

Welcome to the March 2024 newsletter. And an especially warm welcome to Alison Holloway, James McVie and Fred (Darren) Syred who joined Saints and Sinners this month. A varied selection of articles for you to enjoy this month including Parkrun tourism reports, several half marathons reports plus a write-up of two marathons on consecutive days from new Saints member Chris Bullock.

I hope everyone's spring training is going according to plan. Best of luck to all those who are running marathons and other races in the next few weeks. Please do let us know how you get on.

Send your run reports and pictures to [social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk), we love to hear what you've been up to.

**Nicky**

### **Chairman's Corner**

Hi All

Hope you are well and enjoying your running.

It was great to see so many of you at the Awards do recently. Well done to all of the award winners. It was amazing to see how many members had qualified for appearance awards in the Fun Run League and Sussex Grand Prix.

Thanks to everyone who helped on the day, especially to Debby for the raffle and to Glenn and Louise for organising the quiz. I really enjoyed the afternoon and hope you did too!

I hope to see you all soon, whether it be at Tilgate parkrun, or at a training session. Not forgetting any of our SGP or Fun Run league events.

**James**

### **Runner of the Month - March 2024**

The runner of the month for March is Nick Baker.

After a period of injury late last year Nick has been following a program to build up his strength and stamina with a mixture of weight training, attending regular S&S technical sessions, Tilgate Parkrun, and lone wolf running. Nick's persistence is paying off and he's gradually returning to his previous form.

Nick is a long-serving member of Saints and Sinners and is aiming to run all the WSFRL league races this year.

Congratulations Nick.

**Nicky**



**Saints and Sinners Annual Awards**

Saints and Sinners annual awards ceremony took place on Sunday March 24th 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. For more winners details please check out the All Saints email from March 25th.

Special thanks to Lou and Glenn Mitchell for organising the quiz and to Debby Scott for organising the raffle which raised £280 for our 3 London Marathon charity runners.

***Nicky Wilson***



Runner of the year  
**Ed Duke**



XC runner of the year  
**Luke Taylor**  
**Nina Ware**



Best New Runner  
**Cheryl Roscoe**  
**Greg Wierciak**



Club spirit award  
**Martyn Flint**



Most improved runner  
**Louise Redgrave and Dan Smiles**



SGP runner of the year  
**Theresa Wright**

**Saints and Sinners Annual Awards Cont ....**



WSFRL appearance award



Runners of the month 2023 award



SGP appearance award

## Run Reports

### **Santa Pola Half Marathon, Spain — January 21st—update**

Following on from Wayne's great report in the January newsletter we'd like to take this opportunity to update that our fabulous February Runner of the Month Mary Freestone was the first lady home in her age category!

She had to wait until the lovely Nina returned from her trip to Spain in March to receive her trophy but here she is pictured with it at our recent annual awards at Goffs Social Club.

### ***Lesley Bryant***



## **Kingdom Parkrun — March 2nd**

Debby and I were joined by Luke and Theresa for our trip to Kingdom in Kent. Set in a nature and activity centre, you run three laps of the undulating course. We were greeted by the friendly organisers who were happy to have Luke and Theresa join them as Parkwalkers. We listened to the pre-run briefing then set off.

The course is all on woodland trails or grass so, given the recent amount of rain, trail shoes were essential - especially around the aptly named washing machine section where you run in ever decreasing circles (no sign of comedy legend Richard Briers though).

I like courses where you can see and give encouragement to fellow runners and this fitted the bill perfectly.

Afterwards we had brunch in the cafe which was tasty but pricey.

**Jim Scott**



## **Lyme Park Parkrun — March 2nd**

This Parkrun has been on my wish list for a while. I regularly visit a friend in the Peak District and this Parkrun is literally a 10 min drive. However, when you are visiting friends for whom waking up for a run on a Saturday morning seems like a silly idea, I usually settle for a walk along the Peak Forest Canal instead. I finally got my chance !

Lyme Park is a National Trust estate set on the edge of the Peak District before it becomes Greater Manchester. For those of us of a certain age, it was also the setting for a TV version of Pride and Prejudice..... the one where Colin Firth goes swimming in the lake ! My visit coincided with the events 10th anniversary so there was a good turnout of both people and dogs !

This Parkrun ranks as one of the hardest in the UK. It is very hilly and the terrain is rugged and challenging. Just whip on a pair of trail shoes and you'll be fine. Parts of the course are quite bleak and the weather was wet, windy and snowy.

Personally, I loved it. Even though I had to hobble the last 500m because something went ping in my knee, it was so worth it. Gorgeous.

## ***Clare Hall***



### **Eastbourne Half Marathon — March 3rd**

I have waxed lyrical over several years of this fun, easy accessible and friendly race, always with a super medal, as I'm often the sole Saint.

THIS year I was lucky to have the company, and the lift, from Lesley and Dickie Bryant, who can entertain you with an in-depth race report, and James, our erstwhile Chairman (not only because it was rumoured this race was going to be a Grand Prix effort.... they were all keen to break their Eastbourne duck!).

We were the lucky with a super sunny day, with enough of a gentle breeze to keep you cool, bagpipes and pagan drummers. THIS year a free hot chocolate at the finish, my slowest ever time due to a right foot that suffers from wearing comp toe boots in my warehouse job, or I'm knocking on a bit... 10 years ago 1hr.52, this year 2hrs.38, oh well...

***Stella Daff***



### **Eastbourne Half Marathon — March 3rd**

A sunny Spring morning greeted us for our trip to the seaside and the Eastbourne half marathon. An early start. We headed off to the seaside.

For Lesley, James and myself we were all Eastbourne race novices. While Stella brought the race and route experience. It turns out the weather we had was very kind and could so easily have been sleet and gale force winds!

A well organised event. The race starts in a small park on the seafront. From the start you head along the seafront along to Beachy Head. Here you climb to the top. At least this climb is early in the race. What goes up must come down and you do in a thrilling speed section. A couple of tight turns and you are on the promenade next to the beach in a fraction of the time it took to go up!

The race then follows the promenade back East before heading onto the roads near the Marina. Think Maidenbower at this point and you get the picture. We then wound our way through the Marina checking out the million pound yachts. Before we were back on the sea front with 2 miles to the finish. It was at this point I was happy there was no gale force wind to run into!

The finish was well supported with an announcer enthusiastically calling out everyone's names as they came up to the line. Which was very useful for James and me cheering Lesley and Stella across the line.

There was great support along the course cheering us on, offering jelly babies and sliced oranges. Better than many races I have run. Plenty of water stops too.

All in all a most enjoyable run with fab club mates. Topped off by a cup of free hot chocolate. Now that's how to finish a race.

### ***Dickie Bryant***





### **Paddock Wood Half Marathon — March 3rd**

It had been four years in planning, a little matter of Covid, injuries and de-motivation got in the way, but I finally ran (well walked a bit towards the end) my first ever half marathon.

Having decided to sign up for Paddock Wood it was just now having to train for it. I ran more miles in January and February than I have ever done, stuck (ish) to a plan and on Sunday 3rd March rocked up and parked up at one of the official parking areas which was about a mile to the start. Decent warm up on what was a chilly but wind and rain free morning. Perfect weather frankly.

Plenty of 'facilities' and two marquees (with seats) that were changing areas, a first for me!

After what seemed like an age we were off around Paddock Wood and the villages in the Kent countryside. It was advertised as very flat, to a point it was, but not completely flat and I kept up with the two hour 15 minute pacers until just after mile 10. After 11 miles it was a bit run/walk but anything before 2 hours 30 was what I was aiming for. Frankly just getting round was my goal! There was plenty of support around from the locals and the race did take you out into some very pleasant open countryside, a lovely route. It is then back to the town centre and the finish.

Organised by the local athletics club, it was a great experience for someone who hasn't run further in a race other than 10 miles and I would recommend it to everyone to give it a go. I don't have the time or discipline to train for a marathon but I certainly will be looking at more half's that are relatively flat!

My time in the end was 2 hours 19 minutes, 18 seconds. Very pleased with that plus also delighted that at the end I could still walk the mile back to where I had parked the car! Even better news was that I still had the ability to walk the next couple of days!

### **Andy Hale**



## **Squerryes Winery Parkrun — March 16th**

Another trip out with Debby, Luke and Theresa and another off-road Parkrun.

This week we headed back to Kent and Squerryes Winery where there is a brewery (hurrah) but it was shut at 10am (boo).

I had also arranged to meet an old school friend who lives in Godstone, although Mike claimed he hadn't realised there would be mud!

The route takes in one and a half laps round the edge of the vineyards so was all on grass and mud - great fun!

The weather and views were glorious and I would like to come back in drier conditions. Mike and I took it steady as we plodded round chatting about the 'good old days' when we were both thinner and had less grey hair to slow us down.

### ***Jim Scott***



### **Balcombe bull run –March 17th**

This was the second year I had entered the Balcombe Bull Run so I knew what to expect and the conditions did not disappoint.

The run is a community-organised 4.5-mile loop on lanes, paths and fields around the village which raises money for the local school and St Catherine's Hospice.

Saints had a decent turnout this year with myself and Stella joined by Cathy Howe and crew celebrating her 70th birthday.

Some may opt for a cream tea or even a glass of fizz but Cathy, it seems, prefers mud. And no one went home short-changed. After heavy rain the course conditions were described as the "boggiest ever".

This was essentially a spa day disguised as a run.

I got into the spirit of things with a spectacular slip in the first field which put me flat on my back.

After that it was a case of charging through the ankle-deep mud as best you could in the battle to the finish line where we were welcomed in the traditional way by finishers clanking their bull bell medals.

I'll be back next year!

***Jim Scott***



### **Teulada 9.8k, Benidorm, Spain—March 17th**

I was sad to miss a Sunday morning training run with Lesley round the soaking streets of Crawley on a very wet St Patrick's Day, but the second best choice for that day was to run in lovely warm Spanish sunshine instead!

Teulada is a small town a few miles inland from the Mediterranean, about 15 miles north-east of Benidorm, and is not a place I had been to before.

It was a glorious morning and shortly before the race started there was an excellent brass band playing. At 10am, all 960 of us got going and I was happy it started off with a nice downhill stretch. This was followed by some evil uphill climbs until it levelled out again.

The race was part of a 15 race circuit (like the SGP but on sangria!) and it was clear that the standard was very high. I was pleased to come 7th out of 26 in my age category. The entry fee of 6 euros was such a bargain, afterwards we were given a goody bag with a buff, fruit and drinks, and there was plenty of beer too.

All in all a really enjoyable race and if I did it again I would make an extra effort to run all the way instead of walking up some of the steep hills....it was 25 degrees though!!

### ***Nina Trevarthen***



## Fallout—March 23rd

A small nuclear mishap and explosion at Harwell. Green smoke is billowing from the reactor. The alarm goes. We must scatter, to save ourselves...



We get a 30 minute head start before the fallout ring starts expanding at 3.5 miles per hour. Safety from the radioactive cloud lies at a 40 mile (~66 km) radius from the accident and we must make that distance in less than 12 hours to avoid being consumed. Our escape route won't be straight though as we wind through the countryside.

We can go any direction, no time to dawdle. Luckily we have planned for this eventuality and have maps printed and our GPXs loaded. Let's escape the expanding nuclear radiation before we get vapourised!

Saturday was a really fun explore across the middle of the country with a friend who I hadn't run with for a while. We chose to head east with the "Kents Hill" suburb of Milton Keynes (where Open University is based) our target. Over the last few years of this event I had seen escapes around the compass but never towards Milton Keynes... why??? Planning took into account the recent rain, to minimise flooding and avoid hours spent trawling through mud. Partially successful. Highlights included finding a 15<sup>th</sup> Century Preachers Stone in pretty Quanton village, overlooked by a windmill, and one kilometre that my friend described as "a duck pond". He is not wrong: there were ducks however the water was up to the shins in only a few places. Mostly we successfully connected fields, footpaths, cycle routes and tow paths with minimal discomfort.



## Fallout Cont...

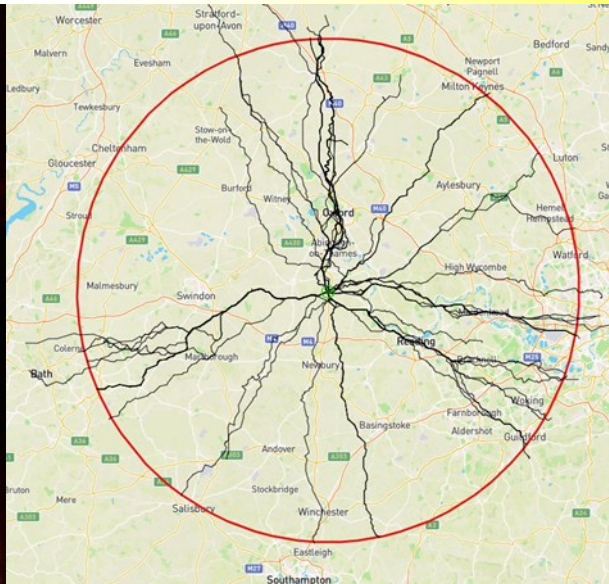
We were very fortunate to have the support of our partners on this event, interrupting their own runs, sightseeing and regular meal times to provide a kit change and snacks at Waddesdon Manor and down a dark country footpath approaching MK. They had our route but my phone was off so these meetups were unexpected and pleasurable surprises. One of their highlights was an extraordinary Shakshuka served on jacket potato. These are the details that keep you focused and going for another few hours!

Hitting the HS2 construction and finding "all your footpaths are closed" signs was a bit unexpected however we quickly plotted an alternative route on the roads, only a mile or two extra and as a bonus it took us past the interesting Buckinghamshire Railway Centre with vintage steam trains.

Some runners were caught by the cloud earlier, earning a "vapourised" medal and going on to complete their own personal running target for the day. Slowly, slowly we reached the safe zone, in Milton Keynes, had celebratory chips from a kebab van and got ready for the monster of all hotel breakfasts the next day. We survived!! And had a great day escaping.

If you're interested: March 22<sup>nd</sup> 2025 they're planning another nuclear accident <https://www.beyondmarathon.com/fallout>

## Andrew Bullock



### Hastings Half Marathon (SGP) – March 24th

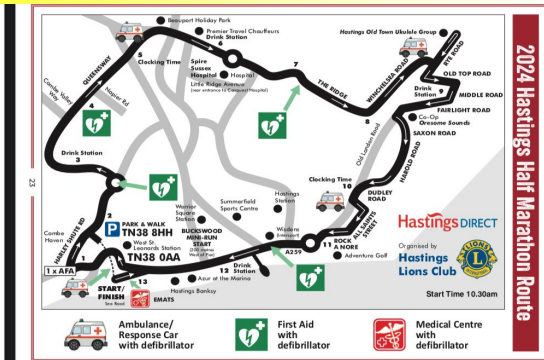
Last weekend I competed in a hilly Hastings Half Marathon, it was their 40th year - a celebratory date (I was 8 years old when this annual event started) ! The Lions Club of Hastings (the main organiser and fundraiser) donated over £10,000 to charitable causes.

It was a beautiful day. Approximately 2500 runners were racing along the elevated inland route finishing on the seafront !

I finished in the top 4% females (37/908) and the top 5% in my age group (7th/139).

There was super support on route, with bands and locals cheering us on. A solo car journey roundtrip took 2 hours and 30 minutes from Crawley to the coast. Clear roads and blue sky. I loved it all. First race on the 2024 SGP calendar.

### Michele Nixon



Michele Nixon **24th March 2024**  
 Bib #3294 , Female , Crawley Saints & Sinners

[f Share](#)

### Hastings Half Marathon 21km

**GUN TIME**  
**01:44:49**

Chip time 01:44:43  
 Finished 21.1 KM  
 Speed 12.08 km/h  
 Pace 04:58 min/km

Overall position  
**403** Top 16 % overall

Out of 2567  
 Women  
**37** Top 4 % Female Finisher

Out of 908  
 Female Vet 45  
**7** Top 5 % in Age Group  
 Out of 139



## Hastings Half Marathon (SGP) – March 24th

The first race in the SGP calendar was once again upon us, meaning a blast to the coast for the Hastings Half. This was the 4th time I have run this race, which was celebrating its 40th anniversary and regularly attracts between 2,500 to 3,000 competitors.

Saints and Sinners had 11 senior entrants this year and one junior - a marked improvement on the three (fool) hardy runners who tackled the rain last year. As we waited on the start line all the talk was of the wind and how much fun it would be when we hit it for the last two miles along the seafront!

As for the rest of the route - it's hilly with around 900ft of elevation in total. Most of the serious climbing is done in the first 5 miles, then it's undulating to mile 8/9 before a lovely downhill through the old town and then back along the front to the finish.

As I am marathon training I felt good. But this meant I was running faster than my planned pace for the first 10/11 miles. And as I suspected I paid for this later, with the last two miles turning into a slog.

Nevertheless I yet again thoroughly enjoyed the race.

A great start to the SGP season.

### **Jim Scott**





### Phoenix Perseverance and Adversity Scrolls – March 27th and 28th

Over Easter, Phoenix Running are hosting their annual 10 in 10/12 in 12 events on the Thames Path from Walton. It's incredibly humbling and impressive to see people out running their chosen distances day after day. I wanted to attempt 2 marathons on consecutive days to see if I might be able to do a multi-day event in the future so it seemed like a good opportunity to be in the company of experienced multi day runners.

We were blessed with sun for a few hours on the Wednesday, before heavy rain kicked in, enlarging the puddles on the already damp towpath. Running through the rain, I had to keep reminding myself to go slow, to take walk breaks and to remember I had to do it all again the next day.

The route is out and back sections, so you see the same people and things many times. Most people say well done, it's a friendly bunch. The scenery can get repetitive but there's plenty of wildlife – there was a cormorant resting in a bankside tree on day one, I saw him cruising down the river on day two.



Thanks to the kindness of other runners, I had a lift to my hotel (and some compeed!), then time to stretch, have a short swim and get some food and rest.

Day two my legs felt good but the fatigue levels were high. I decided to walk most of the route, even stopping for coffee and lemon drizzle cake part way! A rainbow at the start gave a hint of things to come – after a few light showers, eventually the rain settled in hard. I finished in one of my slowest marathon times ever, 40 minutes slower than day one, but happy to be injury free and still moving.

### Chris Bullock





### April/May activities

Saturday April 6th, Parkrun Tourism, Banstead Woods, 9am  
 Sunday April 14th, South Downs Trail Run, Bramber, 9:25am  
 Saturday May 4th, Parkrun Tourism, Littlehampton, 9am  
 Sunday May 5th, SGP Haywards Heath 10 miler, 10:30am  
 Sunday May 12th, WSFRL Hedgehoppers 5, 11am  
 Sunday May 12th, SGP Horsham 10k, 10:30am

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 the Spond app 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](mailto:social@saintsandsinnersrun.co.uk)

### Horley Harriers Track Sessions

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.

|       |         |       |       |       |       |       |
|-------|---------|-------|-------|-------|-------|-------|
| 04/04 | 18/04   | 09/05 | 23/05 | 06/06 | 20/06 | 04/07 |
| 18/07 | 08/08   | 05/09 | 19/09 | 10/10 | 24/10 | 07/11 |
| 21/11 | 12/12 * | 09/01 | 23/01 | 06/02 | 20/02 | 06/03 |
| 20/03 |         |       |       |       |       |       |

\*date subject to change, TBC nearer the time.



## **Horley Harriers Track Sessions Cont**

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

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

### **Membership**

Existing members should have received a request for 2024 - 2025 membership payment. For those who haven't yet paid, payment is now due. Please refer to the recent Spod or email notification.

Forms for new members are available from the S&S website. Please complete and then email the form to our membership secretary at:

**[membership@saintsandsinnersrun.co.uk](mailto:membership@saintsandsinnersrun.co.uk)**

Where possible please avoid using cash and make bank transfers to:

Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please add your surname + MEM as the reference for membership.

### **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 14 days later.

For more information and questions email Martyn at [kit@saintsandsinnersrun.co.uk](mailto: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](mailto:info@saintsandsinnersrun.co.uk)  
Secretary - Richard Daniells  
[info@saintsandsinnersrun.co.uk](mailto:info@saintsandsinnersrun.co.uk)  
Treasurer - Roy Swetman  
[treasurer@saintsandsinnersrun.co.uk](mailto:treasurer@saintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Bryant  
[membership@saintsandsinnersrun.co.uk](mailto:membership@saintsandsinnersrun.co.uk)  
WSFRL Rep – Luke Taylor  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
SGP Rep – Jim Scott  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
XC Rep – Paul Luttmann  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
Kit officer – Martyn Flint  
[kit@saintsandsinnersrun.co.uk](mailto:kit@saintsandsinnersrun.co.uk)  
Suggestions officer – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Social events organiser – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Press Officer – Nicky Wilson  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Male Welfare Officer – Dan Smiles  
[malewelfare@saintsandsinnersrun.co.uk](mailto:malewelfare@saintsandsinnersrun.co.uk)  
Female Welfare Officer – Nina Ware  
[femalewelfare@saintsandsinnersrun.co.uk](mailto:femalewelfare@saintsandsinnersrun.co.uk)



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

### Order kit!

Please use the kit page on the website to choose your kit. If you would rather not use the form then please email Martyn on:

[kit@saintsandsinnersrun.co.uk](mailto:kit@saintsandsinnersrun.co.uk)

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

Size: XS, S, M, L, XL, XLL or junior ages

Name: please type the exact name you wanted printed

Kit should be ordered and paid for from our website:

[www.saintsandsinnersrun.co.uk/kitshop](http://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 14 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](mailto: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](mailto: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](mailto: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](mailto:social@saintsandsinnersrun.co.uk)