



*Picture courtesy of Alamy*

## **Newsletter**

**Wednesday 1 January 2025**

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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@lingfielldrinningclub.co.uk](mailto:editor@lingfielldrinningclub.co.uk)**

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## **Lingfield's Racing Roundup**

Hello everyone.

On 21 December (so long ago!) we had 29 Lingfield parkrunners at 11 locations. These were East Grinstead (15), Brighton & Hove (1), Finsbury (1), Hanworth (2), Ifield Mill Pond (2), Kingdom (2), Littlehampton Prom (1), Preston Park (1), Southsea (1), Tilgate (1) and Wakehurst (2).

Particular congratulations at East Grinstead to **Nick Keen** (first) and **Lucy Wilkes** and **Wendy Smith** (second and third women), and to the five parkrunners who also made it to the start (and finish) line of the Christmas Handicap - including winner **Steve Ackroyd**.

There have been two parkruns since then (I'll leave New Year's Day until next week)! On Christmas Day, 28 members sought out some of the few surviving parkruns. Unsurprisingly, those that did take place seemed to have larger than normal numbers. I only found seven locations but please let me know if I missed you out of the [table below](#). The locations were Bushy (1), Horsham (1), Littlehampton Prom (1), Riddlesdown (1), Roundshaw Downs (1), Southsea (1) and Tilgate (22).

Even more set off on Saturday 28 December - 41 at 14 parkruns! These were East Grinstead (12), Bolton (1), Boston (1), Bournemouth (2), Cannock Chase (1), Hove Promenade (2), Lancing Beach Green (2), Littlehampton Prom (1), Lloyd Park (1), Malling Rec. (1), Nonsuch Park (1), The Leas (1), Tilgate (4) and Wakehurst (11). Particular congratulations to **James Caffrey** and **Kieran Barnes** for their second places at Wakehurst and Lloyd Park respectively. And for third places achieved by **Lisa Compton** at The Leas and **James Kilfiger** at East Grinstead,

News which reached me too late for the last newsletter, was that **Vernon Given** and **Ian Greenaway** ran the [Malaga Marathon](#) on Sunday 15 December. Vernon ran a time of 3.37.52 and Ian ran 4.14.05. Vincent Kipkorir Kigen won the race in 2.08.05, first woman was Aynalem Desta Gebre in 2.25.10 and there were 5,743 finishers.

**Lisa Compton**, meanwhile, ran the [Malaga Half](#), finishing in a time of 1.53.18 for third place in her age category. Very well done, Lisa. Jack Wood of Ilkley Harriers was first in 1.06.25, first woman was Tessa McCormick (Vale Royal AC) in 1.15.07, with 6,492 finishers.

Vernon was so upset about not informing me of the results promptly, that he made up for it by writing a report of the weekend – [see below](#).

One runner who missed the Christmas Handicap was **Maggie Statham-Berry**. This was because she was competing in the South of Thames 7.5 mile Championship XC race at Tonbridge, and she has written a [short report](#) later in the newsletter. Maggie ran very well in tricky conditions to finish in 72.08, with plenty of youngsters behind her! Cole Gibbens (Tonbridge AC) was fastest in 43.21, and first woman was Georgie Bruinvels (Aldershot, Farnham & District) in 50.33.

And, if you'd forgotten about the Christmas Handicap, Gary has written a note about it in his [club runs](#) report, but I'd also like to highlight the money raised for Papyrus by the various events of the day.

- Handicap race entries - £75 (Terri paid for her dog!!)
- Raffle/cakes - £303
- Massage guns auction - £80
- Susie's pottery stall - £106
- Additional donations - £40

Total taken for Papyrus - £604

Susie and I very much appreciate the support that club members and committee have given to Papyrus fundraising in recent years. Thank you all. This is the webpage which shows all the funds raised in memory of Matt.

<https://www.justgiving.com/fundraising/formatt-bennett>

Many thanks to **Dave Chase** for letting me know about his run on 29th December in the Heritage Trail Series 10k at Leonardlee Gardens. There were 203 finishers at this event, led home by .... well, the results don't look reliable at the moment as they show a winning time of just 14 minutes 19 seconds. However, Dave's stated time of 59.59 seems more realistic, so I'll go with that.

Finally, congratulations to James Cooper on completing his 366 marathons, and well done to club members who have been supporting him throughout the year ([picture below](#)).

And don't forget to get some early year Grand Prix points on the board this Saturday at East Grinstead parkrun!

Have I missed you out? Then please 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

21-Dec-24	29	LRC parkrunners		Median	53.09%
	Difficulty rank /760	Position	Name	Time	Age grade
<a href="#">East Grinstead</a>	693	1	Nick KEEN	00:23:42	59.35%
58 runners		7	Michael MANWILL	00:27:32	53.15%
		9	David WORSELL	00:28:46	52.09%
		14	Lucy WILKES	00:29:51	53.21%
		17	Nick CHAMPNESS	00:31:18	46.38%
		18	Wendy SMITH	00:31:29	58.28%
		19	Fiona CHAMPNESS	00:31:35	53.09%
		20	Laura STOCKWOOD	00:32:00	48.80%
		22	Matthew STOCKWOOD	00:32:43	46.97%
		23	Judy HAYLER	00:32:53	59.86%
		28	Nevenka WORSELL	00:34:45	49.45%
		31	Isla GREENAWAY	00:34:57	42.35%
		42	Michele EDWARDS	00:36:35	53.80%
		53	Theresa DONOHUE	00:47:51	38.87%
		54	Ian GREENAWAY	00:47:52	31.82%
<a href="#">Brighton &amp; Hove</a>	174	21	Harry RAFFAITIN	00:20:01	64.45%
420 runners					
<a href="#">Finsbury</a>	389	188	Lisa COMPTON	00:26:04	84.02%
517 runners					
<a href="#">Hanworth</a>	353	34	Steve WARNER	00:37:34	45.92%
46 runners		40	Marie WARNER	00:46:55	43.87%
<a href="#">Ifield Mill Pond</a>	451	5	Vernon GIVEN	00:21:41	69.10%
99 runners		64	Paul MCCARTHY	00:32:30	46.87%

<a href="#">Kingdom</a>	702	58	Darija SPARKES	00:31:46	51.52%
102 runners		59	Catherine WILSON	00:31:47	52.75%
<a href="#">Littlehampton Prom</a>	97	37	Paul ATHERTON	00:23:37	67.33%
197 runners					
<a href="#">Preston Park Brighton</a>	142	151	Aly WARNER	00:25:02	66.18%
450 runners					
<a href="#">Southsea</a>	63	16	Dan CELANI	00:18:22	77.22%
336 runners					
<a href="#">Tilgate</a>	436	12	Dan OPPE	00:20:27	67.73%
370 runners					
<a href="#">Wakehurst</a>	n/a	105	Sue GARNER	00:27:27	91.62%
302 runners		125	Steve ACKROYD	00:29:09	49.00%

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<b>25-Dec-24</b>		<b>28</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>61.20%</b>
	<b>Difficulty rank /760</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>
<a href="#">Bushy</a>	115	172	Jeremy GARNER	00:20:09	73.78%
2,973 runners					
<a href="#">Horsham</a>	336	23	Harry RAFFAITIN	00:20:26	63.13%
515 runners					
<a href="#">Littlehampton Prom</a>	97	89	Paul ATHERTON	00:22:31	70.61%
534 runners					

<a href="#">Riddlesdown</a>	597	63	Lucy WILKES	00:26:18	60.39%
230 runners					
<a href="#">Roundshaw Downs</a>	535	67	Aly WARNER	00:26:22	62.83%
202 runners					
<a href="#">Southsea</a>	63	57	Dan OPPE	00:20:30	67.56%
607 runners					
<a href="#">Tilgate</a>	436	183	Lisa COMPTON	00:25:31	85.83%
818 runners					
		214	David NOTTIDGE	00:26:03	66.22%
		226	David WATKINS	00:26:19	62.00%
		255	Ian GREENAWAY	00:27:11	56.04%
		282	Terri SCOTT	00:27:57	65.65%
		307	Darija SPARKES	00:28:42	57.03%
		309	Catherine WILSON	00:28:43	58.39%
		314	Hannah CARTLEDGE	00:28:48	51.45%
		316	Judith CARTLEDGE	00:28:49	68.31%
		336	Wendy SMITH	00:29:07	63.02%
		337	Michael MANWILL	00:29:07	50.26%
		367	Judy HAYLER	00:29:52	65.90%
		407	Helen DAVEY	00:30:39	63.30%
		413	James WILLIS	00:30:45	47.21%
		414	Jennifer WILLIS	00:30:45	53.22%
		469	Paul MCCARTHY	00:32:05	47.48%
		503	Ian WATKINS	00:33:13	50.03%
		597	Steve WARNER	00:36:08	47.74%
		646	Sandra ANKERS	00:37:38	63.29%
		647	Keith CHAMBERS	00:37:45	44.86%
		741	Marie WARNER	00:43:56	46.85%
		794	Theresa DONOHUE	00:55:18	33.63%

28-Dec-24	41	LRC parkrunners		Median 57.73%		
	Difficulty rank /760	Position	Name	Time	Age grade	PB
<a href="#">East Grinstead</a>	693	4	James KILFIGER	00:24:04	61.77%	
51 runners		8	Vernon GIVEN	00:26:21	56.86%	
		14	Michael MANWILL	00:28:25	51.50%	
		15	David WORSELL	00:29:06	51.49%	
		16	Ian GREENAWAY	00:29:56	50.89%	
		17	David NOTTIDGE	00:30:03	57.40%	
		24	Wendy SMITH	00:31:15	58.72%	
		29	Judy HAYLER	00:34:19	57.36%	
		31	Isla GREENAWAY	00:35:12	42.05%	
		34	Helen PETITT	00:35:46	41.38%	
		50	Helen DAVEY	01:28:13	21.99%	
		51	Sandra ANKERS	01:28:15	26.99%	
<a href="#">Bolton</a>	709	26	Pete HOLMES	00:22:45	61.39%	
279 runners						
<a href="#">Boston</a>	284	4	Steve ACKROYD	00:21:01	67.96%	
159 runners						
<a href="#">Bournemouth</a>	382	200	Hannah CARTLEDGE	00:27:11	54.51%	PB
495 runners		209	Judith CARTLEDGE	00:27:46	70.89%	
<a href="#">Cannock Chase</a>	236	419	Kath GARRIDO	00:46:52	53.66%	
452 runners						
<a href="#">Hove Promenade</a>	22	6	Dan CELANI	00:17:35	80.66%	
612 runners		322	Sue GARNER	00:26:15	95.81%	

<a href="#">Lancing Beach Green</a>	312	108	Steve WARNER	00:30:51	55.92%	
184 runners		172	Marie WARNER	00:42:27	48.49%	
<a href="#">Littlehampton Prom</a>	97	39	Paul ATHERTON	00:22:09	71.78%	
281 runners						
<a href="#">Lloyd Park</a>	677	2	Kieran BARNES	00:16:53	76.41%	
185 runners						
<a href="#">Malling Rec.</a>	n/a	37	Aly WARNER	00:28:09	58.85%	
92 runners						
<a href="#">Nonsuch Park</a>	65	15	Jeremy GARNER	00:19:22	76.76%	
687 runners						
<a href="#">The Leas</a>	151	17	Lisa COMPTON	00:24:40	88.78%	
98 runners						
<a href="#">Tilgate</a>	436	28	Dan OPPE	00:20:56	66.16%	
463 runners		130	David WATKINS	00:26:15	62.16%	
		154	Terri SCOTT	00:27:00	67.96%	
		291	Paul MCCARTHY	00:32:18	47.16%	
<a href="#">Wakehurst</a>	n/a	2	James CAFFREY	00:18:06	76.52%	
473 runners		72	Lucy WILKES	00:24:27	64.96%	PB
		74	Tim MARTIN	00:24:30	59.25%	
		143	Simon COOK	00:27:05	57.72%	
		178	Darija SPARKES	00:28:21	57.73%	
		179	Catherine WILSON	00:28:25	59.00%	
		202	James WILLIS	00:29:05	49.91%	
		225	Miranda CHITTY	00:29:46	61.65%	



232	Jennifer WILLIS	00:29:58	54.62%
270	Martin PAYNE	00:31:00	55.65%
413	Carole BARNES	00:39:42	55.16%

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*James Cooper stops for a picture with passers-by on his way to completing marathon number 366. Awesome.*

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**Introducing Our Couch to 5K Running Programme starting on Monday**  
**6<sup>th</sup> January**  
**Sophie Davis**

**📣 Exciting News for our club programme with the return of the Beginners group on Mondays! 📣**

We're excited that Lingfield Running Club is bringing back it's beginners running group with a **Couch to 5K Programme starting next week** ✨. This is the perfect opportunity for us to welcome new runners into our community and help beginners

take their first steps towards a their running and fitness goals.

### **What is Couch to 5K?**

Couch to 5K is a beginner-friendly, 9-week programme designed to help complete newcomers to running build their fitness and confidence, going from walking to running 5km at their own pace. This structured plan is ideal for anyone who's been thinking about getting started, or returning after a break, and needs a little extra support and encouragement.

### **How Does It Work?**

- **When:** Club session will be held on **Monday evenings at 7:15pm** (the group will then be encouraged to complete two further sessions through the week and we hope participants will be able to buddy up)
- **Where:** Meet outside **VSSC**
- **Cost:** Just £15, which includes membership of Lingfield Running Club (LRC) and Victoria Sports and Social Club (VSSC) until April 2025.

Our run leaders will guide participants through the programme, providing tips, motivation, and a friendly, supportive environment. It's a fantastic way to introduce new members to the joys of running and the camaraderie of our club.

### **Why This is Great for LRC Members**

This initiative gives us the chance to grow our running community by encouraging people to take that first leap into fitness. As experienced members, you play an important role in welcoming these new faces and showing them what makes LRC so special: our inclusivity, support, and shared passion for running.

### **How You Can Help**

- Spread the word! Share this programme with friends, family, and anyone you know who might be interested.
- Come along to support the group! Your encouragement could make a huge difference to someone just starting out.

**Registration is open now through our normal membership form on the website (link below). Any questions should be directed to**

[beginners@lingfieldrunningclub.co.uk](mailto:beginners@lingfieldrunningclub.co.uk)

<https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/04/202403-LRC-Membership-Form-2024.pdf>

Let's make this Couch to 5K programme a success and show our local community just how amazing it is to be part of Lingfield Running Club 🏃💪🏃

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## Shona's Christmas Quiz

### Editor

I was inundated with responses from two members. The final result matched the score of the Spurs v Liverpool game on 22 December (3-6). Playing in Liverpool red this time round was Sue Garner who is, therefore, the winner of Shona's Christmas quiz competition - congratulations, Sue. The unfortunate runner-up, playing in black and white, was James Kilfiger.

And here are the answers:

1. In which part of the body would you find the cruciate ligament? Knee
2. What is the largest marathon field entry? New York, 44,000
3. How many marathons has Bob (Pank) run? 115
4. In what year was the M25 opened, and which member has competed in a race on it? 1986, Trevor Crowhurst\*
5. Who holds the Lingfield Running Club ladies' world record for every race (distance)? Marlene Pautard
6. What is the fastest time Trevor (Crowhurst) has run for 10k? 37.30
7. What is the fastest official time run for the marathon distance? 2 hours 35 seconds
8. Which US marathon advertises that it is the only marathon to begin in one country and end in another? Niagara Falls
9. In what year did Boston officially become the first marathon to allow women competitors? 1972
10. Fill in the missing words

Never going to give you up,  
Never going to let you down,  
Never gonna run around and desert you,  
Never gonna make you cry,  
Never gonna say goodbye,  
Never gonna tell a lie, and hurt you.

*\* Sue Garner tells me that she also started the race but never finished, as she accompanied to hospital another runner who had collapsed. Ed.*

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## **Malaga Marathon 2024**

### **Vernon Given**

Ask the average British person about Torremolinos and chances are they will compare it to Blackpool or the Costa Blanca's Benidorm.

The bad reputation reached its peak in the late 1980s when the thousands of Union Jack-clad hooligans would cause chaos in the summer months, urinating in fountains, chanting football songs and generally being a menace to the police and local residents.

So as a group of Union Jack-clad runners from Surrey we knew this was the place for us to stay during our visit for the Malaga Marathon. Well, we couldn't do much damage to the reputation of the British. (As long as we could stop Lisa chanting football songs and keep her away from the water fountains).

This 1980s reputation is a far cry from comparisons to today's Torremolinos. Made up of 7km of beaches with a lovely promenade for a pre or post Marathon run.

Vernon, Joanne and family, Ian and Theresa and Lisa Compton all decided to get a bit of winter sun and headed out to the Malaga Marathon and half marathon. Vernon and Ian ran the Marathon and Lisa the half. With Joanne, Theresa, Verity and Christian making up the support team.

I had previously run in the Marathon back in 2016 so was the natural tour guide, offering my insights to how easy everything is to find and how well organised the race would be.

Having arrived on the Friday morning we decided to head to the expo. We read the official Marathon guide to find it lacked clarity around locations or transportation, so was particularly unhelpful. In my usual style of leadership, I decided to take control and came up with a plan B.

Now lost and around a three mile walk to the expo, I revealed Plan B was to - find another person in Hokas and follow them as they were bound to be going to the expo. So this is exactly what we did, and I was right ..... the person I chose was going to the expo but unfortunately not today. I probably should have guessed when he was making every effort to lose us, walking quicker and quicker and finally breaking into a run until he was able to reach his destination, his hotel.

Plan C - follow the satnav. So for next hour I was able to deflect the constant question of "are we there yet?" from my newly adopted children (Ian and Theresa), distracting the group with a game of who can keep silent the longest.

Lisa was looking at the water fountains as an attractive proposition for an urgent stop (only joking Lisa).

The expo was particularly chaotic and appeared as if it was being organised by local university students who had little understanding of a runner's requirements.

Saturday some of us decided to run the advertised 5k brunch run. To find out that it was

actually 45k.

Sunday (Marathon Day) was an early start and, having identified our start pens, we realised quite quickly that the lack of organisation had progressed into the Marathon itself with people of all sorts of abilities clearly in the wrong pens. This meant a lot of overtaking and initial slow progress for the first few miles.

This probably helped me run well for a change rather than like a hare and tortoise – me being the hare for 20 miles and a tortoise for the last 10k.

The route was very pretty with long stretches alongside the sea. The course profile shows it as slightly undulating but, as a man who doesn't like hills, I can happily say the profile is flat with just a few bumps here and there.

Lisa had an amazing race and ended up coming 3rd in her age group in the half marathon with a time of 1:53:18

In the Marathon:

Vernon finished in 3:33:14

Ian finished in 4:07:01

The team made their way back to the hotel for an evening of beer and cocktails, to chant football songs, urinate in the swimming pool and cause chaos and generally be a menace to the police (Joanne) and local residents.

Overall – lots of things have changed over the last few years and the number of runners participating has increased and we believe the organisation has not kept pace with the size of the field and its popularity as a race of choice for international runners.

Although it was a little chaotic, I think most of us would consider doing this race again. The whole weekend was great fun with good company and lots of laughs and no urinating in any water features took place.



**South of the Thames**  
**Maggie Statham-Berry**

I was sorry to miss the handicap race and after-party but I had committed myself to do the second of the South of the Thames cross country races on Saturday. This one was the 'Senior' race in the extensive grounds of Somerhill School near Tonbridge.

It was a three lap course of 7.5 miles with hardly a flat bit and a slippery surface of grassland on clay which had absorbed the morning rain. It was certainly a slog for 72 minutes but I was pleased to represent the oldies in a race which is daunting and dominated by senior men.

I was 181st out of 208 finishers, fourth in the women's over-60 age group, and first (and only) W70. The full results are at this link:

[Champs 2024 - Google Sheets](#)



**My Favourite Race**  
**This week, Dave Nottidge's choice**



***David, running the 2024 Tadworth 10***

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

Tadworth 10.

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

Done it six times.

3. *What made it special to you?*

It's held early in January and is on the Epsom Downs – so it gets some weather. It has a 'real race' feel.

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

The course is quite tough; two laps, two big hills on each lap, mixture of tarmac and trail. A big attraction is that the racecourse building is used – so if the weather is cold and /or wet you can get out of it before and after the race.

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

Yes – and hope to do so for a few years yet.

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

Be great if a few more LRC members did the race - recently just seems to be me and Sue Garner!

*(Ed: the 2025 race is this coming weekend, if anyone wants to join David {and Sue!}. This year there are 10km and 10 mile options).*

**Next week's article is the choice of Matthew Stockwood**

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**Weekly club runs**  
**Gary Spring**

Christmas Handicap Race, 21<sup>st</sup> December



Firstly, a short report on the last Club Handicap race of 2024. Steve Ackroyd was the first finisher, that gained him the Matt Bennett trophy to keep for a year, while Paul McManus won the Men's Series trophy, having done enough to wrap this up in the previous Club race. However, it was all to be decided on the day for the winner of the Ladies' Series trophy, with Judith Cartledge eventually coming out on top, by just one point, from daughter, Hannah.

I am indebted to the big team of marshals, located at all the road junctions and crossings, who kept everyone safe and on the right route. These were Diane, Bradley and Mark Clayton, Sue Garner, Judy Hayler, Robert Healey, Robin Mayer, Marlene Pautard, Chris Ryan and Lucy Wilkes. Also, a big thank you to Tom Cartledge for his ever-reliable timekeeping.



The results of the race are shown, below, and the final points tables can be seen using this link for the Ladies' table <https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/12/20241221-Handicap-GP-Points-Women-FINAL.pdf>

and this for the Men's table <https://lingfieldrunningclub.co.uk/wp-content/uploads/2024/12/20241221-Handicap-GP-Points-Men-FINAL.pdf>

<b>Position</b>	<b>Name</b>	<b>Clock Time (Mins:secs)</b>	<b>Handicap Time (Mins:secs)</b>	<b>Actual Time (Mins:secs)</b>
1	Steve Ackroyd	43:02	13:30	29:32
2	Brandon Webb	44:06	12:30	31:36
3	Thomas Cartledge (Guest)	44:28	16:15	28:13
4	Sally Alexander	44:44	15:30	29:14
5	Sarah Ferguson	45:00	1:45	43:15
6	Wendy Smith	45:11	7:30	37:41
7	Terri Scott (& Bonnie)	45:16	7:00	38:16
8	James Caffrey	45:53	19:45	26:08
9	Vernon Given	45:55	12:30	33:25
10	Liz McLennan	46:02	9:45	36:17
11	Dan Jones (Guest)	46:03	10:30	35:33
12	David Nottidge	46:09	8:15	37:54
13	Martin Faulkner (& Bertie)	46:13	7:00	39:13
14	Paul McManus	46:20	10:30	35:50
15	Simon Petitt	46:21	19:45	26:36
16	Judith Cartledge	46:33	9:45	36:48
17	James Kilfiger	46:39	17:00	29:39
18	Helen Petitt	46:58	4:20	42:38
19	David Watkins	47:36	8:15	39:21
20	Dan Oppe	47:52	16:15	31:37
21	Scott McDonald	48:05	7:30	40:35
22	Hannah Cartledge	48:25	7:30	40:55
23	Michael Manwill (& Ruby)	48:55	12:30	36:25
24	Michael Preston	50:31	0:00	50:31

**Tuesday, 7<sup>th</sup> January**

**Club Run in East Grinstead**

**The 'Dog'.**

Meet at East Court Top Car Park for a 7pm start.

For the next three months, the first Tuesday Club run of the month will be in East Grinstead, to add some variety to the road routes. This run will be the 'Dog'. It is about 5 miles in distance and has some short hilly sections to, no doubt, get you in the mood for the Oxshott XC race on the coming weekend.

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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!*

The screenshot shows a calendar interface with a header bar containing navigation arrows, a date range 'Dec 2024 - Feb 2025', and icons for chat, calendar, and print. A 'Schedule' dropdown menu is also present. The main content area displays a list of events:

Day	Date	Time	Event Name	Location
1	JAN, WED	9:15 - 10:15am	Surrey Inns Kanter (LDWA - 12m or 20m)	RH7 6PS, Plough Rd, D...
		11am - 12pm	Knacker Cracker (10k)	Denbies Wine Estate, Bradley Ln, Dorking...
		11:30am - 12:30pm	Worthing Hangover 5	BN14 9QB, Hill Barn Ln, Worthing BN14 9Q...
2	JAN, THU	8 - 10:30pm	LRC quiz team	The Star Inn, Church Rd, Lingfield RH7 6AH, UK
4	JAN, SAT	9 - 10am	East Grinstead parkrun (GP event)	East Court, College Ln, East ...
		1 - 2pm	Surrey County XC Champs.	Lloyd Park, 84 Coombe Rd, Croydon...
5	JAN, SUN	11:30am - 12:30pm	Tadworth 10s	

6	JAN, MON	● 7:15 – 8:15pm ● 7:30 – 8:30pm	Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Cl... L10s meeting Lingfield Running Club, 54 High St, Lingfield RH7 6...
7	JAN, TUE	● 7 – 8pm	Club running (Gary - East Court) East Court, College Ln, East G...
8	JAN, WED	● 6:45 – 7:45pm	LRC coaching (Fiona)
11	JAN, SAT	● 1 – 1:30pm	Surrey XC race 3 (Oxshott)
13	JAN, MON	● 6 – 8pm ● 7:15 – 8:15pm	LRC Committee Lingfield Running Club, 54 High St, Lingfield RH7... Beginners' running (C25k) - Sophie VSSC - Lingfield Victoria Cl...

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**

### **New features for your club newsletter** **Gary and Graeme**

We have come to the end of our parkrun feature and will soon be finishing our 'My Favourite Race' section, so we're looking for new topics to include in the club newsletter. On average, 70% of you open and (I assume) read the newsletter each week, but it is only as interesting/useful as the articles we receive from you.

The Editor has been combing through other running clubs' newsletters for ideas, but we're also interested in getting your suggestions. If you have a suggestion, please email them to Graeme, [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk). This is also the address to send race reports which we hope will remain the bedrock of the newsletter.

We're ready to consider any running topic (e.g. most bizarre running experience, dog-friendly\* races) and also non-running ideas (e.g. favourite book, film, recipe etc) that are likely to interest our membership. Gary is even working on a regular puzzle section, to satisfy the small, but keen group, who participated each week in the parkrun quiz.

So, please have a think and send your ideas to the Editor.

*\* well, one of us thought this was a good idea!*

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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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