

Welcome to the June 2023 newsletter.

Many of our Saints members have been on their national and international travels this month, taking advantage of the mainly good summer weather. We have a report from Glenn on his fantastic performance at the World AG Aquathlon championships in Ibiza and a selection of Parkrun reports by Dickie and Sarah from Germany, Ireland and Scotland. SGP and WSFRL races are coming think and fast, check out the updates from Jim and Luke below. We have a special report from Derek, reminiscing about what it was like to ultra run during the 1980's and 90's and we have the usual up and coming social and running events for you to check into your diaries.

Thank you to everyone who took time to write a report or article for this month's newsletter. Please keep them 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!

There seems to be a lot happening at the moment with regular SGP and WSFRL races along with our regular training sessions. Don't forget to look out for emails from Jim and Luke about upcoming races.

We also had the picnic last Sunday, thanks to Stella for organising!

Please don't forget that we'll need volunteers for our Tilgate 5 race on 3rd September. We're also taking over Tilgate parkrun on 30th September, please put them in your diary!!

Good luck to everyone with their upcoming races!



James

Runner of the Month—Clare Hall

I'm really pleased to announce Clare as our runner of the month. Clare regularly offers sessions at training, supports our new runners and arranges our popular parkrun tourism events. In the last few weeks Clare has run the Edinburgh Half Marathon and was part of our very successful six runner team in the South Downs Relay.

A deserved winner.

Richard Daniells

Run Reports

World AG Aquathlon (Swim/Run only) Championship, Ibiza – May 1st

Some of you may know that I occasionally travel abroad to represent one of the British Triathlon Age-Group teams. Age-Group racing is essentially international competition for amateurs (i.e. anyone who isn't a full-time or elite athlete). These are either at a world or European level and you compete against others in your 5-year age group (I am currently in the 30-34, your AG is based on how old you will be at the end of the year you are racing in).

There are various distances and event types, and each had its own qualification criteria. For the triathlons you normally need to go to a qualifying event and finish in the top 4 in your AG. There are normally up to 20 slots available in each AG for the British team, so the remaining places are given to pre-qualification (PQ - given to the top 3 Brits that finished inside the top 10 the previous year), and the remainder roll down to the next best finishers, based on how close they finished to their AG winner.

Back at the start of May I was at the World AG Aquathlon (Swim/Run only) Championships in Ibiza. For the Aquathlons which generally less popular than Triathlon (Swim, Bike, Run) or Duathlon (Run, Bike, Run), you don't normally need to go to a qualifier. Instead you submit a time and as long as you are within the maximum times for your category you will get a place. I'd qualified with a PQ having finished 7th overall and 3rd fastest Brit in my AG in Slovakia last year.

Unfortunately this time we weren't able to make a family trip out of it, so it was just me and Dad that travelled out for a few nights. We flew out on the Saturday afternoon ahead of me racing on the Bank Holiday Monday, giving me all day Sunday to register and have a look at the swim and run courses, before having a good feed and a night's rest before heading down to the start to put my kit in transition and wait for my start time on the Monday morning.

The start process was very efficient - there were two channels that had been created between some fences, and each age group was waved into one of the two channels, before the group in the other channel would be waved down into the water, and this repeated itself until everyone had gone. The field was quite big, so most of the men's age-groups had their own start wave, with the waves going off 5 minutes apart. The swim direction had been switched from what we had been told and what we had practiced the day before which was slightly frustrating as I had tried to find markers on the shore to look out for to make sure I swam in the right direction (it's not as easy as in a pool where there is a line along the floor!), but it wasn't too big a deal as the buoys were big and bright, making them easy to see.

As it happened I hadn't needed to practice the dive starts which I had done while warming up, as we started waist-deep in the water between two buoys, although once we'd been waved down to the start line there were a handful of people that I'm pretty sure were in front of the 'virtual' line!! With 35 people in my age-group we had a start wave to ourselves, and eventually the gun went and after all the preparations we were finally off!



World AG Aquathlon (Swim/Run only) Championship cont...

I've been trying to work a lot on my swim this year, and after some encouraging times in the pool had come to try and start off hard and hold on, which I did. I'd deliberately stayed to one side so that I didn't get knocked around too much, but I wasn't too far away from the main group. As we were getting away from the beach, I managed to get past one person and found myself holding what felt like a good pace with someone's feet in front of me (drafting like this in the swim is a bit of a cheeky way of saving energy, but it isn't easy to get on someone's toes and stay there without either losing them, getting kicked in the face or getting taken the wrong way if they go off-piste and you're not paying attention).

As we approached the first buoy whoever I was following went off to the side a bit so I was left on my own again. I couldn't see what was going on up ahead or behind but I was pretty certain it was only really the two of us out on our own. This carried on for a while, we both had space to ourselves and I didn't really want to ease off the pace or change direction too much as I was aiming straight for the buoys so I didn't swim any further than needed. The water was a really nice temperature and very clean too, which made for quite a pleasant swim despite the effort!

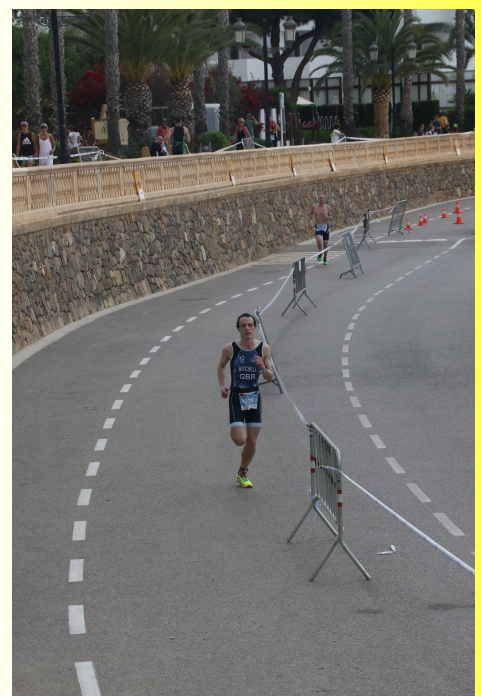
Rounding the last buoy I started aiming for the markers on the beach where we would be getting out and found myself alongside someone, who I assumed to be the same person from earlier. The markers on the beach looked a long way off and didn't seem to be getting closer very quickly. The water hadn't been particularly rough, but the swimming was feeling hard going, so I assume there must have been some sort of currents around pushing us back!

Finally we approached the beach and my thoughts started turning to the run. It was not a second too soon either, as just as I started to stand up my hat was sliding off my head and beginning to fill with water. I just managed to grab it before it fell off completely, and started getting my wetsuit off quickly as I started the short run up the beach and into transition. I was a bit wary of having to get the wetsuit off as sometimes I struggle with this, but I had prepared well, and having quickly removed my arms from the suit, I got my legs and feet out quickly once I reached my box in transition. After pulling my shoes on I was on my way out again very soon (I actually managed the joint-fastest transition on the day which I'm very pleased about!)

Despite my early concerns about the run course (which in the race guide looked like something Molly had drawn), it was actually quite good. We had a long section out of transition along the promenade and then through the marina. Coming out of transition with a couple of others, I went out as hard as I felt I could and it definitely wasn't comfortable!!

Reaching the marina section I ran past Dad as I was steadily overtaking others while keeping the pace high. Once out of the marina it was a little further along the road before we went off-road a little, along a dirt track and through a wooded section with a few people cheering us all on outside their hotels.

Rejoining the paved surface we ran around the back of the buildings that fronted onto the promenade, and then joined a higher-level path just above where we had run out before. Passing Dad again who had dashed up the steps from the now-adjacent marina to see me come past again, we ran to a dead-turn which was pretty lethal on the very smooth tiled floor, but avoiding any disasters I completed the turn to start retracing my steps once more.



World AG Aquathlon (Swim/Run only) Championship Cont....

As we doubled back I was still passing other competitors, some of whom looked like they were really starting to struggle. I was definitely feeling the strain from the level of effort I was putting in but knew I'd done over half the run so tried to stay strong mentally and keep overtaking people. After running back along the same route until we reached the wooded section again (although unfortunately we didn't have to go back through as it was nice and shaded!). From here we were back on the promenade all the way to the finish, a distance which I now know to be about 0.6 miles (although it felt a lot further at the time!!)

Heading towards the finish I was struggling a lot, but having worked so hard for the rest of the run I wasn't going to give up yet!! The number of spectators was growing too, as more spectators were reaching the run course having watched their friends and family from later start waves doing the swim. Finally reaching the centre of town, we took a right-turn to run directly away from the sea and up (and I mean up) the finish chute, which suited me as I love nothing more than pushing harder up a hill when everyone is suffering (as my friends at the triathlon club who come to my coaching sessions know all too well!!).

As I ran into the finish chute there was one more runner struggling up ahead that I knew I could catch. He probably wasn't from my age-group but that didn't matter!! As my speed went up so did the noise of the spectators - I could hear the British supporters egging me on to catch the guy in front and I presume the noise from the Spanish supporters was them trying to warn him that I was coming!! He can't have had anything left as I sailed past him and crossed the line feeling like I'd given it everything.

My swim time was 16:28 for what I reckon was just over 1000m which is a little disappointing on paper given what I'd been doing in the pool, but everyone I spoke to at the end said they'd felt it was hard going as well so I'm not too disappointed about it. The run I made to be a little shorter than 5k (about 3 miles), and I covered it in exactly 17 minutes, averaging a 5:40/mile pace which I'm very happy with after a slightly tougher than expected swim. My overall time (including my speedy 1:09 transition) was 34:37 which was good enough for 6th out of 35 in my age group, making this one of my best performances in an age-group race.

(In case anyone is interested I do normally write an even longer version of events which can be found on my blog at trirunfun.uk)

Glenn Mitchell



Hastings 5 mile (SGP) –June 4th

This was our second trip to Hastings for an SGP race after the Hastings Half opened the season in March. And of course conditions were rather different - warm and sunny rather than cold, wet and windy.

A 9.30am start meant we were racing before it began to get properly hot but also meant an early start from Crawley to make sure we were there in time. Fourteen S&S runners were in attendance and everyone put in a great effort.

The race starts in the town centre and heads out to the seafront for a dash up and down the pier, then along the prom to St Leonards and back again.

It's flat and fast and over before you know it. As most people were arriving for a day by the sea or a spot of shopping we were wandering smugly through town with our medals!

Jim Scott



WSFRL update—Littlehampton Beach Run -June 7th

We now approach that time of year where races come thick and fast, not just my WSFRL but the SGP as well, fills almost every Sunday and a bucket load of Wednesdays too.

The first Wednesday of which was the annual Arunners beach run. This is traditionally followed by a fish and chip supper. 36 Adults and 3 children took part proudly wearing the yellow and black.

Tristan, Adelie and Paul made up our small but powerful contingent of juniors in a nearly 100 strong field, Paul did an amazing job finishing 2nd and Tristan was not far behind in an incredible 4th! Adelie brought the team home in 68th and their efforts were not for granted as we finished 6th overall!

Now to the seniors, as most of you are aware this brings out a range of runners, and quite a few of them only come out once a year specifically for this run. Yet again Sky has led the Saints pack with a 9th place finish overall, and with the rest of us filtering through at various intervals we accumulated enough points to place us 5th for this race!

Well done all!

Luke Taylor



Oriam Parkrun (Edinburgh) –June 10th

Our first trip to Scotland this year. We had tickets to see The Proclaimers on the Saturday night so what better way to start the weekend than a spot of parkrun tourism.

We are slowly working our way through the Alphabeteer challenge. Edinburgh has Oriam parkrun, which being set in the grounds of a university, only takes place during term time. We needed a letter 'O' and this parkrun was running. Too good an opportunity to pass up.

For us it was an early start from Galashiels where we were staying to reach the parkrun. Thankfully the parkruns in Scotland start at 9:30am.

The weather was sunny and warm. To our surprise Nina T had arranged for her sister to meet us and also run parkrun.

The course is undulating. The Race Director stressed this on several occasions during his run brief, saying "it is not a flat course". So we were left in no doubt it was going to be hilly. And it was! The course is an out and back route winding through the tree line surrounding the University on a mix of gravel and trail paths. The route is well marshalled to ensure we didn't go wrong; although Lesley still managed a minor detour near the finish.

A big plus for this course is the last 1/2 mile downhill to the finish. You turn a sharp left and run to the finish line.

With another very enjoyable spot of parkrun tourism in the bag we headed for coffee in the Uni grounds and a debrief on this event with Nina's sister and her husband. We all agreed it was hilly!

Top running.

Dickie Bryant



Wisborough Green 5 and 10km —June 11th

Wisborough Green has hosted for a while this economic and friendly 5K or 10K based around their very pretty village green.

Several Saints have done this in the past, but this year it was just Michele, Stuaie and myself (Luke DID try to get back from Jersey on time)!

The 10k consists of 2 laps, involving a housing estate and some pretty country lanes and a woodland section, with only 2 nasty hills (x2) each. Very enthusiastic marshals and a course announcer cheering you round the Green for the finish.

The race was won this year by Ben Short. There was a sweet wee outside cafe where my saviour Michele (my car was off the road) took me for coffee. I highly recommend this race.

Stella Daff



Heathfield 10k (SGP) –June 18th

It's midsummer so rather than the beach, it was time to take on the Heathfield 10K. Eighteen S&S runners (double last year's turnout) donned yellow to do battle with the heat and hills in the latest round of the Sussex Grand Prix. This is a typical SGP race with a smallish field of a few hundred; well organised; friendly marshals and this year a sustainable wooden medal.

After a flat dash at Hastings a few weeks ago we were facing an undulating course this time out. The race is a single circuit starting in the village of Cross in Hand, East Sussex. After the klaxon we enjoyed a brisk three quarters of a mile downhill before heading off on a route through some very pretty lanes and villages. Of course what goes down must go up again, so after a lumpy route the last mile is back up the hill we started down!

Nevertheless despite the hot and humid conditions all our runners put in a great effort and got back to the finish safely.

And congratulations to Wayne Kingsnorth who picked up a trophy for first in his age category.

Jim Scott



Alstervorland parkrun, Hamburg, Germany –June 24th

This was our first international Parkrun. We had booked a holiday in Schelswig, north of Hamburg for a few days. We planned to fly home on the Saturday and this gave us an idea.

A spot of research revealed a parkrun in Hamburg. More good news is this parkrun began with the letter A which we needed for our Alphabeteer challenge. The location was close to the airport so we made plans to stop there on the way home.

Nina and Keith also made plans to fly out and join us for this Parkrun. It was fabulous to walk towards the race start and see friends wearing club yellow waiting for us.

We also met a runner from Tunbridge Wells who greeted us with a cheery “morning Crawley”.

This Parkrun takes place in the Alstervorland park. It is a flat course consisting of two laps around the park on the banks of the Outer Alster. This park is considered by Hamburg residents to be one of the most beautiful places in city with its cherry trees and sculptures. We have to agree.

The course is flat and run on good paths. The Race Directors were great providing the briefing in both German and English. They also reminded those visiting from England “we run on the right”. We were not the furthest tourists either with someone from Australia taking that crown. The route is well marshalled to ensure no one went wrong; although Nina managed a minor detour on lap 2!

It was a beautiful summers morning. We were in a lovely park. And even though it was an unfamiliar city we were surrounded by the familiarity of parkrun with its signs, marshals and tokens.

With the parkrun photos taken and our first International parkrun tourism in the bag we all headed for breakfast at a small local cafe, and a debrief on this event. Wunderbar.

Top running.

Dickie Bryant



Pobalscoil na Tríonóide parkrun, Youghal, County Cork, Ireland—June 24th

While visiting family in Ireland, we took the opportunity for some parkrun tourism (in yellow of course). In Ireland, parkruns start at 9.30am. There were plenty of events to choose from and we opted for Pobalscoil na Tríonóide parkrun in Youghal as it was closest to where we were staying.

The course consisted of four laps within the school grounds and was entirely on paths. It was relatively flat, which we were both grateful for as we set off after having cycled further than we'd ever cycled before on the previous day (on Waterford Greenway if anyone is interested, would really recommend!).

Despite the grey skies, it was a warm and humid morning so the rain which arrived during the run was quite refreshing. I'm not sure the volunteers felt the same, but it didn't dampen their enthusiasm as they cheered on all the participants. It was a small but friendly event, with 45 finishers and 10 volunteers on the day we visited.

In summary, an enjoyable parkrun as long as you don't mind laps!

Sarah Stanbridge



WSFRL update – Downland Dash – June 24th

The only Saturday race on the calendar takes place during a school fete in the village of Hassocks. This race can only be described in one way - it is very Pac-man (trademarked) this course circumnavigates around the edges of lots of fields before venturing through some woodlands, and then more fields before, you guessed it, more fields into the finish.

Sky once again led and Jim Williams wasn't far behind, both a top 10 finish! Overall the club managed an amazing 2nd place!

Thomas was our only junior and our South Downs Way bus manager did an awesome job finishing in the heat! overall BY HIMSELF he managed a 7th place club finish!

See you at Roundhill!

Luke Taylor



Points Update:

Seniors after the 4 senior races (Subject to slight change)

- Participation is up about 8% (places us 7th)
- Points improvement is +75 (places us 3rd)
- Position is 3rd! (only 3 points ahead of Portslade and 16 behind Chichester)

Juniors

- Participation is up 33% (places us 4th)
- Points improvement is + 8 (Places us 5th)
- Position is 3rd! (72 Points behind Chichester and 9 ahead of Horsham)

Ultra Running back in the 1980s and 90s

Last month’s newsletter showcased run reports on local Ultra races Run to the Sea and Three Forts. Although races labelled as ‘Ultra’ are becoming more popular and are on the increase, the UK has had a long history of ultrarunning. Saints runner Derek Brailsford started ultrarunning back in the 1980’s, here are some of his memories:

Back in 1987 I think I was the first member to run an Ultra distance. I tried the Woodford 40 miles in July but had to pull out at 27 miles with a groin injury (46 entered, 34 finished). In the September I ran the South London Harriers 30 miles and finished 67th out of 92 men (20 dropped out), only 2 of the 4 ladies finished in their race.

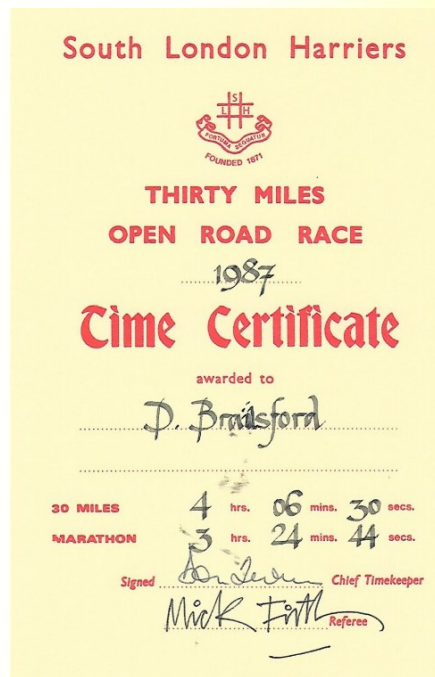
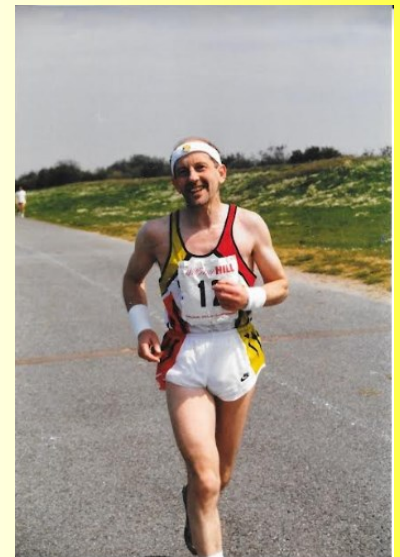
Both these races were run on the old Marathon system which meant that you supplied your own drinks in labelled bottles to be picked up at the designated feeding stations.

In 1993 I had another go at a local Ultra run round the Holme Pierrepont regatta course, which just happened to be the national 100km Championships. It was a very hot day with a wind blowing down the regatta course, so half head wind and half tail wind. Unfortunately, I had to drop out at just over 90Km with just over 1 hour to the cut off time. Of the 84 starters only 44 finished, and only 3 dropped out after me.

I finished with mild sun stroke as I didn't put my hat on soon enough. It is the only time that I had to take the following day off work.

I’ve attached my 2 certificates to show my efforts.

Derek Brailsford



Love2Run—update

We had 3 members - Cheryl, Louise and Sandra who successfully completed the Love2Run course, we welcome them to the club and look forward to seeing them at training sessions! When Andrew is ready we will arrange a graduation for him too.

Thank you to the members who either buddied up with them or showed them support during the 10 weeks whilst they were building up to the 5k! Thank you to Luke for helping run another successful course.

Watch this space for the 5-10k/5k improver course!

Debby Scott



Love2Run Graduation at Tilgate Parkrun June 10th.

Congratulations to Clare Hall who achieved her 250 Parkrun milestone.

Social Activities—update

Midsummer Picnic—Sunday June 25th

About 15 people took up the offer of a picnic in Gainsborough Fields, the weather was hot and sunny. We had a big oak tree for shade, and thanks to Cara and family and friends, also our new member Ian, we had a spiffing game or 2 of rounders, where we realised that, apart from Dickie, none of us could remember how to catch, throw, or hit the bloomin' ball !!

Oktober Fest—Saturday October 7th, from 6pm



WANTED

At least 4 more members prepared to commit to this beer/music event, so I can book a table for the night! Please contact me / sign up via S&S Facebook event page.

Your squiffy Social Sec

Stella Daff

Wedding Celebrations

Congratulations to Saints runner Sarah Dick and her husband James who tied the knot on May 26th. Best wishes from your fellow Saints for a happy life together.



S&S future running events for your diary

THE 32nd SANTA POLA HALF-MARATHON, SUNDAY 21 JANUARY 2024

Some of you will have read in the Newsletters, Dan Smiles' report on this year's race as well as mine in previous years. Prior to Covid, the Santa Pola half was the third biggest in Spain with around 9000 entrants including some speedy Africans there hoping to win the not insignificant prize money for the winners. Lockdown and a change of management dented their third-place crown a little, but it is getting back to its former glories.

The race itself is run through closed-off streets and right beside the Mediterranean and it is my favourite half. There is huge support as well as bands, drummers, great facilities, a great goody bag as well as fruit and drinks after. Although run in January, the weather is usually superb - sunny, at around 15 Celsius and dry (except in 2022 when Lesley decided to bring wet Scottish weather with her!) All us S&S runners always follow the race with a slap-up, boozy meal with some of my Spanish friends in a typical Spanish restaurant in the heart of Santa Pola.

At the present time eight Saints have signed up to run the 2024 version and as Saints conquered the Benidorm half en-masse a few years ago, I thought it would be good to turn Santa Pola amarillo (that's 'yellow' in Spanish!).

Entries are open now - mitjasantapola.com

A slight snag is that there are not many hotels in Santa Pola and they tend to fill rapidly for that weekend with runners etc booking up early. A google search, however, will show many apartments along the seafront.

There are plenty of flights from Gatwick to Alicante (EasyJet and Ryanair are usually the cheapest but BA and some other airlines also fly there) and Santa Pola is about 6-7 miles south of the airport so taxis are not too expensive.

Flight time is approximately 2 hours 15 minutes each way.

Nina Trevarthen



July activities

Wednesday July 5th-WSFRL Roundhill Romp 6 miles, Steyning, 7:30pm
Saturday July 8th-Parkrun Tourism at Peacehaven, Brighton, 9am
Sunday July 9th-WSFRL Hornets Stinger 10km, Brighton Rugby Club, 11am
Wednesday July 12th-SGP Brighton Phoenix 10km, 7:30pm
Sunday July 23rd—WSFRL Henfield Seven Stiles 4 miles, 11am
Sunday July 30th-Ashdown Forest Trail Run, 9:30am

Tilgate parkrun – 22nd July

There isn't one because Race for Life is taking place in Tilgate Park. For those of you who still want to do a parkrun, there are plenty nearby and some easily reachable one's further afield. The nearest ten, with distance from Tilgate are :- Ifield Mill Pond(2m), Horsham(6.9m), Clair (7.2m), East Grinstead(8m), Reigate Priory(9.6m), Mole Valley(12.4m), Cranleigh(14m), Banstead Woods(14.6m), Uckfield(15m), Kingdom(15.4m). Some are flat, some hilly, some a single lap, others multiple laps, some on trail, others on firm paths. If you fancy some tourism on the day, ask around and see what others are doing and maybe organise your own mini tourism run.

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.

Love2Run

Date and location of 5km and 5-10km improver course TBC.

NEIGHBOURHOOD RUNS

The next one will be at Southgate on **Monday 10th July**, meeting at the entrance to Goffs Manor car park. Forge Wood is the following one on the **Monday 31st July**. It will be a new route for us so a starting place is to be confirmed. Watch out for details.

Mile Challenge

The next mile challenge will on **Wednesday July 26th** .

BREKKY RUNS

Date and Location of next brekky run TBC.

TRAINING

Monday and Wednesday training has now moved to Tilgate Park, meeting at the main car-park by Smith and Western. Monday nights will continue to be a social run with various speeds and distances. Wednesday nights we will be offering technical sessions, both sessions start at 6.30pm.



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.

06/07	10/08	07/09	21/09	12/10	26/10	09/11
23/11	07/12	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

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

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



Welfare Officer—Debby Scott
Ordinary member – Dave Penfold
Ordinary member – Lou Mitchell
Ordinary member - Clare Hall
Ordinary member—Dawn Rhodes

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

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

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

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

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