

Hello everyone and welcome to the August 2021 newsletter.

We would like to welcome our new members: **Vicky Harrison** and **Lawrence Knight**

Thank you to everyone who has also taken the time to write something for inclusion in this month's newsletter I've had a bumper lot which has kept me and my sub-editor busy!

Thanks

Debby

Message from the Chairman

Hi All,

Hoping you are all well and enjoying your running.

I really enjoyed reading the newsletter this month. It was great to read about all of the events we've all been taking part in. It's been such a long time since this has been possible....

The 2 highlights for me this month have been the return of parkrun and Endure24. Endure was so well organised and it was a great, if tiring, way to spend a weekend. Thanks in no particular order to Ken (for his wheelbarrow), Nick (for running 7 laps and keeping me company on the drive there and back) and to Clare for organising every-one.

Well done to our ace team at the South Downs Relay and especially to Paul for organising it.

James



Membership

It's not too late to join or re-join, and UKA have extended their entry time until the end of August so get your forms in soon!

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.

El Campello 5k - Saturday, July 17

Over the years I have run several races at El Campello, a pretty coastal town near Alicante. Previous races have always been along the promenade or on the sandy beach itself. This race was advertised as a trail race which I felt a bit nervous about, as I didn't know what to expect. It was similar to a league race, but not very hilly and with no mud. However there was plenty of very long grass to wade through and lots of stony bits and chalky paths to negotiate round and it was a 3 lapper. It was a 7.30pm start and the heat was still ferocious.

It was great to get on to the podium again for 3rd position in age category, and this time there were 5 of us in the category! I got a small gold-coloured cup and a big bottle of Coke. Every finisher received a decent goody bag, in mine there were energy drinks, a hard back Spanish novel (which I have been taking to the beach to read), a T-shirt, a carton of soup and some stick on sun-shields for car windows advertising Cola Cola!



The L'Alqueria de la Comtessa 7k - Saturday, July 24, 8pm

This was the third and last of the races which I did during this July trip and was definitely my favourite, as every finisher got a lovely ice lolly when they crossed the line - bliss!

The temperature was 30 degrees and there was no breeze at all. It was a small picturesque town with a lovely view of the mountains on the outskirts of Gandia in Valencia. The route was flat and part of it was through the town and part inland, running along fields of pomegranate trees, orange and lemon trees and olive trees. There was a wonderful aroma of honeysuckle and jasmine as we ran along with the evening sun still beating down strongly.

As well as the welcome ice lolly, we got a little bag, a banana, a croissant and drinks.



Nina Trevarthen



Tough Mudder — Bristol

Having done a Tough Runner in October when things eased up a little, James and I decided to do another as it was really well organised with runners starting on a bleep system.

Oxfordshire last year had a field of 455. This time, there were 960 runners. Bristol 10k was staged in Ashton Court Estate, chosen for its ease of access, stunning scenery, ability to host 1,000+ runners and some epic hills!!!

Again, it was extremely well-organised with 200 runners called to the start pen each time to set off in pairs.

If anyone has ever done a Tough Runner you will know they are extremely scenic, lovely, hilly trail runs! Tilgate Forest with 'cardiac hill' could definitely host one!!

I'd set off in the second 200, then James was in the next batch. He soon caught me and I made him stop for a selfie!

I think I'd actually say this wasn't as bad as Oxfordshire, from about mile four and for a good mile or so it was too easy on us! We soon found out why!!

It had a lovely steep descent but you could see the 'runners' walking back up the same hill!!!!

I would definitely recommend a Tough Runner...they offer 5k, 10k, half marathons, marathons, duathlons and triathlons...something for everyone and they are usually lovely places to make a good weekend out of it!

Sarah Clapp



Dorking Ten Miles

Always a pleasure! This is an all-road, small, cheap and friendly race with nice views in undulating, countryside around Betchworth, Strood Green and Leigh.

Starting at Brockham by the church, this year there was a rolling start in small groups, with two mini laps which included a nasty but shortish hill — twice!

There was then a further loop with another repeated hill, a river to cross, a shady path and, after the 7 Stars pub, another mile or so to the finish at Dorking Rugby club with a fast 200m sprint across the grass.

It's my 8th outing at this, and for the past two years there has been a 10k option too.

Stella Daff



Phoenix 10k—Wednesday, July 14

On Monday, July 12, we were running the Northgate borough run in torrential rain with plenty of puddles. Roll on 48 hours, the storms had passed, and the mercury was starting to rise...and rise! By the evening of July 14 we had lovely hot weather with a gentle westerly breeze, great for the spectators but a little more challenging for us runners.

We were in for a nice hot run.

Arriving at Hove Lawns we could feel the pre race buzz, which we had all been missing, with the Saints and Sinners gathered in yellow alongside runners from other clubs. Of course we also got to experience those last moment trips to the loo too.

The 10K course is flat. From Hove Lawns it is a straight run out to Carats Cafe in Shoreham and then return to the finish on Hove Lawns.

This is a fast course where personal bests are regularly landed, so we were all optimistic.

The race start was very efficient. We were sent off in waves 30 seconds apart. It soon became apparent it was hot and it was not going to be the fast run we were all hoping for.

In my case the run became a struggle. From two miles out it and was a case of hanging on all the way to the finish. While the race had been more of a struggle for me than I'd hoped I still enjoyed the experience. The marshals were great, offering us all plenty of encouragement along the course and our Saints family cheered everyone across the line.

We fielded 20 runners and everyone ran strongly. Michele Nixon and Sarah Stanbridge were our top two ladies with Ian Blackham and Chris Lobodzinski leading the men home.

This was a very enjoyable 10K race. Make a note...the race is back again in 2022 on Wednesday, July 13.



Richard Bryant

South Downs Way Relay

Paul Luttman - Co-ordinator, driver, supporter

At 6am on Saturday, July 24, over 18 months after they were selected on the basis of their performances in the 2019 WSFRL, Team S&S were at the start of the South Downs Way Relay at Beachy Head.

The challenge for our six person mixed team was to run the South Downs Way from Eastbourne to Winchester, consisting of approx. 100 miles of trail running and 11,700ft of elevation, in under 14 hours.

The relay was split into eighteen legs with each runner completing three non-consecutive legs. Basically they faced three WSFRL races in a day!

In spite of the C19 pandemic, and its impact on race dates and fitness levels, remarkably five of our original six person team — Michele Nixon, Dave Penfold, Valerie Stanbridge, Sarah Stanbridge & Steve Baker — were on the start line with the other 32 teams.

They were joined by Frank Stone, a late substitute for Ian Greenaway who had a clash with Endure24. Overcoming challenges on the day with their hard running and 'never give up' attitude, together with their efforts recce'ing the legs beforehand, they did the club proud.

Whilst the sub 14 hours was out of reach this year they had completed the 18 legs, 100 miles and 11,700ft of elevation. Great running everyone. Here are their stories.



Michele Nixon (legs 1, 7 & 13)

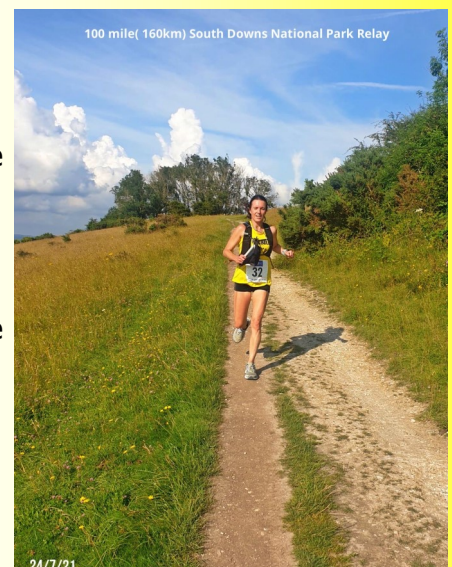
An unforgettable, unique, first time experience participating in the South Downs National Park Relay from Beachy Head (East Sussex) to Winchester (Hampshire) the relay covering the entire route of 100 miles (160km), 3,149m ascent elevation and 3,532m descent.

Up at 4am for a 6am start and home at 11pm! After being postponed in 2020 & another delay in May, finally it all came together.

Each person ran three legs of varying distance, orienteering solo against other team runners on that leg, before passing the baton to the next runner waiting at the team van at the designated changeover points.

We were taken out of our comfort zones for sure and not without challenges all round - the heat, staying hydrated/finding shade. Three consecutive hilly runs in one day — that third one - eek! Orienteering /recalling the actual route & getting momentarily lost, adding extra mileage.

Seven teams dropped out so we were very grateful & elated to complete this epic event. Many thanks to S&S Running Club and Paul for all his time (& patience!) & effort organising and making it possible & chauffeuring us around. Top class!



Dave Penfold (legs 2, 8 & 14)

Leg 2 — Exceat to Bo Peep car park (5.5miles)

You know you're in for a tough run when you start at sea level and finish at the top of a hill, and having run the route a few weeks before I knew what I was in for.

After receiving the baton from Michele from her first leg I set off straight up a hill steeper than Chevron and twice as long, only then to have a stile and then a wall to climb over!

This was followed by a downhill that was so steep you had to walk down the steps. I then had about a mile of up and down through Friston forest and farmland before a nice one mile section along the Cuckmere river and into the beautiful village of Alfriston.

And this is where this leg of running really starts as it's then a two-mile climb up on to the Downs where it flattens off slightly and becomes 'rolling hills'. The views are normally spectacular, however it was 7.30 in the morning with very low cloud so the only thing I saw were a few cows and the runner in front who was gradually getting further into the distance.

The last 200m was a slight decent to Bo Peep car park where I was relived to pass the baton on to Val Stanbridge.

Leg 8 - Adur River to Washington (6.5miles)

Another run staring off at sea level and up to the top of Chanctonbury Ring, with a short sharp decent into Washington.

Starting at just after midday and the sun fully out, this was always going to be a challenge. The run takes in a section of the South Downs Way around the market town of Steyning where my dad grew up so I had always planned on giving this run everything, running it like it was the only run I was doing that day.

As a team we were a bit late to the start line due to a long walk back to the minibus from Michele's last start on leg 7 and a long walk to the start of leg 8 from the car park.

When I say late, I had to run to the start line to get there just as Michele finished!

The run itself has about half a mile of flat followed by about four miles of hill climbing of various gradients some of which are very walkable!

I had started with no other runners visible and was determined to keep my place in the standings. All was going well until I got to the flatish bit at the top when my nemesis struck. Cramp in my right hamstring — so after having to stop and stretch then try to walk, cramp struck again! I was then caught and passed by another runner. Once I could run again I was close to catching him then I felt my left hamstring tighten up, so I had to slow the pace.

Still I had a nice half-mile downhill to the finish but this was no better and my left hamstring was cramping all the way down the steep section meaning I had to walk, letting more runners through. So what I planned on being my best run of the three turned into a nightmare.



Leg 14 (*Dave continued*)

Harting Hill to Queen Elizabeth country park (5.5miles)

Hooray! I start at the top of a hill! A nice route along tracks and minor roads with stunning views across Sussex and Hampshire from the start.

The QE country park being very similar to the terrain in Tilgate forest. A downhill start for half a mile followed by what is best described as 'lumpy' constant uphill or down.

After my last run I knew I had to manage this by walking the steep hills to stop me cramping. All was going well for three miles, when I cramped up going down a hill again.

In order to not put the team too far behind time I decided to walk the cramp off rather than stretching, unfortunately it was a hill I was trying to walk up with cramp.

I'm so glad there was nobody around as I looked like I was auditioning for a part in Monty Python's Ministry of Silly Walks. I was so glad to pass the baton on to Val so I could put my feet up (as best you can in a minibus).

The day itself was fantastic, brilliantly organised by Paul and I'm so glad I said I would compete in it, and would definitely do it again.

A brilliant team of runners who all ran flat out on each of their runs.

Things I learnt:

- 1: Running with a water backpack probably made me sweat more than the bucket loads I do anyway, which didn't help with cramping.
- 2: It's OK to walk up steep hills if it means you can run when you do get to the top.
- 3: Chevron and middle path are not hills!

Val Stanbridge (legs 3, 9, 15)

Sarah Stanbridge (legs 4, 10 & 16)

I love running on the South Downs, but when I was offered the chance to take part in the South Downs Way relay I was apprehensive. I knew it would push me out of my comfort zone. But I also knew I'd regret it if I said no, so fast forward 18+ months and there I was setting three alarms just in case I overslept for our 4am pick up...

But I was up at 3am, feeling excited but nervous for the day ahead. As we set off in the minibus there were flashes of lightning and we shivered through the 5.45am pre race briefing at Beachy Head, but the storm soon passed and it quickly warmed up.

My first leg (leg 4) was around 7 miles.

I took the baton from my mum and ran towards the railway crossing, glad to see a green light to cross. Soon I reached my first incline, a hill home to lots of sheep (I always wonder what they're thinking watching us runners) and so steep that it was hard work to walk up, let alone run. At the top I told myself that was the hardest part done and tried to overlook the fact I was still heading uphill, instead looking forward to the lovely long downhill stretch I knew was coming. After a final push back up to the bridge across the A27, I handed the baton to Frank and it was time to recover ready for another two legs later.

Between legs we refuelled (bananas, chocolate soya milk, a hot cross bun and pasta were my tried and tested choices), stretched our legs and cheered on our team mates and other runners at the changeover points. There was a great atmosphere at the changeovers with friendly marshals keeping everything in check.



Sarah (continued)

My second leg (leg 10) was supposed to be 3.8 miles and before the race had been my favourite one... I had practised it twice beforehand, but on the day still managed to take a wrong turn and detoured off route. It didn't add much mileage but still knocked my confidence for the rest of the run. But I was cheered up by a surprise appearance from Ian B just before the river crossing who had come to support.

By the time of my last leg, it had cooled down to a comfortable temperature and it was a lovely evening to be running on the Downs. And this time I remembered the route!



Overall the day was a great experience and I'm grateful to have been offered a place in the S&S team. As always, the beautiful views and kind people you meet on the Downs make up for the challenging hills, and there was a strong S&S team spirit.

Although we didn't make the race time limit, we were offered the option to complete the distance, so as a team we ran from Beachy Head to Winchester which we couldn't have done without Paul's hard work and support both before and on the day - thank you!

Frank Stone (legs 5, 11 & 17)

Having to set my alarm for 3am for a 4am pickup was the first hurdle. This must have played on my mind as I did not get to sleep at all.

Michele and I left ready to meet for 4am, having packed bags of food and drinks. Paul continued to pick up the others and we headed to Beachy Head in a wet thunderstorm.

We arrived and the rain stopped, happy days.

For my first leg I got dropped off and waited for Sarah to arrive, When she did I set off with the baton and within 50 yards hit a steep hill

My legs felt tight and it seemed so hard for my 5.1 miles, before I handed over to Steve.

My next run was leg 11 - Houghton Hill 5.5 miles. Another tough start but my legs felt better and warmed up and so did the rest of the body now the sun was out and very hot. I enjoyed this run.

Leg 17, my last, was also my longest at 8.5 miles, which ended up 9.5 miles after getting lost. This was a tester, unlike any other leg, this had it all — roads, paths, gates, cows, about 1,000 cows on a steep hill. I had to walk past the cows, weird feeling!

Getting lost then trying to cut through a field was a big mistake, crawling under barbed wire through stinging nettles, across a river, down single tracks. Oh dear, I added a very slow mile. I started to think I would need a head torch lol. But made it back with Michele and Sarah thinking the worst.

My three legs added up to 20 miles and 2,500ft. The day was an amazing event, we all had fun.

And no mistakes from our driver Paul who did amazing getting from A to B.



Steve Baker (legs 6, 12 & 18)



Endure 24

I entered Endure24 in 2020 and had waited so long for it to come around, I couldn't believe it was actually happening.

If you love running and camping...this is the event for you! The first part of the weekend is non-running related...it's arriving, setting up camp and having dinner, be it a BBQ or something from one of the food stalls.

Saturday morning comes around and you just want to get going! Kicking off at midday, James and I were both leg four for our respective teams so set off around three ish.

The loop came in just under 5 miles but was a lovely mix of trail, grass, riverside and a hill...which I think I'd compare with Azalea and it got steeper with each lap!!

I managed five...four running and a walking lap to finish.

I think a particular highlight was Nick, Cara and myself having a team meeting at 2 or 3 in the morning trying to figure out what we were going to do as we had a team member injured.

This should have been a two-minute discussion but due to tiredness, Nick having just come back from a run, Cara about to go and me jumping out of bed it went on for about 15 minutes!!!!

I have also learned that I don't like the night loops, or I just need to get myself a better head torch! If you get the opportunity, I'd highly recommend this, it's worth every penny for two nights camping, 24 hours to run, a T-shirt and a medal!



Round Reading Ultra

On Thursday having a coffee with a friend, we were talking about her upcoming ultra race. I stupidly said I've wanted to do one for a while when she said are you serious?

Yes, I replied and to my horror she said 'You're running it with me'. Oh heck!!

With that I quickly booked a hotel room, packed my bags and on Friday we were in Reading and off to a pub for a meal before an early night.

On Saturday we were up at 6am with our kit packed and off to the start. After collecting our numbers, water bladders and bottles we line up in waves of eight.

They were off! I stay with Caroline until the first hill seven miles in, then she's gone. I do my own thing with the route on my watch. It was signposted well but people still got lost.

At the second feed station I had a stitch. They said have the tea & ginger so I filled a bottle with it and it did help. Through woods and fields, with horses and cows looking on, then steps and bridges over a motorway. On I go to feed station three and it's 21 miles, yay!

Station four is someone's house and garden. I spent a bit of time there, then onwards. Not long now and station five starts to appear.

The lady in front of me falls down a curb so I stop to help her up. She's taken the skin off her palm. I walk her to station five and they dress her hand. I fuel up and check she's OK.

More steps up and over the canal. I look at my watch and it's 28 miles — a Parkrun to go!

I run/walk. I can do this! People are cheering you on. I hear the sound of cheering from a field and as I turn the corner, it's the finish line.

They announce 'it's Ken coming'. I find the last bit of energy to jog towards and over the line.

A light rain cooled me off in the last ten miles. 31.15 miles done. Collected a wooden medal, 20 minute massage, free ice cream and Coke then stretch. It took me 5 hours 40. Caroline was home in 5 hours 20.

Drive home was tiring, queues of traffic so pulled off for a rest, coffee and food.

At home I dump my stuff, shower and sleep. A brilliant time and so glad I did it. It was well organised and the volunteers were really friendly.

Ken Tulley



London Landmarks Half Marathon

The twice delayed London Landmarks half marathon took place on Sunday, August 1.

Upon arrival at Charing Cross the first task was to find the baggage drop. These were located and turned out to be London double decker buses, now that's a first. Then the customary queue for the loos, followed by the walk to Trafalgar Square for the start line

It's been 70 weeks, London are you ready comes the voice over the loud tannoy as the 11,000 runners await the start.

The klaxon goes off, the run commences and the first landmark is Waterloo Bridge within the first mile - and the first and not the last of the cheering points on the course

Mile two takes us past Somerset House and by mile four we approach St Paul's Cathedral.

The next landmark we pass is the Old Bailey and mile six is the silent mile to remember the victims of the pandemic. Running along Cheapside the bells ring out from the local church.

We then arrive at the Bank of England and do a loop around Bank until we get to Tower Hill which is at the furthest point from the start.

We continue along the Victoria Embankment and through the tunnel just past the ten-mile point all the way past the impressive London Eye, towards Big Ben

With a loop back we head towards Whitehall to the finish line by Downing Street, with a medal being presented by a Pearly King or Queen.

The winning men's time was just over 1 hour 11mins. The women's winning time was just over 1 hr 23, impressive times all the same.

If given the chance I would highly recommend this race, not only because of the amazing support but to see the London landmarks at close hand - plus it's flat !!

London came out in force to support us and I would love to run it again in 2022. Well done to James Fitzpatrick, Jessica Melville, Theresa Wright and Louise Redgrave on completing this on behalf of S&S.



Mark Austin



UKA

A reminder that when representing the club at certain races—including SGP and cross country events— 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.

PARKRUN

It's been good to see so many of you taking part in Parkrun at various locations following its recent return, Clare is planning to start tourism again in October, watch this space!

Remember if you want to be included in the weekly round up you need to set the club under your Parkrun ID to Crawley Saints & Sinners.

NEIGHBOURHOOD RUNS

These are now taking place every 2nd and 4th Monday of the month and are offered as a club run for everyone.

We had a great turn out for Northgate despite the rain. Due to the nights drawing in we have decided to do Broadfield in August and Gossops Green will be next month (September).

Please try to wear your S&S T-shirts/vests and let's turn the neighbourhoods yellow!

A full route will be published on Facebook and the WhatsApp group beforehand. If you are not a member then you will need to register via the Run Together link, which will be published on a Friday.



MILE CHALLENGE

Keep an eye on Facebook and the WhatsApp group for the date, time and place for the next mile challenge!

LEARN TO RUN/BACK TO RUNNING

We are hoping to offer dates once Luke and Debby have completed their LiRF (run leaders course)

TRAINING

Monday nights will continue to be a social run (when the Neighbourhood runs are not on) with the run leaders offering various speeds and distances to cater for everyone. 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, some will be at Tilgate in the park whereas others will be around Crawley.

If there are any particular sessions you would like us to include please speak to a run leader or contact Stella at suggestionsofficer@crowleysaintsandsinnersrun.co.uk

S&S Training Programme								
Day	Date	Time	Location	RL	Session	Description	Pace	Cost
Monday	2nd August	6.30pm	Main Car Park, Tilgate Park	TBA	Social Runs	A variety of group social runs	TBA	£0
Wednesday	4th August	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions designed to improve your running strength, speed and endurance	Suitable for all abilities	£0
Monday	9th August	6.30pm	Broadfield Stadium Car Park	Debby Scott	Neighbourhood Run	A social group run - 2.5km loops at own pace	Suitable for all abilities	£0
Wednesday	11th August	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions designed to improve your running strength, speed and endurance	Suitable for all abilities	£0
Monday	16th August	6.30pm	Main Car Park, Tilgate Park	TBA	Social Runs	A variety of group social runs	TBA	£0
Wednesday	18th August	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions designed to improve your running strength, speed and endurance	Suitable for all abilities	£0
Monday	23rd August	6.30pm	Broadfield Stadium Car Park	Debby Scott	Neighbourhood Run	A social group run - 2.5km loops at own pace	Suitable for all abilities	£0
Wednesday	25th August	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions designed to improve your running strength, speed and endurance	Suitable for all abilities	£0
Monday	30th August	6.30pm	Main Car Park, Tilgate Park	TBA	Social Runs	A variety of group social runs	TBA	£0

KIT

Don't forget that Sarah places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt for the summer (whilst we have it) then please make sure you get your order in, details can be found on the website.

RACES

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

Don't forget if you are doing races representing the club, or for charity, which result in a medal and/or a T-Shirt, please send your race report to Debby by the 7th of each month so this can be included in the newsletter at media@crowleysaintsandsinnersrun.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
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SGP Rep – Jim Scott
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Kit officer – Sarah Stanbridge
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Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Clare Hall
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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 at the beginning 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 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