



All the news from your friendly all ability running club

Welcome!

Noticeable November

Another wonderful month for the crew which was kicked off in style by celebrating our 2nd Birthday at Tilgate Park run followed by a great turnout for the final West Sussex Fun Run League race of the year the Gun Powder Trot in Horsham.

Yet again this month has seen incredible personal successes with many members smashing PB's, taking on further distances and for some running in conditions they have never experienced before, well done to everyone that took on Hellrunner and survived, if over the coming weeks you noticed any friends missing from training then they probably still in the bog of doom!

At the time of writing myself and the committee and management team are busy preparing for our final club meeting of the year, please keep an eye out for emails and social media updates regarding the venue and date for our annual general meeting and awards night, all the news from our meeting will appear in our December newsletter.

Thank you to Henry Harris who represented the club at the recent WSFRL annual general meeting, we are just waiting for the revised 2019 race calendar and all the news and changes to the league will in our next newsletter.

A very BIG thank you to Shelley who once again worked hard with her recent funding application which we are pleased to announce was approved resulting in the club receiving a substantial amount of funding towards future Run Leader training courses, training equipment, another 0-5k crew programme and help with venue hire costs.

Winter training continues to be a success and both our added session of circuit classes and the recent 'junior crew' sessions held by Carole Mills on the track at K2 are proving to be a big hit with you all.

Well it's nearly that time of year when an old tubby bloke in red and white appears so I might need to squeeze on my coaches kit to help out at a session in December!



Wishing you all a wonderful Christmas and as always happy running
MARK CLAWSON, CHAIR AND COACH

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Word on the Street.....

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 it's that time of year to invest in some 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.

They also make great stocking fillers!

Club & Community News...

JUNIOR CREW

As we edge closer to the end of the year we would like to say a BIG thank you to Nick (Director) of Moova who has now very kindly sponsored our junior crew for the last two years, Nick's funding has helped us provide a free technical t-shirt to all our juniors that represent the club at junior park run and the 1 mile fun run league races.

A well providing free t-shirts to the club 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 left is a cartoon cow wearing a red Santa hat with a gold bell. The word 'MOOVA' is written in a stylized, bubbly font across the cow's face. 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 this 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 visible in the bottom left corner of the ad.

At the time of writing we have also delivered two junior crew sessions on the track under the expert coaching of Carole Mills. The first session was really well received but it would be even better with more of your youngsters there! 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.

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CRC FUNDING BID SUCCESSFUL!

We are delighted to announce that we have been awarded funding from the Sussex Giving Fund from the Sussex Community Foundation to help get more people active through running activities.



The funding received will help the club to hire the track at K2 Leisure Centre in order to meet this demand for more 0-5k programmes and plans are now being drawn up for a programme to start in January!

Alongside more 0-5k Crew programmes, the funding will also support the club to train up more volunteers as both Run Coaches and Run Leaders through England Athletics as well as purchase some equipment to utilise with existing members to help improve your running.

NEWSLETTER EDITOR

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.

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.



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SPONSORSHIP NEEDED

Could your business or place of work help CRC? We are already planning ahead for our AGM and Awards night in January and once again the night will be dominated with the awards to members and this year we are looking for a sponsor to supply the trophies, the sponsors name will be engraved on each trophy and they will receive publicity through our newsletter, website and social media.



It is estimated that a donation of around £200 will cover the awards required, If you would like more information please email Mark.

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/>.

Two Dots Jewellery

Simple, handcrafted jewellery, designed and made in Sri Lanka.

Crawley Run Crew have an exclusive 20% discount offer with Two Dots Jewellery, ready for Christmas gifting - or self-gifting! Use online code: **CRC20**.

Two Dots Jewellery was born in Sri Lanka and Simone met up with founder, Lizzie, while she was visiting. Having spent a few weeks on the paradise island with the prospect of moving there, she fell in love with the natural gemstones and craftsmanship of the jewellery she saw. She decided to design a few pieces at first and slowly took it further after she moved

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to Galle, southern Sri Lanka, to also start [Makahiya Fitness Retreat](#).



All the jewellery is handmade and the designs are brought to life using raw materials sourced in Sri Lanka. The gemstones are personally selected and hand-cut to form completely unique and bespoke jewellery pieces. The Two Dots Jewellery designs are inspired by the rich culture and tropical surroundings of Sri Lankan lifestyle which are then created by talented silversmiths.



Happy shopping!

twodotsjewellery.com
www.instagram.com/twodotsjewellery
www.facebook.com/twodotsjewellery

WHO'S WHO?

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

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

Well done to our league race spot prize winners all of whom will receive an exclusive CRC ceramic mug perfect for that warm cup of tea/coffee/soup.

Spot prize winners:

- Henry Harris
- Ross Cheney

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Remember we will be a scoring club in 2019 so everyone that takes part earns points for the club, where will we finish in the table?

WSFRL Results!

We had a great turn out of runners to represent CRC at the final race of the season, The Gunpowder Trot on November 4th hosted by Horsham Joggers.

Stephen Goldsmith came in first for CRC at 29:41, followed by Pierre-Alain Ruffié 29:47, Henry Harris 33:34, Ross Cheney 34:40, Dom Leppard 35:45, Paul Brown 37:11, Ian Cooper 39:56, Anna Barnes 43:59, Paula Stanger 47:46, Louise Clawson 48:45, Carolyn Hartfield 48:51, Sue Childs 48:58, Jenny Cooper 48:58, Alison Mitchell 49:23, Shereen Hazman 56:03, Linda Healy 1:00:57, Judy Carbone 1:01:00, Mya Khine 1:01:59, Janet Trigwell 1:02:21

For our juniors Jack Cheney came in first for CRC at 5:46, followed by Holly Stanger 7:20, Liam Healy 8:02, Jenson Cheney 9:01, Finlay Barnes 9:06, Kayleigh Cleaver 9:55

So the league race season has now come to an end, well done to everyone who took part and represented us at the races. At the start of the season we set some challenges for our runners based on league race attendance.

We can now confirm the trophy winners are as follows:

Dan Britton and Steven Goldsmith completed the Commodores Challenge by running at Lewes, The Beach run, Hove park, Downland Dash & The Seven Stiles.

Henry Harris and Sue Childs completed the Vengaboy's Challenge by running at Trundle Hill, The Roundhill Romp, Highdown Hike & Windlesham.

Paula Stanger completed the Mambo Challenge by running at Fittleworth, Tilgate, Great Walstead, The Steepdown Challenge & The Gunpowder Trot.

Holly Stanger has won two trophies by completing both the Beach Challenge and the Firework Challenge! Holly completed the challenges by running in the junior races at The Beach run, Trundle Hill, Roundhill Romp, The Steepdown Challenge, Fittleworth, Tilgate, Great Walstead & The Gunpowder trot.

Well done all, trophies will be awarded at the club AGM in the new year.

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SOCIAL EVENTS

Christmas Party Time!

Only one week to go! Have you got your outfits sorted? Meet time is 6:30pm on the 8th at The Gatwick Manor.

Training for December

Thursday 1st Improvement Intervals – K2 Leisure Centre

Monday 3rd Loops – Broadfield Primary Academy (Jnrs 12+)

Wednesday 5th Endurance 6k – Hilltop School (Jnrs 12+)

Monday 10th Hill Repeats – Broadfield Primary Academy (Jnrs 12+)

Wednesday 12th Circuits – Bewbush Community Centre

Monday 17th Ifield Social Run – Hilltop School (Jnrs 12+)

Wednesday 19th Xmas themed 3k Time Trial – Hilltop school (Jnrs 12+)

Monday 24th No training – Christmas Eve

Wednesday 26th No training – Boxing Day

Monday 31st No training – New Year's Eve

Tuesday 1st January WSFRL race 'The Hangover 5'

Wednesday 2nd January Negative Splits – Broadfield Primary Academy (Jnrs 14+)

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.

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

Broadfield Primary Academy
Vulcan Close
Broadfield
RH11 9PD



The Bewbush Community Centre
Dorsten Place
Bewbush
RH11 8XW



Hilltop Primary School
Ditchling Hill
Southgate
RH11 8QL



K2 Leisure Centre
Pease Pottage Hill RH11 9BQ



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Decembers Monthly Fitness Challenge!

Well done to those of you who completed last months plank 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! We will pick the most committed people with the best posts to go into a draw at the AGM for a prize! **December Challenge is the Push Up Challenge!**

Day 1	5 push ups	Day 16	20 push ups
Day 2	5 push ups	Day 17	20 push ups
Day 3	6 push ups	Day 18	20 push ups
Day 4	6 push ups	Day 19	25 push ups
Day 5	7 push ups	Day 20	25 push ups
Day 6	7 push ups	Day 21	30 push ups
Day 7	10 push ups	Day 22	30 push ups
Day 8	10 push ups	Day 23	35 push ups
Day 9	10 push ups	Day 24	35 push ups
Day 10	15 push ups	Day 25	Rest
Day 11	15 push ups	Day 26	Rest
Day 12	15 push ups	Day 27	35 push ups
Day 13	Rest	Day 28	40 push ups
Day 14	18 push ups	Day 29	45 push ups
Day 15	18 push ups	Day 30	50 push ups
		Day 31	Rest

Technique:

- 1: Set It Up:** Start by placing your hands underneath your shoulders. Your legs should extend straight out behind you, so that the balls of your feet are on the ground. You're now in a high plank position.
- Step 2: Lower to the Ground:** Keep your core tight and your glutes engaged as you lower down until your chest touches the ground.
- Step 3: Press Back Up:** Continue to keep your body in a straight line as you push away from the floor and bring your body back up to the starting position

You can also do these in a box position or on your knees in a ¾ position to make it easier.

Common Mistakes!
 Lifting / piking your butt
 Dropping your stomach / arching your back
 Flaring elbows out too wide
 Drooping your head – keep it in line!

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November 3K Challenge

Well done to all those that took part in this challenge, we know you can't wait to tackle this again in December.

Name	Time
Nuno Lourenco	11.42
Henry Harris	12.25
Seb Hitherington	13.02
Adam Holloway	15.07
Hannah	15.46
Stephen Baynes	16.51
Sue Childs	18.58
Ann Lambert	20.36
Clare Cheney	27.09
Louise Clawson	27.09
Tina Massiah	27.09
Janet Trigwell	DNF

Respect to ...

The November award goes to **Shereen Hazman** who has impressed our Run Leaders with her dedication and commitment to training recently, pushing herself she has shown continued improvement at training, taking part in the CRC challenges and taking on the Valhalla race at Hellrunner.

A very big well done from all our Run Leaders to Neil Roberts, Ellie Wells, Pierre, Rondo and Carole Martin who all received votes this month.

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 any news for the newsletter, including race reviews to
runcrcnews@gmail.com

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Parkrun Corner!

Happy Birthday CRC & PBs Galore at Tilgate! This month we celebrated our 2nd birthday with a birthday parkrun at Tilgate and back to the Golf Club for cake. It was great to see so many runners out there and thank you all who joined us to celebrate.



This month our parkrun tourists have been out and about enjoying parkruns in various locations, including Riddlesdown, Lloyd, Horsham, Bromley, Preston Park, Salisbury, Bevendean, Bath & Portsmouth. Great running from all of you remember if you're away don't forget to take your trainers & check out the local parkrun!

November has been a fantastic month for CRC we have had PBs every week ! PBs from Paul Brown 24.09, Ria Beal 24.46, Neil Brennan 26.50, Maria Weatherstone 30.21, Holly Stanger 32.35, Jackie Burke 32.44, Carly Burke 32.51, Anne Lambert 35.00, Janet Trigwell 39.38 and Shamim Khan 41.06 well done all.

Parkrunner of the month goes to one of our Junior Crew and a regular at training, she has run 33 Junior parkruns and 11 adult & this month set her PB 32.35 well done Holly Stanger !

December parkrun tour is on 8th December, we will be travelling to Preston Park this is the first time we have visited Preston Park please join us car share will be available.

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.

Sunday Dec 2nd

- Buxted park Reindeer Run
- Weybridge riverfront 5k

Sunday Dec 16th

- The Holly Run Reigate

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Spot Light On....

Nick Tyson

WHY DID YOU START RUNNING?

Previously I was quite a dedicated road cyclist and typically I hadn't run in several years! However due to moving house I had to find a more practical and time effective way to exercise while away from the bike, especially during the winter. I started from scratch and slowly built up my running strength and now I'm a totally converted runner.

WHAT WOULD YOU LIKE TO IMPROVE?

Consistency. At the time of writing this I have a cold and its interrupted my training for the Brighton 10K. It's been inspiring to see so many CRC runners improve their performance recently and consistency is key.



BEST/WORST RACE EXPERIENCE

Best – Quite unexpectedly, the Lewes 10K earlier this year. It was cold and rainy. There were floods. A ploughed field swallowed up peoples shoes. There was a real natural bog of doom. It was hilarious.

Worst- Vegas 10K – Really fun race however... I was really hung over, slightly unfit due to injury and ate really badly. Combined with the dry desert air, my race quickly spiralled downhill by mile 2 and by the end I was barely running.

FAVOURITE RACE

Agreeing with Shelley with this one, the Great South Run. Its fast, flat and 10 miles is possibly the ideal distance. Another less serious but more fun was the Denbies Bacchus Half marathon, which is fancy dress and had 6 wine stops, followed by a party at the finish line. I'm definitely not missing it again next year.

TOP TIP FOR THE CREW

Keep your head up. Just by keeping your head up and body upright you automatically run a bit faster with no extra effort

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Crew Race Reviews and Recommendations...

Brighton 10k By Carolyn Hartfield

Brighton 10k is a flat fast road run along Brighton seafront brilliant for those looking for a PB! I've not run a flat 10k race since 2014 so on the day I was full of nerves looking forward to the challenge.

I travelled down with Henry and at the start saw a few more of the CRC Crew Simone, Nick, Pierre, Dom & Ellie it wasn't long before we were in the start pens waiting to go.

The run went from the start at Madeira drive towards i360 on the left, this part I enjoyed running at a nice pace with the wind behind pushing us along.

After 2 miles the course turned left and we started in our way back this was a difficult part of the race trying to keep up the pace I started with and running into the wind was tough.



At 4 miles the course went back past the Start where I could see the fastest runners finishing.

Still running into the wind we headed to the turn point near the marina at this time you can see the runners going the other way to the finish.

Once past the turn point it is a mile back to the finish, I wanted to run faster but absolutely exhausted crossed the line 30 seconds quicker than my PB.

After getting my breath back I enjoyed hearing how the others had got on & enjoyed the walk back to the car.



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CRC went to Hell By Henry Harris

It was a cold Saturday morning in November and it was raining. I can remember Carolyn saying a few times on the way there this is going to be horrible. Wet, windy and just really cold. I had checked the weather forecast and it was set to stop raining by our start time so I was hoping this was one of the days the weather people get it right! Thankfully for us they did and at 10:00 we were off!

We high fived the devil on our way over the start line and started our journey through the Hell land of Loogmoor camp. The first 5 miles or so are reasonably quick and mainly involve running up hills and back down again lots of times in a row. You are running in sand, mud and normal rocky paths. It gives you a false hope that you think the whole race will be like this, it isn't...!

From doing the race a few times before I was aware of what was coming, mud, lots of mud! I being the crazy person I am jumped straight in and had mud up to my chest and started to make my way through without tripping on a tree root and face planting the mud. I watched someone in front of me do it and I did have a little laugh to myself. I was hoping the karma god was not watching at the time. It was at this point I was thankful for my trail shoes when watching people trying to get out of the bog and needing to be pulled out and were slipping all over the place.

You then do some more running up and down some hills and you hear some music booming in the distance. What could it be you think? We had made it to heaven where some CRC looking angels were dancing and waiting to hand us some water and some yummy flapjacks! Judy and Amanda had come to give us some rest bite from hellish land outside. It was nice to see someone you knew on the course and I was very nice and didn't give them a muddy cuddle with their nice white outfits on. I have a feeling some of the other CRC runners after me were not so kind.

We then go down a very steep bank and have to walk across a very cold lake that comes up to chest height and you really feel it when the water starts coming over your heart, up a bank and back down again into the water and across the other side. To say it was cold was an understatement. There were some nice people with cameras taking photos of your faces as you realise how cold it is.

Next you come across some very steep hills you need to run down and then back up again. It's at this point and I am thankful for my shoes again I am able to stay upright and in control as I am going down. Some people had decided bums were best! After you have done what seems 100s of these hills you hear some more music booming in the background, it can only be one thing, The Bog of Doom was upon us!

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The Bog of Doom is suitably named. The devil is there playing DJ to the dance music playing out over the bog along with some fog and some orange stuff that I couldn't see a reason for... This year there wasn't any divers at the point where the bog gets really deep so people that didn't know got quite a shock and the looks on their faces I bet were priceless! The water gets deeper and deeper as you go, it's also very cold! The water got up to nearly shoulder height and I am around 6 foot tall!

The moment the water goes above your heart you really feel how cold the water is. There is a camera man at the end of the bog so it's important to smile even if you think your legs are going to drop off with the cold. After you leave the bog it's a quick 200m run to the finish line and some warm clothes and a burger!

Hell Runner is a really good event. It's well organised and great fun. The mud and water is just a bonus and as you are running for a lot of the time you really don't feel the cold too much. It's just key to keep moving after the water stretches in the race.



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The final word ...

Don't forget we have CRC hoodies, zoodies and half zip long sleeved tops to keep you warm this winter.....



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