

Hello everyone and welcome to the March 2021 newsletter.

No new members to announce this month but please read below about membership as this is due next month!

This month I have been in touch with some of our long-standing and founder members to find out how the club was formed, how they got into running and why they are still members. I found it very interesting and hopefully you all do too!

Message from the Chairman

Welcome to the latest S&S newsletter.

We hope you enjoy this, and we can't wait to see you again soon!

Training is due to commence (based on the current Government guidelines) on Monday, March 29.

We also hope we will start to see races recommence soon.

I know from personal experience it has been tough training on your own and without races! We look forward to the upcoming training sessions!

Thanks to all of the committee, and to Debby for pulling this newsletter together.

James



Membership

It's that time of year again Saints!

An annual membership (April 1st to March 31st) costs £10 a year per individual. It was agreed at the AGM that we would keep the cost the same as 2019.

There is also the option to pay a yearly fee of £15 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.

We appreciate that due to Covid there was no races last season and we are still in the dark about what may happen later this year. But 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 SAS 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.

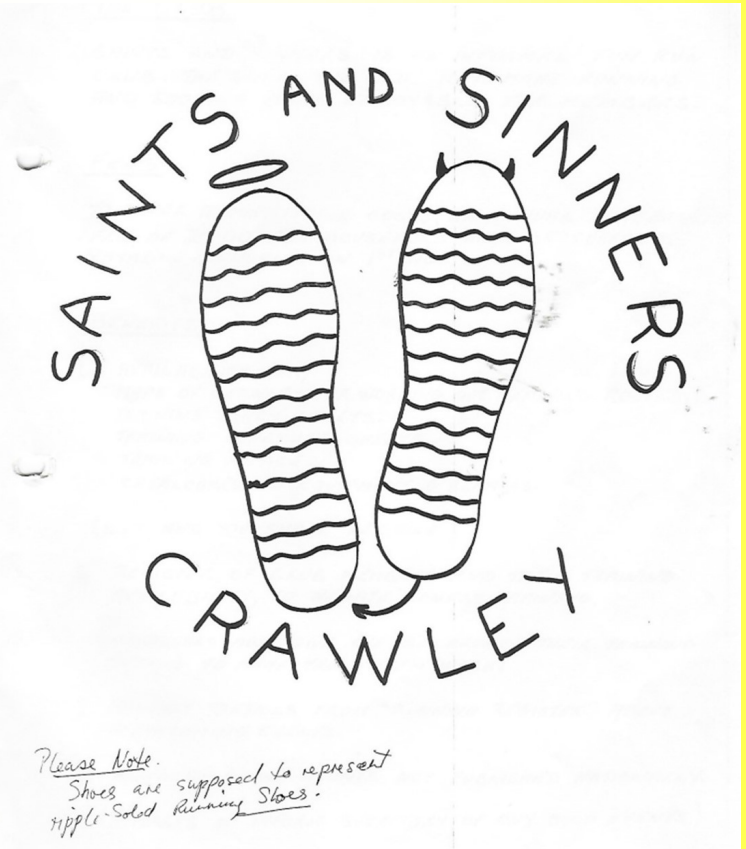


Cast your mind back to the early 80s - I know for some of our members this was before they were born! You had no internet, no mobile phones and the only way you could get information to each other was through word of mouth or by passing paper documents by hand. It was before Garmin, Tom Tom and Strava so route distances were worked out using car trips or measuring street maps.

In 1982 Graham Ridout watched the London Marathon on telly and was inspired to take part the following year.

He convinced like-minded friends John Marsh and Derek Brailsford from Broadfield's Anglican Church to form a running club, later naming themselves Saints and Sinners for fairly obvious reasons.

By the first official committee meeting in September/October 1982 the club had a name and logo which we all know and love. Although at around the same time, at the first ever meeting of the West Sussex Fun Run League in October, they were still just a "group from Broadfield, Crawley".



From the Southwater Bypass race in October 1982 some of the original members L-R ?, ? John Marsh, Derek Brailsford, Dave Butcher, Graham Ridout, Steve ?, Kev Finch



SAINTS AND SINNERS

1ST EVER MEETING
APPROX SEPT/OCT
1982

ORGANISERS

- G. RIDOUT — SECRETARY
- J. MARSH
- D. BRAILSFORD

Mr. G. Ridout
23 Colonsay Road
Broadfield
Crawley
West Sussex
RH11 9DF
Tel. No. 36284

Minutes from the Saints and Sinners first committee meeting

THE CLUB

SAINTS AND SINNERS IS AN INFORMAL FUN RUN CLUB. THE AIM OF THE CLUB IS TO MAKE RUNNING AND JOGGING MORE ENJOYABLE FOR MEMBERS.

FEE'S

TO COVER ADMINISTRATIVE COSTS, AN ANNUAL MEMBERSHIP FEE OF £1.00 PER HOUSEHOLD WILL BE CHARGED. PAYABLE ANNUALLY ON 1ST NOV.

BENEFITS

- 1 AVAILABILITY OF ;
MAPS OF CRAWLEY, FOR WORKING OUT TRAINING ROUTES.
TRAINING DIARY SHEETS.
TRAINING SCHEDULE SHEETS.
TRAINING ADVICE.
CATALOGUES ON EQUIPMENT & REPAIRS.
(ASK, AND YOU SHALL RECEIVE.)

- 2 REGISTER OF CLUB MEMBERS AND THEIR TRAINING AVAILABILITY, TO NEGATE LONELY TRAINING.
(INDIVIDUALS MUST GIVE THE SECRETARY THEIR TRAINING DETAILS, TO MAKE THE SYSTEM WORK)

SAINTS AND SINNERS

Mr. G. Ridout
23 Colonsay Road
Broadfield
Crawley
West Sussex
RH11 9DF
Tel. No. 36284

BENEFITS - CONT.

- 5 INFORMATION ON WHO'S RUNNING WHERE, TO MAKE IT EASIER TO ARRANGE TRANSPORT TO THE EVENTS, AND ANY SPECIAL TRAINING REQUIREMENTS.
(THIS CAN ONLY WORK IF MEMBERS INFORM THE SECRETARY OF THE EVENTS THEY ARE ENTERING OR THINKING OF ENTERING)

CLUB EQUIPMENT

A CLUB "LOGO" HAS BEEN DESIGNED, (SEE ATTACHED SHEET) AND IT IS POSSIBLE TO OBTAIN "TEE SHIRTS" AND "SWEAT SHIRTS" BEARING THE LOGO. THE CLUB COLOURS ARE; BLACK SHORTS - YELLOW TOPS WITH BLACK LOGO.

TEE SHIRTS WITH LOGO - £3.91 } MIN. ORDER OF 12
SWEAT SHIRTS WITH LOGO - £7.42 } GARMENTS.
(CONTACT SECRETARY IF YOU ARE INTERESTED.)

SO WHEN BUYING NEW EQUIPMENT, WHY NOT TRY TO OBTAIN "THE CLUB" COLOURS.

THE ORGANISERS WELCOME YOU TO THE CLUB, BUT, REMEMBER - - - - -

PLEASE CO-OPERATE, TO HELP US OPERATE!

D. Brailsford J. Marsh G. Ridout



PRONUTRO WEST SUSSEX FUN RUN LEAGUE -
Meeting of interested clubs: Friday 22nd October 1982 - HORSHAM

Introduction: Club representatives were welcomed by David Bridges who outlined how the idea of a Fun Run League came about, evolving from Horsham Joggers, who in turn were created by the Blue Star Harriers and the District Council.

There appeared to be a need for 'Fun Run' type events to cater for the new runners who for one reason or another did not wish to take part in A.A.A. events.

Apologies for absence were received from Hugh Wilson (Arundel).

Representatives present at this meeting:

League Administrator: David Bridges, Horsham District Council, Park House, North Street, Horsham. Tel. Horsham 64191, ext.278, Horsham 58747.

Sponsor's Representative: Oliver Sellars, Infopress Ltd., 58 Fleet Street, London, EC4 1JU. Tel. 01-353-8445.

Horsham Joggers: Carol Clift, 32 Grebe Crescent, Horsham.
 John Otway, c/o Horsham District Council.

Worthing Harriers Joggers: Peter Long, 29 Hillside Avenue, Worthing

Crawley A.C.: Jack Shelton, 68 Shackleton Road, Crawley. Tel. Crawley 29807.

Appleyards Amblers: John Taylor/Mike Simmons, 27 Stoneybrook, Hills Farm Lane, Horsham. Tel. Horsham 56517.

Distillers C02 Runners: Martin Jones, 22 Trafalgar Road, Horsham/
 Dave Cullern, Trenton, The Way, Reigate.

Lodsworth Village: Margaret Keeling, 7 The Croft, Lodsworth, Petworth/
 Simon Ford, Myrtle Cottage, Lodsworth, Petworth.

Portslade Runners: Norman Collingbourne, 72 North Road, Portslade. Tel. Brighton 414018/Peter Hills, 45 Truleigh Drive, Mile Oak, Portslade.
 Tel. Brighton 413636/Leonard Bonnington, 44 Tillstone Street, Brighton.

Littlehampton Glasshouse Crops Research Institute: Norman Crook, 7 Parkside Avenue, Littlehampton.

Barns Green: Keith Hotchkiss, 11 Smugglers Way, Barns Green. Tel. Southwater 750082.

In addition to the above it was thought that Washington Village; Biwater Shellabear, Dorking; Ciba Geigy, Horsham; Sussex Long Distance Walkers Association; Arena 80, Brighton; Steyning Walking Club, Peacehaven Trotters; Fernhurst School, Haslemere; and a group from * Broadfield, Crawley; might be interested to participate in the League in some way.

Guildford Orienteers and N.E.L., Dorking, thought they would be unable to support the Sussex League due to commitments in the MABAC League.

* BECAME "SAINTS & SINNERS" - 1 -

The first WSRFL race that Saints and Sinners competed in was the Tortington 10K in March 1983

In October 1982 there was the first meeting of the West Sussex Fun Run League (WSFRL), minutes to the left. Some clubs are still around, while others have evolved over the years

TEAM RESULT

Horsham Joggers:	1NS; 2NS; 4;6;10;14;15;1;25;26;30;38; 40;5;6; 220/15 =	16.9 (3rd:6points)
Arunners:	3;12;27;34;37;7;9;51; 180/8 =	22.5 (6th:3points)
Portslade H.H.:	5;31;41;42;45;46;49;52;13;14; 358/10 =	33.8 (8th:1 point)
Surrey Stragglers:	7;21;22;36;12; 98/5 =	19.8 (4th:5 points)
Biwater:	8;19;24;5;32;47; 133/6 =	22.1 (5th:4 points)
Amblers:	9;13;28;33;35;39; 157/6 =	26.1 (7th:2 points)
Saints & Sinners:	11;46;	
Lodsworth Village:	16;17;18;29;4; 84/5 =	16.8 (2nd:7 points)
Crawley Joggers:	20;2;23;8;10;11; 74/6 =	12.7 (1st:8 points)
Barns Green V.:	44;45;55;	
Worthing J.:	50;	



Graham & Derek during and after the London Marathon in April 1983 - why the club was formed.

Six members of the Saints and Sinners running club took part in the London Marathon that year.

In 1987 14 members of the club took part.



Barns Green 1/2 Marathon 1984, in club colours

Top row 5th from the left is Brian Purnell, bottom row L-R is Pete Meloy (Pete's Crossing for those that do Park Run) Derek Brailsford and Graham Kemp



Ponder the path of your feet.
Proverbs 4:26

BARNS GREEN 1/2 MARATHON 1984

NAME	POS ⁿ	TIME
P. BATES	282	1-27:07
T. BEER	330	1-28:32
D. BRAILSFORD	338	1-28:41
B. PURNELL	480	1-31:44
P. MELOY	661	1-35:33
F. CLARE	702	1-36:22
L. HOWICK	727	1-36:50
R. LAW	1008	1-42:31
M. ANDREWS	1009	1-42:32
P. DAVY	1266	1-49:19
D. MASLEN	1359	1-52:28
P. HODD	1450	1-55:18
G. KEMP	1635	2-08:16



Derek proud to be wearing the club colours at the last Tilgate 5ish in September 2019.

Thank you to Derek for sharing this information with us, giving an insight into how the club was formed and its early days.

Anyone interested in more of the club's history can refer to the April 2015 newsletter on our website.

Next we get to meet Pete Airey

I remember joining Saints and Sinners in 1982 after running my first half marathon at Barns Green. I noticed they had a list of local running clubs that belonged to the West Sussex Fun Run League so I joined Saints and Sinners the following week. Back then the club was still very new and a lot smaller than we know today.

I can remember the club friendliness and them making me feel part of a team. Saints and Sinners and the WSFRL became perfect for me in staying motivated throughout the years.

Memorable moments include:

Paris Marathon May 1995: Freak hot weather with temperature of 90 degrees before the start.

As a club we travelled to Paris for what turned out to be the hottest day in the history of the Paris Marathon.

I had no idea about the distance covered during the race and I kept looking out for mile markers - pretty much looking on every lamppost for some kind of distance marker.

I found out later that day it was marked on the tarmac in kilometre!

Lessons learnt: Know your pace in kilometre and miles and know where the markers are.

Also don't drink a sports drink they hand out if it's not your usual, it can cause a stomach upset.

With all the problems of that day I still loved every minute of it and would recommend Paris as great city marathon.

Running South Down Relay: As a runner the key was to learn your relay legs prior to the day. There are many stories of runners getting lost, losing valuable time.

Also in other years I became the support driver, making sure the team got to the next change over point. This is actually harder than running in the race because you need to drop off a runner and get to the change over ready for the next runner. Sometimes this was touch and go due to traffic conditions but very good fun.

Snowdon 10 Mile Race: Some of our club members travelled to Wales and ran up to the top of Snowdon and back down. It was only on arrival at the event we realised this was the international Snowdown with runners from all over the world.

I entered this race for three consecutive years but maybe the third year was the most memorable, Just after reaching the top and starting to descend, I was flying down when I turned and broke my ankle and probably now hold the world hopping record of five miles down Snowdon.

Over the past 40 years I've completed 87 marathons, 150 half marathons and 322 Parkruns and I'm not finished running yet.

COVID-19 lockdown 2: I needed something to keep me motivated and started LEJOG virtual run Land End to John O Groats. It's 874 miles and I'm currently in Scotland with 200 miles to go. I can recommend this kind of event to stay motivated.

What have I learnt about my running:

To appreciate my level of fitness. Running 40+ years and achieving what I thought were good average times, whereas these days I can only dream of those average times!

Running itself is a community and I feel lucky to have made so many good friends I'm proud of my running achievements and of our wonderful club, which goes from strength to strength.



Bill and Sue Mackrell

Bill

My first run, 20 years after leaving school, was April 1985. Graham Ridout, one of the first club members, was injured and needed someone to run with. I put on my green flash tennis shoes and ran the 2.5-mile Broadfield loop, finished and said never again. Two days later I purchased some HiTec Harriers, ran again, signed up for Saints and Sinners membership and still run.

Memorable moments:

My first race, The Barns Green Half Marathon Oct 85, helped round by club members Grahame Ridout and Dave Howard.

First marathon, Thanet, April 86, running with Dave Howard - started in snow and ended in brilliant sunshine.

I am not a prolific racer, managing 460 races to date. My favourites being:

The Para's 10-mile at Aldershot running the paratroopers training ground. The Seaford Lions half marathon (hopefully I can run it again before Seaford Head collapses). Finally, The Seven Sisters Marathon, the 227 steps before reaching the country park are a killer, especially as you approach there is a sign saying "sorry escalator out of order"!

Two events that I am proud of: On June 12, 2000—along with over 90,000 other runners - I ran the Brolobet The Bridge run from Copenhagen to Malmo. With Steve Hargreaves, my old Saints running partner for many years, we entered the race in 1998 not knowing then that it would be run only in the new millennium.

The other event that stands out is the 2019 Sussex Grand Prix. The encouragement from all Saints and Sinners made me single minded in my running for the first time ever. I studied the results, checked my points and worked out where I could run faster to drop bad races. I ended up getting 3rd place in my age group.

Why am I still a member? Apart from more members, nothing has changed over the years. When I first joined, Derek made sure an experienced runner looked after me. As I gained experience I was asked to look after new runners. Today the ethos of helping new runners continues. There are many more options available now, relay teams, cross country events, grand prix to mention a few. Still the camaraderie - we are still Saints and Sinners.

Thank you all



Sue

I got into running in 1986 by entering a 10k race put on by Woman's Own magazine and Nike. This was for women only and the local one was hosted by Horsham Joggers. I finished in 52.09. I had family membership with Saints and Sinners from 1986. From about 1991, I entered more of the West Sussex Fun Run League races.

Belonging to the club gave me access to advice, support, encouragement and making friends. All of which kept me running through the years. I stayed with the 5m and 10k races representing the club. I then decided to take on the Barns Green Half Marathon in 1992. I was really pleased with my result: 1hr 56mins. Training with Bill and Steve Hargreaves (who both had long legs!) and club training nights improved my speed.

Then I took on the London Marathon in 1999. I failed to get a place on my own but qualified for the club entry. This time I trained with Sally Blythe, another S&S member. I was also pleased with that result: 5 hrs 2 mins, which was 28min faster than I had hoped for. Another favourite race was the Seven Sisters Marathon for the location.

I haven't been running for quite a while but hope to get back into it. I even have new running shoes!



Brian Purnell

After losing weight and having just started jogging, I joined the club - which was started at the church in Broadfield.

I remember the first race I did in the WSFRL, which was the Hedgehoppers 5. It was a different course from today's one and a little harder but I enjoyed it so much.

Marathons were becoming very popular in the mid 1980s and I did my first in Worthing in 1985 with a 165th finishing position and, to my joy, a gold medal.

The club has always been friendly and over the years has kept me going, wanting to represent Saints in races.

I had great club support when I took part in the South Downs 80 and as you expect, the encouragement to keep going. Club members would meet me at arranged points to supply food and drink and later, before night set in, one person would go with me to keep me safe and keep me going.

One of the best races the club took part in was the 100-mile relay in which each runner ran three times during the course of the day. The route was something of a challenge but the encouragement and support from the club helpers was enough to keep you going.

I have had some memorable running moments wearing my club vest.

One was when a group of us went up to North Wales and did the Snowdon run, which turned out to be an international event!

By the time I got to the top of the mountain the winners had all finished. Only five miles up and the hardest five miles coming down. Certainly an experience!

One question we used to be asked was 'are you a Saint or a Sinner'?

I ran over 20 marathons with Peter Airey, most of them on the South Downs. What a difference it makes having good company.

One thing I have noticed today is there are more ladies running than when I first started. It's a great pleasure to see everyone doing such a good job to keep the club great.



Brian's first marathon in 1985



Brian's last marathon ten years ago

Steve Baker

Way back in 1987, I was persuaded by a couple of work colleagues to go for an evening run with them. They were both members of S&S and had run the London Marathon the previous year.

During the run they talked (while I huffed and puffed my way round) about the WSFRL, which got me interested, so I joined Saints and soon after, I ran my first league race.

In 1988 I did the London Marathon – which was easily my worst marathon performance but it didn't put me off and I have enjoyed several and better marathons since.

A new running experience for me started in June 2012 when Parkrun started at Tilgate. I have now completed over 300 Parkruns, including 50 at tourist locations.



Wivelsfield Wobble League Race - 2011



Exeter parkrun - 2016

In 2013 Nina T (a very good friend) suggested that I would enjoy running in the warmer weather of Spain. My first Spanish event was the Santa Pola Half Marathon (just a small event she said! – the second biggest half in Spain with over 9,000 participants). It was a great idea as I really enjoyed it (as well as the food, alcohol and Spanish friends I have made). I have now run Santa Pola a good few times, as well as many other races in Spain.

The enjoyment that I get from running and the many friendships I have made through it over the past 34 years has been great - that's probably what keeps me running. Like everyone else, I can't wait for the WSFRL, Parkrun and all the other races to start up again.



Santa Pola Half Marathon - 2018

Nina Trevarthan

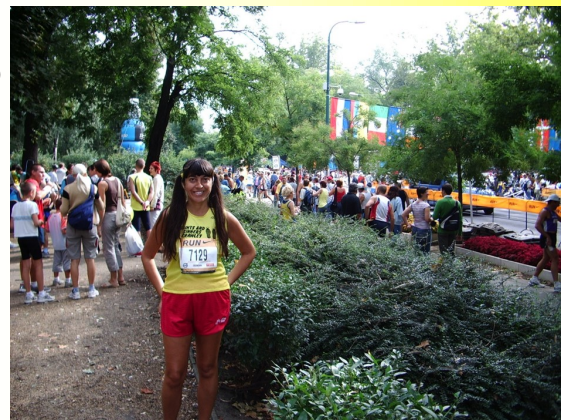
I took up running in 1999 because I wanted to be speedier around the tennis court/table tennis table, two of my great hobbies then. A neighbour, Nick Crocker, who I started to run with, invited me to join Saints and as yellow has always been my favourite colour (yellow car/always dressed in yellow anyway!) I didn't hesitate to join the club, have never looked back and I am extremely proud to be a member. I have made some great friendships over the years and have both enjoyed and hated some of the tough league races!

I joined Saints in 2002 (ish) and because there were so few members then, supply of kit in those days was nowhere near as fast and efficient as it is now and I patiently waited over a year for my club t-shirt.



Elche Half Marathon in Spain, April 2014

Cancer struck in 2013. Running gave me my focus and I carried on doing Parkrun and races. The minutes and seconds in finishing races no longer seemed important. My running partner Rob Kernaghan was incredibly supportive, dragging me out some Sundays when I certainly didn't feel like it. But looking back, it really aided my recovery. He often would forgo his own race to walk round Tilgate Parkrun with me whilst I was recuperating, a true Saint!



Budapest Half Marathon 2006



Hove Hornets league race, August 2014

Possible Future members!

By proud dad Alex Wakefield

Thomas Peter Wakefield was born Friday February 19, 2021 at East Surrey hospital, arriving at 08.53 and a healthy 3.45kg.

Unbelievably he's now a month old, growing nicely and we are settling in. He's not quite big enough to fit in Henry's yellow S&S top but it won't be long.

So far, it's been really difficult to find time and energy for me to get out running, but this is getting easier as time goes on. When he's a little older, it'll be time to dust off the running buggy!



Frances and I are hoping to be able to join training sessions and hopefully Parkrun as the year progresses and life returns to normal.

It hasn't been much fun not being able to see friends and family lately but if all is well, they can have cuddles soon. Henry has been supplying cuddles to his little brother in the meantime.

By proud mum Emma Jones

Hello to all the Saints and Sinners. I hope you're well and enjoying the longer spring days. I'd like to introduce my daughter to you: Elena Kate Bonwick was born on Sunday, February 7, weighing 8lb 8oz.

She's growing very fast and I'm sure she'll be a tall young lady as she's very long.

Thank you to everyone who contributed towards all the gifts we received for her - it was very kind and much appreciated!

Elena is looking forward to coming along to Parkruns and some races when they start up again to cheer you all on and show her support.

I am hoping that in time I will re-join you all and work on building up my fitness as I haven't run since January 2020!

Love to you all,
Emma, Neil and Elena xx





Well done everyone who took part in the first virtual challenge. Team Patrick completed the challenge first in under three weeks—congratulations to Jim Williams, Jim Scott, Stewart Matthews and Paul Webber.



Until we can start training again, just for fun we have the Breakout Challenge which started on March 15 for two weeks. We have four teams of eight - The Blues Brothers, Bonnie & Clyde, Butch Cassidy & The Sundance Kid and Thelma & Louise - who are running and climbing as much as they can during that time.



If anyone has any suggestions for any future challenges we can organise then please contact Stella Daff suggestionsofficer@crowleysaintsandsinnersrun.co.uk



Neighbourhood Runs

Once we have confirmation that training can recommence, then the first Neighbourhood Run will hopefully start on March 29.

Due to limited numbers it will be open to five people on a first come/first served basis. Debby will officiate with her stopwatch and clipboard.

Participants can run 2.5k loops on a set course in Furnace Green. Depending on interest, this training option will be offered every Monday for a month (although could be extended if there is enough demand).

The following month the run will move to the neighbourhood of Pound Hill. Due to Covid restrictions we will not be able to have marshals, so the self-navigable route will be posted beforehand for runners to study and ensure they don't get lost!

Training

The current date for us to restart training is March 29. At this point we will be able to offer sessions with a maximum of groups of six, the same as before lockdown. Once we have confirmation of this we will put details on the Facebook pages and WhatsApp group.

Kit

Please refer to the website for the new kit pricing, don't forget that Sarah places the orders on the first of the month

Races

Hopefully as the COVID restrictions lift races apart from the virtual ones will start again and we will be able to report on these soon.

If you are doing any virtual races which result in a medal (and T-shirt) then please share your story with Debby at media@crowleysaintsandsinnersrun.co.uk so these can be included in any future newsletter,

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 Luttmann
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Sarah Stanbridge
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 Sarah 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 on the first of every month. Sarah will then distribute these at training/races/parkrun when she can. Please note the turn around can be a couple of weeks so please 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 £3 pp 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