

Welcome to the March 2023 newsletter.

And a warm welcome this month to new members **Hannah Lavendar, Matthew Sargent and Ben Ventham.**

Now that Spring is truly here (the sun is actually shining as I write this) we have seen an increase in the number of races entered and reports submitted. In March's edition we have plenty of Parkrun tourism reports to whet your appetite and the first SGP race report of the season (Hastings HM). Lots of 10k, 10 mile and half marathon updates and a report from Ken following his Tokyo marathon triumph, the last of the 6 majors. Fabulous running Ken. More unusually we have a report from dynamic duo Michele and Frank who were prize winners in the UK Wife Carrying race. Last but not least, one of our Saints members has been captured socialising with the running elite in Morocco! Variety is the spice of life as they say.

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

It was great to see everyone at our awards ceremony! Well done to all the award winners, and thanks to Lou and Glenn for organising the quiz.

Well done to Ken for completing his full suite of Marathon Majors. I'm sure you'll enjoy reading his Tokyo race report!

Good luck to everyone with their upcoming races!

**James**

### **Runner of the Month**

Our Runner of the Month for March is Steve Alliston, well done Steve! Steve ran a big PB at the Rome marathon (3.45.09) and has been a regular at training.

**James**

### **April activities**

Saturday April 8th—Sussex Road Relays, Preston Park, Brighton, 1pm

Sunday April 16th—Saints at Dem Shish restaurant, Crawley, 12:30pm

Saturday April 22nd—Parkrun Tourism, Banstead Woods, 9am

Sunday April 30th—SGP race Haywards Heath 10 mile, 10:30am



## Run Reports

### **Trust10 Trail Run Polesden Lacey—February 26th**

The Trust10 events are free monthly 10k trail runs that take place at 12 National Trust sites around the country on the fourth Sunday of the month. Nick Baker and I decided to give the event at Polesden Lacey a go at the end of February.

It was a beautiful, but chilly, morning when we arrived for registration at 8:30am. It soon became apparent that these events are pretty low key. There were a fair few runners milling around but no sign of a registration desk. Eventually a table appeared at the far end of the car park and lovely National Trust volunteers asked us all to sign up and, as its an unmarshalled route, maps were offered (there are route markers but, as we discovered, easy to miss).

The course was mainly trail and largely through woodland. Thankfully it was reasonably dry but, boy it was hilly. Lots of lovely views to make up for the effort. I loved it. It was peaceful, everyone was lovely and we all looked out for each other to make sure we all stayed on the route. This is a self-timed event, with no medals but the cafe is great .

I would highly recommend giving this event a go.

**Clare Hall**



### A Trio of Tourism

As a result of a couple of weekends away and our planned monthly Parkrun Tourism, I managed 3 different Parkruns on 3 consecutive weekends. All new to me, bringing my tally of Parkrun locations to 44. I am always amazed at the variety of courses on offer but the one thing that connected these 3 was that they all needed trail shoes.

### **Marple Parkrun— March 4th**

First up was a trip to Marple Parkrun on the edge of the Peak District. I have been visiting the Peak District at least 3 or 4 times a year for 10 years now having made a really good friend on a Marketing course (we went running every morning) who lives there. Despite the fact that there are at least 4 Parkruns within a 30 min drive, I have never managed to visit any of them! Mainly thanks to the fact that Friday night is usually spent catching up over rather a lot of Prosecco and so usually we are lucky if we manage to drag ourselves out for a slow bumble along the canal tow path (yes she lives next to a canal. I am dead jealous). This visit, I was determined to try one out. Friday night was low on Prosecco but short on sleep as we headed over to Holmfirth to see 'Big Country' (if you are under 35, Google them. They were brilliant and Holmfirth is really pretty but quite scary driving over the moors at midnight). Anyway, I dragged myself out of bed, grabbed a cuppa, skipped breakfast and drove 20 mins to Marple. The Parkrun takes place in Brabyns Park and is a two lap course taking in fields and a kilometre stretch along the banks River Goyt. This was event number 499 and about 150 people showed up. It was cold and damp and the going was soft but a thoroughly nice course. Lots of participants from Marple Runners whose kit rivals ours in terms of spotting runners on a course! Cakes at the end and then back for breakfast.



### **Tetbury Goods Shed Parkrun—March 11th**

Next up, Tetbury Goods Shed Parkrun. I was spending the weekend with my Mum to celebrate her birthday. I was planning on trying Thornbury Parkrun but no dogs allowed. Not that Milo runs anymore. His Parkrun days are over but I do drag my Mum along with Milo. Tetbury Goods Shed is now an arts centre but was once a Great Western Railway (stating the obvious) Goods shed! We arrived at 8:45 but the car park was full. Thankfully it wasn't too far to find another but a bit of a panic to get to the start on time. Basically this course is the Worth Way in miniature, run along the route of an old branch line. Its generally a 2 lap course, with a steep hill, but due to the soggy conditions, it was a straight out and back. Like the Worth Way, it was a slight incline on the way out which made for a nice speedy return route and then home for croissants and Bucks Fizz.



## **A Trio of Tourism continued ...**

### **Nonsuch Parkrun—March 18th**

Final stop was our Tourism visit to Nonsuch Park so was joined by Stella, Janet, Ed, Sean and Richard for this one. A really easy one to get to. Only a 35 minute drive from Crawley. Loads of free parking but a 5 minute walk to the start. Was not at all what I imagined. It's a massive park with a mansion. Bit of history, there used to be a Royal Palace there, built by Henry VIII and then pulled down by one of Charles II mistresses so she could sell off the building material to pay gambling debts (no National Trust in those days). It was pretty miserable when we arrived but thankfully the rain did stop. This event generally attracts around 600 runners. It has two routes, depending on conditions, and ours was the nearly 3 laps route. It was a bit of a scramble at the start and it was pretty mucky but well worth it and I would highly recommend this one. Great café but only a cup of tea as I did manage breakfast beforehand.



**Clare Hall**



## Tokyo Marathon - March 5th

This was the last of the six world marathon majors for me, having already completed London, Berlin, New York, Boston and Chicago.

We were up very early for the coach to Heathrow for a 9am flight but when we arrived and looked at the screen for the flight it wasn't there. We went to the BA desk to be told it had gone at 8.55am! The colour drained from Caroline's face as she sat on the floor. I managed to get us on the morning flight the next day (no charge phew) and a hotel three miles from the airport. Once at the hotel we went out for a three-mile run.

After a 14-hour flight the next day we landed, got train tickets and headed to the hotel. The rooms were very nice and compact. We dropped off our gear and headed to the expo. It was nothing like London, with no merchandise stalls. Afterwards we headed back to the hotel then had a look around the Imperial Palace gardens. At breakfast we discovered Caz didn't have the marathon app checked off properly so headed back to the expo to get it sorted then spent the day resting.



On the day of the marathon we were up early for a taxi to the start. It was freezing cold and after an hour's wait we set off at a fast walk as it was so crowded and narrow.

I'd forgotten my gloves but found some in a hedge. They had cut-off times (gun not chip) along the route and if you didn't make it in time you were pulled from the race. I got to about 14 miles when my hip decided it had enough but I carried on.

## Tokyo Marathon continued ...

The course was four different very long and boring out and backs. The weather got warmer and some were dropping to the sides. There were excellent water and feed stations and at approximately 41k there was a cobbled stretch which I walked as I didn't like running on it. Then I turned a corner and the finish line was in sight. Once over the line six majors finishers were guided to a different place to collect a big medal.

It was such a good feeling to complete my goal after four-and-a-half years. I celebrated with Stu and Caroline over a curry that night and no one could wipe the smiles off our faces. On Monday I took a hop on-hop off bus round Tokyo - the city is so clean - and went up the Skytree Tower (like the Post Office tower). Tuesday I was up early to pack and head to the airport. Had a steak breakfast, then flight home. Spent 14.5hrs chatting to stewardess, which made it go by quickly!

## Ken Tulley





### **Eastbourne Half Marathon—March 5th**

It's a rare day that it's not windy at Eastbourne, I've run some horrors over the (many) times I have done this. It was perfect, started off a tad chilly, but not as chilly as the knees of the lone bagpiper(ist)? who was at mile 2, as we started up a little hill before the turn on the road to Beachy Head.

The facilities are good in Princes Park, burgers, portaloos, free parking down the road and a hi-energy warm up from the PA/DJ, plus a well staffed bag drop. We commenced up the field and turned right along the sea front to cheers from a large crowd.

Yes I did walk a little by mile 3, it gets steep, where I was overtaken by a cheery Vanessa Harold who was accompanying a chap for his first Half. What goes up must come down though, as I legged it past them on my favourite part of any race, downhill back to the prom at about mile 4.

It's a well supported, pretty race, back to the pier and by mile 7 you are watching the faster ones on their way back. There were 2 sets of pagan drummers, a stilt lady, and lots of enthusiastic cheerers when you get to the Marina end, where you weave over several bridges, twist and turns from mile 10, before heading back along a more quiet stretch back to the park, with a right turn and an annoying subway, before a 20 m sprint to the finish, where I was greeted by Vanessa, who had sauntered past me dying at mile 9. It's a friendly and reasonable race, accessible with bananas and chocolate and always a handsome medal.

### ***Stella Daff***





## **Steyping Stinger 30k—March 5th**

The Steyping Stinger is a well-established event, which in the past has featured the option of a half-marathon or a full marathon. This year a 30k race was introduced and I thought that this would fit in well with my training for the Three Forts Challenge.

It is organised by Steyping Athletics Club and is based at Steyping Grammar School. Race numbers were sent out, along with lots of useful information well before the event day. The planning also included the instruction to park in a specified one of three car parks, all of which were well signposted on approaching the village. There was then a short walk to the Grammar School, with plenty of marshals to direct you to the facilities and bag drop.

There was then another short walk to the start line. There was no mass start, the 30k racers could start at any time between 8 and 8.30, with the full marathon between 7.30 and 8 and the half between 8.30 and 9. This made for a slightly strange feel to the race, as you did not know if the runners around you were on the same distance.

The first mile was fairly flat, across farmland then began a long steady climb up the north slope of the Downs, nothing too taxing yet! After a downhill section the course followed the road into Washington and crossed the A24. There then followed a steeper climb up Barnsfarm Hill towards a turn at Iron Barn to head back towards the A24 at North Farm.

There was then a long climb up to Chanctonbury Ring, here at the 11-mile mark there was the opportunity to switch to the half-marathon route. But the 30k course then turned to the south and headed towards Cissbury Ring. Past Cissbury Ring there was a very short, but steep climb and then a short out and back to a drinks station. Either side of Cissbury Ring there were two extra loops to be completed if you were doing the full marathon route.

There then followed a long, steady climb back to the ridge of the Downs and over the top to head back down towards Steyping. At this point there was a half mile of suicidally steep downhill, which really tested the thighs. The last mile was flat, across farmland, and back to the finish line.

I had not been looking at my mile splits, rather running to perceived effort, but the aim was for an average of 10-minute miles, allowing for walking up the steepest sections and picking up the pace downhill and on the flats. So, I was very pleased with an average of 9:33/miles and a total time of 2 hours 58 minutes and first in age category, 23rd overall.

Having collected the attractive, wooden medal, there was the chance to have a shower and then a full English breakfast, all in the cost of the entry.

The whole event was well organised and marshalled, but I'm sure the perfect weather made a difference - not too cold, no wind and dry. Definitely one to do again, maybe the full marathon next time.

***Martyn Flint***



## UK Wife Carrying Race – March 5th

The “Wife” Carrying Competition in Dorking, Surrey (our first time doing it ), the 15th year of it being held here in the U.K. Frank decided to enter us. We walked away with the podium prize for oldest couple (carrier) - our award - pilchards and Bovril.

Wearing my son’s snowboarding helmet and a handful of practice tries in the living room (to our teens x2 delight), watching a few “You tube” videos on technique - my only request was not to drop me.

I also learnt this sport dates back to the Viking days (Asterix and co) and in Norway / Scandinavia this is a national village sport. In 2023 in the UK it appeared anything goes, that is alive and identifies as “a wife” (oh yes, and weighs above 50kg then you’re in) ! A bloke had a female dog as his wife, (pic attached, seeing is believing). The carrier had to wear a weighted vest to make up the difference).

Here below the pre race instructions from the organiser (take a deep breath before proceeding) :

- *Remember, Wife Carrying is a potentially dangerous activity, which could result in injury and/or death. You take part in the race at your own risk! Carriers, when you fix your race numbers to your shirt, please don't obscure the lovely race logo of a British heart rising from behind the mountains. For 'spouses' please pin it upside-down on your back if you are being carried in the Estonian Hold. There will be a weigh in at registration.*



## UK Wife Carrying Race — March 5th



- *All 'wives' must weigh at least 50kg (7st 12lbs). If you don't weigh 50kg, bring something (rucksack full of bags of sugar or flour for example) to bring you up to the minimum weight. Those under 50kg at the weigh-in may be re-weighed on the start line and at the end of the race. All 'wives' must be over 18.*
- *All of those being carried must wear a helmet.*
- *Entrants from all around the UK - AND the ex-Wife Carrying World Champion from Lithuania!*
- *NO DRUGS - DON'T BE A NOB ! There's a lifetime ban for anyone using drugs in the UK Wife Carrying Race, however we find out.*
- *No cheating - aggressive use of elbows to block overtaking will be punished, potentially with disqualification.*
- *Carriers MUST wear shoes with proper grip*
- *Anyone using the Dorking Hold (the reverse Estonian hold), also known as wife carrying position No. 69, will inevitably gain the limelight, if not any extra speed.*
- *There will be hay-bay hurdles, which you are required to pass over in both directions, and on the way back there will be the water hazard - buckets of cold water and water pistols. Do not change course or decelerate through the water-hazard - it will be the slipperiest part of the course.*
- *If you drop the 'wife' you must both take three steps backwards before remounting.*
- *Tips - The 380 total course is 15m uphill to half way (steepening) and back down to the finish. A belt or harness on the carrier may give the 'wife' something to grip on to. The Estonian Hold is generally the fastest, but the shoulder-ride could also be effective. Do practice before the race if you can. Keep smiling!*

## UK Wife Carrying Race — March 5th

- *It is incredibly exhausting - my heart rate went from 100 at the start to 174 maximum at the turnaround point.*
- *At the finish, please form a finishing funnel beyond the finish line for all subsequent finishers to pass down and be clapped and back-slapped by you all.*
- *We will have a small awards ceremony at the end of the race. All finishers receive a vessel of Greensand Ale from the Surrey Hills Brewery, while the winners receive a voucher for a barrel of ale (and the first British finishers £250 towards their costs if they participate in the World Wife Carrying Championships in Finland in the summer, payable on receipt of flight ticket receipts and a short Championships write-up and photos!). Last-placed finishers receive the ceremonial tin of dog food and a Pot Noodle. There is a pot of Bovril and a tin of pilchards (you know, from before the War) for the oldest carrier who completes the course. There will be a special prize of a pound of sausages for the carrier of the heaviest wife - who completes the course - for strength. Honour and fame be upon them. There is also a prize for best leggings (either carrier or spouse).*
- *Remember to smile... there will be TV crews and plenty of press photographers, so this is your moment in the world spotlight! There will be a moment at the end of the prize giving if anyone has anything 'important' to say...*
- *If you win be prepared to go to Finland to compete (our British winners have achieved a second and a third place in the World Championships!)*



Let's get together a few S&S couples from Saints and Sinners for the 2024 event ?

Lots of Fun !

### **Michele Nixon**



## **Folkestone Parkrun –March 11th**

Our first Parkrun Tourism of 2023 saw Lesley and I head to Folkestone, Kent. We had booked a couple of nights staying in a pub at New Romney with the aim to run a Parkrun.

We decided on Folkestone. We needed letter F for our Alphabet challenge plus this was where I had spent many happy holidays.

The event takes place at The Leas (west of the Leas Cliff Café) with great views across the channel. On the day it was a lovely clear Spring morning. We could make out the French coast in the distance. While sunny it was chilly and gloves were needed.

The course has a long gentle climb which you run twice. The good news is you also have two nice gentle downhill. The paths are wide and not congested. All we had to do was avoid the bollards and a concrete planter!

The Parkrun team were friendly and welcoming. They asked all the visitors where they had come from and then announced this at the start of the race briefing. We both enjoyed good runs.

Afterwards it was off for a full English breakfast in a local cafe. We had earned it too.

***Lesley and Richard Bryant***



**Notts AC 10 mile—March 11th  
(Incorporating the Nottinghamshire County Championship)**

This was my longest race for a few years, and I didn't fancy the weather conditions which were cold, a little breezy and although dry, the running surfaces were wet. The course was two laps plus 2 miles, and being the County Championship, there are always some fast runners, so no wonder that I was overtaken by the race leader at 3.5 miles.

The last 3 miles were hard (I was tired, damp and could hardly feel my feet) but being a stubborn old man, I kept plodding on to come in last in a time of 2hrs 2mins 38secs.

I was surprised that there were still quite a few people around the finish area, but then realised that they were just starting the various presentations. As I was putting on my warm clothing I heard someone say my name and I was shocked to find out that I had got the County Bronze Medal in the 75yrs + age group.

***Derek Brailsford***



**Immediately after crossing the finish line**



**Left to right – 2nd (79yrs) 3rd (78yrs) 1st (76yrs)**

### Balcombe Bull Run - March 12th

I have heard many stories about the Balcombe Bull Run but never managed to take part as the race always seemed to clash with a holiday. This year we were away, but crucially not until days after the run so I was quick to sign up.

Previous reports from seasoned participants told of hills, mud, more mud and more hills - it sounded wonderful! Organisers describe the Bull Run as a "tough and hilly 7.1k" and they are not wrong. Among this year's 165 competitors, myself, Luke, Michele and son Paul, Stella, Dave Tibbals and Itch were representing Saints.

Starting at Balcombe School we began with a lovely downhill then climbed steeply up Westup, down through a field on to Rocks Lane, climbed another steep hill to Rowhill Lane, passed the White House, made our way along a muddy Postman's Walk and headed back through Westup Farm to the school.

Race patron Max was doing what bulls do in his field - luckily I was in yellow, not red!

There is a sharp uphill to the finish line but you are encouraged by other runners clanking their cowbell medals. Afterwards there was a fine selection of cakes for sale. The race raises funds for St Catherine's Hospice and the school and is a great community event.

I loved it.

**Jim Scott**



## Colas Team Cup, Morocco—March 14th—17th

Early March saw me have an almost all expenses paid trip to Morocco to compete in the 3rd edition of the Colas Team Cup. A running competition that is held every two years within the company I work with. This is an international competition that has a qualifying round in the year before the competition. This year it was the top 5 males and 5 females from our region to qualify. I was unluckily 6th in that list, but due to a drop out I was able to get on that plane and make my way to Africa.

### The Races Themselves:

Day 1 was a 10k Relay where I was paired with a female from my team to each run 10k, with our combined time being our overall finishing position, this was then added to the other 4 pairs from our region to determine the regions finishing position for the first day. Last time I came 3rd from last so wasn't particularly upbeat about my chances. Especially when it was 37 Degrees when we started!

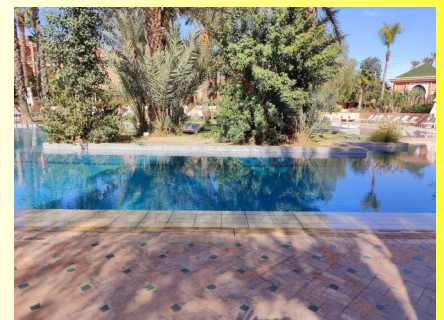
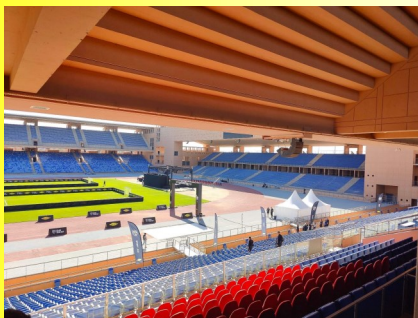
The guys in our group had a bet (as you do) to keep it interesting. The first pair bought the drinks for our team! Overall I completed the 10k in just over 1 hour, which I was very happy with, coming 42nd male out of 60 which is a vast improvement on last time! Overall my partner and I were 35th out of the 60 pairs, but we did finish first in our region so the beers were on me! Our region came 10th! a much better performance.

Day 2 was a 10x400m relay with yesterday's finishing position determining what heat we were in for the first round. Finishing 8th yesterday put us 3rd seeds going into the heats, with the top 6 fastest times overall going into a grand final. in the heats we managed a very good 2nd place and we were 4 seconds quicker then the 7th place team, putting us in the finals! The final race we did come last, which we expected, but the 6th place gave us an 8th place finish overall! which is an amazing improvement.

Oh, and did I mention? Highlight of the week I got to meet Paula Radcliffe and spend some time with her! All in all, it was Hot! But it was free so I have no complaints!

On to the next one!

### **Luke Taylor**



## **Pavilion Gardens Parkrun, Buxton— March 18th**

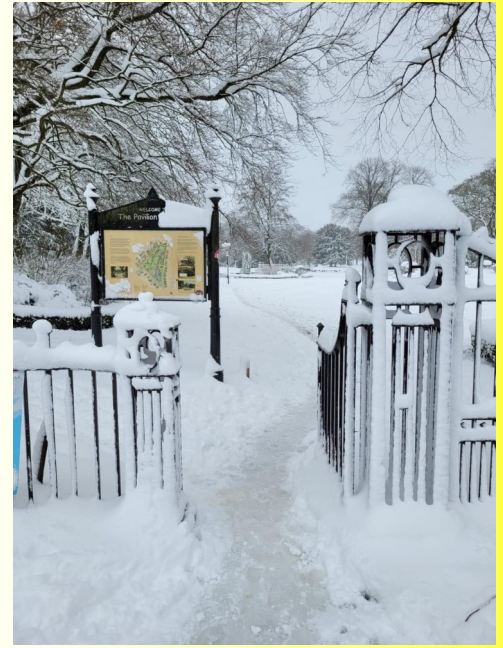
Another holiday and another chance for Parkrun tourism - and what a difference a week makes. We were keen to tackle Pavilion Gardens as it was ten minutes' walk from where we were staying in Buxton.

Our run took place on a mild spring day but a week earlier the event had to be cancelled after heavy snow in the Peak District! Pavilion Gardens only started in November but is regularly attracting between 150 and 200 runners a week. We joined a group of other tourists and first-timers for the pre-run briefing before setting off on three laps of the park.

The route is deceptive as you twist and turn up and down slopes, through a small tunnel and round a lake and playgrounds. According to Strava the total elevation is only 25ft less than Tilgate. The volunteers were all helpful and friendly. I also had a brief chat with the race director afterwards and he was pleased to hear we had included Parkrun in our holiday plans.

As always getting out of bed to run was a great way to kick-start our Saturday.

***Jim and Debby Scott***





### **Alcantarilla 14k – March 26th**

This was my second time at the Alcantarilla race but what a difference a year made. Last year it was a cool, cloudy 15 degrees, this year it was 28 degrees with the sun fiercely beating down and no shade or breeze at all.

Alcantarilla is a little town in Murcia and although the translation of Alcantarilla means “sewage” that should not put anyone off, as all the main roads were very prettily lined by palm trees. The race was organized by the military and we had the pleasure of running through an airbase. I took advantage of all 3 water stations as it was so very hot, and not of course because of the fit looking squaddies dishing the water out! 💎💎

As usual in Spanish races I received a great goody bag - an excellent technical t-shirt, a rucksack, a shopping bag, a tin of olives, a packet of salami, and energy drinks. Fruit and beer were freely available after. All in all, a superb race.

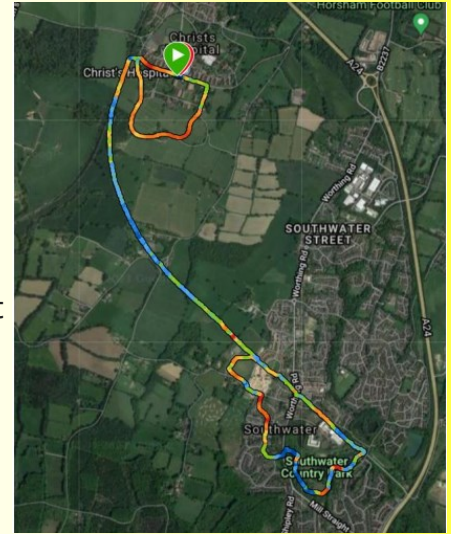
### ***Nina Trevarthen***



## Christ's Hospital (Mel's Milers) 10k – March 26th

Mary, Steve and myself represented the Saints (plus prospective Saint in the form of my daughter, Hannah !) at this one on a wet and windy morning at CH; it's one I've done three or four times previously but not since 2018 so my objective was to try to better my 2018 time of 51:13.

I suspect that many of you will know the (mostly flat) course but, effectively, it's a loop of the lovely grounds of CH school (just over 1k), then out onto the Down Links followed by a short section through the residential part of Southwater and then the Country Park before embarking upon the Downs Link again for the return journey home ! As you come back into the school grounds, it's a nice 300 metres or so 'dash' to the finish line within the ornate 'Quadrangle'.



As I say, I've done this one a few times before over the years but it's never been as wet and muddy on the Downs Link as it was this time ! As Steve said though, the strategically placed 100 metre long puddle near the end, and just before you reached the sanctuary of the paths within the school grounds, was ideal for washing off the mud from trainers and socks ! It was certainly one of those where you could make a case for either trainers or trail shoes (but neither were a perfect answer !) Damned if you do and damned if you don't !

I managed to do 50:34 so achieved my aim and Steve came in pretty close behind as he recovers from injury; both well placed in our male age category. Mary and Hannah were equally pleased with their times and both were very well placed in their respective female age categories. So, all happy !

In summary, a really nice friendly and well organised event run by Mel's Milers with very supportive marshals and spectators along the route to cheer on the 330 or so that braved the elements ! Nice medals as well !

Last, but certainly not least, I gather that each year Mel's Milers make a donation to a charity from the proceeds of the race. This year it's 'Horsham Matters' who run a foodbank and advice centre for those in need within Horsham - a very worthy cause and, hopefully, the donation will assist them with the great work that they do.

### **Mark Lavender**



## **Sussex Grand Prix: Hastings Half - March 26th**

This was my third time running the Hastings Half, which is the first SGP race of the season. The race is tough, with plenty of climbing but also some great downhill as compensation. Last year I managed a course PB of 2.11 and was hoping to match or even better that this time.

Training was going well until three weeks before race day when I felt a pain on the bottom of my foot on a long run. As I suspected it was a plantar fasciitis flare-up so out came the spiky ball and iced bottle. Regular stretching also helped ease the issue but I was worried whether my foot would hold up to the punishment of a hilly half. I then drastically scaled back my running while maintaining my regular weekly swimming and cycling all in the hope I would be able to make it round the course. As a result I modified my time expectations and on the start line with Luke I was naturally apprehensive. Oh and we were also very damp as it was raining - heavily!

As for the race, my foot started twinging at around 6 miles but running was not uncomfortable. At around nine miles the plantar tightened up and after that it was a case of slowing down and just getting the job done. Before the race I'd been aiming for a finish time of around 2.25 and made it across the line in 2.22.

I was pleased to finish the race and will be back next year when. hopefully, I'll be fighting fit!

### **Jim Scott**



## My First Ultra—Training Blog - March

This month has been a month of exploring and challenge. For the most part my weekday runs have been ticking along nicely, with some varying speeds, terrain and a few hill reps thrown in. For my weekend runs, I have managed a 19 mile local solo run looping via Turners Hill and Crawley Down, a 21 miler from Henfield along the Downslink and over Devil's Dyke, and a local 21 miler (loop of Tilgate followed by an out and back along the Worth Way). The Henfield/Devil's Dyke route was arranged by Paul and featured some of the Run to the Sea ultramarathon route. Hard work, and very much a walk/run effort, but treated to some stunning views so thank you Paul. I've also managed to test my new Brooks trail shoes on one of these runs and am happy to report that my feet were happy with them over the distance travelled!

This month has also seen a higher level of physical fatigue, much higher than what I experienced training for Edinburgh marathon last year, and this week (20th March) I've been too tired to hit my usual distances or do any technical work. I have also been struck down with a cold and conjunctivitis, so had to drop a weekday run and drop my long run to a much flatter 8 mile road run to recover. Starting training plans too early has not helped with this but a busy month outside of running has also taken its toll (not to mention my toddler sharing her germs!).

Mentally it has also been a struggle - I know I can finish this ultra, but the time it has taken up has meant less time for self-care and competing priorities outside of running. But since I'm the type of person who will try to shoehorn 25 hours into 24, I've been keeping very busy anyway. There is only so much I can do for so long, and I have had some low mood days this month as a consequence. Since I didn't listen to the signs in February, I have really got to pay attention now and have resolved to take better care of myself and slow down a bit in April. Once again, I am grateful to my running buddies who I can run and chat with about the mental challenges of ultra training. I am also very grateful to my family and friends outside of running who have also been around to listen and help with childcare. It's very important that when you embark on distance training, that you have your support crew!

Looking ahead, I have Kew half lined up followed by a couple of longer training runs before tapering. I'm not looking at hitting as high a distance as my training plan advises (a marathon), as for me personally (and also through discussion with the ladies I'm running this ultra with), I do not want to burnout completely or be ill come race day. I've had to learn the hard way (stubbornness is a strong trait in my family) that I can only do so much and maybe hitting 22/23 miles will be sufficient for me. This ultra is also going to be tackled with a run-walk strategy, so **perhaps** a marathon isn't required anyway. I will of course find out on the day but also feel reassured that myself and my friends will get each other over the line!

Until next time, happy running! And if you would like to donate, please see the link below:

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

Thank you!

**Lou Mitchell**



### Biathlon Success

Paul Nixon, age 14, a S&S member since age 8 and a keen participator in the S&S Youth league races over the last 6 years where he had his first taste of running group events, qualified last year November 2022 in the GB regional schools Biathlon (swim and run) competition. Following that, he received an invite to the GB National Finals in March 2023, which took place in Birmingham representing his school HTS (Year 9).

He enjoyed this first time experience running and swimming against some of the strongest and quickest teens in the country.

### Michele Nixon

## Biathlon Success

Paul in 9Y1 represented Holy Trinity School in the National Finals of the Pentathlon GB Schools Biathlon Championships at Abbey Stadium, Redditch on Saturday 11th March 2023, having qualified from the regional events last November. The event involved him completing a 100m freestyle swim and 1,600m run, with his times being converted into points and added together. Paul put in a fantastic performance and placed 34<sup>th</sup> in the country for his age group. Well done Paul! Everyone at Holy Trinity is incredibly proud of your achievements.

Mr Bussens, Physical Education teacher



### **Saints and Sinners Annual Awards**

Saints and Sinners annual awards ceremony took place on Sunday March 12th at Goffs social club. Thank you to those who attended and congratulations to all the Saints who won awards this year. Group photo below with individual category winners photos posted on FB and WhatsApp. Special thanks to Lou and Glenn Mitchell for organising the quiz.



### **Parkrun Milestones**

Those of you who attended the Awards afternoon, will have seen the unveiling of the parkrun Milestone Sashes, made for the club by the talented Mandy Jenkins.



We have two each of the 50, 100 and 250 sashes, and one 500 sash, the latter of which will be worn by Brian on 8th April, the first Saints member, and the first Tilgate based parkrunner to achieve this milestone.

As you can see, the sashes have the milestone achieved, the club name and logo in the parkrun milestone colours, and they are printed on both sides.

If you have one of the above milestones coming up and want to wear the sash at your milestone run, please contact a member of the committee and we will arrange to get the sash to you for your milestone run. We will not be chasing people who have upcoming milestones, we'll leave it up to you to get in touch with us.

***Richard Daniells***



### 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

These will start again every other week from **Monday April 17th**, please refer to the training sheet each week for locations.

### Learn to Run

The next course is starting on **Monday April 3rd** with graduation on **Saturday June 10th** at Tilgate Parkrun. Can everyone please share the advert that has been sent via Facebook and WhatsApp. We will be looking for helpers during the course and buddies on graduation day – these count as a volunteer credit for those that are interested in entering the London Marathon ballot.

### Mile Challenge

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

### 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@crowleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crowleysaintsandsinnersrun.co.uk)

### Horley Harriers Track Sessions

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The **April sessions** will take place on **Thursday 6th and 20th**. Meet at the back of the centre by the track at 6:45pm.

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.

\*please note fee increase effective from April 6th 2023.





### **Membership**

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

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