

Welcome to the July 2023 newsletter.

Another bumper crop of run reports for you to enjoy this month. After a flaming June, July's weather has been somewhat cooler, a relief for many, but not for Nina T, who completed several runs in +30c conditions during her holiday in Spain. Glenn was also in Spain for the age group triathlon championships, which turned into a duathlon, of sorts, on the day of the race. We have several contributions from Saints' vacationing in the UK, Parkrun tourism reports plus the regular SGP and WSFRL updates from Jim and Luke.

Thank you to everyone who took time to write a report or article for this month's newsletter.

**Nicky**

### **Chairman's Corner**

Hi everyone!

Hope you are all well and enjoying your running! It's been great to be at training, I can't believe it's August already!

We have had a great turnout at the recent SGP and WSFRL events. Don't forget to look out for Luke and Jim's emails about upcoming races. We have a busy program of training planned – don't forget to keep your eyes open for our upcoming Borough runs and Handicap race! Thanks to Debby and Jim for organising these great events!

It was great to see both Martyn and Luke at training recently getting experience running sessions as part of their coaching qualifications! Both will, I'm sure, make great Running leaders.

Look forward to seeing you all soon at a race or training soon!

**James**

### **Runner of the Month—Sky Chan**

I'm delighted to announce Sky as our runner of the month. Sky regularly takes part in both WSFRL and SGP events for the club, often finishing in the Top 10 of races, getting invaluable points for the club. He's also a regular at parkrun, and is often seen encouraging other club runners after he's finished his run.

Well done Sky!

**James**

### **Tilgate 5**

Just a reminder – our annual WSFRL race is on **Sunday 3rd September**. As ever, we can't put the race on without your support. Please refer to the separate article about volunteering from Lesley next up in the newsletter!

**James**





### **TILGATE 5—Sunday 3rd September**

Our very own West Sussex Fun Run League event at Tilgate is fast approaching and organisation is going well. We are once again hosting our junior race of 1 mile at 10.15am and the senior 5 mile race at 11am.

As you know without an adequate number of volunteers these events can't happen and due to the nature of our route we need a lot of volunteers.

Please email [membership@crawleysaintsandsinnersrun.co.uk](mailto:membership@crawleysaintsandsinnersrun.co.uk) by Friday 25th August to confirm your availability. Please indicate in your email if you have any time constraints on the day so we can accommodate these where possible.

You can also let Lesley Bryant know if you are available when you see her at training sessions or parkrun.

***Lesley Bryant***

### **S&S TILGATE PARKRUN TAKEOVER—Saturday 30th September**

Parkrun takeovers are finally back and we have agreed that the S&S takeover at Tilgate will be on 30th September.

We need to fill all the usual parkrun volunteer roles so once again we need your help!

This is a great opportunity to promote the club at our local parkrun and turn Tilgate yellow.

Please note the date in your diary and we will be in touch in due course to collect names and any requests for particular volunteer roles.

Many thanks as always.

***Lesley Bryant***

## Run Reports

### **Portobello Parkrun and Edinburgh 2023 –May 27th and 28th**

This trip is starting to become a habit but a rather lovely one. This year I made the journey with fellow club members Jo Fiveash, Kerry Jones and Ken Tully. This was my third visit, and, having run the marathon on the last two occasions, I decided to take things a bit easier and try the half. Both events form part of the Edinburgh Marathon Festival which also includes a 10K, 5K and junior events. This year, Harry Styles was also playing at Murrayfield so feathers and sequins everywhere!

Naturally, we started the weekend with a Parkrun. We headed off to Holyrood but we really should have paid more attention to the EMF schedule of events! Holyrood Parkrun was cancelled as the 10K and 5K were being held in the park. Thankfully, we had enough time to jump on a bus and head to Figgate Park to tackle Portobello Parkrun instead. This is a 3 lap course around a really pretty little park and a great leg stretch before the main event on the Sunday.

The half marathon kicks off at 8am so an early start. A week before, I was not at all confident I would start. Even the night before I was having doubts. I gave myself a good talking to and decided to give it a go (partly because I knew that if I needed to pull out, I could jump on a bus). The half marathon is a linear route, following the first half of the marathon route. Each visit, the start has been in a different spot but is always in the city centre and this year took in beautiful views of the castle, Holyrood Palace, the Scottish Parliament and Arthurs Seat.

I had made a conscious decision not to track, to take it steady and just try and enjoy. I love this course, it's pretty much downhill for the first 4 miles before hitting the coast and a lovely run along the seafront. The support along the way is fantastic and of course there are plenty of pipers. The finish is in the event village at Musselburgh where the atmosphere is great and there is beer on hand. I thoroughly enjoyed myself. Sometimes its not about times but just savouring the moment and being thankful that you are able to run at all! I highly recommend a trip to Edinburgh for this event. Its fantastic. Next year is already booked.

### **Clare Hall**



## **European Age-Group Sprint Distance Triathlon Championships, Madrid—June 2-4th**

Last month I wrote about my trip to Ibiza in May for the World Age-Group Aquathlon championships. Last month I also went to the European Age-Group Sprint-Distance Triathlon championships which were held in Madrid. The standard distance race was also held in the city over the same weekend, however that race had been changed to a Duathlon (Run/Bike/Run) at the last minute due to heavy rain causing concerns with the water quality. (This is a shortened (!) version of what I have written on my blog - if you're interested in the 'full' story, you can read it at <https://www.trirunfun.uk/post/on-the-road-again>).

The night before we'd been out for a meal as a family (and to fuel up!!), and just before 9pm I had an email confirming that the race would be going ahead as a triathlon, so all of the preparations I'd been doing had been worthwhile! I was due to be checked in and have all my kit racked in transition 1 by 7:45 (start time 8:35 - my transition 2 was already set up as it was in a separate location). Based on this I decided I'd need to set off about 6:45 to (literally) roll down the hill on my bike to get from our accommodation to T1 with plenty of time, so I made sure that everything was ready to go without needing to check everything again in the morning, giving me time to have breakfast without rushing.

As soon as I was up in the morning I checked all messages etc to see if there were any updates, but there were none so I got on with the business of getting up and getting out. I managed to get out pretty much as planned and rolled down to the start along what at this time on a Sunday were very nice quiet roads! When I arrived at the transition area someone came along the queue informing us that the swim had been cancelled and the race would be a duathlon due to overnight most likely rainfall affecting the water quality. I'd noticed the square outside our apartment was a bit damp when I got up so the thought had crossed my mind but I hadn't dwelled on it. As I checked in to transition this fact was confirmed by the officials checking us in, who also said the start would be delayed by 30 minutes.

Eventually the lead Technical Official (TO) called everyone over for a briefing. Apparently we would be doing a 2.5km run, followed by a slightly shortened bike course of around 20k, then another run of 3.2k (about 2 miles). We were also told that all start waves would be going off one after the other at 1-minute intervals from the new start time of 8:30, in the same order as before. I was a bit disappointed that the runs would be so short, as I know that's where I am stronger. There wasn't anything that could be done about it so I dropped my bag off to pick up later and joined the growing queue for the toilets. While I was waiting we were told that the 2nd run had been extended to 5k. I wasn't sure whether to be happy or confused about it. On the one hand I was happy to have a longer run but it made it feel like the organisers were just making it up as they went along. To my mind we had the run into the city centre and they had already arranged a 5k run beyond that which they could have used with an earlier turn back to give us the 5k but I'm probably over simplifying things.

## European Age-Group Sprint Distance Triathlon Championships, Madrid cont...

When I eventually arrived at the start area I wasn't in a good position at all as we were waved through to the start line. Then I tried to prepare myself a bit mentally for what I knew would be a frenzied start, and the gun went off again. It was a mad 100m or so dash away from the start line before a hard 90-degree turn to the right which was inevitably going to cause some bunching up. I didn't really have much idea what was going on, only that I was running hard and lots of others were running harder. Coming around the corner somewhere near the back, it felt like no time at all had passed before I heard the start gun go off again behind us, and we were already starting to catch those at the back of the wave that had gone off ahead of us. It was a bit mental on the run course, trying not to crash slower runners ahead while not slowing down or tripping up others from my own start wave. We reached a dead-turn and started heading back towards transition, maintaining as fast a pace as I dared. I hadn't trained for a duathlon at all, and I hadn't done one since 2019 so I certainly wasn't rehearsed! Transition came far too soon for my liking, and looking at my watch it was only just over a mile since we'd started so nowhere near the 2.5k we were expecting (later confirmed as 1.73km). Going into transition was a bit of an obstacle course in itself, hopping over puddles and stepping on floating boards while trying not to collide with any other runners.

Having grabbed my bike and related kit I joined the very long queue of people headed for the bike exit. I'd really been looking forward to the bike course on this race knowing it would be hilly. Leaving T2 was complete chaos - there were a lot of people where the run field had bunched up, not leaving much room to try and get ahead. I got over the mount line and started riding. My intention for the race had been to push hard for the first part of the bike, knowing that the first 5k or so was uphill and that I'm strongest when climbing on the bike. Unfortunately my ability to deliver on this plan was rapidly disappearing. Around half the road we were riding on through this part of the park had been coned off for the race, and the number of people on the course in front of me was really stopping me from getting going. I was constantly trying to weave in and out of others in front, some of whom had been overtaken and some that were just riding in the wrong place.



Having completed the bike section, I re-racked the bike and dropped my kit off, then got my run shoes on and started running. As I wound my way around the transition someone decided to stop and tie their shoe right in front of me, so after getting around them, I was finally off for whatever distance we were running, maybe 3k, maybe 5k. Like most people I can maintain a faster pace over 3k than I could over 5k, so it was a bit of a guessing game trying to work out what pace to run at. I went off quite quickly and settled at a pace I knew I could maintain for 5k. I had an idea of what the course would be like as I'd either ridden or walked most of it already. With hindsight I could probably have gone a bit faster over the first 1-2k as most of it was flat or even slightly downhill.

## European Age-Group Sprint Distance Triathlon Championships, Madrid cont...

After crossing the river (which even after heavy rain is still more of a stream) we started to climb. Initially it was a short section before running along a short section of road, after which we turned for the big climb up to the royal palace. The incline wasn't too bad to start with, but once below the cathedral we joined the road up to the top and the gradient increased. Normally I'd be in my element here, watching as the weaker climbers started failing on the way up, but even though I was picking quite a few runners off, my head still wasn't in it and I wasn't feeling particularly confident.

My pace had dropped quite a lot but that wasn't bothering me too much given the climb that we were doing. Getting close to the top I saw my daughter running around in her own little world waving a Union Jack flag which did make me smile! Eventually coming over the top of the hill we ran across the front of the cathedral and royal palace, and past the finish line on our way on to part of the 'original' run course.

We didn't have to go too much further before we reached the turn point and started heading back towards the finish. I knew where I was going now so made sure I wasn't sparing any effort, even if I knew I'd probably not done everything I could on the bike. I overtook a few more people before turning into the finish chute and crossing the line. I think I felt more relief than anything when finishing. I went over to the finisher area and got something to drink before going off to find everyone. It took a while but I found them eventually!



The 'final' course I made to be around 1.1mi (1.8km) for the first run, the ride was 11.5mi (18.5km) and the 2nd run around 2.6mi (4.2km), so short across the board. Time wise I'd done 6:09, 33:18 and 15:58 respectively, plus transitions to give me 59:31 overall. I'd managed to overtake 3 people in the latter stages of the run to finish 15th out of 22 finishers in my age group (although the last 3 were quite a way behind). I was a very disappointing 9 minutes behind the winner of my age group. I knew I was never going to be bothering the podium but with the (planned) course and the training I'd put in earlier in the year I thought I might have managed better, but it wasn't to be. (There is a finisher video of me here too - <https://t6q6n.app.goo.gl/sR6Ef>).

Once I'd met up with everyone we went back to our accommodation so I could get cleaned up before going back to the park to retrieve my kit. I decided to take a slightly more leisurely journey down there using the metro rather than walking, and had a very (!) slow ride back up the hill again. After that the only thing left was to start packing and head back out to enjoy anything else Madrid had to offer (Spanish food and drink in this case!!)

**Glenn Mitchell**

## South Downs Way relay – June 3rd

I was extremely honoured to be asked to be a member of the Saints team taking part in the South Downs Way Relay this year. Honoured but also slightly nervous! This annual event is by invitation only and requires teams of 6 to transport a baton, relay style, along the South Downs Way from Beachy Head to Winchester (all 100 miles of it).....oh and there's a 14 hour time limit.

Each team member runs three legs and, as the route is not marked. Some homework is required by each team member ahead of the event to make sure that you are familiar with the route and don't get lost! I loved going out to reccy my legs and I need to give a special shout out to Janet and Nicky for joining me in absolutely atrocious weather for one outing.

Apart from myself, the wonderful Saints team consisted of Andy Kerr, Cara, Law, Ed Duke, Michele Nixon and Ian Greenaway. Of course all teams need a marvellous support organisation and on our side:

- Paul Luttmann, Team Manager - Basically organised everything!
- Paul Law, Team driver – The hardest job on the day by far! Had to ferry us between handover points, making sure we got there in time to meet the incoming runner. Super skilled in squeezing the mini bus into the tightest of spaces.
- Thomas Law, Bus Manager and Chief Supporter – Made sure we all behaved and kept us entertained

We had a 6am start time from Beachy Head so a very early start from Crawley.

Andy Kerr kicked things off just as the sun was rising on a very beautiful morning. After that, the day was full on. I naively thought that I might get time for a snooze between my runs but just too much going on!

It was really special to be part of this team. Of course it was hard. The terrain is tough and there is no avoiding hills. But the South Downs were looking glorious and the team spirit and support was phenomenal.

We did not quite break the 14 hour target but we were not far off. We had definitely earned our burgers!



## Clare Hall



## **Edenbrook Country Parkrun, Fleet – July 1st**

Having completed my challenge of doing 100 tourist parkruns, I decided to target the “Fibonacci” (i.e. a somewhat complicated sequence of numbers) challenge. The next number I needed in the sequence was 55, so a quick search showed that the nearest parkrun on that event number was Edenbrook in Fleet.

Luckily Vanessa was free that morning so we headed off together, with our chauffeur Keith. The parkrun itself was a flat 2 lapper, starting and finishing at the leisure centre, plenty of parking, a pleasant course and great marshals.

To our delight, Mr Parkrun himself was there – the great Paul Sinton-Hewitt! He was more than happy to pose for pictures with us, he asked me my name and if I had enjoyed the run that day, and said it was a pleasure to meet me. I wasn't really star struck....I just talked about it for the rest of the weekend! The joy of tourism is that you never know who you are going to bump into.



## **Nina Trevarthen**





### **Fiestas de Santiago, Totana, Spain, 5km – July 7th**

My first race this July trip to Spain was a low key event at Totana in the Murcia province, with 140 entrants. It was about 30 degrees even though it started at 9pm and it was 2 laps through the town with a little bit of a hill up to the finish. Although billed as a 5k it was slightly less (as we know the Spanish have trouble with metric distances!) and I was glad it came up short as I felt like I was running in an oven.

There were 4 in my age category and I was pleased to come second and got a lovely stone trophy depicting the magnificent church that overlooks the town square. Every participant got a great goody bag with a bright orange technical t-shirt, cans of energy drinks, a box of grapes, chewy sweets, and at the end of the race we were treated to more tasty treats amongst them were succulent watermelon, bananas and little pastries.

We ended the evening by having a meal with my friends and fellow runners Gaspar and Julia at 11.30 pm (standard time for the Spanish!)

### ***Nina Trevarthen***



## **Clair Parkrun – July 8th**

With the S&S planned tourism to Peacehaven off due to their Parkrun being cancelled, an emergency venue was required. So Debby, James, Luke and I decided to head to Haywards Heath for Clair Parkrun.

Despite being so close to Crawley, Debby and I have never done this one but were pleased to tick off another of our planned Sussex runs. We were parked and at the start line in plenty of time for the pre-race briefing which explained what seemed a complicated four and a half lap course.

In reality it's easy - start in the middle of the park and run the perimeter the allotted number of times, to finish opposite where we started.

It's a pretty hilly course, with one section nicknamed the travelator (Gladiators - are you ready) which was tough the first time and positively murderous by the 4th. As Parkrun was celebrating the 75th anniversary of the NHS we dug out blue tops to mark the occasion. Clair is a small but very friendly Parkrun and we had a great morning out.

### ***Jim Scott***



### **Cross Verano Salesianos El Campello, Spain – July 8th**

With only 97 participants this felt a very friendly, low key race. Having done it twice before I knew what to expect, which was a 2 lap trail run on very uneven ground, rock hard terrain and very long grass in places.

The most difficult part of the race was having to face an extremely steep but fairly short hill. With the help of a volunteer at the bottom of the hill holding a rope to pull on, I was able to scramble up it.

A great race, great goody bag (t-shirt, energy drinks, a fancy presentation box of flavoured tonic water, a black bag, biscuits) and a 1st place age category podium position getting a gold trophy. All podium winners got a blue hat, as well as a trophy. The 4 of us who all travelled together managed to get first in our age categories, as pictured below (in our blue hats!)

### ***Nina Trevarthen***



## **Mile End Parkrun , London – July 8th**

We had tickets to see The Boss and The Piano Man at Hyde Park. Don't ask me why we decided to stay in London. Whatever the reason we decided to fit in a spot of Parkrun tourism. We had two criteria. A new letter and relatively course easy to get too. We were uptown girl so I suggested let's try Mile End.

It was on the river which ticked both boxes. This parkrun was easy to find. It is located in a delightful small Mile End Park. The course comprised two laps on paths. There was one narrow spot down by the river. The remaining course had plenty of space to overtake. And it was mainly flat with just a couple of undulations. We were born to run.

The event was celebrating the 75th anniversary of the NHS. And we had decided to wear our blue NHS Endure tops to show our support.

A great run. Well attended. And another part of London visited for the first time. Post race we found a lovely cafe down the backstreets for brunch before heading home down the thunder road.

Glory Days.

**Dickie Bryant**



## South West Coast Path – July 11-13th

Having enjoyed running on the South Downs Way over the last few years I was interested in trying another of our National Trails. I opted for the South West Coast Path the longest NT in England and over three days in July I took on the 61-mile section between Penzance and Falmouth. I used Contours Holidays to arrange my accommodation and luggage transfers. They also provided a detailed guide and OS map of the route. However, I opted to rely upon the GPS navigation on my Garmin Forerunner 245.



Day one from Penzance to Mullion Cove (20.5 miles / 2356 ft) set the tone for the route. This section of the SWCP is a wonderfully wild coastline with isolated coves and harbours thrown into the mix. The runnability was hugely variable. Ranging from the easy going headland grasslands to the hard going rocky cliff top paths. The climbing was relatively short but frequent and punchy.



Day two from Mullion Cove to Coverack (17 miles / 2618 ft) featured the remote Lizard Point the southernmost point of England.



While day three from Coverack to Falmouth (23.5 miles / 2530 ft) featured the cool woodland trails along the Helford River and its ferry crossing.

I really enjoyed my multi day running adventure. With good refuelling and sleep it is amazing how the body is able to recover from a day's running and be ready to go again on the next day. However, I am glad I did not take the option to run the route over two days! The accommodation was excellent and luggage transfers were trouble free. The GPS navigation worked well until I hit footpath closures and diversions on day three. Fortunately, I had the OS map as a backup and it was fairly simple to navigate a route back to the SWCP. In short, I would recommend the experience.

**Paul Luttmann**

## **Brighton Phoenix 10k (SGP) – July 12th**

For the eighth SGP race of the season we were at the coast for the fast and flat Phoenix 10k - this year wind assisted/hindered! This blue chip race always attracts the big guns from across Sussex and beyond, out to smash a PB on a straight out and back course. And 14 S&S runners were on the start line to take on some of the fastest in the South.

Of course you can't legislate for the weather and this particular Wednesday evening was windy, very windy. It made a change from the usual heat but meant the first 3k was hard going as we slogged out from Hove Lawns to Shoreham power station with gusts of up to 20mph in our faces.

However once past the turn point I, for one, was almost flying back with the wind behind me - so much so I lost one of my pins as my race number turned into a sail.

As ever everyone put in an excellent performance with PBs for Sky and Ed.

This is never a high scoring SGP race for me as I'm always towards the back of a very fast field but it's one I always enjoy. Special mention this year to the marshals, who were unfailingly encouraging until the very last runners were home.

***Jim Scott***



## **Rincon de Seca 5.2k, Murcia, Spain – July 14th**

278 of us turned up to run this flat and fast 5.2k in a little Murcian town. It had been a really hot day and by the time the race started at 9pm it had cooled down to 35 degrees! Luckily there were only 2 of us in my age category and I got ahead of my rival to get first on the podium, winning a lovely trophy.

Another fantastic race getting a decent t-shirt and enjoying an array of fruit, nuts, drinks. Unfortunately the free beer afterwards is wasted on me as I am a wine drinker, but Keith gets the benefit of the (well-deserved, he said) beer by being my race supporter, photographer and, on this occasion, a non-driver! At most of the Spanish races there is no limit to how much food and drink you can get after, bring it on!

### ***Nina Trevarthen***



### **XXIII Cross Bahia de Portman 6.2k, Sierra Minera, Spain –July 15th**

A Facebook memory popped up saying that I had done this race 7 years ago, I had little recollection of it but once I started trotting round I remembered it was quite a beast of a run!

We started off at the pretty village of Portman which lies in a natural sheltered harbour at the foot of one of the greatest sources of mineral deposits in southern Spain - the Sierra Minera. The Romans founded this little village in the 1st century with the name Portus Magnus, meaning "large port". The town developed significantly as part of the mining area of La Unión, mostly because of its naturally sheltered bay and port, making it a strategic location within the Roman empire. There are important remains from the mining periods in the archaeological museum, in addition to an old Roman mosaic pavement found in the Roman Villa of Paturro and considered the largest of its type in the Region of Murcia.

The terrain was a mixture of gravelly and stony paths. The first part of the race was a steep ascent, often in single file as it was so narrow in parts. On reaching the top the view was absolutely magnificent looking down on the Mediterranean sea. The downhill should have been easy but with such a rocky terrain I was very cautious.

Although it was an 8pm start, the temperature was 30 degrees and it was great to finish the race and enjoy different types of melon and cold drinks. All participants got a lovely technical t-shirt, a little bag and some biscuits. I wouldn't hesitate to do this race again for the sheer stunning scenery of the mountains.

#### ***Nina Trevarthen***



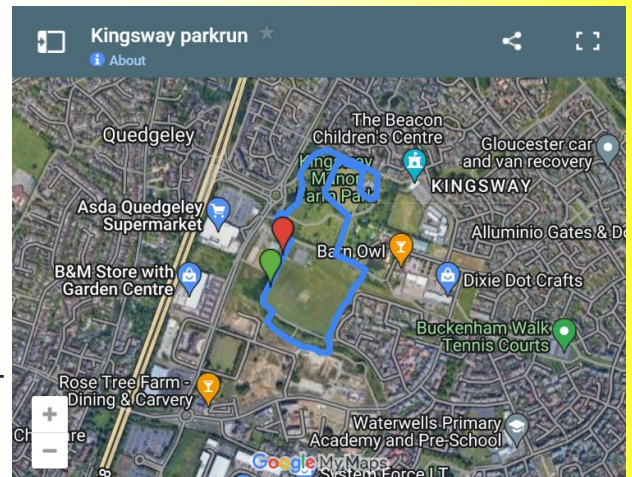


## **Kingsway Parkrun, Gloucester –July 15th**

A trip to my Mum's is always an opportunity to seek out a new Parkrun. Slowly working my way through them but still plenty of options. My plan this visit was to try either the Severn Bridge Parkrun or Stratford Park in Stroud. Sadly, high winds and thunder storms ruled out The Severn Bridge and Stratford Park was cancelled. So my 48<sup>th</sup> Parkrun venue turned out to be event number 344 at Kingsway Parkrun which is just on the outskirts of Gloucester and an easy 20 min drive from my Mums.

The event page includes a very comprehensive course description which mentions William the Conqueror, Henry VIII and Anne Boleyn. Sadly no evidence exists that any of them ever completed the course!

Today numbers were up due to the cancellation of Stratford Park and Stonehouse events, both of which are less than 4 miles away. It's a pretty tight course so the first few hundred yards were a little congested (not to the same level as Tilgate) but soon thinned out. The course is three laps, on either grass or asphalt, and is pretty much flat. It was a little blustery but thankfully the rain held off ....just.



After a few weeks of struggling with form, I was pleased with my run and a finishing time of 30:14. Something to build on. Back at Mum's next week, so Severn Bridge might be on the cards.....

## **Clare Hall**



### **Villajoyosa 8.3k, Benidorm, Spain —July 16th**

This was my 5th race on this trip to Spain and following the race at Portman the evening before and a late return home, I crawled out of bed at 5.45am for the 8am start at Villajoyosa, a lovely little town just south of Benidorm on the Mediterranean.

Despite the early start and the slightly cloudy weather, it was still stifling at over 30 degrees with very high humidity and no sea breeze at all. Even after the efforts of the night before at Portman in the mountains, I still managed to finish 2nd in my age group (luckily only the two of us turned up!!). The race itself was a 2 lapper out and back along the promenade. It felt such a slog even though it was flat. Got a fantastic goody bag and a nice gold trophy - all goodies laid out in the photo below.

### ***Nina Trevarthen***



## Wakehurst Willow – July 19th

On a sunny summers evening, a few of us set off for Wakehurst, the scenic setting for the annual Wakehurst Willow race. The course is just shy of 5 miles (8km) and consists of two laps; mostly downhill for the first 2k, (steep and rocky in places here), flattish and slightly undulating for a bit then up a very big steep hill towards the end of the lap, then gently uphill and along a small flat stretch to where we started.

We collected our race numbers at the café entrance and set our bags down by 'the big tree' – this is just a very big pine tree in front of the café – and had a group photo. At approximately 7:15pm we all went to the start line, had a quick briefing from the organisers and we were off. This is a very popular event and is usually sold out, so it takes a few minutes for us slightly slower runners to spread out a little. I was feeling quite good on my run, having had a lower training load of late and a decent lunch, giving a little effort but just taking it nice and steady. I soon found my rhythm and was pleasantly surprised to see my pace was hovering around the 9-9:30min/mile mark.

Of course, I knew what was in store so I wanted to have some reserves to tackle that steep hill twice. I managed to run around 2/3 of the hill each time, doing a bit of tactful power walking I learnt during my ultra training, and very much appreciating the support from Mel, Frank and Leah (Grace's daughter) on this section. I am happy to report that in spite of this hill, I enjoyed the race, taking in the scenery and pacing myself well.



The event was well organised, with plenty of great marshals and a water station ready at the start of the second lap. I was also grateful that the weather was much cooler than last year, although still warm, bright and dry, and it showed. I got a whopping 5 minute PB (49:47)! For completing this race, you get a medal, a bottle of water and some watermelon. Although I'm not a fan of watermelon so one of our support crew got that and I ate my salad, satsuma, and a delicious Jonny flapjack instead (flapjacks made by Dawn's husband are the perfect recovery treat!). I really enjoyed seeing a few of the S&S gang and having a very pleasant Wednesday evening so I most definitely recommend this race. However, enter early to avoid disappointment (entries usually open in March).

## Lou Mitchell



### **XXX Volta a Peu a Navarres 7.2k, Spain - July 22nd**

This was my last race of the July holiday and one of the best ones in terms of stunning scenery and also getting a fantastic yellow t-shirt!

Navarrés is in the Valencia region. It sits on a small plain in a ravine at the base of a hill. The plain is crossed by the crystal waters of the Navarrés River. The old part of the village is filled with small, narrow streets, and it was on those streets we had to run up and down, starting from a beautiful 18th century, Baroque-style church. There was a massive climb and I had to walk a bit. On reaching the top, the view of the mountains was breathtaking. Although the race started at 8.30pm it was still very humid and hot, and it was tough battling against the heat, humidity and the hills.

It was worth it though, reaching the end and finding long tables of watermelon, energy drinks, fresh dates and little cakes. To get all this, plus a technical shirt, was quite remarkable for the entry fee of just 3 euros!

I came 2nd in my age category, got a lovely little trophy and this time there were 6 of us in our category!

### ***Nina Trevarthen***



## **Race for Life, Tilgate Park, Crawley - July 22nd**

As with most of us, Debby and I know far too many people who have succumbed to cancer, are fighting the disease or are in recovery. So we were happy to sign up for this year's Race for Life in Tilgate Park to enjoy a run and raise some cash for Cancer Research.

I took on the 10k and Debby ran the 5k and we both thoroughly enjoyed ourselves. The races start on the grass near Smith and Western and head off along the dam, round past the cafe and up woodchip hill. You then loop through the woods up towards the motorway, along part of the Tilgate 5 route and round the back of the nature centre. Once at the walled garden, you twist through the bushes, down the hill and round the lake and up to the finish (one loop for 5k, two for 10k).

With twists and turns, back and forths, it's a classic example of squeezing a route into what appears a tight space but it works.

There were 200 people who started the 10k and many more doing the 5k and even a 3k route. As well as runners, there were joggers and walkers - all taking on the challenge for a good cause.

***Jim Scott***



## WSFRL—July update

Now July is always a rather busy month for running. The weather is almost always improving and that means races left right and centre. The first of the 37 miles I covered in races this month excluding training and Parkruns was Bewl 15 miler!

### Bewl 15 miles—July 2nd

What can I say about Bewl ? 15 miles, trail, hills, that about covers it! This is the longest run of the official club race calendar and brought out 7 Saints and Sinners aiming to get big SGP points both for our personal positions within our age categories and obviously to aid the club to try to achieve one better than last year and break into the top 3 overall clubs in Sussex, which would ensure EVERY club member that ran 1 SGP race or more would receive a trophy!

The weather was a lot kinder than the last couple of times that I have done this which I was grateful for! Well done to Mark Warwick, Steve Baker, Michele Nixon, Myself, Nina Trevarthen, Mary Freestone and Louise Mitchell for completing this! and I suppose to Frank and Stueie for doing the 5 Miler Too!

### Roundhill Romp—July 6th

The following Wednesday (yes only 3 days after Bewl) myself, Steve, Mary and Michele joined another 23 yellow shirts ascending the Roundhill Romp. Starting at Steyning clocktower, it is a 3 mile climb of various inclines followed by about a mile along the top of the South Downs, then a very quick 2 mile downhill finish. It rained leading up to the race but it did not discourage anyone, but we all still managed to finish 4th overall in the senior and Junior races! Most importantly, no one fell over! We did however have a lady get cramp about 300m from the finish - Theresa and Val ran over to the rescue and helped the lady get to her feet and finish the race. Hats off to you both!

### Hove Hornets Stinger—July 9th

The Sunday after (7 days after Bewl, 3 after Roundhill), miles 21-27 of racing for the week, came the Hornets Stinger. This, in my opinion, is the hardest WSFRL race of the year, usually because I am stupid enough to do all the races and squeeze in a Parkrun and still train. It is usually a very hot day (which I do not run well in). Yet again, Myself, Steve, Mary and Michele completed the race alongside a 15 other strong runners.

This race starts with a 1k downhill, followed by 4k uphill then a 1k or so down, another 3k up and then the last 1k is undulating and then up some steps, yes you read that right, then about 300m to the finish. Yet again our team did fantastically well, placing us 3rd!



## **WSFRL Update cont ...**

The following Wednesday (10 days after Bewl, 7 after Roundhill, 3 after Stinger) come miles 27-33 (excluding 2 Parkruns if you are stupid). This is Phoenix 10k, which I'll leave the esteemed Jim Scott to write about (see page 13).

## **Henfield Seven Stiles—July 23rd**

So, we come to miles 33-37 of racing, this is 10 days after Phoenix 10k so plenty of recovery for myself! This 4 mile is none other than 1 small hill, fairly flat route which incorporates running along side a river and some of the Downslink. 30 Saints and Sinners were ready for this - announcement, course change! only a slight variation which did not really make any difference to the overall distance, but the alteration made the route very narrow at the diversion.

Overall it looks like at the time of writing we are sitting third! Well done everyone! I do not have the Junior results to share but nevertheless I will when I get them!

Next up for WSFRL and the last race before the TILGATE 5 is Highdown Hike!

See you all there!

## **Luke Taylor**



## Wedding Celebrations

We have another Wedding Celebration for this month's newsletter!

Saints runner Sarah Tee became Mrs Sarah Savage when she married Matthew on Sunday 23rd July at Alexander House Hotel in Turners Hill.

For anyone who has experience of Sarah as a personal trainer over the years this is a very appropriate new name for her - she was fondly known as the "bitch from hell" so Mrs. Savage suits her very well.

### ***Lesley Bryant***







### **August activities**

Sunday August 6th, Bill Bedford 3 hour endurance run, Buchan Park, 9:30am

Wednesday August 16th, Annual Club Handicap, Tilgate Park, 6:30pm

Monday August 28th, Horsham Round, 9am

### **5km and 5-10km Improver course**

Debby and Luke have agreed to run the 5 to 10k improvement programme, following on from the recent Love2Run course. This is open to all members, but numbers will be restricted. Start date will be **Monday 14th August**, beginning with an easy run. Following the handicap race on 16th August (where you can set your 5k time) there will be an eight-week plan to get you to 10k.

Please message Debby or Luke if you are interested.

### **NEIGHBOURHOOD RUNS**

The next run will be on **Monday 7th August** at Three Bridges, starting opposite The Club Steakhouse on Gales Drive (RH10 1QA). It's up to you if you want to treat it as a social run or timed run, we look forward to seeing you there.

### **Mile Challenge**

Well done to everyone who turned up on Wednesday July 26th for the 2nd Mile Challenge of the year, despite the weather some of you managed to improve on your time! The last one for this year will be on **Wednesday 20th September**.

### **Volunteer for Run Reigate—Sunday 17th September**

Volunteers are needed to support Run Reigate on Sunday 17th September. This may interest those runners not taking part in SGP Hellingly 10k. A variety of roles are available, with a free place available for you or a friend for the following year. For more information check out [runseries.co.uk](http://runseries.co.uk).

### **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**

Monday and Wednesday training has now moved to Tilgate Park, meeting at the main car-park by Smith and Western. Monday nights will continue to be a social run with various speeds and distances. Wednesday nights we will be offering technical sessions, both sessions start at 6.30pm.

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@crawleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawleysaintsandsinnersrun.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.

10/08	07/09	21/09	12/10	26/10	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](mailto: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](mailto: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](mailto:chairman@crawleysaintsandsinnersrun.co.uk)  
Secretary - Richard Daniells  
[info@crawleysaintsandsinnersrun.co.uk](mailto:info@crawleysaintsandsinnersrun.co.uk)  
Treasurer - Roy Swetman  
[treasurer@crawleysaintsandsinnersrun.co.uk](mailto:treasurer@crawleysaintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Bryant  
[membership@crawleysaintsandsinnersrun.co.uk](mailto:membership@crawleysaintsandsinnersrun.co.uk)  
WSFRL Rep – Luke Taylor  
[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)  
SGP Rep – Jim Scott  
[sussexgrandprix@crawleysaintsandsinnersrun.co.uk](mailto:sussexgrandprix@crawleysaintsandsinnersrun.co.uk)  
XC Rep – Paul Luttmann  
[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)  
Kit officer – Martyn Flint  
[kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)  
Suggestions officer – Stella Daff  
[suggestionsofficer@crawleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)  
Social events organiser – Stella Daff  
[social@crawleysaintsandsinnersrun.co.uk](mailto:social@crawleysaintsandsinnersrun.co.uk)  
Social media – Nicky Wilson  
[media@crawleysaintsandsinnersrun.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)