April 2026 Newsletter

Welcome to the April edition of our newsletter and thank you to everyone who has sent in run reports. Please keep them coming, we all love to read about your running adventures. No need to wait until the end of the month, just email them as soon as you are ready to info@saintsandsinnersrun.co.uk

Debby is promoting the Neighbourhood runs, see below, which are a great, social way to connect with other members and enjoy a leisurely summer evening run without the pressure of a full-on training session.

A warm welcome to our new members, who have joined in the last month:

Tabitha Childs, Andrew Hayes and Gerald Ancrasamy.

Please read further on in the newsletter where Lesley, our Membership Secretary, has outlined the enhanced benefits of being affiliated to the UKA. We need at least 50 members signed up to the UKA in order to qualify for our club place at the London Marathon, at the moment we are short of this number so we will probably not be allocated a place for 2027. If you would like to add UKA affiliation alongside your S&S membership, please contact Lesley - csasmembershipsec@gmail.com - and she will send a payment request. Affiliation is just £23 per year.

Those of you who do the popular Horley Harriers track sessions at K2, please note that the fee has increased to £4 per session. This is still represents great value, future dates can be found at the bottom of this newsletter.

Martyn.

Tilgate parkrun takeover Saturday 16th May

This is a fantastic chance for us to promote the club to hundreds of parkrunners, showing them what a friendly, supportive club we are.

We need to fill all of the usual parkrun roles, details of the volunteer tasks available are in the invite in the Spond app. No role is too taxing and there is plenty of help for first time volunteers.

Volunteering for parkrun takeover also counts as the volunteering requirement for those wanting to enter the draw for the Club's London Marathon place, which is held at the AGM in December.

Chairman's Corner

Hi all

Hope you are well and enjoying your running.

Welcome to another edition of the newsletter. Thanks to Martyn for collating the newsletter - it's great to see so many run reports.

We're now entering peak race season. There are loads of SGP and WSFRL events on the horizon, let's turn the events yellow!

Dates are on Spond, and there are details in the newsletter below.

We also have our parkrun takeover on 16th May to look forward to.
See you at training soon!

James.

Runner of the Month - April - Dave Gardiner

As a committee we are delighted to announce Dave as our runner of the Month.

Dave is a really positive participant in training - he really puts his all into every session, and encourages all members along the way.

He's also taken part enthusiastically in recent WSFRL events, where he ran really well.

Although Dave hasn't been a member for long, it feels like he's part of the furniture. We really look forward to seeing how his running develops over the next few months.

SUSSEX GRAND PRIX

Here is a list of the dates for 2026, all of the races are on a Sunday morning, apart from the Phoenix 10k, which is on a Wednesday evening.

Jim will put an invite on Spond, but you enter all of these races individually via the race's website. Links to these are on our website: https://www.saintsandsinnersrun.co.uk/sgp

Horsham 10k Sunday10th May
Rye 10-mile Sunday 17th May
Hastings 5-mile Sunday 31st May
Heathfield 10k Sunday 14th June
Bewl 15 Sunday 5th July
Phoenix 10k Wednesday 15th July
Henfield half-marathon Sunday 16th August
Hellingly 10k Sunday 13th September
Lewes Downland 10-mile Sunday 4th October
Hove Prom 10k Sunday 18th October
Crowborough 10k Sunday 1st November

West Sussex Fun Run League

With the WSFRL season already underway, here are the race dates for the rest of 2026.

The overriding emphasis in these races is on the word FUN, they are a great opportunity to come along, meet fellow runners from around Sussex and enjoy the wonderful countryside that we live in. Most of them involve a hill of one sort or another, and sometimes mud, but everyone runs to the best of their ability, The more entrants we have in each race improves our chances of scoring vital points in the league.

We look forward to as many of you as possible taking part, let's see if we can improve on 2025's 11th position. Look out for Luke's invites in the Spond app, where you can enter and pay.

Hedgehoppers 5 Sunday, 10th May, - 11:00
Trundle View Wednesday, 27th May, - 19:30
Beach Run Wednesday, 17th June, - 19:30
Roundhill Romp Wednesday, 1st July, - 19:30
Hornets Stinger Sunday, 12th July, - 10:30
Seven Stiles Sunday, 19th July, - 11:00
Highdown Hike Wednesday, 5th August, - 19:30
Windlesham House 4 Sunday, 23rd August, - 11:00
Tilgate 5 Sunday, 6th September, - 11:00
Ardingly Amble Sunday, 11th October, - 11:00
Steepdown Challenge Sunday, 25th October, - 11:00
Gunpowder Trot Sunday, 1st November, - 11:00

Neighbourhood Runs

During the lighter evenings we do a monthly Thursday evening run in various different neighbourhoods of Crawley.

They are loops of approx. 2.5k each. Everyone is welcome as these are done at your own pace whether you run, jog, jeff or walk - and you can do as many laps as you want.

These are a social run and the only training activity that is put on for that evening. Please come along and meet different members, everyone is welcome.

Look out on Spond for upcoming details

Debby Scott.

UKA Affiliation 2026-2027

From April onwards and in line with the new affiliation year, England Athletics (EA) is evolving the benefits and support offered to club members. In addition to the core member benefits of club support services, competition and event licensing, free resources and club programmes, we are stepping up the support members receive, including:

- An expanded network of Regional Club Support - to ensure that clubs have access to the resources and support valued by so many clubs.
- Additional coach development activity - to continue to increase capacity much needed within clubs and across the sport.
- New youth competitions such as Funetics Multi-Challenge, an exciting new competition format to encourage more regular, age-appropriate opportunities for primary school-aged children to compete in athletics, and continued growth of Sportshall.
- Enhanced digital systems including a new Learning Management System for Coaches and Officials.

EA is also introducing enhanced benefits which will allow members to access a marketplace full of sport and lifestyle discounts from top brands including 40% off selected Garmin watches, 15% off at SportsShoes.com, 10% off at MyProtein, as well as 10% off Headspace, 79% off subscriptions to running and health magazines, and hundreds of further discounts across family and leisure, travel and holidays, and more.

More information about membership benefits is also available online using the below link:
https://www.englandathletics.org/clubs-and-facilities/club-affiliation/affiliating-your-club/

From 1 April 2026, athlete registration fees will be £23. EA are committed to ensuring our fees remain affordable in comparison to other sports and our sport in other parts of the UK. Whilst our long-term aim is to keep fees to a minimum, the increase is reflective of increases to our own costs over recent years in important areas such as insurance - a critical aspect underpinning the support provided to clubs, coaches and competition providers.

By joining England Athletics, a not-for-profit organisation, you are actively contributing to the growth and development of athletics across the country. Your membership helps fund grassroots initiatives, support your clubs and volunteers, and create opportunities for people of all ages and abilities to get involved in the sport. Together, we're building a stronger, more inclusive athletics community for today and future generations.

Please remember all UKA athletes must adhere to the UKA & HCAF codes of conduct to enable them to compete under the UKA Rules of Competition.
All athletes MUST access their portal and agree to the code of conduct before competing.

Lesley Bryant.

* * *

Run Reports

Hayling Island 10 Mile Road Race

This race was back in November 2025, but somehow got lost in the ether, better late than never!

I had just returned from one Island, Menorca, when I found myself visiting another Island, Hayling. I suspect there are many similarities between Menorca and Hayling island but the only one I can immediately think of is that they are both Islands!

I have completed the Hayling Island 10-mile race three times before and signed up again this year as I found it flat, not very expensive and a good morning out. This year was no difference although rain followed me down to just outside Chichester then it was bright sunshine if a bit 'breezy' which is one small issue as the run is along the sea front.

It is organized by the local Havant AC and is part of The Hampshire league races. I was asked if I was born in Hampshire when I picked my race number up, I said no but I had been to the Isle (another Island) of Wight and did that count. Seemingly not.

The race started very promptly at 9, by starting pistol, and we were off.My fitness and training wasn't as good as last year so I was hoping for a time around 1-45. Yes, a bit slow but happy to take it. After five miles of winding your way through Hayling Island roads and down the old railway line, yes there was a railway evidently to Hayling years ago, I was rather surprised with my time. We found ourselves on the front and the questions were, could I keep my pace going and was it actually that breezy. The answers were No and Yes in that order.

The race is right along the coast road/pavement and a turnaround and back again after here. Nice and sunny with lots of people out enjoying the November weather.

As we headed back the legs were beginning to remind me of my lack of match fitness. I did become slower but kept going until just after 9 miles and the turn inland. This sheltered us from the breeze and before I knew it I had entered the park for the finish.

As I write this, I actually don't know what my official time was. There were still organizers there so that was a good thing, and I reckon I was around 1:40.

This is a great race. I suspect circa 350 today, last year was full given the Great South run cancellation. It is inexpensive although I appreciate it clashes with two league races. You get water and a medal PLUS some socks.

10-mile races are not very common I find, especially flat ones and therefore if you like a flat 10-mile race, fairly inexpensive and supporting a local athletics club, join me next year in Hayling Island. You don't need a passport, they take sterling and don't forget it is the race that gives you Socks.

Andy Hale.

LONDON
RUNNING SOCKS
HIGH PERFORMANCE, MAXIMUM COMFORT
1 Pair

Avery Hill parkrun

Less than an hour's drive round the M25 and up the A2 brought us to Avery Hill Parkrun.

Previously known as Greenwich, this is a three-lapper round a South East London park.

James, Andy, Debby, Martyn and I were at the park in plenty of time for Debby to check in for her parkwalker role.

There is a cafe and loos and near where we gathered for the first-timer briefing. The start itself is a short walk uphill near some basketball courts.

The undulating route is on grass and paths and the finish is in the shadow of the magnificent Greenwich University winter garden, a hothouse containing tropical trees and plants from around the world.

James, Andy, Martyn and I ran together at a nice steady pace. We then waited for Debby to finish before heading back to Crawley so I could get a train back to London for work!

Jim Scott.

parkrun
Avery Hill

Blackland 10k

A new one for me, organised by Phoenix Runnings' Vern amongst others, a 4 lapper 10k through the Bluebells at Blackland Farm outdoor centre near Imberhorne. It had a small field of only 43, with a lot of uphill, up through the carpark to start each new lap, with a very steep section to be done 4 times and no let up at the top!

The woodland sections were very nice, trail shoes required though, muddy sections, alongside a stream. Super supportive marshals, and good parking. Vern lapped me twice, Michele once, it was a toughie, but well worth trying.

Stella Daff.

Netley Abbey parkrun

In previous years Debby and I have headed to Banstead Woods in bluebell season, to run surrounded by beautiful colour.

This year, with a lovely sunny day off work, we were up bright and early to head over towards Southampton for Netley Abbey Parkrun.

The event is held in Royal Victoria Country Park overlooking Southampton Water.
We gathered on the grass near the chapel which was once part of a large military hospital.

The hospital was demolished in 1966 and only the chapel, currently being renovated, remains. The day we visited, Netley was on a hybrid route mixing part of the winter and part of the summer course.

We started with a lap of a field, then headed downhill on paths to run alongside the container ships on Southampton Water, then uphill and a loop through a bluebell wood.
The route then heads across the grass, round the chapel and into the first field again for another lap. It was a lovely run on a beautiful day.

Parking was £5 and there are loos at a nearby cafe and visitor centre.
We, however, headed for a good breakfast at a cafe just five minutes' drive away.

Jim Scott.

parkrun
Netley Abbey

Jersey parkrun

We were the third couple, that we know of, from Team S&S to visit Jersey parkrun in the last few months.

Staying on holiday in St Helier we were using the excellent buses to get around the island. Our parkrun was on the No. 15 bus route. The airport bus route. Although for the 7:55am service I think this should be renamed the "parkrun service" as there were already several tourists and a parkrun marshal waiting for the bus when we arrived.

The advantage of the marshal on the bus meant when he stood up to get off so did the whole bus! Looking back, it was a good thing he wasn't popping into see his mother as she would have had quite a shock seeing 30 runners in a line behind him!

Jersey was another lovely parkrun to run. Two laps on a wide tarmac path around a huge sports field then an out and back mile on a disused railway. Both surfaces in excellent condition and reasonably flat. The course was faster than Tilgate! As we find in all our travels the parkrun team here were all welcoming and friendly, happy to take our photo with the parkrun sign too.

Afterwards we caught the No. 15 bus back, stopping this time on the way at St Aubin for a nice breakfast at the Uno Cafe. We then followed our breakfast with a 3-mile stroll along the seafront to St Helier in the sunshine. A perfect parkrun morning.

Lesley and Dickie Bryant.

parkrun
Jersey

III Carrera Solidaria Mercamurcia 5k

This was a splendid 2 lap race. I had a great time and enjoyed the lovely morning sunshine amid Spanish people - no other British were there at all - and it was out in the sticks in a small Murcian village.

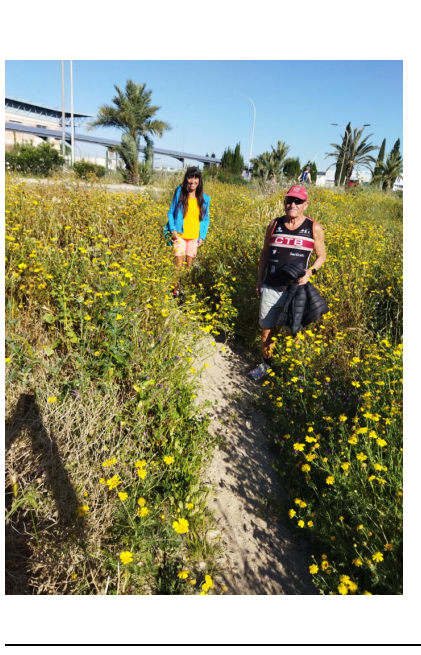
There was a strong focus on fundraising and every penny of the entry fee went to a local charity. The route itself was fairly dull, going through an industrial area.

However, at one stage we got to run through an indoor area normally reserved for wholesale food distribution, that bit was good fun. Billed as a 5k it ended up being a 4.5k but the emphasis was on a family, fun race rather than one for competitive runners. All participants received a commemorative technical T-shirt, a special 50th anniversary medal, and goody bag.

The post-race atmosphere was incredible. There were masses of tables laid out with the most wonderful array of fruit. It wouldn't have been out of place in a Harrods food hall! There were delicious, juicy strawberries and blueberries, as well as bananas, apples, pears, mixed nuts and a huge ham was being sliced up.

What a banquet and a lovely finish to a short race!

Nina Trevarthen.



Victoria Embankment parkrun

I was meeting old school friends for a night in Nottingham so was expecting to miss Parkrun as I would be on the train. But with Debby and I both off on the Friday, we decided to head to Nottingham early and take in a Parkrun.

The added bonus was that Victoria Embankment Parkrun had started in the city just a few weeks earlier. The weather for our trip was sunny and warm and we spent Friday afternoon sightseeing before a curry.

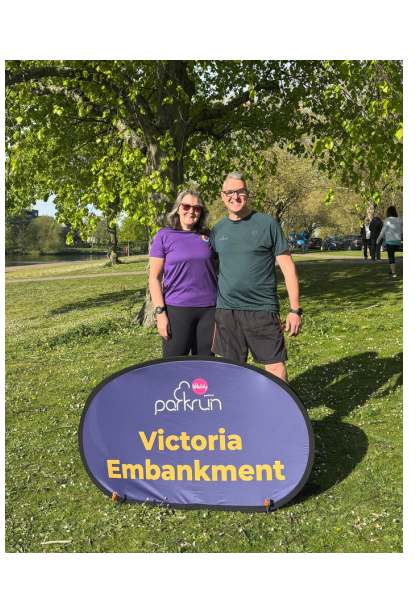
We had planned to get the tram from the city centre to the Parkrun but there were delays so we ended up in an Uber. (No such problems on the return journey).

The run is two laps on tarmac paths on the embankment alongside the River Trent. To finish you head under a suspension bridge, with views of Nottingham Forest's ground and Trent Bridge cricket ground, then turn back on to the top path.

The course is flat and fast and attracted more than 650 runners - and meant I could complete my second alphabet!

Afterwards we had brunch in the city, before Debby caught her train back to Crawley and I enjoyed an afternoon and evening of beers and bands with the boys.

Jim Scott.



Angmering Bluebell 10 mile

It's been a while since I did the 10-mile version of this, Raw Energy Pursuits Angmering Bluebell 10, they also do a 10K and The Fox, Patching hosted a charity 5 miler last year. There is also canicross.

It was an 8.45am start, but there is plenty of parking, this year it finished at the World's End pub, the race follows beautiful trails within the Angmering Estate, with plenty of bluebells, and then you are up on the hills with marvellous views.

The course was bone dry and gritty in places, unlike previous years a lovely flat finish through a cornfield and across the grass, with great friendly support, plus Sussex Sports Photography professional shots.

233 people did the 10 miler, 300 odd the 10k, I would highly recommended giving it a go but get in early as it sells out each year. Join me next year to see Kites and Skylarks!

Stella Daff.

Angmering Bluebell
Trail Run

London Marathon

As per previous years, I had entered the ballot and not been successful, so come the AGM I entered the club ballot, without much hope, so was surprised when Cara drew out my name. Once the shock had worn off, I was excited to be running for the Saints and Sinners at the most iconic marathon in the world.

At that time, I was already training for the Santa Pola half-marathon in the 3rd week of January. After that race was over, I started introducing some target marathon pace intervals into my longer Sunday runs. Gradually increasing the number of intervals each week and, along with regular Tuesday and Thursday Saints training sessions, I felt that I was well prepared for the race, despite a small interruption to the training during the taper weeks. Another thing that I am sure has helped with my running, and fitness in general, is the weight and strength sessions 3 times a week at the gym.

On the Wednesday before the race, my wife Jackie and I went up to the ExCel centre to collect my running bib and have a look around the Expo, and to do bit of London sightseeing. It was now beginning to feel real.

As I was raising money for St. Catherine's Hospice, I was offered a place on the bus that they run up to Blackheath on race morning. It was a 6.30am start from Three Bridges, but it meant there was no stress with train delays/cancellations. We were at Blackheath by 7.45, so plenty of time for a porridge breakfast and a gentle walk to the red start area.

The day had started cold, but bright, and it was soon warming up as I waited for the call to enter the start pen. Plenty of time to soak up the atmosphere, go to the loo – a queue, but only 5 minutes or so – and drop off my kitbag in the lorry to be taken to the finish.

I was in wave 4 and we were led along a wide avenue up to the start line. After all the weeks of preparation we were off, immediately there were plenty of spectators cheering the runners on. I was surprised at how much space there was, it didn't feel crowded at all. I was very conscious of checking my watch regularly to make sure that I was sticking to the pacing plan and not going off too fast.

At mile 3 we joined with the blue start and suddenly it became very much more crowded. This set the scene for the rest of the race. You had to keep your mind on the few meters immediately in front of you, to avoid being tripped. One of my pet hates is runners not being aware of others around them, even at parkrun, and suddenly changing direction. This was especially apparent on the approach to water stations, or on someone suddenly spotting a friend in the crowd, anyway, rant over, on with the race.

I had settled into a good steady rhythm and was enjoying the run and all the amazing support along the way. Definitely worth wearing a vest with your name on, hearing it being called out really keeps your spirits up. I don't think there was a place anywhere along the route that wasn't lined with spectators and the noise in the more popular spots, like the Cutty Sark and Tower Bridge, was deafening!

The time seemed to slip by quickly, and soon I was on the Embankment heading towards the finish line. My fuelling and hydration strategy was going well, and I never really hit a wall. Although I had glanced at the crowds occasionally, unless you are looking for someone in a specific spot, it is hard to make out faces. Therefore, I was amazed at mile 23, to suddenly spot Jim Scott's smiling face in the crowd, a quick high-five gave me a boost and the next 2 miles were the quickest of the race!

Finally, the Houses of Parliament and the Elizabeth Tower, 'Big Ben', came into view and there was the realisation that I was going to finish. At that point it was a great motivation to be passing so many people, my pacing plan had worked perfectly, and I still felt strong at the end. The feeling on turning that last corner into The Mall and crossing the finish line is quite incredible. I would have been happy with any time sub-4 hours, so was delighted with 03:49:33.

Collecting my kitbag was seamless, the whole event organisation is first class. I then took the time, having collected my medal, to savour the walk along the length of The Mall, into Horse Guards Parade and through St. James's Park. Then it was back to Victoria station for the train home.

Finally, in true Oscar style, a few thank you's:

To Jackie, for stoically accepting that each Sunday meant a longer time away in the morning, not to mention all the other days I run.

To Paul Luttman, for his invaluable training advice and support. If you are planning on a big race, you really should make use of his knowledge as Saints and Sinners UKA qualified coach.

To James Mason and Richard Bryant, for their company on the long runs, mostly uncountable laps around Manor Royal! Our conversations ranged through football (especially the woes of Crawley Town FC), rugby, cricket – none of which are my areas of expertise – beer, cake, the occasional venture into politics and, of course, all things running - especially parkrun. I really couldn't have asked for a better wingman than Richard on the marathon paced intervals.

Finally, a big thank you to everyone who supported the club awards raffle and donated to my sponsorship page for St. Catherine's Hospice, the current total stands at £730, but there is still time to donate if you would like to at:
https://2026tcslondonmarathon.enthuse.com/pf/martyn-flint

Martyn Flint.

MARTYN
SAINTS AND SINNERS CRAWLEY
16115

A few other races to consider

Lindfield Village Run Sunday 17th May 2026.
https://www.kingedwardhall.org.uk/village-run/

South London Harriers - NADI 10k
Various dates in May, June and July, full details here:
www.southlondonharriers.org

2000 Perch 10k: Epsom Downs 26th June 7pm.
https://register.enthuse.com/ps/event/EpsomOddballs2000Perch2026

Love Run Festival, Saturday 29th August 2026 in Burgess Hill.
https://www.runlove.club

Training

Our summer meeting place for training is by the toilet block in the main car park of Tilgate Park, Tilgate Drive, Crawley RH10 5HS. what3words///gifted.renew.chef

Occasionally we meet in other locations, including when we tour the town with our much loved 'Neighbourhoods of Crawley' runs. Any variation of the meeting points will be posted on Spond.

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. We have a fully UKA qualified Running Coach in Paul Luttman. He has already helped several members to fantastic performances in their races. Please speak to him to get a personalised training plan for your next big race.

UKA

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

Horley Harriers Track Sessions

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The sessions are suitable for everyone and are great fun. Sessions take place on Thursday evenings as per the schedule below, meet at 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 the online PARQ form
https://forms.gle/cbsRR3i1ZkcbzPgw6
ahead of attending your first session in 2026. The form just needs to be completed once. Track sessions are £4.00. Please see S&S Facebook group for payment instructions.

Future dates are:

07/05/2026, 21/05/2026, 04/06/2026, 09/07/2026, 06/08/2026, 03/09/2026, 17/09/2026, 08/10/2026, 22/10/2026, -5/11/2026, 19/11/2026, 03/12/2026, 07/01/2027, 21/01/2027, 04/02/2027, 18/02/2027, 04/03/2027,18/03/2027

Membership

New members, adult and junior, can sign up using the forms on the membership page of our website,
https://www.saintsandsinnersrun.co.uk/membership
Once Lesley receives your form she will send you a payment request and, once paid, approve your membership.
Annual membership renewal requests will be sent via Spond, there is no need to fill out a new membership form each year.

Training Support

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 - csaschair@gmail.com
Secretary - Richard Daniells - csasclubsecretary@gmail.com
Treasurer - Roy Swetman
Membership/UKA secretary – Lesley Bryant csasmembershipsec@gmail.com
WSFRL Rep – Luke Taylor - csaswsfrl@gmail.com
SGP Rep – Jim Scott - csassgp@gmail.com
XC Rep – Paul Luttman
Kit officer – Martyn Flint - csasclubkit@gmail.com
Suggestions officer – Stella Daff
Social events organiser – Stella Daff
Male Welfare Officer – Dan Smiles - csaswelfaremale@gmail.com
Female Welfare Officer – Nina Ware - csaswelfarefemale@gmail.com
Press Officer – Martyn Flint

Ordinary member – Dave Penfold
Ordinary member - Clare Hall
Ordinary member - Debby Scott

Order kit!

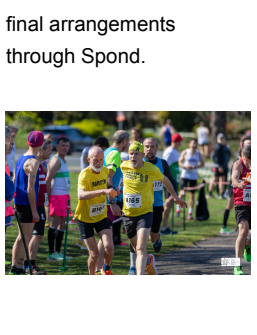
Kit should be ordered and paid for from our website: www.saintsandsinnersrun.co.uk/ kitshop (payment is handled securely by our payment provider Stripe). Full details of the styles available and sizing are on the website. Martyn will receive your order and, at the beginning of each month, will send it to our printers. Kit will be ready for delivery at Tilgate Parkrun or a training session around 28 day later.

Register for WSFRL

Luke will post on Spond when races are ready to enter and share details of each run. Please enter the race and pay via Spond, As rep, Luke will collect all numbers on the race day and distribute them. Do not pick up your race number yourself. Please car share when possible.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details on Spond, Races are entered individually through Sussex Athletics. Paul will communicate final arrangements through Spond.



Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Jim will post the races on Spond, once you have entered, accept the invitation on Spond and, if not done so before, share your UKA number and DOB with him.

Make a suggestion!

Please email thoughts, queries or recommendations to our very own 'Suggestive Stella' info@saintsandsinnersrun.co.uk. 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.

Check out our site

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