

Hello everyone and welcome to the June 2021 newsletter.

We would like to welcome our new members: Lisa Granahan and Colin Winfield!

It's still not too late to renew your membership, please see details below

Thank you

Debby

Message from the Chairman

Hi everyone!

Hope that you're all enjoying the recent spate of good weather!

I'd like to thank everyone for their contributions to the newsletter, and especially to Debby for working so hard every month to create it. I think it looks really great.

I really enjoyed reading Sarah's race report from the 3 Forts. I certainly enjoyed reading it more than my attempt to complete the marathon!

I'd like to congratulate Glenn and Lou, what fantastic news!

Finally thanks to all of you who have taken part in our recent training sessions, and to our fantastic run leaders!

See you soon

James



Membership

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.

Please complete and return sooner rather than later

Lesley

THREE FORTS CHALLENGE by Sarah Stanbridge

Sunday 23rd May 2021 was long awaited...along with several other club members I had signed up for the Three Forts Challenge which was originally due to take place last year. The event has two distance options. At 27.2 miles, the Three Forts Marathon is a little longer than the usual marathon and is known as 'The Tough One'. Starting and finishing at Hill Barn in Worthing, the route takes in Cissbury Ring, Devil's Dyke and Chanctonbury Ring, with a total of 3,450ft of elevation. The Half Marathon takes a shorter route to Steyning Bowl and joins the last part of the marathon route, with 1,450ft elevation. The start and finish are similar to the WSFRL Hangover 5 race which many members will be familiar with.

Initially I had entered the marathon and had trained up to 18 miles before my knee had other ideas. After some rest and the addition of some regular resistance exercises and cycling to my training, I asked if I could swap to the half.

As the day approached, the weather forecast wasn't looking promising...though I kept telling myself it couldn't be as bad as a very memorable South Downs training run a few of us had done the year before, when we were blown sideways and hailed on! Thankfully the 40mph winds had passed before the weekend arrived, although it was still pretty breezy on the Sunday. Chatting to Clare before the race, she told me that the last time she had run this race it had been really hot – this was hard to imagine as the rain clouds gathered.

For everyone's safety, there was a staggered start with 3-4 runners starting off at 30 second intervals. Although it meant that there wasn't so much opportunity to meet with fellow runners before the race, there was a plus side – no queue for the toilets!

The marathon runners, including Paul, Richard B, James M, Frank and Ian G, had started setting off from 9am, with the half marathon runners, including Clare H, Janet, Nicky, Michele and I, starting from 10am. As my start time ap-

proached and I sheltered from the rain in my car, I felt for those already running and wondered if I'd be too warm running in my jacket. I had joked a few weeks ago at training that whenever I brought my running jacket the rain stopped, and sure enough as I headed to the start the rain stopped and I managed to get round the course with only the tiniest bit of drizzle towards the end. I was really lucky and don't doubt that had I started earlier I would have found the run a lot tougher.



At the start, a friendly marshal had recognised my S&S vest and told me that Brian and Mary would be at the half marathon split. As it turned out, when I reached the turn off point there was a group of S&S supporters including Lesley, Nina T and Luke, cheering and offering encouragement up the hill. A little further along the course I saw Debby and Jim too, again so lovely to see familiar faces en-route.

The course offered some challenging climbs, but what goes up must come down and the downhills were a lot of fun, plus the beautiful views across the Downs made it all worthwhile. Overall I found the half marathon course challenging in places but really enjoyable. The event was well organised with friendly marshals and great S&S support, and I'd definitely do it again.



FIRST HALF MARATHON

Having only started running three years ago, initially to improve my 800m time to secure a place on the school athletics team, it has been a great journey that most recently saw me compete in my first half marathon.

I had enjoyed taking part in the Junior Park run when I was 13 and then progressed to the 5K Parkrun when I turned 14.

My first race was the Gatwick 5K in 2019. This helped developed my new found love of running and I went on to run the Chichester 10K in February 2020.

Having joined Saints and Sinners in the late summer of 2019 I really appreciated the chance to train and was always made to feel very welcome and was encouraged each week by those I ran with.

Sadly, with COVID-19 that all came to a stop but I continued to run with my friend and after months of training runs in Brighton and around Crawley, along with a virtual run through the Grand Canyon, I was ready for my first half.

On May 16th I ran the Windsor Trail Half Marathon which was a very scenic route all around the Thames.

As a trail run, the race was a whole new experience for me which I absolutely loved. It felt like such an achievement to finally run 13 miles for the first time as well as winning the under 18 age category and being the youngest runner there.

The adrenaline rush at the finish line was such a proud moment for me knowing I had successfully achieved my goal. I am looking forward to taking part in more challenges and races in the coming years.



Emily Gardiner

YOUNGEST MEMBER

Lou & Glenn welcomed Molly Rose Mitchell into the world at 07:10 on May 9th, weighing 4lb 10oz. It was a bit of a shock as she arrived apparently in a bit of a hurry (just like dad) at only 34 weeks and three days.

Thanks to the fantastic staff in the neonatal unit at East Surrey Hospital, Molly got that little bit of extra support she needed! She went from strength to strength and eight days later, she came home—much to the relief of mum & dad who were quite anxious to begin with!

Molly has been doing very well these past few weeks except she didn't approve of dad's hair and pulled it, so it was time for a haircut!

Mum & dad have now settled in with Molly and are looking forward to introducing her to the S&S family.

Thank you!

Lou & Glenn xx





NEIGHBOURHOOD RUNS

It was agreed at the last committee meeting that once a fortnight we will now incorporate the neighbourhood run into a club run for all members.

We are starting on June 14th at Southgate. The starting point is at the entrance to Goffs Manor, then you will do a 2.5k loop taking you along the A23 into Goffs Park and then back to the start.

A full route will be published on Facebook and the WhatsApp group but due to Covid we will be restricting our numbers initially, so you will need to register via the Run Together link which will be published on a Friday.

Also due to Covid we will be unable to supply water or any treats but if you wish to bring your own then these can be left with Debby (she doesn't like chocolate!) as she will be there, as always, with her clipboard and stopwatch.

We will then move on to Northgate, followed by Gossops Green, Broadfield, Bewbush etc..

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.

On a Wednesday we will be offering technical sessions, some will be at Tilgate in the park whereas others will be around Crawley.

LEARN TO RUN/BACK TO RUNNING

We are hoping to start this in July. Unfortunately due to illness Mandy is unable to offer this as she originally hoped, but Luke has offered to run this with some help from the other group/run leaders. Watch out on Facebook and WhatsApp for more details.

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.

Should anyone be interested there are still spaces for the Brighton Phoenix 10k on the 14th July (it's a Wednesday) book via www.brightonphoenix.org.uk

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@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 Luttmann
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Sarah Stanbridge
kit@crawleysaintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Clare Hall
social@crawleysaintsandsinnersrun.co.uk
Social media – Debby Scott
media@crawleysaintsandsinnersrun.co.uk



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

How do I...?

Order kit!

Please use the kit page on the website to choose your kit. If you would rather not use the form then please email Sarah on:

kit@crawleysaintsandsinnersrun.co.uk

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

Size: XS, S, M, L, XL, XLL or junior ages

Name: please type the exact name you wanted printed

Monies for kit to be transferred to:
Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: KIT

Once payment is received your order will be made.

Orders will be placed 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