

Newsletter

Wednesday 15 September 2021

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Club kit – T-shirt price increase

Update from Michelle Hollins: because of the volumes we've ordered this time, there has been an increase in the price of the club T-shirts to £22. Vesta and racer-backs remain at £20.

Estimated delivery is currently 5-6 weeks.

Please submit any corrections, comments, articles of interest or not, race reports, photos, ideas or jokes to editor@lingfieldrunningclub.co.uk

Link to the running club website

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



Trevor's Racing Roundup

Hello everyone

Last weekend was a very active one for Lingfield runners.

The weekly 5 kilometre parkruns were again popular with 30+ Lingfield runners in action at the following seven venues: East Grinstead (21), Roundshaw Downs (1), Moors Valley (1), Sherringham (1), Hove Promenade (1), Tilgate (7), Nonsuch Sutton (1).

Well done to everyone who took part. Especially to **Luke Davis, Dan Celani** and **Steven Price** who occupied the first 3 places at East Grinstead.

Other events that took place over the weekend were the Brighton 10 kilometres, Brighton Marathon, Eden Valley 50 kilometres, Rye Ancient Trails 15 kilometres and the Denbies Vineyard 10 kilometres.

Starting with the Brighton 10k which was part of the Brighton Marathon weekend.

This was a high quality race with a lot of good runners taking part. A total of 2,141 runners finished. The winner of the men's race was Timothy LeFroy of Thames Hare and Hounds in an excellent time of 29.43. The first lady was Elle Twentyman of Taunton AC also in an excellent time of 33.58.

Lingfield's **Kieran Barnes** who was running for his first claim club Crawley AC had an outstanding run to finish in 14th place in personal best time of 32.37. Very well done, Kieran. That has moved you about 130 places in the Power of 10 rankings.

There was disappointment for **Stephanie Reeve** who had to miss the race due to testing positive for Covid. Dad **Kevin** took her place and finished 415th also in a very good time of 50.35. Well done Kevin. Steph we wish you well and hope that you will be back running soon.

There was drama in the Marathon race as, shortly after the event, it was found that the race was over distance by 568 metres. As if that was not bad enough, the eventual winner was Neil McClements of Tonbridge. He overtook the original leader Ollie Garrod of Epsom and Ewell AC inside the last 200 metres. Neil McClement's time was 2.33.34 which I understand improved his personal best by nearly one hour? The winner of the ladies race was Verity Hopkins of Tonbridge AC in a very good time of 2.52.11. She must be a local lady as her

residence was shown as Ashurst Wood.

We had three runners taking part in the race and all ran very well. The first Lingfield finisher was **Michael Manwill** in 1,280th place in a very good time of 3.56.57. **Nick Hall** was next to finish 3,529th place in 4.38.54. **Lucy Douglas** was our only Lingfield lady taking part. For Lucy this was (I think) only her second race since joining the club earlier this year. The other event was the uphill mile which took place in August. Lucy did really well to finish the race in 4,577th place in a good time of 4.58.16. Lucy, well done. You can now treasure your first marathon medal. We have got a lot of shorter distance races coming up in which you may like to compete?

On Saturday 11 September there was an even longer race. This was the Eden Valley 50 kilometre race. The event was organised by [Runaway Racing](#) and the starting point was at Wilderness Farm in Hever. It followed trails and tracks through the lovely Kent countryside. It had an elevation gain of 946 metres.

The race was won by Oliver Knowles in a very good time for this 50.2 km course in 4.13.30. The first lady was Alena Hesse who finished in 14th place overall and completed the distance in 5.08.48.

We had a total of six runners taking part. There was a small total of 127 finishers. The first Lingfield finisher was **Brandon Webb** in a very good time of 5.34.47. The first Lingfield lady to finish was **Michelle Hollins** also in an excellent time of 5.58.48. The times of all of the Lingfield finishers are shown below:

32	Brandon Webb	5.34.47
52	Simon Mills	5.57.08
54	Michelle Hollins	5.58.48
57	Ian Greenaway	6.00.48
90	Nick Averre	6.38.54
103	Mark Clayton	7.03.16

Very well done everybody.

Also on Saturday **Simon Moore** made the long trip to Rye in East Sussex to take part in the 16th running of the Rye Ancient trails 15 kilometre event. This was organised by the local sports promotion company called Nice Work. There was a total of just 127 finishers. Simon had a superb run to finish in 2nd place in a great time of 63.19 for this 15k event, which is approx 9.3 miles. He was less than one minute behind the winner, James Crombie of Hastings

AC, who finished in 62.37. Very well done, Simon.

On Sunday 12th **Lynda O'Sullivan** went to Denbies Vineyard near Dorking to run in the Bacchus 10k event. As well as the 10k there was also a Half Marathon and a full marathon. If you have not been there it is worth a visit because it is set in some lovely countryside and is used on a regular basis for outdoor activities. The events attracted a large number of both walkers and runners from a wide area. The 10k had two water stations and also two wine stations. There was also a post-race BBQ. Fancy dress was optional and there was a Hog Roast after the race. Sounds like a fun afternoon for the family.

Lynda decided to enter the 10k event and also to push her baby Violet round the course with her. Knowing how hilly this area is she finished in an amazing time of 1.22.45. This placed her 83rd out of 324 finishers. Very well done Lynda and Violet.

There are three events that I am aware of this coming weekend. The first is the Reigate Half Marathon, and the second is the Hampton Court Palace Half Marathon.

The other is the 3rd race in a series of four for the club handicap trophy. So far there are 14 names on the list. It is a five mile race which will start and finish by the traffic lights in Racecourse Road. It is an out and back course down St Pier's Lane to the T junction where you turn left and continue to the Haxted road junction. You then turn around and return by the same route.

If you would like to take part and have not put your name forward could you please let either Gary Spring or myself know prior to race day so that you can be given a handicap. If not, just turn up on the day but please be at the Victoria Club car park by 9.45 am. Many thanks.

Please let me know if you have done any races that I do not know about so that I can give you a mention in the newsletter.

Have fun and enjoy your running.

Trevor

11-Sep-21	34	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	1	Luke DAVIS	00:18:07	74.79%	
126 runners	2	Dan CELANI	00:18:45	73.87%	PB
	3	Steven PRICE	00:19:28	75.77%	PB
	14	James WILLIS	00:22:07	63.60%	

	22	Simon COOK	00:23:58	63.56%	
	26	Keith CHAMBERS	00:24:26	66.78%	
	33	Ian WATKINS	00:25:31	63.42%	
	47	Wendy SMITH	00:27:10	64.11%	
	51	Lisa COMPTON	00:27:37	74.53%	
	74	Isla GREENAWAY	00:30:46	48.10%	
	76	Sophie DAVIS	00:30:56	48.92%	
	78	Steve WARNER	00:31:01	54.06%	
	86	Donna DE LUCA	00:31:37	48.08%	
	87	Martin PAYNE	00:31:37	53.03%	
	93	Hannah CARTLEDGE	00:32:19	45.80%	
	101	Kath GARRIDO	00:33:18	71.52%	
	103	Theresa DONOHUE	00:33:30	53.33%	
	110	Sam CHAMPNESS*	00:36:50	48.33%	
	111	Fiona CHAMPNESS	00:36:51	43.96%	
	114	Claire PURCELL	00:37:12	50.00%	
	118	Lucy HALL	00:39:57	38.80%	
	119	Judith CARTLEDGE	00:42:30	44.39%	
Hove Promenade	174	Sue GARNER	00:26:42	89.20%	
378 runners					
Moors Valley	88	David WORSELL	00:23:19	62.76%	
535 runners					
Nonsuch Park	11	Jeremy GARNER	00:18:15	78.90%	PB
626 runners					
Roundshaw Downs	60	George ENGLISH	00:26:02	65.62%	
188 runners					
Sheringham	8	David BEALE	00:20:30	74.31%	
194 runners					
Tilgate	6	Dan OPPE	00:18:07	74.79%	
382 runners	149	Aly WARNER	00:28:23	56.49%	
	191	David NOTTIDGE	00:30:22	55.21%	
	193	Clare EVANS	00:30:24	58.00%	
	314	Viktoria HARRISON	00:37:40	41.77%	
	324	Amber DRIVER	00:38:53	38.92%	
	342	Tracey WEBB	00:40:33	39.17%	PB

* honorary member

Trevor's Handicap Series Race #3
St Piers Lane 5 mile road race. Sunday, 19th September 10am

On this Sunday there will be the third race in Trevor's Handicap series. If you plan to run this race and have not yet entered, we would appreciate it if you can let Trevor or Gary know ahead of the day. If you want to decide on the morning, please be at the Victoria Club by 9:45am to register. The race will be started based on Handicap times, the slowest going off first. The first wave will start at 10am. If you are registered and have your ID bib, then you can go straight to the start, on Racecourse Road, opposite the race course entrance.

Here are the current standings after the first two races:

Handicap Series 2021 : Ladies

Name	5 km race	July Race 2	5 mile Road race	Dennis Crowhurst	Total Points
	22 June	15 July	19th Sept	Date TBD	
Nicky Pumford	19	16			35
Maggie Statham-Berry	14	19			33
Helen Davey	15	15			30
Fiona Champness	10	20			30
Michelle Hollins	13	14			27
Liz McLennan	12	12			24
Isla Greenaway	20				20
Theresa Donohue		18			18
Lynda O'Sullivan	18				18
Terri Scott	4	13			17
Nevenka Worsell		17			17
Laura Stockwood	17				17
Hannah Cartledge	16				16
Wendy Smith		11			11
Meghan Bowen	11				11
Imogen Evans	9				9
Judith Cartledge	8				8
Sue Garner	7				7
Alison Slater	6				6
Clare Evans	5				5
Miranda Evans	3				3

Handicap Series 2021 : Men

Name	5 km race	July Race 2	5 mile Road race	Dennis Crowhurst	Total Points
	22 June	15 July	19th Sept	Date TBD	
Martin Faulkner	18	19			37
Simon Cook	15	15			30
David Worsell	19	10			29
Dave Chase	20	9			29
Bob Pank	16	7			23
Daniel Oppe	10	11			21
Michael Manwill		20			20
Ian Watkins	11	8			19
Tony Allen		18			18
Mark Piper	17				17
Chris Rance		17			17
Mark Aldred		16			16
Steve Brinkley		14			14
Matthew Collins	14				14
Ian Barrow		13			13
David Nottidge	13				13
Ian Greenaway		12			12
Gary Spring	12				12
Scott McDonald		6			6
Andrew Hindmarch		5			5

Lingfield Cross Country fixtures 2021-22

The cross country season is only just over a month away so, if you would like to join our successful and fun teams for any of these events, please contact Fiona Brown ladiescaptain@lingfieldrunningclub.co.uk or Dave Watkins menscaptain@lingfieldrunningclub.co.uk and let them know.

Please do not forget that **you must be EA registered** to run. The Surrey Cross Country website has just come back online. This is the link <https://www.surreyleague.org/slm/2016-17/clubs/lin/> .

If you haven't got an EA number against your name and you are registered please let me have your number so I can add it. If you are not on the list and you want to run please let Dave or Fiona know your name, DOB and your EA number. Finally, if any details are wrong please let us know and we will correct them.

	16-Oct	13-Nov	15-Jan	19-Feb
Men - Divisions 3 & 4	Epsom Downs Organisers: 26.6	Denbies (TBC) Organisers: Walton AC	Richmond Park Organisers: Wimbledon Windmilers	Lloyd Park Organisers: Ful on Tri/other clubs
Ladies	Richmond Park Organisers: Ranelagh with help from Belgrave	Wimbledon Common Organisers: Fulham Runners and Thames Hare and Hounds	Mitcham Common Organisers: Herne Hill with help from Clapham Chasers	Effingham Common Organisers: Guildford and Godalming

East Grinstead 10k - LRC starting wave

Please note LRC members entered and their predicted run times below.

Dan and **James** will go in the 'elite' first wave of <45mins runners.

The rest of the club will go in the club wave, after giving wave 2 a couple of minutes to thin out.

(NB Guy has deferred)

Wave	Race numbers	Start time	Estimated 10k time
1	100-125	10:00	<45 mins
2	200-250	10:01	45-55 mins
3	300-?	10:03	Club wave: EGR & LRC

Dan	Celani	36	3130425	Lingfield RC
James	Willis	43	3905147	Lingfield RC
JACK	GOLDSMITH	45	3814874	Lingfield RC
Michael	Manwill	45	3708408	Lingfield RC
Fiona	Champness	47	3527607	Lingfield RC
David	Worsell	48	3294319	Lingfield RC
guy	huntington	50	3899935	Lingfield RC
Claire	Ziegler	50	3820006	Lingfield RC
David	Watkins	50	3514277	Lingfield RC
Liz	McLennan	51	3259372	Lingfield RC
Ian	Watkins	52	3395276	Lingfield RC
David	Nottidge	53	3363139	Lingfield RC
Mark	Piper	54	2819958	Lingfield RC
Laura	Stockwood	54	3461707	Lingfield RC
Michelle	Hollins	55	3440860	Lingfield RC
Wendy	Smith	55	2730743	Lingfield RC
Sue	Garner	55	2730688	Lingfield RC
Nevenka	Worsell	55	3597048	Lingfield RC
Nick	Hall	55	3812384	Lingfield RC
Judith	Cartledge	56	2903726	Lingfield RC
Margaret	Statham-Berry	56	2830382	Lingfield RC
Hannah	Cartledge	58	3150665	Lingfield RC
Mark	Piper	58	2819958	Lingfield RC
Helen	Davey	60	3231460	Lingfield RC
Clare	Evans	60	3666600	Lingfield RC
Isla	Greenaway	62	3139368	Lingfield RC
Bob	Pank	65	2730721	Lingfield RC

[Link to book a place for the coaching session](#)

Tickets for our next training session are available now!

Wednesday 22nd September, 6:45pm at Imberhorne school with [Angela Brown](#).

<https://www.eventbrite.co.uk/e/lingfield-rc-coaching-session-with-angela-brown-tickets-172533290717>

Eden Valley 50K Ultra Marathon - 11th September 2021

Michelle Hollins

The route, they say, is mainly flat and undulating, except for a hillier section in the middle around 15-20 miles... but we've all heard that one before. Able to remember them from my son's camping hiking days in the Cubs, I was so not looking forward to the hills. In its second edition only, the Eden Valley 50K Ultra was my next challenge. I thought I'd use it as a training run for the London marathon - a bit strange maybe, considering I was going to be running further than the actual marathon itself, but hopefully I'd be a little more prepared for October.

I was quite nervous about this race, as I'd read in the briefing that there would be an eight hour cut off time - so it was back to Strava, desperately seeking out my other long races (i.e the The King and The Stones) to see what time I had completed 50K in there.

On a training run the other week with Mandy Regenass, we were talking about ultra fuelling and in particular a brand called Mountain Fuel - which is what Mandy was using and we all know how fast Mandy goes! I thought I would give it a go and ordered the entire hydration system: no holding back here. My last experience with gels was during the Liverpool marathon and it was... Let's just say it didn't end well at all, as I had to do some rather quick dives into local pubs the whole way round.

So, what better time to use a new product than on a 50K Ultra than out in the rural countryside? In the back of my mind I knew I was breaking a cardinal running rule: don't use anything different on the day, but I had faith it would be okay!

Midweek the Mountain Fuel arrived and Friday night was time for the Night Fuel, a delicious chocolate drink that can be drunk hot or cold, with milk or water - designed to supply you with energy, protein, fibre and minerals. I opted to have this night drink with milk and yikes... It was *not* my idea of a delicious night time drink, but down the hatch it went. (Next time I'll put a bit more sugar in it!)

Saturday morning: out of bed, washed and ready and time for the Mountain Morning Fuel. The packet instructed me to "Rise, refuel and restart!" with a breakfast meal consisting of energy, protein and probiotics. It was (wow!) surprisingly yummy - not too bad at all. With the Mountain Fuel tropical flavour drink in the hydration bladder and a flask of water, gels all packed, it was time to get in the car and find my way to the start with the help of Google Maps.



When I arrived, some other Lingfield runners were already there; Simon, Brandon, Mark, Ian and Nicholas (pictured above). I went to the registration tent and got my number and wrist band, which was to be scanned at each of the checkpoints. Finally, with everything pinned and strapped on, there was a final race brief.

The director asked if anyone had done this race before and only two people put their hands up - not looking too promising. One last stop at the toilets with the long queues - some things never change. At the start line, I decided that I would put myself somewhere in the middle and before I knew it, we were off. As with all races it's all a bit congested at the beginning until you get into the further miles, when everyone then starts to spread out. I tend to try and run from checkpoint to checkpoint and not think about how far I have to go.

The route was fully marked, escorting the runners through an array of picturesque villages in Hever and Edenbridge. Here, I noticed that there were a lot of Oast houses, designed for drying hops as part of the brewing process. Very cool!

At about 6.5 miles came the first checkpoint. I checked in with my wrist band and recognised someone from East Grinstead parkrun, Karen Sparrow. It was a moment of "I know you!" It is so lovely to see a recognisable face. I wanted to use the toilet but was informed by Karen that the person in charge of the keys hadn't turned up, and that instead there were some at the next checkpoint. Great... only 10 miles there! Never mind. There's always nature's bush, aha! So, after downing 3 cups of flat coke (which has now become my best friend since I discovered it at the Stones), and a few round chocolate energy balls I was off. I thought I would try one of the energy gels too, which thankfully went down pretty comfortably - just wish they would find an easier way to open them?

Onwards and upwards, and we all know what's coming next... Hills. Through the attractive trails and woodlands we went up and up and up. The route travels clockwise in a loop, passing through Crockham Hill, Toys Hill, and Idle Hill. Although the hills weren't particularly long, they were short and steep and much the same coming down - my poor knees and toes!

There were so many breathtaking views along the trail, especially towards the middle section in the hills and woodlands on the Greensand Way. They gave me an excuse to take a break and take some beautiful pictures - you can't do an ultra without photos. The views at the top of the ridge were stunning and I got a few that perfectly captured the Bough Beech Reservoir.

Checkpoint 2 was at the end of the hilly section so it was a quick toilet stop, more cups full of coke, more chocolate energy balls, some peanuts and another gel - lemon and lime this time! After that checkpoint, I knew it would be downhill-ish from then on. We ran through a school fete on the green, and I witnessed walking pineapples and bananas pushing a wheelbarrow full of booze as a prize for buying a raffle ticket. I asked a marshall if we could have a look around the fair, to which they replied "Not if you want to stay on track!" Sorry pineapple, looks like I've gotta be on my way! Running onwards, I had a standoff with a field with overgrown corn, attacking from one side with stinging nettles and brambles on the other, trying their best to trip you up. I had to have a good shake down at the end of that trail, I was all itchy and sweaty.

Further along the route, at one section I was told by the marshall to turn right at some ballards. I was unsure but she was yelling "Yes there, that's right!" and I hesitantly ran up towards a church with lots of bridesmaids and wedding guests all congregating, taking photos. I walked through, exchanging pleasantries and telling them they all looked lovely. I wished them the best, hoped they had a good day, and went on. I wonder if I'm in any of their photographs, sweaty and itchy in the background haha!

After the wedding encounter it was on to the last checkpoint: checkpoint 3 at 24 miles. Toilet, coke, gels and away. The hydration drink powder and gels were doing their job and my stomach was behaving itself. Only 6 miles to go and it would be pizza and beer! Last few photos on the route, this time of the extraordinary historical building Penshurst Place. Along another road, through more fields and woodland, and I could start to hear music playing in the distance at the finish.

This spurred me on most of all, around the corner and across the finish line! I gave in my wrist band and collected my medal. I graciously accepted a beer and bought a t-shirt as an extra memento, so pleased I'd gotten around before the cut off time that I had been anxious about.

The finish area was dotted with families sitting around on hay bales and it was there I found Brandon and the others, plus those from Lingfield Running club who had come to support.

It was while I was drinking my beer and eating pizza that my name was called, although I didn't hear it until Sophie Davis shouted across to me, excitedly telling me I may have won something. I got up in a bit of a shock, as it's always a surprise and such a treat to win anything for running! I got a framed certificate for Female Winner - V50 in my age category. How about that? Must have been the flat coke and new gels!

This was one of the most delightful 50K Ultra Marathon trail routes that I've run. The organisation was fabulous and the communication with the race director was great. I don't think there was anything I could fault.

Would I do it again? Yes, absolutely, I think I will. After all, I may have to defend my title, aha!



Michelle with her winner's trophy

Thanks to Diane Clayton for the photos

Club Grand Prix series – Titsey Trail 10K, Sunday 17 October

The 2021 Titsey Trail 10K is now open for race entries.

Please follow the link below to enter the race:

[Titsey Trail entry page](#)

How exercise protects your brain from depression

Study suggests a new protective role for fit muscles. Researchers at Sweden's Karolinska Institute published [study in the journal Cell](#) last week that may shed some light on how and why exercise fights depression (press release [here](#)).

https://www.runnersworld.com/uk/health/mental-health/a772334/how-exercise-protects-your-brain-from-depression/?utm_source=crm&utm_medium=email&utm_campaign=RNW_N_20210909&utm_content=na&utm_term=na&HearstNode=D16FC5D02C2E97B805BCECFDC18F0014DF5C3EF2FD764988705B1334E01ED5F5

Pilates - What is it?

Kirsty Wachuku-King

Pilates is a form of exercise for all. It was developed by German born Joseph Pilates who said of it:

“My method develops the body uniformly, corrects wrong posture, restores physical vitality, invigorates the mind and elevates the spirit.”

Quite a claim you might think! However Pilates himself was a sickly and fragile child. He went on to overcome these challenges by incorporating elements of lots of different exercise approaches (including boxing and dance) to his training, in so doing developing what he originally called “Contrology.”

Interned in England during the First World War, Pilates helped rehabilitate other internees in the infirmary. Later he set up a studio in New York, working with top boxers, ballet dancers, athletes and gymnasts amongst others. He wrote books describing the classical Pilates exercises which are very advanced. As Pilates has been taken to the wider community, the exercises have been modified in order to safely and effectively work up to achieving the advanced level (if you want to).

Pilates can be geared towards the individual client and is beneficial for elite sports people, those wishing to improve health and fitness, the elderly and children, those with reduced mobility and pregnant women.

Pilates is all about movement but importantly about moving in the right way; training your body to move correctly. As well as training your body, you will be training your mind – the two go hand in hand.

Fundamental Principles

There are **six principles** to help achieve good movement. These encourage exercisers to really connect with their body (**concentration**), to precisely control movement (**precision**) as well as make it flow (**fluidity**). They will do this by using and developing the strength available, particularly in the core muscles (**centring**), along with efficient **breathing** and good **alignment** of the joints.

Pilates can re-educate and strengthen the deep stabilising muscles of the spine and abdomen, as well as mobilise the joints in the body.

Results

As well as rejuvenating us, Pilates can relax us, making us generally feel better and improving:

- muscle flexibility and strength
- posture
- co-ordination
- balance
- stamina

Do I need Pilates as a Runner?

Yes! Running is inherently natural for us and runners are a varied bunch – different shapes and the like, running for different reasons over different distances. Pilates can complement your running (and or other sports or activities you may participate in), with regular sessions helping to energise you, as well as improving your technique to enhance and maintain your performance. It can become part of your

training, improving the physical and neuromuscular elements of fitness and teaching you good biomechanics. Sessions can also, if needs be, form part of your rehabilitation routine, for example after injuries or medical procedures.

Pilates can improve your posture, helping your running as well as your every day general movement. Good posture means less wear and tear on your body's structures (through better joint alignment) and more balanced muscles (which also become properly recruited), making better movement patterns and avoiding aches and pains. The more you practice, the better you get!

Why Me?

I trained with the respected Body Control Pilates (www.bodycontrolpilates.com), who developed the Pilates method, breaking the complex exercises down to make them more accessible to more people. I provide friendly, welcoming matwork classes for mixed ability clients with classes numbering no more than 12 clients (often fewer), so that each person receives the necessary attention and I can help them to achieve their goals.

Group classes currently take place as below and I'm working with LRC to try and provide something from the VSSC (watch this space). Please do register your interest by contacting me as per details below and if you'd like to join sooner, current classes run at:

Three Bridges Cricket Club (*Three Bridges Rd, Crawley, West Sussex RH10 1JR*)

Wednesday

10.00 am – 10.50am

Thursday

6.00pm – 6.50pm

and

Burstow Scout Hut (*134a Redehall Road, Burstow, Surrey, RH9 9RH*)

Thursday

10.00 am – 10.50am

Please contact me to book or ask any questions:

07834 382017

pilatespassion@outlook.com

www.pilatespassionuk.com

www.facebook.com/pilatespassionuk

