

Welcome to the February 2022 newsletter.

A big welcome to our new members this month **Stu Laurie & Gary Cole** and welcome back to **Lisa Gent, Sue Sawyer, Nikki MacLaughlin & Emma Jones**

Debby & Jim

Message from the Chairman

Hi everyone

I hope you are all well and enjoying your running.

It's an exciting time, we've had our first run leaders and committee meetings of the year. There's a lot to plan for, especially the Tilgate 5 and our 40th anniversary celebration.

It's also great to see the return of the Sussex Grand Prix, it feels like an age since a full season was available.

It was great to see so many of us at the Horsham Parkrun tourism (thanks for organising Clare), we really did turn it yellow! I also really enjoyed pacing Clare at Tilgate Parkrun a couple of weeks later.

I hope to see you soon.
James



Save the Dates

With the return of the WSFRL in 2022, the club had to select a date for when we were able to hold our Tilgate 5ish race. Working around other races and other clubs, we have gone with **Sunday, September 11th**.

Please keep that date free, as there will be a committee put together nearer the time with regards to volunteers needed to enable us to run a successful and safe event.

Also **Saturday, October 1st** —this is to celebrate our 40th year, further information to follow over the next couple of months.

Ellie, Matt and Fraser would like to introduce Reuben Oliver who was born on February 5th, weighing 7lb 7oz.

With Covid and the cold weather we haven't been to Parkrun much over the past few months, so it feels like a long time since we have seen many of you!

As the weather improves and Ellie gets the go-ahead to start running again, we shall return (probably with FJ running himself by then)!

Thanks to last month's edition, Ellie has got in touch with Vanessa, who shared her news on the birth of baby Harry - so watch this space for two new buggy runners!

Thank you for all the love that we've received so far. Xx

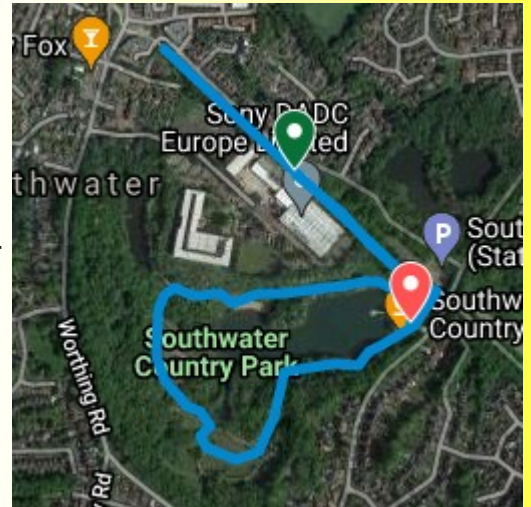


Saturday, January 15th - Parkrun tourism

On a cold, foggy morning, 31 Saints and Sinners headed to Southwater Country Park to run Horsham Parkrun's winter course (in the summer months this takes place at Horsham Park).

It was lovely to see lots of yellow, despite the icy weather conditions, and we gathered for a club photo before listening to the run briefing and then walking to the start.

From here the course was two laps of the lake (following the large green footprints to Dinosaur Island!), with a short out and back to Lintot Square on the Downlink path after each, before finishing at the visitor's centre. This was perfect for a coffee and post-run chat (and in Ian B's case a very generously-sized slice of cake!).



I really enjoyed this course as it offered lots of opportunities to see fellow runners and cheer each other on. There were a couple of 'undulating' sections but not a match for Chevron! It was well supported by friendly volunteers and we were also lucky to have extra cheering and photography from the lovely **Sarah Tee** - thank you!

Great running by all, everyone completed the course and some had also made the most of the tourism opportunity and run extra miles on the Downlink beforehand - well done!

Given the weather conditions, we did have to take extra care on some parts which were slippery - I think this makes it even more impressive that seven Saints and Sinners ran a course PB! Well done to:

Ian Blackham, Ed Duke, Dawn Rhodes, Debby Scott, Kevin Stevens, Mel Webber and Sarah Wilson!

Also congratulations to **Michele Nixon** who was the first female finisher! Thank you to **Clare Hall** for organising this Parkrun tourism - a very enjoyable morning and definitely one I'll visit again!

Sarah Stanbridge



Sunday, January 16th – Tadworth 10k

In what has become our traditional start to the racing year, **Nicky Wilson** and I entered the Tadworth 10 on January 16th.

Last year of course the race wasn't held and a virtual version was offered instead. This year though was my 4th attempt and Nicky's 5th.

In previous years the weather hasn't always been very kind, particularly in 2016 when Nicky and Clare Hall completed the race in atrocious conditions. This year, however, the weather was perfect, clear and bright and just the right temperature.

The race, which is organised by Tadworth AC, starts and finishes at Epsom racecourse close to the two furlough post.

Race HQ is the main stand (the Duchess's Stand) with plenty of adjacent parking. Facilities are good with a bag drop, lots of room inside to wait for the start of the race – and proper toilets! In previous years the café has been open but this year refreshments were limited to a coffee cart outside.

The course is two laps comprising 50% road and 50% tracks, grass and woodland paths. There was only one very short section which was muddy with large puddles and although we both wore our trail shoes we felt that we would probably have been OK in road shoes.

From the start the route crosses the racecourse itself before starting the first of the two laps.

There are two hills per lap the first of which is particularly challenging and never seems to get any easier.

The route then goes through Walton on the Hill, over part of Banstead Heath and through Tadworth, before returning, via the 2nd hill, to Walton Downs and the racecourse for the start of the 2nd lap.

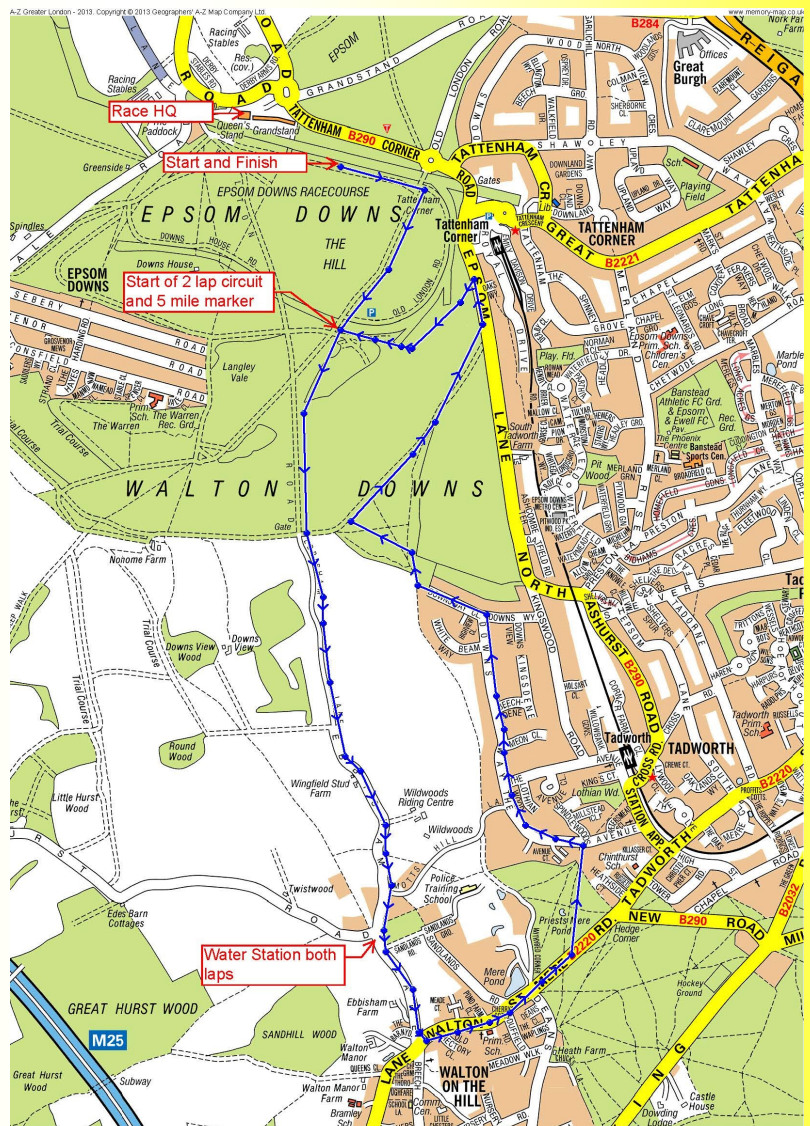
It was at this point, as I was about to start my 2nd lap, that the race winner came speeding past on his way back over the racecourse to finish in 53:46.

The total elevation gain for the course is 884ft (270m) which is unsurprising given the area.

This year I ran my 2nd fastest time in 1:41:20 and Nicky ran a course PB in 1:41:36. It was good to see fellow Saints **Nigel and Pam Field** doing the event and a couple of other local Crawley runners too. In total this year there were 493 finishers.

This is a good, well organised event with excellent facilities and provides a chance to blow out the cobwebs after the Xmas and New Year break, and we would definitely recommend it.

Janet Doyle



Saturday, January 22nd — Sussex Masters XC

So the day had come for the more, shall I call, mature runners to take part in the Sussex Masters XC race at Coombe Farm.

Myself, **Paul Luttmann**, **Frank Stone**, **Michele Nixon** and first-timers **Andy Kerr**, **Mark Warwick** and **Martyn Flint** were all were up for the challenge of this 8km race on the South Downs, with a course that offered everything.

Hills, flat, sloped, sideways, breath-taking scenery and a superb downhill finish which attracts some very strong, fast and experienced XC runners.

Previous years have been very muddy but this time conditions were perfect. Martyn, Mark and Frank set off first, with Michele after that — then last up was myself, Paul and Andy with all races having strong competition.

There was a good vibe on the start line compared to other races, as you were all around the same sort of age and experience and all eager to go.

The race starts off at the bottom of a hill/valley, then gradually climbs up to spectacular views of the South Downs where you can make up ground with some flat fields. There are twist and turns and some really good marshalling and encouragement while you are up there.

But the best was yet to come with a fabulous steep downhill to complete the first lap, then off you go again for the second with an extra push — or even almost a roll down that hill to the finish. The best finish for a race I think!

We all did very well representing the club and it was a great afternoon with the best of company. Thanks again to Paul Luttmann for organising.

XC running is very different to road running as it challenges you more, mentally as well as physically, making it very satisfying.

It took me a while to take the cautious plunge into XC races but I have never looked back, making the running more enjoyable and challenging — and very muddy at times, which is half the fun.

I do recommend it. So why not give it a go.

Wayne Kingsnorth.



Parkrun – The Journey to 400

Last month (January) I completed my 400th Parkrun, at my 60th different venue. It has taken me a long time, but my first 21 Parkruns took me over six years to complete.

Actually the first 21 were not even called Parkruns, they were time trials. My first ever Parkrun, or time trial, was at Bushy in May 2007, in fact it was the only one in existence at the time. You turned up, ran and were given a washer with your position number on it, you went up to a volunteer with a laptop who registered you there and then.

A couple of weeks later, two more time trials started, and one of them was Banstead Woods, so being much closer I ran there a few times. Same finishing concept, you ran, were given a washer, except this time you were already on the database, your position was noted and the results came out later in the day.

My first 20 were completed in just over 18 months, but it was almost five years before my next one, and by then there were lots of Parkruns, including one at Tilgate — which being even closer became my go-to Parkrun.

For the next four and a half years, I ran exclusively at Tilgate, (except for a New Year's Day double and a couple of cancellations), missing only one event and reaching my 250th on Christmas Day 2017.

The next year, Saints and Sinners started organising tourism events, and I went to some of them. In June 2019 I went to a few Parkruns on my own and that gave me the tourism bug, and a couple of months later I started going to a different Parkrun every week.

I managed to run 45 without repeating an event, a streak I ended on Christmas Day 2021 running my 300th Tilgate Parkrun, two years to the day after my 299th at Tilgate.

Although Parkrun follows exactly the same process, no matter where you run, every one is different. Some are laps, some flat, some are hilly, some are on tarmac, others (on their day) are in thick mud. The number of runners can vary enormously, I have run in Parkruns with as high as 1,838 runners, and as low as 22.

It is becoming more difficult to find Parkruns I haven't been to before that I can get to in time, and the nearest that is currently open is Beckenham, so that may see a visit soon.

Do I have favourites (other than Tilgate of course)? For its setting I would say Osterley. Although sandwiched between the A4 and M4, it is run entirely in National Trust grounds and is a fast two lap course entirely on tarmac.

For other reasons, Lullingstone. It is stupidly hilly, when I went there it was lashing down with rain, extremely hilly and even the new flat bits were on a sideways slope. I also achieved my highest ever position of 15th, and the run brief started with 'you lot are a bunch of nutters' which no one could disagree with at the time!

So what's next for me? To run Parkrun abroad, to keep touring when I can, and longer term, assuming I don't miss one, is to run my 500th Parkrun at Tilgate on New Year's Day 2024!

Richard Daniells



Sunday, January 22nd — Santa Pola Half Marathon

Lesley, Nina T and myself ran the Santa Pola Half Marathon. This is the second largest half marathon in Spain and we were there to fly the Saints and Sinners club colours.

Santa Pola is just along the coast from Alicante and is a delightful seaside town. What's more it has an array of fabulous restaurants too, one of which we discovered after the race.

The course is flat apart from one slight incline and winds around Santa Pola and along the seafront with plenty of views of the Mediterranean to distract you.

On the day we had a heavy shower just before the race. The resulting clouds kept the sun mostly hidden and provided the occasional shower to help keep us cool.

What we hadn't realised was the town only receives a few days of rainfall a year and there are no drains to take the rainwater away. So what to us was a light shower left us a course with 'muchos charcos' to navigate. This rain, which the BBC had not forecast, was anticipated by some in the race as 2,500 (yes that is 2,500) runners decided not to take part!

It was great to be part of a big race again. At the start rousing music played and fireworks were let off before the countdown began. And then we were all off. It was at this point we realised this was going to be a very wet run with runners crossing from one side of the road to the other to navigate large puddles and trying to keep trainers and socks dry.

This was soon apparent as a waste of energy and wet trainers and socks were easier to cope with than zig-zagging our way around the course. It is the wettest race underfoot I have ever run and that is saying something having run the Parliament Hill XC in January 2020!

We all finished the race in decent times and collected our medals and goodies. One of the gifts in the race pack was a kilo of salt!

This is an excellent race which Nina assured us is normally warm and sunny, however, I think will be even more memorable for the conditions we faced. This was the 30th running of this half and the locals said it has only been wet twice and this was the second time!

After the race we joined Nina and Keith for lunch in a fabulous restaurant with some of their Spanish running friends. A wonderful meal with plenty of beer rounded off a great event.

Richard, Lesley and Nina

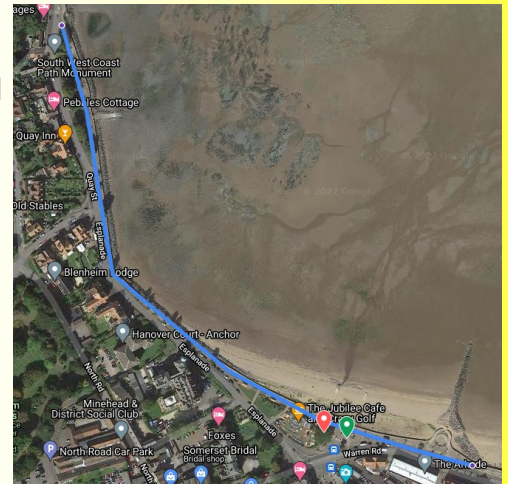


Saturday, January 29th — Minehead Parkrun

The last weekend in January saw me at Butlins in Minehead for a weekend hanging around with ageing rockers! This was my fifth visit and it's always a fun weekend with great music which really helps to dispel that winter gloom.

Minehead sits right at the end of the West Somerset Coastal Path and is the starting point for the South West Coastal Path so it seems rude not to make the most of the opportunity for some really scenic (although often cold and blustery) morning runs before a day of beer and chips!

Parkrun kicked off in Minehead about four years ago and this was my third time of running (no visit last year due to 'you know what'). It's a seafront course within staggering distance of Butlins so no excuses for not joining in.



The Parkrun team are always very welcoming and make a real effort to talk to visitors. It's two and a half laps (taking in both coastal paths) and almost flat. If it's not too murky, you can see the Welsh coast on the other side of the Bristol Channel and the Islands of Flat Holm and Steep Holm. Also Hinckley Point Power Station.....if you like that kind of thing!

I love Minehead. It feels like the 'back end of nowhere' and has a really quaint atmosphere of faded Victorian grandeur. Sadly, the powers that be at Butlins have decided this particular music weekend was the last one at Minehead. It did feel very sad. So next year we are off to Skegness for 'Rock and Blues'. Sadly currently no Parkrun at Skeggie.

Clare Hall

Saturday, February 5th — Kingdom Parkrun

Seven Saints were up early today and heading over to Penshurst in Kent, to investigate Kingdom Parkrun.

The course was a three lap route, half a mile downhill, which meant half a mile up (times three remember).

It was also very bendy, twisty, windy, with parts of the course having some great names; slippery corner and the washing machine!

It was lovely being able to see fellow Saints as you ran, shouting words of encouragement at each other.

My aim was not to let Luke lap me, mission accomplished!

The volunteers and marshals were friendly and encouraging. The cafe, which is by the start/finish was just the icing on the cake, and oh yes we had cake.

I would definitely recommend Kingdom Parkrun.

Maria Weatherstone



WSFRL

The next race is on February 13th at K2, please see details below for the upcoming races, looking forward to seeing everyone!

Luke Taylor

	Date and Time	Race and club details
2	Sunday 13- February 1 mile 10:30 5(ish) mile 11:00	Crawley Run Crew Run Your Heart Out 8k K2 Leisure Centre, Pease Pottage, Tilgate, Crawley, RH11 9BQ, www.crawleyruncrew.co.uk
3	Monday 18- April 1 mile 10:00 10km 10:40-10:50 Start	Lewes AC Lewes Easter Monday races Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG www.lewesac.co.uk
4	Sunday 8- May 5 mile 11:00	Portslade Hedgehoppers Hedgehoppers 5 Portslade Community College Sports Centre, Chalky Road, BN41 2WS www.portsladehedgehoppers.com
5	Wednesday 18- May 1 mile 19:00 5mile 19:30	Arrunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arrunners.co.uk
6	Wednesday 25- 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- June 1 mile 12:00 5 mile 12:30	Burgess Hill Runners Downland Dash Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk
8	Wednesday 6- 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- July (Football Dependant) 10km 11:00	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR www.hovehornetsfitness.com
10	Sunday 24- 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- August TBC 1 mile 19:00 3.5 mile 19:30	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT www.worthingstriders.co.uk
12	Wednesday 10- August 1 Mile 19:00 4 Mile 19:30	Worthing Harriers Windleham House 4 Windleham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
13	Sunday 4- September 1 mile 10:15 Start time TBC 5 mile 11:00	Fittleworth Flyers Fittleworth 5 Fittleworth Village Hall RH20 1JB www.fittleworthflyers.org.uk
14	Sunday 11- September 1 mile 10:30 5 mile 11:00	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
15	Sunday 9- October 1.5km 10:30 8km 11:00	Haywards Heath Harriers Great Walstead 5 Great Walstead School, East Mascalls Lane, Lindfield, RH16 www.haywardsheathharriers.co.uk
16	Sunday 30- 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- November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 www.horshamjoggers.co.uk
2023 1	Sunday 1- 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



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. First one is Hastings Half Marathon on Sunday, March 20th. I'm signed up, so hope to see you there!

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
3	15th May 2022	Sun	Hastings 5
4	22nd May 2022	Sun	Horsham 10k
5	29th May 2022	Sun	Rye 10
6	19th June 2022	Sun	Heathfield 10k
7	3rd July 2022	Sun	Bewl 15
8	TBC 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
12	TBC October 2022	Sun	Hove Prom 10k
13	TBC November 2022	Sun	Crowborough 10k



Tilgate Tidy

Will be on February 19th, meeting at Smith & Western at 10am for a couple of hours of chopping & burning, yes we've been promised fire this time!

Parkrun Tourism

Our next visit is to Lancing Beach on March 5th. This a nice flat course, plenty of (paid) parking and the Perch Café does an awesome bacon bap.

No need to let me know if you are coming along, just turn up, car sharing is also a good idea.

February Brekky Run

Sunday, February 27th – meet at The Plough in Three Bridges ready to start running at 9am. It's a social run for about an hour/hour-and-a-half followed by breakfast at Kims Kitchen as recommended by Ken!

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.

Date is the **October 1st** and will include our award ceremony!

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 are not being announced until February it was decided the draw for the club place will happen at the first committee meeting following the ballot places being announced.

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

February 27th — Brighton Half

February 27th—Wokingham Half

March 6th — Eastbourne Half

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.

TRAINING STRATEGY

Want to progress your running in 2022? Here are a few basic principles from our coaches and run leaders to help you run easier, longer and faster:

Consistency

Unfortunately there is no shortcut to progress. Developing your aerobic fitness and your running body only comes from consistent running over the weeks, months and years. In the long term you are likely to see more progress focusing on a sustainable weekly running programme through the year rather than on one or two race specific training programmes. If you would like help putting together a weekly running programme, speak to one of our run leaders who will be happy to help you with this.



Easy Running

Embrace easy running. The majority (80%) of your weekly running time/distance can be at an easy conversational effort because it still develops your aerobic fitness but at a lower risk of injury. Our Monday evening social runs are a great way to tick off one easy run a week.

Long Runs

Whilst the majority of your weekly runs should be between 30 to 60 mins try to make one of your runs a longer run of between 60 and 90 mins to challenge (develop) your aerobic fitness and your body (running efficiency). Some of our members get together on the weekends for their long runs. If this is of interest to you, speak to one of our run leaders who will be happy to help you find a suitable group.

Stronger Core, Hips & Glutes

Focusing once or twice a week on these frequently neglected muscle groups will improve your running stability (efficiency) and lower the risk of running injuries. If you would like help putting together a run specific strength programme, speak to our run leader **Dawn Rhodes** who will be happy to recommend some exercises.

Harder Running

Whilst the majority of your weekly runs should be at an easy effort, running at a harder effort once or twice a week will maximise your aerobic capacity (running economy) and improve your running efficiency. Our Wednesday evening group sessions are a great way to include one harder run into your weekly programme.

Good luck everyone.



2022 XC RACES

February 12 - Sussex League Race 4, Little Common, Bexhill

February 26 - National Champs, Parliament Hill, London

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

We are planning on starting this on **Monday, March 28th**, details to be confirmed in the next couple of weeks.

NEIGHBOURHOOD RUNS

These will be starting on **Monday, April 11th**, locations to be confirmed in next month's newsletter. 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.

Our next run/walk and talk session will be on **Monday, February 21st**, meeting at Tilgate shops at 6.30pm. If you are interested in attending then please add your name to the sheet, or send a message to info@crawleysaintsandsinnersrun.co.uk

TRAINING

The evenings are still dark so please wear hi-vis clothing and also bring a torch.

Monday nights will continue to be a social run with the run leaders offering various speeds and distances. We are meeting by the Co-op at Tilgate Shops. Please wear club colours for training as it's good to get our name out there.

On a Wednesday we will be offering technical sessions, we are currently meeting at the car park entrance to Oriel School in Maidenbower. We haven't paid to use their court this year so would request that you either park in the road just outside or in St Leonards Drive and walk/run through the tunnel. For both sessions these start at 6:30pm.

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@crawleysaintsandsinnersrun.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@crawleysaintsandsinnersrun.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 £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