

Welcome to the October/November 2022 newsletter.

And a welcome to our new members: **Lucas Cooper, Mark Young, Raquel Janeiro and Samantha Fletcher.**

A thank you as always to everyone who took the time to write something for this month's newsletter.

Hope to see as many as possible at the AGM next month on Monday, December 5th at the Gossops Green Community Centre at 6.30pm

We hope you all find the reports interesting and inspiring!

Debby & Jim

Chairman's Corner

Hi everyone!

Hope you are all well. I can't believe how quickly this year has gone, lots has happened since the last newsletter!!

We had the Club's 40th anniversary party back in early October. This was a fantastic event, it was brilliant to see so many of you there, and even better to see so many of our founder members there. Thanks to Clare and Luke for organising.

I really enjoyed taking part in the Reigate XC relays, it was brilliant to see us have so many teams. It's a tough course, and was nice and muddy! Thanks as ever to Paul L for organising us.

We have our AGM on Monday, December 5th. It would be great to see as many of you as possible there....

Thanks to all of our committee for your time and commitment shown this year, you all do lots of unseen work, we can't run the club without you.

Look forward to seeing you all soon
James



Wedding news

Congratulations to Dan & Abi who tied the knot on Saturday, October 8th

They were both part of the Learn to Run group who graduated in June.

We look forward to seeing you both at training and Parkrun.



Race to the Stones 100k — July 9th and 10th

I was already signed up to the one day (50k) Race to the Kings when my friend Janine suggested I may as well do the Race to the Stones 100k over two days the following month.

Now...those who know me know I am very impulsive and by the end of the day I was in! I chose over 2 days, camping (in our case glamping!).

Training went well. My only struggle was that after doing RTTK in May I then had five weekends of back to back long runs in prep for RTTS, which I found mentally tough and put a strain on my family time and social life! Something that does need consideration!



Race day arrived and the weekend was hot hot hot! I had water but only one litre in bottles. The Threshold events are so well planned you don't really need to take much fuel with you!

Day One was hot but also well-shaded in parts due to lots of wooded areas to run through. The aid stations are well stocked with fresh fruit, sandwiches, bread, sweets, Freddo Frogs, crisps, squash, tea, coffee and cola (cola is my go to ultra drink).

There were also water buckets for us to dip our hats in and I also had a cool cloth which I dipped in water each time and this was my saviour.

There were three stations and Threshold added in three extra water stations because of the heat (big thumbs up). At the third station I discovered cup-a-soup with thick bread which at about 25 miles in was the best thing in the world...ever! It's funny what your body craves when running long distance!

On arrival at camp I had a lovely meal and then slept for a bit before watching the last participants come through. The atmosphere in camp was amazing.



Day Two started earlier as we could set off at 5am to beat the heat. This was my plan, but on the way to the start I saw the breakfast tent and got distracted by hash browns! After eating these I set off. Again it was very hot and so I put my hat and cooling cloth in water at every station. I found Day Two tougher as the route was exposed the whole time.

By midday the sun was beating down on me and at 1pm I had to give myself a stern talking to, to keep going. Kind residents in a village we passed left out buckets of water to dip our hats in and water to drink. Threshold again added extra water stations.

When I finished the lovely Janine was waiting for me cheering me in. The only thing I didn't like was as soon as I had crossed the line and got my medal a keen volunteer thrust my heavy weekend rucksack in my hand!, I had just finished 100k...I didn't want it just yet!

Both days were undulating but with a good balance of hills, flat bits and downhill. Threshold are at the more expensive end of ultra events but they are well worth the money. The fuelling stations, catering at camp, hot showers and amazing first aid crew are second to none and worth every penny.

I will probably do another but in a year or so. I am a sucker for merchandise and am the proud owner of Threshold hoodies, T-shirts, joggers and even shorts. So I guess I have to do another one at some point to wear it all!



Sarah Thomas

Southall Parkrun — September 10th

The early mornings are starting to get a bit fresh now but that didn't stop myself and Nina T heading towards London for another tourist Parkrun.

This time our trustee chauffeur Keith took us to Southall.

With a dry, misty morning, we all had our fingers crossed that the rain would hold off, considering the last few days consisted of rain, rain and more rain!

You can always tell when you're heading towards London. More traffic and grey, dull looking buildings. Southall High Street looked very down in the dumps. Metal shutters on every front, except for the banks! Very strange! Food shop after food shop all with unpronounceable names. We thought we had gone abroad.

Just along from the High Street is the welcome sight of the tree-lined park where the local Parkrun is held. Parking spaces seemed rare, but as we were early we found a spot as soon as we turned in. We caught sight of the volunteers so we knew we were in the right place!

Advertised on their Parkrun page is a bold notice, NO TOILETS. So Nina asked one of the volunteers where we could find a loo. Up the High Street in Lidl. Off we walk in search of the toilet! Nothing there, hardly any shops open....a coffee shop....no loo... short on time we walk back to the start line.

Not sure if we missed the briefing for first timers but the RD went straight in to the welcome speech followed by a one minute silence for Queen Elizabeth followed by a huge round of applause. Then we were off!

I'm glad I read the course description online saying it was three laps and that it is a wiggly route. As normal for me I followed other runners. By lap three I knew where I was going!

As usual for any Parkrun the volunteers were cheering everyone round...well done lady shouted one volunteer! Different!! There were 83 runners in total. Quite a few walkers too.

After we had both finished, the volunteer who we spoke to about the toilet situation told us that Parkrun were in talks with a local nursery about using their facilities. That will make it easier in the future if it works out for them.

The course itself is mostly on footpaths and mainly flat. Quite enjoyable for a 5k. The journey is mostly motorway so 45 minutes each way. And for once, Nina didn't know anyone else there!! Sorry Nina, had to get that in there!!

Huge thanks to Keith for the lift and the photos. Always appreciated.

Vanessa Harrold



Rafal 10k - Saturday evening, September 17th

This was a race that I have done many times before but this year it was more special as I was joined by fellow Saints and Sinners Mary and Steve. Although it was a flat, fast race we all looked very hot and bothered at the end of it due to the heat and humidity.

Music en-route was fantastic, especially music from a saxophonist to spur us all on. Plenty of drinks were available afterwards, energy drinks, coke and as much beer as you wanted. There were baguettes for everyone, an assortment of tuna or cheese or salami.

We also got a very nice technical long-sleeved top and a jar of tomato chutney.

There was a long wait for the trophy presentation but during the wait a lively band was on stage singing and dancing. Mary and I both got a lovely trophy in our age category.



Nonduermas 11k - September 18th at 9.30am

This local event attracted 570 runners and it was the 28th time it had taken place. I can see why it was popular, such slick organisation, a great route on quiet country lanes, no hills, lots of cheerful music and such a fantastic goody bag comprising an orange rucksack, a technical T-shirt and matching singlet and a few cereal bars, as well as the usual drinks and nibbles at the end which included very tasty pies which looked like Cornish pasties.

Then there is the welcome beer on tap after, *pictured*. All this for an entry fee of 12 Euros.

Nonduermas in Spanish means "No Sleep" which I could relate to, as it had only been a few hours since the 10k the evening before and it was a very early start to get to the sleepy town of Nonduermas, which is in the suburbs of Murcia city.

Although I ran at quite a slower pace than the previous evening, my legs felt quite heavy, I enjoyed the lovely scenery and running beside the orange, lemon and pomegranate trees.

Nina Trevarthen



Reigate Half — Sunday, September 18th

The weather was a bit cold and windy to start with, which for me was perfect. For others it was a bit too cold and there was a sea of jackets up until about five minutes before we were herded into the starter pens.

This is the second time I have run this race, last time with an injury, and I was feeling optimistic about sneaking in under two hours which has haunted me for so long on this distance.

I knew there had been a course change and I had made Theresa go for a drive with me the previous weekend with the promise of shopping and lunch to see if the name Horse Hill was as bad as I thought, which it was!

The new route had cut out the flatter bit which started at Lonesome Lane and finished at the pub on the A217, and replaced it with the A217 out to the pub with a quick out and back into Westvale Park halfway down, then it looped back up Horse Hill to Sidlow, where the route went back to 'normal'. So big hills at miles 0-1, 7-8 and then 11.5-12.5. and then lots of smaller longer slogs for the rest of it. Lovely.

I had decided that I was not going to take a watch as I have come to the realisation that I put too much pressure on myself if I do, so I just had my app on my phone for a cursory check if required.

As I crested Cockshot hill at about 1k, I saw the two hour pacer and decided to catch up with them, which in hindsight was probably a bit stupid but I couldn't help myself!

I managed to stay with the pacers until about eight miles where they started to pull away. I thought I had lost the sub two hours there and then but with a quick time check and some maths in my head I worked out that they had actually been going about 15 seconds per mile quicker than a 1:59:59 pace required

No wonder I was feeling it! All that effort to catch them and then to be doing a fair bit quicker per mile than I had intended.

So there I was, about on pace with five miles left, starting to feel a bit drained but I pushed on, knowing the last big hills were near the end and would be the reckoning.

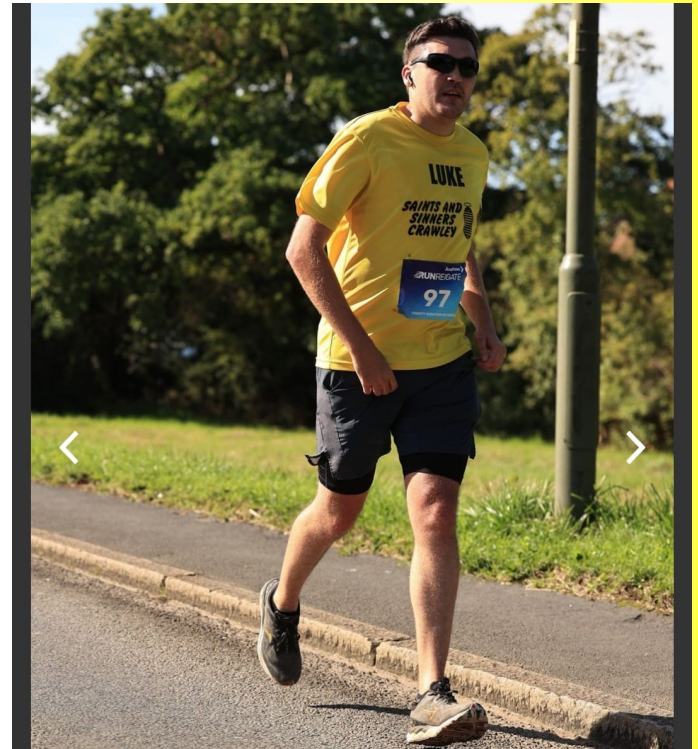
At mile nine I saw Amy and her lovely children who handed me some sweets, which was just perfect timing too! kept my pace up for the next few miles until miles 12 and 13, which was where I ran out of juice with a little bit of cramp and the two last big hills.

I just couldn't break the two hour barrier with a time of about 30 seconds slower than the previous attempt, but with the extra hills I'm counting it!

All in all the day was a great one! Well done to all who ran either of the three races!

Until next year!

Luke Taylor



Reigate 10k— Sunday, September 18th

An on the morning transfer of a race place saw me once again toe the line at the Reigate 10k, although this year I was competing in the F40 category. An admin error rather than a change of life orientation but one that entertained Mr Daniells nonetheless.

The 10k route follows the same first 3km as the half marathon, before turning around and heading back towards Reigate, ensuring a minimum of the route is spent on flat ground.

Although a challenging route and not one to attempt if you are after a PB, the slopes are mostly gentle ups and downs allowing a comfortable rhythm to be found; until the last hill which does provide a sting in the tail and a slightly hair-raising descent towards the finish, especially on tired legs.

I expect most reading this will be familiar with 'the hill' as it features in all distances and most tales of Run Reigate, usually prefixed by an uncomplimentary word.

Of my race, I was pleased with the time of just sub 37 minutes but felt disappointed by my poor race craft meaning I narrowly missed out on the podium.

A group of three from the local run club hit out early and established a gap of around ten seconds, I then spent the next 8km with the gap hovering around five to ten seconds.

I should and could have gone with them at the start, especially if I had warmed up better, couldn't I? Could I have pushed mid race and closed the gap?

The questions I will never answer and do not matter at all, but I have still spent several hours pondering them. But isn't this why we do sport and running?

It really doesn't matter, but we can still spend hours happily distracted by the what ifs and planning for the next time; when incidentally I will smash out a world class warm up, back myself to go off with the leaders, hold on and sprint past them in the final metres...possibly.

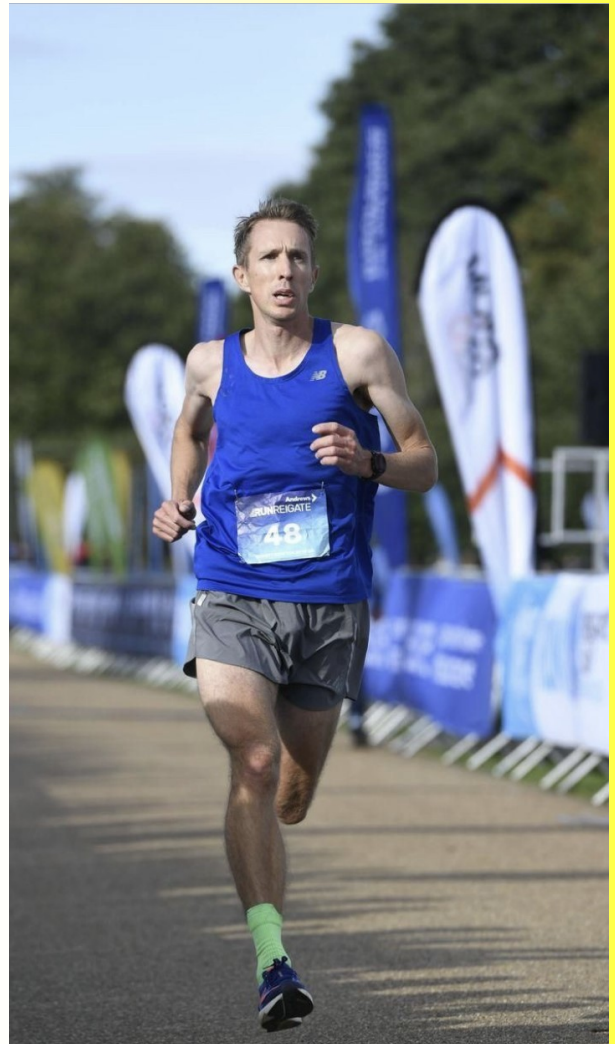
After my 37 minutes of what ifs and a few hours in the play park, it was time for the juniors. Adelle and Tristan both ran the cross-country mile and finished very respectably.

Adelle finished happily in the mid pack while Tristan was as equally frustrated as his father by finishing second.

He has higher expectations than me and far better race craft meaning he had a close battle to the line but was just pipped.

I need to keep up the training if I want to keep in front of him for much longer.

Andy Kerr



Belfast Half – Sunday, September 18th.

We travelled to Belfast for our daughter’s birthday. Now coincidentally it was the same time as the half. So we could not pass up this opportunity.

The course started where the marathon route ends so the first three miles were on the roads we end on. Out from Ormeau Park we headed south then north and out east towards Victoria Park. Back down alongside the George Best City Airport and into the city.

A lovely flat route out west though Belfast and along the Falls Road. Into the Nationalist area with Republican murals of IRA hero Bobby Sands and remembrance gardens.

Along the dividing fences still in place. Running back into the city past the Europa Hotel and back along the Ormeau Road to the park.

We started out not really fancying it, having dined on a Nando’s the day before.

But out we went and I got a nine minute PB of 2.09. Pam came in shortly after at 2.13.

It was a fantastic route that the marathon misses out. Great run and very enjoyable.

I even bumped into a Facebook friend in a sea of 3,500 runners.

Nigel Field





Parkrun Tourism in North Wales

December 2021. We decide on a week's holiday in North Wales in September 2022. But where...close to Snowdonia of course but the really big question was; where are the Parkruns and will they begin with a letter we need in our alphabet challenge?

Right off the bat we see an opportunity to explore two Parkruns if we travel up on the Friday and return the following weekend on the Sunday. First up there is Conwy (we need a letter C). Not far from where we were looking to stay. The second is Pont y Bala Parkrun (we don't need a P but this is part of the Full Ponty challenge).

The choice of Bala means we have to relocate and stay in a pub; a good shout too.

Roll forward to September 2022

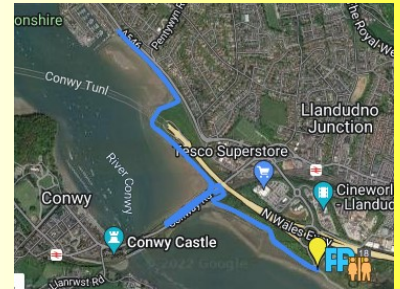
Conwy Parkrun – Saturday 17th

A delightful run alongside the river with views across to Conwy Castle. The course is an out and back which includes running to and from the castle on the outward leg.

More importantly it is a flat course apart from the railway bridge, which has a few tight turns to navigate. A fast course provided you can drag your gaze away from the scenery.

The Parkrun volunteers made everyone feel welcome. They had music playing at the start and finish.

And there were toilets in the RSPB reserve; a critical amenity for all runners! Afterwards we set off into Conwy to enjoy a deserved Welsh breakfast at 2 The Square.



Ruthin Parkrun – Dickie's 200th Parkrun – Saturday 24th

Our plans to run Pont y Bala were put on hold when we discovered the day before this course was under repair. This led to some re-planning.

We had a choice of Dolgellau or Ruthin. We chose Ruthin and added the letter R to our alphabet challenge haul.

Ruthin is a relatively new Parkrun. We were running in their 18th event. As with Conwy the Parkrun volunteers were superb.

A well marshalled course with plenty of encouragement.

The course is flat. You will not find a flatter course! It comprises three laps of relatively narrow paths with plenty of opportunities to cheer each other on.

Apart from the tight corners it is a fast course! But remember you do have to focus on the course rather than the delightful scenery!

There were also toilets in Ruthin football club.

Dickie & Lesley Bryant



Ibi 10k – Saturday, September 24th

Nicknamed the "Toy Race" due to the fact that the town of Ibi is famous for its production of toys, 101 runners took part in this excellent evening race starting at 8pm in half-light and finishing in total darkness, with the whole town being lit up with fairy lights.

Great running from Saints and Sinners, with Mary 2nd in her age group, Steve 3rd and both on the podium with fantastic trophies. Alas I just missed out, coming 4th in my category.

For a very modest entry free we all received a great T-shirt and medal, and when we crossed the line there were fresh pizzas being made, and ice lollies being dished out, as well as fruit and drinks. After running a fairly tough 10k which was a four-lapper with a long hill per lap, those ice lollies certainly went down well!



Los Dolores 5.5k – Sunday, September 25th

Los Dolores is a small town in the outskirts of Murcia and 302 runners took part in this flat, fast 5.5k. The route was very pleasant, two laps, no hills and spectacular mountain views.

A local brass and drum band marched and played throughout the town while we were running. All participants got a T-shirt and refreshments post race, and I was very pleased to get a second place on the podium for my age category.

Nina Trevarthen



Severn Bridge Parkrun — September 24th

When you think of Parkruns you normally imagine green and pleasant surroundings, maybe a lake or some woodland. So the Severn Bridge Parkrun requires a complete re-think - essentially you are running along the hard shoulder of a motorway. However, it is not quite as grim as it sounds.

The run is on the old Severn crossing, built in the early 1960s and opened by HM Queen Elizabeth in 1966 to carry the M4 between South Wales and England.

It was superseded by the Prince of Wales Bridge in 1996 and the road re-designated as the M48. There is a footpath on the southern side and National Cycle Route 4 on the northern side.

This Parkrun covers two countries, two counties, starting in Monmouthshire, Wales then crossing into Gloucestershire, England. It also crosses two rivers, the Wye and the Severn. I believe that it is the only Parkrun in the world that takes place in two countries.

Technically the crossing is made up of four components - the Wye Bridge, the Beachley Viaduct, the Severn Bridge and then finally, into England, the Aust Viaduct. The run encompasses the first three of those sections.

The run briefing takes place in an underpass with some very impressive graffiti. The run director kept it short, the main point was that, unsurprisingly, the course was a simple out and back. He asked us not to deviate into either the road or the river as he couldn't be doing with the large amount of paperwork it would create.

The only other rule was to run on the left at all times and watch out for cyclists as we were running on the B course, which was also the cycle path. The A route had various roadworks going on and was, therefore, un-usable.

We then moved up on to the start of the Wye Bridge to the start line. It is a fairly narrow path so the field was quite spread out, but off we went in an orderly fashion. Initially the route is flat and as you start to cross the Wye River the vast panorama of the Severn estuary comes into view. After crossing the Beachley peninsula you begin to go uphill over the central suspension arch, it is hardly noticeable, but definitely not completely flat.

At the top of the curve, just before the turn point you are 47 metres above the fast running water of the Bristol Channel, maybe not one for those with a fear of heights, but the view is quite spectacular. After the turn, where the only marshal is positioned, because of the height gain, there is a good view right back to the finish, which could be off-putting.

The finish is back in the underpass, just off the main bridge path, on quite a sharp downhill ramp. I was running with Rebecca, my daughter, but at the turn she spotted that she was second lady, so put on a spurt to overtake the competition and finished as first lady. I trailed in at 24.35.

It was an interesting run, and I would say have a go if you are in the area as there is the potential for a fast time, but it is not one I would want to do week after week. Also, I can imagine it is not much fun on a windy or wet day, you are certainly very exposed.

Martyn Flint



Barns Green — Sunday, September 25th Half Marathon

A perfect sunny day, and not too hot.

Myself and Ian Lavender ran the half while Jo, Nicky W and Ken did the 10k. Luke kindly sold me the place.

Barns Green is always low key, friendly, accessible and cheap (do you see the pattern in the events I do?!).

It's not easy however the first five miles are all road and there's only one hill.

A great downhill start from the village green, flanked by cheering crowds!

The 10k starts 20 minutes later too. Under a bridge then not far before a brass band and later another Horsham artist, three years back Jodie Munday and Mike Gates, this year Paul Stanworth and band, who are kindly still there for a further two passes!

A nice run through Christ's Hospital at three miles, a country lane and a grassy stretch across playing fields, then another swoop past the village green brings you to almost halfway.

The second loop is different and more challenging, all undulating lanes, I walked some of this last year but managed to run (shuffle) the whole thing this, so dropped nine minutes!

Past the band, under the bridge and a surge towards the (uphill) finish, name checked by the race director, then an eco medal and banana etc.

There are always stalls and hot food and drink for your supporters, a DJ and a mini funfair, they included a kid's colour run this year. Marshalled parking, more popular every year and the roads are closed so stay and enjoy the day!

Stella Daff

Barns Green 10k

Opted for the 10k this year instead of the half marathon. A single lap closed road route and not as energy zapping as the HM.

Weather was ideal and the course is varied, well marked, few ups and downs, but not major hilly. No PB course, but you can get a fairly decent time if you pace it.

Running through Christ's Hospital is the nice bit of the course. This is where I caught up with the 50 minute pacer and chatted to a nice young man, who usually runs 10k in 40 minutes.

Barns was well organised as always, no queue at the loo, beautiful weather! Sustainable wooden medals. Great last mile, all downhill and enough stalls for some post race goodies.

Jo Fiveash



Rojales 10k - Saturday, October 1st

Whilst Saints and Sinners were celebrating their 40th anniversary party, Steve, Mary and I were flying the flag at Rojales, a beautiful little town on the River Segura in the Costa Blanca.

The town was lit-up with coloured lights for their fiesta so although we were missing the S&S party, we weren't missing out on the party spirit.

It was a two lap course starting at 7pm on a very humid evening. Steve and Mary came up trumps by winning huge trophies for their age categories. We all got a fantastic technical vest and afterwards there were plenty of drinks, fruit and pizza available.



Sangonera La Verde 5k - Sunday, October 2nd

This was the last of my six races during this Spanish holiday and I was happy it was only a 5k, having run 10k the evening before!

It was an absolutely amazing race, great atmosphere, funky music, 2k going up but 3k going down.

The sun shone and lots of people came out of their houses to watch.

The goodie bag was very generous and I was pleased to get to the podium for second in my age group.

At the presentation all our running numbers were put in a hat and there were at least 20 bottles of wine being dished out, as well as packets of chorizo.

Nina Trevarthen



London Marathon – Sunday October 2nd

My dream come true! Wow! What a day and what a weekend and truly amazing experience.

Ever since I was a young girl it has been my dream to run the London Marathon.

Never in my life did I think I'd be able to ever achieve running the distance - this is my third to date and two in consecutive years.

Having been to the EXPO and seen finishers get the six majors medal, this is now my next goal but I know it will take a few years!

Anyway, back to the London Marathon! I can always remember watching this iconic event on the TV wishing one day I would be there. I used to run up and down my mum and dad's lounge, round the dining room table and back again. I started out with the intent to run the whole thing but gave up after about ten laps!

Saints and Sinners however, two weeks before running Brighton, gave me this opportunity and enabled my dream to come true. Nevertheless, I could not have achieved any of this or how far I have come in my running ability without one person and that is Darren, my true hero and rock who means the absolute world to me.

So, the day of the London Marathon was finally here. I felt as though I had prepared well to give it my best shot this time and aim for that PB I was searching for.

I carbo-loaded much better and rested very well with a four-week taper compared to last time. The weather was much better than expected and I was so pleased as I was not looking forward to running in the rain which is what had been forecast!

We had an extremely early morning start and rolled on to the St Catherine's bus at 6am and made our way to London. I was quite glad we got the coach due to the train strike that was held over the weekend, giving us one less thing to worry about.

As many of you know, Darren decided to run for St Catherine's in order to run this race with me and pace me for my PB but as I was running for the club, I was meant to be in the yellow start area and Darren in the red which was not ideal.

We researched on Google and located an area where we could meet before we merged together to then start our run and cross the start line but fortunately I sneakily managed to get into the red wave start area. This once again made life a lot easier and took off the pressure for Darren trying to locate me standing by a road sign waiting for him!

Running the London Marathon for the first time in my life was a truly remarkable and awe-inspiring experience.

I loved the crowds and the whole atmosphere. I met **Mr Motivator** from my childhood and also crossed the line with a minion aka **Vassos Alexander** in disguise!



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I went out in the hope of a PB so anything better than 3 hours 24 minutes and I would have been happy.

However, that was not officially the case.

But I am saying I did get a PB as my watch flashed up a new record of 3 hours 18 minutes for a marathon and the reason I didn't get the

official PB is because I ran an additional mile (27.09 in total) due to all the extra weaving I did and sadly crossed the line in 3 hours 25.

Nevertheless, I am pleased with my accomplishment and achievement and managed to beat the wall this time, unlike a few months ago in Brighton!

Thank you Saints and Sinners for this amazing opportunity. I also wanted to say a huge thank you to those of you who sponsored Darren and supported him on his charity fun run and I hope you enjoyed it as much as we did organising it for you.

Claire Page

Lewes Downland 10 Mile (SGP), Sunday, October 9th

The SGP throws up some challenging races and this is one of the toughest in my book. Best described as undulating trails, if you like hills and mud then the race is perfect.

We arrived at the start in torrential rain which got harder and harder as we waited for the klaxon.

This sparked discussions on running in T-shirts, vests or wet weather gear.

At 10.30am we were sent on our way and within the first couple of miles the rain was off, leaving wet chalky paths, slippery grass and boggy lanes to deal with.

I love these sort of races, they are mentally and physically demanding and I get immense satisfaction in competing — whatever the conditions

And by the time my S&S compatriots cheered me across the line at lunchtime, the sun was out.

It was only then that I realised I'd sweated blood, literally, for the cause! A valuable lesson on wet weather friction!

Jim Scott



East Grinstead 10K (SGP) - Sunday, October 9th

A few Saints and Sinners ventured east to take part in the East Grinstead 10K.

What a difference a week makes too. This time we were treated to fine warm autumnal weather; no gloves required!

This race was recently confirmed as part of the Sussex Grand Prix series which led to a sell-out field. Even with that there was plenty of parking at or nearby the school where you start and finish. And of course there are the important loos for those final pre-race rituals.

The course winds its way out from Imberhorne school downhill to Crawley Down. From there it is a steady climb back to East Grinstead station along the Worth Way.

Once back in East Grinstead there is a lovely downhill stretch along paths to take you almost back to the finish. I won't mention the final slight climb to get to the finish line!

All in all the course is very well marshalled, especially at all the road crossings and key turning points. The surface is also good underfoot.

Even with the climb it has potential to be a fastish course as there are no steep hills.

Taking part for team S&S were Ness, Lesley, Mary, Steve, Dan, Stuie and myself. Everyone ran a great race.

It was a fabulous event. Hopefully they retain their SGP status for 2023. If they do I will be back to run this event again.

Richard Bryant



WSFR, Great Walstead — Sunday, October 9th

Well what can I say, distinctly less mud than last time, but I feel like there were more hilly bits than I remember. Although I did not forget the cambered uphill finish, on which this time I had a tussle with a cameraman!

The team did fantastically well considering we had quite a few people with colds/not really feeling it on the day.

Results will be posted as usual when I get them, which might be before you read this!

Well done to everyone!

Luke Taylor



Chicago Marathon — Sunday, October 9th

Arrived four days early to get used to the time difference. On Saturday I went on a very interesting river trip then up the Hancock tower with great views, cocktail and pizza.

Sunday, race day, and I was up early at 3am. The hotel put breakfast on for runners and I also stocked up with bananas to put in my belt as there was only gels on course.

The race started on time at 8am and I was off. The weather was warm but OK and I got into my pace as planned.

I was one minute behind at halfway and felt good at mile 18. My injured knee started to complain but I compensated for it and carried on.

By mile 22 my legs were having a moan and I got tripped up in a bunch on a tight turn.

From then on it was determination to limit the time going over four hours and get across the line for the 5th star.

I finished at 4:06:07 as a lady collapsed and promptly threw up. I helped her to her feet and took her to medical tent.

Then I collected my medal, found my way back to the hotel and met up with others with sports tours.

After a shower and change it was off to the Hard Rock Cafe for the party. Next day I watched a procession then it was off to the airport and home.

Ken Tulley



Challenge Mallorca Ladies Race – Friday, October 14th

This year, Glenn had entered Challenge Mallorca, a half distance triathlon in Peguera, Mallorca. Since it would be rude not to, we made a family holiday out of it and I entered the ladies' 4k run event the evening before Glenn's race.

Six years earlier (to the day) I did this race more as someone who only dabbled with running on and off, and managed it in approximately 30 minutes (do not know the time exactly as I did not have Strava or even a race watch back then!).

Since I am now a much more established runner, I was very confident I could get a much better time – plus it was also only 6 euros to enter.

The course is two laps of the main tourist strip in the town of Peguera, with a right turn into the town square at the end (see Strava shot).

I didn't need to prepare much for the day other than to eat enough but not too much of the all-inclusive food, and keep hydrated in the 30C heat.

There was a short aerobics warm up in the town square then off to the start line. Then at 6.30pm we were off up a short hill and on our way.

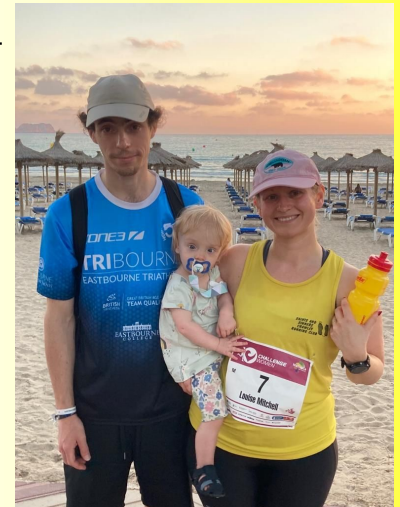
Each identical lap consisted of an out and back along the road, which was slightly undulating to keep things interesting. I saw that after the first lap I was managing a good pace so I decided to keep pushing as much as I could in the heat as I went out onto the second lap.

Before I knew it, I was turning right into the finishers funnel to cross the line in 19:53, a massive PB. The distance was not quite 4k according to my watch, but without any data to compare it to, I'm taking it!

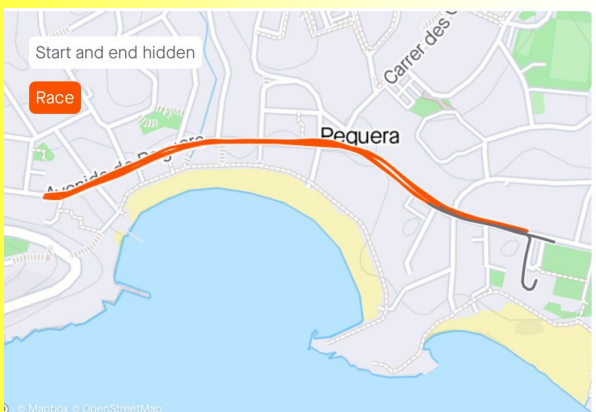
I grabbed my (filled) reusable water bottle and apple before meeting my family, getting some photos on the promenade, and heading back to the hotel for dinner to eat far more calories than I burned!

The race is good fun, well supported, well organised, well marshalled and even had the roads blocked off by the local police.

I also got a free T-shirt, so all in all not bad at all for 6 euros. So ladies, if you ever find yourself in this part of the world in mid-October, I recommend you give it a go!



Lou Mitchell



Worthing Seafont 10k – Sunday, October 16th

Sarah and myself head off to Worthing for MCC Promotions Worthing Seafont 10k.

It was a small event, with only 117 people taking part but well organised, marshalled and a great little route.

The race started at Worthing Splashpoint Leisure Centre. We headed out along the seafont towards Goring. Found it very rude that we had to run past Sea Lane Café to the end of the green, around Allan and then we headed back. Yep past the Sea Lane Cafe AGAIN!

The smell of bacon looming in the air.

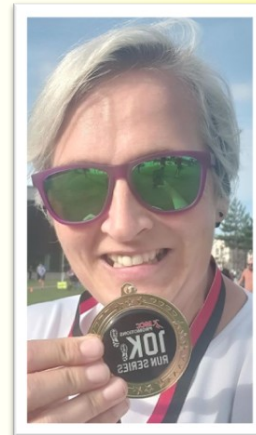
Heading back along the seafont, the race ended on the green by the leisure centre where we were handed our very much deserved medals.

Results:

Maria 1.02.41 (10K PB) Sarah 1.11.21

And don't worry we headed back to Sea Lane Café, this time by car, for a very much deserved slice of cake.

Maria Weatherstone & Sarah Thomas



Beachy Head Half Marathon—Sunday, October 23rd

Yet again I let Sarah Thomas talk me into another half marathon, and not just any half, Beachy half. As you can see, the start is straight up a hill that went on for just under a mile!

Once at the top there were a few undulating miles till the first pit stop. Mars bars, bananas and bourbon biscuits awaited us.

Just as we reached Friston the heaven opens. We continued down, knowing that the worst part was yet to come.

We reached the coastline and headed up our first steep hill, this is when the thunder and lightning decided to start. It was raining so hard I am sure I lost a contact lens!

Up, down, up and down we went. Trying not to slip and slide over as the rain made the ground underneath us so slippery.

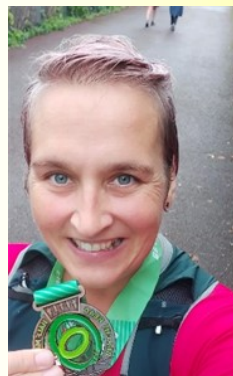
After 12.5 miles I could see the top of Beachy and I knew it was all going to be over soon. The rain stopped as I descended back into Eastbourne. I took this at a snail's pace, due to the steepness of the hill and the muddiness.

I could smell the Cornish pasties awaiting us at the finish line.

Considering the conditions, and the course (hilly) I really did enjoy this run.

Sarah may have a different opinion on the run though!

Maria & Sarah



Beachy Head Half Marathon – Sunday, October 23rd

I was hoping to run the full marathon on the Saturday, but had to opt for the half on the Sunday, as my band were playing on the Friday night – allowing only three hours' sleep before the early start. As it happened, our gig was cancelled due to illness, but at such short notice, there was no time to switch to the marathon, which I hadn't trained for anyway!



This was the day of the storm, which was predicted to hit Beachy Head around 8am, just as the run began. I dutifully layered up: running shirt followed by light waterproof jacket...followed by running vest (to pin the number to)...followed by hydration vest.

No rain. Still unseasonably warm, very warm really. I fried for the first half of this race, but when the wind whipped up across the Seven Sisters, and when the storm finally hit with ten minutes of running left to do, it turned out my chosen gear was about right.

This is a tough trail half marathon, with 1,600ft of elevation. The steepest climb is probably the first 100 metres, where nearly everyone (wisely) walks.

Come to think of it, a lot of the hills here are better walked (at least in part) than run. The views are absolutely stunning throughout.

I started off a little cautiously, having suffered with a bad cold recently which kept me out of training. My plan was to enjoy this, my first trail half marathon – if 'enjoy' is the right word with this level of physical demand.



After about a mile and a half, I thought it wouldn't hurt too much to pick up the pace a bit, and pick off a few runners along the way.

The plan would be to power walk the steepest parts of the hills, and make up for the time lost by absolutely blatting it (for me, anyway) down the hills, taking advantage of the free energy kindly bestowed upon me by gravity.

.....cont

.....cont

An even pace is out of the question for this race, so I based my effort level on my breathing rate.

At around eight miles I calculated I might be able to finish in under two hours, if I picked up the pace.

This saw me pass more runners than were passing me, and gave my confidence a boost.

The last mile is downhill, with the very steep incline at the end which makes running very difficult.

More than very difficult – the marshals were clearly very worried about runners taking a tumble and were very keen for us to finish this hill gingerly before the final 50 metres on the road to the finish.

Having got down the last hill in one piece, I had a sudden burst of exuberance running to the finish, and waved my arms about a bit whilst cracking an almost smile in the torrential rain.

Chip time: 1:57:55. Gun time 1:58:12. At just under two hours I was pleased I'd hit the target I'd set myself. Later I found that I was second in V60, which felt pretty good too.

A really well organised event in a brilliant location (if you like trail running): I'd strongly recommend this.

I'll be back next year, but am setting my sights on the full marathon, or maybe even the ultra (a new addition for this year). Entries are already open. You know what to do!

Mark Warwick

Titsey Trail 10k – Sunday, October 16th

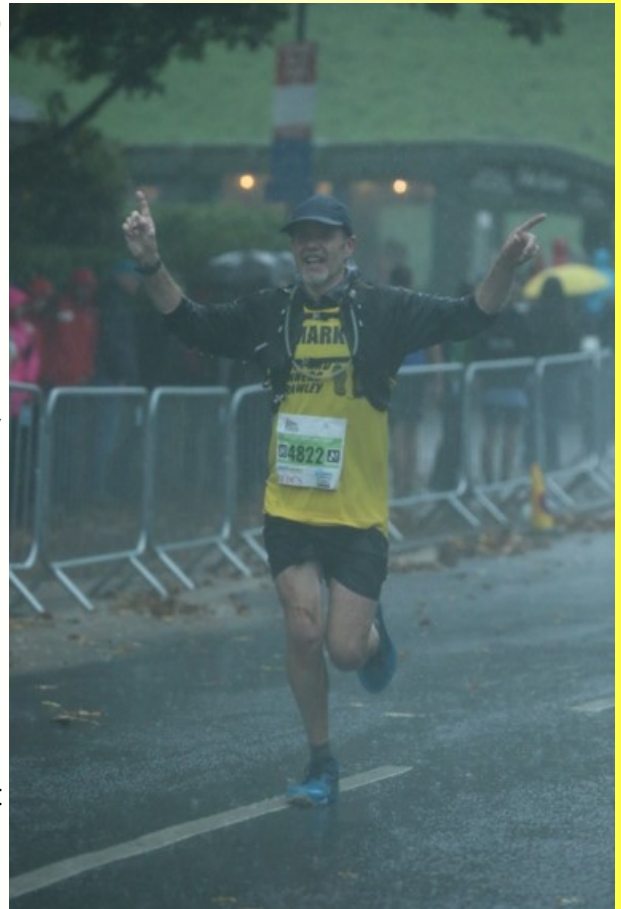
What a smashing race! Located near Limpsfield Golf Club in Surrey, this cheap and friendly race is a real find.

Up and around heathland, field and woodland, it is challenging but these are beautiful surrounding in autumn.

Well marshalled with free beer and bananas at the end, with chip timing, T-shirt and an eco medal.

Run by Nice Work, plenty of parking, happy vibe, entries on the day. Cu next year!

Stella Daff



WSFRL, Steepdown - Sunday, October 9th

This 4.75 mileish course does exactly what it says on the tin, just over two miles up then just over two miles down almost the exact same way. The route was muddy and slightly hazardous in a few small places but generally considering the rain we had earlier in Hove it was rather dry.

A total of 24 runners completed this, with nine of us having completed Hove Prom 10k an hour or so before! Some performance!



Overall we finished our usual 6th place and I would like to congratulate 'Nick Baker' on a storming time! We did have a couple of tumbles (tumble bee still makes me giggle now) but nothing serious which is always a bonus!

WSFRL Horsham, Gunpowder Trot - Sunday, November 6th

As the last race of the year dictates, and the fact it is so close, we had a massive turnout!

Thirty five of us all kitted out and soaked through before we started, although as always it didn't rain during the run itself.

This 4.5 mile course has a lovely vertical straight bit on grass at the beginning, and the same downwards at the end. The crest was more like a mud run but was good fun, even if I did almost lose my shoe!

Congratulations to each and every one of you who took part! Oh and I beat Frank! (that's two this year!) To add to this we came first!!



WSFRL—Roundup

Now all the races are done and dusted it's time for a quick look at the last year!

Seniors: Overall we beat our previous final total by 98 points! (This doesn't include the two races that got cancelled — so that's amazing.)

Participation was a bit down but it was for all clubs so we are still going steady!

Overall we finished sixth, which is up a place on last year so that's really good going! And I'm sure if we had the other two races we would have made a good fist of pushing for fifth.

We finished 86 points behind fifth place, which is largely down to a couple of races having a low turnout in comparison to the teams above us, which I expected for the four in question.

Juniors: As expected we finished third again, which considering we lost a junior to the senior events and only had three or four runners most of the year is absolutely amazing!

Overall we had another strong year and I look forward to hopefully representing us again next year! See you on New Year's Day!

Luke Taylor

Hove Prom 10k (SGP) — Sunday, October 30th

The Sussex Grand Prix offers everything from longer, tougher trail runs to the traditional 10k. Hove Prom is one of the latter, a fast, flat two loop course with plenty of PB potential.

Obviously weather conditions play a big part so cold, stinging rain, sea mist and strong wind certainly made life interesting!

We had a good turnout for the 11th of the 13 SGP races this season.

The race starts near Millionaires' Row at the western end of Hove seafront (I'm sure Fatboy Slim regretted not joining us) and heads towards Brighton, then back again.



The good thing about loops is getting the chance to see your fellow club racers and shout out encouragement. I was pleased to finish around my intended target time in tough conditions.

This was the first of two races for many as Luke had kindly persuaded nine hardy S&Sers to take on Steepdown in the West Sussex Fun Run League just an hour or so after finishing—now that's dedication to the cause!

Jim Scott

Crowborough 10k (SGP) — Sunday, November 20th

A hardy group of Saints & Sinners travelled over on a wet Sunday morning to Crowborough. Dickie had promised me a fun race, mostly downhill with a "small" hill that you do twice.....

Luckily by the time we gathered at the school, it was dry and mild. (And there were plentiful toilets!!) The gun went off. We went off careering downhill for what seemed an eternity.

Dickie was right, there were lots of downhills on the course. He was slightly underselling the hill though. It was long and dragged on and on..... Lots of walking done on that hill!

The course is a 2 lapper, so you know what's coming in the second half..... So again lots of downhills plus that lovely uphill section, and a wonderful uphill finish!!

I rarely have been so happy to finish a race! Joking aside it's a fantastic race, really well organised and part of the SGP circuit.

It was great to have a cheer squad on the finish line, we all stayed until our last runner finished and we walked back to the school.

Much to Dickie's delight coffee and cake was available!!! One to do again.....

James Mason



PARKRUN TOURISM AND A MILESTONE

The tourist bug was first started by the Saints & Sinners Parkrun tourism. It was every now and then initially. Then whenever we had a long weekend away we would always look to combine it with Parkrun tourism (and escape rooms).

In the months before the country went into lockdown, we had really started enjoying some regular Parkrun adventures further afield from Tilgate, accompanied by Justin Mitchell. We discovered that if you ran at 20 different Parkruns you could buy the Cow Cowl (the easiest way to spot a Parkrun tourist at any Parkrun).

So that was the first target that the whole family aimed for, which we all achieved very early in 2020. When we went into lockdown I had visited 25 different Parkruns in good weather, bad weather, whatever the weather we still went.

Riddlesdown during the earlier tourism runs was particularly memorable. Whilst it wasn't raining on the day, it had been raining a lot in the days before and one of us actually managed to fall over in the mud whilst walking to the start. At times it was like running through a pond, great fun.



The other memorable run of our earlier tourist runs was in July 2019 when Saints & Sinners tourism took us to **Kingdom** Parkrun. It turned out that apart from Mayumi, Koji and myself, only Andy Hale turned up for the run.

However, it was definitely worth the visit as we had the opportunity to run alongside Olympians Dame Kelly Holmes and Steve Backley, an experience that I will never forget.

We were fairly slow to come back to Parkrun after lockdown but continued on our travels, initially because we were looking for quieter Parkruns to attend. What this did mean was that although we were touring, we weren't necessarily visiting new Parkruns. However, the tourist bug bit again and about the same time I realised there was a possibility I could combine my 200th Parkrun with my 50th different venue.

I could only duplicate one Parkrun. As Miyu wanted to attend Tilgate's anniversary it was decided it would be the only duplicate before running my 50th venue.

On September 3rd I ran my 200th Parkrun at my 50th venue — **Bedgebury Pinetum** Parkrun (recommended by Richard Daniells).

I was accompanied by Justin Mitchell, Ken Tully and the rest of the family. It was a beautiful location to complete my 50 venues and I would certainly recommend it. cont....



....cont

During the course of our tourism we have almost completed the alphabet challenge with only the letters V and Z remaining, so there will be visits in the future to either **Valentines** or **Victoria Dock** and one of the Zs in either Holland or Poland.



Among the 50 venues, I have run at four Parkruns in **Japan**, one in the **US** and also **Jersey**. Among my favourites would definitely be the runs in Japan. They are on a far smaller scale compared to the majority of UK Parkruns, in fact my highest ever finish came at a Japanese Parkrun. All of the volunteers are really friendly and always interested to know where you're from and why you are in Japan. They also love to have a photo taken with you.

In the UK, **Bushy** is a must, the start is something you will never forget. I loved running through the vineyards of **Mole Valley**, especially the second half (it's downhill and fast).

Of the runs by the sea, I would say that **Seaford Beach** is probably my favourite, it's also a fast Parkrun. Other favourites are the mainly downhill **Killerton** Parkrun in Devon, the beautiful **Osterley** and **Alice Holt** Parkruns and running by the canal at **Frimley Lodge** Parkrun.

The toughest Parkrun I have run without a doubt is **Lull-ingstone**, one of the most undulating in the UK but the beauty of the location more than makes up for the toughness.

Since I completed my 50th venue, the rest of the family have also joined me in completing their 50 different venues as well, only they have achieved it in far fewer runs.

Miyu (170 runs) and Mayumi (162 runs) both completed their 50 at **Darlington South Park** Parkrun on September 24th and Koji (164 runs) completed his 50 at **Durham** Parkrun on October 1st, his first Parkrun after moving away to attend university.

With Miyu also planning to go to university next year, we won't be short of further tourism opportunities in other parts of the UK.

Kevin Stephenson





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

Are on hold until the clocks change back to BST and the nights are lighter

BREKKY RUNS

Our next one is on Sunday, December 11, meeting at 9:30 at Café Santa Maria, Broadfield for a 90 minute run followed by breakfast for those that want it.

MILE CHALLENGE

We had a great turn out for these with various weather conditions and I believe everyone improved their times!

TRAINING

We are now meeting at the Co-op at Tilgate on a Monday and outside Oriel School on a Wednesday—please keep an eye on the training sheet. Please remember to wear hi-viz and have a torch.

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@crawlleysaintsandsinnersrun.co.uk

KIT

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in.

Details can be found on the website, but email Martyn at kit@crawlleysaintsandsinnersrun.co.uk

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@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.

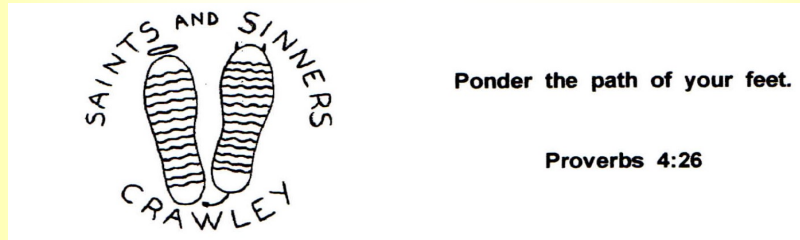
As a running club we are all here to support each other, whether you need help with a training plan, company on a long run, someone to pace you to a Parkrun PB, a lift to a race or a tourism event etc.

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.



Copy of Derek Brailsford's speech from the night of the 40th party. For those that didn't attend and have not read previous newsletters, Derek was one of the founder members of Crawley Saints and Sinners Running Club.



SAINTS & SINNERS - THE EARLY DAYS

1982 TO 1987 TALK

THE START

- May** The first seed was sown - Graham Ridout, late 20's, no sports history saw the 2nd London Marathon & said to his wife "I'd like to run that".
- June** I was not a runner, but started training with Graham Ridout – 1st session 2mls round Broadfield – Walking alternate lamp posts.
- July** John Marsh started running with us.
- Sept / Nov** Other people had joined us, so we decided to form our own little running group, and we called ourselves "The Saints & Sinners Fun Runners"

First Meeting Decisions

- Name** The name "The Saint & Sinners" was originally given to John, Graham & myself by the C of E congregation in Broadfield, as John was a Christian and at that time Graham and myself were only church goers because of our wives. The name was modified to suit the club.
- Logo** The Logo was designed by Graham and is based on the soles of his son's trainers.
- Moto** The club's Moto "Ponder the paths of your feet" was an idea of John's and is from the first part of Proverbs chapter 4 verse 26 in the King James Bible.
- Club Colours** The 3 of us picked the Yellow top so it would stand out and we thought that Black shorts were a good match.
- First Vest Order** The supplier printed the logo on the front not on the back as we had ordered, so they were returned. So we became an unusual club in have a large Logo on the front & back of our running tops.

Our committee:

Chairman - James Mason
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetmen
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Bryant
membership@crawleysaintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@crawleysaintsandsinnersrun.co.uk
SGP Rep – Jim Scott
sussexgrandprix@crawleysaintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@crawleysaintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
suggestionsofficer@crawleysaintsandsinnersrun.co.uk
Social events organiser – Clare Hall
social@crawleysaintsandsinnersrun.co.uk
Social media – Debby Scott
media@crawleysaintsandsinnersrun.co.uk



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

How do I...?

Order kit!

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

kit@crawleysaintsandsinnersrun.co.uk

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

Size: XS, S, M, L, XL, XLL or junior ages

Name: please type the exact name you wanted printed

Monies for kit to be transferred to:
Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: KIT

Once payment is received your order will be made.

Orders will be placed at the beginning of every month. Martyn will then distribute these at training/races/parkrun when he can. Please note the turn around can be a couple of weeks so please place your order in advance.

Register for WSFRL

Luke will email all members when races are upcoming and share details of each run.

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

raceentry@crawleysaintsandsinnersrun.co.uk

Please then transfer the relevant amount to:

Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number 30434213

Reference: FR(race no)

As rep, Luke will collect all numbers and distribute on arrival. Please car share when possible.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details.

Email Paul and register your intent to run on:

raceentry@crawleysaintsandsinnersrun.co.uk

Please, if needed, then transfer money to:

Crawley Saints and Sinners Running Club

Sort Code 20-23-98

Account Number

30434213

Reference: XC(race name)

Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Once registered, please inform Jim at:

sussexgrandprix@crawleysaintsandsinnersrun.co.uk

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

Make a suggestion!

Please email thoughts, queries or recommendations to our very own '**Suggestive Stella**'. You can ask these to be shared anonymously if preferred. Stella brings these comments to the committee meetings and then they can be followed up. The committee need to know what the members want and feel in order to improve.

suggestionsofficer@crawleysaintsandsinnersrun.co.uk