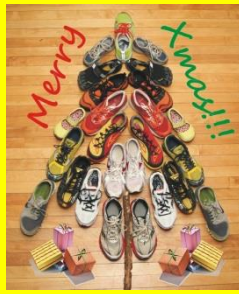


SAINTS AND SINNERS CRAWLEY



Welcome to our new look SAINTS NEWSLETTER. Please note this is a work in progress – full edition to be released begging of February!

The committee has acknowledged that there is room for improvement with regards to communication amongst the club. With this in mind, we will be sharing this monthly newsletter. We intend to keep standard items such as; upcoming races, social dates and “committee comments”. We would also like to have features such as short write ups of events and celebrating achievements. This is *our club* and *our newsletter* so please make suggestions for content and we always love pictures!

Our re-elected chairman, Mr James Mason summarised some of our clubs 2018 highlights at the AGM:

- ✓Success of organising the Tilgate 5 WSFRL
- ✓Success at parkrun takeover
- ✓Welcoming 3 new run leaders: Chris, Dawn & Matt
- ✓Well organised Borough runs
- ✓Fantastic results at both WSFRL and SGP
- ✓Established presence at parkrun including having 4 park runners of the month in the last 5 months
- ✓Excellent presence at Cross Country races

Thank You and Merry Christmas!

At the AGM James thanked various SaS members:

- Special thanks to our committee, new and old for their dedication and support to the club
- Special thanks to our run leaders for their on-going commitment to the club and to our members week in, week out, rain or shine!
- To anyone who has volunteered at events, races or training.
- To two special members who have generously donated to our club

And finally to our Saints and Sinners for their commitment and dedication to the club. We have welcomed lots of new members this year and the friendships and support amongst runners is lovely.

Merry Christmas everyone – have a great new year and see you all back at training!

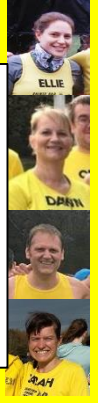
Wednesday 2nd January – Oriel – Social Run

Please email suggestions, 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

2019 Committee Members

Chairman - James Mason
Secretary - Richard Daniells
Treasurer - Roy Swetmen
Membership/UKA secretary – Lesley Connolly
WSFRL Rep – Luke Taylor
SGP Rep – Cara Law



SCAA Rep – Paul Luttman
Kit officer – Matthew Prescott
Suggestions officer – Stella Daff
Social events organiser – Clare Hall
Social media report – Ellie Dunn
Ordinary member – Dawn Rhodes
Ordinary member – Dave Penfold
Ordinary member – Sarah Clapp

Committee comments:

We had a brief meeting in December which mainly consisted of organising the AGM. However, key points to feedback on include:

- We anticipate running a 'Learn To Run' group in 2019 now we have more run leaders available
- We will be organising an Awards event – suggestions welcome
- We plan to have a clearer run schedule in place for week by week sessions – coming soon
- The website is currently under construction
- Continue Borough runs in the summer – volunteer coordinators required
- The Gatwick half marathon have approached SaS for support next year
- Alex Page has offered gait analysis and core and strength training – TBC
- On going track booking
- SaS still happy to fund new run leaders – are you interested?
- We are looking for a new Kit supplier

Social Saints:

Clare has been re-elected as our Social Events Organiser. We thank her for last year's key events which included the Parkrun Tourism, Summer Party and the Christmas Bowling event. Please email ideas, thoughts or special occasions to celebrate to Clare on: social@crawleysaintsandsinnersrun.co.uk

Race dates:

1st January – 11.30 Hangover 5 in Worthing (WSFRL)
5th January – 13.30 Bexhill (Sussex Champs)
19th January – Lancing (Sussex Masters XC Champs)
26th January – 14.05 Parliament Hill (Southern XC Champs)

Please share races you are signing up to in advance so others can join you. This list will be more in depth next month!

Contact details: info@crawleysaintsandsinnersrun.co.uk

Kit: <mailto:kit@crawleysaintsandsinnersrun.co.uk>