

Welcome to the June 2022 newsletter.

And a welcome to our new member this month: **David Hutton**

Thank you to everyone for your run reports this month, it's great to have such a variety.

Don't forget to book your place for our 40th birthday celebrations and awards evening, details can be found on Facebook and Page 25.

Also get yourselves booked in for the club relay on June 26th, unfortunately we won't be there but will be thinking of you from our sun loungers!

Debby & Jim

Chairman's Corner

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

I've been reflecting on the recent learn to run graduation at Tilgate. I was so proud of the club, it was fantastic to see so many of us there in yellow!

All of the graduates did so well, and I really look forward to seeing them all at training!!!

Really heartfelt thanks to Debby and Luke (and all of the other volunteers) for all the hard effort and time you put into this. Really proud of you all x

I'm taking part in Endure again with Richard, Lesley, Mark W and Nick (minus satsumas), really looking forward to it.

Don't forget there are lots of SGP and WSFRL events coming up, don't forget to check your emails!!!!

Hope to see you soon,

James



Wed you believe it!

Lesley & Richard Bryant, who met through Saints & Sinners, tied the knot on Friday, May 27th in Melrose, Scotland.

Congratulations and best wishes to you both from everyone at club x



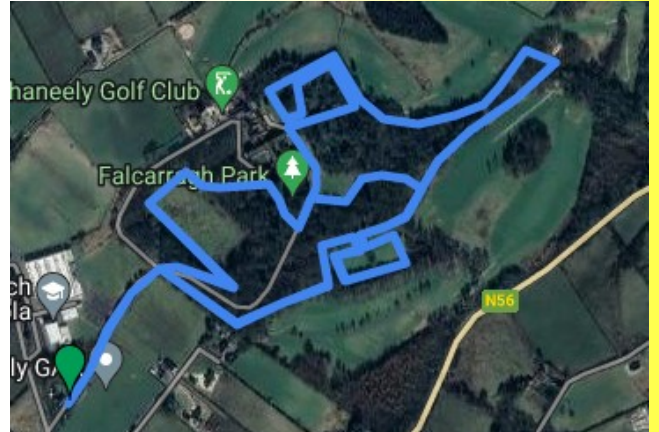
Falcarragh Parkrun (Donegal) – March 5th

Although I have done this event before I still find it one of the most friendly Parkruns going.

The people make you so welcome and when you finish they lay on tea and cakes in their tearoom 50 yards away.

As I was running around the course towards two marshals, one of them pointed at me and when I got near him and said 'I remember you from two years ago' - that was special.

While having a cup of tea with Mary and Kathleen the event director came over to have a talk to us and we had a great chat.



Brian Purnell



The club would also like to pass on their condolences to Brian, Mary and Kathleen following the recent passing of Abby.

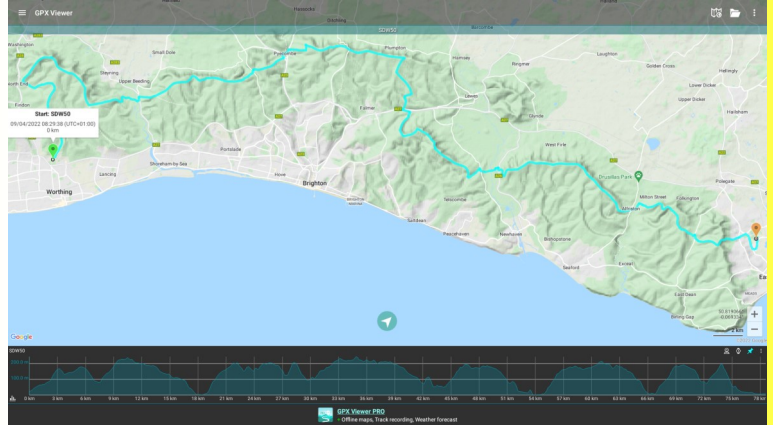
Many people would have seen Abby accompanying Brian at Parkrun over the years and she clocked up a massive 365 runs!



South Downs Way 50 — Saturday, April 9th

In April I took on the SDW50 organised by Centurion Running, which is a 50 mile race along the South Downs Way National Trail, starting at Hill Barn near Worthing and finishing at the Sports Park in Eastbourne with a lap of the athletics track.

Given I had not gone beyond 22 miles on my previous trail marathons without my body breaking down, this was a journey into the unknown for me. However, the prospect of spending a day trail running on the scenic rolling chalk hills of the South Downs was too good to miss.



In the assembly area at Worthing College, it was great to again enjoy the pre race atmosphere and interaction with the other 350-plus runners. I had a chance to catch up with and get a few words of advice from former Saint and experienced ultra runner James.

At 8.30am, they set us off in a mass start and we were straight into the first climb of the day to Cissbury Ring. The route then took in Chanctonbury Ring, Devil's Dyke, Ditchling Beacon, Iford Hill, Firle Beacon, Windover Hill and Willingdon Hill before dropping off the Downs on to the flat streets of Eastbourne.

Doggedly, I stuck to my race strategy, running with a shorter stride and a higher cadence (aka shuffling) to minimise the impact on my legs and power hiking the steeper climbs to use my energy as efficiently as possible.

Pleasingly, this strategy, the pre race strength training, the training runs, the experimenting with kit and fuelling all paid off and other than sore and swollen feet I finished the race a bit before 6.30pm in surprisingly good shape. When things did get mentally tough between 25 and 35 miles the tracker on my backpack proved to be a great motivator. Knowing friends and family were tracking my progress kept me shuffling towards Eastbourne.

We were extremely lucky with the weather, a number of our training runs on the Downs were in breezy conditions. Running into a headwind for 50 miles would have been tough.

However, we were blessed with sunshine and a tailwind throughout the day.

The clear skies offered stunning views of the Downs, the South Coast and the Weald.

Thanks to everyone for their support on this journey, from keeping me company on the training runs to tracking my progress on race day, it has been greatly appreciated.

I'd thoroughly recommend the SDW50 to any trail runners out there. It is a fantastic route and the organisers Centurion Running, their marshals and aid station crews are super friendly and supportive.

Saying that, I have no great desire to take on their SDW100 anytime soon and look forward to some shorter and faster WSFRL races on the Downs this summer.



Paul Luttmann



Gatwick Half – Sunday, May 8th

Run Gatwick 2022, with its new route on Lowfield Heath Road, with three smaller out and backs and a loop around the back of Ifield up the Mount, had a very different set up to the previous years. Not the usual rock up to Southgate.

So Cathy, Coley, Mel, Amy and myself set off early in the car with loads of time to get there avoiding closed roads.

But unfortunately there was only one road into the parking field so the event was a good 40 minutes late starting.

However, there was lots going on and it was so lovely to see so many of our S&S buddies, as we met with up Lou and friends from other run groups.

As the morning wore on it got hotter so I was pleased to have backpacks on and the water stops!

I've had a slight hip problem and we definitely had tired legs from the Mid Sussex Marathon weekend, so my mind was on when I might need to stop and stretch it. Luckily I knew where the hill was if I needed to walk and stretch.

We saw lots of our S&S run buddies and friends marshalling, cheering us on and taking photos and it gives you such a boost when you feel tired and hot!

Running around the back of Ifield and around the Mount was so lovely, as some of it was shaded and very pretty to see. I even enjoyed the hill! After the last out and back nearer to Charlwood, a stretch of the hip and passing the cheer squad and Lou, Amy, Nigel and Pam, we knew we had a Parkrun to go! So a quick gel and dextrose and we dug deep.

With the last half mile to go, and feeling like we were overheating chasing Cathy, the cavalry arrived in the form of Paul Webber shouting 'come on Rhodes and Coley you've got this!' Something about arses and gears! He cycled with us the last half mile pushing us all the way! I am sure it was one of our fastest miles!

With a Coley/Rhodes hug to finish and a medal around the neck from Ms Clapp, the girls did good.

Then we grabbed a team photo. I love my run family!

Call out to Amy too, who started with us on the first three miles for her first ever half marathon and first race! And for Emily, one of our juniors, for her amazing time for age.

Dawn Rhodes



Race to the Sea – Saturday, May 14th

Both Sarah and I ran the 50k/31 miles Race to the Sea, Horsham to Brighton. We left Crawley early on Saturday morning so we could start at 8.30am from Christ's Hospital.

After collecting our race pack and smothering ourselves in sun cream (it was a hot one) we decided to just go for it and left with a small group of people at 8.35am.

The first part of the run we kept at a slow, steady pace so as not to get too tired. We ran the Downs Link, it was very beautiful and the paths, up until mile 15, were reasonably flat.

You just had to watch your footing in some areas, especially where the cows have been.

The run organisers, Ultra Violet, arranged four stopping points that you had to check in with.

They supplied snacks and water and you could also have your own food taken to stops which unfortunately we didn't do, an ultra newbie mistake I feel.

By mile 15, after the second stop, we came across a very steep hill and met Janine for a chat.

Various other hills followed of different gradients from then on, which I walked up most of and Sarah ran slowly up them.

After the last stop we only had 6k to go and we seemed to pick up the speed. I was so grateful when we got to Hove Park as I knew we didn't have long to go.

Heading down the promenade we could see the finish line and ran as fast as we could.

Sitting down after with our free ice cream was the best and then a glass of wine and a dip in the sea was a nice relief for our feet!



Louise Redgrave



Parkrun Tourism — Clapham Common, Saturday, May 21st

Another flower show, Chelsea, so another chance to fit in some Parkrun tourism, at Clapham Common.

Clapham Common is a triangular, 220-acre, patch of land. It was originally common land for the parishes of Battersea and Clapham, and was converted to parkland in 1878.

Many fine houses were built around the park in the 1700s, when it was still separated from London. As Clapham was gradually incorporated into London, the park became surrounded by many streets of terraced houses.

In the centre of the park is the largest bandstand in London, constructed in 1890 and a Grade 2 listed building.

The park is home to many sports clubs, including football, rugby, Australian Rules football and American football and, of course, Parkrun.

This was the 130th Parkrun at Clapham and the volunteering had been taken over by the Clapham Chasers, a local running club.

After an enthusiastic pre-race briefing, including some rather inappropriate language to bring the chatterers to attention, we were ready for the off.

The start is at the edge of the cinder football pitches and then cuts across some long grass to pick up the perimeter path around the park.

The start was quite chaotic, with over 700 runners trying to fit through a narrow path of long grass, you certainly had to pay attention to avoid being tripped.

Once we got on to the path, things began to settle down and we were off on two, flat, clockwise laps of the park.

The paths are of compacted sand and you needed to watch out for tree roots and low hanging branches, but there was plenty of room to manoeuvre.

There is also a stretch on tarmac. The marshals were very enthusiastic and encouraging.

I settled in behind the 23 minute pacer, with the hope of pulling ahead of him towards the end of the run.

At the end of the second lap the finish funnel is on a bend heading back towards the cinder football pitches.

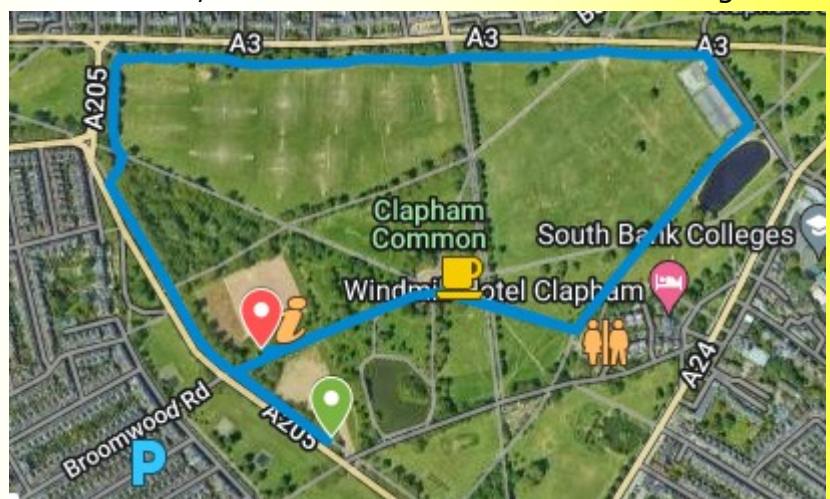
It is again through long grass, so the opportunity to have a good sprint finish is difficult.

My plan came off and I finished in 22.50, with the pacer finishing almost spot on in 23.02.

Runners were coming in thick and fast at that time, but the finish area was well managed and, with plenty of barcode scanners, there was not too long a queue.

Definitely one to do if you are in the area and, being flat, there is the potential for a PB so long as you get a good start.

Martyn Flynt



Page 7 Fella (Ed)

Edinburgh Marathon, Sunday, May 29th

After a long wait (I was originally signed up for the 2020 event) I finally ran my fifth marathon at Edinburgh. Fellow S&S members Clare Hall and Louise Mitchell were also running.

There were also five Saints and Sinners running the half marathon earlier in the morning and Glenn did the 10k the day before.

Congratulations to Richard and Lesley who got married just two days before running the half – what a way to celebrate!

I felt if training went well without injury, I was capable of beating my PB at Manchester in 2019.

I have a track record of injuring myself during marathon training, so was extra careful this time.

I downloaded a plan which was quite ambitious but I've regularly run five to six days a week over the past couple of years, so felt I could do it.

For those interested, I used a plan from Ben Parkes and his YouTube channel has pace charts which are helpfully also in kms which saves me the hassle of conversions.

I followed the plan, just adjusting some of the training to fit Saints' Wednesday sessions instead and the training all went well - just tiredness but no injuries! Thanks to Sean for keeping me company on some of the long runs.

Myself and my wife travelled up to Edinburgh on Friday before the marathon on the same plane as Clare, Jo, Kerry, Debby and Jim.

In Edinburgh I met up with my brother and brother in law who were also running, so there were plenty of people I knew there.

The day of the marathon, the weather was perfect with cloud cover and cool temperatures and just gentle winds.

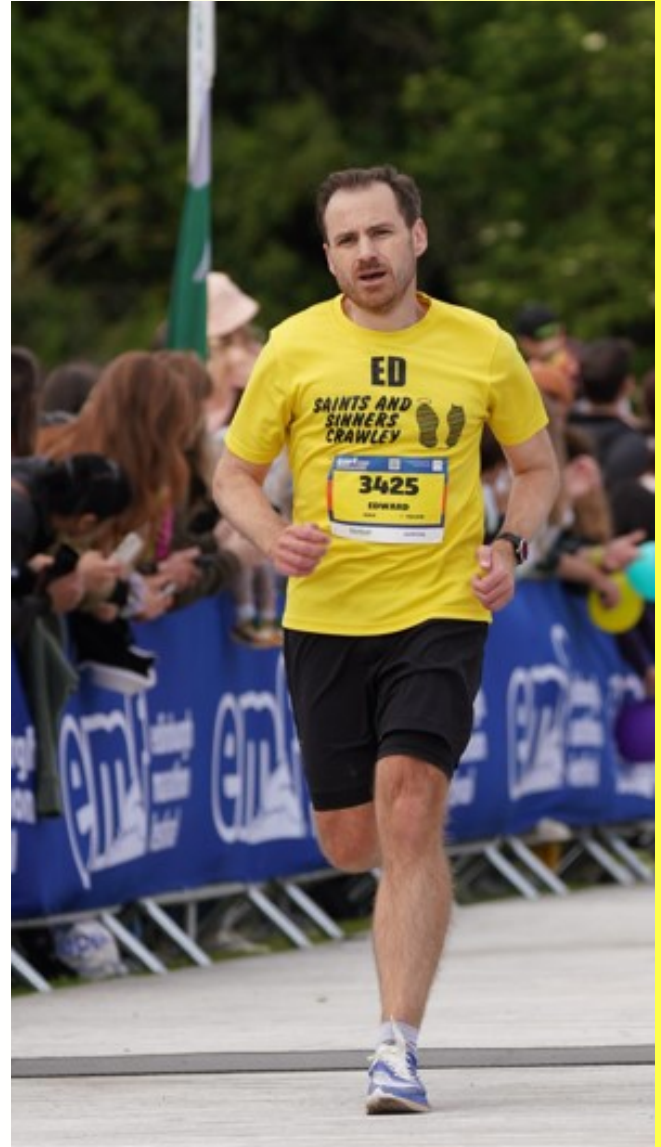
Even though I know I can do it and I've done the training I still get really nervous before a big race, but we stayed about a mile and a half from the start so we had a bit of a walk to get there that acted as a warm-up and a nerve settler.

The toilet queues were really long but luckily there were plenty of bushes in the park!

Edinburgh Marathon is mainly downhill for the first five miles as you head out from the city to the coast. I probably should have made more of this but didn't want to go out too quick.

The first 10k was easy and went by quickly. It's then quite flat up to the halfway mark. It starts getting a bit undulating towards the turn point of around 18 miles.

The route was nice and scenic and mostly along the coast; I'm sure it can be horrible if there are strong winds or rain but luckily that wasn't the case this time.



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In fact the sun came out and it started getting warm - I think as I'd done some quite hot runs in training I coped with it well and it didn't bother me.

The crowd support was excellent, there were people along most of the route and lots shouting my name as it was on my T-shirt and race number.

My fuelling strategy was to take a gel roughly every 10k up to 30km and then another at 35km. The water stations were giving out small bottles of water every 5km, so after the 10k mark I made the most of these, taking on some water at each station.

After the turn point, it's a run back to the finish in Musselburgh. This is where you get to see the runners coming the other way and it gives a good boost to see people you know (perhaps not for them going the other way!).

I was getting tired after around 20 miles but not so much that I slowed too much and I started to go past people who were slowing a lot. The feeling of running on tired legs was something I had got used to during training so I was able to keep the pace going.

The last 5km felt like it took ages, I just wanted to see the finish line.

Then we rounded a corner into a park and there it was.

I crossed the line in 3:19:57 a ten minute PB.

My only gripe was how long it took to return to the city centre afterwards with a long walk and slow bus ride, but Edinburgh is a great city to visit and I would definitely recommend the marathon overall.

I'm not sure if I'll do another marathon next year, for now I'm going to enjoy some shorter distances and some trail running.

Ed Duke



WSFRL, Littlehampton, Wednesday, May 18th

Well what can I say, I don't really need to do a report as most of the club turned out for this event — 47 runners!

The Littlehampton beach run is one of the most popular WSFRL races in the calendar, a rare flat five miles on sand, followed by fish and chips!

Nearly 500 runners took on this race in total, with nearly ten per cent being in yellow!

It was truly a fantastic turnout and we had some really fast times and really good points.

As you can tell by the fact we came joint 3rd, which is one of our highest overall finishes for a long time.

Our two juniors managed a great 3rd place too!

And we managed to avoid the 'blood rain' and all the storms which was a bonus too!

On to the next one!



WSFRL, Trundle - Wednesday, May 25th

This is always a difficult one to get to, it's a Wednesday and for us, it is the furthest race from home.

Nevertheless 14 runners and a junior turned up and ran the five-mile two loop course which is similar to the cross country event, only backwards.

Our junior managed to win his race, so that was amazing!

Still finished 3rd in the overall table as the other clubs had more participants.

I encourage all of you to bring your juniors!

The seniors had some really strong runs too! Some of us did a little better than others, mentioning no names *coughfrankcough*.

But all in all we did another outstanding performance, finishing 9th overall.

Well done everyone!



Luke Taylor

South Downs Way Relay, May 28th

What a feeling! Conquering the South Downs 100-mile relay with elevation of 11,700ft in beautiful sunshine collectively as a relay team in 13hrs 45min. Exactly what we aimed for to the minute (and under the set 14 hours).

Saying that, it was touch and go as so many factors at play when going out on hilly trails, weather, ever changing terrain, navigation, orienteering, hydration, balancing nutrition all day, making it to the cut off point in time and so forth.

Eighteen legs, six runners. Worked hard for this (teamwork), knowing so much could possibly change. Many highs, lows and adrenalin-fuelled moments. Some other teams getting completely lost/going off track for miles, injury etc.

With a 3.30am start six of us (Mark Warwick, Andy Kerr, Cara Law, myself, Ian G & Paul Luttmann) setting off in a yellow mellow minibus, driven by Paul Law to the starting point for a 6am briefing.

Starting in Eastbourne (Seven Sister cliffs) finishing in Winchester, the capital of Saxon England!

A great build-up prior to this event & the preparation beforehand, (thank you Frank Stone & for your support on the day, meeting up at various changeover points). Completing a qualifying run & prepping by going out the months before to recce/ practice our three individual legs to familiarise ourselves with the route (going off course, easily done, one mile on the day).

Running East to West over stunning rolling (& steep chalky) hills, ancient forts, picturesque villages & expansive views of the South Downs, the Weald & Channel.

Special mention to Paul Luttmann for organising it all - first class. And to Paul Law (Cara's husband), a professional driver getting the runners to the right place and right time throughout the day with all the winding roads, parking and planning.

A demanding but satisfying accomplishment on the running calendar. A unique day of camaraderie, effort and humour! And: Go to bed earlier the night before (three hours sleep is not enough)!



Dodging cow poo is unavoidable when running on a narrow footpath downhill.

Leaving your trail running shoes behind on a rock to dry, not a wise idea!

Adventure & road trips form unbreakable bonds & magnificent memories!

Michele Nixon

See Andy's video diary of the day at:

<https://youtu.be/h3Cp9duBAYw>



Parkrun Tourism — Barnsley, Saturday, May 28th

An overnight stop off in Yorkshire on the way to Scotland left me with a choice of Barnsley or Penistone Parkrun on the morning of May 28th.

I opted for Barnsley which is hosted in Locke Park and upon arrival I could immediately see this was a course that would probably be advertised, if it were a race, as 'undulating'.

As it transpired, undulating would have been kind. This was three laps of full-on hills.

Garmin tells me that I climbed 342ft over the course of the run and I felt every one of those feet, particularly on the third lap of Locke Park.

For context that's roughly 2.5x more elevation than Tilgate.

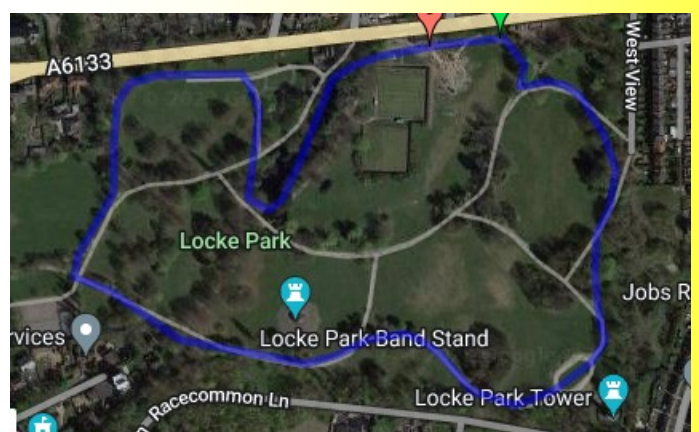
It was pacer week and I decided to sit on the heels of the 18 minute pacer for as long as I could before fading slightly towards the end.

As a Parkrun it is a really friendly event though.

I was joined by another 145 Parkrunners and I came home in 3rd place in my Saints vest with a time of 18:13, which I was really pleased with.

The Parkrun website tells me I am the first Saint to ever run at Barnsley so I'm pleased to have had the opportunity to wear my yellow with pride.

Jim Williams



Parkrun Tourism, Edinburgh — Saturday, May 28th

Jo, Kerry and myself had travelled up to Edinburgh for the marathon/half marathon. Being free the day before, we did what all good runners do and looked for the closest Parkrun.

While Edinburgh hosts two Parkruns, surprisingly, given that there is a socking great park in the heart of the city, neither of them are in the city centre.

We chose Edinburgh Parkrun which is actually held in Cramond, a 25-minute bus ride from the city centre. So we were up bright and early and headed off to Princes Street to catch the 41 bus. The bus was packed with fellow runners, all heading to the same destination.

Cramond Village is a mighty picturesque spot. It sits at the mouth of the River Almond where it enters the Firth of Forth and apparently JK Rowling lived there.

Owing to the fact that buses only run sporadically and that Parkrun in Scotland doesn't start until 9.30am, we had plenty of time to look around. Sadly though, we did not have time to take advantage of the low tide and walk across the exposed causeway to Cramond Island. Didn't want to risk being cut off!

Participant numbers were obviously swollen by the impending races and we met some runners from Burgess Hill Running Club. It's an out and back run along the Firth of Forth with gorgeous views and a glimpse of the Forth road and railway bridges on the return leg.



After the run, we headed off to the Boardwalk Beach café (yes a surfer shack.....not a wave in site!!!) for some yummy cake and a cuppa.

The manager was rather jolly (not surprising given that he was doing a roaring trade) and the café even boasted its own song which was playing continually on a loop. This really is a really beautiful Parkrun and well worth the bus ride.

Clare Hall



Sussex Grand Prix round-up

Hastings 5, Sunday, May 15th

Nine Saints (or Sinners?!) made the long Sunday morning haul to the East Sussex coast for the third SGP race of the season.

This is a flat five-mile dash from the town centre, on to the pier, then out and back along the seafront with a turn point just past where the half marathon starts.

A downpour in the hour or so before the race left us fearing a soaking but the rain eased up and — although humid — conditions proved decent with everyone putting in a great effort.



As for myself, I enjoyed a rare 'naked' run having discovered on arrival in Hastings that my Garmin watch was still on the kitchen worktop at home! Fearing my race may not count as it wouldn't be on Strava, I got over my initial panic to find I'm actually not too bad at pacing myself when not always checking my watch - who knew!

Horsham 10k, Sunday, May 22nd

A week later and what a difference the weather makes. Just a short trip to our 'posher' neighbours, with extremely warm conditions to contend with.

This testing two-lap course is always popular and that was reflected in a strong S&S turnout. Run mostly on roads, with a short section of bridleway, it's certainly not flat and those hills - particularly the slog to the finish - seemed to get harder in the heat.

I particularly enjoy this race as I find it challenging and rewarding with great encouragement from the Horsham Joggers marshals and other competitors.

Jim Scott



Sussex Grand Prix, Rye 10 Mile, Sunday, May 29th

Rye and the surrounding areas can be described in lots of ways — peaceful, picturesque and rural. However, flat is definitely not on that list. So with that in mind six Sinners turned up to take part in the Rye 10 last month — the 5th SGP race of the season.

With six races needed to qualify for awards it was a good opportunity to bank a few well-deserved points. And with a total of just 147 runners taking part, there was the potential for a lot of points to be had!

The 3.5-mile out, three mile loop, 3.5-mile back can be said to be “undulating”, “hilly” and “vertically challenging”.

There is a lovely uphill start, which then means a much needed downhill finish. And a steep, sharp downhill at about mile two obviously means mile eight is a gruelling uphill!

These are just two of the many “upward straight bits” that we accomplished. All in all it was a fantastic morning and I personally can't wait for more hills when we take on the Heathfield 10k and the Bewl 15. Well done to all six of us!



Luke Taylor

Provisional SGP Race Calendar

Dates in **red** are to be confirmed.
Any changes/errors, please let us know.

Race	Date	Day	Event
6	19th June 2022	Sun	Heathfield 10k
7	3rd July 2022	Sun	Bewl 15
8	13th July 2022	Wed	Phoenix 10k
9	TBA	TBA	TBA
10	11th September	Sun	Hellingly 10k
11	2nd October 2022	Sun	Lewes Downland 10 mile
12	30th October 2022	Sun	Hove Prom 10k
13	TBC November 2022	Sun	Crowborough 10k

Edinburgh Marathon – Sunday May 29th

I decided last year that in 2022, I wanted to complete my first full marathon. I decided on Edinburgh as the course was flat and on road, whilst not clashing with any other races. Shortly after, my father-in-law Colin entered, so I felt confident I could do it with a buddy.

Starting training around March, I was already at a baseline where I could complete halves, so I did not need to follow the early weeks of the training plan. I completed some training runs alone, one incorporating Mel's Milers 10k and then the last few longer runs with Colin.

We also had Southampton Half and Run Gatwick incorporated into our plan, which I have previously reported on. The weather was very favourable for training except on our 20 mile training run where the heat made those last couple of miles very challenging indeed.

I was very grateful for my running buddy and thoroughly recommend having someone that can either run or cycle alongside you to keep you going during training.

We did, however, end our longest training run on a high, feeling good after 22 miles and like we could do that 4.2 more!

Then came the taper, which I must admit messed with my head a little bit as I felt like I should be running more. However, I stuck with it and did my last longer run of ten miles, eight days out from marathon day.

I got through the training injury free, which I put down to wearing some calf supports and taking extra time to properly stretch after every run. However, I rolled my ankle when I went walking at Nymans on an uneven path – I heard a crunch and after some initial pain it seemed fine for me to continue my walk.

I iced it loads to reduce the swelling and only did two very gentle miles in the week leading up to the marathon. I was originally planning to do my usual 10/11 weekday miles so perhaps it was a blessing in disguise – although my ego had a good talking to in taking a more restorative week, as advised by some fellow Saints.

Fast forward to Friday and all was well with my ankle. I was very grateful to feel confident in completing the marathon – I did not have much time to think too much otherwise – and went up to Edinburgh looking forward to carbing up and seeing my cousins before race day.

On marathon day I put on my yellow and some new shorts, only to discover they were shorter than what I am usually comfortable with – a rookie error as they kept riding up as I walked to the start. It was too late now though – only time for a last-minute toilet stop and down to my start pen with Colin.

I also saw Clare on the way and we wished each other a good race. After the faster runners went, we had a short walk up a hill then we were off.

The first mile or so is downhill out of the city centre – we were both feeling good and despite trying to rein it in, did the first two miles a bit too fast.

We slowed it down and lost each other at four miles when I needed a wee (that never happens to me, but at least it meant I was well hydrated).

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I generally felt good for the first half, enjoying the scenery and the immense support from spectators and marshals – my watch said 02:25 so I was pleased I kept it steady. I also saw Glenn, mother-in-law Janet and daughter Molly pop up a couple of times for that extra boost.

However, by around mile 4/5 the sun came out and things were starting to feel a bit warmer so after that halfway point things were starting to take their toll and my pace was dropping.

A sea of runners stretched out as far as the eye could see and I just kept pushing hoping I would reach that turning point soon. It came at around 18 miles then took us around an estate and a farm before coming back out on the road to head back into Musselburgh.

By this point I was shuffling and walked a little here and there to take on fuel. There were points where I thought I am not sure I can do this, and my legs were screaming at me in agreement. It is true what I heard – 20 miles is the marathon half way point, as those last 6.2 take a lot of grit.

The support had also thinned out at this point. To power through, I told myself I had come this far, put in all that time and effort training, and travelled all this way so I was darn well determined to finish what I started. I also said to myself things like run to that shop, that lamppost etc. until I reach this mile.

When I reached the outskirts of Musselburgh, I was so grateful to see more spectators again cheering me on to give me that one final well-needed push. I also saw my support crew with less than a mile to go, so I had to keep on running!

Then I was in the finishing funnel – no sprint finish but I did manage to run a little faster. I crossed the line and saw that my watch read 26.4 miles, so a marathon and just a tad more completed. I collected my medal and goodies, then Glenn found me.

Once we were all reunited we waited for a local bus – which took a while as a few passed us full of finishers with the same idea! It was quick into the city but a mile walk to our Airbnb.

Then it was a shower and change before myself and Glenn (who ran the 10k the day before) met with Clare (full), Jo and Kerry (half) for victory pizza and prosecco. I was surprised to find that I wasn't quite as hungry as I thought I'd be, but made up for it the next day!

My time was 05:20:50 – even though a sub five would have been nice, I was generally just happy to have pushed through the mental blocks and complete my very first marathon.

Colin managed 05:03:06, so I'm glad he went ahead and I didn't slow him down. I did not get the immense high or emotional outbursts I was expecting, already analysing what could have been better (and how much time and energy I lost constantly pulling my shorts down).

I need to give myself a pat on the back though and in time I hope that I will. I did it and that is what counts!

I have since entered an ultra for next year (Run to the Sea) and am considering Brighton Marathon, so I am most definitely not put off. As marathons go, Edinburgh is a great course for a first timer as it is flattish, has great support and stunning coastal scenery. I would, however, make sure that you allow yourself some time to get back into the city afterwards.

Finally, I have a fundraising page – if you wish to donate please follow the following link, thank you:

<https://www.justgiving.com/fundraising/louise-mitchell59>



Parkrun Tourism — Bognor Regis Saturday, June 4th

We were spending the Jubilee weekend in a caravan in Pagham and the nearest Parkrun was Bognor Regis, approximately four miles from us.

Corey wanted to volunteer so I signed him up as a time-keeper which tied me in to running!

Friday night was terrible weather-wise. I think rain in a caravan is actually worse than in a tent! However, by the time we got up it had stopped and the sun was trying to come out!

The Parkrun team at Bognor were very welcoming. The run director had an 'audience participation' run briefing.

The course was all on hard paths and had one small loop, then three bigger loops.

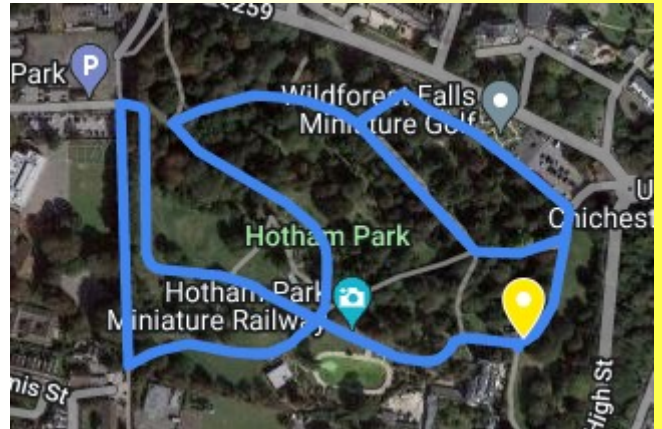
There is a path that runs along the back of the park and kind of the midway point of the bigger loop. At the top of this path, there is a regular, Derek - they said once you have seen three Dereks, you are almost done!

He wasn't as good as our Nigel as he didn't have any pom poms!!

The volunteers and runners were decked in red, white and blue, but I didn't participate as I had to proudly wear my yellow!

Hotham Park is a lovely park with a miniature railway, lovely cafe and a crazy golf.

We returned in the afternoon to play crazy golf....and I won! If you are in the area, I'd definitely recommend giving this a visit!



Sarah Clapp



Parkrun Tourism — Parc Frederic-Back (Canada), Saturday, June 4th

As has now become a standard pre-holiday ritual, before checking the top ten things to do in Montreal, I looked for a local Parkrun and placed that right at the top of my to do list.

The location was in a park called Parc Frederic-Back which was outside the city, so we left our hotel at 7.45am and got a metro and a bus to the destination.

Upon arrival I met a number of other British tourists so we shared the usual 'where are you from' conversations before heading to the start line for a 9.30am start.

The Saturday before setting off on holiday I ran my 49th Parkrun, meaning that this Parkrun in Canada would be my 1st outside the UK and 50th in total.

It would also be the smallest I have attended, with only 56 participants.

The route was one loop around the outside of the park, mostly flat with a few minor inclines and although I appreciate that Parkrun is a non-competitive race, I did secretly want to be the first of the Brit runners.

This secret mission was achieved as I was the first Brit across the line and 4th in total with a time of 20:55.

Post race there was a celebration of community, so there was some cakes and fruit rounding off a great running experience.

Next target 100!

Lawrence Knight



Parkrun tourism – Queen Elizabeth, Saturday, June 4th

On the Platinum Jubilee weekend, six Saints and Sinners runners (Kevin, Mayumi, Koji and Miyu Stephenson, Cathy Holroyd and Richard Daniells), plus Justin Mitchell from Tilgate Parkrun, journeyed down the A3 for the 407th running of the Queen Elizabeth Parkrun.

The number of runners was about double the normal attendance there, plus 109 of the 188 runners were first timers with many coming from much further afield than us.

The course is hilly, in fact very hilly, with a 500 metre uphill to start, then a 500 metre downhill followed by a lumpy up and down next kilometre.

The next 1.2k is all uphill, some of it pretty steep indeed.

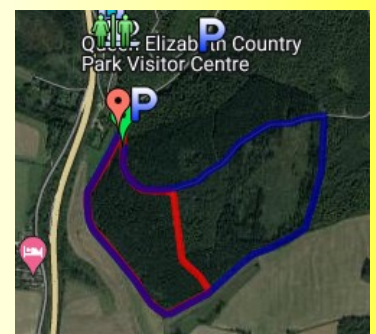
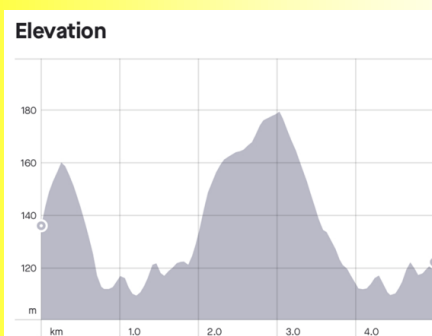
The rest of the fourth kilometre is pretty much downhill and ending up with the same lumpy last kilometre to finish. Many runners had turned up in fancy dress (not us!), including a guest appearance from the Queen herself.

Times were never going to be fast, but this is a very scenic Parkrun with fantastic views, especially on the downhill section.

There is plenty of parking, even with a much larger than normal turnout (£5 for two hours), and an excellent but busy café which we all frequented afterwards.

It's definitely a trail shoes course and is all run on woodland track and a really excellent morning out was had by all of us.

Richard Daniells



Medway 10k — Sunday, June 5th

To celebrate the Platti Jubes (Joobs?) Jim Williams and I had planned a big trip to Kent for a race. Both of us grew up in the county so this really was going to be a special day out.

I'd spent the preceding week preparing and planning. I was hardly able to sleep with excitement. On the evening before Jim said he wouldn't be coming...

Early Sunday morning I made my way there (on my own) and arrived at the Medway Park Leisure Centre in Gillingham for the race. The start was delayed as there was a missing key for a gate on the course that needed to be opened.

Pressure was on as the closed roads had to reopen on time to let the people of the Medway towns get on with their busy Sundays! The key was found and a little over half an hour late the Mayor of Medway tooted his hooter and we were off.

We set off around the track and on to the 'Great Lines' looping around part of the local Parkrun course, through some residential streets, across the college grounds and back to finish on the running track at the leisure centre.

The race didn't quite go to plan for me though I was a little quicker than last time I did this race in 2018. The medal was specially themed for the Platinum Jubilee which was a nice touch. I suspect Her Majesty would have loved it!

Despite the delay at the start the race was well organised by the folks at Nice Work. Nice work, Nice Work!

Ian Blackham



Memories from Derek

As many of you are aware, and if you've read previous newsletters, Derek Brailsford was one of the founder members of Saints and Sinners and has forwarded us some of his memories, including his father's participation in the "brutal" Hallam Chase.

 **Derek Brailsford**
1 m · 🧑🏻

For those of you, who haven't seen the article that I contributed to in a small way, and which includes references to my father & me, see the link is below.
<https://www.bbc.com/news/uk-england-south-yorkshire-61551698>
 In my opinion, winning this Race was the second best result that my father ever had. His best was as a 20yr old, running the first ever Sheffield marathon in 1929. It was a very tough course, and of the 48 starters only 16 finished, my father came in 10th in a t... See more



BBC.COM
Cheats, bets and killer hills: The 'brutal' race which keeps on running
 Described as "horrific" and "murder", why do runners keep coming back to the Hallam Chase f...

The words from Derek are cut off and the full text reads:

"In my opinion, winning this race was the second-best result that my father Arthur (*pictured above*) ever had.

"His best was as a 20-year-old, running the first ever Sheffield marathon in 1929. It was a very tough course and of the 48 starters only 16 finished.

"My father came in 10th in a time of 3hr 14m 51s and received a gold medal for being faster than 3hr15m. The winning time was 2hr 51m 37s.

"The runners only wore plimsolls and part of the course was on cobbles.

"The world record (presumably on a flat course) at that time was 2hr 30m 58m."

The link to the above article is:

<https://www.bbc.co.uk/news/uk-england-south-yorkshire-61551698>



Hallam Chase (Sheffield) 2016

THE RACE

The Hallam Chase is a handicap fell race open to runners from South Yorkshire that has been going since 1862, and is well-organised by Hallamshire Harriers.

The course is only 3.25 miles long but has a total climb of 800ft, and is an out and back run, starting at the top of the hill at one side of the valley, down into the valley, up to the top of the other side and then returning.

The surfaces you run on are road, grass fields with stiles, tracks and a steep rocky path called Den Bank. The field before Den Bank on the return leg produces some interesting running (walking) styles which can be seen on **YouTube Hallam Chase 2007**.

MY RACE

As I live in Nottingham, I ran as a special guest of Hallamshire Harriers, as it was the 90th anniversary of my father (a member of the Harriers) winning in 1926.

For this I thank Steve Moran and Carol Varns.

I gave the organisers details of my recent races and was given a start time of 50 seconds. The last man started at 16m 40 seconds!!!!

There were 63 runners this years and I started fifth and took it easy down the hill to Den Bank, overtaking three but being overtaken by two runners (who finished 1st & 2nd).

Down the fields and stiles to the stream in the valley went well, as did the start of the climb up the other side, as I moved into 3rd place!!! The rest of the climb up the hill was good and I turned only about 150yds behind the leading two.

Returning to the valley was interesting, for as I ran down the field, runners were coming up, which presented difficult situations at stiles, small gaps and stone steps!!!

After the stream, I switched into crawler gear and started the climb up the fields. Unfortunately the field before Den Bank proved too much and I started to walk (see YouTube).

At the bottom of Den Bank I was still 3rd, but a look over my shoulder showed a line of runners close behind. Den Bank was hard, and on the only flat piece of the course (50yds) I could not get my legs to run again and was overtaken by three runners. I got them going and ran up the final part of the hill into the sports field, but was overtaken by more runners.

The legs were still working, but two more runners went past me on the final run in and I finally finished in 20th place.

On actual running time I was 57th out of 63, but as the only one over 70 I collected the prize for the oldest runner (two bottles of beer).

It was a very special and emotional occasion for me and I thoroughly enjoyed it - especially as I was allowed to run in a Hallamshire Harriers vest.

Derek Brailsford

LEARN TO RUN/BACK TO RUNNING

On **Saturday, June 11th**, we saw the nine runners who started our Learn to Run/Back to Running course in March graduate at Tilgate Parkrun.

Some of them had run before, or been through a previous course and needed the support to return to running, but others were complete beginners.

It was amazing to see how much everyone grew over the weeks — from running for just 90 seconds with 60 seconds of walking to running for over 40 minutes (some ran for nearly 50 minutes) non stop!

Luke and I are grateful to other members of the club who supported the group over the weeks, running with them at the neighbourhood runs and to those that buddied up on the day of the graduation.

Well done to the graduates — Sue, Jo, Louise, Lottie, Abi, Dan, Elle, Debbie and Jim!

We look forward to seeing you all at training sessions, Parkrun or even a WSFRL race soon.

Debby Scott



West Sussex Fun Run League Calendar for 2022
2022 WSFRL Calendar

	Date and Time	Race and club details
7	Saturday 25 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
8	Wednesday 6 th July 1 mile 19:00 15 and under 6 mile 19:30 15 and over WATER	Steyning AC Roundhill Romp & Mini Run The Clock Tower, Steyning High Street BN44 3LE www.steyningac.co.uk
9	Sunday 10 th July 10km 11:00 WATER	Hove Hornets Hornets' Stinger Brighton Rugby Football Club, Waterhall Road, Brighton BN1 8YR www.hovehornetsfitness.com
10	Sunday 24 th July 1 mile 10:15 4 mile 11:00	Henfield Joggers Seven Stiles Henfield Leisure Centre BN5 9QB www.henfieldjoggers.co.uk
11	Wednesday 3 rd August TBC 1 mile 19:00 3.5 mile 19:30 WATER	Worthing Striders Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Durrington, BN13 3RT www.worthingstriders.co.uk
12	Wednesday 10 th August 1 Mile 18:45 4 Mile 19:15	Worthing Harriers Windleham House 4 Windleham House School, London Rd, Washington RH20 4DG www.worthingharriers.com
13	Sunday 4 th September 1 mile 10:15 Start time TBC 5 mile 11:00 WATER	Fittleworth Flyers Fittleworth 5 Fittleworth Village Hall RH20 1JB www.fittleworthflyers.org.uk
14	Sunday 11 th September 1 mile 10:30 5 mile 11:00 WATER	Saints & Sinners Tilgate Forest K2 Leisure Centre, Pease Pottage Hill, Tilgate, Crawley RH11 9BQ www.crawleysaintsandsinnersrun.co.uk
15	Sunday 9 th or 16 th October TBC 1.5km 10:30 8km 11:00 WATER	Haywards Heath Harriers Great Walstead 5 Great Walstead School, East Mascalls Lane, Lindfield, RH16 2QL www.haywardsheathharriers.co.uk
16	Sunday 30 th October 1 mile 10:30 5 mile 11:00	Lancing Eagles Steepdown Challenge Lancing Manor Leisure Centre BN15 0PH www.lancingeagles.co.uk
17	Sunday 6 th November 1 mile 10:00 4.5 miles 10:30	Horsham Joggers Gunpowder Trot Denne Park, Horsham. RH12 1JR www.horshamjoggers.co.uk
2023 1	Sunday 1 st January 2023 1 mile 11:00 5 Mile 11:30	Goring Road Runners Hangover 5 Hill Barn, Worthing, BN14 9QB www.goring-roadrunners.org.uk

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

40th Anniversary - Saturday, October 1st

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

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

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

Cost is £5 per person (under 16s free). Please pay to the club account with the reference S&S 40. We will need to do our own catering so will be organising that closer to the time.

Parkrun Tourism

Our next date and location is still to be confirmed

Brekky Run

These have been put on hold until later in the year.

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@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.



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

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

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

Upcoming races

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

September 25th — Barns Green Half and 10

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

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



UKA

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

NEIGHBOURHOOD RUNS

Our next neighbourhood run will be on **Monday, July 4th** at **Langley Green**, meeting point to be advised!

Hopefully most of the recently-graduated learn to run group will now be joining the rest of us for these popular sessions.

MILE CHALLENGE

Our first mile challenge saw 22 members who braved the rain, which started just before they all set off and it ended up as a wet t-shirt competition!

If you didn't make it you still have two more opportunities this year. I'll try to arrange some dry weather for the next ones which are **Wednesday, July 27th** and **Wednesday, September 21st**. Various social runs will be on offer once everyone has finished the challenge.

HANDICUP RACE

This has been scheduled for **Wednesday, August 17th**. It will be using the Parkrun route and times will be based on your Tilgate Parkrun — more information to follow.

RUN & TALK

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

TRAINING

We are now back at Tilgate Park again (at the toilet block by Smith & Western).

Monday nights will continue to be a social run with the run leaders offering various speeds and distances.

Wednesday nights we will be offering technical sessions, both sessions start at 6.30pm.

Please keep an eye on the weekly training sessions as locations will be changing for the neighbourhood runs and the mile challenge.

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

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

Our committee:

Chairman - James Mason
chairman@crawleysaintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@crawleysaintsandsinnersrun.co.uk
Treasurer - Roy Swetmen
treasurer@crawleysaintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Connolly
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 – Clare Hall
social@crawleysaintsandsinnersrun.co.uk
Social media – Debby Scott
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

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