



Welcome to the June 2024 newsletter. And an especially warm welcome to Rob Kernaghan and Samantha Fletcher who rejoined Saints and Sinners this month.

Now that we are well into the peak racing season and we are at last blessed with some warmer weather, we have a bumper crop of reports for you to enjoy this month. Check out the Parkrun reports from around the UK and beyond and updates from the latest SGP and WSFRL events.

Last but not least, an account from Andrew following his intrepid 100 mile expedition across the South Down's Way and Clare's Ultra run / walk along the beautiful Pembrokeshire coastline.

Ooh and we also have two Runner's of the Month this month. Details on the following page. Congratulations to them both.

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

Nicky

Chairman's Corner

Hi All

Hope you are well and enjoying your running?

We're right into the peak season – lots and lots of SGP and WSFRL events coming up. I enjoyed (other than the last hill) the Heathfield 10k. Slightly dreading the Bewl 15 at the weekend!

It has been great to see so many of you taking part in races recently. Even more great to see everyone encouraging team-mates, and staying until the last runner finishes!

Training numbers are up, and hopefully you are finding the sessions varied and friendly. Any feedback is always welcome.

We have the Tilgate parkrun takeover on 13th July, really looking forward to it!

Planning for the Tilgate 5 (on 8th Sept) is gathering pace – don't forget we need as many volunteers as we can get!



James

Runner of the Month—June

Unusually we have 2 Runners of the month:

Andrew and Chris Bullock!

As a committee we agreed that both Andy and Chris were fully deserving of Runner of the Month.

Both have attended races and training regularly – and both are very encouraging to all runners – for me that is just as important as their recent running achievements.

Andy ran the Hastings 5 with Nina Ware for example – great teamwork!

I sat in awe following a dot on a phone a couple of weeks ago – Andy did so well to complete the SDW 100. Completing 100 miles, including 13,000 ft of climbs and descents is a feat well beyond my imagination. Amazing stuff.

Chris has also been running amazingly well, including a PB of 4.29.44 at the Blackpool marathon!

Both are really deserving winners!

James Mason



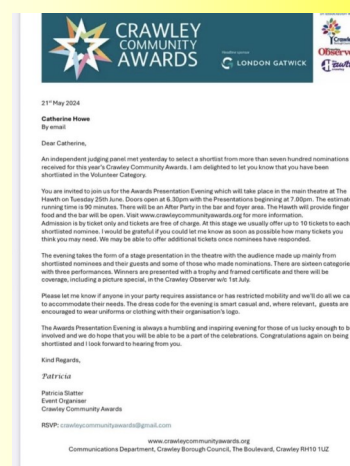
Things well done

2024 Crawley Community Awards - Volunteer of the year

CONGRATULATIONS TO CATHY HOWE

Saints member Cathy Howe recently received a letter (see below) inviting her to the annual Crawley Community Awards presentation ceremony at The Hawth on Tuesday 25th June. Cathy had been shortlisted in the Volunteer category by the judging panel from more than 700 nominations.

Cathy was revealed as the category winner at the ceremony and was presented with a trophy and a framed certificate.



Below is a summary of Cathy's voluntary work that contributed to her well deserved award.

Alongside working full-time at the Oaks School in Crawley, Catherine volunteers for many local charities. She collects from Asda, M&S, Aldi and Lidl between Monday and Friday each week on behalf of Giving Back Crawley and helps four times a week to cook hot meals for the homeless in Crawley. This busy volunteer also delivers food parcels and hot meals for families in temporary accommodation and in hardship. She also arranges collections for Crawley Free Shop and Ten Little Toes. Catherine volunteers seven days a week and has been doing so for many years. She is rightly described as being absolutely amazing.

There will be coverage, including a picture special, in the Crawley Observer, week commencing July 1st.

Well done Cathy, you are an inspiration.

Lesley Bryant

Up and Coming Events

2024 Club Handicap race—Thursday August 15th



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

The route is the normal 5k Tilgate parkrun route, starting and finishing at the Boat House by Tilgate Lake and turning at the mid point of the walled garden

A Spond invite will be sent out very soon, and I'd be grateful if you are not planning to run the Handicap race, you could decline the invite, that way I won't have to work out a handicap time for you.

The Handicap race is open to all members, first claim, second claim, adult or junior, however any under 11s running must run with a responsible adult and it will be the junior runner whose time is counted. If you wish, you are more than welcome to run with your dog.

How it will work. If I have given you a handicap time of 40 minutes, you will start ten minutes before someone with a handicap time of 30 minutes, and fifteen minutes before someone with a handicap time of 25 minutes. If all the handicaps work out, everyone should finish at the same time, no matter when they start!

There is no need to send me the time you think you will run, I will work out everyone's handicap loosely based on recent parkrun times and performances in other races.

Richard Daniells

Up and Coming Events

For our runners who enjoy cycling here is a flyer for a family event you might enjoy. Spaces are still available at this popular event.

RIDE REIGATE

Family 25k, 50k or 100k
Sign up today



Start and finish at Reigate College

14JULY24

SIGN UP AT

>>>> RUNSERIES.CO.UK <<<<



Kit Update

We are now getting settled in with the new kit supplier and Joma Sportswear vests and T-shirts, however, there have been a few teething problems.

The material is much better than the old kit, but the sizing is different and generally you will need to order one size larger than you did before. This only really becomes an issue if you are ordering kit with your name on, as it is not possible to replace customised kit. If you are not sure what size to order then Martyn has samples of most sizes, so ask him if you can try one on before ordering.

The other issue is that kit takes longer to arrive, it can be up to 28 days, so if you want new kit for a specific race, please order in plenty of time. Remember, I send the order to the supplier at the beginning of each month.

There has been a discussion in committee about possibly modernising our logo on the kit. If anyone wants to submit a new design, we would be very happy to consider it. It must feature our club's name, the footprints and be in yellow and black.

We are also looking into increasing the range of kit, e.g. softshell jackets, long sleeved tops, also maybe having a separate training kit, perhaps in reverse colours – watch this space – again suggestions are welcome.

Martyn Flint



Run Reports

South Downs Way 100 mile relay—June 1st

Pre-run report 24 hour countdown...

The South Downs Way 100 mile relay team run takes place annually starting at Eastbourne and finishing at Winchester. This year 52 teams took part, 312 runners in total. The race is essentially self guided, it's divided into 18 stages, with each team member passing the relay baton to the next team member when they have completed their leg.

My wake up call was a very early 3:30am, enough time to get to the start at 6am. The Saints team consisted of 6 runners. Each runner completes 3 legs. My legs were 4, 10 and 16.

I'd done my homework and over the last few months had gone out and practised and recced my legs with the intention of not getting lost this time !

For the first time my partner Frank Stone was driving the party mini bus to pick up the runners at the meeting points after each leg. Frank has also run the race once before, 2 years ago.

This is my 4th consecutive year participating as a runner, I love this event !

As it happened the race date (almost) coincided with the South Downs National Park event which took place a week earlier. I ran the 32km race, I had just about recovered.



South Downs Way 100 mile relay—cont...

Organizer Paul Luttmann provided the following overview of the event via Spond, including list of participants :

"On Saturday 1st June Team S&S take on the epic South Downs Way Relay. If you are new to this race, it is a 6 person, 18 stage, 100-mile trail relay along the South Downs Way, starting in Eastbourne at 6am and finishing, with a fair wind, in Winchester by 8pm.

Each runner runs 3 non-consecutive stages. The stages vary in length between 4 and 8 miles so each runner will run a total distance of between 15 and 18 miles. Basically, it is 3 WSFRL races spread throughout the day.

Selected on the basis of their points for the Club in the 2023 WSFRL, our runners this year are: Ed Duke; Mary Freestone; Michele Nixon; Steve Baker; Sarah Stanbridge; Me; supported by Frank Stone (Driver) and Val Stanbridge (Team Manager).

If you would like to support the team on the route just let me know and I will provide you with a best guess on when we will reach you"

Please see report write up and pics by Paul on Saints and Sinners Running Club FB site.

Thanks to everyone for their great support throughout the day.

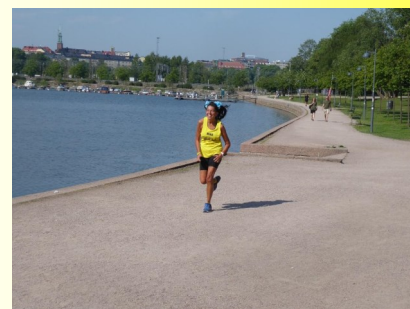
Carpe Diem !

Michele



Tokoinranta (Helsinki) parkrun - June 1st

Despite the Other Half deciding that Finland was very oop-north, and was, therefore, on the look-out for polar bears, reindeer and icebergs, this parkrun was held in bright sunshine at about 25 degrees, and started at 9.30 am. In fact, the whole weekend was bathed in hot sunshine. The oop-north bit was covered by the fact that, on the Friday evening, it was still light at 11pm, the sky was still showing some daylight on the horizon at midnight and it was very light at 4.30am on the Saturday morning. Not a great deal of sleep was had that night.



Some local beverage and typically-Finnish food was heartily consumed on the Friday evening (in a really beautiful setting at a restaurant on a small island close to central Helsinki). Taking into account the almost 3 hour flight, we were a little tired on the Saturday morning. At least the later start enabled a bit of a lie-in, though the plus 2 hour time difference also threw us out of kilter somewhat.

The parkrun itself was extremely well organised – the Run Director spoke excellent English – which was just as well because a lot of the 73 parkrunners were English (including one family who were touring the Baltic region doing parkruns – the previous week they had run Riga in Latvia). The only Finnish I had learnt by then was Kiitos (thank you) and something resembling kipiss (cheers). There were plenty of marshals for what was a pretty straightforward out-and-back run around two salt-water lakes, fed by the Gulf of Finland bit of the Baltic Sea, in a park setting.

I somehow managed to finish in 27th place and 7th out of 39 females in a time of 28.27 which I was pleased with everything considered.



Run Reports

Tokoinranta (Helsinki) parkrun - Cont ...



And finally, a photo with my friend Tuula by the parkrun sign, that any self-respecting sub-editor on a national newspaper would give his left arm to publish as “Maali” is **Finnish** for ‘**Finish**.’

All in all a fantastic weekend break with a little parkrun thrown in....1 more needed abroad to complete the Jetsetter challenge!

Nina Trevarthen

Hastings 5 (SGP) - June 2nd

On another glorious, sunny day on the coast 15 Saints and Sinners lined up for the 5th race of the Sussex Grand Prix season.

This is a fast and furious out and back from the centre of Hastings, along the pier then down the seafront to St Leonards and back.

It's usually warm and this year was no exception although we did have a light breeze to help make things slightly cooler.

Given the flat course, there's the potential for some great times and many S&S competitors (myself included) recorded event or distance PBs.

I knew I had either set off too quick or was on for a decent time when the race leader came motoring back towards me as I hit the 2-mile marker.

He went on to finish in a men's course record of 25.01 - needless to say I took a little longer to get to the finish line!

A great effort by all S&S runners and lovely to see so many making the long trek down from Crawley for the race.

Jim Scott



Markeaton Parkrun - June 2nd

A few days in Derby gave me the opportunity to do this Parkrun, held in a large park on the outskirts of Derby City.

The park can trace its history back to medieval times and was in the hands of the Mundy family from 1516 until it was donated to Derby Council in 1929, when the large house was demolished. All that remains is the orangery and stable block, which now houses a café and various craft outlets. The park has plenty of large open spaces, sports pitches, lakes and a play area and is visited by over 1 million people a year.

After an extensive pre-race briefing, we were sent on our way for two laps of the perimeter of the southern end of the park.

Mostly flat and mostly on wide tarmac paths it is a fairly unremarkable route. There is a short section on hard-packed gravel, which leads up a slight incline of around 400m and then downhill through a wooded area ending with a sharp right-hand turn and a muddy puddle before regaining the tarmac path.

All in all, well organised and marshalled and worth doing if you are in the area.

Martyn Flint



Congleton Parkrun - June 8th

Having booked a week's holiday in The Lakes we began looking for somewhere to stop en route. The aim was to have a break driving while also searching out a new parkrun. We settled on a place called Leek, which is North East of Stoke.

Our parkrun was going to be in the town of Congleton. A town famous for the story of the bear and the bible. So much so the town now has a new bear called Bosley.

We had chosen Congleton for the letter C. This parkrun was going to help us with the completion of the Pirate Challenge; "Seven C's and an R". You knew this right?

We arrived in Congleton with plenty of time to spare. As soon as we parked the heavens opened and a biblical amount of rain came down. The volunteers marshalling car parking were truly getting soaked. We were contemplating donning flippers for this run when the rain stopped as suddenly as it had started. The clouds gave way to blue sky. And it warmed up. We put the flippers back.

The course is three laps of a lake. Flat on good paths, although narrow in places. The Run Director gave an entertaining race brief ably supported by a crocodile puppet. Then we were off. It was a slowish start as we all tried to stick to the path. Three laps complete, it was time for the obligatory picture.



We stopped for coffee before heading back towards Leek and a rather splendid cooked breakfast in Mill St Kitchen. A cafe we recommend if you are ever visiting Leek.

From Leek we moved on to The Lakes and our stay in Bowness on Windermere. Look out for our next race report from Fell Foot.

Lesley and Dickie Bryant



Pembrokeshire Coastal Ultra - June 8th

I follow a number of running groups on Facebook. Often a useful source of tips and guidance but the main reason is to get ideas for future races.

Scrolling through one morning I came across an event organised by 'RunWalkCrawl'. This is a group that was set up by two Cardiff based Ultra runners and organises events along the South Coast of Wales (Brecon to Pembrokeshire).

As, genetically, I am almost 50% Welsh, it would have been rude not to investigate further.

As also looking for a holiday opportunity, I settled on the Pembrokeshire Coastal Ultras.

As the name suggests, the course is along the Pembrokeshire Coastal Path and there are different distance options available, 100 miles, 50 miles, 30 miles and 22 miles.

I roped in my friend Sarah and we plumped for 22 miles because

- It was the shortest (was on holiday after all)
- There was a very generous cut off of 14 hours

So after a lovely week staying near Broad Haven with Mum and Milo (my dog.....just in case you didn't know), race day dawned.

All the events have different start times and locations, but the same cut off time, Midnight and finish. The 100 mile event actually started at midday Friday. Only 18 starters. Complete nutters. Nothing would entice me to run the Coastal path in the dark! Too much risk of death.



Sarah and I had a nice lie in for a Saturday 10am start at Newgale (the first 100 miler reached this point about an hour and a half before we started). We were kitted up with a GPS tracker. The route is self navigated and a navigation device was mandatory. The route is well waymarked and it was just a case of keeping the sea on the right. The tracker was used to check no one took short cuts (time penalties added), and to call you if redirection was needed or, you fell off a cliff (although a call in that case likely unnecessary).

Pembrokeshire Coastal Ultra - Cont...

It was a bit dreary at the start and we did have a short shower but the sun soon came out and it was absolutely gorgeous for the rest of the day.

The route is spectacular. I love Pembrokeshire and had walked sections of the course before. It's just an amazing place to be. It's far from an easy course. In the 22 miles there was 1100m of ascent, much of it steps. The path is rocky and, owing to the perfect combination of sun and rain recently, was extremely overgrown. Also..... You are close to a cliff edge much of the time.

It's very remote and I can imagine could be quite bleak in bad weather (hence the mandatory survival blanket in the kit list) but, it's also 'doable'. We actually walked most of it.....too many photo opportunities.

The camaraderie on route was fantastic. We met a group from Reigate and a friend of Vanessa's from Heathfield (who was running the event with his wife).

Three memorable moments

- A fly past from the Red Arrows - No idea why but I am sure the race budget didn't stretch to that. My Mum thought they were on their way back from the D day celebrations in Normandy 2 days previously. They took a wrong turn somewhere.
- A wedding – We arrived at the aptly named St Brides Bay (which is nothing more than a handful of houses) just as a bride and groom and their 5 guests were leaving a tiny Chapel for photos on the beach. We offered them a peanut butter sandwich from the pit stop.
- A seal in a dinghy – a seal was having a fine old time, minding its own business sunbathing, in a small inflatable dinghy moored in one of the bays. Super cute.

We finally finished in 9hrs 30 mins. I was wrecked and my feet more so. The biggest blisters I have ever had. Wrong shoes for the job. It was so worth it.

It's not a flashy event but the organisers are so lovely. I would heartily recommend.

Clare Hall



South Down's Way Ultra - June 8th and 9th

On June 8-9th I ran the South Downs Way from Matterley Bowl near Winchester to Eastbourne, a total distance of 100 miles. There was a cutoff time of 30 hours but in the end I surprised myself finishing in 26:30. I feel proud of completing this event, getting to run a lap of the running track in Eastbourne with cheering and applause as you come into the track to the finish line. They made me run it!

Most of the work for this run had been done over the months before, building since December, and I feel very fortunate to survive the build up without injury. I was sore but I stayed strong for the whole run (I reached a steady-state of pain and slowness!) without blowing up and that makes me feel great about the commitment to training over this time and the taper where all the niggles appear and I was starting to get impatient! Thanks Chris for your patience with all the late nights I was out.

People often ask about running through the night without a rest and the truth is I didn't really feel sleepy tired, just focused on putting one foot in front of the other. I think the next stage might be delirium and hallucinations but I didn't get there.

During the event your energy, body, weather all change several times so I just had to solve the problems as they appeared and concentrate on the basics: keeping moving, eating and drinking as much as I could. Mantras, phrases, talking to myself... as long as I keep moving forward. I took regular photos to break up the routine every couple of hours and spent time chatting to other runners and some fast public walkers who happened to be on the course. A real fun day.

Over the day your mood goes up and down but one great thing is the support of the general public and that helps keep you going! I loved knowing I had the support of team S&S and seeing comments from people tracking me through the day. Thank you!

Andrew Bullock



Jersey Half Marathon - June 9th

Picture this... it's June 2023 and I have just completed the Jersey parkrun, with a lot more people than the website had said was the average number.

As I crossed the line and got my barcode scanned the Marshall said ' Good Luck for tomorrow'. I had no idea what she was talking about. Then I noticed a massive sign (not very perceptive of me!). There was a half marathon on the next day. Who goes on normal holiday, doesn't plan their holidays around running AND doesn't check for a parkrun or race to do while away? Rookie error on my part. It was too late to enter and I had to fly back home early on the Sunday anyway. Boo!

It was decided then that I would be going back to run this and I would drag Theresa with me. And here we are on the start line a year later with our matching T-shirts (Super cute!).

The course itself was described as having a last 4k of hell so we were both braced for this. We ran together for a change and headed off around the Cyclopark and off down the old rail track.

The first 7 miles were undulating, with only a couple of nasty-ish hills to contend with, and they were mainly between 5.5 and 6.5 miles. Theresa was feeling really good and we were pacing very well. After 6.5 miles however things got a bit ropey - no fault of Theresa's we were running down an 'A' Road, straight, flat, boring, open and warm. Would have been brilliant for a quick parkrun, but with the roads being completely open it was a bit daunting to run down. This was for about 3.5 miles and you could see everyone running around the same pace was struggling a bit with the mental side of this section.

We prayed for some variation, a hill, anything! At about 10.5 miles we FINALLY got a hill, and golly it was a large one, but other than myself making Theresa laugh and lose all momentum (Sorry Theresa! #Cando) we plodded up and made it to the top!

2 miles left, fairly flat and back onto the old rail track from the opposite direction, then a backwards loop into the Cyclopark to finish!

We aimed to get Theresa round in a sub 2:45 and managed 2:43:45. Job Done!

Luke Taylor



RunWisborough 10k - June 9th

RunWisborough as a favourite local race, this year I was the sole Saint on a hot day.

This 2 lapper has a good pre race vibe and warm up (though would benefit from portaloos) and great marshals, especially at the top of the hill one goes up twice.

The race starts and finishes on the village green, before running up through a steep housing estate, down past the green, off through the country lanes, and a pretty, woodland section where you can put the power down after running downhill away from the one-man cheer squad at the cone.

It's also a great race for spectators as they can see you 4 times.

There is the option of 1 lap (5k) and unlike earlier years, there is plenty of parking beyond the Green.

See you all next year!

Stella Daff



Fell Foot Parkrun - June 15th



Our second holiday parkrun was in the Lake District at the marvellous Fell Foot. A beautiful course in National Trust grounds at the foot of Windermere and alongside the River Leven.

We were on their summer course which is mainly run on grass. There are a couple of spots where there are paths. But on the whole it is grass. Wet grass too. While lining up for the race briefing I clocked plenty of runners wearing Inov8 trail shoes. Following overnight heavy rain I did wonder if this was going to be a summer version of the Bexhill Cross Country race...mud and more mud.

Thankfully not. With the sun shining we were off. It is an undulating course comprising two laps of the park, with a couple of short sharp hills. The wet grass ensured we had cleaner trainers at the end than when we started. And the volunteers cheered us on.

At the end several runners took a dip in the River Leven. We were not tempted this time. Maybe next time...



Lesley and Dickie Bryant



Mole Valley Parkrun - June 15th

With the Parkrun alphabet challenge nearing completion, Debby, Luke and I made the short trip up to Dorking for Mole Valley Parkrun.

Luke had run this one before but for Debby and I not only were we getting an M, it was also our NENDY (nearest event not done yet) on the 5k app.

For some reason we've been putting this off for a while with perfectly acceptable excuses including hills and mud!

Now I enjoy a hill and mudfest so was looking forward to it.

And thanks to the recent dryish weather there wasn't much mud, but there was plenty of hills. We also got a summer shower just before the start and at the end for good measure.

The course takes in parts of the vineyards at the Denbies Wine Estate. From the start you run round a field, then there's a lung-sapping climb through the vines to the ridge line. Then it's undulating until the furthest point when it's a fantastic, freewheeling downhill for nearly a mile to the finish.

Thoroughly enjoyable.

Theresa met us afterwards and we enjoyed a brunch at Waitrose in Dorking.

Jim Scott



South East Regional Athletics Championship - June 15th

Congratulations Paul on your flying jumps. On June 15th son Paul Nixon competed at the Inter-county athletics meet, part of the South East Regional Athletics Championship 2024.

It was a brand new experience for him. Aged just 15 Paul was really looking forward to competing at this top level. The event took place at the stunning StoneX stadium in London.











Paul took part in the 400m hurdle sprint, finishing 3rd and a podium place. He achieved a personal best time of 59.4 seconds (0.6 seconds off qualifying for the nationals). The top 3 positions were 1st– Kent, 2nd Surrey and 3rd Sussex.

This was only the second ever time Paul had competed in the 400m hurdles, having qualified unexpectedly last month at Brighton Withdean stadium in the Sussex track event in 62.1 seconds.

Fantastic achievement Paul.

#LifeIsOneBigAdventure #TeenLifeExperiences #SportJourney

Michele Nixon

1	77	Max LEON		SSAA	56.3	
2	41	Alexander MORRELL		KSAA	58.7	
3	79	Paul NIXON		SXSAA	59.4	
4	53	Seth RENNIE-BODDY		SAAM	1:00.1	



Worthing Track Night - June 18th

Congratulations Paul on your performance at the Worthing Track meet on Tuesday June 18th, just 3 days after his podium finish in the 400m hurdles in the South East Athletics Championship.

This time, all rounder Paul competed in the 300m and 800m sprint races.

Paul, who represented Crawley AC, achieved two new PBs and podium finishes.

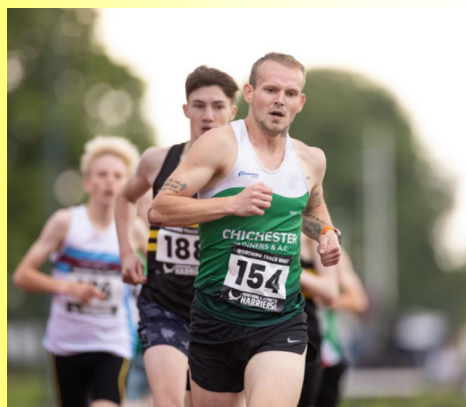
- He ran the 300m sprint with a PB of 39:59 seconds.
- He ran the 800m sprint with a PB of 2:07 minutes.

Congratulations Paul.

We look forward to hearing about your successes at future sporting events.



Michele Nixon



Orpington Parkrun - June 22nd

The latest club tourism was to Orpington (Kent for the old skool and South East London for anyone born after the late 1960s).

Eight of us made the 45-minute journey round the M25 and we were all parked up in plenty of time to get to the start line.

The course is one short and two larger loops of fields and mainly run on grass at the local rugby club, with a small path section.

Although not greatly hilly, there's enough of a slog up the tree-root rutted path on one side of the fields to make it noticeable.

Nonetheless we all enjoyed our runs and were made to feel very welcome by the locals.

Jim Scott



Heathfield 10k (SGP) - June 23rd

Heathfield 10km is a hilly, hard race, part of the Sussex Grand Prix Series. It was 22 degrees, a lovely day with top clubs from all around Sussex taking part.

We raced along tarmac roads, down down and then up, up and UP, with some straight flats in between.

This was my 4th time running this event. Today I finished in 48 minutes, same time as 2023 and 2019. In 2022 I finished in 46 minutes. And of course some maths and statistics to keep a check on my consistency:

- I placed 13th female overall out of 109 (top 12%)
- 3rd out of 16 in my age group 45-49
- 76th out of 254 male and female overall (top 30%)

I think I will keep running until I die.

It was a happy, hot day.

Well done to all who ran for the club.

Michele Nixon



Heathfield 10k (SGP) - June 23rd

The 6th race of the Sussex Grand Prix season is the Heathfield Midsummer 10k.

And the key words for this testing race are - hills and heat.

The race, which usually attracts a small field of around 250 runners, is on a rural loop around the pretty East Sussex villages of Waldron and Cross in Hand.

I was clearly so excited to be doing this again that I accidentally managed to enter twice (don't ask)!

For the past two years we've battled with extremely hot (for England) conditions for the run. This year was warm but with enough cloud cover and breeze to make things more bearable.

You start with more than 1k of fast downhill before hitting the lumpy sunken lanes through the villages.

By the time you're slogging back up the hill for a final 200m dash round the rugby pitch you'll have racked up nearly 600ft of elevation.

We had 20 S&S runners turn out for this with one (Sky) managing a superb 5th place overall after only deciding to enter the night before!

Everyone did a fantastic job in tough conditions and there was an ice pop and cake afterwards.

This is a great run laid on by one of the local Sussex running clubs and it's lovely to take part.



Jim Scott



Downland Dash (WSFRL) - June 30th

So I am writing this the day that we ran it! look at me being all super organised!

This 4.5 Miler is always a really good atmosphere, with a school fete on site in the morning there is plenty to do and raffles to be won before, and after we suffer through the usual heat to complete this.

Although this isn't a particularly hilly course it does have more stiles the seven that are mentioned in another upcoming race. The route consists of a 'Pac-man' esque first 3rd then a loop of some woods and then back to the Pac-man for a final 3rd and to the finish!

20 runners participated today, including a first WSFRL event for Fred, congratulations and welcome!

Results will be issued on the brand spanking new website!

See you almost every Wednesday and Sunday in July for the delights of SGP and WSFRL!

Luke Taylor





July/August activities

Wednesday July 3rd, Roundhill Romp (WSFRL), Steyning, 7pm
 Sunday July 7th, Bewl 15 (SGP), Wadhurst, 10am
 Wednesday July 10th, Beach Run, Littlehampton, 7pm
 Saturday July 13th, Tilgate Parkrun Takeover, 8 for 9am
 Wednesday July 17th, Phoenix 10k, Hove, 7pm
 Sunday July 21st, Seven Stiles, Henfield, 10:30am
 Sunday July 28th, Ashdown Forest Trail Run, 9:30am
 Saturday August 3rd, Parkrun Tourism, Victoria Dock, London, 9am

See Spond for more details.

UKA

A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

TRAINING

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

Please refer to the Spond app for session details.

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

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

social@saintsandsinnersrun.co.uk

Horley Harriers Track Sessions

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

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.



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

Forms for new members are available from the S&S website. Please complete and then email the form to our membership secretary at:

membership@saintsandsinnersrun.co.uk

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

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

KIT

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

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

Training Support

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

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

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

Our committee:

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



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

Order kit!

Kit should be ordered and paid for from our website:

www.saintsandsinnersrun.co.uk/kitshop

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

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

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

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