

Welcome to the October 2023 newsletter.

And an especially warm welcome to new members Sharon Chladek, Helen Goora-Washington, Mark Penfold and Grzegorz (Greg) Wierciak who joined S&S in September and October.

Lots of reports to whet your appetite this month including an Aquathlon in East Grinstead, a 50km ultra in Beachy Head and Bournemouth, marathons in Jersey, Loch Ness and Kielder Forest, a first place for Claire Page in Brighton Rise 8km, plus half marathons, 10kms and Parkrun tourism reports. Plus our regular SGP, WSFRL and XC updates from Jim and Debby, Luke and Paul. Last but not least Congratulations to 5 of our 5-10k improvers who graduated at the Hove 10k.

Thank you to everyone who took time to write a report or article for this month's newsletter. Please keep them coming in, we love to hear what you've been up to.

Nicky

Chairman's Corner including Runner of the Month

Hi everyone,

Hope you are all well and enjoying your running!

It's a busy period for the club, we have the Reigate XC relays on Saturday. I would like to say that I'm looking forward to it but I'm really fearing the mud!

We also have more XC, SGP and West Sussex Fun league events to look forward to. None of these races get organised themselves, so now is a good opportunity to say thank you to Luke, Paul and Jim for their efforts over the past year.

Our Runner of the Month is **Louise Redgrave**, well done Louise! Louise ran the Bournemouth version of the Race to the Sea at the weekend in a fantastic time of 6.48.45. She has also taken part in both SGP and XC events recently.

Good luck to everyone with their upcoming races! See you all soon !

James

Parkrun Milestones

Congratulations to Richard Bryant who celebrated his 250th Parkrun at Tilgate on October 21st. He was proudly wearing the S&S 250 milestone sash. The sashes are available to every S&S member to wear at their milestone run. Please contact me if you have a milestone run coming up. Sashes are available for 50, 100, 250 and 500 Parkrun milestones.

Richard Daniells



Run Reports

Heron Way 10k (Horsham) – October 1st

The sole Saint, I was looking forward to this trail race, Debby had mentioned free cake too. and I got an early bird place.

A fun, friendly school "race village" run by the PTA. A kids colour race, a fitness warmup, a playground Start and a downhill road first half kilometre.. awesome!

The course certainly got tougher, tracks to St Leonards Forest were testing, and trails within, undulating, with a double back, including Macmillans mile, a supposedly haunted section (my ex riding instructor told ghost stories in the 80's). I heard ravens. Friendly marshals, though a couple of sections after 6k were spooky since everyone was miles in front or miles behind me..

Only 104 runners overall.. a climb back on the road to the school, and a finish around the back of the school before the finish, but yep, free cake 'n coffee, a nice medal, and a hi-vis armband!

Stella Daff



Jersey relay marathon — October 1st

A bright sunny day for a relay marathon. I got the bus to St Helier then found the bus to take me to the start points. I was leg 2 out of the 5 legs. It was shaded, damp and cold.

Waiting for Karin on the 1st leg to arrive, I was watching the full marathon runners go by. Karin arrived, past the tag onto me and I was off.

It was all uphill through the forest, shaded, which was a relief from the sun. Out of the forest into villages with the sun burning down, I took the racing line and covered 5:88 miles in 49 minutes. A sharp turn into a field to pass the tag onto Anthony. He was gone quickly.

I rested, had a sports drink and bananas, then I boarded the bus to take me back to the start. The team completed the relay in 4:02:45.

We all had a great time. We also did the Parkrun on the Saturday, a cool down run on the Monday morning along the coast to St Helier and back, to round the weekend off. Flight delays spoilt it a tad, but the relay was very well organised. I'd definitely do it again.

Ken Tulley



Loch Ness and Kielder Marathons – October 1st and 8th

Week 1—Drumpellier Parkrun and Loch Ness marathon

Work commitments this year meant that we didn't really get a summer holiday – in the summer, but early on we decided to plan a stupid adventure later in the year. This is how we came to be running two marathons in beautiful parts of the UK just one week apart.

The story can begin with our plan for packet pickup. We had to arrive by Saturday afternoon but by our calculation that left us with enough time to fit in a parkrun first! But which one? We chose Drumpellier Country parkrun starting at Lochend Loch, part of the Seven Lochs area north of Glasgow. A partial lap of the water and then off into the woodland for a more sheltered trail run and time for a coffee afterwards.

Loch Ness marathon starts in the highlands on a long straight road surrounded by green and views, and having been coached out to the start earlier that morning you actually end up completing an entire loop around the loch in one day. Being up high to begin means that as well as the fantastic views you get a majority downhill run back to Inverness, so PBs are expected!

This is a lovely rolling road course with some very peaceful sections and passing through well-supported towns too. Regular aid stations mean you are always supplied and with a flat (fast) finish across a bridge and alongside the river Ness to the tape you get a final burst of energy.



The week in-between was all about recovery. Definitely not rest though as we were on holiday and had things to see! I added swimming/floating/jacuzzi when possible and continued my morning runs at low intensity. Every day I was committed to longer than usual stretch and yoga sessions. Keeping my lower back and shoulders loose is one of my biggest challenges in recovery, but I know if my posture goes I risk hurting myself in the next run.

After Inverness we spent three days in the Cairngorms, plenty of local hills to explore and a low intensity hike around Balmoral with the Royal Standard flying. With some visits to friends thrown in we eventually made our way south to Northumberland.

Loch Ness and Kielder Marathons Cont..

Week 2— Windy Nook Parkrun and Kielder marathon

Before we get to the next long run I must mention Windy Nook parkrun, in Gateshead, for our Saturday morning warm-up. Chosen almost entirely for its great name it is a very small and friendly event (last week just 26 runners completed it) that sits on a hill with views of the Tyne and Newcastle. It was windy.

Kielder marathon is one lap of Kielder water and branded as "Britain's most beautiful". It is. Run early October every year, it is on good quality trails/paths and I highly recommend to anyone who dares to ask. I keep going back. This year I had modified my goals to finish, enjoy myself and support my wife around I really felt able to take in more of the views from different parts of the lake. Even the dreaded boring dam crossing around mile 17 had lovely sun over the water.

Do I recommend this type of running adventure? Oh yes! Teaching your body, training, and practicing recovery and energy management are fantastic challenges to overcome. You also learn about responding to body signals and being flexible in your goals. The downside was driving felt like the only option to get between locations, so there was a lot of time in the car. Worth every mile.

Andrew Bullock



Chichester Parkrun – October 7th

On a lovely autumn day Debby and I headed to Chichester, the most westerly Parkrun in the county, as part of our tour of Sussex. The run is a three-lap course of Oaklands Park near Chichester's Minerva and Festival theatres. There is plenty of parking and loo facilities just minutes walk from the start.

As always we were there in plenty of time so took some pictures and then joined the first-timer briefing. Other tourists joining us came from as far afield as the Isle of Wight and Manchester and everyone then got a mention by the race director before we set off.

The course itself is all on grass or paths as you start at the bottom of the park, then wind your way up round a kids' playground and some rugby pitches before a nice downhill.

As with many lap/loop courses, there is the opportunity to give encouragement to fellow runners as you pass each other.

We both enjoyed our day out - rounded off with a trip to Dunelm on a nearby retail park (oh the glamour)!

Debby and Jim Scott



Rise 8K Undercliff Run (Brighton) – October 8th

Julie Kalsi, who many of you know as being the Event Director of Tilgate parkrun team every year has said to me that I should do this run. This is one of Julie's favourite runs so when she mentioned it to me this year, I looked into it! Having done two other runs earlier this year which she also mentioned to me to do - The Woldingham Half and Madehurst 10k where I came away with podium places she said she thought that I would stand a good chance of podiuming again and could possibly even win it! Never to this day did I think that I actually would although I might have secretly hoped, but honestly didn't think it would come true!!

So having done some research into the past results, I found one year that someone had won it in just over 32 mins, I asked Darren what time he thought I could run it in and when he said about 32-33 mins, I thought I would give it a go! I looked at the race entries and then found it was slightly cheaper to get a team entry so roped in Jyoti Farren, Gabrielle Presland and Gill Turner all from parkrun to make TEAM TILGATE whilst supporting Julie who had already entered!



Having looked at the weather forecast, it looked ideal temperatures for me for running - sunny and warm so I also suggested that we made a day of it by having a picnic or fish and chips lunch afterwards which we did do! However, as it was a ladies only event, the men were deciding on what they were going to do in terms of their Sunday run and yes, you've guessed it, Darren had contemplated on running there but then decided against it as he didn't fancy leaving at about 5am in the morning. Nevertheless, the men, albeit Tim, as he was taking Oliver swimming, decided on doing a 10k run before hand. So Julie took Darren, Sandy and Martin down early and I drove the remainder of the party and we all met up at the start.

The sun was shining and the temperature was ideal for me - shorts, vest and I could even manage without gloves! I have been using Stryd (running to power) for the last month and am really enjoying it - its keeping me fresh and I'm running comfortably on every run. The aim of Stryd is to get you to achieve your very best on the race day and it forgoes running to pace or a set time. However, I knew I wanted to get about 32 mins and knew that the power I needed to run at for the duration was 185 watts which is what I aimed to do! Stryd does however take into account the wind so if it was particularly windy then I would have been slower than my planned time of 32 mins and I was as I crossed the line in 32:12 - this might have been more to do with the turn around point and the course being slightly longer as my average power for the run was slightly over at 189 watts!

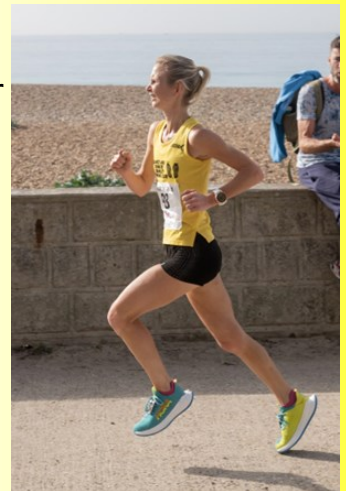
So having done my warm up with a few skills drills and short run with some strides it was not long before I was on the start line. I made my way to the front - never have I been on the start line before and I was near enough on my own as other runners were too nervous to come to the front. Two other ladies did eventually come forward and I was chatting to them - they were all asking what time I was going for and said I looked rather speedy but I just played it down and said that I was running to power so didn't really know! I did find out that one of the ladies had come fourth about three years ago so I did feel a little anxious then and the other lady said her fastest 5k was 21 mins so I was not too bothered by that but she did end up coming second.

Rise 8K Cont....

A little while later, the event director made her way to the start line and gave the running brief and the mayor then started us off and we were away. To begin with I kept myself calm and let the other two leading ladies have a go at the front and I was just determined on trusting Styrd and stuck to my power. Within a few seconds I had re-caught the ladies back up and over took them. The lady who came second overall, I could hear on my heels as I later found out that she was trying to stick with me as much as possible but I soon felt her dwindling away. I am pretty sure I lost her at between the 1k and 1.5k mark. At about 3k the lead bike pulled over and let me carry on, on my own as he said the gap between me and second place was too much!



So I then arrived at the turn around point and on the way out the run was exceptionally comfortable but as I turned, I felt a slight wind so I was working as hard but my pace had slowed slightly all by a second or two. The feelings though as I was coming in towards the finish line from half way was absolutely incredible. The amount of cheers and congratulations and words of encouragement I got from the fellow runners - some my friends, others from parkrun and some I didn't even know was just out of this world!



With just about 1k to go I could see Martin Presland and Ant Weller from parkrun in the distance and lots of others standing and cheering on as well as taking photos (thanks Ian Down!). Martin and Ant started running me in which was the spurt and support I needed and I picked up pace a bit and then I met with my all time best running partner Darren and he knew how hard I was working and he got me to the finish line in an incredible time of 32:12. I couldn't believe it - 1st in a race with an overall lead of at least 3 mins! An amazing achievement and I was on a high for the rest of the week.

Thank you Julie for suggesting I did this run!

Claire Page



Running in Amsterdam — October 14th—15th

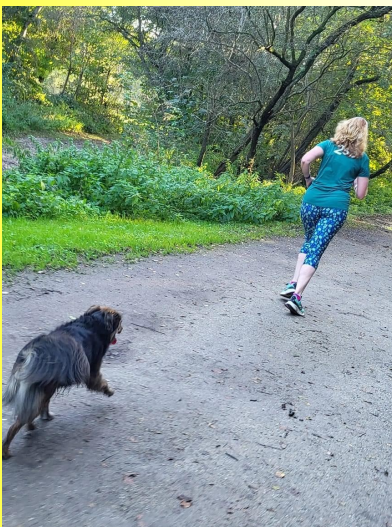
Amsterdamse Bos Parkrun and Amsterdam Marathon

Amsterdam Marathon takes place annually in early October. The city holds a whole series of running and walking events, beside the marathon, all centred around the Olympic Stadium which played host to the 1928 Olympics. This year myself, Jo and Kerry popped over to tackle different distances. Kerry had entered the half marathon, I was tackling the 8km race (having done the half twice before, I decided I wanted more beer time). Jo, didn't have an entry for anything and was hoping to pick up an 8km place at the Expo.

Of course, no weekend away is complete without checking to see if there is an opportunity for Parkrun tourism, especially in another country. Parkrun has only been held in The Netherlands for a couple of years and currently there are only 19 events in total. Luckily Amsterdamse Bos Parkrun is about a mile from the Marathon Expo so the plan was to run the Parkrun, grab some breakfast at the café and then head off to pick up our numbers.

It was an early start, but a beautiful, fresh autumn morning. The run takes place in a huge park, easily walkable from Amstelveense weg Metro station. The start took a bit of finding but luckily, owing to the marathon, the number of attendees shot up from the usual average of 120 runners to over 600, so there were plenty of people to follow. Again, because of the marathon, Parkrun sponsors, Brooks, were there in force, giving away special T-shirts and offering shoes to try out. Most of the volunteer team also seemed to be English!

This turned out to be one of the loveliest Parkrun courses I have completed. It's a single lap around the park taking in woodland, meadows, views of lakes, lovely bridges and, if you are into plane spotting, the park is directly under the approach to Schiphol airport. The course is flat (although the course description does talk about a 'light hill'.....) and is run on paths and packed trails. Kerry and I picked up a dog along the way. Obviously running with its owner (without a lead, naughty) and seemed to know the route very well. It put in a sprint finish and just beat me to the finish line. The final 'Dutch Touch' were the fake cheeses to put your tokens in. This was a fantastic Parkrun in a beautiful venue so check it out if you are ever in Amsterdam.



Amsterdamse Bos Parkrun and Amsterdam Marathon Cont....

Sunday brought hailstorms and heavy showers but thankfully with long periods of sunshine in between. Jo managed to pick up a number for the 8km race so we both lined up for this event which is squeezed in between the Marathon (9am) and the Half Marathon (1.00pm). All three events share common routes at the start and at the end so it can be rather chaotic and confusing, particularly for the Half Marathon. Luckily the 8km takes place before the mayhem begins and is a great course with fantastic crowd support and, as with all of the races, a Stadium finish on the running track. We met Kerry at the finish and we sat in the Stadium to watch the early marathon finishers before Jo and I headed off for a shower and beer, leaving Kerry to enjoy the delights of the Half.

All in all, a great weekend of running.

Clare Hall



Run to the Sea Bournemouth – October 14th

We started the day collecting the coach from Hengistbury Head in Bournemouth at 6.20am for a 20 min journey to Moors Valley country park, Dorset. It was absolutely freezing but the weather forecast was dry so an improvement from the previous 2 days of non stop rain. Our start time was 7.55am, we were the last wave and there must have been about 20 of us.

The first part of the run was through Moors Valley which opened into more woodland, then gravel paths but pretty much flat. First stop was at 9k where they offered snacks and drinks then then we were off again after a long toilet queue to the next stop at 19k.

The terrain was pretty much flat all the way, it was a lovely run and by nearly 20 miles we hit Poole so we had the view of the harbour and the town which we ran through for the 3rd check point.

From then on we found the run quite hard, the scenery was beautiful running along the sea and we had so many people cheering us on it was great to hear, although by that point I'm not sure my face showed this! We were both really suffering with our knees, we could see Hengistbury head in the distance but it just felt so far away.

We made it to check point 4, marathon distance, then we ended up running and walking just to get through the last 5 miles. The end was near up a small hill and over some sand then the purple banner was in sight.

It was a great day and we were really lucky with the weather, if anyone fancies it I would say it's a great one to do, just make sure you have a good friend to jolly you along when it gets tough.

Louise Redgrave



East Grinstead Autumn Aquathlon - October 15th

Early one chilly October morning, Glenn, his dad Colin and I headed to King's Leisure Centre in East Grinstead to take part in East Grinstead Tri Club's Aquathlon event. This was an annual event pre-COVID and after a 4 year-hiatus it returned, so we couldn't miss out on the opportunity to take part at an event we have enjoyed in previous years.

The course is a 500m (20 x 25m laps) of the pool and 5km (2 lap) run around town. There are a few small slopes as you run around, but nothing compared to the hills some of the SGP or WSFRL races have to offer! After registration, we lined up by the poolside in race number order (allocated by estimated swim time, slowest starting first), then were allocated lanes for our swim. It's organised in such a way there isn't any more than 2 or 3 people in a lane at a time, which avoids congestion. Then after our 20 laps it was out of the pool and outside into transition, looking at my watch I was pleased my swim time (10:38) as I stepped out into the cold morning air.

Since I had my tri-suit on, I didn't need to change completely, rather just put on my socks, shoes and S&S t-shirt. As I ran around, I kept a steady pace, and noticed that as my muscles warmed up again, I inadvertently got negative splits. I managed a 29:31 run, not my best but pleased considering I've been going super easy with my running lately. I even had plenty left for a sprint finish!



East Grinstead Autumn Aquathlon Cont...

Colin had overtaken me in the run so it was just waiting a very short while for Glenn, who was one of the last participants to start, as well as fellow Crawley runner Frances Johnston and some of Glenn's Swim 1st Tri club buddies, to finish. After a couple of photos, we got showered, changed and caffeinated ready for the awards ceremony in the leisure centre café. Glenn came first for the 3rd or 4th time despite doing two extra laps on the swim! So all in all, a good morning.

Having done this event 4 times now, I can thoroughly recommend it. It is a small but very friendly event and suitable for anyone thinking of giving a multi-sport race a go. Even if you aren't a strong swimmer, the pool is shallow enough to comfortably stand in end to end if you need a rest (and I'm only 5ft 1). The event is well marshalled and they take action photos which are posted on the EG Tri club website, as well as giving plenty of encouragement. Oh and a medal of course! If you don't mind getting to East Grinstead for around 7am, I recommend giving it a go in October 2024!



Lou Mitchell



Hove Prom 10k (SGP) - October 15th

Organised by the local Brighton running club Arena 80 and nicework this fast and flat 10k course uses two loops along the promenade and with the right weather, PB's are extremely likely.

The event is also included as part of the Sussex Grand Prix series and therefore attracts an array of runners from all over the county. I finished in 44min 35sec. The start was chilly (5°C), my coldest run in ages! I was quicker on this course than last year (2022).

I was 1st in my age group out of 13 and 12/117 females so in the top 10%.

Had coffee at a Cosy Cafe afterwards (there were many to choose from) and captivating scenery all round.

Following the event, a week later I received an unexpected email. It was a wonderful surprise I'd won a £30 cash prize.

Well done to all who ran - it was a refreshing and relaxing morning on the coasts

Michele Nixon



Date: Mon, 23 Oct 2023 at 17:13

Subject: Hove Prom 10k - Age Category Prizes - Race organised by Arena 80 AC as part of the SGP

Hello Michele

Thank you for taking part in the Hove Prom 10k. We've now had time to scrutinise the race results. Congratulations - this email is to let you know you won the VW40 age category prize.

The event is staged by local Brighton running club Arena 80 and the prize money will be forwarded to you via our Club Treasurer.

Please could you reply all to this email with your bank details, so we can arrange to deposit £30 into your bank account.

Any queries, please let us know.

Best wishes

Michele & Brigitte

Joint Race Directors - Hove Prom 10k

Hove Prom 10k (SGP) - October 15th

The 11th and penultimate race of the Sussex Grand Prix season was the Hove Prom 10k.

On a bright but cold morning on the coast 20 Saints and Sinners gathered to take on the fast and furious two-lap course.

Among our number were five who had completed Debby and Luke's 5-10k improvement course and were keen to put their skills to the test.

The race starts on the prom near Hove Lagoon, heads East towards Hove Lawns then returns past Rockwater restaurant to the starting point for the second circuit.

As with any two-lapper there's plenty of opportunity to shout, and receive, encouragement from fellow club runners.

And on a beautiful morning there were families out for strolls also keen to give their support.

I always enjoy this race and this year we were lucky with the weather - cold and dry rather than the freezing rain of last year.

And this time I found myself in a sprint finish with a Heathfield Road Runner who I have been close to in my age category all year. This time I beat him but he may well have the last laugh at the end of the season.

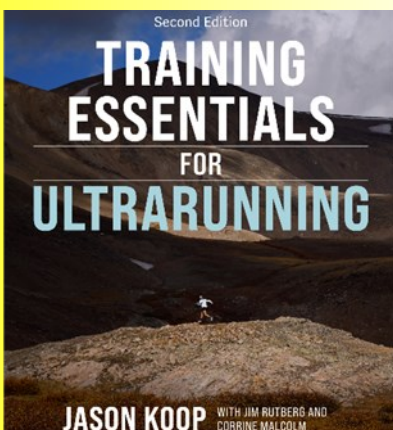
It's this friendly, competitive spirit that I love about the SGP!

Jim Scott



Beachy Head ULTRA (50K) - October 21st

TRAINING: I ran the Beachy Head Half Marathon last year, and resolved to come back this year and run either the marathon or the ultra. Last year it was very wet and windy, and this year was just the same. Having run my first (and only) road marathon last year, I wanted to develop my off-road distance running this year, and started planning last November. I entered the Steyning Stinger Marathon (early March), but missed out whilst recovering from a lower back injury. However, I was ready for the Three Forts Challenge (27 miles) in April, which was to be a staging post for my first 50K ultra. I completed the Three Forts, but faded badly in the last few miles, probably due to dehydration and insufficient electrolytes. As anyone who has seen my Strava will know, my training this summer included 'Tilgate Zombie' running – seemingly endless loops around Tilgate Lake or the parkrun course to make up mileages between 20 and 26.2 miles on several occasions. Fuelling varied from gels through vegan pancakes to mini pork pies. In August I went to Walton-on-Thames for a Phoenix Running session, and completed 32.8 flat miles (10 x 5K out-and-backs) in true zombie style. The idea being to prove to myself I could run 50K. I added hills by doing a recce of the Beachy Head Marathon course in September (3500ft of climb). However, the ultra has 4500ft of climb, and bolts the marathon course onto the 10K route – but I figured my training was about right.



Having read Jason Koop's chunky textbook on ultrarunning, amongst many other things I learnt, I realised my fluid intake was woefully low, and my electrolytes needed a boost. Who knew there was such a thing as a sweat test to determine optimum hydration levels? Once fixed, I spent ages ensuring my kit was exactly what I needed, ticking off a lengthy 'to do' list.

THE EVENT: An early start to the day as the event begins at 07:30, with marathon runners joining us after the first 10K. The hills demand respect! Normal behaviour means walking up the hills, unless you're seriously good. Yes it rained a lot, and there was plenty of wind, but initially I kept warm with a light waterproof jacket over my Saints top.

After around 8 miles I put my gloves on to keep warm, as I was starting to feel the cold. Later and warmer, when I took them off, I squeezed a lot of water from them. Fortunately I didn't need them again, as the sun came out for a while. Choice of gloves is rather important, so I'll be coming back to that one!

The views are absolutely stunning, especially looking out across the Seven Sisters in the sunshine, although I appreciate that a certain amount of time is spent watching the ground.

My fuelling was gels only (High5), plus Wiggle's energy drink powder and extra electrolytes. I didn't use my hydration bladder because I can't monitor my fluid intake if I can't see how much I've got left, so I opted for 500ml soft flasks. My plan was to use two flasks, and refill them at aid stations, adding powder and an electrolyte tablet from little plastic bags each time. This method meant I need not carry more than 500ml fluid at a time, but it proved time consuming to execute each refill. In future I'll carry more flasks, each with powder already added.



Beachy Head ULTRA (50K) Cont...

What worked well for me was the decision to wear oversize trail shoes, a size bigger than I would normally choose. Absolutely no chance of bumping my toes against the front of the shoes on the steepest Seven Sisters hill descents. Although the course was extremely tough, there wasn't a point where I thought I wouldn't make it, although the last five or six miles over the Seven Sisters saw some very slow walking from me, apart from when strong gusts of wind literally propelled runners along for a few seconds at a time, with some free energy. The last mile is all downhill, and I made the most of it despite some slippery churned up muddy patches, finishing in 6:01:45.



Plenty of food available at the aid stations on the way round, including vegan pasties, but after my experience training with mini-pork pies, I kept well away, and stuck to my gels. A hot meal was provided at the end: baked potato with sausage and beans. If only my stomach had been awake enough to enjoy it!

Yes, I'd thoroughly recommend the Beachy Head Ultra as a 50K challenge. There are easier places to race over this distance, but the landscape here is so iconic, and the atmosphere and support are brilliant! I'm now planning more off-road distance running for next year. Exciting stuff! Oh, and I was placed 3rd in the V60 category, which was a bonus. If I hadn't fuffed about with powders and flasks..... 2nd place was only a couple of minutes ahead of me. There's always next time!

Mark Warwick



Lullingstone Parkrun – October 21st

It was a wet and windy Saturday morning for the six of us that made the journey over to Lullingstone for a spot of parkrun tourism. Conditions may have seemed harsh, but compared to the previous time I ran at Lullingstone it was almost tropical. Lullingstone is a very tough course, and although the elevation may not be as steep as the likes of Bevendean, the course is tougher with times on average being slower.

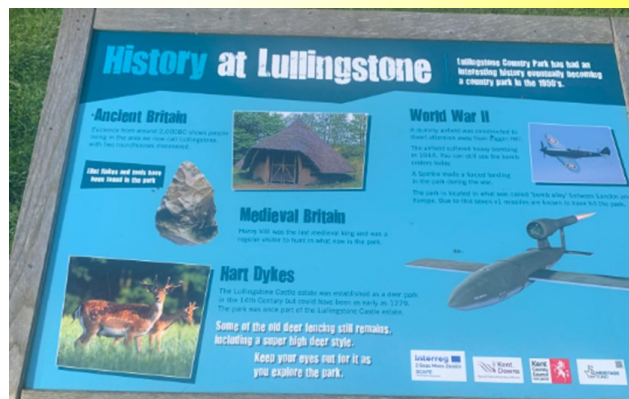
The course is run entirely on grass and woodland trails, the first kilometre being entirely uphill (except for the first 100 metres) with an average gradient of 6.1%. The next kilometre is down hill and the next 500 metres flattish, before you do it all again a second time. On a clear day the views can be fantastic over the Kent Countryside and it would be well worth exploring the surrounds and Lullingstone Castle afterwards.

The number of runners is relatively small compared to other parkruns, with 41 running on the day including the six of us, Ed Duke, Lawrence Knight, Ian Greenaway, Martyn Flint, Rebecca Flint (Martyn's daughter) and myself. There is a café right next to the car park where all six of us enjoyed a drink and bite to eat afterwards, together with a Dartford running club who were also touring on the day.

The volunteers were all very friendly and there is a small tent at the start / finish line in which you can leave your valuables during the run. Note to self, don't leave your spare running shoes in the tent and forget them!

The only downside is the £3.50 parking charge, however this is for all day and gives you the chance to explore the surroundings afterwards for no extra charge.

Richard Daniells



Worthing Seafront 10k –October 22nd

Not great planning on my part as it clashed with The Windlesham Whip league race. This also meant I was the only Saints and Sinners runner there.

When I got there I didn't know anyone but that wasn't a problem as everyone was very friendly. This is why I love running. Worthing Seafront 10km is a very low key, no frills event which has the potential to be a PB course but only because its flat.

The race director was hilarious and made the morning for me. After his speech and race directions he walked us to the start which is about 50 meters from the finish line. Unfortunately, it gets really congested here and once we were off, it took a good mile to get going as we all found our pace. Once we did, we were welcomed by beautiful sea views.

There was a fair bit of weaving around walkers, cyclists and other runners. We then found ourselves on a field where we did a sharp turn and ran back to the finish.

On a less busy day and if you can get to the front at the start, you could get a fast time. If you want a relaxed social run, this is definitely an event for you. I really enjoyed it. I'm not sure it was worth missing a league race for though.

Cara Law



Cranleigh Parkrun—October 28th

A group of us decided we would head 40 minutes over to Cranleigh to give the new course a try.

Debby and I last ran here in 2019. Since then Covid and a major revamp of Knowle Park Country Park have meant the event has only recently returned - albeit with a revised route. New landscaping, including paths and a small lake, mean the route takes in paths and grass rather than its previous incarnation of just grass.

There is still a fairly steep hill to tackle, twice, and a nice downhill. However I was unable to take advantage as I chose to wear road shoes when trails would have been much better. In dry conditions you could probably get away with it but in wet and muddy conditions I was skidding around, even on the paths!

Since it was nearly Halloween, Nina, Debby and Theresa were suitably dressed. As for the rest of us, some of us were probably scary enough!

Afterwards we were thrilled to get our picture taken with Parkrun founder Paul Sinton-Hewitt, who was there marshalling.

We then enjoyed a great brunch in Cranleigh village before I had to dash off to work.

Jim Scott



My Sussex Grand Prix 2023 Season

Many of you know I don't like races as I get really bad anxiety, this year I decided to put on my big girl pants and attempt to do a minimum of 6 races needed to qualify for my age category in the SGP.

I was really lucky that Theresa offered to run with me for the **Horsham 10k** in May and I even managed a course PB, collecting 446 points.

Theresa then ran with me at the **Hastings 5-miler** where it was a really hot morning. But apart from stopping at the water station for a squash, as they'd run out of water, I managed the whole 5 miles without stopping, getting 384 points. I was thinking I've got this, and with Theresa sitting near the top of her age category I decided to run the next one on my own!



Heathfield 10k – another hot day. I described this as hot, hilly and horrendous. Every time I turned a corner there seemed to be another uphill, there was no shade then my head took over. I completed the course as 91st female and collected 427 points, despite coming second to last!

Next was Phoenix 10k – a nice flat out and back course so surely a 10k PB was on the cards. Looking at the other runners, they all looked like pro-athletes compared to me, but I still took on the race.

There was an awful headwind, I lost my cap in the first 200 metres so left it with a marshal until my return! I found the wind so strong I decided to power walk as it was quicker than trying to run.

I had my fellow club runners offering words of encouragement as they were on the return straight whilst I was still heading out towards the power station but I felt that I was shouting to be heard. At the turn point the wind was then behind me and it went deadly quiet. I continued running and got overtaken by a man in a wheelchair who went flying past me! I came in second to last again and got 404 points.

Hellingly 10k was my next race. I knew it was going to be a struggle as Jim and I had just come back from a two-week holiday in France and Spain eating three course meals, drinking lots of beer and wine and - due to the heat - I didn't attempt any running. I set off and was soon overtaken by all the runners and was then running alongside the tail runner.

At the first marshalling point she was told that someone had started late so she needed to wait for them. I got myself in the zone, power walked the uphill parts, ran the downs with the flats and the tail runner never caught me up.

It was really lovely to see all the yellow of our other club runners when I entered the field near the end all waiting for me to cross the finish line - which I could see. Unfortunately you have to first run through a wooded area before you came back out in the field to finish, but I crossed the line with 434 points.

My Sussex Grand Prix season

We then had the **Lewes 10-miler**. For this one there was a cut off of 2 hours 45 mins. As Jim wasn't going to gain many points for this race, he said he would run with me to get me round in the cut off time. We managed the first four miles in just under an hour, so I thought yes I've got an hour and 45 to do the last six. But again it was uphill after uphill and my legs didn't want to do it.

At mile seven there was a steep uphill which went on for half a mile, I said to Jim I'm not going to make the cut off and I was going to have to pull out. Jim went off and crossed the finish line within the cut off and as I managed to get to the top of the hill, the tail bike was with me and asked if I was sure I wanted to pull out.



I had 35 mins to do 2½ miles and if it was flat or downhill I may have attempted it but knowing that there were more uphills I knew I wouldn't make it, so pulled out. I was lucky as it was at the water station and I managed to get a lift back to the start, it was a tough race which in some respects I wish I hadn't signed up for.

Being away for the last race on November 19th I knew I had to do **Hove Prom 10k** on October 15th. This was a graduation run for the 5-10k course that Luke and I had been taking for the past eight weeks. We had five runners who all did amazingly well, some of them completing their first 10k and others looking to improve on their previous times.

This was a flat two-lap route. Sue and I agreed that we would run together, we treated it as a social chatty run with no pressure for time, just to complete it. Again, we were joined by the tail bike but he was happy for us to be running at our speed and didn't put us under pressure, which was nice.

We came joint last and after we crossed the finish line we were awarded with a bottle of prosecco which I let Sue have for her first race! This got me 449 points and a 10k PB. After my six races I've ended up with 2,543 points and am 7th in my age category out of 42, so not a bad attempt from me!

I've now decided that racing isn't for me. I've had great support from the other club runners at the races with many words of encouragement, but I'm happier on the sidelines taking the pictures or just running for myself.

I hope my words of woe haven't put anyone off competing in these races next season. They are great races which are really well marshalled, lovely cake at the end and unless the organisers are putting the money to a local charity, you get a medal!

Debby Scott

WSFRL Report—October

Great Walstead 5

And here we are, into the last few races - 3 left after Great Walstead, which is where my latest run report starts. Early October, the day after the Saints Oktoberfest, what could go wrong?

29 runners took on this 2 lapped course - more undulating than I remember around the grounds of a private school. We also had 2 new members join us and another returning member.

Well done to everyone that took part - that uphill finish was interesting to say the least! We managed 4th place overall! and Paul won the Junior race too!



Windlesham Whip

Two weeks after the GW5, this race was finally put on after being delayed for a couple of years. This is set in and around the grounds of another private school! (£3400 a Term!). Another undulating 4.7 mile route that was mainly off road, with a lap of the playing field to finish. With a muddy car park for most it was interesting to see what the course was like, but it was fairly dry considering how much rain we had leading up.

No juniors this time but we had 23 Runners and managed 5th, only 5 points behind 3rd place Well done everyone yet again.



WSFRL Report—October Cont...

Steepdown!

A week later saw 20 Saints and Sinners finish the Steepdown challenge. As the name says this is a steep up and then down, with some other hills wedged in between, with the rain being horrendous I was half expecting it to be called off but the brave volunteers managed to put on a great event and provisionally, we managed 7th place. Tristan also won the Junior Race too!

Novembers newsletter will have the final standings after the Gunpowder Trot.

Well done everybody! See you next week at the LAST race of the Year for me to report on.

Luke Taylor



XC Report - October

Sussex XC relays

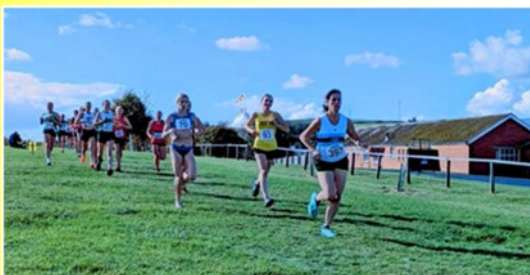
Two S&S teams headed to Goodwood Racecourse on the South Downs on Saturday 30th September for the Sussex XC Relays. Super running from everyone, with everyone giving everything for their team over the challenging 4km course.



Our V45 women's team Nina Ware, Louise Redgrave and Clare Hall (V55) were 8th. Our V60 men's team Mark Warwick, Frank Stone and Martyn Flint were 4th.

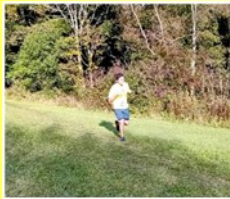
Sussex XC League Race One

A seven strong Team S&S headed back to Goodwood Racecourse on Saturday 14th October for the first Sussex XC League Race this season. Super running from everyone. In the Senior and Vets women's race over their 5km course: Sarah Stanbridge and Theresa Wright were 9th and 17th respectively in the Senior women category; Valerie Stanbridge was 10th in the V55 women.



XC Report October Cont...

In Senior and Vets men's race over their 8km course: Luke Taylor was 40th in the Senior men; Mark Warwick, Frank Stone and Martyn Flint were 5th, 11th and 12th respectively in the V60 men.



Next up on the afternoon of 11th November we head to Ardingly Showground for the second Sussex XC League Race. These are super sociable events and suitable for all abilities. They are no tougher than autumn / winter WSFRL races and the only requirement is a S&S top. Check out the event on our Facebook group for full details.

Paul Luttman – SCAA Rep

5-10K Improvers course

The 5 to 10k/5 improvement programme was a great success with five of our members completing the Hove Prom 10k on October 15th.

Thank you to everyone there who supported the group on the day and has run with them over the last couple of months.

Due to holidays and other commitments they are now all planning on running Tilgate Parkrun on November 4th to see how much their times have improved from their 5k graduation earlier this year.



Look out for dates for 2024 for our Learn to Run/Love to Run and 5-10k courses.

Debby Scott

Social Secretary Update

In my 10 months as Social Sec various people have joined my events..

- Indian Sunday Buffet at Cinnamons Tilgate
- Sunday lunch at Dem Shish Pound Hill
- Dinner at the Coaching Halt
- plus several band nights I've plugged Classix at the Swan, Mister Park, with our very own Mark Warwick
- Summer picnic at Gainsborough Fields
- arguably most fun was Oktoberfest, with ompah band, a singer and a disco, plus lots of beer!

A great time was had, even if we suffered at Great Walstead 5 and it took 3 of us to get the flag up!

Do email me at social@crawleysaintsandsinnersrun.co.uk if you would like to suggest an event.. and more participants are welcome anytime..

Stella Daff





November activities

Saturday November 4th, Priory XC Relays 2023, Priory Park Reigate, 1pm

Sunday November 5th, WSFRL Gunpowder Trot, Denne Park Horsham, 11am

Saturday November 11th, Sussex XC League Race Two, Ardingly, Haywards Heath, 1pm

Sunday November 12th, South Downs Trail Run, Stanmer Park, Brighton, 9:30am

Saturday December 9th, Parkrun Tourism, Cranleigh, 9am

NEIGHBOURHOOD RUNS

These will recommence in the new year.

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, 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@crawlleysaintsandsinnersrun.co.uk



Horley Harriers Track Sessions

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The sessions are suitable for everyone and are great fun. Sessions take place on Thursday evenings as per the schedule below, meet at the centre by the track at 6:45pm.

09/11	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@crawleysaintsandsinnersrun.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@crawleysaintsandsinnersrun.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