

Welcome to the January 2023 newsletter.

Thank you to Debby and Jim for their hard work and enthusiasm in putting together the Saints and Sinners Newsletter for the last two years. They will be a hard act to follow. For those who don't know me my name is Nicky Wilson and I'm your new media officer. I've been an S&S member for a couple of years and regularly take part in Tilgate Parkrun, Wednesday's S&S technical sessions and some of the WSFRL and SGP races (useful segway into the SGP and WSFRL 2023 preview of events, see pages 12 and 13). I've also entered Run to the Sea ultra, so has Lou Mitchell, do take a look at her training blog on page 11.

I'm looking forward to the new role and will do my best to put together an exciting and informative newsletter each month. Obviously this is really down to you, our members, contributing on a regular basis, so please keep your run reports and articles coming. And thank you to everyone who took the time to write something for this month's newsletter.

Last but not least a warm welcome this month to new S&S members **Trevor Montague** and **Carly Smiles**.

Nicky

Chairman's Corner

Hi everyone!

Hope you are all well and enjoying your running!

It has been a "bitty" month due to the weather. It was a shame the Hangover 5 was cancelled and I'm not sure many of us enjoyed the 3 Chevron Tilgate parkrun!

We have had 2 XC events in January, as ever superbly organised by Paul L. I took part in the Bexhill one, it was an experience! Refer to race report later in the newsletter!!

We also had our 1st Committee Meeting of the year, it was great to see everyone, and thanks again to everyone on the committee. Don't forget if you have any suggestions to write to Suggestive Stella!

Look forward to seeing you all soon

James

Runner of the Month

Our Runner of the Month for January is Michele Nixon! Michele has run in every XC race in the current season. At the recent Sussex Championship Michele was the only lady taking part from S&S! She also takes part regularly in our Wednesday night training sessions.

Well done Michele!

James



Run Reports

HYROX World Series of Fitness Racing –Excel, London, November 19th, 2022

Hello Runners,

I have been looking for running motivation, something to motivate me to train. I found this event that all runners should try. And the training is good and you still get to run and strengthen your body. HYROX it is. You have to run 8km total in 1km intervals. After each 1km you have an exercise like rowing or skiing, 1km each and some weighted carries and pushes etc. Everyone can do it. It's indoors, warm and NO MUD. People who can run do the best.

So Michele and I booked in for a mixed pair, doubles. Sadly we missed the podium by 19 seconds. I shouldn't have stopped for so many drinks. LOL. Having a taste for it we both entered the solo race. That was a tough one, your heart does not get a rest, mine hitting 204.

Everyone should try it and sign up. Try something new and fun. Pics below. We loved it.

Frank Stone and Michele Nixon



Guildford Parkrun – Christmas Day 2022

Whilst staying at my in-law's for Christmas, I decided to do my first ever Christmas Day Parkrun. I decided to go to Guildford since it was going ahead, relatively close-by, I hadn't done it before and had that element of nostalgia for me being a University of Surrey graduate. Bonus, it gets me the letter 'G' in the Parkrun alphabet!

Because Glenn and my father-in-law were poorly, I did this one solo. It takes place at Stoke Park, Guildford, with ample parking at the Spectrum Leisure Centre across the road. Easy to get to and find, I arrived early for the tourists briefing and a quick warm-up. Soon, we were lining up and setting off with varying levels of effort with regards to costume – I just went with a sparkly Santa hat and my club shirt, whilst others were in full Christmas attire. The course is two gently undulating laps over field and paved path (about a 1:1 ratio of field to path as advertised), which kept things interesting. There was brilliant support from marshals and even another park user playing Christmas music to keep us going. Since it had been raining a lot that week, the fields were rather muddy in places and I was glad that I opted for trails (although following a spell of dry weather, I imagine you would get away with roads). Given the course conditions, I was happy to achieve a time of 29:07.

I would definitely recommend this as a Parkrun course to try, and would like to run it again in drier conditions. It is not a PB course, but definitely has that usual friendly community feel and isn't too far to go on a Saturday morning from Crawley, M25 permitting. And I don't know if they do this every week, but there were some homemade cakes and cookies at the end. Always a bonus, especially when you have a sweet tooth and want to reward yourself for showing up on a Saturday morning!



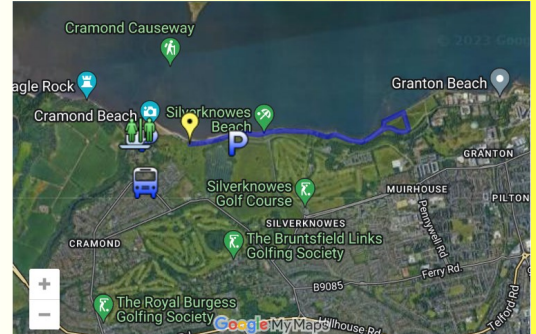
Lou Mitchell



Touring in Scotland

Edinburgh Parkrun—Christmas Eve, 2022

Christmas Eve. We are up early to run Edinburgh Parkrun. This Parkrun starts and finishes in Cramond Park. The course is an out and back along the banks of the Firth of Forth. You run on paved surfaces apart from the last 1/4 mile which is on a trail path. The path is wide and the course is flat, which attracts plenty of fast runners. Remember to check out the views as you run. Afterwards we headed to South Queensferry for breakfast and a stroll under the Bridges.

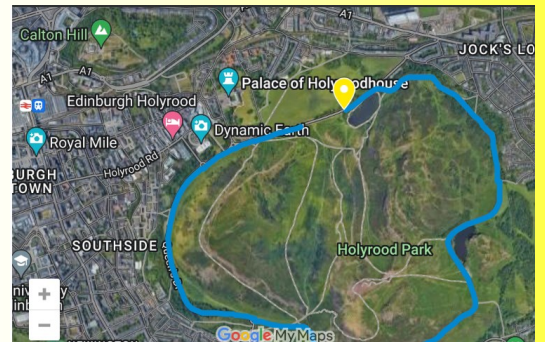


Peebles Parkrun—Christmas Day 2022

Christmas Day. We head for a favourite Parkrun in Peebles. Hay Lodge. This is a small Parkrun which is three laps around Hay Lodge Park. The course is hilly with a 1/2 mile climb each lap, run mainly on narrow paths with a small section on grass. This is a lovely course and well worth a visit if you are in the Scottish Borders. There are free toilets too.

Holyrood Parkrun—New Years Eve, 2022

New Years Eve. And we are Edinburgh bound again. This time to Holyrood to run the newest Parkrun in the city. The course winds its way around Arthur's Seat on road offering spectacular views; which is handy as the first mile is a steady hill climb. From the top of the climb it is a fast 2 mile downhill to the finish with a sneaky incline for the last 1/4 mile. Just remember to check out the views of the city from the course. A very nice course. Check it out if you are in Edinburgh. There are toilets too. Afterwards we headed to Portobello for a Scottish breakfast.



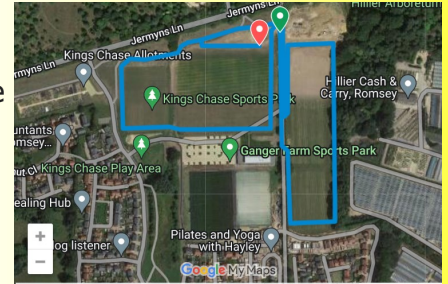
Dickie Bryant



Granger Farm Parkrun – Christmas Eve, 2022

For the last few years, my family has taken to hiring a cottage for Christmas so each year one of my main selection criteria is, 'is there a Parkrun close by'? This year we headed off to a village just outside Salisbury. Fortunately there were options for both Christmas Eve and Christmas Day. The next task, to persuade a family member to come along with me to look after Milo!

Christmas Eve saw me heading off to the Granger Farm Parkrun with my Mum in tow. This run takes place in a sports field on the outskirts of Romsey, it's figure of eight loop taking in a circuit of two football pitches which is run twice. Very flat, very straight-forward, not terribly exciting but everyone was lovely. A great farm shop just opposite.



Salisbury Parkrun—Christmas Day, 2022

Christmas Day was a second opportunity to don the Christmas Elf outfit for a trip to Salisbury Parkrun. This time my sister tagged along and Milo put on his Father Christmas coat (he is a dog for those that don't know). Salisbury Parkrun takes place in a classic Municipal Park so it's a dreaded 4 looper. Slightly disconcerting to be lapped by the lead runner inside my first lap.....and he was pushing a buggy! A really great atmosphere and with some fantastic efforts on the fancy dress front. 4 laps done and dusted, we headed off to hit the prosecco and peel the sprouts.

Next year.... Margate (we are a very organised family!)



Clare Hall



5K improvers Programme – Oct to Dec 2022

Shortly after completing my first marathon, I achieved some PBs over the summer, only to find myself crashing back to Earth and finding it hard to motivate myself to keep up the faster running. I then saw a 5k improvers programme on offer to be run by Luke and Clare, starting at the end of October 2022. I exceeded the criteria (doing 3-4 runs covering 15-20 miles per week) so I decided to sign up. It was an 8-week course consisting of 5 runs per week, two of which being club sessions. It included alternate interval and tempo runs, shorter easier runs, a faster Saturday run, and a slightly longer Sunday run. The distances/repetitions for the weekend and technical runs gradually increased each week with the end goal of achieving a faster 5k time, to be run at Tilgate Parkrun at the end of the programme. For me, I wanted to get back to my Tilgate course best of 26:45, and set the way for working towards a sub-25 minute 5k in the future.



As I do when I really put my mind to something, I dedicated myself to completing the course. I really enjoyed taking part in the sessions each week, and getting back into doing regular Parkruns to motivate me to push myself on the Saturday runs. I also got to know club members that I do not normally run with, including someone who was at a similar pace to me – this was great as we motivated each other to push that little bit harder on the technical sessions and at Parkrun (thank you Amy M!).

But, did I get faster and fitter? The short answer is yes – sub-30 minute Parkruns started to feel that bit easier and I clawed my way from 28:32 at the start of the course to 27:48 by the end of week 6. Week 7 admittedly I took Parkrun a bit steadier as I felt a bit tired with the edge of a cold (but still sub-30 min), with the view of giving it all I had at the end of week 8 with the help of a fellow club member to pace me. Alas, it was not to be as we had that cold snap where it snowed and hung around as ice for the whole of week 8.

Now I am training for my first ultra in May, but I am still keen to try and keep up the pace at Parkruns, and who knows maybe I will achieve my 5km goals in the not-too-distance future (but after I have completed the ultra).

Lou Mitchell

Bexhill XC - January 7th

A hardy group of Saints & Sinners travelled over on a wet & freezing cold Saturday afternoon to Bexhill for the Sussex XC Championships.

I had taken part in this event on 2 previous occasions, so I knew what to expect! It always seems like a good idea, not so good once the day comes!

The course is now a 5 lapper, so includes 5 runs up a delightful hill....
By the time the Senior men went off the Juniors had nicely churned up the course for us, so it was nice and muddy!

The gun went off, the vast majority of the field disappeared into the distance. Jim and I trudged up the hill. I nearly lost a shoe. My heart sank and I knew at this point it was going to be a long day! The route is tough, albeit each lap is only 2k. Being laps, it's psychologically hard, as is the course!

By the 2nd lap, Jim and I were being passed by the quicker runners. The standard is high but the event is very friendly and the marshals are superb (even if they did keep asking us if we were on our final lap!).

Everyone had a good run and claimed they enjoyed it! It's certainly a race that you enjoy crossing the finish line!

Thanks as ever for Paul L for organising us, and well done to Paul, Martyn, Michele, Dickie and Jim for taking part!

James Mason



Sussex Masters Cross Country—January 21st Coombes Farm

21st January saw a small S&S team head to Coombes Farm, Lancing for the annual Sussex Masters Cross Country races. Coombes farm is a working farm, open to the public to view lambing during the spring, a maize maze in the summer and many other events.

It was a perfect day for a run on the South Downs, after a cold, frosty week the day was chilly, but gloriously sunny.

The course starts at the bottom of a valley with a lap of about 300m on the flat and then straight into the main climb of some 400m, up a rutted farm track. At the top you take a sharp right hand turn onto the ridge of the hill. This track continues slightly uphill and has an awkward camber, having a right leg 15cm longer than the left would be a great advantage!

The course then continues along the ridge with fantastic views to both sides, if you had the time to look. The course then takes a turn to the right and after a short distance downhill takes a short, sharp climb to a clump of trees. Round this clump and then slightly downhill, before a final kick up before reaching the top of the valley. Then begins 800m or so downhill and with caution thrown to the wind you return to the start, only to do it all again.

Two laps equals 8k, but everyone seemed to measure it slightly shorter than this. All ages and sexes complete the same distance.

The first race was the v50, v60 and v70 athletes, all with our ages pinned to our backs so there was no mistaking who you were chasing, or being overtaken by!



Paul Luttmann was the first Saint home in an impressive 5th place. I came in 17th in my age category just beating, in a sprint finish, one of my regular adversaries - always a good feeling.

Next up were the v40s, with Andy Kerr and Wayne Kingsnorth representing S&S. Andy set off at a steady pace, when he passed me about a quarter of the way around the second lap he was a good 100 metres behind Wayne. But, when I got back to the finish line to see them in, there was a real battle going on. Andy pipped Wayne, by just 1 second. Frustrating for Wayne, but he took it with good grace.

Final race was the ladies, our only representative here was S&S Runner of the Month Michele Nixon. Going up the first hill, after a fast start, she was in 3rd place. Finishing in a great 23rd place overall and 10th in her age category, this completed a fantastic set of results.

If you have not been involved in the Cross Country season yet, don't despair, we still have 1 race left at Stanmer Park on 11th February, look out for the details from Paul in due course. It is definitely worth having a go, the courses are no harder than the WSFRL and there is always lots of support and camaraderie from runners of all the clubs involved.

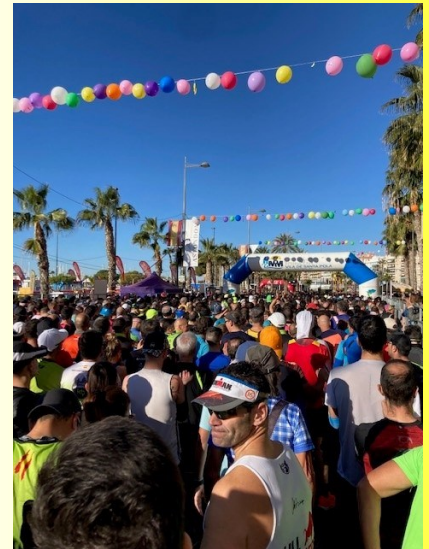
Thanks go to Paul for organising and driving, Frank for supporting and Michele for the excellent coffee cake.

Martyn Flint

Santa Pola Half Marathon—January 22nd

Inspired by Nina Trevarthen, on 22nd January six members of Team S&S travelled to Spain (Alicante) for the Santa Pola Half Marathon. I was the newbie of the group as Nina, Steve Baker, Mary Freestone, Dickie and Lesley Bryant had all participated at the event previously. It was arranged that we would meet prior to race day at the Runners Fair situated by Castillo Fortaleza de Santa Pola. This is where the festivities started, Saturday afternoon in the glorious sunshine, when bib numbers were collected along with a Runners bag which included a shirt, a packet of salt (*I know totally random*) and a commemorative book. It was at this point that 'Lesley Bryant' was not registered to run, but don't worry 'Lesley Connolly' had a bib number assigned to her. Dickie had forgotten he married Lesley!!!

Fast forward to race day. On arrival it was a chilly morning. Bright blue skies, sunny and most importantly no wind. The race temperature was 14-15 degrees. It was perfect running conditions. Nina had arranged to meet her friend Gaspar who was local and very well known in the community. He quickly got us down to the start area for some fantastic photo opportunities, we experienced the atmosphere build and then watched the pre-race spectacle, parachuters jumping from planes in an ariel formation with flares going off and then landing on the beach. For 5 minutes the mind switched off from running!!!



Fast forward to the start where 5500 runners crammed into their designated pens. The atmosphere was electric, the count-down commenced, the start gun sounded, fireworks went off with ticker tape and music playing it was a great way to start the run. A really uplifting party atmosphere. The best part was the support from local people. From the start line where people were in the stands cheering you on right through to the end. People lined the streets for almost all 21km. The dancers, rock bands and other musical performances were absolutely brilliant. Like the water stops these were nicely spaced out around the course at every 5km point.

The course was flat, mainly on road (*with a small section on the beach*) and felt very fast. So many good runners and at the very front a few runners of African descent lead the race and went on to win the 5000€ prize money. The winner finished in under an hour.

At kilometre 14-15 the runners headed past some narrow streets in the centre of Santa Pola. This was a personal favourite for me. For a few minutes running through these narrow streets it felt like a scene at Tour de France where the cyclists are heading up the mountains and the crowd are encroaching on the riders. Don't worry, the crowd didn't encroach on the runners, but the streets were narrow, and people lined both sides of the streets and lots of runners passed through together. The crowd cheered, clapped and whistled and a few vuvuzelas went off. This really lifted me so much so that I had my quickest kilometre split and found myself trying to slowdown after 15km.

....cont

The final part of the race was brilliant. So many fantastic live performers, running past a beautiful marina along the seafront, the support from the crowds was amazing and as you got closer to the finish line you could hear music playing and a Spanish commentator speaking very loudly at a hundred miles per hour, most probably calling out your name and encouraging you but I had no idea what they were saying. After crossing the finishing line we headed for the runners pen to collect our medals. I was surprised another Runners bag was going to be provided. This was filled with a towel, water, Powerade, chocolate, oranges amongst other things. Such good value for the entry fee paid.



We headed to the coca cola tent for some well-earned sugary drinks, soaked up the sunshine and swapped stories. I haven't seen any chip times, but gun times Lesley finished in 2:12:39, Mary in 2:09:47, Nina 2:06:07, Dickie 1:58:34, Steve 1:42:17 and I had a PB 1:34:31. For all of us, there is somewhere between 35-95 seconds to come off for chip time.

After lots of cola and photos we headed off for a Paella lunch. Big shout to Nina's husband who took some brilliant photos and safely got us to and from the race. This is an awesome event, probably the best running event I have participated in. I would highly recommend and I cannot wait to do it all again next year.

Dan Smiles



My first Ultra—training blog

Not long after completing my first Marathon last May, I entered my first ultra for this coming-May with some S&S buddies - Run to the Sea Brighton. It is a 50k (31.25 mile) 'multi-terrain' run from Horsham to Brighton seafront, featuring the Downslink followed by plenty of hills, or so I'm told - I don't like analysing the routes of races I do too much, as I just want to deal with the challenges as they come on race day and not worry about it beforehand.

Starting early, I embarked on a training plan at the end of last November. At first, I was managing to keep up with increasing from 4 to the specified 5 runs a week by dropping my weekly bike ride on the turbo trainer. The plan also included a technical session (speed or hills) and a long run, building mileage for 3 weeks, then cutting back mileage on the fourth before building again. Those of you who know me will know that once I set my mind to something, I will throw myself into it full throttle. And, if there is a plan to follow, I have to follow it diligently or I feel like I will fail somehow. So, if I was short on the stated number of miles one day, I'd be hellbent on making sure I made up for it on another run, so that the cumulative mileage was accounted for by the end of each week! Even the week where it was very icy, I managed to cover the mileage with no speed work- luckily it was a cutback week!

I got to the end of week 8, and for various reasons (training buddy illness and non-running commitments included), I found myself doing most of the miles alone - not what I envisaged when I signed up. I managed to get up to 18 miles solo in training week 7, finding myself absolutely knackered in week 8 - even though it was a cutback week. I got to my 5th run that week and only managed two miles, mentally just having no running mojo left in the tank.

Reflecting on conversations with more seasoned ultra runners in the club, and with a couple of my friends that I signed up with, I decided the plan I was following wasn't right for me and what I wanted to achieve - which is basically to just finish an ultra with my friends and actually have an enjoyable experience doing it. Not racing or setting any targets for a time (other than finishing before the event cut-off). The first plan also had high mileage relatively early on- a 12 mile run in the first week and the total weekly mileage building up quickly after that. I was also finding that I had really tired legs and wasn't quite getting the recovery I needed doing 5 runs a week. Cara shared a plan she was following and going forward, I have decided to follow this one. It still hits the higher mileage with the long runs but in a more manageable time frame, and it is 4 runs a week, with a strength training session in place of a fifth run. It also consists of a weekly speed session, long run, with build-up and cutback weeks. This also means that days are easier to jiggle around when other commitments get in the way.

So all in all, the last couple of months has been a learning curve of being more flexible with my training and finding what is right for me. I completed week 9 (or week 11 on the new plan) having done more running socially and finding that enjoyment again, which will hopefully put me in good stead going forward. Oh and most importantly, I will be doing a lot more of these miles with buddies going forward, not being afraid of asking for support where our schedules don't quite tally up - there are quite a few of us signed up to Run to the Sea or Three Forts the week before after all!

Until next time, happy running everyone!

Lou Mitchell

WSFRL Preview and Calendar for 2023

Here is the Link to the new season of WSFRL Races for those that like to plan ahead:

[Fixture List – West Sussex Fun Run League](#)

Snapshot of first six months runs.

2023 WSFRL Calendar		
	Date and Time	Race and club details
1	Sunday 1 st January 5 mile 11:00	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk
2	Sunday 12 th February 1 mile 10:30 5(ish) mile 11:00	Crawley Run Crew Run Your Heart Out 8k K2 Leisure Centre, Pease Pottage, Tilgate, Crawley, RH11 9BQ, www.crawleyruncrew.co.uk
3	Monday 10 th April 1 mile 10:10 10km 10:40	Lewes AC Lewes Easter Monday races Lewes Leisure Centre, Mountfield Road, Lewes, BN7 2XG www.lewesac.co.uk
4	Sunday 7 th May 5 mile 11:00 Proposed	Portslade Hedgehoppers Hedgehoppers 5 Portslade Community College Sports Centre, Chalky Road, BN41 2WS www.portsladehedgehoppers.com
5	Wednesday 24 th May 1 mile 19:00 14 and under 5 mile 19:30 15 and over TBC	Chichester Runners Trundle View Opposite Goodwood racecourse Selhurstpark Rd PO18 0PS www.chichester-runners.org.uk
6	Wednesday 7 th June 1 mile 19:00 5mile 19:30 WATER	Arunners Beach Run Littlehampton West Green (next to The Windmill Harvester Restaurant) Littlehampton, BN17 5LH www.arunners.co.uk
7	Saturday 24 th June 1 mile 12:00 5 mile 12:30 WATER	Burgess Hill Runners Downland Dash Downlands Community School, Dale Avenue Hassocks BN6 8LP www.bhrunners.co.uk

Last year as you may know we managed to finish 6th overall - which is a great job! We actually won the last race of the year in Horsham so it shows when we all turn up in numbers we can mix with the 'big boys' and challenge the usual top 3 or 4 teams. Let's keep that momentum!

For those of you that are new to the club or to the WSFRL or just aren't sure how it works, here is an explanation. It is a fun run league - so don't be put off by the points as everyone plays their part and they are all tough but enjoyable races that anyone can and should be taking part in!

Once the race has been run, all finishers are split between males and females. Each Gender is then counted and the top 10% are given 10 points, the next 9 points etc etc, with the last 10% being given 1 point. After this the best scoring 10 runners (mixture of genders) are then counted towards the clubs points - this means a maximum of 100 points if our best runners all score within the top 10% of their gender.

So for instance, you may finish 18th in the club's places, but still have your points count as you finished well in your gender. I usually have someone like Stella for example that finished after myself, but regularly has her points added to the overall total, whereas mine may not.

The other points we gain are for participation, we get a maximum of 25 points per race. 1 for each person up to the value of 25. So if we have 45 people, we will get 25 points, if we only get 10, then 10 points. Those points are then added to the aforementioned 100 points for a maximum of 125 points per race.

This does not mean if we have 25 people that we do not need other runners, every race you run will increase the number of people in each 10% bracket meaning more people could get more points! It is also helpful, because your position, regardless of where you finish will affect all the other clubs points too, and they may have fewer runners so their points are even more critical to be lower.

I hope that helps. Any questions or need some advice about these, please feel free to email!

I'll see you at k2 on **February 12th!**

Luke Taylor

SGP Preview and Calendar for 2023

After a great Sussex Grand Prix season in 2022, we're fast approaching the start of this year's competition. Last year Saints and Sinners came a superb 4th out of 23 teams, with a number of individual category winners and I hope we can maintain that success this time.

The SGP offers runners of any ability the chance to score points individually and for the club. For each of the 12 races throughout the season points are awarded according to the runner's finishing position. First place earns 500 points, second place 499, and so on. The scoring is separate for males and females.

An individual's points totals are obtained from a runner's best six scoring races at any distance. Team scores are calculated on a race-by-race basis according to finishing positions of each team's runners.

I'm already training for the first race of the season, the **Hastings Half Marathon on Sunday, March 26th**, and hope to see as many of you as possible there.

Jim Scott

Link to this season's races <https://sussexgrandprix.co.uk/news/races/>

Races 2023

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

Any changes/errors, please let us know.

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

My new role—Welfare Officer

Following the AGM in December I was voted in to be the club's Welfare Officer. For those that don't know me I'm Debby. I've been a member since January 2017 and started running the year with a Race for Life in memory of a close colleague who we lost earlier that year. I'm probably best known for badgering everyone for run reports for the newsletter but have now handed this role over to Nicky!



I also took last year's Learn to Run course with Luke and will be taking this again this year. I marshal regularly at Tilgate Parkrun and I'm normally on the side-lines for races taking pictures and cheering you on, but this may be the year I conquer my fear and try to wear a race number again!

My role as the club's Welfare Officer is to give you a trained and trusted person to speak to about a concern, either within the club or at times outside athletics. The Welfare Officer is the lead person who has the right skills and knowledge to manage any concern raised in an appropriate way. They will know how to deal with concerns in a way that wouldn't hamper an investigation. Their responsibility will be to ensure the right information is shared with the right people at the right time. If you have any questions or concerns, then please contact me and I will deal with this in the most appropriate way.

Debby Scott



Three Forts Marathon - Volunteers needed - 30th May

S&S will be supporting the Three Forts marathon on 30th May as we always do. We need a team of 6 volunteers to support Peter Airey on the morning for no more than 2 hours. If you can support, please let me know.

James Mason

Tilgate Tidy

As a club, we are very fortunate to be able to use Tilgate Park for our summer training and all of us have pounded many a mile around the tracks and trails. The Park rangers rely heavily on volunteers to help keep the park in shape so we like to offer our services for a couple of hours, twice a year.

Next opportunity is **Saturday February 18th**. We meet outside Smith and Western at 10am so time to fit Parkrun in first. Its fun but dirty work so wear old clothes. Tools provided. If you have gardening gloves, bring them but they will be provided if not.

Please do try and come along. It really is worthwhile and is very much appreciated by the team that look after the Park. If you are coming along, either tell me in person/via WhatsApp/respond to Facebook event

Clare Hall



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

Following requests to have some sessions at different locations during the winter, it was agreed that we would have a neighbourhood run once a month while the nights are still dark.

For **February** it will be **Monday 20th** in Furnace Green, meeting on the corner of Sylvan Road and Furnace Drive. March's will be **Monday 20th** – location to be advised.

The runs will then start again every other week on **April 17th**, with future locations to be advised.

Learn to Run

The next course is starting on **Monday, March 27th** with graduation on **Saturday, June 10th** at Tilgate Parkrun. An advert will be going out shortly which we would like everyone to share. We will be looking for helpers during the course and buddies on graduation day – these count as a volunteer credit for those that are interested in entering the London Marathon ballot.

Mile Challenge

This year these will be on **Wednesdays May 3rd , July 26th and September 20th** – let's see if you can beat your time from last year or set a benchmark on the first session to improve on by the last one!

BREKKY RUNS

Date and Location of next brekky run TBC.

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

Horley Harriers Track Sessions

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. **February and March sessions** will take place on **Thursday 2nd** and **Thursday 16th**. Meet at the back of the centre by the track at 6:45pm.

If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

Track sessions are £3. Please see S&S Facebook group for payment instructions.



February activities

Saturday February 4th—Parkrun Tourism, Horsham (Southwater), 9am

Saturday February 11th—Sussex XC League Race 4, Stanmer Park at 2pm

Sunday February 12th— WSFRL Run Your Heart Out 8km, K2 Leisure Centre at 11am, registration by February 5th

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

Sunday February 26th—Polesden Lacey—National Trust Trail 10km, 9am

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

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.

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
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetman
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
Ordinary member - Clare Hall
Ordinary member—Dawn Rhodes

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