

Welcome to the September 2023 newsletter. Autumn has finally arrived and the new season has seen Saints' taking part in a harvest of running events locally, around the UK and abroad. Consequently we have a bumper crop of reports for you to enjoy this month.

A gentle reminder to all S&S Parkrunners: sashes are available for runners to wear during their milestone Parkruns. Please notify Richard Daniells in advance to obtain a sash, which should be returned after the run.

Last but not least congratulations to Lucas Cooper on his recent wedding. S&S sends best wishes to Lucas and his bride for a long and happy marriage.

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

Nicky

Chairman's Corner

Hi everyone,

A big Thank You to everyone who volunteered at the Saints and Sinners Tilgate Takeover last Saturday. Running conditions were ideal for the 431 runners who turned up for their regular weekly Parkrun. Check out Richard Daniells' run report on the Tilgate parkrun FB page.

The unseasonably mild weather continues, despite this, nights are drawing in and we have reverted to our winter training schedule. We hope to see as many Saints as possible joining the Monday and Wednesday sessions starting at Tilgate Parade and Oriel school.

The 5k and 5–10k improvers are close to completing their training programs with graduation events at Hove Prom 10k on October 15th and Tilgate Parkrun on October 21st. I hope to see as many Saints as possible supporting our graduates.

See you all soon !

James

Runner of the Month for September

This month the committee chose **Andrew Dunn** as the club's runner of the month. Andrew has worked really hard over the past few months, regularly turning up for training - which has shown with his times improving at Parkrun each week. He graduated slightly later than the rest of the L2R group due to needing a small op but has bounced back quickly. Andrew also completed the Great North Run recently, despite the weather, in a really good time (see his report below).

Well done Andrew and we look forward to you completing the 5 to 10k improvers course in a couple of weeks.

Debby Scott





Vacancy – S&S Welfare Officer

England Athletics requires affiliated clubs to appoint Welfare Officers to ensure that members have a trained and trusted person to speak to about a concern, either within the club or at times outside Athletics. A Welfare Officer is the lead person who has the right skills and knowledge to manage any concern raised in an appropriate way that would not hamper any investigation and shares information accordingly. By completing the England Athletics online safeguarding and Time to Listen training, clubs can be confident that their Welfare Officers have the right level of knowledge for the role that is specific to Athletics. This includes how to raise a concern and who to speak to within the sport.

My name is Debby Scott and I am the Welfare Officer for Saints and Sinners.

Following my recent Welfare Officer courses it is recommended by England Athletics that we have a male Welfare Officer as well as myself. This role would mean you were available for club members who may need to talk about a variety of issues.

If you think this is something you would like to put yourself forward for on behalf of the club, then please contact me for more information.

Debby Scott

PS - on the subject of welfare, can all club members please ensure their personal details (address, emergency contact number etc) are up to date. If anything has changed please let Lesley Bryant know so she can update our records.

Run Reports

Henfield Half Marathon — August 20th

Henfield off road Half Marathon was my first ever half marathon when I joined the club Saints and Sinners back in 2016. It's an all time favourite, close to my heart and to Crawley. A beautiful route, elevation is fairly flat, although uneven underfoot, especially the section along the riverbank. It's a scenic course and along a disused railway track (Downslink), flint paths and stiles.

I found it hot and hard going this year and I struggled from Mile 7. There were lots of cows on the running track, sheep, gates, horses riders, and the ground was bumpy en route. I developed blisters on my feet after the run.

However I was happy to receive the 3rd female finisher trophy and a podium place in 2023. Last year I was the 2nd place trophy winner, both in 2022 and 2019.

Frank, Steve and Mary also ran the half this year, apologies if I missed anybody else. It was a well organised event and a relaxing setting. There was plenty of parking and reasonably priced cafes in the areas to grab a coffee / drink / freshly prepared food afterwards.

Michele Nixon





Woldingham Half Marathon — August 27th

If you're looking for a fast, flat half marathon, then you'll need to search elsewhere. The Woldingham Half is a low-key, picturesque race that includes a few ascents. In fact, if the hills aren't enough of a challenge for you, you can even opt to complete a second loop and run the full marathon.

My fellow parkrun core team member, Julie, had been urging me to experience this race, as she and Sandy have been attending for the past few years. Although I was tempted, I was in the midst of marathon training and wasn't sure if it would be the best decision. Finally, on Saturday afternoon, I made up my mind and booked a place for myself and Claire.

To ensure that my marathon training wouldn't be impacted too much, we arrived well before the start, allowing me to complete an hour of easy running before the race began. Our plan was to run the first hour of the half at an easy pace, increase our effort for the next forty minutes, and then slow down again for a 15-minute cooldown, with the hope of finishing in under 2 hours.

The race begins in the impressive grounds of Woldingham School, and since the event attracts less than 100 runners, there is a group photo on the stairs of the building prior to the start. After a brief briefing and countdown, the marathon and half marathon runners were off.

The weather was great, and the first mile took us along the south drive out of the school. Half a mile in, we encountered a large herd of cows blocking the road, causing the runners to bunch up. Those small enough to squeeze through the barbed wire fences, like Claire, ran on the grass field next to the road, while the rest of us waited for a gate to climb over.

Soon after, we traded the road for trails and the flat terrain for the first climb. The trail was mostly single track, and we kept an eye out for pink ribbons on the trees to mark the route. After a steep descent towards the M25, we made a quick turnaround and faced the first of the bigger hills. It quickly became apparent that running up this hill wasn't feasible, so we alternated between jogging, power walking, and even just walking. Once we reached the summit, we began descending and started to see a few other runners out for a morning jog coming up the other way. At the bottom, there was a well-stocked aid station, and it finally dawned on us that those other runners were actually the leaders of the race. We also realized that we had to climb back up that same hill. Another round of walking ensued!

And so it continued throughout the race - climbing, descending, and then climbing again. To be fair, the views from the top were absolutely spectacular. It wasn't until around mile 8 that we hit another road, just in time for our 40 minutes of faster running. By this point, the runners were quite spread out, and we could see only one runner ahead of us. At one point, she even started running back towards us because she wasn't sure of the correct route. We found our turn and headed back onto the trails toward the finish.

With 1h54m45 on the clock, we crossed the finish line, collected our medals, and were amazed to learn that Claire had placed second among the women and I had placed third among the men. It was quite surprising considering that we were simply out there enjoying a hilly half marathon.

Darren Hunt

Woldingham Half Marathon Cont ...



Gothenburg Marathon, Sweden — September 3rd

Well as promised in the last edition of this newsletter, here is my run report for the Goteborg Marathon.

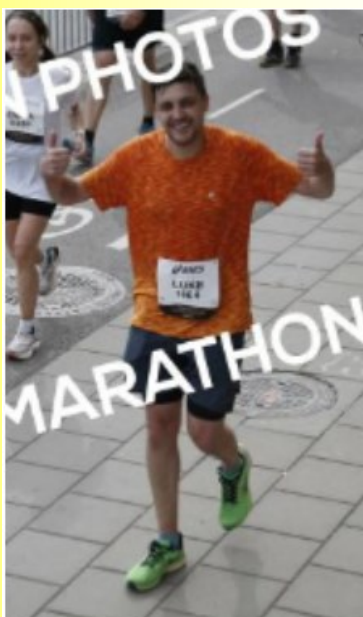
Well, it's been quite a journey! Having seen this on Facebook in 2018 and after doing some investigation to make sure it was Legit - I made the decision to run this. With the fact that it is a 1 time marathon, that distance in that route in that city never to be run ever again was the main factor, and I wanted to do another marathon before I turned 30 and seemingly never getting a place in London was another decisive reason.

Fast forward to 2020 - and with the disease that must not be named - the Marathon was obviously and quite reasonably cancelled. 2021 however it was a go! I started training, booked the holiday after confirming that it was definitely happening, and then 1 week before it was cancelled AGAIN. This was obviously annoying and with no information as to when it was being rescheduled I was beginning to lose hope. Late 2021 I had an email informing me I had a choice, I could do 2 half marathons in 2022 or the full in 2023, it was a no brainer!

Fast forward 2 years and here we are, London done and dusted and a PB in that, lots and lots of mileage this year and training through the summer while still competing in all the WSFRL races and all but 1 SGP race, the Marathon finally was a go! I was looking to beat my London time and hopefully was trying for around 4 hours 20 but I was trying to enjoy it.

A few days before we flew out to Milan and spent a few rainy but hot days in the city - then we flew to Gothenburg on Thursday and did a little exploring before the big day. Having done the park run with Theresa on Saturday morning I was feeling really really good. With this being the city's belated 400 year anniversary there were plenty of street performances and food festivals and a parade that ran through the city on the Saturday afternoon which was a bit weird but entertaining, that's when the nerves started to kick in. My god the food festival was amazing!

Coming into the race I had seen advertised that it is one of the biggest half marathon courses in Europe and they were expecting similar numbers and with 45 mins before the start it was dead - 5 minutes later and you couldn't move for competitors from all over the globe.



Gothenburg Marathon, Sweden Cont...

Now to the race and course itself. I had seen the hill profile and saw that it wasn't a flat course but thought I had suitably prepared for the hills. The course had two loops, both slightly different from each other, but essentially miles 5-13 and 19-26 were practically identical. The course itself started in a park and ran through the streets of the city before turning away from the centre and heading up (first hill) and over the Hessingbron bridge, before running the opposite way the other side of the river. This led up to about 10 miles, which was great - my time was perfectly on schedule. Miles 10-14 were considerably hillier than I had thought, anyone who has done the half marathon will know and if you are thinking of doing the half you need to save a fair bit for the last 5k. Up and over the massive bridge and then a slight downhill before a very gentle, yet taxing climb, back up into the park where there were 2 or 3 rather challenging hills to circumnavigate- then you were half way.

To be honest, knowing I had to do that again at miles 23-26 shook me. It was tough at mile 10 let alone that close to the finish. My time at halfway was spot on at 2:09:49 so I was still feeling confident, but with the thought of those last hills playing on my mind I started to internally panic albeit I don't know why and if you ask Theresa she would tell you that I looked really good. The next 7 miles were practically flat except for one hill and then Hessingbron Bridge again. That was the 30k mark so I was at my target, I was trying to be there at about 3:10ish leaving myself 1 hour 10 mins to do the last 10k. I hit at 3:13 so I knew I wouldn't be getting 4:20 so it was just a matter of finishing.

Still feeling relatively okay and trying to save some for the end I Plodded along - one foot in front of the other, having trained for 20 miles I knew this bit just needed determination. I started to wobble about 22 miles in - and then I saw Theresa - just when I needed her, as usual, right time, right place. We ran together (not sure how with jeans and a bag on) for just under a kilometre, then she left me to get on the ferry to meet me at the finish. But I really needed that. Then came the last 5k and I really really struggled to get moving, just didn't have the mentality on the day for that final push but I made it through and beat my time in London, and actually I didn't suffer anywhere near as badly this time as I did in April, so all the training did pay off!

No more marathons for me until at least 2026! I thoroughly enjoyed the experience and none of you can say you did it! The medal was well worth the entry fee alone!

Just want to also shout out to Theresa - she has put up with me since I started marathon training in January, being grumpy, complaining about not having enough gels, my feet hurting etc etc and not once has she got arsey back. I could not have done this without her, especially the longer runs that she cycled next to me. You really do not understand how much I appreciate it. I Love You!

Luke Taylor

Great North Run weekend — September 9th—10th

Part 1, Leazes Parkrun—Saturday 9th

James and I headed into sunny Newcastle for a parkrun at Leazes park in the shadow of St James Park football stadium. A nice wooded park with a lake and large bandstand. It is well marshalled with no sign boards on the route only chalk marks on the paths. A nice undulating course over 3 laps with the final lap finishing near the bandstand. The number of runners swelled with 'tourists' for the GNR.

We found a nice French patisserie opposite the park gates and enjoyed a croissant and coffee, a staple for runners!

After freshening up and returning to the Quayside, James and I met up with his step brother and sister in law, Neil and Katie and their family for lunch. Later in the afternoon James ran with his nephew Eden (3 years old) in the mini run, going across the swing bridge and returning over the Millenium bridge to the finish. The boys had great fun. The event had 7,000 children running in a series of runs over the whole day. A great atmosphere and very well supported.

The day ended with us finding our accommodation in Seaburn.

Andrew Dunn



Great North Run weekend — September 9th—10th

Part 2, Great North Run —Sunday 10th

James couldn't get an entry to the GNR, so he had an early morning 5k run on the seafront while I got ready for the big day! The day started well, we got the last car parking space at the Metro station and met up with Neil and Katie and the boys. The Metro train was quite full when we joined it but it filled up quickly over the next few stops. The train lurched out of one station and stopped after a few metres. The driver had to change ends to drive it back into the platform and then went too far back, changed back to front and got it into the platform. Meanwhile we are overheating, struggling for air and banging on the windows to get the doors opened. Someone next to our door forced open the door and folk piled off to get fresh air. The driver had to reset all the door controls before we finally got moving. After a delay of nearly 40 minutes we get to the start area.

A good atmosphere amongst the runners waiting to progress down to the start line, it was hot and sunny. I got over the start line 1 hour and 20 minutes after Sir Mo had crossed the start line. The crowds on the route are very supportive and it was good to see James and Neil at mile 4. The run went well, the sun changed to grey clouds and then on the final mile straight to the finish, the sky was black.

With 800m to go, the heavens opened with a great roar from the spectators who I presume had been waiting for the rain to come. It was so heavy, the staff at the finish line were sheltering under cardboard boxes etc. I squeezed under the edge of a hospitality tent canopy to shelter from the rain. James sent a message to head to South Shields town centre and meet him there.

There was a long procession of 'silver foil blankets' snaking its way to the town centre. Water was running down the streets, out of drains but we were all soaked through by then! Met up with James and he said that the Metro was shut as the station and tunnels were flooded and that there was a massive queue for the ferry.

When word came out that the Metro was open again, the queue had already built up. We agreed with Neil and Katie that it was probably quicker to walk back towards Sunderland and pick up a local bus service. We finally got back to our cars at 19.45, wet and hungry! We changed, grabbed a bite to eat and headed south to home. We got home at 02.45 hours. We subsequently heard that a months rainfall had dropped in 90 minutes and we can believe that!

It can't be as bad next year, can it???

Andrew Dunn



Oosterhout Parkun, Alkmaar, The Netherlands — September 16th

I did my 50th Parkrun in Canada and when I booked a holiday to Alkmaar in the Netherlands I was up to 88 with 14 Saturdays left until the trip. Therefore I knew I could miss 3 to fix it so that Netherlands would be my 100th and so that is what I did.

The Parkrun, as well as being an extra country towards the World Tourist achievement (which I hope to complete by the end of this year) is a letter 'O' which I hadn't completed yet and only began in June 2023 and therefore the run I did was it's 14th event. I knew from research that it had low attendance and that a top 3 finish was a realistic possibility based on my average times.

The run was a short walk from Alkmaar Centre in a peaceful park and the sun was shining. When I arrived I met a couple of other brits, 1 who happened to be from Horsham! The run director asked for milestones so I said it was my 100th then all 18 of us headed to the start. The course was 3 laps and 95% flat with a very small hill.

The lead guy was out of sight early on and he finished the run in 17.49, next up nearly 3 minutes behind him was me with 20.26. I would definitely recommend Alkmaar as a place to visit for the weekend if you fancy somewhere a bit different to Amsterdam.

Lawrence Knight



Rafal 10k, Alicante province, Spain – September 16th

I have run in this event several times and while it is always hot, the humidity this year was something else! Absolutely drenched in perspiration doesn't begin to cover it....and that was just Keith taking the photos!!

Entry fee £9:50 with chip timing, closed roads, an excellent bespoke t-shirt, jar of fig jam, popcorn and cold beer at the finish. The Spanish really know how to put on an excellent race.

There were 5 ladies in my age category and I managed to squeeze on the podium getting a lovely trophy for 3rd place.

Nina Trevarthen



Marshalling at Eden Runners Acorn Bank 10k – September 17th

As I now spend quite a bit of time up in Penrith in the Lake District, I decided to join the local running club, Eden Runners, as my second claim club. It's a large club with road running, cross country and trail, and, of course, fell running sections. There are several training sessions on offer each week and the club also organises road race, fell running and parkrun club championships. I've been along to a few of the training sessions but, unsurprisingly, have given the fell running a miss! Walking up fells – yes, running up them – absolutely not!

The club organises 3 running events every year – a half marathon along Haweswater in March, a fell race up Blencathra (2848ft/868m) in June and the Acorn Bank 10k in September. I decided to volunteer at this last event as I was going to be in Penrith at the time. The race starts and finishes at the National Trust property Acorn Bank, which is about 7 miles east of Penrith, and is an undulating road race with a few challenging hills. The route takes runners along local lanes and minor roads and through the village of Culgaith before returning to Acorn Bank.

My marshalling point was in Culgaith and I was rather nervous about marshalling on a road but it was a Sunday morning and very quiet traffic-wise. The most challenging aspect was encouraging runners to keep to the left. The morning was fine and a comfortable temperature for the 150 or so runners in the race. It was interesting to see the different clubs represented, for example Border Harriers, Keswick AC and Red Rose Road Runners. The winning time in the men's race was 36:48 and 41:30 in the women's with prizes awarded in 6 age categories. This small, friendly event was very well organised both for runners and those volunteering so if you're ever up in Penrith in September – or March or June if you fancy a half marathon or a fell race – then this 10k would be one to do.

Janet Doyle



Hellingly 10k (SGP) – September 17th

The SGP was back in September after a summer break with the ninth race of the season, the Hellingly 10K. This was the first time the race had been on since 2019 after enforced absences for Covid and route issues. As a result we were treated to a slightly different course for what is an enjoyable but challenging outing.

Eighteen S&S made the trip over to East Sussex on a warm and muggy autumn day for the 9am start. The race is a single lap on open roads and lanes round the village of Hellingly. There is a fair bit of climbing in the first three miles, with most of the second half of the race being flat or downhill (lovely!).

Previously the finish was in a field near the start and next to the car parking. With the new route we finished at the village cricket ground which meant a good 15/20 minute walk back to the car. At least we had refuelled with some great homemade cakes afterwards!

It was good to be back after four years, with organisers Hailsham Harriers delighted to be able to put the race on again.

Long may it continue.

Jim Scott



Nonduermas 9k, Murcia, Spain — September 17th

This is my traditional September heat and humidity Saturday night/Sunday morning couple of events. Nonduermas means 'No sleep' in Spanish and that just about sums it up with there being little time between both events and the Sunday one about an hour's drive away in the suburbs of Murcia city.

Last year, the event was billed as 10k but was actually 11 and this year the promised 10k was only 9! No complaints from me though as it was boiling, so much so that there were about 20 roller-bladers going round with the runners dishing out bottles of water.

It is a lovely two-lap race starting and finishing in the village with an excursion round the local countryside. Unfortunately, I achieved the dreaded fourth place and missed the podium by 50 seconds, note to self must try harder! A cracking atmosphere and in the goody bag there was not only one technical t-shirt but 2, a ham roll, a bag of nuts, chocolate bars and soft drinks. Then as much beer afterwards that you could swig down. A superb race with bands playing and great crowd support.

PS: Keith thinks there should be a massive crate of beer, packed in ice. at every SGP and WSFRL race and, no, the ambulance I passed just before the finish was, contrary to what the husband shouted out in his dodgy Spanish, not for me!

Nina Trevarthen



Catral 5k, Alicante province, Spain — September 23rd

The village of Catral is a typical inland Vega Baja village, with a main square, an impressive church, long high street and a municipal outdoor summer only swimming pool. As part of their village fiestas that weekend I took part in a low key 5k, along with 185 runners. It was a 2 lap fast and furious route, accompanied by loud music and it was still very warm at the start of 7pm.

I came 5th out of 15 ladies in the over 50s age group and enjoyed the post race celebrations of beer, pizza, fruit and sweets. The 8 euro fee also included a groovy technical tshirt.

Nina Trevarthen



Morecambe Prom Parkrun — September 23rd

Staying in Lancaster recently provided me with an opportunity to do a bit of parkrun tourism with a choice between Lancaster and Morecambe Prom. I read that Lancaster was quite hilly so a flat run along the promenade at Morecambe was my preferred venue. Fortunately the weather was very good with hardly any wind which is often a feature of these coastal parkruns.

The route is a straightforward out and back and passes the Eric Morecambe statue and the art deco Midland Hotel on the way. It's definitely a pb course given the right conditions. The average number of runners is 250 but as the promenade is very wide there is plenty of room for everyone. Facilities are good with a café, toilets and car park all near the start. And the views across Morecambe Bay to the Lake District fells are lovely, weather permitting!

Janet Doyle



Barns Green Half Marathon – September 24th

It's my first time running at Barns Green, and I was really impressed. On arrival at Barns Green village there was a small delay parking, only for 5-10 minutes, but plenty of marshals on hand to help out. There are plenty of toilets, bag drop area and places to get a drink or something to eat. I bumped into a number of friendly faces, lots of S&S members running the half marathon or 10km event. The event offered a short warm up, and then it was time to make way to the start line.

The half marathon route consists of two loops, it's undulating, so lots of small inclines, but nothing that will terrify you. The first loop initially heads towards Christs Hospital on the closed country roads, goes through the amazing Christ Hospital school grounds. It then goes up a hill and towards Itchingfield, then onto some trails for a short time before going across a field and back down to Barns Green Village. The second loop is back on the country roads and heads out towards Brooks Green & Dragons Green and then skirts Southwater before heading back into Barns Green village again.

There is lots of support on the route, people offering sweets and plenty of water stations at 5km intervals. At the finish you are provided water, fruit, and a nice medal. I finished in a time of 1 hour, 36 minutes and 28 seconds. Well off my personal best, but not really the route for a PB.

However, I really enjoyed the route, and made my decision to run again next year. The first 200 registrations could sign up for £18, so I have managed to get myself a bargain. In summary this event is local, it's really well organised, a great half marathon route on the beautiful Sussex country roads and the price is really good value when you compare the cost to other events.

Dan Smiles



Los Dolores 5k, Alicante province, Spain – September 24th

The town of Dolores was celebrating their annual fiesta in honour of the patron saint, the Virgen de los Dolores. Many events had been planned including the 5k, ringing of the church bells and firecrackers, music bands competition, flower offerings, street decorating competitions, traditional games, fancy dress parade, partying and fireworks!

It was such a lovely atmosphere, and I enjoyed breathing in the sweet aromas of honeysuckle and jasmine whilst running along the country lanes with 251 runners and finishing to the great sound of a brass band playing. It was nice to come 2nd out of the 5 of us in our age category and get a trophy. More beer, more sunshine, more goodies and another lovely t-shirt!

Nina Trevarthen



Macael 7.5k, Almeria, Spain — September 30th

This was a new race venue for me, and the 2 and a quarter hour drive was worth it to run around the beautiful village of Macael in Almeria. Macael is famous for marble, and on all the roundabouts there were some very impressive looking marble sculptures, as you can see in one of the photos there is a lovely sculpture of a pestle and mortar. This is the biggest pestle and mortar in the world, according to the Guinness Book of Records, and is 3.29 metres tall, the internal mouth is 3.07 metres and it weighs in at 5.82 tons.

The race itself was a tough beast! The first kilometre was all uphill and that was followed by lots of downhill very stony paths with awesome views of the mountains. At 6k another huge great hill appeared, this time I had to walk it but so were all the other runners around me walking. It flattened out again and there was great cheering from the organisers when we had finished. I came first in my age group mainly because my rivals didn't turn up so I was the only one!

A very jolly race with a great atmosphere, plenty to eat after and a t-shirt for everyone. I got a very nice trophy made out of pure marble which will take up most of the weight allowance on the flight home!

Nina Trevarthen



Lewes Downland 5 mile – October 1st

Hello all

Wow that was one busy weekend for Saints and Sinners. Sussex Relays Saturday at Goodwood and Sunday Lewes Downland 10 and 5 which is super hilly. So to Lewes AC Downland 5. Yes this year I took on the 5 not the 10 as the legs were a bit tired after the Relays and Hyrox training.

In my mind I thought I would go for it, I sprinted off at the start and found myself in first place, but it was a downhill start, then a left turn and up hill we went. My 200lbs soon turned into feeling like 300lbs as this hill went on for ever, about three miles I think.

I watched people pass me as I walked up, saw some old boys pass me so tried to run again, then at last some down hills. I tried to catch this old chap thinking he must be in my age group, I was gaining on him, but now the finish was in sight, so I put on a mega 'kill myself' sprint and I managed to pass him with a five second lead as I crossed the line.

Happy days, he was in my age group, and the sprint got me first in age group.



Frank Stone



Lewes Downland 10 mile (SGP) – October 1st

For the tenth race of the SGP, 15 Saints and Sinners took on one of the tougher courses in the calendar. The race takes in chalk tracks, grassland and woodland trails around Blackcap and Mount Harry above Lewes on the South Downs.

There is around 1,200ft of elevation as you climb steadily to the top of the Downs with fantastic views across the Sussex Weald in one direction and Brighton and the coast in the other direction.

Runners then drop steeply down into the valley before another climb the other side, a descent and a strength-sapping slog up Ashcombe Bottom.

There's then more than two undulating miles to the very welcome finish line. Great running by everyone!

Jim Scott



Sangonera La Verde, Murcia, Spain — October 1st

My last race in Spain this trip took me to the Murcian town of Sangonera La Verde, just 4k away from El Palmal where Carlos Alcaraz lives. He was playing tennis in China that day which may account for why he didn't come and support me!

It was a really hot sunny morning and a very lively race. Included in the entry fee you could get a cup of tea or coffee in the local cafe by the race start. The race started and finished at the beautiful Church of Our Lady of Los Angeles. The first half was all uphill and the second half all downhill. We all got a great runner's goody bag and as well as podium prizes there was a raffle with runners' numbers being rapidly called out, including mine and I got a bottle of local red wine.

This time my category had 4 runners and I was pleased to come first. Before the presentation there was plenty of dancing and as a warm down I joined in the fun, dancing to deafening crazy music.

Nina Trevarthen





October activities

Sunday October 8th, WSFRL Great Walstead 5, Haywards Heath, 11am
Saturday October 14th, Sussex XC League Race One, Goodwood Racecourse, 1:30pm
Sunday October 15th, SGP Hove Prom 10k, Hove 9am
Sunday October 15th, South Downs Trail Run, Clayton Windmills, 9:30am
Saturday October 21st, Parkrun Tourism Lullingstone, Lullingstone Country Park, 9am
Sunday October 22nd, WSFRL Windlesham Whip 4, Windlesham House School, 11am
Sunday October 29th, WSFRL Steepdown Challenge 5, Lancing Leisure Centre, 11am
Saturday November 4th, Priory XC Relays 2023, Priory Park Reigate, 1pm

5-10km Improver course

The 5-10k improvement programme is underway, 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. Most 5-10k improvers have registered for their graduation at **Hove Prom 10k on Sunday October 15th**. The 5k improver graduation is on **Saturday October 21st at Tilgate Parkrun**.

NEIGHBOURHOOD RUNS

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

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

Training has now reverted to our winter schedule. Monday night sessions meet at Tilgate parade shops, Wednesday night sessions meet at Oriel High School.

Please note, the first Wednesday of the month, starting in November, training will be held at Manor Royal in Crompton Way. Please keep your eye on the training spreadsheet for session details.

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.

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@crowleysaintsandsinnersrun.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@crowleysaintsandsinnersrun.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