

Welcome to the May 2023 newsletter.

As promised you'll find a bumper crop of run reports in this month's newsletter with updates from Martyn and Lou on Three Forts Challenge and Run to the Sea. Despite taking place only a week apart, the weather, and it's impact on the participants, couldn't have been more different. Both Derek and Nina T. have been on their travels again, do check out their reports from The Netherlands, Spain and Sheffield. Closer to home, it's full steam ahead for SGP and WSFRL races with reports from Jim and Luke, plus special awards presented to Saints members at Horsham 10k. Check out the write ups and photos below.

Last, but not least, do scroll down to pages 29-31 and check out future dates for your diary, including the midsummer picnic, Tilgate 5 and S&S hosting Tilgate Parkrun (we will need your help), plus many events in June.

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!

Along with a good number of other members, I took part in the Run to the Sea Ultra earlier in this month. The race was great, the weather less so! Look out for Lou's race report later in the newsletter!

It's been great to be at training, Tilgate is looking fantastic at the moment! We have had a great turnout at the recent SGP & WSFRL events. Don't forget to look out for Luke and Jim's emails about upcoming races.

I really enjoyed the Horsham 10k – it was amazing to see the sea of yellow at the start line. It was also great to see everyone celebrate all of our runners finishing! And there was cake at the end, what's not to like?!

Look forward to seeing you all soon!

James

Runner of the Month—Nina Ware

I'm really pleased to announce Nina as our runner of the month.

Nina is a regular at training and really puts a lot of effort in. She's also a regular at parkrun. She also represents the club regularly at SGP and WSFRL events and is a fantastic ambassador for the club!

Well done Nina!

James



Run Reports

Manchester Marathon – April 16th

I decided to run the Manchester marathon last year after not getting into London, I thought it would be a good one to do as I heard it was flat (so not true) and I thought it would be a good chance to improve my Brighton time. Myself and my husband Matt travelled up early on Saturday so I could get my bearings and find the start line for the morning. We managed to work out the trams and he had a good idea of how many times he could see me in the course to give me support along the way. Unfortunately the start was right near the Manchester United ground so of course we had to visit the shop!

We made good time in the morning and headed our way to the start line. I did have a bit of an anxiety attack before the race (I struggle with this on occasions) and came over with really bad stomach pains and feeling sick. Matt was really good and managed to talk me round by going through the effort and stress I'd been through whilst training and how I would regret it if I just left and most of all that I could do it. Once I started running it was fine.

I started off slow and felt like I was making good time. At around the 10 mile mark I had a really bad pain in my hip that just wouldn't go away.

I decided to stop and stretch which did the trick and then I carried on. I slowed down a bit by the big hill on mile 15ish but then kept pushing on. By the mile 20 mark there was a smaller hill but by that time everything hurt. I pushed on with the running walking method just to give my left knee a break as that was causing a lot of pain and by 24 miles I just didn't want to run anymore. At just after 25 miles a marshal shouted 'come on, you have only half a mile to go' so with that I ran as fast as I could to the finish. I just needed that boost I think.

Funny how everything stops hurting as soon as you stop. Considering my poor training plan this time round (due to work commitments etc) I came in at 5.18.

Thank you all for Your support along the way, hopefully next year London x

Louise Redgrave



Antwerp 10 Miles – April 23rd

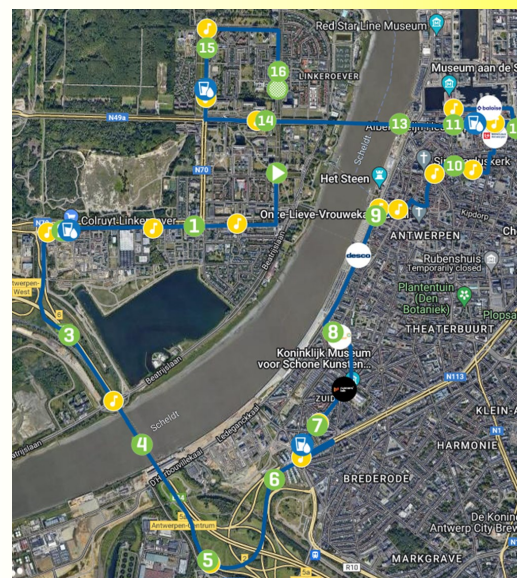
Antwerp is an old port city on the banks of the river Scheldt. There are no bridges over the river and from the old city to the new left bank only a foot tunnel, the old road tunnel (still in use) and the double tube Kennedy tunnel motorway (the only motorway linking Germany and Holland with the channel coast). This race is unusual in that it's called a 10 mile race, but is measured in kilometres (16km). The start and finish points are within 100yds of each other, the 30,000 (approx.) entries are set off in 4 waves between 13.15 and 14.45, but the most extraordinary thing is the old tunnel and one of the Kennedy tunnels are closed from approximately 12.00 to 18.00. Imagine closing half of the M1!!!!

The course starts off on the left bank, runs through semi populated areas until you run up the long incline over the part of the motorway that is in use, then it's downhill and into the tunnel, followed by the long climb out. Then it's a long left hand sweep that takes you to the main city (well supported by the crowds). From 8km to 13km you run through the main city centre, doing many twists and turns past many cafes where the crowds are very supportive (very many with drinks in their hand). Then at 13km it's into the old Tunnel with its steep descent and equally ascent, followed by the final 2km to the Finish.

For my race, I was in Wave 4 and started at 14.15, and the conditions did not suit me, it was cold and wet. At about half way it started to rain, gentle but steady, but it was good to be cheered on by the crowds calling out my name (I was wearing my Club Vest with my name on) as I ran through the city centre. At 8mils (13km) I was on for 1h 56m, unfortunately just before the Old Tunnel both my Groin Muscles started to seize up and then it was just a battle to finish, with the 1km (13km to 14km) through the Old tunnel taking 16.6mins, and the final flat 2km taking 22mins. I must admit that those last 2km were agony. At the finish there were about 10 photo stations to have your free memorial photo taken, but as there were queues and I was cold I retrieved my bag, put on warm clothes and returned to the now empty photo stations to have my photo (it was worth having to strip off my warm clothes for).

Apart from the weather, I can recommend this race, it's very well organised, with lots of hospitality venues in the Start and Finish areas. The support of the locals is very good and the medal is big! The city of Antwerp is very nice and the people are very friendly with about 90% of them speaking English. The journey to Antwerp is by Euro Star changing at Brussels for no extra cost. If anyone is interested in doing this race, please do not hesitate to contact me as I've been visiting friends in Antwerp for over 25 years.

Derek Brailsford



London Marathon – April 23rd

I was lucky enough to have my name picked out of the club London Marathon ballot. Thank you Stella Daff for picking my name out and for the opportunity to run in club colours.

This was my 3rd London Marathon run and it was definitely the best for atmosphere. The crowds watching were the loudest I've ever heard. The route is very flat and the conditions perfect for running. Not too cold or hot.

My plan was to have a controlled 9 min mile pace, but very difficult. I went a little quick at start. It felt easy with tapered legs. I was on course to do sub 4 hrs at mile 18, but ended up with 4.04. My left quad was starting to hurt, so I dropped pace a bit. I wanted to run the whole course without stopping and to enjoy it.

Thank you to Saints members Kerry and son Sam (new member) and Ken for support. It rounded off the run nicely that I saw Kerry and Sam around mile 22.

The medal is one of my favourites out of many I have run for. It's decorated with famous landmarks.

A good crowd of Crawley runners went to a Greek restaurant at the end for food, which was enjoyable. All of us showing off race t-shirt and medal.

Good luck to the next runner that gets a ballot place.

Jo Fiveash



Three Forts Challenge—April 30th

After the Brighton Marathon in 2022 I had to think of an event to train towards for 2023. The Three Forts Challenge fitted in between work commitments and was technically an Ultra, and with other Saints doing it I signed up.

It was going to be very different to a road marathon and it took some getting used to the new pacing strategy, walking up the hills definitely felt odd initially. But I soon found an overall target pace that felt comfortable and did all my training running to feel rather than constantly looking at the watch. I ran the 30k Steyning Stinger as part of the training (see the March newsletter) and this gave me a good idea of the terrain and the potential finishing time.

Paul put together a WhatsApp group along with the RTTS Saints and the sharing of information and training was great help. The five TFC runners did most of the long training runs together and we had many discussions on pacing and nutrition strategies. This made the whole event very sociable and certainly helped with the long runs.



The race is 27.2 miles and has around 3,500 feet of elevation, the start is the same as the Hangover Five, from Hill Barn playing fields, so the first couple of miles are a steady uphill on a fairly narrow path, so no real opportunity to start too quickly.

Having passed Cissbury Ring (hill fort number 1) the route turns right to head towards Coombes, the water station manned by the Saints team is on this section and it was great to see some friendly faces. Descending through the farm at Coombes there is then a section of road to a crossing of the river Adur and then across the A283 to begin the climb up to Truleigh Hill.

Rolling hills then on towards the second Iron Age hill fort of the day at the Devil's Dyke. Here it was great to get some encouragement, and Jelly Babies, from Dawn, Lou and Cathy. The route then turns to retrace your steps back to the river crossing.

Three Forts Challenge Cont....

There is then another short road section before a long climb, past the pig farm and on to Chanctonbury Ring (the third hill fort). Now a long downhill, you get the idea – what goes up must come down! Another uphill, and a section along a very heavily rutted track, brings us back to just below Cissbury Ring. One final short, sharp uphill before the long descent past the golf course and back to the finish in Hill Barn.

For the final 100m you are cheered on by the enthusiastic race commentator, to receive your medal from the Worthing Town Crier, who had started the race.

Personally, I found the downhill sections the hardest, they are all quite technical and took plenty of concentration as you need to make the most of the gravity assistance to keep up the overall target pace.

All in all, a very well organised and friendly race, definitely a tough challenge but a great sense of achievement at the end.

Well done to Paul Luttman, Mark Warwick, Val and Sarah Stanbridge who made up team S&S. A big thank you to Paul for organising the training runs and to everyone else for the encouragement and support.

Well done also to Ed Duke (9th place) and Sean Heard who ran the half marathon.

Martyn Flint



Run to the Sea Ultra Marathon 50km – May 6th

'Wet, windy but a great experience with superhero friends....'

What an experience! The week leading up to the ultramarathon, I did a few short slow runs with the girls in what I recall to be relatively mild, dry conditions featuring Tilgate lake. The weather forecast was looking to be wet for the weekend, but I did not dwell on it as it is beyond anyone's control. The night before I prepared like I had never prepared before for a race – and I have completed triathlons - 50k is a long way after all (see course map photo)! I had my usual race backpack/water bladder, my lunch bag for the checkpoint 3 and a bag to be carried by Glenn which included a flask of sweet tea, sweets and medical supplies. And how was I feeling? Some standard race nerves but mostly that of excited anticipation. I was looking forward to running with my friends after months of training in all weathers. I put in the miles, managed mental and physical health challenges, and I was ready to complete my biggest running challenge to date!



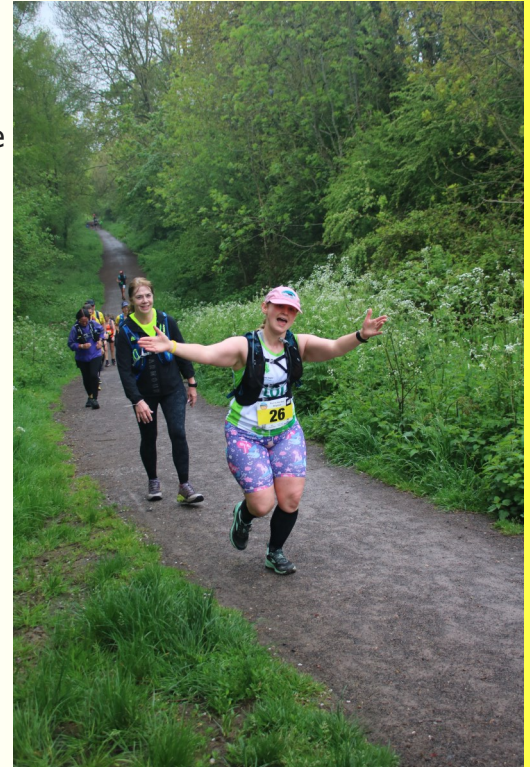
Up at 05:15, I forced down a light breakfast and got myself ready and off I went to meet at Dawn's for 06:15. Dawn's husband Jonny took us all down to Christ's Hospital School to drop off our lunches and bags, collect race numbers, go for a couple of last-minute panic toilet stops and pre-race pictures (see photos). In the first wave, we lined up just before 8am and before we knew it, we were off under an archway and across the start line.



A quick run across the school grounds onto the Downs Link, which is what we followed for approximately half the course. We passed through Southwater where we were met by Luke and Grace before heading off to West Grinstead to see Glenn's parents. Sticking with Dawn, Coley and Cathy, we kept an easy pace and initially went with running for 2-3 miles, then walking for a couple of minutes before running again.

Run to the Sea Ultra Marathon 50km Cont..

We hit checkpoint 1 at around 8 miles and I happily munched on the chocolate, fruit and crisps that were on offer! Then it was onto Henfield to greet my support crew again, this time with Glenn and Molly as well, then after a quick cuddle with my daughter, onto Steyning. En-route we had Coley's friend cycle alongside us, which made these next few miles tick by swimmingly. And I say swimmingly both figuratively and literally, as up until this point, it was only a light drizzle, but as we got close to Steyning, the rain was getting heavier. I was rather wet when I got to checkpoint 2 at Steyning (approx. 14 miles), and decided to put my base layer, head buff and gloves on. Not so pleasant was taking my wet vest off and putting it back on again over the top of my base layer, but needs must and I am very glad I did! I spent a bit of time here whilst all the girls caught up and put on their layers, and munched on a few more snacks (this was the only bit of the race where I briefly went off ahead solo, as I was getting rather cold in my vest as the rain picked up!!). Here I refilled my water bladder as it was almost finished – the most I have ever drunk over that distance! I was determined to keep well fuelled and hydrated, which I must say I most certainly did – my Strava estimates I burnt just over 3,300 calories and I am pretty sure I managed that with gels and snacks whilst running, let alone afterwards!



Next up was (walking) Beeding Hill, again I got a bit ahead of the girls, determined to see my supporters and get a Molly cuddle and a cup of sweet tea! I didn't realise initially, but Dawn's energy levels dropped and she felt unwell, but luckily the sweet tea gave her the hit she needed to continue. Then it was onto Devil's Dyke. Here there was a fair bit of walking up the hills with some jogging down on the fields, with the wind and rain battering us from the right. We lost Cathy at the top of Beeding Hill for a while, as she carried on ahead, wanting to keep moving to ease the focus on foot pain which she had also suffered through much of our training. The wind and rain was horrendous as we gained elevation, and the visibility was extremely low! No scenic views for us at this point, but glad we got to appreciate them during training! I was so glad I was still with Coley and Dawn, as these were by far the worst conditions I have ever run in! I could clench my fists and wring out water from my gloves every couple of minutes and that is not at all an exaggeration. Needless to say we were very happy to see Sarah, Val and Paul at the top of Devil's Dyke. They had a tent where we sought refuge and had another cup of sweet tea and a few

snacks (of course) before carrying on! Here we also found Cathy and got an update on other Saints and Sinners who had already passed through. After we left, apparently some non-S&S runners also saw the tent and hoped for a bit of shelter and fuel after a gruelling journey up Devil's Dyke!

Run to the Sea Ultra Marathon 50km Cont...

The next section was a little bit of a blur to me in terms of landmarks, but I recall undulating fields and no respite from the wind and rain other than a brief interlude jogging alongside a hedge and of course getting to checkpoint 3, a farm at about 20 miles. Here we were greeted by the lovely Sarah Thomas and I refilled my water bladder again! I also finally got to eat one of my marmite rolls (I imagine this was a relief for Cathy as I did mention once or twice that it was such a long way before I could get my roll!). Shortly after this, we saw Glenn and Molly stationed on Old Brighton Road at Pyecombe just before crossing over the A23 and beginning our Pyecombe climb. Nowhere near as gruelling as Devil's Dyke, but still requiring run walking up the chalky trails and sodden fields. When we were running alongside Pyecombe golf course, there was a stream where a path should have been, which according to marshals wasn't present on the course check early that morning. At least the rain was easing and we could enjoy a bit more of the scenery. I also remember seeing a windmill but I do not think it was Jack or Jill! Next there were some very muddy ploughed fields. They seemed to go on forever and for us at least, running or jogging on them was near impossible. It was a case of trudging through and having a bit of relief when we got to firmer ground and a lovely downhill section. We saw Wilson and Mel up ahead walking so we slowed down, to see that in fact Mel was struggling with the cold and was in a lot of pain. Wilson had been supporting her physically to walk on for quite sometime so to say she was relieved to see us was an understatement! Equally, I was amazed at their endurance as this must have been extremely challenging for both of them. Mel really could not walk anymore and was shivering in spite of us adding layers of ponchos on top of blankets she already had wrapped around her. After a bit of trouble-shooting, Dawn piggy-backed Mel all the way down the rest of the hill to where the course met the A27, and where Jonny and Gary (Coley's husband) rescued her. We had reached marathon distance at this point so I was and still am in complete awe of how Dawn managed to piggy back Mel to safety.



Run to the Sea Ultra Marathon 50km Cont...

After Mel was in the car, we went over the A27 and onto checkpoint 4. It was only 3 miles from the end of the course, so I thought really it could have been situated a bit sooner. Anyway, we informed the marshals that Mel was picked up and safe, ate some more food and treated myself to a cup of cola! Wilson was with us for this last bit as we came into Hove, which included going up some very wet, steep and muddy wooden steps and a few more mixed-terrain undulations (much smaller but still noticeable) into Hove Park (not sure if that is the actual name of the park, it was a park in Hove and that's all I remember!). Then finally down the final road onto the seafront. Slightly frustrating though, as we stopped at many traffic lights and could not fully enjoy this descent! Finally, it was across the final set of traffic lights and along the promenade in front of Hove Lawns, where we were greeted by Glenn, Molly, my parents and siblings who cheered us through onto the field and across the finish line – myself, Dawn, Coley, Cathy and Wilson holding hands and crossing the line together. Molly wanted to be carried so no rest for me just yet as I went to get my free ice cream. I would have preferred a hot beverage given the still wet and windy conditions, however beggars cannot be choosers. Molly and my dad had most of it anyway! I really wanted fish and chips, but decided that instead of a takeaway on the beach, I opted for a family meal in the Coaching Halt back in Crawley with a large hot coffee!

WE DID IT!! 50k (31 miles) of hills, wind and rain. But most importantly, a running challenge completed with some wonderful friends. I can truly say that in spite of the weather conditions, I actually enjoyed my first ultramarathon experience, and this was because of having these amazing women running alongside me. Overcoming illness, injury and some other very stressful and sad life events, we supported each other through training and on the day. Superhero friendship levels witnessed and no one else I would have rather ran this with. Thank you so very much to all of you for making this event a much happier experience to remember than if I had done this on my own! You are all rockstars! And to my amazing family and other S&S members who came out to support us in the wind and rain, I am so extremely grateful. This gave me a much-needed boost along the way (especially the Molly cuddles!) and I am so lucky to have you all and call myself a Saint and Sinners running club member!



Run to the Sea Ultra Marathon 50km Cont...

The only thing left to report is to summarise the practical stuff. In terms of race organisation, I have no other ultras to compare it to. However, to an ultra-novice like me, I thought Ultra-violet put on a well organised event with lots of amazing marshals enroute and at the checkpoints. The course was challenging but the changing terrain and hills meant there was never a dull moment. I imagine in drier conditions, it would have also been very scenic (at least we saw a bit of this scenery on training runs – a big thank you to Paul here for organising training runs for all Run to the Sea and Three Forts Challenge runners, which featured parts of both courses). I thought the marshals were amazing, and there was a great variety of sustenance at the checkpoints. However, I felt that perhaps that we could have had our lunches/food dropped at checkpoints 2 and 3, rather than 3 and 4, and that checkpoint 4 was a bit close to the end. The checkpoints could have also had a few more toilets and/or portaloos. A big thumbs up from me, and I would recommend this race and the ultramarathon experience to anyone. Just be prepared to give yourself plenty of self-care and rest where possible in-between runs, stay self-aware of your mental health and listen to your body during training. I definitely trained for too long and didn't pick the plan that was right for me, but unlike my first marathon, at least I wore shorts that didn't lead to chafing and kept fuelled and hydrated along the way – I found to just keep eating was the best way forward (but make sure to also do this on longer training runs so that you know what your body can handle on the day). Oh and rest afterwards – I did not do this (partly due to it being my daughter's birthday 3 days after, but mostly because as I try and squeeze too much into my days), and at the time of writing 3 weeks on, I have just got over a stinker of a cold! I do see more marathons and ultramarathons in my future, just not until at least 2025! Time now to enjoy some more Parkruns and league races with the odd half marathon thrown in for good measure!!

Thank you if you managed to read this rather long report and for following my ultra journey! Please also read some comments and summaries from other Run to the Sea runners, and check out photos and some fundraising links. Over and out!

Lou Mitchell



Run to the Sea - fundraising links and comments from other runners

FUNDRAISING:

Some fundraising links from our Run to the Sea and Three Forts Challenge runners. Many thanks for your support (and sorry if I missed anyone's fundraising page!)

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

<https://www.justgiving.com/page/cara-law-1681575085768>

www.justgiving.com/fundraising/catherine-howe8

www.ferringcountrycentre.org

<https://www.fortheloveoffrenchies.net/easy-fundraising>

Lou Mitchell

COMMENTS AND REPORTS FROM OTHER RTTS RUNNERS

What to say about Run to The Sea 2023, my first ultra marathon...

As James and I lined up at the start with all the other amazing Saints taking part I hoped we'd done enough in our training, that it wouldn't be too hot or get too wet. Well 2 out of 3 ain't bad I suppose!

It's fair to say it was a dreich day and we were definitely drookit by the time we reached the sea, the finish line and our free ice cream! After running and hiking 31 miles through rain, wind and lots of mud were we still smiling? Well I think this pic as we approached the finish like says it all!!

Lesley Bryant

I'm not quite sure what to say about my Race to the Sea experience!! Lesley and I agreed to do our 1st ultra together before Christmas. The race seemed so far away...

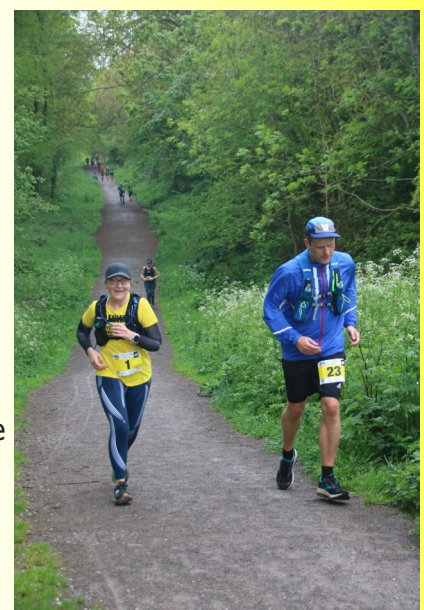
Christmas came and went, and the training alongside Lesley, Dickie and Nina commenced! The runs got longer and the mileage slowly increased.

In no time at all, Dickie did the London Marathon and it was now our turn. We gathered at Christ's Hospital, it was a gloomy day. It was great to see so many club mates there.

The race itself is a bit of a blur, the weather will be the memorable thing! The rain was heavy for pretty much the whole day.

I'd really recommend the race, hopefully you'll be luckier with the weather than we were!

James Mason



Run to the Sea - comments from other runners cont...



Hot sweet tea saved me! Seeing our supporters on route made us focus on achieving and keeping going.

Dawn Rhodes

Weather was awful but enjoyed it running with great friends. Lovely to see S&S buddies out in those conditions supporting us. Also met lots of lovely runners on the way. I enjoyed my ice cream at the end.

Cathy Howe

Horrendous conditions, an experience I'll never forget, all about friendship and teamwork.

Sarah Wilson

Horrendous and broken but running with amazing friends. Dawn putting me on her back at 26 miles with the help of Coley and Wilson - my heroes, I will love them for ever!

Being greeted by Jonny and Gary with a warm car and a hot sweet tea; the best ending to 26 miles anyone could have. That's my last marathon!

Mel Webber



Run to the Sea—comments from other runners cont...

Well organised event, easy on the day registration, nice small event atmosphere and phased start in groups worked well. I enjoyed the mixed terrain, first half on Downs Link which I know quite well, second half on the Downs which was especially challenging. Joining a couple of Paul's training sessions meant I was familiar with most of the route on the Downs and could enjoy the views as visibility on the day was severely compromised. I got very cold and needed support from helpful volunteers at pit stop 4 before continuing. James and Lesley very patiently waited for me and I was able to jog to the end. And was I glad to see Hove seafront. I think the organisers need to improve the pit stop facilities which were basic compared to other ultra events I've entered. Hot drinks, a wider range of food and portaloos would improve the experience. Not sure I'll do another ultra but you never know ...

Nicky Wilson

I really enjoyed the day. Rain is my perfect weather to run in. I had the best support along the way, it was so good to see everyone else's supporters and of course our amazing Saints too. Thank you to Paul Luttman for putting a group together so I never had to train alone. So long as they sort out the toilet situation, I would recommend this event to anyone.

Cara Law



SGP Rye 10 mile – May 7th

A sunny morning and a few intrepid Saints and Sinners headed East to Peasmarsch. A small village on the outskirts of Rye in East Sussex. This is the location of Race HQ for the SGP Rye 10 mile race.

The race information says this a "challenging 10 mile race". Starting and finishing at Jempson's Supermarket in Peasmarsch the course follows the scenic country lanes around Peasmarsch and Rye. While these lanes are open for traffic there was very little about and the marshals were all excellent. The course is undulating. You start off by running up a gentle hill for about a mile before going down a hill for a mile and then climb another for a mile or two. And so it goes on. There is no flat stretch. I will go as far to say a few of these hills are sporting. The best bit, if you have any energy left, is the last mile. This is all downhill. Luckily the rain from the day before had moved away. After some early morning mist the sun came out and there was no need for gloves.

Steve, Mary, Nina and Frank also ran for Saints and Sinners. Lesley took on the role of chief supporter cheering us all over the finish line. A day of rest for Lesley following her ultra marathon the day before. She did manage to eat all the Hot Cross Buns!

Logistics. There is plenty of Car parking right next to Race HQ along with sufficient Portaloo toilets. From car park to start is a 50m walk. Perfect.

I enjoyed this run. While it is a bit of a drive from Crawley the race is well worth the effort. A super route.

A top run by everyone from Team S&S. Great support at the finish. Job done. We will be back in 2024.

Keep on running...

Richard Bryant



WSFRL Hedgehoppers 5 – May 7th

Hedgehoppers 5 usually clashes with Gatwick Half so the last few years numbers have been quite low. This year however it clashed with the Rye 10 mile SGP event. However we still fielded a 18 strong team and me who was very hungover.

Hedgehoppers 5 starts just over the motorway bridge, just outside of Portslade, it is a single track out (and up) for about 2.5K where it joins the South Downs way, along to the Devils Dyke national trust and then back down to the finish which somehow is uphill!

Along the route this time we had horses, cows, sheep and paragliders - running through sheep was a first for me!

Our team did exceptionally well, finishing 5th!

Overall after 2 races we are 4th and with two strong races for us coming up I hope to keep the momentum and push for top 3!

Well done everyone!

Luke Taylor



Horsham 10K SGP – May 14th

As always we had a great S&S turnout for the Horsham 10k. As well as being local, this hugely popular race is also an SGP event and we always score decent points as a club. We had 24 runners in yellow for the 11am start and there were high expectations after Paul Nixon romped to first place in the junior race (see pics in mum Michele's report).

As usual the course was two tough laps starting at the rugby club, with a couple of slight tweaks. On the initial circuit of the field an extra bit had been added on to compensate for cutting a road corner later in the race. Most of the course was as before - out on to the road, up the hill to a bridleway, then a loop of undulating lanes and paths. And repeat!

I always enjoy this race, and this year was no exception - despite it being a hot day.

Well done to all our runners and hopefully we can get an even bigger number next year.

Jim Scott



Horsham 10k—A special award for a special Saint

At the recent Horsham 10k S&S star Nina Trevarthen was selected to receive the annual prestigious Horsham Joggers Andy Spriggs Running Spirit Award.

Andy (1948-2017) joined Horsham Joggers in 1996 and became a regular and committed member, often helping newcomers, leading groups, participating in races and eventually taking over the organisation of a flagging Horsham 10k race in 2005.

His contribution to the 10k was pivotal and he almost single-handedly drove the event forward for eight years to its current status as a regular feature on the annual race calendar.

Andy stood down as race director in 2012 but continued to be on hand for the new administration in the following years.

When diagnosed with Motor Neurone Disease in 2011 Andy - a 46-time half marathon and 39-time marathon man - slowed but he still continued walking with the pub run group and kept beavering away fundraising with the Horsham Lions and MND Association.

With his mobility becoming less easy, Andy found new ways to stay mobile and set his sights on raising funds for the West Sussex branch of the MND Association by teaming up with nephew Chris to complete more marathons while being pushed in a rickety NHS wheelchair!

His exploits were even published in Chris's 2015 book, *The Reason I Run*.

This award is presented at the Horsham 10k race by the race director to someone who demonstrates exceptional generosity, courage, stoicism, passion, perseverance or sportsmanship.

The 2023 winner of this award as decided by this years race director, Geoff Parker, was our very own Nina Trevarthen. I think you will all agree Nina is a very worthy winner and someone who definitely demonstrates the above characteristics.

Huge congratulations Nina

Lesley Bryant



Horsham 10k—first place for S&S in under 16 fun run event

The recent Horsham 10k road race was preceded by the under 16 junior event, held within the rugby club grounds, which attracted almost 50 runners. Saints Junior Paul Nixon won the event in a fantastic 4 minutes 57 seconds. Well done Paul.

In the senior race, mum, Michele, was a very credible 9th/130 females finishing in 45:32.

Congratulations to the Nixon family.

Michele Nixon



Almansa Half Marathon, Spain—May 20th

Always eager to find new Spanish races I discovered the Almansa Half Marathon, and I think that, after Santa Pola, this comes a close second to being my favourite half. It is the third biggest half marathon in Spain and there were some really fast runners among the 1500 competitors.

Almansa is in the province of Albacete, part of the autonomous community of Castile-La Mancha. The most remarkable feature of Almansa is its impressive castle, of Arab origin, built on top of a huge rock that crowns the city. It is famous for its excellent wines.

The route was 2 laps, mostly flat and through the town. The view of the castle was spectacular. It had rained heavily in the afternoon (virtually unheard of in May) on the way there but it had cleared up by the start time of 7pm. The Race Director announced that it was a very cool evening (15 degrees) compared to last year which was 30 degrees – phew, perfect temperature for running. Crowd support was amazing, there were plenty of bands and music throughout to keep you going. My favourite part of the race was when little cups of sangria were being given out!

The goody bag was one of the best ever. Each participant got a bottle of local wine, a technical t-shirt, running socks, a bag of chocolate toffees, a decent quality rucksack and drinks and snacks, and all us female runners were given a rose-like flower. I hope to repeat this race next year.

Nina Trevarthen



Bevendean Parkrun –May 20th

This month 9 of us travelled to Bevendean as part of the club's tourism. The course is just over 2 laps round a grassy hilly field, there seemed to be more uphill to downhill but you did get some lovely views from the top and we could make out the i360 in the distance.

Trail shoes are advised and probably a course best done in the dry as I can imagine it could be a bit slippery in the rain. Parking is on the streets near to the course but you still have to go up hill to get to the start and through a couple of 'kissing gates'. The Bevy pub is open once a month for breakfast. Unfortunately we missed this as it's the last Saturday in the month.

All in all a nice course and one to tick off from the Parkruns in Sussex list, plus something I probably won't see again is that I was FIRST in my age category!!

Debby Scott



Alguazas 10k, Spain—May 21st

A few hours later, at 9.30am my sister Juliet and I ran in the Alguazas 10k which was a low-key but very enjoyable race. Juliet came second and I came third in our respective age categories. Alguazas is a small town in Murcia province not far from Murcia City. It was a 2 lap race mainly through closed-off streets with lots of support from the towns people. The weather was a lot warmer than the evening before so the water station was very welcome. There weren't any trophies but all podium winners got a huge medal. Every participant was given a very nice technical t-shirt and after the race there was lots of beer, soft drinks and an array of delicious fruit available, all free.

Nina Trevarthen



Lindfield 5k and 10k village run—May 21st

There is a 5k, which Frank did, a 10k which I, Michele and Mr. Tibbles did, on a warm day, while the rest of the club were flat 'n fast at Gatwick, we coped with mud, fallen trees, rough tracks, dusty trails, slippery wooden steps, and lots and lots of gates!

Michele got 2nd lady (see next report), I was a lot more sedate, the start gantry was deflated by my return. It's an undulating course and in fact 10.3k.

Friendly marshals and well organised, and a nice medal. It's been going a while, I last ran it in 2013, 10 mins quicker.



Stella Daff



Lindfield 5k and 10k village run—May 21st

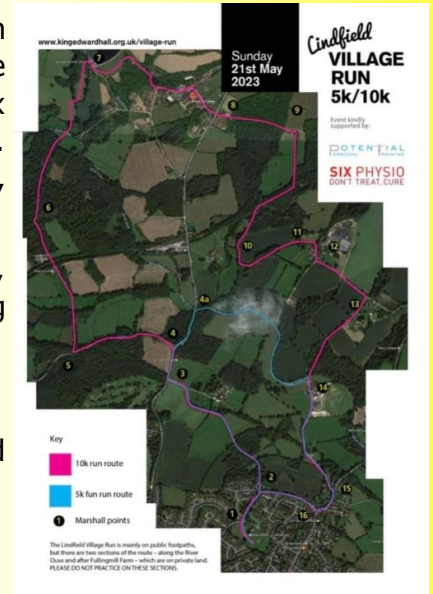
The Lindfield Village Run is a well-established event which consists of two cross county runs: a 10k and a 5k. Both take place mostly on paths and tracks through the West Sussex countryside in the immediate vicinity of the village of Lindfield. They are old fashioned cross-country runs with multi-terrain, some slippery surfaces, hills, gates and cow and sheep in fields!

The Lindfield Village Run is organised by a team of volunteers, as one of the largest fundraising events for Lindfield’s King Edward Hall – a registered charity.

The weather was good and I enjoyed the varied terrain.

I came in 2nd lady in the 10k event and son Paul also came 2nd in the 5k race.

Boom cha cha !



Michele Nixon



Run Gatwick 10k—May 21st

The Run Gatwick half marathon was a welcome addition to Crawley in 2018 but cost and logistics meant it last year moved from the town centre to Charlwood. 2022 also saw the introduction of a 10k - which was back this year. Unfortunately the half has been dropped and I think we are unlikely to see it return.

Nevertheless more than 1,000 runners (including a handful of S&S) took part in this year's 10k race, which had a different route to last time. Race HQ was again the Gatwick Aviation Museum in Charlwood with old planes providing an interesting backdrop.

At the past two Run Gatwick events I had been lead bike for the half marathon and then the 10k. So this year I was looking forward to running. Although given the £30 entry cost I was glad to have a free volunteer place!

Starting at the museum, the start funnel was very tight so we actually ended up walking a few hundred yards to get out on to the road after crossing the timing mats - not ideal. However after that we had closed roads all the way past the end of Gatwick's runway to Lowfield Heath then along the airport perimeter road to the turn point and back again.

Another 11am start meant we were racing in hot conditions - I much prefer an earlier start!

I enjoyed the race and was fairly happy with my time, given I'd been up since 6am and spent two hours helping out with car parking before running.

Next year I may be back on my bike though!



Jim Scott



WSFRL Trundle View 5—May 24th

Another WSFRL race, Another Report by yours truly. I know how much you people love these! If you want me to write about you, come and join us! All are welcome and we encourage all runners that are unsure to come and ask me!

Right, back to business, sitting in 4th place before this race and before sending out the original email I was apprehensive. This race, and Portslade, are usually our two lowest turn outs of the year, (Portslade always clashes with something). Traveling around an hour on a school night to run about 8k is always our toughest challenge. If we wanted to keep up the push for a top 3 place then we as a team needed to keep up the momentum, and having lots of runners is key!

This year I had 22 Runners! Amazing turn out!

The Trundle view is set in Chichester, in the woodlands surrounding the Goodwood horse racing course, and it's also the scene of the cross country relays and one of the cross country league races, although it is a slightly different course.

The race starts and finishes in a field, with 2 laps of 2 miles-ish through the woodland and with varying degrees of ascent and descent. All very manageable for any runner!

As always we had a strong team and this was led by Sky finishing incredibly in 6th place overall!, First female Saint was Miss Stanbridge finishing 7th female with everyone else working just as hard for their positions and points!

Overall we came 4th again, but with teams that started below us coming in the top 3 the overall table has changed slightly. We are now (if I am correct) joint 3rd! with only 13 points separating 3rd, 4th, 5th and 6th! which is not a lot when the maximum 1 runner can get is 11!

Looking forward to the 39 strong team at Littlehampton!

Luke Taylor



East Grinstead Parkrun—May 27th

On a bright and sunny Saturday morning, I headed over to East Grinstead to run their local Parkrun for the first time with Sarah Wilson. Ian Greenaway, Isla Greenaway and Theresa Donohue were also there. We parked up at East Grinstead Football Club and headed to the start with other Parkrun tourists, getting pointed in the right direction by Ian for a last-minute toilet stop and to East Court Pavilion for a short race briefing and a quick photo. We then walked around to the start and we were off!

Wilson and I enjoyed a sunny and social chatty run around fields and through forest. Trail shoes were most definitely a good call, as although the mud had mostly dried out, the ground was still uneven and rutted in places. The course consisted of a smaller loop around the starting field, then two bigger loops encompassing this and another field winding through forest and over a small wooden footbridge. It was not particularly hilly, just a short grassy hill which we had to get up twice. Given the underfoot conditions and terrain, it is not a PB course (not that we were going for that anyway!).

We crossed the line in 34:37 minutes and enjoyed a coffee whilst chatting to some other runners back at the football club before heading home. I'm sure like many club members before me, I would most definitely recommend this course. It attracts just over 100 runners a week and there are lots of super friendly volunteers that go above and beyond to give you a great Parkrun experience. It is also relatively easy to find (right off of a mini roundabout between King's Leisure Centre and the hospital), with free parking at the football club car park. Last but not least, there were biscuits, crumpets and toast available at the football club, should you feel a bit peckish! For those of you with the relevant checklist, it gets you a tick on your alphabet and compass challenges!

Lou Mitchell



Hallam Chase, Sheffield—May 30th

On Tuesday May 30th I ran the Hallam Chase (only open to South Yorkshire running clubs, but I was allowed to run in remembrance of my Father's victory in 1926). This race is a tough 3.3ml Handicap Fell Race that has been going since 1862 and is described by Sebastian Coe as "Bloody Horrific", as it's down the road, rocks and wood into a ravine, up the road and fields on the other side. Both sides having several stiles. Then it's turn round and return home.



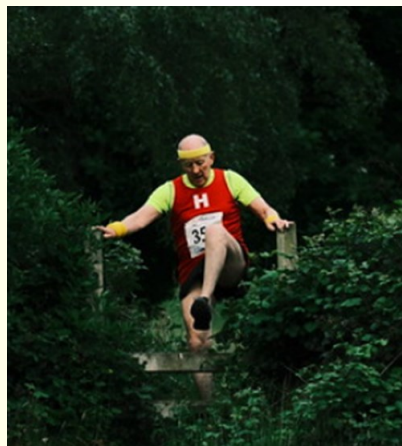
Even though I was first off, I did the unusual thing of being 1st at the turning point (by about 3yds), and that is why I won the trophy in the picture. After the turn I agreed to pace the 2nd place person on the downhill to the ravine, which was interesting going through the styles as runners were coming up. As he went on to win the race, he insisted that we had a photo of the 2 of us, he also bought me a beer for being his pacemaker!!!.

The final up hill was, very, very hard for me, walking up through the wood and fields, while scrambling up the rocky bank I had several rests as my legs were like jelly, but once again on the road I got my legs working and ran the last up hill road section. My final position of 58th out of 62 shows how I suffered.

People say that the race is the equivalent of going up and down an average domestic staircase around 100 times. My legs were OK the following morning, but not so good on the Thursday.

If you would like to know more about this incredible race Google Hallam Chase and look for the BBC article.

Derek Brailsford





S&S Future Events for your diary

Love to Run Graduation—Saturday June 10th

On **Saturday June 10th** the Love2Run group will be graduating at Tilgate Parkrun, it's also Tilgate Parkrun's 11th birthday. It will be great to turn the park yellow and support the runners who have either returned to running after a break/injury or it's their first time. Any donations of cakes would be greatly appreciated.

Debby Scott

Midsummer Picnic—Sunday June 25th

Sunday 25th June is the date of the S&S midsummer picnic, starting from 1pm. It will take place at Gainsborough playing fields, Tilgate. Plenty of free parking is available. Bring your own food and drinks, and any sporty stuff, if someone wants to organise rounders, cricket footy etc. There are no league races, and 2 pubs nearby if anyone wants to carry on afterwards...

Stella Daff

Tilgate 5—Sunday September 3rd

Just a reminder – our annual WSFRL race is on **Sunday September 3rd**. As ever, we can't put the race on without your support.

Lesley will be in touch nearer the time ref volunteering but please pencil this into your diary!

James Mason

S&S Future Events for your diary

Tilgate Parkrun takeover—Saturday September 30th



I know it's a long way ahead, but on **30th September** Saints and Sinners will be taking over the Tilgate parkrun and turning everyone's favourite Saturday morning run yellow.

We need volunteers to fulfil all the volunteer spots, and nearer to the time Lesley, the volunteer co-ordinator for the day, will be in touch. Some roles will allow you to both volunteer and run, others will be volunteer only roles (e.g. Timekeeper, Marshal etc).

Please put this date in your diary, and also remember for those wishing to enter the club London Marathon draw, this can count as your volunteering activity that is a requirement for being in the draw.

This is the first time we have had the opportunity to takeover Tilgate parkrun since 2019 so let's make sure we put on a fantastic event and advertise the club locally in a totally positive way, and most of all, let's turn Tilgate yellow!!

Richard Daniells



June activities

Sunday June 4th-SGP Hastings 5, 9:30am

Wednesday June 7th-WSFRL Littlehampton Beach Run, 7:30pm

Saturday June 10th—LovetoRun Graduation, Tilgate Parkrun, 9am

Sunday June 18th-SGP Heathfield 10k, 10am

Saturday June 24th-WSFRL Downlands Dash, Hassocks, 12:30pm

Sunday June 25th-Balcombe Trail Run, 9:30am

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 Gossops Green on **Monday June 5th**, this is subject to the footpath being open, please keep an eye on the training sheet. The following one is planned for **Monday June 19th** in Maidenbower. 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

The next mile challenge will on **Wednesday July 26th** .

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.

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