

Hello everyone and welcome to the September 2021 newsletter.

We would like to welcome our new member: **Dan Smiles**

Thank you to everyone who has also taken the time to write something for inclusion in this month's newsletter

Thanks

Debby

Message from the Chairman

Hi All,

Thanks to everyone for their contributions to the newsletter. It was great to see so many articles and well done to everyone who took part in a race recently.

Good luck too to anyone taking part in the London Marathon or Belfast Marathon in the next few weeks.

There is an article on Endure in the newsletter too. I took part in this for the first time this year and had a fantastic time.

If you are interested in taking part please let us know and we can tell you more!!!

James



MILE CHALLENGE

Back by popular demand this will be taking place on Wednesday, September 22 at 6:30pm, meeting on the corner of Fleming Way & Newton Road. Vent-Axia have kindly offered the use of their car park (RH10 9YX). A social run will follow for those that wish to participate.

Mud Monsters 2021

On Sunday, August 22, myself, Sarah Thomas and Sue Childs headed to East Grinstead to take part in our third Mud Monsters. The muddiest run in the UK. Mad I hear you all say! You are not wrong there.

We were due to run last October but due to Covid this was pushed back to this August.

The 10k route was full of mud, mud and more mud. A few obstacles making you go over, under and through it all. Tunnels through muddy water, cargo nets, and then there was more MUD. At some points waist deep mud that you could not even get through.

We saw many people playing stuck in the mud. We also saw quite a few lose their shoes! It was physically exhausting, But would we do it again? Of course we would, we LOVE it!



Maria Weatherstone

Seaford 10k

Last minute.com entry due to Jo kindly offering me her place as her calf was playing up.

A lift was offered by Frank and we arrived to a lovely, low-key field with charity donation parking and lively commentary team.

The seafront course headed along the promenade out and back.

You pass through the finish once for the 5k, twice for the 10k and four times for a half marathon

It was windy one way, hot and sunny the other, with a scenic horizon view, enthusiastic marshals and spectators, shout outs at the turns and a lovely medal.

Stella Daff



Guide Running at Olympic Park Half Marathon

I'd not been to the Olympic Park in London since the Paralympics in 2012, when I watched swimming and blind football, both events that my son has since participated in.

So I was really looking forward to the day and to be running with Sofie again, as the last time we ran together was November 2019.

After an early start to catch a train and Tube to Stratford I met Sofie at her hotel, which was a 10-minute walk to the race start where I needed to pick up my number.

On the way we talked about her expectations of the race and how her training was going. I know she struggles sometimes due to lack of guides, which was made worse in lockdown since the advice was not to run with a guide, which if visually impaired meant no running.

This was her first race other than Parkrun since lockdown, so she said she would be happy to make the cut-off time of three hours.

The race was due to start at 9am but they were calling runners forward by predicted finish time so we didn't set off until gone 9.15am.

We set off from outside the stadium towards the ArcelorMittal Orbit tower. I'd looked at the route and it looked like a child had just drawn a random scribble on a bit of paper, but in reality it was more straightforward first taking in the aquatics centre then on to the River Lee.

After some crisscrossing over bridges and passing the hockey pitches we arrived at the spectacular velodrome which we ran round the outside of and passed the BMX track.

At around the six mile mark I checked the time and Sofie was well on course to beat the cut off, so we had a chat about her PB and we worked out that we could give it a go to beat it.

The route itself was a combination of closed-off roads and wide pathways with the main obstructions being pedestrian crossings where they had cobbles before and after the crossing.

So as well as instructing Sofie to move left or right I seemed to spend the whole time saying 'cobbles' to warn her that her footing may be off balance.

As the race went on Sofie took a few walking breaks, partly because the weather was warming up and partly due to lack of training opportunities.

With three miles to go, we worked out the pace we needed to get a PB. Sofie pushed forward with no walking in the last two miles to finish in 2hrs 34mins, a couple of minutes off her PB.

I'd definitely run this event again as it was well organised, easy to get to and a great route taking in lots of the Olympic Park venues and London skyline.

If anyone is interested in becoming a guide runner details and course dates are on englandathletics.org or british-blindsport.org It doesn't cost a lot but will make a massive difference to someone's life.

David Penfold



Big Vitality Half

I love running in London so James and I booked to do this half marathon.

This is London's community half that follows a stunning closed road course starting close to Tower Bridge, passing through the boroughs of Southwark, Tower Hamlets and Lewisham and finishing at the Cutty Sark in Greenwich.

We booked together but for some reason had different bag drop and start locations which caused extra pre race stress. We sorted the bag, just did one drop and no one batted an eyelid with me not being at the correct place!



More than 10,000 participants took part in this race which was very well organised.

There was a great atmosphere running around iconic sights. It brought back some childhood memories for James as we passed through New Cross in Lewisham. He had an aunt who lived there and used to visit often. The best memory for me was running over Tower Bridge with James. This was a special moment and will stay with me for a long time.

I'd highly recommend this run. It amazes me that roads are closed and we are lucky enough to be able to run on them through our capital city!



Sarah Clapp

Endure 24 for 2022



This year Saints and Sinners had three teams at Endure 24 and what a fabulous weekend it was too. Great running, great company and great organisation.

The entries for next year's Endure 24 Reading race (June 18 and 19) have now opened and already we have a team of five entered. We are looking to enter more teams but before we do we need to know who would like to participate in this event.

The cost for a weekend of running, camping and laughter is £75 per person which is non refundable. More details can be found on the Endure website www.endure24.co.uk

It really is a fun weekend. If you would like to participate next year please get in touch with **James Mason, Clare Hall or Richard Bryant.**

Please also get in touch if you have any questions or if would like to hear more about what a fab weekend we had this year.



Brighton Marathon (ultra) September 2021

What could go wrong?!

I always said to myself I would not do a marathon as I had no interest in running a long distance slower than usual.

However Brighton Marathon kept popping up on my Facebook pages during November lockdown.

They had already moved the date to September so I thought why not, it will give me something to aim for and probably won't go ahead.

I did not really think about it again until March/April when things started to open again so I did a bit of research on training and printed two plans off. I tried to follow them from July onwards as they were very similar (still thinking maybe this won't go ahead).

By August I realised this thing was going ahead so did lots of reading on fuelling/foods, hydration and pace. I had my first sports massage, started to manage my intake of foods (first time in my life), slowed my social life to not intake so much alcohol and started having hydration tablets.

My back had been sore for weeks so I had been doing gentle runs and taking lots of baths.

Gels had also been mentioned but where was I to carry them? So I bought my first running belt (I hate running with anything) and practised taking gels on the go.

Then Brighton said no bag drop on the day. As I can't see without my glasses, a second belt was bought and I practiced running with it

Gels, glasses, phone, keys — with all the extras on I looked like the Michelin man and felt it. I had bought new running shoes (after lots of research online for the best ones for a marathon) in early July and wore them at every run so they would bed in by the time of the race.

My plan was forming. I would carry eight gels, one for each 5k run- eight Parkruns at 30mins or less - then throw whatever I had left in for the last 2k.

The bag drop was the day before so after marshalling at Parkrun and a taper (that's the boring bit) I packed my bag, got the train to Brighton and dropped off my stuff.

Lots of trains were cancelled so decided on a late lunch in Brighton. 28,000 steps wandering around as lots of places were full - not sure that's the best prep!

I got back about 8pm and decided to get my running gear for the next day ready. Where did I put my marathon trainers?? Maybe in my bag drop in Brighton? Yes that's what I had done!

So I pulled all my old running shoes out and picked a pair I had not worn for two years. They had the most tread left and were not ideal but hey ho. Then shower, bed and up early,



I had started to have doubts a few weeks before but it was too late now.

I got to Preston Park and wow it was warm especially with all the extra weight I was carrying.

I did a bit of a warm up then entered my pen. I wanted to be in the pen that went out last, but mine was let out first but no worries and we were off.

My plan was to drink the water en-route if needed, depending on the heat.

The crowd were amazing, shouting people's names and cheering (it was the same all the way round and boy do you need this support. They were fantastic from start to finish).

The first Parkrun was easy- one down on plan.

I grabbed water at the 2½ mile mark. I would not normally but it was so warm. The second Parkrun was a breeze through the town and heading out towards the Marina, water and gels were taken.



I was still on plan—the third Parkrun was the same even though there was a long hill but I just thought what goes up must come down.

Still on plan. The heat felt even worse but I felt great heading back towards Brighton with a wave to Ian and Sarah (thanks twice)

I felt confident. I had done four Parkruns all under 30mins and felt good. What could go wrong?

I passed the halfway line smiling and saw Jo and Ken (twice) and gave a wave.

Heading into Hove everything started to hurt. I started to slow and my mind was playing tricks.

I found this part so hard and at the water stations I started to dwell.

I saw Darren and Claire and gave them a wave but started to feel bad. For the fifth Parkrun I was two minutes down and slowing.

By my sixth I had to have a little walk (never before happened to me) but every time I strode both hamstrings felt like they would snap so it was pigeon steps from now on (does not look good).

The sixth Parkrun was ten minutes outside my target pace. On towards Shoreham power station and so many people were struggling.

I was determined to just keep going but was slowing due to so many factors. For my seventh Parkrun I was again slower and again ten minutes down on plan.

I grabbed as much fluid as I could and continued with pigeon steps. I saw Claire and Darren again, Claire grabbed me and shouted one more Parkrun, just one more.

I ran round Rockwater where Fatboy Slim led a chorus of Terry, Terry, Terry...! My running style was more Forrest Gump as I tried to cling on to the 4.30 pacer but it was not to be.

Heading past Hove Lawns (the eighth Parkrun) I had Sarah Clapp shouting at me that I was looking strong which made me smile as I was soaked with sweat.

The crowd were amazing. I waved at Jo and Ken as I went past them again, then my brother and Becky screaming at me. I tried to put some pace on in the last 2km and passed the finish line knowing I had blown my target but felt that I had achieved something I never ever imagined I would a few years ago.

Will I do it again? Well when I finished it was no, never, but now I am eager to do another. I have unfinished business with the marathon!!

Would I recommend anyone to do it? Yes, it will be the best and worst thing you ever do. The sense of achievement is amazing— only one per cent of the population do a marathon.

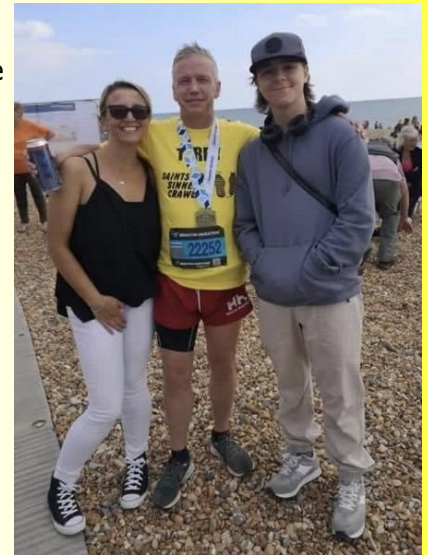
Will I do things differently? Hell yes. More miles in my legs and more consistent training. The marathon is not a distance you can flirt with.

My finishing time was 4 hours 45 but they measured the course wrong so my marathon time is 4 hours 40 mins. So I did a marathon and ultra at the same time!!

I have been running four years and it's like life, you make mistakes so just try to learn from them. Don't take the knocks too hard and enjoy the moments.

I would just like to say thanks to all the Saints that I saw on my run and assure you that just seeing and hearing you supporting makes me so humble. If I had never joined the Saints L2R I would not have had the most amazing four years running so thank you to everyone in the club.

Terry Bennett



Richmond Sundown 5K – Saturday, September 11

It's been over a year waiting for this one and it was worth it! This was the first year I have taken part in the full weekend.

The 5K was two laps around the Old Deer Park in Richmond, where the half and full marathons both finish.

I arrived with Sophie and Theresa, picked up our T-shirts and race packs and were ready for our warm-up.

It was the usual aerobic jumping jacks so we mainly danced around and appreciated the music!

The race started at 7pm, and as it was chipped there was no pushing to get to the front, just the opportunity to run as the sun was setting. The two laps were fully supported by marshals and cheerers (including the Ghost Busters and Slimer!).

We were seen in by plenty of supporters including one of the race directors, Tom, and I finished 7th female in my age category out of 29 runners.

As always, the medal is a beauty, the goodie bag included a box of porridge, drinks bottle, cereal bar and that all important beer voucher.

After getting our food we settled down to enjoy the music and eagerly wait to see if we'd won that all important VIP trip to the Cayman Islands (as I type this, the sun is shining on me, with a gin and tonic calling me nearby....and Muriel meowing)

We didn't win but it was a great way to start our weekend of running.



Sarah Wilson

Richmond Half Marathon – Sunday, September 12

This was to be my fifth Richmond Half Marathon and it didn't disappoint.

The weather was warmer than I would have liked but there was plenty of water stops to cool us down.

We started in Kew, running the first few miles around the beautiful gardens.

The route took us along the tow path eventually splitting with the marathon route and heading to the Old Deer Park via the Ham Estate.

The tow path provided most welcome shade and despite narrowing it was still easy to navigate and run.

I was overtaken by a dinosaur but managed to finish ahead of the second one!!!

By completing two events we earned ourselves a third medal, The Goddess of Victory!



Similarly, to the 5K we received another bag of goodies, T-shirt, and the all-important beer voucher.

I will be back again next year, this is one that will always be repeated.



Sarah Wilson

Parkrun Tourism

Two weekends and two Parkruns at almost opposite ends of Britain.

With a wedding in Wales and a family holiday in Kent straight afterwards, one of the first things that Debby and I did after booking our accommodation was look for the nearest Parkruns.

And so we found ourselves on a glorious autumn morning in the centre of Newport, South Wales, for Riverfront Parkrun.

This does exactly what it says on the tin - a straight out and back, flat course along the River Usk on the city's redeveloped riverfront walkway.

We joined a dozen or so others for the obligatory first-timers briefing wearing our Tilgate orange T-shirts. Even so, the poor briefer managed to get confused and tell everyone we were from Tilbury — sometimes it pays to be incognito!

Both of us had a great run despite the warm conditions with Debby hitting a Parkrun PB.

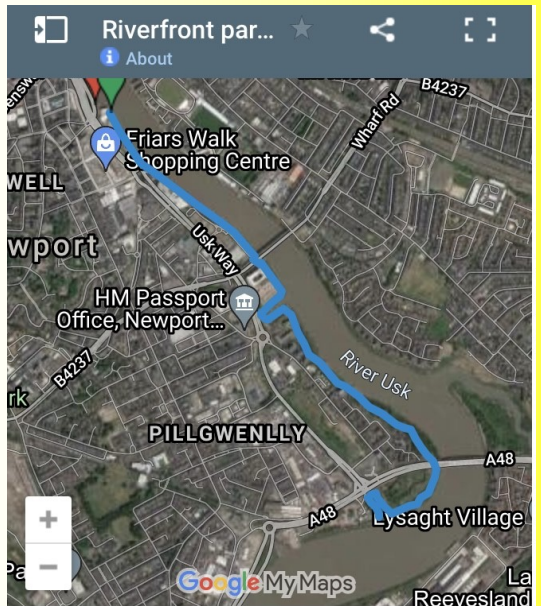
Everyone was very friendly and the run set us up for the wedding later that day.

A week later, it was my birthday and we were at another first-time briefing at the University of Kent for Canterbury Parkrun.

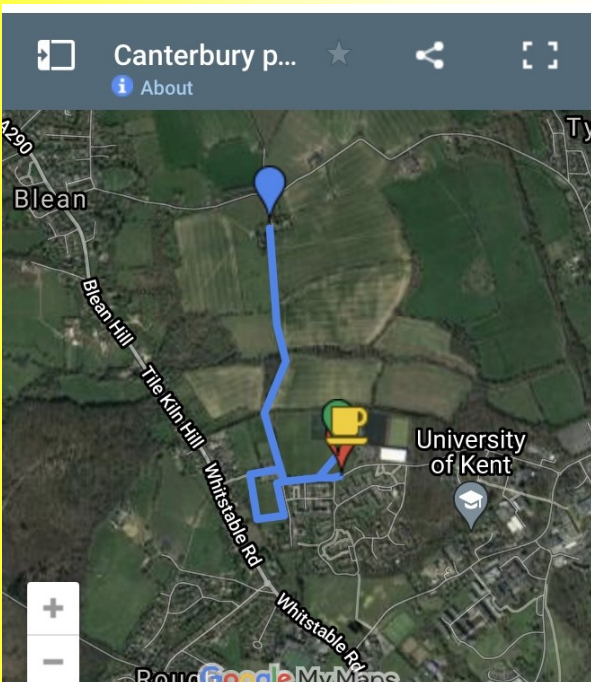
Starting from the playing fields, you head up and round a nearby field then on to the Crab and Winkle Way footpath.

You follow the footpath up two steep hilly sections (which were not mentioned in the briefing!) to a church then head back on yourself to the field, repeat the exercise and on to the finish. Simple!

Conditions were humid and the hills sapped our strength but we still both managed decent runs before a day out in Whitstable for a bracing dip in the sea, oysters and ale.



Jim and Debby Scott





10K

JO FIVEASH — 50.20
MARK AUSTIN — 51.00
KEN TULLEY — 55.18
NIGEL FIELD — 58.56
PAM FIELD — 58.56
ANDY HALE — 1.00.01
STELLA DAFF — 1.01.03
SARAH CLAPP — 1.01.22
EMILY GARDINER — 1.06.08

MARATHON

STEVE ALLISTON — 3.56.21
JONATHAN TEASDALE — 4.01.14
TERRY BENNETT — 4.45.03
JAMES FITZPATRICK — 4.46.02
SARAH COLE — 5.26.34
DAWN RHODES — 5.26.34
VAL STANBRIDGE — 5.29.50
CATHY HOWE — 5.31.25

A huge congratulations to all our S&S marathon and 10k competitors.

UKA

A reminder that when representing the club at certain races — including SGP and cross country events — 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.

PARKRUN

It's been good to see so many of you taking part in Parkrun at various locations following its recent return, and our injured members marshalling.

Clare has planned the next couple of tourisms. On October 2 we are going to Peacehaven and November 6 Squerryes Winery. Hope to see you at these.

Remember if you want to be included in the weekly round up you need to set the club under your Parkrun ID to Crawley Saints & Sinners.

NEIGHBOURHOOD RUNS

Due to the darker evenings these will be put on hold until next year. However the last one of the year will be on September 27 at Gossops Green again, meeting at 6.30pm at the exit to Squires at the bottom of Buckswood Drive.

Please try to wear your S&S T-shirts/vests and let's turn the neighbourhood yellow!

A full route will be published on Facebook and the WhatsApp group beforehand.

If you are not a member then you will need to register via the Run Together link, which will be published on a Friday.



LEARN TO RUN/BACK TO RUNNING

We are hoping to offer dates once Luke and Debby have completed their LiRF (run leaders course)



TRAINING

Monday nights will continue to be a social run with the run leaders offering various speeds and distances to cater for everyone. Please wear club colours for training as it's good to get our name out there.

On a Wednesday we will be offering technical sessions. For both sessions these start at 6:30pm and we are currently meeting at the carpark entrance to Oriel School in Maidenbower, we haven't paid to use their court this year so would request that you either park in the road just outside or in Leonardslee Drive and walk/run through the tunnel.

If there are any particular sessions you would like us to include please speak to a run leader or contact Stella at suggestionsofficer@crawlleysaintsandsinnersrun.co.uk

KIT

Don't forget that Sarah places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt for the summer (whilst we have it) then please make sure you get your order in, details can be found on the website.

RACES

Please keep an eye out for any upcoming races via www.sussexraces.co.uk or Facebook etc.. Or you may have other sources you wish to share.

Don't forget if you are doing races representing the club, or for charity, which result in a medal and/or a T-Shirt, please send your race report to Debby by the 7th of each month so this can be included in the newsletter at media@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 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