

Welcome to the December 2022 newsletter.

No new members this month, but we have some festive fun on page 9.

This is mine and Jim's last newsletter before we hand over to Nicky Wilson in the New Year.

We would like to thank everyone who has submitted reports and articles over the past two years — we couldn't have done it without you!

Please keep those run reports coming in, we love to read what everyone's been up to.

We hope to see you all at the Neighbourhood runs in 2023

Debby & Jim

Chairman's Corner

Hi All

I can't believe it's December again and so near to Christmas!

I'd like to wish you all a really Happy Christmas and New Year!

Thanks to you all for being members of our club! It's a real honour to be chairman of this splendid club, there aren't many running clubs around that have been going 40 years!

I'd also like to thank all the members of the committee (old and new), we can't run the club without you!

Hope to see you all soon, either at one of the festive Parkruns, or at the Hangover 5 on New Year's Day!

James



January & February activities

Sunday, January 8th — Brekky Run (see page 11 for details)

Saturday, January 21st — Parkrun Tourism, Horsham/Southwater

Saturday, February 18th — Tilgate Tidy, meet by Smith & Western at 10am, bring warm clothes be prepared to get hot & dirty!

Parkrun Tourism, Cannock Chase – Saturday, November 5th

A work trip to Stafford gave me the chance to go to Cannock Chase Parkrun on a rather damp and drizzly morning.

However, as always, the locals were very friendly and welcoming.

Cannock Chase Forest is a former Royal Forest, now an Area of Outstanding Natural Beauty, which is managed by Forestry England.

Covering 2,648 hectares, (6,543 acres), it consists of coniferous and broadleaf woodland and open space.

It is a very popular visitor destination and hosts a wide variety of recreational activities, including GoApe, dog activity trails, walking and running trails, dog sled groups and mountain bike courses, to name just a few.

The 2022 Birmingham Commonwealth Games Mountain Bike competitions were held in the forest.

The Parkrun course consists of two loops, one small and one big. Initially on a wide, smooth tarmac road and then venturing off on to hard packed trails with some softer patches.

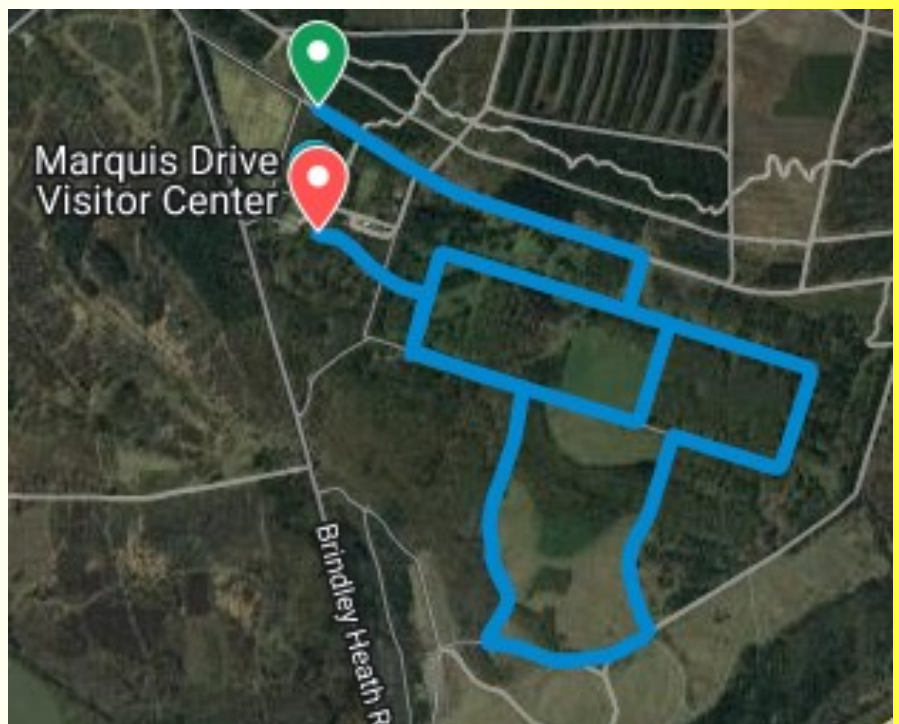
I can imagine after heavy rain it could get muddy, but when I was there the conditions were almost perfect. It is an undulating course, but no real climbs and certainly very runnable.

On the day I was there the first-place runner came in at 15.31 and was the fifth fastest Parkrunner in the UK that day.

So, was it as good as the course at Tilgate? Well, no but I think it came a close second, and would certainly be one that would have been better in more clement weather.

Certainly, one to try if you are ever in the area.

Martyn Flint



Parkrun Tourism, Minehead — Saturday, November 26th

On the last weekend in November I was in Somerset.

Realising I was around seven months early for Glastonbury and having a free 17 minutes on the Saturday morning, I instead took in Minehead Parkrun.

I arrived with a few minutes to spare, just in time for the first timers' briefing.

I'd done this one a few times before but not recently enough to remember the intricate detail of running in straight lines along the seafront.

At 9am me and 86 other runners embarked on the two-and-a-half loops up and down the promenade.



It was a quite gusty day and there were a couple of times during the run I thought I'd get blown off!

I managed a course PB which I was happy with and then got a donut from a local bakery I was also happy with! A dead flat, fast and friendly Parkrun. Lovely stuff.

Ian Blackham



Secret Christmas Lights Run – Saturday, November 26th

Way back in June, one of my friends from K2 track organised a group of us (including Nick Baker) to do a Christmas run featuring some well-known and not so well-known festive light displays in central London, by a company called Secret London Runs.

As these things go, the end of November soon came around and we met in the early afternoon at Three Bridges and went up to get a pre-run cuppa before going to the start point at Marble Arch at 5pm with some festive headwear (or in Nick's case, a full Santa Claus ensemble).

There was a choice of three runs, Festively Fast (sub 10min miles). Merrily Medium (10-12 min miles) and Gentle Jingle (12-13min miles).

The idea is to pick the run you can comfortably complete in two hours including stops to see the lights – because we just wanted a plod, we decided on Merrily Medium, which was just under 10k.

Armed with Christmas music, our guide Emma took us on our tour through the heart of London, negotiating some busy crowds at times (where there are lights, there are people!).

Locations visited included near Hyde Park, Mayfair (Claridge's), Bond Street, Carnaby Street and ending at King's Cross. The locations had links to the late Queen Elizabeth II, which I thought was a nice touch.

At the end of the tour, we got a cereal bar and candy cane. Overall, the run was really good fun, informal and friendly, and I recommend it to anyone who likes Christmas and who wants to do something a bit different – the pace was actually a bit slower than advertised, so I would be interested in trying my luck with the Festively Fast group next time.

I would also like to try their murder mystery tour, which takes place in the summer.



Lou Mitchell



XC, Stanmer Park — Saturday, December 3rd

I took part in my first cross country under the S&S banner at the Brighton meeting.

After driving down the A23, navigating from the Amex stadium car park to the park was very much a case of relying on Google Maps.

When I eventually saw the park, toilets and tents with banners surrounded by lots of well wrapped up runners I knew that I had found the right place!

Although I initially had trouble finding my fellow club-mates, I soon saw the familiar yellow shirts with a warm welcome and a smile and I instantly felt right at home.

After a couple of warm-up laps with a team-mate before I knew it, it was time to start the race — the first time I had started any race under a gun.

I started feeling strong but then after a couple of laps going up and down the steep hill I could really feel my leg muscles getting sluggish and screaming, however mind over matter kept me going.

Despite this I ploughed through and finished in a very respectable 51 minutes, thoroughly enjoying the experience and looking forward to do more events in future when possible

Next stop Manchester Marathon training and the Hangover 5! I'd like to thank the club and Sussex Athletics for a great event and AC Photos for the pictures.

Dan Codrington



Parkrun Tourism, York — Saturday, December 3rd

Jim and I recently travelled to York for a friend's memorial in Wetherby so decided to make a weekend of it, visit family — and, oh yes, try the local Parkrun.

We stayed in a hotel on the edge of the city centre which was a 15/20 minute walk away from the Parkrun route at York Racecourse.

We'd been out for dinner and some drinks with friends and my brother on Friday night but set the alarm for 7am, headed down for breakfast at 7.30am then made our way down to the racecourse.

As the start and finish were in different places we didn't take any jumpers or jackets with us so our walk was a bit bracing — luckily the chilly weather was bright and clear!

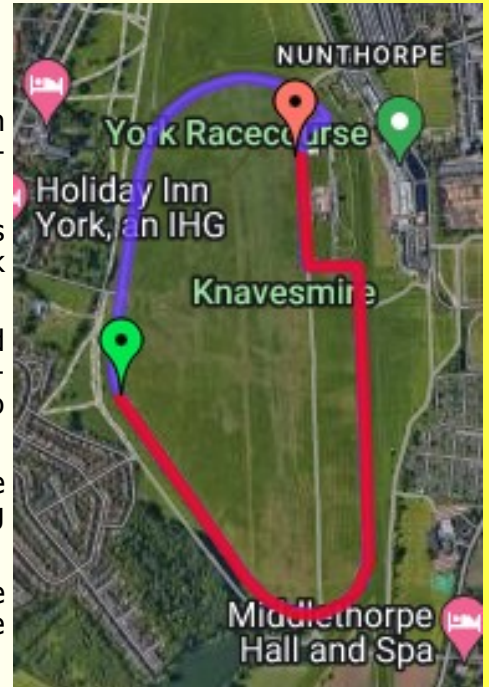
You start the run on the opposite side of the course to the main grandstand and run one and half times round the inside of the race track finishing just in front of the grandstand.

It's all on tarmac and is flat so a good course for a PB.

This is also the only Parkrun in the UK which begins with 'Y' so is very popular with runners trying to complete their Parkrun alphabet.

After a brisk walk back to the hotel for a shower and change, we headed off to our second racecourse of the day where the horses at Wetherby made smarter work of the furlongs than we could have done!

Debby Scott



Sussex Grand Prix: Mince Pie 10 Mile — Sunday, December 4th

A few Saints and Sinners ventured out on a very cold morning to take part in the Seaford Striders' annual Mince Pie 10.

The race, the final one of the season in the SGP, started at Peacehaven leisure centre.

The course started on road taking us up through Centenary Park, where Peacehaven Parkrun is held. The route was then a mixture of trail and road throughout.

There was approximately four miles of road to six miles off-road on farm tracks and bridleways through the South Downs.

After a long downhill stretch off-road we were greeted with water and some jelly babies at the halfway point.

Six miles in we were faced with a testing hill, which at first looked short and steep — however around each corner the hill continued. We ran up off the road section and on to a track on the Downs continuing up the hill for almost two miles.

The final few miles of the course were downhill or flat on the road all the way back to the leisure centre where we finished and received a medal and of course a mince pie each!

The course was reasonably dry, compared to the conditions of previous years which I have heard have been muddy.

The route was challenging but definitely worth it. The views of the South Downs were lovely to run through. I really enjoyed it, especially as it was my first ten mile event.

Isla Greenaway





Committee for 2023

Following the AGM on December 5th, the following members of the committee were either re-elected or voted in

Chairman - James Mason - re-election

Secretary - Richard Daniells - re-election

Treasury - Roy Swetman - re-election

Membership & UKA – Lesley Connolly – re-election

WSFRL - Luke Taylor – re-election

SGP Rep – Jim Scott – re-election

SCAA Rep - Paul Luttmann - re-election

Kit – Martyn Flint – re-election

Press and Media – Debby Scott – resigned. Nicky Wilson elected in

Social secretary - Clare Hall – resigned. Stella Daff elected in

Suggestions - Stella Daff - re-election

Welfare Officer — Debby Scott — new role, voted in

Ordinary members –Sarah Clapp and John Evans resigned, Dave Penfold—re-election and Lou Mitchell was voted in, Dawn Rhodes remains an ordinary member and Clare Hall is now an ordinary member.

UPCOMING XC DATES 2022/23 SEASON

January 7th - Sussex XC Championships: Little Common, Bexhill

January 21st - Sussex Masters XC Championships: Coombe Farm, Lancing

February 11th - Sussex XC League Race 4: TBC

Runners of all abilities are welcome.

For the league race the only requirement is an S&S top.

However for the championships you will also need a UKA number.

I will post details for the Sussex XC Championships when they are available.

For now if you have any general queries please feel free to contact me.

Paul - SCAA Rep

Just for fun, guess the legs behind the festive images!

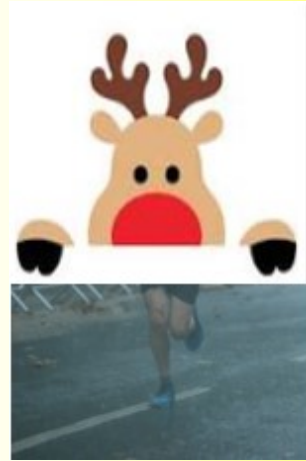
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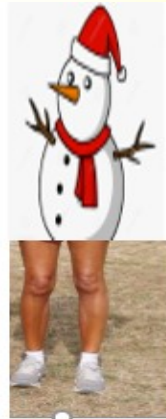
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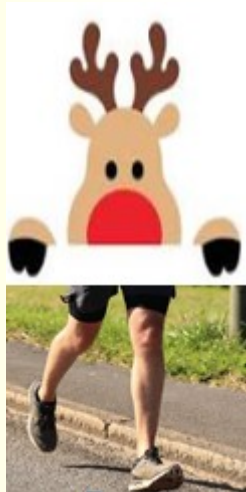
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SUSSEX GRAND PRIX 2022 SEASON

Well, what a fantastic season after two years of Covid cancellations. Over nine months we raced from Hastings to Horsham, Haywards Heath to Heathfield and Hove to err Hove again!

Saints and Sinners really embraced the SGP this year tackling half marathons, 10 and 15-mile trails and 10k speed trials.

Each and every S&S runner (no matter how many races you did) contributed to our end of season score which meant in the Open final table we came 4th out of 23 teams, an absolutely amazing achievement.

We've also got some individual runners who will be collecting age category prizes at the annual SGP awards night on February 23rd in Hellingly (more details to come via email soon).

It's been a pleasure running with you all, the support and friendship we give each other is the main reason I'm doing this.

My highlights of the season were: The Hastings Half (perversely I love a big hill); Haywards Heath 10 mile (running hungover after Dickie's stag do — not great) and the Lewes Downland 10 mile (hills, see above, and bleeding).

I'd hate to single out any one runner (it's like choosing your favourite pub — impossible) but this season **Vanessa Harrod** was outstanding. A winner in her age category and completing ten out of 13 races! Huge kudos!

Thanks again and I hope to see many of you again next season!



Jim Scott

Race	Date	Day	Event
1	26th March 2023	Sun	Hastings Half
2	30th April 2023	Sun	Haywards Heath 10 mile
3	7th May 2023	Sun	Rye 10 mile
4	14th May 2023	Sun	Horsham 10k
5	4th June 2022	Sun	Hastings 5 mile
6	18th June 2023	Sun	Heathfield 10k
7	2nd July 2023	Sun	Bewl 15
8	19th July 2023	Wed	Phoenix 10k
9	10th September 2023	Sun	Hellingly 10k
10	1st October 2023	Sun	Lewes Downland 10 mile
11	15th October 2023	Sun	Hove Prom 10k
12	19th November 2023	Sun	Crowborough 10k

UKA

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

NEIGHBOURHOOD RUNS

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

BREKKY RUNS

Our next one is on Sunday, January 8, meeting at 9:30 at Café Santa Maria, Broadfield for a 90 minute run followed by breakfast for those that want it.

TRAINING

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

Monday nights will continue to be a social run with various speeds and distances. Wednesday nights we will be offering technical sessions, both sessions start at 6.30pm.

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

KIT

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

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

Membership fees

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

membership@crawlleysaintsandsinnersrun.co.uk

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

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

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

Speak to your run leaders about training plans and goals and they can adapt sessions to suit most needs. Also do you have any tips, pre/post rituals or post-race treats to share?

Please do also let us know what races you have entered.



Answers to the guess the legs

1. Brian Purnell
2. Vanessa Harrold
3. Mark Warwick
4. Paul Luttmann
5. Jim Williams
6. Nina Trevarthen
7. Ed Duke
8. Sarah Wilson
9. Luke Taylor
10. Andy Kerr

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 – Stella Daff
social@crawleysaintsandsinnersrun.co.uk
Social media – Nicky Wilson
media@crawleysaintsandsinnersrun.co.uk



Welfare Officer—Debby Scott
Ordinary member – Dave Penfold
Ordinary member – Lou Mitchell

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