



## **Newsletter**

**Wednesday 11 December 2024**

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***No new members 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's light breeze and drizzle didn't deter our hardy parkrunners, with 36 at five locations. These were East Grinstead (29), Ashford (1), Bevendean Down (1), Tilgate (4) and Victoria Dock (1).

More than the usual congratulations to everyone who ran, I think, but particularly to the first three men and women at East Grinstead - **Tom Seller, Dan Celani, James Kilfiger, Sally Alexander, Lucy Wilkes** and **Wendy Smith**. Our members comprised more than half the total runners at our local event. And **Helen Pettitt** even managed a PB(!) at Tilgate.

If you thought the 5k parkrun was hardcore, spare a thought for our runners in the [Winter on the Downs](#) 55-mile race on Saturday. This is the South Downs we're talking about, starting and finishing in East Dean near Eastbourne. These guys are tough; **Juhanna Kirk** coming second in 8.03.03 and **Tom Harvey** not far behind, third in 8.13.07. Unfortunately, ahead of them was winner Calum Macdonald (Kent AC) in 7.54.24. Megan Davies was first woman to finish in 10.22.57. There were 126 finishers and 37 who didn't make it all the way. Congratulations to both Juhana and Tom.

Another member out on a long 'un was **Dave Chase**, this time on the North Downs. This was the [Hurtwood 50k](#) which Dave completed in 7.51.17 in =345<sup>th</sup> place of the 409 finishers. There were just 11 starters who did not complete this run, so the weather must have been better on Sunday. Alex Hammond (Oxford Uni XC) was first in 3.56.22 and first woman was Hannah Traylen in 4.53.38. Well done, Dave.

Dave also points out that former member Edwina Sutton is currently doing the [Centurion 200](#) (yes, miles that is) – best of luck Eddie!

Thank you to **Sophie Davis** for reminding me that the [Hartfield Honey Run](#) results had been published, and all of our members ran very well. **Sophie** ran in the 10k and came 33<sup>rd</sup> of 158 in 56.29. Peter Bell won the 10k in 40 minutes exactly and first woman was Jasmine Anderson in 47.35.

In the half marathon, **James Kilfiger** came 5<sup>th</sup> in 1.43.49, **Ben Ashmore** 11<sup>th</sup> in 1.48.05 and **Amy Kellaway** 147<sup>th</sup> in 2.56.29. Some came close, but Amy was the only runner to finish in the same position as their vest number. There should be a special prize for that. Jamie Shipston-Mourn finished first in 1.26.06 with first woman being Leah Kenny in 1.44.28.

This completes the results for the 2024 Open Grand Prix series, and you can find the final tables on the club website – [men](#) and [women](#). Congratulations again to trophy winners **Sally Alexander** and **Dan Celani**.

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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07-Dec-24	36	LRC parkrunners			52.60%	ave.
	Difficulty rank /760	Position	Name	Time	Age grade	PB?
<a href="#">East Grinstead</a>	693	1	Tom SELLER	00:22:14	59.30%	
57 runners		2	Dan CELANI	00:23:25	60.57%	
		3	James KILFIGER	00:23:33	63.13%	
		6	Nick KEEN	00:24:03	58.49%	
		7	Steve ACKROYD	00:25:25	56.20%	
		8	James WILLIS	00:25:26	57.08%	
		10	Sally ALEXANDER	00:26:37	64.56%	
		12	Tim MARTIN	00:27:49	52.19%	
		13	Michael MANWILL	00:27:56	52.39%	
		14	David WORSELL	00:27:57	53.61%	
		16	Ian GREENAWAY	00:28:59	52.56%	
		17	Lucy WILKES	00:29:32	53.78%	
		18	Wendy SMITH	00:29:47	61.61%	
		19	Fiona CHAMPNESS	00:29:57	55.98%	
		22	Chris RANCE	00:30:35	49.43%	
		23	Nick CHAMPNESS	00:30:42	47.29%	
		25	Sophie DAVIS	00:31:24	48.99%	
		26	Isla GREENAWAY	00:32:04	46.15%	
		28	David WATKINS	00:33:56	48.08%	

30	Michele EDWARDS	00:34:09	57.64%
33	Nevenka WORSELL	00:34:45	49.45%
36	Debbie WILKES	00:35:45	61.26%
37	Catherine WILSON	00:36:18	46.19%
51	Martin PAYNE	00:48:36	35.49%
53	Marie WARNER	01:01:13	33.62%
54	Steve WARNER	01:01:15	28.16%
55	Helen DAVEY	01:01:16	31.66%
56	Keith CHAMBERS	01:01:20	27.61%
57	Sandra ANKERS	01:01:21	38.82%

[Ashford](#) 184 98 Lisa COMPTON 00:25:22 86.33%  
306 runners

[Bevendean Down](#) 746 19 Aly WARNER 00:30:06 55.04%  
33 runners

[Tilgate](#) 436 23 Simon PETITT 00:21:37 59.98%  
332 runners 27 Dan OPPE 00:21:56 63.15%  
104 David NOTTIDGE 00:26:24 65.34%  
153 Helen PETITT 00:29:17 50.54% PB

[Victoria Dock](#) 44 10 Harry RAFFAITIN 00:20:53 61.77%  
184 runners

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*Well, Tom and Juhana seem to be enjoying the Downs*

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### **Christmas Handicap raffle**

#### **Scott McDonald**

Please let me give you an update for our Xmas handicap race, a reminder it is coming around fast and is on Saturday 21st December 10.30am. After the race we will go to the Victoria Club for presentation of trophies and an opportunity to purchase raffle tickets and other goodies as described below.

We are supporting POPYRUS - a charity that does wonderful work supporting mental wellbeing and preventing suicide. There will be a raffle and raffle tickets are now on sale.

Last week you saw in the newsletter a selection of books that will be available on the 21st for sale to also support POPYRUS. Books will be 50p each or three for £1. If you can't join us on the 21st but are interested in the books, then please email me.

The picture below shows some of the raffle prizes - a mixture of gin, cider, brandy, Lingfield Racecourse has also donated two race tickets and Bonce Hairstylist in the High Street, Lingfield has also donated a voucher. I have contacted a number of other businesses around Lingfield and remain hopeful a few more will donate a prize.

If anyone wishes to donate a prize to the raffle please bring it on the day or contact me for collection. Raffle tickets are £1 each or £5 for a strip of 5 tickets. You can do a BACs transfer NOW to the LRC bank account for your tickets. Please give a reference of Xmas raffle. Please then e mail me on [scottkmcdonald64@gmail.com](mailto:scottkmcdonald64@gmail.com) for your tickets.

Other stalls available after our race will be Susie's pottery, Vernon's daughter Verity's fashion accessories and Liz will have her re-loved creations as well. And don't forget the cake sale, plenty time to get baking please!

Raffle tickets will also be available on the day, please bring cash.



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### **International Volunteers Day**

**Scott McDonald**

International Volunteers Day was last week on 5th December and is a chance to recognise the fantastic contribution volunteers make to our communities and to say thank you. So from me a BIG THANK YOU to the running club committee and others who volunteer for the club as coaches, run leaders, social and welfare roles.

Volunteering doesn't just help others and the community but it has also shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. But volunteering can also help you gain valuable new skills and experiences, boost your confidence and be your chance to make a difference.

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, by volunteering they are making a difference to the community. Volunteering is a hugely valuable and

rewarding experience for the volunteers and the communities they support.

There are many reasons to volunteer, including:

- Community - volunteering helps us giveback to those around us, particularly in the community we live or work in. When you volunteer you strengthen your community, improve the environment you live in, give something back to an organisation, make a difference to the lives of others and help others less fortunate or without a voice.

Volunteering enables people to play an active role in society and contribute to positive social change. Volunteers support vulnerable people in society and enable them to live a healthy and rewarding life.

This could mean support with things we take for granted, such as practical help at home for disabled or older people, mentoring a care leaver and helping them to find their feet as an adult, or taking part in a litter pick or at a local scouting group.

Your mental wellbeing and self-esteem -volunteering also makes you feel good. In fact, a study has shown that not only is volunteering associated with increased happiness and lower depression, but it also reduces the risk of premature death.

This is especially true if you enjoy volunteering and feel valued and part of a team. You will spend quality time away from work or your busy lifestyle and be in the moment. It may help you gain confidence and improve your self-esteem. Volunteering can also help to improve your mental wellbeing.

- Action for Happiness – list ten key ingredients for a happy and fulfilling life: giving, relating, exercising, awareness, trying out, direction, resilience, emotions, acceptance and meaning. Volunteering ticks most if not all of these boxes.
- Your Physical health – there are lots of different ways you can volunteer, but many of them involve physical tasks, like litter picking, dog walking for a local shelter, wildlife conservation and sports coaching, all of which will help keep you fit whilst you are also enjoying nature and the outdoors.

There is lots of anecdotal evidence that volunteering has a positive impact on both your physical and mental health.

- Social – volunteering is a way to get a better understanding of people, cultures, places, and organisations which can also lead to more social connections.

Researchers believe that volunteering can extend a person's life because humans thrive on social connections. Eye contact and smiling for example release the hormone oxytocin, which helps us handle stress better. Social interaction improves mental and physical health. When you volunteer you strengthen your social network, you make connections with the people you are helping, and you cultivate

friendships with other volunteers. Volunteering creates stronger bonds between friends, family, and co-workers. People build closer relationships, better connections, and more powerful attachments to people when they work together.

- Personal Development – volunteering is an opportunity to learn new skills and can boost employment prospects. For some people, volunteering can be a route to employment, or a chance to try something new which may lead to a career change. Volunteering can also be a way of enhancing a CV, improving employment prospects, gaining an accreditation, or using your existing professional skills and knowledge to benefit others.

By volunteering in a specific profession, you can gain valuable experience for a future career.

- Values – People who volunteer, report a greater sense of purpose and meaning in their lives.

Many thanks, Scott  
Club Mental well-being champion

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### **Open Grand Prix events 2025**

#### **Keith Chambers and Liz McLennan**

Here is the list of open Grand Prix events that we've selected for 2025; there are a few changes from the 2024 line up, but hopefully something for everyone to look forward to. There are a couple of dates awaiting confirmation which we shall keep an eye open for.

Best eight scores\* count towards the trophies.

We've also scheduled three parkruns which we'd like to take a vote on; March 8th, September 20th and December 6th; if you have any preferences please let us know and we'll go with the majority decision.

	<b>Date: 2025</b>	<b>Event</b>
1	Saturday 4 <sup>th</sup> January	East Grinstead parkrun
2	Sunday 23 <sup>rd</sup> February	Tunbridge Wells ½ Marathon



3	Saturday 8 <sup>th</sup> March	Road parkrun
4	Sunday 30 <sup>th</sup> March	Mel's Milers 10K
5	Sunday 13 <sup>th</sup> April	Blackland 10K
6	Saturday 11 <sup>th</sup> May	Richmond ½ Marathon
7	Sunday 1 <sup>st</sup> June	Dorking 10 Mile
8	Wednesday 25 <sup>th</sup> June	TAC Penshurst Midsummer Relays
9	Wednesday (?) July	Wakehurst Willow 8K
10	Saturday 12 <sup>th</sup> July	Elmore 7
11	Monday 25 <sup>th</sup> August	King's Head Canter 5K
12	Saturday 20 <sup>th</sup> September	Trail parkrun
13	Sunday 5 <sup>th</sup> October	East Grinstead 10K
14	Saturday 18 <sup>th</sup> October	Gatliff Marathon (25K or 50K choice)
15	Saturday 1 <sup>st</sup> November	Reigate Priory XC Relays (2.5M)
16	Sunday 16 <sup>th</sup> November	Brighton 10K
17	Sunday 6 <sup>th</sup> December	Road parkrun

\* From 2025, second-claim club members must be running for Lingfield in 'open' events if their results are to count towards club trophies.

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## **Celebrating parkrun - week 10**

### **James Kilfiger's story**



#### ***James, touting his 1<sup>st</sup> place finish token, whilst being photo-bombed by Simon Pettit***

I did my first parkrun in February 2017 at Tilgate. The previous summer my children had joined the cross-country club at school, and had asked me to take them out for a run. We planned to run a whole mile! I got about 400m before I could go no further. My dear son just ran on, while my daughter said "It's okay Daddy, I'll stay with you." I decided I needed to improve my fitness! So when, at a New Year's party, some friends mentioned that there was a weekly run in Tilgate Park, and it was free, I said I'd bring the kids and have a go myself. It took a couple of months until the stars aligned.

Five kilometres seemed like a long long way. Getting up Chevron Hill nearly finished me off and I walk-staggered the final lap of the lake. It took me over 38 minutes - but I knew I could do better so I'd have to have another go. Parkrun motivated me because I could see the benefits of training in my weekly statistics. By the end of April I'd got my time under 30 minutes, and by the end of the year I was getting close to 25.

When the East Grinstead parkrun started, I was there. I took part in the trial, and in run number 1. Since then I've rarely strayed. While some enjoy the variety of tourism, I like the stability and atmosphere of my local, I also like the extra hour in bed!

The East Grinstead course offers plenty of challenge, both in summer and winter. The lower numbers in winter make those who can finish it feel like a select few. While lesser mortals go and get PBs at Wakehurst or Tilgate, we are braving Muddy Corner, The Woods and 'That Hill' (so named because first-timers would say "Gosh, *that hill* was hard!") Becoming a 'regular' means you can welcome tourists. I enjoy supporting runners as they finish. I often stand by the 'East Grinstead' sign, where I can offer to take photos and listen to travellers' tales.

Everyone has a parkrun story, and that was mine.

### **Parkrun quiz: Answers to Question 9**

Question 9 asked you to work out parkrun locations from the ‘opposite’ meanings in the clues.

Here are the clues again, with the answers:

Clues	Answers
1. <b>Worst Iron City</b>	1. Bestwood Village
2. <b>North exposes</b>	2. South Shields
3. <b>Praises outdoor parking</b>	3. Panshanger
4. <b>Starboard dawdle</b>	4. Portrush
5. <b>Green Bus</b>	5. Redcar
6. <b>Fish Cob Graceful</b>	6. Chippenham
7. <b>Admit Ali</b>	7. Barclay
8. <b>Cheese Sick Float</b>	8. Chalkwell Beach
9. <b>Spurs reveal</b>	9. Gunnersbury
10. <b>Answers up</b>	10. Riddlesdown

If anyone needs my interpretation of how I got from one to the other, please contact me. As this question had my personal twist to compile the clues, I am surprised how some of you clearly understood the workings of my brain, and got full marks.

Question 10 is another number estimation question. I appreciate that this is more luck than judgement, but the good news is that it concerns our dearly beloved East Grinstead parkrun, so hopefully it will be easier to come up with a realistic number this time.

Here is the current points table. 10 more points to go, (or possibly, 11) so the winner could be anyone from the top four in the table. Prizes will be awarded to the top three, at the Club Christmas party.

<b>parkrun Quiz</b>												
#	Name	1	2	3	4	5	6	7	8	9	10	Total
1	Lisa Compton	7	10	10	7	10	10	9	10	10		83
2	Marie Warner	8	8	7	10	10	10	10	10	10		83
3	Steve Warner	6	8	9	10	10	10	8	10	9		80
4	Lucy Wilkes	8	2	10	6	10	10	10	10	10		76

5	Judy Hayler	4	5	9	4	10	10	10	10	8	70
6	Helen Davey		8	10	5	7	10	10	10	9	69
7	Wendy&Michael	6	2	6	3	10	10	8	10	7	62
8	Debbie Wilkes			9		10	10	10	10	10	59
9	Miranda Chitty	5	5	6	3		10	8			37
10	James Kilfiger	7	5	9						9	30
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	5	18
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 10**

We reach the finale of our parkrun quiz with a question related to the East Grinstead parkrun. I apologise that it's another 'Estimate the Number' (i.e. guess!) question.

This time I would like to know your estimate for the number of East Grinstead parkruns, completed by LRC members since their inaugural parkrun, on 9<sup>th</sup> September, 2017. To be clear, I am counting every parkrun, completed by someone who was an LRC member at the time, at East Grinstead, between 9<sup>th</sup> September 2017 and 7<sup>th</sup> December 2024.

You need to remember that during the Covid lockdown, there were no parkruns between 21<sup>st</sup> March 2020 and 17<sup>th</sup> July 2021.

If you are so minded, you could get close to the answer I have worked out, by

trawling through the East Grinstead parkrun website Event History, but I'm hoping you all think life is too short to spend that much time on it. Also, my answer is worked out using the club database, which filters out ex-members who get listed in the results as 'LRC' in the 'Club' column, just because they've not got round to changing their parkrun profiles.

As with Question 2, points are based on how close you get to my answer. If you are within +/- 5% of my answer, you get 10 points. I'll even raise that to 11 points, if you get exactly the same number I have.

Within +/- 10% of my answer gets you 8 points

Within +/- 20% of my answer gets you 5 points

Within +/- 40% of my answer gets you 2 points.

For the sake of clarity, you can only qualify for one of the above. i.e., getting with +/- 10% does not mean you get the +/- 20% and +/- 40% points scores, as well. You will just get 8 points.

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### **My Favourite Race**

**This week, Dave Worsell's choice**



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

I've got lots of races I love but one of my favourites is the Kings Head Canter 5K which is always held on the August Bank Holiday Monday.

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

Twice (so far).

3. *What made it special to you?*

It's a fun, friendly and reasonably fast 5K with a community feel. It's always a relatively small field, but Lingfield is usually very well represented. The run up to the starting point in Chiddingly cuts across fields and is a beautiful warm-up. It's then a run back down the road to the finish in East Hoathly.

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

It's an undulating road course with a nice downhill stretch as you approach the finish by the pub.

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

Yes.

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

Did I mention you get a free pint at the end?

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### **Weekly club runs**

#### **Gary Spring**

#### **Tuesday, 17<sup>th</sup> December**

##### **'Christmas Lights' road run in East Grinstead**

Meet at East Court top car park for a 7:00pm start.

We will be running around the roads of East Grinstead, including a longer lay-off in Farm Close, to admire the Christmas lights. The distance will be about five miles and we'll be going at an easy pace to suit all participants. Please wear something bright and bring a torch so you are visible when we're in the unlit areas.

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

##### **Christmas Handicap race**

Meet on Racecourse Road, opposite the racecourse.

Start time: 10:30am.

This is a road race, of about 4.5 miles distance. For the new members, all entrants have a handicap time, based on their recent running form, with the intention that everyone will finish at roughly the same time. Points are awarded on finish position and the Handicap Trophy series has a separate competition for women and men.

The winner of the Xmas handicap itself receives the Matt Bennett Trophy to keep for one year.

The first runners will start just after 10:30am. The fastest runners can expect a handicap time of around 18 minutes. If you are driving to the race, please park at the Victoria Club and jog down to the start. If you plan to enter, but have not run a race recently, I would appreciate you letting me know your current running pace for 5 miles, so I can work out a suitable handicap time before the day. My email address is [higaryspring@gmail.com](mailto:higaryspring@gmail.com)

After everyone has finished, we'll adjourn to the Victoria Club for refreshments, club award presentations and Scott's raffle. This is the final club handicap race for this year, so, after some 'back of a fag packet' calculations at the Victoria Club, the series winners, plus 2<sup>nd</sup> and 3<sup>rd</sup> place women and men, will be announced.

#### PLEA FOR MARSHALS

If you are free on the morning of the race but don't intend to partake in the run, I would be very grateful if you could be a marshal on the route. If you are available to help, please contact me by email ([higaryspring@gmail.com](mailto:higaryspring@gmail.com)) or text (07925 195032)

Thanks!

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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
11	DEC, WED	6:45 – 7:45pm	LRC coaching (James K - limited parking)	Imberhorne School, I...
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
17	DEC, TUE	7 – 8pm	Club running (EG Xmas lights - Gary)	East Court, College Ln, Ea...
18	DEC, WED	6:45 – 7:45pm	LRC coaching (Ian W)	
19	DEC, THU	8 – 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
21	DEC, SAT	10:30am – 12:30pm	LRC Xmas Handicap	Lingfield Running Club, 54 High St, Lingfiel...
22	DEC, SUN	8:15 – 9:15am	Portsmouth Coastal Marathon	
24	DEC, TUE	7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6...
26	DEC, THU	11am – 12pm	Devils Punchbowl Boxing Day Run	GU26 6AG, Hindhead GU26 6...
29	DEC, SUN	8 – 9am	James Cooper Community Run	The Market Square Food & Wine...
		9:30 – 10:30am	Heritage Trail Series 10k/5k	Leonardslee Lakes & Gardens, Brigh...
31	DEC, TUE	8 – 9am	James Cooper final marathon	High Street, High St, East Grinste...
		7 – 8pm	Club running	Lingfield Running Club, 54 High St, Lingfield RH7 6...

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

#### **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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### **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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