



## **Newsletter**

**Wednesday 27 November 2024**

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### **Reminders**

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***No new member to welcome 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](mailto:editor@lingfieldrunningclub.co.uk).**

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## Lingfield's Racing Roundup

Hello everyone.

Last Saturday, despite the foul conditions, we had 35 parkrunners at nine locations. These were East Grinstead (18), Bexley (1), Homewood (1), Ifield Mill Pond (1), Nonsuch Park (1), Preston Park (1), Royal Tunbridge Wells (1), Tilgate (4) and Wakehurst (7).

Particular congratulations to the first three women at East Grinstead - **Lucy Wilkes, Isla Greenaway** and **Wendy Smith**. And to **James Kilfiger** and **Nick Keen**, second and third at East Grinstead!

As far as I can see, we only had one competitive runner last weekend. And no surprise to see it was **Maggie Statham-Berry** flying the flag for Lingfield in the [South of Thames XC](#) at West Horsley Place. Maggie ran the five miles in 42:38, finishing in 178th place of 217.

Maggie describes her day [further on](#).

*(I've also travelled to XC races in bad weather, praying they'd be cancelled, and been disappointed. Ed.)*

As far as I've been able to find out, that was that for last weekend ... apart, of course, from the many members who turned out in East Grinstead to support James Cooper on his Smilinggg366 marathon mission for the Samaritans. You can read Sally's account [later on](#). This was his penultimate community run and, if you're around and capable, please try to make it for his last one on 29 December, or even his final run on 31 December.

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

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23-Nov-24	35	LRC parkrunners				
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	693	2	James KILFIGER	00:22:15	66.82%	
44 runners		3	Nick KEEN	00:22:44	61.88%	
		10	Vernon GIVEN	00:25:13	59.42%	

12	Ian GREENAWAY	00:26:36	57.27%
15	Tim MARTIN	00:26:45	54.27%
16	David WORSELL	00:26:53	55.73%
17	Keith CHAMBERS	00:27:08	62.41%
18	Lucy WILKES	00:27:11	58.43%
19	Michael MANWILL	00:27:53	52.48%
21	Isla GREENAWAY	00:29:16	50.57%
22	Wendy SMITH	00:29:47	61.61%
25	Fiona CHAMPNESS	00:30:53	54.29%
29	Judy HAYLER	00:31:58	60.69%
32	Nevenka WORSELL	00:32:59	52.10%
33	Michele EDWARDS	00:33:05	59.50%
34	Helen DAVEY	00:33:33	57.82%
35	Debbie WILKES	00:33:44	64.92%
40	Theresa DONOHUE	00:41:29	44.84%

[Bexley](#) 526 54 Lisa COMPTON 00:25:41 85.27%

266 runners

[Homewood](#) 696 30 Aly WARNER 00:27:29 60.28%

81 runners

[Ifield Mill Pond](#) 451 82 Kath GARRIDO 00:47:43 52.71%

89 runners

[Nonsuch Park](#) 65 11 Jeremy GARNER 00:19:42 75.47%

396 runners

[Preston Park Brighton](#) 142 9 Harry RAFFAITIN 00:19:13 67.13%

468 runners

<a href="#">Royal Tunbridge Wells</a>	589	11	Pete HOLMES	00:24:16	57.55%	
155 runners						
<a href="#">Tilgate</a>	436	109	David NOTTIDGE	00:26:57	64.01%	
312 runners						
		223	Paul MCCARTHY	00:32:45	46.51%	
		300	Steve WARNER	00:46:53	36.79%	
		305	Marie WARNER	00:51:09	40.24%	
<a href="#">Wakehurst</a>	n/a	4	James CAFFREY	00:18:03	76.73%	PB
233 runners						
		5	Dan CELANI	00:20:05	70.62%	
		6	Steve ACKROYD	00:20:24	70.02%	
		9	Dan OPPE	00:20:58	66.06%	
		56	Chris RANCE	00:25:20	59.67%	PB
		72	David WATKINS	00:26:05	62.56%	PB
		105	Sue GARNER	00:28:02	89.71%	

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### **Committee update 18 November 2024**

Graeme Bennett, Secretary

At its last meeting, the Committee:

- Discussed the programme of Open Grand Prix trophy events for 2025. This will be published soon.
- Rejoiced that Sandra Ankers had volunteered as Dee's replacement in the Social Secretary role for 2025.
- Agreed to create a new Head Coach role, to co-ordinate the coaching and run leader group ([see below](#)).
- Thanked Ian Grant and Tom Cartledge for their work refreshing the club website (which will go live soon).

- Approved a Health and Safety Policy and a revised Social Media Policy. Please note this extract in particular:
- Members should be aware of this social media policy and the behaviours set out.
- We expect members' behaviour online to be consistent with the guidelines set out in the EA codes of conduct to which they have signed up.
- Members should take the necessary steps to protect themselves online.

Both documents are on the club website [here](#), and the Members' Handbook has been updated.

- Agreed to clarify members' permissions for their photographs to be used in club social media. You will receive a personal email soon.
- Encouraged members to join James Cooper on 31<sup>st</sup> December, as he completes his last marathon of the year at Market Square, East Grinstead. Starting 8am, finishing by 1pm.

The full set of minutes is available on the [club website](#).

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### **South of the Thames XC race** **Maggie Statham-Berry**

The weather was dreadful for the South of the Thames cross-country race last Saturday (23 November). Storm Bert's relentless rain and 40mph gusts of wind were a challenge in the exposed grounds of West Horsley Place (the late Bamber Gascoigne's inherited manor house and the setting of the BBC sitcom "Ghosts"). However, the weekend's Christmas market probably fared worse, with valiant stallholders braving the weather in precarious marquees. Amazingly, there were some visitors, although I'm sure the sellers were grateful for the additional support from many of the 216 participants in the race.

November's South of the Thames Five Mile race is known as the 'junior' race because it includes an Under-20 category and is shorter than the 'senior' race of 7.5 miles in December, at which Masters age group medals are awarded.

I ran for Lingfield and achieved 178th place in 42:38, 47th woman out of 65. The two-lap course was mostly flat on fields and tracks around West Horsley Place. It was very wet underfoot but the mud was sloshy rather than clingy. The headwinds were fierce at times. I was glad to sample the festive food and drink afterwards!

Here are the full results: [South of the Thames 5 Miles - 2024](#)



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### **Christmas Handicap reminder**

21st December 2024

**Scott McDonald**

Hello everyone, just four weekends to go before Christmas so please make sure you've put this date on your calendar! It's our Christmas handicap race and social gathering after, with a raffle, cake sale, and trophy presentation.

It will be Saturday 21st December 2024, and 10.30am is the race start time. This allows those doing parkrun some extra time to join us. Gary Spring will organise the race, while Dee and I will organise the social gathering after the race at the Victoria Club. Race entry is £3, and everyone entering will get a small gift from the club.

As in previous years, we will also have a raffle. The raffle prizes will be announced a week or so before the race. Any raffle prizes will be most welcome!

This year, to make things smoother on race day, we will sell raffle tickets (£1 each) before the race. This can be done by BACs transfer to club bank account with reference of 'Xmas raffle'. Raffle tickets will be available from Saturday 7th December 2024 onwards to race day. Cut-off date for online payments will be Sunday 15th December and please email me at [Scottkmcdonald64@gmail.com](mailto:Scottkmcdonald64@gmail.com) once payment is made for your raffle tickets.

After 15th December, Dee and I will try to get to club training nights to sell more tickets and tickets will be available on Race day.

If anyone would like to bake cakes, biscuits, shortbread etc for a cake stall, please let Dee and I know. As in previous years, all monies raised go to POPYRUS - an excellent charity doing vital work to prevent suicide in young people.

Many thanks, Scott



Additional attractions on Xmas Handicap Day...

... will include a paperback sale (see above pic) and stalls 'manned' by our very own Susie Birch (fabulous handmade pottery, with proceeds to Papyrus) and Liz McLennan (beautiful handicrafts made of reclaimed items, to fund a volunteering/ conservation trip).

Editor

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**London Marathon ballot**

**Editor**

Often the highlight of the post-Xmas handicap race is the draw for the club's London Marathon place.

In order to apply for the ballot, you must have, in the course of the year prior to entering the ballot:

- Completed four club trophy events;

- Been involved in at least one club activity (such as timekeeping or marshalling at club runs i.e. May races, Handicap races, LRC official parkruns), or sitting on the committee, or organising a social event, handicap race or other club activity.
- You must also have been a Club member for a calendar year; England Athletics registered, with Lingfield as your first claim club; you must not have won a Club place in the last two years.

If you wish to have your name entered in the ballot, please email [secretary@lingfieldrunningclub.co.uk](mailto:secretary@lingfieldrunningclub.co.uk) giving details of how you believe you have met the above criteria.

Just sending your name will meet with short shrift!

Closing date for applications is midday on Thursday 19th December.  
Last year we refused to accept an entry after the closing date, so don't delay.

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**Dave Worsell named as Lingfield Running Club's Head Coach**  
**Sally Alexander (Chair)**



***Head Coach – Dave!***

A huge congratulations to Dave Worsell who is to take up the reigns as Lingfield Running Club's Head Coach.

As many of you already know, Dave comes with a wealth of experience, knowledge and dedication. He is a qualified Coach in Fitness and Running who has already been instrumental in leading many of our coached sessions and social runs over the years. Not



only this, but he alongside other LRC members and friends, were instrumental in setting up East Grinstead's very own parkrun where he can be found most Saturdays of the year, rain or shine!

Dave started running at the age of 13 for Redhill and Reigate A.C. as a sprinter and sprint hurdler, and he was trained under one of England Athletic's top coaches. Dave says this gave him, "the incredible opportunity to serve as a demonstration athlete at national coaching courses held at Crystal Palace." Looking back, Dave acknowledges, "it was the inspiration behind [his] decision to pursue coaching qualifications and become a Coach in Fitness and Running (CiFR)." Currently, Dave coaches at Lingfield R.C., Pound Hill Pounders and East Grinstead A.C. (which was a return to his roots!)

Dave's journey into distance running began in 2007 when he completed the London Marathon, although Dave describes the experience as, "painfully slow", admitting he, "made all the classic training mistakes and paid the price on race day." To be honest, I am in awe of anyone who can run a marathon distance no matter the time! However, Dave says that everything changed when he joined Lingfield Running Club, where he found support and guidance. Since becoming a member, Dave has completed six marathons, one ultra marathon and nearly 300 parkruns! Dave says he, "is immensely grateful for the encouragement the club has provided in [his] running and coaching development."

The Head Coach role is new and comes with full support of the committee and the coaching team in our efforts to develop our provision for all our members. Dave will be supported by our team of equally dedicated coaches who, as he acknowledges, "generously invest their time in helping runners achieve their personal goals."

"I'm proud to be part of this fantastic coaching team and the amazing club and running community we support."

Well, Dave, we are very proud to have you as our new Head Coach and we are immensely grateful for all you have done and will do for the club as you take this exciting new role forwards.



*Whether it is a muddy undulating trail or a dry, flat road, Dave is never deterred!*

**Lingfield Running Club Support the Smilinggg366 Mission as it reached Darwin,  
Australia!**

**Sally Alexander, 24 November 2024**



It was great to see so many LRC members out on Sunday morning at 8am in Market Square, East Grinstead, to support James Cooper on his penultimate community run. The atmosphere was truly electric as Jim Dorrington (Chair of E.G. Runners) announced that James had officially arrived in Darwin, Australia, having covered an incredible 8,609 miles so far this year!

Donning a blow-up kangaroo, a cork hat and Australian flags, James led the runners down the Forest and Worth Ways. It was yet another superb morning chatting and laughing with anyone and everyone who was there! It really reminded me how running does bring people and communities together, and what a better reason than supporting James' incredible challenge to raise awareness of mental health and money for the important work of the Samaritans.

James was absolutely blown away by Sunday's community run and he is so grateful to everyone for coming along. I told him we are equally grateful to him for being such an inspiration!

So....only one more community run to go on **Sunday 29<sup>th</sup> December** starting at 8am in Market Square, EG before James' final marathon on **Tuesday 31<sup>st</sup> December**, where James hopes to start by 7.30/8am and finish at Market Square by 12.30/1pm (exact details to follow). If you can make these dates, please come and show your support!



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### **Celebrating parkrun - week 8**

#### **Steve Ackroyd's story**



*Steve, at a very chilly Canadian parkrun, braving a photo in his T-shirt*

I was a relatively early convert to parkrun, doing my first one in September 2009, at Event No.10 at Roundshaw Downs. I'm not sure of the exact order which they started, but it must have been in the first dozen or so locations. Numbers were very different then – according to the history on the website, in January 2009 there were about a total of 1,500 parkrunners each weekend (a normal Saturday at Bushy now!). At the time I lived in South London and didn't drive, so travelled down to South Croydon by train and trekked across to Purley Way to join the 36 other runners. I went back again two weeks later but the inconvenient train times and pain of getting there put me off at a time when I probably went out rather more on a Friday night than I do now...

Happily, the next year, a parkrun started up at Crystal Palace which was only a five-minute or so jog from where I lived, so I became a more regular attendee clocking up around 35 over the next couple of years; and also taking in Brockwell and Bromley. Looking back at some of those early runs, it really highlights what has changed. We used to have as few as three volunteers at Crystal Palace, very different from the levels of organisation and the fantastic effort that so many put in now. I did a couple of other London-based locations that I could get to on the train, but in general, remained a regular at Crystal Palace.

Later adoptees might not know, but in the early days, each event had a 'parkrunner of the month' award, based on performance improvement or effort. One month, I was lucky enough to win this at Crystal Palace, with the prize being a pair of running shoes of your choice (at any price) from Sweatshop, one of the sponsors at the time. I'm not sure exactly when this stopped, but it clearly would have become untenable as parkrun grew – imagine the cost now!

One of the things that really appeals to me about parkrun is the stats – I love that, particularly with the 5k app, you can easily access such a lot of data on your parkrun history. I'm astonished now to see that I only did one parkrun in both 2014 and 2015 (not one location, literally one run in each year). However, this coincided with moving out of London and the birth of my son, so I think, at the time I was busy with other things on a Saturday morning. After I belatedly learnt to drive, I started to run Tilgate fairly regularly in 2017 and then was delighted when East Grinstead started up in September 2017, running the inaugural event and then becoming a regular. It is also why I became a member of Lingfield Runners, having met Vernon, Ian, Theresa, Dave and others at the parkrun.

I travelled around a few other local events and also tried to do parkruns when I was in a convenient location on family holidays, completing runs in both USA and Canada (more on those later), but in general it was more when the opportunity arose rather than targeted trips. At some point, parkrun tourism flipped into more of a hobby / obsession and now I take any opportunity to do a location I haven't done before and specifically take my family away to places on Friday nights that happen to have a parkrun. Again, looking at the stats, I can see that it took me 12 years to clock up locations 1 – 25, 2.5 years for 26 – 50 and this year I've gone from 51 – 66 in about seven months. Not sure I can keep that rate up as I need to travel further and further to new locations, but that's all part of the fun.

Why do I enjoy parkrun so much and in particular, and why do I like trying new events?

In terms of the run itself, I love that it is all over by (hopefully) 9:20 on a Saturday morning, giving me a buzz to start the weekend, but also leaving a full weekend of family time as my job can be intense in the week. Wider, I like planning trips to a new location, then the shared sense of purpose and the thrill of standing on the line, not knowing too much about what the course will be like. I can't lie that I like completing challenges on the 5k app either, and need to take a trip to Netherlands at some point soon to finally complete my alphabet.

To finish now, some thoughts on my parkrun location Hall of Fame / Shame:

**Favourite:** A very tricky one to answer, possibly Crissy Fields, a sadly now defunct parkrun in San Francisco, that went beside the Bay towards the Golden Gate Bridge. See the photo on this one.



**Least favourite:** I don't think I've ever done one I didn't like, but Highbury Fields was probably the least interesting; five laps of a not-particularly scenic park in a highly built-up location.

**Fastest:** As evidenced by me smashing my lifetime PB, at the ripe old age of 46 this year (and a number of other members doing amazing times), it has to be Hove Promenade.

**Toughest:** Definitely our home East Grinstead run in the Winter (and Spring this year). The mud is so thick and there never seems to be any firm or flat ground. I haven't done the two supposedly-toughest in the UK (Woolacombe Dunes and Great Yarmouth North Beach) yet though, so will have to see how they compare...

**Most fragrant:** An unusual category this, but Lullingstone in July, when the lavender is out, hits you in the face as soon as you open the car door.

**Coldest:** Whitby in Canada. Just outside Toronto, beside a partly-frozen Lake Ontario in February. Only 16 of us braved the temperatures of about -12 degrees. The fact that the snow had melted the week before makes it not look so bad, but I only briefly took off my thermal top for the photo.

**One to avoid:** Seaford Beach in June. The run was fine, but there were thousands of small

flies on anyone with a bright coloured top at the start; it was deeply unpleasant while listening to the briefing. I'm sure it is fine the rest of the year!

**Least enjoyed:** For me this was Swansea Bay. The run is OK, although it was very wet and splashy when I was there in autumn half-term. It was so tough because I was staying with my family on the Gower and came down with a really bad cold. Not wanting to miss a new location, I had to pretend to my wife I didn't feel too bad, but in reality I had the shakes and whole body aches.

**Other highlight locations:**

- Sizewell in Suffolk is a nice one on a scenic yet wild stretch of coast beside the nuclear power plant and near the lovely towns of Aldeburgh and Southwold.
- Holkham in Norfolk has a rapid down-hill finish to the Neo-Palladian manor house, close to Wells-next-the-Sea.
- Alice Holt is a nice country park over in Hampshire.

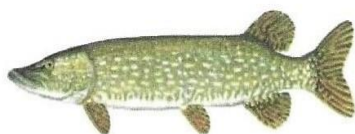
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**Parkrun quiz: Answers to Question 7**

Question 7 asked you to work out parkrun locations from some pictures. First, to cover the contentious No.10. My answer is Malling. I have been using the 'Power of 10' list of parkruns for this quiz. It is called Malling on this list, but I realise it is now known as Leybourne Lakes. As there were entries with Malling as the answer to No. 10, I am sticking with this as the only answer. A number of entrants had 'Mallards Pike', but I can't accept this, as nowhere in the picture clue is there a reference to 'ards' and just to clarify the fish bit of the clue...

...here is a pike...



...and here is a ling.



I think their shapes are sufficiently different, to prevent confusion!

You can find all the answers to Quiz 7 [here](#).

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

<b>parkrun Quiz</b>												
<b>#</b>	<b>Name</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>Total</b>
1	Lisa Compton	7	10	10	7	10	10	9				63
2	Marie Warner	8	8	7	10	10	10	10				63
3	Steve Warner	6	8	9	10	10	10	8				61
4	Lucy Wilkes	8	2	10	6	10	10	10				56
5	Judy Hayler	4	5	9	4	10	10	10				52
6	Helen Davey		8	10	5	7	10	10				50
7	Wendy&Michael	6	2	6	3	10	10	8				45
8	Debbie Wilkes			9		10	10	10				39
9	Miranda Chitty	5	5	6	3		10	8				37
10	James Kilfiger	7	5	9								21
11	Steve Ackroyd	5	5	6	5							21
12	Sue Garner	4	2		5	10						21
13	Scott McDonald	3	0	3	3		3	1				13
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

The excitement ramps up as we now have joint leaders, and Marie has a bit of a lead over Steve in the Battle of the Warners!

There are 30 points still on offer and I think the last three questions are going to be more challenging than the previous seven, so no safe predictions on who is going to pick up the prize for highest score.

Question 8 requires some knowledge of the parkrun routes. You need to work out the parkrun location from the first kilometre of the route, shown on a footpath map. Good Luck!

### **parkrun quiz: Question 8**

You're on the start line of your parkrun; the klaxon has sounded and you're off!

What are you thinking about at the start of your run? Hopefully, you're taking in the scenery because, for this week's parkrun question, you need to identify the parkrun from the first one kilometre of the route, shown on the footpath maps, below.

To make it a bit of a challenge, I've taken the liberty of covering up any text that clearly identifies the location, but I have left a few hints such as park names and lesser road names. The green circle is the Start position in each map.

As a further help, I can tell you that all these parkruns are ones that LRC members have run (that reduces it to about 260!) and that you don't need to travel too far to get to any of these locations. There is also an extra clue that you might spot once you have some of the answers worked out.

You will get a point for each correct parkrun name.

Send your answers to Gary Spring, at [higaryspring@gmail.com](mailto:higaryspring@gmail.com),

Closing date for answers to Question 8 is midnight, Tuesday, 3<sup>rd</sup> December.

1.

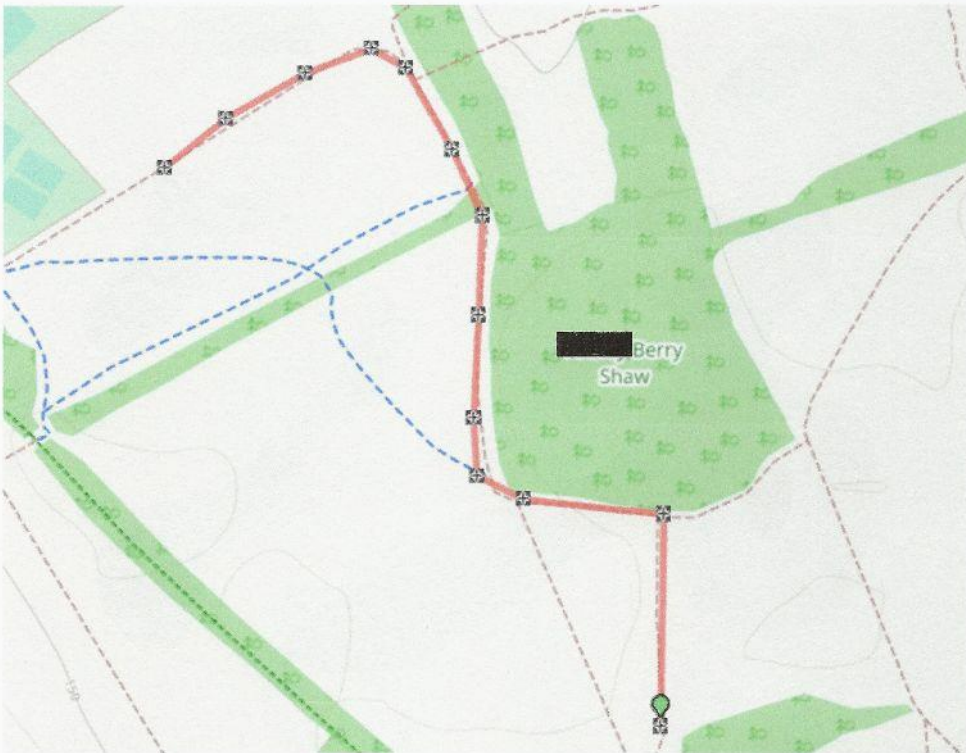




2.



3.

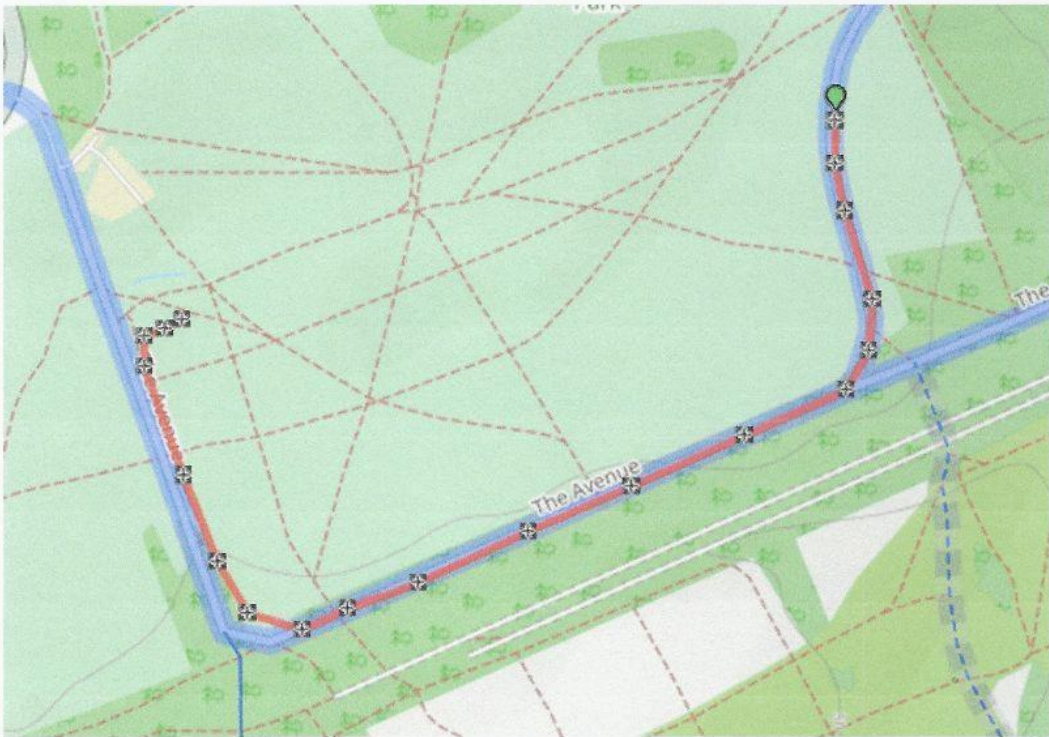




6.



7.



8.



9.



10.



**My Favourite Race**  
**This week, Darija Sparkes' choice**



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

My favourite race that I participated in must be London Landmarks Half Marathon in 2021.

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

I have only done it once so far.

3. *What made it special for you?*

As my running journey started January before lockdown LLHM was my first official race that I participated in mass event after the 1 1/2yr of restrictions that we had at the time.

I absolutely loved the buzz of crowds and runners and it had such an amazing party atmosphere and it made me feel alive and full of optimism following the race.

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

I loved hearing Bow Bells as I ran past them.

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

I enter the ballot every year and I was lucky enough to receive a ballot place for April 2025.

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

If you get the chance, you should run this Half Marathon.

**Next week's article is the choice of Keith Chambers**

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### **Weekly club runs**

**Gary Spring**

#### **Tuesday, 3<sup>rd</sup> December**

Road run in East Grinstead

Meet at the top car park, East Court

This will be a James Kilfiger's 'Lanes of East Grinstead route. About 5 miles in distance. Please wear something bright and bring a torch as some sections of the route are not lit. The route can be found using the following link: <https://lingfieldrunningclub.co.uk/wp-content/uploads/2023/11/The-Lanes-of-East-Grinstead.pdf>

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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
27	NOV, WED	6:45 – 7:45pm	LRC coaching (Dave) Imberhorne School, Imberhorne Ln, East ...	
1	DEC, SUN	10 – 11am	Green Santa 10k GU10 4LS, Bucks Horn Oak, Farnham GU10 4LS...	
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 (Gary, EG) East Court, College Ln, East Grinstead ...	
4	DEC, WED	6:45 – 7:45pm	LRC coaching (James)	
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	8 – 9am	Hurtwood 50k Dorking Sports Centre, Reigate Rd, Dorking RH4 1...	
		9 – 9:30am	Jingle Jog 5k GU16 6HY, Sturt Rd, Frimley Green, Camberley GU1...	
		11am – 12pm	Mince Pie 10 BN10 8BB, Meridian Way, Peacehaven BN10 8BB, UK	

10	DEC, TUE	7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6...	
11	DEC, WED	6:45 – 7:45pm	LRC coaching (Keith)	
14	DEC, SAT	8:30 – 9:30am	Bobble Wobble Run KT12 2JG, Walton-on-Thames KT12 2JG, UK	
15	DEC, SUN	9 – 10am	London Ten Queen Elizabeth Olympic Park, London, UK	
17	DEC, TUE	7 – 8pm	Club running Lingfield Running Club, 54 High St, Lingfield RH7 6...	
18	DEC, WED	6:45 – 7:45pm	LRC coaching (Ian W)	

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](mailto:editor@lingfieldrunningclub.co.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.

**THE END**

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