

Welcome to the July 2022 newsletter.

And a welcome to our new members this month: **Daniel Codrington** and **Terry Yelding** and welcome back to **Angela McLellan**

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

We hope you all find the reports interesting and inspiring!

Debby & Jim

Chairman's Corner

Apologies from the Chairman this month but he's abroad on his holidays!



40th Anniversary Celebrations

Our first event to celebrate our club turning 40 was a great success, with many of the members taking part in the 40k relays last month.

Make sure that you are there for our party on Saturday, October 1st at The Hoppers in Tilgate where we have Mark Warwick's band, Mister Park, providing some of the evening's entertainment.

Cost is only £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 nearer to the time.

See **Page 25** for more details.

Edinburgh 10k — Saturday, May 28th

As Louise was doing the Edinburgh Marathon and we were travelling all the way up there, I figured I'd enter one of the parallel events so that I didn't miss out.

I went for the 10k in the end as I didn't really want to leave my mum to try and support three of us over a point-to-point course while looking after Molly at the same time (the half starts before the marathon on the same day).

This was my first 'road' 10k race since Southampton 10k in 2019 where I'd run a PB of 35:40 on a relatively flat course around a well-populated city centre.

Two years and one child later, I'd not really been able to get in as much speed training as I'd have liked to have any thoughts of improving on that.

The 10k has a reasonably leisurely 9am start and begins on the road around the bottom of Arthur's Seat. I'd been put in the first start pen which didn't seem to have many people in it, which made a nice change from being pushed out of the way by all of the 'proper' racers.

Although it was very odd being stood at the front of such a big race and looking back at all the runners stretching up the hill.

Setting off through Holyrood Park around the base of Arthur's Seat, I had no idea what I'd be able to manage so I went off with the intention of seeing how long I could hold a decent pace for. For some reason I had in my head that this was a flat 10k. I'm not sure where I got this information from but it was wrong and I ended up being a bit shocked on the day!

Getting away from the start quickly and past mum, Lou and Molly who were watching, the first 1k or so was pretty flat but then the road starts climbing steadily for around 1.5-2k which was pretty soul destroying.

The decent pace that I'd held in the beginning disappeared pretty quickly and a few runners passed me (they were clearly better informed!).

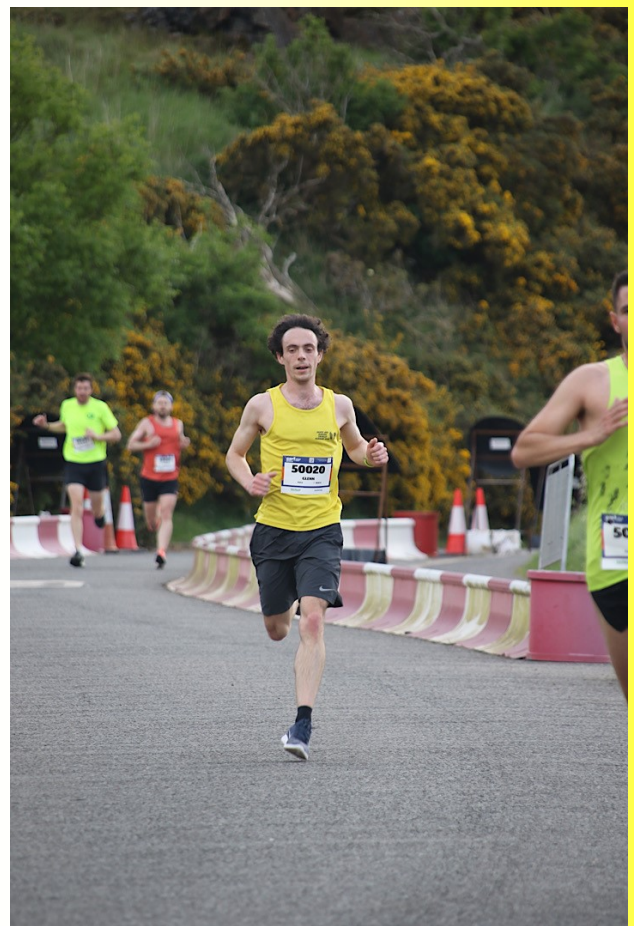
Having run around to the other side of Arthur's Seat, by this point there were some really nice views out towards the Borders, although I wasn't really in a mood to enjoy them at the time!

Heading downhill and through the 4k mark (past dad and his camera) the road continued downhill for quite a long time and around the picturesque Duddingston Loch (I was feeling a bit better here).

After a very short climb and a stretch through a residential area we joined an old railway line which was dead straight and flat taking us through to around 8.5k.

At the end of the old railway it was another climb (steeper this time) which really seemed to take its toll on me. I watched in awe as the runner in front sailed away up the hill making me look like I was going backwards, and I thought I was good at hills!

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Cresting the hill we were approaching the 9k marker, where we briefly crossed the runners going the other way through 4k (and past dad again!)

From there to the end it was pretty much all downhill, speeding past the scattered spectators alongside the course. Approaching the end I managed to keep the pace strong and didn't gain or lose any places in the final stages of the run which doesn't really count for anything but it does feel better!

I'd run 36:51 in the end, which I'm pretty happy with given that I'd not really managed to target any specific training towards it — and even more so considering the complete lack of motivation I'd been feeling leading up to the start.

On the whole this was actually a really good 10k and was very well organised (they actually seemed to have enough toilets which is always a plus!!).

Unfortunately I don't think I personally enjoyed it as much as I could have because I hadn't really prepared myself properly for it, but it was a very nice course on closed roads (with good surfaces) in a stunning location.

Despite the climbs it is quite a fast course, if you are able to make up for it on the downhills. Support wasn't the best (except for my supporters!) but there were quite a few people cheering at the 4k/9k area and also towards the finish.

Definitely worth considering if you're in the area or need an excuse to visit the lovely city of Edinburgh, and there will no doubt be other S&S runners there doing the bigger events to enjoy some of the local food and drink establishments with over the weekend!!



Glenn Mitchell

Cocking 10k – Sunday, May 15th

A new event! Billed as a tough trail race, I was intrigued.

Beyond Midhurst but near Flint cafe with plenty of parking, it was a friendly small event.

The tough bit was a nasty uphill after about 200m....narrow, rutty, hillocky cart track that went on for ages!

The majority of the race was lovely however.

Fields, woodland, paths and cheery marshals.

It started to thunder at 7k, got very slippery (no was not wearing trail shoes!) so the downhill finish along the same gritty track was no fun - dangerous,

Nice blast to the very finish and an eco wooden medal. Frank and Michele were there but was torrential by then so race to the car!



Dorking 10k - Sunday, June 12

Bit of an ever present at this ten-miler I am (there is a 10k option).

This is a road race, usually on a hot day around the country lanes of the villages of Leigh and Brockham and Betchworth.

Cheap and cheerful (as are all races I like!), plenty of parking at Dorking Rugby club and start at the lovely Brockham village green.

There are a few stiff hills involved, but it is a good discipline in pacing and endurance — oh and another eco medal and a T shirt.

Stella Daff



Race to the King — Saturday, June 11th

Myself, Sarah, Clare, Jo, Nicky and Janet stood on the start line at Goodwood Racecourse, bright and early at 7.30am, ready to head off for 50k.

Janine had somehow managed to start an hour earlier than us!

Group warm up done in the start pen and we were off...

We headed out of Goodwood and descended down towards Chichester. Pit stop one was at 10k. We refuelled on bananas, Coke and sweets, then we were off again.

We headed off-road and ran the coast path of the Chichester Channel, we could see Chichester harbour across the way.

We ran through Bosham and hit pit stop two, here we refuelled again.

Off we set again, it was a beautiful route. I was chatting to anyone I came across and occasionally I burst into song. Twenty miles and we hit pit stop three and we all knew what was coming after pit stop three HILLS.

Refuelled again, made myself a peanut butter and jam sandwich, more Coke (definitely the lifesaver of the run) and a cup of tea.

Off again it was straight on to the first hill and, boy did it go on and on. The descent was too steep to run and also hurt my knees, it hurt everyone's knees.

Three of these steep hills we had to undertake but when I hit 45k and knew only there was only a Parkrun to go, a smile appeared on my face and I was off.

Any flat that appeared I was running it, I was so keen and eager to get to that finish line.

I hit Goodwood Racecourse, the finish line was in sight.

The feeling going over was amazing, I felt amazing, I was buzzing.

For someone that has never run an ultra I would tell anyone go and give it a go. It is amazing what our bodies and minds can do when we are in control of them.



Maria Weatherstone

Parkrun Tourism — Norway, Saturday, June 18th

Both Theresa and I had always wanted to go to the - Bislett Games in Oslo as we remember watching TV and seeing Coe, Ovett and Cram running there back in the day.

With one of Theresa's nieces, Natalie, now working in Norway we thought this should be the year.

And of course, if you go anywhere, you need to try and fit in a Parkrun if at all possible.

So we headed for Volda first. It's a beautiful little town in west Norway surrounded by mountains and fjords.

After a great few days walking and running in Volda, we headed to Oslo.

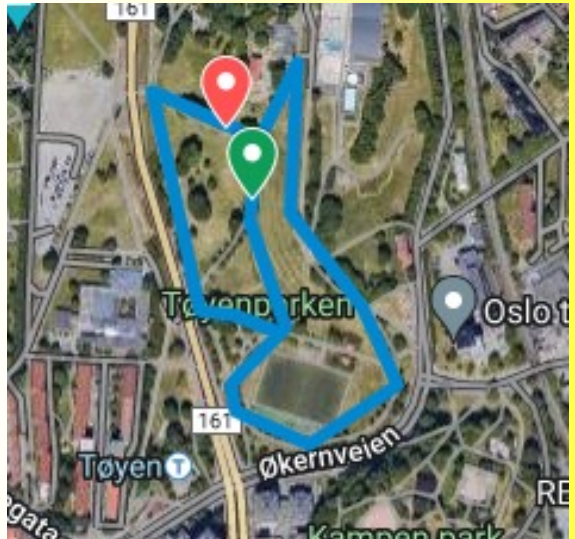
We had a brilliant night at the athletics, all three Ingebrigtsen brothers were competing as well as British stars such as Laura Muir and Keely Hodgkinson.

There's a choice of two parkruns in central Oslo – Toyen and Ekebergsletta. The latter was cancelled the week we were there (apparently it's flatter) so that made the decision easy!

We got up on Saturday morning (not too early as start time is 9.30am) and headed to Toyen.

Spotting there were quite a few non-Norwegians amongst the 77 participants, the run director did the briefing in English.

So we were able to understand that due to works in the park, a different route was being used – five laps with a fairly steep hill to be climbed on four of them! It was a hot morning so that made it a bit harder but we really enjoyed it.



And the best bit? A great cafe in the middle of the botanic gardens for the post-Parkrun coffee!

Parkrun hasn't really caught on in Norway yet – there are only eight so far.

But we are hoping there will be one more soon.

We found a perfect course alongside a lake when we were in Volda and spent most of our time there encouraging Theresa's niece (also a keen Parkrunner) to set one up there.

We weren't entirely sure we'd been successful until a few days later when back at home, we heard from Natalie to say she had been in touch with Norway Parkrun, had the course approved and was now looking for a core team to set it up!

So we're now planning a return trip to Norway – with Volda parkrun on the itinerary!

Ian Greenaway

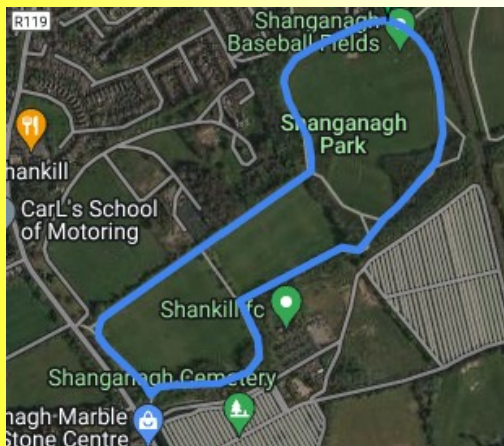
Page 7 Fella (Sorry Ed)

Ireland races

I recently spent six weeks in Ireland shooting a film near Dublin and, as I was away from home, it was the perfect opportunity to tackle some Parkrun and racing tourism.

First up was **Shanganagh Parkrun** in Bray. Not a bad Parkrun. Easy to access and pretty quiet – usually less than 100 people which means you get an awesome position!

Two and a half fairly flat laps of a park isn't the most interesting of courses, but the team are great at motivating you as you run – and the second time I did it there was a Lidl stand giving out free T-shirts and treats.



My first race proper was **Stoneyford 10k** over towards Kilkenny.

Stoneyford is a tiny, non-descript village with a church and a shop, however the race was extremely well organised and attended.

It's clearly a popular local annual event and the whole village comes out to cheer.

The course itself was hilly and hot with little shade as you meandered along quiet country lanes. Whilst the field wasn't tiny it soon spread out and most if it I spent on my own, but the scenery was pretty.

Worst thing about this race? No medal, no T-shirt, no anything at the end of the race. I miss my bling. Whilst it was enjoyable it isn't a race I would rush to do again.



Following this I tackled the **Glen-to-Glen Half Marathon**. An infamously difficult race that incorporates a long slow climb culminating in a 1,000ft climb at around mile nine as you crest the top of a waterfall near Glendalough.

This was one tough race, but the views were beautiful. It's the most aesthetically pleasing run I have ever done. If you're in the area I definitely recommend it.

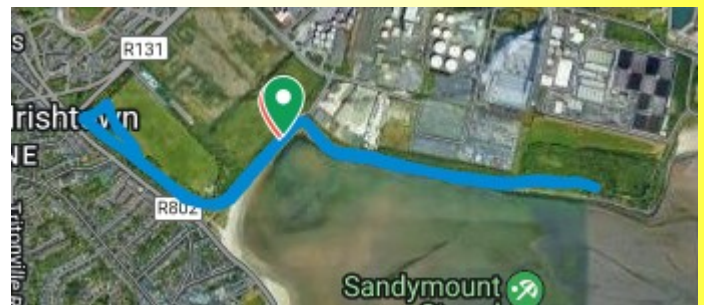
That was it for races. I had planned on another half marathon, but work got somewhat mental, and I didn't get time. I did however manage two more Parkruns.

The first was **Poolbeg** on the outskirts of Dublin, right on the coast. The course was busy, and the narrow paths were a little tricky, but it soon spread out and was very enjoyable, aside from the sneaky hill at halfway. Mind you, after Glen-to-Glen it was nothing.



The third and final Parkrun was **Dundalk** just on the border with Ireland and Northern Ireland. Brian was with me at this point, and we were headed to the Game of Thrones Studio Tour near Belfast.

Much like Shanganagh it was laps of a field so not the most interesting, but the people were really friendly, and it was super quiet so no congestion. If you happen to be in the area it's worth a visit, but not one to go out of your way for.



So that was my running adventure in Ireland. The best part of my job is being able to run and race all over the place. Hopefully more adventures will follow soon.

Stu Laurie

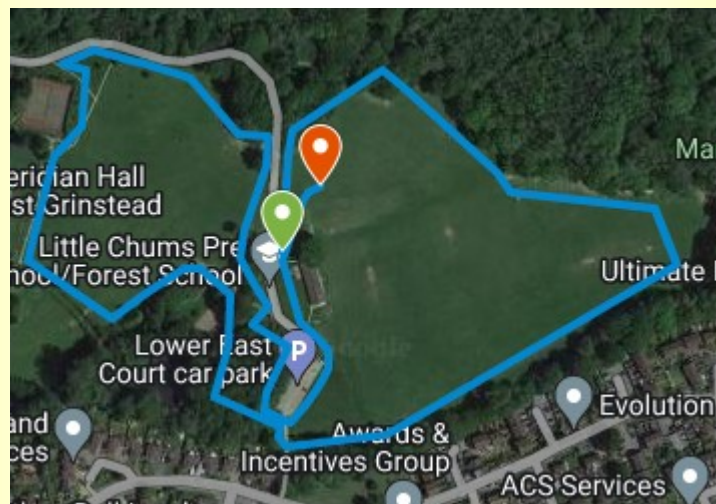
East Grinstead Parkrun — Saturday, June 18th

Jim and I decided that as he had the day off work we would try a bit of tourism. The weather forecast said it was warm so we didn't want to travel too far and decided on East Grinstead.

It was hilly and hot, with two laps round the bottom field followed by a lap round the top then another lap of the bottom and top (I think that make sense).

Definitely one to do when it's dry as I can imagine it's quite slippery in the winter.

At the end I said to Jim, never again — but you can all judge for yourselves if you've done the club tourism on Saturday, July 23rd!



Debby Scott

40k Relay — Sunday, June 26th

As a newly graduated Learn to Runner it was great to participate — along with my fellow L2R friends Jo & Louise — in this non-competitive 40k relay event held in the lovely grounds of Handcross Park school.

The event was part of the club's 40th anniversary celebrations.

Mixed ability teams each ran a relay with each runner completing at least one lap of 2.5k, most runners ran 5k and some did more.

It was a great day, we all took a picnic and waited till the last runner got home.

Great atmosphere, great support and a good opportunity to meet other club members and experience a "raceday" atmosphere.

Sue Sawyer



HEINEKEN ENDURE24: June 17th to 19th Running as part of a team

Glastonbury for runners? I think somebody said that at one point. I've never been to Glastonbury, so why not take part in Endure24 instead, and also get some running done. It sounded like a plan.

For me, this year has been one for upping mileages, getting a first marathon under my belt (Brighton), spending more time on trails (South Downs Relay included), and generally seeking out new challenges.



Endure 24 took place at Wasing Park (somewhere vaguely near Reading), and this was the deal: a five-mile trail course and a 24-25 hour time limit (terms and conditions apply!)

There's a variety of ways of attempting this. You could (a la Colin Winfield) run on your own for 24+ hours, get no sleep and run 100 miles (respect where it's due – this man is one of my all-time running heroes!) You could run as a pair, or a small or large team in relays.

I was part of a small team, alongside the venerable James Mason, the honourable Dickie Bryant, the delightful Lesley Bryant, and the legendary Nick Baker.

Our plan? To run six laps each over 24 hours. Hmmm! 30 miles in a day; the most I've ever done. Why not? The others were old hands, but provided a full induction programme for me: a night out at The Downsman plus a little packing list. So far so good.

Yep, you camp, for the whole weekend. So we did. Little tents, plus the club gazebo for all the waiting around in between relay legs, and more importantly, as a social hub-thing. Friday? I was last to arrive and met by a vision of our elite S&S athletes drinking potent cider.

Super-hot weather on Friday as we pitched tents, settled in, reced the course, ordered pizza and made our way to the bar. "Two pints of Heineken please" (me). "Sorry mate, Heineken's off". "What? No Heineken at the Heineken Endure 24?" (me). "No, sorry". Longish pause.....then "Two pints of Moretti please" (me). "No problem, mate". (Every bar has a silver lining. That's what Jim Scott says, anyway.) I think we all slept well on that first night.

Saturday? Unexpectedly cloudy, mostly cool, rain at intervals, moderate to poor, brightening sometimes, but not for long. Midday, and we're off. Lesley first, then me, followed by James, Nick and Dickie. The trick with this event is to pace yourself, and to make sure the next runner knows your approximate finish time. This we did; by and large it worked well.

Things I wished I'd thought of in advance? 1. Bring six different fresh running kits. Get changed after each run, and keep warm. I didn't bring enough kit, and was rather soggy and cold at times. 2. If you sit around long enough in wet kit between runs, no matter how many layers you wear, they will not keep you warm, even if you look like the Michelin man.

Nick dressed up as the Michelin Man, which was very nice of him, because seeing him Michelinised really cheered me up. However, isn't it great that even when the weather turns against you, a five mile run can really warm you up, no matter how bedraggled your kit!

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There comes a point where we put on our head torches, and the magical night stages begin. Something I wished I'd known in advance? Of the hundreds, or even thousands of runners taking part, my head torch was the worst. Seriously. That bad.

Even with new batteries. James suggested I also run with my camping torch in hand during the night. I tried it, and found that pointing it at the trail in front of me involved keeping an arm very still, whilst the other arm was doing its runner-thing. This felt very weird. Hmm. I decided to use it only around the heavily tree-rooted section, and follow (stalk) another runner who had a really good head torch. This worked well. Phew!

Night stage running tends to be slower, but there was a real boost from the first semi-daylight run of Sunday morning: I felt quite exuberant, elated, and really quite buzzy! Not bad since I'd only managed an hour's sleep (what with all the excitement).

While this was going on, Nick's knees had started rebelling against him during the night stages, but like a true trooper he gave them a pep talk and soldiered on. In fitting tribute to his iron will, here he is (*below*) in his natural habitat, with the sunset smiling down on him. Yes, this year's Endure 24 T-shirts are incandescent pink!

Now, where was I? Ah yes. I got to wear Lesley's dry robe, to pass on to her as she finished a run, when the heavens opened. This bit of kit proved to be a real game changer for me. I bought one as soon as I got home. Warmer than several layers of kit? Yep. Waterproof? Yep.

This also explained why James didn't appear to feel the cold. He was wrapped up in one pretty much all the time he wasn't running. Definitely worth considering, and great for hanging around and changing during the cross-country season.

Looking back at the weekend: Nick, James, Dickie and Lesley – superb company! The event itself – really well organised. The toughest part? Driving 90 miles home after running 30 miles with very little sleep.

But! Glorious!! Of course I'd do it again. Anyone up for Endure 2023? Solo? Pair? Small or large team? As many teams as we want.....Worth thinking about.

Someone mentioned there were two CRC teams there. Did we beat them? (Obvs!) Not that we're competitive!

Photos courtesy of Dickie (he's very good). Thanks to Dickie for organising our entry and to Lesley for calculating timings for all the relay changeovers.

Mark Warwick



Solo Runner for Endure24

Epic. Brutal. Relentless – that’s the tagline of the Endure24 event, a 24 hour trail run on a five-mile forest rail loop near Reading – how far can you run in 24 hours?

Mostly a team relay event, there is the option of entering as a pair, or as a solo runner.



I first heard about Endure24 a few years ago and entered it as a solo runner in 2020 but it was delayed by Covid, then I hadn’t trained enough to go for a solo in 2021 so was part of one of the three S&S teams.

I have run three ultras before – 100k, 106k and 100k and finished those in 16-17 hours.

It looked like I was able to run 90 miles in 24 hours, and I could possibly make 100 miles if I trained properly – so you can guess what happened!

Yep, Covid hit over the new year and my Parkrun time dropped from 24 minutes to 28mins.

Solo would be OK if only I got in enough training for those long runs, including overnight runs as well. I completely failed on that plan, sometimes only managing to get out for Parkrun during the whole week, nothing else at all.

Weeks and then days ticked by with the event getting closer and my nervousness increasing all the time

My daughter offered to drive me up and collect me on the Sunday – so my wife, daughter and ever-so-cute ten month-old grandson saw me set off and also complete my first lap, then left.

The weather could have been scorching hot but in the end it was so kind to us – overcast, a slight drizzle occasionally, gentle breeze – absolutely perfect conditions on the first day.

I needn’t have worried about feeling alone – the awesome S&S team were there and each of them met me on one of my laps at least once to give me encouragement, and of course everyone else there was so friendly.

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I planned on going round each lap in about an hour – how hard could that be? I thought – well, I can tell you from personal experience a plan like that soon starts to fall apart.

Plus getting back to the start/finish line in the event village meant I was arriving pretty much bang on the hour, which meant I was treated to “Exchange Karaoke” where the crowd were literally murdering nice songs – it was something like a crime against humanity!

Three laps in I decided I needed a 15 minute break so I wouldn’t have to suffer any more!

A big shout out to some of the other solo runners that I met on the trail – there were a lot of us around!

Ian who told me he had fallen over the previous lap which shook his confidence but he pulled himself together to come out again – I jogged on from him to hear a commotion where he’d fallen over again! He was fine and I saw him still going late on Sunday morning!

Kathy who was running her 100th lap of Wasing Park after many years of attending Endure24, so lovely to see her there, and she managed another two laps after that.

Nigel who was pretty much in step with me until our joint 18th lap where he was looking decidedly wobbly and called it a day after that – but he’d reached his 18-lap goal.

And of course **Michelle** who I first met on my lap 17 when she was on her lap 21, and she managed another three to become the overall winner of the event, a seriously lovely person, amazing and encouraging everyone else.

Anyway, back to my run and at midnight on Saturday I had managed ten and a half laps, but noticed the night laps were much slower going, mostly walking for safety reasons, and not stopping for any significant rest periods.

The night time also dropped to a very chilly level and rained again, so lots of layers were needed.

Eating snacks to keep my nutrition levels up stopped around 1am on Sunday, so I was then just subsisting on water.

Around 5am with the sun having risen and my 14th lap finished, I had been pretty much walking for the last six laps and it was almost impossible to convince my legs to get back running again.

I looked at my timings and I worked out if I did a lap every 90 minutes I would reach 19 laps, one lap short of my aspiration, and I almost gave up at that point knowing I wouldn’t make the 20 laps and get my famed yellow T-shirt.

But then sheer stubbornness and bloody-mindedness kicked in and said that 19 laps was better than giving up at 14.

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Lap 15 was finished in 80 minutes, which I then realised that if I kept to that pace I would start the magical 20th lap before midday on Sunday and finish just before 1pm, which was the cut-off point.

I knew also that I couldn't stop to eat anything (I'd given up on that anyway long before) or get a change of kit in the last eight hours of the event, so my tent stayed empty.

Every lap I noted the time and I was just under 80 minutes per lap.

I started my last (and 20th) lap at 11.40am – meaning I would hopefully finish within minutes of the 1pm cut-off.

With that in mind, and my family there at the start-finish line, I plodded on towards the last time I would have to encounter

Heartbreak Hill (aka the Bastard) or Little Steep (aka my personal Bastard).

I pushed hard, jog-running along the flat and meeting even more awesome people along the route.

Having got through the majority of the five-mile trail for the 20th time, I forced a jog through the twisty-turny bit that goes through the solo campsite area and turned into the final straight with a little over eight minutes to go before the 1pm cut-off.

I had crazy doubts over whether I'd counted my laps correctly and thinking "am I really on my 19th or 20th lap, I really can't be certain?".

I could see the amazing S&S team and my family waiting at the finish line and heard the guy on the tannoy saying "here's Colin Winfield on his 20th lap and he doesn't even need to sprint to the finish line".

So I took that as a personal challenge and sprinted my heart out to cross the line where my daughter had opened a bottle of Hophead ale for me to enjoy – and finished with eight minutes to spare.

I sat for a moment and my legs decided that instead of being bullied around, they would become the bully and refused to work properly.

Going to claim my medal was lovely and I asked for my special 100-mile T-shirt only to be told that those T-shirts had not arrived in time for the event and they would be mailed to us mid-August.

So I can say about the 100-mile event "Been there, Done that, Didn't get the T-shirt".

Finally the group photo of all the runners that had completed the magic 100 miles was taken and the event was over. The next day was comedy as I tried to move around and as you can imagine it was "The day my legs had their revenge"!

Colin Winfield



WSFRL—Downlands Dash, Saturday, June 25th

The only Saturday race of the year takes us over to Hassocks for the Pac-Man race - I mean the Downlands Dash.

This race covers the surrounding fields and woodlands of Downlands School - who would have guessed!

Twenty three of our runners decided this was for them and it showed.

Strong performances from everyone with a few course PBs in the mix (yeah me again!), this a fairly flat although convoluted course which has more stiles then the Seven Stiles— which never makes sense to me

Overall the adults, after a balls-up with the original results, came a comfortable 6th which is where I think we will end the whole season.

As long as we beat Horsham Joggers I don't mind where we are!

The juniors once again made us proud - 2nd place in the boys and a winner winner chicken dinner for the girls! Well done Sophie and Tristan!

And a special mention to Adelle in taking part in her first league race - great job!

Juniors came third overall so well done you three!

On to the Steyning and then the Stinger. Tough week ahead!

Luke Taylor



SGP: Bewl 15-Mile — Sunday, July 3rd

Note to self: Lubricate to avoid chafing!

Now that's been said, eight very brave souls took on the absolutely stunning views of Bewl reservoir for the annual Bewl 15 miler.

In my opinion this is the toughest race on SGP/WSFRL calendar, with the exclusion of the cross country events and Hastings Half as I haven't done many of those to compare it with.

This was race seven on the calendar and for myself and a couple of others it was the 6th.

This means we are now eligible for prizes, and with most of us floating around the top few in our respective age categories it was a great opportunity to cement our positions.

Anyway back to Bewl: the weather was much better than last year being dry underfoot, whereas last year was exceedingly hot and quite boggy, which did me wonders - no trails!

Off we went. My closest Saints competitor over the SGP season, who up until the event I was beating by a point, was gone after about 200m There was no way of catching him — I knew today was the day that Frank finally overtook me on the leaderboard, took him long enough!

As I haven't done much longer distance training my thought process was to break it down into 3x five-mile league race style events.

The first five miles are quite pleasant with exception of two hills which were tough but manageable. The next five miles were a bit of a blur but they seemed to be flatish, with a bit of undulation; no different to a league race.

Then came the last five miles. Having not taken my watch and turned off notifications for distance on my running app so as to take away any pressure that I always unduly put on myself, I did my one and only quick time check at mile ten.

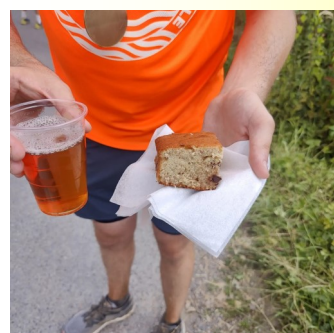
This was to gauge whether I was going to be pushing a PB or just getting round. After looking I could safely say barring any problems I was well on for a personal best for the course, something I was determined to get after last year.

Then I remembered miles ten through to 13: I would say about two miles is uphill and I'm talking Steyning league race hills with a few hundred metres of downhill to compensate.

After run/walking the next mile was down and flat and then the last mile was uphill. After a massive cramp as I was 'running' to the finish line I had done it! All 15 miles with a 9.40min course PB to boot. After this I may be back to Parliament Hill next year to settle some unfinished business I have with that course.

Overall it was a great day. Lovely weather and lovely people! Just a shame Frank is now beating me! and he wasn't afraid to rub it in either! There was free beer and cake, what else do you want!!

Luke Taylor



Race to the Tower – Saturday, June 25th

Having already run both Race to the Stones and Race to the King, my friend Sarah (guest S&S member for Endure 2021) and I decided to complete the set and entered Race to the Tower way back in 2019.

For those of you who are unfamiliar with these events, they at the time were point-to-point races, distance 80-100km. You can enter to complete half the course in one day, run the entire course over two days with an overnight camp or, run the whole thing straight through.

Both Sarah and I had taken the two-day option for the previous events so, as this was the final event in the series, we decided that we really should give the 'run straight through' option a go. All 80km of it!

So, January 2020, armed with our trusty training plans (provided by the organisers), we started our journey. Having survived the February gales.....well, we all know what happened next! Needless to say, our entries were deferred.

Roll forward a year, off we go again. In the meantime, another event was introduced to the series, Race to the Castle. There was a three or four week gap between events so in another moment of madness (no doubt gin fuelled), we decided to enter that as well.

Covid was still affecting race schedules so there was always a doubt that the events would go ahead. We ploughed on with our training regardless. Yep, Race to the Tower was a Covid casualty again. Thankfully Race to the Castle went ahead so all our training was not wasted (I am not going to go through the broken arm saga!!!).

So here we were in 2022, hoping it would be third time lucky! Well, I say lucky.....in the interim, the realisation that 80km in one go is actually quite a long way had set in. Facebook forums were not helping either. Seeing the race described as 'brutal' and 'the hardest of the series' was not helping my mindset.

It is the shortest of the four events but what it lacks in distance, it makes up for in elevation, 7,500ft to be exact (that's 1.7 time the height of Ben Nevis). Even better, the finish at Broadway Tower is reached by a one-mile uphill climb.....marvellous.

Undeterred (well.....) we stuck to the plan, Sarah in Suffolk (not many hills round there) and me in West Sussex. Unlike previous years, training was incident free, so off we headed.

The route basically follows the Cotswold Way from Stroud to Broadway Tower. I was lucky enough to grow up in the Cotswolds, very close to the start, so I knew what sort of terrain we would encounter.

Point-to-point races are always a bit of a logistical challenge. Stay near the start and get the provided shuttle back from the finish or vice versa. We went for the latter option.

Although it would mean getting up early to catch the shuttle to the start, it meant when we finished, it would be a short hop to shower and bed

We camped at Cotswold Farm Park (home of Adam Henson of Countryfile fame). Highly recommend. Staff and facilities were lovely (some nice posh lodges if you fancy a bit of glamping).

We arrived Friday afternoon, pitched the tent and then headed to the on-site bar/restaurant for some serious carb loading.



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I slept well after that and we were up bright and early (4.30am) to drive ten minutes to the finish to jump on the shuttle to the start. The coach driver got lost a few times (but did execute the most impressive three point turn in a tiny space) but we made it in plenty of time.

I certainly had mixed emotions. I was excited but also very anxious. This really was a journey into the unknown. The training plan only went up to 31 miles and we were about to tackle 52 miles.

However, we knew that as with all of these events, it's about the journey not the time, the support would be amazing, plenty of stops to rest and refuel and the route would be spectacular. All proved to be the case.

We were blessed with perfect weather, not too hot and with a light breeze. The route really was spectacular. I get quite emotional thinking about it.

Much of the route was high along the Cotswold escarpment but we also passed through woodland and picture perfect villages. We saw castles, long barrows and lots of cows and sheep.

We had hoped to finish somewhere around 1am but had completely underestimated how difficult it would be once the sun set. This was the toughest time. Out in the middle of nowhere in the pitch black, trying to navigate a trail of glow sticks lit only by a head torch, tricky terrain and some great big hills.

We finally trudged over the finish line at about 5am and I had a little weep! Yes it was tough and my body was shot to pieces but boy was it worth it. I cannot begin to describe how truly beautiful the route was, helped by the amazing midsummer light. I felt so uplifted and blessed to have completed the journey.

I am so proud of us both. This summed up why I run

PS. You know you are an Ultra runner when you hear yourself saying "only 21 miles to go"!!!

Clare Hall



The Hever Castle Marathon — Sunday, July 3rd

This has to be the hardest run I have ever done. A real endurance event.

The trails, sheep pens, rutted ground and open fields with the sun beaming down all made for a very tough day. So how did this come about...?

My brother is in training for an ultra and had been repeatedly asking me to run with him.

He has done this event previously in 2019. I said no many times as I was not ready for a marathon, but I eventually gave in as he convinced me I would be able to complete without any issues.

I registered and paid to do the marathon on May 24th. So I had no more than six weeks to prepare. Whilst I have been running & training consistently for the past five months and feeling fitter than I have done for many years, I had not done anything more than a half marathon.

My preparation was no more than a couple of long runs at the weekend during June. The long runs ranged from 20-24km, so again when you're running 42km probably not great preparation.

On the day I couldn't wait to get started (and finished!). The marathon started at 10am, so quite late in the day. The course was a 10.5km loop. Therefore we had four loops to complete. The run director gave approximately 50 of us a quick ten minute brief, and before you knew it, we were off.

The course had lots of feed stations around the 10.5km loop containing water, energy drinks, flat cola, sweets, bananas etc. This gave me a little boost as I was worried about fuelling.

The first couple of loops went really well. The aim was to complete each loop in 60-65 mins. My brother and I clocked 65 mins each loop.

The event had athletes on the 10.5km loop from half marathon, triathlon, duathlon and aquathlon events. By the third loop the 10.5km loop became quite sparse. Very few runners around. I completed the third loop in under an hour, and I was feeling pretty good.

On the last loop, I started to fatigue with approximately 7km to go. It was hot, and after running for 3.5 hours on trails the ankle and knee joints were hurting.

The support from people watching was almost non-existent, so there was little atmosphere to give you a boost. If I am honest, it was at this point, I hit a wall. I continued at a slow pace for 6km before walking the last kilometre.

On reflection I am really pleased I managed to complete the marathon. My time was 4 hours 37 minutes, which was pretty decent given the surface and weather conditions.

My little brother has truly stitched me up, I was never ready for a marathon, and if anyone asked me if they could prepare for a marathon in six weeks, I think we all know the answer.

I plan to do the Brighton Marathon next year. I am anticipating that with some training and preparation a road marathon with fantastic support will be slightly less painful than the trails of Hever.

Dan Smiles



WSFRL—Roundhill Romp, Wednesday, July 6th

Me again! You'll be sick of my reports by the end of the year!

This year saw around 30 of us lovely people take to the dreaded Roundhill Romp. The weather conditions were much more favourable than 2019 when it was a mud fest. This time road shoes! This is the second race in a week with roads chosen over trails and it was fantastic!

This race starts in the high street of Steyning itself. With the road closed for a few hundred metres until we turn off into Mouse Lane and up and up and up and up and up and up and up and up to the top of the Downs.

The first three miles of the six are pretty simple to remember, if you aren't going up, then you are lost. Once at the top it is about a mile and a half of more undulation then around 800m of very narrow trail before it opens to what most say is the best bit — the downhill!

All that climbing up that was completed is condensed into about 1.2 miles of downhill - this race is known for its fast finish!

Andy Kerr finished in his usual top ten spot, although after speaking to him Sky gave him a run for his money to the finish line! Then after a few places came the big race: Myself vs Bill vs Frank with 400m to go - and let's say I did not come in the top two!

As usual in this race there are a few casualties; just the nature of the terrain.

Steve Baker took a small tumble, and Bill somehow managed to be kidney punched by some flailing arms as someone fell behind him. Our worst injury was Ian Greenaway, just a cut elbow and a few scratches, but I'm told if he doesn't fall at this race then he doesn't feel like he has achieved anything, This is at least his second year in a row of falling!

I would like to make a special mention to Dawn for coming down even with her injury to support - and more importantly to Koji, who unfortunately picked up an injury within the first few 100m but walked the race to make sure he completed it!

I would have just turned back and had the BBQ that was in the finishing field.

Well done to all finishers - on to the Stinger!

Luke Taylor



Totana 5k — Friday, July 8th

This delightful and low key race took place as part of Totana's weekend celebrations.

Totana is a small, charming town in Murcia province where many South Americans have taken up residence because of the job market.

There were 154 participants and it was great to get to the podium in my age category. I got a stone trophy which was a representation of the church tower overlooking the square.

Every time it is hot in the UK, Spain seems to turn up the temperature and it was quite heavy going running in 30 degree heat on a really humid night despite the late 9pm start.

The course itself was a three-lapper, reasonably flat but it felt a slog in the heat. The five Euro entry included a navy race T-shirt also depicting the magnificent church, and unlimited drinks and nibbles after. There were tables laid out full of black and white grapes, probably the most delicious, sweetest grapes I have ever tasted.

As it was a long journey to get there from where we stay, this isn't a race I will do again, but one I would completely recommend if anyone was in Murcia next July!

Nina Trevarthen



WSFRL—Hove Hornets Stinger, Sunday, July 10th

Race number nine takes us to Brighton Rugby Club.

Now this personally for me is the toughest race on the calendar. Pre race warnings of adders (yes the snakes, not the maths kind) uneven terrain and a tough first climb always makes for an interesting but tough race. Today was not helped by the relentless heat.

The tough first climb was for most of us the whole first half, roughly 3.5 miles of uphill.

A welcome face at 5k saw most pick up their pace as Paul Luttmann caught some pictures while watching. Then some relief! A large downhill section that was quite uneven underfoot but there also was a slight crosswind that gave some respite.

The water station at the bottom of the hill (6.5k) was most welcome, but the steep incline after was not. Then through some single track parts and back on to the main path before turning off through some fields into a little bit of woodland towards the finish.

That is where Koji caught me. Not letting Miyu catch me, I put on a bit of a wiggle until the steps. Yes STEPS! After those it was a short 200m until the finish. Overall provisional results put us 7th! Well done and see you all at Henfield!

Luke Taylor



SGP: Phoenix 10K – Wednesday, July 13th

As Britain baked at the start of the heatwave, what better way to cool down than with a trip to the coast and a 10k race! After a scorchio few days the Brighton Phoenix took place in more clement conditions, with the temperature dropping to around 26C for the evening start time.

The eighth race in the Sussex Grand Prix calendar is a straight out and back from Hove Lawns to Shoreham Power Station. Those of you who have run the Brighton Marathon will be well acquainted with the 'dead zone' that makes up most of the course!

As it's almost pancake flat, this race attracts some seriously speedy runners so the field was one again competitive to say the least.

I enjoy an out and back race as it gives me a chance to see and encourage most of my clubmates coming back towards me as I head for the turning point. Team S&S put in great performances all round, with some seriously impressive times. Well done everyone!



Jim Scott

Provisional SGP Race Calendar

Dates in **red** are to be confirmed.
Any changes/errors, please let us know.

Race	Date	Day	Event
10	11th September	Sun	Hellingly 10k
11	2nd October 2022	Sun	Lewes Downland 10 mile
12	30th October 2022	Sun	Hove Prom 10k
13	20th November 2022	Sun	Crowborough 10k

Rincon de Seca 5.2k - Friday evening, July 15th

Rincon de Seca is a charming little village a few kilometres west of Murcia city. I hadn't done this race before and I was really looking forward to it, although slightly apprehensive as five minutes before the race start of 9pm I looked up to see the temperature was showing 36 degrees! It certainly felt as hot as it stated, luckily it was a flat two-lapper as I think a hilly course in that heat would have been brutal.

There were five of us in my age group and I was pleased to get a lovely trophy for third place, as well as a mint green race T-shirt and drinks and fruit afterwards.



Salesianos El Campello 5k - Saturday evening, July 16th

This race started at 7.30pm and instead of witnessing the usual warm ups of runners doing their leg swings and running up and down, most of them were huddled under a huge tree trying to keep in the shade.

Once we got going there was no shade at all and the course was a trail one, not hilly, but quite bumpy. After two kilometres I noticed a whacking great mound and a rope.

I was too far into the race to go back, so somehow I got hold of this long rope and heaved myself up holding up for dear life. Phew, it was a relief to get to the top, only to have to repeat the same as it was a two lap course.

Came 1st in my age group and got a lovely cup, a Coca Cola bag and 24 bottles of Coke, and a big bottle of Fanta. All competitors got a T-shirt and a buff, and were treated to delicious water melon and honeydew melon after.

Nina Trevarthen



West Sussex Fun Run League Calendar for 2022

2022 WSFRL Calendar

	Date and Time	Race and club details
11	Wednesday 3 rd August 1 mile 19:00 3.5 mile 19:30 WATER	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT www.worthingstriders.co.uk
12	Wednesday 10 th August 1 Mile 18:45 4 Mile 19:15	Worthing Harriers Windlesham House 4 Windlesham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
	Sunday 4 th September 1 mile 10:15 CANCELLED 5 mile 11:00 WATER	Fittleworth Flyers Fittleworth 5 Fittleworth Village Hall RH20 1JB www.fittleworthflyers.org.uk
13	Sunday 11 th September 1 mile 10:30 5 mile 11:00 WATER	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
14	Sunday 9 th October 1.5km 10:30 8km 11:00 WATER	Haywards Heath Harriers Great Walstead 5 Great Walstead School, East Mascalls Lane, Lindfield, RH16 2QL www.haywardsheathharriers.co.uk
15	Sunday 30 th October 1 mile 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
16	Sunday 6 th November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk
2023 1	Sunday 1 st January 2023 1 mile 11:00 5 Mile 11:30	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk

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

Lewes Downland 10 & 5 Miles Races - Entries Open

The Lewes 10-mile and 5-mile Downland Trail Runs take place on the first Sunday in October each year. Starting from Landport Bottom Meadow to the North of the historic town of Lewes, the races take in some of the picturesque trails around Black Cap and Mount Harry on the South Downs. The courses cover a variety of off-road terrain with chalk tracks, grassland, and woodland paths. This year we are sponsored by The Outdoor Shop in Lewes.

ENTRY DETAILS – The 2022 event will be held on Sunday, October 2nd. Chip timing will be used for both the 10-mile and the 5-mile races. Entry for the race can be found [here](#) -

<https://register.enthuse.com/ps/event/TheLewes10mileand5mileDownlandTrailRuns>

The races are UK Athletics licensed and the 10-mile Downland Trail race remains part of the Sussex Grand Prix.

Entrants for the 10-mile race must be 17 years old or older on the day of the race. Entrants for the 5-mile Downland Trail race must be 15 years old or older on the day of the race.

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.

Parkrun Tourism

Keep an eye out for pop-up Parkrun Tourism dates.

Brekky Run

These have been put on hold until later in the year.

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.

Upcoming races

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

September 25th — Barns Green Half and 10

Please keep an eye out for any upcoming races via www.sussexraces.co.uk, 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.

NEIGHBOURHOOD RUNS

Our next neighbourhood run will be on **Monday, August 1st** at **Ifield**, meeting at the Co-op on Ifield Drive.

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 finished the challenge..

HANDICUP RACE

This has been scheduled for **Wednesday, August 17th**. It will be using the Parkrun route and times will be based on your Tilgate Parkrun — more information to follow.

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@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

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