



Welcome to the March 2025 newsletter. And an especially warm welcome to Michael Baggott, Gaspar Campello Fuentes and Sarah Thomas who joined Saints and Sinners this month.

I'm so glad we've returned to Tilgate for our mid week training, weather conditions have been perfect, and there was a glorious sunset to welcome us back to the car park, at the end of the sessions on Tuesday. Do take a look at the articles on additional training sessions on offer from Clare and Sky, and there's plenty of time to enter the ever popular Sussex road relays in Preston Park, Brighton, plus all the up and coming SGP and WSFRL races. More details and entry via Spond.

We will need lots of you to volunteer to help host the S&S Tilgate parkrun takeover on Saturday May 17th. This is a great opportunity to promote our club and show hundreds of local runners what a friendly club we are, as well as giving us a chance to show our support for our local parkrun. See page 6 for more details.

Best of luck to all those who are running marathons, league races and other events in the next few weeks. Please do let us know how you get on and keep your reports and photos coming in to social@saintsandsinnersrun.co.uk, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi All

I hope you are all well! I'm looking forward to the return of Summer training after a long winter!

It was great to see such a good turnout at the recent Fittleworth 5. I really enjoyed the race. It was great to welcome our 1st ever International runner - Gaspar!

The highlight of the month was our Awards ceremony. It was brilliant to see so many of you there to share our successes and celebrate our winners. All so well deserved. So many people do so much for the club and we have some fantastic runners who represent us so well at XC, SGP, WSFRL and at parkrun on a weekly basis.

It was brilliant too to be able to support Sean H. with the raffle, thanks to all who bought tickets and contributed prizes.

I hope you enjoyed the afternoon as much as I did!

I'd like to thank (in no particular order) Lesley, Dickie, Debby, Glenn, Lou. Not forgetting Luke for organising me on the day and Jim for being my glamorous assistant!

James



Runner of the Month - March 2025

Runner of the month - Louise Mitchell

Lou is our March runner of the month having had a great start to 2025. She has run in the Brighton Half Marathon, represented Saints and Sinners in two WSFRL events scoring valuable points for our club and, when time permits, been a regular at training and core fitness.

Time is precious with a new baby and a preschooler at home, which make these achievements even more impressive.

Well done Lou.

Lesley Bryant



Saints and Sinner's Annual Awards

Saints and Sinners annual awards ceremony took place on Sunday March 23rd at Goffs Park social club. Thank you to those who attended and congratulations to all the Saints who won awards this year. A selection of photos of winners are included below. See next page for the full list of award winners.

Special thanks to Lou and Glenn Mitchell for organising the quiz and to Debby Scott for organising the raffle which raised £250, which Sean Heard, S&S ballot place winner, will be donating to St Catherine's hospice, his nominated charity.

Nicky Wilson

Individual runner of the year awards



WSFRL Appearance, Points and Improved Points awards



SGP Appearance & 2nd place team award



Runners of the month 2024 award



Saints and Sinners Annual Awards winners

Runner of the Year	Luke Taylor	SGP Appearance Award	Chris Bullock	
			Mary Freestone	
X Country Runner of the Year	Cathy Howe		Michele Nixon	
	Val Stanbridge		Nina Trevarthen	
	Matthew Sargent		Lesley Bryant	
			Theresa Taylor	
Club Spirit Award	Paul Luttmann		Janine Haynes Sky	
			Taylor-O'Neill	
Most Improved Runner	Andy Hale		Dan Smiles	
	Cathy Howe		Steve Baker	
			Luke Taylor	
WSRFL Appearance Award	Nick Baker		Mark Warwick	
WSRFL Appearance Award	Steve Baker		Mark Lavender	
WSRFL Appearance Award	Mary Freestone		Richard Bryant	
WSRFL Appearance Award	Dave Tibbals		James Mason	
WSRFL Appearance Award	Michele Nixon		Andrew Bullock	
WSRFL Appearance Award	Luke Taylor		Jim Scott	
WSRFL Appearance Award	Trevor Montague			
WSRFL Appearance Award	Stella Daff	SGP Runner of the Year	Mary Freestone	
WSRFL Appearance Award	Mark Lavender			
WSFRL Points Award	Michele Nixon	Runner of the Month	January	Greg Wierciak
WSFRL Points Award	Cara Law	Runner of the Month	February	Mary Freestone
WSFRL Points Award	Mary Freestone	Runner of the Month	March	Nick Baker
WSFRL Points Award	Paul Luttmann	Runner of the Month	April	Kerry Jones
WSFRL Points Award	Dave Tibbals	Runner of the Month	May	Nicky Wilson
WSFRL Points Award	Steve Baker	Runner of the Month	June	Andrew & Chris Bullock
		Runner of the Month	July	Sky Taylor-O'Neill
WSFRL Improved Points Award	Kerry Jones	Runner of the Month	August	Luke Taylor
WSFRL Improved Points Award	Janet Doyle	Runner of the Month	September	James McKie
WSFRL Improved Points Award	Cathy Howe	Runner of the Month	October	Joe Lavery
WSFRL Improved Points Award	Sean Heard	Runner of the Month	November	Andy Hale
WSFRL Improved Points Award	Luke Taylor	Runner of the Month	December	Cathy Howe
WSFRL Improved Points Award	Andrew Bullock			
		Junior of the Year	Harry Smiles	
WSFRL Runner of the Year	Nick Baker			



Sussex Grand Prix Awards 2025 - Thursday March 6th

Saints and Sinners took home another armful of awards for our efforts in the 2024 SGP season.

Our winners were:

Sky Taylor-O'Neill - 4th male overall and 2nd in age category

Dan Smiles - 19th male overall and 2nd in age category

Michele Nixon - 10th lady overall and 3rd in age category

Mary Freestone - age category winner

Janine Haynes - third in age category

The club also came second in the team competition - an absolutely brilliant achievement!

Thanks to everyone who ran an SGP race and helped contribute to our success!

Jim Scott



Tilgate Parkrun Takeover 2025

Saturday May 17th



Our first volunteering role this year is going to be our Sussex famous parkrun, Tilgate Takeover, on **Saturday May 17th**. This will be a great opportunity to promote the club and show the hundreds of local runners what a friendly club we are, as well as giving us a chance to show our support for our local parkrun.

We need to fill in all the usual parkrun volunteer roles, but this will only be possible with the help of everyone in the club. So we need your help.

Luke will be generating a Spond invite in the next few days, please reply to the invite. If you have any specific role requests pop them in your response and Luke will do his best to accommodate.

Please don't be put off by any of the roles - none are difficult and you will be given training and support if you need it. Jobs in the finish area may seem daunting, but you will be given all the support you need, so please feel free to give them a go!

Volunteering for Parkrun Takeover also counts as the volunteering requirement for those wanting to enter the London Marathon draw later in the year.

Nicky Wilson

Sussex Road Relays 2025

On Saturday 19th April we head to Preston Park, Brighton for the Sussex Road Relays.

The start times, team categories and numbers are as follows:

12.30pm - Snr Women - 3 runners
1.30pm - Snr Men - 4 runners
2.30pm - V40/50/60 Women - 3 runners
3.30pm - V40/50/60 Men - 3 runners



Each runner runs two laps of a flat one mile 'road' course within the park. Runners of all abilities are welcome, and the only requirement is a S&S top. Running for a S&S team makes it a super sociable event.



Check out the Spond event for full details. The closing date for entries is Sunday 13th April.

Paul Luttman - SCAA Rep

Morning Saints Sessions

As I am currently taking a break from the world of work, it has given me the opportunity to offer training sessions during the day. Thanks to everyone who has joined me in the three sessions so far.

We have been making the most of the glorious weather by enjoying social runs of 4-5 miles around Tilgate forest. The location and types of session will probably evolve depending on the time of year and the weather, but as with all our sessions, they will be open to all. I am open to suggestions for routes and types of sessions so feel free to let me know.

Subject to my schedule, plan is to offer sessions on either a Tuesday or a Wednesday morning at 9:15am. All sessions will be added to Spond so sign up in the usual way.

Look forward to seeing you.

Clare Hall



DO YOU WANT TO IMPROVE YOUR CORE FITNESS?

A strong core is crucial for runners because it provides stability, improves posture, enhances power transfer, and helps prevent injuries by supporting the spine and reducing strain on other muscles.

Improved Running Efficiency:

A strong core stabilizes the torso, allowing for more efficient transfer of power from the legs. This reduces wasted energy and helps you maintain good form.

Reduced Risk of Injury:

A stable core helps protect the spine and pelvis, minimizing stress on joints and muscles. This decreases the likelihood of injuries like lower back pain and knee problems.

Enhanced Posture:

Strong core muscles support proper posture, which is essential for efficient and comfortable running. Good posture optimizes breathing while running.

Increased Power and Speed:

A solid core allows you to generate more power with each stride, leading to increased speed and endurance.

Although not an official S&S session, we hold core fitness sessions every other Wednesday at Northgate Community Hall, Barnfield Road starting at 6.30pm and lasting 1 hour. The sessions are led by our very own Sky Taylor-O'Neill and are suitable for all abilities.

The only equipment you need is a yoga mat, but also bring water. The cost varies depending on how many attend, but if we are full it is only £1 and we have never paid more than £2.50.

We start with a short warm up and then the session is divided into 5 segments. The first concentrates on leg work, then there is a core block, followed by a HIIT segment, and finally stretches to cool down.

Whatever the exercise is, Sky always gives us an easier option and everyone works to their own ability, it is not a competition. Those of us who have been going regularly have noticed an improvement in our balance and core strength and, although the exercises seemed hard at the beginning, we are now much stronger and recover more quickly.



Martyn Flint

A tribute to Milo



'My beautiful boy Milo passed away on March 11th at just over 18 years of age. Milo was a Saints member 'by proxy' having been a much loved member of two S&S families, the Law's and the Hall's.

Milo loved to run. He liked nothing better than tagging along on a social run through the forest. He would keep going for miles. Of course, we often had to stop as he would get distracted! His primary motivation for running was to chase tennis balls and squirrels. Milo could chase a tennis ball for ages. Richard Bryant once spent an hour and a half throwing a tennis ball for Milo in my back garden. Milo kept returning it for more! Thankfully, Milo never got fast enough to catch a squirrel, despite his best efforts. They were just too quick for him!

Milo was also a regular at Parkrun in his younger days. He made the run report on one notable occasion when he stopped 1 metre short of the finish line to S**T. Thankfully mummy had poo bags!!! As he got older, his running diminished but he still came along to races and helped with volunteering at Parkrun.

Thankfully he had a peaceful passing with his final hours spent with people who loved him. I miss him more than I can put into words. Thank you to everyone who has helped take care of him over the years and a big thanks to everyone who has shared their condolences.

Milo, along with running, kept me going when things were tough. His joy, spirit, devotion and zest for life will stay with me always.

Clare Hall

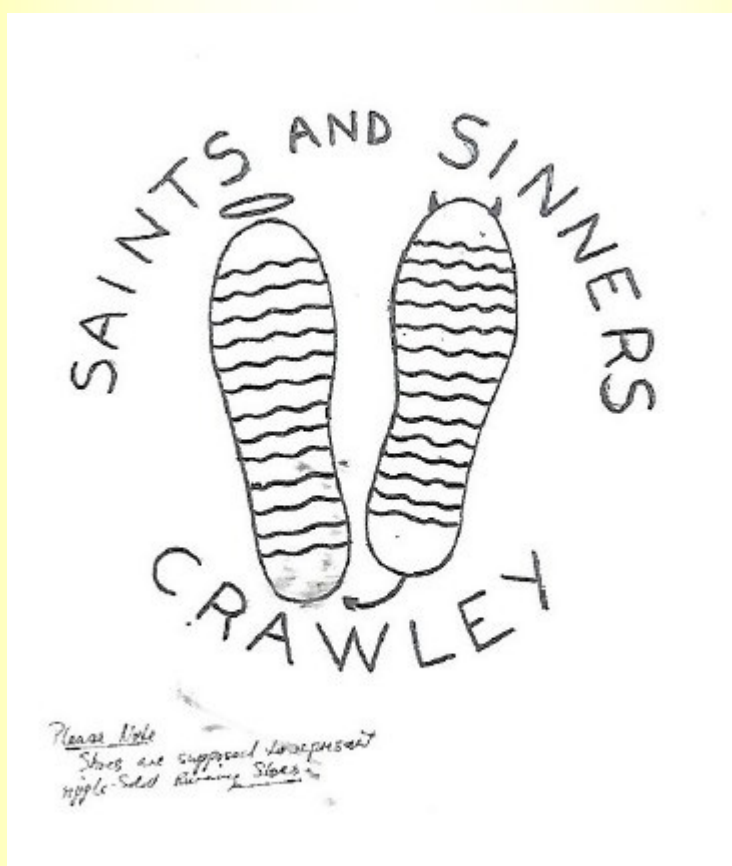


Obituary—Graham Rideout

We are sad to report that Graham Rideout, one of the 3 original founders of Saints and Sinners died in March after a long struggle with Alzheimer's disease.

When Graham indicated that he wanted to run the 1983 London marathon, Derek Brailsford started training him in 1982, and that's what led to the original formation of Saints and Sinners.

It was Graham that designed the club logo way back in 1982, and below is a copy of his original artwork.



The text at the bottom reads 'Please note, Shoes are supposed to represent ripple-soled running shoes'.

Richard Daniells

Run Reports

WSFRL Report - March

And I'm back!

I bet you all thought that you wouldn't hear from me this month, with the Hastings half marathon and those all important Sussex Grand Prix points up for grabs (for me obviously, not so much the club).

Unfortunately that did not happen and here we are!

From a 13.1 mile down to just under 6, with a slightly abridged course from last year. 6 unlucky entrants switched to the Fittleworth Flyers event and made the team reach that maximum threshold of 25 runners!

So all 25 of us ran amazingly well, with a special mention to Gaspar who came trotting past me as if I was walking about 3.5 miles and came in as 4th Saint!

Overall we came 10th and did a splendid job!

On to Lewes! See you all on Easter Monday.

Luke Taylor



Bump to Brighton Half - March 3rd

Back in 2024, I decided that I wanted to run the Brighton Half. It has been done by many a S&S runner, so I figured I might as well see for myself. However, not long before race day, I found out I was pregnant and having not done the proper training for it, decided to sit it out.

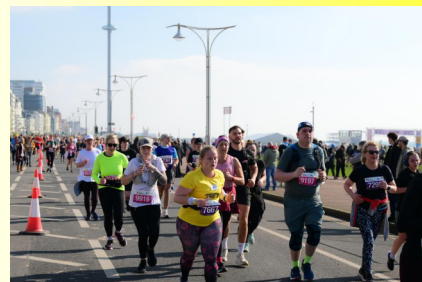
I couldn't get a refund, deferral or transfer, so I had unfinished business with this event. Therefore at the end of my pregnancy, I decided to enter the 2025 event.

Admittedly, it was a little bit on impulse and based on (poor) assumptions about how quickly I'll get back to running based on my come back after having Molly. Ashlynn arrived 1 week early in mid-October 2024, about 4 and a half months out from the event. This would be quite a quick come back, but I'd entered it now and wasn't going to lose my money again!

7 weeks later, I eased back into running gradually, getting just past the 5k mark by the New Year. I had some doubts at this point, I had not bounced back as quickly, and was really struggling with my pace and motivation. However, I kept going and built up my miles, albeit a bit quicker than I would have liked, and felt confident I would finish the half, albeit a lot slower than normal! Thank you to those who joined me on some of my training runs, it really helped.

On race day, I got a lift with the Coles who were also running it. We were there in good time, however, the queue for the portaloos was long and slow moving, so we just about managed to use the facilities and drop our bags before heading to our respective start pens.

Running solo, I reminded myself to take it one mile at a time and just enjoy. The sunshine and support helped me to do just that and I managed to clock the first 8 miles much faster than I did on my training runs, which included a long up hill around mile 4/5 (I can't recall exactly where!). This part of the route consisted of running away from the coast into the city and past the Brighton Pavillion, then back onto the seafront out towards the Marina. Then it was back downhill and back towards the main seafront, with a smaller out and back along the lower promenade.



By this point, the sunshine was making things feel rather warm, so as I came back through the main seafront and out to Hove, I was definitely starting to slow down (my post-partum fatigue definitely kicking in). I persevered, keeping hydrated as best I could (ample aid stations on route) and was very grateful to get to the turning point at 11 miles.



Now on the long home straight back, I shuffled past all the colourful huts and used the supporters cheers to get me to the end, even though my legs were screaming to stop. It wasn't quite a sprint finish, however, I did speed up a little as I crossed the line. I managed a chip time of 02:34:24, which I was very pleased with all things considered.

My legs, on the other hand, were like jelly as I nearly stumbled into the volunteer to collect my medal and goody bag. I then walked back to Brighton railway station, got myself a well earned coffee and croissant, then got the train back home. By this point my legs were feeling a little better so I managed to also walk home from Three Bridges railway station. This also meant that my legs felt OK in the week that followed!

Bump to Brighton Half cont..



So in summary, a well organised and marshalled event, with lots of local support. The only gripe was the chaotic toilet queues (even though there were a lot of portaloos, there were around 10,000 participants to serve and no real order to the queueing system!).

Given its locality and route passing a number of local landmarks, it is definitely worth a go if you haven't done it already. However, if you have just had a baby; then I would suggest waiting longer than 4.5 months to run it!!

Lou Mitchell



Isabel Trail Parkrun - March 8th

On our way to the Lakes for a week's holiday Debby and I spent the weekend in Staffordshire with my parents. We have done most of the local Parkruns near their home in Stone but not Isabel Trail. It's only a 20-minute drive and also gave us another 'I' for our second alphabet challenge.

We were blessed with warm and sunny weather as we joined nearly 300 other runners including a good few fellow tourists chasing that elusive 'I'.

The course is a straight out and back along the Isabel Trail, which follows the route of the old railway line from Stafford to Uttoxeter.

We were there on takeover day for local running club the Gnosall Globetrotters, so there were plenty of marshals out on the course offering encouragement.

The route is almost flat with a slight uphill all the way to the turn point so there is the potential for fast times.

Afterwards someone from the Globetrotters was handing out business cards promoting the club - a great idea. Unfortunately I had to decline their kind offer as it would be too far to come from Sussex for training!

Jim Scott



Brett Lydd half marathon - March 9th

I ran the Brett Lydd half marathon, 21km, on March 9th. The route meandered along the wide, quiet country lanes surrounding the marsh town of Lydd in Kent.

It was perfect weather, the warmest day (17°C) of 2025 to date. Hooray ! It was wonderful to feel the sunshine on my skin. I finished in 1hr 41min 43sec. I was 8th/114 (top 7%) of females racing and 2nd/16 in my age group (45-50).

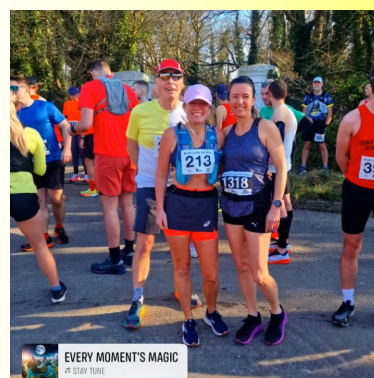
I can't remember the last time I ran the distance of 21km, I was very happy with the outcome, a baseline for 2025.

It was an enjoyable day (except for the blister on my foot, which I felt by the end). Organisation was excellent by "Nicework".

The event today was a charity fundraiser for the Rising Sun Domestic Violence and Abuse trauma service providing a pathway and safe future for survivors.



Michele Nixon



Steyning Stinger Marathon - March 9th

Despite booking a place, I was unable to tackle this in 2023 due to ongoing issues with my back, a slipped disc, which is normally OK for running unless it becomes inflamed. This time my winter training went well up to 18 miles on the flat, followed by a nasty cold at the beginning of February, which put paid to any more distance training.

Time to be wise and pull out of the race? Nah! This one has 30K and Half Marathon options, and you can decide on the day, or even on the course, which distance to take on.

A lovely sunny day brought perfect running conditions. I played safe and switched to the 30K at registration. These races are rolling start, but also have different start times, so I would be starting half an hour later than the marathon first start time. Shortly after, Cara, Joe and Ian (Gurling) arrived for the full marathon - I didn't know they were coming, and it got me thinking about attempting the full course.

I set off a few minutes after them, towards the back end of the marathon starters with an open mind about which distance I'd actually do. Part way through I told a marshal I was switching back to full marathon, and the message was phoned back to race HQ.



I love running on the South Downs, and the first 20 miles went fairly well, at an even pace in beautiful sunshine. At various points I was running with Cara and Joe for a while; it's always an encouragement running with friends, and I'm sure this helped me through.

With 3000 feet of climb, there is a reason why this is a stinger marathon, and miles 20-25 were hard work.

After the quad-crushing last downhill I was able to speed up at the end, which is a marathon first for me - I normally wind up a bit dehydrated as my sweat rate is about a litre per hour, which is a bit extreme. This time I got it right; 45 minutes with no fluids, and then 500ml bottles drunk evenly through each half an hour, extra electrolytes, plus 4 gels and a few jelly babies.

After the race there's a Great British breakfast, coffee and tea included in the package. And for the first time on this sort of distance, my stomach hadn't switched off, and I was able to eat. Yaaa! Stats? 4:38:20 moving time/4:41:22 elapsed time.

Turns out I was third place V60, missing 2nd place by 13 seconds. The second place runner didn't stop at all en route. Interesting! I could have cut my elapsed time down a bit.... But there's always next time. And of course I'll come back again - the race HQ is at Steyning Grammar School, where I worked for 23 years - it was great to see the place again, it's been a while.

Back soon, perhaps next year! Join me?

Mark Warwick



Albert Parkrun, Middlesbrough - March 15th

In mid-March, we took a trip up to Teesside to see family and friends (and for them to meet Ashlynn). Of course, we got in touch with Glenn's cousins and they took us to one of their nearby Parkruns - Albert Parkrun in Middlesbrough. I chose it to get my letter 'A'.

It was a beautiful sunny morning and we were there in plenty of time for a selfie and quick warm-up before lining up for the start. At only 5 months postpartum, I hadn't yet done a sub-35 min parkrun, however I didn't have any time in mind and just wanted to enjoy running in a new location.

The course consisted of 1 smaller loop and two larger loops of the park, with some slight gradients to keep things interesting. I noticed after my first mile that I was running faster than I had been of late whilst feeling good, so I continued and managed to finish in 31:24 (approx 10min/mile pace, with negative splits at each mile). So my pre-pregnancy pace is in there somewhere! Meanwhile, Glenn came 4th with a time of 17:38 and his cousins at 24:59.

After a quick cool down we headed back to our Air B'n'B for a cuppa and biccies from Cooplands (the North's answer to Coughlans).

As expected, it was a very welcoming and friendly Parkrun - worth a go if you find yourself in the area!

Lou Mitchell



Fell Foot Parkrun, Newby Bridge - March 15th

After a week of walking, eating and drinking in beautiful sunny weather Debby, Lesley, Dickie and I were ready to work off some Lakes largesse with a Parkrun. We decided on Fell Foot at the bottom of Lake Windermere, a 45-minute drive from our base in the Langdale valley.

Lesley and Dickie had run this one before and Debby and I were also keen to give it a go. The day of the run was bright and sunny but also bitterly cold, definitely gloves weather for at least one of us! As expected, we were parked up in plenty of time for comfort breaks and photos.

This weekend Fell Foot was on the last week of its winter course. The summer route includes two laps of a meadow beyond the lake. For the winter route we completed four laps up and down the ornamental gardens near the boathouse, with stunning views up the lake.

The route involves a fair bit of back and forth, with runners on small paths heading in two directions at once. There's also an elevation gain of nearly 200ft.

But with the ever-friendly marshals there was no chance of getting lost.

The run was great fun in spectacular scenery - definitely one to try if you can.

Jim Scott



Benijofar 7.5k, Spain - March 16th

On a warm, sunny morning 401 runners took part in this fantastic race. Benijofar is a very small town with an area of approximately 4.4 square kilometers.

The town's name originates from the Arabic 'Bani Ya'far' meaning 'sons of Ya'far'. It has historical roots as an Islamic settlement and became an independent entity in the early 18th century.

I hadn't done this one before and it certainly surpassed all my expectations. The atmosphere was very lively and there was plenty of music en route.

The route was varied, half on-road around the town and half off-road, running alongside the River Segura.

The first kilometre was a bit tough as it included an uphill section, but then it levelled out and there were some nice long flat stretches - which was just as well because the penultimate half-kilometre was the same tough uphill section!

The 12 euro entry fee certainly gave everyone a lot of goodies. Every female finisher received a beautiful gerbera flower. We also got a technical t-shirt and matching buff, a pack of local interesting looking sausages, a bag of oranges, a protein bar, banana and a soft drink and water.

Post race we could help ourselves to sweets and nuts, oranges, beer and a plate of bread and delicious Iberian ham. I would love to come back and do this race next year.

Nina Trevarthen



Father's Day 5km, Murcia, Spain - March 19th

It was a Bank Holiday (St Joseph's Day) in the Spanish Valencian and Murcian regions only and luckily a very well organised 5k was put on in the city centre of Murcia. It was a glorious morning, sunny and warm. It was a 2 lap, low-key race, with approximately 300 runners.

We all got a lovely technical t-shirt and afterwards there were soft drinks and a great big donut for everyone. I was very pleased to come first in my age group and received a trophy and a beautiful bouquet of flowers.

Nina Trevarthen



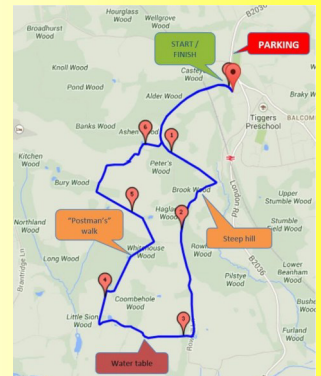


Balcombe Bull 7.2km run - March 23rd

I finished 2nd female overall at the Balcombe 7.2km Bull Run, which took place on March 23rd. It was a hilly, uneven trail race with some muddy bits, and with a bull in the fields !

I got the same finishing time for the last 4 years I've entered : 37min exactly in 2020, 2023, 2024 and 2025 ! Now that's consistent, stable and committed.

The race was a St Catherine Hospice charity fundraiser. I had a last minute entry after hearing that the Hastings Half was cancelled. Balcombe is a 15 minute drive from home.



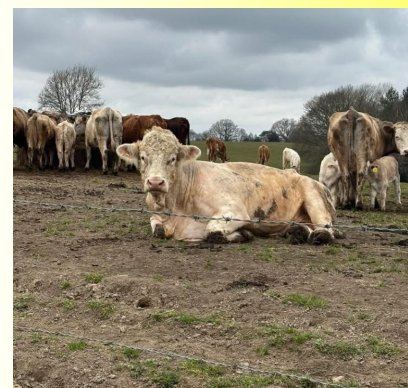
Thank you Frank Stone for your support and the pics.

Well done to Ben Short 1st male and record holder and to Catherine Harris, first female.

It was so special watching the barking, excited doggies take off in the Canicross category with their runners just before us. Well done to fellow runners Dave Tibbals and Titch for their win.

It was good to see so many familiar running friends, it was a lovely village atmosphere in beautiful Balcombe with coffee and homemade cake afterwards.

Michele Nixon



S&S Annual Awards Event - March 23rd

The annual S&S Running Awards for the Year of 2024 was held at Goffs Park Social Club. I was awarded the following awards:

- 2nd Place Team Award (SGP)
- Sussex Grand Prix Appearance / Attendance Award
- West Sussex Fun Run League(WSFRL) Points Award
- WSFRL Appearance / Attendance Award

Oh yes and I won the bottle of Gin in the raffle !

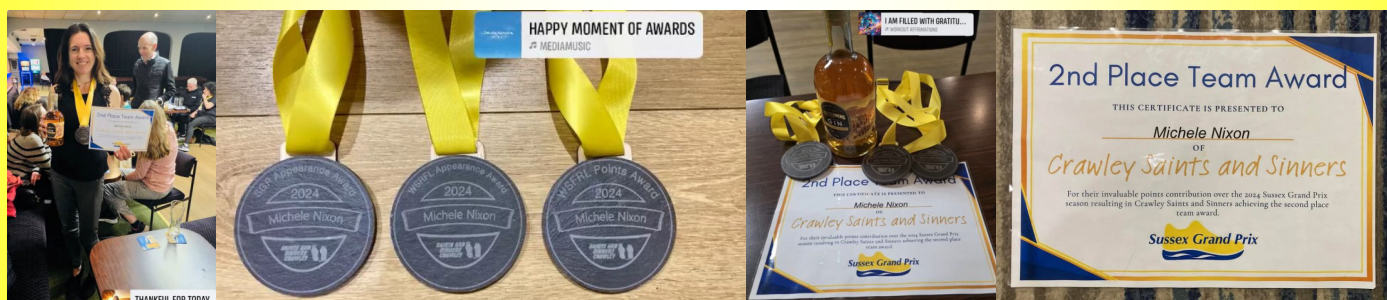
Congratulations to all award winners and everybody participating - absolutely brilliant ! And to Saints and Sinners who won the trophy for 2nd place overall in the SGP team event.

2024 was another excellent year for me, I'm very grateful to be have 100 % Health, with no illnesses and no injuries. I just had a few tumbles (I have a tendency to trip lol) but I'm still standing considering the number of miles I've covered and hills climbed and rambled or "tip toed" down over the last 12 months.

I'm thankful for the long term friendships I've made, for the training and races together with S&S, and the consistent fitness opportunities via the club. It's the baseline for the other events I do. For all the excellent organising, top running coaches, weekly local training, links to the SGP series, league races and cross country.

And to Frankie for being there from the beginning of time and to my two lads cheering their old mum on, now in my 9th year as a member. I started back in 2016 (wow !) nearly a decade in running shoes. May it continue into my 50's (2026).

Michele Nixon



Lloyd Parkrun (S&S tourism) - March 29th

The latest club tourism destination was Lloyd Parkrun in South Croydon. Twelve of us were out on a lovely warm, sunny day to tackle what is described as the hardest Parkrun in London.

The course is two anti-clockwise laps from the pavilion, following the perimeter of the park to its highest point before a lovely downhill. It's mostly on grass and trails - with lots of ruts and tree roots - and a small section of paved path.

As it had been so dry we were lucky that road shoes were fine. I can imagine things would be a lot trickier after wet weather!. The climbs are short and sharp and there's some lovely views from the top across South London.

Everyone enjoyed themselves and Luke even managed to break the course record for a Saints and Sinners runner.

Afterwards there's a cafe in the pavilion which was doing a brisk trade in coffees, cakes and snacks.

Oh, and parking cost just 20p for three hours!

Jim Scott





April / early May Activities

Sunday April 6th, South Downs Trail run, Lancing ring car park, 9:25am Saturday April 19th, Sussex Road Relays, Preston Park, Brighton, 12pm Monday April 21st, Lewes Easter Monday 10k (WSFRL), Lewes Leisure Centre, 10:15am Saturday April 26th, Parkrun Tourism - Guildford, Spectrum Leisure Centre, 9am Sunday May 4th, Haywards Heath 10 (SGP), South Road, Haywards Heath, 10am Monday May 5th, Hangover 5 (WSFRL), Worthing College, 11am

See Spond for more details.

UKA

A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

TRAINING

Tuesday and Thursday training has now moved to Tilgate Park, meeting at the main car park by Smith and Western. Please refer to Spond for session details.

Access to Horley Harriers Thursday track session remains available to all Saints'.

If there are any particular sessions you would like us to include, or if you are training for a specific event and need help with a plan please speak to a run leader or contact Stella at social@saintsandsinnersrun.co.uk.

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The sessions are suitable for everyone and are great fun. Sessions take place on Thursday evenings as per the schedule below, meet at the centre by the track at 6:45pm.

03/04	17/04	01/05	15/05	05/06	19/06	03/07
07/08	04/09	18/09	02/10	16/10	06/11	20/11
04/12	08/01	22/01	05/02	19/02	05/03	19/05

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit the **2025** online PARQ form <https://forms.gle/cbsRR3i1ZkcbzPgW6> ahead of attending your first session in **2025**. The form just needs to be completed once in **2025**.

Track sessions are £3.50. Please see S&S Facebook group for payment instructions.



Membership

New members, adult and junior, can sign up using the forms on the membership page of our website, <https://www.saintsandsinnersrun.co.uk/membership>. Once Lesley receives your form she will send you a payment request and, once paid, approve your membership.

Annual membership renewal requests will be sent via Spond, there is no need to fill out a new membership form each year.

KIT

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in.

Kit should now be ordered and paid for through the kit shop page on our website, <https://www.saintsandsinnersrun.co.uk/kitshop> (payment is handled securely by our payment provider Stripe).

Martyn will receive your order and, at the beginning of each month, will send it to our printers. Kit will be ready for delivery at Tilgate Parkrun or a training session around 4-5 weeks later.

For more information and questions email Martyn at kit@saintsandsinnersrun.co.uk.

Training Support

As a running club we are all here to support each other, whether you need help with a training plan, company on a long run, someone to pace you to a Parkrun PB, a lift to a race or a tourism event etc.

Speak to your run leaders about training plans and goals and they can adapt sessions to suit most needs. Also do you have any tips, pre/post rituals or post-race treats to share? Please do also let us know what races you have entered.

Our committee:

Chairman - James Mason
info@saintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@saintsandsinnersrun.co.uk
Treasurer - Roy Swetman
treasurer@saintsandsinnersrun.co.uk
Membership/UKA secretary - Lesley Bryant
membership@saintsandsinnersrun.co.uk
WSFRL Rep - Luke Taylor
raceentry@saintsandsinnersrun.co.uk
SGP Rep - Jim Scott
raceentry@saintsandsinnersrun.co.uk
XC Rep - Paul Luttman
raceentry@saintsandsinnersrun.co.uk
Kit officer - Martyn Flint
kit@saintsandsinnersrun.co.uk
Suggestions officer - Stella Daff
social@saintsandsinnersrun.co.uk
Social events organiser - Stella Daff
social@saintsandsinnersrun.co.uk
Press Officer - Nicky Wilson
social@saintsandsinnersrun.co.uk
Male Welfare Officer - Dan Smiles
malewelfare@saintsandsinnersrun.co.uk
Female Welfare Officer - Nina Ware
femalewelfare@saintsandsinnersrun.co.uk



Ordinary member - Dave Penfold
Ordinary member - Clare Hall
Ordinary member - Debby Scott

Order kit!

Kit should be ordered and paid for from our website:

www.saintsandsinnersrun.co.uk/kitshop

(payment is handled securely by our payment provider Stripe).

Full details of the styles available and sizing are on the website.

Martyn will receive your order and, at the beginning of each month, will send it to our printers. Kit will be ready for delivery at Tilgate Parkrun or a training session around 28 days later.

Register for WSFRL

Luke will post on Spond when races are ready to enter and share details of each run.

Please enter the race and pay via Spond, unless you currently have credit, in which case email Luke on: raceentry@saintsandsinnersrun.co.uk As rep, Luke will collect all numbers and distribute on arrival. Do not pick up your race number yourself. Please car share when possible. Any questions email Luke.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details. Email Paul and register your intent to run on:

raceentry@saintsandsinnersrun.co.uk

Please, if needed, then transfer money to: **Crawley Saints and Sinners Running Club**
Sort Code 20-23-98 Account Number 30434213
Reference: XC(race name)

Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Once registered, please inform Jim at: raceentry@saintsandsinnersrun.co.uk and if not done so before, share your **UKA and DOB**. Jim will manage the scores and points.

Make a suggestion!

Please email thoughts, queries or recommendations to our very own '**Suggestive Stella**'. You can ask these to be shared anonymously if preferred. Stella brings these comments to the committee meetings and then they can be followed up. The committee need to know what the members want and feel in order to improve.

social@saintsandsinnersrun.co.uk