



Welcome to the September 2024 newsletter. And an especially warm welcome to new members Gordon Easden, Becky Jones and Anne Matthews. Autumn is well and truly upon us, the nights are drawing in and the days are getting shorter. This hasn't deterred our runners from getting out and about and we have a bumper harvest crop of reports for you to enjoy this month. The SGP and WSFRL season continues and September also heralds the arrival of the cross country season. So plenty of local races to sign up to. Runners of all abilities are welcome. More details, sign up and payment via Spond.

This year's Christmas party will take place at the Coaching Halt (TBC) on Saturday December 14th. Please sign up via Facebook to reserve your place. Location to be finalised once numbers are known. Contact Stella Daff, social secretary, for more information.

The club 2024 AGM will take place at 7pm on Thursday December 12th at Three Bridges community hall. Agenda to be circulated to members closer to the time.

Please send your run reports and photos 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 suddenly seems like autumn is upon us.

We have now moved to our Autumn training block, which means we move away from Tilgate park. Keep checking Spond for updates on our training sessions.

Autumn does mean the start of the XC season. I'm looking forward to the Reigate relays in a few weeks. That's always a good event, and a good one to do if you haven't done XC before.

We had a really successful Tilgate 5. It was a great day, marvellous to see all of the fabulous volunteers out. We can't put the event on without you, so thank you once again ! Thanks especially to the core team of Dave, Lesley, Luke and Dickie. It takes a lot of work to put the race on - we've already started planning for 2025!

See you soon

James



Runner of the Month—September

Runner of the month - James McKie

Since joining the club in March of this year after completing a couch to 5K course James has been a regular at Tuesday and Thursday training sessions.

His hard work is paying off as his parkrun times are steadily improving and he narrowly missed winning this year's club handicap race when he was pipped at the post by last month's runner of the month, Luke Taylor.

Well done James.

Lesley Bryant





Thanks to funding and support from the Club I obtained the British Athletics Coach in Running Fitness qualification in September which now enables us to offer personal coaching towards your running goals.

If you are a regular at training and are interested in working with a coach over a two to three month period (Mesocycle) towards a specific running goal please complete the questionnaire accessible via the link below which captures the basic information required to start your personal training plan.

<https://forms.gle/UupFEuMRhAw3Qeum9>

If you have any queries please feel free to contact me

Paul Luttman

Happy 80th Birthday Derek

Many congratulations to founding Saints and Sinners member Derek Brailsford who celebrated his 80th birthday on October 1st. Now living in Nottingham, Derek is still running competitively, regularly collecting medals and trophies and documenting his achievements in run reports for our newsletter. The winner of our annual handicap race in Tilgate park is awarded a trophy named after Derek in recognition of his contribution to the club.

Derek, we hope you enjoyed your special day.



Run Reports

Race the Train, Tywyn, Mid-Wales, August 17th

Hi guys!

First of all thank you for your kind words this month, both for runner of the month and my stupidity. So let's get into my run reports, both should have been included in the August issue but unfortunately things come in 3's and the 3rd was a doozy. So I forgot about them.

16 years ago I decided that I wanted to take part in the Race the Train event in Tywyn, Wales. And 15 years ago I also decided to re-do the race with the intention of beating the namesake.

So I signed up and Theresa decided that she wanted to run so she signed up for what I kept calling the kids race as it was half the distance of the main event. There is also a 5 mile and 5K option. All of which started at different times.

The premise of the race was simple, 14ish miles, half up the side of a part of the Snowdonia national park and 7ish back down. This was raced against a steam train that does a similar route, stops at the top for a little and then returns to the finish, with 1 train and the runner starting on the train whistle. And a 2nd train leaving 20 minutes later and doing the same route.



So the half distance (kids race) started just before the turning point of the full race, which I had convinced myself and Theresa that was the easier, downhill part. Which I had got completely wrong!

Theresa got the train to the start and off she went. 1 hour 20 minutes later she returned victorious and told me i was mistaken and the 2nd half was not all downhill.

Great. Filled with confidence now I got myself ready and with a toot toot we were off. Now last time I was beaten by both trains convincingly. I was determined to beat the 2nd train, the 1st train would do the route in about 1 hour 50 which I knew is currently out of my range. The 2nd would be around 2:10. Freshly off the handicap win and the way I had been running recently I was ball parking around 2:07.

Run Reports

Race the Train, Tywyn, Mid-Wales Cont...

The course:

1st half it was undulating, a mix of paths and rutted grass starting by running through the town and then some farm lands running fairly parallel to the train tracks. I was feeling good and was enjoying the route. Then the 2nd half, I saw the 2nd train head towards the turning point so I knew I was still doing okay time wise.

Then miles 8-10 were an experience. A very muddy thin rutted steep uphill followed by a very narrow slippery single path that was in places less than a foot's width. This is where my first tumble of August happened. Luckily I bounced off my knee and was able to regain my footing, 5 metres later, my second tumble. Yet again I was able to pick myself up and had to carry on. Too many people behind me to hold up. At the water station I stopped, grabbed a cup and washed my hands of the energy gel I spilt all over me and carried on, no pain and I wasn't bleeding.

Miles 9.5 to 10 where worse then the cross country championships, but after that the route went back to paths and farm lands with an amazing waterfall to view. I saw the first train come past at just before 11 miles. Knowing I had 20 minutes plus the time it took the train to get to the end, I was still doing okay for time.

Coming into the finish I couldn't see the train which was a relief!

As I collected my medal and walked back across the field at the finish the train pulled in. And I checked my time 2:07:03.

Couldn't have worked it better if I tried! I will be back!

Luke Taylor



Fittleworth 5 (WSFRL), August 24th

The first thing I will mention, the use of Fittleworth 5 for alliteration purposes is lovely, but is in fact a huge stinky lie. This SIX mile rearranged event was based in Thakeham, with 23 of us mostly enjoying the new route.

With a very congested start, it is quite narrow for the 1st mile where it opens out and you can really get going. This route is around farmlands and paths and has a bit of undulation but no more than some of the other races.

Well done to everyone that took part !

And no my 3rd fall and ensuing forced lay off was not during the race. It was in the evening, so don't let my broken bone put you off !

Overall we came 9th so a very good job ! I'll leave the Tilgate 5 report to someone else !

See you at training or any other races !

Luke Taylor



Battle 10k, September 1st

The Battle 10k in Kent caught my eye last year. I got an Early Bird place through "Lets Do This" and planned to make a day in this part of the country, instead the post Blue plaque run picnic required a gallop back.

This race was a lovely jaunt along country lanes, all road, finishing in front of the beautiful Battle Abbey, with free carparking IF you are cultured enough to be a member of English Heritage.

The start involved a wander up the High Street, then a run up to a roundabout, a double back down past the Abbey then off for a few miles. One shortish, steepish hill and lots of undulations, nothing too challenging, some closed roads, before running back down the High Street with a (slightly unnecessary) kick up and around the corner to make it slightly over 10k.. lovely metal medal and friendly marshals.

Try it next year !

Stella Daff



Henley River Half Marathon, September 1st

It was a sight to behold, setting foot in the historical county of Oxfordshire today, the land of Victorians and location for many a Brit movie. The residence of George Orwell, Boris Johnson, Michael Heseltine, Russel Brand, Winston Churchill, Dusty Springfield — to name a few of the famous people who reside (d) here.



The English weather was kind - sunshine and 26°C - hooray ! Along the Thames there were plenty of people out and about including rowers and boaters and beautiful homes on the riverside.

The running route was varied terrain, I ran the 21km / half marathon and Frank the 10km. Marshalling was top class and it was well organised with a grand funnel start and finish. There were forest sections, narrow pathways, and some elevation but it was predominately flat. I had to navigate through approximately 12 stiles and gates. Stones and grass underfoot, swans, cows and dog walkers.

My results from the Henley Half Marathon Trail run:

- ◇ 8th female/148
- ◇ 1st winner in my age group/14
- ◇ 60th/346 overall (men and women)



It was a lovely day and start to September

Michele Nixon



Riverside Parkrun, September 7th

Visiting my son in Gateshead for the Great North Run gave me the chance to have a gentle warm up Parkrun on the Saturday morning. Although my training plan called for a 15-minute easy run, with strides, I thought I could stretch it to a 30-minute Parkrun, and still include the strides, without too much damage being done.

Looking around, Riverside Parkrun in Chester-Le-Street seemed to fit the bill nicely, 3 flat laps of a park by the River Wear. Created in the 1930s and re-developed in the 1990s, the park includes a walk along the river, ornamental gardens, bowling greens and a café.

The comprehensive pre-run briefing explained that it was a simple 3 laps of the outside of the park – just watch out for the swans and ducks by the river! Given that the paths are all quite narrow and there were 401 participants that day, I did wonder if I would be able to stick to the plan and fit in 8 x 15 second strides.

So, positioning myself around the middle of the field, I made an easy pace for the first lap. By lap 2 gaps had opened so I did manage the strides on that lap without too much trouble. Then, easing up for the last lap, and resisting the temptation of a sprint finish, I clocked in at 29:28. Perfect!

Not the most exciting course, but as always, a friendly crowd and marshals made for a great start to the weekend.

Martyn Flint



Great North Run, Newcastle and South Shields, September 8th

I can't remember the thought process that made me enter the ballot for the Great North Run last September, but it was probably the chance to spend a weekend with my son in Gateshead and that it is such an iconic race. I was lucky enough to get a place in the ballot, so I tucked the idea away, thinking 'that is way in the future'.

It was still way in the future when, at our May committee meeting, Paul Luttman told us that he was taking his coaching qualification and needed a volunteer (I think he actually used the expression "Guinea Pig") for him to create a training programme to prepare that person for a specific event. So, without giving it too much thought, I stepped forward.

Paul devised a training programme based on 4 runs per week plus core exercises, starting with a 30-minute time trial to find my threshold pace. The two technical sessions fitted in with our Tuesday and Thursday training evenings, then a Parkrun at varying paces plus a long run on Sunday. I am quite good at sticking to a plan, but with Paul's input and encouragement, I really enjoyed the training process.

Time flies by and soon the race weekend was here, travelling up on Friday gave me the chance for a Parkrun, see previous report, before the big day.

All the race information stressed how busy Newcastle would be so I got my son to drop me off, bright and early, out of town and I caught the Metro into the centre of the city and made the 15-minute walk to Town Moor, the assembly area.

There followed quite a while hanging around, watching the world go by. Then dropping my bag off at one of the 39 baggage buses, the person manning each bus helpfully writing the bus number on your bib – one less thing to remember! Of course, despite there being hundreds of them, there was still a queue to join for the toilets.

Finally, it was time to make my way down to the start pens. Still with plenty of time to our start time, it was nice to chat to fellow runners and swap stories. Eventually, we began to move forward, I was concerned that it was going to be very congested at the start and it would be difficult to get into an even pace but, the way the barriers were positioned in the last part of the start pen, spread everyone out and with the full width of a dual-carriageway road, there was plenty of space.



Great North Run Cont...

The weather, which had been dull, took a turn for the worse just as I crossed the start line, and the heavens opened. However, it was ideal conditions for running, not too cold and no wind. The rain lasted to around mile 10, by which time we were all soaked to the skin.

The support and atmosphere all along the route was fantastic, despite the weather. The chants of 'Oggi, Oggi, Oggi' and the response of 'Oi, Oi, Oi' through the underpasses was deafening, and really raised the spirits.

Although the course is undulating, with just one sharp kick up after crossing the river via the iconic Tyne Bridge, it was easy to settle into my target pace and stay with it. There is a short, steep downhill section as you come into the last mile along the seafront at South Shields, then it is a packed corridor to the finish line, roared on by the large, enthusiastic crowd.

I crossed the line spot on my target time of 1 hour 45, so I was very happy with the day and all the training had definitely paid off, thanks Paul.

Unfortunately, the weather was not nice enough to want to spend time going around the post-race village with all its charity stalls and entertainment, nor going down to the beach for a paddle. So, it was just get back to the baggage bus and change into some dry kit before making the short walk into South Shields to catch the Metro back to Gateshead.

All in all, a great weekend at a very well organised event, one to try if you are up for an experience.

Martyn Flint



Feel good,
running







Feel good, investing

South East Inter-County Championships, Oxford, September 8th

I have a happy teen here, he enjoyed the experience. It was all over in one minute but he did it with a podium finish, 3rd place in the 400m hurdles, representing Sussex after a selection process, and achieving the qualifying entry time for the South East Inter-County Championships which took place in Oxford.

Paul achieved a personal best time of 59.28, just three days before his 16th birthday.

Great Running Paul Nixon (in the yellow vest below).

Michele Nixon



Queen Elizabeth Parkrun, September 14th

After nearly a week of eating and drinking our way round Lisbon and Porto, Debby and I were back on the parkrun tourism trail.

We were joined by Luke and Theresa for Queen Elizabeth Parkrun in Hampshire.

The reason for a ridiculously early start? To get our Q for the alphabet challenge of course!

The run takes place in Queen Elizabeth Country Park, which contains part of the South Downs Way and so will be familiar to those who have taken on the South Downs Way Relay.

We arrived at the park in plenty of time on a bright and sunny, but quite cold, day.

Theresa and I were prepared to run while Debby decided to parkwalk with Luke, who was still nursing his broken elbow.

The undulating course is run on a mixture of gravel paths, grass and forest trails - all of which were slippery thanks to recent rain and morning dew. As a result I opted for hybrid shoes and that proved a good decision.

There are two loops (one short and one long) with a couple of good downhills and one long uphill drag.

The course was tough but great fun, with fantastic views, and we enjoyed a good breakfast in the visitor centre cafe afterwards.

Jim Scott



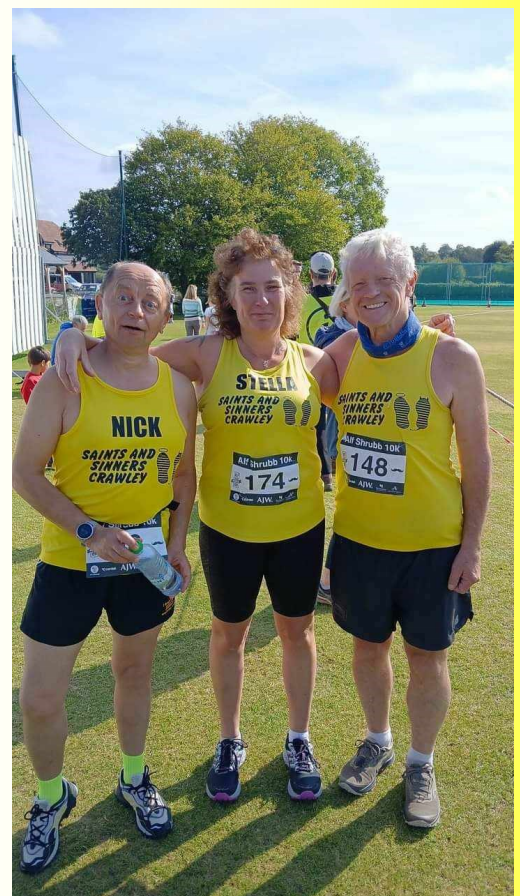
Alf Shrubb Memorial 10k, September 15th

About 9 years and an extra mile between these 2 pictures. The first one we made All About Horsham magazine. It was a 5 miler then and I still ran for Fittleworth.

The Alf Scrubb was reprised this year in Slinfold, parking and finishing at the cricket club. Starting in Lyons Road in the village, this predominately trail and track race is undulating and tough underfoot in places.

2 laps sorta, 1 long hill, but beautiful scenery, great support and a lovely gallop downhill and round the field to finish.

Stella Daff



Naked 5k trail race, Brockenhurst, September 15th

I achieved 1st female winner of the Naked 5km trail race and received a colourful, massive, unique trophy. This was my 1st time running a naked race. It was a new experience. One life, freedom flying !

The race was chip timed and course measured, and it was well marshalled. I joined approximately 200 other runners, racing starkers through the wild. LOL. I beat two girls (2nd and 3rd) who were younger than me.

It was 21c and September sunshine. Afterwards I enjoyed relaxing by the pool and then a sauna.

The course terrain was through a forest with exposed tree roots, speed bumps, stair climbing, undulating and uneven underfoot with lots of slipping and tripping hazards.

See you all there next year !

Michele Nixon



Rafal 10k, Alicante Province, Spain, September 21st

Rafal is a small town in the Alicante province. The route was relatively flat making it an excellent race for those looking to achieve personal bests or just enjoy a steady, comfortable run.

We passed through several residential neighbourhoods and many people were applauding us from their gardens or balconies. It started and finished in the town and the atmosphere was very lively from the start to the finish.

Saints came up trumps with Mary coming first in age group, Steve also coming first and myself coming third.

We enjoyed baguettes afterwards, San Miguel beer, soft drinks and nibbles, all free.

In addition, all entrants received a lovely gilet and a pot of fig jam (presumably to keep us running!) all for the entry fee of only 12 Euros.

Before the presentation of trophies there was a raffle (each runner's number was put in a hat) and the first prize was a very smart modern TV, sadly we didn't win that one!

Nina Trevarthen



Hellingly 10k (SGP), September 22nd

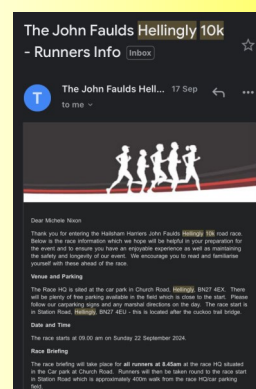
On the 22nd September I raced in Hellingly village (Wealden district, East Sussex). It was the undulating, 10km Grand Prix Series (the 37th Hailsham Harriers John Faulds, founded in 1984) road race.

The rain stopped for the duration of the event. It was a smooth, clear winding and flowing route through the countryside.

I finished in 47min 21sec. I came 12th/105 females (top 11%), 2nd/17 in my age group, 63/226 overall.

"Every run is a work of art, a drawing on each day's canvas. Some runs are shouts and some runs are whispers. Some runs are eulogies and others celebrations." – Dagny Barrios

Michele Nixon



Hellingly 10k (SGP), September 22nd

The ninth race in this year's Sussex Grand Prix contest was the John Faulds Hellingly 10k. Fourteen Saints & Sinners donned yellow for the trek over to East Sussex on a wet and miserable day.

We were all prepared for a soaking but as we took our traditional pre-race pic (in the toilet queue to accommodate those also needing a comfort break) the rain eased and there was even a hint of blue sky. And luckily the rain stayed away for the duration of the race!

This is an undulating, rural route which takes in the steep lanes of the villages around Hellingly.

The race start and finish are a mile apart and I roped Debby in to move our car so we could make a quick getaway afterwards for me to get to work in London later that afternoon.

The 9am start meant my train margins were not as tight as for other Sunday races but I was disappointed to miss out on cake afterwards.

All of our runners put in a great show (I was quicker than last year) but special mention to Sky who came third overall and first in his age category!



Jim Scott



Pins i Mar, Spain, September 22nd

My favourite race! This is in La Marina where we have our holiday home and it's a race that I've been running for many years. It was last run in 2019, then Covid happened, and there was a 4 year gap. I was so delighted when it returned this September 2024.

The race started with a massive colour of confetti being released and loud uplifting music to get us going. We started off in the village and then went along the pine forest near the sea. (Pins i Mar is Spanish for pines and sea).

Whilst it wasn't particularly hilly it still felt quite a slog due to the 26C heat, and a small part of the race was on pebbles and sand. When we finished there was a great array of goodies to eat and more beer to drink!

We all got a fantastic technical t-shirt and a towel. For the second day on the trot, Saints swept up the prizes with a 1st for Mary, a 2nd for Steve and a 3rd for myself in our respective age categories.

Nina Trevarthen



Goodwood Cross Country Relays, September 28th

It was a glorious, sunny Goodwood for the relays, clear blue skies (with a scattering of clouds), warm sunshine and a fantastic running route through the forest, trail terrain, some elevated sections and fields ! No mud or puddles.

It was very special and memorable to being doing this historical and established old style Sussex event with son Paul this year, both racing the same trail route, a distance 3.8km.



It was a fast maximum pace. Paul finished around the 14-15 minute mark (awaiting results) and I did 17 minutes 41 seconds (goal was 18min, hey ho !).

All the golden oldies (us !) racing with the youngsters aged 16 up, trying to keep up. I ran leg 1 of the relay, I was the first in the group to finish so I enjoyed supporting the others on their legs 2 , 3 (+ 4) around the course !

Three S&S doggies joined in on the fun too. I enjoyed fresh homemade soup on site and hot chocolate afterwards. It was a grand Day all in all.

Thank you to Paul Luttmann for organising the S&S athletes and to Tim Kimbers, Martin Airey and Nina Ware and Co and the Crawley AC teams.

Michele Nixon



Hyrox, Stuttgart, Germany, September 28th

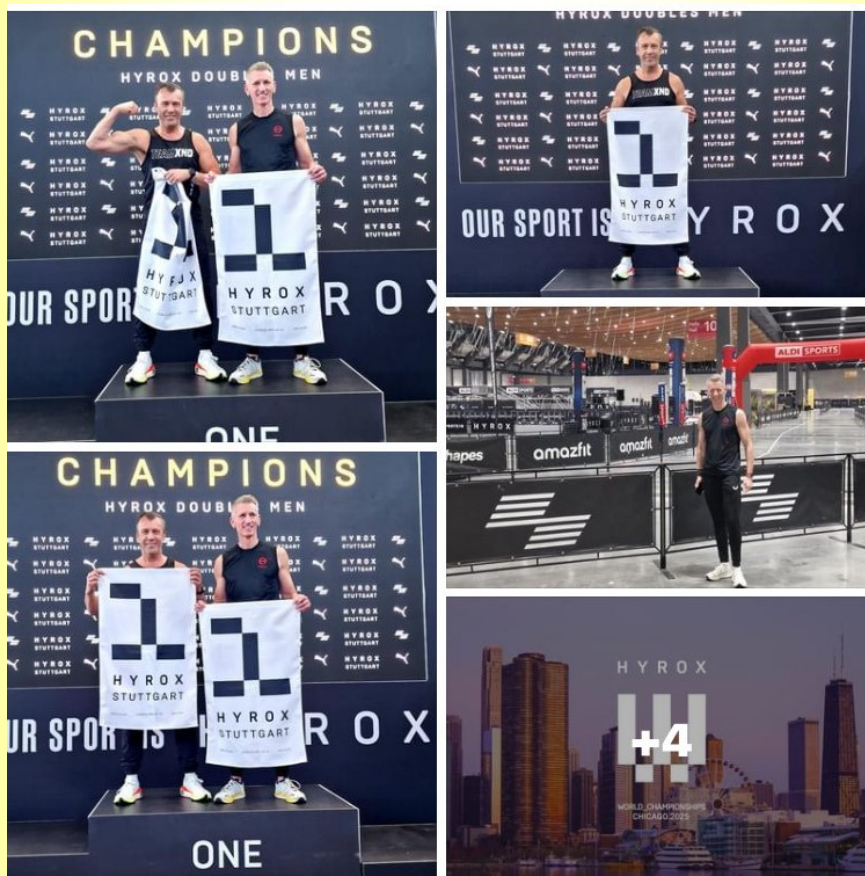
My friend Ian Dunsmore and I headed to Stuttgart for our first race of the season, joining some 10,000 athletes taking part over the weekend.

We headed off in the first wave at 7:40am, 6:40am UK time, so we were just a bit tired after a delayed flight. We arrived early at the venue. Arriving at our start time after a warm up session, we found ourselves in mixed starting pens with some of the elite 15. Sadly we could not keep up with this guy and he kept lapping us, well, he was half my age !

Anyway we smashed our way through, but no PB, but I was happy with 1:18, a respectable time considering all factors . We won our age group with a 1st place podium finish. You have to be in it to win it as they say for the World Championships.



Frank Stone



Rojales 10k, Alicante Province, Spain, September 28th

Podium finish for Saints and Sinners at the Rojales 10k. Saturday 28th September.

A warm Saturday evening saw Nina T, Lesley, Mary, Steve and me head to Rojales to run in their 10K race. We were supported by Keith who took charge of transportation and team photography.

Rojales is a village in the province of Alicante with the River Segura flowing through it. The race starts in the centre of the village and then winds its way through the streets. A two lap course. We shared the first lap with the runners taking part in the 5K.

There is a buzz at the start and finish area with runners collecting their numbers. Along with our numbers we were given a run tee-shirt and sweets.

While Nina and Lesley went off for a warm up I checked out the route. Here I met the Run Director from Nostell parkrun near Leeds. For reference this parkrun is undulating at a National Trust property.

It is time to race. Fireworks go off and as we lined up for the race, AC/DC Thunderstruck plays over the speakers.

We are off. Just after 7pm. The temperature has cooled to a comfortable 23c. The field spreads out. I can see a few pacers. I keep an eye on the 50 min pacer. The roads are perfect for running. Wide. No potholes.

Lap one done. I am near the 50 min pacer. Occasionally I see Steve, Nina, Lesley and Mary. Shouts of "go Saints" follow. Someone called Vamos has a lot of support.



Rojales 10k, Alicante Province, Spain Cont...

As we come back into the village I can see the sun is beginning to dip in the sky. Beautiful. The lights shine from the cafes and bars. Just 1.5 miles to go now.

The race winds on through the streets until we are approaching the finish. Cheering and music can be heard. I round the last corner and run towards the finish. Music blares out as I cross the line. A great experience.

There is water, beer, pizza, sweets and other soft drinks after the race. Free too. I walk to the finish to cheer Nina, Lesley and Mary armed with beer. Keith is there capturing the moment we finish.

Steve had a terrific run coming in first Saint. Nina and Lesley both had great runs too but it was Mary who wrote the headlines; finishing first in her category to secure a podium finish and earning a massive trophy.

A fab race. One to do again. A big thanks to Nina and Keith for their hospitality and help booking races.

Viva Espana!

Dickie and Lesley Bryant



VII Legua Huertana, Los Dolores, Murcia, Spain, September 29th

It was a bright and early start on Sunday for Nina, Lesley and myself. We were headed to the borough of Los Dolores in Murcia, Spain, for a 5K (and a bit more) race. We were supported by Keith (chief photographer) and Gasper, who drove us there.

It was a warm morning. Thankfully for Lesley and I it was not as hot as in previous years. Most definitely not gloves weather.



The course winds around Rojales along small roads. Passing farms with Lemon trees. Two flat laps with a nice finish in front of the church.

There were plenty of club runners taking part. Amongst the strong field were three Saints and Sinners. We all had good races managing spritely finishes too.



Armed with a race tee-shirt, melon and bottles of water we headed back to base. Another race under our belts.

Viva Espana!

Lesley and Dickie





September / October Activities

Sunday October 6th, Lewes Downland 10 mile (SGP), 9:45am
 Saturday October 12th, Parkrun Tourism, Hogmoor Inclosure, 9am
 Saturday October 12th, Sussex XC league, Goodwood Racecourse, 1:30pm
 Sunday October 13th, Great Walstead 5 (WSFRL), Lindfield, 10:30am
 Sunday October 20th, Windlesham Whip (WSFRL), Pulborough, 10:30am
 Sunday October 27th, Steepdown (WSFRL), Lancing, 10:30am
 Saturday November 2nd, Priory XC Relays, Reigate, 1pm
 Sunday November 3rd, Gunpowder Trot (WSFRL), Horsham, 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

We've returned to the streets of Crawley for our winter training sessions. The first Tuesday of the month we meet at Crompton Way, Manor Royal. All other Tuesday's we meet at Tilgate Parade. Thursday sessions will start at different locations, run leaders will specify the meeting point in Spond where more details of the training sessions can be found.

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

10/10	24/10	07/11	21/11	12/12 *	09/01	23/01
06/02	20/02	06/03	20/03			

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.

*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

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

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

KIT

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

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

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

Register for WSFRL

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

Please enter the race and pay via Spond, unless you currently have credit, in which case email Luke on:

raceentry@saintsandsinnersrun.co.uk

As rep, Luke will collect all numbers and distribute on arrival. Do not pick up your race number yourself. Please car share when possible.

Any questions email Luke.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details.

Email Paul and register your intent to run on:

raceentry@saintsandsinnersrun.co.uk

Please, if needed, then transfer money to:

Crawley Saints and Sinners Running Club
Sort Code 20-23-98
Account Number 30434213
Reference: XC(race name)

Register for a Sussex Grand Prix Race

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

Make a suggestion!

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

social@saintsandsinnersrun.co.uk