

Newsletter

Wednesday 2 September 2020

Contents

LRC Club Coaching Dates

Trawled the archives for old newsletters again

Found some old photographs

Donnie Campbell nears self-propelled Munro's record

Walking with a purpose has lasting health benefits, Study shows

From the Ed - feel free to share the races you've run in years gone by. These weird times are the perfect opportunity to indulge in a bit of nostalgia. This is your newsletter and its your races that make it something special and unique to Lingfield Running Club. So, please trawl your computers and let me share some of those memories. editor@lingfieldrunningclub.co.uk

This is the link to the running club webpage

<https://lingfieldrunningclub.co.uk/>

LRC Club Coaching Sessions

There are now 11 places available

Angela Brown - 7pm on 11/09 at East

Court <https://www.eventbrite.com/e/117550710339>

The booking system works on a first come, first served basis and will also create a "wait list" should someone drop out. The sessions are free despite the system saying

tickets will be on sale



Here we go - Trawling the archives for old newsletters!!

7 September 2016

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/ccc1a8db-27d9-46b6-98a6-fbbf586ab246/7_September_2016_NEWSLETTER.docx

3 August 2016

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/23a6584e-ec09-4b21-8c76-300e04579f04/Newsletter_3_August_2016.doc

Newsletter from 2 December 2015

https://mcusercontent.com/06ee37595aba77e0e81ded734/files/354889cc-8ae4-436b-bba9-f59effa46642/2_December_2015_newsletter.docx



Donnie Campbell nears self-propelled Munros record

<https://www.walkhighlands.co.uk/news/donnie-campbell-nears-self-propelled-munros-record/0021094/>

Walking With a Purpose Has Lasting Health Benefits, Study Shows

<https://www.verywellfit.com/benefits-of-walking-with-a-purpose-5075827>

