

July 2018



All the news from your friendly all ability running club

## Welcome!

### Jamaican July

So, the blistering heat in June rolled over into July and most of you have enjoyed the wonderful warm, sunny training sessions and hopefully we will enjoy more of that through August.

July brought a few problems we have not encountered before with training, I have been asked many times in the past when it has been really cold and raining heavily "is training still on?" the answer as you all know is YES unless it's a holiday we are still training and as always we get a good turnout.

That however was not the case when England do so well in the World Cup, two football matches that clashed with training had to be cancelled after a poll revealed 95% of you wanted to watch the football instead!

League races continue to get great attendance and there have been some great group meetings at local races like the Wakehurst Willow. There have also been some outstanding solo performances taking on long and I mean long distance races.

Despite enjoying the wonderful weather and dare we mention the change just yet, behind the scenes our coaches and run leaders are busy planning winter training and yes, we have taken on board all your views from the training survey earlier in the year, as always we will be trying to deliver fun sessions to keep you motivated and coming back week after week but we also need to make sure we keep you safe when the darker nights return.

Wishing you all the best with your running in August and if you are going away on holiday have a wonderful break (don't forget to pack some running kit and send photos in for the newsletter!).

Happy running  
**MARK CLAWSON, CHAIR AND COACH**

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## Word on the Street.....

### Zero to 5k Graduation – Semeena Khan (0-5k Co-ordinator)

Last month we watched CRC's first Zero to 5k group Graduate!

Leading the 10-week programme alongside Carolyn Hartfield, was such a great and fun experience, reminding me why I trained to become a Run Leader.

We watched them progress from a 4min walk, 1min jog (x5) in their first session to jog/running a 5k continuously. Being part of their running journeys is something that will always stay with me and I'm incredibly proud of them all. They SMASHED Graduation!



All of this of course wouldn't have been possible without all the amazing volunteers who gave up their time to help us - a special thanks the RL Helpers, everyone who came to Graduation to buddy, cheer, bake or take photographs and of course Tilgate Parkrun for being so welcoming!



We just love it when everyone at CRC comes together!



P.S. Keep your eyes peeled for next Zero to 5k Programme. 😊



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***Here's a few words from the participants!***

"As your first 0 - 5K programme you have all been amazing. The good things have included the email updates making sure everyone knows what is going on, the T shirts with names on have helped us to bond, the helpers have shown that not everyone in the club is an Olympic athlete, it truly is all ability." – Anne Lambert



"The program works well and the fact that there was no pressure on us was good, we had goals to achieve but if it was "one of those days" that was OK too. The support from the main group members was great, an ideal opportunity to meet them and their words of advice and encouragement were welcomed. It was all good and I am really glad I took the plunge and signed up." – Amanda Webb



**TRACK TRAINING FOR ALL-ABILITIES**

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.

This month we held two sessions on the track with huge success. The first session, led by Coach Shell had three main components to help with speed and sprint finishes. With a game of 'sprint from the pack' at the end there were smiles and determination all round! One member, who won't be named, and previously voiced her dislike of track even commented, "I secretly enjoyed that!"



Due to the hot temperatures, the mile time trial at the end of the month was postponed. In its place was a session led by Coach Shell and Run Leader Simone. All about cadence and with some flying 30s, another good session was had.

Please remember that as long as you keep attending, we will keep booking the track.

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### THE HILLS ARE ALIVE



So many of you really enjoyed our new training route as we veered of the Worth way and took on some very interesting hills surrounded by stunning scenery, in fact so many enjoyed the hills there has been a lot of interest in joining team CRC devils at Hellrunner later in the year, so just to recap if you have never taken part in this before, it's a wild mixture of hills, water features and sand sapping ascents served ice cold.

It's on Saturday the 24<sup>th</sup> November and team CRC led by team captain Dan Britton we will be going in wave 1 at 10.00am and we will be looking at putting on transport closer to the time.

The cost to enter at present is £37.50 but this is discounted if you enter as part of team CRC (email Mark for the code when booking online), whilst Hellrunner is around 10 miles there is also the Valhalla race at the same time for those not quite ready for 10 miles this race is 6.66K and there's also a mini devils run for the kids.

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



A special shout out to Carolyn Hartfield for the quiz she organised for the Mark Lay Foundation. Held at Barclays over £600 was raised! It was a brilliant night and thank you to all of those who came.



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## Club & Community News...

### WANT TO ASK A QUESTION?

The committee met in July to discuss a variety of club matters. Please feel free to come forward with any questions or comments at any time. We value your feedback! Just drop Mark a line or grab Shell at training.

### 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  
**Tracey Cox** – 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 (and our Run Leaders) who volunteer their time to making CRC the club it is.

**We are still on the hunt for a treasurer, if this interests you please contact Mark. Welcome to Tracey Cox who has taken on the membership secretary role.**

### OUR HOME RACE UPDATE

Things are now moving forward with our home race and we have secured the extra permissions we were looking for to stage it. More information to follow but this is a really exciting addition to the clubs offering. We will announce all the roles on offer so there will be plenty of chances for members to help more in the club on this one-off event.

### WSFRL 2018

Well done to our league race spot prize winners all of whom received an exclusive CRC beer and bottle opening CRC key ring, there's another two more bottles to be won (well you need a cold beer in this heat). After August we will be handing out exclusive CRC mugs to our spot prize winners perfect for that cup of tea/coffee.

#### Spot prize winners:

- Hedgehoppers – Shanelle Stone
- Beach Run – Paul Ferris
- Trundle Hill – Malcolm Wiltshire
- Hove Park – Pierre-Alain Ruffie
- Downland Dash – Daniel Britton
- Roundhill Romp – Ellie Wells

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## Results

Well done to our league race runners on July 4<sup>th</sup> who took on the colossal hill at the Steyning AC's Roundhill Romp, a great effort by all who took part! In first for CRC was Pierre-Alain Ruffié 42:45, followed by Stephen Goldsmith 47:16, Shelley Meyern 55:46, Ross Cheney 59:39, Carolyn Hartfield 1:00:56, Paul Brown 1:02:00, Malcolm Wiltshire 1:02:38, Henry Harris 1:02:58, Sue Kemp 1:05:25, Daniel Britton 1:05:31, Eleanor Wells 1:10:13, Louise Clawson 1:10:45, Maria Weatherstone 1:11:59, Paula Stanger 1:16:31, Sue Childs 1:16:51, Shereen Hazman 1:24:18, Judy Carbone 1:29:47, Sarah Thomas 1:30:29, Janet Trigwell 1:37:45. For our Juniors Jack Cheney came in first for CRC at 5:52, followed by Holly Stanger 7:35 & Hollie Brown 8:52

The next league race is the Fittleworth 5 due to take place on Sunday September 2<sup>nd</sup>. This is the first in the series for the seniors Mambo Challenge, and the juniors Firework Challenge. Trophies will be presented to all runners who complete all races in the series at our end of year AGM.

**Please note:** Unfortunately, the Hove Stingers event due to take place on August 19<sup>th</sup> has been cancelled this year. The Stinger formed part of our challenge trophies so we have substituted the Windlesham House 4 in its place for the Vengaboys challenge.

We have also removed the Hedgehoppers 5 from the Vengaboys challenge due to low attendance at that event as it the clash with the Gatwick half. The Hove Stinger has also been removed and not replaced for the juniors Eggciting challenge trophy. Please see the updated race and challenge calendar below.

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## WSFRL Updated Calendar and Challenges

Date & Time	Senior Challenges	Junior Challenges
Monday 2 <sup>nd</sup> April: Lewes Easter Monday Races		
Sunday 13 <sup>th</sup> May: Hedgehoppers 5		
Wednesday 16 <sup>th</sup> May: Beach Run		
Wednesday 23 <sup>rd</sup> May: Trundle Hill Run		
Sunday 10 <sup>th</sup> June: Hove Park Races		
Saturday 23 <sup>rd</sup> June: Downland Dash		
Wednesday 4 <sup>th</sup> July: Roundhill Romp		
Sunday 29 <sup>th</sup> July: Seven Stiles		
Wednesday 1 <sup>st</sup> August: Highdown Hike		
Sunday 19 <sup>th</sup> August: Hornets Stinger (CANCELLED)		
Sunday 2 <sup>nd</sup> September: Fittleworth 5		
Sunday 23 <sup>rd</sup> September: Tilgate Forest 5		
Sunday 30 <sup>th</sup> September: Windlesham House 4		
Sunday 14 <sup>th</sup> October: The Great Walstead 5 #		
Sunday 28 <sup>th</sup> October: Steepdown Challenge		
Sunday 4 <sup>th</sup> November: Gunpowder Trot		
Date TBC: Crawley Run Crew		

# This is a change of venue for the Haywards Heath Joggers event from last year's Hickstead Gallop.

### Senior Challenges 2018

Mambo Challenge (Blue)  
Commodores Challenge (Green)  
Vengaboys Challenge (Red)

### Junior Challenges

Eggciting Challenge (Yellow)  
Beach Challenge (Purple)  
Firework Challenge (Pink)

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## 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.



### Training for July.....

Wednesday 1<sup>st</sup>: WSFRL Race Highdown Hike

Monday 6<sup>th</sup>: Distance run along Parish Lane, 20 minutes out and 20 mins back, meeting at the start of Parish Lane Pease Pottage RH10 5NY (ample parking in the service station) This route is Buggy friendly although open to traffic, ages 14+ only.

Wednesday 8<sup>th</sup>: Increasing Steps Tilgate Park, short bursts of speed with equal recovery, (meeting in the car park opposite Smith & Western RH10 5PQ) juniors welcome with a 2to1 ratio for parents/guardians.

Monday 13<sup>th</sup>: Distance run along the Worth Way Route 1 out to Rowfant, 20 minutes out and 20 minutes back (meeting at Worth church RH10 7DY) Buggy friendly and juniors 14+ welcome.

Wednesday 15<sup>th</sup>: Time Trials in Tilgate Park, your chance to set a new personal best against your previous 5k or 8K or the chance to record your first one (meet in car park opposite Smith & Western RH10 5PQ) Buggy friendly and juniors 14+ welcome.

Monday 20<sup>th</sup>: Hill repeats in Tilgate Park remember what goes up must come down! (meet in the car park opposite Smith & Western RH10 5PQ) juniors welcome with a 2 to 1 ratio for parents/guardians.

Wednesday 22<sup>nd</sup>: Distance run along Worth Way veering off to take in some hills along Standinghill Lane, 20 minutes out and 20 minutes back (meeting outside Worth Church RH10 7DY) juniors 14+ welcome.

Monday 27<sup>th</sup>: No Training – Bank Holiday & Horsham Round

Wednesday 29<sup>th</sup>: No Training due to track on Thursday 30<sup>th</sup>.

Thursday 30<sup>th</sup>: K2 Leisure Centre, the mile challenge on the track and a chance to beat your previous time or set your first time (meet by the track exit doors, ample parking within K2 RH11 9BQ) juniors welcome with a 2to1 ratio for parents/guardians. Cost £3 for members, £5 for non-members.

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**\*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 that 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\*

**July Mile Challenge**

With the football taking over there was no June challenge or July due to the heat so, we will ensure August goes ahead!

**July 5K Challenge**

Well done to all those that took part if you also took part in the previous challenges and have a PB next to your time you improved your time in July.

Name	Time
Andrea Mealin	37.14
Andy Franks	26.53
Barbara Calvert	32.32
Chris More	33.44
Dan Britton	27.06 PB
Hannah Shorter	28.09
Janet Trigwell	41.47 PB
Joanne Pullen	27.30 PB
Neil Brennan	30.08
Shereen Hazman	34.14 PB
Stephen Hartfield	30.24

**July 8K Challenge**

Name	Time
Pierre-Alain Ruffie	35.55

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## Respect to....

The July award goes to Pierre-Alain Ruffie who has impressed our coaches and Run Leaders after a strong couple of months! With a top 10 finish at Roundhill Romp, dedication to his running and continual improvement in the amazing times he is posting – well done Pierre!



A very big well done from all our Run Leaders to Dan Britton, Amanda Webb and Holly Gascoigne who also received votes this month.

## Parkrun Corner!

### July park run Summer Sizzlers!

This month has definitely been a hot one in weather & parkrun turn outs for the crew! We have been getting around this month, with CRC appearances in Tilgate, the tour in Reigate & runners spotted in Northampton, East Grinstead, Norwich, Bath, Horsham, Clare, Cranleigh and Newby Bridge.

June 30th was the graduation of our 0-5k runners. Well done to every one of you who took part! We had a record breaking turn out, with 48 runners crossing the line. It was amazing to see so many people in red and black!



0-5k crew at graduation

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Park run tour this month took us to Reigate Priory. This was a favourite from last year. The run here is two laps of the course, which is on grass and trail. 19 of our runners took part and received a welcome shout out from the race director. This park run has got more popular since last year's visit, with a lot more people there. But it quickly spread out after the start. Well done to all of you who took part. Especially to Joshua, Holly and Caleb our junior crew who joined us!

August tour we will be going to the seaside for our summer holidays trip to Worthing. **Please join us on 11th August for parkrun tour on this flat, fast, out and back course and ice cream at the beach afterwards.** Car shares will be available.



CRC parkrun tour Reigate

This month's park runner of the month winner is a lady who manages to do parkrun most Saturdays. This month she has done parkrun in Northampton, Tilgate and Reigate and can be seen either pushing to get a new PB or running with her son Caleb, well done **Joanne Pullen!**

### 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 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 Chair Mark or Vice Chair Shelley: [runcrccoach@gmail.com](mailto:runcrccoach@gmail.com)

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

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## 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 couple of months but there are plenty more to choose from, remember some races are very popular and sell out quickly so plan ahead.

### Sunday 12<sup>th</sup> August

- Henfield half

### Tuesday 14<sup>th</sup> August

- Surrey Hills Sunset Run 10 miles

### Sunday Aug 26<sup>th</sup>

- Arundel Castle 10k
- Worthing 10k

### Saturday 1<sup>st</sup> September

- Shoreham Woods 10k Trail, Sevenoaks

### Sunday 9<sup>th</sup> September

- Bacchus half and full marathon, Denbies
- K9 Challenge, Stanmer Park Brighton, take your pooch and run together for this one!

### Sunday 16<sup>th</sup> September

- Run Reigate 5k, 10k and Half Marathon

### Sunday Sept 23<sup>rd</sup>

- Winchester half marathon

### Sunday Sept 29<sup>th</sup>

- Windsor Women's 10k

### Sunday 30<sup>th</sup> September

- Beat Box Hill

## Spot Light On....

### Ian Cooper

#### Why did you start running?

I started running to get fit for the Gatwick half marathon and raise money for a charity called abandonofbrothers. It's a charity I am a volunteer for where we mentor young offenders from Crawley who haven't had the best start in life. We have data that shows an 80% success rate of all the young men who complete the 13-week cycle.

#### What would you like to improve?

I would really like to improve my Tilgate Park PB of 25:08 I struggle at the end of the race so I need to work on that.

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### Best/ worst race experience

My best race experience was the beach run at Littlehampton, especially the fish and chips afterwards with the CRC guys. The worst has got to be trundle hill (more like a bloody mountain)!

### Favourite Race?

My favourite race has to be the Gatwick half marathon as I raised £1457:00 for abandofbrothers, plus the atmosphere was fantastic!



## SOCIAL EVENTS

July saw a successful picnic and games in Tilgate Park. The rounders got a bit competitive but all in good spirit! Thanks to those of you who came along to support the event!

We know its early but to get this secured we have to talk Christmas! The date of the CRC Christmas dinner will be Saturday 8 December, the price is £37.99 per person which includes the following:

- A Welcome Drink
- 3 Course Meal
- Disco & Photo Booth

Please see the event photo on facebook for the menu.

**FULL payment in cash or cheque is due to Charlene no later than the 17th August.**

Please indicate via the Facebook event if you will be attending or not. If you mark yourself as 'Going' please take this as your booking once payment is received.

If you have any questions regarding the event/menu please make this known now in order that your requirements can be checked.

Partners are welcome even if they don't run!

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## Crew Race Reviews and Recommendations...

### Wakehurst Willow 8km By Shelley Meyern

If you don't book quick for this one you won't get in! I was sat at the services on the M1 when I booked this race. It was around 10am in the morning and already the race was half full. By mid-afternoon the SOLD OUT sign went up!

This is the third year of Wakehurst Willow and I have run all three. It is just a lovely evening run, in good company and a friendly race to take part in. It's a trail run of two 4km laps. The first mile is pretty much downhill before it flattens out for a bit. Then, you have the climb! It's a fair effort and a lot of people walk this part – no shame in that! You keep going up until you are pretty much back at the start again for the second lap.



There is water at the half way point as you come through for the second lap and on a warm evening this was welcomed. On finishing you get a medal, water and a banana. A really nicely put together event at Wakehurst Place by Haywards Heath Harriers. A cheeky course PB for me too!



Well done to all from CRC who ran the race! Maybe next year we can get even more of you involved!



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## Roundhill Romp By Shelley Meyern

I am not sure what it is but there is something about these WSFRL races that keep you going back for more torture! It's a Wednesday evening, race starts at 7:30pm and I constantly find myself thinking about when I am going to find the time to have dinner! But, having parked up in Steyning and popped into the local pub to use the facilities (everyone welcome for my cheeky ask!) off we went to get out numbers. Obligatory race photo with the Crew, where Lou manages to keep her eyes open for once (!) off we went.

The start is in the town on the high street but its not long before you head of the roads and into some trails. I am sure this is one of the worst climbs of all the WSFRL races as its starts early on and just keeps on coming! The first part isn't so bad but once you are in the woods you have to watch your footing and pace yourself. I decided to walk the worst of it, thanks Ross for the company but once at the top I had enough in me to get going again and overtake most of the people who had decided running the hill was a good idea! Out onto the South Downs Way this is where the race shows its beauty. Views for miles, a nice straight track and the ability to now stretch out the legs.



Having made up some ground on those in front, it was soon time to make the turn into the single-track part of the route. Technically you have to be aware of what is underfoot. The descent is rapid in parts and twisty and with tree roots aplenty you need to be confident but careful. I love this part of the race. A little further on and all of a sudden you pop out of the woods and onto a lovely wide and open descent. When I say descent, I actually mean free fall! Watching where my feet were landing, keeping an eye on what was ahead, relax the shoulders and let momentum take me – I think any other strategy and you'd just end up face down! Flying down to the finish is a great feeling and soon I was crossing the line. Having cheered the Crew in it was time to frequent the BBQ – dinner served! A race well run by everyone and a few course PBs for the Crew I believe. I said last year I wouldn't do this one again....then I did....looking forward to next year!!

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The final word....

We love this great weather.....



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