



## **Newsletter**

**Wednesday 14 May 2025**

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## **Reminders**

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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.

There was another very good parkrun turnout last Saturday with 44 members at 13 locations: East Grinstead (19), Bushy (2), Bressay (1), Didcot (1), Durlston Country Park (1), Kagerzoom, (1), Littlehampton Prom (1), Market Bosworth Country Park (1), Royal Tunbridge Wells (1), Sizewell (1), Swansea Bay (1), Tilgate (2) and Wakehurst (12).

Particular congratulations at East Grinstead to **Fiona Champness** (second woman) and **Lenard Binuagan** (third man); and at Wakehurst to **Dan Celani** who was second (and he and four others got PBs).

We have reported on the East Surrey League over the last two weeks, and I had some even better news this week, as **Maggie Statham-Berry** had spotted an error in the official results. Now corrected by the organiser, LRC is now showing as having competed in all three matches. Despite there being just Maggie at Ewell, LRC's women's team is now in third place, which is very creditable. Well spotted and well done, ladies!

I would bet that the first member to start his weekend run was **Dave Chase**, who set off from Cunsey, Ambleside at 6am on Saturday. His was a 47-mile race ('The Lap') which claims to be 'the best signposted race in the country. If not The World!!!' Dave didn't get lost but did run out of steam (he says) after 33 miles but still finished at 10.09 p.m., with a time of 16.09.27. Dave has given us a report of his long day [later on](#) (regrettably I had to edit this heavily because of the profane language). Tom Smith was first to finish in 6.43.53 and first woman was Fay Preen in 9.17.16.

Close behind him may have been **Darija Sparkes**, doing the [Run to the Sea Brighton](#) on Saturday, which she completed in 7.25.03. Darija was disguised as one of a group of five East Grinstead Runners who, remarkably, all finished within two seconds of each other. Robert Brundish (Horsham Joggers) was first to finish in 3.33.36, and first woman was Jemima Bean in 4.28.42.

Sunday's [Ranelagh Richmond Half](#) was event six of the club Open Grand Prix. Herne Hill's Oliver Mills won this race in 1.11.25, and first woman was Lisa Bailey (Stragglers) in 1.20.12, and they are crowned as Surrey's Half Marathon Champions for 2025. Lingfield had three runners – **James Kilfiger** (1.29.13), **Maggie Statham-Berry** (1.49.47) and **Sue Garner** (2.07.00). Maggie was first in the Female 65+ category, so is a Surrey Champion too! Second-claim member **Jeremy Garner** was also there, running for Epsom &

Ewell Harriers, and finished in a time of 1.26.53. This was a club Open GP event, but the leaderboard was unaffected. Current positions are [on the website](#).

At various times between, between 7.20 and 8.30am, several members set off in the [East Grinstead Triathlon](#). In the main event, the Sprint Tri, they finished **James Willis** (1.25.52), **Nick Keen** (1.26.39), **Ian Watkins** (1.35.15) and **Dave Nottidge** (1.51.05). And, in the Tri-a-Tri, **Jennifer Willis** was 11<sup>th</sup> of 35 in a time of 55.04. Epsom Triathlon Club provided the fastest man (Justin Marshall - 1.08.15) and woman (Ellen Vermeulen in 1.19.01). Dave has written an account of his experience [later in the newsletter](#). Well run/swum/cycled/marshalled/timed everyone involved!

**Paul McManus** was kind enough to let me know that he was taking part in the [Geneva Half Marathon](#) on Sunday. Although I can't find the official results yet, he seemed to have an enjoyable time and ran a great race to finish in 1.53.00. Looks like fun, Paul.

It's not feasible to check the results of every member at every event if you haven't updated your profile to Lingfield on parkrun, for example, so 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

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<b>10-May-25</b>	<b>2025</b>	<b>44</b>	<b>LRC parkrunners</b>	<b>Median</b>	<b>59.12%</b>	
	<b>Difficulty rank /835</b>	<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Age grade</b>	<b>PB?</b>
<a href="#">East Grinstead</a>	823	3	Leanard BINUAGAN	00:20:23	64.68%	
131 runners		4	Nick KEEN	00:21:14	66.80%	
		10	Brandon WEBB	00:22:35	66.94%	
		19	James KILFIGER	00:24:01	61.90%	
		23	David WADDINGTON	00:24:27	55.42%	
		24	David WORSELL	00:24:27	61.28%	
		34	Fiona CHAMPNESS	00:26:09	64.88%	
		44	Judy HAYLER	00:27:32	71.49%	
		47	Ben HORNER	00:27:57	47.70%	
		50	Chris RANCE	00:28:09	53.70%	
		63	Isla GREENAWAY	00:29:31	50.14%	
		64	Ian GREENAWAY	00:29:32	51.58%	

		71	Miranda CHITTY	00:30:43	59.74%
		77	Catherine WILSON	00:31:26	53.34%
		78	Keith CHAMBERS	00:31:28	53.81%
		92	Steve WARNER	00:33:37	51.86%
		104	Theresa DONOHUE	00:37:20	49.82%
		115	Ian WILSON	00:45:27	41.00%
		121	Michele EDWARDS	00:51:40	38.10%
<a href="#">Bushy</a>	75	12	Jeremy GARNER	00:18:08	81.99%
1,565 runners		46	Steve ACKROYD	00:19:37	73.41%
<a href="#">Bressay</a>	542	21	Lucy WILKES	00:24:17	65.41%
95 runners					
<a href="#">Didcot</a>	276	114	Helen DAVEY	00:27:33	70.42%
309 runners					
<a href="#">Durlston Country Park</a>	833	103	Emma FORBES	00:40:06	37.74%
129 runners					
<a href="#">Kagerzoom</a>	n/a	64	Aly WARNER	00:28:37	57.89%
112 runners					
<a href="#">Littlehampton Prom</a>	132	56	Emma PAGE-MOORE	00:23:10	64.53%
337 runners					
<a href="#">Market Bosworth Country Park</a>	657	170	Sandra ANKERS	00:41:52	57.92%
186 runners					
<a href="#">Royal Tunbridge Wells</a>	753	20	Harry RAFFAITIN	00:21:20	60.47%
339 runners					

<a href="#">Sizewell</a>	460	12	Andrew SENIOR	00:23:51	58.56%	
137 runners						
<a href="#">Swansea Bay</a>	50	43	Sally ALEXANDER	00:20:23	84.30%	
711 runners						
<a href="#">Tilgate</a>	474	23	Dan OPPE	00:20:59	66.00%	
462 runners		112	David WATKINS	00:26:14	62.20%	
<a href="#">Wakehurst</a>	281	2	Dan CELANI	00:17:52	79.38%	PB
runners		72	Lisa COMPTON	00:24:43	88.60%	PB
		73	Sophie DAVIS	00:24:44	62.20%	
		126	Terri SCOTT	00:27:39	66.37%	
		166	Paul MCCARTHY	00:29:46	51.62%	PB
		238	Peter PHILLIPS	00:32:41	54.61%	
		263	Helen PETITT	00:34:13	43.30%	
		312	Carole BARNES	00:37:19	59.67%	
		323	Paul EVANS	00:38:08	43.97%	PB
		357	Robin MAYER	00:41:52	46.97%	PB
		388	Martin PAYNE	00:48:38	35.85%	
		402	Eliska KELLY	00:56:16	28.23%	

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### **Mental Health Awareness week 12th to 18th May**

**Scott McDonald**  
(LRC Mental Well-being Champion)

This is an opportunity for all of us to come together and talk about Mental Health and show everyone that Mental Health matters. Talking about our Mental Health can help us cope better with

life's ups and downs. So, for this week and beyond it, why not check in with your friends, family, peers and / or colleagues?

This year's theme is celebrating the power and importance of **COMMUNITY!**

So what is a Community?

There are many different types of communities and you can belong to more than one.

A community is a group of a people brought together through something which they share in common.

Being part of a safe and positive community is vital for our physical and mental wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, that we are not alone.

Our running club is a great community, whether it is the ultra marathon runners telling us about their most recent running venture, to the recent very successful couch to 5km, there is something for everyone.

Please don't bottle it up, speak to family or friends. Below are a few helpful hints;

1. Get closer to nature - walking, running through fields and forest areas.
2. Get more sleep. Apparently adults should be getting seven to nine hours sleep every night. So maybe try to keep to regular times, difficult if you work shifts but, if you can, try to go to bed and get up at the same time every day. Develop a winding down process before going to sleep e.g. leave the mobile phone in another room so as to avoid social media, maybe do some reading.
3. Keep Moving  
According to the World Health Organisation, over a third of us are not moving enough! Physical exercise releases feel good hormones that reduce stress and anger. Exercise comes in different ways - running, cycling, walking, dog walking, gardening. Research shows that being in a team can boost your mental health even more particularly if you reach your daily 10,000 steps.
4. Diet - try to have a balanced diet, fruit, vegetables etc but be fair to yourself and have a few treats!
5. Try something new and fun! This could be anything from learning a musical instrument to taking on an allotment and growing your own vegetables. I have a small allotment - it gets me out in the fresh air, and gets me moving!
6. Alcohol - we all deserve a treat and, taken in moderation, it is good for you; but it is not always the answer to problems.

The Green Ribbon is the international symbol for Mental Health Awareness. To support Mental Health, please consider buying this symbol, if you already have one then please wear it.

Please don't hesitate to contact me if you want to talk about something, more than happy to talk, run and talk, or meet for coffee. Everything is in strictest confidence.

Take care, Scott

07710 269369



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### **East Grinstead Triathlon** **Dave Nottidge**

LRC had five participants, Jennifer Willis, James Willis, Ian Watkins, Nick Keen and myself. Jennifer did the Tri a Tri event which was a 200m swim, an 11k bike and 2.5k run. The rest of us did the sprint tri which was a 400m swim, 26k on the bike and a 5k run to finish.

This was the second year I've done the event. I train quite hard over several weeks on the bike and the swim (my weakest element) and of course the running. As a result, I'm keen to put in a good performance - do the best I can. This includes being well organised on race day, not forgetting anything, wearing the right kit at the right time, etc. For me the Adrenalin starts kicking in the day before and eases off several hours after the event. So I was feeling pretty good post-race - mainly due to the adrenalin.

It was a really nice day, light breeze and sunny. I don't think I saw any of the others pre-race as you start according to your swim speed. I'm not quick, so started early on, about 07.15. All the others are pretty quick swimmers so probably started at 8 or even later.

So a summary of my race:

I joined the queue leading to the end of the pool where we were individually allocated a lane with a

marshal whose main job was to tell you when you'd done your 16 lengths. Then into the pool and away you go.

Soon the distance is done and out you get and off as fast as possible to get your bike and put on bike kit ( I should have done this bit quicker). Then off on the bike to do the loop around Hartfield and back. The contrast of going from swim to bike is really nice - you can get some speed!

Then back into transition to drop your bike, take off bike kit, put on running shoes. I had a good drink of electrolyte mix which helped. And off on the run, 2x2.5k laps. The run is hard, legs feel wobbly - and you've already used quite a bit of energy. It's good to see some familiar faces on the run, so thanks to the supporters who joined us.

Then it's the final sprint over the finish.

I was happy with my time, about 20 seconds quicker than last year. Near the back of the field, but that's ok - I am nearly 70. It's great fun. Ian suggested we should enter a team next year - that would be good.

Jennifer came 10th out of 35 in 55.02.

James came 65th out of 234 in 1.25.52.

Nick came 75th in 1.26.39.

Ian came 135th in 1.35.15 (finishing strongly, below).

I was 191st in 1.51.05.



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## **Ranelagh Half Marathon** **Maggie Statham-Berry**

James Kilfiger, Sue Garner and I ran in the Ranelagh Half Marathon, which started in Ham and used the Thames towpath to Richmond Bridge. There, we crossed the river and turned back on the other side on urban roads all the way to Kingston Bridge, and then back by the Thames and more urban roads.

Thankfully the race started at 8.30am and, although it was warm, most runners were back before the temperatures hit the mid-twenties.

James ran at a good, measured, pace to finish 97th out of 463 finishers in a sub 90 minute time of 89:33 (89:13 chip time). Sue finished in 2:07:47 (2:07:00 chip time) which was good considering she was allowing herself to recover from the London Marathon and was determined not to let the race spoil her enjoyment of being beside the Thames.

I was pleased to survive the half marathon distance, which did feel like a long way! I last did one in 2016. I was delighted to win the Over-65 category in a time of 1:50:17, even better when my chip time came out under one hour 50 minutes (1:49:47).

Oh, nearly forgot .... the race was also the Surrey Championships, so I won a gold medal for being the first Surrey W65+, and a £40 sports shop voucher for being the first W65+ in the race.

[Ranelagh Half Marathon](#)



## **The Lap**

### **Dave Chase**

I was sold a dream. The Irish event managing impresario, Davy Newell, invented a run around Lake Windermere and I bought it, hook, line and sinker. A big (47 mile), hilly (8,600ft), circular (clockwise round the lake) event with which to round off my frankly ludicrous and fairly short-lived ultra running career. "The Lap". But was it to be a victory lap, a lap of honour, or something else?

In my old style Lingfield RC tee shirt, I edged my way towards the front of the approx 950 runners and walkers to avoid being trapped along the early single file stretches that I'd seen on YouTube videos. This cunning plan was possibly my first mistake as I was now in the company of properly prepared athletes who would set an ambitious pace and sweep me along with them.

At 6am we were off and it was cool to start with. I was able to complete the first climb of Latterbarrow comfortably which started to increase my confidence. I was going to be ok. Second mistake.

Loughrigg was a tough climb and the temperature was rising. Must keep drinking. Down to Ambleside where I was both too late to do the 9am Rothay Park parkrun (which I had been thinking of running, just for \*\*\*\*s and giggles, you'll understand) but also too early for an ice cream from the Ambleside Bridge Fudge Shop, which opened at 10am.

Then soon after came the enormity of Wansfell Pike which was a slow old vertical trudge and made me wish I had some poles. I offered to carry some fellow runners' poles, but they saw through my ruse.

At the top, I sensed the onset of some chafing, so moved to the side and searched through my rucksack for some vaseline. As I was applying it, I spotted Caroline from Henfield Joggers leaping past me on the mountain top like a graceful gazelle. I shouted out to her, but she sensibly ignored the sweaty fat bloke with his shorts hoiked up, vigorously rubbing his crotch.

An ascent of Wansfell followed and fabulous views towards the lake which looked miles away at this point. And probably was.

It was properly hot. I kept drinking and made it to the checkpoint at Troutbeck. This is where the infamous pizza van was. The pizza was much needed at this point. Then onwards to Windermere where I briefly caught up with my fan club (wife and dog).

After being sprayed in the face by an over enthusiastic teenager wielding a hosepipe, I began the long climb up to Gummer's How. I heard snippets from other runners that several people had pulled out at Troutbeck due to the hills and the heat. Another red flag. But no, not me, I was carrying on. And on, and on.

And on. Until, at around 32 miles, suddenly I needed to be sick, \*\*\*\* myself and faint all at the same time. As the world spun round and the colours became more intense I moved to the side and threw up. I then managed to find a more secluded spot and do what bears allegedly do in the woods ... while thinking that

if I passed out, I was now not visible from the path. I clung to a stone wall and tried to get a gel inside me, realising that I desperately needed electrolytes.

This seemed to do the trick and soon the world stopped spinning around me. At this point I must admit that a more sensible version of myself would probably have decided to quit. But hey, that's not me, so I shouldered my pack and started to trudge on.

Trudge was the right word. I trudged up the long incline up to the top of Gummars How, couldn't be \*\*\*ed to see the view, trudged round the top then followed the signs back down, trudged through the woods, trudged round some other lake that I thought was Windermere but turned out to be somewhere else. Trudged through some very picturesque bluebell woods but again couldn't be arsed to take a photo (not like me at all). Kept looking at my watch. 36.1 miles. 36.2 miles. Why was this so slow?

Dear reader, I trudged all the way to the last checkpoint at 42 miles with five miles left to go. Here I picked up a cheese sandwich and slumped in a chair. A helper asked me if I was ok. I no longer cared. But slowly a miraculous recovery was taking place. The cheesey goodness was reviving me. I had another and then another. I could feel strength coming back. I was going to finish this thing.

A group of us ploughed on together. No one speaking. Just mute acknowledgement of how physically knackered we all were. And yet I felt as I was going to complete it. The route was now back up the side of the lake, but still took more twists and turns over yet more hills and then some rock scrambling with headtorch on by now before eventually nearing the finish. Some of the younger ones started to pick up the pace at this point, but I just trudged on grimly, up the hill and across the finish line at 10pm. Just over 16hrs, for the record. Wooden medal received. Food and beer obtained. Sat down and consumed. It was all a bit robotic. Davy Newell sold me a dream but it had turned into a bit of a nightmare!

Still, what an event. What a day. What views. What makes us keep doing these things even with the illness and exhaustion? What's wrong with me!? Tbh I think that's going to be my last ultra. Getting too long in the tooth, although this is no excuse as the oldest guy to finish was in his 80's! Also, the fastest guy did it in 6hrs 43mins. Incredible!

If anyone reading this is thinking of having a go it's already sold out for this September (anti-clockwise) and also next May (clockwise). Maybe pencil in a reminder to sign up after that, if you dare to dream...!



## **Weekly club runs**

**Gary Spring**

### **Thursday 15th May**

Trail run around Lingfield. Start time 7pm from the Victoria Club

The route will be about five miles. I have a few ideas on where we can run and we can decide which to pick on the night.

### **Tuesday, 20<sup>th</sup> May**

#### **May Race 1. The 2<sup>nd</sup> Club Handicap race**

**Meet on Racecourse Road, opposite the racecourse entrance**

Start Time: 7pm, for the slowest runners

The distance is just under five miles and mostly footpaths/trails. The slowest runners will start first, at 7pm. The faster runners can expect a handicap time of about 20 minutes. As was proved last month, in our first Handicap Race, anyone can be the winner, regardless of pace, but, be warned; creeping slowly around a parkrun route on 17<sup>th</sup> May won't necessarily help you get a more advantageous handicap time.

If you are driving to the event, please park at or near to the Victoria Club and jog down to the start; on Racecourse Road, opposite the racecourse entrance.

For info, there are nine Club Handicap races over the year and there is a trophy for the highest scoring woman and man, over the nine races. Points are awarded, based on finish position. The best six scores from the nine races are counted to decide who will win the trophies. You can see the current points tables via [this link](#).

### **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.

### **What's coming up in May for Club run events**

Tuesday 27<sup>th</sup>: May Race 2. The 3<sup>rd</sup> Club Handicap Race.



**Coming soon - the Longest Day run!**

**Lisa Compton**

Think you could run one mile on the hour every hour for 12 hours? Well, ten of us did this last year, and we loved it so much that we're planning on doing it again. But this time with an option of increasing this to 24 in 24 – yes, that's right, 1 mile on the hour every hour for 24 hours. Easy, right?

Then come and join us on the summer solstice weekend on 21st / 22nd June 2025. There will be a group start at 8am on Saturday 21st at East Court, with every mile run together until 11am, after which we'll go our separate ways to run each mile wherever we choose, before meeting up again in the evening for mile 12. Those people running 24 miles then have the option to camp at Keith's for some company for the overnight miles. Alternatively, you can run each mile individually, a route of your choice.

This is not a race or a competition – its just for fun! However, if you want to submit your mile times, we'll produce a log of everyone's splits. There is also an option to sign up to the virtual version of the Phoenix longest attended day event, submit times to them and receive a fabulous medal through the post a few days later.

Please let us know via the 'LRC Run Finder' WhatsApp group if you're planning on participating – although there's no need to commit yet, it would be helpful to know numbers for the overnight stay option.

**Summertime Relays**

**Keith Chambers**

Dear All,

There are some exciting relay events on the horizon.

Relay races are great team events; last year at the Tonbridge AC Relays we enjoyed an exciting evening, especially around the changeover and adjacent café, our top team finishing 24<sup>th</sup> of 94. It would be great to have some teams out again at both relays; details below.

If you are interested, please contact Liz or Keith and we'll coordinate team entries.

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

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

## **2<sup>nd</sup> Tonbridge AC Penshurst Midsummer Relays**

Location: Penshurst Place, Tonbridge, TN11 8DG

Wednesday 25<sup>th</sup> June 2025

Start time: 7:15pm

Teams of 3 runners

£21 entry fee per team, plus an additional £2 per person for non EA registered runners

4km multi-terrain course through Penshurst Place's beautiful parkland and grounds.

3 competitions within one race: male, female and mixed

[Download Course Map](#)

## **1<sup>st</sup> Holland Sports Night of Relays**

**Location: Holland Sports, Mill Lane, Oxted, RH8 9DF**

Thursday 10<sup>th</sup> July 2025

Start time: 7:30pm (Senior races)

Teams of 4 runners

£20 entry fee per team

4 x 1 Mile loops around the park at Holland Sports.

Mixed sex teams will be classed as non-scoring

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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 < > May – Jun 2025			
14	MAY, WED	6:45 – 7:45pm	LRC coaching (Dave) East Court, College Ln, East Grinstead RH19 3LT, UK
		7 – 8pm	Chase the Sun 5k & 10k Clapham Common, Windmill Dr, London SW4 9DE, UK
15	MAY, THU	6:45 – 8:15pm	Coaching with Horley Harriers
		7 – 8pm	Club run (Gary) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
18	MAY, SUN	All day	Surrey Masters Track & Field Champs. WAAC, Kingston
		9 – 10am	Wimbledon Half Rushmere Pond, London SW19, UK
		10 – 11am	Hogsmill 5 (women-only) Epsom, UK
		10:30 – 11:30am	Lindfield Village Run (5k & 10k) Hickmans Lane Recreation Ground, Lindfield, Haywards Heath RH16 2P
20	MAY, TUE	7 – 8pm	Club May Race 1 (handicap series #2) Racecourse Road

21	MAY, WED	● 6:45 – 7:45pm	LRC coaching (Fiona)
		● 7:30 – 8:30pm	Trundle View (WSFRL)
24	MAY, SAT	● 8 – 9am	Fox Trail 20k, 41k & 62k GU7 1EE, Great George St, Godalming GU7 1EE, UK
25	MAY, SUN	● 11 – 11:30am	Windlesham House 4 (WSFRL)
27	MAY, TUE	● 7 – 8pm	Club May Race 2 (handicap series #3) Lingfield Running Club, 54 High St, Lingfield RH7 6AA, UK
28	MAY, WED	● 6:45 – 7:45pm	LRC coaching (Ian)
		● 7:30 – 8:30pm	Beach Run (WSFRL)

Please check for updates in the diary. If you ever see any errors, or think we should add an event, please email details to [editor@lingfieldrunningclub.co.uk](mailto:editor@lingfieldrunningclub.co.uk)

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### **Reminders from previous weeks**

#### **Wednesday coaching sessions**

Dave Worsell

We've ended the booking system for Wednesday evening coaching sessions, as few people bother to book these days.

Please look on [Facebook](#) or the club website '[calendar](#)' on the day itself, for any session details and any changes in venue.

**THE END**

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