Welcome!

Fabulous February

Well done to all our members that have taken on various races and distances this month, well done to those returning to training after injuries and well done to our 0-5K Crew who are now pushing to the end of their 10 week programme.

On 16th March we will once again celebrate the 0-5K graduation, with a mass turn out at Tilgate Parkrun. All of the ‘graduates’ will have a Crew buddy to run alongside them.

Even if you’re not a buddy please come along, take part in the run and be there at the finish to cheer the graduates over the line, celebrate their achievement and applaud them as they receive their graduation certificates. Remember we will also be welcoming them all to our normal training sessions soon and your support on the day will make that transition so much easier for them.

I am pleased to say all those that took on new roles or different roles in the committee and management teams are already working hard to help the club. Every single one of them is undertaking a task or planning something to make CRC bigger and better in 2019.

With the lighter evenings coming our Run Leaders will soon be meeting to plan the spring/summer training programme. We will be bringing back the best of the sessions from last year and of course adding some new twists for this year.

Continue to keep up the hard work, push yourself but most of all remember to Run Happy and enjoy training in March.

Happy Running

MARK CLAWSON
CHAIR AND COACH
Word on the street….

SPRING/SUMMER TRAINING

As already mentioned, our coaches and run leaders will be meeting soon to plan the spring/summer sessions and venues. Your feedback from last year will be used and if you have any ideas on routes you would like to see in 2019, please do email Mark. We expect spring/summer training to start sometime in April - full details will be in the next newsletter.

EVERYONE ACTIVE

We are delighted to announce that following conversations with Everyone Active, the new management company for K2 and Bewbush Leisure Centres that we have signed a partnership agreement to work together over the next year. This means CRC will be supporting Everyone Active with events, starting with an Open Day at K2 on the 16th March.

Led by Tina and Henry we will be offering activities on the track between 1-3pm. Do pop by and if you can help out please let us know! We will in return be seeing some small cost savings against venue hire (every penny counts!) and can promote the club within the centre.

OUR CHARITY OF THE YEAR

As you all know, local charity ‘The Mark Lay Foundation’ was our club charity of the year for 2018. We are pleased to announce this year’s charity will be for our local hero Bill Bedford and we will be raising funds, through some fun sessions over the year, to help Myeloma UK.

Myeloma is a blood cancer arising from plasma cells. At any one time, there are around 17,500 people living with myeloma in the UK. It accounts for 15 per cent of blood cancers, and two per cent of all cancers.

Bill scooped the member’s special achievement award at our recent awards night. Having being diagnosed with myeloma, Bill was under doctor’s orders not to run so he dusted off his bike and took on a gruelling 310 mile bike ride from London to Paris last year, raising both awareness and £3000 for Myeloma UK.
OUR AWARD SPONSORS

Many thanks to local company Safetymark Education Services who have kindly sponsored our monthly most improved runner awards and our monthly most improved Park runner of the month awards.

Safetymark works in many of the schools we use for training and provides them with reactive maintenance, health & safety compliance testing as well project design & management.

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 SPONSORS

A Big thank you to Moova who sponsor our junior crew, their funding 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.

ALMOST A FULL HOUSE

Following the recent AGM we filled all but one role, we just needed that someone special to take over our social media administrator role and get the club more active on twitter and Instagram and we are pleased to announce that Ellie Wells has taken on the role.

Sadly the full house did not last long as we are soon to lose Bruce Crowe as WSFRL co-ordinator, the good news for Bruce is he has sold his house, the sad news for us is he will be leaving Crawley.

Bruce has done an amazing job promoting league races in advance, collating race entries, communicating with the other clubs sending entries and amendments and being there at the WSFRL races to hand out race numbers.
If you are a regular WSFRL attendee and would like to put yourself forward for the role, or just ask more questions about it, please email Mark.

WHO’S WHO?

Our Committee Team:
Mark Clawson – Chair & Coach
Shelley Meyern – Vice & Coach
Tracey Cox – Membership Secretary
Ross Cheney – Treasurer
Simone Lee – Website Administrator
Henry Harris – Race Director
Carolyn Hartfield – Run Leader
Representative

Our Management Team:
Louise Clawson – Kit officer
Julie Roberts & Neil Roberts – Newsletter Editors
Tina Massiah – Public Relations Officer
Ria Beal & Simone Lee – Social Events Organisers
Bruce Crowe – WSFRL co-ordinator
Paula & Adam Stanger – Junior Crew
WSFRL co-ordinators
Carolyn Mynott – Junior Crew Park run co-ordinator
Semeena Khan – 0-5K Crew co-ordinator
Ellie Wells – Social Media Administrator

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 runcrcreviews@gmail.com

MEMBERSHIP NEWS

As we reach the end of February, we are only one month away from the start of our new membership year - 1st April 2019. The good news is that membership prices have been frozen and will remain as below:

Single Membership £10
Family Membership £15
(2 adults and children under 18 residing with you)

New membership forms will be available from the website and at training sessions from 1st March 2019 and are returnable by email or post to Tracey Cox:
https://crawleyruncrew.co.uk/joinus/

If you wish to renew or start up your UKA Affiliation (which gives you race discounts and access to the London Marathon entry draw), this is an additional £15 to the above. CRC does not take a cut from this, the full £15 goes to UKA.

Should you have any questions, please speak to Tracey about club membership and to Shell regarding UKA affiliation.

We look forward to having you on board for 2019!
MEMBER BENEFITS

GAOsteopaths

Osteopath Rob Goodwin, based in Crawley Down is offering a 10% discount to CRC members (and extended family) for new appointments. To take advantage of this offer, make sure you mention the club when you book.

Rob will be coming along to one of our spring/summer track training sessions to do a talk with members and may also be offering some free post-race massages at one of the bigger events we attend – watch this space!

To find out more about the service Rob provides, check out the website: www.gaosteopaths.co.uk

Don’t forget the other club discounts available to you as a CRC member:

You will need to show your 2018/19 Gold Membership Card or provide the code stated (where applicable) to secure the discount.

RUNR

Craig from team RUNR (a fitness and lifestyle brand for people passionate about running) has kindly created a specific discount code for us. Anyone who 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 are also offering members a discount. 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. The aim is 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/.

Also…

- 10% discount at Up & Running Horsham
- 10% discount at The Jog Shop Brighton
- 10% discount at Start Fitness
- 30% discount at More Mile
- Exclusive discount at Running Memories Medal Hangers
MARCH TRAINING...

Monday 4th Hill Repeats – Broadfield Primary Academy (Jnrs 12+)

Wednesday 6th 3K Time Trial – Hilltop School (Jnrs 12+)

Monday 11th Negative Splits – Broadfield Primary Academy (Jnrs 12+)

Wednesday 13th Circuits Class – Bewbush Community Centre (Jnrs 12+)

Monday 18th Loops – Broadfield Primary Academy (Jnrs 12+)

Wednesday 20th Endurance 6K – Hilltop School (Jnrs 12+)

Monday 25th Hill Repeats – Broadfield Primary Academy (Jnrs 12+)

Thursday 28th Improvement Intervals – K2 Leisure Centre (Jnrs 12+)

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

Walk this way.... Jog this way.... Run this way....
KEEPING YOU AND THOSE AROUND YOU SAFE

As a club affiliated to UKA we must follow 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.

CYCLE THIS WAY

For those out injured or returning to running, cycling is a great way to regain your fitness levels. It also brings many more benefits to regular runners including strengthening leg muscles.

With the lighter evenings soon approaching we are looking at group cycles along the Worth Way. If you are interested please email Mark so we can gauge how many would like to take part. More news on this in the next newsletter.

RESPECT TO…

The February award goes to Jenny Cooper who has impressed our Run Leaders with her dedication to training. Hard work pays off, as they say, and after 2 years of saying ‘I want a sub 2 hour half marathon’ she achieved just that at the recent Worthing half marathon. Well done Jenny!

A very big well done from all our Run Leaders to Pierre who once again received votes this month, he is currently marathon training and like Jenny he also got a new half PB at Worthing, well done also to Andy Franks who has been ever present at training throughout February.

Don’t forget…

…to follow CRC on Facebook for the latest news on training and events: facebook.com/CrawleyRunCrew/
MARCH FITNESS CHALLENGE

30 Day Crunch Challenge

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How to do crunches

Keep it small - Abdominal crunches are simple to perform. Remember that a crunch is not a full sit up. It is an abbreviated motion that is designed to stimulate the rectus abdominus only. Limiting the range of motion is what makes the exercise the best way to build strength and endurance in that specific muscle group.

Get involved by posting your photos and videos and tagging @CrawleyRunCrew on Facebook, Twitter and Instagram!
JUNIOR CREW NEWS

West Sussex Fun Run League (WSFRL)
Adam & Paula Stanger

Hi Junior Crew! It’s Adam and Paula here, your Junior Crew WSFRL coordinators.

The first WSFRL run of the season is April’s run at Lewes, and would like to see as many of you there as possible.

Our aim is to promote the WSFRL Junior runs and encourage and support you all along the way.

We would really appreciate any comments or feedback from yourselves and parents on how we can grow our Junior WSFRL attendance. We look forward to seeing lots of you in the coming season!

It was also lovely to see Emilia Burke complete her first junior parkrun this month. Well done to you Emilia, and to all who ran in February.

Parkrun is all about participation. Whether you choose to run, jog, walk, skip or hop round the course, it really is the taking part that counts. Let’s hope the warmer weather will encourage more of our junior Crew to give up their Sunday morning lay ins - a warm welcome awaits!!!!

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!

Parkrun
Carolyn Mynott

February saw our intrepid juniors tackle parkrun in all manner of weathers. From icy cold to spring-like, the junior Crew ran regardless, doing themselves and the club proud.

Despite very challenging conditions Dorothy Elliot managed a new personal best - a fantastic achievement considering how cold it was.
0 to 5k CREW
WINTER PROGRAMME
Semeena Khan - 0 to 5k Coordinator

Our incredible 0 to 5k Crew have made it to week 8 and are smashing training week after week! From braving the snow to conquering hills – absolutely nothing phases them!

Join us at Tilgate Parkrun on 16th March as we celebrate their graduation from the 10-week programme. We want lots of buddies, cheerers and cake so we hope you can make it. We are looking forward to painting Tilgate Park red and black with all the Crew!

If you’d like to be a buddy, please contact Semeena on zero5kcrew@gmail.com

P.S. Keep your eyes peeled on social media for more information on our upcoming Spring Programme.
PARKRUN CORNER
Carolyn Hartfield

Fabulous February! Something for everyone this month starting with the freezing cold first week of the month and finishing with a Saturday that felt like British summer. This month saw Crew travelling to Bushy park, Horsham, Cranleigh and Reigate as well as at our home parkrun at Tilgate.

Well done to all of you who have taken part in parkrun this month. It’s always hard to drag yourself out of bed at the weekend, but at this time of year it’s even more difficult! There were parkrun PB’s this month for Dominic Leppard 21:49, Stephen Goldsmith 19:23 and Daniel Libby 19:58. Well done guys, great running!

February saw our first parkrun tour this year. We visited the Horsham winter venue at Southwater Country Park, with a course that starts on the Downs Link and then around Southwater Park. It was lovely to see all of you who came to run this course before it goes back to Horsham park. We took advantage of the cafe afterwards for the amazing cake!

We have been looking at future parkrun tour venues and this month Henry & I visited the home of parkrun, Bushy Park. It was a fantastic experience being among 1459 other runners and will definitely be on the list for this year - watch this space! Our next tour will be on 23rd March at Preston Park and car share will be available.

16th March sees the Graduation of our amazing 0-5k group who have been out training in all weathers. Good luck to all of you & enjoy your day!

Our Park-runner of the month has really found her running mojo of late and fits parkrun into her weekly plan. You will find her running with friends and encouraging others - well done to Maria Weatherstone!
**WSFRL 2019**

There’s still some time until the next league race (Lewes Easter Monday) - a favourite for most of the Crew. We will once again set some new challenges for the crew to earn some trophies in 2019. Full details will be coming in the next newsletter, along with an update on our home race. For now, here is the programme for this year so you can get the dates in your diary. For more information see the [WSFRL website](#).

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>22nd April</td>
<td>Lewes 10k, 1 mile and 10k Race *</td>
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<td>12th May</td>
<td>Portslade Hedgehoppers 5</td>
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<td>15th May</td>
<td>Chichester Runners Gloria’s Goodwood *</td>
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<td>22nd May</td>
<td>Arunners Beach Run *</td>
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<td>16th June</td>
<td>Arena 80 AC Hove Park 5.7km &amp; junior events *</td>
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<td>22nd June</td>
<td>Burgess Hill Runners Downland Dash *</td>
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<td>3rd July</td>
<td>Steyning AC Roundhill Romp &amp; Mini Run *</td>
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<td>14th July</td>
<td>Hove Hornets Hornets’ Stinger *</td>
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<td>28th July</td>
<td>Henfield Joggers Seven Stiles *</td>
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<td>7th August</td>
<td>Worthing Striders Higdown Hike *</td>
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<td>1st September</td>
<td>Fittleworth Flyers Fittleworth 5 *</td>
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<tr>
<td>22nd September</td>
<td>Saints &amp; Sinners Tilgate Forest *</td>
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<tr>
<td>18th/25th September</td>
<td>Worthing Harriers Windlesham House 4 *</td>
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<td>13th October</td>
<td>Haywards Heath Harriers Great Walstead 5 *</td>
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<td>27th October</td>
<td>Lancing Eagles Steepdown Challenge *</td>
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<td>3rd November</td>
<td>Horsham Joggers Gunpowder Trot *</td>
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<tr>
<td>1st January</td>
<td>Goring Road Runners Hangover 5 *</td>
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* Junior races
RUN REVIEW

Worthing Half Marathon: 10th Feb 2019
Jenny Cooper

It was a chilly, grey Sunday on Worthing Promenade. The weather forecast had been suggesting that there was to be an 80% chance of rain this morning - yuck! I arrived at the pier bright and early to collect my race number and bumped into Pierre, Dom, Simone and Ali. Then more friendly faces at the start line in the form of Marion and Dan! The 9am whistle signalled the start of both the half marathon and 10km races. As we set off, the drizzle subsided and the conditions were, in fact, perfect.

After getting myself a PB on this super-flat course last year (2:01:08) I was quietly hoping for the sub-2 hour result that I had been desperately chasing for the last 12 months, most recently missing the mark by a mere 40 seconds.

As we meandered round the residential streets of Worthing, it was a chilled and quiet atmosphere. The few spectators, who did turn out, made up for the small size of the crowds with their sheer enthusiasm and generous jelly-baby supply.

I settled into my stride and each time I looked down at my watch, I seemed to be running steadily at the pace I had hoped I might be able to keep up – a pace that felt impossible in training – it always amazes me what we are capable of on race day! The head-wind on the prom was not as cruel as last year and I found it didn’t affect me too much.

At mile ten, runners reach the final turning point before heading back along the prom. This part of the run leads you round a big field, which seems never ending, and it is a dead spot in terms of crowd support. So, it was exactly the lift I needed when I heard the whoops and cheers of the two best cheerleaders, Shereen and Judy!

With three miles to go I already knew I could make my target time if I kept up the pace. My legs were tired but I knew I had it in me - the wind was now behind us, and helping us sail to the finish. With one mile to go, I could almost see the line and the pressure was off. The Salvation Army band played us home. I saw my mum and dad cheering as I crossed the line and looked down at my watch: 01:57:58!
EVENTS CALENDAR

Our new social secretaries, Ria and Simone, have been busy thinking up ideas to keep us occupied this year. More to follow next month, but the calendar is already starting to fill up…

**MAR**

**0-5k graduation run**

16 Tilgate parkrun

This one should already be fixed in your diary! See 0-5k feedback on page 10 for more info.

**MAR**

**CRC social at Wildwood**

29 Our first social event of the year! We would love as many people as possible to attend. We have a private room booked at Wildwood in Crawley at 7:00pm. They have offered us a special party menu for £19.95, this includes a three course meal with a glass of Prosecco on arrival.

If you would like to attend (or to see the menu before you decide) please email Ria. We have been asked to provide final numbers and menu choices by Friday 22nd March.

**JUN**

**Team CRC at Endure 24**

15 More information about this next month. See Facebook for details.

**JUN**

28 **CRC girls take over Go Girl Brighton**

See Facebook for more details and to register your interest.

**JUL**

19 **Brighton 5:30 event**

Fancy taking part in a unique event? Join us for this year’s 5.30 event. It is taking place on Friday 19th July and, yes, it’s at 5:30am!

The entry price covers a closed road route through the Lanes of Brighton, along the seafront and then a stunning finish through Pavilion Gardens. Each participant receives a t shirt to wear on the day, a medal and breakfast of fresh fruit, yoghurt and iced tea or water. The last two years have seen stunning sunrises so fingers crossed for third time lucky!

If we enter as a team of five or more, each person gets £2 off so at the moment the cost is £14 each. The largest team will receive a complimentary coffee to have either before or after completing the 5.3km route. Check it out at:

[https://www.run530.com/en](https://www.run530.com/en)

Don’t miss out on all the other running events coming up. Take a look at the comprehensive list of events taking place across the South of England which can be accessed online via the Run ABC Guide

LIFE WITH A RUNNING GEEK

I’m sure many of you are familiar with a runner who is endlessly comparing trainer styles, testing running watch features and column-sorting parkrun results. You might even be guilty of this yourself.

I shouldn’t have been surprised, as we have ‘previous’ in this household, but this recent episode was a bit of a biscuit-taker...

Jules: Runs around lake

Neil: Runs around lake three times, stopping at the same spot on each lap to re-set his Garmin to a different satellite system, thereby measuring which one provides the most accurate representation of the route.

Jules: Seriously??

For those that are interested, the satellites tested were GPS (American), GPS with Galileo (European) and GPS with GLONASS (Russian) and the winner was … they all seemed pretty much the same. 😊

NEWSLETTER FEEDBACK

Possible new sections?

Ask the Coach
The club run coaches can answer any questions you may have about running. For example: ‘I seem to have plateaued, how can I get past this?’ or ‘How do I get better at hills?’

Run Geek
Would you like to review or tell us about any of your kit, training techniques or diet ideas? It could be review of your latest shoes or why you like your favourite socks. How you got to be so fast or what you have for breakfast before a run.

Let us know what you think! Are there any improvements you would like to see or any new features you would like included? Please don’t be shy and keep your feedback and run reports coming in to: runcrcnews@gmail.com

Thank you
Eds. (Neil & Jules)
**RUNGATWICK** are looking for volunteers. Can you help make this event happen?
Sign up here: [https://www.rungatwick.com/volunteers/](https://www.rungatwick.com/volunteers/)
February 2019

All the news from your friendly all ability running club

The final word….
Well done to all those that recently ran the Worthing & Brighton half marathons, there’s still many more half’s in March so if your taking one on here’s a guide of what to expect!

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Walking, jogging or running, there's something for everyone at CRC. Join us anytime!