



Welcome to the July 2024 newsletter. I hope everyone has had the opportunity to tune into the Olympics TV coverage over the past week. I certainly have. Great Britain has put in some fantastic individual and team performances and we have had a lot of success. We are third in the medal table as I write, and this is before the Athletics gets properly underway. I know I'll be glued to the track and field events over the coming days where there are plenty more medal hopes. Best of luck to all our Olympic athletes.

Our club members have had their own fair share of Olympic performances this month. A big shout out to Glenn Mitchell for completing his first Iron-Distance triathlon in Eastbourne in a fantastic time of 12 hours, 17 minutes and 32 seconds. Well done to Nina T. for completing 5 races during her vacation in Spain, running in the blistering heat and achieving 3 podium finishes. Congratulations to Derek Brailsford, a soon to be Octogenarian, who won a bronze medal at the Nottinghamshire County Championships. Last but not least our Runner of the Month has recently achieved a 10k pb and 5k pb at Parkrun. More details overleaf.

Enjoy this month's reports and do take a look at our future events pages and volunteering opportunities, especially Tilgate 5.

Please send your run reports and photos 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 well and enjoying your running?

We've had a bumper month of WSFRL and SGP events, thanks as ever to Jim and Luke for organising us in both leagues. There's a lot that is done behind the scenes!

I've "enjoyed" running both of the SGP events in July – Bewl 15 was a really tough race! Would have been nicer if the rain had held off. I also ran the Phoenix 10k down in Hove. Was great to see so many members taking part, and especially good to see everyone encouraging each other whether on the course, or at the end of the race!

We also had the Tilgate parkrun takeover – thanks to all of our volunteers on the day!

We are now knee deep in planning for the Tilgate 5 in September, please volunteer if you can, we can't put on the race without you.

Look forward to seeing you all soon!

**James**



## Runner of the Month—July

### Runner of the month - Sky Taylor O'Neill

Not only has Sky been keeping many of us tuned up with his regular core fitness sessions, he's also been reaping the benefits himself.

Recent achievements include 10k and 5k PBs at Brighton Phoenix and Worthing Parkrun and top ten finishes at Bewl 15 and Heathfield 10k in the Sussex Grand Prix.

Well done Sky.

### *Jim Scott*



## **Future Events and Volunteering Opportunities**

### **2024 Club Handicap race**



The 2024 Club Handicap race will take place on **Thursday August 15th**. The winner will receive the Derek Brailsford Trophy, currently held by Sandra Langridge who won last year's race.

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 was sent out last month, and thanks to everyone who has already responded to the Spond invite. 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.

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***



### **Future Events and Volunteering Opportunities**

#### **Fittleworth 5 (WSFRL)—Sunday August 25th 2024**



Fittleworth Flyers welcomes runners to the rescheduled inaugural running of the Flyers5@Thakeham WSFRL trail event on **Sunday August 25th**. It's a new route through the countryside in and around the historic village of Thakeham.

Originally planned to take place in March the event was postponed due to the weather. Fortunately Fittleworth Flyers were able to get everything aligned for the new date of August 25th, however due to the timing the club is short on volunteers and is looking for help from other clubs.

If any Saints are injured and unable to participate but are willing to help out on the day the club would be very grateful.

To volunteer please contact the race director at [racedirector@fittleworthflyers.org.uk](mailto:racedirector@fittleworthflyers.org.uk).

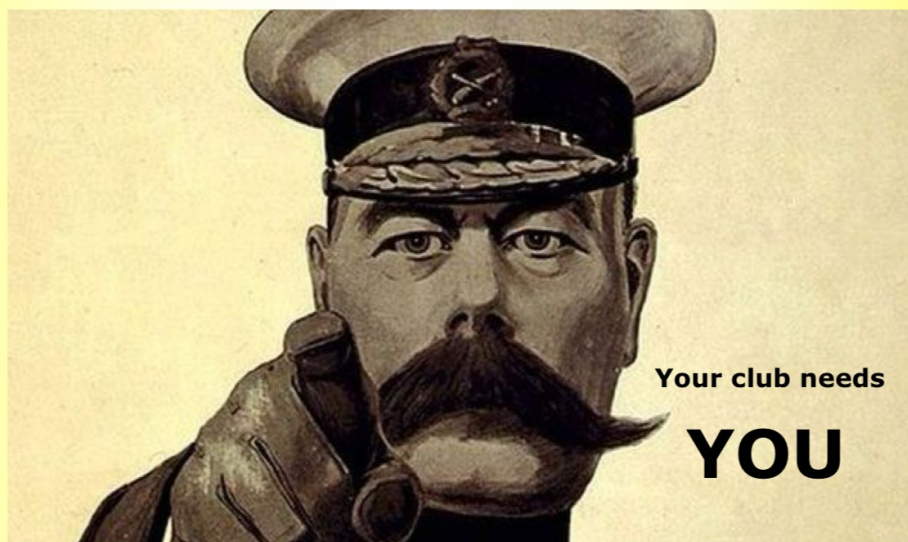
Helping out another club event counts towards the WSFRL Finisher T Shirt.

***Luke Taylor***



### **Future Events and Volunteering Opportunities**

#### **Tilgate 5—Sunday September 8th 2024**



Our very own West Sussex Fun Run League event, the Tilgate 5 is fast approaching and preparations are well underway. As in previous years, we will be hosting our junior race of 1 mile at 10.15am with the senior 5 mile-ish race at 11am on **Sunday 8th September.**

As you know without an adequate number of volunteers these events can't happen and due to the nature of our route we always need lots of volunteers. We have always had great feedback from the other WSFRL clubs about our great support both at our event and at other events and I'm sure this year will be no exception.

Please let us know you are available to volunteer by responding to the Spond invite or by emailing [membership@saintsandsinnersrun.co.uk](mailto:membership@saintsandsinnersrun.co.uk).

We appreciate some members may have other commitments on the day so please indicate in your email or by commenting on Spond if you have any time constraints so we can accommodate these.

Let's show the rest of WSFRL what great hosts we are!

***Lesley Bryant***

### **Future Events and Volunteering Opportunities**

#### **Volunteers needed for Run Reigate—Sunday September 22nd**

Run Reigate is looking for race crew volunteers to support their event on September 22nd.

As well as route marshals they are particularly looking for Team Leaders and drivers. Good communications skills - and the ability to give and receive instructions would be great.

A reminder that anyone who helps gets a free place to use themselves or transfer to a friend at a future event, which is valid for 12 months after the event.

For more details and to sign up to volunteer go to:

Volunteer for Run Reigate - Sunday 22nd September 2024

[www.runseries.co.uk/volunteer](http://www.runseries.co.uk/volunteer)

If anyone wants to take part here is the link:

Enter Run Reigate - Sunday 22nd September 2024 - Half Marathon/10k/5K

[www.runseries.co.uk/run-reigate](http://www.runseries.co.uk/run-reigate)



The poster is for the Run Reigate event, dated 22 September 2024. It features a woman in a black 'RUNREIGATE RACECREW' shirt smiling. The text 'Andrews' is at the top left. The main headline is 'VOLUNTEER TO BE THIS HAPPY!' with a photo of a group of volunteers. A list of benefits includes: 'Rewarding, fun and friendly day', 'Be part of a team creating a great event for the community', 'No experience needed', 'Free place for 2025', and 'Looking for route marshals, drivers and Team Leaders.' A QR code is labeled 'SCAN ME TO VOLUNTEER'. The bottom left says 'JOIN US' and the bottom right has the website 'www.runreigate.com'.

Andrews

**RUN  
REIGATE**

22 SEPTEMBER 2024

**VOLUNTEER TO  
BE THIS HAPPY!**

- Rewarding, fun and friendly day
- Be part of a team creating a great event for the community
- No experience needed
- Free place for 2025
- Looking for route marshals, drivers and Team Leaders.

SCAN ME TO VOLUNTEER

**JOIN US**

[www.runreigate.com](http://www.runreigate.com)

## WSFRL - July update

With the weather meant to be better in July, lots of races happen! Not just WSFRL, we have SGP and external races too!

As always I have done the majority of them, but I won't bore you with all the races, I'll just cover the WSFRL.

So we start with **Roundhill Romp**, this Wednesday evening is usually well turned out. It's a tough 6 miles, with the first 0.5 mile downhill, then about 3 miles up at varying inclines, with a mile along the top of the South Downs and then a lovely 2 mile sharp descent into the finish. But not this year! this was the first of several course changes this month.

The new course had the same elevation, but within 2 miles not 3, so it was a little bit steeper, then it was almost the opposite of the original, with a few extra hills chucked in for good measure.

Overall we came 5th!



Then it was on to our 2nd course change, with the **Beach run**! This is the most popular run of the year and with England playing it was all about speed, getting back in time for the 2nd half was priority 1. And the run of course was a close 3rd, behind the Fish and Chips!

The course itself was similar to the usual, only started and finished with a lap of the field, all be it a different one. but my god the wind of the return half was atrocious! Luckily the wind was on our side on the way out, so the first 2 mile split would have been insane.

Overall we came 6th - which is where we are overall this year roughly!





### **WSFRL July update Cont ...**

The 3rd WSFRL race of July (told you there was loads) was the **Hornets Stinger**, for me this is the most challenging race on the WSFRL calendar it just seems to be uphill almost constantly. The 6 mile route starts down by Waterhall fields and finishes at Brighton Rugby club, incorporating some of Devils Dyke and the SDW.

We managed 4th on this event and that's an amazing result!



Our last WSFRL event sees us travel to Henfield for the **Seven Stiles**, this event has no stiles and even the kissing gate was open this year! This 4 mile event runs from Henfield leisure centre onto the downlink, onto a path alongside a river, back to the downlink and then back to the leisure centre to finish. Once all of our runners turned up we were off!.

The team finished 7th in this one!



Well done Team ! See you at **Highdown**!

**Luke Taylor**

## Run Reports

### **News from up North**

I started the year off with Covid and 6 months on I finished July with Covid, but this is what has happened in between.

I ran disastrous Half Marathons in March and April due to my back seizing up at 10 miles, and it was only determination (stubbornness) that got me to the finishing line in last place in 3h14m and 3h22m. I've not had a repeat of the back problem since. So I've just put it down to old age. After this, things did improve.

In May I was once again allowed to run The Hallam Chase in my father's memory and for his old club, Hallamshire Harriers. This is the oldest handicap fell race in the world and I was off a 29 minute start with the next runners off 3 and 4 minutes after me. The conditions were wet, muddy and slippery, which meant that I was very careful and I ran the race slower than last year, but I still retained the trophy for being first at the half way turn. Back in the valley on the return journey I was in second place, but my legs were no match for the final long steep hill and I finish 79th out of 84.



Anyone interested learning about this old race, which Seb Coe described as brutal, should Google "Hallam Chase 2024", read this year's report and look for the photos and also the BBC Report from 2022.

In June I once again ran the Notts AC 10 mile race which incorporates the Nottinghamshire County Championships. For the second year in a row, I started last and despite running 1H 58M which was 4.5mins faster than last year I still finished last, but with the delight of once again getting the bronze medal for the 75+ category.

The extra bonus on that evening was that I was given the bronze medal for the 75+ category for the Nottinghamshire County Championships 10k that I ran last year in 1H 7.1M (I confused the stewards by wearing my Saints & Sinners Vest!!). I didn't know that the race I ran last year included the championship.

So as I didn't get in next year's London Marathon (I was hoping to run it as I'll be 80 by then), I'll have to see what I can do in the second half of the year.

**Derek Brailsford**



## Roundhill Romp (WSFRL) – View from the touchline—July 3rd



I turned up at Steyning for this years Roundhill Romp, not to run, but to spectate and take a few photos. "I haven't got a number for you" said Luke to me on arrival. "Good" I replied, "I wouldn't use it if you had one".

Runners arrived and assembled in the Clock Tower Car Park, with no Juniors running for us, that was the central hub. The course this year had changed, plenty of discussion around where it would go, and some misplaced glee knowing runners were not having to run up 'that' hill this year. If only they knew then what they found out a mile into the race.

After various attempts, we finally managed to round up everyone for a team photo, and I think we actually managed to get everyone in the same place at the same time.

The start was at the normal place in the High Street, so after the team photo I strolled down the High Street and up Mouse Lane to the new turn point. I must admit it was a bit further than I thought, and I even had to break into an uphill jog (that wasn't in the plan) to get there before the runners. There was only one marshal at the turning, and they had managed to tuck themselves around the corner, so I had to go out onto Mouse Lane to ensure the lead runners didn't overshoot. With that sorted, and our runners starting to appear, I think I captured everyone (except Hannah who was wearing too much black), and as the tail runners went by, I headed on down to the finish.





### **Roundhill Romp Cont...**

I'd spotted where the runners had to turn right from going down Mouse Lane on my way up, it couldn't be that far so I took that route towards the finish and my plan was a burger and a pint and off to the finish to get a few more photos. So after taking said turn, and walking for a few minutes, I saw the 5 mile sign. Still another mile to the finish, walking and I'd most likely be overtaken by the lead runners. Second unplanned uphill run of the day (that wasn't in the plan) with constant checks behind me and I did manage to get to the finishing field before any of the runners did. No time for a burger or pint, I went to the finish straight with phone ready. I stood next to two Hove supporters, "we thought you were the first runner" they said when seeing me run into the field. "I am" I replied, "I just cut four miles off the route".

It wasn't long at all until the runners started finishing, this time I managed to capture everyone, although Steve Baker's head was missing. Several of our runners came and joined me to cheer the rest of our team in, turns out the new hill was even tougher than the old one, don't think we had a single runner that didn't comment on the replacement incline.

With all our runners finished, we headed off to the car parks and for the first time in many years, no one had to make a detour to visit St Johns Ambulance.

With no food inside me, I joined several others at McDonalds on the A24 on the way home (that wasn't in the plan). "We only ever eat at McDonalds three times a year, and that's always after WSFRL races" commented Theresa D, think that applied to me as well (other than a couple of sneaky banana milkshakes when I get the urge)

I think next year I will run the race, even with that new hill. Less plans to go wrong!

**Richard Daniells**

## Roundhill Romp (WSFRL) –July 3rd

Roundhill Romp, a 9.4km new route, took place in the evening of Wednesday July 3rd in Steyning. I loved it except for that hectic hill at the start. A bonus though, the usual super steep downhill in the second half had been eliminated this year. Yeah !

It was perfect evening weather, stunning lighting in the sky and a great turn out, lots of clubs and good vibes all round. Burgers available for dinner post run on the finishing field (meat from the local butchers, Yum !).

- I finished in 48 minutes. I was 21st female / 163.
- In the top 13% and 9 points for the club.
- I was 113 / 436 overall (men and women), top 26%.

The run started at the Clock Tower in Steyning High Street and headed up west to Mouse Lane. After a very (never ending) challenging climb up to the South Downs Way (the Beeches), a run along the SDW and descent through Chalkpit wood to return along Mouse Lane and into the old Rifle Range to finish in the Memorial Field.

There was a club presentation included in the evening. Thank you gifts and awards following the fantastic and completed South Downs Relay in June to Frank Stone for driving the mini bus, navigating the map of 160km SDW sunrise to sunset and also to Valerie Stanbridge, a top class Captain who sorted us all out on the day with team sheets, support, location placing, starts, times, tabulations and much more.

## Michele Nixon





### **Squerryes Winery Parkrun - July 6th**

We decided to pursue our next Alphabet challenge and chase the letter "S". Where to go though; Seaford or Squerryes Winery? We settled on Squerryes Winery as it was closer and we had one eye on Bewl 15 the next day.

The course follows the edge of the fields around Squerryes. It is a trail run. Narrow paths. Overtaking requires patience.

With plenty of rain showers about we all made a good decision to run in trails. While the rain stopped for the run it was slippery in places.

We all enjoyed a nice run. The team were very welcoming. There was a fab pre run briefing and cookies at the end of the race. We did decide to skip visiting the wine shop or the brewery this time. Maybe next time.

***Lesley, Dickie & James***





### **Worthing Parkrun - July 6th**

The day before Bewl 15, so some of us decided that a steady flat run was in order. So with that in mind Debby, Luke and I headed to Worthing.

Debby and I have run this one before - on New Year's Day a couple of years ago as a warm-up before the Hangover 5 - but this was Luke's first time.

The course is a simple straight out and back along the seafront although you dive into a small park to hit the finish funnel.

It was a lovely sunny day by the sea as we joined nearly 500 other runners.

The start can get a little congested and we were warned to watch out for the big wheel taking up temporary residence next to the pier.

Apart from that it was a fun day out with some of us stretching the concept of easy to its limits.

Afterwards we enjoyed a good breakfast at the nearby Laughing Dog cafe.

**Jim Scott**



## **Bewl 15 (SGP) - July 7th**

Bewl 15 (1033ft elevation) took place on July 7th around Bewl lake in Kent. I felt slightly broken after the race.

- I finished 13th female / 160, top 8%.
- I was 4th in my age group
- I finished in 2 hours 12 minutes.

It was multi terrain and muddy in sections. It was very slippery and I was wearing road shoes with little grip. There were sporadic showers of rather heavy rain.

The race was an event fundraiser for Air Ambulance charity for Kent, Surrey and Sussex (KSS).

Homemade cake and beer was available for all finishers.

A top tier event today and a High Five to all who ran. The course was tough, it took stamina, strength and endurance to compete today.

### ***Michele Nixon***





## **Bewl 15 (SGP) - July 7th**

The seventh race of the SGP season meant a trip over to the edge of East Sussex.

I have never run Bewl before as it always fell on a day I was working or on holiday - this year I was off so there was no excuse. And despite having a date with AC/DC in London that evening I was confident this wouldn't be a Touch Too Much.

In the car on the Highway to Hell over the horrendous weather and cries of 'we're nearly in Kent' got us in the mood for a tough 15-mile trail run.

The rain eased for number collection and the obligatory team photo and I was delighted to bump into a couple I used to work with who had decided they fancied a Sunday slog as well. For Those About to Rock (We Salute You).

As we waited on the start line in a narrow lane the rain poured down again but Let There Be Rock, we were ready! And that was the story of the run - rain, sunshine, rain sunshine (you get the idea). As for the race itself it was gruelling but, Hells Bells it was glorious.

The route round the edge of the Bewl Water reservoir is stunning with the scenery more than making up for the slippery conditions. At times I was Thunderstruck. There's a sting in the last 5 miles as you hit some pretty steep hills once back in the lanes near Wadhurst but It's a Long Way to the Top (If You Wanna Rock 'n Roll).

As I crossed the line I swore never again but later that afternoon I was thinking I'd be Back in Black (well yellow).

A great day out and AC/DC shook me all night long later.

### ***Jim Scott***





## **Littlehampton Beach run (WSFRL) - July 10th**

After a long day at work I took part in the evening 8km Beach Run at Littlehampton.

- I finished 20th female overall / 203
- In the top 10% of females winning a maximum 10 points for the Saints.
- I finished 125th / 460, in the top 27% of males and females.

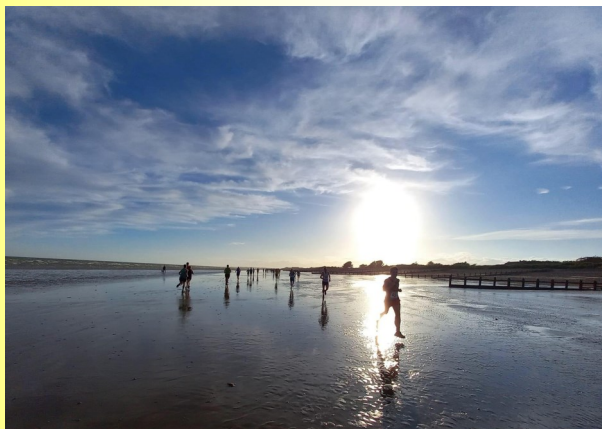
It was a new route this year, 90% of the route on beach sand, some on fields, lots of pebbles and puddles, close to the waves of an outgoing tide.

Everybody enjoyed a relatively fun, flying first half 4km going out but high resistance on the 4km return with very strong headwinds and crosswinds. I had to push through every step of the way, high effort levels, for it felt, forever. It was so good to reach that finishing line.

I had cod afterwards with the group meal on the beach. The weather was warm and clear with lovely sky shades as the sun set. England beat Netherlands 2-1 in Euro 2024 semi-final the same evening. I knew it and they got through the the Euro finals.

Thank you to Martyn for the lift midweek Wednesday and to Luke Taylor for organising a delicious dinner of fresh fish !

***Michele Nixon***



### **SVN Red Shirt Challenge, Gravesend - July 13th**

The SVN Red Shirt event was a 6 hour 3.28 mile lap event in the cyclopark in Gravesend. I was desperate to do it because I love the Star Trek theme (it's named for the expendable 'red shirts' in the original series) but also because SVN events are drawing to a close and they are such great people to run with. For some reason I own my own Deep Space Nine chief engineers outfit so felt obliged to run in that, despite it being double layers of heavy nylon! Andrew accompanied me on the 'away mission' as a red shirt!

Most of the runners were in red running tops although there were another couple of guys in Star Trek red shirts, so we had photos and nerd talk with them before the start.

We set off, with Andrew taking the opportunity to do the adjacent park run as his first lap. This results in a slightly longer first lap and I was nervous about being timed out, so I chose to stick to the lap course. Sadly that meant we only briefly saw each other on a couple of laps near the start and didn't end up running together. We were both aiming to complete marathon distance (8 laps).

The course is a mixture of tarmac bike path, narrow wooded trail and packed gravel. It's quite pretty although sadly a lot of rubbish had been dumped in one of the more open sections. The cycle path is well used, with lots of families out, and the main cafe and toilet area was also the start line for a kids cycling race that day.

The other runners were very friendly, I had a 'run buddy' for a while who kept encouraging me and also helped when I was confused about directions on the one unmarked turn of the course. I chatted to a guy for about half a mile and when I saw him later he said he'd been running with Andrew and he was going well. He also made a joke about me hiding in the Jefferson tubes - definitely some Star Trek nerds there!

We were blessed with a cloudy day otherwise I don't think I'd have managed to keep the costume on. As it was, I had a rehydration drink and juice every lap because I was so hot. At the halfway point I took a break and walked to the toilet block (which is off course) and decided after cooling down for a bit to run a little more then walk the rest. I managed to keep my walking pace up and somehow finished under 6 hours. I was reunited with Andrew who ran an impressive 4:57 despite carrying an injury from his recent ultra training.

**Chris Bullock**





## **II Cross Solidario Virgen del Carmen, Spain - July 13th**

This lovely little race, which attracted 241 runners, took place in the middle of the historic part of Cartagena, more than an hour's drive from La Marina. I was glad it was only 5k as the 33 degree heat was quite a slog especially as it wasn't flat. It started in a very pretty street lined with palm trees and I came 5th out of 9 in my age group and enjoyed taking part in a race which I hadn't done before.



We were treated to delicious watermelon and apples, sandwiches and plenty of drinks after. In the goody bag there was a buff, a really nice mug, a notebook and pen and a baseball cap.

***Nina Trevarthen***





### VIII Cross Playa Centro La Vilajoyosa, Spain 8.4k - July 14th

After a late-ish night from the Saturday jaunt to Cartagena, a somewhat early alarm (6am!!) was needed for the drive to Villajoyosa - a town a few kilometres south of Benidorm and well-known for the vibrantly coloured houses on the seafront overlooking the Mediterranean sea and the route of the race.

This is one of my favourite races in the world, which has a really great atmosphere and due to the 8am start the temperature wasn't so fierce. In previous editions of this race, there were short stretches where you had to run on the sand, but the last couple of years the course changed to make it all on the promenade which is much easier. Gained a fantastic goody bag and a little gold trophy for 2nd place for age category, 4 of us in our group!

This was what the goody bag (all put in a very nice orange bag which Coach Dickie would have liked, orange being his favourite colour!) and my podium bag contained:-

- a large bottle of coke
- 2 cans of Fanta
- a large bottle of Aquarius
- 2 cartons of soup
- a blue hat
- 2 bottles of tonic water
- biscuits
- a pen
- earphones
- a sunglasses case
- a pack of cards
- a drinking glass
- hand gel
- a belt bag for drinks



Not too bad for a 13 euro entry, with plenty of free drinks and fruit after!!

### ***Nina Trevarthen***



## Ironbourne Triathlon - July 14th

There is a much longer / more detailed (and more emotional!) write-up on my blog ([www.trirunfun.co.uk/end-of-the-long-game](http://www.trirunfun.co.uk/end-of-the-long-game)) for anyone that is interested, but here's a shortened version so as not to take up too much room in the newsletter!!

I'd considered doing an Iron-Distance Triathlon before, and even gone as far as entering one in 2018 but not long after starting to train for it I decided it wasn't for me. Last year having enjoyed doing longer but slower sessions I decided to give it another go while I would be able to make the time to get the training in, and entered the Eastbourne event because the course looked good (not too hilly), and it would work out substantially cheaper than the "big brand" equivalents (just for comparison, Ironman Wales in Tenby is the nearest of those, with entry fees alone getting up towards £600!!)

Training went far better than expected although I did end up taking some days off work to get some of the longest sessions in due to family commitments! We travelled down to Eastbourne the day before and stayed for a couple of nights, mostly as I had to register and rack my bike on the Saturday afternoon, plus it was an early start on the Sunday morning (these things usually have a 17-hour cut off so it has to start early to finish on the same day!!).

I started with the jump off Eastbourne Pier just before 6am. It was a lovely morning, surprisingly warm outside given the early hour and at 17.5 degrees the water temperature was nice enough (competition pools like the one at K2 are normally around 26-28 degrees, so most people stuck with their wetsuits!!). The swim course for me was a short loop and two longer loops, with a short run out onto the beach and back into the sea again for the 2nd longer loop (known as an "Aussie Exit"). I kept my effort level quite easy and really enjoyed the swim (although I was starting to cool down a bit by the time I got out so I was glad to finish!!).



I took my time in the first transition to get ready for the long bike ride ahead (and needed a quick toilet stop too!!). Once I'd got my kit on I took the bike and headed for the roads. Passing my family for the last time in a while I settled onto the bike, being very careful not to get carried away by the number of people around me (most of them doing the half distance). The first 10 miles or so were on very fast roads and I was a bit worried I might have overdone it but it all felt easy so I stuck with that.



## Ironbourne Triathlon Cont ....

From there I had to do 3 laps involving a long outward stretch up the A22 before a long and winding route back down country lanes, all the time making sure to regularly keep food (mostly energy bars with a couple of cheese sandwiches thrown in to get away from the sugar for a bit!!) and drink going in to keep me going. Despite being worried that I might just get fed up on the bike, the time went past quite quickly and before I knew it I was turning off for the route back to Eastbourne via Beachy Head (pretty much the only section with significant climbs on it).

Descending back to Eastbourne I was loving the scenery and feeling very happy with myself for having finished the bike leg, although when I got to the dismount I was very happy to be off the bike! Again taking my time to make sure I was comfortable in Transition 2, next up was the run - 4 laps up and down Eastbourne Seafront. My main concern was that I wouldn't have taken on enough fuel on the bike to keep me going, but after some discomfort early on (presumably from taking on too much) my stomach settled and I hit a really comfortable pace and enjoyed the encouragement from my family and the amazing volunteer marshals on the run course.

I finally crossed the line feeling a mixture of complete delight and disbelief that I'd actually completed an Iron-Distance triathlon. What surprised me even more was that I'd mostly enjoyed it apart from 20 miles or so on the bike when I really had to dig in mentally and just keep the pedals turning (thank goodness it was a flat course!!).



The times feel almost irrelevant as the main thing I wanted was just to finish, but just in case anyone is interested:

**Swim (2.4mi / 3.8km) - 1:03:58**  
**Bike (112mi / 180km) - 6:47:12**  
**Run (26.2mi / 42.125km) - 4:07:08**

**Total - 12:17:32**

As part of the same event the organisers also have a swim-only option, and the Marathon can be entered on its own. The marathon itself is almost completely flat except for a couple of short ramps on each lap and it's also certified so can be used as a good-for-age time for London. It'd be a good course to try and run a fast effort, although there are 2 180-degree turns on each of the 4 laps.

**Glenn Mitchell**





### **Brighton Phoenix 10k (SGP) - July 17th**

This was the 8th SGP race of the season and the last before the contest's summer break. It's a fast (very fast) out and back from Hove Lawns to Shoreham power station and attracts the top runners in Sussex who are all keen to smash a PB. Now I'm never going to trouble the top end of a fast field but still thoroughly enjoy this race.

In the past two years weather conditions for this evening event have been roasting hot (2022) and very windy (2023). This year, as 20 Saints and Sinners stood on the start line, there was a light breeze and it wasn't too warm - perfect.

As usual with this race I went out fast with the intention of pushing myself. I was pleased with my race and felt good all the way to the turn point on the port road and then back towards town.

I also made a conscious decision to ignore my watch mile beeps - only taking a peek at the 9k marker. At that point it was looking good and with a last push I was across the line for a course PB and second-fastest competitive 10k.

Most, if not all of us, will be aware of a serious incident on the course when a runner collapsed and had to be given CPR. This was shocking to see but the quick medical attention he got from fellow runners saved his life.

He was conscious and breathing when taken to hospital and is expected to make a full recovery. Something like this is, thankfully, incredibly rare and I'm sure we're all grateful for the swift actions of runners, marshals, race organisers and medics on this occasion.

***Jim Scott***



**XXIV Cross Bahía de Portman, Spain 6.2k - July 20th**

The Cross Bahía de Portman is a popular summer race held in Portman, a small town, well-known for fishing and mining, in the province of Murcia, Spain. It's been running for 24 years and is well-loved for its vibrant atmosphere and scenic route. The event included both children's races and an adult race, making it a family friendly occasion - the children's races started earlier in the evening with the adults cheering them before their own event started.

The route started and finished in the town, that was the easy bit. After a short stretch we had to get climbing, on dusty, windy terrain full of large stones. At the top there was a most incredible view of the sea and mountains. Coming back down was somewhat easier if you are confident going downhill (I'm not!!). It was nonetheless a very enjoyable race, full of atmosphere with the usual goodies available afterwards. I hope to go back for the 25th edition next year.

***Nina Trevarthen***





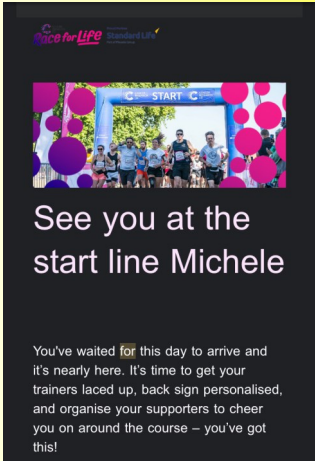
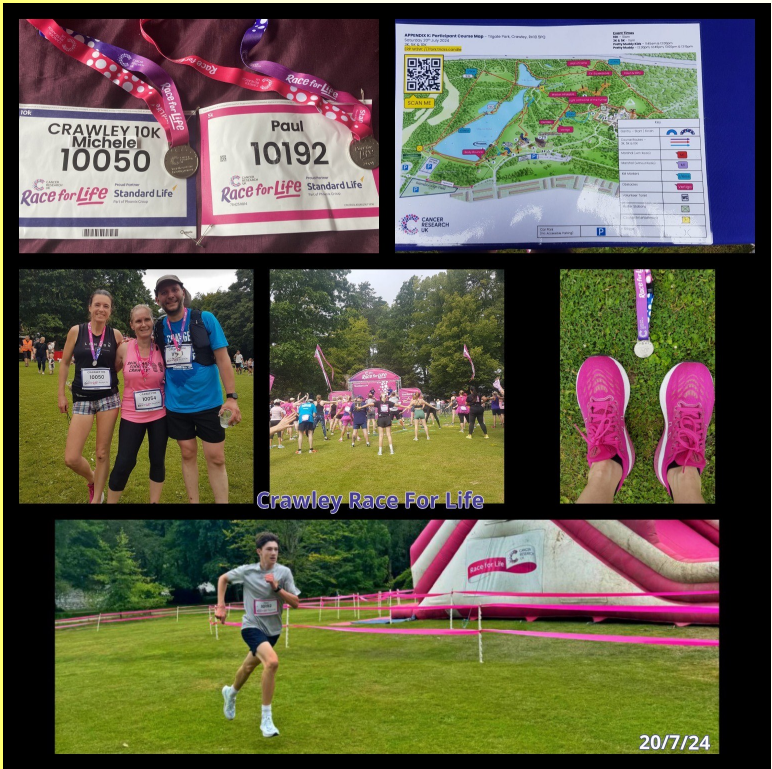
Race for Life, Tilgate Park - July 20th

It was a great day out for the team SDG work colleagues and running friends, supporting a fundraiser for a worthy cause 'Race for Life'. It was a multi terrain route, mostly out in the forest. I got a podium place, finishing 2nd overall/174 racing the 10km. Son Paul got a podium place too -first place overall with a new personal PB of 19min39sec for the 5km distance, with approximately 400 participants.

So far in 2024 a total of £140k has been raised by Crawley runners and other fundraisers.

An incredibly moving and poignant event, life is so very precious, all of us are affected and impacted in one way or another, myself personally (close friend/family circles), more so over the last few years.

Michele Nixon



results.resultsbase.net		
Pos	Name	Chip Time
1	Michael Hobbs #10232	00:44:12
2	Michele Nixon #10050	00:49:01
3	Paul Howick #10287	00:51:04
4	Bivek Rai #10319	00:51:20
5	Finlay Warren #10096	00:52:27
6	Duncan Fisher #10318	00:52:28
7	Lape Odebode #10066	00:52:49
8	Ildi Klippel #10086	00:53:12
9	Huzefa Shamsuddin #10051	00:53:16
10	Shannon Speight #10030	00:53:19
11	Sean Warrington #10237	00:53:55
12	Terry King #10193	00:54:26
13	Fraser Warren #10094	00:55:25
14	Jane Phelps #10064	00:55:39
15	Sophie Lewis #10065	00:55:51
16	Jon Oakman #10200	00:56:43
17	Chris Knowles #10025	00:56:50
18	Colin Lendon #10165	00:57:37
19	Kayi Lau #10090	00:57:44
20	Tracey O'Brien #10033	00:58:05
21	Frank Bellamy #10034	00:58:06





### **Legua huertana Javalí Nuevo 5.5k, Spain - July 24th**

Definitely one of the best races on the Costa Blanca. Having looked at my running log I realised I had done it in 2019 but I couldn't remember much about it, except that the temperature was 36 degrees.

I didn't think it could be any hotter this time, but oh yes it was 37 degrees when we started running. Luckily there were no hills to worry about, the first and last kilometres were in the town and the rest of it was along the very dusty and dry banks of the River Segura.

Although back in 2019 I was 13 seconds faster, this time I got to the podium coming 3rd out of 8 in my category. I got a very nice trophy and every runner got a bottle of wine and a technical vest - this race set me back 10 Euros!

The presentation started at 10.15pm but by the time I got my trophy it was gone 11pm, this was followed by a street party with people cooking their BBQs and having picnics.

### ***Nina Trevarthen***



## **Wakehurst Willow 8km - July 24th**

Representing Saints & Sinner (according to the results)

Me, Andy Kerr, Mark Young, Luke Taylor, Michele Nixon, Jim Scott, Stella Daff, Rachel Cordery (sorry if I've missed any).

I am a member of Wakehurst so a frequent visitor and it is one of my wife and my favourite local places so what better place to go for a run. This was the event's 7th year but the first time I had entered.

I turned up in my yellow S&S top, collected my run number, then went on the hunt for some fellow runners in yellow....but there were none. I did find some runners from S&S but I clearly didn't get the memo and was the sole person representing the clubs colours - no pressure then.

I had set myself a target of 36-38 minutes which was based on 4.5 minute Ks plus 2 minutes contingency as I knew there would be hills.

The course is 2x 4K Laps and starts on part of the parkrun course for about the first 1k. There is then a steep downhill to shuffle down before you pass the lake then round towards the meadow.

Usually when I walk around Wakehurst I would opt to walk down from the seed bank to the meadow but for this I had no choice but to go up from the meadow to the seed bank. This was the toughest part of the course but once I reached the top there was a realisation that I was now nearly at the halfway point.

When passing the start/finish sector there were a lot of people cheering on all the runners which was uplifting to run through. The second lap could be a copy and paste of the first so we will skip straight to the finish line and 36.32 was my final time - within my 36-38 target.

All in all a very enjoyable run & well done to all S&S runners who participated.

## ***Lawrence Knight***





## Wakehurst Willow 8km - July 24th

Wakehurst Willow, an 8km run with 568ft elevation took place on the evening of Wednesday July 24th. It was wonderfully warm and ideal weather for running. The scenery was stunning (Wild Wakehurst is funded and managed by London Royal Botanic Gardens, Kew and owned by the National Trust), just a 25 minute drive from home.

- I finished 7th female / 185, in the top 4%.
- I as first in my age group / 29
- I was 38th overall / 320 (men and women), in the top 12%

My times were very consistent with previous years, having run it 3 times before. This year I finished in 39min, last year, 2023, in 39min, in 2019, in 38min and 2018 in 39min.



The best bit was having Mum there, supporting on the sidelines, high fiv'ing each other at the halfway mark, looping the course twice. There was delicious watermelon at the end (this should be standard in every race).

Mum loved these diverse and varied grounds so much, she is well known for her gardening back in the 1980's in Southern Africa. I remember spending hours outdoors digging, seeding and planting as kiddos. I loved it all.

## Michele Nixon





## **East Brighton Parkrun - July 27th**

This week our tour of Sussex Parkruns took Debby and I to East Brighton. Having missed the previous week's tourism there by Luke, Theresa, Lesley and James we were keen to catch up.

The run is in East Brighton Park on the edge of Whitehawk, near Brighton Marina, with stunning views up to the racecourse on the top of the Downs.

The route is three clockwise laps of the park incorporating the east and west terraces, football pitches and part of the cricket pitch. On each lap you descend a terrace and the route is a classic example of the ingenuity in squeezing 5k into a fairly confined space.

The usual pre-run briefing included the unusual warning that we may have to stop for helicopters - the Sussex Air Ambulance uses the football pitches as a landing site for the nearby Royal Sussex County Hospital. Luckily no landings today so the small field of runners enjoyed a lovely, sunny event,

As with nearby Bevendean Down this doesn't attract nearly as many people as Hove Prom (fast and flat) or Brighton and Hove and Preston Park. That's a shame as it's a lovely route with friendly marshals and a great little cafe serving home-made Indian food as well as breakfasts and drinks. We only had time for a quick drink as I had to dash off to work but will definitely be back.

This is one of the things I love about tourism, discovering parks and cafes we would never normally have known about.

East Brighton would also have been our final Sussex run but we've now got Malling Rec in Lewes on the list!

***Jim Scott***





## Volta a Peu a Vallada 6k, Spain - July 27th

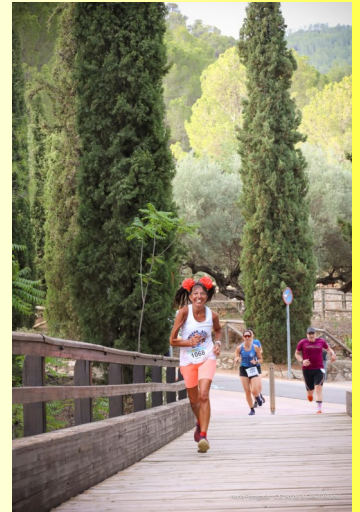
My last race in July took me to Vallada, a very pretty, historical town in Valencia. It was an early start of 8.30am, however it was still extremely warm and humid.

It was a very scenic route, running through the town and on up to a beautiful chapel at the very top of a hill. This hill was so steep I had to stop and walk a bit, but it gave me a chance to take in the lovely scenery.

Despite the walk I still managed to come 2nd out of 6 in my age group and got a very nice trophy.

This race was the cheapest of the lot at 2 Euros, and we still got drinks and melon afterwards.

**Nina Trevarthen**



### **August Activities**

Saturday August 3rd, Parkrun Tourism, Victoria Dock, London, 9am

Wednesday August 7th, Highdown Hike, Worthing RFC, 7 for 7:30pm

Thursday August 15th, S&S Handicap, Tilgate Park, 6:30pm

Sunday August 18th, Downslink / River Adur trail run, Henfield Leisure Centre, 9:30am

Sunday August 25th, Fittleworth 5, Thakeham Village Hall, 10:30 for 11am

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](mailto:social@saintsandsinnersrun.co.uk)

### **Horley Harriers Track Sessions**

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

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

\*date subject to change, TBC nearer the time.





### **Horley Harriers Track Sessions Cont**

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

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

### **Membership**

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

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

### **KIT**

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

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

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

For more information and questions email Martyn at [kit@saintsandsinnersrun.co.uk](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 Luttman  
[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)