

Hello everyone and welcome to the May 2021 newsletter.

This month we hear from some of our run leaders; have race reports now that these are starting up again and have a special piece on Cathy Holroyd who is the first club member to run 100 marathons!

We would like to welcome our new members: Cherie Coleman, Matt East, Andrew Bullock, Chris Winfield and Kevin Stevens.

Talking of new members, this is a gentle reminder for those who have not renewed their membership yet that this is now overdue! Please ensure you have renewed by the end of the month (May 31st), otherwise you may find that you can no longer get access to the Facebook pages or WhatsApp groups.

Thank you

Debby

Message from the Chairman

Hope you are all well and enjoying your running!

We are really happy to be able to have our sessions back on a Monday and Wednesday. Please do try and join us when you can.

We will keep you posted on arrangements once England Athletics have updated their guidelines.

I'd like to welcome all the new members. I look forward to meeting you all soon!

And don't forget to renew your membership if you haven't already!!!

James



Membership

Membership forms are available from the SAS website. Please complete and then email the form to our membership secretary, the lovely Lesley on: membership@crawleysaintsandsinnersrun.co.uk

Where possible please avoid using cash and make bank transfers to: Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please add your surname + MEM as the reference for membership.

Please complete and return sooner rather than later

Lesley

Firstly this month we get to know **Chris Lobodzinski** - aka Lobs

Chris writes: I hate writing about myself and I was so tempted to say 'I'm Chris and I've got a problem. I'm a runner for 20 years and haven't managed to break out the habit'.

However apparently a little more is needed for the newsletter so here goes. I work as a software engineer so I started off running mainly to keep active, as my job is the complete opposite.

When I moved down to Crawley it took me ages getting round to joining the club but eventually I did (I can't even remember when now but that's just old age). Having the support of others really helped me progress and I built up to running some silly ultras. More importantly I enjoyed it.

Eventually I started off by just helping with sessions and sometimes taking a smaller group out.

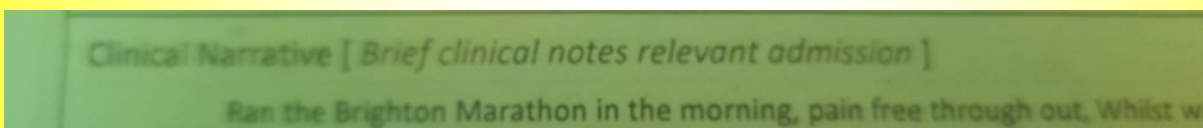
If you're interested in becoming a run leader but not too sure, then I would recommend offering to help out. This lets you get a bit more confidence and it massively helps out run leaders – especially when we eventually get back to larger runs and there are more people to keep an eye on.

However it was a little bit of a twist that encouraged me to become a run leader. Just over three years ago I was running the Brighton Marathon and had a bit of a setback.



I didn't feel quite right on the way back home (I didn't even have my customary post marathon ice cream which some of you will know should have been a danger flag).

On getting back to Crawley I ended up going back to Brighton again – this time in an ambulance as it turned out I was having a heart attack. To rub salt in the injury the cardiac surgeon made the marathon sound easy with the statement "pain free throughout" in the paperwork!



Surprisingly the run wasn't blamed for this – just bad luck and poor diet. Luckily I made reasonable progress afterwards and a lot of that was down to friends in the club.

So when I heard they were needing run leaders I thought it was a way I could help out and so volunteered.

Since then I've not regretted it once (especially when I can find so many muddy routes to take all those happy Saints through).

It's also helped encourage me to keep up my own training and I have got back into a few silly ultras again.



Anyway - hopefully that reached my word quota for the article, so I will stop there!

Next it's **Richard Bryant**—aka Dickie

Name: Richard Bryant

Number of years running: Seven

Why did you start running: To help me relax

How many years have you been a member of Saints & Sinners: Since 2015

How many years have you been on the committee & what other roles have you had: Run Leader since 2016

Do you do Parkrun, how many have you done, what's your PB, how many times have you volunteered, what's your favourite role?

How many times— 153

PB – 22:44

Volunteer – 3

Role - Pacer

What is your pre-race ritual: A loo stop

What's your post race treat: Coffee and cake

What's your biggest running achievement:
Joining my first S&S training session

What are your future running ambitions: To complete 10 marathons—
I have run 4 so far!

Last actual race: Beachy Head half marathon in October 2020



Nick Baker

Nick started running over 20 years ago and has been running since then on and off. He started running following a bad break up and this helped with his mental health.

He's been a member of Saints and Sinners for nearly seven years and a run leader on and off for the past four years.

Nick's been doing Parkrun since the very beginning and unless work gets in the way he is a regular at Tilgate. His PB at Tilgate is 22.29 but his best time is 22.23 at Burgess Park London (both some years ago!)

He has only volunteered a few times and from the description I was given of "pointing people in the right direction" and saying "well done" I have to assume that he was a marshal!

His pre race ritual is to put everything out the night before and just like Rocky he has a pint of milk with a raw egg for breakfast.

Post race it's a pint of Guinness and a donor kebab — I don't think Rocky did that!!

His biggest running achievement was finishing Three Forts — a distance of 27+ miles — which Nick hopes counts as running an ultra.

Future running ambitions are running some real ultras if his knees let him. But these days it's more about running for longer distances, pain-free as much as possible, rather than fast times.

Nick thinks he did his last real race in 2019.



WITH RACES STARTING TO TAKE PLACE AGAIN, SAINTS MEMBERS HAVE BEEN BACK IN ACTION

As lockdown lifts, it's great to be able to book races again. The Running Grand Prix at Goodwood offered 5K, 10K, half marathon and full marathon and was going ahead on April 25.

My partner James ran the half in 2019 and he thoroughly enjoyed it. It was a great course for spectators - being five laps - and he had a great race, getting a PB. So we decided to book it.

I had heard mixed reports about it - some people not liking the laps, others loving the whole event, goodie bag etc.

Lap races don't faze me, I did 20 miles at Lake Dorney, with four mile laps as marathon prep.

However, the day before Goodwood had been my birthday, and a bottle of wine and dinner at Smith and Western was probably not the best preparation!

The day offered great race conditions, a little windy at times, being a circuit in some parts you were running head on into it.

I started off OK, however it wasn't long before I started to flag and was finding one thing after another to moan about!

My hair was blowing in my eyes so James gave me his buff, my feet were sore, my arms were rubbing!

But, James kept me going - I'm sure without him by my side I would have bailed at 10K and asked for a 10K medal!

Goodwood has an aerodrome too and it was lovely running as planes were taking off and landing literally right above your head.

There were a few bands around the track and marshals with music, dancing and cheering!

It wasn't until my last lap that I started having a little banter with them as I usually would!

I finished the half though! Never has a race medal felt more deserved or well earned!

Whilst running I said to James I'd never do this race again - however I would return again to cheer him on.

I feel I'd like to do it again, not necessarily to improve my time, but to enjoy the whole experience!

It was well organised. And lovely to see some fellow S&S and other runners from Crawley.

For anyone nervous about returning to races I'd say go for it. We did a tough runner last October prior to the second lockdown and both races were started with a bleep system - letting runners off 10 seconds apart or two or four at a time.

With James's shiny new S&S top, mine was looking a bit shabby so a new top may be on the cards!



Sarah Clapp



NIGEL FIELD tells us about his Goodwood half marathon and virtual Mid Sussex Marathon weekend:

Well I did not make it into the actual London Marathon so I signed up to the virtual race. This has meant starting on a training plan. I have been running about five times a week at varying distances and speeds.

A couple of weeks ago Pam and I ran a half around Goodwood race track. We were determined to get 2 hours 30 mins and a PB for me.

As it turned out I ran the whole thing, no walk breaks. I ended up coming in at 2 hours 23, making an 11 min distance PB.

Tips taken from Benzie's book, *The Lost Art of Running*, were put into practice.

Next up was the Mid Sussex Marathon weekend.

Because of my training I have concentrated on my running form.

So the first ten miles on Saturday were a solo run, again without stopping.

Sunday's ten mile run was a mixed terrain out across the forest, down Parish Lane and then back through Broadfield and Tilgate Lake.

The final 10k on Monday was achieved at a Phoenix Denbies wine estate run.

Overall time for the weekend's marathon distance was 5 hours 15 and another PB.

All this running is building up to the virtual London Marathon and I am raising funds for the women and children domestic abuse charity Refuge. So you may see me 'in the pink' running for them.

I am hoping that donations on my Just Giving page on Facebook will reach at least £500 by October.

Nigel



Saints stars were back in action at the PB5k at Ardingly as racing gets underway again. But what's competing like with restrictions in place?

23rd February 2020 was a windy day on Brighton seafront for the half marathon. The words social and distancing had never been put next to each other before and the only panic buying happening was when Sarah sent out the monthly reminder to order club kit!! Never did I imagine that 444 days later would be the next time I found myself in a race.

Michele, Paul (Michele's son), Frank, Jim W, Sean, Ed, Jonathan and me all signed up to the PB 5k at the South of England Showground in Ardingly. Fittingly for an event being held at a showground the 8 Saints and Sinners running put on a show!

Jim, Ed, Sean, Jonathan, Paul and myself all ran new personal bests, with Frank and Michele also putting in strong performances.



Photo by Eva Gilbert



Photo by Eva Gilbert

The event attracted a super fast field (256 runners under 20 minutes!) and set off in 2 races which were then divided into waves to make it safe for everyone running. The route was 2 laps around a flat paved loop round the showground. I was the only Saint in the first race which meant I got to both lap up the support, then see everyone else running in the second. It was great to be back at a race, both competing and supporting.

A very well run event. A good time was had by all!



*As an aside, one runner for the club, who shall remain nameless to protect his modesty, said it's the first time he's worn underwear since March last year! Obviously they were his lucky pants he'd put on as he managed to run a massive PB and get a time of 18:11!!

Ian Blackham

By **RICHARD DANIELLS**

On Sunday, April 18, the week we were allowed to race again, **Cathy Holroyd** became the first ever Crawley Saints and Sinners runner to complete 100 marathons.

Her 100th marathon was along the Thames Path at Walton-on-Thames in an event organised by Phoenix Running.

An absolutely amazing achievement, and I had the honour of presenting her at the finish with a 100 Marathon Club medal and Pin Badge on behalf of the club.



Cathy was also presented a number of goodies by Phoenix Running, whose events she has run 43 of her marathons, including six marathons in six days in April 2019.

On more than one occasion Cathy has also run marathons on consecutive days. She has also run several ultras and half marathons, including two halves on the two weekends since her 100th!

Cathy was hoping to have made her 100th marathon last August on her birthday, but due to lockdown restrictions, this couldn't happen, and again in January but this also couldn't take place. As she said afterwards, August was too hot, January was too cold, but today was perfect conditions.

Cathy ran her first marathon at Brighton in April 2015, and her second not until a year later, again at Brighton. But from then on she hasn't looked back.

Her yearly marathon totals are:-

- 2015 - 1
- 2016 - 10
- 2017 - 17
- 2018 - 29
- 2019 - 27
- 2020 - 15
- 2021 - 1

Despite a year between marathons one and two, and lockdown issues in the past year, it has only taken Cathy 2,199 days to run the 100 marathons

Well done Cathy!!



Following the successful Three Peaks Challenge we followed this up—just for some fun—with the Breakout Challenge. This comprised four teams of eight- - The Blues Brothers, Bonnie & Clyde, Butch Cassidy & The Sundance Kid and Thelma & Louise.

It was all very close at the end with some teams not uploading their runs to Strava until just before cut off time to try and fool the opposition.

Massive congratulations to team Bonnie & Clyde—Sarah Clapp, Sarah Wilson, Ellie Dunn, Jim Scott, Michele Nixon, Martyn Flint, Val Stanbridge and Ian Blackham who between them in two weeks covered 559 miles and 25,989ft in elevation. This equated to 682 miles, beating their closest rivals by 25 miles.



Thanks to everyone who took part in the challenges. It was great to see people getting into the spirit of the events and the good-natured competition between teams.

If anyone has any suggestions for any future challenges we can organise then please contact Stella Daff suggestionsofficer@crawlleysaintsandsinnersrun.co.uk

Races

To check what races are happening this year please take a look at www.sussexraces.co.uk

Although the SGP haven't planned any races yet the following are still happening: -Rye 10k—23rd May, Bewl 15 miles— 4th July and Horsham 10K—11th July you can book onto these via www.nice-work.org.uk

If you are doing any races which result in a medal (and T-shirt) then please share your story and photos with Debby at media@crawlleysaintsandsinnersrun.co.uk by the 7th of each month so these can be included in any future newsletter

Kit

Please refer to the website for the new kit pricing, don't forget that Sarah places the orders at the beginning of each month

Neighbourhood Runs

The first of our neighbourhood runs was in Furnace Green where we had twelve people participate over the month, some coming back over a few weeks to try to improve their times, others using it as a recovery run following their long run on a Sunday.

We are now in Pound Hill and plan to move to Southgate next month.

Due to limited numbers it will be open on a first come/first served basis.

Debby will officiate with her stopwatch and clipboard.



Training

Training has recommenced with run leaders offering various social runs on Monday and more technical sessions on a Wednesday. These again are on a first come/first served basis, if for any reason you are unable to make the session you are booked on then please pop a note on the Facebook page or WhatsApp group to give someone else the opportunity to take that place.

Over the next few weeks we will be trialling a new booking system which will also allow those that are not on Facebook or WhatsApp and potential new members to book onto these sessions. Even though restrictions are relaxing more over the coming weeks, this will also help the club keep a better record of who has attended what session should someone within a group have a positive COVID test. It will also allow the Run/Group Leader to advise how many people they are comfortable with in their session.

Watch out for further information on this soon!

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 Connolly
membership@crawleysaintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@crawleysaintsandsinnersrun.co.uk
SGP Rep – Jim Scott
sussexgrandprix@crawleysaintsandsinnersrun.co.uk
XC Rep – Paul Luttmann
raceentry@crawleysaintsandsinnersrun.co.uk
Kit officer – Sarah Stanbridge
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 Sarah 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. Sarah will then distribute these at training/races/parkrun when she can. Please note the turn around can be a couple of weeks so please 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 £3 pp 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