

Hello everyone and welcome to the December 2021 newsletter.

We would like to welcome back **Andy Stannard** and say hello to our new member **Nigel Ventham**

This month has been quieter for races but we would like to thank those that have submitted something for this month's newsletter

On behalf of the committee we would like to wish you all a Merry Christmas and a Happy New Year, looking forward to seeing more of you at races in 2022.

Debby & Jim

Message from the Chairman

Hi everyone.

Happy Christmas and New Year!!

I hope you are all well!

We held our AGM recently, thank you to all those who attended, and special thanks to the committee, who have worked so hard on your behalf this year.

I'm sorry to see Sarah leaving us, thank you for your efforts. It's great to have Martyn join us. Welcome Martyn!

I'm really looking forward to 2022 and putting our WSFRL race on again!

Hope to see you all soon.

James



Save the Date

With the return of the WSFRL in 2022, the club had to select a date for when we were able to hold our Tilgate 5ish race. Working around other races and other clubs, we have gone with Sunday, September 11th.

Please keep that date free, as there will be a committee put together nearer the time with regards to volunteers needed to enable us to run a successful and safe event.

Thank you & Welcome

The committee would like to thank **Sarah Standbridge** for her hard work over the past couple of years looking after all of the kit orders. We would like to welcome **Martyn Flint** as our new kit officer, Martyn will put out reminders nearer the date but if you would like to order any kit then please send an email to kit@crawleysaintsandsinnersrun.co.uk

Isabel Trail Parkrun

A weekend in Stafford gave me the chance to try the 65th event at this fast and flat course, the male course record stands at 15:18 and the female one at 17:32.

Billing themselves as a popular tourist Parkrun for those doing the alphabet challenge, it is only one of four to begin with the letter "I". Although, of course, we don't have to go that far for an "I" (Inverness and Ipswich being the other two).

And this was true on a rather cold, overcast morning with 49 tourists out of a field of 196 participants.

The start is just outside the town and free parking was available at the nearby Stafford Rugby Club, who also apparently — although I didn't have time to try it — serve an excellent post-run breakfast.

After a well-organised and thorough pre-run briefing we all made our way to the start.

The course is a straight out and back along a fairly narrow path, so positioning is important if you want to go for a quick time.

It follows an old railway, part of the Stafford to Uttoxeter line, which closed to rail traffic in 1951 and has been re-purposed as a cycle path.

The first half mile of the run crosses Doxey Marsh, a 370 acre nature reserve, which is designated as an SSSI. If you have travelled the West Coast mainline you may have noticed the marsh, as you leave Stafford station going North, before the line passes under the M6.

The rest of the course is fairly nondescript, following a tree-lined path through housing estates. Imperceptibly uphill going out and, therefore, slightly downhill on the return leg it is tarmac all the way, so the potential is there for a PB, which I managed at 22:03.

Although not as picturesque as Tilgate, definitely one to try if you are in the area.

Martyn Flint



Barcelona Marathon, November 7

Well, here I go again, but this time overseas!! Barcelona, not just for the better weather, but there was a marathon to be run!

Off I went with a fellow runner & friend. We found our way to the hotel, which was very nice and comfortable and the staff were very helpful. Next day, we went to the expo and ended up walking for miles trying to find it!

If it was a crystal maze challenge, we'd have almost got locked in! We found the address given was wrong so got a bus to the expo and had fun there posing for photos!

Then we went back to the hotel to chill out before finding a restaurant for carbs and protein.

Race day and we were up early on to the metro to the start, which was very well organised, everyone was singing & dancing, a real carnival feel which got you in the mood.

Caroline went to her pen and me into mine singing the classic Freddie Mercury song Barcelona as I approached the line, then we're off!! Turn first corner, up a hill and that would be the entire race! I had a good pace and it was my close friend's birthday. He passed away three years ago so this was for him.

I came up to mile 19 and Caroline shouted out "it's for Ian". My legs felt like jelly but I put it out of my mind and pressed on. A British guy tapped my back and said "I love that" (on my vest I had printed "in loving memory of Ian").

The finish was close but there was a very long straight gradual HILL at the top. It turned two corners and the line is in sight. A Spanish guy encouraged me to the line and I could also hear Caroline shouting "come on Ken", which was great.

Normal filter through to collect medal goodie bag and met up with Caroline, pictures taken then back to the hotel to shower and catch metro to airport.

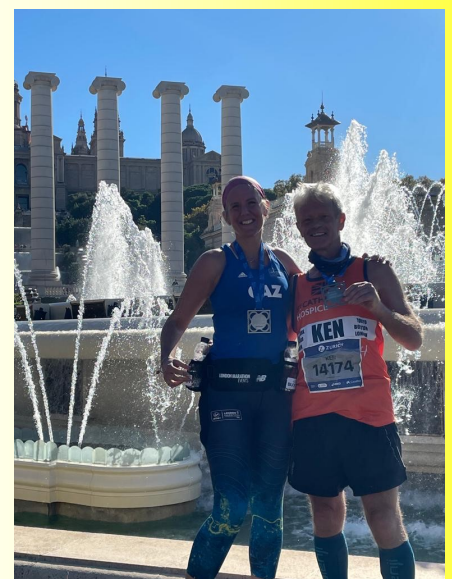
Caroline's time 3:33 and mine was 3:58. These times are the adjusted times as the course was long.

We got to the airport early and found the gate. Got some food and fluid then joined the queue at the gate. The women ask for documents and the passenger form needed to be finished.

We did it, she read them and closed the gate (complaint submitted!!). Sleeping in an airport, I do not recommend.

We got a BA flight at 6:20am on Monday, oh what joy (not)! Got on the flight and booked a National Express coach from Heathrow to Gatwick then train to Three Bridges, followed by a walk home.

Apart from the incident at the airport, it was a very enjoyable event. If anyone decides to do the marathon it's not flat but it is well recommended!!



Ken Tulley

Grand Union Canal Half Marathon, Remembrance Sunday

The Grand Union Canal Half Marathon starts at Cowley Recreation Ground near Uxbridge and ends in Cassiobury Park in Watford.

As the name suggests, it involves running along the Grand Union Canal towpath. So not exactly local, but not too far away.

We stayed at Glenn's parents' house just to be a little bit closer and have a few extra z's.

It is my first half marathon post-partum, so I was not aiming for a PB by any stretch of the imagination. I was just happy to be in a position where I could do one again.

I was also pretty carbed up from a late lunch with friends the day before, so felt reasonably confident that I would be able to find the reserves to make it to the finish.

So, I arrived at Cowley with excited anticipation! Also taking part was my father-in-law, Colin, who recommended the race. Mum-in-law stayed at home on Molly duty, and Glenn took the role of support crew, chauffeur and photographer!

Upon arrival I collected my race number and went through the usual pre-race rituals. It was a cloudy and relatively mild day, so after a quick warm-up I left my thermal layer behind with Glenn and got into the start funnel with Colin.

We all stood for two minutes' silence then we were off – a loop around the park first then on to the towpath, across the one road on the course and back on to the towpath. The marshals actually stopped the traffic so we could all cross safely – a nice touch.

I was swept up in the excitement and took the first two miles relatively fast (for post-partum me) then slowed it down a bit as I settled into a steadier pace. The towpath was gravelly and rocky in places, with smoother paths and grassy bits, so I was glad I chose my trails.

The route was quite scenic with the autumn leaves so I took it all in as I crossed over a few bridges and alongside the canal boats.

It was quite narrow in places, so not easy to overtake. Luckily the other runners were quite considerate and made space for the faster folk, and no one got bottle-necked.

It also helps that it wasn't a big race, with a total field of 161 runners. Mind you, I didn't overtake that many runners!!

One of the ladies who overtook me also complimented me on my Lucy Locket leggings!

Other obstacles included a few cyclists, buggies, dog walkers and a walking group.

I only had to stop a couple of seconds for a cyclist as most other towpath users were quite friendly and made way for the runners - some even shouted encouragement.



There were three water stations along the course, and I only needed a quick swig of water at one of them. I felt adequately hydrated that morning, and had dextrose tablets and a hydro-gel with me to keep me going.

Glenn popped up a couple of times to take pictures of myself and Colin (who was further ahead than me, having built up speed and stamina whilst I was pregnant!).

About a mile from the end, we were directed off the towpath and over a bridge into Cassio-bury Park (and past Molly's boat café, which made me smile). It was getting quite busy in the park with families etc, but luckily the paths were wide enough to accommodate us all.

There was a hill in the last mile, which is always a bit of a killer, but Glenn and Colin appeared to cheer me on and give me that final boost.

Then a quick loop back through some bushes and on to the field to finish. I did not have much in me for a sprint finish over grass, but finished feeling pretty good. My time was 02:19:03 which put me 114th. Colin also got a course PB with a time of 02:04:00 (69th).

Overall, I enjoyed the course. It's mostly flat except for going over a few bridges and that hill in the park at the end, with changing scenery and trail paths to keep it interesting.

It was a well-organised race with plenty of marshals, a coach from Watford to Cowley for those who needed it and plenty of freebees at the end. I also really liked the medal, which is now taking pride of place on my medal rack.

If you don't mind travelling a bit, I recommend giving it a go! I now end the year ticking over with some social runs and S&S sessions, with plans to run more half marathons and a full marathon next year (Edinburgh at the end of May).



Here is to 2022 and getting back up to speed!
Merry Christmas and a Happy New Year all!

Lou Mitchell



Gosport Half Marathon – A fast and friendly race – Sunday, November 21

On this Sunday morning Lesley and I were up nice and early to drive down to Gosport. It was a beautiful bright morning for a race.

Ninety minutes later we arrived in Gosport and parked near the Bayside Cabin where we would go for lunch after the race.

The start of the race is only a short walk away on Browdown Road.

Sporting our club colours Lesley and I headed off to the start to be ready for the race start. Last minute checks we had tied shoelaces and we were off.

The weather continued bright and sunny for the race but with a tricky headwind as we ran the outward leg, which felt like a gale on lap two.

The course is relatively flat and run as two laps (see map below) along the seafront from Stokes Bay to Lee-on-Solent by the airfield (whoop hoo) and then back.

Along the route marshals with drums and whistles and a Samba band, offered us plenty of welcome encouragement, which we both appreciated, especially when running the last few miles.

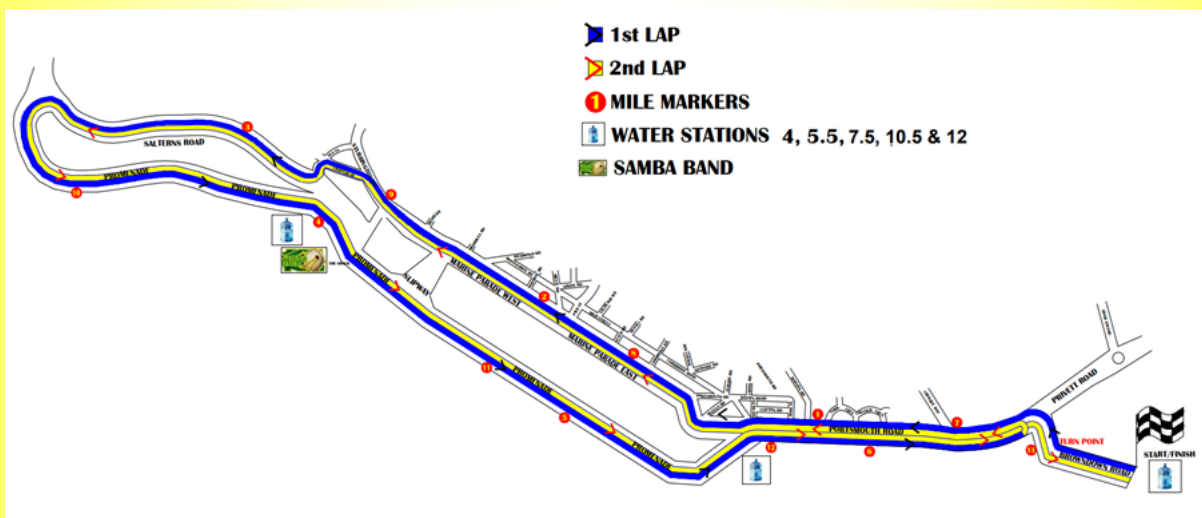
The finish is very well-supported with a cheering crowd and it is great to see the finish come into sight and an even nicer feeling to cross the line and hear the beeps as our chips registered our times.

Watch stopped it was time to pick up our goody bags containing our medals, one of the reasons we run, and also some cake and chocolate, another reason we run.

With the race done we were off back to the car to change and then on into the café for some welcome lunch and to warm up.

We enjoyed a fab day out at an excellent race, creating more great memories. I am sure we will return to tackle this course again in the future.

Lesley and Richard



Parkrun Tourism, Preston Park, December 4

First of all I would like to thank Clare once again for organising a great morning out for the club, and I encourage anyone who does Parkrun at Tilgate to join the tourism!

This occasion saw our merry band of 11 Sinners take on Preston Park Parkrun - if any of you have done the Brighton Marathon, it is located at the start!

Preston Park is a one small out and back lap and then two large loops which incorporates a small yet deceiving hill which we complete three times.

This route is completely on paths and luckily for us the weather may have been chilly with a slight breeze but it didn't rain!

It was very bright though on the first out and back, I should have taken my sunglasses!



Congratulations to Steve Baker who was our first runner to finish. A good few minutes later (he could have got himself a cuppa while he waited) was myself with Janet, Nina and Nicky hot on my heels. Then came Clare, Mary, Kevin and Vanessa. Debby and Maria completed the group's efforts.

Well done to everyone! Be sure to check the socials and read your emails for details of the next tourism in the new year!

Look for my next report - Hangover 5!

Merry Christmas to you all!

Luke Taylor



Next Tourism

January 15, 2022—Southwater Park, Horsham Parkrun's winter route

Sussex XC, League Race 3, Ardingly - December 4

Another highly enjoyable dash up and down hills through the mud for the latest XC league race. The course at Ardingly is a new one but provided all the classic elements of a cross country race.

After a few relatively dry events in the calendar, we had some cut-up ground to deal with so the first question was spikes, trails or slicks (mentioning no names!)

The course starts with a mad flat dash along the field next to the showground, then you're off downhill towards the reservoir, through a sharp, steep section usually used for equestrian events (neigh messing around) then back up a steep hill towards the start.

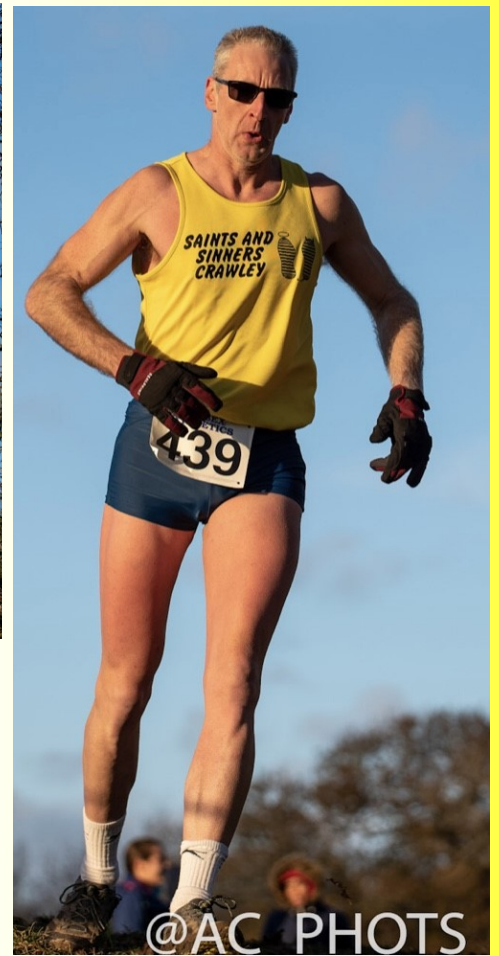
And then off you go again, and again! The weather was cold, dry and bright, perfect for winter running and S&S juniors, women and men all acquitted themselves well.



A great afternoon out and a welcome addition to the league.

Jim Scott





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@AC_PHOTOS

Crystal Palace Half Marathon, December 11

Well that was a hard race!

Having completed a couple of halves before, recently running up to 16k a couple of weeks ago and doing the hills sessions in Richard's group I wasn't worried too much about the race.

The race was through the 'run through' events and was pretty well organised, they did a warm up at the beginning which put everyone in a good race mood.

The route is a 5k around Crystal Palace Park four times, with lots of hills and an extra hill at the beginning to make up the 1k.

The start was OK, obviously with a big hill, but by the 3rd lap I was struggling and didn't think I would make the last lap.

I ended up walking the big hills and pushing through the smaller ones just so I had enough energy to get to the end! The route was quite colourful as they have a light show at night so the park was filled with magical creatures, flowers and butterflies so there was something to look at around the course as well as a small lake and large dinosaurs!

Very different from my usual runs around Tilgate. My time was 2.22 which I was pleased with considering the challenging route. For anyone looking for a challenge they are running it again in January!

Louise Redgrave





2022 XC Races

January 8 - Sussex Champs, Little Common, Bexhill
January 22 - Sussex Masters Champs, Coombes Farm, Lancing
February 12/19 - Sussex League Race 4, Little Common, Bexhill
February 26 - National Champs, Parliament Hill, London

SGP

The Sussex Grand Prix is focusing on a revamp for 2022's competition. Organisers hope to attract more runners of all abilities. Anyone who has any views —whether you have competed before in races or not—can leave comments on the sussexgrandprix.co.uk website.

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.

PARKRUN

Our next tourism is on January 15 at Southwater (Horsham Parkrun's winter location)

TRAINING

Now the nights are getting darker can you please wear hi-vis clothing and also bring a torch. Monday nights will continue to be a social run with the run leaders offering various speeds and distances. We are meeting by the Co-op at Tilgate Shops. Please wear club colours for training as it's good to get our name out there.

On a Wednesday we will be offering technical sessions, we are currently meeting at the car park entrance to Oriol School in Maidenbower. We haven't paid to use their court this year so would request that you either park in the road just outside or in St Leonards Drive and walk/run through the tunnel. For both sessions these start at 6:30pm.

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

KIT

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in. Details can be found on the website, but email Martyn at kit@crawlleysaintsandsinnersrun.co.uk

UPCOMING RACES

Please keep an eye out for any upcoming races via www.sussexraces.co.uk, www.nice-work.org.uk or Facebook etc.. Or you may have other sources you wish to share.

If you have any upcoming races then please share them with the other members so we can support you and I promise I won't always make you write a run report!

However if you do fancy writing something for fellow members to read then please send your report to Debby by the 7th of each month at media@crawlleysaintsandsinnersrun.co.uk so this can be included in the newsletter.

Our committee:

Chairman - James Mason
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetmen
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Connolly
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SGP Rep – Jim Scott
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Kit officer – Martyn Flint
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Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Clare Hall
social@crawleysaintsandsinnersrun.co.uk
Social media – Debby Scott
media@crawleysaintsandsinnersrun.co.uk



Ordinary member – Dawn Rhodes
Ordinary member – Dave Penfold
Ordinary member – Sarah Clapp
Ordinary member – John Evans

How do I...?

Order kit!

Please use the kit page on the website to choose your kit. If you would rather not use the form then please email Martyn on:

kit@crawleysaintsandsinnersrun.co.uk

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

Size: XS, S, M, L, XL, XLL or junior ages

Name: please type the exact name you wanted printed

Monies for kit to be transferred to:
Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: KIT

Once payment is received your order will be made.

Orders will be placed at the beginning of every month. Martyn will then distribute these at training/races/parkrun when she can. Please note the turn around can be a couple of weeks so please your order in advance.

Register for WSFRL

Luke will email all members when races are upcoming and share details of each run.

You must email Luke and register your intent to run on:

raceentry@crawleysaintsandsinnersrun.co.uk

Please then transfer £3 pp to:

Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: FR(race no)

As rep, Luke will collect all numbers and distribute on arrival. Please car share when possible.

Register for XC

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

Email Paul and register your intent to run on:

raceentry@crawleysaintsandsinnersrun.co.uk

Please, if needed, then transfer money to:

Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number

30434213

Reference: XC(race name)

Register for a Sussex Grand Prix Race

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

sussexgrandprix@crawleysaintsandsinnersrun.co.uk

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

Make a suggestion!

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

suggestionsofficer@crawleysaintsandsinnersrun.co.uk