



All the news from your friendly all ability running club

## Welcome!

### Jubilant January

Firstly, apologies for delayed newsletter as we wanted to bring you all the news and photos from our AGM and Awards night.

Phew what a month.... The New Year kicked off with a league race on New Year's Day with the Hangover 5, well done to all those who didn't have a headache and represented the club, there is a big gap now until the next league race the Lewes 10k (Easter Monday) but it's one of the Crews' favourite and one of our highest attended league races traditionally.

Our latest 0-5k programme also started on the 8<sup>th</sup> January and they are already at the half way stage having just completed week 5, I can tell you they are an amazing bunch and they are doing so well, how do I know this? Well whilst I may not be entirely pain free yet I am undertaking a light return to running and have been taking part in the 0-5k programme, with some running under my belt and my fitness levels increasing, I hope to at some point to return to main sessions in a coaching role, for those who think Shelley is tough....you have been warned ☺

On Friday 25<sup>th</sup> January we celebrated our awards night and this bumper edition covers everything from the night  
Happy Running!

**MARK CLAWSON, CHAIR AND COACH**

## Word on the Street.....

IT'S BACK ... BACK AGAIN

After a very successful 0-5k programme in 2018 we were delighted that our 2019 ten week programme which started on Tuesday 8<sup>th</sup> January was a sell out in a matter of days, there is already a waiting list for another programme and our 0-5K Crew Co-ordinator Sems is working hard on the logistics of another programme in 2019.

Well done Sems!

### 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.

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## OUR CHARITY OF THE YEAR

As you all know local Charity 'The Mark Lay Foundation' was our club charity of the year for 2018, its over to you our members to decide on this year's local charity, if you have a local charity you would like us to support throughout 2019 **please submit your suggestions by email to Mark or Shell**, the winning charity will be announced on our Facebook page on the 25<sup>th</sup> February.

## Club & Community News...

### JUNIOR CREW

#### OUR JUNIOR SPONSORS

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 helped 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.



Our junior track sessions with Carole and Amy have been going well, and the feedback from the juniors has been brilliant! But, to ensure this continues, we need more juniors to attend! Please let Shell know what you want for your juniors, we have a few options we can consider:

- a) Stick with a monthly session on the track alongside the senior session
- b) Move the session to a Monday evening alongside senior training
- c) Stop the junior session

Please let us know via FB or email of your thoughts as without your input we may not be able to continue to offer this as it needs to work for the club financially as well! We love providing activities for the youngsters but we need to be seeing a minimum of 10 per session and a small charge will apply.

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## AGM & AWARDS NIGHT

Here's all the news.....

### WSFRL Race Participation

Male Ranking	How many out of the 15 races run	Name
1st	12	Henry Harris
2nd	9	Stephen Goldsmith
3rd	8	Dan Britton

\*\* Almost there..... Malcolm Wiltshire 7, Pierre Alain-Ruffie 7.

Female Ranking	How many out of the 15 races run	Name
1st	10	Paula Stanger
2nd	9	Sue Childs
3rd	9	Alison Mitchell

\*\*Almost there....Judy Carbone 8, Sue Kemp 7, Louise Clawson 7.

### WSFRL Junior Race Participation

Gender	Total races run	Name
Male	6	Jack Cheney
Female	11	Holly Stanger

\*\*Almost there.... Jenson Cheney 4, Finlay Barnes 3, Liam Healy 3.

### WSFRL Most Improved Runners

Gender	Name	Reasons
Male	Stephen Goldsmith	Has had some amazing runs in last year's races and clearly enjoyed the league races by taking part and representing the club in so many of them.
Female	Paula Stanger	For her continued progress and her commitment to run so many races.

\*\*Almost there....Henry Harris, Pierre Alain-Ruffie, Judy Carbone, Ellie Wells and Anna Barnes.

### WSFRL 2018 Challenge Awards

The Mambo Challenge - 5 races consisting of 5 miles

Completers
Paula Stanger

The Commodores Challenge – 5 races consisting of the longer distance league races

Completers
Dan Britton
Stephen Goldsmith

The Vengaboys Challenge – 4 races consisting of hills, hills, hills (Trundle Hill, Steyning Roundhill,

Completers
Henry Harris
Sue Childs

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Junior Beach Challenge

Completers
Holly Stanger

Junior Firework Challenge

Completers
Holly Stanger

No Completers for the Eggciting challenge

1<sup>st</sup> WSFRL race of 2019 (Hangover 5) spot prize winner

Nuno Lourenco	Mouse mat
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**Most Improved 2018 Mile Challenge (% percentage based rather than time based)**

Male Ranking	% Improvement	Name
1st	10.3%	Ross Cheney (3 <sup>rd</sup> last year)
2nd	4.6%	Henry Harris
3rd	2.7%	Andy Franks (1 <sup>st</sup> last year)

\*\*Almost there.... Hot on the heels of Andy there were too many to name

Female Ranking	% Improvement	Name
1st	9.0%	Mya Khine
2nd	8.4%	Carolyn Mynott
3rd	5.4%	Paula Stanger
3rd	5.4%	Louise Clawson

\*\*Almost there.... Holly Stanger 4.9%, Carolyn Hartfield 4.0%

**Most Improved 2018 5k Challenge (% percentage based)**

Male Ranking	% Improvement	Name
1st	22.9%	Ross Cheney
2nd	22.1%	Chris More
3rd	16.4%	Andy Franks (1 <sup>st</sup> last year)

\*\*Almost there... Pierre Alain-Ruffie 9.3%, Paul Ferris 7.8%, Bruce Crowe 7.3%

Female Ranking	% Improvement	Name
1st	15.2%	Carolyn Mynott
2nd	14.4%	Judy Carbone
3rd	13.1%	Jo Pullen (1 <sup>st</sup> last year)

\*\*Almost there....Holly Stanger 11.%, Ellie Wells 8%, Anne Lambert 7%, Shereen Hazman 6%

**Most Improved 2018 8k Challenge (% percentage based)**

Male Ranking	% Improvement	Name
1st	11.0%	Stephen Goldsmith
2nd	3.8%	Pierre-Alain Ruffie
3rd	3.5%	Time (Rondo) Selwyn

Female Ranking	% Improvement	Name
1st	3.7%	Julie Lang
2nd	1.7%	Ange Stark
3rd	1.2%	Sue Kemp

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**CRC Park Runners of the Year 2018**

Male	Reason
Stephen Goldsmith	Ever present at parkrun and has had an amazing year with PB after PB and just got better as the year went on.
Female	Reason
Jo Pullen	Another member who is there almost every week and has shown great improvement as the year went on, often not being able to run to her full potential as she encourages her son to run with her.
Junior	Reason
Caleb Pullen	Whatever mum can do he matches not only being a park run regular but one of our juniors who takes on the 5k course and like mum has improved over the year.

**Coaches & Run Leaders 2018 Runners of the Year**

Male Ranking	Name	Reason
1st	Stephen Goldsmith	This person is on fire and has had a brilliant year, his hard work has seen his times improve at training and in races, this year he also completed his first half marathon.

2nd	Stephen Baynes	Wanting to get back into running he re-did the 0-5k programme, he is now a regular at training and continues to improve, he is now lighter and healthier as a reward for his work.
Joint 3rd	Henry Harris	After an amazing 2017 this person has just continued with his hard work and dedication which has resulted in more PBs along the way
Joint 3rd	Pierre-Alain Ruffie	He always brings so much energy with him both at league races and training which has resulted in new PBs along the way and has ventured in Triathlons too.

\*\*Almost there....Adam Stanger, Jamie Scutt, Ian Cooper, Gary Ceaton

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Female Ranking	Name	Reason
1st	Ellie Wells	Came to the club to help towards her London marathon training and has settled in to become one of our most active members and she continues to improve all the time.
2nd	Anna Barnes	When the going gets tough she never gives in and has shown this attitude all year which has impressed both coaches and fellow members.
3rd	Jenny Cooper	She runs with us as often as possible and has grown into such a strong runner this year, regardless of the challenge she always has a smile.

\*\*Almost there....[Anne Lambert](#), [Sherren Hazman](#), [Tracey Hutcheon](#), [Judy Carbone](#), [Holly Gascoine](#), [Holly Stanger](#)

**Runners Runner of the Year 2018 (as voted by club members)**

Name	Reason
Carolyn Hartfield	What an amazing year of achievements, a fine example of what can be achieved if you train hard enough for it, Brighton Marathon, South Downs Marathon, Race to the Stones, Endure 24, Bright 10 to name just a few of her achievements, despite all her own personal training she still finds time to help others, it is clear she truly loves the club and all of its members.

**Outstanding Achievement Award 2018**

Names	Reason
Ross Cheney	New to running he had an amazing year in 2017 and this continued into 2018 and by April he was ready to take on his first marathon which resulted in a horrible scare collapsing not far out from the finish. This would have been an end to most people's running but after a short period of reflection he got back out there, slowly at first but with confidence growing he continued to increase his distance, continued to increase his speed and he is now running better than ever taking home 1 <sup>st</sup> place most improved male in both the mile and 5k challenges this year.
Anna Barnes	There are some people who just never give up no matter what life throws at them, to train week after week for a marathon is tough, to be ill whilst doing that is even tougher but to put yourself through that and then do it again just 7 days later is nothing short of amazing and this lady done just that running the Brighton and London marathons

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**The Mark Clawson Members Special Achievement Award 2018** (as voted by the committee)

\*\*This award is not only entirely running based it, achievements in other areas such as improved levels of fitness, weight loss, motivation, confidence, going that extra mile to help club or its members\*\*

Name	Reason
Bill Bedford	Being banned from running by doctors sitting at home was not something this person could do so he opened the garage dusted off his bike and clad himself in lycra! Having Myeloma he wanted to raise awareness and support the cause so he decided to do a bike ride to raise funds for Myeloma UK. Now 54 miles from London to Brighton would have been enough to be sore in the saddle! The 100 mile Ride London could even bring a few chaffing tears along the way but no this person decides to do 310 mile and cycle from London to Paris. His amazing achievement saw him raise £3000 for charity, we know the bike has been cleaned and is safely stored in his garage for the winter months, we can't wait to see him out and about on his bike in 2019.

**Our Joke and Thanks Awards**

Name	Reason
Henry Harris & Carolyn Hartfield THE INCREDIBLES	Despite all their own running and races they have achieved this year they have been a rock for the club always on hand to take sessions even more so when the club is experiencing a shortfall in leaders due to so many being injured, Thank You.
Ross Cheney SLEEPING BEAUTY	It's the Endure 24, its 5am and Shelley has just completed her leg and ready to pass on the baton to Ross at the handover point, however Ross is not there he's counting sheep and is still fast asleep in bed.
Jenny Cooper Remy (RATATOUILLE)	It's Endure 24 again and most will have brought something quick and easy to eat, maybe even a treat to keep yourself going, in the days after the event word on the street revealed someone in camp was eating a tin of Beans, not only that it was beans and sausages but it gets worse, she ate a COLD tin of beans and sausages.

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<p>Sue Childs MARY POPPINS</p>	<p>There's that one person who will pop up at training, pop up at races, pop up at socials, in fact anything that involves a group of members you know she's going to pop up there! She loves the club and loves the people, thanks for always supporting the club.</p>
<p>Paul Ferris HAPPY (SNOW WHITE)</p>	<p>Everyone (well almost everyone) loves the fact Paul is always happy at training and at events and enjoy the comedy he brings with him, thanks for cheering everyone up.</p>
<p>Andy Franks PINOCCHIO</p>	<p>Having to work with him a couple days a week I have heard his constant lies, when my injury started in Feb 17 he said your be back running in the summer, this went on to your be back ready for hellrunner (17) your be back for the first league race(18), your be back in the summer, your be back for hellrunner (18), the latest is I'll be for the summer!</p>

<p>Shelley Meyern ALADDIN</p>	<p>Its magic how she fits everything in, from coaching sessions to fitness classes to funding applications to the newsletter and a million other jobs that comes with managing a club, Thank you for all that you do.</p>
<p>Mark Clawson ROZ (MONSTERS INC)</p>	<p>Despite being behind the scenes more due to injury, he spends so much time developing the club, planning training and sessions, constantly thinking of new ideas to better the club and still manages to keep an eye on everyone to see how they are doing and improving ... he's watching you always watching you...</p>

**If you have not picked up your award yet, please see Shell at training!**

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## ALL CHANGE

Well it was that time again were all the committee stood down giving others the chance to step up and take on club roles, it's always sad to see anyone step down and it was for personal reasons both Charlene Joe and Bill Bedford decided to step down and pass the baton on for others. Thank you both for all your hard work and for being part of the team that founded our club.

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

Before the AGM we had few roles that were still vacant and I am pleased to say we were overwhelmed with the response from those wanting to take on roles both from old and new members.

Given the growth of the club over the last 2 years we have had to create and adapt roles and the new changes will soon be updated in the club's constitution, so what's changed?

## WHO'S WHO?

Our Committee Team:

- Mark Clawson – Chair (re-elected on the night)
- Shelley Meyern – Vice (re-elected on the night)
- Tracey Cox – Membership Secretary (re-elected on the night)
- Ross Cheney – Treasurer (Ross became the club's new treasurer)

- Simone Lee – Website Administrator (re-elected but social administrator removed from role see below)
- Henry Harris – Race Director (Henry became the new race director and will start work on our WSFRL home race for 2019)
- Carolyn Hartfield – Run Leader Representative (re-elected on the night)

Our Management Team:

- Louise Clawson – Kit officer (re-elected on the night)
- Julie Roberts & Neil Roberts – Newsletter Editors (see below)
- Tina Massiah – Public Relations Officer (see below)
- Ria Beal & Simone Lee – Social Events Organisers (see below)
- Bruce Crowe – WSFRL co-ordinator (re-elected on the night)
- Paula & Adam Stanger – Junior Crew WSFRL co-ordinators (see below)
- Carolyn Mynott – Junior Crew Parkrun co-ordinator (see below)
- Semeena Khan – 0-5K Crew co-ordinator TBC (see below)
- Social Media Administrator – Vacant (see below)

## Welcome to the team....

Henry Harris who is our new race director will be tasked with the battle of planning our home race this year.

Ross Cheney who stepped up to take on the treasurer's role and has the task of stopping Mark from spending.

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Julie & Neil Roberts will take on a role that will free up time for both Mark and Shelley to concentrate on plans to make CRC bigger and better, we have waited ages for a newsletter editor and now we have two!

Tina Massiah takes on the Press Relations Officer role and will be tasked with working on club promotion so you may see more cameras at events.

Both Ria Beal & Simone Lee came forward and have decided to work together so that can only mean double the social events to come in 2019.

Carolyn Mynott expressed her desire to take on the Junior Crew role and both Paula & Adam Stanger also came forward on the night after discussions it was agreed the role would be split. Carolyn is ever present at Parkrun and both Paula and Adam (not forgetting Holly) are ever present at the league races so the role has been split into Junior Crew Parkrun and Junior Crew WSFRL. Our juniors will be receiving an amazing amount of support and encouragement.

Simone Lee has taken on the additional shared role of Social Events Organiser and still remains Website administrator but in order to balance the books she has dropped Social Media Administrator from her title and this new role will be offered out to members.

Semeena Khan has declared her interest in being re-elected as 0-5k Crew Co-ordinator, an oversight on the night (naughty Mark) meant that this role was

never offered to all and in line with club rules before re-electing Sems we now ask all members if you are interested in taking on the 0-5k Crew role you must email your interest to Mark by midnight Friday 15<sup>th</sup> February.

#### **SOCIAL MEDIA ADMINISTRATOR**

As mentioned above this new role gives someone the opportunity to help promote the club via social media, we are looking for someone who has an interest in Twitter and Instagram to take on this role and join our management team.

#### **WSFRL 2019**

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.

#### **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

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uses the code CRC15 will receive 15% of all orders at [www.runr.co.uk](http://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/>.

### February Training

- Monday 11<sup>th</sup> Negative Splits – Broadfield Primary Academy (Jnrs 12+)
- Wednesday 13<sup>th</sup> Endurance Valentines 6K – Hilltop School (Jnrs 12+)
- Monday 18<sup>th</sup> Loops – Broadfield Primary Academy (Jnrs 12+)
- Wednesday 20<sup>th</sup> Circuits – Bewbush Community Centre (Jnrs 12+)
- Monday 25<sup>th</sup> Hill Repeats – Broadfield Primary Academy
- Thursday 28<sup>th</sup> Improvement Intervals – K2 Leisure Centre (Jnrs 12+)

Our 0-5k Crew will be running on Tuesdays and Thursday throughout the month. Thanks to all of our helpers!

### \*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.

### KEEPING YOU AND THOSE AROUND YOU SAFE

As UKA affiliated club we have a duty to uphold the UKA rules one of which is the UKA's anti-doping rules and procedures (section 6.5 xi). Members will be asked to leave training sessions, races or events if they are deemed to be under the influence of alcohol or drugs. If you are unsure or would like to know more about the rules please contact Mark who is a UKA anti-doping accredited advisor.

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### Run Gatwick

Whilst we know a number of you will be running in the events, if you are not, please consider volunteering!

A recruitment poster for British Airways Run Gatwick. The top half features the British Airways logo and the text 'BRITISH AIRWAYS RUNGATWICK'. Below this, it says 'JOIN OUR 'RACECREW' VOLUNTEER TEAM! AS A THANK YOU WE'LL GIVE YOU BREAKFAST, A T-SHIRT &amp; A FREE 2020 RACE ENTRY'. The middle section shows four smiling volunteers in high-visibility yellow shirts, some holding blue and red jackets. The date '12 MAY 19' is written vertically on the right side. At the bottom, it says 'SIGN UP TO VOLUNTEER AT RUNGATWICK.COM' with arrows pointing to the right and up.

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## Respect to ...

The January award goes to **Carly Burke** who has impressed our Run Leaders with his noticeable improvement and positive attitude.

A very big well done from all our Run Leaders to Nuno who once again received votes this month, along with Andy Franks, Jo Pullen, Jackie Burke and Julie Roberts what a close call.

## 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](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 any news for the newsletter, including race reviews to [runcrcnews@gmail.com](mailto:runcrcnews@gmail.com)

## Parkrun Corner

Happy New parkrun Year !

What a great start to the year for our CRC parkrunners! We have seen record attendances this month at Tilgate resulting in new car park Marshall's to help with parking.

As a club we are now up to 130 runners and between us have achieved 2956 runs at Tilgate. If you registered for parkrun and would like to be on our consolidated club report, all you need to do is add CRC as your club on your parkrun profile.

Well done to lots of you heading out to various parkruns on New Year's Day. What a great way to start the year! CRC have been out and about in Bromley, Ashton Court, Norwich and Horsham.

Some of our parkrunners have been on a mission this month, with 6 of you achieving PB's. Well done Henry Harris, Neil Roberts, Ria Beal, Neil Brennan, Carly Burke & Adam Stanger.

19th Jan saw a record attendance for Tilgate's 350th parkrun, where 721 runners took part. Also we had our own celebration, with Jenny Cooper celebrating her 30th Birthday at parkrun followed by cake & then

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back to the golf club for breakfast. February will see the return of the parkrun tours. We will be starting at Southwater on 9th February. This will be the base for the Horsham parkrun until further notice. We will arrange car sharing and leave in plenty of time, as it's a popular run with limited parking.



**parkrunner of the month** for January has been nearly there so many times in the last two years ! This month and December saw him focusing on his training, working on his speed in track sessions and he's reaped the rewards from this, achieving parkrun pbs in England and Wales. Also, whenever he's not running, he can be found bar code scanning or helping somewhere , well done **Henry Harris!**



## Race Reviews

Dark Star Marathon - By Carolyn Hartfield

Dark Star River Marathon is a 28 mile trail marathon organised by Sussex Trail Events. It is the first of 4 marathons in the river series. Dark Star starts in Shoreham-by-Sea and follows the river Adur to Partridge Green where it goes onto the Downs Link for 4 miles to West Grinstead then back to Shoreham-by-Sea following the other side of the river. I arrived at the start half an hour before the briefing, the weather was windy and rainy. After being given our instructions we headed out for the start.

This race is famous for being muddy, the weather hadn't been as wet as previous years, so not expecting it to be too bad, I hung back while everyone made quite a quick start. I was at the back and being careful not to fall back too far and concentrated on my own race . It wasn't long until we got to the first stile, where some were queuing, some jumping the gate and others nipping down the bank and round to the other side.

It was blustery, the brief had warned running along the river was like a wind tunnel. Wind was in my face for the first 5 miles, which I hoped was going to help me on the way back ! It didn't seem like long until we got to Bramber, the first Aid station, where the cheery marshals pointed us in the right direction across the road and on to Partridge Green.

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The river path was very muddy and narrow in places. The wind died down and I could appreciate the fantastic view of the South Downs from the river. I spoke to a few of the other runners along the way, most were training for Ultra marathons and other challenges. At 7 miles it was so muddy, I thought to myself only three miles and I will be on the Downs Link. Training ground for a lot of my marathon training in the last few years.

Just before joining the Downs link I saw the lead runner come past me the other way, he was still looking fresh & on his way back.



It was great to get off the river path onto the Downs link where Henry met and joined me for a few miles to the half way point. I managed to pick up my pace slightly, but my legs were so tired with the headwind & mud they were sapped of energy.

Just before half way I was also joined by a group of friends, who were out on a run to watch the marathon and support me, it was a real boost at that point.

At West Grinstead the half way point, I stopped for some flat coke and snacks. They had a selection of sweet & savoury snacks.

I started to head back, chatting with Henry along the way, we passed a few runners who were walking now, also feeling tired from the hard run up to Partridge Green. I felt a lot better by this point after saying goodbye to Henry, I had 12 miles left to go.

I enjoyed the way back, as the weather was good and the other side of the river was a bit less muddy! There were a lot more stiles and gates to climb on this side, which was quite challenging at times.

By 20 miles in I was distracting myself, by running for a set number of steps, then having a short walk. This seemed to work and I overtook quite a few people who were now walking. Mile 23.5 was the last stop, where Henry was waiting and cheering me on. I was now motivated to get back now, with only 4.5 miles to go.

From here you can see Shoreham-by-Sea, but still 4.5 miles winding around the river path. In the last two miles a dark cloud came over and the sleet came down. I was getting blown about, but just had to grit my teeth and get on with it .

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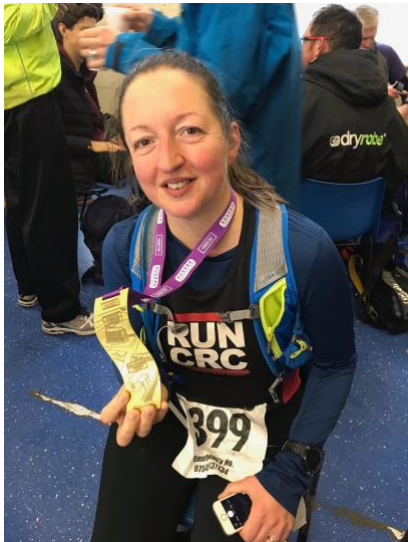




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Coming round the corner to the finish was a sense of achievement! all the run was worth it for this moment. Seeing my family & running buddy there to cheer me in, and to cross the line to collect my new favourite medal . My finish time was 5hrs 45 mins. I was very pleased to come in under 6hrs for this one and I came 123 out of the 175 runners, so super proud of this. There was a cut off at Bramber of 3pm, which everyone made it passed and finished the course, which was a real tough one.

Next stop Arun River Marathon in May , maybe Dark Star again next year who knows!



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## The final word ...

You may have noticed that a few of our dedicated run coaches and leaders have been struggling with injuries of late .... being injured sucks!



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