

Happy New Year everyone and welcome to the January 2022 newsletter.

We don't have any new members this month but you do have the opportunity to get to know our newest committee member **Martyn Flint**.

And thanks to **Ian Blackham** who is in the process of updating our website and so far it is looking great!

Looking forward to receiving more of your run reports over the coming months

Debby & Jim

Message from the Chairman

Happy New Year to you all!

I hope you all had a great Christmas!

We have a lot to look forward to this year, especially due to the return of the WSFRL races! I'm really looking forward to us being able to host an event again this year!

It's also great that we have Parkrun back every week. I know I'm really enjoying taking part as often as I can. I think we perhaps took these for granted before Covid struck.

We are of course able to offer training every Monday and Wednesday. I hope you are seeing sessions that inspire you and we'd love to see you back at training if you haven't been recently!!!

We're really keen to help with training plans (please ask your run leader at training if you're interested). I'm also keen to encourage buddying up and pacing at Parkrun. I know I've done some of my best times when being paced (thank Lobs!!), so please use Facebook and the WhatsApp group. I for one would love to pace someone!!!

Look forward to seeing you 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.

Run & Talk

We are trying to find a suitable venue to host a monthly run and talk session to encourage anyone who is currently injured, or looking at getting back into running to attend.

You would have the option to join one of the Monday social runs, then come in for a drink and chat or just turn up for a chat.

In the meantime we are offering a run/walk and talk session on Monday, January 17th, meeting at Tilgate shops at 6.30pm. If you are interested in attending then please add your name to the sheet.



Firstly welcome to our newest member, baby **Harry Hanslow**

If you didn't see me waddling around the neighbourhood runs last summer, and possibly wondered where I have gone, I have had a baby!

Myself and Craig would like to introduce you all to Harry, born 3.5 weeks early on December 8th, weighing 6lb 5.

We had to stay in hospital for ten days but were home in time for an unexpected first Christmas and are both doing really well.

I managed to keep up running until I was 20 weeks pregnant and have missed pounding the pavements with you all (although secretly glad to be missing the cold dark evenings).

I'm looking forward to seeing you all again in a few months.

And yes I am planning on being one of those crazy people with a buggy at Parkrun.

Vanessa MacDemitria



Now meet our newest member of the committee — **Martyn Flint**

Number of years running:

Four years.

Why did you start running:

Initially, I ran when I was at school becoming a reasonable cross-country runner - representing Surrey U16. However, this stopped on leaving school, other things to do I guess.

Wind forward 45 years and Christmas Day 2017 found me on the start line at Tilgate Parkrun, encouraged by my daughter, Rebecca - "You'll be fine, Dad". I had been cycling for several years so was not completely unfit, but by the end of the dam (first lap) I was thinking "why the %\$@& am I doing this". I did manage to run all the way in 36:19. Anyway, the bug bit and here I am.

How many years have you been a member of S&S:

Since November 2019, mainly encouraged by Sarah Clapp, who lived two doors from home so I knew her well. Also, I had entered the Brighton half-marathon, along with Rebecca, and felt that some training and running with other people might help.

How many years have you been on the committee and what other roles have you had:

This is my first time on the committee and, therefore, my first role in the club. I volunteered because I felt that it would be good to put something back into the club after all the help I have received.

Do you do Parkrun? How many have you done, what's your PB, how many times have you volunteered and what's your favourite role?:

I have completed 92 Parkruns across 12 courses, with 75 at Tilgate. My Tilgate PB is 22:26 and overall, at Isabel trail, 22:03. Sadly I have only volunteered once, barcode scanning at Tilgate. As my school report often said, "could do better".

What is your pre-race ritual:

Porridge and honey about two hours before, whatever the time of the race. Then, just before the off - been to the loo...check, number securely fastened...check, laces tied...check.

What's your post race treat:

A recovery drink and analysing the ins and outs of the race with fellow runners.

What's your biggest running achievement:

Improving my PBs, at all distances since I started running again thanks, I believe in the main, through training with S&S.

What are your future running ambitions:

To continue the progress I have made so far. I've just entered the Brighton Marathon on April 10th, which will be a big challenge. I have really been enjoying the cross-country races this year and would like to do a trail half-marathon one day and maybe an ultra.

Last actual race:

Sussex Cross-Country Championships at Bexhill on January 8th. Along with five other S&S team-mates we tackled 10k in heavy rain, wind and ankle deep mud! But, we had a good laugh (fantastic post race muffins - thanks Andy) and what doesn't kill you makes you stronger.



Parkrun Tourism

Christmas Day - The Wammy

As Jim had to work Christmas Day we had our Christmas dinner on Christmas Eve. But that didn't stop us getting up to face Newcastle-under-Lyme's Wammy Parkrun.



We were met by several of the friendly locals, some sporting seasonal attire, others wrapped up as it was very chilly. There were several tourists (probably like us, visiting family) and a couple for whom it was their first ever Parkrun!

The course is a straight out and back on tarmac paths with a slight elevation on the way out and then the best bit, a slight decline on the way back. So a good course for a PB but not for Jim & I as we were still full of Christmas dinner!

Debby Scott

Australia

Parkrun in Australia is still relatively new to a lot of areas and unknown to a lot of people. My Sydney running friends had never heard of it.

On previous trips, I hadn't participated as numbers were low and those that did were fast but this time numbers seemed to have increased to over 100 so it was time to give it a go. They start at either 7am or 8am because of the heat and even then, it is hot in summer.

Two weeks into my trip home, Parkrun returned after five months so it was really nice to attend the first back at Sandon Point.

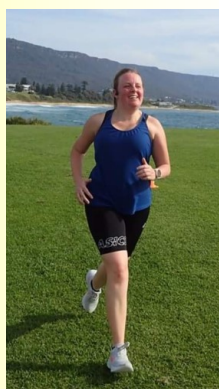
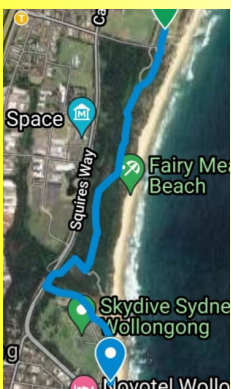
It was a 15min drive from my parents and an undulating out and back along a walking path next to the beach and it was beautiful. I struggled with the heat and no tree coverage and stumbled over the finish line but five minutes later I was in the ocean and cooling off.

A week later was Christmas Day Parkrun. Originally, I planned to repeat Sandon Point but a friend suggested one with a bit more shade, so off to North Wollongong we went.

It was an out and back along the beach however a large section was on trail, followed by a grass hill, before heading back. Less of a view as the trees covered much of the ocean but still a great course. Again, this was followed by jumping into the ocean.

Hopefully me telling friends about Parkrun will get them involved as it gains popularity.

Jess Melville



Portobello – New Year’s Day Parkrun

New Year’s Day and we were both up bright and early with a one hour drive ahead of us to get up to Edinburgh for the Portobello Parkrun in Figgate Park. Fortunately, Parkrun Scotland starts at 9.30am!

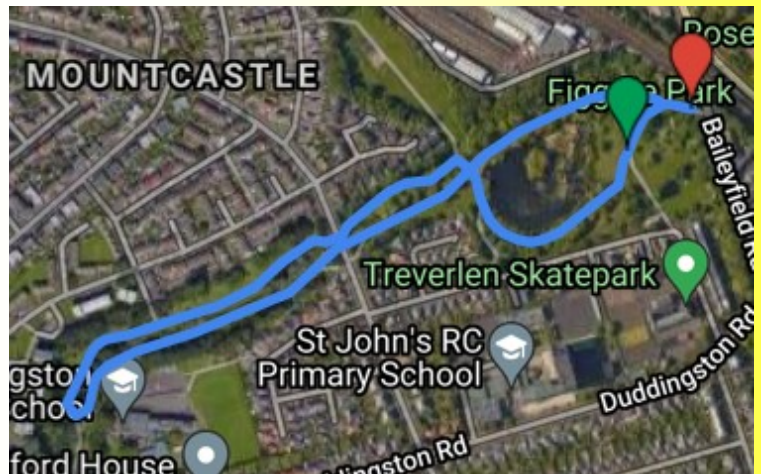
This was a new one for us both, so we were looking forward to it. The course is three laps, which with overnight rain included a delightful water hazard which could not be avoided.

The route is pretty flat with wide enough paths to overtake. The park has views to Arthur’s Seat and has a stream running through it so there are a couple of bridges to cross.

The run was well-supported with several hundred turning up to see in the New Year with a 5k blast, along with plenty of marshals to show us the way and offer encouragement.

After the race it was a short drive to the seafront and a lovely breakfast roll and coffee and cake at Miro’s on Portobello promenade.....well we had earned it! If you ever find yourself in Edinburgh then we recommend this lovely Parkrun.

Lesley and Richard on tour



Worthing – New Year’s Day

I had no plans for a New Year’s Day Parkrun as I was taking on the Hangover 5 at 11am. And Debby was set to run at Tilgate. But a conversation with Nina Trevarthen on New Year’s Eve convinced me it was a good idea to include a warm-up!

So the next day Debby and I met up with Nina and Steve Baker on Worthing seafront. We joined 463 others who had decided a bracing run was the way to blow away the cobwebs.

It was a beautiful, sunny day for a straight out and back along the front. I took it nice and easy knowing this was race one of two but there’s fast times to be had here for those who push themselves. I’ll be back - but wonder what it’s like on a windy day?!



Jim Scott

WSFRL

I would like to welcome everyone back to the fun run league and thank you for your patience. It's been a while and I have missed them more than most, but we are back!

The first race of the 2022 calendar was, as expected, the New Year's Day Hangover 5 mile (ish). This was in fact the very last WSFRL race that took place before restrictions.

The five-mile event starts just opposite Worthing College, heads up Cissbury Ring and then makes its way back through the golf course to the finish.

I think everybody that previously did this had forgotten just how hilly the 'flat' parts were, without even mentioning the colossal hills that hit you at two and 2.5 miles.

The weather on the day was dry, mild and pleasant, although the paths would not have suggested that with all the mud and puddles that everyone had to get through on two feet.

There was some wounded pride and some very muddy white shoes from our camp but I'm sure we can all agree it was a great way to return to the league.

Well done to everybody who finished and congratulations to our first-timers! When I have the full results I will publish them but it seems we came a commendable 12th with 19 runners!

The next race is on February 13th at K2, so I'm expecting a large contingent of yellow to run or support. Details when I have them.

Luke Taylor





2022 WSFRL Calendar

	Date and Time	Race and club
1	Saturday 1 st January 5 mile 11:00	Goring Road Runners Hangover 5
2	Sunday 13 th February	Crawley Run Crew Run Your Heart Out 8k
3	Monday 18 th April	Lewes AC Lewes Easter Monday races
4	Sunday 8 th May	Portslade Hedgehoppers Hedgehoppers 5
5	Wednesday 18 th or 25 th May	Chichester Runners Trundle View
6	Saturday (18 th ??) June TBC	Burgess Hill Runners Downland Dash
7	Wednesday 29 th June	Arunners Beach Run
8	Wednesday 6 th July	Steyning AC Roundhill Romp & Mini Run
9	Sunday 10 th July	Hove Hornets Hornets' Stinger
10	Sunday 24 th or July	Henfield Joggers Seven Stiles
11	Wednesday 3 rd August TBC	Worthing Striders Highdown Hike
12	Sunday (21 st ??) August TBC	Worthing Harriers Windlesham House 4
13	Sunday 4 th September	Fittleworth Flyers Fittleworth 5
14	Sunday 11 th September	Saints & Sinners Tilgate Forest
15	Sunday 9 th or 16 th October TBC	Haywards Heath Harriers Great Walstead 5
16	Sunday 30 th October TBC	Lancing Eagles Steepdown Challenge
17	Sunday 6 th November	Horsham Joggers Gunpowder Trot
2023	Sunday 1st January 2023	Goring Road Runners Hangover 5



Sussex Cross-Country Championships, Bexhill, January 8

A rain-lashed wind-swept muddy adventure: starting **Martyn Flint, Clare Hall, Andy Kerr, Paul Luttmann, Michele Nixon and Mark Warwick.**

This was the kind of day for serious packing: Preferably enough warm and waterproof clothing to provide for at least one complete change of clothes – two would be better.

Our wild January weather had arrived, and was set to last all day. Paul kindly drove us all to Bexhill in his Tardis bus (so much bigger inside than you would think).

We had planned to pitch the club tent, but the weather provided serious opposition, threatening to blow the tent away. Plan B: the girls immediately packed the tent away while the boys stashed their gear in another club's tent and attempted a warm up before racing, as time was running away from us.

And we're off, Andy and Paul firing on all cylinders and heading off with the main pack, Martyn and I sticking to our plan of working our way up from the back where possible (after all, it is the championship, and there's seriously good competition out there!)

I may hold this year's championship record....for the most layers of clothing worn: three including a waterproof jacket under my running vest! Most runners wore a single layer!!

An approximate 10K comprising five laps of a seriously muddy course churned up by earlier races and getting boggy with every lap.

Any slippage? Oh yes: two runners slipped and fell right next to me at different stages of the race, one amongst the fastest, who was about to lap me.

Another runner nearly lost his shoe in particularly deep mud....twice! My last view of him saw him hurtling past me, wearing one shoe, with the other in his hand. Dedication!

Fast forward (probably not as fast as all that, because of the mud) to the end of the men's race: All home safe and sound having acquitted ourselves well without falling over. A great sense of achievement.

The women's race followed. Owing to some confusion about the start time, Clare and Michele kindly allowed the other competitors a 20 metre head-start: extremely chivalrous I thought, considering the ever-worsening conditions.

They powered through their four laps, managed to stay on their feet throughout, and remained cheerful despite all that the weather and the course had thrown at them.

Why do we do such things? In part, because Andy bakes superb cakes for us to eat at the end of the race.

We gorged ourselves on Superhero Muffins (a restorative combination including ground almonds, oats, courgette, carrot, and chocolate chips). You should find his recipe elsewhere in the newsletter. I'll be baking it soon.



Things I learnt:

1. The more dry clothes packed, the better. Waterproof trousers next time, though.
2. Take a separate bag for all the wet muddy things.
3. Clean your muddy shoes as soon as possible after the race. This is Andy's recommendation, and it's a good one.
4. We all ran in highly-suitable shoes, and didn't slip over. Mine are Norman Walsh fell running shoes (studs), not particularly expensive and made in England (seriously!) worth a look.
5. A flask of coffee would be a good idea....Next time!

Despite the conditions, a great afternoon out with lovely people and good conversation.

Would I do it again? Yes (obvs!) Tempted? Why not enter the cross-country masters on January 22, or the final cross-country league race on February 12?

Mark Warwick





Upcoming Social Events

An update on upcoming social events. These are great opportunities to get to know fellow members so mark the dates in your diaries.

Tilgate Tidy

Will be on February 19th, meeting at Smith & Western at 10am for a couple of hours of chopping & burning, yes we've been promised fire this time!

Parkrun Tourism

Our next visit is to Kingdom Parkrun on February 5th. This a scenic three-lap course starting at the main cafe building and then running through ancient woodland with far-reaching views over the beautiful Kent countryside towards the historic Penshurst Place, once owned by Henry VIII.

Paths are mostly ex-cycle tracks, firm underfoot with good drainage. Looks as though there is generally less than 100 people that turn out, so should enable some fast times.

Getting there:

Kingdom, Grove Road, Penshurst, Kent, TN11 8DU.

From all directions follow signs for Penshurst Place then take B2188 south west for approx 2/3 of a mile before turning into Grove Road. The entrance to Kingdom is then on the left after approx 1/2 mile.

Free on-site parking for 60 cars, plus additional parking along Grove Road.

No need to let me know if you are coming along. Just turn up. Car sharing is also a good idea. We generally hang around for a cuppa...and cake

January Brekky Run

Sunday January 30th – meet 9am at The Pelham Buckle, Ifield. Social run for about an hour/ hour-and-a-half followed by breakfast (for those who wish to hang around).

Suitable for all paces.

Let me know if you plan to come along by reply email, in person or respond to the event in the Facebook group

40th Anniversary

This year our lovely club celebrates its 40th birthday. We definitely need to mark the occasion so please share your ideas for suitable ways to mark this milestone.

I am always looking for suggestions for new social activities so please pass them on.

All the best

Clare Hall (your Social Secretary)



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?

Superhero Muffins

Following the Sussex XC Championships the team were treated to some home-baked muffins by Andy Kerr. For the recipe see <https://runfasteatslow.com/blogs/news/superhero-muffins>



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

Upcoming races

- January 23rd — Farnborough Winter Half & 5k
- February 27th — Brighton Half
- March 6th — Eastbourne Half
- March 20th — Hastings Half
- April 24th — Worthing Half
- May 8th — Gatwick Half, 5k & 10k
- May 22nd — Horsham Joggers 10k
- June 11th — South Downs Trail Half & 10k
- June 18th/19th — Longest Day Ultra
- June 26th — Denbies North Downs Trail Half & 10k
- September 18th — Reigate Half, 10k and 5k
- September 25th — Barns Green Half and 10k

TRAINING STRATEGY

Want to progress your running in 2022? Here are a few basic principles from our coaches and run leaders to help you run easier, longer and faster:

Consistency

Unfortunately there is no shortcut to progress. Developing your aerobic fitness and your running body only comes from consistent running over the weeks, months and years. In the long term you are likely to see more progress focusing on a sustainable weekly running programme through the year rather than on one or two race specific training programmes. If you would like help putting together a weekly running programme, speak to one of our run leaders who will be happy to help you with this.



Easy Running

Embrace easy running. The majority (80%) of your weekly running time/distance can be at an easy conversational effort because it still develops your aerobic fitness but at a lower risk of injury. Our Monday evening social runs are a great way to tick off one easy run a week.

Long Runs

Whilst the majority of your weekly runs should be between 30 to 60 mins try to make one of your runs a longer run of between 60 and 90 mins to challenge (develop) your aerobic fitness and your body (running efficiency). Some of our members get together on the weekends for their long runs. If this is of interest to you, speak to one of our run leaders who will be happy to help you find a suitable group.

Stronger Core, Hips & Glutes

Focusing once or twice a week on these frequently neglected muscle groups will improve your running stability (efficiency) and lower the risk of running injuries. If you would like help putting together a run specific strength programme, speak to our run leader **Dawn Rhodes** who will be happy to recommend some exercises.

Harder Running

Whilst the majority of your weekly runs should be at an easy effort, running at a harder effort once or twice a week will maximise your aerobic capacity (running economy) and improve your running efficiency. Our Wednesday evening group sessions are a great way to include one harder run into your weekly programme.

Good luck everyone.



2022 XC Races

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 at Kingdom Parkrun on February 5th

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 Oriel 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
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 – 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 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 £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