



All the news from your friendly all ability running club

Welcome!

Magnificent May

Wow what a month, where do we start?

Three league races, the Gatwick half marathon and 5k run, a UK Athletics super coach visit and a parkrun takeover, it really has been a wonderful month for the crew.

Those that took part enjoyed the hills at both the Hedgehoppers and Trundle Hill league races but it was the Beach run that attracted most of the club to Littlehampton on a Wednesday evening. The weather was a little disappointing but everyone enjoyed the run on the sand, when the race had finished there was only one club left by the sea and that was all down to the amazing Judy Carbone who had once again organised the post-race fish and chips.

Another event that attracted most of the club was the first Gatwick half marathon and 5k. If our members weren't running it they were marshalling it and thanks goes to Shelley who had set up a surprise cheering station on a tough part of the course. Everyone one who took part enjoyed it and this will no doubt be even more popular next year, let's just hope it doesn't clash with a league race again.

We also had a bumper turnout for the super coach session at K2, everyone really enjoyed Simon's technical session and everyone picked up some new techniques and tips from the night.

Simon's feedback to UK Athletics was a joy to read, he was amazed at the size of the turnout, the friendliness of the club and was super impressed by the efforts from everyone, his last note was he would love to come back again in the future.

Parkrun takeover, what an amazing sight! An army of black and red descended on the park just after 8am and not only did we fill every role but we had so many helpers we had to double up most roles. Bill Bedford kicked it all off as Run Director and the organisation from start to finish was super slick thanks to Carolyn Hartfield. But it was you guys that showed Crawley what a wonderful fun and friendly club we have and once gain we received high praise from the Tilgate parkrun management team for an excellent takeover. Thank you also to our cake makers, it took just 28 minutes for the table to be emptied!

June sees another two league races come our way, the Hove 5k and the Burgess Hill Downlands Dash, a wonderful month of training sessions and another trip to Hove for our parkrun tour.

Happy running

**MARK CLAWSON
CHAIR AND COACH**

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Word on the Street.....

TRACK TRAINING FOR ALL-ABILITIES

If you took part in the recent super coach training session on the track at K2 and you enjoyed it or if you missed out and heard all the great things about it, don't worry we plan to use more of our future sessions on the track for technical sessions.

Our track sessions, just like our normal sessions, really are for everyone regardless of ability, you just do what you can in the given time or try to complete as many reps as possible. Just as you would in a normal session, if you need a walk break take it. We know whatever you do out on the track you are giving it your best.

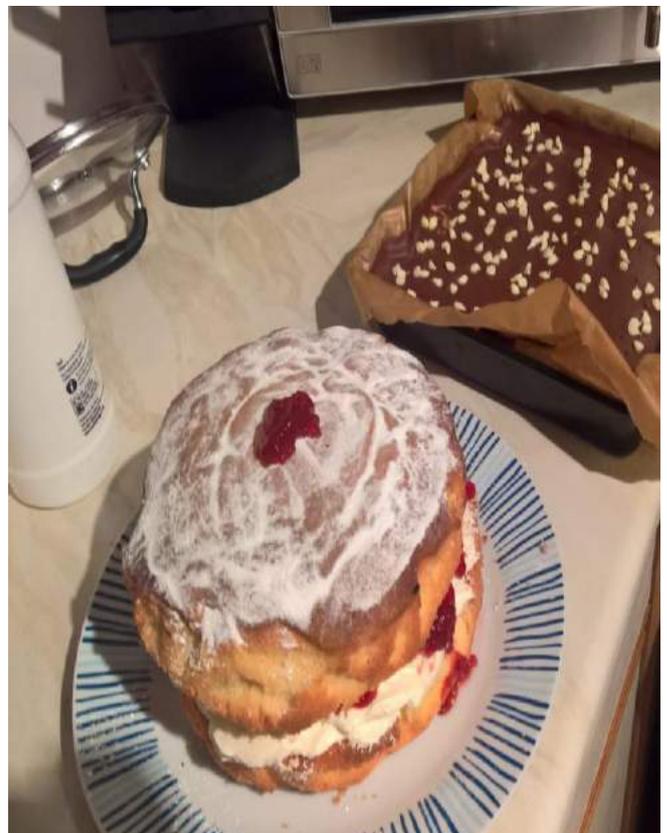
So building on from Simon's visit and his impact on using the correct form for arm drive we will use our session on Thursday 14th June to really put that into practice. Have you ever wanted to have that sprint finish at the end of a race or heading to the finish funnel at park run?

Coach Mark has a session planned to help you do that and its guaranteed to be fun so practice your poker faces!

THE BIG BAKE OFF

A very big thank you to everyone who baked cakes and brought along goodies for our park run takeover. Despite having a full table, it took just 28 minutes for it to be cleared, so sadly any finishers over 28 minutes missed out.

Lesson learnt for the next takeover! We can announce the CRC bake off winner was Henry with his extra-large sponge cake that almost filled the table. It would have been impossible to burn off the calories from one slice in 28 minutes.



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May in Photos



Littlehampton Beach Race



Park run takeover



Gatwick Half Marathon and 5K Fun Runs



Super Coach Session at K2

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Super Coach Simon with the Crew



A few of our 0-5k Crew celebrating reaching the half way point!

OUR CHARITY OF THE YEAR MONTHLY UPDATE - The Mark Lay Foundation



It's been a busy month for the Foundation & thanks to all of you who donated via your membership renewals. We will shortly be adding up all the donations and sending them over to the Mark Lay Foundation, the total raised will be published next month.

The Crew also sent a team to the quiz which was in aid of the Foundation, over £1300 was raised on the night and whilst we didn't win, we did have some raffle winners! Well done to Bill and Carolyn!

Moving into June, as part of the **Team CRC Endure 24 Challenge**, we are raising funds for the Mark Lay Foundation! For those who are unaware of this race, it is a 24-hour relay race. In teams of 5 and 6 we will be running laps of a five-mile course with one of our team being on the course at all times.

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Each team member will be running 20 miles or more. This will be a huge challenge with a lot of the running being in the night & early hours of the morning. Both teams will aim to reach 100+ Miles by the end of the 24-hours. If you would like to sponsor the teams running please do so at: <https://www.justgiving.com/fundraising/carolyn-hartfield1>



Coach Shell with the Foundations Co-Founder Jo Lay.

Dance the Distance Is Back!!

Who is up for some more Dance the Distance Fun? Get the date in your diary - **4th August!** We would love to get a group together from CRC to support this fantastic event! Read more at <https://bit.ly/2scPbQ2>



Club & Community News...

WE NEED YOU

Thank you to everyone who sent in messages and requests over the last month, we are pleased to announce following the committee's discussions last week Shereen Hazman is the clubs new Press and PR officer. Sadly, Nikki Baxter has stepped down as Junior crew coordinator (thank you Nikki for getting this role started and for all you did) and we welcome Jodie Williams who came forward for this role and is now the new coordinator for the Junior crew.

Another addition is Semeena Khan who will take on the role of 0-5k coordinator. With the demand for this programme so high it was important we put someone in place to manage this part of the crew for the long-term benefit of the club.

The role of Treasurer is still to be filled. Do you want to be part of the club's committee? Do you have the time to set aside a couple of hours per week? Do you have any experience dealing with figures/finance? If the answer is **yes** then why not apply to become the CRC treasurer. For full details about the role please contact Mark.

Sadly, we have lost Ann from our committee team. Ann has been with us since day one but her new job and the demanding hours meant she could not give her role the time and commitment it needs. We cannot thank Ann enough for all the

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hard work and the hours she put into her role.

In the short-term Shelley will act as membership secretary so if you have any membership enquiries or fancy taking on this role please contact her.

WHO'S WHO?

With the continuing growth of the club we have decided to restructure our set up slightly. Our dedicated committee team who meet 4 times per year spear head the club and they are supported by our management team who report to them and occasionally attend the committee meetings.

Our Committee Team:

Mark Clawson – Chair & Acting Treasurer
Shelley Meyern – Vice & Acting Membership Secretary
Vacant Position – Membership Secretary
Vacant Position – Treasurer
Simone Lee - Website & Media Administrator
Bill Bedford - Race Director
Carolyn Hartfield - Run Leader Rep
Charlene Joe - Social Events Organiser

Our Management Team:

Louise Clawson – Kit officer
Janet Lee – Newsletter Editor
Shereen Hazman - Press & PR officer
Bruce Crowe - WSFRL co-ordinator
Jodie Williams - Junior Crew co-ordinator
Semeena Khan - 0-5K Crew co-ordinator

A big thank you to all named above who volunteer their time to making CRC the club it is.

OUR HOME RACE UPDATE

Thank you to everyone who contacted the club following last month's appeal for help with finding a suitable venue/route. We are pleased to say at the time of writing we have three new leads which are being researched. We will update you with full details next month.

WSFRL 2018 CALENDAR AND OUR CHALLENGES

Just as we did last year we have set the crew some challenges for 2018, simply take part in each race associated with the challenge and we will reward you with a trophy to celebrate your achievement.

If you took part in the Lewes race and the Beach race make sure you don't miss this month's Hove Park and Downland Dash!

So for our seniors:

The Commodores Challenge – Five races almost flat easy like a Sunday morning...
Lewes 10k, Beach run, Hove Park, Downland Dash, Seven Stiles.

The Mambo Challenge – Five races of five miles (or as close to it)...
Flyers 5, Tilgate 5, Hickstead Gallop, Lancing Steepdown, Gunpowder Trot.

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The Vengaboys Challenge – Five races that go up and down... Hedgehoppers, Trundle Hill, Roundhill Romp, Highdown Hike, Hornets Stinger.

For our Juniors:

The Eggciting Challenge – Starting with the Lewes Easter Monday Mile... Lewes, Downland Dash, Seven Stiles, Hornets Stinger.

The Beach Challenge – Starting with the Beach run in Littlehampton... Beach run, Trundle Hill, Roundhill Romp, Lancing Steepdown.

The Firework Challenge – Finishing with the Gunpowder Trot in Horsham... Fittleworth, Tilgate forest, Hickstead Gallop, Gunpowder Trot.

Don't forget we offer a spot prize to one lucky member after each race.

JUNIOR CREW NEWS

Don't forget any junior members who run WSFRL races and/or Park run are entitled to a FREE t-shirt thanks to our junior crew sponsors Moova.



Our next junior races are at Hove and at the Downland Dash on the 23rd June, if you took part in the Lewes race don't miss the Dash race to keep on track for the Eggciting challenge trophy.

Message from Jodie Williams Junior Crew Co-ordinator

First of all, I would Like to thank Nikki for all her hard work with the juniors. I am very excited about taking over this position and looking forward to working with our Junior Crew.

Junior parkrun meet up, thank you to all of our junior crew who attended our parkrun meet up, it was a great morning with Jazzmin Hickey and Josh Hartfield getting New PB's well done to both of you. I aiming to be at junior parkrun most Sunday's so please come down and join me, I will be arranging another junior event very soon.



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Training for June.....

Saturday 2nd - Hove Promenade Parkrun Tour

Monday 4th - Distance Worth Way with a Twist! Meet outside Worth Church.

Wednesday 6th - Hill Repeats Tilgate Park (suitable for juniors 2:1) Meet in car park opposite Smith & Western.

Sunday 10th - WSFRL Hove 5k including junior races.

Monday 11th - Increasing steps Tilgate Park (suitable for juniors 2:1) Meet in car park opposite Smith & Western.

Wednesday 13th - Distance Parish Lane (buggy friendly) Meet at the entrance to Parish Lane, Pease Pottage.

Thursday 14th - Coach Mark K2 Leisure Centre Track (juniors 14+) improve your sprint finish.

Monday 18th - Distance Worth Way (buggy friendly) Meet outside Worth Church.

Wednesday 20th - Time Trials 5k & 8k Tilgate Park (juniors 14+ also buggy friendly) Meet in car park opposite Smith & Western.

Saturday 23rd - WSFRL Burgess Hill Downlands 5 mile and junior mile.

Monday 25th - Loops Tilgate Park (juniors 14+ & buggy friendly).

Wednesday 27th - NO training due to Thursday session at K2

Thursday 28th - Mile Challenge at K2 Leisure Centre (suitable for juniors 2:1)

Note

Juniors MUST be accompanied by a parent/guardian throughout the session at all times, the UKA guidelines states a 2:1 ratio so no more than 2 juniors per parent/guardian.

Please follow the instructions and advice of coaches and leaders at all times, failure to follow instructions will result in you being asked to leave the session, the safety of all those involved is paramount to the coaches and leaders.

Time Trials

Well done to everyone who took part in the mile and 5k/8k time trials this month. This is a great way to track your improvement over the spring/summer. There will once again be awards for the top 3 male and female across all distances based on percentage improvement to make it fair for all-abilities. *Remember only club members qualify for awards*

May Mile Challenge

At the time of editing the newsletter the mile challenge had not taken place, May times will be in the June newsletter.

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May 5K Challenge

Well done to all those who took part. If you also took part in the April challenge and have a PB next to your time you improved your time in May!

Name	Time
Jamie Scutt (Jnr)	20.44
Pierre Alain Ruffie	22.24
Dom Chevey	23.49
Ross Wyeth	24.30
Simon Orsborn	25.16
Bruce Crowe	25.43 PB
Georgina Scutt	26.01
Jenny Cooper	27.44
Paul Ferris	28.51
Andy Franks	28.56
Ellie Wells	29.07 PB
Nicholas Bone	29.07
Anna Titchmarsh	29.07
Jo Pullen	31.12
Julie Wyeth	31.28 PB
Sue Childs	31.32
Louise Clawson	31.32
Carolyn Mynott	32.58 PB
Jen Lavelle	33.35
Janet Lee	34.22
Marion O'Connor	35.45
Linda Healy	36.23 PB
Judy Carbone	36.30 PB
Adam Stanger	37.37 PB
Holly Stanger (Jnr)	37.37 PB
Simone Beazley	37.44
Mya Khine	40.29
Jo Wotton	40.44
Janet Trigwell	43.49 PB

May 8K Challenge

Name	Time
Stephen Goldsmith	35.25 PB
Elliot Orsborn	44.51
Tracey Hutcheon	46.15
Ange Stark	46.59 PB

WSFRL Results

It's been a busy month for league races with 3 events taking place in May.

Portslade Hedghoppers 5

On Sunday May 13th Portslade Hedghoppers hosted their League race on the scenic South Downs above Brighton & Hove. We had a small representation at this event as it unfortunately clashed with the very popular Gatwick Half. Bruce Crowe was first in for our club at 47:56, followed by Shanelle Stone 52:05, Mark Clawson 52:06, Linda Healy 1:07:46.

Arunners Littlehampton Beach Run

Wednesday May 19th saw the ever-popular Littlehampton beach run. Run almost entirely on sand at low tide, on a breezy and chilly evening, followed by the main event of a Fish n Chip supper! (Thanks again to Judy for organising). We had a great turn out with 36 seniors and 7 juniors. For our juniors, Jack Cheney came in first for CRC at 4:49 followed by Jordan Cheney 5:16, Holly Stanger 5:33, Mia Barnes 6:04, Brooke Cheney 7:21, Jenson Cheney 7:38, Finlay Barnes 7:40. For our senior runners Stephen Goldsmith came first for the club in 32:12, followed by Jamie

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Scutt 32:21, Paul Richardson 33:19, Henry Harris 34:04, Marcus Smith 38:37, Dan Perrin 38:53, Ross Cheney 39:00, Ian Cooper 39:11, Georgina Scutt 41:49, Anna Barnes 42:36, Bruce Crowe 42:39, Gareth Jones 42:50, Jack Woolsey 43:57, Joanne Pullen 44:07, Sue Kemp 44:08, Anna Titchmarsh 44:22, Daniel Britton 44:35, Paul Ferris 44:56, Mark Clawson 45:08, Jenny Cooper 46:29, Eleanor Wells 46:29, Alison Mitchell 49:02, Nicholas Bone 49:47, Sue Childs 50:40, Louise Clawson 50:42, , David Tow 50:50, Gina Perrin 51:55, Carolyn Mynott 52:41, Carole Martin 57:12, Janet Lee 57:30, Linda Healy 58:46, Adam Stanger 58:48, Paula Stanger 59:40, Xavia Parry 1:05:29, Judy Carbone 1:05:29, Amanda Madel 1:05:51.

Chichester Runners Trundle Hill

Well done to those that took on the tough Trundle Hill race on Wednesday 23rd. 14 Seniors and 1 Junior represented us at the Chichester Runners event. First in for CRC was Henry Harris at 0:53:19, followed by Ian Cooper 0:57:45, Malcolm Wiltshire 1:04:33, Sue Kemp 1:06:05, Daniel Britton 1:06:49, Gail Johnson 1:08:37, Marc Hitchcock 1:10:10, Alison Mitchell 1:16:34, Louise Clawson 1:17:20, Sue Childs 1:17:22, Carolyn Mynott 1:19:52, Shereen Hazman 1:25:27, Janet Lee 1:28:17, Judy Carbone 1:28:17. Holly Stanger completed the Junior race in 8:02.

Look out for our block entry bookings for the next League races in June, Hove Park on 10th and the Downland Dash on 23rd.

Respect to....

The May award goes to **Stephen Goldsmith** who has impressed our coaches and Run Leaders. Ever present at training, his commitment and improvement are clear to see and he had a great run at the recent Gatwick event.



There was just one vote in it as we almost had another split month, well done to Nick Tyson who also caught the leader's eyes, he continues to work incredibly hard in training and this was rewarded with an amazing finish time also at the Gatwick event.

Many other members had votes, so a very big well done from all our Run Leaders to Holly Stanger, Pierre Alain Ruffie, Shanelle Stone, Ian Cooper, Sue Kemp & Rifat Khan who all received votes this month.

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Ordering Kit

Remember all kit orders are to be placed through our 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 your order **will not** be placed. **Kit officer Louise:** 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 Chair Mark or Vice Chair Shelley: runcrccoach@gmail.com

Please email Janet any news for the newsletter, including race reviews at runcrcnews@gmail.com

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 the next few months but there are plenty more to choose from, remember some races are very popular and sell out quickly so plan ahead.

Saturday June 2nd

- Maverick inov-8 Original Surrey

Sunday June 3rd

- Worthing 10k
- Borde Hill Garden 5k & 10k

Sunday June 17th

- Decathlon Running Series Crawley

Sunday July 1st

- **NEW for 2018!** Lingfield 10s 10 mile and 10k Races. 10 am start both races. Lingfield college RH7 6PN

Sunday 12th August

- Henfield half

Sunday Aug 26th Arundel 10k

- Worthing 10k

Sunday Sept 23rd

- Winchester half marathon

Sunday Sept 29th

- Windsor Women's 10k

Sunday Oct 7th

- Royal Borough of Kingston Half marathon
- Titsey Trail 10k

Sunday Oct 20th

- Windsor Autumn half marathon

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Spot Light On....

Alison Mitchell

Why did you start running?

It was a combination of 3 main reasons, about 2 and a half years ago. I was inspired watching Amy (our eldest daughter for those at CRC who don't know her already!) running in events for Haywards Heath Harriers and at parkruns, I was out of breath walking up the ramp to the platform at Three Bridges station and I did not want to be "fat and frumpy" at fifty. I had about a year until my 50th birthday to do something about it.

What would you like to improve?

Everything really! I'd particularly like to get a bit faster over all distances up to half marathon & I do have some lifetime time goals but I'm not going to share them here! Oh, and I'd like to not fall over on trail runs....!!



Best/ worst race experience

Best race experience was probably running the Great South last year; my first really "big" event. The atmosphere and crowds were amazing and despite shockingly windy conditions I finished in 1:37:24. Surprised myself and my family I think. Plus, in the same race, Amy ran 1:17:07 (!!) and was 5th fastest under 20 female in the entire race. I was on a high for days after...

Worst experience was running the Worthing Half in February this year in freezing conditions & just 6 days after my GP confirmed it was "safe" to run after I'd been ill for weeks and off work with pleurisy. The only run I've done where I honestly thought I wouldn't finish. At 8 miles I was about to give up & it was only the fantastic support of CRC members on the route and my own bloody stubbornness that got me to the finish. I won't be so stupid again.

Favourite Race?

This is tricky. Great South last year obviously, Gatwick Half, the Lewes Fun Run League Race in the mud and paddy fields at Easter, any race where the Crew is out in force, any race where I don't fall over.. ok; it's sort of all of them!!

Top tip for Crew?

It's finishing lines not finishing times & tiny steps can take you a long long way!

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Crew Race Reviews and Recommendations...

Trundle Hill WSFRL by Carolyn Mynott

I've been participating in WSFRL races since 2015. I've always found plausible and convincing reasons why I needed to miss out Trundle Hill. Widely acknowledged as the most difficult of all the WSFRL races, I remember hearing stories from very fast runners about 'that' hill. If they struggled, I thought, what chance would I have? But I love a league race and decided this year to put my significant reservations aside and get on with it. So, it was all aboard the CRC bus (thanks Dan for driving) and down to Chichester.

We started off with a lap of the field followed by 1 1/2 (ish) miles in picturesque, if a little muddy, trails. Most importantly it was flat. Then I saw the hill. Wow. I decided that complete denial was the best course of action so took in the scenery, studied my feet and looked everywhere except to my right. Unfortunately it wasn't going anywhere and I was soon at the start of the aptly named 'heartbreak hill'. **** this I thought, and I started walking. Almost immediately my calfs and achilles demanded to know what on earth I was doing. I didn't have a sensible answer. Each step was painful and the top didn't seem to be getting any closer. Everyone was suffering. Except Sue Child's. An impossibly chirpy Sue ran, yes RAN past me. She ran the entire thing in fact, chatting

and making her way steadily up a mountain she seemed completely unaffected by. (I would suggest a drugs test in the near future). At the top was some kind soul taking photos of everyone trying not to pass out or be sick.



There was a brief reprieve before the second part of the ascent. By now I felt I needed to set up base camp, or at least have a Sherpa by my side. I plodded on, motivated by what awaited me at the top. Not the views so much (although spectacular, despite the grey conditions), but the Iron Age Hill fort. As an amateur archaeologist the Fort was a real highlight. Sad, I know. It didn't disappoint. A lap of the Fort signaled the hard part was finally over and the very welcomed down hill second half began. This was far more pleasant. I found my rhythm, briefly stopped swearing, and enjoyed the run back to the field. I was

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hoping to finish sometime that night. I managed 1 hour 19 minutes. Judy and Janet had an outstanding sprint finish. Judy even managed a whopping 21 minute PB. Amazing.

In summary, a hellishly good league race. Can't wait for next year.

Littlehampton WSFRL Beach Run – by Sue Childs

What we were all hoping for was a lovely sunny evening running along the beach, what we ended up with was cold blustery gale winds and a reason for not wanting to take off layers to have our group photo shot. Sooo pleased to have THE BOSS back with us, its been a long time. He took us through our usual warm up drill before we all huddled together on the start line (trying to keep warm).

The whistle was blown and we were off, heading down to the sandy wet beach being filmed by Shelley & Emma (thanks for the support) it's only 5 miles but looking ahead in the distance it seemed a long way going out before the turnaround point. We looked like a trail of ants, great turn out. The lovely marshals cheered, clapped, wished us a good run and warned us to be careful of the puddles & stones to avoid.

Sod avoiding the puddles I was quite happy to splash in them (and splash Lou Lou) which she didn't seem impressed by. The water station and haribo's were a nice surprise ½ way, only thing was they kept making me and Lou burp.

I love races like this when you go out and back as it allows you to look out for all your fellow club members and friends in other clubs to give them a hello, well done or high five as you go past. This helps to take your mind off your own running (always a bonus in my eyes). Sheeren had a little fall which unfortunately she ended up not being able to continue the race, thankfully she is fine just cuts and bruises and her pride hurt I know she was gutted. She says she hates running but I think she was enjoying this run!



The support we have as a club for each other shows on every run waiting around to cheer each other on, so when Linda Healy was coming into the final 50 meters with Adam Stranger on her tail I could not resist telling her to sprint for it so she didn't let him pass (And he didn't – sorry Adam).

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Amanda Madel also had a touch of determination when a lady was passing her, she was not having it. She picked up the speed in her legs almost falling as she was running so fast but I paid off as she pipped her over the finish line by a fraction. (Don't think the lady was best pleased) Well done to everyone, I think we all enjoyed the run and to top it off the lovely Judy had our Fish & Chips supper all ordered as our reward. Thank you for collecting it for us Shelley & Crew. Thank you to Paul for driving the minibus too! I think you will all agree we belong to a great friendly club that look after one another.

Great turnout for a lovely fun run - Until next year (hoping for Sunshine).

Run Gatwick Family Race - by Jodie Williams

I had run the 5km earlier in the morning and cheered on the half marathon runners now it was mine and Rowan's turn to experience the family run. Before the start we had a cheeky selfie with Sally Gunnell, Colin Jackson and Iwan Thomas, Rowan completely oblivious to who these people were and myself, well I was completely star struck! Time for the warm up, Rowan led by Ben Short who had us pretending to be planes and making sure we were ready for the race ahead, once we were warmed up we walked to the start.

Rowan was rearing to go. When we were at the start line there was another chance to high 5 the Olympians and then we were off, the first part of the race was down a lovely hill, we were met by Judy and

Amanda cheering us on, there were lots of people still there cheering which was lovely, we then turned back to run up Southgate avenue, it was quite tiring on little legs but, the support made it easier! Once back in the park we had to do a lap of the field, once Rowan saw the finish line he was off....left me for dust!



When we were both finished we received a fab medal and T-shirt and a well-earned banana. This was such a fab race as the children were able to run on their own, in fact the whole day was pretty amazing, felt very proud to have an event like this in my home town bring on next year!!

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Mid Sussex Marathon Weekend by Henry Harris

Day 1: East Grinstead- 10 Miles

The course started out nice and flat but soon started to go downhill, good you think? However, at the bottom of the hill I noticed a sign facing the other way and it said 8 miles, this meant one thing... anything we ran down we would run back up again! The route went through lots of nice forests and open fields until we were presented with just pure mud and lots of water, you just had to keep moving or become stuck in the mud! The route then went onto Forest Way for few miles and then turned back on ourselves and went up a side path back to the bottom of the hill where we started. By this time most people had clocked onto the fact we had a massive hill to climb around 9 miles in to a 10 mile race! It was a welcome relief to get to the top and I like running up hills! I am sure many people from the club have seen my finish line photo where I had to sprint the last 100 meters and it looked like I was going to throw up, I didn't! But given how hot it was that day I treated myself to an ice cream! And yes I beat the person I was sprinting with!

Day 2: Hayward's Heath - 10 Miles

My alarm goes off and I am thinking, what again?? Ok.... So, I turn up at Hayward's Heath and people say East Grinstead is the hardest so, I am thinking great, this should be an easy run then. The first 800 meters are along the main road and there are lots of people cheering and wishing good luck, we then headed out along some residential roads into some woods. On the way back

to the park where we started, we ran through some housing estates and there were people handing out jelly babes which was very much appreciated there was also some kids with water pistols which was nice given how warm it was! When we got back into the park I suddenly remembered it was a two-lap course! However, Crawley Run Crew did get a shout out on Hayward's Heath radio, my two seconds of fame!



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Day 3: Burgess Hill - 10k

Just one more day...! The course itself started out in a school field and then went out onto some fields that all connected up with each other and had a water tower at the top. The idea of the route was to run way your way through the fields to the water tower at the top and then run the other side of the fields back to where you started. Each lap was just under 3k with the other 2k spent running back to the school.

The thing I quite liked about this course was how open it was. You could see lots of the other runners and you passed each other at times and were able to cheer them on. The final part of the course was a lap of the school field, at this point I was thinking yes it's finally over! It may have been over 3 days but 26 miles is still a long way to run. The medals we got at each event linked in with each other and on the final day we got 2 medals, 1 for the race and 1 for the whole event. I have to say... it's quite cool 😊 you also get a good t-shirt saying: "I did all 3!" too what I will be using for many runs in the future. Anna and I had a massage after the third race which was lovely to say the least

after running all those miles! Overall I really enjoyed the weekend and had good times with my running friends!



Walk this way... Jog this way... Run this way...



All the news from your friendly all ability running club

SOCIAL EVENTS

Love a quiz? Join us and Barclays Bank for an evening of questions and trivia on Wednesday 27th June, 6pm for a 6:30pm start. The cost is £7.50 and includes pizza! This event is open to all staff, friends and family of the Bank as they look to make this their biggest quiz yet!



Dance the Distance!

So, we know you can run 5k but can you dance it? As mentioned in the Mark Lay Foundation, we would also like to get a group together to support the Dance the Distance event on August 4th. It is £10 to book your place and the ask is for people to raise £20 in sponsorship/donations.



Book now via: <https://bit.ly/2scPbQ2>

Summer Picnic and Games in the Park!

Join us on Saturday 14 July in Tilgate Park, for an afternoon of games and food! We will meet at Tilgate Park, at 2.30pm, to try and bag a spot near Smith and Western. Please bring your own food, drink and a blanket. We will bring some sports equipment and have a summer social!

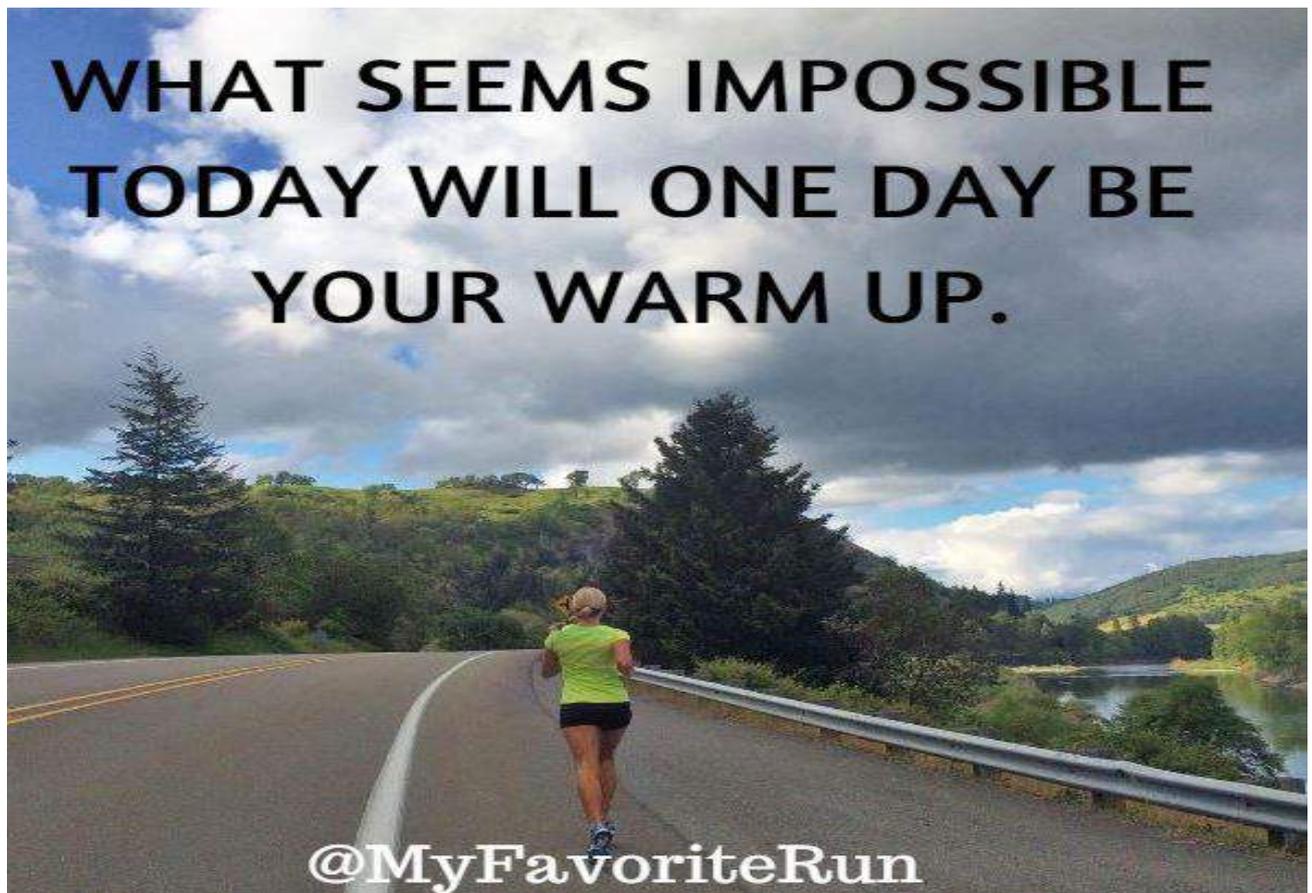
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The final word....

Well done to our 0-5k Crew who are just over half way through their 10-week programme, we are all looking forward to graduation day.



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