



Newsletter

Wednesday 13 November 2024

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Welcome to one new (Mike Priest) and one returning (Brian Spicer) member this week.

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

Please feel free to get your keyboard out and send a race report and/or pictures to editor@lingfieldrunningclub.co.uk.

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Lingfield's Racing Roundup

Editor: Susie, Susie, guess what - we had more runners at cross-country than parkrun on Saturday!!

Susie: Yes, dear, put it in the newsletter and I'll read about it on Wednesday and while you're at it, get rid of that miserable photo. And get the date right too.

Editor: Yes, dear, straight away.

Hello everyone.

Last Saturday, we had 24 parkrunners at nine locations. These were East Grinstead (12), Brighton & Hove (1), Bushy (1), Gadebridge (2), Kingdom (1), Littlehampton Prom (1), Nonsuch Park (1), Tilgate (2) and Wakehurst (3).

Congratulations to **Nick Keen** and **Dan Celani** who were second at East Grinstead and Kingdom respectively. I must also mention recent new member **Helen Pettitt**, who knocks a minute off her PB every time she pulls on a pair of running shoes!

And, yes, it really is true that 32 members turned up at Hurst Green on Saturday for the latest round of the [Surrey Cross-country League](#) races. Fantastic for the club to see such a turnout, and all reflected in strong performances too. Keith and Liz have sent us a report and full results [later in the newsletter](#) so I won't repeat it here. Here are the club [XC trophy tables](#) at the half-way point.

One message which went into my Spam last week was from **Maggie Statham-Berry** who was trying to report another fine performance. "*I competed for Lingfield RC in the [Surrey Masters Cross Country championships at Nonsuch Park near Cheam on Saturday 26 October](#). The course distance for the women and M65+ men was 3.8 miles, made up of two laps of parkland with some sticky mud which clung to footwear and made the going heavy. I was the first W70 and won the Gold medal. My time was 31:56. I was 70th out of 116.*" Here are the results: [R01 Masters Women V35+ & Men 65+ | Surrey County Masters Cross-Country Championship](#)

And watch out for Maggie's result this Saturday when she runs for England in the [British & Irish Masters Cross Country International](#) in Belfast. Have a great run, Maggie, and hope you enjoy the whole experience.

On the Sunday several members went to Walton to take part in the [Phoenix Remembrance Run](#) (Marathon and Half Marathon). **Lisa Compton** and **Isla Greenaway** (and doggy

companion) completed the half marathon in 1.54.55 and 2.13.17 respectively, while **Vernon Given** and **Ian Greenaway** took on the full distance in 3.46.47 and 3.59.25 respectively. The run incorporated a 'moving 2-minute "race freeze" minute silence' apparently, which must have taken some organising. Very well run all four of you, but especially Vernon who had run in the XC the day before (perhaps throw in a parkrun too next time, Vern.)?

Not a competitive event but more people went to the Remembrance Day run/walks at the Airman's Grave on Ashdown Forest and Sally Alexander tells us about that moving experience [later on](#).

I don't know how I missed this event, or why we have no members taking part, but here is an interesting [BBC article](#) about September's Sri Chinmoy 24-hour race.

This coming weekend sees the last of the Grand Prix events, the [Hartfield Honey Run](#). Best of luck to all running here or in the other local races at Brighton and Crowborough.

Have I missed you out? Then please [update your parkrun profile](#), and tell the Editor if you have done, or are planning, any races. I'd hate to miss anyone out of our results report. Have fun and enjoy your running.

Editor

09-Nov-24	24	LRC parkrunners			
	Difficulty rank /760	Position	Name	Time	Age grade PB?
East Grinstead	693	2	Nick KEEN	00:21:55	64.18%
77 runners		4	James CAFFREY	00:21:59	63.00%
		14	Tim MARTIN	00:25:59	55.87%
		22	Lucy WILKES	00:27:26	57.90%
		25	Fiona CHAMPNESS	00:27:42	60.53%
		26	Michael MANWILL	00:27:45	52.73%
		30	Wendy SMITH	00:29:07	63.02%
		48	Isla GREENAWAY	00:33:33	44.11%
		58	Theresa DONOHUE	00:39:50	46.69%
		71	Martin PAYNE	00:45:56	37.55%

		72	Simon COOK	00:46:06	33.91%	
		75	Marie WARNER	00:53:12	38.69%	
Brighton & Hove	174	188	David CHASE	00:25:35	60.59%	
486 runners						
Bushy	115	573	Sue GARNER	00:26:48	93.84%	
1,386 runners						
Gadebridge	666	84	Judy HAYLER	00:29:11	66.48%	
159 runners						
		111	Helen DAVEY	00:32:18	60.06%	
Kingdom	702	2	Dan CELANI	00:19:50	71.51%	
125 runners						
Littlehampton Prom	97	53	Paul ATHERTON	00:23:11	68.58%	
291 runners						
Nonsuch Park	65	17	Jeremy GARNER	00:19:08	77.09%	
762 runners						
Tilgate	436	18	Dan OPPE	00:21:00	65.95%	
520 runners						
		300	Paul MCCARTHY	00:32:57	46.23%	
Wakehurst	n/a	23	Simon PETITT	00:21:36	60.03%	
370 runners						
		154	Helen PETITT	00:28:12	52.48%	PB
		170	Steve ACKROYD	00:28:57	49.34%	

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Maggie with her Surrey Masters Gold medal

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*Women's and men's XC teams at Hurst Green ...
... although they seem to have forgotten to take the Lingfield feather flag!*



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Surrey League XC (Match 2) Holland Sports **Saturday 9th November 2024**

Keith Chambers & Liz McLennan

This Saturday was a welcome return to Holland AC in Hurst Green for Match 2 of 4 in the Surrey Cross Country League. After an enjoyable visit last year, our enthusiastic team members arrived in numbers and it was great this time to welcome Hollie Shears, Tom Harvey and James Caffrey for their Lingfield Running Club cross-country debuts. Our hosts at Holland AC had kindly reserved a parking spot for our mini bus about fifty metres from the start line, making it very convenient for changing and post-race refreshments.

The Men's 8K and Ladies' 6K courses are generally flat, around fields with a few gentle inclines and, given the recent dry weather, running conditions were good to soft.

This week we had another top turnout, 22 men and ten ladies representing Lingfield Running Club; is this a record?

First race again was the Men's event with Tom Harvey running a superb race, despite a lingering cold, to finish 1st overall in Men's Division 4. The ladies' event followed, with Sally Alexander once again leading the team back in 22nd place overall in Ladies Division 2.

Such was the great attendance that we were able to finish with two men's teams, ten to count; and two ladies' teams, five to count. In fact Lingfield men were the only club able to complete two full teams, avoiding penalty points, which means that our A team maintain their second place in the A Team table, and our B Team move up to first place in the B Team table. All to run for in the next two fixtures with the top two clubs promoted to Division 3.

Our ladies' A and B Teams currently lie 16th and 25th respectively of 29.

We'll run everyone and thanks for your support, you all count.

As last year, around the start / finish area there was a backdrop of party pop music, a BBQ, and an open bar in the Clubhouse.

Thanks to the cake-makers and supporters, you are all very much appreciated, standing around keeping warm and giving your encouragement.

And the results...

Men Division 4 Match 2

Team positions: Lingfield A, 2nd of 14 "A" Teams and Lingfield B, 1st of 7 "B" Teams

Division 4 finish posn.		Time
1	Tom Harvey	27:33
5	Tom Seller	29:33
14	Jack Goldsmith	31:27
19	James Caffrey	31:57
22	Harry Raffaitin	32:05
26	James Kilfiger	32:26
34	Nick Keen	33:06
56	Dan Oppé	35:07
62	Brandon Webb	35:35
65	James Willis	35:49
67	Vernon Given	35:52
79	Michael Manwill	36:38
111	Tom Cartledge	40:10
120	Martin Faulkner	40:53

121	Keith Chambers	40:58
123	Ian Watkins	41:24
130	Dave Nottidge	42:16
133	Gary Spring	43:11
142	Chris Rance	44:50
147	Scott McDonald	46:19
148	Dave Watkins	46:52
152	Steve Warner	48:04
161 finishers		

Ladies Division 2 Match 2

Team positions: Lingfield A, 16th; and Lingfield B, 25th of 29.

Division 2 finish posn.	Name	Time
22	Sally Alexander	26:09
65	Hollie Shears	28:41
93	Liz McLennan	30:09
97	Sophie Davis	30:25
101	Maggie Statham-Berry	30:47
125	Wendy Smith	32:21
126	Laura Stockwood	32:23
128	Judith Cartledge	32:32
158	Michele Edwards	36:02
166	Sarah Ferguson	36:58
183 finishers		

Future events

We've made a good start in the Surrey League Cross Country, the 3rd race of 4 is on Saturday 11th January 2025 at Oxshott Woods.

The next Southern XC Championships (Southerns) takes place at Beckenham Place

Park on Saturday 25th January 2025. The Women's race is 8k and the Men's 15K. Lingfield Running Club will pay the entry fee for the first 10 women and first 10 men wishing to participate.

If you're interested, please contact us; we'd like to get entries in by 22nd December 2024

Please contact either Liz or Keith if interested.

ladiescaptain@lingfieldrunningclub.co.uk

menscaptain@lingfieldrunningclub.co.uk

Men season scores: 2024-25 Div 4

Team scores after 2 matches

Match	ELM	LIN	VAC	COL	SUR	TRI	WAV	EPO	WIN	DPR	RMD	HOR	BAW	CUR
Match 1B	365	380	495	523	695	697	661	654	960	744	664	956	1022	1054
Match 2B	252	304	497	475	641	650	816.5	873	616.5	857	1002.5	856	1009	1020.5
Points	617	684	992	998	1336	1347	1477.5	1527	1576.5	1601	1666.5	1812	2031	2074.5
Position	1	2	3	4	5	6	7	8	9	10	11	12	13	14

Ladies season scores: 2024-25 Div 2

Team scores after 2 matches

Match	Match 1B	Match 2B	Points	Position
DUL A	67	65	132	1
FOTA	107	71	178	2
HOLA	126	100	226	3
W/W A	112	161	273	4
LCRA	110	167	277	5
CLP A	208	168	376	6
W4H A	190	213	403	7
CRO A	153	264	417	8
VAC A	211	307	518	9
WIN A	403	130	533	10
LIN A	375	378	753	11
K&P A	570	329	899	12
EAL A	378	557	935	13

SUS A	579	524	1103	14
DPR A	526	592	1118	15

Congratulations to Sally, Maggie and Tom Seller who lead the age group rankings in their leagues. Several others are near the top! Ed.

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**Lingfield Running Club Commemorates the Fallen at the Airman’s Grave
Remembrance Sunday Service**

10th November 2024

Sally Alexander



*LRC Members set to pay their respects to the fallen
at the Ashdown Forest, Airman’s Grave Remembrance service*

A discreet, yet exposed low stone-walled war memorial site on the southern slopes of the Ashdown Forest was the focus for Lingfield Running Club on Sunday morning. Joining ‘forces’ with new-found friends from Tunbridge Wells Harriers, East Grinstead Runners, Crowborough Runners, Uckfield Runners and Ashdown Forest Trail Runners at two separate locations, we embarked on our pilgrimage to the Remembrance Sunday service.

The service itself was poignant. We were standing on the site where an RAF bomber had crash landed into the hillside in 1941, killing all those on board. As the chimes of Big Ben rang out (this was broadcast via a speaker) to signal the two-minute silence and the bugler sounded the last post, the hillside fell silent. It was truly moving as onlookers, immersed in their private thoughts, reflected on the sacrifices loved ones and those unknown to them have made. It was with great honour our Club Captains, Keith and Liz, were invited to join the wreath-layers, placing our tribute at the foot of the memorial stone.

When the service concluded, we reconvened and made our way uphill, back towards our starting locations, enjoying plenty of conversation and the community spirit the morning

had evoked – fitting symbols of our immense gratitude to the fallen.

In true LRC fashion, Keith and Sandra had tea and coffee on hand, which we enjoyed with homemade cakes and biscuits. Thank you both!

A huge thank you, also, to Gary for leading our walkers and to Fiona and James K for leading our two running groups.

Also, if you are interested in finding out more about the history of Ashdown Forest, I discovered we have close connections to the local historian, who is none other than Maggie's husband, Martin Berry!

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Celebrating parkrun - week 6

parkrun tourism by Lisa Compton



I've been a fan of parkrun since my first one back in 2012, which happened to be the very first held at Tilgate. Parkrun got me into running, and also gave me the motivation to then join LRC. More recently, rather than stick to the same venue every week I have been drawn into the subculture of parkrun tourism – trying to visit as many different parkruns as possible. One of the joys of parkrun is that all you need to do is register once and remember your barcode, and then you can turn up and run at one of the 1,287 parkrun

events around the UK, and in 23 countries globally.

Visiting new parkruns is a great way to see new places. A parkrun event map is available online, with links to each parkrun website. New events are also starting all the time, such as the relatively local ones at Wakehurst Place and Malling Rec that began over the summer. In some regions you'll be spoilt for choice where to get your parkrun fix. From hilly slogs to fast, flat courses, around lakes, castles and along seafronts, no two parkruns are quite the same. I always research the parkruns before I visit. I read the course description and also watch YouTube videos of the course (there will always be someone who's recorded one). This is very helpful in choosing where to go, by showing if the course is very hilly, and what the terrain is like. If only everyone did that before coming to East Grinstead, then they wouldn't turn up on a wet December day in road shoes!

If I'm going abroad, the first thing I'll do is look to see where the nearest parkrun is to where I'm staying. Sometimes, that will necessitate a single night booked close to a parkrun venue before moving onto the main holiday destination. Alternatively, sometimes the holiday is booked round the parkrun venue. There are many different challenges around parkrun tourism, the most popular of which is the alphabet challenge. As the name suggests, this involves doing a parkrun starting with every letter in the alphabet. As there is no parkrun beginning with Z in the UK, this necessitated a weekend break in Rotterdam in order to complete the Zuiderpark event. Other challenges are available – popular ones include the Compass Club, Islands of Europe, Pirates, and many more. Details can be found in the Running Achievements app. (Here is the link https://play.google.com/store/apps/details?id=com.HollettGaming.RunningAchievements&hl=en_GB&pli=1)

I tend to prefer flat parkruns (no surprise there); I love running round lakes and also really like National Trust parks, as they are good for spending time at afterwards. Osterley was particularly nice, and not too far to travel. And there are also some surprisingly attractive parks in very built-up London areas. I also like the 'quirky' parkruns – for example, Somerdale Pavilion in Bristol, which is called the Curly Wurly - if you look at the course map you'll see why. And the Severn Bridge was exactly that, an out and back over the Severn Bridge, therefore running both in England and Wales on the same run. The furthest I've travelled in a day was to Belfast, I took the first flight out of Gatwick, ran the Belfast Victoria parkrun (lovely flat course round a lake), spent a few hours enjoying sightseeing at Titanic Belfast and then got the late afternoon flight home. A great day's tourism (if somewhat mad)! Unfortunately, Easy Jet have changed the flight times and that's no longer possible.

By the time you read this I will have completed parkruns at 91 different venues, and in eight different countries. But that's nothing; some people have ticked off more than 650 venues - it's quite an addiction! Inevitably I've enjoyed some parkruns more than others, but one thing is guaranteed – whichever parkrun you choose, you will find like-minded people to talk to and will be made to feel very welcome.

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Parkrun quiz: Answers to Question 5

Question 5 asked you to unscramble two parkrun names from an anagram. I am very impressed at everyone's ability to pick out the parkrun names from the anagrams, even when they are misspelt ! (see no. 6) so there were a lot of high scores for this round.

Here are the answers...

	Anagrams	parkrun names
1	Dee taxing south stream	East Grinstead & Exmouth
2	Wrong mate to toil	Tilgate & Town Moor
3	Move a phoney door holder	Hove Promenade & Holyrood
4	A book folds between sad stand	Banstead Woods & Bedfont Lakes
5	Most lonely mediaeval	Maidstone & Mole Valley
6	Require renown essayist	Squerries Winery & Seaton
7	Shabby porky lemur	Bushy Park & Bromley
8	Dead-end Windsor girl	Riddlesdown & Reading
9	Limpid wildlife phonics	Ifield Mill Pond & Ipswich
10	Showing weak Turk	Wakehurst & Woking

...and here is the current points table is shown below.

#	Name	parkrun Quiz										Total
		1	2	3	4	5	6	7	8	9	10	
1	Lisa Compton	7	10	10	7	10						44
2	Steve Warner	6	8	9	10	10						43
3	Marie Warner	8	8	7	10	10						43
4	Lucy Wilkes	8	2	10	6	10						36
5	Judy Hayler	4	5	9	4	10						32
6	Helen Davey		8	10	5	7						30
7	Wendy&Michael	6	2	6	3	10						27
8	James Kilfiger	7	5	9								21
9	Steve Ackroyd	5	5	6	5							21
10	Sue Garner	4	2		5	10						21
11	Miranda Chitty	5	5	6	3							19

12	Debbie Wilkes			9		10		19
13	Scott McDonald	3	0	3	3			9
14	Tom Seller	5	0		3			8
15	Liz McLennan	7						7
16	Trevor Crowhurst	3						3
17	Matthew Stockwood		2					2
18	Robert Healey	1						1
19	Ian Watkins		0					0

Question 6 requires you to translate a series of numbers into a parkrun location. All the locations are ones at which LRC members have run.

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parkrun quiz: Question 6

This question is about identifying the parkrun name from a set of numbers. Ten parkrun names have been converted to a series of numbers, using the table, below;

1	2	3
[_]	ABC	DEF
4	5	6
GHI	JKL	MNO
7	8	9
PQRS	TUV	WXYZ

All you need to do is convert them back to the parkrun names and send these in as your answers. All the parkruns are in the UK and are ones that LRC members have run. '1' stands for a space. All the other numbers stand for letters.

I have re-checked the questions below, so I believe there will not be a need to query any of them this time

You will get a point for each correct parkrun name.

Send your answers to Gary Spring, at higaryspring@gmail.com,

Closing date for answers to Question 6 is midnight, Tuesday, 19th November.

Here are the questions, plus an example:

Example: 32781474678323 can be converted back to read 'East Grinstead'.

Question 1	4262826172637
2	6377321475263
3	2762392837
4	25274261266666
5	766897665
6	33526373
7	72637464426
8	93966884
9	826271872457
10	3278127444866

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My Favourite Race

This week, Marie Warner's choice



Marie, 2nd on right, with fellow EG parkrunners

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

East Grinstead parkrun.

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

I have completed 133 parkruns at 84 locations, 33 at East Grinstead.

3. *What made it special to you?*

When it started in 2017, Steve was delighted to have a parkrun on our doorstep. He went along to run the first one and I went along to watch. I enjoyed the atmosphere enormously and decided to volunteer. We met a very special group of people, the core team, who now feel like our parkrun family. They encouraged me to give running another try and I completed the Couch to 5K with LRC in 2018. I still mostly like to volunteer at East Grinstead, together with a loyal group of regulars. Steve and I have celebrated two major parkrun milestones at East Grinstead this year. My 100th run in January and Steve's 250th in July. Although we now do a lot of parkrun tourism, East Grinstead will always be very special to us.

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

parkrun is such a special event. Wherever you go in the country, you are met by a wonderful group of people. You always feel welcome and the atmosphere, even in the cold and wet, is positive and uplifting. East Grinstead is one of the best and has some great distinguishing features:

- An amazing group of volunteers. When I run, I understand the visitors' comments on how enthusiastic the marshals are.
- In the winter there is The Mud. This year it was almost knee-deep in sections. Some runners come especially for it, but I'd rather marshal.
- **That Hill**, that you have to run/walk up twice, is very challenging for me. Sharon, shouting encouragement from the top, keeps me going.
- It gives you an 'E' for the Alphabet challenge and 'East' for the compass challenge.

The overriding attraction for me is when you get to the top of the top field and you look down across the beautiful Sussex countryside.

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

parkrun has now become an essential part of Saturday. It has taken Steve and I all over the country, both near and far. This year I have completed East Grinstead parkrun seven times and volunteered eight times.

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

If it wasn't for East Grinstead parkrun, I would not look forward to Saturday mornings quite so much. I may never be a good runner but it has done a lot for both my physical and mental fitness. I have visited many beautiful parks across the country that I would never have seen but for parkrun tourism. I have taken on and completed some of the parkrun challenges, having only 'Z' to get, to complete the Alphabet challenge.

Next on my agenda is to complete the UK compass challenge. The most northerly (Bressay, Shetland) , Easterly (Lowerstoft, Suffolk), Westerly (Eniskillen, Co Fermanagh). We already have the most Southerly; Jersey. This week we are off to Devon and we have selected Tamar Trails as our next parkrun tourist location.

Finally, a huge thank you to the core team at East Grinstead parkrun. The EG parkrun will always be special to Steve and I, and will always be our **home** parkrun.

Next week's article is the choice of Paul Atherton

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Weekly club runs
Gary Spring

Tuesday 19th November

Road run in Lingfield

Meet at the Victoria Club for a 7:00pm start.

We'll be doing a 5-mile route from the Victoria Club. Two laps around the village, heading along Godstone Road.

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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!

Today		<	>	Nov 2024 – Jan 2025	!	🖨	Schedule ▾
13	NOV, WED	●	6:45 – 7:45pm	LRC coaching (intervals with Ian G)	Imberhorne School, Imberh...		
14	NOV, THU	●	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK		
16	NOV, SAT	●	11am – 2:30pm	British & Irish Masters Cross Country International	Billy Neill M...		
17	NOV, SUN	●	9:30 – 10:30am	Brighton 10k			
		●	9:30 – 10:30am	Hartfield Honey Run (GP event)	TN7 4AA, Hartfield TN7 4AA, UK		
		●	10 – 11am	Crowborough 10k & 5k	TN6 2AS, Crowborough TN6 2AS, UK		
19	NOV, TUE	●	7 – 8pm	Club running (Gary)	Lingfield Running Club, 54 High St, Lingfield...		
20	NOV, WED	●	6:45 – 7:45pm	LRC coaching (Terri)			
23	NOV, SAT	●	11am – 12pm	ARC AGM			
24	NOV, SUN	●	8 – 9am	James Cooper Community Run	The Market Square Food & Wine...		

26	NOV, TUE	●	7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6...		
27	NOV, WED	●	6:45 – 7:45pm	LRC coaching (Dave)			
2	DEC, MON	●	7:30 – 8:30pm	L10s meeting	Lingfield Running Club, 54 High St, Lingfield RH7 6...		
3	DEC, TUE	●	7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6...		
4	DEC, WED	●	6:45 – 7:45pm	LRC coaching			
5	DEC, THU	●	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK		
7	DEC, SAT	●	All day	Southern XC Masters Champs.	Lloyd Park, 84 Coombe Rd, Croy...		
		●	7:30 – 8:30am	Winter on the Downs (55 mile)	BN20 7XL, Eastbourne BN20 7XL...		
		●	9 – 10am	Sussex Downs Trail Run (Half & 12.5k)	Plumpton Racecourse Ltd...		
8	DEC, SUN	●	11am – 12pm	Mince Pie 10	BN10 8BB, Meridian Way, Peacehaven BN10 8BB, UK		

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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Surrey Athletics Officials' Courses
Editor

As Lingfield is not a track and field club, we don't give much thought to the role of 'Officials' but there may be some readers interested in the following message received from Surrey Athletics.

FACE-TO-FACE COURSES FOR NEW OFFICIALS:

As we can never have too many officials to support our athletics meetings throughout the year at club and County level, SCAA have arranged for face-to-face courses to be held at Wimbledon Park athletics track as shown below.

To book onto either course, please go to [Athletics Hub](#) and search for the appropriate course.

17th November – **Track Level 1** - 11.30 to 14.00 – booking closing date 14/11/24

1st December – **Field Level 1** – 11.30 to 15.30 - booking closing date 28/11/24

If you have any difficulties with the booking system, please email offedu@surreyathletics.uk

We are also hoping to stage level 1 courses for Timekeepers and Starters / Starters' Assistants – if you have people who would be interested in these courses, please let me know a.s.a.p.

Thank you,

Margaret Nelson

SCAA Officials' Education Secretary

Kind regards

Lynne Reed

Honorary General Secretary

Surrey County Athletic Association

Email: secretary@surreyathletics.uk

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Reminders from previous weeks

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.



Save the date!

***Lingfield 10s 2025 will
be on the 29th June***

THE END

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