

Hello to everyone and welcome to the first newsletter for 2021.

We would like to welcome our new members **Emma Bamforth, Sarah Brammer, Alfie Penfold, Sophie Penfold, James Dick** and **Jonathan Teasdale**, we look forward to meeting you all at a training session sometime soon.

Firstly a message from our Chairman and—as unfortunately there is nothing to report on with regards to training or any races—we thought we'd do a meet the committee. All committee members were asked the same questions and following are their answers.

### **Message from the Chairman**

Dear all,

I was delighted to be re-elected as chairman for the third successive year and I do hope that this year we can return to training and racing in the near future.

The last year has been challenging on many levels for us all. I will always remember the last training session before the first lockdown in March 2020, it was cold and wet. We ran from Furnace Green shops, never did I think that we wouldn't be able to get together as a club for such a long period of time.

The committee is continuing to meet, we are planning as much as we can for a return to training as soon as the regulations allow.

Please do keep feeding any ideas you have to us. We are still here, and we are determined to come back as a club strongly!

We all miss training with our friends, doing races, doing Parkrun and simply just seeing each other!

I look forward to seeing you all soon,  
James.

### **James Mason—Chairman**

Number of years running: 16 years

Why did you start running: My company was entering a corporate team in the London 10k and I joined in

How many years have you been a member of Saints & Sinners: Eight years

How many years have you been on the committee & what other roles have had: Six years, I've been club secretary and chairman

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: 200 ish, PB 23.23, volunteered 20 odd times, timekeeping

What is your pre-race ritual: Getting all my kit ready the night before

What's your post race treat: Chocolate!

What's your biggest running achievement: Running my 1st 10k, it felt like such a long distance to run!

What are your future running ambitions: Just to keep running and run with all my friends and club mates again

Last actual race: Beachy Head half in October 2020



## Richard Daniells—Secretary



Number of years running: Many!

Why did you start running: Originally, I was at an all rugby school, and the only way to get out of playing rugby was to be in the school cross country squad

How many years have you been a member of Saints & Sinners: Seven I think!

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

I had two years as the WSFRL Rep and this is my third year as secretary

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 love Parkrun and have run 373 in total and 299 at Tilgate. Recently I have been touring and my last 24 Parkruns have all been at different venues. My Parkrun PB was done at Fulham Palace which is a flat three lap course and goes past Fulham Football Club (three times of course). I have volunteered 46 times, most often at Junior Parkrun. I wouldn't say I had a favourite role, I just enjoy being able to give back something as there are so many volunteers that give up their time so I can do Parkrun

What is your pre-race ritual:

A proper coffee is essential, but other than that I don't really have one. For Parkrun, it's planning where I go, and on several occasions I have ended up changing which one I was heading to on the way

What's your post race treat:

None, except maybe another coffee

What's your biggest running achievement:

My best achievement (way back last century) was finishing third in the Surrey Schools Senior Boys 2000 Steeplechase (and I still have the certificate)

What are your future running ambitions:

The one thing I really want to do is run in the National Cross Country Championships. I have run it once before as an under 17 (in Leeds) but would really love to run in the Senior Race (even if I came last!)

Last actual race:

The weekend before lockdown, I ran Woking Parkrun on the Saturday, and the Balcombe Bull Run on the Sunday



## **Roy Swetman—Treasurer**

Number of years running: Six years, although sadly haven't run for over a year, due various reasons

Why did you start running: Sue (the wife) talked me into it, but unfortunately she had to give up because of back problems

How many years have you been a member of Saints & Sinners: Five years

How many years have you been on the committee & what other roles have had: This is my 3rd year on the committee as treasurer, no other roles

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 started with Parkrun before I did learn to run and joined S&S, I've completed 174 Parkruns with a PB of 27:07. I've volunteered about seven times and enjoyed being photographer, barcode scanner and cheering people who've made it up Chevron Hill!

What is your pre-race ritual: In the case of Parkrun it's getting out of bed in time

What's your post race treat: You cannot beat a post Parkrun latte and cake of course!

What's your biggest running achievement: Having not run since I was in my teens, just getting to the end of Parkrun on graduation day in under 30 minutes (see pic)

What are your future running ambitions: Would like to get back into running once we're out of lockdown, happy to just take part and not bothered about PB.....honest!!!!



## **Lesley Connolly—Membership/UKA Secretary**

Number of years running: 26 years

Why did you start running: To take part in one of the first Race for Life events in Edinburgh with a friend

How many years have you been a member of Saints & Sinners: Four years

How many years have you been on the committee & what other roles have had: Two years, just been elected for my third year as membership & UKA secretary. This is the only role I've held

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 don't do Parkrun very often, I've ran 26 over the years, 25 of these at Tilgate where my PB is 26.39. I've only volunteered once - my bad as I enjoy marshalling

What is your pre-race ritual: Usually cereal & tea for breakfast and then a banana and some water before the race (depending on the distance) and the obligatory visit to the loo

What's your post race treat: Cake!

What's your biggest running achievement: Completing the New York Marathon in 2010.

What are your future running ambitions: I have always wanted to run the Midsummer Midnight Marathon event in Reykjavik, Iceland, and finally signed up to run the half marathon distance in 2020, obvs this was cancelled so am just waiting to hear if this will go ahead in 2021 or be deferred again until 2022

Last actual race: The Beachy Head Half Marathon on 18/10/2020 (time 02.39.24) I was convinced it was going to be cancelled due to Covid so hadn't trained for hills and decided to do the Virtual London Marathon two weeks before so was not well prepared, but it was great to be part of a proper event again



## Luke Taylor—WSFRL Rep

Number of years running: On and off for 20 years

Why did you start running: My dad ran a lot and I watched him and then started

How many years have you been a member of Saints & Sinners: Three years a sinner!

How many years have you been on the committee & what other roles have had: Two and a half years, started as an ordinary member for six months, then took my current role

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: 57 across seven locations, my best time is 24.40, I have volunteered four times and my favourite role is marshal at the bottom of the service road

What is your pre-race ritual: Just turn up!

What's your post race treat: Sugary food, any kind!

What's your biggest running achievement: Doing Brighton Marathon with no training.

What are your future running ambitions: Getting a sub four hour marathon in September!

Last actual race: Rye 10-miler SGP last year



## Jim Scott—Sussex Grand Prix Rep

Number of years running: I have been running (not just for a train or last orders) for four and a half years but it seems longer!

Why did you start running. I have been a keen cyclist and swimmer for a few years but wanted to get fitter and lose weight, so started thinking of running. Debby did a Race for Life and started doing Parkrun and after a couple of weeks I decided to join her

How many years have you been a member of S&S: Been a member for just over four years

How long have you been on the committee: I joined the committee at the last AGM and SGP rep is my first role

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've done 112 Parkruns and my PB is 24:33. Including Juniors I've volunteered 65 times, my favourite roles are tail walker, pacer and barcode scanning

What is your pre-race ritual: Panic! Seriously, I hate hanging around so just want to get going!

What's your post race treat: A pint of cider—or two, three or four! Then I need to think about a run to work it off!

What's your biggest running achievement: Completing the Brighton Marathon

What are your future running ambitions: I want to run a sub five-hour marathon, do more Parkrun tourism and to represent the club at as many WSFRL & SGP events (shifts permitting) as I can when we are allowed to race again!

Last actual race: The Sussex XC Championships in January 2020. Thanks to lockdowns, I'm still the 106th best XC runner in Sussex!!



## Paul Luttman—XC Rep



Number of year running: About eight years, however I have done a number of sports over the years

Why did you start running: I had recently taken up orienteering and found I enjoyed the cross country running side of it. This led me to do more track sessions at K2 where I met our former SCAA Rep Stacey Buche

How many years have you been a member of Saints & Sinners: About five years. After running for Stacey/the club as a ringer at the Priory XC Relays and Sussex Road Relays I signed up

How many years have you been on the committee & what other roles have you had: About three years. I took over the role of SCAA Rep when Stacey moved to Crawley AC

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: When I am not orienteering or cross country racing on a Saturday I enjoy a Parkrun. I particularly enjoy a bit of Parkrun tourism. When I volunteer I enjoy the role of pacer

What is your pre-race ritual: Coffee, banana on toast and a 15 minute warm up

What's your post race treat: Coffee and cake

What's your biggest running achievement: For the club, organising our trips to the epic Southern XC Champs at the legendary Parliament Hill course in London. Personally, competing the Beachy Head Marathon in 2018 and 2019

What are your future running ambitions: Personally, completing the Three Forts Challenge in May. For the Club, organising our team for the South Downs Way 100 mile relay in June.

Last actual race: The Sussex XC League race at Bexhill in February 2020



## Stella Daff—Suggestions Officer

Number of years running: 14

Why did you start running: A group of K2 people asked me to join them

How many years have you been a member of Saints & Sinners: Six years

How many years have you been on the committee & what other roles have had: Four years ordinary member

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: Loads, PB is 24.58., volunteered three times, favourite role is cheer squad at top of a hill

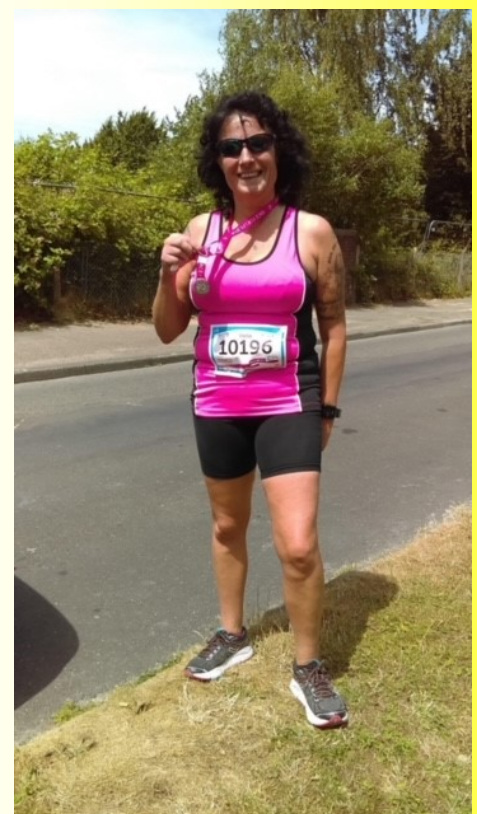
What is your pre-race ritual: None

What's your post race treat: Chocolate milk

What's your biggest running achievement: 4.07 marathon

What are your future running ambitions: To get quicker again!

Last actual race: Balcombe Bull run



## **Sarah Stanbridge—Kit Officer**

Number of years running: Five years

Why did you start running: I wanted to start doing some regular exercise so decided to try Parkrun. I was living in Birmingham at the time so went along to Cannon Hill Parkrun and loved it straight away - little did I know then how much running would change my whole life! (Cheesy I know!)

How many years have you been a member of Saints & Sinners: Nearly four years (thanks to Brittany for encouraging me to come along to my first training session!)

How many years have you been on the committee & what other roles have had: This is my second year as kit officer

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 run 106 parkruns and volunteered 37 times (plus 66 at junior parkrun)

My PB is 21:02 at Tilgate

My favourite volunteer role is either handing out finish tokens or number checking. It's lovely seeing everyone finish their run. Being number checker has the added bonus of still involving a bit of running backwards and forwards!

What is your pre-race ritual: If it's a morning race, pasta bake the night before and porridge with jam for breakfast. I have to wear my lucky yellow wristband too!

What's your post race treat: It varies but usually something sweet. Johnny's (amazing) flapjacks are very popular, I feel they deserve a mention here!

What's your biggest running achievement: Finishing Brighton Marathon in 2019. I couldn't have done it without all the support from my S&S family though

What are your future running ambitions: I've just restarted training for the Three Forts Challenge which was postponed from last year... fingers crossed it can go ahead this year. It's further (and hillier) than I've ever run before so hopefully I'll make it round! I like the idea of running an ultra marathon one day, but I'll see how this goes first!

Last actual race: Bexhill Sussex XC league race in February 2020. It was the last race of the 2019/20 XC season and the sun was shining



## Clare Hall—Social Events



### Organiser

Number of years running: 43

Why did you start running: I grew up in a Cotswold market town surrounded by hills. I started cross country running (in hockey boots) at school and loved it. Was the only sport I represented my school at. Was pretty average at everything else

How many years have you been a member of Saints & Sinners: Gosh, I want to say six but could be wrong!

How many years have you been on the committee & what other roles have had: I think this is my fifth year. Have been social secretary for three years and was an ordinary member before that

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: Yes. I have done 186 runs at 28 locations. My PB is 28:05 (some time ago!). I have volunteered 19 times and my favourite role is pacing

What is your pre-race ritual: Go to the toilet!

What's your post race treat: Chips and Gin!

What's your biggest running achievement: The fact that I am still doing it after 43 years! Actually my first marathon (London) in 1999. I trained completely on my own (very few clubs for your average runners in those days). It made me realise that anything is possible, and the value of a good training plan. Still the biggest high I have ever had in a race

What are your future running ambitions: To keep going and enjoy it

Last actual race: Tadworth 10, January 2020. Events in February were cancelled due to the storms



### Debby Scott—Media Officer

Number of years running: Four and a half

Why did you start running: I did Race for Life following the loss of a close work colleague, I really enjoyed it so asked my friend if I could join her at Parkrun one week

How many years have you been a member of Saints & Sinners: Four years

How many years have you been on the committee & what other roles have had: I joined at the last AGM, this is my first role

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've done 91 Parkruns at nine different locations, my PB is 37:58, I've volunteered 128 times, 38 at adult Parkrun and 90 at Juniors, my favourite role is marshal half way down the service road for adults and barcode scanning at Juniors—I love seeing their faces when you say well done and their name

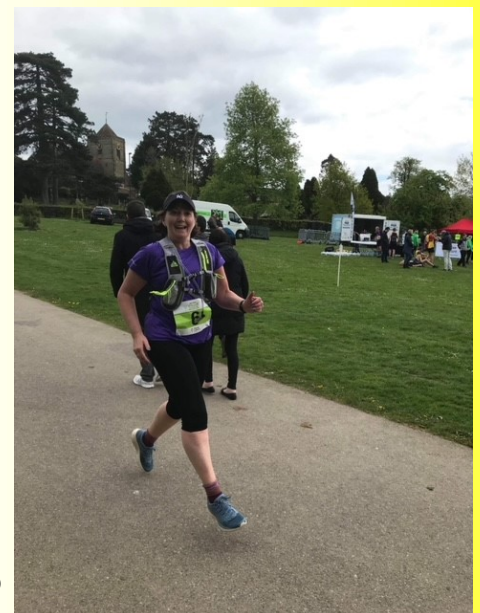
What is your pre-race ritual: Visit to the toilet, then again and try to breathe

What's your post race treat: Immediately after Lucozade sport, then it's cake followed by a nice cold beer

What's your biggest running achievement: Getting my first sub 40 min Parkrun

What are your future running ambitions: To get quicker and not get injured

Last actual race: Mid Sussex Marathon May 2019, I turned my ankle on the 2nd day which put me off running for quite a while



## **Dave Penfold—Ordinary Member**

Number of years running: Not counting when I used to run at school, I started running properly about 12 years ago

Why did you start running: When I realised my knees were too knackered to play football anymore, and I started gaining weight and losing fitness. I was always inspired by watching the London Marathon on the TV every year, so I decided to enter the London Marathon in 2011 and raise money for a charity that my son has and still does benefit from

How many years have you been a member of Saints & Sinners: About eight years

How many years have you been on the committee & what other roles have had: This is my third year on the committee as an ordinary member. I'm also the club's registered guide runner for any blind or visually impaired runners who wish to come along. Other roles include being on the sub committee for our Tilgate 5 race that is usually held in September, where I usually organise the race route, putting up and taking down all the signs and markers

I've also taken a few training sessions when we have hired the track at K2

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've only done about 110 Parkruns which isn't many considering I did the first one at Tilgate, I'm usually working or taking my son to swimming on a Saturday morning so only average about once a month. My PB is 20:30. I've only volunteered once and that was guide running for a visually impaired lady

What is your pre-race ritual: Don't really have one, but If I'm looking to run fast then I will always make sure I do a good warmup consisting of a short run followed by dynamic stretching and some strides. Possibly have an energy drink before

Post race treat: A slice of cake straight after the race if available but always a glass or two of wine later in the day

What's your biggest running achievement: Probably completing my first marathon in London in 2011

Future ambitions are to guide run over a marathon (which should be happening this year at Brighton). A sub 3:30 marathon for myself and to break 20 mins at Tilgate Parkrun, would be nice too

The last race I did was the Thorpe Park 10k Feb 2020, when I was guide running





## Sarah Clapp—Ordinary Member

Number of years running: I've been running four and a half years

Why did you start running: I had joined Slimming World and decided I needed to tone up so I downloaded the NHS Couch to 5k and started September 2016. I gave myself to the end of the year in case I had to re-do a few weeks but I didn't and finished at the beginning of December. I did my first Parkrun on Christmas Day 2016

How many years have you been a member of Saints & Sinners: I joined S&S Easter 2017.

How many years have you been on the committee & what other roles have you had: This is my second year on the committee, I have only ever been an additional member

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: Yes I Parkrun and I am missing it, the people, the community dreadfully. I have done 136 Parkruns, 113 at Tilgate. My PB is 24.04...my birthday is 24th April so it's quite fitting and happy if it never changes! I have done 108 volunteers...I don't have a favourite role...I love marshalling...directing runners, saying hi to friends, encouraging people, I love giving finishing tokens...seeing the joy as people have just crossed the line and I also love barcode scanning, congratulating people and having a quick chat queue permitting!

Pre race ritual would most importantly include a poo and lots of pees!!! I eat two hours before a race

Post race ritual would include a banana and recovery shake

My biggest and proudest achievement is running the London Marathon. I ran for St Catherine's so was in orange and not yellow and was literally 18 months from c25k start line to marathon finishing line. I completed my first marathon in 4 hours 39 minutes. Attending the first Parkrun on Christmas Day on my own was quite a big thing to do!

What are your future running ambitions: I'd like to run a race in another country...not necessarily a marathon...a half or 10k. Or even a Parkrun...my sister lives on the Gold Coast so I'd like to do it there!!

Last actual race: My last race was The Balcombe Bull Run on Sunday 15th March 2020..four and a half miles of muddy trail with S&S buddies! I had done a ten mile run the day before with Parkrun in the middle!



## **Dawn Rhodes—Ordinary Member**

Number of years running: On and off since a teenager but mostly in my 20s to keep fit for hockey

Why did you start running: Grandad was a Crawley athletic coach

How many years have you been a member of Saints & Sinners: Hmm not sure 2017/18?

How many years have you been on the committee & what other roles have you had: Second year, always ordinary but run leader too

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: Yes lots of Parkruns but not religiously it clashed with hockey, Under 50?

Pre race ritual: Wee then wee again

Post race ritual: Milky coffee & croissant

My biggest and proudest achievement: Half marathons, but did 15 miles with Ms Clappy, Kevin and Paul on his bike

What are your future running ambitions: Brighton Marathon

Last actual race: Such a long time ago I can't remember? Thorpe half ? Feb? Virtual Half in May for Dirty Work?





February sees the first of our virtual challenges, this month we have ventured to the Three Peaks!

13 teams of four have taken on the challenge to run the distance between the mountains of Snowdon, Scafell Pike and Ben Nevis— a total of 406 miles and total elevation of 10,000 ft. Next month we can report back on how the Saints—Valentine, George, David, Patrick, Francis & Christopher and the Sinners — Gluttony, Sloth, Greed, Envy, Pride, Wrath & Lust have got on!

There are other challenges planned but if anyone has any suggestions then please contact Stella Daff [suggestionsofficer@crowleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crowleysaintsandsinnersrun.co.uk)

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### **South Downs Relay**

Due to the South Downs Relay being cancelled in 2020 the committee agreed that those who were selected in 2020 would be given the place for 2021—they are Michele, Sarah, Val, Dave, Ian and Steve.

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### **Borough Runs**

Once the latest lockdown restrictions have been lifted then training will recommence.

Depending on the numbers allowed, we are hoping to start up the borough runs as part of that. More news to follow—depending on what Boris says!

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### **Membership**

Reminder that Saints membership and UKA will be due in April—more details in March edition.

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### **Kit**

Sarah is reviewing the kit prices, more details to follow.



## Back to Running

From early April Mandy will be starting a Back to Running course aimed at the participants from the last two Learn to Run courses who were unable to complete the course due to the pandemic.

This will be followed by a Learn to Run course in early summer.

This is obviously dependent upon the current government restrictions.

For more information please contact Mandy.

Lastly thank you to everyone for attending the AGM, a copy of the minutes are now available on the website.

## 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 Sarah on:

[kit@crawleysaintsandsinnersrun.co.uk](mailto: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 on the first of every month. Sarah will then distribute these at training/races/parkrun when she can. Please note the turn around can be a couple of weeks so please 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](mailto: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.

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

[raceentry@crawleysaintsandsinnersrun.co.uk](mailto: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: 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](mailto:sussexgrandprix@crawleysaintsandsinnersrun.co.uk)

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

## Our committee:

Chairman - James Mason  
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Secretary - Richard Daniells  
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Treasurer - Roy Swetmen  
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Suggestions officer – Stella Daff  
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Social events organiser – Clare Hall  
[social@crawlleysaintsandsinnersrun.co.uk](mailto:social@crawlleysaintsandsinnersrun.co.uk)  
Social media – Debby Scott  
[media@crawlleysaintsandsinnersrun.co.uk](mailto:media@crawlleysaintsandsinnersrun.co.uk)  
Ordinary member – Dawn Rhodes  
Ordinary member – Dave Penfold  
Ordinary member – Sarah Clapp  
Ordinary member – John Evans



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### **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@crawlleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawlleysaintsandsinnersrun.co.uk)