

Welcome to the August 2023 newsletter.

A smaller selection of run reports for you this month, with many Saints on summer holiday and the annual break in the WSFRL and SGP calendars. Nevertheless, we do have a selection of Parkrun Tourism reports from around the UK, from Poland and Sweden plus a report from Isla Greenaway running her first marathon. There's also an update from Richard D. on the annual club handicap race with results summary. Last, but not least, we have the usual SGP and WSFRL roundups from Jim and Luke with a reminder of what league races are coming up in the autumn, starting with Tilgate 5.

Thank you to everyone who took time to write a report or article for this month's newsletter.

Nicky

Chairman's Corner

Hi everyone!

I'm sitting here writing this the day before our Tilgate 5 race – when you read this the event will have been and gone for another year! A lot of time from the organising committee goes into getting this off the ground, so thanks to those involved (you know who you are!) and to all our fabulous volunteers!

We've only got a few sessions left at Tilgate, I can't believe the summer is nearly been and gone. Soon we'll be back at Oriel!

Thanks to all who took part in our Annual Handicap race, it was great to see so many of you there. Well done to Sandra for winning the event, and of course thanks to Richard D. for organising it expertly again.

Don't forget to look out for Luke's WSFRL and Jim's SGP emails, there are still lots of events to look forward to!

See you all soon!

James

Runner of the Month for August

I'm delighted to say that our latest Runner of the Month is **Ed Duke**.

Ed's been nominated by the Committee, his recent running performance has been terrific! He's had a number of parkrun PB's, the latest one is 19:44 at Tilgate. Many of his runs have been paced by other members such as Dan and Sky, which shows great teamwork too.

He's also a regular at training and takes part in the WSFRL too.

Well done Ed!

James



Thank You

TO OUR FABULOUS

Volunteers

On behalf of the S&S committee a massive Thank You to all the Saints who volunteered at Tilgate 5. The weather was fabulous and the course in tip top condition. We've had some really good feedback from lots of runners, impressed with the number of volunteers supporting the event and the warm welcome they received. Your support is really appreciated.

Below is a small selection of photos from the event for those not on WhatsApp including our Saints Junior and Senior Finishers. If any of you would like to write a report for September's newsletter please email to the usual address.

Nicky Wilson





S&S TILGATE PARKRUN TAKEOVER—Saturday 30th September

The volunteering opportunities are coming fast at the moment, parkrun takeovers are finally back and we have agreed the S&S takeover at Tilgate will be on 30th September.

We need to fill all the usual parkrun volunteer roles so once again we need your help!

This is a great opportunity to promote the club at our local parkrun and turn Tilgate yellow.

Please email : membership@crawleysaintsandsinnersrun.co.uk as soon as possible or let me know at an upcoming training session and indicate if you have a particular role you would like to try out.

Please remember all the roles are straight forward and you will be given the training and support you need to complete the role.

Many thanks

Lesley Bryant

Run Reports

WSFRL Highdown Hike — August 2nd

Our last WSFRL event before the summer break was the Highdown Hike, situated just outside of Worthing. Now all day it had promised rain and when I arrived super early to get a parking spot at the start to avoid having to walk, it was doing just that. Luckily it had actually stopped before the race so that was handy.

With 24 people signed up - and 2 on the day, entries gave us a 26 strong squad to attempt to keep in touch with the teams above us - more on that later.

This 4 mile, loops around a field, up one of the hills, then an undulating zig zaggy- bit across the top of the South Downs, back down another hill and then round the field to finish.

After the race we finished 5th! not far behind the 4 teams either, well done everyone!

Tilgate 5 is next!

Luke Taylor



Parkrun Park Modrzewie, Elblag, Poland — August 5th

My trip to Poland had been planned since last year. My Aunt, passed away 2 years ago and my sister and I were fulfilling her wishes to be interred with my Uncle in his family plot in Poland. My Uncle came over from Poland just after the Second World War, met my Aunt and they were together for over 60 years until my Uncle's death in 2010. I made the same trip with my Aunt with my Uncle's ashes so it was lovely to be able to reunite them. My Polish family organised a beautiful service (not that I could understand any of it).

My Uncle and Aunts Polish nephews and nieces and their families, live in Elblag which is a city about an hour from Gdansk. I knew there are a fair number of Parkruns in Poland so it was fingers crossed when I checked out the website. 2 of my relatives, Bartek and Jurek, were also keen to give it a go. Bartek, took it all very seriously and wanted to know how it all worked. I don't think he could get his head around the whole barcode/token arrangement and how you end up with an accurate time (I must admit, it's still a bit of a 'dark art' as far as I'm concerned too). Anyway, it was really sweet of them both to join me.

Modrzewie Park is a suburban park opposite a huge brewery (no beer on offer sadly). It's a 4 lap course which didn't exactly thrill me either. However, everyone was so warm and welcoming. There were 49 attendees and I was the only non Polish runner (although there was one other tourist from the UK). The Pre-run announcements included a group photo and some volunteer awards.

Despite being 4 loops, it was actually a rather nice run. The route was completely tree lined and mostly on tarmac. The majority of each lap was slightly downhill so obviously there was an evil uphill section to end each circuit. As the numbers were small, plenty of space to get into a good pace quickly.

At the end, I went to thank the run director who gave me a massive bear hug and thanked me so much for coming (well I hope that is what she said!). Bartek finished in a very respectable 25m 49s and Jurek around 35m (not bad for a 67 year old first timer running in his golfing gear). They both really enjoyed itnot sure they have been back though.

It was my 50th tourism and my first foreign one. I also completed the Stopwatch Bingo Challenge (getting all the seconds from 00 to 59 in my Parkrun finishing times. Not one you can plan for)

Clare Hall



Uckfield Parkrun – August 12th

With plans being drawn up for a 'Z' Parkrun trip by a few of us next year, we decided we needed a planning meeting! So Debby and I, James, Dickie, Lesley, Luke, Theresa and Nina (assisted by driver and photographer Keith) decided to combine a spot of tourism with a 'business' breakfast afterwards.

Uckfield satisfied many criteria - a U for some, another Sussex run ticked off for others. We set off bright and early and were at Uckfield rugby club in plenty of time for a warm-up and pre-run briefing, along with quite a few other tourists.

The course is a single loop out and back and all off-road. Dickie opted to trial his new trail shoes in decent conditions while the rest of us went for roads as the ground was pretty firm.

After a loop of the rugby pitch, we set off into Buxted Park, winding along tracks past some ponds and over wooden footbridges. In the park itself there is a steepish hill to climb (with a lovely downhill) and cows to negotiate before you head back to the finish.

The views were lovely, the course challenging but enjoyable and all the marshals friendly and encouraging. And afterwards we enjoyed a hearty brunch at Hartfields cafe in Uckfield town centre.

Jim Scott



S&S Club Handicap Race— August 16th

The Club's Handicap race 2023 for the Derek Brailsford Trophy took place on a warm and sticky Wednesday evening in August. This is an annual event, and this was the third running of the Handicap Race around the normal Tilgate parkrun route.

The way it works, is all runners are given an estimated time of how long it will take them, and they start with the slower runners going first and others starting so if the handicap is correct, all runners will cross the line at the same time.

Twenty five runners took part, and there were also about ten supporters and helpers present as well to cheer on the runners. From the first to the last starter, there was a 21 minute 15 seconds difference, meaning the first runner was most likely already running down Azalea Hill at the time the last runner set off.

Sandra was the first runner to start the final lap of the lake, and with Andrew only about 20 metres behind and starting a minute after Sandra, it looked like Andrew would catch her before the finish. But a last lap spurt saw Sandra pull away finishing first, with Andrew coming home second, and Luke who was half way down the field position wise overtaking several runners to come in third, plus setting his best ever parkrun time by over a minute.

With 20 of the 24 runners who had previously run Tilgate parkrun finishing with a minute (and a second) of their projected time, the handicapper was reasonably pleased with his calculations!

After the race, Sandra was presented with the Derek Brailsford Trophy for the next year. Thanks to everyone who took part and those that came along and supported the event.

Richard Daniells



S&S Club Handicap Race Cont...

Final results with runners actual times

Position	Runners	Minutes	Seconds
1	Sandra Langridge	37	12
2	Andrew Dunn	36	40
3	Luke Taylor	22	59
4	Frank Stone	24	32
5	Martyn Flint	24	12
6	Dan Codrington	25	15
7	James Mason	24	22
8	Mary Freestone	27	30
9	Richard Bryant	24	20
10	Cathy Howe	31	10
11	Sarah Stanbridge	21	51
12	Nina Trevarthen	27	15
13	Sarah Cole	33	39
14	Dawn Rhodes	33	39
15	Ian Gurling	25	02
16	Jim Williams	19	05
17	Roy Swetman	36	26
18	Andy Hale	30	45
19	Wayne Kingsnorth	20	24
20	Lesley Bryant	28	39
21	Dave Tibbals	24	03
22	Ed Duke	21	00
23	Paul Luttmann	29	49
24	Michele Nixon	22	45
25	Trevor Montague	32	30



Bath Two-Tunnels Marathon— August 20th

Last year in October time I decided that I wanted to run a marathon. After a long time deciding which marathon I wanted to do, on January the 1st I booked in to run Bath Two-Tunnels Marathon.

From then I started to up my distance, I ran my first half marathon in March by doing Paddock Wood half marathon and then in April I started my 16 week plan.

The marathon was a two lap course which started in a grassy recreation field. The first part of the course consisted of running along a disused railway line and through the two tunnels, the first being 400m long and the second one was a mile long. We then ran on the quiet road for a while which contained a climb and then undulated up and down slightly. The rest of the course was following the canal paths with great countryside views. Towards the end of the canal section we ran back into the centre of the city and did a short out and back down to Pulteney bridge and weir. The last section of the course was along the railway path and up a short hill to the finish area.

My Dad (Ian) and I crossed the finish line together in 5 hours 26 minutes and 46 seconds, being cheered into the finish by George and Theresa!

I had a really great experience and am so glad that I managed to complete it. While also raising money for my charity. I ran for Ambitious about Autism.

Isla Greenaway

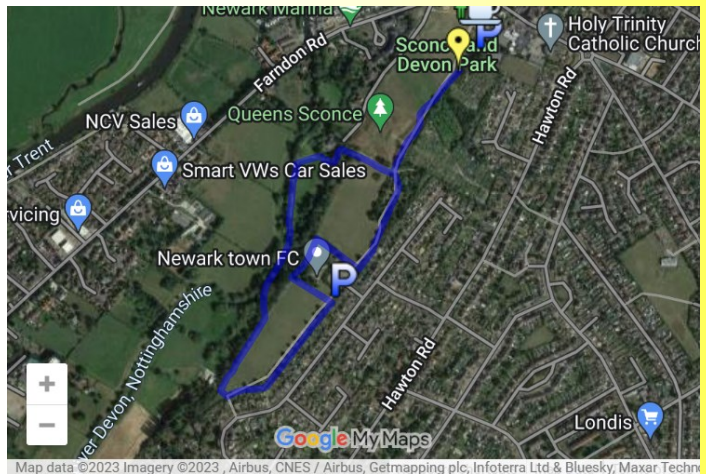


Newark Parkrun — August 26th

For the last two years I have headed up to Newark to go to 'Stonedead' music festival ('One Day, One Stage, One Monster Rock Show' . Highly recommended if you like your rock and if you camp, you get extra bands on the Friday night). This year was no exception. I usually get a lift with a friend, but this year drove myself so took the opportunity to try out the local Parkrun. Through the festival Facebook page, I managed to hook up with, and offer a lift to, a couple of other festival goers.

The run takes place in Sconce and Devon Park in the centre of Newark (really pretty little town, must take a look round sometime). The route is three laps around a lovely route with a surprising woodland section. Bit of a narrow course so took a while to get into some space to run freely. Mind you, I wasn't going for it. Picture says it all. This is the face of someone who the night before got soaked in an almighty thunderstorm, knocked back a tin of lager, a gin and tonic and a couple of pints of cider, ate a massive portion of fish and chips and only had a few hours sleep. Lucky I was there at all! Anyway, it set me up for a great day of music.

Clare Hall



Skatas Parkrun, Gothenburg, Sweden – September 2nd

While in Sweden for reasons you will see on social media and in next month's newsletter, Theresa and I became the first Sinners to complete the Skatas Parkrun. This sits just a 15 minute tram and then a 10-15 minute walk up a very steep hill away from the centre of the city. It is located in a breathtakingly beautiful park.

The course itself is a single loop - starting alongside some cabins and the Disc golf 1st hole - this parkrun basically goes through woodlands but essentially encircles the lake that is in the middle. Think Tilgate lake but larger.

It is run on gravel the whole way and was very well signposted. It however is not flat, the first 2k was and then it becomes undulating, with a long continuous hill, then some undulation and with about 700m to go there is a hill a bit steeper than Chevron.

If you happen to be in the area, I highly recommend this Parkrun !

Luke Taylor





Sussex Grand Prix update

The SGP resumes in a couple of weeks after a two-month break and there are just four races left in the season. For those who have only run a couple of races so far this year, there's still time to get your total of six in to qualify for the end of season points table.

For those who've already run a few, there's the chance to target potentially higher point-scoring events for your individual targets.

And for anyone else who fancies joining us, there's the chance to score club points to push Saints and Sinners up the league table.

The upcoming races are:

Hellingly 10K on Sunday, September 17.

This is an undulating and rural route in the country lanes around the East Sussex village of Hellingly. The race is organised by Hailsham Harriers, one of the oldest running clubs in Sussex.

Lewes Downland 10 Mile on Sunday, October 1.

This off-road race takes in chalk tracks, grassland and woodland trails around Blackcap and Mount Harry above Lewes on the South Downs.

Hove Prom 10K, Sunday, October 15.

Organised by Arena 80, this is a flat two-lap out and back from Hove Lagoon to Hove Lawns. It's fast and furious!

Crowborough 10K, Sunday, November 19.

A challenging two-lap course on undulating roads and lanes around the town.

Look out for emails over the coming weeks for details of each race.

Jim Scott



WSFRL update

This is an update on the WSFRL standing as Promised before the Tilgate 5.

We will kick off with the Juniors...

We are currently sitting 4th on points, with 5th and 6th not far behind. I expect with our juniors Thomas, Lewis, Adelie, Tristan, Paul and Edie-Belle and Arlo all running for us we should get enough points to stay 4th and maybe push for the top 3.

We are actually the 2nd worst team with regards to points improvement -33 points on this time last year. That goes with us being -13% on participation.

Seniors.

Due to the points system as it stands we are guaranteed 111 Points for the Tilgate 5. Points improvement: as you can imagine where Horsham joggers have decided to push for the title this year, we are 2nd overall with an improvement of +134 points.

We are 7th with regards to participation with +6% which is about where we were pre-pandemic levels so that good news!

now to the points...

EXCLUDING the 111 T5 we are 3rd! 38 behind 2nd place. but more importantly - only 6 ahead of 4th and 15 ahead of 5th! so we need to keep the momentum going into the final 4 races!

See you all at some point and enjoy the Volunteering!

Luke Taylor



September activities

Saturday September 9th, Parkrun Tourism, Peacehaven, 9am

Sunday September 10th, Surrey Hills Trail run, Holmwood Common Car Park, 9:30am

Sunday September 17th, SGP Hellingly 10k, 9am

Saturday September 30th, S&S Tilgate Parkrun Takeover, 9am

Sunday October 1st, SGP Lewes Downland 10 mile, 10:45am

5-10km Improver course

The 5 to 10k improvement programme has started but please feel free to join in for any of the sessions they are open to all, if there is space on the spreadsheet please add your name. The graduation for this will be the **Hove Prom 10k on the 15th October** and the **5k improver graduation** is on the following **Saturday at Tilgate**.

NEIGHBOURHOOD RUNS

These will recommence in November with one a month but will be on well lit routes.

Mile Challenge

The last one for this year will be on **Wednesday 20th September**, let's see how your time has improved or set your bench mark for next year, social runs will follow after.

Volunteer for Run Reigate—Sunday 17th September

Volunteers are needed to support Run Reigate on Sunday 17th September. This may interest those runners not taking part in SGP Hellingly 10k. A variety of roles are available, with a free place available for you or a friend for the following year. For more information check out runseries.co.uk.

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

From the fourth week of September training will revert to our winter schedule as the dark nights close in. Please keep your eye on the training spreadsheet for sessions and locations.

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

suggestionsofficer@crawleysaintsandsinnersrun.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.

07/09	21/09	12/10	26/10	09/11	23/11	07/12
11/01	25/01	08/02	22/02	07/03	21/03	

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

Membership forms are available from the S&S website. Please complete and then email the form to our membership secretary at:

membership@crawleysaintsandsinnersrun.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.

Details can be found on the website, but email Martyn at kit@crawleysaintsandsinnersrun.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
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetman
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Bryant
membership@crawleysaintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@crawleysaintsandsinnersrun.co.uk
SGP Rep – Jim Scott
sussexgrandprix@crawleysaintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@crawleysaintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Stella Daff
social@crawleysaintsandsinnersrun.co.uk
Social media – Nicky Wilson
media@crawleysaintsandsinnersrun.co.uk



Welfare Officer—Debby Scott
Ordinary member – Dave Penfold
Ordinary member – Lou Mitchell
Ordinary member - Clare Hall
Ordinary member—Dawn Rhodes

How do I...?

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@crawleysaintsandsinnersrun.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

Monies for kit to be transferred to:
Crawley Saints and Sinners Running Club
Sort Code 20-23-98
Account Number 30434213
Reference: KIT

Once payment is received your order will be made.

Orders will be placed at the beginning of every month. Martyn will then distribute these at training/races/parkrun when he can. Please note the turn around can be a couple of weeks so please place your order in advance.

Register for WSFRL

Luke will email all members when races are upcoming and share details of each run.

You must email Luke and register your intent to run on:

raceentry@crawleysaintsandsinnersrun.co.uk

Please then transfer the relevant amount to:
Crawley Saints and Sinners Running Club
Sort Code 20-23-98
Account Number 30434213
Reference: FR(race no)

As rep, Luke will collect all numbers and distribute on arrival. Please car share when possible.

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@crawleysaintsandsinnersrun.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:

sussexgrandprix@crawleysaintsandsinnersrun.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.

suggestionsofficer@crawleysaintsandsinnersrun.co.uk