



# NOVEMBER SAINTS AND SINNERS

## Newsletter

As Leonnie has been away on holiday I thought it only fair to jump at the chance to do the newsletter, it's strange how things go full circle, it's two years since I put together the first club newsletter.

Here goes.....

**CLUB AGM  
WEDNESDAY 2<sup>ND</sup>  
DECEMBER**

**TRAINING FOR  
DECEMBER**

**RACES FOR  
DECEMBER**

**HELLRUNNER AND  
CLUB KIT**

**MEMBERSHIP  
RENEWAL**

Well as it's me and computers are not my thing this month's newsletter will be very basic compared to Leonnies, apologies to all those who have sent in race reports and photos, they will however be added to our end of year bumper final edition from Leonnie.

I would like to thank Leonnie on behalf of myself and the club for the hard work she has put in month after month to produce our wonderful newsletter, it is such a shame she will be standing down but understandable given her new workload.

Likewise for Louise Bevan who has done a great job with setting up and implementing our kit orders, due to her increased workload she will also be stepping down from her role, again it is sad we will lose another much valued committee member but I am sure we will find replacements within the S&S family at the up and coming AGM.

## **OUR AGM**

It's that time of year to reflect on all the great achievements of the club and our member's personal achievements.

Our AGM will be held on Wednesday 2<sup>nd</sup> December at 7pm at the Gatwick Europa Hotel, Balcombe road, Maidenbower, RH10 7ZR.

We have hired the conference hall (turn left as you enter the hotel) from 7pm to 8.30pm and there will be an open bar for those wanting to celebrate our amazing year.

### **THE AGENDA**

We do have a lot to get through in 90 minutes so here's what to expect:

Welcome 7pm (Mark)

Final league tables (Mark)

League AGM news and changes (Mark)

Club Finance & investment (Debbie)

Membership & renewals (Faye)

League race entries & payments (James)

Awards and trophy presentations (Mark, Ben & Brian)

UKA & Run England updates (Lisa & Ben)

SCAA update (Stacey)

L2R 2015 review and 2016 plans (Bill, Shelley & Mark S)

Distance Training winter 2016 (Mark S)

Improving WSFRL race participation 2016 & Hellrunner teams (Mark)

Tilgate 5 race review & 2016 plans (Ben, James & Martin)

Boxing Day race plans & volunteers (Trevor & Nick K)

Thank you gift presentation and some funny awards !!!!  
London Marathon Draw

Club kit review and suggestions for 2016 (Mark & members)  
Social events for 2016 (Simone)  
Roles and responsibilities (Mark & Ben)  
Appointment of committee members (Mark & Ben)  
Club Constitution (Ben)  
Any other Business

Close 8.30pm

### **AGM KEY POINTS**

Membership forms - 2016 forms will soon be available to download from our website and will be available at training through December, membership will remain at £10 per year for individual membership and £15 per year for a family membership (2 adults/2 children).  
Memberships can be sent to our membership secretary Faye Buche or can be handed in at the AGM.  
For those wanting to renew or to become UKA affiliated the fee has increased to £13 in 2016.

WSFRL race entry payments - whilst some of you prefer to pay on the day there is the hassle of remembering to bring the £3 fee so why not consider combining your race entry fees with your membership payment, so for example if you paid your £10 membership and included an extra £15 this would credit you for your first 5 races of 2016 (no bringing £3 along on race day) there is no limit to how much you credit yourself we do have members who pay their membership and all 18 race entries in advance.

Awards – If you have taken part in our league races, our training challenges or impressed us with your achievements in 2015 then you may just find yourself going home with a trophy (or two).

London Marathon draw – As detailed in previous newsletters the draw is open to all paid club members who are UKA affiliated, you will receive a raffle ticket for every league race you completed and a bonus ticket if you volunteered at our Tilgate 5 race.  
Please collect your tickets before the start of the AGM.

Roles / Responsibilities & Committee appointment – As agreed all current committee members will stand down but will be eligible for re-election if they wish to put themselves forward again.

In short we will be looking to appoint the following:

Club Chairman – to provide leadership and management within the club.  
Vice Chairman – to assist chairman in carrying out his/her duties.  
Treasurer- to record all clubs income and expenses.  
WSFRL race representatives x2 – to co-ordinate club entries and results.  
SCAA race representative – to co-ordinate club entries to races.  
Membership secretary – to record all memberships.  
UKA secretary – to record and register all affiliated memberships.  
Tilgate 5 Race Director – plan and implement our league race.  
Tilgate 5 Assistant Race Director – assist race director.  
Tilgate 5 Event organiser – race set up and marshals.  
Tilgate 5 course co-ordinator – route set up and signage.  
Tilgate 5 Results secretary – recording and publishing race results.  
Boxing Day Race Director – plan and implement race.  
Boxing Day Assistant Race Director – assist race director.  
Boxing Day Event organiser – race set up and marshals.  
Boxing Day course co-ordinator – course set up and signage.  
Boxing Day Results secretary – recording and publishing results.  
Kit Officer – receive and order club kit.  
Club Coach Mondays – organise run leaders and plan sessions (open to run leaders only)  
Club Coach Wednesdays – organize run leaders and plan sessions (open to run leaders only)  
Run Leaders – those interested in becoming run leaders in 2016 to assist club coaches  
L2R Leaders/coaches – to implement the clubs 10 week training schedule.  
Junior Development Officer – to promote junior running within the club.  
Website Administrator – regularly update the clubs website.  
Social media reporter – regularly update and control the clubs Facebook/Twitter accounts.  
Press reporter – Contacting local media with club results and news.  
Newsletter reporter – to produce a detailed monthly newsletter.  
Social events organiser – plan events to bring members together.

So if you see yourself as the next chairman, newsletter reporter, kit officer or a future run leader the AGM is your chance to put yourself forward.

## **DECEMBER TRAINING**

Our Free Monday social runs of 5k and 5 mile will continue throughout December.

Wednesday 7pm Oriel high school -£1

2<sup>nd</sup> – NO TRAINING DUE TO AGM

9<sup>th</sup> – Ladders & Relays

16th – Times Square (hill repeats)

23<sup>rd</sup> – Bleep test & drink (TBC)

30<sup>th</sup> – Leg warmers (TBC)

## SUNDAY TRAINING

Thank you to everyone who completed our training survey, there are certainly a lot of you taking part in spring marathons and half marathons in 2016.

Mark Smee will be leading the way with his Sunday training runs starting in December helping you all get the distance you need to complete your goal, Mark will brief us on this at the AGM and full details of his training plans including start times, routes etc... will be in the next newsletter and also updated on our Facebook page.

## RACES

There may be no WSFRL league races in December and traditionally it's a time to give and receive but as runners we don't just give and receive we also want to enter.....

So here's a few races to consider entering over the December festive period.

- 5<sup>th</sup> Christmas Cracker Chase 5k & 10k Worthing Lido (Women only)
- 5<sup>th</sup> & 6<sup>th</sup> The Grim 8 miles Aldershot Hampshire
- 6<sup>th</sup> The Mince Pie 10 mile Seaford (Event full NO entries on the day)
- 6<sup>th</sup> Downland Devil 9 mile Worthing
- 6<sup>th</sup> Hogs back 12k road race Guildford Surrey
- 12<sup>th</sup> Santa Dash 5k Brighton
- 13<sup>th</sup> Holly Cross Country 6 mile Reigate
- 19<sup>th</sup> Christmas Pudding dash 5 mile Battle East Sussex
- 26<sup>th</sup> Saints & Sinners Turners Hill 4 mile

Put it in your diary now.....

1<sup>st</sup> league race – 1<sup>st</sup> January 2016 Hangover 5 mile Worthing

Don't forget there is still time (only just) to sign up to Hellrunner and join team Saints or team Sinners in January 2016 full details can be found at [www.hellrunner.co.uk](http://www.hellrunner.co.uk) and if you're still not sure what it's all about just type [Hellrunner Down South](#) into YouTube.

Email Louise if you want to order one of our team Hellrunner T-shirts or any other kit in time to pass onto Father Christmas.

## Finally.....OUR MOST IMPROVED RUNNER

Our star award for our most improved runner in November goes to someone who has shown outstanding commitment in training which has paid off, at the end of October he got his first Park

Run PB for over 3 months which brought him just under 19 minutes with continuous hard work in training he has since got 2 further PBs of 18.49 and 18.38  
A very BIG well done to Jason Harrold.

Well that's it from me see you all at the AGM next week.

Happy Running  
Mark