



## **Newsletter**

**Wednesday 19 March 2025**

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***No new members 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.

Having been delivered back from holiday safely by **Simon Petitt** last Friday (landing graded 8.5/10), I now have two weeks of results to catch up on.

On 8th March, we had 42 members at 14 parkrun locations including the Grand Prix event at Hove Promenade, where 18 ran (see [Sally's report](#)). The other locations were: Barking (1), Basingstoke (1), Chichester (1), Great Lines (3), Horsham (1), Morden (1), Nova Prestatyn (1), Peckham Rye (2), Reigate Priory (1), Tilgate (4), Wakehurst (6), Woking (1) and Zuiderpark (1).

Congratulations to **Aly Warner** (third woman at Zuiderpark) and to the nine members who set PBs at their parkruns. In terms of the Open Grand Prix, the Hove results meant that **Simon Petitt** and **James Willis** moved to the top of the men's table, but no change in the women's with **Judith and Hannah Cartledge** at the top. But it's a marathon, not a sprint ... full table [here](#).

Then, last Saturday, we had 38 runners at nine parkruns: East Grinstead (15), Bartley Park (1), Bushy (1), Edenbrook Country (1), Fort William (1), Tilgate (2), Torvaen (1), Wakehurst (15) and Worthing (1). Particular congratulations here to **James Kilfiger** and **Lucy Wilkes** (third man and woman at East Grinstead), and at Wakehurst to **James Caffrey** and **Dan Celani** (second and third men) and **Sally Alexander** (third woman).

Nerds and keen parkrunners may notice that the difficulty gradings in the tables below have changed. This is because Powerof10 has produced a new list which it explains [here](#). There have been some significant changes, even allowing for the fact there are more parkruns. And there are now separate ratings for those with very different summer and winter courses. Enjoy.

Sunday 9<sup>th</sup> March's most popular race was the [Paddock Wood Half Marathon](#), which was also the British Masters (BMAF) Half Marathon Championships, and attracted runners from all over the country with 2,400 finishers.

**Juhana Kirk** was our first to finish (46<sup>th</sup> in 1.13.55), then **Tom Harvey** (71st in 1.15.26), **Lucy Wilkes** (1.48.58) and **Sue Garner** in 2.11.43. We also had several second-claim members running. **Kieran Barnes** was the first to finish in an excellent 18th place in 1.11.06. Next was **Darija Sparkes** (2.04.32) and then **Catherine Wilson** (2.14.15). In the BMAF Champs. age group categories, **Tom Harvey** was 7th, and **Sue Garner** first. Great results, both of you. Cole Gibbens (Tonbridge) was first overall in 1.05.00 and first woman

was Lucy Jones (Herne Hill) in 1.12.26.

Meanwhile, several members tackled the tricky Steyning Stinger races, of which there are several distance options. In the 30km event, **James Caffrey** led them home in a great fourth place in 2.18.23, with **James Kilfiger** next in 2.28.02. **Ian Greenaway** went the full marathon distance in 5.08.22. This year's C25Kers should note there is also a half marathon, if they want to ease themselves in. Well done, all three of you.

**Lisa Compton**, **Ian Watkins** and second-claim member **Jeremy Garner**, tackled the Kingston Breakfast Run, a flat fast picturesque course running past Hampton Court Palace, the organisers say. Lisa ran the 20-mile race in 3.04.42, and Jeremy even quicker with 2.18.59. Ian completed the 16-mile version in 2.36.46. The 20-mile was won by George Grassly in 1.46.28 (first woman Steph McCall in 2.03.21), and the 16-mile by James Whittington in 1.29.51, first woman Joanne Harbinson in 1.53.48. Read Ian's short report [later on](#).

Alerted by her parkrun the day before, I searched for **Aly Warner's** time in the NN CPC Loop Den Haag (The Hague Half). I was not disappointed, finding that she finished in 2.24.22. Erick Sang won in 59.38, first woman was Mikedes Shimeles in 68.17.

**Tom Cartledge** sends us [a report](#) of his at Colwyn Bay 20-miler on 9<sup>th</sup> too. Tom had a great run to finish in 2.54 exactly. Martin Green won this race in 1.57.47 and first woman was Gemma Moore in 2.16.55.

Last Sunday 16<sup>th</sup>, four members (see pic below) tackled the famously 'undulating' (and often muddy) Moyleman Marathon. **Brandon Webb** (4.17.00) and **Dave Chase** (5.23.20) ran the traditional marathon race, an anticlockwise loop from Lewes, which attracted 190 finishers. But **Juhana Kirk** and **Tom Harvey** opted for the marathon relay in which each does half the run, with a changeover at the South Downs YHA near Southease. They did have great runs, finishing second of 42 overall (in 2.51.05) to City of Portsmouth's Paul and Rhiannon Navesey (2.49.29). They also broke the old course record in the process. It seems remarkable to me, but neither pair finished ahead of overall winner James Turner (Brighton & Hove), who ran 2.48.33! First woman was Lizzie Keep (Lewes) in 3.27.07. Both these winning times were course records.

**Scott Ulatowski** took to the trails again at a Long Distance Walkers (LDWA) event, the Sevenoaks Circular Challenge. Scott covered the 30-mile route in 8 hours 49 minutes, but these events are more about the taking part and enjoying the scenery than times. As Scott said, "*fantastic weather, great route, well-organised and terrific value for money*". There were also 15- and 20-mile routes available.

Second-claim member **Jeremy Garner** ran in the Surrey Half Marathon, finishing in a time of 1.24.51, 185<sup>th</sup> of almost 3,000 finishers. Great run, Jeremy. Race winner was Belgrave's Samuel Gebreselassie in 1.05.39, and first woman was Isabel Clark in 1.19.14.

It was good to see several members supporting the inaugural [Phoenix Running West](#)

[Sussex](#) run at Weir Wood Reservoir last Sunday. Club member **Vernon Given** has set up this group and the next Open Grand Prix event is at this venue on 30<sup>th</sup> March.

Modesty should prevent me mentioning the performance of the club quiz team on 6th March ... whatever. With just four members available, they triumphed over the other ten teams in The Star. As usual we donated our winnings (but not the bottle of wine spot prize) to the pub's local charities, which meant they received £138 on the night. Well done Gary, Dave & Meghan Worsell and the other guy. Try our [quiz pic clues](#).

Thanks to everyone who sent me reports/photos for this week(s)' edition. It's not feasible to check the results of every event, so please tell the Editor if you have done, or are planning, any races (or quizzes). I'd hate to miss anyone out of our results report. Have fun and enjoy your running.

Editor



*Club Lingfield's 'Moylemen'*

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08-Mar-25	2025	42	LRC parkrunners Median		61.76%
	Difficulty rank /835	Position	Name	Time	Age grade PB?
<a href="#">Barking</a>	114	29	Lisa COMPTON	00:24:25	89.69% PB
189 runners					
<a href="#">Basingstoke</a>	512	333	Sarah FERGUSON	00:30:55	49.76% PB
596 runners					

<a href="#">Chichester</a>	523	108	Judy HAYLER	00:27:24	71.84%	
253 runners						
<a href="#">Great Lines</a>	253	113	Isla GREENAWAY	00:26:06	56.70%	
433 runners		119	Ian GREENAWAY	00:26:30	57.48%	
		310	Theresa DONOHUE	00:35:10	52.89%	
<a href="#">Horsham</a>	482 (W)	359	Kath GARRIDO	00:47:43	52.71%	
380 runners	296 (S)					
<a href="#">Hove Promenade</a>	23	4	Dan CELANI	00:17:51	79.46%	
907 runners		7	Simon PETITT	00:17:57	72.24%	PB
		19	Harry RAFFAITIN	00:18:51	68.44%	
		33	James WILLIS	00:19:23	74.89%	
		39	Steve ACKROYD	00:19:31	73.19%	
		43	Sally ALEXANDER	00:19:36	87.67%	
		53	Vernon GIVEN	00:19:51	75.48%	PB
		142	David WORSELL	00:21:52	68.52%	
		224	Laura STOCKWOOD	00:23:44	65.80%	PB
		273	Nick CHAMPNESS	00:24:27	59.37%	
		283	Fiona CHAMPNESS	00:24:36	68.97%	
		308	Judith CARTLEDGE	00:24:56	80.08%	
		334	Hannah CARTLEDGE	00:25:18	58.56%	
		348	Jennifer WILLIS	00:25:32	64.10%	PB
		370	David WATKINS	00:25:53	63.04%	PB
		534	Nevenka WORSELL	00:28:17	60.75%	

		571	Helen PETITT	00:28:53	51.30%	
		852	Lynda WILLMENT	00:37:02	50.95%	
<a href="#">Morden</a>	663	65	Maggie STATHAM	00:25:13	89.76%	
188 runners						
<a href="#">Nova Prestatyn</a>	395	32	Tom CARTLEDGE	00:25:44	62.31%	
202 runners						
<a href="#">Peckham Rye</a>	281	351	Steve WARNER	00:31:36	54.59%	
451 runners		443	Marie WARNER	00:40:42	50.57%	
<a href="#">Reigate Priory</a>	697	202	Michele EDWARDS	00:29:53	65.87%	
372 runners						
<a href="#">Tilgate</a>	474	156	Gary SPRING	00:27:23	66.04%	
533 runners		279	Amanda NOTRIDGE	00:31:29	58.28%	
		356	Mike LOTHIAN	00:33:44	55.24%	
		411	Noah SEMONIN	00:36:18	35.54%	
<a href="#">Wakehurst</a>	281	50	Tim MARTIN	00:23:43	61.21%	
432 runners		195	Catherine WILSON	00:30:19	55.31%	
		196	Darija SPARKES	00:30:21	53.93%	
		263	Peter PHILLIPS	00:33:45	52.25%	
		374	Robin MAYER	00:43:55	44.78%	PB
		407	Eliska KELLY	00:49:26	32.13%	PB
<a href="#">Woking</a>	297	5	Jeremy GARNER	00:18:46	79.22%	
440 runners						

[Zuiderpark](#) n/a 36 Aly WARNER 00:25:50 64.13%

152 runners

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**15-Mar-25 2025 38 LRC parkrunners Median 59.74%**

**Difficulty rank /835 Position Name Time Age grade PB?**

[East Grinstead](#) 823 3 James KILFIGER 00:21:48 68.20%

63 runners

4 Lenard BINUAGAN 00:22:07 59.61%

5 Steve ACKROYD 00:22:51 62.51%

11 Vernon GIVEN 00:24:56 60.09%

15 Mark ALDRED 00:26:18 55.64%

19 Tim MARTIN 00:27:00 53.77%

22 Lucy WILKES 00:27:47 57.17%

27 Fiona CHAMPNESS 00:28:55 58.67%

30 Judy HAYLER 00:29:13 67.37%

37 Isla GREENAWAY 00:29:56 49.44%

38 Ian GREENAWAY 00:29:59 50.81%

43 Doug BEWLEY 00:31:28 43.38%

44 Michele EDWARDS 00:31:46 61.96%

48 Helen DAVEY 00:34:02 57.00%

58 Theresa DONOHUE 00:41:35 44.73%

[Bartley Park](#) 524 77 Sarah FERGUSON 00:30:29 50.46%

133 runners

[Bushy](#) 75 16 Jeremy GARNER 00:18:20 81.09%

1,429 runners

<a href="#">Edenbrook Country</a>	285	61	Lisa COMPTON	00:24:47	88.37%	
233 runners						
<a href="#">Fort William</a>	772	15	David NOTTIDGE	00:27:40	62.35%	PB
37 runners						
<a href="#">Tilgate</a>	474	152	Catherine WILSON	00:27:54	60.10%	
467 runners						
		304	Mike LOTHIAN	00:33:09	56.21%	
<a href="#">Torvean</a>	552	4	Simon PETITT	00:18:36	69.71%	
207 runners						
<a href="#">Wakehurst</a>	281	2	James CAFFREY	00:17:56	77.23%	
409 runners						
		3	Dan CELANI	00:18:39	76.05%	
		17	James WILLIS	00:20:40	70.24%	
		18	Sally ALEXANDER	00:20:42	83.01%	
		55	Daniel JONES	00:23:20	59.86%	
		98	Simon COOK	00:25:33	61.19%	
		115	Jennifer WILLIS	00:26:27	61.88%	PB
		200	Martin PAYNE	00:29:37	58.86%	
		204	Debbie WILKES	00:29:48	73.49%	
		220	Steve WARNER	00:30:49	55.98%	PB
		240	Paul MCCARTHY	00:31:49	47.88%	
		359	Marie WARNER	00:41:34	49.52%	
		367	Robin MAYER	00:43:09	45.58%	PB
		373	Sue GARNER	00:44:41	57.33%	
		388	Eliska KELLY	00:48:15	32.92%	PB
<a href="#">Worthing</a>	25	17	Harry RAFFAITIN	00:19:20	66.72%	
617 runners						



**Sun's Out .... Guns're....Oops...LRC is Out!**  
**Grand-Prix Series #3: Hove Promenade parkrun**  
**Saturday 8<sup>th</sup> March 2025**  
**Sally Alexander**



***Obligatory 2 photos – trying to ‘herd’ a group of runners together is near-on impossible!***

The sun shone, the wind blew (in one direction only, sadly) and LRC were out in force to compete in the 3<sup>rd</sup> event of the internal Grand-Prix series.

Hove's seafront and beach were a hive of activity with roller-bladers; dog walkers; Channel swimmers and dippers, and those enjoying a more attractive leisurely weekend coffee! Then, it was parkrun time....907 participants arrived and that does not account for those who came via buggy (including our own Maeve Petitt!)

The moment Jennifer Willis donned her shades, we all knew it was time for LRC business, and we even received a special mention by the Race Director as we were waiting. Talk at the start line was where was James Kilfiger, why is everyone so tall, would Harry's shoe remain firmly on his foot and who could Steve Ackroyd and James Willis use as wind shields!

Everyone who took part had a great time as the route takes participants along the promenade, making essentially three loops to allow anyone who is able to breathe to shout a word or two of encouragement, or make some sort of hand signal! Thankfully, our lovely Sue Garner was there to save the day as one of the marshals operating the i360 turn point! Thank you so much Sue for all the support you gave us before completing the Paddock Wood HM the following day.

Despite the wind, many of our runners achieved parkrun PBs - including Vernon, who said he had been trying to smash his time for the past 13 years: which just goes to show, never

give up! However, I will add Maeve did manage to beat her mother, Helen, to the finish line by an arm's length, which I think might have been due to the all-in-one flying suit she was wearing! Fantastic achievement to everyone who ran including junior future committee members: Champnesses, Ackroyd, Stockwood and little Maeve! It was especially great to see Dave and Nevenka free to come and enjoy a different Saturday location, and Dan, Simon and Harry power ahead to come within the top 20 of the 907 participants!

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# Couch to 5K



by Sophie Davis

## Emma Poulton's story



*What was your motivation for joining our Couch to 5K (C25K) group?*

I've never run before and for me it was all about building up confidence and I felt that doing this in a group environment would be helpful. I don't think I'm particularly fit and have attempted the C25K myself a number of times and never got past a few weeks, so to be over 8 weeks in is a huge achievement!

*How have you found the C25K course so far? Has it met your expectations? What parts of the session have you enjoyed?*

The C25K program has been brilliant so far and the running club have been really welcoming! I've attended every session bar one due to illness and feel my confidence and fitness grow each time! I even went to a Wednesday night track session where everyone was lovely and encouraging. It's been a brilliant program to be a part of and I feel that running is something I will continue to do after the program finishes.

*We're pretty confident that you will be able to complete a 5km run on the completion of this course. Do you have any targets beyond doing the 5km?*

For me, I'd love to just continue running and have it become part of my everyday life! It's been surprisingly social on a Monday night and I'd like to continue running with people that I've met. The EG 10k is in October and I'd love to be in a position to run this later in the year!

*Any other comments?*

A huge thank you to Sophie and the other members who have supported us on a Monday night. The advice and encouragement has been fantastic.

On another note, this is quite personal but I hope it can potentially encourage others, just not sure where it should sit on the above. I was diagnosed with post-partum anxiety after having my daughter and exercise was something that I always found to be a huge challenge. This time last year I found it difficult to even go for a walk, let alone a run. It felt like I threw myself into the deep end joining the program but I can't say how much it's helped my confidence and also feel better generally (apart from the tight calves!). I'd honestly recommend running to anyone who suffers from mental health challenges 😊

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<https://www.activesussex.org/>



<https://www.mind.org.uk/>



<https://www.samaritans.org/>

Here is the final part summarising the information given at an online forum organised by Active Sussex and presented by Mind entitled 'Spot. Support. Signpost: How you can help someone who may be struggling with their mental health'.

Part three:

## Signpost them to help and support

Useful telephone numbers and websites:

Mind – Call 0300 102 1234 – open 9am to 6pm weekdays except bank holidays

Childline (under 19s) : ‘online, on the phone, anytime’ – call 0800 1111 or chat to them at [childline.org.uk](http://childline.org.uk)

Samaritans – call 116 123

NHS – call 111 and press 2

Shout – text SHOUT to 85258

Hub of Hope – Enter your postcode to find mental health support in your area [hubofhope.co.uk](http://hubofhope.co.uk)

GPs – GPs can provide advice and refer people to professional services

[nhs.uk/service-search/find-a-gp](http://nhs.uk/service-search/find-a-gp)

Side by Side – online peer support community [sidebyside.mind.org.uk](http://sidebyside.mind.org.uk)

### Tips to look after yourself

- Relax and reduce stress
- Find ways to learn and be creative
- Spend time in nature
- Try to get enough sleep
- Look after your physical health
- Connect with others

**Remember: only offer support if you feel able to do so**

### Find a counsellor/therapist (this was not included in the forum)

BACP directory : [https://www.bacp.co.uk/about-therapy/using-our-therapist-directory/?gad\\_source=1&gclid=EAlaIQobChMlu73Avb3wiwMV\\_XFHAR2A6SexEAAYASABEgLtdPD\\_BwE](https://www.bacp.co.uk/about-therapy/using-our-therapist-directory/?gad_source=1&gclid=EAlaIQobChMlu73Avb3wiwMV_XFHAR2A6SexEAAYASABEgLtdPD_BwE)

Counselling Directory : [https://www.counselling-directory.org.uk/?gad\\_source=1&gclid=EAlaIQobChMlicrx6r3wiwMV945QBh0ulAz1EAAYAiAAEgLYuvD\\_BwE](https://www.counselling-directory.org.uk/?gad_source=1&gclid=EAlaIQobChMlicrx6r3wiwMV945QBh0ulAz1EAAYAiAAEgLYuvD_BwE)

Psychology Today : [https://www.psychologytoday.com/gb/counselling?gad\\_source=1&gclid=EAlaIQobChMlicrx6r3wiwMV945QBh0ulAz1EAAYASAAEgJbk\\_D\\_BwE](https://www.psychologytoday.com/gb/counselling?gad_source=1&gclid=EAlaIQobChMlicrx6r3wiwMV945QBh0ulAz1EAAYASAAEgJbk_D_BwE)

If you have any concerns or questions, please do not hesitate to contact me in confidence by emailing [welfare@lingfieldrunningclub.co.uk](mailto:welfare@lingfieldrunningclub.co.uk)

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## **Lingfield RC On Tour (Colwyn Bay 20-Miler)**

**Tom Cartledge**

Well the weekend started with a 5 hour drive North beating the M25 closure diversion with a visit to Nova Prestatyn to complete their Parkrun.



A leg stretcher for the main event on Sunday with a finishing time of 25:44 but, more importantly an “N” ticked off on my Parkrun alphabet.

A bright and early 06:00 start on Sunday preparing myself for what should be my 18 mile element of my London training plan.

The Colwyn Bay 20 mile race, an out and back along the coastal cycle path from the promenade in Colwyn Bay to Kinmel Bay. A bumpy route with some gnarly hills thrown in for good measure.

Perfect running conditions, slight, if no wind with the potential of some nice sunny weather. Unfortunately, just before the start the organisers had to advise all of the 20 mile participants that there would need to be a route change as the council had decided to rip up the promenade in Kinmel Bay. This route change meant that I would now face one of my worst race formats with the 20 milers having to turn at 5 miles only to run back to the start/finish line before turning again to take on the 2<sup>nd</sup> 10 mile. The goal for the weekend was to complete my 20 mile in 3 hours or under. I had a good start however, as normal I went off too quick and instead of the planned flat 9:00 minute pace I was pushing 8:20's



Finally I crossed the finish line in a time of 2:54.00. I maintained my pace only dropping into low nines through miles 18 and 19 the gnarly hill sections covered for the 2<sup>nd</sup> time near the end route.



Now just the 5 hour drive back home!!!

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## **Kingston Breakfast Run, March 9th**

**Ian Watkins**

Lisa Compton and myself set off from Lingfield at 5.50am in order to miss the traffic and chaos expected to be caused, as the M25 was closed at junction 10.

We managed to negotiate our way there without incident and found the carpark that Lisa had previously paid for – thank you Lisa. We collected our numbers and joined the inevitable queue for the loos!

There were three options of routes: 8, 16 or 20 miles. It was one lap for the 8-mile, two laps for the 16 miles and an extra loop for the 20 miles. Lisa did the 20-miler and came in at an amazing time of 3:04:46 and first in age category. I did the 16-miler and came in at a time of 2:36:42 and fourth in my age category out of six.

The weather was absolutely perfect; a little chilly to start, but we soon generated plenty of heat once we got going. It was a lovely flat route that ran along the side of the river Thames and then came back into Kingston town centre via the Hampton Court Road. As ever the marshals and drink stations were all amazing.

I've done this race twice now and on both occasions really enjoyed. It's a great training run for a spring marathon.

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## **British Masters Cross-country Championships**

**Maggie Statham-Berry**

On Saturday 15 March I ran in the British Masters national cross country championships. This year the event was held in Scotland in Tollcross Park in south east Glasgow. The weather was pleasantly sunny and warm. The 6km course was three laps of undulating parkland without a trace of mud.

I was in the first race for all the women and the age 65+ men. The second race was for the rest of the men (ages 35-64) who did four laps. I was delighted to win the Gold medal in my W70 age group. I was 58th out of 81 finishers.

The results are on the Results tab at this link: [British Masters Cross Country \(opentrack.run\)](#)

Although the results show my club as VAC, I was running in a Lingfield club vest and I entered to represent Lingfield as my first-claim club. The entry system gives a discount to

Masters clubs' members who then get labelled with their masters clubs but I wasn't in a VAC team.



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### **Weekly club runs**

#### **Gary Spring**

PLEASE NOTE: While we're in the final weeks of running on dark evenings, please wear something bright and carry a torch so you can see and be seen.

#### **Tuesday, 25<sup>th</sup> March**

##### **Club Road Run in Lingfield**

Meet at the Victoria Club for a 7pm start.

Yes, we're sticking to the new single lap route that James Kilfiger devised for us. All road and just over 5 miles in distance. If anyone needs the extra miles, there is the option of adding on more miles by including the West St loop.

#### **Club Runs in April**

As the clocks go forward at the end of March, we can look forward to getting back on the trail routes in April. However, whatever we do over the next few Tuesdays, I recommend we continue wearing headtorches for a few more weeks until we have enough daylight to spot all the trip hazards without them.

#### **Advance Notice**

##### **1<sup>st</sup> Handicap Race is Tuesday 8<sup>th</sup> April**

This will be the 5km road run down St Piers Lane and back. More information next week. Everyone should finish before sunset so, unless we have heavy clouds, I don't expect there is a need for headtorches.

### Want to run with members on a different day and time?

If you are looking for company on a run at a different day and time to the above Club Run, please consider using the club WhatsApp group 'LRC Runfinder', to suggest a run or see what other members are planning to do. If you are not yet in this WhatsApp group, and want to be, please send me a message at [organiser@lingfieldrunningclub.co.uk](mailto:organiser@lingfieldrunningclub.co.uk) or text me on 07925 195032.

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### And over the next two weeks ....

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	<	>	Mar – Apr 2025	🗨
19	MAR, WED	●	6:45 – 7:45pm	LRC coaching (James) Imberhorne School, Imberhorne Ln, East Grinstead RH19 1QY, UK
20	MAR, THU	●	6:45 – 7:45pm	Coaching with Horley Harriers K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ, UK
22	MAR, SAT	●	8:45 – 9:45am	Wakehurst parkrun (C25k runners) Wakehurst Place, Wakehurst Pl, Haywards Heath RH17 6TN, UK
		●	9 – 10am	Hampton Court Palace 10k KT8 9AU, Hampton Ct Way, East Molesey KT8 9AU, UK
23	MAR, SUN	●	9 – 10am	Hampton Court Half KT8 9AU, Hampton Ct Way, East Molesey KT8 9AU, UK
		●	9:15 – 10:15am	Bournemouth Bay Runs (5k/10k/Half) Bournemouth Pier, Pier Approach, Bournemouth BH2 5AA, UK
		●	9:30 – 10:30am	Nonsuch Park 10k Nonsuch Park, 23 Ewell Rd, Sutton SM3 8AB, UK
		●	10 – 11am	L10s 10 mile drone run Young Epilepsy, St Pier's Ln, Dormansland, Lingfield RH7 6PW, UK
		●	10:30 – 11:30am	Balcombe Bull Run Balcombe Church of England Primary School, London Rd, Balcombe, Haywards Heath
		●	11am – 12pm	Flyers5 (WSFRL) Thakeham, Pulborough RH20 3EP, UK
25	MAR, TUE	●	7 – 8pm	Club running (Gary - road run) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
26	MAR, WED	●	6:45 – 7:45pm	LRC coaching (Keith)
27	MAR, THU	●	8 – 9pm	VSSC AGM VSSC - Lingfield Victoria Club, 54 High St, Lingfield RH7 6AA, UK
28	MAR, FRI	●	7:30 – 8:30pm	Surrey County AA AGM The Leatherhead Institute, 67 High St, Leatherhead KT22 8AH, UK
30	MAR, SUN	●	8:30 – 9:30am	Phoenix Mother's Day run (GP event) Weir Wood Reservoir, United Kingdom
		●	9 – 10am	Cranleigh 7-14-21 mile GU6 8AF, Village Way, Cranleigh GU6 8AF, 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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### **Reminders from previous weeks**

#### **Coaching and run-leading for the club**

**Dave Worsell**

*As our club continues to grow, we urgently need to expand our coaching team. Thanks to Sophie's successful Couch to 5K (C25K) program, we've welcomed many new members, resulting in a diverse range of pace groups. By offering more varied training options, we can attract even more runners and support those eager to improve.*

*New England Athletics regulations require that club runs and coaching sessions be led by qualified leaders with either a Leadership in Running Fitness (LiRF) or a Coach in Running Fitness (CiRF) qualification.*

*These courses are straightforward, and the club is happy to cover the cost for members interested in earning either certification. There's no obligation to commit significant coaching hours or organise Wednesday track sessions (unless you want to!). Your main role will be to lead a group, enjoy your runs as usual, and help support fellow runners.*

**For more information email me at [coach@lingfieldrunningclub.co.uk](mailto:coach@lingfieldrunningclub.co.uk)**

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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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