

Welcome to the May 2022 newsletter.

And a welcome to our new members this month: **Isla Greenaway, Firoze Khambata & Leigh Mase**

We have a fantastic round up from our members who ran at Brighton Marathon, plus other races which we've had over the past month. We really do appreciate you providing these to us for everyone to read and maybe feel inspired!

Don't forget to book your place for our 40th birthday celebrations and awards evening, details can be found on Facebook and **Page 31**.

Debby & Jim

### **Chairman's Corner**

Hello all.

I do hope you are all well and enjoying your running.

I've really enjoyed spending some time with the learn to run group. They are all doing fantastically well and I look forward to their graduation!

Thanks to Debby and Luke for all of their hard work.

It really feels like the club and running in general is getting back to normal. I'm really enjoying the borough runs. I would love to say that I enjoyed the mile challenge recently but it was rather too wet for that!!!

On top of that, we have a bumper program of SGP and WSFRL events to look forward to.

Last point - thanks to Nigel V for letting me pace him at parkrun. It was great fun (maybe not for him!!).

Hope to see you soon,  
James



### **Membership**

Don't forget, if you haven't renewed already, that memberships were due on April 1st.

For just **£12 a year** this gets you membership to the club until March 2023, all training sessions are free and you get access to some great run leaders who will support you for any plans you need for upcoming races.

Please complete and return sooner rather than later and see **Page 31** for details of how to pay etc.

Lesley

## **Loseley Park 10k - Sunday, April 10**

Picture this: Beautiful rolling countryside surrounding a manor house, set in the Surrey Hills just outside Guildford and used to film programs such as The Crown, Midsomer Murders, Jonathan Creek and a Miss Marple episode no less.



This was the backdrop to my 10k run as part of getting back into the swing of racing and in preparation for the Mid Sussex Marathon weekend.

I chose this race as it was described as “a mind-grIPPING, leg-burning, heart-racing and thrilling trail run” and would hopefully be a similar run to the Burgess Hill 10k on Bank Holiday Monday - same distance, similar terrain.

I had already done two days of longer runs (nothing compared to Brighton or the SDW50) so thought it would be a great judgement of the last race, which so often is the one that I struggle with physically.

However it was not the case. This race combines the best parts of most of the WSFRL races — the distance of Lewes, the rutted paths of the Downlands Dash, the Steyning Stinger Mouse Lane mountain.

It also had a Littlehampton beach sandy section and a mix of the Trundle terrain thrown in for good measure.

This I must admit I was not wholly prepared for!

The views were amazing and we had the privilege of a Roe deer run across the trails just within about 20 feet of myself and a few other runners and into a thicket nearby!

All in all, a thoroughly tough, demanding but wholly rewarding race that I recommend.

They also do a 5k too for those who want to!

**Luke Taylor**



## Brighton Marathon — Sunday, April 10th

**Sky: 3:05:28**

My first marathon after deferring twice, once due to being injured and the second time to simply just not being ready.

I went into training thinking "I just want to tick off a marathon".

It was tough. Towards the start I was still recovering from long-term injuries that had taken a big hit on my speed and endurance.

Five weeks in and I was having to abandon Sunday "long" runs which weren't even reaching ten miles.

I was pretty bummed to say the least.

I stuck with it though and eventually it all started coming back. The mileage, the speed, it was steadily on the rise and with it, my confidence. So then came the next issue...what time am I going for?

I'm very lucky to have a great training partner in Wayne. We're of a similar ability and had somewhat similar goals (at least to start).

I can only apologise to Ed and Sean for our classic line of "we're doing a long run Sunday, about 8 minute miles".

Eight minute miles to myself and Wayne is not a real concept and you should subtract at least 30 seconds from that pace whenever we say it! So towards the later stages it was just me and Wayne but it worked.

Wayne would particularly love every long run, where at 13.1 miles I'd casually remind him that we were "halfway" and by love I mean he would promptly tell me to shut up!

As we kept training the times got quicker and my target of "I'll run it in 3 hours 30 minutes" kept getting lower. So now we're here, race day. Conditions are perfect, I feel fantastic. Nervous, sure, but ready! What am I going for? Sub 3...it's a massive target for my first marathon but my training times reflect it is possible, I'm going for it!

Standing around waiting for the start was the worst. I'm nervous, I just want to get on with it. As I am walking to the start line I decide I am going to go for a second toilet stop. I know I don't actually need to go but the nerves at this point are winning.

By the time I have queued and returned, I've lost Wayne and I'm no longer in red wave but somewhere in the middle of blue wave. It's fine though, I'm crossing the start line and just like that I'm no longer nervous, I put on a smile and away I go!

Mile 1 is slow, worryingly slow. My watch beeps an 8.30 minute mile. I know it's not the start I wanted, I am stuck behind a horde of people. I do my best to weave and luckily as the course goes on more gaps appear and I can pick up the pace.

Can't lie, accelerating to target pace and starting to overtake hundreds of runners felt great. I was also nice getting to pass fellow club runners and cheer them on as they were also doing for me. That brings me on to atmosphere. It's incredible! I couldn't run with anything but a massive grin on my face. The cheering fans, the music blaring, people with signs, I absolutely loved it! Yeah there are some quieter stretches but there's always at least someone not far away encouraging you all on.

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Mile 13 and at the halfway line I clock in at 1:30:19 (we're halfway Wayne!), I am on track for sub 3 I tell myself as I write off the first mile! I still feel really strong at this point too.

Mile 15, there's my uncle and I am ready to pose! Mile 18 – this is where my mind has a little doubt. During training runs mile 18 is where it would sometimes fall apart, I'd just be too tired and too unmotivated to continue.

This was mostly because I used to do no fueling other than water. Do not do this!!! But now that I am taking gels and eating breakfast, mile 18 comes and goes, still feeling alright

Mile 19 and a half...warning signs. I notice a weird sensation in my leg. Kind of feels like bubbles under the skin just rippling up my left leg. Not constant just every minute or so, then it starts to become more frequent.

I panic a little as I have no idea what is going on. Sadly, I am about to find out.

I enter the infamous "power station" section. Ben Short hands me something and encourages me on and I see Ian and Sarah who also cheer encouragement.

I put on a very forced smile and head further in. Then disaster. My left leg starts to seize up...my right leg has started bubbling. I am devastated. I had prepared for everything but not this. People are dropping left and right of me, they're going through it too, cramp.

I manage another half a mile but it's too much, both legs have now locked up and I am forced to walk. I look at my watch and see my mile pace increase and my average pace getting further and further from my target time.

I push on...it really hurts but I force myself. My pace is now two minutes slower than before and I manage another mile...stop and walk again. I see some people stretching, others just sitting down. I count to 30 seconds as I walk and then start running again.

It takes about another mile but the cramp is starting to ease up. It's still there but I am now being allowed to at least run at a somewhat decent pace. I know sub 3 isn't possible now but there is no way I am not finishing this race, so I just dig in and run.

It's horrible, all the enjoyment has sadly gone and I just want to finish. What on earth did Ben hand me. Is this a Revi? It's not disintegrating in my hand yet...I then realise it's paper with the message "You got this".

I don't feel like I have got this, as Ian and Sarah can probably now see in my facial expression as I pass them for the second time waving at them to signal "I'm done".

It's the longest 4 miles of my life but eventually I am on the last stretch. Like a cruel joke on the last 400m my right toes lock up.

I'm forced to limp for a few paces whilst I use some colourful language. "Don't you dare..." is the tame version of what the spectators next to the railing would have heard as I yell at my own foot before I shrug it off and push through to the finish.

3:05:28. It's not the time I wanted but it is still an incredible achievement and whilst I will always be slightly disappointed, I am still happy with the result.

What an incredible event. I'm already booked for next year to get that sub 3!

**Sky Taylor-O'Neill**

### **Wayne - 3:18:53**

What a very nervous morning it was for me for the build up of my first marathon. Everything was panning out to be perfect once the nerves settled.

And wow it certainly was. What a fantastic experience it was in every way. Totally enjoyed it, including the tiredness in the last 4 miles.

Great support from the crowd and from many S&S that I saw. Tears of joy at the end summed it all up. Planning my next one!



### **Wayne Kingsnorth**

### **Jim 3:22:19**

There are ways of preparing for marathons and there are ways of not, I chose the latter.

I was at work 3 weeks beforehand when I got an e-mail to say entries were closing at 1pm. I'd been thinking about it for a couple of weeks without committing and in that moment I thought let's do it. Who doesn't love a challenge?

So, off I went into my intense 3-week marathon plan which consisted of a 17 mile solo run followed by a 20 mile run the following weekend incorporating Parkrun which Ian kindly joined me for. Then I obviously went into a well-earned taper after such an intense and exhausting training block!

Fast forward a week or so and there I was, kitted up and stood on the start line with no idea how the next few hours would unfold. I was confident I was fit but I also knew the marathon was a different kettle of fish and so this would be an interesting morning by the seaside.

I set out at a steady pace and went through halfway in 1:32 feeling fresh and with a spring in my step. I got to mile 20 feeling good and then arrived in the power station where it began to get tough. My legs were heavy, and I started to tire but a timely Lucozade gift from Ian got me through that last 10K and home in 3:22 for a 27-minute marathon PB.

I enjoyed myself and the buzz of running a marathon, I definitely enjoyed the finish and the absolute ridiculous challenge, but I probably wouldn't recommend it to anyone thinking of doing the same thing!



### **Jim Williams**

### Claire & Darren — 3:24:47

Having completed the Surrey Half Marathon where we ran ten miles at marathon pace and then kicked for the last three miles, Darren decided to challenge me and booked us in for the Milton Keynes Running Festival where the aim was to run all 20 miles at marathon pace.

So, on Saturday afternoon, we drove to Milton Keynes as we had decided to stay overnight.

After a good journey, we made it and decided to go and find somewhere to eat! Prior to Darren's best marathon he had eaten fish and chips the night before so we decided to have this for dinner and see how this would sit in our stomachs for the 20 miles at race pace.

We awoke on Sunday morning to find the sun out despite the original forecast for rain and having enjoyed the extra lie-in, we made our way to the event and got ourselves ready before the start at 9:45am - and after a brief warm up we were off!

The whole 20 miles went incredibly well (spot on pace) and we picked up our very own tour guide en-route - a chap who had run it numerous times before so gave us commentary all the way round, so it made it a very enjoyable and easy 20 miles.

As Darren could see how well I was doing with my training, keeping it all under control and very consistent (why am I not surprised when we all know he likes numbers so much!), he decided on one last little challenge for me! Three hours on my feet!

I successfully accomplished this run and felt pleased with myself, managing just over 22.5 miles, but was now beginning to look forward to my taper!

However, the Monday after the long run, I did a recovery run which I have not been doing (I have been walking instead) and for some reason seemed to pick up an inner hip/groin pain.

Throughout the taper it seemed to get worse although Darren said this was maranoia!! I saw my osteopath three times and she did laser treatment as well.

It appeared to get better to some degree but was still with me right up until marathon day when somehow, once I got on the start line and got into my run, it disappeared and was no trouble at all!

So it was D-Day and what an epic journey that was. I am pleased I successfully crossed the finish line with a PB of 3:24:47 but it was not easy - the last 10k was extremely tough.

We started off really comfortably but Darren did warn me, the quicker we go out at the start you lose double the time at the end!

Overall I think we were quite happy and comfortable with the pace. Passing my family and lovely S&S supporters, I got to mile 18 quite easily but then my legs started to feel heavy and uncomfortable.

I also had to sadly stop for the bathroom but felt better for it. Throughout the entire 26.2 miles, I had taken on no water at all, so I think I was dehydrated.

I then really went downhill with the pace dropping mile by mile.

Darren along with Ben Short, Ian Blackham and Sarah Stanbridge tried to encourage me, as well as getting the crowd behind me.



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From about mile 23 my legs buckled and Darren took my hand and pulled me along to the finish. The crowd was so supportive and encouraging and Darren was my real hero.

I collapsed just metres from the finish and as he saw the clock, he got me up and across the line to secure the PB before I fell backwards in his arms and got rushed into the medical tent!

My marathon training has been such an incredible journey. I am delighted I have gone from strength to strength building up physically by gaining weight, as well as getting stronger and healthier enabling me to enjoy such an amazing day.

There is no way that I would have been able to have achieved what I have done without my hero by my side all the way. I have, however, learnt one lesson from this marathon, I must drink water en-route and try to control the pace at the start a bit more. But I also know, I do want to go back and do it again to see if I can do it any better!



## **Claire Page**

### **Mark — 3:40:08**

After a two-year delay, including postponement from last autumn because I wasn't ready, I finally got to the start line of my first marathon. I'd had Covid a month before, which meant fewer long runs before the day, but I wasn't going to miss out on the experience.

Martyn and I were going to run together at around 8:30 pace, however, we got separated before the start: too many people after the final inevitable toilet stop. I was aiming to run an even 8:30 pace, but was hemmed in with the 8:00 runners following the 3h 30m pacers.

So I followed them for 17 miles quite happily (perhaps that's not quite the right word: all en-route photos show me grimacing!)

After that, it got tough, and I had to dig rather deeply to get round, with fatigue in muscles I didn't know I had. I have never been as tired in a race before, but managed to crack a smile as I crossed the line.

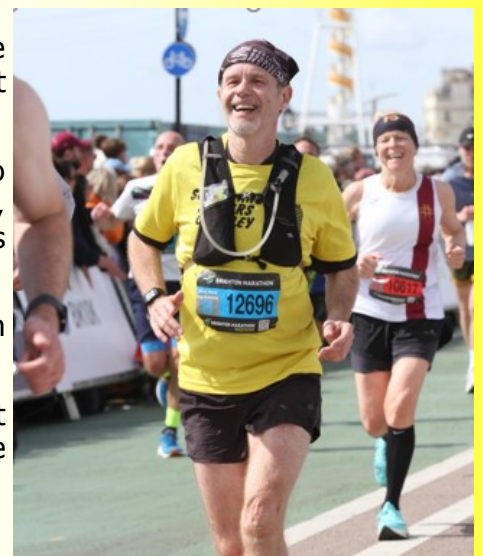
Even now, I know this is just the beginning of taking on some longer distance races, and upping my training mileage. Can't think of a reason why not!

Looking back, it was a real buzz and it was brilliant having so much support from the club and seeing others before, during, and after the race; including Martyn (my driver – how does anyone do a marathon and then drive back? Martyn did!)

It was also good to have pre and post-race natters with Wayne, Sky, Jim, Darren and Claire.

If you haven't done a marathon yet, and are thinking about it, this is a good one to start with (but there again, it's the only one I know!)

### **Mark Warwick**



## **Martyn - 3:45:34**

Four years after I started running and having done a few halves the elephant in the room was when to tackle a full marathon. The chances of a ballot place for London seemed slim and so I decided to enter Brighton. Easy to get to and several S&S runners were also entered.

I was determined to do the job properly and set about reading as much as I could. I soon realised that there is a vast amount of information on the internet, not all of it helpful.

After a recommendation, I read Vassos Alexander's book *How to Run a Marathon*, which I did find very useful. The main takeaways were: have a plan in terms of what you want to achieve, commit to a plan you have a reasonable chance of sticking to and believe in yourself. I went for one of the advanced training plans in the book.

This called for five days running per week, which I felt I could realistically do. Things I learnt during the training: sometimes an easy run feels hard and sometimes a tough looking session feels easy, it just depends on how you feel. Secondly, I'm not very good at pacing!

One thing emphasised in the training regime was to be flexible, but not to take any shortcuts and if you have to drop a session, drop an easy run, not a tougher session.

I incorporated the Sussex Cross Country League races in the plan and I am sure they helped with stamina and endurance. I also made sure to attend every one of Paul's Wednesday evening sessions and I felt that these were of great benefit. At the beginning my target was anything sub 4 hours, but as the training progressed I felt that 3.45 could be achievable.

Finally the big day arrived. The park and ride worked perfectly and Mark and I arrived with just over an hour to the off. Amazingly, as we walked through the many runners assembling in Preston Park, we bumped into Wayne and Sky, the four marathon virgins together.

Although we got separated before the start, mainly through joining different toilet queues, (which actually moved quite quickly), it was great to chat and helped ease the nerves.

Then into the start corrals, the steady walk to the start line and, at last, start the watch and we are off. The first mile was spot on my target pace, however, I then got pulled along with the excitement and the next mile was almost a minute too quick!

I then settled into a steady pace, although a bit quicker than the target it felt fine. The crowd were fantastic, cheering everyone along, definitely worth having your name on your shirt. Went through halfway a little ahead of target, but still feeling good. In the sections of the course where it doubles back it was good to spot the other S&S runners.

Eventually you get to the bit that everyone says is the tough bit, out to the power station, and certainly by the time I was back to the start of the promenade, the legs were feeling the pace. However, the crowd in the last mile or two were great and at last the finish line came into view. I crossed it in 3:45:33, so spot on target and I was really pleased with the time.

Things I learnt on the run: should probably have drunk more water and should have worn a cap, or at least put on some sunscreen!

Met up with Mark and we had an uneventful journey home, despite very stiff legs. The worst thing over the next few days was coming down stairs! Would I do it again? Yes almost certainly, maybe a trail one next time. I would definitely recommend having a go, the experience on the day was fantastic. Well done to all the other S&S runners I think we all did, or exceeded, our expectations.

**Martyn Flint**





## Stuie — 4:44:30

In 2017 I ran London Marathon and ever since I have felt a sense of unfinished business. I completed it in 5hr 6min and ran/walked from mile 14/15 gradually getting slower and slower. Whilst I thoroughly enjoyed the experience, it felt horrific.

So, last year having restarted running seriously during lockdown, I decided to tackle the distance again and booked a place on Brighton Marathon.

Never one to be outdone, my partner Brian booked a place too.

Training went well and I got up to 20 miles two months before the race. I knew that mentally I needed to hit at least 23 and run 20 miles or more multiple times to be able to complete Brighton in my 4-hour goal. By the end of January, I felt this was achievable.

Then Brian became ill. He had a severe back issue that put us both out of action for around two weeks. He couldn't move so I had to do everything, and I couldn't leave him in case something happened, so other than the odd 5k running went out of the window.

Then came Covid for both of us and we were out of action for a further three weeks. I lost over a month of training and by the time I could run again it was time to taper, so at that stage what would be, would be. I just wanted to get out there and see what I could do.

Race day arrived and rather than nervous, I felt excited. Anxious and nervous, but I felt ready to get to the end. I knew the 4hr goal was out of reach so a sub 4:30 was the new aim. We followed the crowds from the train station to Preston Park, utilised the toilets multiple times, and headed down to our start wave.

It was incredibly well organised. The staggered starts meant the crowds weren't overbearing and there was plenty of space, though starting with a hill is a little harsh!

The first half felt strong and as I ran out along the coast towards the switchback, I felt strong. The crowds pushed me on, and I always make a game out of trying to spot people I know in the crowds or runners on the other side of the road to help time pass.

I was absolutely on a high knowing I was on schedule to get the time I wanted.

Headed into Hove and mile 17 approached. I had lost Brian in the first 10k but I knew he wouldn't be too far behind me. And then, on that long straight stretch of road through Hove it hit, and I felt awful. I wanted to throw up, I wanted to stop, I wanted to cry.

It was hideous. Around mile 17 I had to stop briefly to drink from the cups of water we were given and that was it. From then on it was run/walk.

I let Brian catch me up so we could do it together and we ran/walked together through miles 18-24. Without him, I'm not sure I would've got that far.

Once we were out on to the seafront, I tried to push forwards. I knew I could still get a PB if I got a move on, so I pushed towards the end.

It wasn't fast, but I was moving and the cheers and shouts from the crowd made it easier to get the legs moving.

And there it was. The finish line. It got closer and closer and the legs started turning faster and faster, knowing it was nearly over.

I crossed the line at 4hr 44, and Brian crossed at 4hr 46. It was emotional and painful, but we did it!

It didn't go anywhere near what I had planned for, but it was better than London and that's really all I wanted. All I had to do was walk back up the hill to the train station...

**Stu Laurie**



## **Louise — 5:11:45**

I'm not an experienced runner, only really starting just before lockdown and increasing my distance whilst training for the London Landmarks half last year.

I, probably the same as most, don't find it very easy — especially when I have a few days off because of work and getting back into running is tough.

However, with a couple of races under my belt I decided to go for it and book the Brighton Marathon. I was really excited at first and booked a couple of half marathons to keep me motivated and used to running races on my own.

I did the Crystal Palace and Wokingham halves. Crystal Palace I would never do again, that was a tough race. But the Wokingham half was a very scenic and enjoyable race.

I managed to train up to 22 miles at a time of just over 4 hours so I was pleased with that and hoping for under 5 hrs.

On the day I was really nervous, I made my way to Brighton with my friend Lisa who was doing the 10k. When she left it was another 45 minutes at least until my race was underway, so nerves were really kicking in.

Once in the queue to the start line it was quite overwhelming, especially when you are on your own but once I started it was fine.

I just kept at a steady pace until my knee started to play up around 18 miles.

The amount of support around, I thought was amazing. People were offering sweets, oranges, sausage rolls etc.

Also great entertainment along the streets towards the industrial bit of the course, although I thought this was the worst part of the race as it was so long.

The industrial part of the race wasn't as bad as I thought it would be, however, and there seemed to be more support than what I expected from hearing about previous years.

The last part up towards the finish line was hard.

You knew the end was so near but your body, my knees, were finding it hard to move forward.

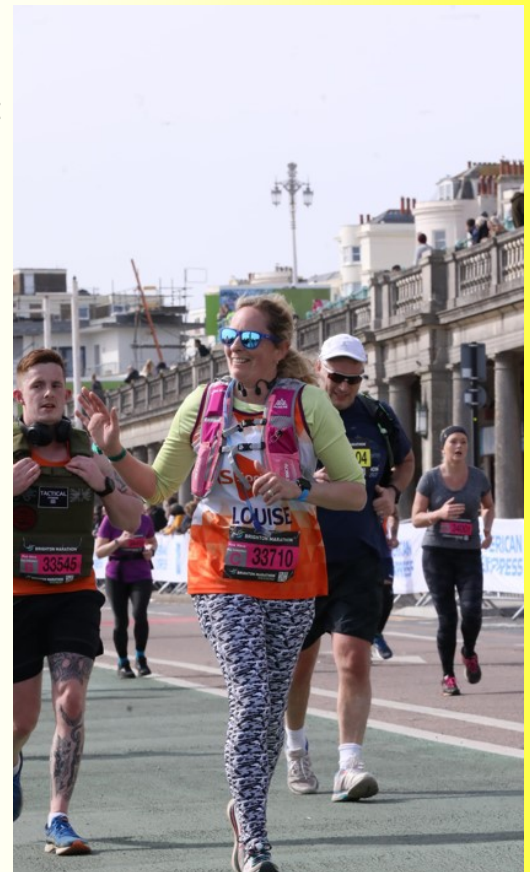
But as soon as I saw that finish line, I tried to run as fast as I could.

I completed the race at 5.11.45 and am proud to say that I have run a marathon although it took about two weeks before I could run again.

I also raised £630 for the MS Society which is a bonus.

Thank you all for the support whilst training and the good wishes beforehand, it was an amazing experience.

**Louise Redgrave**



**Kevin — 5:17:26 and Vanessa — 5:23:32**

After a break from running of more than 29 years, Kevin had decided he needed to get fitter and after chatting with Vanessa one evening, she put forward the suggestion of taking up running again and she offered to put Kevin through his paces!

Slowly, week after week and mile after mile pounding the local pavements, Kevin increased his mileage enough to suggest he needed something to aim for.

How about the Brighton Marathon? he said. Are you sure? said Vanessa.

So that was the running goal, to run the marathon in ten months' time.

Vanessa put together a training plan to increase the miles slowly, incorporating two half marathons and several 5k and 10k races. All successfully completed.

As we turned in to the New Year the more serious miles were looming: 15, 18 and 20 miles. All successfully completed.

Then came the week before...nerves set in...what am I going to wear, what happens if my foot hurts, what happens???....the list went on!

The day before, we travelled to Brighton to pick up our race numbers and had a relaxing sit down and chatted about anything and everything to take our minds off the race itself.

We had done the training, and we were ready to run 26.2 miles.

The day itself came. We got to the start in plenty of time, enjoying the weather and the atmosphere, we were ready to run.

And we were off, enjoying the cheering crowds and the other runners around us we quickly settled in to a good pace.

Up and down the streets of Brighton, up and down the seafront, the sun was shining and the wind was just blowing slightly, enough to keep us cool...perfect running weather really.

Seeing familiar faces along the route, all giving us loads of encouragement, and running to raise much needed funds for the Kent, Surrey, Sussex Air Ambulance charity, gave us every reason to keep going.

So, after 26 miles of running, the finish line was in sight. At this point the crowds are three deep at the sides cheering and clapping people through.

And we made it! 26.2 miles done, now for the next challenge.

Thanks to everyone who supported us along the way.

Well done to Kevin on a fantastic marathon run.

**Vanessa Harrold**



## Terry — 5:38:54

After my own marathon last year Becky said she wanted to have a go but would like a run buddy, I had already entered and thought why not. I would be the water/gel carrier.

We formed a training plan from January onwards concentrating on long slow run Sundays. She had only been running for three years and had no history of sport at school or after but Becky had completed the L2R and a 10k.

So we cut our nights out, we only had one in three months, and training went so well. There were tears and self-doubt but I kept saying we will do this together, it's your time to shine.

We managed to get to 35km in training as Becky wanted to get to about that. There was a full meltdown but I kept saying we will do this.

The morning of the marathon was very cold, ice on the ground. Becky was nervous so I just tried to keep laughing and joking. She had a plan get to 30km without walking then see what's left. I said just treat it like our Sunday run and of we went, broken down into eight parkruns and a bit, target was 6 hours

I chatted most of the way pointing out places, people and laughing about the costumes. The first half came and went, we were both shouting and cheering people on as we jogged along.

We hit 30km with no problems. Becky was smiling and I knew she had this and told her hundreds of times. Hitting the last straight she was feeling it but the crowd and music pushed her and I said we have to sprint the last 1km (it was her fastest 1km of the whole race).

She pipped me and I was so happy seeing Becky smile knowing she had not only achieved it with no walking but smashed it at 5.34, nearly half an hour under target,

Big thanks to all the shout outs! If you have a run buddy to help someone achieve their dream it's so rewarding and well worth it. Lesson learned this time, put some suntan lotion on, I got so burnt. I am so proud of Becky she's my superstar. Set the bar high and achieve!

## Terry Bennett



## **Kew the Run - Sunday, April 10**

Sometimes we get the opportunity to run in some beautiful places and I think running around Kew Gardens is by far one of the best.

Kew the Run half marathon is a new event from the team behind the Richmond RunFest (September).

Richmond RunFest has been a staple of my running calendar for the last eight years.

It starts at Kew and at the Old Deer Park. You run about three miles in Kew and you're out on the tow path to Teddington and back. So when Kew the Run was announced, with five miles running around Kew Gardens, I knew this was one not to miss.

It's a glorious run, starting at The Hive and then running past the famous Palm House, the Great Pagoda, underneath the Tree-top walk and amongst the incredible trees and plants of the spectacular Kew Gardens.

Once you've passed the sights of Kew, it's then out on to the Thames tow path to Ham House and back, past some tempting pubs and the famous Ham Polo Club.

It's a flat course, they say in the marketing that it's the flattest half marathon in London. It has a net drop of 5 metres and only a total of 65 metres elevation across the whole 13.1 miles. Although it is narrow and sometimes busy (not when you're as slow as I am) it is a course that could easily offer a PB.

The winner finished in one hour nine minutes! I didn't get a PB this time but am getting closer to my pre-pandemic times, when I used to be faster.

Still time to work on my pace for September's event.

I'm a bit of an early bird, so one of the things I really like about this event (and the RunFest) is that it starts early. Our wave was at 8.36am so it's still relatively cool. A bonus for me, I much prefer the cold to a warm run.

The start is well organised, with waves sent off every few minutes. With just over 2,000 runners, it's a nice sized field. I really loved my first Kew the Run and will be back again.

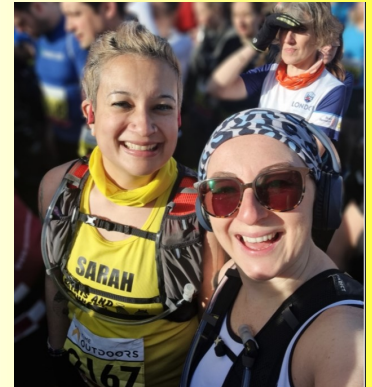
I'm tempted to give the 10k a go as that is all within Kew Gardens. I loved the fact that after the run, they let all runners and their supporters into Kew Gardens for free.

So we went for lunch in one of the cafes then wandered around Kew. We got to go into the Palm House and pretend we were in some tropical location, rather than South West London.

I would highly recommend Kew the Run and the Richmond RunFest. Both events are brilliantly organised, friendly and a lovely course. Well worth the early start and the drive to Richmond.

My only criticism is that the Kew the Run finished two miles past where the RunFest finishes (it's a slightly different course), so when I thought I was nearly at the end, I realised I still had two miles to go and started really flagging. But I think that's only because I've done the other half so many times.

***Sophie Peckham***



### **Parkrun Tourism — Sutcliffe Saturday, April 16th**

A relatively early start leaving Crawley at 7:30am to head towards London for Sutcliffe parkrun, which considering it was the Easter Bank Holiday, the sun was starting to shine when I met up with Nina and Keith Trevarthen for my lift.

Nina had surprised me with an invitation to join them the day before, so how could I refuse such lovely company?

It must have been about halfway there, along the M25, when an eerie misty fog appeared, which made us think we had time warped into another planet! When we arrived, the mist had started to lift and the sun was attempting to break through.



We could see a few marshals and a couple of other runners were already there, so we got out the car and admired the cherry tree blossom on the trees.

Nina had run there the week before, (she was Wilson index chasing!), so I followed her towards the starting area for a brief warm up jog and description of the route.

Three laps that way, around those trees and it's flat. That's it!! I'm certainly not a fast runner so I said I would just follow everyone else!

We stood taking in the atmosphere, when a familiar looking man approached, looking at us the same way we were looking at him....then all three of us realised we did know each other: Gary Holford, who we've known for many years, through parkrun at Tilgate and Horsham.

He explained he was doing his 100th sequential tourist parkrun, and what were the chances of us bumping into each other?

By then, the usual announcements were done and we were off. Three laps around the park, which was mostly on footpaths, taking in the greenery and a small lake, enjoying the sunshine, now that the mist had finally cleared.

By the time I had finished, Nina and Keith were chatting with the RD, as Nina had volunteered to write the run report for the morning. Another lovely tourist parkrun done with great friends. Many thanks again to Nina and Keith for their kind invitation to join them.



### **Vanessa Harrold**



## **Boston Marathon — Monday, April 18th**

NYC, tick. Berlin, tick. London, tick — now it was the turn of Boston Marathon to tick off.

Got the train to Gatwick, then coach to Heathrow. Got there early to account for any mishaps and bought a bottle of champagne for £40 to celebrate with after completing the marathon

Caroline, Jake (Caz's son) and I got a coffee waiting for time to pass. The gate opened so got up to go but Jake somehow broke the bottle. We went back to shop and said it had just happened in the shop, so they gave us another one (no charge!).



I went for a wee only to hear Caroline shouting to say they are shutting the gate. Only just made it, what a great start! Arrived in Boston and got on the bus but were told it went in a circle back to where we started so we got a taxi. Boston is clean compared to NYC.

Settled in and went to the expo to collect numbers. Sunday was a rest day with some strolling around. On race day I was up early and had porridge and bananas and met up with Julie (Personify) before walking to the big yellow school buses for a 60 min ride to the start.

Arrived late, queue for wee, then walk to our corral (blue wave). On arrival blue wave had gone so Julie and I had the start to ourselves. Steady pace downhill, caught up with the back of blue wave and pushed on through. By mile 13 calves had gone hard.

Stopped to stretch them three times en-route and once to take my shoe off as the foot went numb. Massaged it and from there it was run and walk up the hills.

I encouraged two people that were struggling, the sun was hot which didn't help. Saw many fall by the wayside. I got over the line with a great crowd shouting out great support. This was the hardest marathon I had run, no flat, all hills.

Had meal in evening with Julie (3:50:00) Tony (husband), Caz (3:41:00), Jake, Stu (3:35:00) and me (4:41:00).

Not bad considering only got to 12 miles in training and carrying an injury. Only Chicago (October) and Tokyo to complete the majors. Now to relax a little.

### **Ken Tulley**





**WSFRL — Lewes, Monday, April 18th**

Easter Monday- more like Easter Runday!

The bank holiday Easter Monday run was the 3rd race of this year’s calendar. This is usually the biggest turnout of any of the races as it’s also open to any runners outside of the fun run league members

This was the third time I had done this and weeks before the run the topic was the weather. Now for those that are new to the club or haven’t experienced the joys of Lewes, the last two times have been polar opposite of each other, my first time in 2018 it was more like tough mudder, so muddy you spent more time sliding sideways then going forward. 2019 however, was like running through the desert. It was scorching!

This year’s weather was dry and mild in comparison, which made the hills easier to navigate and the downhills not so treacherous.

We had 36 runners take part with finishing times ranging from 36 minutes to 76 minutes. There is always a good turnout for our club and this was no different!

Well done to all of you! That’s another one down and only 14 to go!

**Luke Taylor**



**Parkrun Tourism — Reigate Priory, Saturday, April 23rd**

Nine of us braved the chilly start and warm run itself for April’s club tourism.

I had the pleasure of Theresa’s company and we chatted the whole way round reminiscing when we last did the parkrun here in 2017.

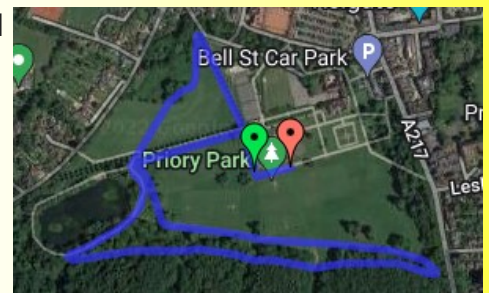
We were told by the then club chairman that they were doing filming and wanted us there in yellow.

Little did we know it was just the Saints and Sinners women needed and we were filmed for the Vitality women in sports video!

Luckily no cameras were here today and the course was a lot drier so I managed a nearly seven minute PB!

I really enjoy the club tourism events, it gives you an opportunity to run different parkruns with friends.

**Debby Scott**





## **Parkrun Tourism — Royal Tunbridge Wells, April 23rd**

Another kind offer from Nina and Keith Trewarthen to join them on their parkrun travels, this time to Royal Tunbridge Wells. It was their 8th birthday so we wore our green 250 T-shirts to celebrate.

Leaving Crawley on a gloomy morning, we discussed en-route the downfalls of the one-way traffic systems of town centres.

I admitted that every time I've been to Tunbridge Wells, I get lost. I commented about how bad some sat navs are because they give the directions too late! I had all faith in Keith's navigation as he has driven miles both in England and abroad and had always got us to parkrun on time.

Well, I really shouldn't have said anything! We got to Tunbridge Wells fine, turn left here and it's along here somewhere on the right....well, we looked and looked, went too far, back round a roundabout to where we had just come from.

Up this road, the name looked familiar....not here....so I got my mobile out and set up the sat nav....rerouting, turn left, turn right...which way asked Keith? I don't know I say, it's got no signal!! Argh...Don't worry said Keith, we've got plenty of time, Nina laughs in the back...

Finally we find the back of the park but Keith wanted the car park at the front. So....we get back to the road we were on about 15 minutes previously....it's got to be here somewhere?

Luckily, we were stopped at pedestrian lights where we saw a few runners heading through a gate on the right, so once the lights turned green Keith slowly moved forward and pulled in to the middle of the road, to where we could see some marshals in their hi-viz vests.

Yes, we were there! A few minutes to spare for a couple of pre run photos and we were off. (By this time the sun had made an appearance). Two laps, taking in a lake, footpaths and a field, where quite honestly you could have broken both your ankles, and hills.

The marshals were enthusiastic and there was plenty of signs around the course so we wouldn't get lost. Just a shame there was no sign at the entrance to the car park.

We were both glad to finish. Barcodes scanned, another few photos and we were heading back. Got slightly lost again around the town centre but we found the road out!! One of the country lanes we had to emergency stop due to a pheasant crossing, no Sunday roast there but we certainly had a good laugh. Many thanks again to Nina and Keith for such a fun run.

### **Vanessa Harrold**



## **Parkrun Tourism — Harrogate Parkrun Saturday, April 23rd**

A work trip in late April to exhibit at the Harrogate Spring Flower Show gave me the opportunity to run Harrogate Parkrun.

Timing was going to be tight, parkrun start at 9 o'clock, show opens to visitors at 9.30, parkrun one mile from the show ground. Should just be doable!

The parkrun is held on a section of the Stray, a 200 acre area of green space surrounding the old town of Harrogate. Originally part of Knaresborough forest, it was acquired by John of Gaunt, Duke of Lancaster, in 1369 and is still nominally owned by the Duchy of Lancaster.

In the late 1700s much land was being enclosed, but a commission from the Duchy decreed that this 200 acres should be unenclosed in perpetuity to allow people to partake of the many mineral wells that were in the area. Locals were also allowed to let their animals stray, untethered on the land, giving rise to its name.

The course is a simple three laps of a section of the Stray, with a finishing straight across grass. The rest of the course is half and half grass and tarmac. After a dry winter the going was firm, no mud anywhere.

Virtually flat, with a slight uphill on one side and a corresponding slight downhill on the other.

The locals were all very friendly and I even chatted to a lady with a 2022 Brighton Marathon T-shirt, she too found the stretch to the power station tough going!

Knowing I was on a deadline, after the extensive pre-run briefing to the 400 plus field, it was try to get round in a reasonable time. I managed 22:32, a three-minute course PB.

Unfortunately no time to hang around for post race chats, but a swift cool down jog back to the show ground and I was changed and back behind my stand by 10.45am, and I don't think I missed any sales.

### ***Martyn Flint***



## **Chatham Maritime 10k — Sunday, April 24th**

As way of a sharpener two weeks away from the Gatwick half marathon I had entered the Chatham Maritime 10k. It was an absolute delight to hear that clubmate Sarah Stanbridge had also signed up, so we decided to make the trip to North Kent together.

Thanks to Sarah doing her best Lewis Hamilton impression around the M25 we arrived in plenty of time to collect our race numbers and check out the portaloos. After the pre-race rigmarole we set off on the twisty, two lapped, course around St Mary's Island.

Seeing such sights as Upnor Castle (built on the orders of Queen Elizabeth the First more than 450 years ago) and views across the Medway on a beautiful Sunday morning, the course was more scenic than I imagined it would be.

The race was part of the Kent Grand Prix Series so there were lots of runners from various clubs the length and breadth of Kent there and a friendly, welcoming atmosphere.

There was a cake stand, coffee out the back of a van and free massages available. I have family in Medway, so as well as my sister and brother's partner who were running, Sarah and I had a cheer squad made up of various members of my family.

Sarah ran well, finishing as the 22<sup>nd</sup> lady and she enjoyed herself! I wasn't all together happy with how I executed the race but had a good time.

We couldn't go straight after as we had to stay for the prizes – no, not for Sarah to pick up one for keeping me away from the cake stall, but I'd finished 2<sup>nd</sup> and won an age category.

After Sarah had finished throwing her clothes around the car park, we went for a nice lunch in a local pub. Flattish, though not a particularly fast course with the twists and turns, it was an enjoyable low-key race that gets my seal of approval!  
(Lunch was at The Command House for anyone interested. Highly recommended.)

***Ian Blackham***



## Southampton Half Marathon – Sunday, April 24<sup>th</sup>

This race entry started as a 10k in 2020 – having run erratically and still getting a 10K PB on the course in 2019, I guess I wanted to see what I could do if I paced myself better.

Covid struck, then I got pregnant, so this race was deferred twice. I subsequently entered a marathon (Edinburgh, May 29<sup>th</sup>) and upgraded to a half so it didn't interrupt my training.

As it stood, I was looking forward to a shorter distance week following a tough 20 mile training run the week before (and before tackling 22 miles the week after). I also decided I was to take this race fairly steady, with time on feet rather than a faster pace.

I started quite far back – trying to judge who looks faster than you can be difficult – so it took a few minutes to get across the start line and get going. The first part involved running through town and a park, before heading over the river. The bridge feels like it is going on for ages, so seeing my mother-in-law and my baby girl Molly gave me a boost.

The rest of the race, which is all road, saw us pass over more bridges, alongside the docks, through some very pretty parks, residential areas and through Southampton FC's stadium.

I kept a consistent pace for the first half overall, only being slightly slower in the second half. The second half also had more elevation, with the 'big' hill being at around 9-10 miles, leading up to the university campus. It was also quite a warm day so I was grateful not only for lots of summer hill training, but for my (or should I say Glenn's) hydration pack.

I even had a bit left to run the last 0.2 miles faster. My time was 02:14:30, which is my third best half marathon according to Strava. Seeing as I wasn't out to race, I'll take that.

It is a very enjoyable course with much support along the whole route - including sweets, fruit, music and the all-important pressing of the power-up banners – the city really gets behind it. I would definitely recommend Southampton and do it again sometime in the future.

There are also plenty of nearby restaurants to refuel after, with discounts in some places if you show off your very nice medal. Oh, and a free T-shirt for the collection!

I should also mention that Glenn ran this race as well, achieving a time of 1:20:05 and coming in 10<sup>th</sup> place.

### **Lou Mitchell**



## **Worthing Half Marathon — Sunday, April 24th**

A group of us from the club made our way to the seaside for a run along the coast.

This was a new course for the Worthing Half Marathon. The route was now two loops around the seafront. With the new route came a new organiser and they were handing out running tops at the finish along with our medals and beer too!! A result if you ask me.

The weather was forecast to be dry and mild with a gentle breeze. It began chilly but soon warmed up, much more than I expected. The gentle breeze was also strong and it felt like I was dragging an anchor along behind me when running into the wind.

It was great to be back in Worthing, it had been three years since we last ran this race. In Lesley's case she has been waiting four years!

The reward for finishing was a nice goodie bag along with beer and a T-shirt. The course is flat, well supported and with water stops.

It is a fab local race and one to consider if you want to run a half marathon.

It was an enjoyable day out and nice to be back at a race here. Elvis was even there to entertain us and provide some Vegas sparkle. Keep running Saints!

### ***Dickie Bryant***



## Parkrun Tourism

As many of you know, I spend my Saturday mornings touring at different parkruns, in fact at the time of writing this, my last 54 parkruns have all been at different events. In April, two of the parkruns I ran were at Forestry Commission locations, and both, although certainly not the easiest or fastest parkruns, were set in the most spectacular settings and well worth a visit if anyone finds themselves in the area, or wants to do a bit of tourism of their own.

## Bedgebury Pinetum Parkrun

Not a place I had ever heard of myself, although for those of you that have run at Bewl Water, it's only about a mile further down the A21. Despite being a Forestry Commission course, the run is all on proper paths and road shoes would be in order, even on the wettest of days.

It's a lollipop type course, you run out for about 1.5k, then a 2k loop and back again on the initial 1.5k. It is hilly, there's hardly a flat section on the entire course and has about a 0.5k uphill finish. Amazing scenery, excellent café and visitor centre, and somewhere I'll definitely go back to and spend more time at when I'm not running. The car park is fairly expensive, £3.50 as long as you leave before 11.00am, and you pay on exit.



## Parkrun Tourism

### Alice Holt parkrun

Located just past Farnham on the A31, another Forestry Commission site, again with fantastic scenery. Another hilly run, and although on firm stony ground, in wet weather I guess there could be a few puddles around.

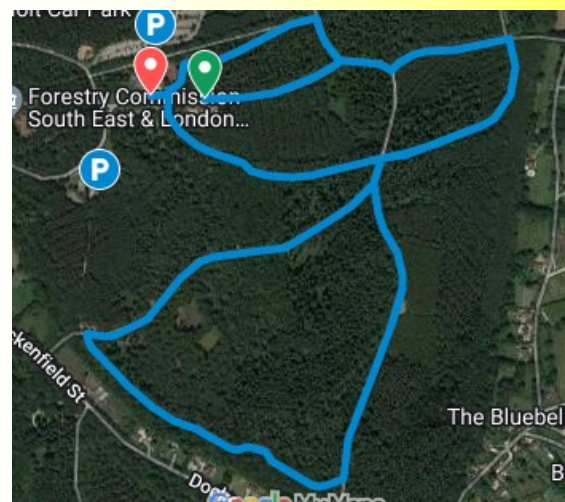
Hardly a flat section on the course, you do one small lap of about 1.5k, followed by a larger lap of 3.5k. The second lap runs up what is known as Dragon's Hill, which although not too steep is over 0.5k, and when you reach the top and turn the corner, there's another 200m!

This is another course with a long uphill finish, steeper but shorter than Bedgebury Pinetum, and with a 100m flat part at the top of the hill (which you have to run twice as it's a two lapper!) By pure chance, when I ran there it was their 400<sup>th</sup> event, so there were a few more runners than they normally have (over 250) and lots of cake!

There is also a huge café with loads of outdoor seating and whether it is always very busy, or people stayed to celebrate the 400<sup>th</sup> event, I'm not sure. Parking here is again pay on exit, and is £2 if you leave before 10.30am. Alice Holt was originally one of the main hunting areas of William the Conqueror, so fair to say it is steeped in history.

Both of these parkruns are highly recommended, you won't be getting a fast time, but well worth visiting if you get a chance.

### Richard Daniells



## Birmingham Half — Sunday, April 30th

Good old Birmingham. I grew up just outside Birmingham, so this is like going back to my roots. I did this race a few years ago and really enjoyed it so convinced Brian it was a good idea to do it again, including driving there and back in the same day.

The 5am alarm rang, and we dragged ourselves out of bed, walked the dog, ate a breakfast and fell into the car for the 2.5-hour drive to the start line. Yawn.

We got there with plenty of time to spare, which is handy as I had to collect my number and the queue was longer than a Boxing Day sale at Next. A few toilet visits later and we walked to our start wave. I have to say this element felt very unorganised.

The start was quite a walk from the village and there were no announcements for starts. Whilst we got there on time, our wave had left so we had to start in a different wave and looking around at the coloured numbers around us we weren't the only ones.

It was essentially a free for all.

The first mile or so was quite crowded and it was difficult to get into any space, but neither of us had any real aim other than to enjoy it. The crowds and cheer buses were excellent, holding out signs and sweets. It felt very motivating.

Despite the 40,000 toilet trips beforehand I had to stop at about 4 miles where Brian caught me up. Bladder of a child.

The course undulates, meaning there are some whopping hills, especially as you head into Canon Hill Park and later at Selly Oak Park.

They all hit between miles 9-11/12 right where you don't want them, but I felt strong and pushed through. I knew all along it wasn't a PB race, but it became clear coming into the last 5k I could get a sub 1hr 55min, so I started to push a bit harder.

I passed someone dressed as Mrs Potato Head, which was a confidence boost.

Mile 12 was hard with long straight stretches but soon the 800m sign came into view as we headed back into central Birmingham.

Then, at 400m to go, there's an evil, short but steep hill as you turn into the final push for home. I managed a sprint finish and came in at 1hr 53. Ten seconds shy of my previous attempt. I LOVED this race. It's hard at points but I never felt I couldn't push on.

Marathon training has clearly done something!

There needs to be a better way of collecting and collating runners at the beginning, but overall, it's very well structured and organised with amazing crowds throughout.

Plus you go past Cadbury World, apparently.

All I saw was 13.1 miles of road and path.

**Stu Laurie**





### Three Forts Challenge (The tough One) - April 30th

*I'd already trained once for this and then we had lockdown. The year after I had to defer so when I did get to train, Sarah Stanbridge, Paul Luttman, James Mason and Dickie had already run it.*

*Any trail runs over ten miles I did on my own and I missed my running friends. As we all know, training never runs smoothly so when it was all going really well I got ill and missed a couple of weeks. But the reason I nearly didn't make it to the start line is when Ted became ill and then had to be put to sleep. Grief hit me hard.*



*I would like to take this opportunity to thank all the club members that knew Teddy that sent us cards, gifts and messages. You honestly are the reason I got to the start/finish line.*

**The day** - James Mason picked me up at 7:15am and then much to the delight of Stella, who would rather rock up to a race ten minutes before the start, she was collected shortly after so we get to Hill Barn 45 minutes before the start. Perfect!

After 100 trips to the loo, I line up with the other 150 runners. The gun goes off and we are led straight uphill to Cissbury Ring, back down to the River Adur and then the climb to Devil's Dyke where I see Paul and Thomas, who can't believe I've run halfway in under two hours

Well the reason for that is Devil's Dyke is only 11 miles and so I still have almost 15 to go.

We then turn back and get some well-needed downhills back to the River Adur. I then see Paul and Thomas again who get in the car and drive along beside me for a couple of minutes.

We then have to climb and climb and climb to Chanctonbury Ring. My feet are hurting as the terrain is all flint. It is also tricky to run on. At 19.5 miles my toe hits a stone and I take a tumble. Everyone around me came rushing over to help me up which I'm so grateful for.

What really made me laugh was how a couple of people asked firstly if I was OK and then check my watch is working (tell me you're runner without telling me you're a runner ha ha!).

So after a ten-minute walk with a dead leg and arm I manage to get going again only to then start climbing back up to Cissbury Ring. This was made all the more bearable by seeing my two boys for the third time. Once at the top we then start to descend back to the start/finish.

If you ever do this event, try and save something for this amazing downhill finish because it's steep but great fun. It's the same finish as the Hangover 5. My watch is now at 27 miles and I recognise the entrance to the car park that leads to the finish line and then there it is (and my supporters are there again too) **THE FINISH LINE!**

The best part about these events for me is the friends you make along the way and I made more than usual as runners thought I was really popular due to all the Saints support.



It was an absolute highlight seeing Paul Luttman, Sarah, Val, Peter Airey (who is to blame for all of this), Brian and Abby. Also I got the best shout out from DJ Tony Airey at the finish.

I am not ashamed to say I cried at the finish as it tough but amazing. Thank you Mike Airey and the volunteers. I will be there to volunteer next year. I really do recommend this event.

**Cara Law**



### **Three Forts (Half) - Sunday, April 30th**

I tried and failed to complete the full Three Forts challenge (full marathon) in 2021, so I decided to take on the half marathon this year.

I drove down with Cara and Stella with a sense of trepidation! The event is very hilly, it's all on the South Downs. We picked up our numbers. Cara went out first (she was doing the full marathon). Stella and I waited a few minutes and off we went.

The first few miles are the same as the start of the Hangover 5, so up the path at the side of the golf course. I took it easy as I was determined to not go off too fast.

Chanctonbury Ring came and went. I was glad to get that over and done with! The hills (and downhills) kept on coming. There are very few flat sections on the course and the ground was very hard and uneven.

It was a lovely day, and I was determined to enjoy the race after the disaster of 2021! I saw a sign saying four miles to go. By this point I was running with a couple of others. One of them asked if the rest of the course was flat! I didn't want to tell her we still had Cissbury Ring to conquer!

We got up Cissbury, more like walked up it! The last three miles are all blissfully downhill. By this time I wanted to get it over and done with! I put my foot down and managed to pass quite a few others.

I was really pleased to finish in 2.16. Stella ran strongly to finish in 2.45. Cara conquered the marathon in 5.06, an amazing effort.

I'm really glad I ran the event again. I'd really recommend it!

Thanks to our team of marshals who manned the drinks station too!!!

**James Mason**



### **Belfast Marathon – Monday, May 1st**

Team Field travelled to Belfast for the Mash Belfast Marathon. Starting at Stormont parliament building Pam and I joined 3,000 runners and 1,500 doing it in relay teams.

A rainy start didn't damper the race plan and the sun shone through by mile 13. A lovely course covering E, W, S and N Belfast. Rising up 597ft. Running together Pam and I were supported by the churches and families along the course. Looping round a lake over bridges and through the city centre. Finishing at Ormeau Park for a medal and banana.

Pam finished in 5:06 and I finished in 5:11 (PB of 7 mins). Course distance ended up as 26.53 so scaled back to 26.2 I got 5:06 and Pam was 4:59.

**Nigel Field**



## Mid Sussex Marathon Weekend: 10 Miles East Grinstead — Day 1

This is the second time I have completed the weekend and I've come away with another wonderful experience.

It was a glorious sunny morning in East Grinstead. We got chatting to other runners in the changing room, discussing the hills (of course) and where the route goes. I had drawn a complete blank from 2019 other than there are hills and the views made it worth the climbs.

We started on the rugby pitch and soon headed down to the reservoir, being careful of roots and cow imprints underfoot. The first few miles were long but unsurprisingly I chatted to other runners on the route and was soon at Forest Row.

I was smiling as I knew I would start to see the runners ahead of me and our cheerleader Theresa at the turning point. My smiling was infectious and runners I passed were returning my smile and thanked me for cheering. As we left Forest Row, I found the view I remembered from 2019 (but could not recall where); we joined a country road with a glorious view of the English countryside. I even took a cheeky selfie to record my happiness!

I fell into pace with two other runners and the last few miles were spent with a fellow Sarah! After she realised I was power walking up the last hill, she joined me, and we enjoyed the view of Standen House and the bluebells before heading back to the cheers on the rugby field. We came across "Spiderman" and encouraged him to run with us to the finish line.

I was able to cheer in our remaining S&S runners and other runners I had met along the way. It really is a friendly local run, challenging route, amazing views, and wonderful marshals. I would highly recommend running this solo or as part of the marathon weekend.

### **Sarah Wilson**



## Mid Sussex Marathon Weekend — East Grinstead, Haywards Heath & Burgess Hill

During my many runs with Dawn, she often mentioned the Mid Sussex Marathon weekend - three races, over three days. I thought a 'long' weekend running 26 miles...no thanks!

Her 2020 places had rolled over and she asked could I please run it with her (after all she is my comfort blanket and I am honoured to say I am hers). Of course the answer was yes!

We had a lovely team of Cathy, Mel, Wilson, Dawn, Luke, Janine and Vanessa.

**DAY ONE:** East Grinstead 10M. The views were amazing, the run was gorgeous, the different terrains we were running on meant some of it had to be walked or taken slowly to avoid any injuries. This was perfect as it naturally gave you time to take in the beautiful views.

**DAY TWO:** Haywards Heath 10M. Back with our lovely group of S&S's and joined by quite a few more who were doing the Sunday as it was an SGP run.

The run was a very different one to the day before with a large percentage on the road and through streets. The remaining part through park and forest with amazing views of bluebells and trees. For me this was the hardest. The hills were up and down roads and Dawn and I are in agreement a hill on a field seems better than a hill on tarmac!

We saw some familiar faces from the day before, encouraging each other and the camaraderie of those signed up for the whole weekend started to shine through.

**DAY THREE.** Burgess Hill 10K. Once again our weekend group turned up with some other lovely Saints (and the hubby lol) joining us.

This was all fields (or at least it seemed) but it was lovey, it was only 10k after all! Once again the same faces and encouragement from clubs you hadn't heard of and clubs that we know so well, Horsham Joggers for one...and like that it was done. 26 miles over three days!

Three early starts, afternoons of kit washing and getting everything sorted for the following day. Would I do it again, probably not (though like childbirth as time passes I am starting to remember only the good parts and so never say never). Am I glad I did it? YES!

The weekend was amazing. Spending it with such a lovely bunch of people, doing something you love, having a weekend escaping from the every day. I LOVED IT!

I am so proud of everyone who did it and all those who supported us. At the Gatwick Half we had people say 'oh Hi!!! I know you, you were there last weekend!'. How lovely!

So would I recommend the weekend? Yes. Thanks to the support from the club and in particular Dawn, I can now tick it off!

**Sarah Cole**



**West Sussex Fun Run League Calendar for 2022**
**2022 WSFRL Calendar**

	Date and Time	Race and club details
5	Wednesday 18 <sup>th</sup> May 1 mile 19:00 5 mile 19:30 <b>WATER</b>	Arunners <b>Beach Run</b> Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH <a href="http://www.arunners.co.uk">www.arunners.co.uk</a>
6	Wednesday 25 <sup>th</sup> May 1 mile 19:00 14 and under 5 mile 19:30 15 and over	Chichester Runners <b>Trundle View</b> Opposite Goodwood racecourse <a href="http://www.chichester-runners.org.uk">www.chichester-runners.org.uk</a>
7	Saturday 25 <sup>th</sup> June 1 mile 12:00 5 mile 12:30 <b>WATER</b>	Burgess Hill Runners <b>Downland Dash</b> Downlands Community School, Dale Avenue Hassocks BN6 8LP <a href="http://www.bhrunners.co.uk">www.bhrunners.co.uk</a>
8	Wednesday 6 <sup>th</sup> July 1 mile 19:00 15 and under 6 mile 19:30 15 and over <b>WATER</b>	Steyning AC <b>Roundhill Romp &amp; Mini Run</b> The Clock Tower, Steyning High Street BN44 3LE <a href="http://www.steyningac.co.uk">www.steyningac.co.uk</a>
9	Sunday 10 <sup>th</sup> July 10km 11:00 <b>WATER</b>	Hove Hornets <b>Hornets' Stinger</b> Brighton Rugby Football Club, <a href="http://www.hovehornetsfitness.com">Waterhall Road</a> , Brighton BN1 8YR <a href="http://www.hovehornetsfitness.com">www.hovehornetsfitness.com</a>
10	Sunday 24 <sup>th</sup> July 1 mile 10:15 4 mile 11:00	Henfield Joggers <b>Seven Stiles</b> Henfield Leisure Centre BN5 9QB <a href="http://www.henfieldjoggers.co.uk">www.henfieldjoggers.co.uk</a>
11	Wednesday 3 <sup>rd</sup> August <b>TBC</b> 1 mile 19:00 3.5 mile 19:30 <b>WATER</b>	Worthing Striders <b>Highdown Hike</b> West Worthing Tennis & Squash Club, <a href="http://www.worthingstriders.co.uk">Titnore Way</a> , Durrington, BN13 3RT <a href="http://www.worthingstriders.co.uk">www.worthingstriders.co.uk</a>
12	Wednesday 10 <sup>th</sup> August 1 Mile 18:45 4 Mile 19:15	Worthing Harriers <b>Windlesham House 4</b> <a href="http://www.worthingharriers.com">Windlesham House School</a> , London Rd, Washington RH20 4DG <a href="http://www.worthingharriers.com">www.worthingharriers.com</a>
13	Sunday 4 <sup>th</sup> September 1 mile 10:15 Start time TBC 5 mile 11:00 <b>WATER</b>	Fittleworth Flyers <b>Fittleworth 5</b> Fittleworth Village Hall RH20 1JB <a href="http://www.fittleworthflyers.org.uk">www.fittleworthflyers.org.uk</a>
14	Sunday 11 <sup>th</sup> September 1 mile 10:30 5 mile 11:00 <b>WATER</b>	Saints & Sinners <b>Tilgate Forest</b> K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ <a href="http://www.crawleysaintsandsinnersrun.co.uk">www.crawleysaintsandsinnersrun.co.uk</a>
15	Sunday 9 <sup>th</sup> or 16 <sup>th</sup> October <b>TBC</b> 1.5km 10:30 8km 11:00 <b>WATER</b>	Haywards Heath Harriers <b>Great Walstead 5</b> <a href="http://www.haywardsheathharriers.co.uk">Great Walstead School</a> , East Mascalls Lane, Lindfield, RH16 2QL <a href="http://www.haywardsheathharriers.co.uk">www.haywardsheathharriers.co.uk</a>
16	Sunday 30 <sup>th</sup> October 1 mile 10:30 5 mile 11:00	Lancing Eagles <b>Steepdown Challenge</b> Lancing Manor Leisure Centre BN15 0PH <a href="http://www.lancingeagles.co.uk">www.lancingeagles.co.uk</a>
17	Sunday 6 <sup>th</sup> November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers <b>Gunpowder Trot</b> Denne Park, Horsham. RH12 1JR <a href="http://www.horshamjoggers.co.uk">www.horshamjoggers.co.uk</a>
<b>2023</b> 1	Sunday 1 <sup>st</sup> January <b>2023</b> 1 mile 11:00 5 Mile 11:30	Goring Road Runners <b>Hangover 5</b> Hill Barn, Worthing, BN14 9QB <a href="http://www.goring-roadrunners.org.uk">www.goring-roadrunners.org.uk</a>

**WATER** denotes that water will be available on the course as well as at the finish.

## XC 2021/22 Round-up

Great running everyone. We will announce our **XC Runner of the Year** at our Awards event later in the year.

Our shortlist, composed of runners who ran six races or more, is: **Michele N, Sarah S, Valerie S, Martyn F, Andy K, Wayne K and Mark W.**

Finally, thanks to Andy Cox of Crawley AC for his excellent photos this season.

### **Paul Luttmann**

## Provisional SGP Race Calendar

Dates in **red** are to be confirmed.

Any changes/errors, please let us know.

Race	Date	Day	Event
1	20th March 2022	Sun	Hastings Half
2	1st May 2022	Sun	Haywards Heath 10 mile
3	15th May 2022	Sun	Hastings 5
4	22nd May 2022	Sun	Horsham 10k
5	29th May 2022	Sun	Rye 10 mile
6	19th June 2022	Sun	Heathfield 10k
7	3rd July 2022	Sun	Bewl 15
8	13th July 2022	Wed	Phoenix 10k
9	<b>TBC July 2022</b>	Wed	Bexhill 5k
10	<b>TBC September 2022</b>	Sun	Hellingly 10k
11	2nd October 2022	Sun	Lewes Downland 10 mile
12	<b>TBC October 2022</b>	Sun	Hove Prom 10k
13	<b>TBC November 2022</b>	Sun	Crowborough 10k



## **40th Anniversary - Saturday, October 1st**

Our amazing club has been around for 40 years, so a great excuse to celebrate. We will be partying at **The Grasshopper** pub in Tilgate.

There will be awards, there will be music and there will be dancing, might even be cake!!

Music provided by **Mister Park** featuring the legend **Mark Warwick** on saxophone. The event is open to all members and their families. We will also be inviting founder members.

Cost is £5 per person (under 16s free). Please pay to the club account with the reference S&S 40.

We will need to do our own catering so will be organising that closer to the time.

Look forward to seeing as many of you as possible on October 1st.

Also save the date **Sunday, June 26th**. We are planning a running event to celebrate our 40th and are looking at a 40k relay. If you've not expressed an interest on either Facebook or the WhatsApp group can you please email Clare to let her know. More details to follow.

## **Parkrun Tourism**

Our next date and location is still to be confirmed

## **Brekky Run**

These have been put on hold until later in the year due to so many races taking place on a Sunday.

## **Membership fees**

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

**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.



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.

### **Upcoming races**

May 22nd — Horsham Joggers 10k

June 11th — South Downs Trail Half & 10k

June 18th/19th — Longest Day Ultra

June 26th — Denbies North Downs Trail Half & 10k

September 18th — Reigate Half, 10k and 5k

September 25th — Barns Green Half and 10k

**Dorking & Mole Valley AC** is very pleased to announce that the 2022 Dorking Ten and Cockerel 10K races will take place on **Sunday June 12<sup>th</sup>**. This is one week later than normal but it seems that the Queen has something happening on the regular date of the first Sunday in June. This year they are happy that they can go back to the traditional mass start for the two events.

The long-established Dorking Ten is a ten-mile road race and forms part of the Surrey Road Race Championship, whilst the shorter 10K race is an ideal step-up for Parkrunners as well as competitive runners over that distance. There will also be a children's race with entries on the day.

*Please keep an eye out for any upcoming races via [www.sussexraces.co.uk](http://www.sussexraces.co.uk), [www.nice-work.org.uk](http://www.nice-work.org.uk) or Facebook etc.. Or you may have other sources you wish to share.*

*If you have any upcoming races then please share them with the other members so we can support you and I promise I won't always make you write a run report!*





## **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.

## **LEARN TO RUN/BACK TO RUNNING**

Graduation will be at Tilgate Parkrun on **Saturday, June 11th**, please save the date and come along to support the runners on their graduation, we will be asking some members to buddy up with runners to help them round the course

## **NEIGHBOURHOOD RUNS**

Our next neighbourhood run will be on **Monday, May 23rd** at **Gossops Green**, meeting at the bottom of Buckswood Drive. We will be joined again by the learn to run group on these sessions so please offer your support either as a recovery run following a race/long run the day before, or if you just fancy a steady social.

## **MILE CHALLENGE**

Our first mile challenge saw 22 members who braved the rain, which started just before they all set off and it ended up as a wet t-shirt competition! If you didn't make it you still have two more opportunities this year. I'll try to arrange some dry weather for the next ones which are **Wednesday, July 27th and Wednesday, September 21st**. Various social runs will be on offer once everyone has completed the challenge.

## **RUN & TALK**

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

## **TRAINING**

We are now back at Tilgate Park again (at the toilet block by Smith & Western). Monday nights will continue to be a social run with the run leaders offering various speeds and distances. Wednesday nights we will be offering technical sessions, both sessions start at 6:30pm.

Please keep an eye on the weekly training sessions as locations will be changing for the neighbourhood runs and the mile challenge.

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](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)

## **KIT**

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in. Details can be found on the website, but email Martyn at [kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)

## 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 Swetmen  
[treasurer@crawleysaintsandsinnersrun.co.uk](mailto:treasurer@crawleysaintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Connolly  
[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 Luttmann  
[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 – Clare Hall  
[social@crawleysaintsandsinnersrun.co.uk](mailto:social@crawleysaintsandsinnersrun.co.uk)  
Social media – Debby Scott  
[media@crawleysaintsandsinnersrun.co.uk](mailto:media@crawleysaintsandsinnersrun.co.uk)



Ordinary member – Dawn Rhodes  
Ordinary member – Dave Penfold  
Ordinary member – Sarah Clapp  
Ordinary member – John Evans

How do I...?

### Order kit!

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

[kit@crawleysaintsandsinnersrun.co.uk](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)