



## **What does Lingfield Running Club offer you?**

- Organised training runs in and around Lingfield, led by friendly run leaders who know the area well.
- Weekly coaching sessions, led by England Athletic qualified run leaders and coaches.
- The opportunity to qualify as an England Athletic qualified run leader or coach, at the club's expense.
- A range of internal club social events and races throughout the year, both for fun and for the 16 club trophies available.
- Defibrillators available in case of emergency at all organised events.
- Free membership of the Victoria Sports and Social Club with its free parking, cheap bar and other facilities (e.g., snooker and table tennis).
- Discounts from Sportshoes.com and John Allen Physiotherapy.
- Weekly newsletter with race reports, running tips and future running events.
- Club Facebook page, and website with information about all local running and social events.
- Good quality club running gear available to buy direct from the website.

And, if you also join England Athletics (£17 for 2023/24), there are further benefits available including reduced race entry fees, including all club cross-country events.

Correct at 28 March 2023