



Welcome to the April 2024 newsletter. And an especially warm welcome to Joe Lavery who joined Saints and Sinners this month. If any new members, recently joined, are not on the Saints and Sinners Facebook and/or WhatsApp groups, but would like to be, please email membership@saintsandsinnersrun.co.uk and Lesley will add you to the groups.

I hope everyone's enjoying their spring training and the milder weather. Congratulations to those taking part in spring marathons. We have Jim's London marathon report included in this month's newsletter with, hopefully, more contributions to come next month. Also included is a report from Dickie on the ever popular Sussex Road Relay Race and an article on the inaugural Wakehurst Parkrun, a beautiful course, which is going to be a favourite.

Please send your run reports and pictures to 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 feels like a long time since I last sat and wrote my article for the newsletter !

We had our committee meeting last Monday, and it was great to catch up with everyone and reflect on what has been achieved recently, and our future plans.

Recent club highlights have been (in no particular order) :

Sussex Championship Road relays – fantastic to see everyone and take part in such a prestigious event – it really is an event any of us can take part in

Manchester Marathon – great to see Ken, Jo and Kerry run so well after putting in so much work in training.

London Marathon – I had a fantastic day following our runners round – well done to Dan, Jim, Mark, Janet and Louise. We're all very proud of your efforts!

We're busy planning for our **Tilgate 5 (8th September)** and getting the relevant approvals from the Forestry Commission and Tilgate Park. Please mark this in your diary as we will need volunteers as usual!

I'm pleased to confirm we have donated £100 to Kilmarnock Horse Rescue, Rescue Remedies Dog rescue and the Olive Tree Cancer Support Group as we have made some profit from the last 2 Tilgate 5's.

Looking forward to seeing you at training, or at an upcoming race or parkrun.

James



Runner of the Month - April

This month we are pleased to announce that our Runner of the Month is **Kerry Jones**. Kerry recently ran the Manchester Marathon and smashed her goal of achieving a 'Good For Age' time. Running only her second marathon, Kerry finished in 3:51:28, posting an extremely impressive set of mile split times and over 3 minutes under the target.

Kerry worked extremely hard to achieve this, diligently sticking to her plan. Her positivity and commitment to the cause was impressive.

Kerry's next goal is to run her first ultra later in the year.

Well done Kerry. Super proud of you

Clare Hall



Run Reports

Sussex Road Relays, Preston Park, Brighton - March 30th

On Saturday 30th March Saints and Sinners headed south to Preston Park for the Sussex Road Relays. The afternoon was sunny and perfect for running.

This relay race is run over two miles, on wide paths, comprising two one mile laps and there was no mud!

We all met near the start. Race numbers collected, pins shared and, for a few of us, numbers pinned to vests at angles. We were ready!

Saints had five teams taking part. Two ladies and three men's teams. There were also many familiar faces from other clubs taking part. While not running we gathered together near the start / finish line to cheer on our runners and those we know from other clubs. With the other clubs doing the same there is a terrific atmosphere. This was a great boost to me when running my leg. The marshals on the course also offered plenty of encouragement, although a wave was the limit of my reply!

Our five teams all finished. No batons were dropped. Everyone ran their best times. At the end there were a lot of happy red faces. It had been a fabulous afternoon of running. Lesley and I are already looking forward to this race next year. If you have the time and can be available then consider joining in next year, you won't regret it!

I will finish by saying "thank you" to Paul on behalf of all of us running. His organisation ensured we had a great afternoon running for Saints and Sinners. See you in Preston Park for the 2025 relays.

The marvellous yellow marvels were:

Michele, Cara and Frances
Stella, Nina and Clare
Andy, Mark Y and Matt
Mark W, Dickie and Ian
Adam, James and Luke

Dickie Bryant



Lewes 10k (WSFRL) including WFSRL April update - April 1st

Hello!

Welcome to your April instalment of the WFSRL....

After the disappointment of having Fittleworth postponed the only race we had this month was Lewes on Easter Monday.

Traditionally this run is always a little light on the ground in terms of numbers as a lot of people are busy with the school holidays and/or marathon training etc. Nevertheless 23 excited runners took part in this 10k.

This year was a slight surprise as the normality of the pothole filled road leading to and from the start/ finish was completely paved! Thank god for people who do that kind of job for a living, absolute life savers!

That was a welcome start to the race, deciding to wear roads as most of the distance is pathed, and with the weather being mildly better then we have had recently, I chose road shoes. About 1.5 miles in I started to regret my choice as there was a hefty amount of wet clay - which if you have seen my shoes recently is still not been cleaned off. This also made me think 'how muddy would the field that we cross be?'. With a bit of luck the land owners had created a path in the field! This was most excellent, although the new diversion did add a half a mile or so detour, extending the race to 10.5k

The 23 of us that took part managed a respectable 11th place.

Overall we sit 7th at the moment - 23 points behind Horsham, but with the Horsham 10k being on at the same time as the next WFSRL we should be able to claw some of that back!

Luke Taylor



Philips Park Parkrun, Manchester — April 13th

Jo, Kerry and myself took a trip up to Manchester. We had all entered the Manchester Marathon but sadly, due to injury, I had to pull out. Thankfully, I had managed to start running again (cautiously) about two weeks before the trip, so obviously a spot of Parkrun Tourism was in order.

Manchester offers plenty of options within 45 mins travelling time from the city centre and the vast majority are accessible by public transport. I chose Philips Parkrun, mainly because it was the closest to our hotel which was in the University area. Just a couple of stops on the tram.

The tram drops you off next to the Etihad Stadium, home of the mighty Manchester City. I am a Blues fan by marriage. My ex-husband was a massive city fan and I have happy memories of going to matches at The Etihad stadium (and Maine Road before things got posh).

Jo and Kerry decided to rest their legs but tagged along, mainly so Jo could buy some pillows! The Parkrun is about 10 minutes' walk from the tram stop in an unassuming provincial park. As it was the marathon weekend, about 50% of participants were first timers.

The course is three laps - two big laps incorporating an out and back and one smaller lap without the out and back section all run on tarmac paths. What they don't tell you is that it is a little bit hilly! One incline in particular, was vicious but thankfully short. The smaller loop did not include this particular section so thank you to the route planners.

The volunteers were all really lovely and I had a good chat with one of the organising team who also happened to be the 35 minute pacer. There were pacers for pretty much every minute up to 37 mins. I wanted to try and get under 35 mins which would have been my fastest for a while. I stuck with the 35 min pacer for quite a while but the lure of the 34 min pacer was strong. I managed to catch him and then overtook him in the final 500m. I was surprised to clock a time of under 33 mins and was pretty chuffed.



Clare Hall

Denia 9.9k, Alicante, Spain — April 20th

Denia is a city in Alicante province situated north of Javea. This was another race which was part of the Volta a Peu circuit and a very popular one with 1163 runners taking part.

The route was pancake flat along the streets and seafront of Denia. It was lovely running along the port and seeing the boats in the marina and taking in the splendid view of the ancient Moorish castle.

Luckily it was a cool evening, a pleasant 18 degrees. Plenty of cake and drinks after.

Nina Trevarthen



Wakehurst Parkrun — April 20th

The alarm went off early. It was Saturday 20th April. Parkrun day. While most of the British population were still in bed thinking about a lie in. We were not. We were thinking about travelling to Wakehurst gardens to take part in their first parkrun.

With the all important question of which running top to wear answered it was time for us to head on over. En route we picked up James and Katy. Arriving at Wakehurst just after 8.30am. We were greeted by the comforting familiar sight of Marshalls in their pink bibs directing us to car parking. There was ample space with such a large car park.

At last it was a bright sunny morning. Gloves weather...yes! Sixteen Saints had gathered at the start. A two lapper around the lovely gardens. While undulating, with wide paths, there are no steep inclines. The welcome briefing and instructions were very good. There was even audience participation. On time we were off.

Luke Taylor and Lesley Bryant went on to set the fastest men and women course times for Saints. It was fun to cheer Saints in at the finish funnel with the gardens as a backdrop.

The start and finish area were next to the cafe where there are loos. The cafe was open for parkrunners who needed a bacon butty or cup of coffee after their run. While we couldn't stop this time we plan to return and stop next time at the cafe.

It is a fab new parkrun. One which we are sure will become a favourite for many, including us. We are already looking forward to returning this summer.

Happy running everyone.

Dickie and Lesley Bryant



Colegio CEI 10k, Murcia, Spain — April 21st

After the evening race at Denia, it was straight off to Murcia the next morning to run the Colegio CEI 10k. This was a low key but well organised event attracting 184 runners.

All participants received a very nice t-shirt and a.... little gem lettuce! It was a charity run with all proceeds going to a local children's home. I managed to get 2nd in my age category but only the first one got a cup, the rest of us received a medal and a big slab of quince jelly!

Nina Trevarthen



London Marathon — April 21st

I was thrilled to be drawn out of the hat in the ballot for the club's London Marathon place. After running London in 2021 I'd sworn never again but we all know that's never really true! So on January 1, I ran the Hangover 5 West Sussex Fun Run League race to kick-start a 16-week training programme.

Over the next four months I was out in rain, sleet, wind, hail and occasional sunshine as I built up my distance and stamina.

As the day itself approached I was feeling confident and nervous in equal measure. In 2021 I completed the marathon in 5.08.36 and I was hopeful this time of hitting the five hour mark - or even dipping under.

On marathon day I travelled up to the start at Blackheath with fellow club runner Janet Doyle. We were both grateful of the company to calm our nerves.

I had been allocated a wave starting at 11.10am, over an hour after the elite runners set off - they were clearly worried I might give them a run for their money! We were at Blackheath in plenty of time to drop off our kitbags, fuel up and make numerous loo visits.

Then it was time - no going back - I was off and running.

I had a race/pace plan so spent the first couple of miles desperately reining myself in as the atmosphere and crowds just drag you along too quick.

Then I had to stop for a pee after 2 miles and again at 3 miles to attend to a loose lace. Nevertheless I was soon into a nice rhythm and feeling good as we headed down to Woolwich, through Charlton, Greenwich, Deptford and Rotherhithe.

I was over Tower Bridge and at halfway in 2.24 and happy with my race so far.

And then I got a timely boost at 14 miles from supporters Debby, Luke Theresa, James, Dickie and Lesley.

The long slog round the Isle of Dogs is just that and then it's into Canary Wharf where my legs were starting to feel heavy. I was expecting to hit the wall and it came at around the 19-mile mark (roughly the same as 2021).

After that it was pure survival mode as I dragged my knackered body back through Poplar and Wapping.

The support crew were out again at 21 miles, which was much appreciated.

As I headed past the Tower of London to Blackfriars and the Embankment I knew a sub-five hour finish was out the picture, so it was now a question of getting as close as possible to my previous time. Mentally and physically these last few miles are the toughest.



London Marathon — April 21st Cont..

Then suddenly there's the Houses of Parliament. Round the corner and Buckingham Palace is just in sight.

Those last 600m went on forever before I summoned the last of my sapping strength to get over the line in 5.12.20 - just 3 minutes 44 seconds off my previous time. I'll take that!

It was an honour to represent S&S at London and I was proud to run in yellow.

I'd like to thank everyone in the club who offered me support and encouragement, Debby for putting up with months of moaning and Nina T for keeping me company on many long training runs.

And a huge congratulations to fellow S&S finishers Mark Young, Dan Smiles, Louise Redgrave and Janet Doyle for their achievements.

London is one of the best races in the world - did I really mean never again this time as well?!

Jim Scott



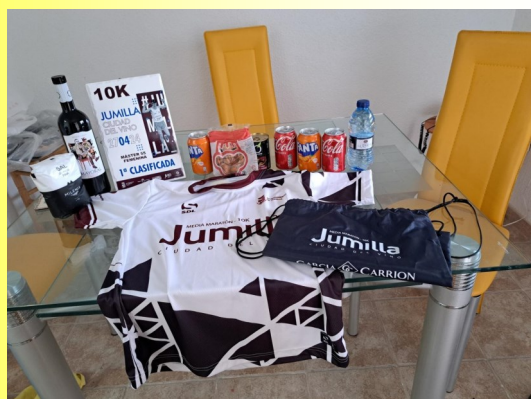
Jumilla 10k, Murcia, Spain — April 27th

I'm not sure why this race didn't attract more than 136 runners for this 10.5k as every participant was given an excellent bottle of Reserva red local wine! The goody bag also included a bag of salt, some little cakes, drinks and a nice technical t-shirt.

Jumilla is in the north of the Murcia region and has become internationally famous over recent decades due to the quality of the wine produced in the municipality, and wine tourism has begun to attract visitors from other parts of Spain and the rest of Europe. The Jumilla castle was built in 1641 by the Marquis of Villena on an old Muslim fortification. This was my view in the distance as I was running along the streets in the town.

As you have to be in it to win it I came first in my age category and got a fantastic trophy. The others in my age group just didn't show up that evening!!

Nina Trevarthen



Jucarilla 10k, Alicante, Spain — April 28th

Jucarilla is a picturesque village in the Alicante province and the region around it is known for its lush orange groves. It was lovely to run past orchards yielding delicious citrus fruits and breathe in such fragrant aromas.

The course wound through the charming streets of Jucarilla, offering us breathtaking views of the surrounding countryside. We ran past historic buildings, orange groves, and vibrant gardens. One significant landmark, included the Palace of Enmedio. This elegant palace, with its architectural beauty and lush gardens, added a touch of grandeur to the race.

While the course wasn't overly hilly, there were some gentle inclines and twists. It was a mix of paved roads and scenic paths, making it an engaging and varied experience. All accompanied by loud music on route.

Our goody bag was full of treats including a very nice technical vest which I am looking forward to wearing when the UK warms up a bit! There was a really great spread of food after, and plenty of beer to be supped at 11 in the morning! Best of all a humungous paella was being prepared for all the runners after.

This really was the king of all races with its slick organisation and generosity.



Nina Trevarthen





April/May activities

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
 Sunday May 19th, SGP Rye 10 mile, 10am
 Wednesday May 22nd, WSFRL Trundle View, 7pm

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

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.

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

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/kishop> (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

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 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

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