



All the news from your friendly all ability running club

# CRC NEWS THIS WAY

## Welcome!

### Jubilant January

Welcome to our jam-packed January bumper edition. There has been so much going on that I am not sure where to start!

On Sunday 14<sup>th</sup> January I attended the West Sussex Fun Run League AGM in Steyning and put together a presentation to all the league representatives explaining what CRC is all about, why we wanted to join the league and what we could bring to the league. I am very pleased to announce that CRC was unanimously voted in and we are now part of the WSFRL. The league is 35 years old and it's an honour that a club as young as ours is affiliated to the league.

On Friday 19<sup>th</sup> January we held our AGM and Awards Presentation at The Europa Hotel. It was amazing to see so many members there, full details of the night and our award winners are in the newsletter. Standing at the front it was a joy to see the smiles (and tears) of all those who won

awards or received praise for their efforts. For me personally it is my favourite time of the club year, to be able to reward those who have pushed themselves, achieved their goals and have risen to the challenges we laid down over the year.

I left the hotel one very happy, very proud and very emotional Chairman. It has been a privilege to lead this wonderful club from the start and onwards through 2018, you could see at the AGM the genuine friendships, love and support members have for each other and for me that's what makes CRC so special.

We are pleased to announce that Moova will continue to sponsor the Junior Crew in 2018. We have also selected The Mark Lay Foundation as the CRC Charity of the year for 2018, and finally don't forget to keep collecting the tokens at Tesco's throughout February.

Happy running

**MARK CLAWSON, CHAIR AND COACH**

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## Word on the Street.....

### Tesco Bags of Help Community Scheme

We need your help! Crawley Run Crew have been shortlisted with two other projects to receive funding from the Tesco Bags of Help Community Scheme. Our project is entitled 'Run with the Crew' and will see a range of activities over 2018 to both help our existing members to develop their running and encourage new local people to start running.

### How can you help?

Our project will now be put forward to a customer vote in Tesco stores during January and February 2018. Customers will decide the outcome by voting for their favorite project each time they shop. Voting will take place from Tuesday 2nd January 2018 to Wednesday 28th February 2018. The project with the highest number of votes across all the stores involved for our mini region will get the full amount of funding requested, second and third places will get some money too which is great but we would love to get the full amount!

### Which stores?

Store Name	Address	Crawley Ward
Tesco's Crawley Extra	Hazelwick Avenue, RH10 1GY	Three Bridges
Crawley Betts Way Express	Betts Way, RH10 9UY	Langley Green
Crawley Haslet Avenue Express	81-83 Tomlin Court, Haslet Avenue, RH10 1AH	Three Bridges
Crawley Poundhill Express	5 Peterhouse Parade, Poundhill, RH10 3BA	Poundhill
Downland Drive Crawley Express	84-86 Downland Drive, RH11 8SW	Southgate
Ifield Crawley Express	1-2 Dobbins Place, Hyde Drive, Ifield, RH11 0PL	Ifield

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### What can you do?

- If you shop at Tesco's already then make sure you vote for CRC each time!
- If you don't shop at Tesco's then perhaps if you are just popping to the shops to get some extra bits make that Tesco's for these two months so you can vote!
- Get your friends and family to vote!
- Share the help needed on your social media pages
- Let us know of any other ideas you might have to help us get the most votes!
- Speak to any one you know who works nearby to these stores to vote if they might pop in

**Thank you in advance for your help!  
With all of CRC behind us we stand  
a very good chance so  
please....GET VOTING!**



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## Club & Community News...

### CHARITY NEWS

We all have charities close to our hearts and we often personally run events to raise money for them, CRC is no different and we have decided to appoint a local charity every year to become the clubs 'charity of the year' where we will organise some one-off events throughout the year to raise funds for that particular charity.

We are pleased to announce that we have selected The Mark Lay foundation as the club's charity of the year for 2018, at the end of the year all club members will be eligible to vote for the club's charity of the year for 2019.

The Mark Lay Foundation aims to gift families who are living with cancer a financial grant towards a holiday or short break.

Coach Shell brought this to our attention when it was launched in January as Mark and his family are friends of hers and he, along with some others, was one of the people who inspired Shell to start running back in 2012 when he ran the Brighton Marathon.

Watching from the side-lines at the time, and inspired to run her first 10k, she recalls Mark being off the pace expected as he had stopped to help a lad in some bother.

Mark stayed with him until the finish...this was Mark all over she would come to learn.

Shell got to know him better from this point and he often gave her sound advice (including about foam rollers and pilates!) and was always keen to know how her running was progressing. Sadly, he was diagnosed with progressive cancer and at age 46, he passed away last summer. With this in mind, we feel that this is the perfect charity for CRC to support this year and we will welcome all our members support at the activities we will look to plan in partnership with the Foundation shortly.



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### UK ANTI-DOPING (UKAD)

On the 17<sup>th</sup> January Mark completed the UK Anti-Doping course and has become a UKAD Accredited Advisor, an Advisor plays an essential role in informing athletes from the elite, to club's members, to schools about the values of clean sport and important anti-doping information.

In January 2018 the world anti-doping agency updated their Prohibited list which contains all banned substances if anyone is concerned or interested to know more about this subject please contact Mark.

### OUR ANNUAL GENERAL MEETING 2018

#### Agenda

- A quick recap on 2017
- What's happening in 2018
- Club Finance
- Club Membership
- UKA Affiliation
- WSFRL
- Junior Crew
- Election of the Committee
- Awards Presentation

#### A quick recap on 2017

- **January** the Crews first group participation in a WSFRL race.
- **February** Moova become sponsors of the Junior Crew.
- **March** our first Park run tour in Horsham.
- **April** great turnout at the Lewes 10k, CRC members smash London & Brighton marathons.

- **May** and CRC becomes affiliated to UK Athletics.
- **June** both Mark & Shelley become UK athletic level 2 running coaches.
- **July** Littlehampton fish & chip Beach race best WSFRL turnout of the year.
- **August** a great evening was had by all at the Bowling social event.
- **September** CRC supported the MacMillan coffee mornings and CRC themed cakes hit Gatwick Airport, Tilgate Park & Horsham Park runs.
- **October** CRC celebrated its 1<sup>st</sup> Birthday and track training is introduced.
- **November** saw 27 crew members go to and survive Hell, CRC juniors meet up for their first group run at Tilgate junior Park run.
- **December** CRC are selected by Tesco for community funding, a wonderful night of food, drink and dancing was had by all at the Christmas social at Effingham Park, finally Santa attended our Christmas Cracker training session and Jelly snowmen and Chocolate (**Foil Covered**) sprouts were given to all the good boys and girls who attended the session.

#### What's happening in 2018

- L2R with the Crew with a new professional approach (Tesco funding).
- Investing in more run Leaders (Tesco funding).
- Park run take over in May.

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- Park run tours starting again in March.
- New spring/summer training venues.
- Continued challenges (Mile/5k/8k) and (WSFRL challenges).
- Regular WSFRL race updates on block bookings and results thanks to Bruce Crowe WSFRL coordinator.
- Development of the Junior Crew thanks to Nikki Baxter Junior Crew coordinator and continued partnership with Moova.
- Some fun events to raise money for the Mark Lay Foundation CRC's charity of the year (more details in the newsletter).

### Club Finance

- Our Financial year runs in line with membership & UKA (March – April).
- Our bank account is in a healthy position.

### Club Membership

- Total Members to date 146.
- Membership renewal is from the 1<sup>st</sup> April 2018.
- New membership forms will be available from 1<sup>st</sup> March.
- New forms will also include the option to become or renew UKA affiliation.
- New 2018/19 membership cards will be issued from the 1<sup>st</sup> April 2018.
- Frozen membership fees for 2018/2019, Individual £10 – Family £15.

- Don't forget members discount codes are available from Ann.

## UKA Affiliation

### What is it and how does it work?

- You must be a member of a club that is affiliated to England athletics.
- Your club is then responsible for registering you with EA.
- Once EA have received your details from the club and payment for your registration, we allocate you with a unique registration number (URN).
- Your registration card should be with you no later than 3 weeks from submission.
- Your URN and card from previous years should be retained.
- Once registered your URN stays the same year on year however your club must have made an up to date payment on the portal for your registration to remain active.
- Changing first claim clubs is now very simple and can be done by the member online however there is a cost of £10 paid direct to UKA by the member.
- If you're a member of another club and they are your 1<sup>st</sup> claim club you must run for them in UKA events, in other events such as 'fun' runs you have the choice to run for other clubs, however always checks other clubs constitution as they may include a clause that states you must run for them in 'all' events.

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#### **How much does it cost?**

- £15 for 2018-19 an increase of £1 on last year, this is paid to the club who then process the payment to UKA.

#### **How does it benefit you?**

- Entry discount (minimum £2) on UKA licenced road and multi terrain races
- Ebulletins including key information on the sport and exclusive registered athlete offers and money off vouchers from its partners such as New Balance, Intercontinental Hotels Groups, Aftershoks
- Opportunities for you (and at times your club) to get involved in exclusive events and experiences in association with British Athletics
- Entry in the Great Run Club Challenge a competition within the Great Run Events
- The ability to have your say on how the sport is run and funded

#### **How does it benefit the club?**

- Provides insurance for affiliated clubs and their members
- Funding programmes to benefit affiliated clubs
- Eligibility for club places at the Virgin London Marathon – allocated based upon number of registered athletes
- Visits to clubs from expert coaches to support athlete development

- Discounts on coaching courses for registered club members
- Club welfare support and DBS record checking
- Resources and training programmes to support club development
- Specialist workshop, events, seminars and conferences to supports coaches, Run Leaders and volunteers

#### **Why we didn't get a marathon place this year?**

- The VLM places for clubs are allocated based upon number of registered athletes (over 18) to guarantee a place we need to have 10+ affiliated members by a certain date, we did not reach this quota in time.
- For the 2018-19 draw we would like to ensure we guarantee at least one place for the club, this will be done via a draw and will be for members who are UKA affiliated only.

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## WSFRL News

- The first CRC league attendance was at the Hangover 1<sup>st</sup> January 2017
- CRC participated in every league race through 2017
- Great turnout at Beach run, Hove, Henfield, Gunpowder Trot
- The really good news...we are part of the league on Sunday 14<sup>th</sup> January Mark attended the WSFRL AGM and carried out a presentation to the league outlining why we wanted to be part of the league and what we could bring to the league, the league Reps from all 17 clubs then voted and CRC were unanimously voted in, it is a great achievement for the club, the league is 35 years old and most of the original clubs are still there, it has been over 5 years since a new club has joined the WSFRL and for a club as young as ours it is a privilege to now be part of the league.
- What this means? (reduced entry fee £3 for all league races, league tables to compete in, our home race)
- How do the league tables work? Individuals receive points based on finishing times, regardless of where you finish everyone scores at least 1 point and gets a bonus point for taking part.

Whilst we may never be in a position to win the points league we do have every chance to win the most improved league this is based on clubs improving their total points in each race based on the previous year's results.

The league is also trialling (2018) most improved attendance so smaller clubs have more incentives to encourage their members to take part.

There are separate league tables for seniors and juniors.

CRC's focus will be on race participation and having fun not on points.

- Challenge awards will continue in 2018
- Participation and most improved league awards will continue in 2018 we will NOT base any awards on points.

## Junior Crew

Well done to Nikki who organised the first CRC junior park run get together in November there will be more this year.

Well done also to Claire Hooper who has been promoting CRC at her school running club many of whom represented CRC at the Junior park run anniversary we took 1<sup>st</sup> and 3<sup>rd</sup> place overall boys and 3<sup>rd</sup> place overall girls, 6 awards on offer and CRC got 3 of them.

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We are pleased to announce that Moova will continue to sponsor the free junior crew t-shirts in 2018 for any junior that represents the club at Park run or in WSFRL races.

Moova have also agreed to sponsor our home WSFRL 1-mile junior race.

**Election of committee 2018**

In line with our constitution all committee members stood down, they were all asked if they would like to stand again for 2018, all club members were asked if they wanted to put themselves forward for any of the roles or if they had any objections to the current committee members standing again, there were no changes and so the committee for 2018 is:

- Chairman – Mark Clawson
- Vice Chair – Shelley Meyern
- Membership Secretary – Ann Raymond
- Treasurer – Stephen Hartfield
- Website & Media Administrator – Simone Lee
- Events Director – Bill Bedford
- Run Leader Representative – Carolyn Hartfield
- Social Events Organiser – Charlene Joe

**Non Committee Roles taken for 2018**

- Newsletter Editor – Janet Lee
- Kit Officer – Louise Clawson
- WSFRL co-ordinator – Bruce Crowe

- Junior Crew co-ordinator – Nikki Baxter
- Press & PR Officer – Vacant

**Thank you**

Finally, a very BIG thank you to all the clubs committee members and non-committee members who work so hard behind the scenes to keep the club moving forward and to all our amazing Run Leaders who volunteer their time week after week so we can deliver the fun and rewarding training sessions that help our members achieve their goals.

**2017 Awards**

**OUR AWARD WINNERS**

**WSFRL Race Participation**

Male Ranking	Races run (out of 17)	Name
1st	17	Darren Bateman
2nd	16	Malcolm Wiltshire
3rd	14	Henry Harris

\*\* Almost there....Nick Tyson, Stephen Hartfield, Bruce Crowe, Ross Cheney

Female Ranking	Races run (out of 17)	Name
1st	17	Anna Titchmarsh
2nd	16	Judy Carbone
3rd	9	Carolyn Hartfield

\*\*Almost there....Claire Hooper, Georgina Scutt, Louise Clawson, Alison Mitchell, Anna Barnes, Carole Martin, Jenny Cooper.

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**WSFRL Junior Race Participation**

Gender	Total races ran	Name
Male	6	Joshua Hartfield
Female	8	Holly Stanger

\*\*Almost there....Jordan Cheney, Jamie Scutt, Charlie Baxter

**WSFRL Most Improved Runners**

Gender	Name	Reasons
Male	Henry Harris	Progress through the year has been amazing both finishing times and positions have improved month after month, he rarely misses the chance to represent the club, always encouraging others after finishing.
Female	Judy Carbone	Amazing progress, has never ducked away from any of the tougher league races a true inspiration to anyone thinking about running a league race.

\*\*Almost there....Nick Tyson, Ross Cheney, Bruce Crowe, Alison Mitchell

**WSFRL 2017 Challenge Awards**

**The High Five Challenge** - 5 races consisting of 5 miles (Hedgehoppers 5, Downland Dash 5, Beach run 5, Fittleworth 5, Steepdown 5)

- Anna Titchmarsh
- Judy Carbone
- Darren Bateman
- Henry Harris

**The High Miles Challenge** – 5 races consisting of the longer distance league races (Lewes 10k, Trundle Hill 10k, Hove Hornets 9.5k, Tilgate Forest 8k, Hickstead Gallop 8k)

- Malcolm Wiltshire
- Anna Titchmarsh
- Darren Bateman

**The High Hills Challenge** – 5 races consisting of hills, hills, hills (Trundle Hill, Steyning Roundhill, Highdown Hike, Hornets Stinger, Steepdown 5)

- Darren Bateman
- Henry Harris
- Judy Carbone
- Anna Titchmarsh

**Junior Dash Challenge** – Lewes 1 mile, Henfield 1 mile, Downland Dash 1 mile

- Holly Stanger
- Jordan Cheney
- Joshua Hartfield

\*\*Almost there.... Charlie Baxter

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**Junior Gallop Challenge** – Tilgate 1 mile, Lancing 1 mile, Hickstead Gallop 1 mile

- No Completers

\*\* Almost there Holly Stanger 2 out of the 3

**Most Improved 2017 Mile Challenge** (% percentage based rather than time based)

Male Ranking	% Improvement	Name
1st	11.8%	Andy Franks
2nd	11.7%	Ryan Hooper
3rd	11.4%	Ross Cheney

\*\*Almost there....Stephen Hartfield 10.5%, Dan Britton 10.3%, Bruce Crowe 9.00%

Female Ranking	% Improvement	Name
1st	16.0%	Sue Childs
2nd	11.3%	Steph McBride
3rd	10.5%	Sally Mc Bride

\*\*Almost there.... Nikki Baxter 10.2%, Carolyn Mynott 9.7%, Yvonne Miller 9.4%

**Most Improved 2017 5k Challenge** (% based)

Male Ranking	% Improvement	Name
1st	9.2%	Andy Franks
2nd	9.0%	Joe Gilroy (jnr)
3rd	2.2%	Nick Bone

\*\*Almost there... Bruce Crowe

Female Ranking	% Improvement	Name
1st	11.8%	Jo Pullen
2nd	9.6%	Mandy Hook
3rd	8.2%	Lisa Oliver

\*\*Almost there....Judy Carbone, Julie Wyeth, Charlene Joe

**Most Improved 2017 8k Challenge** (% based)

Male Ranking	% Improvement	Name
1st	6.4%	Stephen Hartfield
2nd	4.7%	Ross Wyeth
3rd	4.6%	Ross Cheney

Female Ranking	% Improvement	Name
1st	6.6%	Tracey Hutchenson
2nd	2.1%	Jenny Cooper
3rd	N/A	No other female 8k improvement

**CRC Park Runner of the Year 2017**

Name	Reason
Ross Cheney	In January 2017 Ross ran a record 33.03 and has now brought that down to 23.36, he completed over 30 park runs in 2017 and achieved 12 PBs, it's not all about the PBs as he often runs with other crew members just to encourage them, he also encourages his children to do both Parkrun & Junior Parkrun.

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**Coaches & Run Leaders 2017 Runners of the Year**

Male Ranking	Name	Reason
1st	Henry Harris	Dedication to training, improvement over the year and his determination to make right his mistakes from Brighton at New York.
2nd	Ross Cheney	Works extremely hard in training and this has been rewarded some great personal achievements this year.
Joint 3rd	Andy Franks	Always pushes himself, his progress has been a joy to see over the year.
Joint 3rd	Nick Tyson	Progression (speed) has been amazing, going from cyclist to runner, now often finishing 1 <sup>st</sup> for the club in league races.

\*\*Almost there....**Adam Stanger** great end of year after being out with injury, **Bruce Crowe** great progress this year both in speed and distance, **Dan Britton** massively improved and upped his game with marathon and triathlon training, **Adam**

**Holloway** completed 3 forts marathon against the odds

Female Ranking	Name	Reason
1st	Judy Carbone	Her determination, her dedication, and her never give in attitude says it all.
2nd	Anna Barnes	Week on week improvement at training has seen her smash some great personal bests throughout the year.
Joint 3rd	Shereen Hazman	Great progress since starting with the crew another that has been rewarded with great personal achievements.
Joint 3rd	Amanda Madel	Great progress and her sheer determination has seen her develop into an amazing runner.
Joint 3rd	Alison Mitchell	Her hard work at training has seen her go from strength to strength as the year went on.

\*\*Almost there....**Jo Pullen** her determination, training attendance and completed her 1<sup>st</sup> half marathon, **Carolyn**

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**Hartfield** a big step up in training levels and completed 2 ultra's, **Georgina Scutt** come back strong since injury works hard on the track and had a strong 10k PB at Bournemouth, **Sue Childs** another member who has come back strong from injury and now training for her first marathon

**Runners Runner of the Year 2017 (as voted by club members)**

Name	Reason
Judy Carbone	Judy is a running transformation in herself November 2016 she was doing 1 min walks with 1 min jogs she's now progressed to half marathons, mud runs, you name it she's there! Members love her determination and most of all her smile!

**Outstanding Achievement Award 2017**

Names	Reason
Darren Bateman	Their dedication to run every single league race shows great commitment, their pride in wearing club colours at every race is plain for all to see and their achievement is simply outstanding.
Anna Titchmarsh	

**The Mark Clawson Members Special Achievement Award 2017 (as voted by the committee)**

\*\*This award is not only entirely running based it, achievements in other areas such as improved levels of fitness, weight loss, motivation, confidence, going that extra mile to help club or its members\*\*

Name	Reason
Amanda Madel	Where do we start her transformation this year has been amazing, she has really built her confidence in running and general fitness, ever present at training giving her all (despite moaning occasionally), achieving what she would have said was impossible at the start of the year (hellrunner), her weight loss has also been amazing and she has grown into a very valued and loved club member, it's been great watching her journey.

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**Thank you Awards**

**Our Joke Awards**

Name	Reason
Louise Clawson	Ever present before training ensuring all new members get their membership cards, placing and chasing kit orders and distributing the kit, helping run leaders when needed, occasionally she's always up for a friendly chat!
Shelley Meyern	Her work behind the scenes is relentless from applying for vital funds to develop the club, coaching both at group and individual level, keeping everyone up to date through social media, emails, apps, stepping up when Mark needed her the most, she truly has been a rock this year.
Darren Bateman	No one plans a social run quite like Darren he will often visit and trial the route beforehand not only the route but also the eating facilities for the post run refuel, many enjoyed his social runs at places like Petworth and his as close as you could get to running hellrunner training sessions.

**Where's Wally**

Name	Reason
Dan Britton	Dan headed to Hove to join the crew for another park run tour but found himself to be the only one in a CRC top, unfortunately for Dan he went to the wrong Hove park run, still he managed to run that particular park run being the only CRC member there.

**Over use of the word 'Disgusting'**

Name	Reason
Shereen Hazman	Just mention the word "Hills" to this lady and it will be followed very quickly by the words "there disgusting" the words "there disgusting" has been repeated at the sight of any hill she has seen at training and at races throughout 2017 given we train hills at least once a month and she completed hellrunner the word has now been well and truly overused.

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**Most coordinated**

Name	Reason
Nick Tyson	When he joined it took a while to get him in a CRC top, deciding black and red was his thing we have seen him add matching shorts, tights, trainers, you name it he will find it in black and red, rumour has it he wears socks and pants to match as well!

**Most uncoordinated**

Name	Reason
Henry Harris	Whilst he can put one foot in front of the other at speed when he runs slow it down to a walking pace like we do during the warm ups and he becomes the crews very own Lee Evans and the ministry of funny walks begins.

**You've been foiled**

Name	Reason
Darren Bateman	If only we had captured this classic 'only fools and horses' moment on camera, meeting Santa at the gates he was offered a jelly snowman or chocolate sprout, the sprout was quickly picked from the pot and thrown in his mouth, que the slow chewing and face pulling as he realised the sprout had a foil covering, this resulted in him pulling bits of foil out of his mouth for the duration of the session.

**How to get 37 runners to Littlehampton on a Wednesday night**

Name	Reason
Judy Carbone	With the Beach run being on a Wednesday night in July we had an average number of members willing to take part, Judy posted that she would organise a fish and chip supper after the race and the block booking entry numbers went wild, 37 members took part our biggest turnout in a league race.

**I'm not missing out on a trophy**

Name	Reason
Mark Clawson	After a great start to the year and looking forward to adding many more medals to his collection and hopefully picking up a trophy or two tonight his year was cut short in April through injury however we must not forget the most important race for the crew was their 1 <sup>st</sup> race as a club at the Hangover 5 on the 1 <sup>st</sup> January 2017 in which he came 1 <sup>st</sup> for the crew and we celebrate that historic achievement with the biggest trophy of the night (inflatable).

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### CRC Hall of Fame



CRC Getting Glammed Up

Trophies ready and waiting!

Darren and Anna

Henry

Judy

Ross



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Malcolm	Darren	Carolyn
Stephen	Jenny	Anna



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Andy

Amanda

Nick

Joanne

Sue

Tracey



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Alison

Joshua

Holly

Our WSFRL Super runners!

Amanda

Lou



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# RUN CRC

CRAWLEY RUN CREW

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Shereen

Dan

Lots of trophies!

Mark

Happy Coaches!

Our winners!



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## PR AND PUBLIC RELATIONS OFFICER

We still need one more person to complete our team, this is a non-committee role that requires someone to contact the local press with updates on the clubs achievements, contacting local communities to promote the club etc. If this takes your fancy please contact Mark for more details

## CAN YOUR PLACE OF WORK HELP?

We are still looking for a company to donate gifts that can be used as spot prizes for our runners that take part in WSFRL races, as we did throughout 2017 all runners in each race will be entered into a prize draw and one lucky person will be pulled from the hat at training.

There are 17 leagues races so we are on the hunt for 17 gifts to cover the year, so if your place of work can help please do let the club know.

## Ordering Kit

Remember all kit orders are now to be placed through our new kit officer Louise Clawson via email. Once your order has been received Louise will reply with the amount to be paid and the clubs bank transfer details (cash payment can still be handed in at training sessions).

All kit orders will be processed once we have reached 6 or more items BUT please remember if we have not received payment you order **will not** be placed.

Kit officer Louise: [runcrckit@gmail.com](mailto:runcrckit@gmail.com)

## Contact Us!

Whilst the contact us page on our website works well for new enquiries we are aware that members sometimes want to contact a specific club committee member for a quicker and more personal response. With this in mind the key email addresses you need are below.

For our Chairman & Coach Mark or Vice Chair Shelley: [runcrccoach@gmail.com](mailto:runcrccoach@gmail.com)  
Membership Secretary Ann & Treasurer Stephen: [runcrcsecretary@gmail.com](mailto:runcrcsecretary@gmail.com)  
Kit officer Louise: [runcrckit@gmail.com](mailto:runcrckit@gmail.com)

Please email Janet any news for the newsletter, including race reviews at [runcrcnews@gmail.com](mailto:runcrcnews@gmail.com)

## Around Town...

It's not all about the running at CRC but it is all about the fun so when you're not training here is a guide to what is happening in locally during February:

- Horsham Pancake Race 10<sup>th</sup> Feb
- London Classic Car Show- Feb 15<sup>th</sup>
- Oye Santana – Santana tribute band Sat 17<sup>th</sup> Feb at Capital Theatre Horsham
- Littlehampton Leap Sun 18<sup>th</sup> Feb 11am. Brave leapers will be jumping into the River Arun from the red footbridge
- London bike Show ExCel – Feb 23<sup>rd</sup>

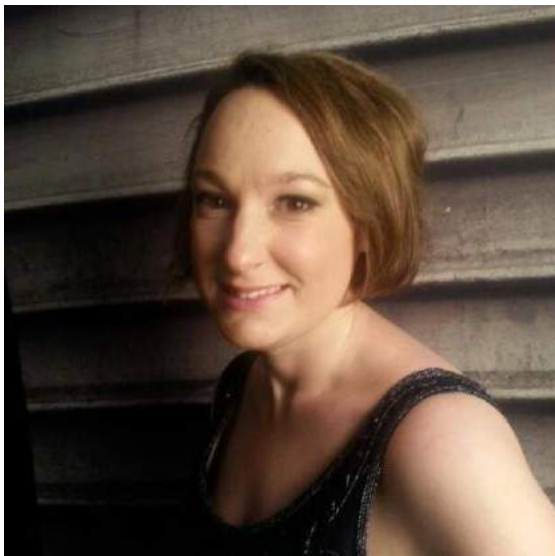
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## Respect To.....

The January award goes to **Carole Martin**, our Run Leaders noted that her running has become more consistent which in return has resulted in an overall improvement in her running times and distances which will ensure she achieves her goal to run a half marathon in the near future, good luck with your training Carole. Every month it's so hard to single one person and like December this was an exceptionally close month to call, a very big well done from all our Run Leaders to Xaviar, Armina, Nick Tyson, Shereen Hazman and Holly Stanger who all received votes but were pipped by Carole Martin this month.



## Training News.....

Track sessions and the return of winter fitness classes have been added to the February training planner, PLEASE check our Facebook page prior to sessions for any changes.

### Running sessions in February

Monday 5<sup>th</sup> Social 5k & 8k  
Wednesday 7<sup>th</sup> Ladders (suitable for juniors)  
Thursday 8<sup>th</sup> K2 Track session  
Monday 12<sup>th</sup> Social 5k & 8k  
Monday 12<sup>th</sup> Fitness Class  
Wednesday 14<sup>th</sup> Hills  
Monday 19<sup>th</sup> Social 5k & 8k  
Wednesday 21<sup>st</sup> Change of pace (suitable for juniors)  
Thursday 22<sup>nd</sup> K2 Track session  
Monday 26<sup>th</sup> Social 5k & 8k  
Monday 26<sup>th</sup> Fitness Class  
Wednesday 28<sup>th</sup> Loops

ALL Monday & Wednesday run sessions will start & finish at Broadfield Primary Academy, Vulcan Close, RH11 9PD.

Thursday track sessions take place at K2 Leisure Centre, RH11 9BQ.

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## Latest WSFRL Results

Well done to everyone that took part in the Hangover 5 Revisited on New Years Day, the final race of the season. CRC had another great turn out and were represented by 20 senior and 4 Junior runners. Nick Tyson came in first for CRC with a time of 43:44, then Henry Harris 45:20, Paul Ferris 53:20, Malcolm Wiltshire 56:57, Joanne Pullen 60:02, Simone Lee 1:01:03, Alison Mitchell 1:02:44, Adam Stanger 1:03:46, Louise Clawson 1:04:33, Sue Childs 1:04:34, Nick Bone 1:05:31, Julie Wyeth 1:06:32, Yvonne Miller 1:12:05, Paula Stanger 1:15:53, Tina Massiah 1:18:35, Judy Carbone 1:18:36, Anna Titchmarsh 1:18:36, Carolyn Hartfield 1:18:37, Nikki Baxter 1:18:37, Darren Bateman 1:18:38.

## Events News.....

As always there is a comprehensive list of events taking place across the South of England which can be accessed online via the Run ABC Guide using the following link: <http://southernrunningguide.com/>

Here are a few recommendations to check out for January and February but there are plenty more to choose from, remember some races are very popular and sell out quickly so plan ahead.

### Sunday 11<sup>th</sup> Feb

- Worthing Half Marathon

### Sunday Feb 25<sup>th</sup>

- The Grand Brighton Half Marathon

### Saturday March 10<sup>th</sup>

- Chiswick House and Gardens Half Marathon and 10k

### Sunday March 11<sup>th</sup>

- West Worthing 5k and 10k

### Sunday March 18<sup>th</sup>

- Hampton Court Palace Half Marathon

### Saturday March 24<sup>th</sup>

- Tough Mudder 10k Queen Elizabeth Olympic Park Stratford

### Sunday 25<sup>th</sup> March

- London landmarks Half Marathon
- Mels Milers 10k Christs Hospital
- Lancing College 10k

### Saturday May 5<sup>th</sup>

- Mid Sussex Marathon Weekend

### Sunday June 3<sup>rd</sup>

- Worthing 10k

### Run Gatwick - 13<sup>th</sup> May

CRC members who are still to sign up for the half, 5k or family run can now get £5 off with the code CRCLGW!

[www.rungatwick.com](http://www.rungatwick.com)



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## Finally an email from one of the Fittleworth flyers about the Pulborough Run

Hello,

I am a member of Fittleworth Flyers and took part in many of the excellent, fun and well organised WSFRL races last year and also at the revisited Hangover 5 on new years day this year.

A few of your club members follow me on the Strava fitness app and know about my race and several took part last year and said that they really enjoyed it and will be back again next time, a few Flyers have also taken part.

It's a really scenic and varied route with amazing views of the South Downs, vineyards, windmill, lakes, streams, footpaths and fields (it has 3 stiles per lap) - a 2.5km lap so people can do any distance they want to and choose on the day... 5km, 10km, 15km up to a half marathon.

£19 per person and includes:

- Free parking
- Free photos
- Medal
- Water
- Tea/coffee/Homemade cake
- Glass of wine / wine tasting
- Limit of 100 runners
- Excellent for spectators

- Six pounds from every person's entry fee goes to Partnership In Art Charity Chichester

**Sunday 13th May** - 10:45am start - Nutbourne Vineyards, Gay Street, Pulborough, West Sussex, RH20 2HH Scenic, varied and challenging 5km, 10km, 15km or half marathon for £19 Includes medal, tea/coffee, water, cake, glass of wine / wine tasting, free photos & parking

Supporting Partnership In Art Charity, Chichester. Limit of 100 runners for full details and to book please visit: <http://www.getfitbootcamp.co.uk/event/cross-country-run-may/>

**Sunday 23rd September** - 10:45am start - Nutbourne Vineyards, Gay Street, Pulborough, West Sussex, RH20 2HH Scenic, varied and challenging 5km, 10km, 15km or half marathon for £19 Includes medal, tea/coffee, water, cake, glass of wine / wine tasting, free photos & parking. Supporting Partnership In Art Charity, Chichester. Limit of 100 runners for full details and to book please visit:

<http://www.getfitbootcamp.co.uk/event/cross-country-run-september/>

Any questions please let me know and I'll hopefully see some of your club members there and I look forward to the start of WSFRL races again in April, many thanks.

Kind regards,  
Rob Dale BSc (Hons) | Personal Trainer  
T: 07793 036 189 | E: [rob@getfitbootcamp.co.uk](mailto:rob@getfitbootcamp.co.uk)

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## Parkrun Corner

Happy New Year park runners! Already this year we have seen record numbers of people turning up at Tilgate, with the new split start.

Well done to our 9 runners who turned up for the New Years Day parkruns, two of our runners Stephen Goldsmith and Ross Cheney completed both Horsham and Tilgate runs on New Year's Day and Henry Harris who took on Horsham parkrun followed by the Hangover 5!

The first Saturday of the year was the start of the split start. Horsham had cancelled their run, so it was decided to trial the split start where runners who are aiming to finish between 21-27 mins start higher up from the boathouse and join the others at the end of the dam. The aim of this is to stop the crush at the start.

As mentioned in last months newsletter we will be hosting a parkrun takeover in May, I decided with this coming up in a few months I would try a few of the volunteering roles before the event.

I must have picked the coldest wettest Saturday of the month to do this. I turned up at 7:30am to get my run in before my volunteering role of Bar Code scanning. This was not a good idea as I was already quite cold & wet before it started. Also volunteering was Henry who was marshalling the new start area and funnel managing.

My job was to scan the bar codes, all I had to remember was to scan the Athletes code before the finish token they get given. Easy!

It was great being on the other side and seeing the great job the parkrun team do & to cheer on the runners. I was a bit nervous as I didn't want to mess up scanning the codes. To start with it was a few runners coming in, then the rush. All I could hear was the bleeping of the barcode scanners & I was freezing! Before I knew it, it was all over. A crazy rush of trainers with barcodes attached, wristbands & soggy paper. You name it, I scanned it. Big respect to the people who turn up every week to do this!

Marathon and Half Marathon training, New Years resolutions & Dry January have had a good effect on CRC, seeing 32 of our runners getting out to do parkrun at Tilgate. With runners also at Guildford, Cannock Chase, Richmond Park, Brighton & Hove, Telford, Clair, Preston Park & Reigate. PBs achieved this month by last months parkrunner of the month winner Stephen Goldsmith, who just keeps getting quicker, breaking his PB twice & now at 21.19. October's winner Jack Cheney, also hit two PBs now at 21.48, Shanelle Stone 32.59, Sam Grey 37.19, Xavia Parry 37.38. This months' parkrunner of the month award goes to a lady who has been pushing herself at training & at parkrun, she has also had two PB weeks this month and has taken a minute off her time in total well done **Linda Healy!!**

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## Spot Light On....

Each month we shine the spotlight on one of our members and ask them to answer our 5 quick fire questions. Next up is.....

**Adam Stanger**



### Why did you start running?

Well I felt that I needed to get off the sofa, so I joined a learn to run programme in 2015, and as they say the rest is history!

### What would you like to improve?

Nothing really, I'm very happy "just running".

### What was your best/worst race experience?

The best run was my first half marathon at Worthing. I felt a massive sense of achievement as I never thought in my wildest dreams that I would ever complete this distance. The worst was Reigate Parkrun where I became injured just after

the start and struggled to complete the programme.

### Favourite Race?

The Fittleworth 5 is my favourite so far – great programme, very scenic, plenty of hills (which I loved) and out with the Crew. Best of all was the CAKES!!

### Top tip for the Crew?

Be proud of your running no matter what distance or speed you do, and try not to be too hard on yourself if it doesn't go as expected, as I know all too well.

## Crew Race Reviews and Recommendations...

### The Mince Pie 10

By Henry Harris

It was a very wet and windy morning in December and I had just parked up the car, it then hit me as to how bad the weather was. When I opened my car door the wind caught it and it swung open, thankfully not hitting anything but the penny had definitely dropped.

We all lined up on the start line ready for the off, most of us in hats and gloves but there are always the crazy people in a vest top when its 60mph wind and raining. We then start off running through the town of Seaford and we think "this isn't too bad. a bit rainy, but ok". After we leave the town it's a completely different story you are suddenly faced with running with 60+ mph winds in your face, making it very hard to

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look straight ahead as you run up and along the South Downs.

At this point I was trying to doge the puddles as I really didn't want 10 miles of wet feet as well as the wind but with the sudden gust of wind I found myself jumping puddles left and right of me as the wind tried to push me in. Then comes a point in the run where there is a downhill and you think "yes downhill!" However, as we were running into the wind it was more like running up chevron hill but five times as long, it was quite a surreal experience!

Some of the runners who were on the thin side were getting pushed around all over the place. All those mince pies in the run up to Christmas have paid off for this run and were giving me a bit of stability!

Further down the hill it was getting quite wet underfoot and as I go to avoid another puddle the wind catches me and sends me straight to the floor and soaking wet... The lady behind me did say I styled it out quite well but I was definitely committed to the run now, covered in mud and soaked through.

We get to the water station on route where they also had bowls of jelly babies (heaven) and they said, "don't worry about falling over and getting wet as the path up ahead is completely flooded and the only route through is running through it all"! Thankfully we were half way through now, so I didn't mind too much. The route then takes you up a massive hill and I mean massive, now I like hills but this was test for anyone on a cold, wet and windy December day but in a

way it was a good way to warm you up a bit.

I could see how we were circling back to Seaford now and as we come back onto the downs the wind picked up again and I have to dig deep for the last few miles. You really did have to be careful at this point because even though you had the wind behind you it was very strong and, you could easily fall over and twist something. You had to let go enough to let the wind push you but have enough control, so you could stop yourself if needed. It was surprisingly hard work and the last few miles were longer then you think!

We then arrive back at the sports hall to a medal, some water and a mice pie. The marshal just looked at me and said "you really look like you need this" I ate it down in two mouthfuls and just relaxed at not have to deal with the wind again for a while. The goodie bag had a bag of crisps, a banana and a Mars bar. What more could you want after a run? 😊 It might sound crazy, but the weather made the run, it wouldn't be the same if it was sunny!

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## The Final Word.....



Would you like to be part of the British Airways Run Gatwick International Half Marathon, 5k, Corporate 5k and Family Run on Sunday 13<sup>th</sup> May 2018?

Become part of our dedicated 'Racemaker' volunteering team and in return we will give you:

Free breakfast  
A quality 'Racemaker' t-shirt  
A free race place for 2019

Volunteer roles range from directing runners on the route, giving out water to putting medals around their triumphant necks.

*"Our Racemakers are a vital part of the day"*

If you would like to volunteer, please sign up at: <https://www.rungatwick.com/volunteers/>

**Sign up now or encourage a friend or family member to!** For further information please email: [nicola.curran@rungatwick.com](mailto:nicola.curran@rungatwick.com)

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