

Welcome to the November/December 2023 newsletter. And an especially warm welcome to new member Nigel Lake. In this month's edition we have an end of year update from Luke (WSFRL), an article on mental health from Debby, plus highlights from the club's AGM held on December 4th. Martyn explains the background on moving to Spond, the app we are now using to manage our training sessions and events. Also included are details of our popular Learn to Run course starting on January 2nd plus a small selection of run reports.

Last but not least Richard Daniells will be celebrating his 500th Parkrun at Tilgate on Saturday December 16th. We'd love to see as many Saints as possible turn out in club colours to help Richard celebrate.

Thank you to everyone who took time to write a report or article for this month's newsletter. I will be taking a break for Christmas and New Year so the next newsletter will be January 2024, published early February. However please do keep your reports coming in, we love to hear what you've been up to.

**Nicky**

### **Chairman's Corner**

Hi everyone!

Hope you are all well and enjoying your running!

It's a busy period for the club, we have upcoming Cross Country events and the 1st West Sussex Fun run league event (Hangover 5) on New year's Day. Keep a look out for the emails from Luke and Paul!

We had our AGM on Monday. I'd like to thank the 2023 committee for their hard work and am sad that both Dawn and Lou are stepping down from the committee. Thanks for all that you have done for the committee. I'd also like to welcome Dan Smiles and Nina Ware onto the committee!

As a trial we will be moving training to Tuesday and Thursday nights in the New Year. We are also using Spond for running training sessions and race entries. Instructions have been sent out, if you have any concerns or comments please let me or Martyn know. We are here to help you.

Look forward to seeing you all soon and have a great Christmas and New Year!

**James**

### **Runner of the Month**

Drum roll please... This months runner of the month is.. **Theresa Wright!**

Her much increased participation in club events this month has not gone unnoticed - even though cross country was a daunting task she took the bull by the horns and completed her first 2 cross country league races, as well as the Reigate Relays and the WSFRL and SGP Races. Long may this continue!

**Luke Taylor**



## Run Reports

### **Trentham Garden Parkrun—November 4th**

Now, I think you have to go a long way to beat Tilgate Parkrun in terms of scenery and an interesting run. But Trentham Gardens, just outside Stoke-on-Trent, certainly gives Tilgate a run for its money.

Trentham Gardens is 725 acres of parkland and is home to award-winning gardens, ancient woodland, an outdoor shopping village and garden centre.

There is an entrance charge for the gardens and parkland where the Parkrun takes place, but Parkrunners are admitted for free, you just have to leave straight after finishing.

The course is a single lap, circling the large lake and then through some woods, returning to pass through the extensive Italian style gardens (not looking their best in early November). The lakeside path is tarmac, and the woodland trails are hard-packed, with a finish on gravel paths.

Mostly flat, with a steady climb into the wooded section, and then a corresponding downhill, it is not a hard course and fast times would be possible. As always, the event was well marshalled and very friendly.

The day I was there was a damp, cool morning, but 557 runners turned up and with hindsight I should have been nearer the front at the start as the early paths are not that wide.

Certainly one to try if you are in the area, and within the garden centre, there is a vast range of after run eating establishments and plenty of shopping opportunities.

***Martyn Flint***



## **Brighton and Hove Parkrun - November 11th**

This lovely course is the oldest Parkrun in Sussex and one of the first established outside London. We picked a cold but sunny day to tackle two and a half laps round decent paths in Hove Park. The pre-run briefing warned of slippery leaves on some of the corners and newcomers were earlier asked to admit if they were hungover! I couldn't possibly comment... However what better way to blow off the cobwebs from a night in the pub(s) than a new Parkrun.

I thoroughly enjoyed the route, which was challenging enough with a bit of climbing on one side of the park and a nice downhill/flat past the start/finish.

As always everyone was very friendly and I found myself involved in a brief exchange of pleasantries with a recent marathon runner in the last few hundred meters.

We had to get back to Crawley afterwards otherwise we would have taken advantage of one of the pop-up coffee vans along the edge of the park - next time!

***Jim and Debby Scott***



## **Five Arches Parkrun - November 18th**

Debby and I made our annual November visit to old friends in Somerset determined to squeeze in a spot of Parkrun tourism. We always visit for the Friday night Wells Carnival and Saturday morning is usually brunch followed by a trip to the excellent market in the city centre.

This time we'd told our hosts, to much laughter, we were getting up to run on Saturday morning. And there was no way we were backing down! So the decision needed to be, which one?

There are four runs all within ten miles of Wells but Street (all on grass) and Cheddar (cancelled due to flooding) were ruled out. So we picked Five Arches in Radstock. A relatively new course (we ran event number 9) it also gave us an F for our alphabet challenge. The route is a short and then longer out and back on an old railway line. This means a tight and bunched start and not many opportunities for overtaking. Nevertheless it was an enjoyable start to the day with records for attendance and the first male and female finishing times.

We were never going to challenge them and were content with a decent cafe breakfast afterwards and getting back just after the rest of the house had got up!

### ***Jim and Debby Scott***



## **HYROX, Hamburg- November 18th**

What can I say about this amazing weekend in Germany where I was racing my first ever mens doubles in HYROX. Hamburg being the home of HYROX.

Well we only went and WON with the 3rd fastest time ever, the win means we get entry to the World Championships in France next year.

And to top that we have now been offered sponsorship by <https://xendurance.eu/>.

The products look great especially the lactic acid blocker. We get all products until the World Champs. Exciting times.

HYROX is the premium functional fitness competition designed for everybody, not just elite athletes. All runners should try HYROX. You run about 10k in total, 1k intervals with 8 work/strength stations, anyone can do it.

### **Frank Stone**



### **Brighton 10k - November 19th**

An early bird entry made me miss the last SGP at Crowborough and do this race. My PB 10k event from several years back, it was a chilly, windy but sunnyish day, a biggish field, but a friendly one, with a new start place at Hove Lawns.

Ken, Jo, ran it too. A start into the wind, a 1k turn back to 6k then back into the wind from the Brighton end. A rain shower, then another turn back with a 3/4k blast to the finish, and a nice big medal at the finish.

### ***Stella Daff***



## **Hove Promenade Parkrun - November 25th**

For our third tourism in three weeks Debby and I were back in Brighton for the flat and fast Hove Promenade Parkrun. A lovely, bright but cold day meant I had to break out the gloves for the first time this winter.

The course is two loops west and then east along the prom in front of Hove Lawns. Those who have run Brighton Phoenix 10k and Hove Prom 10k will know the potential for fast times are there if the conditions are right. And with little breeze and new trainers I was pleased to pick up my second fastest 5k of the year.

There was just time to grab a quick coffee/tea afterwards before heading home for me to get to work.

***Jim and Debby Scott***



### **Albatera 5km, near Alicante, Spain - November 26th**

Whilst fellow Saints and Sinners Steve and Mary tackled the Benidorm half marathon, and Ken did the Benidorm 10k, I opted to head to the lovely village of Albatera (south west of Alicante) instead. With only 118 runners it felt like a small parkrun!

The weather was fantastic, sunny and warm. We ran through quiet roads and it was great to see the orange and lemon trees in full abundance.

With 5 ladies in my age category I was pleased to get a second place and a little trophy, as well as the technical t-shirt which all the runners got. Each goody bag had a ticket inside which entitled you to a drink and a pizza after.

All in all, a very enjoyable race to complete my Spanish running for 2023.

### ***Nina Trevarthen***





## Cross Country Report—November

### Priory XC Relays

Four S&S teams headed to Priory Park in Reigate on Saturday 4th November for the Priory XC Relays. Between bouts of Storm Ciaran, we raced against clubs from Surrey, Sussex and South London.



After a close fought battle between our teams over the challenging 4km parkland and woodland course with a particularly sketchy downhill section our results were as follows:

1:06:22 (33rd) - Nina Ware - Cara Law - Louise Mitchell  
 1:07:59 (35th) - Michele Nixon - Theresa Wright - Janet Doyle  
 1:11:37 (28th) - Glenn Mitchell - Paul Luttmann - Ian Gurling - Jim Scott  
 1:12:17 (30th) - Andy Kerr - Luke Taylor - Richard Bryant - James Mason

### Sussex XC League Race Two

A fourteen strong Team S&S headed to Ardingly Showground on Saturday 11th November for the second Sussex XC League Race this season. On a bright autumnal afternoon, we lined up against the top clubs in Sussex. There was super running from everyone over the new fun (challenging) grassland course on the showground's equestrian XC course.

In the Senior and Vets women's race over their 5km course: Sarah Stanbridge and Theresa Wright were 9th and 18th respectively in the Senior women category; Michele Nixon, Louise Redgrave and Nina Ware were 10th and 30th and 34th respectively in the V45 women; Valerie Stanbridge, Sharon Chladek and Clare Hall were 11th and 14th and 19th respectively in the V55 women.

## Cross Country Report—November cont..



In Senior and Vets men's race over their 8km course: Luke Taylor was 60<sup>th</sup> in the Senior men; Andy Kerr and Matthew Sargent were 20<sup>th</sup> and 34<sup>th</sup> respectively in the V40 men; Paul Luttman was 5<sup>th</sup> in the V50 men; Martyn Flint was 10<sup>th</sup> in the V60 men.



By the time you read this our next, fourth and final Sussex League Race this season will be at Glyndebourne (a new venue) on the afternoon of Saturday 10th February 2024. These races are super sociable events and suitable for all abilities. They are no tougher than autumn / winter WSFRL races and the only requirement is a S&S top. Check out the event on our FB Group / the Spond App for full details in due course.

***Paul Luttman – SCAA Rep***



## **WSFRL Report—November**

### **WSFRL – Gunpower Trot**

Yet again we painted Horsham Yellow – Yet again we top the table. I am incredibly proud of each and every runner who ran this race! This 4.5 mile league starts with a very nasty uphill, over some soggy, wet grassland and woods, then down into and round some fields with a little hill added in, then back up and across the woods and grassland and down the starting hill to the finish.

I had tasked every runner to ensure that if they saw a Portslade Hedgehopper in front, make sure they beat them. And we did.

Thanks to the efforts of all the 31 runners we came 1st in the senior standings!

Well done!

### **WSFRL Final Standings**

The 75 individuals who took part in at least one race all contributed to Saints and Sinners officially finishing as the 3rd best club in the league!

Well done to Ed Duke for completing all the races this year – only one of two of us!

We finished 50 points behind Chichester who finished 2nd which could be contributed to missing 6 runners at Portslade, 3 at Chichester, 6 at the Hornets run, 2 at Windlesham and 5 at Steepdown – that would have been an extra 22 points – without the finishing points for those runners.

All that being said I am still super proud of coming 3rd – I think it is our best ever performance. But naturally I want more! I am aiming to finish at least 2nd – and to close the gap on the top spot.

This requires YOU! I look forward to seeing you all at the Hangover 5 on New Years day!

### **WSFRL AGM**

On the 18th November I attended the WSFRL AGM. Here are the main key points I want to cover:

- Unfortunately, the Tilgate 5 results from this year have been voided – I fought as hard as I could but the constitution is clear. This however partly thanks to myself, has been amended slightly.
- Some sad news. It is likely (but not guaranteed) that Henfield Joggers will not be competing in the WSFRL, this does mean that the Seven stiles race will not be going ahead should this happen.
- Goring Road Runners have dissolved and become Worthing Gazelles – so look out for the Black and Hot Pink in future races!
- All costs are staying the same
- The club are now paying a £10 fee for affiliation to the league to cover the design fee for the completer T-Shirts
- The minimum age at which runners can compete may vary by race – so for those of you with 15/16-year-olds please keep an eye out for my email as to the age range. It will be made clear in my email – so no need to ask me.

## WSFRL Report – November cont..

- There will be a new standardised entry form for all clubs to use going forward. This won't affect you too much as I convert this to an email – but it will for our race.
- We finally have a new entry system – making my life 1000x easier. This is also another point; we may be changing the way we do our entries – so please watch this space and abide by the new system if / when we get ours up and running.

### Luke Taylor–WSFRL rep

Date	Race	Type	Comment
01-Jan	Hangover 5	WSFRL	
06-Jan	Championships	Cross Country	
20-Jan	Masters	Cross Country	
10-Feb	Glynebourne	Cross Country	
11-Feb	CRC Run Your Heart Out	WSFRL	
03-Mar	Eastbourne Half	SGP	
24-Mar	Fittleworth 5	WSFRL	
	Hastings Half	SGP	
30-Mar	Road Relays		
01-Apr	Easter Monday	WSFRL	
05-May	Haywards Heath 10 miles	SGP	
12-May	Hedgehoppers 5	WSFRL	
	Horsham 10k	SGP	Probably 12th May
19-May	Rye 10 miles	SGP	
22-May	Trundle View	WSFRL	
02-Jun	Hastings 5 miles	SGP	
	South Downs Relay		Not Confirmed
05-Jun	Beach Run	WSFRL	
22-Jun	Downland Dash	WSFRL	
23-Jun	Heathfield 10k	SGP	
03-Jul	Roundhill Romp	WSFRL	
07-Jul	Bewl 15	SGP	
14-Jul	Hornets Stinger	WSFRL	
	Phoenix 10k	SGP	Probably 17th July
21-Jul	Seven Stiles	WSFRL	
07-Aug	Highdown Hike	WSFRL	
08-Sep	Tilgate 5	WSFRL	VouInteers Required
	Hellingley 10k	SGP	Probably 15th Sept
26-Sep	Horsham Round		
	Goodwood Relays	Cross Country	Probably 28th Sept
29-Sep	Barns Green Half	SGP	
06-Oct	Great Walstead 5	WSFRL	
	Lewes 10 miles	SGP	
	Goodwood	Cross Country	Probably 12th Oct
20-Oct	Windlesham Whip	WSFRL	Can Both Be Run!
	Hove Prom 10k	SGP	
27-Oct	Steepdown	WSFRL	
	Riegate Relays	Cross Country	Probably 2nd November
03-Nov	Gunpowder Trot	WSFRL	
	Ardingly	Cross Country	Probably 9th Nov
01-Dec	Goodwood Motor 5k	SGP	Most Likely This Event
	Stanmer	Cross Country	Either 31st Nov or 7th Dec

\*dates correct at time of going to press but liable to change



## **Welfare Report — November**

### **Mental Health**

As a club we take the mental health of our members seriously - many doctors actually prescribe exercise as an anti-depressant.

Many of our members are happy doing their own training in their own time due to work or other family commitments. However no one should feel they are unable to join any training sessions. We try to cater for all by offering mixed speed social sessions and technical sessions, which are for all abilities.

We appreciate that getting out the door for some people is the hardest thing to do. I'm sure I'm not the only one who doesn't want to go out for training some evenings but once I've come back from a session feel so much better for doing so.

Going forward we aim to offer a walking session once a month which, depending on interest, could then become a run/walk session.

***Debby Scott — Welfare Officer***



## **AGM Highlights—December 4th**

The Club made a profit of £204 in the year ending 30th September 2023.  
We are adopting the Spond App to make training easier to manage.  
We will trial training on Tuesday and Thursday evenings from 2nd January 2024.  
We still need additional Run Leaders.  
Brian Purnell ran his 500th parkrun.  
Luke Taylor will be leading the Clubs 2024 L2R course starting in January.  
UKA fees are increasing to £19 for individuals and £200 for clubs for next year.  
Club membership to remain at £12 per annum for next year.  
Jim Scott won the draw for the club's 2024 London Marathon place

Two changes to the Club Constitution agreed

- The first was amending the constitution to add a Male Welfare Officer. This was proposed and approved
- The second was to do with logos on our club kit. The club proposed to allow only the manufacturer logo to be allowed on club kit going forward. This was proposed and approved.

Martyn will investigate alternative kit options with our new supplier and bring back to the Committee to discuss in the New Year.

## **2024 Committee**

Dawn Rhodes and Louise Mitchell have stood down due to work commitments.

**Chairman:** James Mason

**Secretary:** Richard Daniells

**Treasurer:** Roy Swetman

**Membership Secretary:** Lesley Bryant

**WSFRL Rep:** Luke Taylor

**SGP Rep:** Jim Scott

**Suggestions Officer:** Stella Daff

**Kit Officer:** Martyn Flint

**Cross Country / SCAA Rep:** Paul Luttmann

**Press Officer:** Nicky Wilson

**Social Secretary:** Stella Daff

**Welfare Officer:** Nina Ware

**Welfare Officer:** Dan Smiles

**Additional Members:** Dave Penfold, Clare Hall and Debby Scott

***Richard Daniells — Club Secretary***



## **Changes to the way we book training sessions, other runs and events**

Your committee has decided that we are going to start using a new way of advertising and signing up to training sessions, WSFRL races, trail runs and all other events. The platform we have chosen, after testing several options, is an App called Spond. It is widely used amongst all types of clubs. It is very easy to set up and navigate and is recommended by the UKA. And, it has the advantage of being free to use.

We will continue using the Google sheets until the New Year, but please download the Spond App (from the iPhone App Store or Google Play for Android phones) as soon as possible to get used to how it works.

Below is a link to a page inviting you to download the App, create an account and join the Saints and Sinners group. The group code is shown on that page, but just in case it is: XKVJV

**<https://group.spond.com/XKVJV>**

The reasoning behind this is to simplify the signing up process and to make it more accessible for all members. It will also reduce the burden of work on just one person, Paul, in posting and managing the sessions.

Please be sure to enter your emergency contact details when you register. This ensures that the run leaders have access to these, in case of an emergency, when we are out training. They are not visible to other group members.

Run leaders will post their sessions on the App and you will be notified when this happens. You can then tap to say that you will be attending or not. If the maximum number of runners for your chosen session has been reached, you will be added to a waiting list and, if someone drops out, the first on the list will be automatically added and will be notified. It is, therefore, important to change your response from attending to decline if you cannot make the session.

We hope that you find this new system easy to navigate, but if you have any problems, please contact either Martyn or Paul via email, WhatsApp or Facebook and we will be more than happy to help.

Going forward your committee feels that this will be a much better way of managing our training. From next year you will also be able to enter, and pay for WSFRL races, through the App.

***Martyn Flint***

## Learn to Run 2024

Saints will be holding it's first Learn to Run program of 2024 starting on January 2nd. If you have friends of family interested in getting fit, improving their current fitness levels or simply interested in learning to run in a friendly, relaxed atmosphere please direct them to the flyer below.

For more details and to apply contact [L2R@crowleysaintsandsinnersrun.co.uk](mailto:L2R@crowleysaintsandsinnersrun.co.uk).

**Luke Taylor**



**Crawley Saints and Sinners Presents...**

## **Learn to Run 2024!**

**And the best part it's free!**

**Led By Fully Qualified Run Leaders**

**When:**

2<sup>nd</sup> January – March 7<sup>th</sup>  
Every Tuesday and Thursday

**Where:**

Tilgate Shops and Various locations

**Graduation:**

Saturday 9<sup>th</sup> March 2024

**Contact:**

[L2R@crowleysaintsandsinnersrun.co.uk](mailto:L2R@crowleysaintsandsinnersrun.co.uk)





### **December and January activities**

Sunday December 10th, South Down Trail Run, Castle Hill carpark, Brighton, 9:30am

Monday January 1st, WSFRL Hangover 5, Hill Barn, Worthing, 11am

Saturday January 6th, Sussex XC Champs, Bexhill Leisure Centre, 1pm

### **NEIGHBOURHOOD RUNS**

These will recommence in the new year.

### **UKA**

A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

### **TRAINING**

From January 2nd 2024 training sessions will take place on Tuesday and Thursday evenings for a 3 month trial period. Tuesday night sessions meet at Tilgate parade shops, Thursday night sessions meet at Oriel High School.

Please note, the first Tuesday of the month, training will be held at Manor Royal in Crompton Way.

Please refer to the Spond app for session details.

Access to Horley Harriers Thursday track session remains available to all Saints'.

If there are any particular sessions you would like us to include, or if you are training for a specific event and need help with a plan please speak to a run leader or contact Stella at

[suggestionsofficer@crawlleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawlleysaintsandsinnersrun.co.uk)



### **Horley Harriers Track Sessions**

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The sessions are suitable for everyone and are great fun. Sessions take place on Thursday evenings as per the schedule below, meet at the centre by the track at 6:45pm.

11/01	25/01	08/02	22/02	07/03	21/03	

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

Track sessions are £3.50. Please see S&S Facebook group for payment instructions.

### **Membership**

Membership forms are available from the S&S website. Please complete and then email the form to our membership secretary at:

**[membership@crawleysaintsandsinnersrun.co.uk](mailto:membership@crawleysaintsandsinnersrun.co.uk)**

Where possible please avoid using cash and make bank transfers to:

Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please add your surname + MEM as the reference for membership.

### **KIT**

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in.

Details can be found on the website, but email Martyn at [kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)

### **Training Support**

As a running club we are all here to support each other, whether you need help with a training plan, company on a long run, someone to pace you to a Parkrun PB, a lift to a race or a tourism event etc.

Speak to your run leaders about training plans and goals and they can adapt sessions to suit most needs. Also do you have any tips, pre/post rituals or post-race treats to share?

Please do also let us know what races you have entered.

## Our committee:

Chairman - James Mason  
[chairman@crawleysaintsandsinnersrun.co.uk](mailto:chairman@crawleysaintsandsinnersrun.co.uk)  
Secretary - Richard Daniells  
[info@crawleysaintsandsinnersrun.co.uk](mailto:info@crawleysaintsandsinnersrun.co.uk)  
Treasurer - Roy Swetman  
[treasurer@crawleysaintsandsinnersrun.co.uk](mailto:treasurer@crawleysaintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Bryant  
[membership@crawleysaintsandsinnersrun.co.uk](mailto:membership@crawleysaintsandsinnersrun.co.uk)  
WSFRL Rep – Luke Taylor  
[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)  
SGP Rep – Jim Scott  
[sussexgrandprix@crawleysaintsandsinnersrun.co.uk](mailto:sussexgrandprix@crawleysaintsandsinnersrun.co.uk)  
XC Rep – Paul Luttman  
[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)  
Kit officer – Martyn Flint  
[kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)  
Suggestions officer – Stella Daff  
[suggestionsofficer@crawleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)  
Social events organiser – Stella Daff  
[social@crawleysaintsandsinnersrun.co.uk](mailto:social@crawleysaintsandsinnersrun.co.uk)  
Press Officer – Nicky Wilson  
[media@crawleysaintsandsinnersrun.co.uk](mailto:media@crawleysaintsandsinnersrun.co.uk)



Welfare Officer—Nina Ware  
Welfare Officer—Dan Smiles  
Ordinary member – Dave Penfold  
Ordinary member - Clare Hall  
Ordinary member - Debby Scott

How do I...?

### Order kit!

Please use the kit page on the website to choose your kit. If you would rather not use the form then please email Martyn on:

[kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

Size: XS, S, M, L, XL, XLL or junior ages

Name: please type the exact name you wanted printed

Monies for kit to be transferred to:  
**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number 30434213**

**Reference: KIT**

Once payment is received your order will be made.

Orders will be placed at the beginning of every month. Martyn will then distribute these at training/races/parkrun when he can. Please note the turn around can be a couple of weeks so please place your order in advance.

### Register for WSFRL

Luke will email all members when races are upcoming and share details of each run.

You must email Luke and register your intent to run on:

[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)

Please then transfer the relevant amount to:

**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number 30434213**

**Reference: FR(race no)**

As rep, Luke will collect all numbers and distribute on arrival. Please car share when possible.

### Register for XC

Paul will send out details of upcoming XC races with cost and payment details.

Email Paul and register your intent to run on:

[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)

Please, if needed, then transfer money to:

**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number**

**30434213**

**Reference: XC(race name)**

### Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Once registered, please inform Jim at:

[sussexgrandprix@crawleysaintsandsinnersrun.co.uk](mailto:sussexgrandprix@crawleysaintsandsinnersrun.co.uk)

and if not done so before, share your **UKA and DOB**. Jim will manage the scores and points.

### Make a suggestion!

Please email thoughts, queries or recommendations to our very own '**Suggestive Stella**'. You can ask these to be shared anonymously if preferred. Stella brings these comments to the committee meetings and then they can be followed up. The committee need to know what the members want and feel in order to improve.

[suggestionsofficer@crawleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)