

Hello everyone and welcome to the July 2021 newsletter.

We would like to welcome our new members: **Maria Weatherstone** and **Andy Kerr**

Ssh, don't tell anyone but it looks likes races are starting to happen again. Our members have been out over the past month tackling ultras, going loopy and getting PBs!

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

Later this month we have three teams who have entered Endure and also our relay team taking on the South Downs but this Wednesday the 14th, we 20+ members taking part in the Phoenix 10k in Brighton —good luck to you all and we look forward to reading your reports following the events

The club would also like wish to Sue Kemp a speedy recovery after her operation.

Thanks

Debby

### **Message from the Chairman**

Hi All,

Hope you are well and enjoying your running.

I am really excited about races and parkrun starting up again.

I'm really looking forward to Endure in 2 weeks time, albeit with a bit of fear mixed in!

I'm really pleased to see parkrun starting again, it will be amazing to see Tilgate Park busy again with runners, especially ones wearing yellow tops!!!

I really enjoyed reading the newsletter this month especially about the races.

I hope you have a good month of running, see you soon!

James



### **Membership**

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

Lesley

### Goodwood Half Marathon

Myself and new member Kevin Stevens headed out early in the pouring rain towards Chichester to take part in the half marathon at Goodwood.

We were both a little nervous, due to the fact that neither of us had run this distance recently, even though we had been training for the event.

Kevin only started running a couple of months ago, but was 'up for the challenge'.

By the time we arrived at the course, it had at least stopped raining!

We collected our race numbers and eagerly waited to start.

Once we were off, we quickly set our pace for the long five lap course - a bit boring doing laps but it was nice to be part of a race rather than pounding the pavements in Crawley.

It was nice to see a variety of runners, who were competing in different distances around the course.

The marshals were friendly, giving lots of support, and music was being played at different sections around the course to keep us motivated.

The weather stayed dry for the whole race and even the sun came out at one point.

We saw the finish line in our sights, but upon checking our watches we realised we needed to complete one more lap - this seemed to be the longest lap ever! (Who knew neither of us could count to five!).

Finally, the finish line was in sight again, and checking our watches, just to be safe, we picked up our pace and crossed the line together in a respectable 2 hours 21 minutes.

Well run Kevin, your first half marathon challenge completed.

### **Vanessa Harrold**





## **RACE TO THE KING**

Last October I completed my marathon around Crawley and promised my husband I wouldn't do any more. A few months later a friend suggested I run an ultra.

Technically I wasn't breaking my promise as it wasn't another marathon (technically anyway!!!) and I found myself hitting the 'enter' button for Race to the King, choosing the two day option.

I followed their training plan which worked well for me, with all the long runs being at the weekends. I had two aims...one was to complete the ultra and the other was to be one stone lighter at the start line....I achieved my goal of finishing the ultra...my other goal...let's not dwell on that!!!

I followed their plan rigidly and really enjoyed it. Clare Hall very kindly joined me for one of my training runs every weekend, which I was very grateful for. The past five weeks of training were tough, with double long runs every weekend, but after every one I felt amazing.

Race day came and I was so nervous. I kept telling myself to break it into small runs and I would be fine. I ran alone but chatted to many strangers along the way...ultra runners are very friendly!!

I hadn't realised on day one there would be so many walking groups taking up a whole path and not moving over. I'm normally quite reserved and at first kept being caught behind them for ages until I could squeeze past. By a few miles in I realised the trick was to assertively shout 'coming through' and just keep going...they soon move out of the way!

The course was hilly but I had been warned about this, so I had taken a collapsible walking pole for the first time ever. Running holding a pole was easier than I thought, and by 13 miles I had named him 'Paulo the Pole' and he remained my best friend for the rest of the run!



It had rained a few days before so some of the paths were very slippery and it was also very uneven at times, so I took those very slow and walked if it didn't feel safe.

I was very pleased to get to basecamp (at 23 miles). Threshold certainly look after us, the food at the pit stops and then at basecamp was amazing. Everything I could have wanted...sandwiches, bread, spreads, fruit, cola, squash, chocolate and sweets...and also lovely people there to help and encourage you.

Day 2 was 30 miles and I set off as early as I could, which was 6am. There weren't so many big walking groups but there were just as many hills!!! However the advantage of hills are the views...and they were AMAZING!

At 42 miles my shoulder really hurt, which has never happened before. Maybe it was because of holding Paulo all the way!! Because of this I walked for a couple of miles.

At the next pit stop they gave me deep heat, a massage and paracetamol and a short while later the pain had gone and I was running again, although at this point it was now all downhill.

At mile 47 I came to the mile marker with my age on...I got a little too over excited about this and took a selfie. Maybe I was just delirious by this point. As I arrived at Winchester I was so pleased I was nearly there.

I expected to see the cathedral straight away but I ran through the streets for what felt like ages and at every turn of the corner there was no bloom-in cathedral!!!! Someone assured me it was around the corner. And it was!!! The run to the finish felt so emotional, with lots cheering me on.

The lovely Janine was waiting for me at the end, having run day 2 herself! It was so nice to see a familiar face at the end. I would recommend this event to anyone thinking of doing an ultra. It's so well organised and you are well looked after. Am I going to do another one?? Well I've promised my husband I won't do another...but then I think I've said that before!!!!

**Sarah Thomas**



## **RACE TO THE CASTLE— Ultra 26-27<sup>th</sup> June**

This 100k ultra is the latest from the Threshold team whose other events include Race to the King (South Downs Way), Race to the Tower (Cotswolds Way) and Race to the Stones (Ridgeway). As with those three events, Race to the Castle follows a named national trail, in this case St Oswald's Way in Northumberland, and finishes at Bamburgh Castle. It's described as 100km of majestic - castles, dramatic dunes and stunning moorland and can be done either straight through or as a weekender package over 2 days, camping overnight at base camp.

### **Day 1 by Janet Doyle**

Nicky and I had been persuaded to enter the event and did so with some trepidation, it has to be said. We did the weekender package – I can't imagine what it must be like to do it all in one go.

We travelled up to Northumberland and stayed locally to the finish at Bamburgh. Saturday morning started very early with getting up at 3.45am in order to be sorted out and at the finish car park to catch the shuttle bus to the start at 5.15am!

The weather was already not very encouraging as it was wet and windy. We set off just after 7am and headed off north towards Rothbury and the River Coquet.

This section was the worst bit of the whole 2 days! The first pit stop was at 8 miles – these are great facilities with all manner of refreshments, energy drinks, gels, medic tents, toilets – but from there to pit stop 2, some 11 miles later, was pretty grim.

The route went through forest areas climbing all the time in the rain, low cloud and the increasingly cold wind.

The highest point of elevation according to Strava was 1,261ft as we went over the Simonside Hills but the low cloud meant no views. We were very grateful to reach pit stop 2 just outside Rothbury and never have I enjoyed a cup of tea as much!

Time for attention to feet, change socks, put on warm clothing and then carry on. By this point we were about halfway. The rain had now eased off and the lower elevation meant we were much warmer. The route then headed east towards the coast following the River Coquet, mostly along lanes, river and field paths some of which were very muddy after recent rain.

Some good support along the route in places too which was encouraging. After the final few miles of muddy, puddle filled lanes we finally arrived at base camp about 16.15pm feeling absolutely shattered.

We picked up our overnight bags and were then allocated our tent for the night. The facilities at base camp were very good with hot showers, plenty of hot food, a bar, and medic tents.

Apparently, there are usually some fire-pits but the damp weather put paid to that.

Camping is not my favourite activity but I was so tired I slept like a log! The weather made it very challenging indeed for those doing the 100km straight through. The word "brutal" kept appearing in a lot of posts and there were a number of DNFs.





## Day 2 by Nicky Wilson

What a difference a day makes! Weather wise this was certainly true. After a relatively comfortable night in my one-person tent, I emerged, bleary eyed, just after 4.30am.

The rain had stopped, the wind had dropped and it looked like we were in for a fine day. After a hot cup of tea, I checked the dressings on my blisters were intact, the medics had done a great job patching me up the night before, and I changed into Sunday's running clothes.

Thank goodness I'd bought a second pair of shoes. My trail shoes were still soaked and caked in mud from the previous day and were consigned, in a plastic bag, to the bottom of my kit bag to be dealt with on my return home.

Once everything was packed, I headed out to meet the others for breakfast. There was a fantastic choice of cooked items available with vegetarian and vegan options, pastries, juices and hot drinks. Heeding the advice to fuel up, I tucked into sausage and bacon bap, boiled egg, hash browns and a croissant all washed down with more tea. Once our kit bags were loaded on to the lorry, we crossed the start line and left basecamp at 6.20am.

Having studied day 2's route map we knew we were in for a treat and, with sun and blue sky emerging, the mood was upbeat as we made our way down country lanes dodging the puddles and mud as best we could. In just under three miles we'd arrived at Warkworth.

We were greeted by a fabulous site, the first of three magnificent castles we would pass that day. The site of the medieval fortress provided plenty of photo opportunities, making up for the disappointment of the lack of views of the previous day.

Running down Warkworth's quaint high street we once again crossed the River Coquet, admiring the ancient bridge and fortified gateway and headed towards the coast.

Running north, in parallel to the sea along the coastal path we were treated to some fantastic views and glorious sandy beaches before arriving at our first pitstop at Alnmouth in just over seven miles.

Once we were fed and watered we continued on our way passing the villages of Boulmer, Howick and Craster before approaching the awe inspiring Dunstanburgh Castle, built in the 14<sup>th</sup> century by Earl Thomas of Lancaster. So far the terrain had been mainly road or coastal paths but we found ourselves navigating rocky outcrops close to the castle walls and sand dunes as we made our way over Dunstanburgh golf course, ensuring we avoided stray golf balls.

We reached the last pit stop at Beadnell, where we would enjoy a post run meal the following day, at the highly recommended Craster Arms. With just 10km to go the end was in sight and despite feeling exhausted we continued towards the finish line at Bamburgh.

We were diverted inland at Seahouses and after following country lanes for what felt like an age we eventually arrived in Bamburgh.



We made our way along a packed high street, the sunny weather had attracted lots of visitors, and we were treated to cheers and applause.

After passing the castle we reached the finish line just after 4pm, exhausted but so relieved we had made it.

We had the medal, the T-shirt and had successfully run our first ultra!



## **RACE TO THE CASTLE— Clare Hall**

June 29<sup>th</sup> was really not a good day for me! I was on a lovely training run with Sarah Thomas on the South Downs, part of the final phase of training for Race To The Castle. Things went downhill (literally) when I took a rather nasty tumble. The first three thoughts that crossed my mind were

- ◆ Where is all this blood coming from?
- ◆ Hope I haven't smashed my lovely new Garmin Fenix 6S?
- ◆ Why is my wrist that shape?

This was followed by a lot of swearing as realisation kicked in that getting to the start line of RTTC was looking impossible.

Fast forward four weeks and I found myself crawling out of a tent at 4.15am in the middle of a soggy field in Northumberland. Miraculously, and thanks to the amazing NHS, I was pinned, glued and plated such that not only did I manage to drive the car for over seven hours, but also felt confident enough to tackle the race.

OK, so I wasn't stupid enough to think I could manage a full 100km given all the training I had missed and everything else I had been through, but felt certain I could drag myself around half of the course. I plumped for the second day because it was slightly shorter and flatter. What a wise move that turned out to be as the weather on the first day was absolutely shocking (Janet Doyle and Nicky Wilson will hate me forever).

Day 2 turned out to be glorious and I can honestly say the course has to be the most beautiful route I have ever completed. Three castles and beaches to die for. In the end I had to walk quite a chunk of it, but it was just so joyous to be out there doing it. Crossing the finish line was quite an emotional moment (got a hug from a man dressed in armour, always good). Obviously, I now have to go back at some point and complete the bit I missed.

I want to take this opportunity to thank all my amazing Saints and Sinners buddies who provided practical help (often at short notice) and support. You are all wonderful people.

The motto for Threshold Sports who organise these events is 'More Is In You'. I truly believe that by taking a risk and stepping outside our comfort zone, we discover so much more about ourselves. Go for it!







## **BEWL 15**

It feels good to be able to write a report again!

Finally, a RACE! Well the closest thing to a race most of us have seen for a very long time.

This year's Bewl 15 miles, set around the aforementioned reservoir, took place Sunday, July 4<sup>th</sup> and boy did it feel like I had some independence!

Seeing as I am marathon training, it wasn't ever going to be a race that I intended to push myself with regards to time. But as the course was labelled as 'undulating' and trail shoes were recommended I assumed it would be a physically tiring affair nonetheless.

I was correct. Labelled as the 'toughest conditions' in the 21-year history of the race, it was gruelling at times.

If there wasn't a hill, then there was mud. If there wasn't mud, then there was a hill, or sometimes even both! And it rained ☹️

The best way to describe it is a mixture of the hills at Fittleworth and the mud of last year's (no wait, the year before that!) Great Walstead 5 miles, or even the Gunpowder Trot.

All of this and more rolled into 3x the distance of a usual league race.

A few blisters, a medal and a T-shirt later (because that's all we really run for anyway right?) I can say it was a lovely but tough course with some amazing views of the reservoir

I highly recommend doing this race if you fancy a challenge!

See you all soon enough!

**Luke** 🏃



*Photo credit: mysportphotos.co.uk*

### **WISBOROUGH GREEN 5km & 10km**

This was my first race since the Hangover Five in 2020 and what a great event to choose. It was organised by Nice Works whose events I've always loved as they're always well organised and have a great atmosphere. Sunday was no exception.

Joanne Fiveash asked if I fancied signing up and because we expected it to be a blisteringly hot July morning (how wrong were we) we went for the 5km.

The race itself started at 9.30am for the faster runners and 9.35am for the rest of us. And if you were worried about social distancing, you could start any time up until 10.30am. The course was mostly road, some hills and a small patch of trail.

If you ran the 10km you ran 2 loops which I was told was muddy the 2<sup>nd</sup> time around (thank goodness for those trail shoes Stella).

All finishers received a lovely medal and were offered a selection of snacks too. Links to the results and photos were sent a day or two afterwards.

It was so good to see our running friends, especially the ones in yellow. This is definitely one I'd do again and recommend.







### **JUNIOR PARKRUN (by Jim Scott)**

I've got a text! At long last it's back—no not Love Island, but the regular message thanking me for volunteering at Junior Parkrun. Over the past 16 months I, like many others, have missed Parkrun. But I hadn't realised how much I had also missed giving something back. Over the past few weeks it's been great to return to Tilgate on a Sunday morning, catch up with old faces, meet new people and watch the kids enjoy their running. With the return of Parkrun proper hopefully not far away, normality is resuming and I'm delighted.

### **PARKRUN—July 24th**

As you are all probably aware ParkRun is due to return on **July 24th** so now is the time to search out those barcodes or get new ones printed/ordered.

Some of you will be keen to return to check if you can remember how to run or see how your times have changed since you last took part. Whereas others may be a little apprehensive about returning. Don't forget that if you don't fancy running, are injured or have a race on Sunday you can always volunteer—it's a good way to put a face to the name of the people who are either always in front of you or behind!

There is a park run trial On Wednesday **July 14th** at 7.30pm—meet at the boat house with your barcode!

### **SUNDAY, AUGUST 15th—MEMORIAL RUN**

On Sunday, August 15th CRC are arranging a three-hour endurance style event at Buchan Park to raise money for Myeloma UK in memory of Bill Bedford who, before joining CRC, was a member of Saints and Sinners. The event is free to register (numbers are limited) but they are looking for donations of either cash on the day or via the fundraising link. You can enter as a solo runner, a pair or as a group and run as many laps as you want. Please see details on the Eventbrite website or via Facebook

### **NEIGHBOURHOOD RUNS**

These are now taking place every 2nd and 4th Monday of the month and are offered as a club run for everyone. We had 13 and then 16 people at the runs at Southgate but it will be great to see more of you at the ones in July in Northgate. Please try to wear your S&S T-shirts/vests and let's turn the neighbourhoods yellow!

A full route will be published on Facebook and the WhatsApp group beforehand. You will need to register via the Run Together link, which will be published on a Friday.

Also due to Covid restrictions we will be unable to supply water or any treats but if you wish to bring your own then these can be left with Debby.

Next month (August) we will be off to Gossops Green

### **MILE CHALLENGE**

Keep an eye on Facebook and the WhatsApp group for the date, time and place for the next mile challenge!

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

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

## TRAINING

Monday nights will continue to be a social run (when the Neighbourhood runs are not on) with the run leaders offering various speeds and distances to cater for everyone. Please wear club colours for training as it's good to get our name out there.

On a Wednesday we will be offering technical sessions, some will be at Tilgate in the park whereas others will be around Crawley.

S&S Training Programme								
Day	Date	Time	Location	RL	Session	Description	Pace	Cost
Monday	5th July	TBA	TBA	TBA	Social Runs	A variety of group social runs - Pre-booking required on Google Sheet / RunTogether via FB and Whatsapp groups	TBA	£0
Wednesday	7th July	TBA	TBA	TBA	Hills, Intervals etc	A variety of group running sessions - Pre-booking required on Google Sheet / RunTogether via FB and Whatsapp groups	Suitable for all abilities	£0
Monday	12th July	6.30pm	Northgate - Meet at the carpark on Woodfield Road	Debby Scott	Neighbourhood Run	A social group run - 2.5km loops at own pace - Pre-booking required on RunTogether via Goggle Sheet on FB and Whatsapp groups	Suitable for all abilities	£0
Wednesday	14th July	TBA	TBA	TBA	Hills, Intervals etc	A variety of group running sessions - Pre-booking required on Google Sheet / RunTogether via FB and Whatsapp groups	Suitable for all abilities	£0
Monday	19th July	6.30pm	Main Car Park, Tilgate Park	TBA	Social Runs	A variety of group social runs - Pre-booking encouraged on Google Sheet / RunTogether via FB and Whatsapp groups	TBA	£0
Wednesday	21st July	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions - Pre-booking encouraged on Google Sheet / RunTogether via FB and Whatsapp groups	Suitable for all abilities	£0
Monday	26th July	6.30pm	Northgate - Meet at the carpark on Woodfield Road	Debby Scott	Neighbourhood Run	A social group run - 2.5km loops at own pace - No pre-booking for members - Non-members register on RunTogether	Suitable for all abilities	£0
Wednesday	28th July	6.30pm	Main Car Park, Tilgate Park	TBA	Hills, Intervals etc	A variety of group running sessions - Pre-booking encouraged on Google Sheet / RunTogether via FB and Whatsapp groups	Suitable for all abilities	£0

If there are any particular sessions you would like us to include please speak to a run leader or contact Stella at [suggestionsofficer@crowleysaintsandsinnersrun.co.uk](mailto:suggestionsofficer@crowleysaintsandsinnersrun.co.uk)

## KIT

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

## RACES

East Grinstead 10k is on September 26th, to book please go to [www.egtriclub.com/eg10k](http://www.egtriclub.com/eg10k)

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

Don't forget if you are doing races representing the club, or for charity, which result in a medal and/or a T-Shirt, please send your race report to Debby by the 7th of each month so this can be included in the newsletter at [media@crowleysaintsandsinnersrun.co.uk](mailto:media@crowleysaintsandsinnersrun.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 Luttmann  
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Kit officer – Sarah Stanbridge  
[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 Sarah 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. Sarah will then distribute these at training/races/parkrun when she can. Please note the turn around can be a couple of weeks so please your order in advance.

### Register for WSFRL

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

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

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

Please then transfer £3 pp to:

**Crawley Saints and Sinners Running Club**

**Sort Code 20-23-98**

**Account Number 30434213**

**Reference: FR(race no)**

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

### Register for XC

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

Email Paul and register your intent to run on:

[raceentry@crawleysaintsandsinnersrun.co.uk](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)