



## **Newsletter**

**Wednesday 4 December 2024**

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***Welcome to new members, Tasha Neave & Jess Gavatorta, 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.

Our parkrunners were numerous, if not very adventurous last weekend, with 38 at just six locations. These were East Grinstead (18), Battersea (1), Burgess (2), Ifield Mill Pond (1), Tilgate (4) and Wakehurst (12).

Particular congratulations to the two winners at Wakehurst - **James Caffrey** and **Sally Alexander**, and to second-placed **Dan Celani**. Also to the first three men at East Grinstead - **Tom Seller**, **Simon Pettitt** and **James Kilfiger**. We also had second and third placed women at EG, in the shapes of **Isla Greenaway** and **Fiona Champness**.

There was not a lot of racing at the weekend, but one member participated in a race where age-category world records were broken. The event was the **British Masters 5k Champs**. at Battersea Park, and the runner was **Sue Garner**. Sue ran her race in 26.45, third in her age category for the bronze medal. Four minutes ahead of her was Sarah Roberts of Dacorum AC in a world record W75 time of 22.31 - Sarah also got the world record for 10k earlier this summer. The men's M80 world record also fell to Peter Giles, with a time of 22.29. Great run Sue, up against the best in the world! And thanks too, I believe, to **Maggie Statham-Berry**, who helped with the organisation of the event.

Adam Baker was the overall race winner in 15 minutes exactly, and first woman was Gabriel Carnwath (Herne Hill) in 17.16.

Read all about it in Athletics Weekly:

<https://athleticsweekly.com/results/records-fall-at-the-british-masters-5km-in-battersea-1039995342/>

As club Secretary, I received two positive emails this week. First, **TCS London Marathon** confirmed the club's guaranteed entry in the 2025 event on 27 April – we hold the draw for this place at the Victoria Club after the Xmas Handicap run. And second, that the Assoc. of Running Clubs (ARC) has issued the club's permit to host the **Lingfield 10s** races on 29 June. Good news, and full speed ahead for the race planning committee.

In next week's edition we hope to publish the list of events for the 2025 **Open Grand Prix** trophies.

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

*PS: the cheerful chap at top is back at the request of one reader. If you have any requests, just let me know, and I'll see if I can oblige.*

**30-Nov-24**

**38**

**LRC parkrunners**

	<b>Difficulty rank /760</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>
<a href="#">East Grinstead</a>	693	1	Tom SELLER	00:20:57	62.93%	
58 runners		2	Simon PETITT	00:21:26	60.50%	
		3	James KILFIGER	00:22:19	66.62%	
		4	Nick KEEN	00:22:33	62.38%	
		9	Ian GREENAWAY	00:26:38	57.20%	
		12	Michael MANWILL	00:27:40	52.89%	
		18	Keith CHAMBERS	00:28:21	59.73%	
		19	Isla GREENAWAY	00:28:41	51.60%	
		20	David WORSELL	00:28:59	51.70%	
		22	Fiona CHAMPNESS	00:29:37	56.61%	
		23	Judy HAYLER	00:30:58	62.65%	
		29	Wendy SMITH	00:33:23	54.97%	
		31	Michele EDWARDS	00:33:29	58.79%	
		32	Nevenka WORSELL	00:33:32	51.24%	
		39	Scott MCDONALD	00:36:52	43.49%	
		54	Theresa DONOHUE	00:43:01	43.24%	
		57	Hannah CARTLEDGE	00:59:11	25.04%	
		58	Sandra ANKERS	00:59:16	40.19%	

<a href="#">Battersea</a>	n/a	1003	Sophie DAVIS	00:34:11	45.00%	
1,142 runners						
<a href="#">Burgess</a>	45	606	Steve WARNER	00:44:13	39.01%	
630 runners		609	Marie WARNER	00:45:06	45.64%	
<a href="#">Ifield Mill Pond</a>	451	72	Steve ACKROYD	00:29:12	48.92%	
134 runners						
<a href="#">Tilgate</a>	436	16	Dan OPPE	00:20:40	67.02%	
404 runners		125	David NOTTIDGE	00:26:41	64.65%	
		134	Terri SCOTT	00:27:33	66.61%	
		229	Paul MCCARTHY	00:31:58	47.65%	
<a href="#">Wakehurst</a>	n/a	1	James CAFFREY	00:17:58	77.09%	PB
285 runners		2	Dan CELANI	00:18:39	76.05%	
		12	Sally ALEXANDER	00:21:05	81.50%	
		20	James WILLIS	00:22:48	63.67%	
		26	Tim MARTIN	00:23:44	61.17%	
		39	Lucy WILKES	00:24:49	64.00%	
		57	David WATKINS	00:25:56	62.92%	PB
		106	Debbie WILKES	00:28:46	76.13%	PB
		109	Helen DAVEY	00:28:54	67.13%	
		125	Jennifer WILLIS	00:29:31	55.45%	
		166	Peter PHILLIPS	00:32:06	54.93%	
		266	Kath GARRIDO	00:46:10	54.48%	

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*Sue G is hiding somewhere in there.*

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### **LRC Post-Christmas Social Event** **Scott and Dee**

The club's post Xmas social is on Saturday 25th January 2025, 7pm in The Star pub in Lingfield.

For the Scottish contingent this date is also Robert Burns' night. Anyway so far we only have six members who have committed to our Xmas social. Please respond to myself or Dee if interested in attending.

We have gathered over 20 members each time at The Star for the last three years, and had a very enjoyable time. Non-members as well as children are welcome!

Without more attending, we will have to consider cancelling our event.

Many thanks, Scott

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## Christmas Handicap - stall three

### Editor

There will be another attraction at the Xmas handicap event on 21 December.

Verity Given (daughter of club member Vernon) has started a small online fashion business inspired by running [www.490bc.co.uk](http://www.490bc.co.uk) (490bc being the date of the battle of Marathon).

Verity who is studying fashion at college, along with a little bit of help from Vernon, has created some fashionable headwear for runners, including bobble hats, fashion baseball caps and technical running caps.

If you are looking for a stocking filler, then Verity will be hosting her first sale session at the Xmas handicap run. Along with her headwear there will be a few other running items, gloves, resistance bands, marathon ponchos.

Verity is in the process of setting up her online shop which can be found at [www.490bc.co.uk](http://www.490bc.co.uk)

As with all new businesses she has an Instagram page @490bc\_marathon please do follow.



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## **Secretary and Treasurer**

### **Editor**

News has reached me that we will need a new club Secretary at the AGM next April, when Graeme completes his third year. I thought we should catch up and find out what it takes to carry out this role.

Ed - So, Graeme, have you enjoyed being the club Secretary?

G – well, this is the second time I've done it, so it can't be too bad, can it?

Ed – ok, calm down, just asking. What does the role involve, exactly?

G – anything that could be called 'providing administrative support to the Chair'. If you want the official role description, it's on the [club website](#), but I do whatever the Chair asks me to, within reason! So long as the agenda and minutes are typed and sent out on time\*, I lead a quiet life.

Ed – I can't help but think you're being a bit flippant.

G – maybe a little, but you don't have to have loads of free time like me (I'm retired, you know) to take on the role. There are other members of the committee to help out with club admin too – it's a very supportive group. The ten or so committee meetings a year are held in the evening, at a time to suit the committee members (some of whom do have jobs).

Ed. – if anyone is interested in becoming Secretary, what should they do?

G – I'd say, have a look at the role description, and contact me or our Chair, Sally Alexander, for an informal chat and to answer any questions you may have.

Ed. – thank you so much, Mr. Secretary.

*\* and remember to turn up on time? Ed.*

Next week we hope to meet the outgoing club Treasurer, Tom Cartledge. If you're more of a numbers person, you may prefer to consider his role.

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## **Celebrating parkrun - week 9**

### **Carole Barnes' story**



***Carole, (in club colours), with her friend, Sue, having completed their 100<sup>th</sup> run.***

If you'd told me seven years ago that every Saturday morning I'd drag myself out of bed to run around a park with a bunch of other people, I would have said "No Way!"

I was an overweight couch potato who hated running, but here I am today, having completed 161 parkruns, in 20 locations, in three countries, numerous 10k races and two half marathons. Seriously, how on earth did that happen?

It all started one cold January morning in 2017. It was the second junior parkrun at Tilgate Park, and my granddaughter was wanting to run. Mum and Dad couldn't run with her as they were both marshalling, so Granny was roped in. Only 2km, they said; how hard could it be? If six-year-old Amber could run 2km, then surely I could. Yeah, right! What I hadn't bargained for was a frozen lake (it was actually -6 deg C) and my total lack of fitness. Not the greatest intro to parkrunning.

I now know that my son and daughter-in-law had an ulterior motive when they both volunteered to marshal on that fateful day. They're both regular parkrunners and serious competitive runners and had been nagging me for some time to do something about my fitness, or lack thereof. They knew I couldn't refuse. The subterfuge actually worked. Despite the cold, and the unearthly hour, I found that running through a beautiful setting with other people was surprisingly exhilarating. And no way did it compare with what I'd been doing in the gym. Since retiring, some six months earlier, I'd been making a half-hearted attempt to get fit. I'd joined a gym and while I enjoyed the classes, I found the cardio machines quite tedious, as well as the treadmill, rowing machine, bike, and something called an elliptical machine, which has to be an instrument of torture. Not only did I have to move my legs, I also had to move my arms. Yawn!

And so began my love affair with parkrunning, and my journey back to fitness. I went back to the gym with a goal and renewed commitment to improve my fitness. I was determined that I would go back to Tilgate and run with the grown-ups. So, a month later, I was back, baby! No frozen lake and a half-decent time for a former couch potato. Not fast, but I did finish. And I went back, again and again. I must admit that in the early days I did find it a struggle. I had a love-hate relationship. Although I loved the setting and the whole



concept, I didn't enjoy the running part. But I persevered and wanted to improve. Yes, of course, parkrun is not a race, and you mustn't ever compare yourself with others, but you do want to see some progression, and I wasn't seeing any. And then came the lecture; I was told I needed to run more often, not just on Saturdays, run longer distances, and don't try too hard. And so I did. And I got better, and began to enjoy the run. And since then, it's become my passion. And now, come rain or shine, I rarely miss a Saturday run

My parkrunning has inspired others to start running. Most notably, I inspired my son's mother-in-law, Sue. Unlike me, Sue has always done some form of exercise like pilates, body-conditioning, spin etc., but never running. She heard that I'd started running and thought to herself "if the couch potato can do it, then so can I", and now she's as passionate as I am, maybe more so. We've become best friends through our love of running and parkrunning, crossing the finish line together for our 100th. We always travel together and go for a coffee and a catch-up afterward. She's actually a few years older than me (73) but much faster. She can run a sub-30 5K. Watch out, Sue Garner! my buddy, Sue, is very determined to be snapping at your heels one day.

One of the best things about parkruns is the diversity of terrains and locations. My favourite and least favourite parkruns are both fairly local. Tilgate is my favourite, because for me that's where it all began. I've even come to appreciate the dreaded Chevron. If I get to the top without walking, I shout to the marshal at the top "Chevron nil, Carole 1". My least favourite run is Uckfield; very, very muddy and slippery in winter. It seems I am a lazy parkrunner, and have a predilection for easy, flat, paved routes.

There's such a thing called parkrun tourism, and alphabet runs. I've crossed off 15 letters so far. Most are achievable in the UK, but many parkrunners plan their holidays around a particular parkrun location. I've done six parkruns in Australia, and have on occasion annoyed my husband by insisting we time our visit to a particular town or city with a parkrun. Australian parkruns are not for the faint-hearted. In some places, they start a lot earlier to avoid the heat. Darwin starts at 07:00, to avoid, not just the heat, but also the high humidity. I also did a run in Windhoek, Namibia. On a beautiful, warm, sunny goldilocks morning, I eagerly made my way to a beautiful golf course. Off I went along with the locals and after running about 50 metres I wanted to collapse onto my knees. OMG! What was going on? And then it hit me. I was running at altitude. Windhoek is 5,600 metres above sea level.



***Carole running at Darwin Esplanade (left) and Windhoek Golf Country Club (right)***

I was very excited last year when I realised that my Danube river cruise ship was due to be in Vienna on a Saturday, and would be docked right opposite the stunning Donaupark where they have a parkrun. Then totally gutted when the boat arrived behind schedule and I missed the run by half an hour. I did, however, run the route on my own later that day.

Parkrunning has enriched my life in so many unexpected ways. I've made friends, I've achieved my fitness goals and all the associated health benefits. Best of all, I've graduated from the 5K run, and love participating in more challenging events. I've accepted the fact that I'm a slow runner, but I seem to have endurance. Though I am quite injury-prone, with a dodgy hip and misbehaving toes, I still harbour an ambition to run the London Marathon. I'm now running regularly, in minimalist shoes, so maybe one day...

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### **Parkrun quiz: Answers to Question 8**

Question 8 asked you to work out parkrun locations from the first kilometre of the parkrun route on footpath maps.

Here are the answers:

1. Preston Park
2. Alice Holt
3. Riddlesdown
4. Kingdom
5. Roundshaw Downs
6. Uckfield
7. Nonsuch
8. Newbury
9. East Grinstead
10. Royal Tunbridge Wells

Some very impressive sleuthing, again, to work out the answers, so no significant changes to the top order on the points table, shown below. I do believe, however, that Question 9 is going to be more challenging (I hope!). Two more rounds to go!

<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	10			73

2	Marie Warner	8	8	7	10	10	10	10	10	73
3	Steve Warner	6	8	9	10	10	10	8	10	71
4	Lucy Wilkes	8	2	10	6	10	10	10	10	66
5	Judy Hayler	4	5	9	4	10	10	10	10	62
6	Helen Davey		8	10	5	7	10	10	10	60
7	Wendy&Michael	6	2	6	3	10	10	8	10	55
8	Debbie Wilkes			9		10	10	10	10	49
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	0	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

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### parkrun quiz: Question 9

This question requires some lateral thinking to work out the answers. I have taken an 'opposite' meaning of the words that make up the parkrun name. Here are some examples:

**Interesting Vauxhall**      Answer is **Blandford**

**Freeze poorly**              Answer is **Bakewell**

**Purchase Land**              Answer is **Sale Water**

I've been a bit loose on the definition of 'opposite'. This could be the opposite meaning of the word or the other part of a couplet, like Morecambe and Wise, bread and butter, black and white. Also, remember that some words have different meanings so try to consider all possibilities to solve the questions.

I have used the complete list on the Power of 10 list of parkruns by difficulty (that's a choice of 760!)

Here are the questions:

1. **Worst Iron City**
2. **North exposes**
3. **Praises outdoor parking**
4. **Starboard dawdle**
5. **Green Bus**
6. **Fish Cob Graceful**
7. **Admit Ali**
8. **Cheese Sick Float**
9. **Spurs reveal**
10. **Answers up**

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 9 is midnight, Tuesday, 10<sup>th</sup> December.

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### **My Favourite Race**

**This week, Keith Chambers' choice**



**Keith, in yellow top, running alongside his friend, Alistair**

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

Many favourites, but one of the most memorable is the Snowdonia Marathon Eryri.

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

Twice, 2016 and 2017.

3. *What made it special to you?*

In 2016 I spent six months training with a friend Alistair, mainly off road and on hills, every Sunday 7am on the dot. On race day we went our separate ways, but ended up side by side on the start line: we stayed that way until 18 miles, when Alistair dropped back. I ran on until 25 miles and started to cramp up; Alistair came past me at speed on a steep downhill - I soon forgot about the cramp, caught him and we crossed the line side by side. 3:54:03.

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

The very long winding run up Llanberis Pass at the start, the very steep two-mile run up to the old slate quarry at 22 miles, followed by the steep downhill to the finish; you could roll up in a ball and tumble down from mile 25.

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

Twice is enough!

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

The scenery is fantastic if the weather is right, and we were lucky both times; the colourful sight of hundreds of runners coming up Llanberis Pass, and of course The Black Boy Inn, Caernarfon.

**Next week's article is the choice of Dave Worsell**

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**Weekly club runs**

**Gary Spring**

**Tuesday, 10<sup>th</sup> December**

**Road run in Lingfield**

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

We will be running the two loops of the village, starting down Godstone Road. The distance will be five miles. Please wear something bright and bring a torch so you are visible to pedestrians and traffic.

## **ADVANCE NOTICE**

**Saturday, 21<sup>st</sup> December**

**10:30am**

### **Christmas Handicap race**

It would be great to have a big turn-out of all able-bodied members for this final club handicap race of the year. Please put the date in your diary (mandatory) and dig out your Christmas-related running costume (optional!).

If you plan to enter, but have not run a race recently, I would appreciate you letting me know your current running pace for five miles, so I can work out a suitable handicap time before the day. My email address is [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

The start time is intended to allow parkrunners to complete both events – (just make sure you do a local parkrun on this Saturday!).

After everyone has finished, we'll adjourn to the Victoria Club for refreshments, club award presentations and Scott's raffle.

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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		Dec 2024 – Jan 2025		Schedule
4	DEC, WED	6:45 – 7:45pm	LRC coaching (Keith)	Imberhorne School, Imberhorne Ln, East...
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 (Gary, road run) Lingfield Running Club, 54 High St...	
11	DEC, WED	6:45 – 7:45pm	LRC coaching	
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	
		10:30 – 11:30am	Santa Run Priory Park, Bell St, Reigate RH2 7RL, 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](mailto:editor@lingfieldrunningclub.co.uk)

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### **Is it true that ... running destroys your knees?**

**The Guardian**

Do those who run have a higher risk of osteoarthritis? And what should you do if you start to feel pain? We ask an expert.

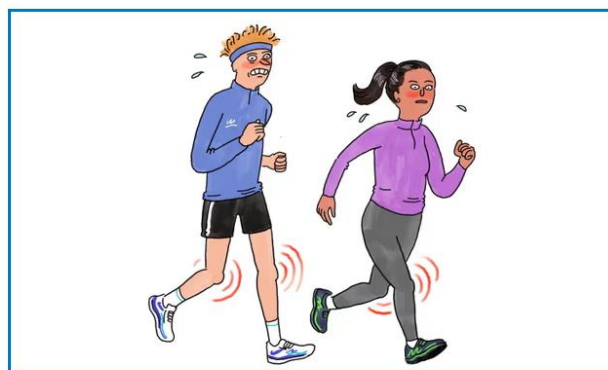


Illustration: Edith Pritchett/The Guardian

You know the warning people often give middle-aged joggers: don't run too much or you'll end up with bad knees? "It's very much a myth," says Richard Blagrove, senior lecturer in physiology at Loughborough University.

While many believe that running is linked to osteoarthritis (chronic joint pain) in the knees, studies have revealed that recreational and competitive runners have a much lower incidence of developing it compared with those who don't run. [Research from 25 studies](#) (with a total sample size of about 115,000 participants) has shown that running actually appears to be protective against hip and knee osteoarthritis as we age. Exercise causes very slight damage to muscles, tendons, bones and cartilage but also leads them to grow back stronger and healthier.

"There's a far lower association of knee pain in runners in their older years compared with those who don't run," says Blagrove.

But it's not that simple: short-term knee injuries *are* common for runners. Known as patellofemoral pain, it will be experienced by many joggers at some time – figures range from between 14% and 42%, depending on the sub-population of runners in the study. This pain is often caused by wonky running technique, wearing the wrong trainers or, most likely, increasing the volume or the intensity of running too fast. This is particularly common for newbies. "But if they played tennis four times a week, compared with playing nothing, they would probably get an injury," says Blagrove. "It's not the running that's bad for their knees, it's the fact that they've done too much, too soon."

To avoid pain around the knees from running, start your training plan gently and build up intensity slowly. Run at a slower pace, opt for shorter distances and take longer breaks between workouts. If your knees do hurt, don't worry too much, says Blagrove. "People often bounce back quite quickly, once they have had a bit of rest and recovery."

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### **Reminders from previous weeks**

#### **Christmas Handicap reminder**

21st December 2024

**Scott McDonald**

Hello everyone, just three 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

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### **London Marathon ballot**

#### **Editor**

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.

*Stop press: Three entries received so far - Ed.*

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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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