volunteer support. As a registered charity (number 1187959), the club continues to promote athletics and nurture future generations of athletes.

Don Turner's passing marks the end of an era for Epsom and Ewell athletics. He will be remembered not just for his achievements and contributions but for his unwavering passion and generosity in supporting the sport at every level. The athletics community will deeply miss him, but his legacy will continue to inspire for years to come.

Image courtesy England Athletics

Harriers Polish Medals

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Epsom & Ewell Harriers older runners are back in the UK having picked up medals at the world indoor athletics championships in Torun Poland.

Lisa Boland W40 (40-44) competed in the 60m and the 200m. Her 60m race saw her gain a PB of 7.82sec winning her a silver medal, she also won a Bronze medal in the 200m with a time of 25.85sec. If this wasn't enough, she also won a silver medal in the W40 4 x 200m relay.

Anne Nelson W70 (70-74) competed in the 60m, finishing with a bronze medal with an astonishing time of 10.19sec. To add to this medal, Anne also secured 3rd position and a bronze medal in the 200m with a time of 35.69sec.

Top photo: Lisa and Anne with their medals.

After a year of training, they were ready for the World Master Athletics Indoor Championships 2023 in Torun, Poland. Lisa and Anne train with Epsom & Ewell Harriers at the Harrier Centre, Poole Road. **Simon Bean**, President of Epsom & Ewell Harriers commented "We are so proud of Lisa and Anne, they have worked so hard throughout the year, to come away with so many medals is an incredible achievement."

The World Masters Indoor Championships enables athletes from across the world over the age of 35 to continue to compete in the sport they love. A celebration of athletics with age categories spreading right up to 85+ years of age.

Other news from Epsom and Ewell Harriers:

Epsom & Ewell Harriers shine through in the East Surrey Amateur Athletic League 2022/23. The recent third and final of the 3 East Surrey Amateur Athletic X-Country races took place at the Harrier Centre, Poole Road, Epsom. The 5-mile race was a 2-lap course with a mixture of on and off rd. Epsom & Ewell Harriers won 3 of the 4 team events, they were the overall team winners in the girls, men's and women's categories. Simon Bean, President of Epsom & Ewell Harriers said "this is an incredible result for the Club." In addition, there were some amazing individual Epsom & Ewell Harrier successes as follows:

Women
 U17 Women: 1st **Sophie Glencross**, 2nd **Lily Brown**
 U20 W- 1st **Georgina Winde**r
 Women overall: 2nd **Helen Maguire**, 3rd **Georgina Winder**
 W35-44: 1st **Helen Maguire**

Men
 U13 Boys: 2nd **Oliver Henderson**
 U20 men: 2nd **George Hannay**, 3rd **Alex Rodriguez**
 M45: 1st **Gary Coleman**
 M50: 1st **Steve Winder**
 Men overall: 1st **Alex Gurteen**, 2nd **Steve Winder**

Epsom & Ewell Harriers welcomes new runners of all standards whether you've run before or not. For more information about our training sessions see here: https://eandeharriers.weebly.com/

Surrey Youth Games getting starting pistol

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The Specsavers Surrey Youth Games is kicking off next month, with a wide range of activities available in Epsom & Ewell. The Games are the largest multi-sport youth programme of their kind in the South East, offering FREE local training for 7-16 year olds across Surrey, leading to a final celebratory event for the whole family.

The Games are for beginners who may not get the opportunity to attend clubs, or are put off by the thought of initially competing against others. Supportive coaches will help participants join in, have fun, learn new skills and boost their confidence.

Registration is now open for the free training sessions across a range of activities, which start after Easter and are aimed at those who live or go to school in the borough. All teams then unite for a family-friendly event at the Surrey Sports Park in Guildford on Saturday 17 June.

Councillor **Alex Coley**, Chair of the Community and Wellbeing Committee, said “This is a wonderful initiative that provides a great opportunity for young people who are still building their confidence in sport to access training free of charge, as well as gain a feeling of belonging in their local setting. I encourage all those who might benefit from the training to take a look at what’s on offer”

You can find out what’s on offer in the Epsom & Ewell borough and register for a place by visiting www.epsom-ewell.gov.uk/syg

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10 mile Epsom Downs run and photos for charity

20 January 2026



The race known as **The Tadworth 10** was held on **Sunday 8th January 2023 at 11.30am**, started and finished at **Epsom Racecourse**. The race is a scenic and challenging 10 miles, 2-lap course comprising 50% road and 50% tracks & grass and was supported by around 700+ runners of all abilities. Much of the proceeds from the race go towards assisting two local charities. The **Sunnybank Trust** that supports adults with learning disabilities in North East Surrey to live without prejudice and have confidence, opportunities and control over their own lives. And the **Woodland Trust** that plants trees and preserves woodland and created the 650 **Centenary Wood** in Langley vale, Epsom.

William Caruana a senior runner of **Epsom and Ewell Harriers** came 12th in a time of 1 hour 6 minutes 47 seconds, with **Jeremy Garner** of **Epsom Oddballs Running Club** close on his heels 4 seconds behind.

Local photographer **Steven McCormick** followed the event with thousands of images covering every bib number. The photographs are for sale with proceeds going to the same charities.

See his website HERE

Ring-tails are heads for Harriers

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Epsom and Ewell Harriers sang “God Save The King” and then won some races on Ashtead Common. Sunday 25th September. **Lauren Johnson** triumphing in the 10K fun run and her son **William** in the 2K. A week later than originally planned, due to the passing of Her Majesty, the **17th Ashtead 10k and 2k fun run** took place on Ashtead Common. Right after singing the Club’s first ever rendition of “God save the King” the 2k race was off. A tight sprint finish led to **William Johnson** taking pole position, putting the pressure on his mum in the 10k. Lauren didn’t disappoint, coming in first for the ladies in a time of 43:40, and securing first place for the **Epsom & Ewell Harriers**. That wasn’t the only good news for the local Harriers, snatching 2nd and 3rd place too, with **Sophie Lomas** coming in 2nd at 44:18 and **Sophie Glencross** 3rd at 44:54.

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