

Welcome to the January 2024 newsletter. And an especially warm welcome to Katy Bryant, Chris Bullock, Ashley Coyne, Sheila Hurst, Fallon Meadmore, Matt Redgrave and Ellie Smiles who joined Saints and Sinners this month.

I hope everyone's winter training is going well. We have plenty of run reports to inspire you including a Parkrun report from Edmonton, Canada and a Half Marathon in Santa Pola, Spain where several Saints took part.

Please check out the latest updates from Martyn on our successful Spond roll out with reminders of how to use the app.

Also please be aware that the Saints and Sinners domain name and email address have changed (see below) and, if you would like to get in touch with any of your committee members via email, please see the last page of the newsletter for contact details.

Please do keep your run reports coming in to social@saintsandsinners.co.uk, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi All,

It's been a great start to the year.

I really enjoyed (sort of!) taking part in the Sussex XC Championships in Bexhill and also the Hangover 5. It was brilliant to see so many members taking part in both.

Don't forget to look out for Luke's WSFRL and Jim's SGP emails, there are lots of events to look forward to!

See you all soon!

James



Important changes to S&S club email address and domain name

Following the decision by your committee to rationalise the domain names and email addresses used by the club, which has historically been something of a muddle with several variations. These changes, as well as streamlining and simplifying matters, will also result in a reduction of costs to the club.

Going forward the domain name is www.saintsandsinnersrun.co.uk and in all email addresses the bit after the @ is saintsandsinnersrun.co.uk and not crawleysaintsandsinnersrun.co.uk

Martyn Flint

Runner of the Month—December 2023

For December's runner of the month the committee chose **Cheryl Roscoe**.

Cheryl has been attending training regularly which has shown in her Parkrun times improving each week.

She is often seen at Tilgate with her dog Amber and more recently her two sons have also been participating and getting PBs.

Cheryl also represented the club at the SGP Hove 10k (2nd from the right with our other Learn to Run graduates) and got a time quicker than she planned, which was a brilliant achievement.

Well done Cheryl.

Debby Scott



Runner of the Month - January 2024

I'm delighted to say that our latest Runner of the Month is **Greg Wierciak**.

Greg's been nominated by the Committee and the run leaders, his recent running performance has been terrific!

He's had a number of parkrun PB's and has been a regular at training sessions.

It's great to be able to recognise a new member, Greg has been a terrific addition to the club!

Well done Greg!

James Mason



Run Reports

Peacehaven Parkrun — December 2nd

Debby and I must have picked one of the coldest weekends of the year for our latest Sussex Parkrun tourism trip. Gloves and base layers were most certainly needed as there was frost on the ground and a temperature of just above freezing.

Nevertheless, Peacehaven was on.

We joined a handful of intrepid first-timers for the run briefing before the usual thanks from the director, then we were off.

The course is a three lap out and back to a turn point, then a loop round a skate park. All the marshals and runners were welcoming and we were glad to get moving and try and warm up!

Afterwards we enjoyed a hot drink and the first mince pie of the season in the cafe next to the park.

A good run and one I'd like to repeat in the spring or summer when it's a bit warmer.

Jim and Debby Scott



Edmonton Parkrun, Canada – December 23rd

So once the Xmas visit to friends in Edmonton, Canada had been organised, the very next item on the list was "is there a parkrun anywhere near?". Given that parkrun in North America is not as popular as it is here in the UK, I was pleased to discover that there was a parkrun right in the centre of Edmonton – River Valley.

I was concerned about weather conditions but Edmonton was enjoying what the locals called a "brown Christmas" as there was very little snow. It was still cold, however, with temperatures of -8C but again this was balmy compared to the -39C temperatures they have just been experiencing.

The morning of 23 December was predictably cold but with sunny blue skies for event number 153. The course runs on tarmac paths alongside the North Saskatchewan river, which was completely frozen over, and then across a bridge before returning the same way. There was some snow and ice covering in places particularly on the sloping approaches to the bridge but paths had been gritted. Even so I took it very carefully! I think those conditions would have resulted in a cancellation or route change at Tilgate. When I spoke to the Run Director afterwards she said that only temperatures of over -25C would cause a cancellation. A small snowplough is on standby too if needed.



I really enjoyed the run particularly over the bridge as it provided good views of the city centre and the frozen river. There were 59 runners (the average is only 34!) which explains why a time of 30:21 gave me a finishing position of 20th overall, 4th female and 1st in age category. It was a great experience, everyone was very friendly and certainly as far as the conditions were concerned, very different to any other parkrun I've done.

Janet Doyle



Brutal Bagshot – December 30th

It was a wet, wild and wonderful morning at Bagshot, Surrey, on the 30th December with Frank and myself entering the 8km "Brutal Tough Run".

I hadn't done one these events in ages, it was a combination of hills, water, rivers and mud. A great way to end the year.

I won a Prize - a £30 voucher for coming 1st in my age group out of 44. I was the 6th female out of 96, 34 out of 286 overall.

It was lots of fun, especially dipping into the water a few times en route, followed by hot drinks and a delicious locally made pastry at a buzzing coffee shop in Farnham.

Michele Nixon



Brutal - Bagshot Extra!

30 December 2023 | Camberley, GBR

Bagshot has always been a classic Brutal area with the water, mud and tough hills. This is a brand new route making the most of all the best sections and extending the length of the course. The area is split in two, connected with an underpass. Both sides have significant hills and on the south side there is a plateau with hundreds of water features of all shapes, sizes and depths.



Bognor Regis Parkrun – January 1st

A new year and a new Parkrun. For our annual New Year's Day outing Bognor ticked the boxes as another Sussex run and being fairly close to the Hangover 5 in Worthing, which I was tackling later that morning.

We set off bright and early with fellow tourist and Hangover runner Vanessa with us and arrived in plenty of time.

As we got ourselves ready for the run we were joined by like-minded club members Ian and Theresa and Steve and Mary.

After an interactive run briefing - including props - we set off on the four lap course (one short, three long) round Hotham Park.

It's completely flat on well-maintained paths so the opportunity for good times is there, although on later laps faster and slower runners do mix with each other.

Bognor was a friendly way to warm up for the WSFRL mudfest later that day!

Jim and Debby Scott



Lee Valley Athletics Competition — January 14th

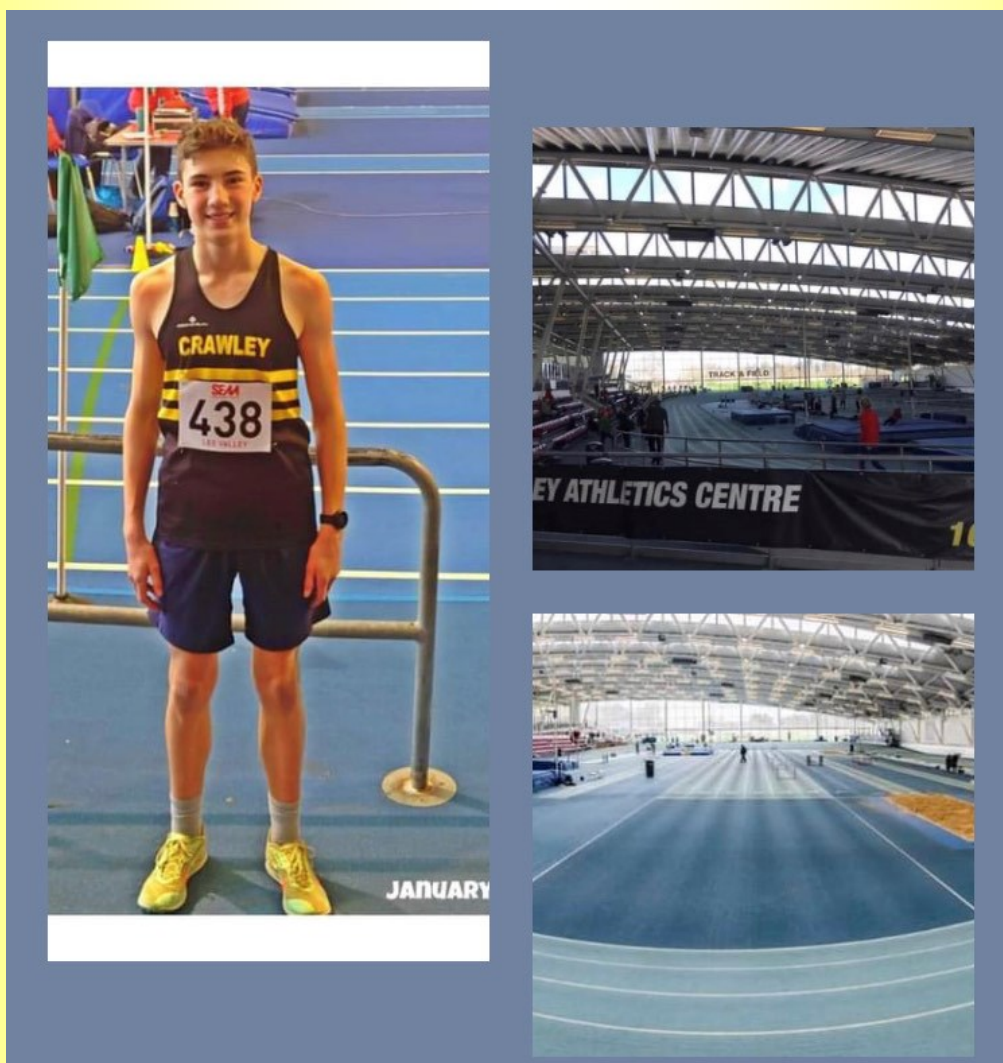
Paul, aged 15, a S&S member had the wonderful opportunity to race at the Lee Valley stadium in London mid January 2024.

He grew a little pair of wings that day, flying high in the 800m Sprint with a new PB (Personal Best Time) of 2:15.96 @ 4:32 pace.

He is enjoying all the adventures and experiences running brings on his path.

Congratulations Paul.

Michele Nixon



Sussex Masters XC Championship, Coombes Farm, Lancing – January 20th

Some snaps and a summary from the Sussex Masters (Age 35+) Cross Country (7.5km) Championships held at Coombes Farm on the 20th January 2024.

The four S&S runners participating this year 2024 were Paul Luttmann (organiser), Martyn Flint, Matthew S and myself. Well Done to the men especially Paul coming 5th in his age category.

At 4°C, it was flipping freezing and the wind felt sub zero ! Saying that I loved the whole event, it's always a good start to each year, blasting the lungs with fresh air, clambering up stony inclines, looking out from high hilltops and fun flying down that steep section (twice !).

I finished in 38 minutes, I was happy to maintain a Sub 40min finishing time and coming 23rd female overall, out of 63 racing this year. It's my 5th year racing at this event. These cross country trails are a great option to maintain fitness during the winter months and all the routes are very varied, keeping running fun and interesting.

Michele Nixon

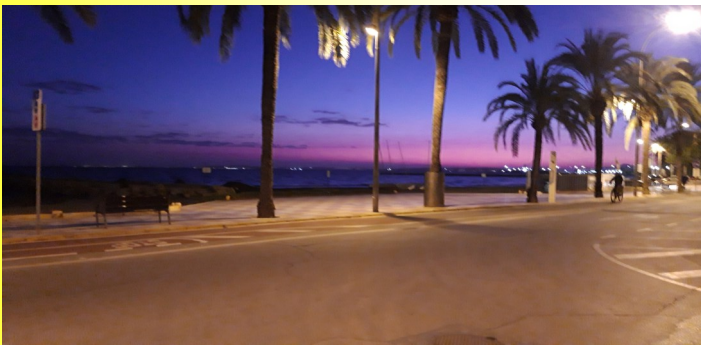


Santa Pola Half Marathon, Spain — January 21st

Early last year Dan Smiles invited me, Ed and Sean to his place in Spain for the weekend to take part in the Santa Pola half marathon and we all decided to give it a go. After a chilled out few days together with Dan showing us the area on foot, running and cycling, and superbly driven by Sean, a few DIY jobs at Dan's place with a drill and hand soap, eating like Lords and consuming bucket loads of tea, with a few beers thrown in too, and visiting the venue to collect our race numbers on Saturday, the wait was finally coming to an end. By Saturday evening our nerves were starting to kick in.

With an early 6am multiple alarm call start, sorry Ed, on Sunday morning we started our journey to Santa Pola. Once we got there the nerves soon disappeared. Strolling down to the race along lovely palm tree lined promenades and a view of sandy beaches, the place soon started to fill up with runners.

On the start line the atmosphere was pure electric, an absolute buzz with the music, vibes full of colour and with typical Spanish enthusiasm. Feeling like we were ready to party, we were bouncing. And then we were off.



It was a lovely route along the seafront roads and even a slight bit of beach running with great support from the locals, bands playing. A fantastic race. The Spanish certainly know how to host one. Lots of goodies at the end with people enjoying themselves in many of the bars and restaurants along by the harbour.

Then we met up with fellow Saints Nina, Steve, Mary, Dickie and Lesley who also ran, it was really great to see them. Well done to everyone with some great times with Dan getting a big half marathon and course PB.

But the party didnt stop there. After a quick spruce up all 9 of us all met up with Keith, Gaspar and his wife at a lovely exquisite restaurant over looking the boats in the marina where we all had a post race feast to die for, with a constant flow of food and drink all afternoon. Ed certainly liked the prawns, and with an ice cream flavour debate, which I started somehow, for dessert which confused the Spanish waiters/waitresses.



Santa Pola half marathon (cont')

Then we all had a stroll along the promenade with Gasper arranging photos, film shots and an aerial view of us from a drone. What a day.

The day and weekend then come to an end and myself and the 3 amigos made our way back to the car and to the airport for our trip home which escalated to become a very, very long day. Almost 24 hours on our feet due to an overnight and a day's flight delay spent in a hotel. But we made the most of the extra day in the sun and with multiple breakfast courses, 7 I think I had, to recharge ourselves.

It was a superb weekend spent with great friends and I would say to everyone of us that you need to do this race. Its awesome !

Wayne Kingsnorth



XC Report—December

Sussex XC League Race Three

A hardy eight strong Team S&S left a misty and cold Crawley for Stanmer Park on Saturday 2nd December for the third Sussex XC League Race this season. Once over the South Downs we were rewarded with a sunny but chilly afternoon. Racing against the top clubs in Sussex there was strong running from everyone over the South Downs (hilly) parkland and woodland course.



In the Senior and Vets women's race over their 5km course: Sarah Stanbridge was 10th in the Senior women category; Michele Nixon, Louise Redgrave and Nina Ware were 11th and 25th and 30th respectively in the V45 women.



In Senior and Vets men's race over their 8km course: Luke Taylor was 55th in the Senior men; Matthew Sargent was 26th in the V40 men; Paul Luttmann was 3rd in the V50 men; Martyn Flint was 15th in the V60 men.

Paul Luttmann—SCAA Rep

XC Report—January

Sussex XC Champs

A six strong Team S&S headed to a bright but chilly Bexhill on Sea on Saturday 6th January to race against some of Sussex's top runners at the Senior XC Champs.



Compared to the other Sussex XC venues the course is relatively flat with a mix of open parkland and woodland trails. However, it is known to throw up some challenging conditions and this year was no different. Whilst we were spared the gale force wind and rain of previous years, we were faced with a super wet / muddy course with the going ranging from heavy to sludgy. In spite of this there was great running from everyone. In the Senior men's race over their 10km course was Paul Luttman 52nd, Martyn Flint 86th, Richard Bryant 87th, Luke Taylor 88th and James Mason 90th. In Senior women's race over their 8km course Michele Nixon was 34th .

Sussex Masters XC Champs

A four strong Team S&S headed to a very breezy and chilly Coombes Farm near Lancing on Saturday 20 th January for the Masters XC Champs.



XC Report Cont... –January

Racing in age categories, with none of the speedy Seniors, makes this a far more competitive event than the Senior Champs. Everyone runs the same 8km (two 4km laps) South Downs grassland course. Climbing from the Farm at the foot of the Downs to the top for a loop of Coombe Head before a high-speed descent back to the Farm. The climb is tough enough but this year we were faced with a brutal head wind / wind chill on top which was a total killer. In spite of this there was again great running from everyone. In the V45 women's race Michele Nixon was 14th. In the V40 men Matthew Sargent was 28th. In the V50 men Paul Luttmann was 6th. In the V60 race Martyn Flint was 21st.

Sussex XC League Race Four

For the final time this season on the afternoon of 10th February we head to Glyndebourne for the fourth Sussex XC League Race. This is a new South Downs venue which is in the grounds of the Opera House.



These races are super sociable events and suitable for all abilities. They are no tougher than autumn / winter WSFRL races and the only requirement is a S&S top. Check out the event on the Spond app for full details.

Paul Luttmann – SCAA Rep



Your New Female Welfare Officer

Hi everyone,

My name is Nina Ware, I am your newest member to the Saints and Sinner's committee. My role is Female Welfare Officer and I can be contacted at:

femalewelfare@saintsandsinnersrun.co.uk

I am the dedicated person at the club ensuring that all club members have a safe and positive experience at our club.

As a welfare officer please contact me in confidence if you have any safeguard, discipline or conduct concerns.

I have been a member for about 7 years and the club has supported me by encouraging me at training and at races.

Hope to see you all at training or a race.



Nina Ware

Update on Spond roll out

The adoption of Spond to manage our training sessions and races has been well received and we now have 75% of members signed up to the App. Spond has made organising the club much easier for runners and run leaders alike, so if you haven't already done so, please download the App via this link: <https://group.spond.com/XKVJV>.

Going forward we will be using Spond to publicise all the club's training sessions, races, and other events. Payment for WSFRL races will also be requested through Spond, you can then pay securely straight from the App rather than having to do a separate bank transfer. This method of payment is no harder to do than any other online purchase.



Just a couple of points, please can we ask that you are careful not to sign up to two training sessions on the same evening. Also, if you need to drop out of a session, please remove yourself from the session on Spond, even if this is at the last minute. Doing so means that run leaders know who to expect on the evening, it also allows anyone on the waiting list to join the group. If you are on the waiting list you will be notified, in the App, if a space becomes available.

If anyone needs any help setting up or using Spond, please do not hesitate to contact either me, James or Paul and we will be happy to help.

Martyn Flint



Three Forts Challenge—Volunteers needed—5th May 2024

Saints and Sinners supports the annual Three Forts challenge by volunteering at one of the aid stations. The Coordinators have requested our help to support this year's event on **Sunday 5th May**. If anyone is interested in supporting this event please let me know.

For race details go to www.threefortschallenge.co.uk

James Mason

Tilgate Tidy— February 17th, 10am—12noon

This is an opportunity for our club to 'do our bit' for our community. All of us benefit from the beautiful surroundings in Tilgate Park as part of our training and, of course, for Parkrun.

It takes a team of Park Rangers and Volunteers to keep the undergrowth in check. As a club, we have regularly organised sessions to lend a hand and this is the next opportunity to join the fun.

It basically involves a lot of chopping and hopefully a big bonfire. Its hard, dirty work but a great work out !

We meet at 10am at Smith and Western (so time for Parkrun first). Wear old clothes. Bring gardening gloves if you have them (they will be provided if not)

Please do try and come along. Our help is not only much appreciated but also helps the park team counter complaints about 'runners in the park'.

Please either message me or sign up to the event on the facebook page so I have some idea of numbers.

Clare Hall





February activities

Saturday February 10th, Sussex XC League race 4, Glyndebourne, Lewes, 13:35.

Sunday February 11th, WSFRL CRC Run your Heart out 8km, K2 Crawley, 11:00.

Saturday February 24th, Parkrun Tourism, Uckfield, 09:00.

Sunday February 25th, South Downs Trail run, Pyecombe 09:25.

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

From January 2nd 2024 training sessions have been taking place on Tuesday and Thursday evenings for a 3 month trial period. Tuesday night sessions meet at Tilgate parade shops, Thursday night sessions meet at Oriel High School.

Please note, the first Tuesday of the month, training is held at Manor Royal in Crompton Way.

Please refer to the Spond app for session details.

Access to Horley Harriers Thursday track session remains available to all Saints'.

If there are any particular sessions you would like us to include, or if you are training for a specific event and need help with a plan please speak to a run leader or contact Stella at

social@saintsandsinnersrun.co.uk



Horley Harriers Track Sessions

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

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@saintsandsinnersrun.co.uk

Where possible please avoid using cash and make bank transfers to:

Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please add your surname + MEM as the reference for membership.

KIT

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

Kit should now be ordered and paid for through the kit shop page on our website, <https://www.saintsandsinnersrun.co.uk/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 14 days later.

For more information and questions email Martyn at kit@saintsandsinnersrun.co.uk

Training Support

As a running club we are all here to support each other, whether you need help with a training plan, company on a long run, someone to pace you to a Parkrun PB, a lift to a race or a tourism event etc.

Speak to your run leaders about training plans and goals and they can adapt sessions to suit most needs. Also do you have any tips, pre/post rituals or post-race treats to share?

Please do also let us know what races you have entered.

Our committee:

Chairman - James Mason
info@saintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@saintsandsinnersrun.co.uk
Treasurer - Roy Swetman
treasurer@saintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Bryant
membership@saintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@saintsandsinnersrun.co.uk
SGP Rep – Jim Scott
raceentry@saintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@saintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@saintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
social@saintsandsinnersrun.co.uk
Social events organiser – Stella Daff
social@saintsandsinnersrun.co.uk
Press Officer – Nicky Wilson
social@saintsandsinnersrun.co.uk
Male Welfare Officer – Dan Smiles
malewelfare@saintsandsinnersrun.co.uk
Female Welfare Officer – Nina Ware
femalewelfare@saintsandsinnersrun.co.uk



Ordinary member – Dave Penfold
Ordinary member - Clare Hall
Ordinary member - Debby Scott

Order kit!

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@saintsandsinnersrun.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

Kit should be ordered and paid for from our website:

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 14 days later.

Register for WSFRL

Luke will post on Spond when races are ready to enter and share details of each run.

Please enter the race and pay via Spond, unless you currently have credit, in which case email Luke on:

raceentry@saintsandsinnersrun.co.uk

As rep, Luke will collect all numbers and distribute on arrival. Do not pick up your race number yourself. Please car share when possible.

Any questions email Luke.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details.

Email Paul and register your intent to run on:

raceentry@saintsandsinnersrun.co.uk

Please, if needed, then transfer money to:

Crawley Saints and Sinners Running Club
Sort Code 20-23-98
Account Number 30434213
Reference: XC(race name)

Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Once registered, please inform Jim at:

raceentry@saintsandsinnersrun.co.uk

and if not done so before, share your **UKA and DOB**. Jim will manage the scores and points.

Make a suggestion!

Please email thoughts, queries or recommendations to our very own '**Suggestive Stella**'. You can ask these to be shared anonymously if preferred. Stella brings these comments to the committee meetings and then they can be followed up. The committee need to know what the members want and feel in order to improve.

social@saintsandsinnersrun.co.uk