



Newsletter

Wednesday 5 January 2022

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Trevor's Racing Roundup

Hello Everyone.

Wishing you all a very happy and healthy New Year.

Despite the early start of 9am on New Year's day, we had a total of 11 Lingfield runners taking part in the 5 kilometre parkrun at East Court. We had another 13 runners taking part at the following nine locations: Antrim (1), Burgess Park (1), Clair Park (1), Hove Promenade (1), Nonsuch Park Sutton (1), Roundshaw Downs (1), Tilgate (4), Tooting Common (2) and Walmer and Deal Seafront (1).

Well done to everyone who ran and displayed their Lingfield Running Club vests, and to **Simon Moore** for a 3rd place finish at East Grinstead.

The times and positions of all our runners are listed below.

We also had runners at three different locations on New Year's Day. **Hannah and Tom Cartledge** took part in the Lamberhurst 5k and 10k events around Bewl Water. **Richard Adams** ran in the Serpentine RC New Year's Day 10k, and **Ian Greenaway** and **Dave Chase** ran in the Hangover 5 mile event at Goring, over the South Downs.

There were 54 finishers in the Lamberhurst 5k. The men's race was won by Ryan Martin of Aldershot Farnham and District in a super-fast 16.06. The ladies' race was won by Betty Morrish of Paddock Wood AC in a good time of 19.53.

Hannah had a really good run and finished in 18th place in a time of 30.33 and was also placed 3rd in her age group.

In the 10 kilometre event, which was over two laps, the winner was Joseph Brown in a time of 38.44. Anaka Charters was the first lady to finish in 13th place overall in a time of 42.14. **Tom** also had a very good run to finish in the top half of the field in 54th place, in a time of 51.38. This placed him 4th in his age group.

Up in London, **Richard Adams** finished in 90th place of 405 finishers, in a very good time of 42.01. The race was won by Tom Aldred of London Heathside in 31.52, the first lady being Sarah Winstone of Southampton AC in 36.37.

At Goring, the race was won by James Baker of Chichester Runners in a time of 29.55. The winner of the ladies race was Jade Elphick of Portslade Hedgehoppers in 34.17.

Our two runners were **Ian Greenaway** who finished in 78th place out of a total of 352 finishers and **David Chase** who finished 182nd place in 49.51. Very well done both of you on completing this tough and hilly course.

Very well done everyone.

For those of you who want to obtain some Grand Prix points for 2022, please come along to East Court in East Grinstead on this Saturday 8 January to run in the 5k parkrun. I think they may also need extra helpers if you're free.

Afterwards, why not relax and follow **Brandon Webb** and **Simon Mills**, who are running 'Country to Capital'. This is a 43 mile run from Wendover in Buckinghamshire to Paddington in London. Starting in the Chilterns and then along the Grand Union Canal. They will have trackers, so you can follow them via the race website.

<https://www.gobeyondchallenge.com/ultra-marathons/country-to-capital-ultra/>

Good luck everybody. Have fun and enjoy your running.

Trevor

01-Jan-22	24	LRC parkrunners			
	Position	Name	Time	Age grade	PB?
East Grinstead	3	Simon MOORE	00:21:02	71.87%	
60 runners	6	Steven PRICE	00:22:16	66.77%	
	10	Joe ROBINSON	00:23:20	60.29%	
	14	Michael MANWILL	00:24:59	57.17%	
	15	James KILFIGER	00:25:23	57.19%	
	20	Anthony ALLEN	00:26:25	58.68%	
	34	Steve BRINKLEY	00:30:07	54.68%	

	36	Andrew HINDMARCH	00:31:09	50.19%	
	42	Wendy SMITH	00:32:09	54.85%	
	56	Lisa COMPTON	00:37:05	56.36%	
	58	Marie WARNER	00:46:25	42.41%	
Antrim 220 runners	4	Daniel QUINN	00:18:29	74.39%	
Burgess 248 runners	107	David NOTTIDGE	00:25:35	65.54%	
Clair 85 runners	19	Ian GREENAWAY	00:24:16	61.26%	
Hove Promenade 414 runners	214	Sue GARNER	00:26:33	89.70%	
Nonsuch Park 428 runners	13	Jeremy GARNER	00:19:30	74.44%	
Roundshaw Downs 149 runners	40	George ENGLISH	00:27:09	62.92%	
Tilgate 373 runners	4	Dan CELANI	00:18:09	76.31%	
	7	Dan OPPE	00:18:34	72.98%	
	91	Chris RANCE	00:25:46	57.24%	
	237	Kath GARRIDO	00:32:10	74.04%	
Tooting Common 290 runners	4	Luke DAVIS	00:18:27	73.44%	PB
	150	Sophie DAVIS	00:27:36	54.83%	PB
Walmer and Deal Seafront 189 runners	14	James WILLIS	00:20:53	67.92%	

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Dee's debut dinner

New deadline to book for

Saturday 22nd January

Star Inn, Lingfield



New deadline to book for

Saturday 22nd January at 7pm at the Star in Lingfield.

Here is a link to the pub <https://www.thestarlingfield.co.uk/eat/eat.html.php>

Partners etc welcome but I need to know numbers. I have booked tables for 15 but sure I can increase as she was very helpful. So far I have 14 or 15 confirmed.

So please let me know **immediately** if you'd like to join us, as I must confirm numbers by **Friday 7th January.**

Via [Facebook](#) or socialsecretary@lingfieldrunningclub.co.uk

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LRC quiz team - 6th January

Graeme Bennett

Due to exceptional interest, I have booked two tables (close to each other...) at [The Star](#) from 8pm (in case you want to eat first); quiz starts at 9pm prompt.

There was a chance the quiz might be cancelled but they have just [posted on FB](#) that it is going ahead, with some possible pictures we may be asked to identify.

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Fixing the flat/fleet-footed feller's fibula

Chris Ryan

My good old running pal - the LRC Newsletter Editor Graeme Bennett - commissioned me back in November to write an account of my recent full left knee replacement operation; which I'm happy to do although I've held off until this New Year, as I felt my account would not necessarily enhance anyone's Christmas joy.

As part of the build-up to my op, it further occurred to me that I should include some detail about myself - perhaps alongside a bit of club history - as I'm one of the original members* of the club (1985) and am likely to be unknown by many of today's large membership. Indeed I even pre-date Graeme Bennett as a member, which fact may amaze many of you considering that he looks like he's been around LRC for ever. Yes, Lingfield running club wise, I'm even older than Graeme and indeed I date back to the period known by all runners as the 'AOL'. Can you guess what the acronym 'AOL' means? No? well you'll just have to wait until my next episode - unless of course any of you can guess what it stands for.

But, putting history aside for now, let me go forward to the present day. It has now been seven weeks since my operation (and escape from a private sector hospital in Woking where the deed was done) and five weeks since my wife drove me back to see my consultant surgeon for my first post-op review - preceded by the welcome removal of a kerzillion staples.

At that review my consultant surgeon who, in the interests of privacy, I shall identify only as 'Chopper', saw me walk unaided into his vast consulting room and put me through three simple tests. In the first test he drew his office chair right up opposite to me and told me to lift my left leg - unaided - and place it gently on his lap. This I managed by clenching my buttocks whilst musing that, in some foreign cultures, such a manoeuvre was akin to foreplay - perhaps even leading to a proposal of marriage.

In the second test, 'Chopper' required me to stand upright from my sitting position clenching my hands together in front of me - as if in prayer - but unaided, i.e. without pushing down the arms of my chair.

In the third test, I had to identify the cologne he was wearing and eventually my olfactory receptors identified 'Code' by Armani. Nice.

'Chopper' then said that my progress in just two weeks was "amazing" and that I was "well ahead of the game". Obviously I was not going to be so easily flattered and replied "I bet you say that to all of your private patients, you good looking, smooth, silver-tongued b***ard". He didn't seem too offended and insisted he meant every word, and there can be no doubt that I owed this progress to my adherence to the intensive - and often painful - home physio programme, some of it hourly, that I had faithfully adhered to and still do.

More next week but, at this time, I'd like to offer great big fat thank you to my good old LRC runner pal Mel P, for her perfect consultant surgeon recommendation of 'Chopper', plus her personal experienced advice!

And I hope to more fully re-connect to the club in some useful way once I am able which may include my reveal of what I consider to be the best Spring bluebell run in the whole of Surrey (close to the club!).

** after scouring the [club records](#), I can report that Chris remains the holder of one course record - the rarely run Handicap 6 mile route (34.37 on 17 May 1988). Ed.*



Chris Ryan (left) and Peter Dunn in club strip of the time

Link to book a place for the coaching session

Dave Worsell

No coaching session tonight because the club coaches are meeting to plan the schedule for the next few months.

But don't worry! We're back to normal service next week with new and improved sessions at Imberhorne Upper School (6:45pm).

So that the coaches know who is attending, and can structure the sessions to all abilities, please ensure you register here before attending.

<https://www.eventbrite.co.uk/.../lingfield-rc-wednesday...>

Club weekend runs

Gary Spring

Last Saturday, Scott McDonald had ten members turn up for the 10am run at the Victoria Club, though this soon divided into separate men's and ladies running groups, presumably so the ladies could have a meaningful discussion on how Arsenal would cope against Man City without Arteta's presence, while the men chatted about 'Strictly'.

The following day, Ian Watkins led a plucky gang of nine Sunday Striders on another epic 10+ mile trail run, this time through the countryside around Ashurst Woods and Ashdown Forest. The sun decided to make an appearance which made the views even more stunning - shame we had to spend a fair amount of time looking down at our feet, to avoid tree roots and other trip hazards! Here's the group, taking a much-appreciated ~~rest~~ photo-opportunity in Ashdown

Swamp Forest.



Next weekend, if you're not too exhausted from a parkrun or the Surrey Cross-Country Championship, please consider joining the Sunday Striders for a run around Tilgate Forest, led by Dave Worsell. (Ian has other plans, racing Reliant Robins in Somerset!).

We will meet on Sunday at 8:30am outside Oriel High School, Maidenbower Lane, Crawley. Parking available in Maidenbower Lane, outside the school. The route will be about 10 miles and will be hilly, muddy and wet, so trail shoes are recommended, if you want to stay upright. The pace will be between 9 and 10 minute miles, with the faster runners turning back to sweep up the tail runners, so no-one gets left behind.

Also on Sunday, Tom Cartledge and Caroline will be running from the club at 08:00. The route is going to be Cooks Pond through to East Grinstead (Meridian Hall) then over to Dry Hill ending back at the club.

Distance will be around 12 miles at a 10 minute mile pace.

Please feel free to join and Tom advises trail shoes for this one.

With so many competing or helping at the parkrun, I have no information at the moment on Saturday runs from the Victoria Club, starting at 9am and 10am. Check the club Facebook page, nearer the date, to see if anyone is offering to lead a run then.

Not related to weekend runs, but this seems to be a good place to mention it; if you are inspired to try an interval session, after reading [Harry Sterling's article](#) in this week's newsletter, then consider joining the group doing speed work on St Piers Lane each Thursday evening.

Meet at the Victoria Club at 7pm, as usual. The session, led by Ian Watkins, caters for all paces so you will not be left behind. As Harry said, "give it a go and see how you get on" No guarantees that you will be running as fast as Harry, but you may be pleasantly surprised at the time improvements you can achieve after about six sessions.

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Cross Country and Grand Prix fixtures

Dave Watkins

All the events are also on the [website calendar](#).

January

8th - Grand Prix - parkrun East Grinstead 9:00

9th - Surrey Cross Country Championships, Dorking - entries closed 31 December.

15th - Surrey Cross Country (Men) - Richmond Park 15:00. Please let Dave know if you are interested.

15th - Surrey Cross Country (Ladies) Mitcham Common 13:00. Please let [Fiona](#) know if you are interested.

29th - Southern Area Cross Country Championships - Beckenham Place Park. 14:05

Ladies 14:50 Men - Entries closed but I will open new WhatsApp group for entrants.

February

19th - Surrey Cross Country (Men) - Lloyd Park 2pm

19th - Surrey Cross Country (Ladies) - Effingham Common 11:00

20th - Grand Prix - Tunbridge Wells Half Marathon

26th - National Cross Country Championships - Parliament Hill. Ladies 13:35, Men 15:00

- Last date for entries 28th January.

March

5th - East Surrey Cross Country - Lloyd Park 14:30

13th - Grand Prix - Bushy Park 10k

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[The 5th 1st Annual Headtorch Marathon - 28 December 2021](#)

Well, okay, you've done the odd marathon, even an ultra or two but there is still something missing from your life. Then inspiration strikes ... what about doing them again, but in the dark, in winter?

That sort of logic must have propelled **Juhana Kirk** and **Scott Ulatowski** to enter this, the latest production from Canary Trail Events. While Scott said he was too tired to write a race report, he did provide the following account by race 'winner', The Grumpy Runner. If this doesn't tempt you down the same route in 2022, you're a lost cause.

Editor



The Grumpy Runner

[@grumpyrunning](#)

Night running on trails can sometimes feel lonely and intimidating. The 5th 1st Headtorch Marathon fixed those problems.

It's a charity guided run from Mickleham -- at the foot of Box Hill. The route - which is a closely guarded secret - changes each year. Although with a sadist race director (Allan Rumbles), there is a very good chance Box Hill steps and the quaintly named Santa's staircase will feature. Has anyone else noticed that Santa is an anagram of Satan?

At 7.20pm, the 50ish attendees were advised that the course would be a little long - about four miles extra. Coupled with the forecast rain from 1am (the second half) - a few faces looked a little daunted.

10 minutes later we started.

The event was predicted to take about seven to seven-and-a-half hours... It was wet and muddy underfoot, but very mild for late December - 10°C. Shorts and t-shirt weather. With emergency waterproof and sleeves for when the rain arrives.

It started well, easy pacing with loads of chat.

I jogged at the front. A few wrong turns and slower back markers soon made me realise

that being at the front had few advantages, unless you enjoy bonus miles and standing around waiting. So I dropped my pace and joined the back of the group - which evened out the pacing and cut down the breaks.

By halfway (15 miles in four-and-a-half hours) -- and the scheduled mince pie and mulled wine stop - it was clear there would be some retirees. We stopped, ate and some people risked the worst mulled wine ever to have been created. I tried topping mine up with rum to make it palatable - it wasn't.

We were now looking at a nine hour finish - assuming we maintained the same pace and didn't slow. I was a little worried my remaining Haribo and gel might not get me to the end. I stuffed four mince pies in my gob.

The second half flowed a lot easier. The joggers fell into a natural order. Me, near the back. Happy to keep moving consistently, while staying in touch with the frontrunners. More hills, more mud, but still no rain.

Box Hill stepping stones were underwater - the water too muddy and dangerous to see where the stones were. We all took the bridge. Then ascended the steps. This is part of my regular hill training. I assured the people around me that there were 248 steps. I was wrong. Tonight, I counted 267.

Allan promised a bail-out point at 27 miles. Just after Santa's Staircase. Many of the runners expected the Box Hill steps to be that staircase. Many were wrong.

I once planned an everesting attempt on Santa's Staircase. I did about 20-30 repeats as a trial run. They are steep, but that isn't the problem. The riser is just too high on each step. On the way up, you have to work very hard for each step. On the way down, every bone rattles. I didn't take that idea any further.

27 miles, we were met by another guide, ready to take the shortcutters back to base camp. A (fool)hardy few continued.

The remainers were the joggers still feeling strong, or felt an obligation to get to the end. I was in the latter category. I'd already decided at the start I was going to 'win'.

Climbing is always my strength. Downhills and running are my weakness. I took my position at the front on the first uphill. Some clearly better runners overtook me. Some

technical/rooty downhills slowed me, and I ended up at the back again.

Allan told us this was the last section. Still no rain. Get to the road and turn. This was my chance to win my first ever race.

I bombed it down the hill overtaking everyone and entered Mickleham Village Hall as the victor - in my head anyway. 8:52:49.*

There's no timing, no results and no winner. You can't even use it towards the 100 marathon club. This was about bringing the ultra community together and raising some money. My win is hollow, but I know that I did it.

You can get your entry money back at the end. Just dong the gong. I was about to get my money back when I was threatened with violence from the slightly scary volunteer, Karen Webber.

I sat down.

The advertised afterparty was a bit thin on the ground. But I had a cider while I ate and changed.

The rain started just in time for my cycle home. I got lost after a couple of wrong turns. More bonus miles.

When I finally arrived home, my 4yo daughter was at the front door waiting for me to come in. 'Why aren't you in bed?' Oh, it's 6.30am.

Time to start my child caring responsibilities for the day.

** Scott and Juhana recorded a time of 8.51.46. They explained that, while the Grumpy Runner ran all the way to the 'finish', they ran back to their car to get changed and come home. While this was billed as a 'guided' run with no official results, isn't this a DNF? Discuss.*



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Training tips: from theory into practice

Harry Sterling

Previously this section has covered the basics, as well as an in-depth analysis by James Kilfiger on how the body changes with increased training. Now we will cover the stories of how some of our members have got into running and the results they achieved through their training. First up, is Harry Sterling.



Hi, my name is Harry Sterling, I'm 29 years old and have been running for about five years; two years socially and three years competitively.

Back in 2016 I took up Thai boxing to lose some weight. At the start of the session, we would have to do a one mile warm up, which I hated and would have to stop about four times! After about one year of training with this group and taking part in some local interclub fights, I decided to take up running as a social sport and started to run with James Ward about three times a week. We would do one gym session a week followed by a long run with a hills session; these were mostly easy miles.

After about six months I decided to enter the Tunbridge Wells Half Marathon; this was my first race and I was excited to see what I would run. I had no plan regarding pacing, and what minute miles I would run, it was just a case of going out and giving it my best shot as it would have been the furthest I had ever run. I finished in a time of 1 hour 40 minutes, which was 7.38 minute mile pace, and I was over the moon with that. I then continued to train and entered various other races from 5k to an ultra.

My times were: 5k - 20.30, 10k - 43.03, 10 miles - 1hr 15, half marathon - 1hr 31 and ultra (38 miles) - 7hrs 30 (that one hurt as my longest run for that was 15 miles!).

I was a smoker at this point and decided to quit and give running a real go; I put everything into it. I got myself a structured training plan which consisted of; Monday -

easy run, Tuesday - speed work, Wednesday - easy run, Thursday - speed work, Friday - rest day, Saturday - parkrun hard effort and Sunday - a slow, long run to finish off the week.

I didn't ramp up the miles too fast as I knew this would result in injuries. I was doing about 20 miles a week when I started then, within a couple of months, I increased this to 35 miles, then to 45 miles peaking before a race. To give you an idea, I would enter a race and set myself a seven-week training block. I would work out what pace I wanted to run it at so, for instance, I targeted the Brighton 10k and wanted to run sub-40. I knew this would be a breakthrough run for me as my previous PB was 43.03. I worked out to run this time I needed to run 3.57 km.

I changed over from miles to km as I found this was easier to pace; the km splits come up a lot faster than a mile and I could keep track of my pace - just a personal preference really. So, just an idea of what training I did for this; on a Tuesday I would do 8 x 1k at the required pace, with 90 seconds off. I did not hit pace on this first session and in my head it felt like a sprint; it was only over a km and I had ten of these to do! I stuck with it though and just ran as close as I could to the pace.

On a Thursday I would do another speed session; the classic 4 x 8 mins at 10k pace. This is a great 10k predictor session of what you could run in your 10k. I would then fill the rest of my week in with easy runs and long runs, no further than 40 minutes during the week and 90 minutes on a Sunday. Monday would be, in my option, the bread and butter runs which would be a steady tempo. This would be a run where you can make small conversation, but in short sentences to give you an idea of effort. It should feel like you are working just outside your comfort zone and something you can hold for an hour. These runs were key for me and really helped me progress in my running.

By the time I knew it, I was hitting the pace on the reps and I turned up to Brighton 10k and ran a 39.40. From this I really started to ramp it up, with having a year under my belt training hard I started to run up to 45 to 60 miles a week, depending on what I was training for. I stayed consistent in my training and did mobility sessions three times a week, which was 30 minutes of stretching and rolling - this is key to stay on top and not get niggles or injuries. Yes, I did get niggles along the way, but it is how you manage them.

My key saying was 'don't run hard on niggles' - no speed work, take extra rest days if

needed and listen to your body. Work on strengthening specific areas that are giving you trouble to make them stronger; it's all a learning curve. After a year I was running; 5km - 17:20, 10km - 38:30, HM - 1hr 23 mins.

The progressions were very quick, and I was knocking minutes off my times across the board. It was all really coming together. Then it slowed down a bit, so I had to start making some minor adjustments, though not running related. I started to watch what I was eating and cutting out booze, not that I drunk much anyway. It was also key to get a good night's sleep.

Weight also played a massive part. When I was running the times above, I was about 79 kg. I cut my weight to 73kg, which is now my race weight, and peak before a race; it made a huge difference to my performance, as I was carrying less weight round with me, which allowed to me to be more efficient in my running. This then made a huge impact to my running and in the space of two and half years I have run, in my eyes, times I never thought I could run. I am by no means a natural runner and have to work hard to maintain and improve my performance.

My 5km has now transitioned into a 16:27 at Battersea Park. My 10km is now 35:30, half marathon is 1hr 16 minutes at Dorney Lake and marathon is 2.53.18 at London last year. This just goes to show that no human is limited, if you put your mind to it. I have to admit, it was easy for me as I have a very supportive and understanding fiancé who allows me to train six days a week, and I don't have children yet! Even if you do, as long as you get your speed sessions in, there is no reason why you can't achieve your goals.



Here is a little insight to different interval sessions I do for different distances. You can take them away and try them; remember it's all about pushing your lactic threshold higher so the pace feels easier. It will feel hard and almost impossible at first, but it will get easier as your threshold gets higher.

For 5 km

6 x 3 mins, 2 min off. 5km pace

5 x 1km – 90 secs off

10 x 1 min strides 5km pace with 20 mins easy warm-up 20 mins easy cool down

10 x 400 sec slightly faster than 5 km pace 60 secs off

10 km intervals

8 x 1km 90 secs off at target 10km pace

4 x 8 mins, 3 mins off 10km pace: A great race predictor session if your splits are consistent

5 x 4 mins. This is between 5km and 10 km pace

For half marathon (my favourite race - love them!)

3 x 12 mins at HM pace, 3 mins off

2 x 5km HM pace, 5 mins off

Give them a go and see how you get on.

Personal things that I like to do before a race that help me

I take caffeine before a race, usually 100mg gel or drink helps me focus and makes the pace feel easier; this is a game changer in my opinion.

Fast and energy-saving shoes. I know there are different opinions on this topic, but every edge helps to get that pb and you still have to train hard. Nike Alphaflys are my go-to shoes.

I wear the same race kit, a light Nike vest top with some short shorts which you have all probably seen me wear. Gary has asked 'why do I wear my hat back to front'. It's just a personal touch I like to add and it's my lucky hat.

Running like this does turn into a second job, in my opinion, but the rewards are massive to me. Remember; stay consistent and, most of all, enjoy the journey like I have. Running has made me some great life-long friends along the way and I wouldn't change a thing.

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Reminders from previous weeks

Club Open Grand Prix races 2022

Dave Watkins & Fiona Champness

These are the events the Committee is considering for 2022 Grand Prix.

Grand Prix races	2022 date
EG park run	8th Jan
Tunbridge Wells half marathon	20th Feb
Bushy Park 10k	13th March
Mel's Milers 10k	3rd April
Hartfield 10k	?
Gatwick Half	8th May
Dorking 10m	12th June
Reigate evening 10k	June/July
Kings Head 5k	29th August

EG 10K	September
Titsey Trail Race	October
First Surrey League xc	October
Reigate xc relays	October
Brighton 10k or Tilgate Parkun	November
Crowborough 10k	November
EG parkrun or Xmas handicap	December

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Dee D's Diary

Dee De Luca

Hope you can make it on 22nd January.

It would be great to see any of you for a catch up. Meanwhile, I have put a full list of my suggested events for 2022 on the [club website](#) and notices on the Victoria Club notice board.

Please let me know what you think.

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