



All the news from your friendly all ability running club

## Welcome!

### Away in August

This past month has seen a number of you off on your travels around the world and we have enjoyed seeing some of your photos showcasing your running adventures. Coupled with the hotter weather we have had, training numbers have been a little lower than normal but we are looking forward to welcoming you all back as we move into September.

August has also seen the last of our mile, time trials but fear not, we have one last 5k and 8k time trial for you! We are also busy planning new time trials for the autumn and winter which will soon be upon us.

Whilst some of you have found the hotter weather harder to run in, some of you have been enjoying topping up your tans! With a park run tour to the Worthing promenade, the Horsham Round and the Highdown Hike there have been summer races aplenty, well done to everyone who has managed to keep on running and has represented the club whatever the occasion.

With winter training planning now underway, if you would like to feed into this please let us know what you would like to see on the schedule. We always listen to your feedback and try to put on sessions we know you want!

A quick mention for one of our junior members, Jamie Scutt. You'll hear more about his parkrun exploits later on in the newsletter but, he also took the bronze medal at in the U15s Men's 200m breaststroke at this year's National Swimming Championships! Well done Jamie!

So, as we leave the summer behind, we look forward to an amazing autumn of running ahead. The sunshine might be on its way out but, the cooler temperatures should mean better conditions for running ahead for all of you! Don't forget to book onto the forthcoming WSFRL Races as well - we love seeing so many of you at these events!

### Happy Running

**Shelley Meyern**  
Vice Chair & Coach

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## Word on the Street.....

### **CRC named South East Region Club of the Year!**

We are delighted to be able to share this amazing news with you all!

Crawley Run Crew has been selected as the winner in the Club of the Year category for the South East Region in the England Athletics Volunteer Awards!

We have been invited to attend the Awards Presentation evening to celebrate the achievements of our amazing club and the other winners on Thursday 4th October in Guildford.

Mark and Shell will be attending the evening to represent the club, we can't thank you enough for supporting us in making this happen, our committee, run leaders and members make this club the amazing, and now award winning (!) club that it is!

### **Horsham round**

A massive well done to everyone involved for completing the Horsham Round 2018. Thanks also to Horsham Joggers for another fantastic event!

Our second year at this mainly off-road scenic team relay and what an event this was! This is a team event in which local running clubs attend through invite only from the Horsham Joggers.

This year, alongside some returners we had a team which included some of our Zero-5k Crew!

Each team member ran up to 29 miles, support cars were in place and a BBQ at 2.30pm.

A special well done to Henry Harris for completing all 29 miles and a huge thank you to Dan Britton and Carolyn Hartfield for making this happen!

Thanks also to Stephen Hartfield, Paul Ferris, Shereen Hazman & Trevor Madel for driving and getting everyone to where they needed to be! Next year anyone??



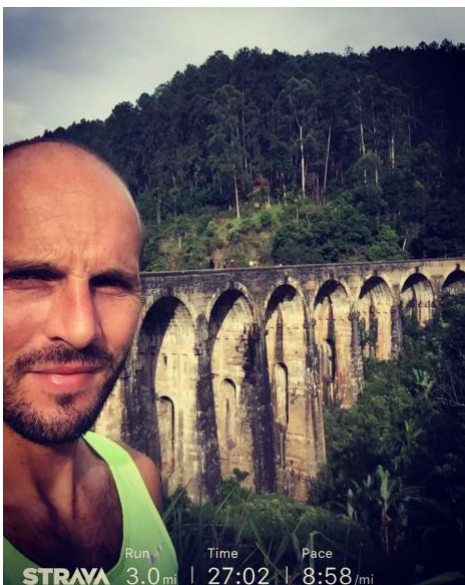
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## Club & Community News...

With so many off on your summer holidays we thought we would share a few pictures of you running in some new and stunning places!



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## MEMBER BENEFITS

Danielle Peters and her team at Body Health Clinic has been in touch and we are delighted to say that on production of your 2018-19 Gold Membership Card you will be entitled to £5 off a sports massage or injury treatment.

Danielle also offers a strength and conditioning for runners session to help decrease the chance of injury, improve endurance, strengthen your body and for those doing long distance, get you marathon ready. To find out more about this session visit:

<http://bodyhealthclinic.co.uk/strength-and-conditioning-for-runners/>.

## 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.

**Janet is sadly stepping down as Newsletter Editor after next month so if you fancy taking this on please let Shell know. All you need is an eye for detail and an ability to gather the monthly club news!**

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

## 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.

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.

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

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 race will be the nearest one, the Saints and Sinners race so get booked in!



## Training for September.....

Monday 3<sup>rd</sup> September: 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 5<sup>th</sup> September: 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.

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Monday 10<sup>th</sup> September: 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 12<sup>th</sup> September: 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

Please bear with us as we finalise the winter programme and get the rest of September sorted. In response to your feedback we are looking to bring in some new sessions for you and some new locations. Watch this space and keep an eye on Facebook and the website for more information...

\*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\*

### August Mile Challenge

Well done to all those that took part in the previous challenge if you have a PB next to your time you beat your last time.

Name	Aug
Holly Stanger (jnr)	9:00 PB
Mya Khine	10:50 PB
Paula Stanger	09:06 PB
Michael Hobbs	05:25 PB
Ross Cheney	06:37 PB
Jo Pullen	07:48 PB
Neil Roberts	06:36
William Hargrave	06:37
Dan Britton	07:32
Paul Ferris	07:45
Carly Burke	09:28
Sarah Thomas	09:34
Holly Gascoigne	09:40
Janet Trigwell	11:33

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### August 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 August.

Name	Aug
Adam Holloway	26:28
Andy Franks	25:36 PB
Anne Lambert	34:56 PB
Carly Burke	34:14 PB
Chris More	27:05 PB
Dan Britton	26:54 PB
Ellie Wells	26:57 PB
Hannah Shorter	27:37 PB
Henry Harris	21:57 PB
Holly Gascoigne	36:00 PB
Holly Stanger (jnr)	34:24 PB
Jackie Burke	34:43 PB
Joanne Pullen	27:06 PB
Judy Carbone	41:00
Louise Clawson	30:53 PB
Paul Ferris	29:17
Paula Stanger	34:13 PB
Seb Hetherington	24:47 PB
Shereen Hazman	36:28
Trevor Madel	40:59
Will Hargrave	25:12

### August 8K Challenge

Name	Aug
Neil Brennan	43:10 (-1 lap)
Rondo Selwyn	32:45
Sue Kemp	47:40 PB

### WSFRL Results

#### WSFRL race results

On Sunday July 29<sup>th</sup> our runners took on the Henfield Seven Stiles. First in for CRC was Stephen Goldsmith at 26:13 followed by Nick Tyson 28:56, Henry Harris 31:33, Malcolm Wiltshire 37:15, Sue Kemp 38:28, Paul Ferris 39:15, Daniel Britton 39:19, Alison Mitchell 42:47, Maria Weatherstone 43:14, Sue Childs 43:31, Judy Carbone 54:04, Mandy Webb 58:34, Tina Massiah 58:34

The Highdown Hike league race was on the evening of Wednesday August 1<sup>st</sup>. First in for CRC and scoring a maximum of 10 points was Stephen Goldsmith at 25:58 followed by Henry Harris 33:15, Andrew Franks 36:40, Malcolm Wiltshire 38:57, Sue Kemp 39:38, Daniel Britton 40:14, Eleanor Wells 40:35, Maria Weatherstone 44:28, Alison Mitchell 45:49, Sue Childs 46:25, Sarah Thomas 46:52

The next league races in September are the Fittleworth 5 on September 2<sup>nd</sup> followed by The Saints & Sinners Tilgate Forest 5 on September 23<sup>rd</sup> keep an eye out on social media for our block booking.

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## Respect to....

The June award goes to Ellie Wells who has impressed our coaches and Run Leaders....



Having joined CRC in February, Ellie's journey to marathon runner at London in April has since gone from strength to strength. A regular smiley face at training, Ellie has worked notably hard in training and improved in August with a 5k PB at the time trial. With a great attitude we are sure there is more to come from Ellie!

A very big well done from all our Run Leaders to Mandy Webb and Jamie Scutt who also received votes.

## Parkrun Corner!

We're all going on a parkrun tour!

This month has been an outstanding month for CRC tourism, with members seen at 10 different parkruns: Tilgate, Hove Prom, Reigate, Reading, Bromley, Clair, Oxford, Worthing, Mole Valley & Barnstaple. I hope you all had a great time & enjoyed the different runs.

Tilgate has still been our favourite this month and a great month for PB's. Jamie Scutt's PB 19:24 not only got him third place but has taken him to the top of our club leader board. Well done Jamie! Also PB's this month from Joanne Pullen 26:20, Chris More 27:10 and Holly Gascoine 35:55 brilliant work all of you!

Parkrunner of the month this month goes to a lady who has been doing parkrun for the last 5 years and clocked up 123 runs. She is always working hard at improving and this month has been a great month with times back in the 26 minutes. Well done **Sue Kemp!**



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This months' parkrun tour was to Worthing and what a great morning we had. This is the third time we have visited Worthing and again brilliant running from all of the Crew.



Rondo Selwyn 18:28, Stephen Goldsmith 19:08, Henry Harris 20:50, Stephen Hartfield 28:57, Alison Mitchell 30:20, Sue Childs 31:09, Caleb Pullen 32:37, Joanne Pullen 32:39, Joshua Hartfield 34:19, Carolyn Hartfield 34:19, Shereen Hazman 35:22 and Janet Trigwell 40:31, well done to all!

Next month's tour will be on **29th September at Mole Valley parkrun in Denbies Wine Estate**. This is a mixture of tarmac, gravel paths, track and grass. The course I've heard is hilly, but with hills you get fantastic views over the wine estate and Box Hill. Please join us for the tour, car share will be available.

## 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 Sept 9th

- Great North Run
- New Forest Marathon, Half, 10k and 5k
- Littlehampton 10k
- Ardingly Fun Run

### Sunday Sept 16th

- Run Reigate half marathon, 10k and 5k

### Sunday Sept 23rd

- Winchester half marathon

### Saturday Sept 29th

- Windsor Women's 10k

### Sunday Sept 30th

- East Grinstead 10k
- Beat Box Hill 5k & 10k

### Sunday Oct 7th

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

### Sunday Oct 20th

- Windsor Autumn half marathon

## Spot Light On....

### Shelley Meyern

#### Why did you start running?

I was inspired by friends running the Brighton Marathon in 2012, had just lost my Nan and decided that I would run the Brooks 10k that November to raise some funds for Dementia UK. I also thought it would be a great way to improve my exercise induced asthmas that I have had since I was 11 years old.

#### What would you like to improve?

Consistency over my 5k time - my last PB over 5k was in 2016 and I feel like I should be able to nail this distance in a quicker time.

#### Best / worst race experience

Best - London Marathon in 2016, everything just came together on the day after months of training, I was really pleased with my pacing and racing a sub-4 hour marathon!

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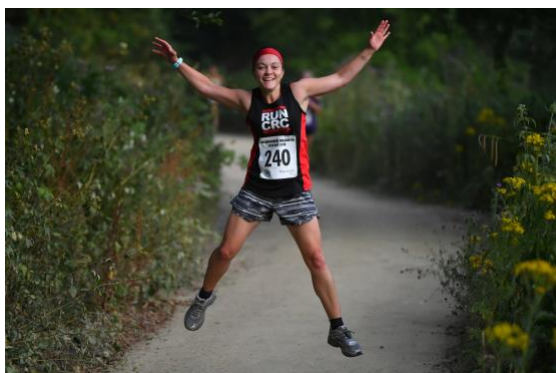


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Worst - That Brooks 10k back in 2012, my first one! I had no clue as to pacing and went out far too fast, it made it quite an uncomfortable last couple of KMs! At that point I said I would never run again 😊

### Favourite Race?

This one is easy as I just love the Great South Run in Portsmouth. It's not often I go back annually to races but this year will be my 6th in a row. 10 miles is a great distance, my favourite and the support around the course is really good. Plus, it's pretty flat and then I can hit the Nike outlet at Gunwharf Quays afterwards! Whilst it won't be a PB this year due to the injuries I have had, I would like to get a sub 1:20 on this course as am only just outside that.



### Top tip for Crew?

Be specific in what you are training for. We all try to do some much over so many distances and this means that sometimes we don't reach any of our goals. If you can focus on one event, train specifically for that and not get dragged into other things then hitting that goal and getting that PB is much easier!



## Crew Race Reviews and Recommendations...

### The Summer Plod, by Malcolm Whiltshire

A glorious sunny day in the Hampshire countryside. The hosts for this are Clanfield Scouts, and the race is run to raise money for them. There is normally a choice of 10 mile, 20 mile, and marathon, but the interest in the longer distances wasn't there this year.

It is open to walkers and runners. This isn't a large field, about 25 walkers, 100 or so runners. This is a challenging 10 miler! The terrain and landscape offer a mixture of hills, tarmac, field edges, gravel paths, chalk paths, woods, mustn't forget hills, and everything else in between, and hills. No water obstacles, no stiles, and a few gates, and hills.

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If we had a wet summer, this would be a very difficult course, where you would spend a large amount of your time wading through mud. There are free refreshments at the start and finish however donations are welcome.

You start with a climb, over a mile. It isn't particularly steep, but it is a taxing start to the proceeding as it never seems to stop.

This first mile is tarmac that becomes a woodland trail with roots everywhere, and gullies worn out by water flowing down the hill, and we mustn't forget the large pieces of flint too.

In the high heat of a summers day, anyone who wasn't warmed up, they were by the time they got to the top of that hill. After that it is up hill and down dale. You run in a straight line for very short periods of time, which means the miles seem to go by very quickly. The climbs do appear to come one after the other in quick succession.

The finish of the race is down that hill where you started. The scenery is beautiful, with the views across the downs stunning.

Because it is a run for a charity to help young people, because of the lovely scenery, because it is a small, friendly event, I recommend this one and I will do this one again.

## **SOCIAL EVENTS**

### **Christmas!**

Thanks to all of you who paid for the Christmas party, this promises to be a great night out. Please keep an eye on the event over the next few months as posts will go out regarding food orders etc nearer the time!

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The final word....

We hope to see you all back soon from your summer holidays as we head into the Autumn!



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