



# DECEMBER SAINTS AND SINNERS

## Newsletter 028

As the year comes to a close we look back on the amazing achievements of the clubs members, the clubs achievement in the WSFRL and to say thank you and goodbye to some of our committee members.

AGM AWARD  
WINNERS AND  
NEWS

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FINAL LEAGUE  
TABLES

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2016 COMMITTEE  
MEMBERS

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BOXING DAY RACE

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FINAL CALL FOR  
HELLRUNNER

With a hectic family life and the holiday season upon us Leonnie was unable to get her final newsletter out before the end of December so once again you have a somewhat basic newsletter from me (sorry), Firstly a very big thank you to Leonnie for the amazing newsletters and all the time she dedicated to her role, we are pleased to announce that the newsletter editors role will be shared in 2016 by Ben Stock and Glenn Mitchell.

Another busy member who stepped down from our committee was Louise Bevan again she did an amazing job organizing the orders and overseeing our change in suppliers earlier in the year, we are pleased to say this role will also be shared in 2016 by Ange Stark and Ann Raymond.

I guess there is no easy way to announce this but I will also be stepping down from my roles as Chairman and Coach, I will not go into detail, only to say that situations and incidents over the last 6 months have taken away the fun and enjoyment I once had in my roles and after much thought I decided it is in the clubs best interest to stand down and allow someone else to take on the roles.

Thank you to those who have put their names forward to replace me, at the time of writing 2 people have put themselves forward, if anyone else would like to put themselves forward please let Ben know before the 3<sup>rd</sup> January, there will be a committee meeting on the 6<sup>th</sup> January to discuss the various vacant roles and the committee will inform all members the candidates who have come forward for the roles and the voting process.

In the short term Ben will step up to the Chairman's role and will await the appointment of the new Chairman before committing again to his role as Vice Chairman.

It has been an amazing two years and whilst I leave my roles not achieving all I wanted I do leave the club with solid foundations to continue to build and grow in the future.

The clubs coaching roles will be shared in 2016 with Vanessa Harrold becoming the clubs Monday session coach and Ben Stock & Nick Keating becoming the clubs Wednesday session coaches.

Finally.....

I wish all the clubs members a very Happy Christmas and a prosperous New Year and as always Happy Running.

Mark Clawson

# WSFRL Final League Tables

After 17 races our seniors finished 6<sup>th</sup> in the league rankings and our juniors matched that in their table also finishing 6<sup>th</sup>, it was the highest finish in the league by both seniors and juniors in over 6 years.

It's unbelievable to think the seniors finished 13<sup>th</sup> and the juniors 15<sup>th</sup> (joint bottom) in 2012 it just shows how far the club has come in the last few years all down to your amazing performances and participation in the league races.

It seems whatever the seniors do the juniors match them stride for stride and both finished 5<sup>th</sup> in the most improved league, again looking back to 2012 the seniors finished 16<sup>th</sup> and the juniors 11<sup>th</sup> so you should all be very proud.

## WSFRL AGM news

Race entry fees will remain the same in 2016, the scoring system is to be reviewed with the view to allow more scoring runners, race surveys will continue after every race, clubs have been asked to freshen up some races by either changing the course or running it in reverse, clubs who do not currently stage a junior race have been asked to do so if possible it was also suggested that all juniors races be 1 mile.

## Our AGM news

Debbie informed us all that the clubs finance was in a healthy position, our income as a club so far this year was £12,113.19 our expenditure was £10,214.86 and we have a current balance of £1898.33.

We have decided to bring our clubs year in line with the leagues year so both club finance and club membership will run from the 1<sup>st</sup> January to 31<sup>st</sup> December, a full and final financial report will be in the January 2016 newsletter.

A big thank you to Debbie for all her tireless work keeping the clubs finance up to date.

The club has heavily invested in equipment, run leaders and awards for its members and will continue to do so in 2016.

# Membership and Renewals

Membership forms can be downloaded from our website.

Membership fees will remain the same in 2016 full details on the form.

## WSFRL race entry and payment

Race numbers are to be collected no later than 30 minutes before the start of the race to allow race reps (James T & James M) to get changed and warm up.

If you cannot make the race please try to inform the race rep or someone else who is running, there is a chance your number could be allocated to someone else saving you losing out on the entry fee.

If possible pay for races in advance to avoid cash on the day, many members pay in blocks with their membership so for example £10 membership fee + an extra £15 which covers them for their first five races, you can pay for as many or little as you like, it does save James a lot of time on the day.

Bring safety pins with you, race reps DO NOT carry spares.

## UKA news

UKA fees for 2016/2017 have increased from £12 to £13.

UKA affiliation will get you discounted race entry fees and also allows you to be entered for the clubs London Marathon place draw.

If you have never been UKA affiliated you can register now and you will not have to renew until March 2017.

# SCAA news

Did you know we are also affiliated to Sussex County Athletics, SCAA stage cross country races and road race challenges throughout the year, many of our members have taken part and really enjoyed the events this year please check our Facebook page for news and updates from Stacey Buche about events in 2016.

## L2R 2015

2015 was an amazing year for our learn to run groups both the spring and summer groups produced more runners and members to the club, graduates from both groups have excelled. The success was down to the 'A team' of Bill Bedford, Shelley Meyern and Mark Smee and they have already planned and remodeled the programme to improve the course further next year.

Without even promoting the 2016 spring group we already have 24 who have emailed in their interest in the next group.

## Improving league race participation

We know from our training challenges just how much you lot like a trophy so in 2016 we have added some challenges to our league races so both our seniors and juniors have the chance to proudly display their achievements.

Trophies will be awarded for completing the following races in the league 2016:

### Seniors Challenges

HILL HERO (Silver statue award) – for completing the leagues toughest races, Trundle hill – Roundhill romp – Highdown hike – Steepdown challenge.

THE SEASIDE CHALLENGE (Silver trophy award) – for completing the Worthing Lido – Beach run – Foxtrot five.

THE FIVES 20 MILE CHALLENGE (Bronze trophy award) – for completing the 5 mile races, Hedgehoppers – Beach run – Downland dash – Flyers five.

GOING THE DISTANCE 47K CHALLENGE (Gold trophy award) – for completing the longer distance races, Lewes 10K – Trundle Hill 10k – Roundhill romp 9.5k – Hornets stinger 9.5k – Hickstead gallop 8k.

ATTENDANCE AWARD (Bronze medal) – for completing 10 league races.

### Juniors Challenges

THE SEASIDE CHALLENGE (Silver trophy award) – for completing Worthing lido – Beach run – Foxes five.

THE 6 MILE CHALLENGE (Gold trophy award) – for completing Worthing Lido, Lewes, Downland dash, 7 stiles, Tilgate, Steepdown.

ATTENDANCE AWARD (Bronze medal) – for completing 5 league races.

## 2015 Award Winners

So lots of awards and trophies are up for grabs in 2016 but who won what in 2015?

### MOST LEAGUE RACES MALE

1<sup>st</sup> Darren Hunt 17 – Malcolm Wiltshire 17 – Mark Clawson 17

2<sup>nd</sup> Dave Cook 16 – Steve Baker 16

3<sup>rd</sup> James Tombs 15

### MOST LEAGUE RACES FEMALE

1<sup>st</sup> Debbie Wiltshire 17 – Stella Daff 17 – Vanessa Harrold 17

2<sup>nd</sup> Yvonne Miller 16

3<sup>rd</sup> Jo Fiveash 14

### MOST LEAGUE POINTS MALE

1<sup>st</sup> Dave Cook 134

2<sup>nd</sup> Steve Baker 118 – Darren Hunt 118

3<sup>rd</sup> James Tombs 110

### MOST LEAGUE POINTS FEMALE

1<sup>st</sup> Jo Fiveash 111

2<sup>nd</sup> Stella Daff 105

3<sup>rd</sup> Mary Freestone 88

### MOST LEAGUE POINTS JUNIOR MALE

- 1<sup>st</sup> Joe Scutt 35
- 2<sup>nd</sup> Jamie Scutt 18
- 3<sup>rd</sup> Elliot Orsborn 14

### MOST LEAGUE POINTS JUNIOR FEMALE

- 1<sup>st</sup> Ellie Buche 16
- 2<sup>nd</sup> Emily-Jane Segens 15
- 3<sup>rd</sup> Isobel Buche 11

### COACHES MOST IMPROVED RUNNERS MALE

- 1<sup>st</sup> Ant Neal
- 2<sup>nd</sup> Malcolm Wiltshire
- 3<sup>rd</sup> Richard Daniells

### COACHES MOST IMPROVED RUNNERS FEMALE

- 1<sup>ST</sup> Yvonne Miller
- 2<sup>nd</sup> Debbie Wiltshire
- 3<sup>rd</sup> Claire Orsborn & Louise Clawson

### COACHES RUNNERS OF THE YEAR MALE

- 1<sup>st</sup> James Tombs
- 2<sup>nd</sup> Darren Hunt
- 3<sup>rd</sup> Steve Baker & Nick Baker

### COACHES RUNNERS OF THE YEAR FEMALE

- 1<sup>st</sup> Vanessa Harrold
- 2<sup>nd</sup> Sue Kemp
- 3<sup>rd</sup> Mary Freestone

### RUNNERS RUNNER OF THE YEAR

James Tombs

### SPECIAL ACHIEVEMENT AWARDS

For 100% attendance in the league, 10 months, 17 races, 84 miles.

Darren Hunt – Malcolm Wiltshire – Mark Clawson

Debbie Wiltshire – Stella Daff – Vanessa Harrold

For the success of the 2015 learn to run groups

Bill Bedford – Shelley Meyern – Mark Smee

## THANK YOU AWARDS

As a token of thanks from the club to committee members, run leaders and helpers a small gift was given to them all ranging from bottles of wine to hoodies to personalized jars of Nutella.

## MILE DIVISION AWARD WINNERS

St Christopher (sub 6 minutes)

1<sup>st</sup> Jason Harrold

2<sup>nd</sup> Ben Stock

3<sup>rd</sup> Wayne Kingsnorth

St John (6.00-6.29)

1<sup>st</sup> Mark Austin

2<sup>nd</sup> Ant Neal

3<sup>rd</sup> Andrew Vine

St Joseph (6.30-7.00)

1<sup>st</sup> Joe Scutt

2<sup>nd</sup> Georgina Scutt

3<sup>rd</sup> Mark Clawson

St Peter (7.01-7.29)

1<sup>st</sup> Ange Stark

2<sup>nd</sup> Jo Forrest

3<sup>rd</sup> Andrew Middleton

St Paul (7.30-8.00)

1<sup>st</sup> Elliot Orsborn

2<sup>nd</sup> Carole Mills

3<sup>rd</sup> Emily-Jane Segens

St Patrick (8.01-8.45)

1<sup>st</sup> Natalie Chivers

2<sup>nd</sup> Sue Kemp

3<sup>rd</sup> Louise Clawson

St Anthony (8.46-9.30)

1<sup>st</sup> Richard Daniells

2<sup>nd</sup> Vanessa Harrold

3<sup>rd</sup> Yvonne Miller



St Jude (9.30+)

1<sup>st</sup> Bobby Shepard

2<sup>nd</sup> Danielle McComb

3<sup>rd</sup> Katie Miller

## 5K TILGATE CHALLENGE

### FASTEST TIME MALE

Steve Hurst 22.10

### FASTEST TIME FEMALE

Georgina Scutt 24.26

### MOST IMPROVED TIME MALE

Richard Daniells -4.05%

### MOST IMPROVED TIME FEMALE

Tracey Stocker -9.36%

## 8K TILGATE CHALLENGE

### FASTEST TIME MALE

Jason Harrold 31.55

### FASTEST TIME FEMALE

Lorraine Martin 37.49

### MOST IMPROVED TIME MALE

Darren Hunt -6.67%

### MOST IMPROVED TIME FEMALE

Shelley Meyern -4.68%

## DAVE HOWARD TROPHY

Since the late 80s the Dave Howard trophy has been awarded to the club member who completed the most league races that year sadly it was lost and forgotten in 2008 but was found and now restored, all of the winners names have been engraved and added to the new trophy base.

2009 – Brian Purnell

2010 – Steve Baker & Nick Crocker

2011 – Dave Cook

2012 – Steve Baker

2013 – Steve Baker & Dave Cook

2014 – Brian Purnell

2015 – Hunt, Clawson, Daff, Harrold and Wiltshire x 2

It was decided that as Steve Baker had won it so many times without receiving the trophy it was only fair that he would keep it for 2016.

# London Marathon Draw

The lucky Saint and Sinner to be representing the club in the London Marathon 2016 is ...  
Jo Fiveash.

We wish Jo the very best with her training, she was delighted and over the moon to have her ticket pulled from the drum, we have yet to inform her she is in pen 1 and needs to finish under 2 hrs 30 mins.

Remember we are allocated the London Marathon place by UKA and the more members affiliated the more places we get allocated as a club, to be entered for the marathon draw you must be a paid member and UKA affiliated, you are awarded a ticket for every league race you run, there is a bonus ticket if you marshal/volunteer at the Tilgate 5 race and next year you will also get another bonus ticket if you marshal/volunteer at the 2015 Boxing day race.

## Our 2016 Club Committee

We are pleased to say the following members either stood again or were newly elected at the AGM.

Club Chairman – Vacant position  
Vice Chairman – Vacant position  
Treasurer – Debbie Wiltshire  
WSFRL race reps – James Tombs & James Mason  
SCAA race rep – Stacey Buche  
Membership secretary – Faye Buche  
UKA secretary – Lisa Caig  
Kit officers – Ange Stark & Ann Raymond  
Junior Development officer – Khairy Arthur  
Website administrator – James Tombs  
Social media reporter – James Tombs  
Press reporter – Glenn Mitchell  
Newsletter editors – Ben Stock & Glenn Mitchell  
Social events organiser – Simone Lee

Tilgate 5 race Director – Ben Stock  
Tilgate 5 assistant race Director – Nick Keating & Mark Clawson  
Tilgate 5 event organiser – Martin Presland  
Tilgate 5 course co-ordinator – James Mason  
Tilgate 5 results secretary – James Tombs

Boxing Day race Directors – Trevor Neal & Ben Stock  
Boxing Day assistant race Directors – Nick Keating & Mark Clawson  
Boxing Day event organiser – Martin Presland  
Boxing Day course co-ordinator – Vacant position  
Boxing Day results secretary – James Tombs

L2R coaches/leaders – Bill Bedford, Shelley Meyern, Mark Smee  
Monday coach – Vanessa Harrold  
Wednesday coaches – Ben Stock & Nick Keating  
Run Leaders – Nick Baker, Darren Bateman, James Tombs

## Hellrunner 2016

It's not too late to enter.... Come on gang it's roughly 10-12 miles with a few hills, mud, hills, water, bogs and a few more hills.

On the 16<sup>th</sup> January we have two teams running, team Saints will start together and finish together, team Sinners will be going solo and setting the pace.

Our exclusive Hellrunner T-shirts for the day have been posted on our Facebook page, £10 or £12.50 if you want to add your name.

Still unsure? Check out [www.hellrunner.co.uk](http://www.hellrunner.co.uk) for the full info or youtube hellrunner down south to see what it is all about.

## Our next league races

Make a note in the diary now and don't forget to let James know if you want to be entered.

HANGOVER 5 – Friday 1<sup>st</sup> January senior 5 mile @ 11.30am Junior 1 mile @ 11.00am

WORTHING SPLASHPOINT 4 – Sunday 31<sup>st</sup> January senior 4 mile @ 10.00am Junior 1 mile @ 9.30am

# Boxing Day race

We still need marshals and volunteers so please let Trevor Neal, Ben Stock, Martin Presland or Nick Keating know if you can help on the day (remember that extra bonus ticket for next year's London Marathon draw).

## Races and events in January and early Feb

Apart from our two league races in January here's a few others to consider....

- 3<sup>rd</sup> January – Tadworth Ten – 10 miles Epsom Surrey
- 10<sup>th</sup> Bromley 10k – Bromley Kent
- 16<sup>th</sup> Hellrunner – Longmoor Hampshire
- 17<sup>th</sup> Denbies 10 mile – Dorking Surrey
- 23<sup>rd</sup> Brutal 5k & 10k (women only) – Aldershot Hampshire
- 24<sup>th</sup> Brutal 5k & 10k (men only) – Aldershot Hampshire
- 6<sup>th</sup> & 7<sup>th</sup> February The Grim – 8 miles Aldershot Hampshire
- 7<sup>th</sup> February Henfield 9 - 9 miles Henfield
- 7<sup>th</sup> February Chichester 10k – Chichester
- 14<sup>th</sup> February Worthing half marathon - Worthing

## Investing in the clubs future

As mentioned earlier the club will continue to invest in 2016 and more run leaders will be funded to help cope with the clubs training needs.

Kerry Duval, Bobby Shepard, Cara law, Malcolm Wiltshire, Simone Lee, Aisling Price, Carolyn Hartfield, Carole Martin, Stuart Davies, Khairy Arthur and Natalie Chivers have all expressed an interest in becoming future run leaders.

If you see yourself as a future run leader and want to actively take part in training sessions helping the learn to run coaches, Vanessa on Mondays or Ben & Nick on Wednesdays please notify the club.

Well done to all our current run leaders who completed the recent first aid course put on by Run Suusex.

# Sunday distance training

Last Sunday saw the first of Mark's (Smee) Sunday training runs along the Worth Way which proved very popular and many more members have commented this week that they intend to take part in future runs, so if your looking for a long run with some company keep checking our Facebook page for Mark's updates which will detail the meeting place, time and the distances.

## Finally.....

Apologies to all those who have sent in race reports and photos normal newsletter service will resume when Ben and Glenn edit the January edition.

Those who attended the AGM will be fully aware of my computer skills as highlighted with my hand written spread sheet I use to record all the league race scores, hence the lack of colour and photos the last two newsletters, still I am quite impressed with my front page.

Take care & happy running

Mark