

Hello everyone and welcome to the November 2021 newsletter.

We would like to welcome back **Ed Wheeler** and say hello to our new member **Jade Ewers**

Thank you to everyone who has also taken the time to write something for inclusion in this month's newsletter, it's lovely to see so many people embracing the Parkrun Tourism.

Please note that the AGM will be on December 6th at Three Bridges Community Centre. Arrive from 6:15pm for a 6:30pm start. Details will be sent out shortly.

Thanks

Debby & Jim

Message from the Chairman

Hi everyone

Hope you are all well and enjoying your running!

I've really been enjoying Parkrun recently, it has been great to go along to Tilgate on a Saturday morning and see so many friends and clubmates!

This month saw the annual running of the Reigate XC relays. I really enjoyed taking part. Thanks to everyone who ran for us, and thanks once more to Paul Luttmann for organising us superbly!
If you haven't tried XC please give it a go!

Looking forward to seeing you all soon.

James



Upcoming Races

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!

Some that I'm aware of are:-

Gosport Half Marathon—Sunday, November 21st

Crowborough 5 & 10k—Sunday, November 21st

Jigsaw Run 10k— Sunday, November 28th

Weybridge 10k—Sunday, December 5th

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.



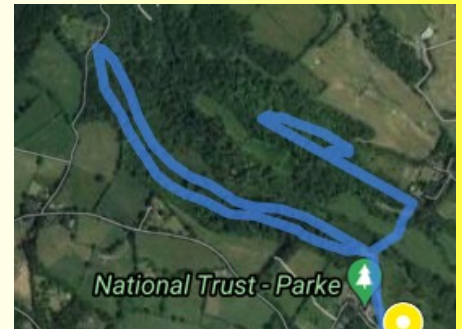
Parke - September 11 and 18.

A recent holiday in Devon gave me the opportunity to visit the appropriately named Parke Parkrun near Bovey Tracey on the edge of Dartmoor. Parke is a National Trust parkland estate and the route takes you through woodland and along an old railway line path similar to the Worth Way and the Downs Link.

Being Devon it's a hilly course, the first extremely steep hill coming early on, so at least it's out of the way.

After that the route follows a loop through woodlands and along the railway path before climbing up through woods and then returning over the river Bovey to the finish.

It couldn't have been that bad as I returned the following Saturday and at least ran it a little bit faster second time round! Overall, a good event, fairly small with an average of 130 runners and of course lots of "tourists" like me. I even met a lady from East Grinstead Tri Club. Well worth doing if you're in the area.



Sandall Park - October 2

Rather less of a tourist destination, Doncaster was another recent Parkrun. There are two in the area - Cusworth Hall and Sandall Park, which nearest to where we were staying.

Not far from Doncaster Racecourse, Sandall Park consists of two laps of the park perimeter following a start in the centre.

This is one of those Parkruns where everyone gathers near the finish and then walks round to the start.

I met the race director and chatted to her on the way to the start so she now knows a little more about Saints and Sinners in Crawley! While this isn't the most interesting of courses (it reminded me of Winchester which is very similar) it was very friendly and convenient for parking, toilets and the café!

And it was rounded off with a visit to the nearby South Yorkshire Aircraft Museum so something for everyone as far as me and husband Tony were concerned - Parkrun for me, aircraft museum for him!



Janet Doyle

Hay Lodge, Peebles - October 9

Lesley and I wrapped up our holiday in Scotland with a trip out to Peebles and a spot of Parkrun tourism at Hay Lodge. A newish course which takes place on paths around the edge of the park with the River Tweed running alongside; a beautiful setting with the hills overlooking the town as a backdrop.

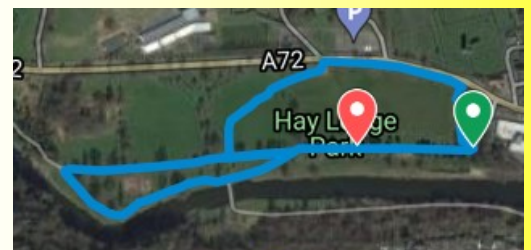
The route is 2.5 laps, which meant we got to run the hill three times! The weather remained dry for us. As with all Parkruns they had a great bunch of volunteers.



We aim to return and run this course again at Christmas - weather permitting.

Post Parkrun we headed into the town for a lovely breakfast.

Dickie Bryant



Manchester Marathon, Sunday October 10

What a day!

That feels like the most fitting way to start my race report for my first ever marathon! I can hand on heart say it was the best but hardest day of my life and I truly loved every single minute.

Let's take it back to the beginning of 2021 when I decided to sign up with a knee injury which meant I was out of running for a few months on and off. Some say silly but runners will understand! Fast forward a few months to June when I started my training.

It started well and I thought 'I've got this, I can complete this marathon'. Fast forward a few weeks and it was all downhill. Every run felt awful and hard work, I think I cried either during or after every one. Safe to say my mental strength to complete a marathon was shattered and I kept telling myself I couldn't do it.

Finally it came to October 8 and I had to get a train to Manchester. I had my race number, trainers and my kit to run in. Upon arriving at the station I kept saying 'I am not running this I can't do it!'. Saturday was filled with distractions and it didn't cross my mind...much.

It's here, race day! A later alarm as it didn't start until 10.30 and I didn't have to be there until 10.45. I leisurely got up, had breakfast and put my charity vest on (cried whilst doing so), then it was time to get to start line. The tram was filled with a mixture of nervous and excited runners. Everyone at the race village was lovely, smiles all round, chatting, and even the toilet queue wasn't too big.

I told myself I've got this...then my hydration pack broke. A few tears, a reassuring stranger and two phone calls later I was fine and approaching the start line. At this moment I was excited and ready to get going. Next thing I knew I had crossed the start line and I was off.

'I'm doing my first marathon' was all I kept thinking, I was feeling good and knew I had to get to 4-6 miles to see the boys, 7-8 to see Sophie and 11 miles to see Matt.

I made all of these and felt great but not long after mile 11 I felt sick. A quick call to Dawn and I was okay. The support was great the DJs kept me dancing (yes actually dancing).

I met amazing people and found a man struggling with cramp, so in true Amy style I walked and chatted to him for nearly a mile. Feeling positive, with tired legs, I kept going round the course. I only had to get to mile 22 to see Matt again then it was the home stretch.

On the way to Matt I found a uni girl who was struggling so I chatted to her and kept her going for a few more miles and before I knew it I was at mile 20!

Just two more miles to get to Matt! I made it, all smiles and bouncing along. The home stretch was tough, I can't lie. I was tired and just wanted to get to the end but I kept smiling and taking in the support.

Then all of a sudden I saw the finish line — next thing I knew I had crossed it and I still had plenty of time to make the train home. I crossed that line, looked up and said 'Leo that was for you', cried again and then thought wow I have actually completed a marathon and loved every minute of it, when is the next one!

I collected my medal, saw Sophie and ran to her for a hug (yes I actually ran) had a chat and a cuppa...my gosh that tea was needed! It was time to re-group with Matt and call everyone to say I had done it!

So this report is a very long-winded way of saying — Manchester Marathon you were amazing, as was the support, and I would definitely do it again!

Amy Devaney



Brighton Half Marathon— October 10

Originally scheduled for February, then postponed until June, finally on October 10 it was time to make the short journey down to the coast. The day dawned cool and there was fog on the way down, however, by the time I arrived in Brighton, the sun was coming through and it turned into the perfect day for a half marathon — not too warm and almost no wind.

Everything is, as always, well organised. From the park and ride, with the bendy busses to whisk you into the city centre, efficient bag drop and plenty of toilets, with minimal queues.

Finally, into the start pens for a 9am start, much less crowded than normal with only around a third of the usual runners, but still got chatting to someone who went to the same school as me 50 years ago - small world!

The course at Brighton is virtually flat, but what elevation there is comes in the first three miles out towards the marina. Turn and back towards the city centre and then head inland to pass the Brighton Pavilion.

Spectators were officially discouraged, but there was still a good crowd cheering the runners on, especially around the middle of the course.

One thing I found was that, wearing my S&S top with my name on, people cheered you on by name, which I felt made a big difference to my performance.

The course then heads out towards Hove with a couple of wiggles into side streets, passing various bands and drummers.

Turning back to come along the promenade, past the beach huts and towards the i360 viewing tower and the pier, the crowds increased again urging the runners on to the finish line.

Crossed the finish line, with a name check from the commentator, again the advantage of a named running top, in a PB of 1:43:38. Collected the obligatory goodie bag with the usual protein bars, water and a substantial finishers medal.

Time to catch up with the other S&S runners, **Jo Fiveash** (1:48:19), **Ken Tulley** (1:52:59) and **James Dick** (1:47:55) before heading back to the park and ride bus to pick up the car.

The challenge being to remember how far up the road you had parked in order to get the bus to stop in the right place and not leave a long walk on tired legs.



Martyn Flint

Worthing 10k — October 10

The Worthing 10k was held on October 10, having been deferred from 2019. Over a thousand runners took part in what must be one of the flattest 10k courses in the South East.

The running conditions were perfect, with the weather dry and cool, and there was not even a gentle breeze. Different to previous years, the race started on the road, but the finish line was still on the promenade close to the pier. It was a friendly race with lots of local support, and one I look forward to returning to next year.

Pam Field

Royal Parks Half – October 10

It was an early start on a cold and foggy Sunday morning in October that we headed up to London for the Royal Parks Half.

Jess and Stu had their places rolled over from the cancelled event last year, I won a ballot place earlier this year and Chris decided to take a charity place for St Catherine's Hospice.

We arrived at Victoria and made our way over to Green Park, stopping on the way for a photo outside of Buckingham Palace.



Almost as soon as we arrived at Green Park Jess's wave was being called so we all made our way to the start line on The Mall along with the other 4,000 or so participants.

The route snaked around London for the first few miles before heading into the parks (Green Park, St James's park, Kensington Gardens and Hyde Park).

Overall it was a flat route but there were some definite inclines mixed in for good measure! The run itself was really enjoyable until about mile ten. That was a definite struggle and then at mile 11, realising we only had two miles left to go, we started enjoying it again!!

There were steel bands and lots of music along the route and the support from the crowds was amazing. The final 800m seemed the longest known to man but the finish line suddenly came into view and it was good to see my brother and William (our bag holders for the day!!) cheering us on to the finish.

It was a great feeling and a great run and I would definitely recommend it.

Clare Penfold



Cambridge Town and Gown 10k – October 16

There is something special about being able to run down closed roads of towns I know well.

The Crawley half is a case in point but probably a place I know even better is Cambridge, having spent much of my formative years living close to or in the town.

Those that don't know Cambridge will no doubt have heard of the picturesque university town. It is undeniably beautiful (a fact I appreciate more now I have lived away for 20 years) and equally as busy, which made the closed roads even more special.

So it was that I found myself heading up to my old stomping ground for a weekend in mid-October. I was running in a 10k on Saturday along with my dad and his wife, then cheering on my sister, who is a bit braver than me and had entered the half marathon on Sunday.

On arrival at Midsummer Common it looked like the organisers had over ordered on everything with a huge event village and only a few runners milling around.

No waiting for porta potties for us, we had a choice of ten each. It quickly became apparent the 10k was very much the support act, with one thousand runners on Saturday being replaced by ten thousand the next day.

Of the run itself, it was well organised and a fantastic flat course around a lot of the historic city and along the river Cam. Definitely a good run for a PB, which happily I managed, almost dipping under 36 minutes.

The only frustration was taking a brief wrong turn which cost me 10-15 seconds, oh what could have been. Still, I finished in plenty of time to collect a goodie bag, decide salt and vinegar crisps taste far better than a protein bar and still be in place to cheer on dad and Sue.

Great fun. Even better was returning the next day and cheering on the half marathon runners, my little sis in particular. She had a fantastic run and dived under two hours for the first time. The atmosphere was brilliant and I have been told the half route is even better than the 10k, with several loops around colleges not normally open to the public.

Definitely a couple of runs to consider for anyone in Crawley. Cambridge is under two hours drive away and there is a direct train from Three Bridges which takes less than two hours.

Andy Kerr



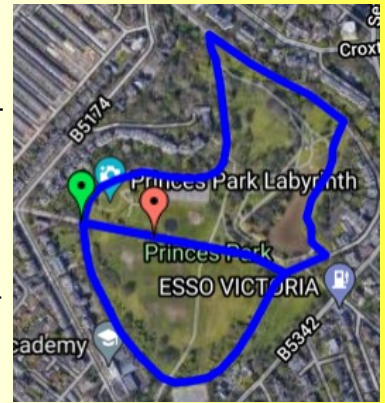


Princes Park, Liverpool – October 16

A week on and Lesley and I found ourselves in Liverpool for a gig. We decided to make a long weekend of the trip and take in another Parkrun.

A little bit of research and we found Princes Park was closest via a bus ride. So we ventured out to find the bus and our Parkrun.

A little bit of sightseeing and we were soon at Princes Park. A splendid park too, with wide paths. Two and half laps on undulating paths and besides lakes. We enjoyed our run and before long we were on the bus heading back to the city centre and brunch.



Dickie Bryant

Wotton Parkrun

Any run with my daughter, who lives in the Gloucestershire town of Wotton-under-Edge, which as the name suggests, is under the edge of the Cotswolds escarpment, always involves a number of hills.

However Wotton Parkrun, in the local Community Parc, is virtually flat. The Parc (the spelling is correct, it stands for People, Activities, Recreation, Community) is not on the scale of Tilgate, but covers 38 acres and was given to the community by a local businessman.

It has an all-weather hockey pitch along with football and rugby pitches, a BMX track, skate park and a permanently marked and maintained trail running course. Hundreds of trees have been planted, ponds dug and wildflower areas established. It is well used by the locals and is an asset that they are rightly proud of.

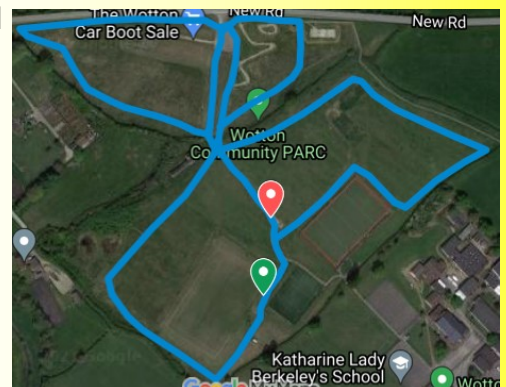
Seventy six runners assembled for a comprehensive run briefing, including the announcement that it was their fifth birthday and that there was cake for everyone at the finish!

Some rain earlier in the week had softened the course, which apart from the start and finish 200m, is all on grass. I have run it when it is like a paddy field, but today was not too bad with just a few wetter patches. The 5k is two laps of the figure of eight trail course and the resulting trace on Strava vaguely resembles a butterfly.

The turns are well marshalled and plenty of encouragement given to all the runners. I was happy with a course PB of 23.00 and the tail walker came home in a respectable 43.15.

After chocolate brownies and a chat with several of the home runners, who were all interested in the origins of the name Saints and Sinners, it was time to head back to the town, which being up one of the aforementioned hills, we walked!

Martyn Flint



Great South Run – October 17

After a year's absence the Great South Run, the largest 10-mile race in Europe, is here again in Southsea with an estimated 15,000 runners taking place



This is the 5th time I've run this but you still get the nerves kicking in leading up to the event

First things first, parking isn't too great and the nearest area is about a 25 minute walk unless you want to park on the common close to the start.

But when you get there to locate the bag drop, this year it was a manned marquee tent!

The route starts on the South Parade, then along the Clarence Esplanade with the sea on your left and crowds cheering from the off, heading to the historic naval dockyard and the HM naval base before heading East towards Victoria Park

There was plenty of music, including bagpipes and drummers to keep you going.

At mile seven you reach Southsea Common and run parallel with runners that are about to finish. You then head through the residential area at Eastney at the furthest point and at the eight mile marker you head back along the seafront.

This year the wind was off the sea, the final finisher markers count you down to the finish line and plenty of cheering as you cross the line.

The men's winning time was by Jack Rowe in 47.20 and the winning women's time was Eilish McColgan, daughter of the famous Liz McColgan in a course best of 50.43, her third win.

I would highly recommend this, it's flat, excellent support and a nice T-shirt and medal to boot. It was good to see James Dunn on the course and I believe his father Andrew ran, along with Sarah Clapp

Next year it's on October 16, it would be nice to see some more Saints on the course !!

Mark Austin



Lancing 10k – October 24

I entered Lancing 10K literally only a few days before the event after the lovely Nina T mentioned she had entered and said I could get a lift down with her and Keith.

Nina confirmed they'd pick me up at 9.30am so we could get down in plenty time to collect our numbers and get ready to start running at 11am. So we even got a long lie-in as we usually meet at 8.15am for our Sunday jaunts!

When we got to Lancing it looked like we were going to have perfect running conditions, as the sun was shining. But as soon as we stepped out the car we realised there was a very strong wind, which was making it feel quite chilly.

We collected our numbers and decided to join the loo queue before it got too busy and were pleasantly surprised to find there was no queue.

We were just heading back to the car to shelter from the breeze when we bumped into fellow Saints Janet and Nicky. Nicky was running with her daughter, Katie, who was taking part in her very first 10K. It was fab to know there would be a few more yellow tops on route.

After a quick warm up along the prom and a few start line photos by Keith we gathered in the starting area just outside the Perch cafe and after a few quick words from the race director we were off.

The route was nice and flat, running along the path to just past Worthing Pier where you turned and headed back to the finish line which was also in front of the Perch Cafe.

This event was well organised and has lots of potential for PBs as it's a very flat route, although as it's not on closed paths and you do occasionally have to dodge a pedestrian or cyclist. It's one I'd definitely recommend for next year.

Lesley Connolly



Saturday, October 30 marked the occasion of my **300th Parkrun**. As it was Halloween weekend, what better place to commemorate this milestone than by running it in fancy-dress as a witch at **Tilgate**, where I have run so many times (186 so far and counting) and where I have made so many friends and met so many lovely people.

Debby asked me to pen a few words about Parkrun and me – so here goes.

The story did not start at **Tilgate** – my first was at **Banstead Woods** on November 7, 2009 which was long before **Tilgate** Parkrun was even a twinkling in anyone's eye. In fact, I did 17 Parkruns before my first **Tilgate** on June 16, 2012 which was event number two.

I had volunteered at the very first event at **Tilgate** and prior to that I was involved in some of the preparatory work and trial runs and that's where I first came across Julie Kalsi, Lou Haynes (Bevan then), Alnur, James Mason and Alan McDonald.

Since 2009, I have done 'tourism' at 61 different Parkruns. Along the way I have completed the 'alphabet challenge' except for the elusive Z, but I am hoping to travel to **Zuiderpark** Parkrun in Holland some time soon to finish that challenge.

The lengths we go to just to run three miles!!

My **favourite parkrun** is **Tilgate** of course. Aren't we so lucky to have such a beautiful venue on our doorstep with such great people?

A **memorable parkrun** was the time when my sister Juliet, Keith and I kidnapped a parkrunner in Scotland! I was all set to do Juliet's local run at **Meadowmill** for which I had done a trial run the day before.

With typical Scottish weather (rain and masses of it!) the run was abandoned that morning due to waterlogging so we jumped in the car and headed to **Portobello** which was nearest.

When we arrived, a young man called David told us the run had just that minute been called off. It still wasn't 9.30am (they start later in Scotland) so chatting with David, we decided on doing **Edinburgh** Parkrun although none of us – except David – had much idea where it was.

He thought he had a rough idea where it took place so he was virtually manhandled into the car and made to give us directions. We made it just a few minutes **after** the start and I had to give it some to catch up the tail-walkers. Apart from being kidnapped, David was grateful for the lift as he was able to Parkrun that day, and I was happy to have ticked off my list my first Scottish Parkrun.



Edinburgh, splashing through the puddles

My **scariest Parkun** was **Uckfield**. The weather on the Thursday and Friday was atrocious but dry on the Saturday morning and the course was soaking, muddy and most unpleasant.

During the winter that is situation-normal apparently and is why the run is nicknamed **Muckfield**!! The run itself is one lap in darkest, deepest East Sussex countryside. Because of the conditions, there were very few runners and even fewer marshals.

Not a lot of people know this – but I have a very poor sense of direction so as the runners thinned out I suddenly found myself in the middle of nowhere, totally alone, and totally lost!

Exactly how I managed to extricate myself from that situation I still do not know. I was taking one wrong turn after another, and after what seemed an eternity I was very happy to see another runner who also was lost. We teamed up together and finished it quite cheerfully in a record time of...44 minutes and 21 seconds!



Uckfield Parkrun – what a lot of mud!

Although I really enjoy the actual running bits of Parkrun, for me what it is really all about are the friendships made, the camaraderie and the support and encouragement everyone gives everyone else. Having also volunteered **100** times I get as much pleasure out of that as the running.

Nina Trevarthen



York Parkrun – October 30

I grew up in York and regularly return to this beautiful city to visit my dad. I try to fit in York Parkrun when I return home and this was my 5th time running the course, although due to Covid interruptions it's been almost two years since my last run on Christmas Day 2019.

York Parkrun takes place at the Knavesmire which is York's racecourse. The route is 1.5 laps anti clockwise along the tarmacked service road inside the perimeter fence, finishing in front of the grandstand.

The course is flat and therefore offers excellent PB potential, but not on this particular day, as I would soon find out.

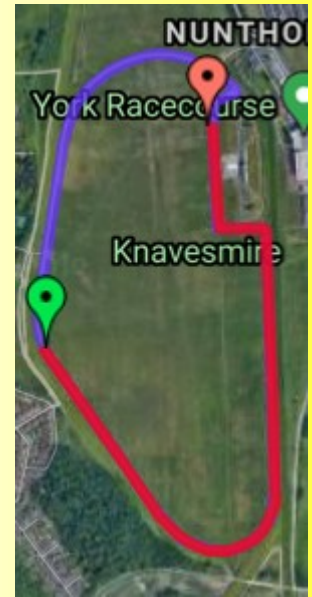
Weather conditions were less than perfect, nevertheless, an impressive 526 runners turned out, and after a warm welcome from the race director, we set off in heavy drizzle just after 9am.

With the wind behind me I felt like I was flying for the first mile. However, as soon as I started the second lap I had to battle against a strong headwind. This hampered progress mid race although I was able to pick up the pace in the final mile as I turned back towards the grandstand finish. Pleasantly surprised, I crossed the finish line with a perfectly acceptable course PB.

I have toured several Parkruns, and I have always been guaranteed a warm and friendly welcome from the volunteers, supporters, and onlookers.

York Parkrun is no exception and I look forward to returning to run the course again on Christmas Day 2021, before cooking lunch for Dad and 15 other family members!!

Nicky Wilson



Sedgefield Parkrun – November 6

Lou and I had a weekend away visiting friends and family on Teesside so had to do some Parkrun tourism with my dad. Typically the local Tees Barrage Parkrun in Stockton is still suspended so we opted for Sedgefield, as the course sounded most appealing.

The run is right on the edge of the village and located entirely within the grounds of Hardwick Park. Starting in the overflow car park (a short walk from the entrance and main car park), it began with a short lap and a half of the overflow car park before two laps of the park itself.

The course was mostly flat with a couple of short inclines and one slightly bigger climb off-road through the woods towards the end of each lap, but definitely no worse than Tilgate!

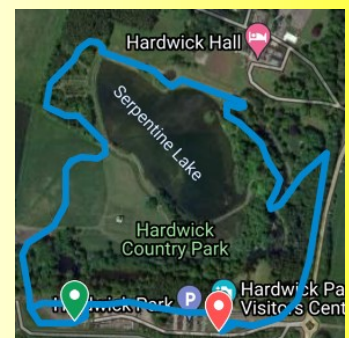
It was a really scenic course winding its way around the grounds past lakes and along tree-lined paths, with the autumn colours making it even prettier.

I've not done many fast events since Covid so was very happy to finish in just under 18 minutes and Lou also had a good run, finishing in under 30 for the first time since before she fell pregnant with Molly.

I'm pretty sure I could have gone a few seconds faster but I spent the first lap running alongside another runner so I didn't get lost (there was one point where I would definitely have gone wrong on my own!!)

Probably not a PB course but similar to Tilgate, it's definitely one for good times if you're able to make up time running downhill! I'd definitely recommend this if you're ever in the area.

Glenn Mitchell



Reigate Priory XC Relays - November 6

This is an event I have been keen to take part in for a while but work shifts dictated otherwise. Finally a day off and a XC race coincide - I'm in!



Saints put out three women's and two men's teams and Paul Luttmann did an excellent job of arranging some friendly inter-club competition.

The relay is straightforward. Your allotted leg sees you run a 2.5mile lap. Conditions were near perfect — dry, mild and almost mud-free.

The event was well-organised and great fun and we all finished with smiles and relatively clean kit!

Congratulations to Cara Law, Lisa Stenson and Grace Barden as the winning S&S ladies. And men Wayne Kingsnorth, Richard Bryant, Jim Scott and err Wayne (let's face it the rest of us weren't going out again!) I would encourage everyone to give this event a go, it's great fun and a brilliant introduction to the perverse joys of XC running.



Jim Scott





2021/22 XC Races

December 4 - Sussex League Race 3, Ardingly Showground
January 8 - Sussex Champs, Little Common, Bexhill
January 22 - Sussex Masters Champs, Coombes Farm, Lancing
February 12/19 - Sussex League Race 4, Little Common, Bexhill
February 26 - National Champs, Parliament Hill, London

SGP

The Sussex Grand Prix is focusing on a revamp for 2022's competition. Organisers hope to attract more runners of all abilities. Anyone who has any views —whether you have competed before in races or not—can leave comments on the sussexgrandprix.co.uk website.

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.

PARKRUN

Our next tourism is on December 4 at Preston Park. 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

TRAINING

Now the nights are getting darker can you 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. 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. For both sessions these start at 6:30pm and 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.

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

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 then please make sure you get your order in. Details can be found on the website, but email Sarah at kit@crawleysaintsandsinnersrun.co.uk

TILGATE TIDY

After Parkrun on November 27, meeting at Smith & Western at 10.15am

BREAKFAST RUN

Sunday, December 19, starting at 9am from Maidenbower Community Centre

LEARN TO RUN/BACK TO RUNNING

We are hoping to offer dates in the New Year

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
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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 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