

Welcome to the August/September 2022 newsletter.

And a welcome to our new members this month: **Laurence Gandrot, Emilija Emma, Hannah Trueman** and **Lloyd Francis**.

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

We hope you all find the reports interesting and inspiring!

Debby & Jim

### **Chairman's Corner**

Hope you are all well!

It's been a busy time for the club with lots of SGP & WSFRL events recently.

We also took part in the Horsham Round last weekend, thanks for everyone who organised and took part.

We have our Tilgate 5 event coming up on 11th September. This is our WSFRL event, so please help marshal if you can. We can't put the event on without your support. Look forward to seeing you all soon,

James



### **40th Anniversary Celebrations**

We are looking forward to seeing those that can make it to our anniversary celebrations on Saturday, October 1st.

Derek Brailsford, one of our founding members, will be attending the party and presenting the Handicap trophy.

See **Page 18** for more details.

## **Denbies Festival of Running - Minotaur 50 Miles. Saturday, June 18th**

This saw me complete my furthest distance at the Minotaur 50; marathon #107/ultra #13.

This was part of a festival of running weekend at Denbies organised by Phoenix Running, which also included the Centaur 100, P24, P12, marathon(s) and half marathon(s).

The course was a one mile loop on grass with a small uphill section, nothing like the usual very hilly 5.2k loop course.

I left home at 6.45am, was setting up my tent by 7.25am, and started at 8.15am. My strategy was to just keep going, no sitting down unless it was on the camp toilet in my tent.

At the end of each lap I had a peanut butter filled pretzel and a drink of either Arbonne fizz stick or hydration fluid. Every five miles I had a mini malt loaf and at 25 miles had a banana.

The weather started hot but after a few hours clouded over thankfully and my cooling towel came in useful, stopping me overheating. There were odd spots of very light rain, then early evening we had a bit of mizzle, enough to wet the grass and my shoes.

That is when the blisters started, luckily not enough to stop me from finishing. I had hoped to finish in under 13 hours, but really wanted to finish before needing to switch on my head torch. I finished at 21.35 in 13:19:48, no head torch required.

Not long after getting back to my tent the rain came down heavily for a short while with lightning, talk about perfect timing for me.

It was so lovely to have such fabulous support from everyone on the course and at the aid station. For a party atmosphere and the variety of challenges I highly recommend this event.

If anyone fancies giving this a go earlier than next June there is now the Vampire Festival taking place at Denbies starting 8am on October 8th, again lasting 30 hours.

**Cathy Holroyd**



### **El Esparragal 5.5k – Wednesday evening, July 20th**

On another boiling hot evening I headed back to the outskirts of Murcia with my good friend Gaspar to join in the 4th El Esparragal race. El Esparragal is a small, charming rural town, not somewhere I had been before.

The race started with a short climb, then the rest of it was fairly flat and took us along quiet paths lined with orange and lemon groves.

Thank goodness there was a much needed water station halfway as in that ferocious heat it was difficult to run. The race started at 8.45pm and the magnificent view of the sun setting behind the mountains made a glorious finish.

All participants received a red sleeveless technical shirt, and the usual nibbles and drinks followed. I managed to get on the podium again with a third position for age category.



### **The Villajoyosa 8.3k – Sunday morning, July 24th**

This race was the last one to end my Spanish holiday and it was my favourite. Villajoyosa is a beautiful coastal town just south of Benidorm, and, as well as its three kilometres of sandy beaches, it is famous for its chocolate industry, a subject close to my heart!!

With only 97 participants it felt a friendly, intimate race, which was two out-and-back laps of the prom. We started at 8.30am and it was stifling hot with very little sea breeze.

It was nice running along and watching people swimming in the calm sea. I ended up coming 2nd in my age group and getting a lovely trophy and a great goody bag (which included what I thought was a bar of soap but, on opening the box, turned out to be a small, portable speaker for mobile phones or music players!).



**Nina Trevarthen**

## **WSFRL. Seven Stiles — Sunday, July 24th**

July was a busy, and hot, month for WSFRL races and this saw us heading to Henfield for Seven Stiles, a four-mile run organised by Henfield Joggers, starting at the leisure centre.

As always, an impressive turnout from S&S. We were all there bright and early, fighting for shade under the few trees on offer while we waited to start.

The route takes in a lap of the sports field before heading out, via the Downs Link and across fields, to take in a short section along the banks of the River Adur, before heading back.

It is definitely one of the flatter events in the league, but there are still a few inclines to tackle and this year the heat made it challenging. I had not run this for a few years so I was glad to see that the route had been adjusted to remove a pinch point close to the start.

As for the stiles, over the years they have declined. On my previous run, the only one caused quite a queue but, being British, we all politely waited out turn. This year, no stiles left!

We welcomed five of our L2R graduates on their first race in club colours. It was lovely to have Debbie Oliver, Lottie Haynes, Sue Sawyer, Elle Thrower and Louise Richardson join us. They all did fantastically well.

## **Clare Hall**



### **Parkrun Tourism, Swanley – Saturday, July 30th**

Bright and early on a sunny Saturday morning, Nina T, myself and our 'chauffeur' Keith headed out towards Swanley in Kent for a tourist Parkrun.

We arrived in plenty of time, after driving along a lane which resembled something from Cornwall, (tall hedges either side) and parked up in a large car park.

We were some of the first runners there, along with a couple from Reigate. We had a leisurely walk across the park and were very impressed by the location.

A small train track, which was similar to the one in Goffs Park, seemed to go around the whole perimeter. A large pond with swan and flamingo pedalos, a paddling pool, sand pit, children's play area and a very large cafe were all in the park.

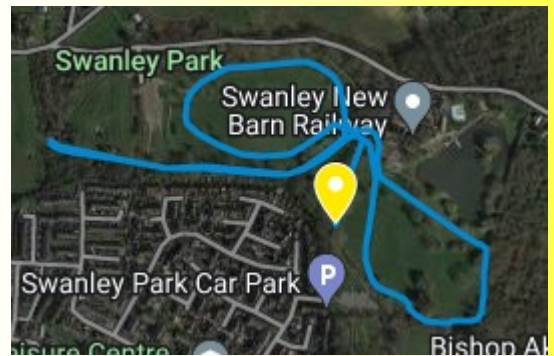
The toilets were like something out of a nightclub....glittery walls!! Wow!! You could have spent the whole weekend there.

We headed towards the start area where Nina bumped into two people she knew. If you know Nina then you know she knows everyone!

The RD gave us a quick course description with a large map in hand. Two laps, an undulating course, and we were off. The course is well marked out and well marshalled. Keep the pink flags on your right and keep left. Easy....

Yes, the course was undulating, even though the park didn't look very hilly. Around grass and shingle tracks, through a small wooded area and Bob's your uncle, back at the start for the second lap. The last 100 metres is uphill, but hey ho, you are finished.

Only 50 runners, so a lovely little Parkrun. Once again, many thanks to Keith and Nina for a great morning.



### **Vanessa Harrold**



## **Round Reading Run — Saturday July, 30th**

Woke up to the lovely sound of the river Thames outside my hotel room and an overcast but warm muggy day with a slight breeze.

I arrived at the Berkshire County Sports Club at 6.45am, collected my number and put my two tubs of labelled fuel for pit stops three and five in the appropriate boxes.

My time to set off was at 7.30am but I was able to set off five minutes earlier. The route from the start led me across a road and then through a beautiful old church and its grounds.

It then led out alongside the Thames Path. The route takes a fabulous multi-terrain course that circumnavigates the town of Reading in the county of Berkshire.

The 50km course passed through woodland trails, country lanes and paths through Reading's many urban green spaces. Checkpoint 1 (9.2km) was alongside the Thames Path with lots of moored canal boats, people rowing, swans and geese. Checkpoint 2 (19.1km) was at Calcot.

I ran through Sulham Valley and Linear Park. Checkpoint 3 (26km) was at Green Park with lots of lovely trails alongside the Thames. Checkpoint 4 (32.1km) was at Shinfield, a very modern industrial estate set out with water features and paths to explore nature.

Lastly, Checkpoint 5 (42.3km) was at Winnersh under a shady railway bridge. The finish led you through Dinton Pastures Country Park and then on to King George's Field where you needed to keep an eye out for fast flying cricket balls.

As you round a corner the finish line is in sight with lots of cheers from fellow runners and their supporters. Here I was presented with my medal and a lovely cold Magnum ice cream. There was also a bar if you fancied a cold drink.

A really enjoyable, relatively flat and scenic ultra. If you would like to run it next year then the date to put in your diary is 29/7/23. I will be there.

### **Janine Haynes**



## ***Page 7 Fella (he's back)***

### **Jersey Parkrun — Saturday, August 6th**

What holiday would be complete without a visit to the local Parkrun.

Whilst I was in Jersey I took the opportunity to visit the Parkrun, which was about a 15 minute walk from where I was staying.

My visit coincided with their 300<sup>th</sup> event and so there was a lot of celebrations and a video made of the event. It was a hot sunny day and it's a nice flat route.

You do a couple of laps around the sports centre and then an out and back along the disused railway line. I had a good run considering I'd been eating and drinking a lot more than usual all week!



At the finish the man in front of me said that he had to get ahead because of the smell of garlic that was coming off me, at least it had the benefit of improving his time I suppose!

It was a really enjoyable way to start the day and although I'm not hugely into the alphabet challenge, I have now got that elusive 'J'. Looking at the club list, there's been a few other Saints visit Jersey with Darren and Claire just a couple of weeks before me.

Also taking place that day was the Round the Rock ultra marathon, marathon and half marathon. I got to watch them go past the beach in St Brelade's later in the day, it looked hard work in the heat. I was more than happy just doing the Parkrun!

### ***Ed Duke***



## **Yateley 10k – Wednesday, August 3rd**

This race was actually third in a series of three open races in June, July and August, organised by Sandhurst Joggers. I entered last-minute for the August race since we were in the area staying with my in-laws for a few days, and my father-in-law had already entered.

It is a road race starting at Yateley School then going out around the town and surrounding roads. Upon arrival, I could see that there were lots of runners getting ready to race (so a popular one!), plenty of Portaloos and areas for baggage and water bottle drop-offs.

After a last-minute toilet stop and a quick warm up, I got in line in the area of my estimated finishing time. I was quite far back, but the race started promptly and I was soon across the start line with a bleep (the race numbers had timing chips).

After a short sprint across the school field, we were out on to the streets and up a gentle hill. The course consisted of some flat sections interspersed with some very mild inclines and declines – the ones where you don't notice unless you are running with a bit of tempo – with a couple of more prominent undulations.

Nothing too steep though and some very rewarding downhill sections after 3k and 5k (total course elevation under 200ft). There was a water station at 5k - which was well needed in the warm conditions - and some wet sponges at about 8k, before a long uphill section; gentle at first then getting steeper.

At 9.5k we were rewarded with a flat and gentle downhill section back down on to the school field, which meant speeding up for the finish.

The weekend before I got a Parkrun PB, so with finally getting some speed back after having Molly, I went out with the aim to finish in under one hour. So I put a bit of effort in and when I saw my time at 5k, knew I could do it with some time to spare.

I kept up a consistent pace and was happy when I crossed the line in 58:19, an official 10k race PB. Unofficially, I did run a solo 10k faster in lockdown, so obviously, I will put some effort into my speed training and go for it on a super flat course (Hove Prom maybe!).

I would recommend this race as it was well organised, well marshalled, with a friendly feel and lots of local support. Oh and a medal which if you do all three races, gives you a set of coasters.

***Louise Mitchell***





**WSFRL. Highdown Hike (the one Luke forgot!!) - Wednesday, August 3rd**

This saw 19 eager runners tackle another evening race: Highdown Hike in Worthing.

It's always a mad rush from work to get to these races, but always worth it. The atmosphere is good, you meet like-minded people from other clubs, de stress after a crazy day at work and you get to run somewhere outside of Crawley! It's a win-win scenario.

Highdown Hill is roughly an elevation of 266 feet, and honestly it feels like you run the whole thing, but with the undulations of this four mile race, who knows?

The views are spectacular, even though most of the time you keep your eyes on the ground as before the start we were warned of rather large rabbit holes!

As Luke was away for this race, I was handing out the numbers, which I thought went smoothly...apologies to those waiting at the starting area, who probably thought I wasn't coming, as I waited at the main registration area for as long as possible to catch those who had parked there. It worked out fine in the end.

We certainly made a name for ourselves that evening, Sinners rather than Saints, as we decided to take a team finishers photo right in the middle of the home straight!!

Well, it was such a big field, where else would we stand!? Another successful race for team S&S. Well run everyone.

***Vanessa Harrold***



## Tourism. Frimley Lodge Parkrun — Saturday, August 6th

Whilst still on our mini staycation at my in-laws, Glenn, my father-in-law (Colin) and I decided we would do Frimley Lodge Parkrun, which we all did once before in 2019.

I have recently been on a roll with PBs, so I went in wanting to beat my previous time on this particular Parkrun course (28:09).

The course itself is two laps and flat, but has twists and turns along a mixture of field, shaded woodland paths and canal towpath.

Therefore, I wouldn't say it is a 5k PB course, especially as the towpath is on the rocky side (and I imagine slippery in wet weather).

The ground was dry from all the hot, dry weather, so in spite of the mixed terrain, road shoes were fine (and I am usually rather fussy in this regard!).

Anyway, after some friendly introductions from the volunteers, we were organised by estimated finish time. Then a sound of a horn and we were off across and around a field before embarking on the various paths and scenic canal towpath.

I felt the heat in the sun on the fields and it was a bit dusty in places, however I held a good pace where I felt I'd make my target.

At the end of the second lap, we come into the field where we started and around into the finish chute – Glenn was there to greet me and ensure I rustled up a sprint finish!

I got a time of 27:19 (position 177), so very pleased that I beat my previous time by over a minute! Glenn came in 3rd place with 17:32 and Colin position 143 with a time of 25:57.

Overall I would recommend this course as it is interesting, semi-quick but without the PB pressure, scenic and with that usual friendly Parkrun feel.

It is also right near a café but I didn't stop here as Colin and I decided to run 10k back home along the canal at a much more social pace.

**Louise Mitchell**



## South West Ultra Challenge – Saturday, August 6th

I drove down to Somerset for this one and stayed for a few days.

The event started just below Dunster Castle and took you on a beautiful route to Dunster Beach then into the Minehead section along the coastal path.

Then the fun began as I started going up a very steep incline into a wooded section of the route where the view to Minehead and the sea was amazing.

The route takes you on to Exmoor with lots of ponies and cows grazing. You head on to Bossington, Porlock Weir, West Porlock, Porlock, Horner, Webber's Post, Dunkery Beacon and the village of Wootton Courtenay with its steep, I mean really steep, incline up to see the magnificent views overlooking Minehead.

The finish sees you running through Dunster church and the village and then heading over a ford before catching sight of the finish in the field below the castle where I started from several hours earlier.

The 50km loop heads over Exmoor with lots of brutal ups and downs with magnificent views and over 1,600m of climbs. It is supported by brilliant and welcoming checkpoints with lots of great food to get you to the end. There is even a packed lunch at the halfway point.

The hills were seriously bigger than the South Downs. Three words sum this ultra up: Brutal, awesome and challenging.

Would I do it again? Possibly??? There are options to do 25km and 10km. The date for next year's event is 5/8/23.



### **Janine Haynes**



## **Bushy Parkrun — Saturday, August 27th**

I've been wanting to run at the home of Parkrun for many years, and finally this morning I got up early and headed towards Bushy Park.

Reading the information online, it's advisable to get there early to get a parking space as usually they have around 1,000 runners and being a bank holiday weekend I gave myself plenty of time.

Parking was easy at 8.20am!

Bushy Park itself is very grand, so well worth a visit regardless of whether you run or not.

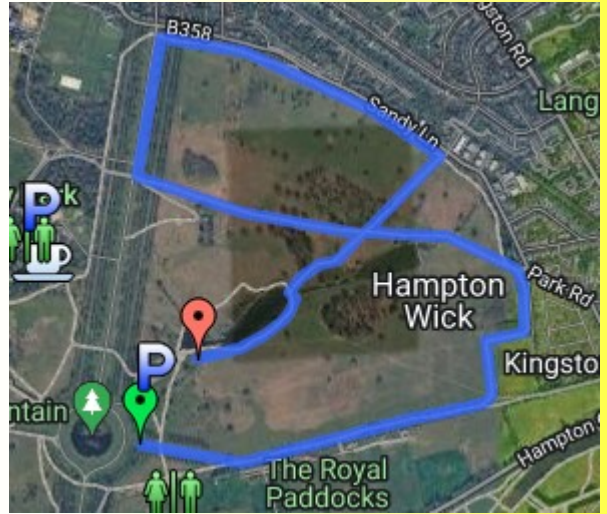
The first-timers run brief warned of the local deer population. There must be hundreds of them roaming freely but they must be used to Parkrun as they kept themselves to themselves.

With so many runners, Bushy has a lead bike so no one can get lost. Myself being a slower runner, I just followed everyone else! One lap around part of the park, mainly on gravel paths and grassland, and mostly flat, suited me fine.

There were 1,042 runners in total today. Despite this there were no hold ups at the start and the finish funnel is set up that you queue three people wide in two different queues.

So well organised. Lovely scenery and a good run. Well worth going 'home' to Parkrun.

**Vanessa Harrold**



## Arundel Castle 10k run — Sunday, August 28th

Eight of us took on the hilly challenge of the Arundel Castle 10k.

The route had changed from when I last ran it, but the hills were still as tough.

Starting from Hiorne Tower in Arundel Park, the first few miles were an uphill climb, followed by a grassy loop of Lone Beech plantation then down along Target Valley.

Just as you think it's all downhill to the finish, (as told by one marshal), you start a steady climb up again. Luckily this is a short, sharp hill then back down again towards the castle.

After a short lap around the castle grounds you start heading back up for the last 1k towards the finish line.

Mostly run on paths and trails, this quite local 10k is relatively cheap to enter and great for a hill training session!

A small medal at the end and professional photos taken at various points around the course.

An enjoyable morning out.

**Vanessa Harrold**



## Sussex Parkruns — completed!

Like many other club members, I started my running completing a Parkrun, for me at **Tilgate** six years ago. I stopped seven times going round that first time and it took about 20 attempts to run up Chevron!

I caught the running bug and Parkrun became my usual Saturday morning ritual.

One weekend we were away and there was a Parkrun nearby and I went along.

Soon I realised there were other runs at **Horsham**, **Reigate**, and **Brighton**.

Then my local one at **East Grinstead** started up, although the first time I ran there was in December — the mud was not quite what I had expected as I normally only experience pavements or footpaths.

Again, like many others in the club I decided I wanted to be a bit of a tourist and thus, much to my wife's disgust, whenever we are away I look for a local Parkrun.

Towards the end of last year I decided to run all of the Sussex Parkruns (there are 20) and a couple of months ago I was left with three to do

**Chichester** and **Hastings** were duly completed and that left the last, **Bevendean**.

I had steered clear of Bevendean for a variety of reasons, the course description being the main one as I admit I am not great with hills.

However, as it was the last one and I was keen to do it — plus the added incentive of my daughter in university halls a couple of minutes away — I went there on a hot Saturday morning (there will be some shade won't there?!). Nope, no shade. Just hills, but on the plus side I came 10<sup>th</sup> and I won't be able to do that again!

Many others have probably completed all the Sussex Parkruns, but I saw this as a challenge to tick off. Favourite run? Tilgate is of course very pretty; the views at Bevendean are great and is a must I think for everyone at least once.

I like **Southwater** and for me the hardest was **Uckfield**. However every Sussex run, and I also enjoyed those with a seafront view, is different in some way.

I know a few of the club go touring every week and I am looking for my next challenge, probably completing all of Surrey as I live on the border.

Makes those Saturday mornings a little bit more interesting and enjoyable.

I would be keen to know other members' favourite runs, and indeed hardest runs, as they travel around on a Saturday morning.

Finally for those of you who are interested, all the Parkruns are listed and graded, fastest/slowest on the power of 10 website.

[Fastest and slowest parkruns in 2022 - AW \(athleticsweekly.com\)](https://athleticsweekly.com)



**Andy Hale**

## Horsham Round — Monday, August 29th

*This is a 29-mile team relay event put on for free every year by Horsham Joggers. The idea is to navigate seven stages of between three and five miles. This year 13 intrepid S&S runners took on the challenge, aided by our drivers Paul Law and Debby Scott, and expert navigator Thomas Law - ball chasing and general dogsbodying from Coco!*

### Stages One to Three — Mannings Heath and Colgate to Old Holbrook (11.5 miles) Paul Luttman, Cara Law and Michele Nixon



I love this type of event as I don't have to give up family time as my two boys love getting involved too. Paul as driver and Thomas his co-pilot, aka Thomas Travels.

Michele, Paul and I had the first three stages which started at Horsham Park bandstand at 9am. There we met Roger from Horsham Joggers who made sure we knew about any diversions and that we had everything we needed.

We set off out of town, through the churchyard and quite quickly we were on to the footpaths and trails. The first leg was 4.49 miles and ended at Mannings Heath, I loved it.

Then on to leg two where I struggled a bit as it was slightly uphill and stony in places due to quite a long stretch through St Leonard's Forest. But Michele and Paul stayed with me, they even let me pass them from time to time and they never once made me feel as if I was slowing them down. Thank you!

After the 3.91 miles to Colgate that was stage two done. And stage three was my favourite as it was mostly all downhill with some fabulous views along the way. We had a small diversion due to a new housing estate but Paul had no trouble guiding us.

It was great to see Frank (even if he did have a pop at how long he'd had to wait) and then the rest of team two — plus Paul and Thomas - at Old Holbrook, which completed our 12 mile run and passed the virtual baton

One of the highlights was meeting Clare, Lou, Val, Sarah, Janet and Nicky at the end of the final stage so that we could all run to the finish line together. It just leaves me to thank Horsham Joggers and Paul, without you it may not have gone ahead or Michele and I would probably still be out there somewhere!

**Cara Law**



### **Stages Four and Five — Old Holbrook to Rowhook (Eight miles) Jim Scott, Luke Taylor, Frank Stone and Kevin High**

We have the shortest section but it's undulating. We start by running for half a mile up a steep hill which is no surprise for those of us who have reced our route!

We're soon off into fields, woods, bridleways and rutted footpaths which is great fun. Running in a team means we can gossip and moan as we tick off the miles.

Main topics of conversation include: We're only 5/10 minutes behind Paul's estimated time; we're beating CRC; will the pub be open at the end.

There's an immense satisfaction about self-navigating, not getting chased by cows (unlike the recce) and the camaraderie amongst competing teams. I thoroughly enjoyed the day and can't wait to try some different legs next year

#### **Jim Scott**

### **Stages Six and Seven — Rowhook to Itchingfield & Horsham (9.5 miles) Louise Mitchell, Val Stanbridge, Sarah Stanbridge, Clare Hall, Janet Doyle, Nicky Wilson**

Val, Sarah & I had done a recce with Paul and Mel a couple of weeks before, so I was fairly confident that between us we could manage to get around without any wrong turns.

The weather was warm with a mix of sunshine and cloud, however it was a lunchtime start so I took plenty of provisions with me so I didn't get hungry or dehydrated at that time of day!!

The later start time did mean a nice leisurely start to my morning though, a first for me on race day, so I will take that! We arrived in plenty of time at Horsham Park for the toilet, a snack and a team photo before getting our lift to the start – The Chequers Pub in Rowhook.

We had time to chat with fellow CRC and Horsham Joggers whilst we waited for Frank, Luke, Jim and Kevin to complete stage 5. We set off across fields, forests, farmyard paths and two churchyards to reach Itchingfield. The route also featured a great view of Leith Hill in the distance and only a couple of small hills.

From Itchingfield, we went along a road for a short time before navigating more footpaths, a hilly field (more nice views) and across a railway line via some very steep steps down and up.

Then a brief trot along the Downslink before going through the grounds of Christ's Hospital school, then navigating to Southwater.

There was a small diversion round a building site, so I was grateful for the recce. Then through the golf course which I found the trickiest part, before passing a large country house and lonely tree.

Then the part I found the most fun - through a forest and downhill through a field (featured in the WSFRL Gunpowder Trot) to the railway bridge, where the rest of our team met us to finish the last 0.7 miles (and apparently herded some cattle prior to our arrival). **Cont...**





**Cont...**

Into the town centre, passing a number of shoppers then back to the bandstand in Horsham Park. I expected to see more people at the finish, but I guess runners didn't want to hang around after a delayed lunch and food vouchers!

Still, it was good to see ex-S&S runner Amy and get a team photo at the bandstand.

I enjoyed the experience and taking a slower pace to enjoy the scenery and navigate as a team over what felt many types of terrain and scenery.



I would definitely love to take part again, and try my luck at some of the other sections of the course. And not only for 10% off ice-cream at the end!

Thanks also to the Laws, Debby and Paul L for support, driving and organising us – it is a great day out and one I would thoroughly recommend.

**Louise Mitchell**



## PARTY TIME! (EXCELLENT!)

Our **40th Anniversary** Celebrations on **October 1<sup>st</sup>** are fast approaching

Thank you to everyone who has paid so far, the numbers have really picked up so we are looking forward to a lovely evening.

There is still time to sign up and it would be lovely to have a great turnout.

In case you have missed the details:

Date: **Saturday, October 1<sup>st</sup>**

Time: **7pm**

Venue: Function Room at **The Grasshopper**, Tilgate Parade

Cost: Members and Family members/significant other £5 (children under 16 free)



We have a live band, **Mister Park**, with our very own **Mark Warwick** on saxophone. Mark is also providing tunes when the band is not playing and is building a set list, so if you have any requests, please let **Clare Hall** know (social email, WhatsApp, Messenger).

There is a bar and we will provide nibbles. Feel free to bring your own food or, the pub are happy for you to buy food from one of the local takeaways and bring it back.

It should be a really great night

Looking forward to seeing you all!

**Your 'cutting a funky rug' committee**



## West Sussex Fun Run League Calendar for 2022

### 2022 WSFRL Calendar

	Date and Time	Race and club details
<b>13</b>	Sunday 11 <sup>th</sup> September 1 mile 10:30 5 mile 11:00	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>
	<b>WATER</b>	
<b>14</b>	Sunday 9 <sup>th</sup> October 1.5km 10:30 8km 11:00	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>
	<b>WATER</b>	
<b>15</b>	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>
<b>16</b>	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> <b>1</b>	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.

### SGP Calendar 2022

11	2nd October 2022	Sun	Lewes Downland 10 mile
12	30th October 2022	Sun	Hove Prom 10k
13	20th November 2022	Sun	Crowborough 10k

### Lewes Downland 10 & 5 Miles Races - Entries Open

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

ENTRY DETAILS – The 2022 event will be held on Sunday, October 2nd. Chip timing will be used for both the 10-mile and the 5-mile races. Entry for the race can be found [here](https://register.enthuse.com/ps/event/TheLewes10mileand5mileDownlandTrailRuns) - <https://register.enthuse.com/ps/event/TheLewes10mileand5mileDownlandTrailRuns>

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

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



### UKA

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

### NEIGHBOURHOOD RUNS

Our next neighbourhood run will be on **Monday, September 12th, at Bewbush** probably meeting at the Co-op but to be confirmed.

### MILE CHALLENGE

The last one this year will be on **Wednesday, September 21st**. Various social runs will be on offer once everyone has finished the challenge..

### HANDICAP RACE

Well done to **Luke Taylor** who finished first and grabbed himself a 5k PB at the same time.

### TRAINING

We are only at Tilgate Park (at the toilet block by Smith & Western) for a few more weeks before we go back to 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.

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](mailto: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](mailto: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](mailto: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.



## 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 Bryant  
[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)