



Welcome to the May 2024 newsletter. And an especially warm welcome to Alison Ballantyne, Mark Ellard, Charlotte Price and Daniel Sawyer who joined Saints and Sinners this month.

We have a couple of events coming up in the next few months where we will need your help. We need lots of volunteers to help host the S&S Tilgate Parkrun takeover in July and the WSFRL Tilgate 5 race in September. More details overleaf. And don't forget that this weekend (June 8th) Tilgate Parkrun will be celebrating its 12th anniversary. We hope to see as many Saints as possible at our home parkrun.

There are plenty of Parkrun reports for you to enjoy from Saints' touring around the UK and The Netherlands. We also have updates from this month's SGP and WSFRL races and a shout out to Paul Luttmann who completed Run to the Sea in under 5 hours, and in much better weather conditions than last year !

Please send your run reports and photos to social@saintsandsinnersrun.co.uk, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi All

Hope you are well and enjoying your running.

I've been enjoying the brighter summer evenings and joining in and hosting some of our training sessions. It's been great to be back at Tilgate. Running in the park in the light makes such a pleasant change!

We have lots of races in both the WSFRL and SGP, so please keep your eyes open for invites on Spond from Luke and Jim. I really enjoyed the recent Horsham 10k, it was great to see so many of you there. Too hot for many of us, but there were some great performances, especially from Adam and Fred.

Good luck to everyone with their upcoming races! Looking at the calendar there are so many events!

I hope to see you all soon, whether it be at Tilgate parkrun, or at a training session. Not forgetting any of our SGP or Fun Run league events.

James

Runner of the Month

I'm delighted to announce that the runner of the month is Nicky Wilson.

After a break, and successful treatment for an illness, Nicky has returned to running and has been a regular at training and also at parkrun, showing a steady improvement in times. She also recently completed Horsham 10k.

Personally I'm delighted by this, it's just over a year since I ran a large chunk of the Run to the Sea with Nicky. I'm still inspired by her run that day.

James



Up and Coming Events

Tilgate Parkrun 12 year anniversary—Saturday June 8th



On Saturday June 8th Tilgate Parkrun will be celebrating its 12th anniversary.

An invitation is extended to all to come and celebrate. There will be:

- Fancy dress
- Cake and sweets (donations very welcome)

There will be 3 goody bags to give away at random:

- 1 x adult runner
- 1 x junior runner
- 1 x volunteer

A draw will be made post run and the bags will be given to the winners the following week.

We look forward to seeing as many Saints runners as possible.

Richard Daniells

Up and Coming Events

S&S TILGATE PARKRUN TAKEOVER—Saturday July 13th



Our first volunteering role this year is going to be our Sussex famous parkrun, Tilgate Takeover !

We need to fill in all the usual parkrun volunteer roles, so we need your help.

This is the best opportunity to promote the club locally, so let's paint Tilgate yellow !

There will be a Spond invite created as soon as this newsletter is launched, please reply to the invite. If you have any specific requests pop them in your response and I'll do my best to accommodate.

All roles are straightforward and you will be given any training should you need it.

Volunteering for Parkrun Takeover counts as the volunteering requirement for those wanting to enter the London Marathon draw later in the year.

Luke Taylor

TILGATE 5—Save the Date

We will be hosting our Fun Run League event on ***Sunday 8th September.***

Please mark this in your diary as we will need volunteers!!

James

Up and Coming Events

Run Wisborough 2024



Run Wisborough is a chip-timed, multi-terrain race held every year in the picturesque village of Wisborough Green. This year the event takes place on 9th June 2024 at 09:30 am, on the Village Green, Wisborough Green, West Sussex, RH14 0BN.

The 5km and 10km races are on a generally flat course through the country lanes surrounding the village, starting and finishing on the green. The 10K route will be a repeat of the 5K loop.

Entries are available on the day.

For more details and to signup visit www.runwisborough.co.uk

Nicky

Up and Coming Events

Reigate Priory summer evening 10k



Reigate Priory AC is holding it's 30th annual Summer Evening 10K on Wednesday, 3rd July, at 7:30pm from Priory Park. Saints and Sinners members are invited to join the event. Please be aware it does clash with the WSFRL Roundhill Romp (which, Luke asked me to point out, is cheaper).

Details:

RPAC Summer Evening 10k race

- 7.30pm on Wednesday, 3rd July 2024
- The race starts and finishes in Priory Park, Bell Street, Reigate, RH2 7RL
- Entry fee: £18 with UKA Competition Licence, £20 without

This year, the number of team prizes has been increased, and they are now awarded to the three fastest men's and ladies' teams (3 to score) ! They're also offering:

- a commemorative wooden medal for all finishers
- Prizes for the fastest individuals
- chip timing by Sport Systems
- texted finishing times

You'll find full race details and entry link at www.summer10k.com.

Nicky

Run Reports

Littlehampton parkrun - May 4th

A Tale of Two Promenades—part 1

This was the first of 2 recent promenade parkruns with the S&S tourism trip on 4th May. 9 Saints made the journey down to the coast on a lovely sunny morning with little wind – perfect conditions.

As many of you will know from having done the event and the WSFRL Beach Run, the course is 2 laps along the promenade parallel to the beach. There are plenty of post-run refreshment opportunities and we enjoyed a coffee sat by the beach in the sun, a great way to finish.

And to add interest, 4th May was Star Wars Day so Darth Vader, Chewbacca and Obi Ben Kenobi were all running! We had our own Star Wars connection of course in the shape of Luke “Skywalker” Taylor – Luke even got a mention and a photo in Littlehampton parkrun’s post on Facebook!

A very friendly and welcoming event.

Janet Doyle



Queen Elizabeth parkrun - May 4th

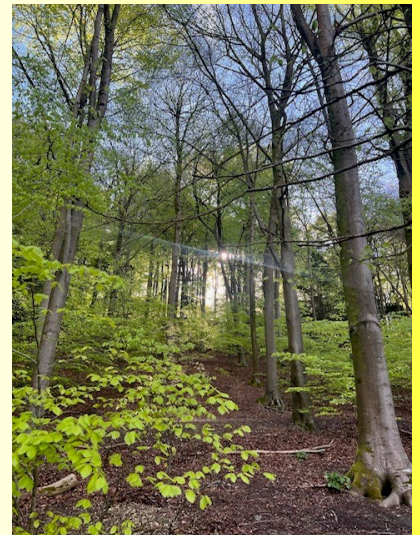
Lesley and I ran the Queen Elizabeth parkrun on May 4th. It is a hilly parkrun on a mixture of trail and grass surfaces just south of Petersfield on the A3. We opted to wear trail shoes.

A friendly team greeted everyone. At least half were tourists and someone had come from Australia trumping our Crawley as the furthest distance travelled. The course was one small lap followed by one big lap route around the forest. You begin half way up a steep hill and then on lap two get to experience the hill again from the bottom. A delight. There are nice views over the rolling countryside too by way of compensation.

It being a bank holiday weekend we had stayed in a nice pub on the Friday night, the Rising Sun in Clanfield. A nice location just a couple of miles from the parkrun. They had allowed us to check out late on Saturday morning so we could have a shower and change after parkrun. Most importantly enjoy our full English breakfast in the pub with the letter Q for our Alphabet Challenge in the bag.

On the way home we stopped at Goodwood Aerodrome for some coffee and cake. Quelle surprise... a Spitfire was flying!

Happy days.



Dickie Bryant



Run to the Sea Brighton - May 4th

Thanks to the generosity of our SDW Relay team last year I took on Run to the Sea Brighton on Saturday 4th May. This is a 50km race from Christ's Hospital School to Hove Seafront organised by Ultraviolet Running. On race day we were greeted with gloriously sunny and cool conditions which was a complete contrast to last year's race when I witnessed our Saints endure a misty, cold and wet day. At 8am within the grand buildings of the School, against an Abba soundtrack the organisers set off the 350 plus runners in 5-minute waves.



From the School we were straight onto the Downs Link for approx. 25 kilometres of easy trail running with wonderful views of the upcoming South Downs. We left the Downs Link at Bramber Castle where I was blessed with an appearance by Sarah our Angel of the South Downs. Re-energised by this support I headed up onto the Downs for 20 undulating kilometres and its panoramic views. Just beyond the Green Ridge Windmill we left the Downs and headed for the sea with the final downhill kilometres on the streets of Hove and the finish on the Hove Lawns. Pleasingly, having nailed my training and my race day fuel and hydration, I had a good run and other than bloodied knees from a tumble descending from the Downs I finished strongly in 4:55:08 and 5th in the V50 age category. I even got away with breaking the rule about not trying anything new on race day with our new Joma S&S vest passing the 50km test with flying colours.



I'd recommend RTTS Brighton to any trail runners out there. It is a scenic and enjoyable route and the organisers, their marshals and checkpoint crews were super friendly. Thanks to everyone who supported me with my training and on race day because it is this support which makes these races so special.

Paul Luttmann

Haywards Heath 10 (SGP) - May 5th

The Haywards Heath 10-mile is the middle race of the popular Mid Sussex Marathon weekend and the second SGP race of the season.

This year we had 14 S&S members taking on the race, including one - Lobz - who was enjoying the filling in his marathon weekend sandwich.

We lined up outside Victoria Park on a beautiful, sunny, spring morning ready for two challenging loops.

Runners set off up and down South Road - which is always well supported - before heading into the park, then off towards the railway line and woods.

You then head into Beech Hurst Gardens and down into Bolnore Village before making your way back through wooded trails to the start - and repeat.

The course is tough and hilly but the conditions were dry so road shoes were fine. And by the second lap the sun was making us work that little bit harder in the heat.

As always, there was great support from fellow runners, marshals and the public.

Personally, I was delighted with my run. With London Marathon still in my legs I managed to wipe around nine minutes off my previous best here (can't see that happening again).

Weatherwise we also struck gold. East Grinstead on Saturday had been muddy and the final day at Burgess Hill on bank holiday Monday was run in torrential rain.

Jim Scott



Goole parkrun - May 11th

One of the things I enjoy about parkrun is where it takes us. There are so many places we have now seen as we stopped by to take part in a parkrun.

This time we were off to Scotland and had planned to stop somewhere on route to run parkrun. There was also an aviation event at Yorkshire Air Museum. So where should we run? I checked out parkruns nearby and settled on Goole parkrun. Outside Doncaster. It is a flat course on paths and grass. This sounded perfect. Plus we collected our letter G!

We travelled up the evening before to stay in a Travelodge at Blyth A1. This was the night when the Northern Lights were seen across the land by everyone. Not us. We missed them.

In the morning with 100's of messages and Facebook posts about seeing the Northern Lights to go through we drove on to Goole, which was about 30 mins away. The park has some parking but it filled up quickly. There is on street parking nearby. Most importantly there were toilets too.

It was a smallish field of runners with a few pacers. The sun shone and it felt warm while running. No gloves required.

Parkrun finished we drove on up to Elvington and breakfast at the museum. A top way to start a Saturday



Dickie Bryant



Horsham 10K (SGP) - May 12th

Just a week after Haywards Heath we were in Horsham for the third SGP race of the season. As a local event this 10k is always well attended by club members. This year we clashed with Hedgehoppers 5 at Portslade in the West Sussex Fun Run League and the Run Gatwick 10k. Nevertheless we had 30 senior Saints and one junior turn out - a fantastic number!

Preparations were not ideal as Debby suffered a puncture on her way over to marshal the race - thanks to all who stopped to help!

That was soon forgotten as Harry Smiles was first male home in the junior race, putting pressure on the rest of us (particularly his dad) to do well!

This is a two lap course on roads, footpaths and bridleways with enough hills to be noticeable.

Despite the testing heat, everyone put in a great effort including those Saints graduating from their 5-10k improver course.

Mary Freestone also picked up an age category prize - well done all and see you again next year.



Jim Scott



Horsham 10K (SGP) - May 12th

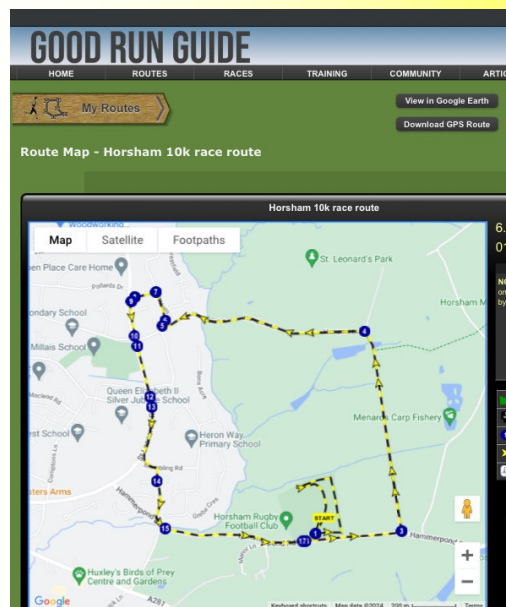
It was a happy day at the Horsham 10km. It's an undulating course, multi terrain road and trail, bordering St Leonard's forest. The race started at 11am and, in 26°C Heat, I did find the last section tough.



I was a top 10 female finisher, 8th female overall out of 170, in the top 5%. I was 2nd out of 25 in my age group, 71st out of 391 overall, in the top 18%.

Horsham's Joggers organized this iconic event in their 40th anniversary year.

Michele Nixon





Zuiderpark Parkrun, The Hague, Netherlands - May 18th

Planes, Trains and Trams

Until Autumn 2021 I had little appreciation about parkrun tourism and had never heard of the Alphabet challenge. In fact my tourism was limited to running Ifield parkrun a few times. A chance run at Boston Parkrun in Lincolnshire in August 2021 changed all of that. Since then we have enjoyed seeking out new Parkrun's locally or when we are away; especially if they begin with a letter we need.

In summer 2022 Debby planted the seed about us completing the alphabet challenge. This got us thinking about the letter Z.

A group of us, Debby, Jim, Lesley, Nina, James, Luke, Theresa and myself, soon began discussing how we might achieve this goal. Keith was brought on board as tour manager and official race photographer.

Our planning for a letter Z gathered pace in the summer of 2023. Lesley had been monitoring the parkrun tourism Facebook page and seen there were two parkruns held in The Netherlands over their Whit Holiday weekend. So a plan began to form to travel to Holland to run two parkruns. One of these parkruns was to be the Zuiderpark parkrun. Our letter "Z"!

We all decided to base ourselves in The Hague to ensure we were relatively close to Zuiderpark and avoid a very early start on a Saturday morning. Before you could say ready, steady, go we had flights and hotels booked.

This is the story about how we made it to Holland to run Zuiderpark on the Saturday morning and tick off our letter Z.

We planned to travel out via BA on Friday morning. A sociable 10:30am flight to Amsterdam. Then train to The Hague. We anticipated arriving in time for a few social drinks on the Friday afternoon. Jim had researched a nice restaurant for dinner too.

Thursday evening. Last minute packing completed. Taxi booked. All was in place for our trip. That is until around 10:30pm BA sent a text to let us know our flight was cancelled. What!!!! Noooooo!!!! They had rebooked us on an evening flight instead which meant we would not arrive at our hotel until nearly midnight. Not ideal. Our options were limited. Several WhatsApp messages followed from those still awake. Debby and Jim booked on an earlier BA flight from Heathrow to go ahead as the advance party to check out tram stops and restaurants. While the rest of waited for our evening flight. Arriving at Gatwick it is fair to say we were all rather anxious and unsure if we would make it to Holland.

We did. A good flight. The train from the airport to The Hague was easy to find and travel on. Finally a tram to near the hotel. We arrived at our hotel just before midnight. A nice hotel in the heart of the city. We all agreed to meet at 7:50am the next morning to go find Tram 9 to take us to parkrun.

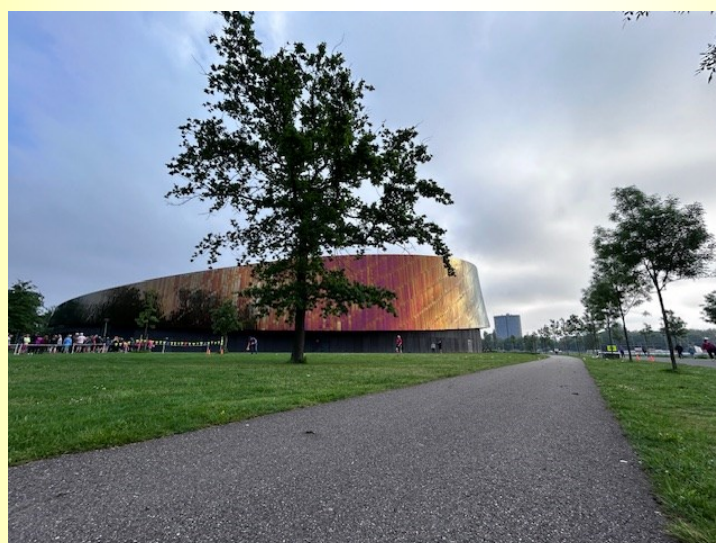
Zuiderpark Parkrun, The Hague, Netherlands - Cont

Saturday was sunny. Warm. No gloves required. It was time for Zuiderpark parkrun. When we arrived at the tram stop there were already other parkrun tourists waiting. Nina appeared to know most of them too. The tram was busy. Full of runners from all corners of the UK.

Zuiderpark is a two lap race around a lovely park. It is flat too. A great welcome brief and we lined up with 400+ other runners, including a couple of familiar faces from Tilgate parkrun. All taking part in their Saturday morning ritual of running 5k. And chasing their letter Z. Marvellous. We were all chuffed to finish and bag our new alphabet letter. There was a fab atmosphere on the tram on the way back into the city and breakfast.

Our second parkrun was at Delftse Hout. Watch out for the next write up.

Dickie Bryant

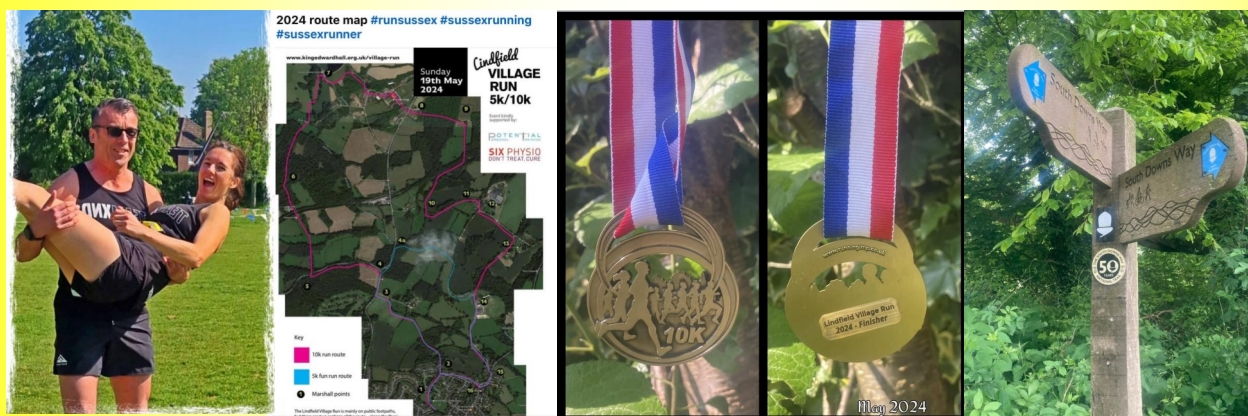


Lindfield 10km Village run - May 19th

I entered the Lindfield cross country 10km village race. A true trail run with mud, bridges, stiles, stones, plenty of elevation. Long grass, rocky and stinging nettles (ouch !). Frank entered the Lindfield 5km.

There were approximately 700 runners at the event in total.

I would recommend this lovely run, entry can be purchased on the day and it's close to Crawley.



I finished 4th female of the 88 racing the 10km, so in the top 5%. The first woman was Beth Kidger, aged 30, GB Commonwealth athlete, who crossed the line in a time of 48 minutes, way up front. It was great to see her supporting local charity fundraising events.

The previous day I'd run 12km, leg 16 recce in preparation for the 100 mile South Downs Way team relay in June. I feel blessed to have this lovely expansive national park close to us, taking pictures of the flora and fauna on the reverse loop back, and lunch (coffee, cake and soup) at the vegan cafe at the campsite, I must say the food was exquisite and delicious).

Michele Nixon



Delftse Hout Parkrun, Delft, Netherlands - May 20th

For the second of our Dutch parkruns (see Dickie's Zuiderpark write-up for why and how we got here) we chose Delftse Hout. The whole party was still on a high from grabbing our Z a couple of days earlier and Crawley Town getting promoted to League One (OK maybe not everyone was as excited as James, Dickie and me on that).

We'd also enjoyed all Den Haag had to offer - from old master paintings to a canal trip, good food and beer. The less said about the two committee members who rolled in at 2.15am on Sunday morning after a few too may 'one for the road' Paulaner beers the better. And best not to mention which one then struggled to get his pyjama bottoms on before bed....!

After a weekend of sun and shorts, we woke on Monday morning to rain. But this wasn't going to put anybody off. Transport co-ordinator Dickie had worked out our very easy tram route to Delft (if in doubt just follow the other parkrun tourists). We had a 10/15 minute walk at the other end but were still at the start line in plenty of time.



As we expected, we recognised a lot of faces from Zuiderpark on Saturday. The friendly race director briefed us on the route and warned a thunderstorm was due, then we were off.

The two-lap course winds through woods to a lake shore with beach (popular with nude bathers) then back through the woods to the start. Despite the rain (which eased for the second lap) it was a great run with lovely views by the small lake.

Delftse claims to be the flattest parkrun in the world and also the one furthest below sea level. Average attendances are usually 60/80 but as it was a 'double' weekend we helped swell it to 178.

We all thoroughly enjoyed our foreign parkrunning and can't wait to do more.

Jim Scott



Trundle View 5 (WSFRL) - May 22nd

The course winds down deep into the forest of the great Goodwood estate near Chichester. Plenty of elevation, it was wet and uneven underfoot, exhilarating, refreshing and relaxing in the running sort of way.

I arrived in the rain after a very busy day and it ended in a stunning sunset. The race was lots of fun with good company, I travelled with Nina W. and Louise R, meeting up with all the other midweek enthusiasts.

I finished 17th female overall out of 131, in the top 13% and scored 9 points for the club.

Well done to everybody who ran, it was challenging running conditions for sure !

Michele Nixon



Ashford Parkrun - May 25th

A week after getting our Z in the Netherlands, Debby, Luke, Theresa and I were on the road again for the alphabet challenge.

This time it was back to the start with a 90-minute drive to Ashford in Kent for, yes you guessed it, an A.

We were parked up and ready for the race briefing in good time.

As always with parkrun everyone was very welcoming and friendly.

Ashford is a two-lap course on good paths with a small hill (nothing on Chevron).

The nature of the route means you get to see plenty of your fellow runners as you head back and forth.

I like these sort of courses as you can shout encouragement (or insults) at each other!.

We were all pleased with our solid runs and enjoyed coffees, teas and cake in one of the two cafes in the park before hitting the outlet shops.

Jim Scott



Fleetwood parkrun - May 25th

A Tale of Two Promenades—part 2

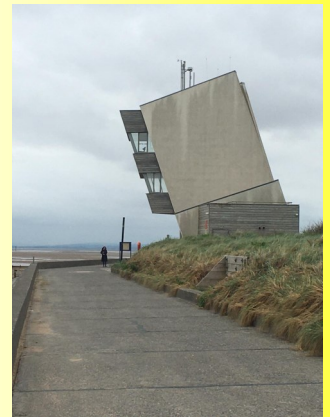
“Where?” I hear you say. Fleetwood is on the Lancashire coast north of Blackpool and the destination for many childhood day trips and holidays so this was a trip down memory lane for me.

Pleased to say it was another fine, calm morning which made a pleasant change after 3 days of persistent rain in the Lake District.

The course is a straightforward out and back along the promenade, a bit narrow at the start but with an average attendance of only 120 runners that isn't a problem. There are expansive views across Morecambe Bay and Fleetwood's own version of the Leaning Tower of Pisa which is in fact Rossall Point Watch Tower (photo taken the day before) with viewing decks and the coastguard watch station.

So a fast course with PB potential – but then Hove, Worthing and Littlehampton are a lot nearer!

Janet Doyle



South Downs 20 mile event - May 26th

I achieved a podium place today at the South Downs 20 mile event. It was a hilly (2717ft), chipped race from the Rathfinny wine estate in Alfriston to Eastbourne and I finished in 3 hours 18 mins, 2nd female overall, 2nd in age group and 10th overall, men and women. I finished 1 minute behind the female winner.

The weather was perfect. It was my first time running with Ultra UK (with all the bells and whistles). Organization was top notch, including shuttle bus and bag drop but the course markings (small laminated blue arrows) were not always clear. I ran off course twice (I need to upload the route to my Garmin next time).

It was very impressive and humbling seeing the 50k and 100miles runners on route, racing through the night with no sleep.

It was Mr Stone's idea to do this race. It was supposed to be a training run, a 'let's see how we get on' run. Neither of us had trained more than 21km in years, never mind the additional elevation. It turned into a race, upon realizing that, at the 18km mark, and upfront with the 2 other fastest ladies, I had no choice but to try and keep up with the pace. The hills were a killer and the last section painful. However all my senses were alive and I felt the expansive nature of the coast and the steep cliffs and views, with that extra immersive dimension that running, as physical movement and mental focus, brings to the table.

A special thanks to run coaches and leaders Paul Luttmann and Martyn Flint, and the S&S teams attending the Tuesday and Thursday sessions who have played a huge role in increasing my speed, stamina and endurance.

On the evening menu were: a roast, gin, lots of chocolate and cheese and dessert. I was ravenous !

Michele Nixon





South Downs 20 mile event—Cont..





WSFRL Update—May

Happy June Everybody! Lots to catch up on, We had 2 races this month (May), the Hedgehoppers 5 and the Wednesday night Trundle view. Trundle view is an out, two lap, and back through the woodlands by the famous Goodwood race course. This year had a slight deviation which made it a little shorter than the described 5 miles, which was a welcome surprise!

Overall we came 7th, 2 points off of 6th. Well done to all 22 runners!

Here are the individual results:

Saints and Sinners							
League Position	Time	BiB Number	Firstname	Lastname	Gender	Gender Position	Points
28	33:23	466	Paul	Luffman	Male	25	9
44	34:59	473	Dan	Smiles	Male	37	9
67	36:45	462	Sean	Heard	Male	58	8
71	36:57	463	Hannah	Lavender	Female	11	10
95	38:40	468	Michele	Nixon	Female	17	9
113	39:34	475	Dave	Tibbals	Male	92	6
114	39:43	476	Mark	Warwick	Male	93	6
116	39:49	474	Luke	Taylor	Male	95	6
117	39:57	456	Andrew	Bullock	Male	96	6
127	40:55	455	Steve	Baker	Male	103	5
144	41:40	460	Ian	Greenaway	Male	115	5
145	41:42	464	Mark	Lavender	Male	116	5
160	42:48	465	Cara	Law	Female	33	8
181	43:38	470	Mark	Penfold	Male	140	3
211	46:18	461	Isla	Greenaway	Female	51	7
226	47:32	454	Nick	Baker	Male	168	2
239	49:31	459	Mary	Freestone	Female	66	5
245	49:53	476	Nina	Trevarthen	Female	71	5
254	51:02	467	Trevor	Montague	Male	178	2
285	55:23	471	Louise	Redgrave	Female	97	3
286	55:25	477	Nina	Ware	Female	98	3
297	56:52	458	Theresa	Donohue	Female	107	2

Those in red had their scores added to overall total, with those in blue still having participation points!

Overall Table

As you well know by now I am very competitive. Currently after 5 races we sit 9th, with a fairly large but not insurmountable gap.

Results for 2024 (Senior)													
Club	Hedgegrove 5	Run Your Heart Out 10k	Leaves AC Easter Monday	Hedgehoppers 5	Trundle View	Downland Dash	Steyning AC Roundhill Romp & Mini Romp	Beach Run	Hornets Winter	Bevern Billies	Hilldowns Hill	Fillisworth Flyers	Tipton 5
Haywards Heath Harriers	110	115	106	117	103								
Lancing Eagles	114	113	111	113	97								
Portlisle Hedgehoppers	108	113	110	108	102								
Worthing Harriers	117	105	100	105	104								
Chichester Runners	106	109	110	98	105								
Hornham Joggers	115	123	107	69	110								
Anunners	110	98	95	110	110								
Worthing Gazelles	100	110	101	95	92								
Saints and Sinners	113	119	91	74	100								
Hove Hornets	112	84	92	103	100								
Burgess Hill Runners	90	102	115	103	78								
Steyning AC	118	117	90	82	75								
Worthing Striders	97	99	74	81	82								
Leaves AC	112	69	78	76	55								
Crawley Run Crew	86	50	60	16	68								
Henfield Joggers	69	57	28	35	9								
Fillisworth Flyers	25	26	11	17	43								
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th
Total	551	1	110										
Position	548	2	110										
Average score *	541	3	108	51									
Home race score **	531	4	106										

The next races:

Downland Dash - This has been posted on Spond. Look forward to seeing you there!
Roundhill - This has been posted on Spond. Look forward to seeing you all there!

Luke Taylor



June/July activities

Sunday June 9th, High Weald Trail run, Ardingly reservoir car park, 8:25am

Saturday June 22nd, Parkrun Tourism, Orpington, 9am

Sunday June 23rd, Heathfield 10k (SGP), Cross in Hand, 9:30am

Saturday June 29th, Downland Dash (WSFRL), Hassocks, 12pm

Wednesday July 3rd, Roundhill Romp (WSFRL), Steyning, 7pm

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 takes place at Tilgate Park, meeting at the main car park by Smith and Western.

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.

06/06	20/06	04/07	18/07	08/08	05/09	19/09
10/10	24/10	07/11	21/11	12/12 *	09/01	23/01
06/02	20/02	06/03	20/03			

*date subject to change, TBC nearer the time.



Horley Harriers Track Sessions Cont

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

Track sessions are £3.50. Please see S&S Facebook group for payment instructions.

Membership

Existing members should have received a request for 2024 - 2025 membership payment. For those who haven't yet paid, payment is now due. Please refer to the recent Spod or email notification.

Forms for new members 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/kishop> (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!

Kit should be ordered and paid for from our website:

www.saintsandsinnersrun.co.uk/kitshop

(payment is handled securely by our payment provider Stripe).

Full details of the styles available and sizing are on the website.

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