

Welcome to the April 2023 newsletter.

And a warm welcome this month to new members **Louise Batchelor** and **Sam Hopkins**. Marathon season is very much upon us and we have two inspiring reports from Luke and Dickie on their personal experience of running the London marathon and their expectations ahead of the big day. The Mid Sussex Marathon weekend took place a week after London with 4 intrepid Saints running on all 3 days. Check out Theresa's review of the event and Jim's account of day 2's Haywards Heath 10 miler which attracted an impressive 16 Saints. Expect more of the same next month with write ups on Three Forts Challenge and Run to the Sea ultra marathon.

Thank you to everyone who took time to write a report or article for this month's newsletter. Please keep them coming in, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi everyone

Hope you are all well and enjoying your running! I've been enjoying the brighter summer evenings and joining in with our training sessions. It's been great to be back at Tilgate. I'm currently training for the Race to the Sea ultra on 6th May. I'm glad it's now just round the corner. Good luck to everyone running it!

We have lots of races in both the WSFRL and SGP, so please keep your eyes open for emails from Luke & Jim.

Well done to all of our recent runners in the Manchester, Blackpool & London marathons!!!

Our Runner of the Month for March is Sam Fletcher, well done Sam!

Good luck to everyone with their upcoming races!

James

Runner of the Month—Sam Fletcher

Sam joined Saints and Sinners as a new member in October 2022, after getting a London marathon place on her first attempt (not jealous at all).

Sam initially took part in our 5-10k improvement plan, alongside her best friend Raquel. After this she continued to join training and frequently did her long runs with Dawn and her contingent while they prepared for their ultra. Sam completed her 20 miler with Luke, and it was only after that she discovered she had a rather significant injury, a hairline fracture on her ankle bone, that was picked up sometime during her marathon training. This should have, but did not stop her, and she completed her first London Marathon in a time of 5:50:24 but she did stop and talk to EVERYONE. so there is plenty in the tank to improve that time if she wishes. On top of that she raised well over £2k for the Royal Marsden Cancer Charity!

A superb effort and fully deserving of our runner of the month for April!

Luke



Three Forts Challenge/Run to the Sea training run – April 1st

Normally a training run wouldn't merit a mention in the newsletter, however this run turned out not to be a normal run.

The Three Forts Challenge/Run to the Sea training group had undertaken several long runs on the South Downs all with a serious amount of climbing, so when Paul posted a 20-mile run with just 100m of elevation on the 1st of April we all thought it was an April Fool. However, he assured us that it was not, and it would be an easy outing.

The day of the run was dry, but it followed a week of heavy rain so we knew there would be puddles along the way. The first half was along the Downs Link south from Henfield so, quite firm, and what puddles there were could mostly be avoided.

At Shoreham we turned to come back up the other side of the river Arun. Here things were muddy and quite slippery. Very soon it became clear that keeping dry and clean footwear was not going to be possible, so we just ploughed on.

At around mile 18 we came to a small stream joining the main river. We could see the direction of our path and the small bridge that crossed the stream, but it was completely flooded!

We stood and looked, realising that to turn back would add several miles to our run. So, Paul hesitated no more and plunged into the water, the rest of us following gingerly on. Now, they say that a cold-water bath is good for sore muscles and as the water came up to mid-thigh this was the ideal cold bath (those with shorter legs got wet in places that they would have probably rather kept dry).

Climbing onto and across the rather rickety bridge was a challenge and the step down went into the deepest part of the flood. However, we all made it and squelched on our way, with cleaner shoes and refreshed muscles!

Martyn Flint



Kew Half Marathon – April 2nd

I originally signed up to run the Richmond Half at the end of 2021 to run in September 2022, with the view of also doing the sunset 5k the evening before. Due to Queen Elizabeth II's death in September 2022, the race was postponed to a date I could not commit to. Luckily, I was able to transfer to another one of the organiser's (Runfest's) races since the date had been moved by them. Fast forward to 2nd April 2023 and here I was, bright and early in Kew Gardens. Falling on a cut back week of my ultra training, it worked quite well and meant since it was technically a training run, I could keep it steady and not put any pressure on myself. However, after missing my sub 2:10 by 2 seconds at Wokingham 5 weeks before, I couldn't help but be tempted by putting in a bit of effort on this flat course (as advertised by Runfest and confirmed by friends who had done it in previous years) to right the situation!

I went by car with my mum, dad and brother, who were to be my support crew for the day. My dad (the designated driver) has good road knowledge and we set off in good time and found the pre-booked car park with relative ease (thank you Sarah Wilson for the parking space). Then it was a 15-20 minute walk to pick up my race number and timing chip at Kew's Elizabeth Gate entrance. I liked that the timing chips were separate from the race number, so that they could be returned at the end of the race and reused for subsequent events - keeping it green! The same could not be said who those who drove and who hadn't booked parking however, as there was some traffic around the entrance. Definitely worth pre-booking parking or allowing extra time to get there via public transport for which there are good connections.

It took a little longer to find the start line once in the park, but still with time to spare for toilets and photos before going into my start pen. The pens were set up on the grass next to each other alongside a path, with the official starting arch around the corner. This set up allowed the runners in the pens, organised by estimated finishing time, to go off in waves every few minutes without too much congestion. I found my way through (politely) to the front of my start pen (which was sub-2:20). There was an energetic man with a microphone and some music to keep us entertained and encourage us to warm up/dance. I also introduced myself to the 2:10 pacers and told them of my unfinished business after my last race! Soon enough they opened the rope and we were off around the corner. I spotted my mum waving and crossed the start line. I went off at a good pace, and actually ended up a reasonable way in-front of the pacers, and enjoyed looping around the scenic gardens and spotting volunteers in fancy dress. I soon took off my sleeves though, as it was a mild albeit cloudy day. After 5 miles we left Kew Gardens the way we came in that morning, and turned the corner onto a riverside trail path.

I was wearing my road shoes, so the trail was noticeably rocky underfoot, but at least it wasn't muddy! It was only 1.5 miles until we got onto a much smoother path along the riverside which had lots of public support. At this point we needed to keep left to allow for the fastest runners to pass coming back. I was making great time and had a few minutes buffer by the halfway point, and was feeling good like I could keep up a similar pace in the second half. At around 7.5 miles however, I needed to make a toilet stop (at least the event had portaloos at their water stations), and I went from ahead of time into a position where I had to make time up. I saw the 2:15 pacers go past me as I came out of the toilet, so sped up past them and some other runners, under a bridge and over the only small slope. The 2:10 pacers were nowhere to be seen.

Kew Half Marathon – April 2nd cont...

The course then went along onto a tow path around a mile square loop and then onto the tow path the way we came (still on the same side of the river but plenty of space for runners to pass in both directions). Somewhere on the square loop, I realised I did not have the motivation to make up the time as I didn't want to push it and burn out before the end. So, I decided to keep it steady and to just enjoy the rest of the race, back the way I came for the final stretch heading to the finish. I crossed the line cheered on by my family with a chip time of 2:12:42. This isn't my best, second best or even third best time for a half. However, it was an enjoyable event and a decent result for a take it easy training run! I also have got something to work towards once I have recovered from the Run to the Sea ultramarathon!

I would recommend the race to anyone wanting to do a flat and fast half, which is well supported. However, I would allow plenty of time to get there and get your bearings on the day, and of course to plan your travel/book parking. The race also started at 08:30, so that altogether makes for an early start on a Sunday! On the plus side, you and up to four supporters get free in entry into Kew Gardens to explore after you have finished your run (they all get wristbands). Oh, and not forgetting the medal, free T-shirt and treats to refuel at the end. So, plenty for your entry money! An extra note to any support crew you might bring with you – breakfast is really expensive in Kew Gardens restaurant, but there was a food truck set up outside (not when we arrived but presumably shortly after we started running) or nearby cafes – the wristbands will allow for re-entry.

Lou Mitchell



Landmarks Half Marathon – April 2nd

It was my first time doing this event. The weather was good. It was held on closed roads in central London and Westminster. I enjoyed the cultural awe-inspiring landmarks and heritage exploring the capital city on a route with many twists and turns, keeping it interesting.

Starting at Pall Mall, running past fabulous views of London's most iconic landmarks including Big Ben, St Paul's Cathedral, Nelson's Column, the Tower of London, the London Eye and across the historic Westminster Bridge and eventually finishing outside Downing Street.

After the event I took a train and tube for coffee at a cafe in Colliers Wood and then, on route home, made a quick visit to the South African shop 'St Marcus' in Kingswood for "boerewors" (beef sausage) for lunch ! It was an amazing day !

My chip time was 1:39:02. I finished in the top 1% of females (115th Lady/10182) and 794th position/17248 (Men and Women) so in the top 5%.

I was happy to get a Sub 1:40 (just) !

Michele Nixon



Sussex Road Relays 2023—April 8th

On Saturday 8th April three S&S teams took part in the Sussex Road Relays at Preston Park, Brighton. In cool, sometimes sunny conditions, we set up our tent amongst the other club tents with a good view of the start / course. Racing against the top clubs in Sussex we ran in gender and age-based races with a number of our runners forced to wind back the years and run up an age category. Everybody ran two laps of the flat one mile 'road' course within the park with a chipped baton which recorded individual and team times. Given the out and back course there were plenty of opportunities to support our runners.



First off, in the very competitive Senior Men's race, Sky Taylor-O'Neill, Wayne Kingsnorth (M40), Matt East (M40) and Luke Taylor were 26th. Next up, in the V50 Men's race, Mark Warwick (M60), Martyn Flint (M60) and Paul Luttmann were 13th. Finally, in the V40 Women's race, with the best S&S team result of the day, Michele Nixon, Lisa Roberjot (F50) and Stella Daff (F50) were 8th. It was great running from everyone, with everyone giving it everything over the two-mile distance. Running for and supporting our team mates really brings out the best in us and makes these super sociable events.

Paul Luttmann



My London Marathon—April 23rd

An event four years in the making.

I remember entering the ballot in April 2019. At the time I thought I wouldn't get in but I guessed I had more chance if I was in the ballot than not. I gave it no more thought until one morning Lesley says "you have a number!". Lesley had been reading posts about the upcoming ballot announcements and read people had seen they had numbers. Ballot + number = race entry confirmed unofficially.

It would be several more days before I heard for certain. In fact there were multiple screen refreshes, email and post checks while we were on holiday in The Big Apple. It was on the Wednesday morning, 9th October 2019, as we stepped into arrivals at London Heathrow I received an email from London Marathon. I was in. I was one of the lucky ones. Playing it cool I had paid my entry fee before our bags arrived!

Planning to run the race began immediately. And I mean immediately. As we drove home I remembered I was also running the Three Forts Challenge a week later. Easy right. Train for London and breeze Three Forts. Errr nope. This was not ideal. Three Forts is a tough course. Very tough. Great views mind. This needed extra prep.

Training with James started and was going well and then Covid arrived. And that was that. Race postponed. At the time I remember thinking I could be running in October 2020. Well I did but a virtual London Marathon with Lesley in the Scottish Borders. It is a cool tee shirt though.

Roll on to 2021. August 2021. And Lesley and I are on holiday again and a bus into Lincoln City Centre. There is BBC breaking news. The 2022 London Marathon will now be run in October not the traditional April slot. So after plenty of cursing and "how could this happen" type questions I deferred once again until April 2023 and a winter training schedule.

Now the race is here. An event more than a race. I am running for and against myself. Running because I love the experience. I love London. It is a cool place and this event will be a great opportunity for some sightseeing. Lesley, Nina and James have all run London and shared their great experiences. It sounds like a blast. Fingers crossed for clear skies and light winds.



(Image: Miguel A Amutio, unsplash)

My London Marathon—April 23rd Cont...

Monday 17th April

Six more sleeps.

It is London Marathon week.

It must be big, Zoe Ball has mentioned the London Marathon on her Radio 2 show.

The App drops.

Thoughts turn to the planning, how to get to the Expo and race. Train times. I run through "what if scenario's". The one where I run from London Bridge to the start is dismissed as not practical.

Tuesday 18th April

Five more sleeps.

I am planning what I need in my kit bag. Orange socks top of the list...No!

Chocolate bars...of course!

Gloves...hell yeah!

And the medal reveal happened today. Funky.

Wednesday 19th April

Four more sleeps...

The TCS London Marathon Running Show is open. We are going on Thursday. Bring it on. It's official I am now excited about Sundays race.

Thursday 20th April

Three more sleeps...

We travelled to the TCS London Marathon Running Show at the Excel.

It is so well organised. No queue to collect my number. A couple of good talks too. One on nutrition ahead of the race and tips for fuelling too. The only omission was chocolate...re-check those slides!

Friday 21st April

Trains planned. Tickets purchased. Two more sleeps. Now trying to avoid 'maranoia'!

Saturday 22nd April

Parkrun supporter today and it was great to cheer Saints on their Parkruns but felt strange not to be running.

Bag packed. Re-packed and packed again.

Excitement building alongside 'maranoia' in equal measure.

One more sleep.



My London Marathon—April 23rd Cont....

Sunday 23rd April - Race Day

Start the day with the train to London. The train was on time. There was no need for my 'Maranoia'. Plenty of runners board the train as I head to London.

The crowd in London Bridge took me by surprise. The queue for the loo even more so. I was not on my own. It is easy to get to Greenwich. Follow the crowd. Plenty of trains. Once at Greenwich there are plenty of signs. It is all about following the crowd. As I walk up to the red start the rain starts. My black bin liner comes in handy. The red start is super organised. Bag drop is quick. I am in wave 11. Before I know it I am getting ready to start. A walk to the start. Runners have their phones out capturing the moment. The countdown and we are off.

The route is well known. I had a few milestones to check off, big boat (Cutty Sark), big bridge (Tower Bridge), big buildings (Canary Wharf) and Big Ben. I also kept telling myself to start slowly and be steady. Don't go off too fast. Re-fuel regularly and drink water.

The route was busy all the way around. At no point did I find myself running on my own. The crowds are magnificent. Deafening in some places. The music the cheering. Amazing. Nothing prepared me for this. The highlights were seeing Lesley, Nina and James at 14 and 22 miles. And my kids at 18 miles. I thought I would be super cool and run past with only a nod of recognition. Oh no...I was full on, fist bumps and at mile 22 even a hug. These moments got me around those last miles.

While the last 4 miles hurt the time passed and I soon saw the sign telling me I had 385 yards to run. A moment to take in the scene on The Mall. The flags for the Coronation. The finish line. The medal. Bag collected. And then off to find the letter where I was meeting Lesley, Nina and James. It was an amazing experience. A sense of pride finishing. It was a great day.

I must add a special thanks to Lesley, James and Nina for all their support, encouragement and company on the long and short training runs. From football to cricket to films we have covered a lot of ground.

Joining Saints and Sinners Running Club was a great decision. Friends and running adventures have followed. One of the first people I met at the club was Brian. I always remember him welcoming me to training and I haven't looked back.

Dickie Bryant



My London Marathon—April 23rd

As most of you know quite well, you all know how much I have been itching to do the London marathon. 10 years of balloting with no luck, and another 5 balloting in the Saints' marathon draw.

I had completed the Brighton marathon in 2013 with very little training. I had always hoped that London would be my next marathon, fast forward a decade and a week and it was! In 2019 I had planned for a marathon abroad, but Covid took that away until later this year.

After missing both the main and Saints' ballot again I was beginning to think London would never happen and was disappointed as always. But, ever the optimist, I was looking forward to running the SGP, WSFRL and Cross-country leagues and relays this year. However, that all changed when I received a Whatsapp message from Jim Williams – offering me a place in London if I could raise £750.

I asked Jim to give me a day to talk to Theresa and decide, but who was I kidding! I had already made my mind up, only having 9 weeks training and having a very short fundraising deadline was not going to stop me!

Training – now I already was doing more than I usually do during the winter. I tend to take the gap between the Hangover 5 and the end of January as a low mileage month, just keep the legs moving but nothing spectacular but this year I was training for Hastings Half SGP so I was already gearing up for that. First weekend of training I was meant to do 7 for the Hastings Half, but I was already behind, so I had to double that! All in all training was as good as can be expected, cold, wet and windy but I survived. With the company of Sam who was also running London, we completed the 20 miler on schedule.

What's a race without a little rain? Well before we started it was more than a little, and I was already drenched as we walked from our starting pen to the start and out of Greenwich Park, where the rain seemed to ease/disappear for the rest of the time I was running.

Now to the race. The main thing I can remember is the crowds, the best crowds I have ever witnessed in a race! 3 or 4 people deep almost 100% of the course, without their support I do not think I would have finished. Also running alongside an older gentleman wearing a leotard with a four leafed clover covering his pot of gold is something I will distinctly remember for the foreseeable future. If I'm honest I cannot remember much about the course itself.

Miles 1-15 was a dream, I was going comfortably, consistent and full of energy. Theresa managed to battle through the crowds to stick her head out just as I passed the Cutty Sark and shouted my name before I was gone! Seeing Mr Mason, Mrs Bryant and Nina T at about 14 was all the encouragement I needed at the time, and I was feeling good! The first 15 miles I remember the Cutty Sark – going over tower bridge and after the Cutty Sark the next mile or so was like the tour de France mountain stages. Absolutely no room to manoeuvre as the crowds squeezed us all to about 4 runners wide. Utter Bedlam!



London Marathon—April 23rd Cont...

15-19 were a little different, I think I must have trodden on a bottle or something. I felt a sharp pain in my leg, and I could feel then that the next few miles were going to be tough, and they were. Yet again it was a blur – just someone screaming behind me “this isn’t easy – if it was easy everyone would be doing it” on repeat then proceeded to shout, “ah cramp!” which made me laugh a little too much but I felt his pain. I also remember craving fizzy drinks and luckily the salvation army had a tent that was giving out swigs of cola!

19-26 were extremely tough! Not mentally I was so determined to finish. Annoyingly when I was able to run, I was going well, I was just trying to manage the pain and try not to cramp / pull a muscle. A quick check of my phone and I could see the time I had wanted drift away from me. Still seeing Theresa again in a couple of places was a great lift and helped spur me on, knowing she would be at the end! I didn’t even see Big Ben or the London Eye. According to my marathon photos I passed them.

26-26.2 was a hobble, determined to run across the line I made a slow dash, but alas I cramped with about 5m to go, if you want a laugh go on the finish line camera to 5:41:50 on the clock and watch for about 20 Seconds. At the time I felt like my leg had fallen off but now I see the funny side of it!

My time of 4:41:15 was about 9 minutes quicker than Brighton, so I got a PB! This fills me with confidence that I have more in the tank for the marathon I have in September, if I stay injury free! And let's see if I get into London next year!

I will sign off with my thanks. Firstly, to Jim for thinking of me and letting me achieve this dream! Secondly to everyone that wished me luck, went training with, did my long runs with. Thirdly to each and everyone that donated so I could complete the historic course.

Finally, to Theresa, without her emotional support throughout this 9 week journey and her dedication to try and cycle around London to chase me none of this would have been possible! I love you!

Luke Taylor



Mid Sussex Marathon weekend—April 29th-May 1st

So, you'd think a marathon would be easier across three days. Well it's not. But that doesn't mean it wasn't an enjoyable experience!

Day one was a 10 mile run in East Grinstead. I say run but it was definitely more of a bumble! Dan, Kevin, Vanessa and I set off on our 3 day venture. It was a tough course. The mud and bog didn't deter us though! We completed it! And I definitely enjoyed it and I even bagged myself a 5 minute course personal best!

Day two was a 10 mile run in Haywards Heath. Day two is also an SGP race so we made the race yellow! With heavy legs, I ran this very hilly race and managed another course PB, but this time by 13 minutes! Luke managed to get a 7 minute course PB too!!

Day three was a 10k run in Burgess Hill. This course is my nemesis! With extremely heavy legs, Dan, Kevin, Vanessa and I set out on the final leg! And I got over my nemesis and enjoyed the race! (As best I could bearing in mind my legs were killing me!) to top things off, Wilson, Sarah S and Val even made it to support me!!

Top tips for next time, make sure I actually train! But now it's time to deal with these blisters!

Theresa Wright



Haywards Heath 10 SGP - April 30th

It was a warm, sunny day as 16 Saints joined hundreds of others for the annual Haywards Heath 10-mile.

This is the second of three races in the popular Mid-Sussex Marathon weekend and the second SGP race of the season.

Most of us were only racing Haywards Heath but kudos to Theresa and Kevin who slogged through ten miles of mud at East Grinstead on the Saturday and had another 10k at Burgess Hill to get round on the bank holiday Monday.

Race HQ is in Victoria Park before a starting dash up and down the main road. You then head back through the park and a housing estate before two large undulating loops on roads, paths and trails round the town.

As always the course was well-marshalled and supported and we even had the mayor handing out medals at the end!

Great running by all Saints on a tough route. This is a testing but enjoyable race, whether you are doing one or all three over the weekend.

Jim Scott



My First Ultra—Training Blog—April

This month started with a cut back week and Kew Half Marathon – please refer to the report.

The following week, I stayed local and did my final long training run with my fellow ultra-entrant buddies. This included a 5-mile road loop followed by the 15-mile loop I did solo in March going out across hilly trails, tracks and fields to Turners Hill and back via Crawley Down and the Worth Way. It was a fair bit muddier in places than the last time, owing to all of the recent rain, but it was much nicer enjoying the views and taking the hills at a much more leisurely pace with friends (see accompanying photos including Cathy sitting on a special recharging stile en-route!).



After this, we did a 'be kind to yourself' flatter road route, a mixed terrain half with a few hills and this week (29th April), a 7 miler featuring Tilgate Parkrun. I 'only' got up to 20 miles for my runs this month, so not as far as my revised plan (shout out to Cara and Nicky who managed to complete a marathon as part of their respective training plans – amazing stuff). However, I come to the end of this month a lot less drained physically and mentally. I also keep telling myself that I have done a lot of high mileage runs since December, and Run to the Sea will be done as a run/walk, so I will get to the finish. Forgetting about pace, just friends trotting along, supporting each other and enjoying the scenery. I know it is going to be a challenge, but I've somehow managed to not think about it too much outside of training. I know that we will get across the finish and I look forward to completing my first ultramarathon on the 6th May, less than one year after my first marathon, and just under two years since becoming a mum!

Finally, I want to shout out to all of us doing the Three Forts Challenge and Run to the Sea ultramarathons. We have all put in the commitment and done the work, overcoming illness, injury, and other unexpected curveballs. These people are: Dawn Rhodes, Catherine Howe, Sarah Cole, Sarah Wilson, Melanie Webber, Nicky Wilson, Lesley Bryant, James Mason, Cara Law, Janine Haynes, Valerie Stanbridge, Sarah Stanbridge, Paul Luttmann, Martyn Flint, Mark Warwick and I suppose myself (hopefully I haven't missed anyone!). We are all awesome and we have got this!

A big thank you to everyone who has taken the time to read these blogs. There will only be one more from me, reporting on the event itself. If you would like to donate to joint fundraising efforts, please see the link below:

<https://www.justgiving.com/fundraising/daddy-wilson>

Thank you!

Lou Mitchell





May activities

Sunday May 7th—WSFRL Hedgehoppers 5 mile, Portslade, Brighton, 11am

Sunday May 7th—SGP Rye 10 mile, 10am

Saturday May 13th and Sunday May 14th—Sussex Masters Track Champs, K2 Crawley, 11am

Sunday May 14th—SGP Horsham 10k, 11am

Saturday May 20th—Parkrun Tourism, Bevendean, Brighton, 9am

Sunday May 21st—Surrey Hills Trail run, Holmwood Common, 9:30am

Wednesday May 24th—WSFRL Trundle View 8k, Goodwood Racecourse, 7:30pm

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.

NEIGHBOURHOOD RUNS

The next run will be at Pound Hill on **Monday May 15th**, please refer to the training sheet for the meeting place, it's your choice if you want to treat it as a social run or timed run, we look forward to seeing you there.

Mile Challenge

This year these will be on **Wednesdays May 3rd , July 26th and September 20th** – let's see if you can beat your time from last year or set a benchmark on the first session to improve on by the last one! Once everyone has crossed there will be the option of social runs.

BREKKY RUNS

Date and Location of next brekky run TBC.

TRAINING

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

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

suggestionsofficer@crawleysaintsandsinnersrun.co.uk



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.

04/05	18/05	08/06	22/06	06/07	10/08	07/09
21/09	12/10	26/10	09/11	23/11	07/12	11/01
25/01	08/02	22/02	07/03	21/03		

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

Track sessions are £3.50. Please see S&S Facebook group for payment instructions.

Membership

Membership forms are available from the S&S website. Please complete and then email the form to our membership secretary at:

membership@crawleysaintsandsinnersrun.co.uk

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

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

KIT

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

Details can be found on the website, but email Martyn at kit@crawleysaintsandsinnersrun.co.uk

Training Support

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

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

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

Our committee:

Chairman - James Mason
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetman
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Bryant
membership@crawleysaintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@crawleysaintsandsinnersrun.co.uk
SGP Rep – Jim Scott
sussexgrandprix@crawleysaintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@crawleysaintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Stella Daff
social@crawleysaintsandsinnersrun.co.uk
Social media – Nicky Wilson
media@crawleysaintsandsinnersrun.co.uk



Welfare Officer—Debby Scott
Ordinary member – Dave Penfold
Ordinary member – Lou Mitchell
Ordinary member - Clare Hall
Ordinary member—Dawn Rhodes

How do I...?

Order kit!

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

kit@crawleysaintsandsinnersrun.co.uk

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

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

Name: please type the exact name you wanted printed

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

Sort Code 20-23-98

Account Number 30434213

Reference: KIT

Once payment is received your order will be made.

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

Register for WSFRL

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

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

raceentry@crawleysaintsandsinnersrun.co.uk

Please then transfer the relevant amount to:
Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: FR(race no)

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

Register for XC

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

Email Paul and register your intent to run on:

raceentry@crawleysaintsandsinnersrun.co.uk

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