May 2026 Newsletter

Welcome to the May edition of the newsletter.

Thank you to everyone who has contributed photos and reports for this month's newsletter.

The spring racing season is now well underway, with lots of you taking part in everything from parkruns, both at home and far and wide, trail races, half marathons and marathons. alongside the usual club runs and training sessions, it is great to be back in the Park.

There have been plenty of strong performances, personal bests and first-time achievements over the past month.

This edition includes race reports, club updates and upcoming events, reflecting the wide range of activities members have been involved in recently. Whether you've been racing regularly, or simply enjoying getting out for a run, it's great to see so many members staying active and involved.

Welcome to our latest member Fanni Szvetkov, and congratulations to Abbie Smith our May Runner of the Month.

I hope you enjoy this month's edition and don't forget to keep sending your run reports in. No need to wait until the end of the month, just email them as soon as you are ready to info@saintsandsinnersrun.co.uk

Martyn Flint.

Chairman's Corner

Hi all,

Hope you are well and enjoying your running.

Welcome to another edition of the newsletter.
Another bumper edition. Lots of race reports as ever. Well done to everyone keeping going in the heat!

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

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

James Mason.

Runner of the Month - May - Abbie Smith

Our runner of the month is Abbie Smith.

Abbie is a regular at training and her recent Horsham 10k effort proved that her hard work is paying off.

She also recently completed Brighton Half in horrendous conditions.

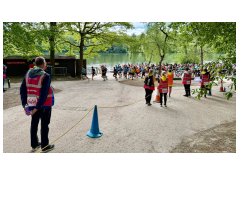
Well done Abbie and look forward to seeing you at more races in the future!

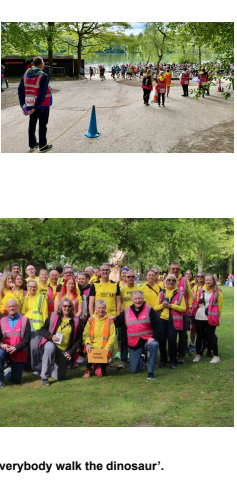
Tilgate parkrun takeover Saturday 16th May

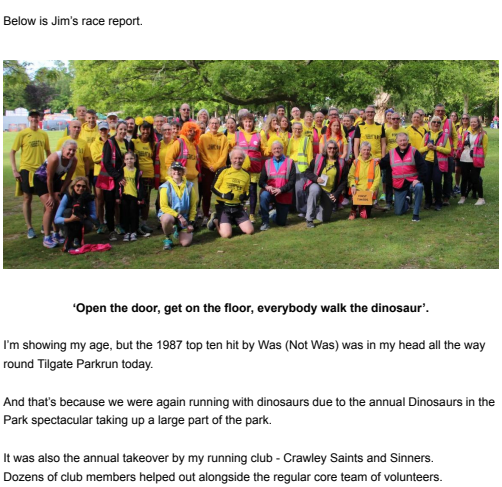
Our takeover of Tilgate parkrun was a huge success, well supported by loads of club members. We had lots of positive comments form runners both old and new complimenting us on a job well done and thanking us for all the encouragement given by the marshals.

One comment I heard was "what a friendly, welcoming club Saints and Sinners are". We have also picked up some new members, which is always welcome.

Below is Jim's race report.







'Open the door, get on the floor, everybody walk the dinosaur'.

I'm showing my age, but the 1987 top ten hit by Was (Not Was) was in my head all the way round Tilgate Parkrun today.

And that's because we were again running with dinosaurs due to the annual Dinosaurs in the Park spectacular taking up a large part of the park.

It was also the annual takeover by our running club - Crawley Saints and Sinners.
Dozens of club members helped out alongside the regular core team of volunteers.
Some of us even ran!

The 490 runners had a lovely cool spring morning for Tilgate's 664th Parkrun.

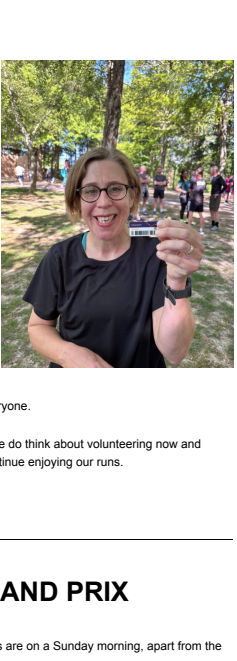
Run directors JAMES MASON and TIMOTHY FARREN did a great job of keeping us in line and reminding us to watch out for temporary fencing alongside middle hill and a course change to the narrow, lower path along the lake to the boathouse.

HENRY DAVIDSON was first home in 17.25 and first lady was VICKI LEDGARD in 22.15.

There were 58 first timers, of which 12 - HENRY MUZIRA, MILO CRAWLEY, ABBIE HORN, LLOYD WILLIAMS, FELIX MATINYA, STEPH DENNETT, ELEANOR BICKELL, OLIVIA ASHBY, AIDA KASOZI, EMMA HOLDER, PALAV PATEL and PAUL BOXALL - were completing their very first runs.

Well done, hope to see you all again!

Three runners hit the 100 milestone - DAVE BYRNE, PAULA ROWLAND and LINDSAY RICE, who also finished 100th! What an achievement!



Whether you ran, jeffed or walked, well done everyone.

And of course, thanks to all the volunteers. Please do think about volunteering now and again. It's very rewarding and allows us all to continue enjoying our runs.

Jim Scott.

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

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

Haywards Heath 10-mile (SGP) - May 3rd.

For the second race in this year's Sussex Grand Prix, some 14 S&S turned out.
Among our number were two - Lou Mitchell and Vanessa Harrold (cunningly disguised as Batwoman). - who were tackling the whole Mid Sussex Marathon weekend.

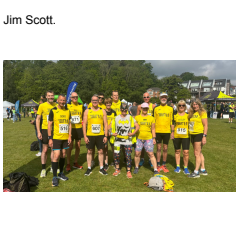
The rest of us were out to enjoy the jam in the marathon weekend sandwich.
The weather was warm and dry as we gathered in Victoria Park.

As usual we were briefed in the park before heading on to the road for the start of two loops covering roads, paths, trails and footpaths around the park, Beech Hurst Gardens and Bolnore Village.

I have completed this race many times and felt good for the first lap and a half but then struggled in the heat for the last couple of miles.

Nevertheless, we all put in good times before I made the inevitable trip to London for work.

Jim Scott.



Horsham 10k (SGP) - May 10th.

Horsham 10k in the Sussex Grand Prix usually clashes with Hedgehoppers 5 in the West Sussex Fun Run League. This year it also clashed with the return of the Run Gatwick half marathon to Crawley town centre.

Despite other attractions, 20 of us made the best choice to turn out at Horsham.
After the previous weekend's warm weather, we had wind and drizzle for this one - conditions which I perversely prefer. I'm also a big fan of the race, and not just because it's local.

This year there was a bumper turnout as we set off for a lap of the rugby field before heading off up Hammerpond Road. The route then takes you off along a bridleway and undulating lane back into town. There's then lovely downhill section before the long slog back past the start for a second lap.

Everyone did a great job and well done to those who chose Hedgehoppers and Gatwick as well.

Jim Scott.

Rye 10 (SGP) - May 17th.

For the third Sunday in a row we were on the road again in the Sussex Grand Prix. This time, for the fourth race of the season, we had an early start for the 80-minute drive to the East Sussex border with Kent.

The Rye race, rapidly becoming one I look forward to, is not actually in Rye. It starts in the pretty village of Peasmarsh - home to pop superstar Paul McCartney.

After a rare false start, the timer wasn't ready, we were off and immediately heading uphill. The route is 3.5 miles out, a three-mile loop, then 3.5 miles back.

It's undulating to say the least, with some pretty tough hills. But at least the finish is a freewheeling dash downhill.

Nine of us made the journey and all enjoyed themselves.

Jim Scott.

Hastings 5 (SGP) - May 31st.

For the fourth Sussex Grand Prix race in five weeks, we were off to the coast again for the Hastings 5-mile.

A hardy nine-strong S&S team were up bright and early for the drive down. After parking up, we had the usual comfort break, collected numbers, warmed up and grabbed a photo. Then it was nearly 10am and we were gathered with hundreds of others at the start gantry in the centre of town.

The flat course takes you out on to the seafront, along the prom to a turn point at St Leonards, then back past the pier. We then ran a loop round a children's play areas and back under an underpass to the finish.

Conditions were decent with a slight breeze on the way out, which then was at our backs on the way back. The only tough bit was a headwind as you turned back to the underpass for the last dash to the line.

This was my fifth time running this race and my second-best time, so I headed off to work afterwards a happy man.

Jim Scott.

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.

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

Hi Guys, sorry for the tardiness – I missed the deadline last month!

Chicken Run

The inaugural Chicken Run - replacing the Downland Dash was met with much anticipation and intrigue.

The best way to describe it is – downland dashy, still very similar in the mechanics of the race – lots of running around fields in both directions with a lovely couple of hundred meters through a field of chickens that you do 3 times!

Unfortunately, due to a Marshall error I am pretty sure that the results will be expunged, but nevertheless it was a really enjoyable run and the ice cream after was well worth it!

Trundle View

This one I am on point for!

My favourite race of the year, i think it has something to do with it being the first race that I beat Michele Nixon, Steve Baker, Ian Greenaway and Mark Lavendar at the same time!

This is an out- 2 undulating laps around the woods – and back again. Normally it's not particularly warm but this year it was a scorcher! 11 of us were told during the pre-race briefing to take it easy and not bust a gut. Did I listen? Not for the first mile (the rest I did) all 11 did extremely well!

See you at the beach!

Luke Taylor.

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.

Need to find space for those new shoes you're eyeing up??

https://www.jogonagain.com/

Following Adam's encouragement recently, I've decided to have a go at clearing out some of my old trainers, well that and the fact Dickie has told me I can't buy any new ones unless I have a clear out!!

This charity reuses old trainers for good causes, and I can post up to 40 trainers in one package so if anyone wants to give me their old running shoes at training over the next couple of weeks I'll gladly put them in my box to send. Adam has also kindly agreed to collect them too so please pass any you have to either of us!

Lesley Bryant.

* * *

Run Reports

Highcliffe Beach parkrun

My wife and I are plotting where we want to select our Care Home for when we get older and having visited Lymington a year ago in the summer, we decided to visit in the winter to see what it was like so end of January we spent a weekend there. If you have not been to Lymington it is a lovely town. Great market on a Saturday.

Whilst there I of course thought to choose a parkrun. I have completed Lymington parkrun previously (which is in a lovely park) and it is on grass and the word was it would be muddy. I tend not to do mud so thought I would venture to the relatively new parkrun at Highcliffe Beach.

As the name suggests it is a beach run, very picturesque, has a large car park, free in winter, facilities and a lovely cafe that we actually went back to in the afternoon and a mobile coffee vendor.

You start on a downward path, then run on shingle along the water's front then onto sand and turnaround after about 1.5km. On the way back you go up a slight hill and run along the top path, down another path back to run along said shingle and sand path to the turnaround point and back home, up the slope and instead of going down the path as with the first lap, head along the same path to the finish.

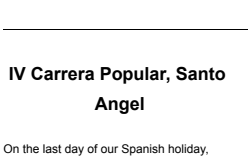
It is a little tricky running on the shingle and sand having not run really on anything similar, but it was a lovely run, views were great and it was a lovely way to start the weekend. I suspect if it was very windy, you would struggle one way!

After the finish you simply walk up to the car park. Five minutes walk away is the town of Highcliffe which has a variety of shops.

So, if you ever venture to Southampton or Bournemouth, give it a go. I think it would be great in the summer and must attract its decent share of visitors.

Andy Hale.

parkrun
Highcliffe Beach



IV Carrera Popular, Santo Angel

On the last day of our Spanish holiday, Nina T and Gaspar took us to Murcia to take part in a 6K street race. Two undulating laps around Santo Angel on roads and paths.

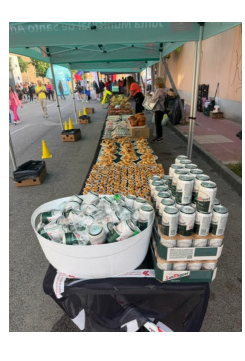
Spanish races have a certain vibe. No matter how big or small they all have a carnival atmosphere. This race was no exception. Everyone having fun with music playing.

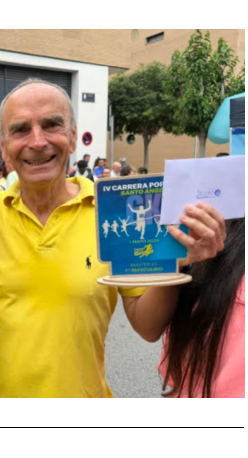
We all enjoyed our runs with everyone finishing with a flourish. There were trophies too; Lesley claimed second place in her age category, while Gaspar was first in his.

While we waited for the trophies to be given out, we tucked into the plentiful soft drinks, fruit, cakes and beer on offer. There were huge cheers for both Lesley and Gaspar as they received their awards. Our bags full of beer and trophies we headed back to meet Keith.

Viva Espanyol

Richard and Lesley Bryant.





IV CARRERA POPULAR
SANTO ANGEL

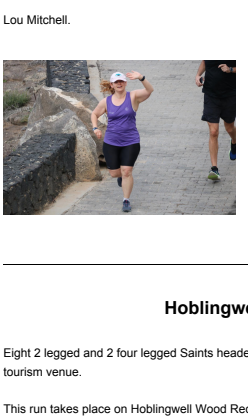
Lanzarote 'not parkrun'

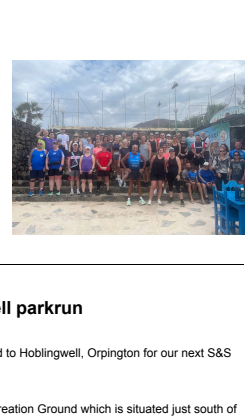
Whilst on holiday in Playa Blanca, Lanzarote, my father-in-law told me about an organised weekly 5k that started in January of this year. Quite a few tourists gathered at Chiringuito Bar Tropical. There was a group photo, quick briefing then we were off.

The route is along the promenade, heading first towards a lighthouse, turning at a small pile of rocks then heading back the way we came and past the start up to Playa Flamingo (at a top of a hill with a chain link fence) then back to the start. The paths are mostly nice and smooth but there are a few undulations. I was pleased to finish in under 30 mins on a humid morning.

It isn't an official Parkrun, but worth a go if you find yourself holidaying in Playa Blanca! Facebook page Get Active - Playa Blanca has more info.

Lou Mitchell.





Hoblingwell parkrun

Eight 2 legged and 2 four legged Saints headed to Hoblingwell, Orpington for our next S&S tourism venue.

This run takes place on Hoblingwell Wood Recreation Ground which is situated just south of the A20. It took us about 45 minutes to get there and plenty of free parking is available at Orpington Rugby Club which is right next to the start. Toilets also available.

The course is 2 laps and is mainly around playing fields but also takes in a spot of woodland and a short stretch of pavement. First impressions at the first timers briefing were that the route was a little convoluted, but it is well signed and marshalled so none of us got lost.

The event benefits from the regular attendance of a volunteer to 'sign' the briefings. It was also deaf awareness week when we attended. Average attendance is 96 runners and walkers, and we helped bump this to an above average 111.

The vast majority of the course is run on grass or tarmac but there are some short trailly sections and some short hilly bits. The nature of the course means you get plenty of opportunities to see where everyone else is.

Cake was available at the finish to celebrate one runner's 250th Parkrun. The best bit was the post run refreshments. Orpington rugby club kindly open their bar. While I would have loved a nice cold lager (it was a hot morning), non-alcoholic drinks only, but a lovely couple of volunteers from the rugby club, were serving up mugs of tea and coffee , plus cooked breakfasts and breakfast rolls. By far and away the best value post run drinks and munchies we have come across.

Clare Hall.

Next Tourism, Abbot's Wood Parkrun on July 25th

FINISH
parkrun
Hoblingwell

Mid Sussex Marathon - May Day Bank Holiday Weekend

For those of you who have not done it, this consists of running a full marathon over 3 days. All three events were well organised and marshalled, with water stations, plenty of local support, MidSussex radio and even an organised warm up. There's also a fun run mile event before the main race each day, should anyone in your entourage fancy a go. Each of the main three races start at 10:30am so plenty of time to get going and have my coffee and snack beforehand!! I have summarised each experience below:

East Grinstead 10 mile - Saturday

This race was technically the toughest, with the undulating route mostly on trail or field, with a steep hill at around mile 9. However, it is the most scenic which made it enjoyable for me. The conditions were very dry and rutted, on a very sunny and warm day.

Glenn, Molly and Ashlynn came and supported me on this day. Parking was at the Church of Scientology on a field, and the start was at the Rugby Club across the road, in Saint Hill, East Grinstead. We got there in good time to use the toilets at the Rugby club and for Glenn to find a spot to cheer me on with the girls.

The route goes around the rugby field and across a road at the back onto the driveway to Standen (National Trust), where I saw Glenn and the girls- they went on to enjoy Standen's facilities and meet me back at the finish. There was a small bottleneck off into a field just before the Standen entrance and then a much bigger bottleneck through a kissing gate (for me 3+ mins stopping time).

Then it was down a big hill (the same one you come back up near the end) featuring some woodland and another gate. Then along some more trail paths around fields, across a very rutted (even pot holey) field and along some tracks, through a village, down Forest Way for an out and back (my fastest was the out section as it was flat then slightly downhill!) then back up into a field and back the way we came.

I took it easy and came in at 1:59:37 after a final lap of the rugby field. My only 'issue' was that my watch came up short at 9.85 miles. Glenn was waiting with the girls back in the field where we had a packed lunch before heading home. Thank you also to Ian, Theresa and Isla for coming out to support.

Haywards Heath 10 mile - Sunday

This one starts at Victoria Park, Haywards Heath and is also an SGP event, so plenty of club encouragement today. We parked just down the high street in a car park (thank you Andrew Bullock for the lift), so a nice little walk to warm the legs up. Portaloos were available in the park so of course made use of those before the S&S team photo! When it was time, we all walked up the hill to the start.

There was a short out and back along the High Street before heading back through the park for two laps of hilly residential streets and packed paths. My watch come up short again, this time 9.6 miles, which again, was the only disappointment. Owing to easier terrain, my time was time was 1:46:44. I took it steady again, but I took on too much water, so the resulting discomfort slowed me down a bit in that last mile. We waited for all of team S&S to come in before heading home.

Burgess Hill 10k - Monday

The last of the three, I took the train down for a solo venture (Burgess Hill railway station is about half a mile from the start) I got there early so had a coffee at the nearby McDonalds (not a recommendation but seemingly the only place open before 9am on a bank holiday!), before getting to the start at Burgess Hill Academy.

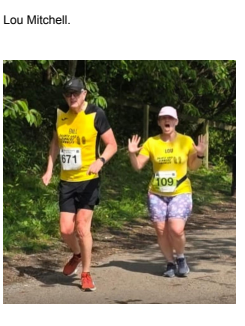
After toilets (portaloos as well as school facilities available), bag drop and warm up, we were off. The route goes around the school field, through a netball court (well, I can't recall what sport it was for) then out up a hill and through some streets into a country park. Here we did two lots of looping laps around the undulating fields, before coming back in along the road and downhill to the finish.

The mixed terrain and being out in nature made it interesting and enjoyable. I was pleased to have moved at a faster pace than the preceding day again, with a time of 01:05:42. The ground conditions were dry but not rutted, so that also helped. And the course wasn't short by my watch, hurrah! I treated myself to a burger and takeaway cake before heading home.

Each event had a medal (which are meant to fit together somehow, but I haven't figured out the puzzle yet) and a finisher's T-shirt after the last race (you select your size when you enter). Shout out also goes to Vanessa who tail walked/jogged all three days in a Batman costume and Debby who marshalled at Haywards Heath.

Very happy to get this ticked off my running bucket list and would recommend to anyone. All you need is to be able to run 10 miles and on consecutive days. I also managed to keep my legs fresh by taking it slower and doing stretches at home afterwards (even if delayed until after the girls had gone to bed)!

Lou Mitchell.



MID SUSSEX MARATHON WEEKEND

10 MILE
10 MILE
10KM

Gatwick Half Marathon

Gatwick Half Marathon – 10th May 2026

Home turf. Back on the circuit and back on the map. This was the first time the event has been held since 2022 (before that, 2018 and 2019), making it only the 4th edition of the race. A fantastic charity fundraiser for Brain Tumour Research and Care. Such a special event.

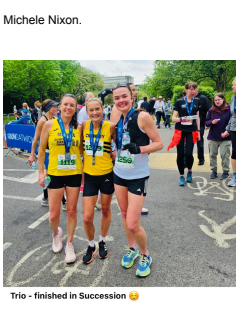
The route passed right by my house thanks to the road closures, and while running just metres from the airport runway, two huge low-flying planes came overhead — absolutely surreal. (My lad Paul was waiting outside our home to cheer his Mama on).

1,668 runners took part.
Today's result 21km in 1:38:57 (chip time) — really happy with that.
18th out of 604 female runners — a Top 20 finish.
Top 2.9% overall among female participants.

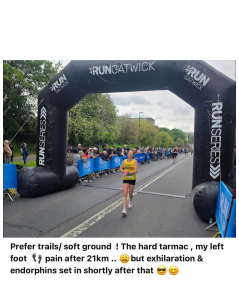
Well done to everyone who ran the Half Marathon and 5km, and a huge thank you to all the supporters and marshals too.

A very well organised event by RunThrough and Crawley Borough Council — may it continue for many years to come. See you all again next year.

Michele Nixon.

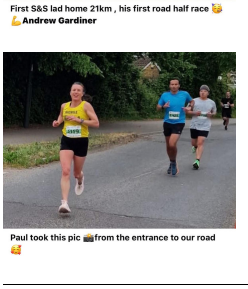


Trio - finished in Succession 😉



Prefer trails/ soft ground ! The hard tarmac , my left foot 🦶 pain after 21km .. 😂 but exhilaration & endorphins set in shortly after that 😎😂

First S&S lad home 21km , his first road half race 🎉 💪 Andrew Gardiner



Paul took this pic 📷 from the entrance to our road 👍

Gatwick Half Marathon

I was excited to hear that this event had moved back into town, so I keenly entered in January of this year with my father-in-law. I didn't train for a particular pace but ensuring that my distance was up for the Mid Sussex Marathon meant I felt prepared to complete it!

The day came and I cycled to Southgate Park and met other S&S runners at the event village. I was also happy that the bag drop was manned, so I didn't have to worry so much about losing my belongings.

We were soon called off to the start with pacers to get in the right position- I went between 02hrs 10 and 2 hrs 20. I felt strong so managed to keep a good pace as we headed around past The Hawth, into town and onwards through Ifield into Charlwood and around the airport perimeter. I'm not an aviation fanatic, but it was also good to see the aeroplanes coming in and taking off overhead.

Then through Manor Royal, into Northgate, out and back along the Boulevard before heading through back towards the park for an uphill finish.

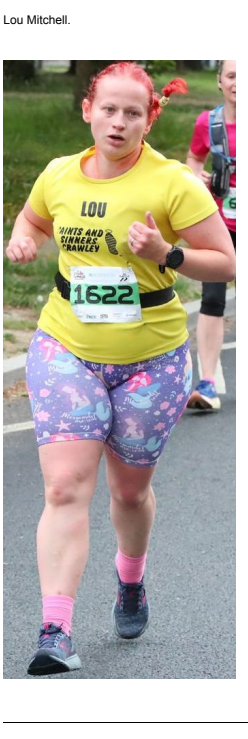
Medal, sweet treats and water given out. No time to check out the stalls in the village as lunch and off to set up for Molly's birthday party!

I kept a good pace, with it only starting to slip in the last couple of miles as my legs got tired. I was pleasantly surprised to get a time of 02:10:45, my third best half marathon time and best time since having Ashlynn.

Overall, an enjoyable well organised and well marshalled event (also relatively flat and all on road). I'd do it again if it stays in the town centre, especially since I hear that the move to November will free up the day to do the SGP Horsham 10k or WSFRL Hedgehoppers races!

I would definitely recommend this race to anyone looking to doing a half, whether it be their 1st or one in a long line of many. Last and not least, well done to everyone else in the club who ran that day, especially Luke and Dan who got half marathon PBs, and club volunteers Clare and Debby.

Lou Mitchell.



RUNGATWICK
HALF MARATHON & 5K

Abbot's Wood parkrun

Saturday 9th May saw the first running of Abbot's Wood parkrun in East Sussex. Like most inaugural parkruns, this was kept quiet, even for me being local! I only heard about it late on the Friday night.

It had been in the planning stage for what seemed like years, and the rumours of it starting in the spring seemed to be getting further away too. There was a plea on Facebook from Hailsham Harriers, who have taken this parkrun under their wing, for people to 'donate' certain items towards it, which to me, set the start date closer than I thought.

Then, here it was, starting on the next day! I have run at Abbot's Wood before, as part of the East Sussex cross country league, so I knew roughly what to expect.

The start and finish area are just by the main carpark and the toilet block. There was also a refreshments van in the carpark, handy for a sociable drink afterwards, or the local pub, where the results team head to afterwards.

Just be warned, the carpark gets busy, so get there early as there aren't really any side roads to park in! There is also a charge for parking and apparently people do go around checking that you have paid.

The course itself is stoney and gravelly, and the paths are wide enough to overtake. The first few hundred meters are downhill, running on the woodland ground, so you must look out for tree roots too. This bit is also uphill to the finish area.

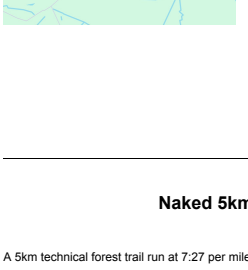
The rest of the course takes you around some of the woodland. It's a little like Tilgate forest, but with 'proper' footpaths. It's a lovely scenic course, an out and back section, and undulating here and there.

Road shoes will be fine in the dry months, or trail at any time year, just to take some of the hardness out of the stoney sections underfoot.

Marshals were plentiful, some even in fancy dress and even Dame Kelly Holmes made an appearance, though I had to fly off afterwards due to work. Another Sussex parkrun for you all to tick off, but it is a great one to do.

Happy parkrunning everyone

Vanessa Harrold (aka Mum).



parkrun
Abbot's Wood

Naked 5km Trail Race

A 5km technical forest trail run at 7:27 per mile pace, with 245ft of elevation, set in stunning scenery and glorious sunshine, in Orpington, Kent.

1st Female, my 4th consecutive win here. Even more amazingly, I recorded exactly the same finishing time — 22 minutes — in every race. What are the chances of that?

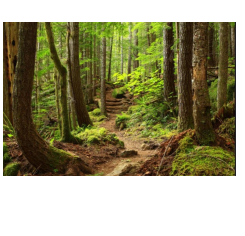
Sunshine, a swim and sauna afterwards, followed by lunch on site — the perfect way to recharge and feel energised for the week ahead.

See you again in September 2026 — the event is held twice a year.

No tops required ☺

Michele Nixon.

Brocken Hurst
5K



Brocken Hurst
5K

Zegerplas parkrun

A few of us were back for our second "Double Dutch" parkrun weekend in the Netherlands.

Our journey to this point began in Autumn 2025 with the big question of which parkruns to visit. One beginning with the letter Z was high on all our lists. Zegerplas in Alphen aan den Rijn ticked the box.

We decided to stay in Leiden with its excellent public transport network. It is also the birthplace of Rembrandt and the home of the oldest botanical gardens in the world, where the tulip was first introduced to Western Europe. Plus, there were plenty of cafes, bars and ice cream shops too!

Now marathon runners have maranoia to cover all their anxiety leading up to their big run. Parkrunners have transportnoia. It's a thing! Will the bus run? Is there an Uber option? Can we leave any earlier?

The night before we went through several options to get to Zegerplas parkrun. Settling on a bus journey and a short walk. Despite reading numerous positive Facebook experiences by UK parkrunners the one post saying their bus didn't turn up played on our minds!

On a warm Saturday morning we gathered for a 7:15am start to catch our bus from Leiden Central Station to Bushalte Ridderhof. We waited patiently, or is that anxiously for the bus, to arrive. Just as those transportnoia thoughts began to creep into our heads the bus arrived. Phew…and breathe!

The bus was packed full of parkrunners from around the UK. After a pleasant 45 min journey to Ridderhof we had a short 15 min walk to the park. The parkrun start was already busy with milestone and run club tops, even a couple from CRC! Our famous yellow Saints tops stood out amongst the crowd though.

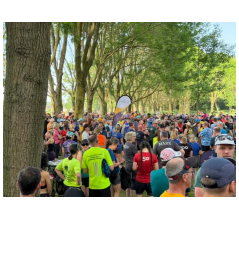
First stop was our group photo with the Zegerplas sign. A key piece of memorabilia. The RD brief followed. A rare moment of silence. The course, an out and back on tarmac paths alongside Zegerplas lake, is flat! The weather was perfect too.

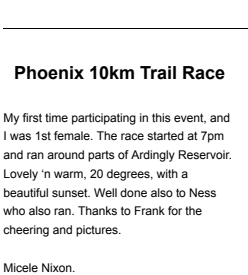
We were soon on our way, taking care not to fall in the lake. A record 558 parkrunners. A spectacle of colour reflecting on the water.

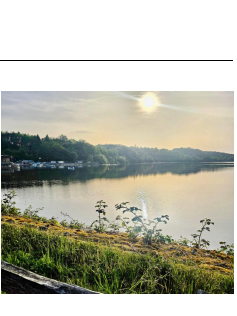
The finish was soon upon us. Watch checked, I was very excited to have recorded a new parkrun PB, beating my previous best set in April 2017.

After more photos it was time for food and coffee at Pannankoe, a pancake restaurant, a few minutes walk away. Debby had suggested the cafe, and we booked in advance to ensure we had a table. A fabulous choice, tasty pancakes and a great way to end our Saturday.

Richard Bryant.



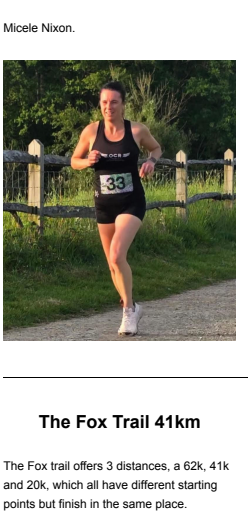




Phoenix 10km Trail Race

My first time participating in this event, and I was 1st female. The race started at 7pm and ran around parts of Ardingly Reservoir. Lovely 'n warm, 20 degrees, with a beautiful sunset. Well done also to Ness who also ran. Thanks to Frank for the cheering and pictures.

Micele Nixon.



The Fox Trail 41km

The Fox trail offers 3 distances, a 62k, 41k and 20k, which all have different starting points but finish in the same place.

I opted for the 41k which started at Clandon Village Hall and finished in Godalming. There wasn't any parking really, so you are encouraged to either get a lift or drive to the finish and get a train to the start. If I knew this before I signed up, I'm not sure I would have chosen this one. But luckily, my lack of research was a good thing as my brother dropped me off and Paul collected me, so it meant I didn't have to drive home.

The fact it was the hottest day of the year wasn't lucky however, as I am known for my love of winter running, so I'm not sure why I chose the end of May to book a 41k. And it was hot, like stupidly hot. I think the only PB I got that day was racing to the iced water to dunk my hat in. The lovely people along the way with sprinklers became everyone's best friends. There was some shade, and it was very much needed by us all. Everyone seemed to be struggling in the heat, so we resigned to the fact that it wasn't going to be our best times, and instead of racing, we chatted (never difficult for me) and tried to cheer each other up on what seemed to be the longest day.

The fox trail, which is pretty much all public footpaths and fields, was beautiful. There weren't many aid stations, but they were very well stocked, and the finish area had stalls and plenty to eat and drink.

If the start and finish wasn't such a faff and if it was during a cooler time of year, I'd recommend this one, as although it was quite low key, everyone was so friendly, and the route was lovely.

Wishing you lots of happy running.

Cara Law.

runthrough
TRAILS

Kagerzoom parkrun

As usual, I was late to the party - arriving in the Netherlands two days after the rest of our group and so missing Zegerplas Parkrun. However I was in time for Whit Monday's extra run at Kagerzoom, which also happened to coincide with Nina Trevarthen's 500th parkrun.

After my arrival in the lovely town of Leiden on Sunday lunchtime, we enjoyed an alfresco lunch and boat trip round the local canals. That evening we had a good dinner and sampled some of the local brews.

On Monday morning we were up bright and early ready to surprise the guest of honour with our Nina masks, tutus and hair bunches.

We then set off for the 40-minute walk to the run, in a park on the north edge of the town.
Ably led by Pied Piper Dickie, we were obviously heading in the right direction as more and more tourists in running gear joined our march. By the time we reached the start it was warming up nicely.

There was time to queue for the obligatory photos with the sign and Dutch flag, before the briefest of warm-ups.

After a briefing we joined the hundreds of others for two laps (one long, one short) round the beautiful park with lovely views of dykes and a windmill.

Kagerzoom normally averages around 100 finishers, but the bank holiday double is rapidly becoming popular with many UK runners. As a result, there were 389 finishers when we were there. Nevertheless, the volunteers kept us all in line and we all thoroughly enjoyed celebrating Nina's milestone

Jim Scott.

parkrun
Kagerzoom

parkrun
Kagerzoom

Edinburgh Marathon

Our half term holiday this year took us north to the beautiful city of Edinburgh for an unforgettable marathon adventure!

The trip began on Friday with a train journey to London before continuing to Edinburgh, arriving later that evening ready for a few days packed with running, sightseeing, food and plenty of walking!

Over the course of the weekend, we certainly made the most of our time away. From strolling the historic streets of Edinburgh, taking in the sights on an open top bus, enjoying parkrun, exploring the coastline and of course running the marathon itself, it really was an amazing few days away.

Saturday was all about keeping the legs ticking over ahead of race day. We walked to parkrun for a gentle jog before strolling down to the beach for coffee and breakfast. The afternoon was spent sightseeing from the comfort of an open top bus — a perfect way to save the legs before the big race!

Of course, carb loading was high on the agenda too. The whole trip was fuelled by lots of scrumptious food from a range of different cultures including Turkish, Indian and Mexican cuisine — and we couldn't forget the traditional fish and chips.

Darren was convinced fish and chips would work wonders for his carb load, although it didn't quite go to plan! I enjoyed haddock in a lemon and herb sauce with no batter or breadcrumbs alongside a huge helping of mash potato which was absolutely delicious. Darren, being pescatarian, discovered the fish had been cooked in beef dripping so instead ended up with vegan "fish" instead!

Race morning was a hot one and the sun was up earlier than us for once!! Because the marathon didn't start until 10am we were able to enjoy an unusually relaxed and calmer morning — very different from our normal early starts where we're usually out running by 7–7:30am. After breakfast bagels, we made the short walk to the start, dropped our bags off, found all-important toilets and headed to the start pens. I even managed to grab a jumper to keep warm before the gun went!

At 10am we were underway right in the centre of Edinburgh. The route was fantastic, taking us through the famous cobbled streets before heading out along the seafront through Portobello and onwards towards Musselburgh.

Conditions became very hot and it was windy on the return stretch, but the crowd support was incredible with constant cheers, sweets being handed out and very welcome water sprays to cool runners down.

Crossing the finish line in 3:17:01 was an unforgettable moment and a massive 7-minute PB for me — I was absolutely over the moon!

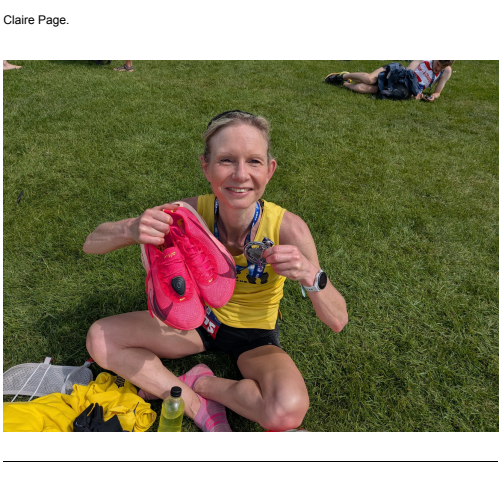
The adventures didn't stop there either. After collecting our bags, we somehow ended up walking over 7 miles back home — apparently great for recovery and getting the blood flowing back through the muscles… or so I was told! We rounded off the evening with a fantastic Turkish mezze feast which definitely hit the spot after 26.2 miles.

The following day we explored even more of Edinburgh with a scenic run around Holyrood Park, including around 186m of elevation, before tackling the hike up Arthur's Seat where we were rewarded with spectacular views across the city.

Our adventures continued with a trip out from Queensferry where we took both a train and then a boat across to the island of Inchcolm to explore the fascinating old derelict abbey.

All in all, it was an incredible few days away combining running, adventure, sightseeing, amazing food and unforgettable memories — and of course a marathon PB to top it all off!

Claire Page.



2026 BLCF Hurdles Festival

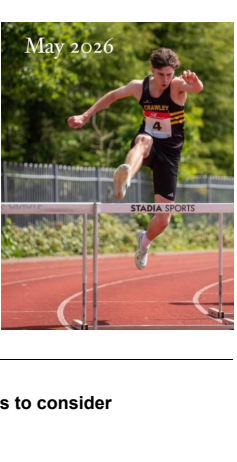
Wow, this just happened today, 31st May.

Paul finished in 1st place and achieved another personal best in the 400m hurdles with a time of 55.85, taking two seconds off his previous best.

He is now provisionally ranked 8th in the country for his age group, and today we were also told that he has broken the all-time U18 club record for our local club (Crawley AC) — a record that has stood for 68 years, subject to confirmation.

One very happy lad here.

Michele Nixon.


Hurdles Festival - 400 Hurdles - PB: 55.85
English Schools National Standard
T3 U18 MEN 400m ...
1 Nixon 55.85
2 Santer 59.60
3 Chatfield- Gra... 1:00.12
4 Long 1:01.51
May 2026
STADIA SPORTS

A few other races to consider

Phoenix Sunset Series 5 and 10k: 6th and 20th June 19:00
https://www.phoenixrunning.co.uk/events/phoenix-west-sussex-sunset-5k-and-10k

Peacehaven Trail 10K: 28th June 09:30
https://www.nice-work.org.uk/e/peacehaven-trail-10k-14345

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

2000 Perch 10k: Epsom Downs 26th June 19:00
https://register.enthuse.com/ps/event/EpsomOddballs2000Perch2026

Phoenix Festival of Running - 24 hour Team Event: 18th July 12:00
https://www.phoenixrunning.co.uk/events/phoenix-west-sussex-festival-of-running-24-hour-team-event

Ashdown Forest 10 and 5 mile summer race 19th July 10:00
https://www.nice-work.org.uk/e/ashdown-forest-10-and-5-mile-summer-challenge-12248

Weakest Link Relay: 22nd July 19:15
Details are on Spond, and look out for a full write up in the June newsletter.
https://www.brightonsports.co.uk/the-weakest-link-hove-lagoon

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

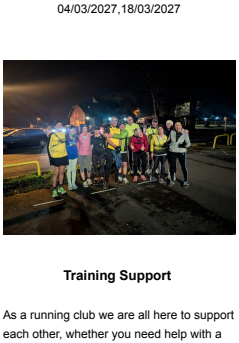
A reminder that when representing the club at certain races — including SGP and XC — you must wear your club T-shirt or vest. If you have used your UKA affiliation number to enter these events and do not wear yellow either yourself or the club could be penalised.

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/nbsRR3i1ZkcbzPgw6
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:

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 - csachair@gmail.com
Secretary - Richard Daniells - csaclubsecretary@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!

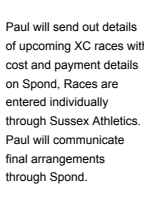
Kit should be ordered and paid for from our website: www.saintsandsinnersrun.co.uk/ kitshop (payment is handled securely by our payment provider Stripe). Full details of the styles available and sizing are on the website. Martyn will receive your order and, at the beginning of each month, will send it 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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