

Welcome to the March 2022 newsletter.

A big welcome to our new members this month: **Amy Moffitt & Vavijana Velkov** and welcome back to **Claire Oak**.

Thank you to everyone who contributed this month, it really is appreciated

Message from the Chairman

Hi everyone, hope you are all well!

I can't believe it's March already...

The good news is that we'll be back at Tilgate soon, and the nights are getting lighter!!

I hope you are enjoying your running, it has been great to see so many of you at training and at Parkrun.

We will shortly be asking for help organising the Tilgate 5 race, if this is something you can do please do let me know.



3 Forts Challenge

We will once again be volunteering at the 3 Forts Challenge on **Sunday, May 1st**. We will be manning a drinks station as usual. This is a great, local event. Volunteering is fun, and we only need to be there for an hour or so. If you can help, please let **me** know!!!

James

Membership

It's that time of year again Saints!

An annual membership (April 1st 2022 to March 31st 2023) costs just **£12 a year** per individual. There is also the option to pay a yearly fee of **£16** to become UK Athletics Affiliated (UKA). As an affiliated member you get your own unique runner number which entitles you to race discount on all UKA registered races. This option really benefits those who race all year round saving on average £2 on normal race entry fees. Members also get a UKA membership pack. Plus having UKA members helps secure the club a London Marathon place, so it's worth it for that alone.

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

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.

Please complete and return sooner rather than later.

Lesley

Maverick Sussex — Saturday, February 12th

For both Sarah Thomas and myself, this was our first taster of a Maverick trail running event. Our event of choice was the Sussex race.

So we both headed out on a bright, but chilly, February morning with our destination being Amberley Museum.

Competitors have a choice of distances to enter, in this case, 10, 14 and 21km. Sarah and I plumped for the 14km version.

There was a lovely atmosphere in the race village. Great facilities and a lovely coffee and cake stall. All distances start at the same time and very quickly, we were heading uphill!!

As with all races on the South Downs, there were plenty of uphills, lots of downhills and smashing views.

It turned out that the advertised distances were for guidance only! We ended up running nearly 2k more. It really didn't matter, it was a beautiful day, the course was lovely and everyone was incredibly supportive.

Any race where I end up sitting next to a fire pit with a cold beer (.....alcohol free) is a winner in my eyes!

Loved it and would highly recommend.

Clare Hall



Victoria Park Half Marathon – Sunday, February 13th

Most people celebrate their birthday by having a party or going out but not me! I decided to do something I love and enjoy with my closest friends. People may think I am mad, but I couldn't think of a better way to celebrate it!

We had originally planned to enter the Goodwood Motor Circuit event in December (which is when my birthday is) but I was sadly hit with Covid prior to my birthday, so we had to postpone it.

After deliberating which event to attend, we finally decided to take part in the Valentine's Day Victoria Park Events on Sunday, February 13th.



So early on Sunday morning, a small group of us from Parkrun set off for London to take part in my postponed belated birthday celebration run.

Some were doing the 5k, others the 10k but Darren and I did the half marathon to combine it with our training for the Brighton Marathon in April.

Being my first event in a long while (over a year and half), I was anxious and quite nervous. I was also worried about the weather as it was due to be raining heavily and be extremely windy but we were very lucky.

The rain held off and the wind was not too bad. It was only on one side of the course but we did have to do six laps so hit the windy section six times. But it did only last for just over 0.5k so wasn't too bad and did not slow us down too much!

As we all assembled at the start, Darren and I were the first ones to head off, followed by the 5k and 10k runners. They all came to see us off and cheer us on our way!

It was a lovely atmosphere and I didn't realise how much I had missed hearing the hooter and crossing over the start line. As we were using this as a training run, we held a nice comfortable pace throughout but did seem to get quicker at the end.

There was no pushing and we finished in 1:37:46. I was 2nd in my age category and Darren 3rd. I felt great after and I hope it shows there is more to come from me!

After the run, we all headed off to get a well-deserved bite to eat – well we were with Ken Tulley so it obviously goes without saying!!!

Claire Page



Headcorn Half Marathon — Sunday, February 13th

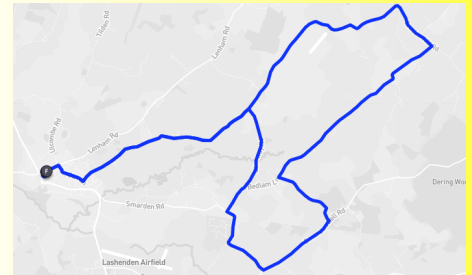
I really enjoyed my visit to the Headcorn Half. Headcorn is an easy one hour drive from Crawley. The event is a very well run, if low key half marathon.

There were only 200 runners, and the route was undulating but not really tough.

I went out steadily, and ended the race strongly. I finished in 1:57, so nowhere near my PB but I was just so glad to do a road half marathon again.

I would thoroughly recommend the race, it's cheap and easy to get to!!

James Mason



Tunbridge Wells Half Marathon — Sunday, February 20th

I had been looking at the Tunbridge Wells Half for a few years now but the thought of the hills had always put me off!

One hill, just after mile six, is 197ft of elevation....now that's what you call a hill!

Anyway, I put my fear of hills aside for the day, got up ridiculously early and made my way to Tunbridge Wells.

I can't say I knew the area well, so it was very different to my running around the houses of Crawley.

A very well organised race by Nice Work with great support by the marshals and the local residents. I was pleasantly surprised to see so many people out of their homes clapping, cheering and offering sweets to get us all round.

Water stations were placed roughly every three miles which were a most welcoming sight.

The scenery was fantastic. Rolling hills for miles!

Part of the entrance fee went to the local Rotary club, which was, in my opinion great.

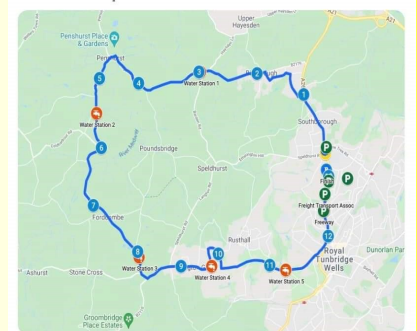
It cost only £29 to enter and for that you got a finishers' T-shirt and medal — and also because last year's race was cancelled, I got an extra T-shirt for turning up early!

In my mind, a great local-ish race, and yes, I'd definitely run it again, despite the hills!

Vanessa Harrold



Tunbridge Wells Half Marathon Race Route Map



Tilgate's Runniest Runner

Saturday, February 26th

I had heard about Parkrun before Tilgate started but I thought what is the point in driving to Brighton just to run 5k? I could just step out of my front door and run that far before I would be back from Brighton!

With the Tilgate event starting I had no excuses, so decided to go along to the first event to see how I got on.

I'm not very fast and didn't really know any runners and felt so out place as everyone else looked so professional. I plodded my way around the course and enjoyed myself, and as I didn't finish last I thought I'd go back the next week.

In the early days at Tilgate there wasn't the huge numbers as there is today, so everyone got to know everyone else. I felt like part of the family.

It's with thanks to Tilgate that I heard about Saints and Sinners, so now I have two running families, Tilgate and Saints.

So, with the encouragement of both my running families, I ran my **400th** Parkrun event. 355 of these have been run at Tilgate. I am apparently Tilgate's runniest runner!

It's nice to be a Parkrun tourist but it's always better to run at 'home'.

If you've never run a Parkrun, you don't know what you're missing.

Vanessa Harrold



Parkrun 250th!!

I was very proud to complete my 250th Parkrun. It was a great day, and made better that Mum (Vanessa) completed her 400th on the same day.

My 1st Parkrun was in 2008 in Banstead! Since then I've taken part in 14 different Parkruns. Tilgate has been my home Parkrun since it started and I've now done 222 at Tilgate.

I really enjoy taking part and look forward to it every week. I've made so many friends there and it was great to see so many there on the day. I'd also like to thank the organising committee, many of whom were there for the very 1st event!!

James Mason

Wokingham Half Marathon — Sunday, February 27th

Ian and I had earmarked this as a potential race target at the turn of the year and a couple of weeks later we were signed up.

In 2019, Ian ran 1:13:59 to finish 30th out of a field of 2,003 runners and qualify for Championship entry at the Brighton Marathon just a few months' later. Some achievement.

As I awoke bright and early on race day the sun was shining and the birds were singing.

After a one hour drive around an eerily deserted M25 and M3 we were parked up at Wokingham station with an hour before the gun went off.

My left ear had been chewed off with Ian clearly unfamiliar with the feeling of a Tottenham Hotspur victory the day before.

We took a slow stroll to Cantley Park, the scene of the race HQ, where plenty of people were already assembled, music was blasting out and the weather was mild and calm. A beautiful day for running.

After a short one mile warm up to get the legs moving we headed to the start line where we were greeted by none other than the Mayor of Wokingham. Ian was a little star-struck but managed to re-compose himself ready for the 10am start.

We were told that the race had sold out and 2,693 people were on the start line. This was a busy race and the field looked competitive.

The race itself took us through Wokingham town centre for a mile or so before heading out on to closed countryside roads, circling in a big loop, and then heading back the way we had headed out. I think the course is probably described as undulating with 400ft of elevation but nothing too troublesome. Due to the large field, there were no real quiet spots and plenty of runners around you at all times to get carried along with.

I came home in 1:26:36 for a new half marathon PB with Ian finishing in a mightily impressive 1:16:56.

All in all, a really enjoyable Sunday morning in Berkshire and a race I would definitely recommend to any Saints & Sinners wanting to try somewhere new but not too far from home.



Ian & I raring to go. By a strange coincidence, Ian's race number was the same as the year he was born!

Jim Williams

Brighton Half Marathon – February 27th

It hardly seemed like five minutes since the postponed 2021 event in October before it was time to set off to Brighton for the 32nd running of the half.

The day dawned dry and bright, but with a stiff breeze, more of which later.

As always the park and ride was well-organised and with a full field of up to 9,000 runners expected, the buses were full to capacity for the journey down to the seafront.

I arrived around an hour before the off, plenty of time to soak up the atmosphere and drop off my bag and visit the loo - plenty of them and not too long a queue.

The race fitted into my marathon training programme, which said to run a half at PB pace. So, my target was 1:40, or thereabouts, my PB being 1:43:38.

Positioning myself at the back of the 1:30/1:45 start pen, I had a good start with not too much traffic about.

The first three miles out to the marina were into the wind, but on fresh legs it seemed fine.

Turning back towards the town and then inland past the Royal Pavilion there was a good crowd out cheering the runners on. Then out towards Hove along the coast road, all was going well, pace spot on for the hoped for time.

At the ten mile mark you turn off the road and start to come back along the promenade in front of the beach huts.

Unfortunately, the wind had picked up and as we turned it was like running into a brick wall!



There was two miles of real hard work to maintain my pace, but I think all the runners found that bit hard.

The final mile, back in amongst the crowds and sheltered by the pier, was not so bad, but the previous two miles had knocked the pace back, and I finished in 1:40:32, which although just under the target, I was pleased with.

Well done to the other Saints and Sinners runners, **Rachel Cordery** 2:33:37; **Dan Smiles** 1:42:04; **Matt East** 1:59:56; **Simon Edwards** 2:17:55.

My apologies if I have missed anyone.

Martyn Flint

Lancing Beach Green Parkrun – Parkrun Tourism, March 5th

We headed down to the coast for the latest Parkrun tourism at Lancing. The route looked like a flat run along the seafront so there was the potential for some fast times.

One of the good things about running in yellow is that it stands out and when we arrived in the car park, there were plenty of yellow shirts around - 16 of us were there, along with potential new member, Lucas.

We gathered on the green for the start with a chilly brisk wind blowing. The route is a short out and back on the grass, followed by an out and back on the seafront, with the beach huts and sea next to us.

The good thing about an out and back is that you get to see all the other runners from the club, so we took the opportunity to cheer each other on – much needed when it's a long straight run. I often find that my mind starts wondering when the turn point will ever come!

But I enjoyed the chance to run on a flat route for a change and take in the sea air.

Andy led the way on what we later found out was his birthday, so finishing in top spot was a good way to start the day.

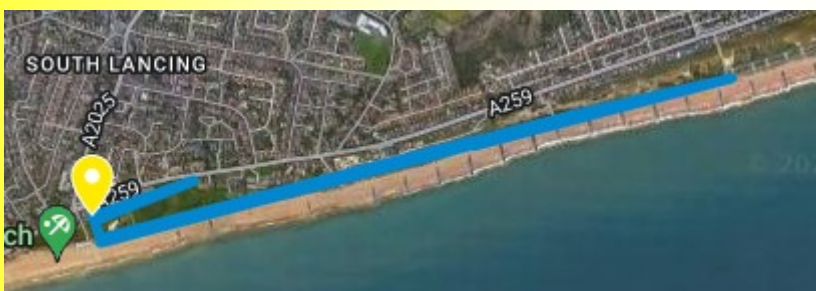
It was the first time running there for 13 of us and well done Debby for getting a course PB. Thank you Keith for the photos and to the friendly volunteers for making us all feel welcome.

I didn't find it particularly any quicker than Tilgate, perhaps that was due to the wind or I was just having an off day, I'm not sure. Probably the latter!

Once everyone had crossed the finish line, we headed over to a very nice cafe which is conveniently located nearby for coffees and some food.

I'm looking forward to the next tourism at Reigate Priory on April 23rd. If you haven't come along before I can really recommend it.

Ed Duke



Elgin Parkrun — March 5th

Running gear all packed (don't forget your barcode) and on to the plane for the 468 miles to Inverness, then an hour's drive to the lovely city of Elgin.

I've been here many times but never thought of doing a Parkrun up here. Got my fingers working to see if there are any in the area and, magic, there's one in Cooper Park. Even better, it's a 9.30am start so don't have to get up too early.

As Saturday morning came the sun was out with lovely blue skies and no wind — fantastic, couldn't wish for a better day.

Turned up for my first time here and found out it was their 6th birthday. The course features two clockwise laps in a "pan handle" shape. Starting at the pavilion/pond area, each lap runs around a large loop within the main park area then out the back on the new path that runs West on a flood protection embankment.

There was a good turnout of 140 runners and I finished 91st and really enjoyed the morning.

Kevin Stevens



Eastbourne Half — Sunday, March 6th

This is my 8th appearance at this calm, logistically easy race....free parking, a lot less fuss and expense than Brighton and a smaller field.

The cheery commentator sends you across the grass at Princes Park, then up on to the promenade. You find your feet and your rhythm with a few flat miles. Serenaded by a bagpiper, there's a right turn up an incline which becomes the road toward Beachy Head.

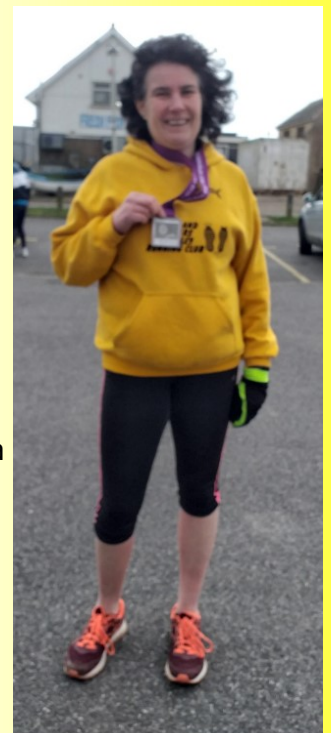
However what goes up must come down: a lovely 1/2 mile charge back to the sea. This section keeps me coming back, especially as I'm slower uphill these days — it's nice to bomb back past other runners!

Back along the prom to the halfway point past another bagpiper, while a purple and black (my favourite colours) pagan steampunk Morris drumming band make life interesting between miles seven and nine.

The course then becomes more residential, before a meander up and over bridges round the marina, when it usually gets windy.

Three miles back along the seafront then another double back to the park. Unfortunately this year it was an easterly wind — brutal for five miles, which made the time (2.27) a challenge. Still managed my customary sprint finish somehow...!

Stella Daff



Surrey Half Marathon – Sunday, March 6th

The half marathon is my favourite running distance. It's long enough to be challenging, providing a test of endurance, stamina, fitness and pace, but short enough to fit the training into a busy schedule without it taking over your whole life.

I have run several halves, but I was looking for a new challenge post Covid, so Janet and I decided to follow an eight-week program targeting a sub 2 hour 5 minute finish, a goal race pace of 9 minutes 30 seconds per mile. We looked for a fast, flat course to give us the best chance of achieving our objective and entered the Surrey Half Marathon.

The Surrey Half starts and finishes in Woking Park. Parking was straightforward in one of the many town centre public car parks, just a few minutes' walk from the start. We arrived at the event village in plenty of time to pick up our race packs.

The half marathon was preceded at 8am by a 5k which attracted over 250 runners so the atmosphere in the village was already buzzing with plenty of stalls selling refreshments and merchandise. Once we'd located the toilets and bag drop, we made our way to the nearby leisure centre to keep warm and for a coffee for that all important pre-race caffeine hit.

Having dropped off our kit we made our way to the start pens with over 1,500 other runners. The race had several pacers and we positioned ourselves between the 2 hour and 2.10 coloured flags. After a ten minute warm-up we were on our way at 9:10am.

The 13.1 mile run follows a single loop along closed roads out of central Woking into the countryside. It is a flat course and boasts one of the fastest half marathon times on record (62 minutes) and therefore attracted a large number of fast and experienced runners.

The weather was fine and dry with a biting wind, but Janet and I soon got into our stride, running comfortably within our goal pace. Along the picturesque route we were entertained by bands and cheering spectators and there were three well-stocked water and aid stations.

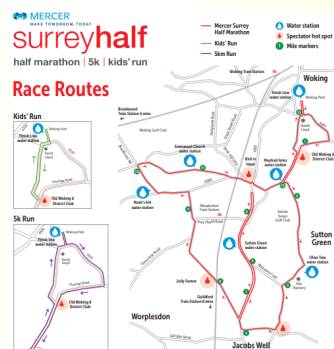
By mile ten I was starting to feel the effects of the early pace but after a gel and some water, I picked myself up and chased Janet towards the finishing line. We completed the race in just over two hours. Janet ran a half PB of 2:01:46, beating her previous best time by a massive seven minutes and I ran 2:02:57, my second fastest time and my best since 1993.

Our hard work had paid off. Also running the Surrey Half were fellow Saints Darren Hunt and Claire Page, using the event as a training run for the Brighton Marathon.

The Surrey Half Marathon was very well organised, and the marshals and volunteers did a great job. The facilities were excellent, and it was lovely to have a place inside to keep warm on a chilly day before the start. The traffic-free roads provided a comfortable and safe environment for us to achieve our objectives and I'd strongly recommend this race to other Saints looking for a PB, spring marathon training race or a pleasant scenic route.

Special thanks go to run leaders Paul Luttmann, Dickie Bryant and Clare Hall whose support and Wednesday technical sessions have been instrumental in helping Janet and I meet our goals.

Nicky Wilson



Steyping Stinger — Sunday, March 6th

It's Wednesday evening and I hear Michele saying "lets do the Steyping Stinger". I'm thinking what?! I've not run a half all year, in fact nine miles being my longest run. How would I cope doing a hard hilly trail over the South Downs. Well I said OK! The day arrived and the weather was good but a bit chilly so it was two layers and a jacket. I said to myself, take it easy as Michele and I set off on the rolling start. Half a mile in the hills started and Michele got smaller into the distance. I kept my pace and walked some hills, passing many walkers. Ten miles in I still felt OK, stronger after Parliament Hill I guess. I speeded up but by 13 miles I had enough and could not see the finish! I was glad to finish after just under 14 miles. Collected my medal and had my free English breakfast. A great race and nice achievement. Let's make it a club event next year!

Frank Stone



WSFRL— Sunday, February 13th

Run Your Heart Out - the race that almost never was!

After six years, Crawley Run Crew finally had their inaugural WSFRL event and to be honest, credit to them, it was a great one!

This five mile run started and finished with a lap of the track at K2. As this was a local one, almost like a derby day, I was expecting good numbers and big things and you guys delivered.

First of all the juniors: We had 1st, 2nd and 5th place overall which was also the 1st lady! 11 points for all! Paul had an astonishing time of 8:24! Tristan, only eight years old on his WSFRL debut, finished with an amazing time of 9:05 and only 20 seconds later was Sophie!



Although all three got maximum points, we managed 3rd place as the two clubs that beat us had double the runners. This means if we had one or two more juniors we would have won!

So my plea for the future races is to bring more kids! (ones that you know obviously!)

Now to the adult race, encompassing all the hills in Tilgate (Chevron, Middle, Woodchip, Azalea). The 33 S&S adults that finished the race managed a respectable 8th place, eight points behind the eventual winners, which in terms of finishing is quite a large gap.

Well done to all that took part!! Miyu Stephenson had her senior WSFRL debut too!

But on the whole it was a Kerr and Nixon masterclass in running, both adults and juniors scoring the big 10!

We also had Jim Williams and Lobs get maximum points. However if it was not for the entire team's efforts, we would not be where we are in the table — or more importantly had as much fun and camaraderie as we did!

It truly is a pleasure to organise most of you!

The next race is the Easter Monday Lewes 10k. This one will cost £7 again, however those who would like to enter, I need your date of birth when sending your intent to enter. Please email me if you wish to ask any questions.

Your rep

Luke Taylor



...cont

The second league race of the year (and also Crawley Run Crew's first league race), Run Your Heart Out, took place on the windy morning of February 13th. The race was a five mile run around Tilgate Park and also my first senior race!

The senior race was a lot further than the junior races that I used to run, so it was a very different experience!

The course started at K2, going around the park, including hills such as Chevron, Middle Path and Azalea.

It was mixed terrain with a few muddy patches. The race ended with a final lap around K2 running track, which was particularly tough when the finish was in sight the whole time!

Overall it was a challenging course but I really enjoyed it!

It was very nice to see so many Saints and Sinners at the event and well done to everyone who took part!

Another well done to the juniors, who all scored 10 points each!

I look forward to participating in the next senior race!



Miyu Stephenson

2022 WSFRL Calendar		
	Date and Time	Race and club details
3	Monday 18 th April 1 mile 10:10 10km 10:40 TBC	Lewes AC Lewes Easter Monday races Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG www.lewesac.co.uk
4	Sunday 8 th May 5 mile 11:00	Portslade Hedgehoppers Hedgehopper 5 Portslade Community College Sports Centre, Chalky Road, BN41 2WS www.portsladehedgehoppers.com
5	Wednesday 18 th May 1 mile 19:00 5mile 19:30 WATER	Arunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arunners.co.uk
6	Wednesday 25 th May 1 mile 19:00 14 and under 5 mile 19:30 15 and over	Chichester Runners Trundle View Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS www.chichester-runners.org.uk
7	Saturday 25 th June 1 mile 12:00 5 mile 12:30 WATER	Burgess Hill Runners Downland Dash Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk
8	Wednesday 6 th July 1 mile 19:00 15 and under 6 mile 19:30 15 and over WATER	Steyning AC Roundhill Romp & Mini Run The Clock Tower, Steyning High Street BN44 3LE www.steyningac.co.uk
9	Sunday 10 th July 10km 11:00 WATER	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road , Brighton BN1 8YR www.hovehornetsfitness.com
10	Sunday 24 th July 1 mile 10:15 4 mile 11:00	Henfield Joggers Seven Stiles Henfield Leisure Centre BN5 9QB www.henfieldjoggers.co.uk
11	Wednesday 3 rd August TBC 1 mile 19:00 3.5 mile 19:30 WATER	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Timore Way , Durrington, BN13 3RT www.worthingstriders.co.uk
12	Wednesday 10 th August 1 Mile 18:45 4 Mile 19:15	Worthing Harriers Windlesham House 4 Windlesham House School , London Rd, Washington RH20 4DG www.worthingharriers.com
13	Sunday 4 th September 1 mile 10:15 Start time TBC 5 mile 11:00 WATER	Fittleworth Flyers Fittleworth 5 Fittleworth Village Hall RH20 1JB www.fittleworthflyers.org.uk
14	Sunday 11 th September 1 mile 10:30 5 mile 11:00 WATER	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
15	Sunday 9 th or 16 th October TBC 1.5km 10:30 8km 11:00 WATER	Haywards Heath Harriers Great Walstead 5 Great Walstead School , East Mascalls Lane , Lindfield, RH16 2QL www.haywardsheathharriers.co.uk
16	Sunday 30 th October 1 mile 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
17	Sunday 6 th November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk
2023 1	Sunday 1 st January 2023 1 mile 11:00 5 Mile 11:30	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk

WATER denotes that water will be available on the course as well as at the finish.



The Sussex Grand Prix is back!

S&S are part of the SGP, with 13 races throughout the year. See the calendar of events for those races expected to count towards this year's scoring.

Anyone interested in competing needs to sign up for races via the appropriate entry websites and ensure that you put down Crawley Saints and Sinners as your club. You also need to wear club colours to compete and score.

SGP points are awarded based on your finishing position - 1st place scores 500 points, second place 499 and so on. Male and female scores are separate. Each runner's points total is taken from their best six scoring races throughout the season. Individual points are also used to calculate team scores for each club using the scores of the top ten men and women (seniors) and top five men and women (veterans).

Look out for emails with more details from me before each race.

Jim Scott

Provisional SGP Race Calendar

Dates in **red** are to be confirmed.

Any changes/errors, please let us know.

Race	Date	Day	Event
1	20th March 2022	Sun	Hastings Half
2	1st May 2022	Sun	Haywards Heath 10 mile
3	15th May 2022	Sun	Hastings 5
4	22nd May 2022	Sun	Horsham 10k
5	29th May 2022	Sun	Rye 10 mile
6	19th June 2022	Sun	Heathfield 10k
7	3rd July 2022	Sun	Bewl 15
8	13th July 2022	Wed	Phoenix 10k
9	TBC July 2022	Wed	Bexhill 5k
10	TBC September 2022	Sun	Hellingly 10k
11	2nd October 2022	Sun	Lewes Downland 10 mile
12	TBC October 2022	Sun	Hove Prom 10k
13	TBC November 2022	Sun	Crowborough 10k



Parkrun Tourism

Our next visit is to Reigate Priory on April 23rd. This a two-lap course which could be quite muddy so trail shoes are recommended

No need to let me know if you are coming along, just turn up, car sharing is also a good idea as the car parks can get busy!

March Brekky Run

Sunday, March 27th – meet at the café at West Green shops ready to start running at 9am. It's a social run for about an hour/hour-and-a-half followed by breakfast at the cafe

Suitable for all paces.

Let me know if you plan to come along by reply email, in person or respond to the event in the Facebook group

40th Anniversary

This year our lovely club celebrates its 40th birthday. We definitely need to mark the occasion so please share your ideas for suitable ways to mark this milestone.

A party will be held on **October 1st** and will include our award ceremony, venue to follow!

I am always looking for suggestions for new social activities so please pass them on.

Clare Hall (your Social Secretary)

Membership fees

As you all probably know, membership fees will rise from £10 to £12 annually from April 1st. Training sessions will continue to be free for members.

London Marathon

The club should have one place. Normally the London ballot places would have been announced by now but as these have only just been revealed, it was decided the draw for the club place will happen at the first committee meeting following the ballot (March 31st).

Members must be UKA affiliated and must indicate they want to be included in the club ballot to be entered in the draw. A further communication will be sent before the draw.



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.

Upcoming races

March 20th — Hastings Half

April 24th — Worthing Half

May 8th — Gatwick Half, 5k & 10k

May 22nd — Horsham Joggers 10k

June 11th — South Downs Trail Half & 10k

June 18th/19th — Longest Day Ultra

June 26th — Denbies North Downs Trail Half & 10k

September 18th — Reigate Half, 10k and 5k

September 25th — Barns Green Half and 10k

Please keep an eye out for any upcoming races via www.sussexraces.co.uk, www.nice-work.org.uk or Facebook etc.. Or you may have other sources you wish to share.

If you have any upcoming races then please share them with the other members so we can support you and I promise I won't always make you write a run report!

However if you do fancy writing something for fellow members to read then please send your report to Debby by the 7th of each month at media@crawleysaintsandsinnersrun.co.uk so this can be included in the newsletter.

XC 2021/22 Round-up

Thanks to everyone (twenty two 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;
- Five teams at the Priory XC Relays at Priory Park in early November. Our Club XC Champs were Cara L, Lisa S & Grace B and Wayne K, Richard B, Jim S & Wayne K;
- Four teams in the Sussex XC League which ran from Goodwood in mid-October to Bexhill in early February;
- Six runners at the Sussex XC Champs at Bexhill in early January;
- Seven runners at the Sussex Masters XC Champs at Coombes Farm, Lancing in mid-January;
- Six runners at the National XC Champs at Parliament Hill, London in late February.

Great running everyone. We will announce our **XC Runner of the Year** at our Awards event later in the year. Our shortlist, composed of runners who ran six races or more, is: Michele N, Sarah S, Valerie S, Martyn F, Andy K, Wayne K and Mark W. Finally, thanks to Andy Cox of Crawley AC for his excellent photos this season.

Paul Luttman





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.

LEARN TO RUN/BACK TO RUNNING

This is starting on **Monday, March 28th**, please spread the word.

NEIGHBOURHOOD RUNS

These will be starting on **Monday, April 11th**, our first one of the year will be at **Broadfield** meeting behind the bus stop opposite the stadium. We will however be joined by the learn to run group on these sessions so please offer your support either as a recovery run following a race/long run the day before, or if you just fancy a steady social.

MILE CHALLENGE

We are planning three mile challenges this year, two months apart, if you would like to see how you compare from first to the last then please make sure you come along to all of them. They will be on the Industrial Estate and a similar route to last year (pending roadworks!)

Wednesday, May 4th, Wednesday, July 27th and Wednesday, September 21st. Various social runs will be on offer once everyone has completed the challenge.

RUN & TALK

We are still trying to find a suitable venue to host a monthly run and talk session to encourage anyone who is currently injured, or looking at getting back into running to attend.

TRAINING

From **Monday March 28th** following the clocks going forward (yes I am forward) we will be meeting at Tilgate Park again (at the toilet block by Smith & Western). Monday nights will continue to be a social run with the run leaders offering various speeds and distances. Wednesday nights we will be offering technical sessions, both sessions start at 6:30pm.

Please keep an eye on the weekly training sessions as locations will be changing for the Neighbourhood runs and the Mile Challenge.

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

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@crawlleysaintsandsinnersrun.co.uk

Our committee:

Chairman - James Mason
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetmen
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Connolly
membership@crawleysaintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@crawleysaintsandsinnersrun.co.uk
SGP Rep – Jim Scott
sussexgrandprix@crawleysaintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@crawleysaintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Clare Hall
social@crawleysaintsandsinnersrun.co.uk
Social media – Debby Scott
media@crawleysaintsandsinnersrun.co.uk



Ordinary member – Dawn Rhodes
Ordinary member – Dave Penfold
Ordinary member – Sarah Clapp
Ordinary member – John Evans

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