



Welcome to the June 2025 newsletter. And an especially warm welcome back to Sarah Wilson who has rejoined Saints and Sinners.

June, what a scorcher ! While it can be challenging, training or racing in hot temperatures can make you a more efficient and faster runner in all conditions. Staying well hydrated, managing your pace and listening to your body are important considerations, but the heatwave has certainly not put our intrepid Saints' off racing and we have plenty of reports for you to enjoy this month. Do check out the articles from Derek and Anne, both have moved away from Crawley, but continue to enjoy success in their adopted counties. We have the usual SGP and WSFRL reports and parkrun reports from Denmark and Poland. And don't forget to check out the details, on page 4, of the annual club handicap in August in Tilgate park.

Please do keep your reports and photos coming in to [social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk), we love to hear what you've been up to.

**Nicky**

## Chairman's Corner

Hi All

Hope you are all well and enjoying your running!

Thanks to everyone who has been coming along to training recently - we've had some bumper numbers at recent sessions. It's been great to see!

Hopefully you are finding sessions that appeal to you - if you do have any feedback on sessions then please let me or Paul know.

We're still in peak race season - there seems to be a race every week at the moment! Really enjoyed reading the race reports.

I'm "looking forward" to Bewl at the weekend, and hoping the weather cools down!

Look forward to seeing you all soon

**James**



## **Runner of the Month - June 2025**

### **Runner of the month - Sean Heard**

Sean's hard work and long hours of training have really paid off with an excellent run (3.41.13) in his debut London Marathon earlier this year, where he was in yellow representing Saints and Sinners.

He also raised some much-needed cash for St Catherine's Hospice.

Off the back of that he has recorded great times in the first three races of this year's Sussex Grand Prix.

And Sean has also been smashing out some super Parkruns.

### ***Jim Scott***



## **Future Events**

### **The Weakest Link Relay 2025 - Hove Lagoon, Wednesday 23rd July @ 7.15pm**

This is a fun event for teams of 4 runners, each of whom run a 2.5k lap and then the whole team runs a 5th leg of 2.5k. The total finishing time is taken from the last runner in the team to finish, so you are only as good as your team's weakest link!

The course is at Brighton Marina, so flat and all on tarmac.

The cost is £20 per team (£5 each) and more details can be found here: <https://www.brightonsports.co.uk/the-weakest-link-hove-lagoon>.

I will post the event on Spond and if there is sufficient interest I will send a payment request also through Spond.

***Martyn Flint***





## **Future Events**

### **2025 Club Handicap, Tilgate Park, Tuesday August 19th**

The 2025 Club Handicap race will take place on Tuesday August 19th. The winner will receive the Derek Brailsford Trophy, currently held by Luke Taylor who won last year's race in a tight sprint finish.

The route is the normal 5k Tilgate parkrun route, starting and finishing at the Boat House by Tilgate Lake and turning at the mid point of the walled garden.

A Spond invite will be sent out in the next couple of weeks.

I will work out a handicap time for every member that has run at least 5 parkruns anywhere so far this year (that's including non-Tilgate parkruns). As I have over 100 handicap times to work out, if you can definitely not make it, it would help me greatly if you could decline the invite so I don't have to work out a handicap time for you.

Also, if you are not registered with parkrun as a Saints and Sinners runner, please can you do so. If Saints and Sinners is not your main running club, you can always choose them as your second club on your parkrun page.

The Handicap race is open to all members, first claim, second claim, adult or junior, however any under 11s running must run with a responsible adult and it will be the junior runner whose time is counted. If you wish, you are more than welcome to run with your dog.

How it will work. If I have given you a handicap time of 40 minutes, you will start ten minutes before someone with a handicap time of 30 minutes, and fifteen minutes before someone with a handicap time of 25 minutes. If all the handicaps work out, everyone should finish at the same time, no matter when they start!

There is no need to send me the time you think you will run, I will work out everyone's handicap loosely based on recent parkrun times and performances in other races.

***Richard Daniells***



## Run Reports

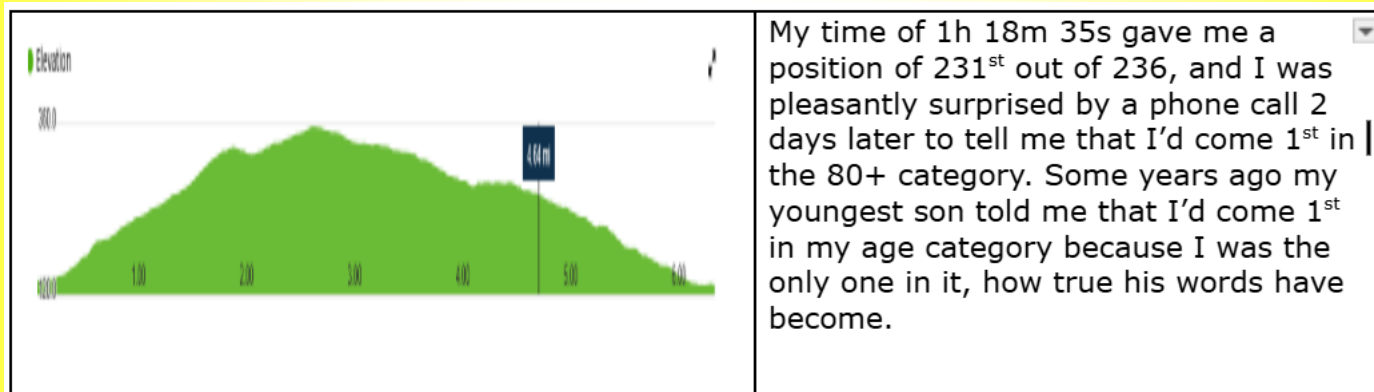
### News from Up North

After a good 1st half, the final 6 months of last year were a bit of a disaster due to illness and injury. Almost starting from scratch, I've built up slowly and am running as well as I would like. They say that as you get older you get wiser, don't believe it, for at the age of 80, I've just run 4 good races in 17 days (I should know better).

**Race 1 – Long Clawson 10k (officially 10.3k), May 11th** - Multi-terrain which included grassy fields, ploughed and rutted fields, lots of styles (some double), a small section of thick mud, narrow wooded paths with lots of tree roots, and added to this it was a very hot day. As it was the first time that I'd run this race I didn't know the course profile so I ran it all the way but slowing down in the last 4k. Maybe I should have walked up the long steep hill early on, but I did have the consolation that not many that I overtook on the hill got their revenge.



**Race 2 – Holymoorside 10k, May 18th** – A road race that I'd run in 2012 and vowed that I'd never run it again because the first 4k is up a long almost straight very steep hill (I never learn). I started last and set my own pace up the 4k climb and it wasn't until 5k that I overtook two ladies. Shortly afterwards I caught two sisters who ran with me to the 8k marker (we overtook another lady who was having treatment for grazes after a tumble). After that I wasn't a gentleman and left them to run their own race.





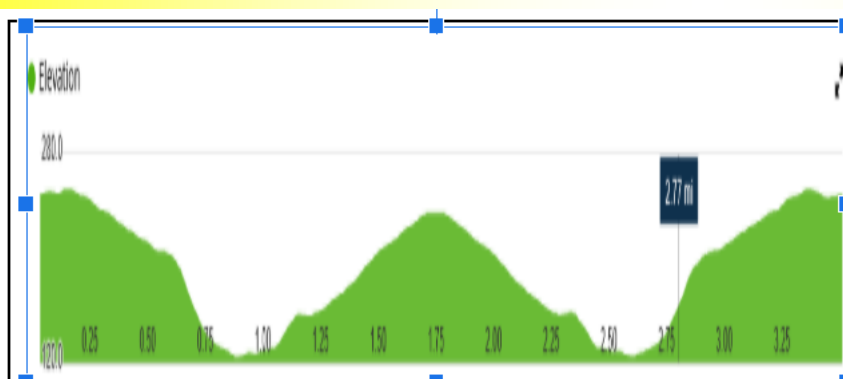
## News from Up North Cont...

**Race 3 – Trent 5 mile, May 21st** – A run on a nice pleasant evening along the river Trent and Nottingham canal. The course was multi surface and mainly on good paths, it was also very flat with the only inclines being at a Hump Back Bridge over the canal.



My time was 55mins 17secs and gave me a position of 244<sup>th</sup> out of 266 and 4<sup>th</sup> out of 7 in the male 70+ category. I was pleased with my run but knew that it could have been faster as I suddenly had to stop for about 40 secs at 2½ miles due to a very sharp pain in my right knee. I eventually got going again and within ½ mile I was running faster than ever (very strange) and catching the runners who had overtaken me at my stop. Unfortunately in trying to catch up those runners I over cooked it, and the steep cobble stone incline up to the bridge ½ a mile from the finish knocked me out of my rhythm, and ¼ mile further on I stopped due to Jelly Legs. A few deep breaths and I was running again but very slowly.

**Race 4 – Hallam Chase, May 27th** – I was once again allowed to run The Hallam Chase (the oldest handicap fell race in the world) in my father's memory and for his old club, Hallamshire Harriers. I was off a 29½ minute start with the next runner off 7mins 50secs after me. The conditions were overcast, wet, muddy and slippery after several days of showers, which meant that I was very careful especially on entering Den Bank (a very steep downhill, tree canopied track covered with rocks and tree roots. With several flashlights going off a friend said that it seemed that I was entering Hell). The rest of the course is littered with styles, very narrow gaps in stone walls or 2/3 deep steps to get through gaps, which makes the return journey interesting as other runners are going up. Once again I retained the trophy for being first at the half way turn. I reached the valley on the return journey in 1st place and despite walking up the fields I was still 1st at the bottom of Den Bank but that is where I had to have several rests and the overtaking started. On the very short flat section after Den Bank I got my legs working again and ran all the way to the finish, encouraged by all the younger runners who passed me.



My time of 53mins 36secs (1min 41secs faster than last year) and my handicap meant that I was 38<sup>th</sup> out of 88 (around me runners were coming in every 3secs)

## News from Up North Cont...



Photo from last year



Anyone interested learning about this old race, which Seb Coe described as brutal, should Google "Hallam Chase – BBC Cheats, bets and killer hills".

***Derek Brailsford***



## Multi Terrain Race Series (MTRS) 2024/25, Cornwall

I thought I would share with you as Saints and Sinners are my first claim club and here in Cornwall PTR are my second claim ....

Starting last July and finishing yesterday evening was the MTRS series here in Cornwall. It is very much like the West Sussex Fun Run League except you gain points for yourself depending on your achievement. There are a total of 11 races and you need to complete 7.

The start of the season wasn't so good for me as I was battling with an injury and then working night shifts plus travelling back and forth to Sussex made it tricky. However I plodded on... it was great experiencing the coast line, the elevation was brutal, the field was strong.

Last night was race 7 for me. It was hot and the course sounded horrible but it was make or break... I crossed the line 2nd female, 1st in my age group but won the 2024/2025 series for the women. I am absolutely stunned but thrilled....

### **Anne Matthews**





## **Amager Faelled Parkrun, May 29th**

After a very enjoyable double Parkrun trip to the Netherlands last year to hunt down that elusive Z, we decided on a similar holiday this year. So the magnificent seven - Dickie, Lesley, Martyn, Nina, Keith, Debby and I - booked a three-night trip to Denmark. Staying in Copenhagen with an extra Parkrun on the Thursday (Ascension Day) gave us a potential of four venues in and around the city to choose from for our two runs.

We flew in from Gatwick with Norwegian on Wednesday and were soon checking into our hotel near the picturesque Nyhaven area. We spent the afternoon strolling around before a beer or two and a very enjoyable waterfront meal at the Barr restaurant.

The next morning we were up early and off via Copenhagen's excellent metro system to Amager Park for Amager Faelled Parkrun.

Finding the start was pretty easy - we followed all the other tourists from the metro stop. And the attraction of an extra run had drawn a bumper crowd of 464 runners - around quadruple the normal numbers and including a contingent of Horsham Joggers!



The route is two almost flat loops on compacted gravel paths. The start is very narrow with runners asked to line up with the fastest at the front and walkers bringing up the rear of the group. However the large numbers meant it was still quite congested in the first few hundred metres. After that the field stretched out and we all enjoyed a good run, with Keith acting as our official photographer.

Afterwards we hunted down coffees and Danish pastries before more sightseeing.

## ***Jim Scott***



### **Faelledparken Parkrun, May 31st**

After a leisurely day on Friday we were flying home early Saturday afternoon so our morning choice of run was crucial timing-wise. As a result we ruled out Amager Strandpark near the beach and plumped for Faelledparken, which was easily accessible from our hotel on the metro.

More than 300 were at their extra Thursday run while we were among 170 on the Saturday. The course is three flat laps of a gravel path in the shadow of FC Copenhagen's Parken stadium.

It was a lovely run with some members of the party improving on their times from Thursday's efforts and others (mentioning no names) clearly having feasted rather well on cinnamon buns and meatballs.

Afterwards we dashed back to the hotel to freshen up before heading to the airport.

Copenhagen is a great city, easy to get around and very friendly and we thoroughly enjoyed our running visit.

***Jim Scott***





## WSFRL report - June

Welcome to the June edition of the WSFRL run reports. We had 2 races this month. Let's start with my favourite place to race (WSFRL and Cross Country): the **Trundle view**.

Admittedly, this is a long drive down to Chichester on a Wednesday night for a 5 mile run through some woods, but nevertheless, 7 of us turned up and represented Saints. With the exception of our 2nd tumbler in as many races (2 guesses as to who this was ?) everyone finished in 1 piece and even our faller picked herself up and crossed the line! With no injuries!

Well done to all, I can't wait to return for the Cross Country Season.



Our 2nd race in June, **Downland Dash**, was a scorcher! 32 degrees and it was not the best place to do it, mostly through open fields with little to no shade. Usually it's a hot one but this was just crazy! Even in the heat we had some wonderful performances and a few WSFRL debuts, so well done Steve and Bill.

Looking forward to the next one! See you all on Wednesday for the Roundhill!

## Luke Taylor





## **Dorking Tens, June 1st**

I was the sole Saint at Dorking this year, doing a 10 mile race I've completed several times in the last 15 years.

It's a friendly event, starting on Brockham village Green, all road, through the undulations of Leigh and Betchworth before ending on the grass at Dorking Rugby club.

A lovely downhill sprint, being name checked by the course announcer, a banana and an eco wooden medal this year

## ***Stella Daff***



### **Hastings 5 mile (SGP), June 1st**

Less than 24 hours after flying home from Denmark, we were on the start line in Hastings for the fourth race in this year's SGP. Sixteen of us, including four from Copenhagen, made the trip to the coast for the annual 5-mile race.

This event, which raises money for the local hospice, attracts a strong field of the fastest club runners in Sussex. They are drawn by the pancake flat dash from the town centre, along the seafront to St Leonards and back.

In previous years the race has included a lap of Hastings Pier but this year we were straight out and back with a longer loop around an adventure playground to make up the distance.

The race is always well attended and supported with definite PB potential - well worth getting out of bed for.

***Jim Scott***





## **Run Wisborough 10k, June 8th**

Cara, Michele and I ran the 10K (there is also a 5K) on a nice day.

The 2 laps start on the Green before going uphill through a housing estate, downhill past the green, and turning along some rural roads including a steep but short hill with great marshal encouragement. Down and through a lovely woodland section and past Fishers Farm entrance before heading back to complete the lap.

This is another local treasure, reasonably priced and friendly.



### ***Stella Daff***





### **Heathfield 10k (SGP), June 15th**

This year marked the 40th anniversary of Heathfield's Midsummer 10k race. As you would expect the clue is in the name and yet again we were racing in very hot conditions.

Some 18 Saints had signed up, many of whom knew all about the undulating course and some who were about to experience it for the first time.

The route starts in the village of Cross in Hand, East Sussex, with nearly a mile of downhill.

It's then up and down through the lanes via the pretty village of Waldron before a lung-bursting return up the hill and a lap of the rugby club field to finish.

Despite the tough course I always enjoy this race and managed a time pretty similar to last year so was pleased with my efforts.

***Jim Scott***



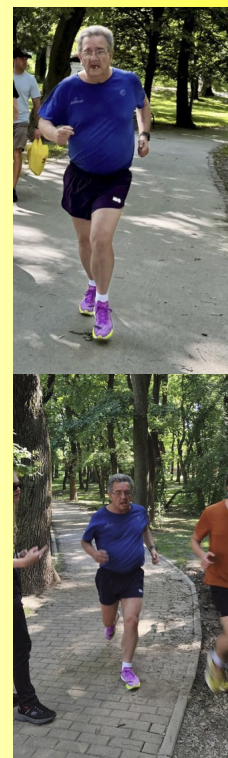
## **Zielony Jar Parkrun, Poland, June 21st**

Mandy and myself, our first holiday away in eighteen years, were spending a few days away in Krakow, and by coincidence, there happened to be a parkrun beginning with Z only about 10 kilometres away, the only letter I needed to complete my parkrun Alphabet Challenge.

We took a cab from our hotel, showed the driver our destination address, and away we went. He double checked the address a couple of times en-route, and dropped us right at the edge of an estate full of four storey flats. Out the cab we got, saw a few trees in the background and headed that way. As soon as we reached the trees we spotted a runner and asked him where the parkrun started, and in perfect English (probably because he was English), he told us where to go. Fifty metres later and we were at a bandstand, full of runners with British club vests.

Lot's of photos by runners or the small core team, and a hilarious run brief, translated from the Run Director's Polish by a local teenage lad that had everyone in stitches. After a while the 69 runners, 58 of whom were British tourists, lined up at the start and we were off.

The route was a very short straight, turning into four laps of an undulating course, the second toughest in Poland as they said in the run brief. On each lap, the first 200 metres was a gentle downhill, followed by 800 metres uphill, not steep but twisty in places, and with a few flat sections, and the last 200 metres or so being downhill. After the final lap, there was a short run into the finish.





### **Zielony Jar Parkrun, Poland Cont...**

There were no marshals, runners just followed the signs around the scenic park, but all runners got a high-five from the Run Director and Token scanner at the end of each lap. When finishing, I was surprised to be given my finish token by Mandy, as she and another spectating Brit had volunteered to do finishing tokens as the Run Director had intended doing them himself.

There was no rush to get away, lots of mingling and stories with other runners and volunteers afterwards. I'm approaching 600 parkruns in total, and can honestly say this was probably the most enjoyable parkrun I've ever done and an absolute must for anyone should they find themselves in the Krakow area of Poland on a Saturday morning.

***Richard Daniells***





### July / early August Activities

Sunday July 6th, Bewl 15 (SGP), Wadhurst, 9:30am

Sunday July 13th, Hornets Stinger (WSFRL), Brighton Football Club, 9:30am

Wednesday July 16th, Phoenix 10k (SGP), Hove Lawns, 7pm

Sunday July 20th, Seven Stiles (WSFRL), Henfield Leisure Centre, 10am

Saturday July 26th, Parkrun Tourism– Crystal Palace, 9am

Sunday August 3rd, Ashdown Forest Trail run, Gills Lap, Uckfield, 9:25am

See Spond for more details.

### UKA

A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

### TRAINING

Tuesday and Thursday training has now moved to Tilgate Park, meeting at the main car park by Smith and Western. Please refer to Spond 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](mailto:social@saintsandsinnersrun.co.uk).

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.

03/07	07/08	04/09	18/09	02/10	16/10	06/11
20/11	04/12	08/01	22/01	05/02	19/02	05/03
19/05						

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit the **2025** online PARQ form <https://forms.gle/cbsRR3i1ZkcbzPgw6> ahead of attending your first session in **2025**. The form just needs to be completed once in **2025**.

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 4-5 weeks later.

For more information and questions email Martyn at [kit@saintsandsinnersrun.co.uk](mailto: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](mailto:info@saintsandsinnersrun.co.uk)  
Secretary - Richard Daniells  
[info@saintsandsinnersrun.co.uk](mailto:info@saintsandsinnersrun.co.uk)  
Treasurer - Roy Swetman  
[treasurer@saintsandsinnersrun.co.uk](mailto:treasurer@saintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Bryant  
[membership@saintsandsinnersrun.co.uk](mailto:membership@saintsandsinnersrun.co.uk)  
WSFRL Rep – Luke Taylor  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
SGP Rep – Jim Scott  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
XC Rep – Paul Luttmann  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
Kit officer – Martyn Flint  
[kit@saintsandsinnersrun.co.uk](mailto:kit@saintsandsinnersrun.co.uk)  
Suggestions officer – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Social events organiser – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Press Officer – Nicky Wilson  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Male Welfare Officer – Dan Smiles  
[malewelfare@saintsandsinnersrun.co.uk](mailto:malewelfare@saintsandsinnersrun.co.uk)  
Female Welfare Officer – Nina Ware  
[femalewelfare@saintsandsinnersrun.co.uk](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto:social@saintsandsinnersrun.co.uk)