



Welcome to the April 2022 newsletter.

A big welcome to our new members this month: **Mark Clawson** and welcome to our learn to run class—**Louise Richardson, Sue Sawyer, Abi Collins, Dan Welling, Jim Sharpe, Jo Brooks, Lisa Gent, Eleanor Broad, Debbie Oliver** and **Charlotte Haynes**.

Meanwhile, details of our 40th Birthday celebrations can be found on Facebook and **Page 13**.

Debby & Jim

### **Message from the Chairman**

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

It's been a fantastic couple of weeks for the club.

It was great to take part in the relays at Preston Park recently. It's a really inclusive event and it would be great to have a few more teams out next year.

There was a brilliant atmosphere and a really wide standard of runners. Thanks to Andy K for doing 2 legs, and of course to Paul L for organising us once again.

Paul L did fantastically well in the SDW50, it was amazing to track him throughout the day. An awesome achievement.

Finally we had a team at Brighton marathon. All did so well so congratulations to one and all.

I'm really looking forward to a hard month of races with the upcoming halves at Worthing, Three Forts and Gatwick.

We have a lot to look forward to with Debby's borough runs starting up again and we of course have returned to Tilgate Park for training.

Hope to see you soon,  
James



### **Membership**

Roll Up, Roll Up — memberships were due on April 1st!!

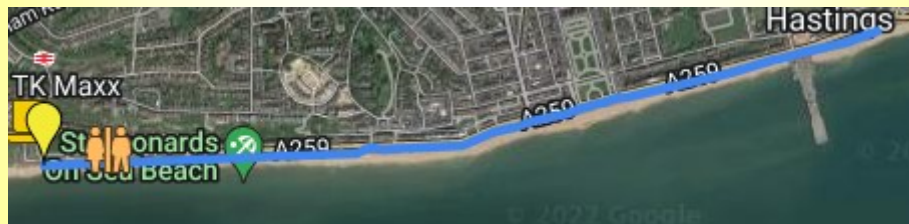
For just **£12 a year** this gets you membership to the club until March 2023, all training sessions are free and you get access to some great run leaders who will support you for any plans you need for upcoming races.

You also have the option to pay a yearly fee of **£16** to become UK Athletics Affiliated (UKA). As an affiliated member you get your own unique runner number which entitles you to race discount on all UKA registered races. This option really benefits those who race all year round saving on average £2 on normal race entry fees. Members also get a UKA membership pack. Plus having UKA members helps secure the club a London Marathon place, so it's worth it for that alone.

Please complete and return sooner rather than later and see **Page 13** for details of how to pay etc.

Lesley

## **Hastings Parkrun tourism - March 12th**



I'm still a fairly inexperienced Parkrunner in comparison to some of my other club members, with a mere 90 Parkruns to my name and 80 of those being at Tilgate.

So, when my wife told me we were off to Hastings for dinner on the Friday and staying the night, I knew my running shoes would be making their way into my overnight bag for a spot of Parkrun tourism on the South coast.

(Dinner was at The Sussex Exchange for anyone interested. Highly recommended.)

I arrived at 8:30ish and got a lovely free parking space a cool 20 metres from the start line.

The run itself actually starts in St Leonards-On-Sea, slightly West of Hastings and heads 1.55 miles along the beach front back towards central Hastings, before turning around and heading back again.

I was joined by another 243 runners and a healthy number of friendly volunteers.

The atmosphere was nice, the weather was mild but with a tasty breeze whipping up off the sea which made the pre-run briefing a little chilly.

With Dartford Half Marathon 24 hours later, I had a steady run, finishing in 7<sup>th</sup> position with a time of 19:25.

If in the area this is a nice, if fairly unremarkable, Parkrun that is a good one to tick off the tourism list.

***Jim Williams***



## **Dartford Half Marathon – Sunday, March 13th**

As a young lad I had the pleasure of growing up in the sleepy village of Farningham in the shadow of Brands Hatch.

My secondary school years took me to Dartford Grammar School (hard to believe, I know) and so it has always felt as though Dartford Half Marathon is a race I should enter.

Ten days or so before the race I signed myself up and on the morning of the 13<sup>th</sup> got myself over to Dartford Harriers running track ready for the start.

Having run Wokingham two weeks prior, I was feeling nice and fit but I knew this was a tough course with plenty of big hills.

The race begins in Dartford Park before heading out of town towards mostly closed rural roads in the countryside, which is where the undulation starts to really kick in.

I set off at a nice steady pace and found myself in a group of two or three other chaps who were running at a similar pace to me from about mile four, through to the finish.

We exchanged places a few times before gaps started to appear in the final two miles.

At mile ten of this race there is a quite frankly disgusting hill. Picture running Chevron hill about four times in a row and that's what you're contending with.

After just about surviving that hill, I managed to find a little bit of energy for a strong finish in 1:28:46 for 18<sup>th</sup> position.

An enjoyable Sunday morning in Kent and a race I would recommend to any Saints & Sinners wanting to challenge themselves.

Just don't go there looking for a PB!

**Jim Williams**



*Heading back into Dartford Park for a final 400m sprint!*



## Malling Parkrun tourism – March 19th

I was awake early to meet up with Nina and Keith for a spot of Parkrun tourism.

We were off to sunny Kent and Malling Parkrun, which is a stone's throw from the M20 motorway, situated in a country park with such beautiful surroundings.

We arrived there in plenty of time and laughed when we saw five Where's Wallys gathered in the car park. It turned out that they were running in aid of a children's charity and this was their 1st Parkrun.

We made our way through the park to the starting area. where we were chatting to one of the volunteers.

We had read that the course was two laps around the lake, but due to ongoing work, the course had changed slightly and was basically an out and back run around three quarters of the lake, forming a C shaped run.

After a brief safety announcement from the RD, and the usual Parkrun 'bits', we were off.

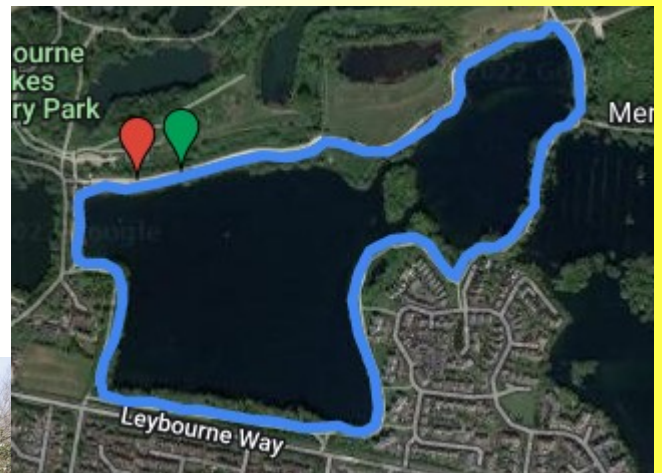
The course is run on footpaths, some more stony than others, no hills as such, just the odd slight incline. Lovely scenery and the lake in the spring sunshine glistened.

There were about 136 runners so the finishing funnel was tiny compared with Tilgate.

Keith, our chauffeur and photographer for the day, took some great photos of the runners and the wildlife.

Such a great morning with great friends. Thanks again to Nina and Keith.

**Vanessa Harrold**



## Balcombe Bull Run – Sunday, March 20th

We woke up to a beautiful sunny morning. It was the Balcombe Bull Run. Miyu, Koji and I were running the event for the 4th time in the past five years.

It is one of our favourite runs of the year and seems to throw up different weather conditions every time. The 2020 event had been the last official race we had taken part in before lockdown and the 2022 race was fittingly the first since we came out.

The three of us discussed footwear and with conditions the driest ever, we opted for road shoes. This proved to be a big mistake. We should have realised it could have been very muddy and still dry - and so it proved.



It was almost impossible to run along Postman's Walk in road shoes and how I didn't face plant I will never know. Koji had said he was disappointed because the muddier Balcombe is the more fun it is. He wasn't disappointed after all.

All of us had run Parkrun the previous day and we are all trying to return to running on a regular basis, so at the start line the conversation had turned to running Balcombe together.

We all appeared to agree to the idea, or so I thought. We set off and Miyu immediately nipped through a gap that I couldn't get through. Koji was just behind me. I thought Miyu would check to make sure Koji and I were with her but she didn't!

After gaining a healthy lead on the downhill, the gap grew on the long, steady uphill. It was clear Miyu was not running with us. I had been going at a steady pace, not excessively quick but not too slow, or so I thought. Approaching halfway up the long, steady uphill I turned to chat to Koji but he was nowhere to be seen. We would not be running together after all.

After reaching the bottom of the hill in the first field, which illogically seemed muddier at the top than the bottom, I turned as I exited to see Koji just starting the descent. I figured he wouldn't be challenging me and focused on the task ahead of me, the steepest hill of the race. Miyu was already out of sight.

The hill was tough and a lack of fitness started to show almost immediately. I managed to run the first half but decided to speed walk the second half. An indication of how tough this hill is was the fact I overtook a runner but was only overtaken by one during the ascent.

I was so glad to see the top, from which I could enjoy a nice stretch of flat to help me recover. By the next gentle incline, which I have never walked, I was already struggling.

Since my bout of Covid, hills have been a real struggle and today was no different. I walked the last half, to my disappointment. By the time I reached Postman's Walk I was exhausted and the combination of road shoes and muddy conditions were energy sapping.

Postman's Walk was simply a combination of walking and slipping, with the occasional stepping to the side to let a slightly faster person come past. After the end, the path turns into a large open field. Although crossing the field sees another incline I had been walking long enough that I was able to run the entire length. I even managed to pass almost everyone that had overtaken me. However, after the wooded area there was another incline, which I don't usually struggle with but again ended up walking the last half.

I remembered the top of this incline was pretty much the last uphill until the final climb to the finish. I started to run and decided to just focus on catching the runner ahead of me.



Bull Run cont..

For some reason I decided to take a look behind me at this point. Whether it was to see who might be trying to catch me, just as I was trying to catch the person ahead, or I could sense someone approaching, possibly someone I knew, but I peered round.

There, wearing his bright yellow S&S top, was Koji just 20m or so behind me with a couple of other runners for company. My initial thought was to slow up and run the remainder with Koji. However, part of me was reluctant to also let the other runners catch me. Enough had passed me on the earlier inclines, I wasn't about to let them pass me so easily on downhill.

With a renewed determination I pushed on and hoped I would pull Koji along with me. My only focus now was the runner ahead and by the time we were passing the farm I managed to catch up with him. Ahead I could see another runner, who I remembered had been running with his daughter along Postman's Walk, but left her when she started walking.

I was slowly eating into the gap and eventually caught him just before the road flattens out ahead of the steep climb to the finish. I was rapidly running out of energy but was determined I would run up the last hill, especially as it would be lined by all finishers. However I would need to conserve some energy and eased back my pace just a little.

I hit the initial rising ground and immediately felt my legs turn to lead and my pace drop. I tried to keep going but it was taking all of my focus and determination. I passed the first of the earlier finishers. Suddenly, I heard a shout of "watch out, coming from behind".

Even in my state of exhaustion this was like a red rag to a bull. I managed a quick burst of speed, just enough I hoped to give me the breathing space to reach the line before them. I peered round, the gap was sufficient if I kept running all the way to the line.

I reached the finish, where an enthusiastic young girl gave me my medal and I managed to move out of the way and spent the next minute or so catching my breath.

I then slowly walked to where I had seen Miyu videoing my finish. I arrived just in time to see Koji finish his run, also battling to stay ahead of another runner.

Miyu had managed to finish about three minutes ahead of me. For Koji and I, it was probably our worst performances but we all enjoyed the run and will definitely be coming back again.

Miyu was eagerly waiting for the results to be published and to her shock the organisers had mixed up our race numbers, so it looked as though I had finished ahead of her, much to her disappointment. I notified the organisers and received a response, which simply read 'sorry Kevin. Get used to being beaten by your children! LOL'.

### **Kevin Stephenson**







## Hasting Half Marathon (SGP) — Sunday, March 20th

Here we have a classic example of the mind playing tricks. Three years after running the last Hastings Half I'd convinced myself the hills aren't that long—they are; It's all downhill after five miles—it's not; and it's a thoroughly enjoyable race.

Actually that last one is true.

Yes there's nearly five miles of solid hill climbing and a total elevation of more than 900ft but there's also a fantastic, free-wheeling, descent through the old town to the seafront and a horse brass instead of a medal. Beat that!

Again, the first race of the year in the Sussex Grand Prix calendar did not disappoint. On a beautiful sunny morning I was up early along with Debby, my driver/cheerleader/general 'stop moaning, it'll be OK' support team.



Also representing team Saints & Sinners were **Chris Lobodzinski, Steve Baker, Frank Stone, Michele Nixon and Janine Haynes.**

Everyone put in a great effort, with some super times — I even managed a course PB!

Hastings is a very challenging, but very rewarding half and I've already convinced myself for next year that the hills aren't that long....

**Jim Scott**



### **Alcantarilla 14k - Sunday, March 27th**

There aren't many races in the calendar where you have the pleasure of running through an air force base (even if it's Spanish) in close proximity to fighter jets (Dickie Bryant would have loved it!!).

Alcantarilla is a town in Spain's south east, in the Murcia province, and is home to the Paratroop Military School of the Spanish Air Force quartered at the base, which is also used by the Paratroop Brigade of the Spanish Army, an airborne elite unit called the Black Berets.

There were certainly plenty of squaddies and weaponry on display and in the race.

Weather conditions were perfect, a cool 15 degrees, no wind and not much sun. The race started at 10am and there were plenty of military bands playing fantastic music along the way. I finished in 1 hour 21 minutes and came 9th out of 15 in my age group.

Now for the goody bag. For 13 Euros I got an excellent race and all the following:-

- 2 technical t-shirts
- a buff
- a medal
- a rucksack
- a shopping bag
- a packet of chorizo
- a lemon energy drink
- an energy bar
- a bottle of water and lemonade
- a pot of soup
- a can of olives stuffed with anchovies
- a can of sweet paprika
- washing powder
- massage gel

After the race every participant could have as much beer and energy drinks as they wanted, plus bananas and jelly. I'll be back next year!

### ***Nina Trevarthen***





### **Yecla 10k - Saturday, April 3rd**

Yecla is a town in the north east of Murcia, full of history and character and famous for its furniture making. The 10k started at 5.30pm in quite chilly conditions. I had fueled up rather too well at lunchtime with a huge paella and trimmings and I felt ready to work it all off!

The route was a small loop followed by two more loops and right at the end I felt like I was getting the hang of it — there were lots of going round street corners and back and forth on long stretches of roads in the town.

This was my first race where I went home with two bottles of wine! Another very generous goody bag was given to all participants, which included a nice green technical t-shirt and a bottle of local wine.

I came 2nd in my age group with a time of 57:44 and received more wine - a great big litre and a half bottle - and a very nice trophy.



### **MercaMurcia 6k - Sunday, April 4th**

This 6k was an inaugural race and it was very well organised. It wasn't the most inspiring of places as it involved running two laps of an industrial estate (think Manor Royal but much more er...'industrial') to the south-east of Murcia city.

What kept it interesting was the spectacular view of the mountains and the fact we had to run twice through an indoor fruit and vegetable distribution centre, which was quite a strange sensation. Luckily, as it was Sunday, there were no huge lorries moving around. Also, it's not a regular thing to see 'beware of fork-lift truck' signs on an organised event!

The atmosphere was great, with a lot of loud music playing and a drum band to start us off. There were 112 runners and I finished in a time of 33.34. The goody bag comprised a red technical t-shirt, energy bars, cashew nuts and biros. Also available were pears, apples, bananas, melon, and plenty of different types of soft drinks. No beer but this was, apparently, brought to the attention of the organisers who promised beer next year!

### ***Nina Trevarthen***



**Mel's Milers – Sunday, April 3rd**

Quite a group of us ran the annual Mel's Milers 10k. This starts at the historic Christ's Hospital school, heads around the grounds to a footpath leading to the Downslink, then through Southwater village with a downhill past the reservoir and through the woods. You then come back up the Downslink, with a lovely last 0.5k back to the school and toward the cheering crowds at the finish under the archway.

This is a fun and friendly local event, largely flat and rarely more than a bit gritty underfoot. I was running rather under the weather, however we had a beautiful fresh spring sunny day, albeit a little breezy. It's about my 5<sup>th</sup> outing at this event.....ample parking too !

**Stella Daff**



**Well done to Steve Baker who won the 1st over 60 male prize**

**Cathy Holroyd –100 half marathons**

On April 3rd, Cathy Holroyd ran her 100th half marathon at Phoenix Dragon's Eye – Blue, at Hurtwood Polo Club, Cranleigh.

This was 350 days after running her 100th marathon with Phoenix Running Events. She became what is known as a double agent.

She is now only the second person to run both their 100th marathon and half marathon with Phoenix Running, and the first female.

Cathy's first half marathon was in March 2014 at the Surrey Half. She completed her 100 half marathons in 2,948 days and just 350 days after completing her 100th marathon.

Having completed 52 half marathons in 52 weeks in the past year (66 half marathons and 5 marathons) she is now aiming to complete another 29 half marathons before February 24th, 2023 to complete the 100 half marathons in 100 weeks challenge!

Congratulations!



**Mandy Barnes**



## West Sussex Fun Run League Calendar for 2022

2022 WSFRL Calendar		
	Date and Time	Race and club details
3	Monday 18 <sup>th</sup> April 1 mile 10:10 10km 10:40 TBC	Lewes AC <b>Lewes Easter Monday races</b> Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG <a href="http://www.lewesac.co.uk">www.lewesac.co.uk</a>
4	Sunday 8 <sup>th</sup> May 5 mile 11:00	Portslade Hedgehoppers <b>Hedgehopper 5</b> Portslade Community College Sports Centre, Chalky Road, BN41 2WS <a href="http://www.portsladehedgehoppers.com">www.portsladehedgehoppers.com</a>
5	Wednesday 18 <sup>th</sup> May 1 mile 19:00 5mile 19:30 <b>WATER</b>	Arunners <b>Beach Run</b> Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH <a href="http://www.arunners.co.uk">www.arunners.co.uk</a>
6	Wednesday 25 <sup>th</sup> May 1 mile 19:00 14 and under 5 mile 19:30 15 and over	Chichester Runners <b>Trundle View</b> Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS <a href="http://www.chichester-runners.org.uk">www.chichester-runners.org.uk</a>
7	Saturday 25 <sup>th</sup> June 1 mile 12:00 5 mile 12:30 <b>WATER</b>	Burgess Hill Runners <b>Downland Dash</b> Downlands Community School, Dale Avenue Hassocks BN6 8LP <a href="http://www.bhrunners.co.uk">www.bhrunners.co.uk</a>
8	Wednesday 6 <sup>th</sup> July 1 mile 19:00 15 and under 6 mile 19:30 15 and over <b>WATER</b>	Steyning AC <b>Roundhill Romp &amp; Mini Run</b> The Clock Tower, Steyning High Street BN44 3LE <a href="http://www.steyningac.co.uk">www.steyningac.co.uk</a>
9	Sunday 10 <sup>th</sup> July 10km 11:00 <b>WATER</b>	Hove Hornets <b>Hornets' Stinger</b> Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR <a href="http://www.hovehornetsfitness.com">www.hovehornetsfitness.com</a>
10	Sunday 24 <sup>th</sup> July 1 mile 10:15 4 mile 11:00	Henfield Joggers <b>Seven Stiles</b> Henfield Leisure Centre BN5 9QB <a href="http://www.henfieldjoggers.co.uk">www.henfieldjoggers.co.uk</a>
11	Wednesday 3 <sup>rd</sup> August <b>TBC</b> 1 mile 19:00 3.5 mile 19:30 <b>WATER</b>	Worthing Striders <b>Highdown Hike</b> West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT <a href="http://www.worthingstriders.co.uk">www.worthingstriders.co.uk</a>
12	Wednesday 10 <sup>th</sup> August 1 Mile 18:45 4 Mile 19:15	Worthing Harriers <b>Windlesham House 4</b> Windlesham House School, London Rd, Washington RH20 4DG <a href="http://www.worthingharriers.com">www.worthingharriers.com</a>
13	Sunday 4 <sup>th</sup> September 1 mile 10:15 Start time TBC 5 mile 11:00 <b>WATER</b>	Fittleworth Flyers <b>Fittleworth 5</b> Fittleworth Village Hall RH20 1JB <a href="http://www.fittleworthflyers.org.uk">www.fittleworthflyers.org.uk</a>
14	Sunday 11 <sup>th</sup> September 1 mile 10:30 5 mile 11:00 <b>WATER</b>	Saints & Sinners <b>Tilgate Forest</b> K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ <a href="http://www.crawleysaintsandsinnersrun.co.uk">www.crawleysaintsandsinnersrun.co.uk</a>
15	Sunday 9 <sup>th</sup> or 16 <sup>th</sup> October <b>TBC</b> 1.5km 10:30 8km 11:00 <b>WATER</b>	Haywards Heath Harriers <b>Great Walstead 5</b> Great Walstead School, East Mascalls Lane, Lindfield, RH16 2QL <a href="http://www.haywardsheathharriers.co.uk">www.haywardsheathharriers.co.uk</a>
16	Sunday 30 <sup>th</sup> October 1 mile 10:30 5 mile 11:00	Lancing Eagles <b>Steepdown Challenge</b> Lancing Manor Leisure Centre BN15 0PH <a href="http://www.lancingeagles.co.uk">www.lancingeagles.co.uk</a>
17	Sunday 6 <sup>th</sup> November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers <b>Gunpowder Trot</b> Denne Park, Horsham. RH12 1JR <a href="http://www.horshamjoggers.co.uk">www.horshamjoggers.co.uk</a>
<b>2023</b> 1	Sunday 1 <sup>st</sup> January <b>2023</b> 1 mile 11:00 5 Mile 11:30	Goring Road Runners <b>Hangover 5</b> Hill Barn, Worthing, BN14 9QB <a href="http://www.goring-roadrunners.org.uk">www.goring-roadrunners.org.uk</a>

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

## XC 2021/22 Round-up

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

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

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

**Paul Luttman**

## Provisional SGP Race Calendar

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

Any changes/errors, please let us know.

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





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

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

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

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

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

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

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

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

## **Parkrun Tourism**

Our next visit is to Reigate Priory on April 23rd. This a two-lap course which could be quite muddy so trail shoes are recommended

No need to let me know if you are coming along, just turn up, car sharing is also a good idea as the car parks can get busy!

## **Brekky Run**

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

## **Membership fees**

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

**membership@crawleysaintsandsinnersrun.co.uk**

Where possible please avoid using cash and make bank transfers to:

Crawley Saints and Sinners Running Club, sort code 20-23-98 and account number 30434213. Please add your surname + MEM as the reference for membership.

## **London Marathon**

Well done to **Claire Page** who has won the club place for this year's London Marathon.

To be in with a chance of getting a club place members must be UKA affiliated, further criteria will be announced in next month's newsletter.



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**

April 24th — Worthing Half

May 8th — Gatwick Half, 5k & 10k

May 22nd — Horsham Joggers 10k

June 11th — South Downs Trail Half & 10k

June 18th/19th — Longest Day Ultra

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

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

September 25th — Barns Green Half and 10k

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

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

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

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





### **UKA**

A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

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

We have ten people signed up, four complete newbies, two that signed up in 2020 but put on hold due to Covid, and four that want to get back into running again following a break.

Graduation will be at Tilgate Parkrun on **Saturday, June 11th**, please save the date and come along to support the runners on their graduation.

### **NEIGHBOURHOOD RUNS**

Our next run will be on **Monday, April 25th**, at **Northgate** meeting by the community centre on Woodfield Road. We will be joined again by the learn to run group on this session so please offer your support either as a recovery run following a race/long run the day before, or if you just fancy a steady social.

### **MILE CHALLENGE**

We are planning three mile challenges this year, two months apart, if you would like to see how you compare from first to the last then please make sure you come along to all of them. They will be on the Industrial Estate and a similar route to last year (pending roadworks!)

**Wednesday, May 4th, Wednesday, July 27th and Wednesday, September 21st.** Various social runs will be on offer once everyone has completed the challenge.

### **RUN & TALK**

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

### **TRAINING**

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

Please keep an eye on the weekly training sessions as locations will be changing for the Neighbourhood runs and the Mile Challenge.

If there are any particular sessions you would like us to include, or if you are training for a specific event and need help with a plan please speak to a run leader or contact Stella at [suggestionsofficer@crawleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crawleysaintsandsinnersrun.co.uk)

### **KIT**

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

## Our committee:

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



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

How do I...?

### Order kit!

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

[kit@crawleysaintsandsinnersrun.co.uk](mailto:kit@crawleysaintsandsinnersrun.co.uk)

Stating:

Item: vest/tee/pouch hoody/zipped hoody

Female/Male (hoodies unisex)

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

Name: please type the exact name you wanted printed

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

**Sort Code 20-23-98**

**Account Number 30434213**

**Reference: KIT**

Once payment is received your order will be made.

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

### Register for WSFRL

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

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

[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)

Please then transfer the relevant amount to:

**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number 30434213**

**Reference: FR(race no)**

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

### Register for XC

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

Email Paul and register your intent to run on:

[raceentry@crawleysaintsandsinnersrun.co.uk](mailto:raceentry@crawleysaintsandsinnersrun.co.uk)

Please, if needed, then transfer money to:

**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number**

**30434213**

**Reference: XC(race name)**

### Register for a Sussex Grand Prix Race

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

[sussexgrandprix@crawleysaintsandsinnersrun.co.uk](mailto:sussexgrandprix@crawleysaintsandsinnersrun.co.uk)

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

### Make a suggestion!

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

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