



Welcome to the August 2024 newsletter. And an especially warm welcome to new member David Buckley and rejoiner Mark Clawson. A shorter newsletter this month, with many Saints on summer holiday and the annual break in the SGP and WSFRL calendars. Having said that, we have a great selection of Parkrun reports for you to enjoy from runners fitting in a bit of tourism during their holiday.

A well done to Jim and Debby Scott who recently completed all the Parkruns in East and West Sussex. You can read all about their Parkrun journey below. Plus an account and a shout out to Richard Daniells who braved the crowds and completed Bushy's 1000 Parkrun last Saturday, he came 4472th out of 6204.

Also in this month's newsletter an update from Richard on the results of the annual club handicap race in Tilgate Park. With Autumn just around the corner do check out Paul's report for (provisional) dates and timetable for the 2024/25 Cross Country season. Full details will be released via Spond when they become available.

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?

Looking forward to seeing you all at our Tilgate 5 event on Sunday. An awful lot of planning has been going into what will hopefully be a really successful event. I'd like to thank all of our volunteers and the core team for supporting the event – as ever the event can't go ahead without you!

We had our Run Leaders meeting last week – sadly we had to discuss Winter training and when we will be moving away from Tilgate! The year seems to be going by so fast....

Look forward to seeing you all soon!

**James**



## **Neighbourhood Runs**

We would welcome it if any club member would like to organise a Neighbourhood run as an option for one of our Training nights.

This would entail planning the route, and organising for any marshals needed on the course. If anyone does want to organise one please speak to me (James) and we can get a date in the diary!

**James**

## **Runner of the Month—August**

### **Runner of the month - Luke Taylor**

Luke has been steadily improving his times at Parkruns and in races all year.

He recently won the club handicap race with a tight sprint finish, smashing his Tilgate Parkrun PB by 50 seconds.

And he even beat a train in the 14-mile Race the Train event in Wales.

Well done Luke!

***Jim Scott***



## **2024 / 25 XC Season**

### **Here are the provisional dates for the 2024 / 25 XC races:**

- 28th September - Sussex XC Relays - Goodwood Country Park
- 12th October - Sussex XC League – Goodwood Country Park
- 2nd November - Priory XC Relays - Priory Park, Reigate
- 9th November - Sussex XC League – Glyndebourne
- 30th November - Sussex XC League – Ardingly Showground
- 4th January - Sussex XC Championships - Little Common, Bexhill
- 18th January - Sussex Masters XC Championships - Coombe Farm, Lancing
- 8th February - Sussex XC League - Stanmer Park
- 22nd February - National XC Championships - Parliament Hill, London



If you are new to cross-country, these are fun, tough, off-road races in and around Sussex on Saturday afternoons during the Autumn and Winter months. We love them because: We get to run in some great Sussex countryside; Running on the undulating courses with their soft and uneven surfaces is great for improving our running strength and endurance; Battling round these courses in sometimes tough conditions makes us mentally stronger; Split times and PBs are irrelevant because it's all about gauging our effort against the course, conditions and competitors; Running as a team makes them super sociable events.

We race in gender and age categories and score both as individuals and for our S&S team. The course distances for the league races range between 5 and 8 km. The championship courses tend to be longer and the relays shorter. Runners of all abilities are welcome. For the relays and league races the only requirement is a S&S top. However, for the championships you will need a UKA number. The entry fees range between £6-10 a race. No special clothing is required. Standard trail shoes are fine when the going is good to firm but when things get soft to heavy super grippy trail shoes or spikes are a real advantage. Full details of these events will appear in Spond as and when they are available. For now, if you have any general queries please feel free to contact me.

***Paul Luttmann—SCAA Rep***



## **Run Reports**

### **Mote Park Parkrun, July 19th**



Weekend of July 18th – 20th saw me head off to Maidstone in Kent for 'Maid of Stone' Music Festival (Rock and Metal for anyone interested).

The Festival is held in Mote Park. I always like to try and combine festivals with Parkrun if I can. Music doesn't get going until around midday and, when I am in a tent, I am usually awake at the crack of dawn so plenty of hours to fill.

There are three Parkruns in Maidstone and I was fully expecting the one in Mote Park would be cancelled because of the festival. I had completely underestimated the size of Mote Park. It's huge so I was pleased to find out it was still going ahead. I was even more pleased when I realised, I didn't have to stagger very far to the start!

The photo above shows the festival site (courtesy of the organisers, I didn't take a drone with me). Circled is my Teeny tiny tent and the arrow points to the start. I really had no excuse for not joining in.

It turned out to be quite a warm weekend, so Saturday morning was quite muggy. I was joined at the start by several other Festival attendees (easy to spot!). We started at the lake and were warned about 'Cardiac Hill' ..... but not about all of the other hills! It's basically an out and back with a loop in the middle that is run three times. It is a beautiful course, all on tarmac, but definitely challenging (particularly if the previous evening several pints of cider had been consumed). There is a lovely café close to the start (to the left of the arrow) and plenty of parking at the leisure centre (big building at the back of the photo).

After the run I wandered back up the hill to my tent and, unlike most festivals where I have to resort to a full body 'Wet Wipe', I made my way to the lovely hot showers on offer in the camp site.

The festival was brilliant and I have already booked for next year so will hopefully beat my rubbish Parkrun time from this year.

**Clare Hall**



### **Fulbourn Hospital Parkrun, August 3rd**

We had booked to see Madness at Audley End. With a long drive back home to our house afterwards we looked into staying nearby. Finding an AirBnB in Duxford village (surely a co-incidence this is also the home of a great aviation museum) we immediately began looking into parkruns.

Our options were around the Cambridge area. We finally settled on Fulbourn Hospital, just 20 minutes away from where we were staying. This meant we could get back and shower after our run before going for breakfast.

On the Friday evening it was dry and warm. Hello sun, summer has arrived at long last. The Lightning Seeds were the warm up band and Madness followed. They brought their house of fun. Me and my girl sung and danced away the evening. It was a fab gig in a beautiful setting. We also didn't suffer any embarrassment finding our car at the end of the event unlike some! Back at our AirBnB in 15 mins from finding our car.

Saturday started out a grey day. It drizzled when we were driving in my car to Fulbourn Hospital parkrun. This is a grass course with a short stretch on pavement. Four laps, mainly flat, around the park at the hospital. There is a cafe and toilets next to the start. I was grateful for the toilet before the parkrun). Afterwards runners stay behind to enjoy breakfast at the cafe. Having seen the cakes I was tempted.

118 runners lined up. There were plenty of tourists too. While the start is a little congested the run soon thinned out. The grass course was comfortable to run on. There was one gentle incline to go up and down. Otherwise flat. The course wound its way around the hospital park. With the recent fine weather the course was dry and road shoes were fine. But in the Autumn, Winter and Spring it seems trail shoes are advised. The run flew by and we were finishing. Time to head back to our AirBnB.

We enjoyed a full English breakfast at Cafe 19 in Duxford village. Then it was onto the Duxford museum to watch the historic aircraft sore on the wings of a dove. A great break.

Tally Ho.

***Lesley and Dickie Bryant***



### **Prudhoe Riverside Parkrun, August 3rd**

A holiday in Northumberland gave me the chance for a bit of tourism, from a couple of choices I picked Prudhoe Riverside. The river being the River Tyne and Prudhoe a village on its south bank around 15 miles from Newcastle. The local pronunciation is Pruddha, to rhyme with Buddha.

We were staying on the north side of the river so, using the Satnav to locate the appropriate car park, having come through Ovington village it told me to proceed on cycle route 72. Didn't sound quite right, but hey ho the Sat Nav must be right, it led down to the narrowest bridge imaginable. Initially thinking it must be a mistake I eyed up the well scraped width restrictors, took a deep breath in and just got through!

From the car park it was a 5-minute jog alongside the river to the start area, this is part of the River Tyne long-distance footpath. After the usual thorough briefing, we were led another 100m along the path to the start line.

The course was a simple two laps of a man-made chalk hill running alongside the main footpath, think the South Downs in miniature. This area had originally been flat meadowland but had been used to dump the chalky waste products of an I.C.I. chemical factory, which made fertiliser in the 20th century and explosives during the 2nd World War. It is now an important habitat, in an otherwise acidic soil area, supporting many rare plants and wildlife.

The course itself was virtually flat, with just a small kick up halfway round each lap and a short downhill near the end, neither of which were steeper than the end of the dam at Tilgate. Tarmac on the river path and hard-pack trail around the hill.

125 people took part, about average for the event, including one from the Sunshine Coast in Australia, knocking me into 2nd place in terms of most distant tourist. My plan was an easy run, but I couldn't resist a faster last half mile, and a sprint finish, as the two runners in front of me looked to be in my age category – a suspicion that proved to be correct!

***Martyn Flint***





## **Victoria Dock Parkrun, August 3rd**



A surprisingly good turnout for this Parkrun Tourism event! This is the furthest afield we have travelled. I think many were motivated by collecting a 'V' for the Parkrun 'Alphabeteer' challenge.

This Parkrun takes place just across the river from the O2 (Millenium Dome in old money) in the heart of London's Docklands. I think all of us used public transport to get to the start (although driving and parking at the O2 is an option). Train to London Bridge and then two options:

- Jubilee line to Canning town and DLR to Royal Victoria
- Jubilee line to North Greenwich and Cable car over the river

Both options take you really close to the starting point at City Hall, but the second option is by far and away the best (if you have a head for heights). The cable car is free at that time on a Saturday so well worth the trip just for that! It's spectacular. Amazing views.

A large crowd at the start, largely comprised of tourist groups like us. Because of this, they struggle for volunteers (which can lead to cancellations so always check before you travel). If you do decide to go, see if you can drag someone along with you to help. Cathy Holroyd stepped in to take a Parkwalker spot.

The course is run along the side of the docks and is an out and back in one direction, followed by an out and back in the opposite direction. You do this twice and then the first out and back again before finishing back at City Hall. It's a flat course but not a fast course as there are plenty of trip hazards to watch out for. Thankfully we all managed to stay upright and it was lovely to cheer on fellow Saints while running.

Was well worth the trip

## **Clare Hall**



## Henfield Half Marathon, August 12th

On the 12th August I raced in the Henfield Half Marathon crossing the line in 1hr 55min.

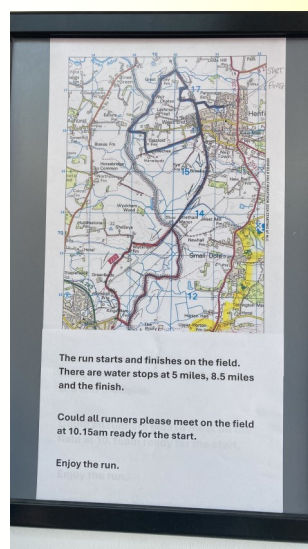
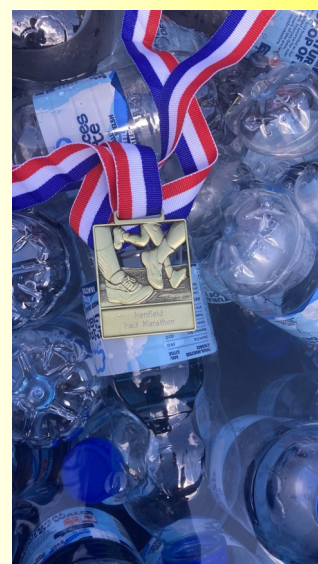
A trail run over tough terrain (rabbit holes, grass, elevated bits, narrow paths, stiles, gates, bridges, hard bumpy mud and open gravel dirt roads). Part of the course is the same as the West Sussex Fun Run league event held at the same location.

I was 5th female finisher/42 women racing (28th overall/112). It was 30°C.

Even the South African in me found the midday temperature dial was turned up just a tad too high. Iced water never tasted so good at the end, I drank 4 litres! And a freezing cold shower afterwards

Plus points: the washing dries in 30 minutes. I love these Summer evenings, very pleasant. A swim, sauna and sundowners followed.

**Michele Nixon**



## **2024 Annual S&S Handicap race, Tilgate, August 15th**

The 2024 Annual Club Handicap race took place on a dullish Thursday evening on August 15th. The winner of the Handicap Race would receive the Derek Brailsford Trophy, won in 2023 by Sandra Langridge.

The route as always was 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. Each runner had been allocated a start time based on recent parkrun performances and other races, the goal being everyone to finish at approximately the same time, although in reality that would have been a nightmare sorting out the results and times!

Down at the Boat House for the start, and only a couple of minor whinges about handicaps, including from one nameless person who went on to smash their 5K PB (and no that wasn't Luke!). Shelia was the first to head off, with the rest going at their appropriate start time over the next seventeen minutes.

Arriving back at the Boat House with a lap to go, Sheila was still the first runner, closely followed by Nicky and Trevor. Next to hit the final lap was Luke, with a long way to catch the others up.

With everyone on their final lap, the first to appear in the home straight was Trevor, followed about ten seconds later by Luke. A tremendous sprint finish from Luke saw him take the lead with only thirty or forty metres to go, with Trevor finishing in second place, fairly closely followed by James with another excellent 5K PB. The rest of the field all finished in the next couple of minutes and well done to everyone that ran, and to Mandy who helped me with the timing.

For the second time in the last two years, Luke was presented with the Derek Brailsford trophy, and achieved his Tilgate parkrun route PB for the third consecutive year.

***Richard Daniells***





**2024 Annual S&S Handicap race, Tilgate, Cont....**

Name	Est Time	Handicap Time	Run Time	Actual Time
Luke Taylor	22 15	17 45	38 52	21 07
Trevor Montague	28 00	12 00	39 00	27 00
James McKie	25 00	15 00	39 10	24 10
Mary Freestone	29 00	11 00	39 34	28 34
Nicky Wilson	34 00	6 00	39 43	33 43
Sharon Chadleck	30 00	10 00	39 44	29 44
Mark Warwick	23 00	17 00	39 53	22 53
Janet Doyle	29 30	10 30	40 02	29 32
Lawrence Knight	21 30	18 30	40 04	21 34
Theresa Wright	33 00	7 00	40 05	33 05
Sheila Hurst	36 30	3 30	40 11	36 41
Andy Hale	29 00	11 00	40 23	29 23
Ed Duke	20 00	20 00	40 27	20 27
Nina Trevarthen	27 15	12 45	40 32	27 47
Wayne Kingsnorth	19 30	20 30	40 45	20 15
Bill Mackrell	27 30	12 30	40 51	28 21
Martyn Flint	24 30	15 30	40 55	25 25
Ian Gurling	24 45	15 15	41 11	25 56
Michele Nixon	22 30	17 30	41 21	23 51
Steve Hurst	25 15	14 45	41 54	27 09





## Jersey Farm Parkrun, August 17th

### Chasing the Letter "J"

We had a goal to complete our Alphabet Challenge this year. By the beginning of July the only letter we needed was J. I hatched a plan to go to Duxford for an Airshow in August which took in Jersey Farm parkrun near St Albans. This plan was approved.

On Saturday 17th August we made the trip around the M25 to Jersey Farm. The goal the letter "J". Jim and Debby, who are also chasing down their Alphabet Challenge, joined us for the first part of our adventure.

Jersey Farm is just to the North of St Albans. We arrived early and easily found some parking near the parkrun. Soon joined by other tourists. We next found some helpful parkrun volunteers who directed us to the start. As we arrived we were surprised to find three Pound Hill Pounders amongst all the other tourists having their photo taken with the parkrun sign. One of the Pound Hill Pounders was also completing their Alphabet Challenge.



The course is two loops of the park on narrow paths. It is an undulating course, with some of it run on gravel paths while the majority is on grass. The recent dry weather allowed us to run in road shoes. With the narrow paths the start was a little congested. However the field soon thinned out. With plenty of support from the marshals around the course we were all soon enjoying our runs.



The final run to the finish funnel was flat if not slightly downhill. Mind you this was only after a few hundred meters of uphill running. Once finished we headed for the parkrun sign for more photos. Lesley had brought a flag with her for us to celebrate completing our Alphabet Challenge. We even grabbed a photo with us all and the Pound Hill Pounders and our flag.

It was a memorable morning. Parkrun Alphabet Challenge completed for Lesley and I. Jim and Debby moving closer to completing their challenge too. It was only right and proper to head to the Potting Shed for a full English breakfast and discuss our parkrun.

After dropping Jim and Debby at St Albans station we headed on to Duxford. A top start to our Saturday.

### Lesley and Dickie Bryant



### **Wallaceneuk Parkrun, Kelso, The Borders, August 24th**

We were visiting The Borders for a short holiday. The topic of where to go for parkrun came up. Somewhere we have run before or somewhere new to us.

We decided on a new parkrun. Wallaceneuk parkrun in Kelso. The town is home to Floors Castle. It is also where the River Tweed meets the River Teviot. The Wallaceneuk parkrun follows an old railway line with the River Teviot in the valley below. The course is narrow in places, out for 1.5 miles and then reverse. Plus there is a nice sharp steep hill to finish... which we knew was coming having run down it to begin with. The course was good underfoot with a nice selection of muddy puddles to make it fun.

There are not too many runners so it never felt congested. The Run Director and volunteers were all super friendly and helpful.

Post race we headed back to Sainsbury's where we had parked. Of course we nipped in and picked up a packet of Empire Biscuits to celebrate with too.

Another great start to our Saturday.

### ***Lesley and Dickie Bryant***





## Fittleworth 5 (WSFRL), August 25th

I thoroughly enjoyed racing 8.6km on the 25th August. It was an new, undulating route(5.5miles), and I enjoyed it a lot !

Leaving footprints with the other club fun run league runners in our great undulating Sussex countryside yesterday, I finished 12th/110 females in the top 11% (and 9 points for the club).

Trails, fields, muddy bits and forests, located near Pulborough, the sun shone thankfully, fluffy white clouds and a nice new running route organised by Fittleworth Flyers and plenty of home baked cake, fresh strawberries and socialising.



## Michele Nixon





### **Bushy Parkrun number 1000, August 31st**

31st August saw the 1000th running of Bushy Park parkrun. There was lots of speculation on Social Media how many runners would attend and with it's record attendance of 2545 set on Christmas Day 2019, many were predicting that would be beaten. Personally I thought it would be beaten, and made sure I arrived early to ensure I got a decent Car Park space. Arriving at the park just before 7.30am, the car park was already almost full, and there was still over 90 minutes to the start.

After a walk around the lake and a comfort break, the first timers briefing was held at 8.15 and it was already pretty evident that the record attendance was going to be broken. By about twenty minutes before the start time, runners were assembling at the start and it was absolutely heaving.

Pretty soon we were off, for those that haven't run Bushy parkrun before, the first kilometre is a very wide straight run, narrowing down to a ninety degree left hand turn at the kilometre point. This was very congested, even more so after the first turn, but at least it stopped me starting too fast.

There are several turns in the second kilometre which kept the pace down and it wasn't until the start of the third kilometre that I was able to run at a steady pace, even though it was still very crowded. With about 500 metres to go I thought I'd step up my pace, only to be stopped with about 300 metres to go with runners backed up from the finish line.

That last 300 metres or so took over 15 minutes before I crossed the line, what my official time will be (results not yet published at the time of writing this) I don't know, and to be honest I am not bothered in the slightest, as long as I appear somewhere!!!

Bushy's famous three funnel system was a six funnel system on the day, and although it was another hour before I reached the end of the funnel, it was all good natured and loads of parkrun stories were swapped with all those around me. One runner just in front of me said at the time we were first stopped that 'we are all going to be hearded like sheep now Baa Baa', which was mildly amusing at the time, but given he repeated that at least once every minute for the next ninety minutes became exceedingly irritating!



### **Bushy Parkrun number 1000 Cont....**

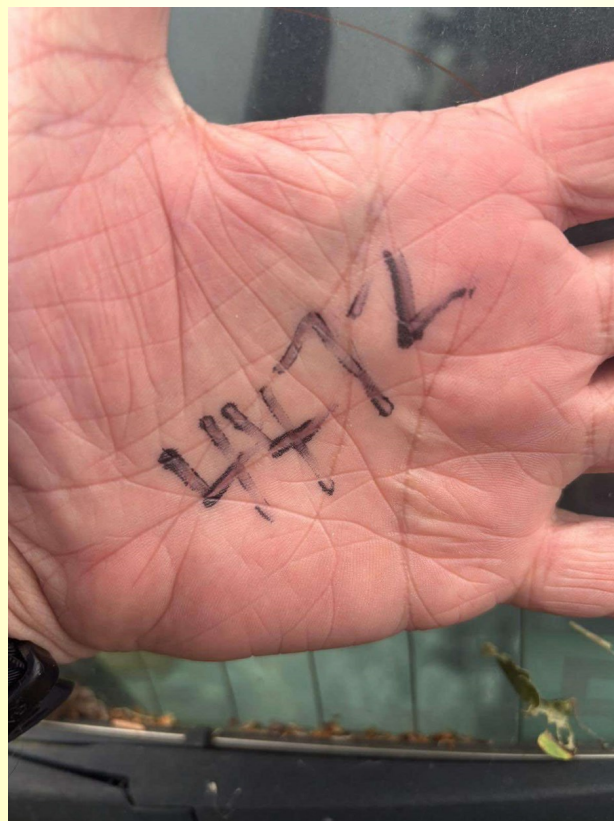
I'd spoken to one of the volunteers beforehand, and she'd said they had 3800 finish tokens in anticipation of a very large attendance, but they had long run out before I got to the end of the funnel. When I finished, there were volunteers writing your finishing position on your hand with a sharpie, and the 'barcode scanners' were having to manually write down names, barcodes and finishing positions on sheets of paper. My finishing position was 4472 and although the number of runners is still not yet officially known, it has been posted on Social media that it was well over 6000.

I'm sure the rumour that parkrun HQ collaborated with Oasis to sell tickets for their reunion tour from 9.00am on the Saturday morning in order to try and keep the numbers down at Bushy is totally untrue!

Was it worth it? Absolutely yes it was. It was an amazing morning, the camaraderie amongst the runners was fantastic, the crowds all around the course were non-stop cheering everybody and the volunteers were absolutely fantastic. Never forget parkrun cannot happen without volunteers and those at Bushy for this iconic parkrun have probably never had to work so hard and for so long a time.

### ***Richard Daniells***

PS—There were 6204 parkrunners and walkers confirmed in published results. Despite being handed the 4472 finishing position, once all the results were worked out and published, my official position was 4457th. Also running at Bushy on this momentous day were Greg Wierciak finishing 1822nd in his first ever Bushy run, and Vanessa (Mum) Harrold in 3105th place and even achieving her Bushy parkrun PB..





## Sussex Parkruns

After many, many runs at **TILGATE** Debby and I decided to start venturing further afield. We were later inspired by Andy Hale running all the Parkruns in Sussex to complete the challenge ourselves.

We had already run at **HORSHAM** on New Year's Day in 2018 in the first leg of the now defunct double. Having taken on both the summer and winter routes, I much prefer Horsham's winter course at Southwater. It's a fairly challenging two laps round the lake with a couple of out and backs along the Downslink.

The summer route is on grass and paths around Horsham Park (although the New Year run was also held there and was a treacherous mud fest - maybe that's why they switched).

In November 2018 we joined club tourism at **LANCING BEACH GREEN**. This is a fast out and back along the seafront, with a short start and finish on grass. The day we were there the wind meant the first half was speedy with the return somewhat more of a slog.

In September 2019 I ran and Debby marshalled at the first **IFIELD MILL POND** event. We've both since run this one a few times and most members will be familiar with the route. I'm not particularly keen on Ifield. The park itself is nice but the nature of the course means overtaking is difficult and the numerous turn points can slow you down.

In February 2020 we were on tour again with the club at **SEAFORD BEACH**. This is another out and back on the seafront with a turn point at an old Martello Tower. I really enjoyed this one and would like to go back.

Thanks to Covid lockdowns we weren't back on the Sussex road until New Year's Day 2022 at **WORTHING**. We ran this seafront out and back with other club members as a warm-up for the Hangover 5 West Sussex Fun Run League race later that morning.

We've since been back and Worthing is, as expected, a fast course with lovely views out to sea.

In June we made the first of two visits to **EAST GRINSTEAD** in just a month. The first was just the two of us and the second was club tourism. This is a tough two lap course with steep climbs, some on a camber, and rutted muddy sections (even when the sun is shining). The downhill is lovely though!

On New Year's Day 2023 we were at **LITTLEHAMPTON PROM**. This was chosen as a warm-up for the Hangover 5, which was subsequently cancelled due to a waterlogged finish area!

Littlehampton is two out and backs on the seafront starting at the Coastguard station and heading along the front past the East Beach Cafe. We have since been back for club tourism.



## Sussex Parkruns Cont...

In February Debby and I were staying in Pevensey Bay for our wedding anniversary so decided to include **HASTINGS**. This is a straightforward out and back from St Leonards to Hastings town with the potential for fast times.

Later in February we were at **PRESTON PARK** for two laps round the lovely little park. Satisfyingly the Strava map of Preston Park looks like a P. There's enough ups and downs to make this interesting and I'd like to go back.

In May we were on the club tourism trail again to **BEVENDEAN DOWN**. The two and a bit laps is all on chalk grassland at a nature reserve on the edge of Brighton.

The uphill is lung-sapping and the downhill fantastic, with stunning views over the city. This is very sparsely attended, probably because it's so challenging, but that's a real shame as it's a great run.

In July we took on **CLAIR** in Haywards Heath. This is four and a half loops round the park with tough uphill and a fast downhill finish. We must be gluttons for punishment as we've since been back.



In August we were at **UCKFIELD**. This is another challenging run into Buxted Park with great views from the top before a quick descent. There's even an old pillbox on the course.

We've also run Uckfield's winter course on a club tourism day. That was an absolutely brutal slog through mud and freezing water but a lot of fun.

In October Debby and I were in **CHICHESTER**. The three lap course starts near Chichester Festival Theatre and is mainly on grass round the park and rugby field with a fast downhill just before the finish.

This is a classic example of squeezing 5k into a smallish space and there seems to be more climbing than necessary!

In early November we ran at **BRIGHTON & HOVE**. This comprises of one small and two large laps round Hove Park with a slight rise each lap. I would like to do this one again.



## **Sussex Parkruns Cont...**

Later in the month we were at **HOVE PROMENADE** on a beautiful, crisp winter's morning. The field for this flat two-lapper was fairly large (nearly 550) with many fast runners attracted by the pancake flat run route - I'd like to see how they get on at Bevendean!

In early December we were at **PEACEHAVEN** on a bitterly cold morning. I even had my gloves on for the three laps of Centenary Park along with 87 other hardy runners.

On New Year's Day this year we ran at **BOGNOR REGIS** as warm-up for the Hangover 5. We were joined by a few other club members with the same idea for four sociable laps around Hotham Park.

At the end of January we were at **EASTBOURNE**. This was another cold day (and I forgot my gloves) for the out and back winter route at Shinewater Country Park. I'd like to try this one again in warmer weather.

In April we joined hundreds of others for the worst-kept secret in Sussex - the first **WAKEHURST** Parkrun. This is a lovely addition to our localish runs with a stunning two laps through the beautiful botanical gardens.

This was the day before I ran the London Marathon so I took it very easy but have been back a few times since to push myself and thoroughly enjoy running at Wakehurst.

In July Debby and I travelled to **EAST BRIGHTON**. The course is three laps of the park, football and cricket pitches incorporating three levels of terrace. This run, with lovely views up to the racecourse, is also not very well attended compared to the faster seafront runs in Brighton and that's a shame as it's a lovely little Parkrun with a great cafe for after-run treats.

And finally in August we were at **MALLING REC** in Lewes - the newest Parkrun in Sussex - to complete our challenge. The course consists of two laps with a partial circuit of Malling Recreation Ground then an out and back along an old railway line. I can imagine this being challenging in wet conditions.

So, where to next? We've already been venturing out into Kent and Surrey and are close to completing our alphabet challenge.

***Jim and Debby Scott***







### **August Activities**

Saturday September 7th, Parkrun Tourism, Bromley, 9am  
 Sunday September 8th, Tilgate 5, Tilgate Forest Recreation Centre, 9:30am  
 Sunday September 15th, Surrey Hills Trail Run, Holmwood station, 9:30am  
 Sunday September 22nd, Hellingly 10k (SGP), 8:30am  
 Saturday September 28th, Sussex XC Relays, Goodwood Racecourse, 1pm

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**

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)