



All the news from your friendly all ability running club

Welcome!

Dazzling December

I hope everyone had a wonderful Christmas and I hope you all have had time to think about your goals for 2019, I always found setting goals was a great way to keep me motivated and always having a race booked or a set time in mind for a certain distance was enough to spur me on after the festive period.

It's been quite a year for the club and two key areas really highlight just how wonderful this club is. Winning the UK Athletics award for best running club South East was one of them, the other is you, yes you, it's been a joy for our coaches and run leaders to see everyone's achievements over the year, running further, running faster, getting new PBs and completing races you never thought you could do, and that's all down to your hard work and commitment at training.

To celebrate everyone's amazing achievements we are gearing up for our AGM and awards night, at the time of writing and due to the holiday we are still waiting for the venue and date confirmation, please keep an eye on your emails and on our Facebook page.

The AGM and awards night is for everyone regardless of when you joined the club, who knows you might just walk away with a trophy, it's a great night for everyone to get together to celebrate others achievements. It would also be lovely to see our latest members from the 0-5k Crew as you will all be an inspiration for them in the year ahead, I have no doubt many of them will be collecting awards in 2020!

The night will start as we did last year with a re-cap of our year as a club followed by our plans for 2019, all committee members will stand down and elections for positions will take place and the new committee for 2019 will be formed, then it's all about the party and the awards.

Wishing you all a very Happy New Year!

MARK CLAWSON, CHAIR AND COACH

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Word on the Street.....

IT'S BACK....BACK AGAIN

After a very successful 0-5k programme in 2018 we are delighted to announce our 2019 ten week programme will start on Tuesday 7th January, just as it did in 2018 the programme reached maximum capacity in less than a few days after going live.

Good luck to our new 0-5k Crew, it gives us all another club get together and celebration on graduation day, 10 weeks till cake!

WINTER TRAINING

A gentle reminder to stay safe and be seen as our winter routes take us out on paths and crossing roads it is important we stay safe and can be clearly seen, so please wear reflective clothing, flashing straps or head torches all of which can be found in town at places like Decathlon and DW Sports, not forgetting Up and Running in Horsham and the Jog Shop in Brighton (both offer 10% discount on production of the gold membership card), also online at Start Fitness and Sports Shoes gain both offer discount to CRC members.

Club & Community News...

JUNIOR CREW

A Big thank you to Nick (Director) of Moova who has now very kindly sponsored our junior crew for the last two years and will continue to do so in 2019. Nick's funding will help us provide a free technical t-shirt to all our juniors that have club membership **and** represent the club at junior park run and the 1 mile fun run league races in 2019.

As well as sponsoring the junior crew they also offer great rates on all their services so should you need Nick and his team don't forget to mention you are a CRC member.

A festive advertisement for Moova. At the top is a cartoon cow wearing a Santa hat with a gold bell, with the word 'MOOVA' written in a stylized font below it. The background is light blue with white snowflakes and silhouettes of evergreen trees. The text reads: 'We are able to offer the following;' followed by a list of services: House Removals, Man and Van Services, Collection and Deliveries, House Cleaning, Office Removals, and House Clearance. Below the list is 'Season's Greetings From all at Moova!'. At the bottom, contact information is provided: Tel: 01825 761004 Mob: 07549 006390, Email info@moovaco.com, www.moovaltd.com, and Moova Uckfield / Moova Ltd. A Facebook logo is in the bottom left corner.

We are able to offer the following;

- House Removals
- Man and Van Services
- Collection and Deliveries
- House Cleaning
- Office Removals
- House Clearance

*Season's Greetings
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RUN CRC

CRAWLEY RUN CREW

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Our next junior crew track session with Carole will be on the 31st January 7-8pm. The feedback has been brilliant so get your youngsters involved in January! To make this work we need your support to be able to continue this so please drop us a line to give your feedback and what you would like to see for juniors.

AGM & AWARDS NIGHT

We will shortly announce the venue and date please do come along for a drink and to celebrate everyone's 2018 achievements, EVERYONE is welcome.



2019 NEW YEAR NEW NEWSLETTER EDITOR

Fancy taking on a role within the club for the New Year? Could you spare a few hours per month to edit our amazing newsletter? If you enjoying reading the newsletter it's even more enjoyable putting it together, so if you fancy the role and joining our management team please email Mark.

2019 NEW YEAR NEW TREASURER

We are looking for a new treasurer to join the committee team in January 2019, you don't need to be a bank manager or an accountant, a basic knowledge of recording income and expenses which takes a couple of hours on a monthly basis, attend (when possible) committee meetings with an accounts update and finally an annual summary at the end of each year, if this takes your fancy please email Mark.

Thanks to all our committee and management team who volunteer their time to keep the club running so smoothly.

Our Committee Team:

Mark Clawson – Chair

Shelley Meyern – Vice Chair

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

Vacant – Newsletter Editor

Shereen Hazman - Press & PR officer

Bruce Crowe - WSFRL co-ordinator

Vacant - Junior Crew co-ordinator

Semeena Khan - 0-5K Crew co-ordinator

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COMMITTEE UPDATE

Following our Committee meeting in November we have to date only been informed of one committee member who will stand down and will not ask to be re-elected again in 2019, its with great sadness that we will lose Charlene Joe as our Social Events Organiser.

Charlene has been on the committee from the start of the club and we can't thank her enough for all the events she has put on, most recently the very successful Christmas meal. If organising events for the club is something that interests you then please do put yourself for at the AGM

MEMBER BENEFITS

RUNR DISCOUNT

Craig from team RUNR has contacted us after seeing many CRC members at local races this month, RUNR is a new fitness and lifestyle brand for people passionate about running and they have kindly created a specific discount code for us, anyone that uses the code CRC15 will receive 15% of all orders at www.runr.co.uk

Body Health Clinic

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/>.

WSFRL 2019 CALENDAR AND OUR CHALLENGES

Well done to everyone that represented the club at the Hangover 5 on New Year's Day, Remember we are now a scoring club in 2019 so everyone that takes part earns points for the club, where will we finish in the table?

We will once again set some new challenges for the crew to earn some trophies in 2019, full details in the next newsletter along with an update on our home race.

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RUN CRC

CRAWLEY RUN CREW

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January Training

Wednesday 2nd Negative Splits – Broadfield Primary Academy (Jnrs 12+)

Monday 7th Hill Repeats – Broadfield Primary Academy (Jnrs 12+)

Wednesday 9th Endurance 6K – Hilltop School (Jnrs 12+)

Monday 14th Loops – Broadfield Primary Academy (Jnrs 12+)

Wednesday 16th Circuits – Bewbush Community Centre (Jnrs 12+)

Monday 21st Negative Splits – Broadfield Primary Academy (Jnrs 12+)

Wednesday 23rd Ifield Social Run – Hilltop School (Jnrs 12+)

Monday 28th Bleep Test – Broadfield Primary Academy (Jnrs 12+)

Thursday 31st Improvement Intervals – K2 Leisure Centre (Senior and Junior Session)

Our 0-5k Crew will be running on Tuesdays and Thursday from the 7th January.

Notes

Juniors 12+ MUST be accompanied by a parent/guardian throughout the session at all times, it's a 1:1 ratio so 1 junior (14+) per parent/guardian.

Whilst we do our best to provide free training for members we do have to pass

on any costs for venue hire, here is our winter training fees:

Broadfield and Hilltop Schools – Free for members and just £1 for non-members

Bewbush Circuit Session - £1 for members and just £2 for non-members

K2 Track sessions - £3 for members and £5 for non-members

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.

Here are the full details of our training venues through winter:

Broadfield Primary Academy
Vulcan Close
Broadfield
RH11 9PD



Hilltop Primary School
Ditchling Hill
Southgate
RH11 8QL



The Bewbush Community Centre
Dorsten Place
Bewbush
RH11 8XW



K2 Leisure Centre
Pease Pottage Hill RH11 9BQ



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January's Monthly Fitness Challenge!

Well done to those of you who completed last months push up challenge, there needs to be an increase in social posts please! Do get involved by posting your photos and videos and tagging @CrawleyRunCrew on Facebook, Twitter and Instagram! We have had some great posts this month so use #crcmonthchallenge and we can follow your progress!

The January Challenge is the Flexibility Challenge!

Day 1	10 side lunges 15 sec side splits	Day 16	20 bridges x 3 sets
Day 2	10 side lunges 20 sec side splits	Day 17	50 side lunges 110 sec side splits
Day 3	10 side lunges 25 sec side splits	Day 18	50 side lunges 120 sec side splits
Day 4	10 bridges x 3 sets	Day 19	50 side lunges 130 sec side splits
Day 5	20 side lunges 30 sec side splits	Day 20	20 bridges x 4 sets
Day 6	20 side lunges 35 sec side splits	Day 21	60 side lunges 140 sec side splits
Day 7	20 side lunges 40 sec side splits	Day 22	60 side lunges 150 sec side splits
Day 8	10 bridges x 4 sets	Day 23	60 side lunges 160 sec side splits
Day 9	30 side lunges 50 sec side splits	Day 24	20 bridges x 5 sets
Day 10	30 side lunges 60 sec side splits	Day 25	70 side lunges 180 sec side splits
Day 11	30 side lunges 70 sec side splits	Day 26	70 side lunges 190 sec side splits
Day 12	10 bridges x 5 sets	Day 27	70 side lunges 200 sec side splits
Day 13	40 side lunges 80 sec side splits	Day 28	25 bridges x 4 sets
Day 14	40 side lunges 90 sec side splits	Day 29	80 side lunges 210 sec side splits
Day 15	40 side lunges 100 sec side splits	Day 30	80 side lunges 220 sec side splits
		Day 31	80 side lunges 230 sec side splits

Technique:

1. Split total reps into manageable sets
2. Up to 60 secs rest between sets
3. Lunges can be split into sets
4. Keep feet as far apart as possible during side splits

Side Lunges:



Side Splits:



Bridges:



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December 3K Challenge

Well done to all those that took part in this challenge, its back again in January so go for it!

Name	Time
Neil Roberts	13:20
Julie Roberts	16:07
Judy Carbone	22:46
Anne Lambert	20:33
Nick Tyson	12:10
Sue Childs	18:58
Ross Cheney	13:48
Joanne Pullen	19:00
Ellie Wells	15:59
Andy Franks	16:54
Adam Holloway	15:55
Rondo Selwyn	11:15
Neil Brennan	16:21
Nuno Lourenco	11:17

Respect to ...

The December award goes to **Neil Roberts** who has impressed our Run Leaders with his consistency at training recently, pushing hard at the circuit's class and showing an overall improvement.

A very big well done from all our Run Leaders to Nuno who also received votes this month, a regular at training and smashing his PB's at the moment, along with Stephen Baynes who continues to show improvement.

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**

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 any news for the newsletter, including race reviews to 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/>

Saturday 5th Jan

- Fitstuff G3 Race, Newlands Corner, Guildford
- Run Through Victoria Park, 5k, 10k & Half Marathon, London
- Queen Elizabeth Park 10k, London

Sunday 6th Jan

- Regents Park 10k, London
- Shere Trail Run Surrey Hill, Guildford

Saturday 26th Jan

- North Surrey Mud Runner Saturday, Cobham, Surrey

Sunday 27th Jan

- Dark Star River Marathon, Shoreham
- North Surrey Mud Runner Sunday, Cobham, Surrey
- Farnborough Winter Half, Farnborough
- SsangYong Canterbury 10 Mile Road Race, Canterbury

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The final word ...

Good luck to our 2019 0-5K Crew ...



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