

SAINTS AND SINNERS CRAWLEY



Boroughs of Crawley

We would like to continue the success of 2018's borough runs. **On Mondays after the clocks go forward**, anyone who wishes to arrange one should contact Richard Daniells. You will need to arrange your own route, preferably between 1 mile and 2.5 km to allow for people to run as many or as few laps as they want, plus you will need to sort out marshals. The club will reimburse the costs of any drinks provided.

Sunday Mara-fun Runs

There are now regular 'Sunday Long Runs' being organised socially by club members in preparation for marathons. Various routes, distances and paces are on offer. Those regularly running are choosing different routes weekly to keep it fun and challenging. Speak to Matt, Dawn or Ant if you would like more details, or to be included in the specific WhatsApp group chat.

So far there have been successful* (not for Ian, who always gets lost!) Worth Way run, Turners Hill tour, a Crawley Flapjack run and a Southwater run. These are a couple of pictures.



Welcome!

We would like to formally welcome and thank our newest committee member, Sarah Clapp to the team. For those who don't know Sarah, she is our selfie queen and we asked her a few questions to get to know her better as our new 'Additional Member'.

- *What led you to join SAS?* I completed C25K independently Sept to Dec 2016, then I did my first park run on Christmas day 2016. I was just running on my own, 5k around the parks and streets. A friend and I met through parkrun and volunteering at Junior parkrun and we decided to join Saints and Sinners together.
- *How long have you been a member?* We joined Easter 2017 and the first few times we would park up and meet so we arrived together!! It didn't take long at all until I felt part the yellow family - everyone was so welcoming and friendly. We very quickly made friends and were encouraged to do some of the fun run league races.

Continued ...

- *Do you remember your first run in a yellow shirt?* My first WSFRL race was the Littlehampton beach run. I was so nervous!! But thoroughly enjoyed it! I have had almost two years of running races and it was really interesting the second year seeing the improvement - sadly I wasn't able to do Littlehampton last year but hope to go back this year!
- *Parkrun PB then Vs now?* My first parkrun time was 32:05 and I think due to the support and guidance of S&S this now stands at 24:04 - reached in December 2018!!
- *What has been your all time running high?* My all time running high has to be running the London Marathon. I loved every single training run and the experience was one I will never forget. I was running for charity and raised over £4,000 for St Catherine's hospice which added to the great sense of achievement. I was 18 months from starting C25K to marathon finishing line!!
- *What are your 2019 running aspirations?* At mile 22.3 my wrist made contact with another runner's elbow and paused the watch. Rather than re-starting it, I stopped it and it flashed up 'congratulations! Longest run!' As I ran the hottest London in history I did have to slow my time down and then the next day my boyfriend was wrapping up my birthday presents and cut through my race number!! I therefore have unfinished marathon business! So in 2019 I am running Brighton Marathon! No fundraising this year so I am once again enjoying marathon training. I would also love to get a sub 24 parkrun! Even 23.59 would make me happy!! I run because I love it...I think sometimes we can get too hung up on times but it is lovely to get a pb!
- *What do you think the best part of our club is?* The best part of S&S is without a doubt the people. The friendships I have made are amazing and the support is just incredible. There is always someone available for a run, with advice or to travel to a run with. Running with my yellow shirt on does indeed make me proud to be part of our club.
- *Had you considered being on the committee before the AGM, if not, what led you to raise your hand and nominate yourself?* I hadn't really thought about joining the committee.. I am group secretary for my sons scout group and didn't want to do the same kind of commitment but when the role of additional member was available I thought that would suit me. The club couldn't function without the 'behind the scenes' people, who all do an amazing job. This Easter will mark two years as a member so I am happy to give something back.
- *What strengths could you add to the committee or what would you like to see improve?* I am an enthusiastic, confident person with amazing photographic selfie skills and hope that this will add to the success of an already thriving club!

Many thanks to Sarah for answering our questions and welcome to the team!

Southern XC Champs

Nine hardcore SAS runners headed off to the Southern XC Champs at the iconic Parliament Hill course at Highgate, NW3 on Saturday 26th January.

After a surprising problem free rail journey we found ourselves at the assembly at the Parliament Hill Fields Athletic Track in good time. Without the train unfriendly club gazebo we were hoping the weather would be kind to us and so it was. Conditions were cloudy, breezy but fairly mild and except for couple of blasts of sunshine and light rain it stayed that way through the day. We set up camp at the top of Parliament Hill with the hundreds of runners and supporters from the other Southern England clubs with a great view of the start, the first climb and the London skyline. As we changed and decided what to wear there was an early setback for Nick who found he had brought his shiny road slicks rather than his trail shoes. Others might have gone into meltdown but not Nick who strapped them on and got on with it.

With the course now well cut up by the preceding eight junior races our women were first off on their 8km course at 2.05pm. Sarah Stanbridge, Cara and Jo lined up with 700 runners. The course is a classic XC course. It starts with a charge up Parliament Hill, followed by laps through the undulating woods and heathland of Hampstead Heath before finishing with a free wheeling descent. In spite of being knocked down at the top of the first climb Sarah got up and led the SAS women home in an excellent 358th. Loving the mud Cara was next home in 459th. Running in spikes for the first time Jo was not far behind in 481st. With our women finishing about 2.45pm Luke gets kudos for holding his nerve to cheer them all home and still making it to the men's start at 2.50pm....





St Catherine's Hospice

As you all know, on our Monday training sessions in December, the training fee was going towards St Catherine's Hospice and was also very generously being matched by Robert Shepard's (Bobby) company, Apex Analytics. We collected a fantastic sum of £105 and have received a letter of thanks from the Hospice for our kind donation.

Thank you to everyone who attended training and contributed, and also to those who contributed without attending training. Well done everyone, we can be proud of our efforts in helping a most worthwhile cause.

... With no time for a debrief from our women on the state of the course our men lined up with 1149 plus runners for the start of their 15 km course. What we found was a relatively dry but forever undulating course with a few pockets of mud to kill your momentum. Our XC regulars held their own with Chris 665th, Wayne 760th, Dave 974th and me 621st. Nick gets kudos for endeavour. In his road shoes he glided around the course in 1153st. Luke was very unfortunate. Coming home just behind Nick and with plenty of others still out on the course he did not get a place because he was the wrong side of the 90 minute limit.

No medals for Team SAS this time but our efforts were rewarded with a pick from Chris' box of cakes before we headed home on tired legs. Great running and great company. A classic SAS day out.

Paul, SCAA Rep

Newest Member

Ellie and Matt are now the proud parents to baby Fraser who was born on 12th January. They would like to thank all the Saints for their love and congratulations and special thanks to those who supported Ellie and Pickle when they were running. Hopefully he will pop up to parkrun to see some friendly faces when the weather improves!



Catch up with the chairman

As our recently re-elected chairman, we thought it would be nice to catch up with and get to know a little more about our lovely Mr James Mason

How long have you been a member of SAS?

I've been a member for the last 6 or 7 years. I met Steve Baker, Nina & Brian at a WSFRL event and they invited me along to the next league race. At that point we had about 15 members and no group training nights!

Do you remember your first run in yellow?

I borrowed a vest from Steve Baker! It was the WSFRL race at Lancing. We had about 8 runners that day! How things change.

The hills at Lancing don't change though!

What has been a personal highlight in your running career?

There have been loads, from completing 3 London Marathons to pacing others for their PB's at parkrun or the Brighton Marathon. I think though the biggest highlight was my 1st ever 10k, which was a real achievement at the time!

What is your running goal for 2019?

I 'd like to up my mileage slightly and run under 1:50 again for a half.

You were chairman last year; what do you feel was our overall club highlight last year?

I think it was the team spirit that I felt at loads of the events that I went to; from the great numbers running and supporting at the Gatwick half, to the great numbers at the WSFRL events (esp. all the volunteers at the Tilgate 5).

Do you have any advice for new members?

Just enjoy your running. Come to training as much as you can because the friends you make will help you on your journey! Listen to your body and don't overdo it if you're a new runner!

Thank you Mr Mason

Prizes!

Cara would like to share the fantastic achievements of our club in the Sussex Grand Prix races 2018! SAS had a fantastic turn out across the races and although there is not room to share everyone's achievements here, Cara has distributed them via Facebook and email. Massive congratulations to our prize winners below and everyone who completed even just one SGP race!

Results

Women's Age Category that have qualified for an award

Claire Page (Snr) 1st place

Top 20 Women (6 runs required)

Claire Page 2nd
Cara Law 11th
Mary Freestone 18th

Men's Age Category that have qualified for an award

Darren Hunt V1 – 3rd
Steve Baker V4 – 3rd

Awards Evening: Monday 11th February at 7.30pm The Kings Head

Lower Horse bridge, Hailsham, East Sussex. BN27 4DL
Light buffet will be served at 7.30.

It would be fantastic to support our prize winners by attending the awards evening, please let Cara know if you are interested in attending.



Race dates

9th Feb - Sussex XC Bexhill Down

10th Feb – Worthing half

23rd Feb – Riddlesdown parkrun tourism

24th Feb – Brighton half

3rd Mar –Eastbourne half

24th March – Hastings half – SGP

31st March – Mel's Milers 10km

6th April – Sussex Road Relay

7th April – Lancing 10k

14th April – Brighton Marathon/10km

22nd April – WSFRL – Lewes

28th April – Angmering Bluebell 10k/10m
London Marathon

4th, 5th & 6th May- Mid Sussex Marathon

5th May – Three Forts Challenge

12th May – Hastings 5mile – SGP & Sussex Half
Marathon Champs (Gatwick) & Portslade WSFRL

26 May – Rye 10 - SGP

Saints are signing up to...

- ✓ Gatwick half/5km
- ✓ Bewl 15miles
- ✓ Barns Green Half
- ✓ Hampton Court Half

Please share races you are signing up to in advance so others can join you.

WSFRL

Monday 22nd April	Lewes AC	Lewes Easter Monday races	1 mile 10:45
Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG		10km 11:15	
Sunday 12th May	Portslade Hedgehoppers	Hedgehoppers 5	No Junior race
Portslade Community College Sports Centre, Chalky Road, BN41 2WS		5 mile 11:00	
Wednesday 15th May	Chichester Runners	Gloria's Goodwood	1 mile 19:00 (14 and under)
Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS		5 mile (ish) 19:30 (15 and over)	
Wednesday 22nd May	Arunners	Beach Run	0.75mile 19:00
Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH		5 mile 19:30	
Sunday 16th June	Arena 80 AC	Hove Park	Junior runs from 10:00
Hove Park BN3 6LY		5.6km 11:00 (15 and over)	
Saturday 22nd June	Burgess Hill Runners	Downland Dash	1 mile 12:00
Downlands Community School, Dale Avenue Hassocks BN6 8LP		5 mile 12:30	
Wednesday 3rd July	Steyning AC	Roundhill Romp & Mini Run	1 mile 19:00 (15 and under)
The Clock Tower, Steyning High Street BN44 3LE		6 mile 19:30 (15 and over)	
Sunday 14th July	Hove Hornets	Hornets' Stinger	Junior races 10:30
Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR		10km 11:00	
Sunday 28th July	Henfield Joggers	Seven Stiles	1 mile 10:15
Henfield Leisure Centre BN5 9QB		4 mile 11:00	

TBC

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

Committee comments:

More details in the full minutes, available on the website.

- **Track night** – last Friday of the month at K2
- **Runner of the month** – to be reintroduced, although without a formal prize and announced through the monthly newsletter.
- **parkrun** – encourage Saints to wear club kit, especially when celebrating an achievement or milestone.
- **Gait analysis** – some Saints all ready attended. More dates to be organised with Alex Page Physio.
- **Learn to Run** – hopeful to start in early summer. Volunteers welcome to support the run coaches/leaders, please come forward if you are interested.
- **Newsletter** – In order to share committee comments promptly, the newsletter will be published at the beginning of the month, reflecting the club from the previous month.

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@crawlleysaintsandsinnersrun.co.uk

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@crawlleysaintsandsinnersrun.co.uk

Contact details: info@crawlleysaintsandsinnersrun.co.uk

Kit: kit@crawlleysaintsandsinnersrun.co.uk