

Welcome to the February 2024 newsletter. And an especially warm welcome to Adam Donovan, Charlotte Ferry and Steve Hurst who joined Saints and Sinners this month. Spring training is well underway despite the challenging weather conditions. The Wimbledon Half gets my vote for muddiest race of the month, but there are plenty of other contenders looking at the race photos. I guess more of us should've headed out to the Terrevieja Half Marathon in Spain with Dan Smiles. Plenty of sandy beaches but definitely no mud.

Please keep your run reports coming in to social@saintsandsinnersrun.co.uk, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi everyone!

Hope you are all well and enjoying your running!

It's a busy period for the club, please keep an eye on Spond not only for training sessions but also for SGP and WSFRL fixtures and updates. We have upcoming races in both series, and also have the road relays to look forward to.

Training has been really busy lately which is great to see. It won't be too long before the nights are longer and we can enjoy our training sessions back in Tilgate. There are 2 dates for your diaries:

The club awards do on 24th March (see page 2 for more details).

The 3 Forts marathon on 5th May. As usual we are supporting the race by manning a drinks station. If you can help with this please let me or Pete Airey know.

Looking forward to seeing you soon, hopefully at the mega parkrun on Saturday! Let's celebrate the learn to run graduation, and Pete's 500th parkrun by turning Tilgate yellow!

James

Runner of the Month - February 2024

The runner of the month for February is Mary Freestone.

Mary is one of the longest serving members of Saints and Sinners and runs in almost all the Sussex Grand Prix and West Sussex Fun Run League races.

This month she also became the third member of the club to reach the giddy heights of 500 parkruns, achieving this at Tilgate parkrun on 24th February. Mary doesn't often run at Tilgate but prefers to tour and has run at 118 different parkrun events.

Also this month, Mary picked up an award for finishing in 3rd place in her age category in 2023 at the SGP Annual Awards Presentation evening.

Richard Daniels



Saints and Sinners Annual Awards—Sunday Match 24th, 4pm

We are looking forward to seeing you all on **Sunday March 24th at Goffs Park Social Club**. We have lots of awards to give out including those that have been nominated as our runner of the month throughout the year.

There will also be a raffle where the proceeds will be going to our members who are running the London Marathon for Charity

- Dan Smiles for MACS
- Janet Doyle for Pancreatic Cancer
- Louise Redgrave for St Catherine's Hospice

Please bring cash to buy tickets and if you have any suitable items for the raffle prizes please let a member of the committee know.

RSVP via Spond.

Debby Scott

Our 2023 award winners



Sussex Grand Prix Awards—February 22nd

Saints and Sinners runners were again picking up trophies at the annual SGP awards night last month.

After another great season, it was fantastic to see so many club members recognised for their achievements.

A huge well done to:

- Michele Nixon (5th lady overall and 3rd in her age category)
- Sky Taylor-O'Neill (11th male overall and 3rd in his age category)
- Wayne Kingsnorth (19th male overall and 3rd in his age category)
- Nina Trevarthen (3rd in age category)
- Steve Baker (3rd in age category)
- Mary Freestone (3rd in age category)

Hope we can pick up even more trophies this year!

Jim Scott





Your New Male Welfare Officer

My name is Dan Smiles and I am very much a new Saints committee member.

I'm married to the lovely Amy Smiles and I have two teenage children, Ellie and Harry, that are also members. I have been in Recruitment for the past 25 years and People Management roles for 10+ years, which is experience that I will use in my new role on the committee. I have been a member for about 2-3 years and the club has supported me and given me the structure I needed for training, which has vastly improved my performances at Parkrun and club races.

My role is the Male Welfare Officer and I can be contacted at : malewelfare@saintsandsinnersrun.co.uk OR if you see me at training on Tuesday and Thursday and Parkrun on Saturdays come say hello.

I am the dedicated person at the club ensuring that all male club members have a safe and positive experience. Nina Ware will do the same for our female members.

As a welfare officer please contact me in confidence if you have any safeguarding, discipline or conduct concerns.

Hope to see you all at training or a race.

Dan Smiles



Your New Female Welfare Officer

Hi everyone,

My name is Nina Ware, I am your newest member to the Saints and Sinner's committee. My role is Female Welfare Officer and I can be contacted at:

femalewelfare@saintsandsinnersrun.co.uk

I am the dedicated person at the club ensuring that all club members have a safe and positive experience at our club.

As a welfare officer please contact me in confidence if you have any safeguard, discipline or conduct concerns.

I have been a member for about 7 years and the club has supported me by encouraging me at training and at races.

Hope to see you all at training or a race.

Nina Ware



Run Reports

Eastbourne Parkrun — January 27th

Temperatures were hovering around zero on the day Debby, Luke, Theresa and I decided to take on Eastbourne Parkrun.

We arrived in plenty of time for the pre-run briefing and a chat with Tilgate alumni Alnur (who now lives on the coast). Given the freezing conditions base layers were much appreciated, although I did wish I'd also brought my gloves.

The course is on tarmac and stone paths in Shinewater Country Park and we were on the out and back winter route. We had unwittingly arrived on Eastbourne's 12th anniversary and as a result numbers had swelled to nearly 350. And we were all keen to get going, so we could warm up.

The start is a bit of a bottleneck but runners soon spread themselves out on the pretty flat paths through the park. I don't know if the cold made us run faster but Luke got a PB, I recorded a sub 27 minutes and Debby and Theresa were both under 40.

So we all had plenty to celebrate with a good brunch in Eastbourne afterwards.

Jim Scott



Nonsuch Parkrun — February 3rd

Another Saturday and another tourism for Debby and me. We decided to combine a visit to Debby's uncle in West Ewell with nearby Nonsuch.

This is a very well-attended Parkrun in what remains of Henry VIII's deer hunting park. A fairly flat two laps take you on paths and grass around the pretty park.

Luckily conditions were dry but there is still an uphill section at halfway and to the finish funnel that drains the legs and eats into your time.

On the first Saturday of each month Nonsuch has a number of Jeffing pacers, allowing people to run/walk the route.

Take-up for this initiative was good and Debby decided to follow one of the Jeffers, while I huffed round myself.

We both enjoyed this run and intend to return in the summer

Jim Scott



Tollgate Hill Half Marathon – February 3rd and 4th

For the last 9 years, on the first weekend in February, a group of likeminded runners quite literally descend on Tollgate Hill for a shared experience in persistence. Originally planned as a half marathon, fifteen laps are required to complete the distance.

Every year the half marathoners are joined by many other runners with goals to complete a 5km or 10 km challenge and it becomes a social occasion over the whole weekend (there is no official start time - run when you are available).

Tollgate Hill loop (<https://www.strava.com/segments/7953734>) is a 1.4 km loop straight up the hill, around the top and back down the cycle route through the houses. This is a very accessible route, only 30 m elevation gain and includes the most beautiful view from the top, looking north over Crawley, Gatwick and with the North Downs in the background.



This year we had runners from Saints and Sinners, CRC, Horsham and a troublemaker from Personify ☐ along with family members dragged out to join in for one or more loops! It was great to see so many people over the weekend. Everyone below completed a Tollgate run over the weekend (on Strava) and several more have not felt the need to upload!

Richard Harvie
James Tombs
Gareth Putland
Andrew Bullock
Darryl Taylor
Angela Puleo

Neil Roberts
Simon Pearce
Ben Carpenter
Ben Harrington
William Mulcahy
Michele Nixon

Dean Frazer
Cara Law
Henry Harris
Lesley Bryant
Angela Louise
Daniel Martin

Linda Healy
Chris Bullock
Nina Ware
Nina Trevarthen

I encourage everyone to add an occasional Tollgate loop to your training plan or social runs, and hopefully see you next year!

Andrew Bullock

Tunbridge Wells Half Marathon – February 18th

On the 18th February 2024 I ran the Tunbridge Hilly Half 21km (800ft elevation). It was my first time racing at this event. A toughie but I enjoyed it.

I finished in 1:46, in the top 16% overall females (63/394) and top 16% in my age category (8/45). 1336 Racers participated.

This event is famed for its scenic and challenging route (the 300ft ascent at Fordcombe should be mentioned). Meticulous organisation and fantastic marshals, Tunbridge Harriers (now alongside Nicework) have hosted this event now for over 30 years.

Over the last 10 years £200 000 has been donated to charity and worthy local causes, this year 2024, West Kent Mind was the primary charity supported.

The first male finished in 1hr10min and first female in 1hr20min, this event attracted some of the most experienced runners in the South of England and had a cut off time of 3 hours.

The rain held off and the sun made an appearance. Bands, drums and church bells on route and locals cheering on, it all made it a great day. Frank was supporting and accompanied me too. A 45min journey from Crawley to this spa town, well known for its world famous gardens, moated castles and mellow country manors.

Michele Nixon



The route & terrain...
The course is one of the most testing and picturesque on the racing calendar. The one lap circuit through some of the finest countryside in Kent includes a few notable hills; among which, Spring Hill (on the approach to Fordcombe) should be mentioned in particular.
As this is a hilly course, we regret that it is not suitable for wheelchair athletes. Dogs or buggies will not be permitted, and athletes must not be accompanied or followed by others on cycles.
There's a cut-off time...
Runners taking part should be able to complete the course **within 3 hours**.
If you believe you may not be able to complete the race in this timescale, for whatever reason, please contact the Race



Wimbledon Common Half Marathon — February 18th

I decided to do this one as the event fell on the weekend my London Marathon training plan specified a half marathon, and also a friend was doing it.

The race, which is organised by Runthrough, starts at the Richardson Evans Memorial Playing Fields just off the A3 at Roehampton Vale. It's a 2 lap trail course around Wimbledon Common with just one hill at the start of the lap. Logistics are not that straightforward. There was no event parking and using public transport involved two trains and a bus. Fortunately I was able to park at a friend's house who lives nearby.



As for the race itself, it was extremely muddy with huge puddles which there was no point trying to avoid! My main priority was to stay upright. There were a number of runners who had fallen including one woman who was being attended to by paramedics. On top of all the recent rain it had rained heavily on the morning of the race making conditions really difficult. This is a small event with a limit of 800 runners. Facilities were ok although the "event village" was a quagmire.

I'm sure this would be a lovely event in the summer with drier conditions but it's not one I would want to repeat in winter. Still I did get to meet a Womble!

Janet Doyle



Uckfield Parkrun — February 24th

For the latest S&S tourism it was Debby, Clare and me who braved Uckfield's winter course.

Debby and I ran the summer course in the, err, summer and knew that the route is off-road with plenty of tree roots, rabbit holes, hillocks and a lovely big hill in Buxted Park.

This time we also had to contend with mud, lots and lots of mud, and freezing water and did I mention the mud ? !

Nevertheless, we thoroughly enjoyed ourselves on a beautiful, bright winter's morning.

Those who enjoy cross country will know full well how treacherous the Sussex Weald mud is and this was a real leg-strainer.

I almost lost my shoes a few times and also lost a fair few minutes in time!



Numbers at these sort of courses drop dramatically in winter so there were only 59 in total. Everyone else missed a messy but marvellous day out.

Jim Scott



Torre Vieja Half Marathon, Alicante, Spain — February 25th

Torre Vieja is 40km (45 mins) south of Alicante. Very easy to reach, especially when Gatwick to Alicante has so many flights.

At this time of the year the temperature is circa 18 degrees. The half marathon starts at 9.30, so a little cooler in the mornings.

This event has a half marathon and a 5km race. Both races this year have approximately 600 runners, so not a huge event, but just like any other Spanish running event it offered plenty.

The route was flat, all road, coastal and through the city of Torre Vieja. It's two loops. It was very well organised. Only draw back, was the wind. It wasn't harsh, but enough to make the run a little challenging and the stretch between 11-18km into a breeze really absorbed lots of energy.

The crowd and music kept you going. As it was two loops, it felt well supported. I managed to finish with a personal best of 1:29:24, knocking 20 seconds off my previous best last month in Santa Pola.

The race organisers really looked after us post run. Oranges, bananas, nuts, protein bars, Coca Cola, energy drinks and then handed us our goody bags, which was jammed packed. The organisers posted the results pretty much an hour after I had finished. Lots of trophies handed out to winners of various age categories. I was 9th in M45, the top 3 were all sub 80 mins, amazing!!!

The event cost 18€, so I am always amazed that they can offer you a race, medal, t-shirt and a bag of goodies. Totally recommend it!!!

Dan Smiles



Cross Country Report—February

Sussex XC League Race Four

A nine strong Team S&S headed to Glyndebourne on Saturday 10th February for the fourth and final Sussex XC League Race this season.

This was a new XC venue for us which was in the grounds of the opera house with its country house, [lake](#) and views of the South Downs. It was a wonderful setting and the XC course was wonderfully challenging too. It constantly forced us to adjust our running pace with its changes in direction and elevation and ground conditions ranging from firm to very soft. The 1km climb was particularly brutal with the final 400m climbing about 40m. The first time up was fun, the second and third up less so. They even threw in some water jumps and bonus metres on the course lengths too.



There was great running from everyone. Running like Valkyries in the women's race over their 5km (6km) course: Sarah Stanbridge and Theresa Wright were 5th and 10th respectively in the Senior women's category; Valerie Stanbridge was 18th in the V55 women. In the men's race over their 8km (9km) course: Luke Taylor was 35th in the Senior men's category; Andy Kerr and Matthew Sargent were 10th and 21st respectively in the V40 men; Paul Luttman and Ian Gurling were 7th and 30th respectively in the V50 men; Martyn Flint was 12th in the V60 men.

XC Round Up 2023/24

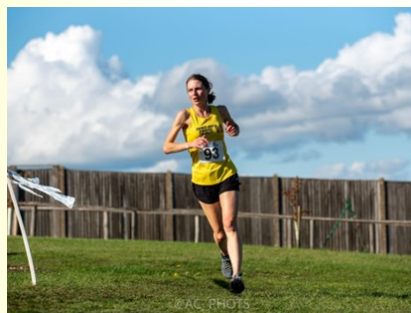
Thanks to everyone (twenty-three of you) who ran for Team S&S at a XC race this season. Given your efforts we were able to field:

Cross Country Report—February cont..

- Two teams at the Sussex XC Relays at Goodwood in late September;
- Four teams at the Priory XC Relays at Priory Park in early November;
- Senior and Vets teams in the Sussex XC League which ran from Goodwood in mid-October to Glyndebourne in early February;
- Six runners at the Sussex XC Champs at Bexhill on Sea in early January;
- Four runners at the Sussex Masters XC Champs at Coombes Farm, Lancing in mid-January.

Great running everyone. We will announce our XC Runners of the Year at our Awards event in March. These are decided by me (SCAA Rep) based on: the number of runs for the Club; displays of XC spirit; performances at the XC races this season. This year's shortlist, composed of runners who ran four races or more, is as follows:

- Sarah Stanbridge
- Theresa Wright
- Michele Nixon
- Nina Ware
- Luke Taylor
- Matthew Sargent
- Martyn Flint



Cross Country Report—February cont..



Thanks to @AC_PHOTOS for the photos.

Paul Luttman—SCAA Rep

WSFRL Report—January and February

Hangover 5 — January 1st

Firstly - I would like to apologies for the Tardiness of this report.

Well What can i say. After officially finishing 3rd last season and winning the last race, it was all about keeping up the momentum and starting this year off strong in my attempt to win this years 'Fun run' League.

Starting off with the juniors - 3 brave souls ran the junior mile and finished a respectable 6th overall which is a great start considering the number the clubs above us had. So well done boys!

30 ladies and Gents, which was the joint 2nd highest turn out, took on the 5 mile new years day run. This course is challenging at the best of times and was quite muddy in very long stretches of the course, but everyone finished and with hardly anyone worse for wear. A rolled ankle to two was the worst of it and no one fell over which was exciting to see!

5th place is a great starting point for the year and only 5 points separate us from 1st which is outstanding work from all. Special mention to Glenn who managed an incredible 2nd place overall! Only 10 seconds off of the winning time. Great Stuff!

Looking forward to a massive turn out at what basically is a home race in February!



WSFRL Report—January and February

CRS Run your Heart Out 8km — February 11th

Hey Guys!

Race number 2 - practically a City/Rovers Derby. After sitting in 5th this was an amazing opportunity to produce something fantastic and set us up for the coming season in style.

Look at the group pic! avoiding the 'Selfie Wall' you came, see we came out in force, 46 of you! With the race starting and ending at K2 and including every uphill imaginable at Tilgate park.

The team did fantastically to finish an amazing 2nd! Which moves us to 3rd overall!

Juniors - We had 3 juniors this race with a 1st place, 5th place and 6th places in Gender!

We also managed 3rd! Which keeps us 4th for the year so far!

Well done Everyone! See you all at Fittleworth!

Don't Forget the Easter Monday run - you have to pay Via the LINK and do not pay directly into Spond.

See you at Training!

Luke Taylor –WSFRL Rep





March activities

Saturday March 9th, Learn to Run Graduation, Brian's 550th, Peter's 500th, Tilgate Parkrun, 8:15am for presentation and photos

Saturday March 16th, Parkrun Tourism, Lancing Beach, 9am

Sunday March 17th, South Downs Trail Run, High Street, Bramber, 9:25am

Sunday March 24th, Fittleworth 5 (WSFRL), Bramber Village Hall, 11am

Sunday March 24th, Hastings Half Marathon (SGP), 10:30am

Saturday March 30th, Sussex Road Relays, Preston Park, Brighton, 1pm

Monday April 1st, Lewes Easter Monday 10k (WSFRL), Lewes Leisure Centre, 10:45am

Saturday April 6th, Parkrun Tourism, Banstead Woods, 9am

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

From January 2nd 2024 training sessions have been taking place on Tuesday and Thursday evenings for a 3 month trial period. Tuesday night sessions meet at Tilgate parade shops, Thursday night sessions meet at Oriel High School.

Please note, the first Tuesday of the month, training is held at Manor Royal in Crompton Way.

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.

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@saintsandsinnersrun.co.uk

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

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

KIT

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

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

Martyn will receive your order and, at the beginning of each month, will send it to our printers. Kit will be ready for delivery at Tilgate Parkrun or a training session around 14 days later.

For more information and questions email Martyn at kit@saintsandsinnersrun.co.uk

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!

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

kit@saintsandsinnersrun.co.uk

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

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

Name: please type the exact name you wanted printed

Kit should be ordered and paid for from our website:

www.saintsandsinnersrun.co.uk/kitshop (payment is handled securely by our payment provider Stripe).

Martyn will receive your order and, at the beginning of each month, will send it to our printers. Kit will be ready for delivery at Tilgate Parkrun or a training session around 14 days later.

Register for WSFRL

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

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

raceentry@saintsandsinnersrun.co.uk

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