

Welcome to the February 2023 newsletter.

A nice variety of run reports for you to enjoy this month including a Parkrun and 7km run in The Netherlands and Spain respectively from our European tourists. We also have a report from our first 2023 WSFRL race of the season, with a fantastic turnout of 40 Saints, and a well deserved second place in the league table. We have a XC round up of the 2022/23 season and a feature on Saints success in the 2022 SGP league (4th/24), with several of our members presented with trophies and certificates at the SGP annual awards ceremony. Well done to you all.

***A gentle reminder that membership renewals are due on April 1st, please turn to page 16 for details on how to reapply.***

Thank you to everyone who has submitted reports this month. Please keep them coming in, we love to hear what you've been up to.

There were no new S&S members joining in February.

***Nicky***

### **Chairman's Corner**

Hi everyone!

Hope you are all well and enjoying your running! We have our awards ceremony on Sunday 12th March. It will be our 1st awards ceremony since 2019! Please do make an effort to come along if you are free!

I've been training hard for the Run to the Sea ultra in May so the Sunday runs have been cranking up in distance!  
Look forward to seeing you all soon

***James***

### **Runner of the Month**

Our Runner of the Month for February is Amy Smiles!  
Amy is a very consistent runner. She is a regular participant at Tilgate parkrun, and has been running really well recently, getting really close to her PB!  
She also takes part regularly in our training sessions.

Well done Amy!

***James***

### **March activities**

Sunday March 12th—Annual Awards, Goff's Social Club at 2:30pm

Saturday March 18th—Parkrun Tourism, Nonsuch, Cheam, 9am

Sunday March 26th—Hastings Half (1st SGP race, 2023), 10:30am



## Run Reports

### **Normanby Hall parkrun - February 4th**

On a weekend break visiting my brother in Brough, East Yorkshire, I ended up in Lincolnshire running around the beautiful grounds of Normanby Hall. The estate is 300 acres and the Hall is open in the summer. Parking was easy, and it was a great experience going over the Humber Bridge to get there.

If you want a PB course this is one to head for if you are ever in the vicinity. At the briefing for First Timers, we were told we would be doing 3 loops but none of them would be identical, and it all sounded rather complicated to someone with no sense of direction (like me!) Best of all, though, the route, which had a bit of everything – tarmac, gravel, forest – was as flat as a pancake! The Marshals were very encouraging and that day I was definitely the tourist who had travelled the furthest.

One of my parkrun challenges is to get the “Namely” badge and doing this parkrun gave me a much-needed “N”. I have just to find one more N (having done Nonsuch) and another A (Ashford completed) and that will be another challenge ticked off.



With my sister-in-law Caroline

### ***Nina Trevarthen***



## **Hastings Parkrun - 4th February**

For our wedding anniversary this year Debby and I (and the dog) spent the weekend in Pevensey Bay. This gave us the opportunity for a spot of Parkrun tourism in between eating, drinking and lounging around.

We were inspired by Andy Hale's report last year on completing all the Parkruns in Sussex and are slowly working our way round the county (West and East). Pevensey is ideally situated between Hastings and Eastbourne so after a quick coin toss, we settled on Hastings.

We arrived at the start point in St Leonards ridiculously early as I always like to leave plenty of time when on a schedule! The start is the same spot as where the Hastings Half Marathon begins and the turn point for the Hastings 5 mile SGP race - I was getting Deja vu.

After a new runner briefing (pretty straightforward, you go along the prom past Hastings pier, turn round and come back) we were off. Err, not quite. There was a five minute delay for stragglers to arrive as the usual car park at the start was out of action. Once we did get going it was an enjoyable blast along the seafront with the potential for decent times as Strava tells me my elevation gain was 0ft.

As always the volunteers were all very friendly and encouraging and it set us up nicely for the day. Afterwards we strolled round Hastings old town and refuelled with coffee, tea and cake.

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





## **Zuiderpark Parkrun, The Netherlands - 4th February**

A recent weekend trip to Amsterdam provided an unmissable opportunity to get my 'Z' in the parkrun Alphabet Challenge. Zuiderpark is to the south of The Hague city centre and although we were staying in Amsterdam it's just an hour by train to The Hague. It did mean an early start though! I caught the 7.00am train and then had plenty of time to catch the tram to the park. All very straightforward.

The park itself has lots of facilities, cafes and is well used. The parkrun starts and finishes at the Sport Campus which is a large indoor sports arena so handy for toilets and changing. Average attendance is about 70 and I would say that a significant number each week are "Nieuwe Loper" or "first timer" like me! It's a 2 lap course and being The Netherlands it's flat and is also on tarmac so very much a PB course. Also being The Netherlands there are bikes everywhere so 'beware of bikes' signs feature a number of times. Having avoided the bikes, I finished with a time of 27:28 in 37th place, 9th female and 1st in my age



category – you can tell it wasn't a large turnout! Fortunately parkrun results take the same format in Dutch as in English so I could work out what "Je was de 9e vrouw en werd 1e in jeLeeftijds categorie"! Everyone was very friendly, and I spoke to several other tourists.

A similarly easy journey took me back to Amsterdam and in the absence of a bacon bap I had a lovely bacon pancake. If you have the chance to do this parkrun then, although not the most scenic, it's well worth doing particularly if you're after a time - and you get your Z! Only F, O and V to go for me now.

## **Janet Doyle**



### **Torre Pacheco, Spain, 7k - 19th February**

There aren't many races where you get a large iceberg lettuce and a bag of radishes in your goody bag!



I headed to Torre Pacheco, a small agricultural town in the Murcia region to take part in their ninth edition of a 7k. Before the race began we were given a lovely run shirt, energy sweets, a lollipop...and the lettuce and radishes!

The race was pancake flat, at 10am it was fairly cool but by the end it had reached 18 degrees. More goodies followed:- a cup of crisps for everyone, a cup of delicious olives, bananas, apples, drinks and a box of pieces of melon. So generous for the 10 Euro entry.

As Mum (Vanessa) always says whenever I go to a race I know someone...I bumped into Nick, the only other English person there, a park-runner who I had met from Hastings!

I got a very nice trophy for coming second in age group. The trophy was locally crafted and very colourful. All in all a fantastic morning of running in a carnival like atmosphere.

### ***Nina Trevarthen***







## **Wokingham Half - 26th February**

The Wokingham Half Marathon has been taking place annually since 1984. It's well known as a fast and flat course with the odd hill (more on that later) and attracts around 3000 runners each year, including many of the south's top club athletes. However, there is still very much a community feel about the race, which is supported by and benefits local charities, and welcomes runners of all abilities.

I have just finished week 6 of a 16-week ultra-training program for Race to the Sea which takes place on Coronation Day on May 6th, and I am getting used to long slow Sunday runs on the Downs and local trails. So, it was a welcome change to run a fast-paced road race in a competitive environment.

I arrived in Wokingham in just under an hour, the M25 was traffic free on an early Sunday morning. My race number had been posted a couple of weeks beforehand and it was sent with a race guide that provided a useful map of the town centre car parks, all of which were less than 15 minutes' walk to Cantley Park, the race venue. Parking was straightforward and free of charge, and I was directed toward the start by two friendly stewards. After a pleasant walk through Wokingham Town Center's narrow streets, I arrived at the race village. I located the portaloos and bag drop tent and there were the usual retail and refreshment stalls, but I headed for the park café and got myself a coffee, and waited inside in the warm. The day was dry, bright, and cool, ideal for running, but with a slight breeze that was forecast to get stronger during the day. The Beast from the East was on its way threatening to plunge temperatures to record lows. I soon saw some friendly Saints faces and Dan Smiles and Ed Duke turned up at the café. With 20 minutes to go, I took my last loo break, bravely disrobed, dropped off my kit bag, and headed to the start line. I looked out for Lou Mitchell and Lou Redgrave but failed to find them in the busyness at the start, so positioned myself between the 2-hour and 2-hour 10 pacers, my target was to keep in front of the latter throughout the race.

Just after 10am, we were on our way. We snaked our way back towards Wokingham and a steady climb and completed a two-mile lap through the town before heading out onto flat traffic-free country roads. Despite the cold conditions, there were plenty of spectators and well-wishers cheering us on and I soon settled into my stride. The course headed north over the A329M and M4 towards Twyford along long straight roads, then just short of 5 miles we started a 5-mile loop. Just before the start of the loop, I caught sight of the lead runner who'd just completed it and was heading back to Wokingham for the last 3 miles. A bit disconcerting, knowing I was 5 miles behind him, but he did finish in 1:05:10. I continued on my way and focused on maintaining an even pace and enjoying the rural landscape.

There were 4 well-stocked water stations on the route, I stopped for a few seconds at each and had a gel at the mile 6 stations to ensure I maintained my energy levels. Once I'd reached mile 10 the route headed back towards Wokingham which was a welcoming sign as I was starting to feel weary. The long slow inclines up to the motorway bridges, imperceptible on the way out, seemed interminable on the way back but I dug in. It wasn't long before the outskirts of Wokingham came into view, and I heard the welcoming sound of the race director's megaphone and cheers of the crowd as I ran over the finish line.

I caught up with Dan, Ed and Lou Redgrave for photos and an informal race debrief once we'd got some warm clothes on, before heading back home. (Lou Mitchell rushed off for a well-deserved family Sunday lunch).

## Wokingham Half continued

I completed the race in 2:02:37, 20 seconds faster than Woking Half last year, so I was really pleased.

Official chip times for other Saints' : Ed Duke 1:32:19 (2<sup>nd</sup> fastest HM PB), Dan Smiles 1:33:25 (HM PB), Lou Mitchell 2:10:01 (2<sup>nd</sup> fastest HM PB), Lou Redgrave 2:15:50.

Well done everyone.

I'd recommend Wokingham Half to anyone looking to achieve a PB, spring marathon training race or a pleasant scenic route in a comfortable and safe traffic-free environment. The event was well organized, the facilities were good and the marshals and volunteers were friendly and did a great job.

Sometime soon I'd like to aim for a sub-2-hour half marathon time but for now, it's back to my ultra plan and a 20-mile trail run at Leith Hill to look forward to next Sunday!



## Nicky Wilson





## My First Ultra—Training Blog—February

Three months into training and I'm getting back up to bigger distances again on the 'new plan'. Overall, it is working much better for me with the much needed flexibility to swap days around if needed (and not to do a run the day after the increasingly long long runs). I have also been starting to do a bit more strength training alongside my usual yoga practice, and my muscles are complaining a little for a couple of days afterwards- luckily not enough to stop me running, and the pain is lessening with each session!

Due to illness, the middle of the month saw me dropping two weekday runs and reducing the long weekend run from 19 to 17 miles, however I bounced back and finished the month strong completing the Wokingham Half (see Nicky's report)- the first of two half marathons I have entered in the lead up to the ultra and my second fastest ever time for this distance (02:10:01). I also did a mile warm up beforehand to ensure I had the training miles on the plan covered, for what it was worth! Whether it was the pacers at Wokingham or getting in more of my miles with some of my buddies, it really has done wonders for keeping my motivation and enjoyment up! I'm also learning the art of power walking up some of those bigger hills- a tactic I will need to employ on race day to conserve energy and complete the 31.25 miles (50k)!

I now look ahead to March, where the miles are really starting to ramp up, and in all honestly I am starting to get a bit tired when factoring how busy I have also been outside of running, so I will need to dig deep and ensure I get more rest between runs in order to get through the final 2 months of training, not only physically but mentally too!

Finally, I'm supporting St. Peter & St. James Hospice in memory of Sarah Wilson's dad. If you have a few spare pennies, please follow the link below to make a donation:

<https://www.justgiving.com/fundraising/daddy-wilson>

**Lou Mitchell**



Me and my father in law at Wokingham Half





**WSFRL 2023 update –CRC Run your heart out 8k**

**WHAT A START!**

The 2nd race on the calendar but first to go ahead was our local rivals (only by Proximity). Crawley Run Crew's Run Your Heart Out. This delightful race starts and finished at k2 and includes all the best hills in Tilgate Park.

As it is the closest race that we can enter I was expecting big numbers, and boy did you deliver. 40 runners! that's 25% of you! only our bitter, more running based rivals (Sorry Mrs Scott) Horsham Joggers had more, but they do have over 500 members.

I was amazed to see so many new faces to this race and look forward to seeing them much more often this season. I was even more amazed at how many big hitters we had turn up - Special thanks to Jim Williams who persuaded Ian to grace us with his presence. Also apologies to Jason for no ticker tape parade!

Big Hitters - Big Points! Every single one of you did the Club proud, The 2nd PLACE finish shows we can mix with all the best of them - we just need numbers (and Jim to entice Ian with soft drinks and ice cream) to turn up regularly and we will be pushing the top of the table.

Juniors: Once again our small but mighty team of under 16's were amazing, 2nd place! including a 1st place overall 3rd overall and 1st girl, and everyone one of you finished in the top 20 with times that I can only dream about for a mile! Just need a few more juniors at each race to challenge the top 2!

Look forward to seeing you at Easter!

**Luke Taylor**

Saints and Sinners					
Pos	Time	Name	Gen	Pts	
4	31:07	Ian Blackam	4	10	
5	31:41	Jim Williams	5	10	
8	32:00	Sky Chan	8	10	
20	33:44	Wayne Kingsnorth	20	10	
31	34:44	Lucas Cooper	28	9	
34	35:01	Dan Smiles	31	9	
38	35:09	Ed Duke	33	9	
41	35:27	Jason Harrold	36	9	
82	38:36	Steve Baker	71	7	
83	38:39	Andrew Vine	72	7	
91	39:48	Mark Warwick	78	7	
93	39:52	Miyu Stephenson	15	10	
95	39:56	Dave Tibbals	79	6	
107	40:33	Terry Bennett	87	6	
111	40:44	Cara Law	22	9	
113	40:47	Mark Lavender	90	6	
128	42:00	Martin Flint	100	5	
136	42:30	Luke Taylor	104	5	
143	42:52	Jackie Hastings	37	8	
144	42:58	Dave Penfold	107	5	
165	44:06	Kevin Stephenson	121	4	
172	44:36	Leigh Mase	126	4	
179	44:45	Bill Mackerel	129	4	
197	45:50	Jim Scott	141	3	
215	47:51	Nina Trevarthen	68	6	
221	48:16	Mary Freestone	72	6	
224	48:21	Nicky Wilson	73	6	
235	49:01	Mark Clawson	155	3	
238	49:07	Nick Baker	157	3	
239	49:11	Isla Greenaway	82	6	
263	51:16	Clare Hall	100	4	
268	51:56	Stella Daff	104	4	
273	52:20	Carly Smiles	108	4	
276	52:31	Vanessa Harrold	110	4	
283	53:36	Louise Redgrave	116	3	
295	55:17	Kevin High	172	2	
311	57:23	Nina Ware	133	2	
319	58:18	Theresa Donohue	136	2	
324	59:21	Theresa Wright	139	2	
332	01:25	Peter Airey	188	1	



### SGP annual awards ceremony - February 23rd

I was elated and very happy to receive two County Awards (ranked 6th female overall & 2nd in Age Group) at the annual evening held The Kings Head pub in Upper Horsebridge. It was special and significant on a personal level, taking a year to achieve, challenging the mind in more ways than one, planning, pitching up and tackling a minimum of 6 races (I did 8 of the 12 qualifying Grand Prix events, the sum total of the 6 best times are counted per runner).



The races covered varied terrains road & trail; short and long, early mornings and an array of weather and travel conditions around Sussex County throughout 2022. I was competing against experienced club runners, with the hope of making the Top 10 Females. Goal achieved, thanks to my top man for his support and ongoing presence and to my two teen champs (Luke and Paul) for putting up with me !



A very special mention to S&S Club and to all the Award Winners a massive 'Well Done'. This running series takes some dedication and grit (plus humour ref: mud, hills, sweat and rabbit holes en route and more). S&S ranking overall was 4th /24th of all the Sussex Clubs competing, very well deserved ! And mostly a massive thank you to Jim Scott, the main organiser for heading it all up, for the excellent communication and updates of the Grand Prix Races throughout the year :



**SGP annual awards ceremony - cont**

Extract from Jim’s latest email of the Award Winners :

- VANESSA HAROLD (First in V4)
- LESLEY BRYANT (Second V4)
- MICHELE NIXON (Second V3)
- MARY FREESTONE (Second V6)
- LUKE TAYLOR (Third S)
- DAN SMILES (Third V2)
- STEVE BAKER (Second V5)

Steve (12 races) and Mary (10) also take third place in the Ron Grover Trophy for most races completed during the season.

Dan (17th), Michele (6th) and Mary (17th) have finished in the top 20 overall for men and women.

**Open Teams**

	A	B	C
1	Club	Code	Rank
2	Brighton Phoenix	PHOEN	1
3	Hailsham Harriers	HAILS	2
4	Wadhurst Runners	WADHU	3
5	Crawley Saints and Sinners	CRSAS	4
6	Jackfield Runners	UCKFD	5
7	Heathfield RRC	HEATH	6
8	Hastings Runners	HASRU	7
9	Seaford Striders RC	SEAFO	8
10	Lewes AC	LEWES	9
11	Crowborough Runners	CROWB	10
12	Arena 80 AC	ARENA	11
13	Haywards Heath Harriers	HAYHE	12
14	Brighton & Hove City AC	BHOVE	13
15	Horsham Joggers	HOJOG	14
16	Burgess Hill Runners	BHILL	15
17	Arundel Runners RC	ARUNR	16
18	Vegan Runners UK - Sussex	VEGAN	17
19	Hastings AC	HASAC	18
20	Eastbourne Rovers AC	EASTB	19
21	Chichester AC	CHIAC	20
22	Steyning AC	STEYN	21
23	Henfield Joggers	HENFI	22
24	Inspire Chichester Team	CHICH	23

I would encourage everybody to give the series a go (completing 6 in 2023 if possible). The running routes are varied, stunning, interesting and enjoyable. There is something for everybody and it’s a great morning out in our beautiful county of Sussex

Bring on the 2023 Season !

**Michele Nixon**



## **2022/23 XC Round Up**

Thanks to everyone (twenty five of you) who ran for Team S&S at a XC race this season. Given your efforts we were able to field:

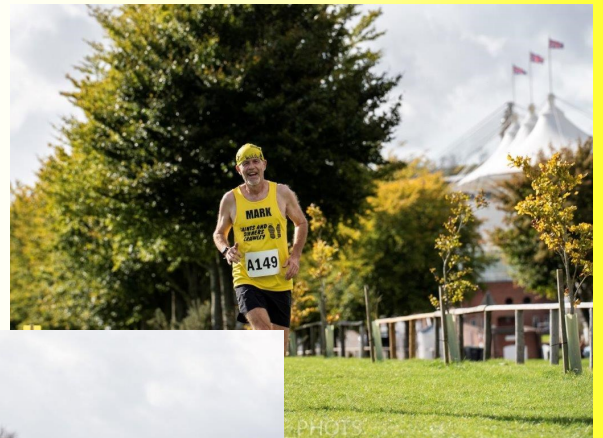
- Two teams at the Sussex XC Relays at Goodwood in late September
- Four teams at the Priory XC Relays at Priory Park in early November
- Four teams in the Sussex XC League which ran from Goodwood in mid October to Stanmer Park in early February
- Six runners at the Sussex XC Champs at Bexhill in early January
- Five runners at the Sussex Masters XC Champs at Coombes Farm, Lancing in mid January

Great running everyone. We will announce our XC Runners of the Year at our Awards event in March. These are decided by me (SCAA Rep) on the basis of: the number of runs for the Club; displays of XC spirit; performances at the XC races this season.

This year's shortlist, composed of runners who ran four races or more, is: Martyn Flint; Andy Kerr; Wayne Kingsnorth; Michele Nixon; Mark Warwick.

Finally, thanks again **to Andy Cox of Crawley AC** for his excellent XC photos this season.

### ***Paul Luttman***





## Sussex Road Relays 2023

On Saturday 8th April we head to Preston Park, Brighton for the Sussex Road Relays. The start times, team categories and numbers are as follows:

- 1.00pm - Snr Women - 3 runners
- 1.45pm - Snr Men - 4 runners
- 2.45pm - V40/50/60 Men - 3 runners
- 3.30pm - V40/50/60 Women - 3 runners

Each runner runs two laps of a flat one mile 'road' course within the park (see attached course map). Runners of all abilities are welcome and the only requirement is a S&S top. Running for a S&S team makes it a super sociable event. The entry fee is £6 per runner. If you are up for this please let me know and I will put together as many S&S teams as possible. Please hold fire making your payment to the club account until the teams are sorted out.

**Paul Luttmann - SCAA Rep**



## **Tilgate Tidy—February 18th**



A couple of times a year Saints and Sinners assist the rangers helping to maintain our much cherished Tilgate park. The rangers rely on volunteers to help keep the park looking lovely and, as frequent users, it only seems fair that we at Saints' do our bit.

Thanks to COVID we hadn't done a Tilgate Tidy for a while, so as soon as the rangers got in touch, the intrepid Clare Hall organized a Tidy event for Saturday February 18th.

On the morning of the 18th around a dozen Saints assembled at Smith and Western at 10am, just after Parkrun, so there was plenty of time to change into old warm clothes after the run. One of the rangers came to meet us and led us down to where we'd be working for the morning.

I must confess I don't like gardening so I was a bit hesitant to join up, I also wanted to avoid a sore back especially as I had a 14 mile ultra training run on the Downs following day. I needn't have worried. We were met beside a roaring bonfire by the chief ranger and were allocated our tasks. New gardening gloves were provided for those who didn't have their own along with a selection of tools for chopping and cutting. Along with several others I was set to work cutting and clearing overgrown rhododendron bushes that were spreading haphazardly away from a stream. If left uncontrolled, rhododendron, will eventually dominate the habitat of all other plant life. Its extensive root system and leaf litter is toxic to many other plants. I especially enjoyed throwing the debris onto the bonfire and watching it catch alight instantly and in no time at all we'd managed to clear a large area which was very satisfying. Time flew by and we finished at 12 noon.

Thank you to all those who volunteered at the Tidy. It was hard work but fun and worth it when you see the results. The Tilgate grounds team were very grateful for Saints support.

I recommend signing up to the next Tilgate Tidy event later in the year.

***Nicky Wilson***







### 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.

### NEIGHBOURHOOD RUNS

**Monday March 20th** will be the Northgate route meeting by the playing fields on Woodfield Road, opposite Midgley Road.

The runs will then start again every other week on **April 17th**, with future locations to be advised.

### Learn to Run

The next course is starting on **Monday, March 27th** with graduation on **Saturday, June 10th** at Tilgate Parkrun. Can everyone please share the advert that has been sent via Facebook and WhatsApp.

We will be looking for helpers during the course and buddies on graduation day – these count as a volunteer credit for those that are interested in entering the London Marathon ballot.

### Mile Challenge

This year these will be on **Wednesdays May 3rd, July 26th and September 20th** – let's see if you can beat your time from last year or set a benchmark on the first session to improve on by the last one!

### BREKKY RUNS

Date and Location of next brekky run TBC.

### TRAINING

We are now meeting at the Co-op at Tilgate on a Monday and outside Oriel School on a Wednesday—please keep an eye on the training sheet. Please remember to wear hi-viz and have a torch.

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.

Once the clocks go forward, end March, Monday and Wednesday training will move to Tilgate Park, meeting at the main carpark by Smith and Western. More information will be released by email shortly.

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 next **March session** will take place on **Thursday 16th**. April dates TBC. Meet at the back of the centre by the track at 6:45pm.

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. Please see S&S Facebook group for payment instructions.



## **Membership**

It's that time of year again Saints. Club membership is due for renewal on 1st April 2023.

Annual membership, which runs from April 1st 2023 to March 31st 2024, costs just £12 a year and fees should be paid to the club bank account as detailed below. There is also the option to pay a yearly fee of £17 to be affiliated with England Athletics. Affiliated members receive a digital registration pack with a unique runner number (URN) which gives access to exclusive benefits and services including a discount on most UKA registered races. This option really benefits those who race all year round, saving around £2 on normal race entry fees, including many of the SGP races.

Having UKA members also helps the club secure a London Marathon club place!

Membership forms are available from the S&S website. Please complete and email these to [membership@crawleysaintsandsinnersrun.co.uk](mailto:membership@crawleysaintsandsinnersrun.co.uk)

Please make bank transfers to:

Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please reference the payment with your surname + MEM, e.g, Bryant MEM.

Remember due date is 1st April so please complete your form and transfer fees by this date.

Many thanks,

Your Membership and UKA Secretary,

***Lesley***

## **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)  
Social media – Nicky Wilson  
[media@crawleysaintsandsinnersrun.co.uk](mailto: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](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)