



Newsletter

Wednesday 17 July 2024

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No new members but two give-aways in this week's edition.

Tip: to get the most from the newsletter, view it on a PC or laptop

Please feel free to send race results, pictures and reports of your races and ideas you have for articles, to editor@lingfieldrunningclub.co.uk

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Lingfield's Racing Roundup

Hello everyone.

It was a quieter weekend for our parkrunners this week, with 27 at 11 locations. This week's venues were East Grinstead (11), Burnham & Highbridge (1), Colney Lane (1), Crane Park (2), Highbury Fields (1), Kingdom (1), Lullingstone (2), Orpington (1), Southsea (1), Squerryes Winery (1) and Wakehurst (5).

Particular congratulations to **Dan Celani** (third at Wakehurst), to **Lucy Wilkes** (third woman at Squerryes Winery) and to **Steve Ackroyd** and **Wendy Smith** (third at East Grinstead).

That lower turnout was, in part at least, due to the [Elmore 7](#) Surrey Road League race in the afternoon. We had 11 runners turn out for this high-quality race, led home by **Jeremy Garner** (running for first-claim club Epsom Oddballs); then came **James Kilfiger** and **Sally Alexander**. There were 217 finishers and John Hutchins (Woking) won the race in 37.08 and first woman was Aldershot's Georgie Bruinvets in 40.45. Very well done to all our runners, and thanks to Sally for [the report](#).

57	Jeremy Garner	45.09
77	James Kilfiger	47.19
91	Sally Alexander	48.26
110	Mike Manwill	51.00
156	Tom Cartledge	58.08
165	Sophie Davis	58.59
171	Judith Cartledge	60.43
174	Chris Rance	62.00
183	Hannah Cartledge	64.16
192	Sue Garner	66.01
204	Steve Warner	71.49

This was the fifth of seven Surrey Road League events, and I can tell you that **Sue Garner** has already wrapped up the women's trophy for 2024 and is dusting off another space in her trophy cabinet. In the men's trophy, **Jeremy Garner** holds a healthy lead but can, in theory, be caught by **Chris Rance**. The next race is on Sunday and the full tables are on

display [here](#).

News has only recently reached me (thanks, **Scott U**) that the club had a big race winner on 6th July, when **Juhana Kirk** finished first in the [Serpent Trail 100k](#). This race winds its way from Haslemere to Petersfield, via Petworth, Fittleworth and Midhurst. Juhana led from start to finish, completing this race in 9 hours 16 minutes and 27 seconds, four minutes ahead of his closest rival. Sorcha Loughnane of Donore Harriers was the first woman to finish in 9.38.46. Congratulations, Juhana, and it would be great to hear from you about how the race went.

We had another 100k runner last Saturday, when **David Waddington** made his 100k debut in the [Race to the Stones](#), from Lewknor to Avebury. If I'm reading the results correctly, David had a great run – he started at 7.35am, finished at 6.41pm, taking 11 hours, 5 minutes and 23 seconds to complete. Tremendous run, David.

Dave Nottidge ventured into Kent on Sunday for the [Romney Marsh 10k](#). Dave likened the event to running along St Piers Lane (*three times, I think he means – Ed.*), but ran the course in 55.36, good enough for 133rd of 266 finishers. Ashford AC's Wegahta Zerom won the race in 32.22 and first woman to finish was Maria Heslop (Tonbridge AC) in 38.01.

Finally, **Michelle Hollins** fought off the lurgi to go on a Running Adventures training weekend in the Yorkshire Three Peaks, an outing she describes [later in the newsletter](#).

And now, round in a circle to two sets of results from the West Sussex Fun Run League (WSFRL) last week. On Wednesday 10th, three members ran for second-claim club Saints and Sinners in the 5-mile [Arunners Beach Run](#) in Littlehampton. **Ian Greenaway** was 184th in 43.33, **Isla Greenaway** 300th in 49.57 and there was a **Theresa Donohue** (showing as a Fittleworth Flyer) who came 450th in 66.28. I can only assume this was an error and that Theresa hasn't really defected. James Baker won this race in 29.10 with first woman was Alice Robinson in 34.42.

And on Sunday came the [Hove Hornets Stinger](#), a '10K multi terrain flat course through fields, public bridleways and footpaths' where **Ian Greenaway** was the sole family representative, coming 93rd in 57.31. Liam Briscoe (a real Fittleworth Flyer) won in 37.44 and first woman was Geraldine Moffat (Portslade) in 47.00. Well run, Ian, Isla and Theresa.

Please tell the Editor if you have done, or are planning, any races so that we don't miss anyone out of our results report. Have fun and enjoy your running.

Editor

13-Jul-24

27

LRC parkrunners

	Difficulty rank /760	Position	Name	Time	Age grade	PB?
East Grinstead	693	3	Steve ACKROYD	00:21:26	66.64%	
74 runners		16	Tim MARTIN	00:24:47	58.57%	
		18	David WORSELL	00:25:03	59.81%	
		22	Wendy SMITH	00:27:02	66.95%	
		23	Isla GREENAWAY	00:27:12	54.41%	
		30	Miranda CHITTY	00:29:44	60.87%	
		33	Nevenka WORSELL	00:30:06	56.37%	
		37	Michele EDWARDS	00:30:38	63.33%	
		40	Steve BRINKLEY	00:31:02	54.03%	
		43	Elizabeth WEBSTER	00:31:12	50.91%	
		74	Sandra ANKERS	00:54:35	43.63%	
Burnham & Highbridge	75	35	Pete HOLMES	00:21:36	64.12%	PB
367 runners						
Colney Lane	472	19	Brandon WEBB	00:22:41	66.64%	
235 runners						
Crane Park	416	156	Steve WARNER	00:37:30	46.00%	
175 runners		161	Marie WARNER	00:39:34	52.02%	
Highbury Fields	179	203	Lisa COMPTON	00:24:59	86.26%	
595 runners						
Kingdom	702	105	Jayne WEBB	00:43:48	42.47%	
119 runners						

Lullingstone	745	43	Aly WARNER	00:27:18	60.68%	
137 runners		61	Helen DAVEY	00:30:00	64.67%	
Orpington	580	37	Ian GREENAWAY	00:24:27	61.83%	
214 runners						
Southsea	63	33	Dan OPPE	00:20:04	68.52%	
406 runners						
Squerryes Winery	574	42	Lucy WILKES	00:24:27	64.35%	
161 runners						
Wakehurst	n/a	3	Dan CELANI	00:18:02	78.00%	
337 runners		53	James WILLIS	00:23:14	61.98%	
		112	David WATKINS	00:26:13	62.24%	PB
		192	Jennifer WILLIS	00:29:55	54.15%	PB
		337	Judy HAYLER	00:56:57	34.06%	



FreedomRacing_SerpentTrailRace2024_NoLimitsPhotography441.jpg

Juhana receives his trophy at the end of the Serpent Trail 100k.

Elmore 7M Surrey Road League (Race 5)
Saturday 13th July 2024
A little bit of 'Midsomer' in Surrey!



The team all set to start and raring to go! Thank you, Marie Warner, for managing the photography and cheering us on!

Saturday's 5th Surrey Road League afforded our LRC team a little taste of English summer. The competitive Elmore 7M road race begins and ends within the grounds of Chipstead's quintessential village fair and flower show. Pastel-coloured bunting; face-painting; Morris dancing and a myriad of stalls selling local crafts and tasty delights masked the challenging 7-mile route that lay ahead of us beyond the 'green and pleasant'... field!

Described as 'challenging' (but not as challenging as trying to get everyone together for a team photograph!!), the course took the 217 club runners along the quiet rolling roads in the Chipstead area where, if we had not been gasping for breath, we might have been able to take in the beautiful scenery which surrounded us! However, the sun shone, which was nothing short of a miracle considering the past week and made up for the relentless hills of the Surrey Downs!

True to form, the team performed brilliantly with everyone crossing the finish line in excellent times, securing their well-deserved medals and more importantly, a chance to recuperate with a pint of local beer and a hot-dog in the sun! Second-claim Jeremy Garner and James Kilfiger led the team to the finish line in the incredible times of 45:09 and 47:19 respectively. Out of 11 LRC runners, 5 came within the top-ten of their individual age categories including: Judith Cartledge, Hannah Cartledge and Steve Warner, whilst Jeremy Garner, Sophie Davis, Tom Cartledge and James Kilfiger were within the top-twenty runners of their respective age categories. However, an especial mention must go to our

fabulous Sue Garner who brought home the prize for first woman in her category! Well done, Sue!

So, here's to yet another great afternoon of running – Mike Manwill, Sophie Davis, Chris Rance, Judith Cartledge, Steve Warner, Hannah Cartledge, Tom Cartledge, Sue Garner and Jeremy Garner – you all did us proud! Maggie...we missed you and really hope that your niggle makes a speedy recovery.

If you were unable to join us for this event, why not come and join the team giving the Elmbridge 10K a go on Sunday 21st July?!

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Committee update

Graeme Bennett

Your committee met for hours on Monday 15th July, and these are some of the key points.

- We gave a massive thanks to Dave Nottidge for his hard work and commitment as race Director of Lingfield 10s over the years. We do need a new race Director so, if you'd like to find out what is involved, please contact Dave.
- The success of this year's run means we will be able to give significant donations to Samaritans and Cavendish House.
- We can fund one more person to take the EA's Leadership in Running Fitness course (see separate notice).
- We agreed to set up a group to draw up a Club Development Plan. If you would like to be contacted to provide feedback to support the creation of a CDP, email the Chair.
- Tom Cartledge will lead a project to refresh the club website.
- We agreed to develop a club Adult Safeguarding Policy to meet EA requirements and to publicise our current Social Media Policy, of which many members may be unaware. Clue: it's in the [Members' Handbook](#).
- We agreed to remind everyone about the Summer BBQ (11th August).
- We agreed to another parkrun takeover this year – probably in early September.

- We agreed that the club will cover up to ten entry fees for the rearranged National XC Champs. In Telford, in September, as for the original race (see separate notice).

We will place the full set of minutes on the [club website](#) shortly.

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Do you want to be a Lingfield leader?

Editor

The club has some funds available to help you become an England Athletics-qualified Run Leader. **The Leadership in Running Fitness** qualification is designed to prepare you to provide a safe and enjoyable running experience for young people aged 12+ and adults of any ability. The course covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners. Please visit the EA site for [the full details](#).

It is largely an online course, costing £160, but the club will reimburse you with the cost. It is part-funded by EA and we need to commit quickly so, if interested, [please contact anyone on the Committee as soon as possible](#) – we have only one place available. Email [Secretary](#).

In return for the funding, we expect you to join our current coaches to help out with Wednesday coaching sessions and/or our Tuesday and Thursday runs.

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Free entry to the National Cross-country Championships

Editor

This February's English National XC Championships were abandoned because of the bad weather. They have been rearranged for Saturday 14th September at the same venue – Weston Park, near Telford.

For several years the club has paid the entry fees for any member wanting to represent the club in these races, and we repeat that offer now. Entries must be made by 18th August so please contact the men's or ladies' captains as soon as

possible if you wish to take up this offer.

[mencaptain@lingfieldrunningclub.co.uk](mailto:menscaptain@lingfieldrunningclub.co.uk) or
ladiescaptain@lingfieldrunningclub.co.uk

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Yorkshire 3 Peaks
Pen-y-Gent, Whernside and Ingleborough
"You didn't disappoint"
Michelle Hollins

Friday morning, I was contemplating whether or not to start the journey up North as I had the onset of a cold that started Thursday and I felt dreadful. Putting the last bits and pieces into my bag the zip on my sleeping bag broke and I had to quickly find another one. Was someone trying to tell me something? After a cup of 'Lemon sip' I decided to go and packed up the car.

The journey up to Horton in Riddlesdown was horrendous, mainly due to the stop-start of the variable speed limits and the volume of traffic. Glad I don't do the M40 and A6 on a daily basis. I had to stop off on the A6 at a service station first for a long-awaited toilet stop (it made me seriously think of buying a 'She Wee' for the car) and I also got a cup of hot water and drank my second dose of 'Lemon Sip' in the car.

Once off the A6, seven hours later I was on the Yorkshire country lanes and here I started to fall in love again with the scenery unique to Yorkshire, the undisturbed meadows, moorlands and dales and of course the dry-stone walls. It is believed that there are over 5,000 miles of dry-stone walls.

I arrived at the bunk house to be greeted by Matt and people who had also arrived, some of whom I knew from previous running adventures. When they saw me, they asked if I needed to lay down - did I look that dreadful? I settled into the bunk room, freshened up a little and we all went out for dinner. I chose lasagne and chips and pint of lager at such ridiculous prices, and it went down a treat. An early night was due, and I still felt awful, so I dosed myself up with more medicine.

Morning arrived and was I ready to take on the Y3P. I managed breakfast of chocolate rice, banana and coffee. I felt a bit better than the previous day, but still way off 100%.

My hydration vest was packed with drinks and snacks. I was in a dilemma of whether to take my trekking poles. I hadn't really used my poles and taking them on a 24-mile run with some scrambling and rather technical terrain well the idea just didn't appeal, so I decided to leave them in the car.

Just after 8 o'clock we were off. The weather was just perfect, it was quite warm, clouds

were in the sky but hopefully they would clear, and the rain would stay away. The peaks were very, very busy. There was an organised charity race taking place (the Marie Curie Y3P Challenge) with over 1,000 participants taking part, not to mention the general public who were trekking as well.

Pen-y-Gent was the first peak to conquer. The route started by crossing a bridge and it's here you get the first real imposing view of what lies ahead. With a gentle climb of stone steps, through fields following the undulating pathway up Brackenbottom Scar, which is slowly gaining height, the thought of my poles crossed my mind. Stiles and gates and a pathway that joins a man-made flight of stairs which in turn joins the iconic Pennine Way. This was where the climb really started; the pathway rises steeply, passing around an almost vertical crag and the scramble starts. The pathway flattens out to create a false summit, before another very steep, mainly stepped climb which is marked by cairns. Another scramble and the path gradient flattens and becomes flagged underfoot to reveal the trig point. Here the landscape was breathtaking, the panoramic views were spectacular with Whernside and Ingleborough in view. It was a little cooler up on the summit, but nothing that warranted long sleeves or gloves. Pen-y-Gent is 694 (2,277ft) metres and is the lowest of the Y3P.

It was here we heard a conversation going up Pen-y-Gent of a wife and husband. The wife finding the climb a little tough and voicing her thoughts; sympathy was voiced by her husband by saying "just pull thee sen together".

The descent and route to Whernside was again on a paved pathway soon turning to a loose stones and rocks with some pretty decent flattish parts were kind of runnable but concentration was needed, not only for the terrain, but also not to bump into the other walkers, but sometimes you just had to stop to take in the beautiful landscape and have a sneaky rest.

Whernside is the tallest of the 3 peaks and, on this peak, there is no scrambling. Following the long, winding footpaths, that lead us over babbling brooks and bridges and through fields, there were lots of sheep, but they were harmless enough. They stop and stare but then they run away. Some of the fields also had cows too, not my favourite animal. Coming through a gatehouse you have your first sightings of the incredible Ribbleshead Viaduct. After crossing over the River Ribble we then approached the B4679 and the run along the road is for around a mile. At the junction before you cross over the road to continue on the pathway, there is a layby which has a van for refreshments. On this occasion it was also an aid station for the charity challenge.

The path runs parallel with the Viaduct and is the start of 'the loop' of Whernside. We had the special treat of seeing the train pass by. This is the Leeds-Settle-Carlisle railway.

Flat ground came to an end and now it's time for the gradual incline up Whernside. We passed the station where the train had stopped, and the train driver was at his window waving to us and shouting the old classic line of 'not far to go now'. Looking for signs for Dent Dale which is straight up we came across the beautiful aqueduct followed by Force Gill Waterfall from this point it's 1.75 miles to the summit.

The pathway is fairly compacted but has many sticking out rocks that are ready and waiting to trip you up so caution is needed.

As we started to get closer to the summit the weather started to get colder, and the rain appeared not heavy but a light drizzle but enough to get you wet - time to put on the jackets. Although there was no scrambling involved the elevation was still very steep. Eventually the trig point was touched and recorded with a photo and the second peak ticked off. We didn't spend much time up here because it was cold and drizzle and sadly not much to see due to the clagg. Whernside is the highest of the three peaks 736m (2,414ft) and is the fifteenth most prominent hill in England. Ingleborough can be seen from this point on a good day, and we could just make it out and goodness did it look far away. The loop of Whernside brought us further up the road that we crossed earlier. The descent from Whernside brings us to Chapel-Le-dale where there is a cafe at Philpin Farm where there is vending machine, refreshments, coffee cakes, etc.. I had a rocket ice lolly, a cup of coffee and a bottle of coke.



Now it was the ascent for the last peak of the day Ingleborough. Passing through several gates in the walls and following the well-worn grass a sign post can be seen which says the summit is two miles . Once we reached the end of the pathway we were greeted with the tough climb.

The photos of the climb don't do it justice. It's only a short climb, but this is where you can start to feel the last 20 miles in your legs. The path was made of steps too which were too high for my short legs, and I found this a little tough again my poles flashed through my mind. There was a short scramble to the top.

The trig point is not visible when you reach the long flat top of Ingleborough, you have to then walk further up the plateau, but I did get there, and photographic evidence was taken. At 723m (2,372ft) Ingleborough is the second highest of the Yorkshire Three Peaks and on a clear day you can see Morecambe Bay off to the west. Today we were lucky, and we could see the bay. The cloud had disappeared now and once again we were blessed with spectacular views.

Now it was the four-mile descent back to Horton-in-Ribblesdale.

Coming up Ingleborough, you have to look out for an upturned rock because when you make your descent you need to keep right of the rock. There were no more inclines, but

the terrain is still tricky with wet slippery rocks and a few muddy areas. The grass is runnable but still has dips and holes for ankle turners; slow and steady was the name of the game.

I must point here that when we were coming down Ingleborough a family were perched on a grassy area having a break. They were doing the peaks in the reverse direction. Normally it's the parents who are asking the kids to get a move when out on walks but on this occasion it was the other way around- the kids were asking the parents when they could start moving.

Following the pathway down was pretty straightforward but still quite steep. There are a few scree patches on the way down, cobbled pathways, wooden boards over the boggy patches, the clints and grikes of limestone pavements (the clints are the limestone blocks and the grikes are the water eroded space between them) and deeper paths through narrow limestone walls. Towards the end, the ground became grass and narrow pathways that are hard to put one foot in front of the other.

Finally over the brow of the hill Horton-in-Ribblesdale and the train station came into view and the end of the challenge - it was then a short run over the bridge and up the road back to the bunk house to a very well earned £2.50 glass of lager.

This is my 5th running adventure with Matt Buck and his Running Adventures company and each one has been amazing. I have done Brecon Beacons Summer Camp, Malaga El Chorro, Lanzarote, Lake District and now Yorkshire Three Peaks, a few one day guided runs around Guildford and the Surrey Hills, Dorset, Worcestershire Well organised with qualified trail coaches and guides as well as Matt who is a very experienced trail runner. Fabulous accommodation.

He also has a trip to Portugal and two new ones to Menorca and one to the highlands of Scotland which I hope at some point to go on.

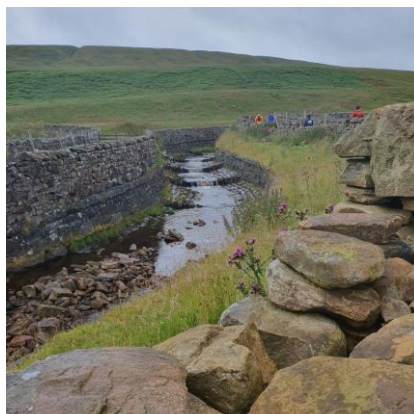
If you fancy something different look up his Web site and give it a go - you won't be disappointed.

Email matt@runningadventures.uk

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My Favourite Race
This week, Spiderman Vernon Given's choice



1. *What was your favourite race, that you've participated in?*

The Lanzarote Marathon.

2. *How many times did you do it?*

Three times.

3. *What made it special to you?*

It's not my normal type of race as its described as hilly. The first time I did it, I took my parents, my in-laws and children and we just had such a good weekend.

4. *What were the distinguishing features of the race?*

Although hilly(!!!), it is a beautiful route, with closed roads and plenty of water/hydration stops. At the finish line there is a bar and live music which is full of those runners who enjoy a party.

5. *Are you still entering it, each year? If not, why?*

Haven't entered for a couple of years due to injury but, now I'm running marathons again, I will definitely enter in the next couple of years.

6. *Any other comments about the race that you want to include?*

Each occasion I have run, I have also enjoyed a weekend with other Lingfield runners who have either run the Marathon. Half Marathon or 10k, so there is something for all runners.

Next week's article is the choice of Natalie Mitchell

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Weekly club runs
Gary Spring

Thursday, 18th July

Trail/road run

Start Time 7pm, from the Victoria Club

Tom Cartledge is leading this run. Route is still TBD – look out for a Facebook post on Thursday with more details. The sun has got its hat on again so expect a nice warm dry run somewhere around Lingfield. Distance will be about 5 miles. Road shoes should be fine.

Tuesday, 23rd July

Trail/road run to Starborough Farm

Start time 7pm, from the Victoria Club

The route is mainly footpaths and about 10km. Road shoes should be fine as no rain expected.

Advance notice of future summer runs

Tuesday, 30th July – July Pub Run. More details next week.

Tuesday, August 6th – Run with Oxted Runners, starting and finishing at The Plough, Dormansland

The postponed May Race 3 and the Uphill Mile will also happen in August – dates to be confirmed.

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And over the next ten days

Editor

Highlighting events in the club [race calendar](#) for the next ten days.

Please click on the link - will take you straight to the race calendar!

LRC Race Diary

Today ◀ ▶ Wednesday, July 17 ▼ Print Week Month Agenda ▼

Wednesday, July 17	
6:45pm	LRC coaching (Ian W)
Thursday, July 18	
6:30pm	Club run
7:00pm	Club running (Tom - trail/road)
Saturday, July 20	
10:00am	Club run
Sunday, July 21	
9:00am	Elmbridge 10k (Surrey Road League)
11:00am	Henfield Joggers Seven Stiles
Monday, July 22	
6:15pm	Beat the Tide 10k (Worthing)
Tuesday, July 23	
7:00pm	Club running (Starborough)

Wednesday, July 24	
6:45pm	LRC coaching - CANCELLED
7:30pm	Wakehurst Willow 8k (GP event)
Thursday, July 25	
6:30pm	Club run
7:00pm	Club running
Friday, July 26	
1:00pm	Montane Lakeland 50 & 100
7:30pm	Wedding Day 7k (Surrey Road League)
Saturday, July 27	
North Downs 50k	
10:00am	Club run
10:00am	Maverick Adidas Terrex Original East Sussex
Sunday, July 28	
8:00am	James Cooper Community Run

Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

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Running clubs are the new dating apps



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Reminders from previous weeks

Victoria Club car parking Editor

As part of the effort to make sure the VSSC Car Park is only used by Members and regular Hall hirers, club manager Kellie has got some stickers made that need to be displayed on your car dashboard with immediate effect.

When you next visit the club, please go inside and get a sticker from the bar staff, who hold an up-to-date list of members' names.

I don't yet know what the penalties for non-compliance may be, but Kellie's middle name is 'clamper' ... and it may not just be on account of her Taekwando skills.

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Summer BBQ Scott and Dee

Hello everyone, the club annual BBQ is approaching fast - Sunday 11th August 2024, 2pm to 5pm - it's just under six weeks away.

Our BBQ has been advertised on FB and previous newsletters. So far it's a slow response with only four members who have paid. Without a lot more signing up to our BBQ, it will have to be cancelled: so please check your diaries and join us for a

few hours.

If you don't want to indulge in our BBQ then you can bring your own picnic. Please let us know if this is the case by responding to the FB post, or e mailing myself or Dee and paying £1 per person to the club account (this goes to Lingfield Sports Association, who are kindly letting us use their facilities).

A licensed bar is available, good parking, plenty of space for a game of rounders, four-legged friends are welcome. You can also bring friends, and family.

Looking forward to seeing you,
Dee & Scott, Club social secretary

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Wednesday coaching sessions

Dave Worsell

We've ended the booking system for Wednesday evening coaching sessions, as few people bother to book these days.

Please look on [Facebook](#) or the club website '[calendar](#)' on the day itself, for any session details and any changes in venue.

THE END

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