March 2026 Newsletter

Welcome to the March edition of our newsletter. It is great, now the clocks have sprung forward, to see the lighter evenings. And to be back in Tilgate Park for training, I hope to see lots of you joining us.

A belated welcome to our new members, who have joined since the New Year:

Rebecca Oldfield, Romilly Oldfield (junior) and Molly Mitchell (junior).

You will have received your payment request, in the Spond app, to renew your S&S membership and UKA affiliation, if applicable. for 2026/2027. Further on in the newsletter Lesley, our Membership Secretary, has outlined the enhanced benefits of being affiliated to the UKA.

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 all of you have contributed to the newsletter!!

I hope you enjoyed the recent Club Awards do. It was great to see so many of you there. A great way to spend a Sunday afternoon! Thanks to all who donated prizes for the raffle, and to Glenn and Lou for the quiz!

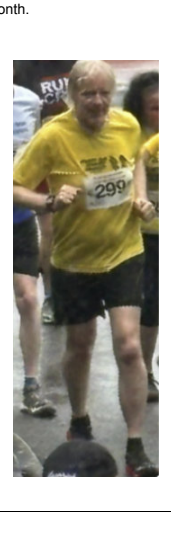
Wouldn't be a S&S awards do without the quiz! Not sure I've got over the shock of the Jim Scott mask though!

James.

Runner of the Month - March - Steve Hurst

The runner of the month for March is Steve Hurst. Steve was a long-term member of the club up until COVID times, and rejoined again when his wife Sheila took part in the club's Learn to Run course a couple of years ago. Since then, Steve's running has come on immensely, he's an almost ever present at training, he regularly takes part in parkrun, achieving his 250th parkrun on Christmas Day last year, and scores good points for the club in WSFRL races, where he is hoping to do as many as possible in 2026. Also recently, he has helped two of our newer runners, Abbie and Jess, in training for their first and second half-marathons respectively.

A well deserved Runner of the Month.



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

Haywards Heath 10-mile Sunday 3rd May
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

Hastings half-marathon (Sussex Grand Prix)

The Sussex Grand Prix is back - and after two years I was back for the Hastings Half.
Last year's traditional opener was axed at the last minute after a bomb scare.
The race was rearranged for October but the date clashed with another SGP race - the Lewes Downland 10-mile - and was dropped from the competition. So I was out.
As a result I was thoroughly looking forward to this year's event. Hastings is one of my favourite races. The support from the public out on the course is amazing and the field a competitive one.

This was my fifth Hastings Half and I had trained aiming to run around 2.10 to 2.15.
My PB here is 2.11 and my slowest (injured and in cold, wet conditions) is 2.22.
So plenty to think about as I lined up at the start with my fellow Saints after a good drive down on a beautiful day.

On a previous occasion I found the 2.10 pacer too quick for me - although did catch up with them near the finish. This time I was happy to watch the flag disappear into the distance as I set my own pace on the long slog from St Leonards seafront to the top of Hastings and the 5-mile marker. At the top I felt good and was happy all the way along the Ridge and then up to the turn point in Ore between eight and nine miles.

There's then a good downhill all the way through the old town and out on to the seafront.
And it's here - between 10 and 11 miles that things got tough (and not for the first time).
Mentally this is a very difficult point. You'd think 2.5 miles flat by the sea would be the easy part.

But by then my legs were mashed from the hills and the wheels started to wobble.
A mile later, they were almost off completely and I was hanging on. A 2.10 finish was long gone so I dug deep to try for as close to 2.15 as possible. So to the final few hundred metres, with a slight deviation from previous years so you stay longer on the seafront before hitting the noise of the home straight.

It's always a great buzz and I was over the line in 2.16. Not a bad showing but definitely something I will aim to beat next year.

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.

Lewes AC Easter Monday, 6th April, - 10:45
Chicken Run – Macs Farm Ditchling. Sunday, 19th April, - 11:00
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

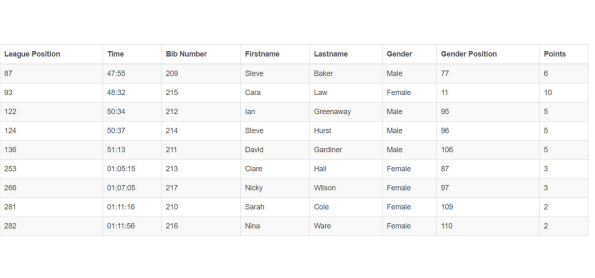
WSFRL Race 3 - Fittleworth 5

Sunday 24th March saw 9 Saints members line up at the start of the 3rd West Sussex Fun Run league race of the 2026 season. This event is organised by Fittleworth Flyers and starts at the village hall in Thakeham.

Despite the name, the course is actually slightly longer than 5 miles and is run mainly along footpaths and bridleways through fields and woodland, with small sections along quiet country roads. Thanks to the recent sunny weather, the course was drier than last year, still plenty of mud though! This is a beautiful course, plenty of undulations but nothing too challenging.

Some great running from everyone. Points are awarded based on gender and finishing position. Each participating club member also gets a participation point (up to a maximum of 25). These can make a real difference to the overall standings at the end of the year. We gained 50 points in total for this race

Results:



League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
87	47:55	209	Steve	Baker	Male	77	6
93	48:32	215	Cara	Law	Female	11	10
122	50:34	212	Ian	Greenaway	Male	95	5
124	50:37	214	Steve	Hurst	Male	96	5
136	51:13	211	David	Gardiner	Male	106	5
253	01:05:15	213	Clare	Hall	Female	87	3
266	01:07:05	217	Nicky	Wilson	Female	97	3
281	01:11:16	210	Sarah	Cole	Female	109	2
282	01:11:56	216	Nina	Ware	Female	110	2

Our current league standing is 12th out of 15 clubs.

Please watch out for these events on Spond. If you've never tried one, please do consider coming along. They are all lovely events, run in beautiful locations. Generally, around 5 miles in length, cheap to enter, open to all levels of runner and a great way to represent the club.

Clare Hall.

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

Cirencester parkrun

A trip home to visit my Mum was an opportunity to try out this Parkrun for the first time. The event is held at the Royal Agricultural University (basically where posh people go to learn to be farmers) which was also where I ran my very first team event in the inter-schools cross country way back when I was 14 years old. This was the one and only time I ever represented my Comprehensive school in anything as I was distinctly average at all other sports!
It's an impressive location boasting some fine mock Tudor buildings and extensive grounds. Facilities wise, its pretty near perfect. Huge free carpark right next to the start, use of the university toilets and post run drinks and cooked breakfast in the dining hall.

The course is a 3-lap loop around the perimeter of a field and one of the sports fields. There were loads of us at the first timers briefing, including lots of children. I discovered that a local Primary school had brought along lots of pupils (and their parents) to have a go at Parkrun (no junior Parkrun in Cirencester). The beauty of the 3-lap course was that the younger participants could drop out at the end of the 1st/2nd lap. It was lovely to see so much enthusiasm from the children. Some of the parents didn't seem quite so keen.

It was a beautiful sunny day but this didn't save us from having to deal with ankle deep mud for about 100m on each lap. Thankfully the going was good on the rest of the course which is also flat. Everyone enjoyed it, no children were lost in the mud but one parent did regret wearing brand new white trainers!!!

I popped in the dining room for a cuppa and a croissant. The fried breakfast looked awesome. I am not a meat eater, but the locally sourced bacon and sausages looked mighty fine.

Clare Hall.

parkrun
Cirencester

parkrun
Quakers Walk

Quakers Walk parkrun

Nina, Martyn, Rebecca and Keith joined Lesley and I for a visit to Devizes for a Q parkrun. With a journey time of more than 2.5 hours we decided to travel down Friday afternoon.

We stayed in The Bear Hotel in the centre of Devizes. The hotel was very comfortable with a nice bar and a good menu. We all spent the evening in the bar enjoying a few drinks and a superb meal.

The parkrun was a short walk from our hotel passing alongside the Kennet and Avon canal. A lovely parkrun using part of Quakers Walk, a right of way for over 190 years. The course is three laps run on a mix of pavement and trail. In winter trail shoes are useful. When we ran there was one muddy spot on a corner, which we navigated with care.

The parkrun team were welcoming and encouraging, helping direct us to the parkrun rather than the cemetery where I was heading. There were the obligatory photos with the parkrun sign when a visiting runner thought she recognised Nina. Is there any parkrun in the world where Nina is not known by someone? While we were running Keith took on the role of official tour photographer attempting to catch our best sides in action.

Run done and all of us feeling happy with our times we headed back to the hotel for a super cooked breakfast. Afterwards we went for a walk around a few shops in the town. Being runners, we were drawn to the bakeries with Martyn and I both buying up chocolate Brownies and Lardy cakes! Check out the Jack Spratt sandwich bar if you are ever in Devizes.

A terrific parkrun tour had by all.

Richard Bryant.

XII Carrera Popular Base Aérea de Alcantarilla

This 12th edition of the Air Base race featured both a 5k and a 14k, I opted for the 14k and my position was 1493 out of 1718 runners.

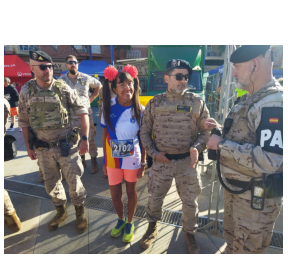
The Air Base of Alcantarilla is one of Spain's most important military aviation and parachuting centres, home to elite airborne units and the country's main military parachute school.

Entry to the town is marked by a roundabout which, unlike Crawley, has no daffodils on it but it does have an aeroplane! Quite a sight to behold!

Just before the race start, the Spanish National Anthem was played and a huge Spanish flag was unfurled. It was a touching, emotional moment.

The route was a one-lapper, mostly flat with a few gentle inclines. We were blessed with a lovely sunny morning and it was a pleasant 15 degrees with a breeze which got stronger around the air field. At least we were taking off into the wind!

The race was organised meticulously by the Military. It was so enjoyable and unique running along the air base and being able to run alongside the military planes. (Coach Dickie would have been jumping for joy!) We listened to great music to keep us motivated throughout the race.



The organisation and atmosphere was absolutely brilliant. Spanish races never disappoint, and this goody bag was a very generous one. For only 20 Euros we all received: -
- a very sturdy, good quality rucksack
- a technical t-shirt with matching arm sleeves
- a decent medal
- crisps
- a tin of olives
- a chocolate bar
- a bottle of lemon juice
- a bottle of Gazpacho soup
- a bottle of shampoo

After the race there was beer, soft drinks, bananas and nibbles. Our international running friend and member, Gaspar, came 2nd in his age group and received a very large trophy.

Nina Trevarthen.

Foots Cray parkrun

This Parkrun is not far from another event that Janet, Nicky and I had already visited on the tourist trail, Swanley. Like Swanley, this Parkrun typically attracts a small turnout which was definitely a selling point.

It's an easy 45-minute trip around the M25 and then a couple of miles along the A20. The event recommends parking (free) at a local garden centre which provides toilets pre-race and the promise of a cafe and a farm shop post-race. It's a 10-minute walk to the start along a footpath.

We had trouble finding the route until someone pointed to the sign pointing the way from the entrance to the carpark. After that we followed the arrows to follow the path by the river to the start. Foots Cray has a winter and a summer route, both in the park but with completely different start points.

Today we (and 61 others) were running the winter route. The course is advertised as run completely on trail paths and started as promised with a lap and a half of the start field. Not too boggy but uneven and had to watch for mole hills.

We then headed out on a long out and back section on a pretty firm path down through some woodland before hitting the expanse of Foots Cray meadows.

A small section of tarmac as the path takes the runners onto a beautiful bridge over the River Cray and then across the meadow before turning left onto a path down through some more woodland to the turn around point. Back the way we came and a final half lap of the field to the finish.

We headed back to the garden centre, but the cafe and farm shop proved to be very disappointing! Don't let that put you off. This was a lovely Parkrun, and I would recommend a visit. We will be going back to try the summer route.

Clare Hall.

parkrun
Foots Cray

S&S parkrun tourism - Tonbridge parkrun

Spring arrived in time for this trip to Tonbridge. The day dawned cold but beautifully sunny. The start is in Racecourse Park right next to the swimming pool car park. The drive in takes you up the High Street and provides a fine view of the very impressive Tonbridge Castle. The swimming pool is tucked away behind the castle and a bit tricky to find but the event instructions are very helpful.

The Pros: This really is a stunning flat course which is basically an out and back with a loop around a lake at one end. It starts off on a path around Racecourse Park which follows the river (although its largely hidden) before picking up a cycle track which takes you through woodland into Barden Park, around the lake and then heading back the same way, lots of different surfaces.

The Cons: Don't expect to run a PB! This event attracts large numbers (621 the day we visited). The course is narrow, there are barriers that need to be negotiated, bridges to cross and cyclists and dog walkers to avoid. There were numerous pinch points on the out bound section where we ground to a halt.

Despite the Cons, this is well worth visiting. Just lovely.

Clare Hall.

Vitality
parkrun
Tonbridge

South Norwood parkrun

The Saturday after my birthday - I had spending money to burn and needed a new pair of running trainers, so I hopped up the M23 to my NENDY (Nearest Event Not Done Yet) and completed South Norwood parkrun.

Parking was easy, with a 10-minute walk to the start from the Croydon Arena.

When I got to the start, we had a Park Warden explain that they are looking to have a colony of Beavers introduced into the park, much to the usual parkrunners excitement!

The course itself reminded me of Broadwater that I completed just the week before, with about half of a lap on harder paths, and the other half on grass, with minimal elevation, then repeated. Both times I had the Saints course records in my sights, and both of which (and Osterley Parkrun too in fact) I ran out of steam and Mr Baker's record remains - for now!

After parkrun I nipped to Nike and spent my Birthday vouchers, hoping the new trainers when I use them will give me the edge on Steve when I attempt the next time!

Luke Taylor.

Vitality
parkrun
South Norwood

South Norwood Parkrun

On a never-ending quest to keep her tourism streak alive, Debby and I decided on a trip to South Norwood - only a week after Luke ticked it off.

Vitality
parkrun
South Norwood

Given the urban sprawl of South London, you may never realise the park is there. It's a lovely spot with the course taking in two laps on tracks and grass with some slight climbs.

There's also a chance to spot some trams. The weather was bright and chilly, with some mist to start with but overall conditions were good.

I took it steady - saving my legs for Hastings Half the following day
After I finished and was waiting for Debby, I got chatting to a lady who recognised me from Tilgate and was visiting her parents locally.

It just goes to show how small the Parkrun world is!

Jim Scott

Malta 10k

A group of seven of us recently took part in the Malta 10K and Half Marathon, enjoying both the race and the overall experience of the trip.

For the 10K, I decided to take it at a more relaxed pace, using a run-walk ("jeffing") approach. Along the way, I managed to take 57 photos and even stopped to help a couple of people tackle the seemingly never-ending hills. The course itself was challenging in places, but very enjoyable overall.

There was some confusion at the start, with directions not being very clear - something that affected quite a few runners, not just me. Even one of the marshals wasn't entirely sure where we needed to be, which added a bit of unexpected adventure to the morning!
The weather turned out to be ideal for running, with intermittent showers helping to keep things cool.
Results:
- Julie Kalsie – 1:09 (PB)
- Gill Turner – 1:11
- Me – 1:14

Ken Tulley.

Malta Half Marathon

Sunny, Scenic & Surprisingly Cold!

For the past three years, we've made it a tradition to turn a destination race into a running holiday with our close parkrun family. This year, the adventure took us to Malta! The trip came about after Darren won a half-price entry into the Malta Half Marathon at the running show—definitely a sign to take a cheeky break from work!

However, despite my hopes to find an early glimpse of sunshine and warmth, it turned out to be far colder than expected! I went prepared for sun, packing only shorts and vests, so I ended up buying running gloves and joggers, which I lived in for the entire holiday . Nevertheless, we had a fantastic few days taking in the sights and on race day, we had a crew of seven running a mix of the Half Marathon and 10k.

All events started early at 7:00 am, but with different start locations, we had to be logistical ninjas. After helping the 10k runners reach their start, Darren, Sandy, Ant and I headed back to our apartment to drop off some things, followed by a quick 10-minute walk to our start line in Sliema.

After a brief warm-up, we settled into the race. Having run the Paddock Wood Half only two weeks prior separately - where we both got PBs! - we decided to take this one comfortably. The goal was to take it easy, but naturally with the hope for another cheeky sub-90 minute finish, which I honestly never thought I would achieve in my life so to get two in two weeks - I was over the moon!

The race started in Sliema, taking us on an undulating route around the streets and out to the harbour, where we even spotted a massive cruise ship. The atmosphere was incredible, with bands playing along the way to keep us going.

At around 4km, disaster nearly struck - I took a tumble trying to sneak through a gap between two runners! However, as soon as I was down, I was up; and after a quick, tearful cry, I shot off like a bullet to make up for it. Darren had to chase me down to get the pace back on track, preventing us both from burning out for the remaining 10 miles!

Upon crossing the finish line, I headed straight to first aid to get cleaned up (all part of the adventure!). Afterwards, we went to get our medals and went to check the big results board - a great feature I haven't seen at many races! We saw Darren's time, but mine wasn't there despite finishing together. A quick trip to the results team to show my Garmin, and they fixed it! I was absolutely delighted to find out that I came 1st female in my age category and 7th female overall! We hung around for the prize ceremony to get the trophy , making for a perfect end to a wonderful break.

Looking forward to picking the next destination for next year!

Claire Page.

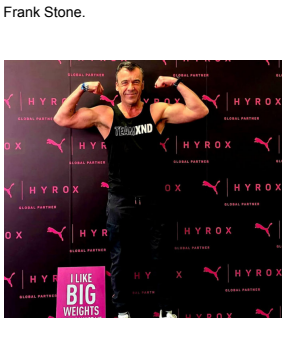
VisitMalta
2026

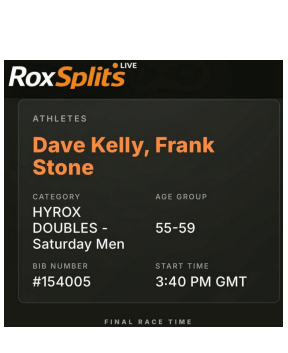
HYROX Regional Championships

I'm over the moon to smash this race with a PB of 1:05:59. Dropping down into the 55+ age category, coming 8th in these regional championships, held at London Olympia, with the best coming over from Europe making it very competitive.

But I have to say thank-you to my arm wrestling and OCR buddy Dave Kelly for dragging me around and putting me through the pain barrier and to my lady Michele Nixon for pushing me out into the Surrey hills and other running races to build up my fitness after a long injury timeout. Also, to Andrew for walking Barney Stone. .

Frank Stone.





RoxSplits LIVE

ATHLETES
Dave Kelly, Frank Stone

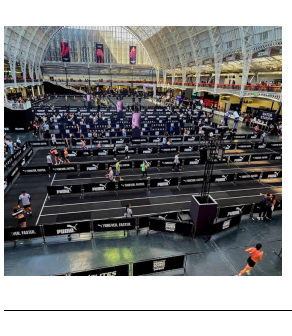
CATEGORY
HYROX DOUBLES - Saturday Men

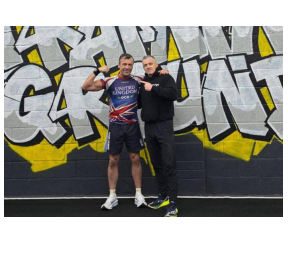
AGE GROUP
55-59

BIB NUMBER
#154005

START TIME
3:40 PM GMT

FINAL RACE TIME





Faskally Forest parkrun

Our Spring Scottish road trip took us to the delightful Faskally Forest parkrun near Pitlochry. Our most northerly parkrun in the UK to date. On the day there was snow on the mountains……wow! Definitely a gloves day!

The volunteers provided the usual warm welcome. First timer briefing done. A pair of New Zealander's trumped our shout out for Crawley for the furthest afield tourists. Again!

This is an undulating trail run with several steep short inclines to negotiate. Being three laps you are able to enjoy these lung exploding climbs multiple times. The 5.8 parkrun difficulty rating is well earned.

Did I mention the chevron style hill to navigate at the start….no! It is a tough start and once at the top of this hill it is about 400m to where you begin the first of the laps. Each lap winds around the forest and past a lake. Having completed your third lap, it is then a run for home, being careful to pick your feet up on the downhill to avoid tree roots and stones.

Faskally Forest parkrun is a fun course with great scenery. If you find yourself heading north, then add Pitlochry and this parkrun to your itinerary. You won't be disappointed.

Dickie and Lesley Bryant.

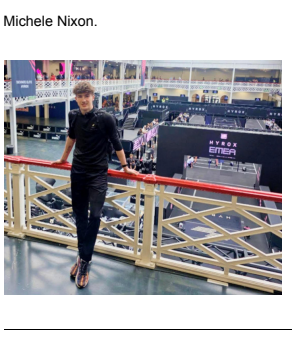
parkrun
Faskally Forest

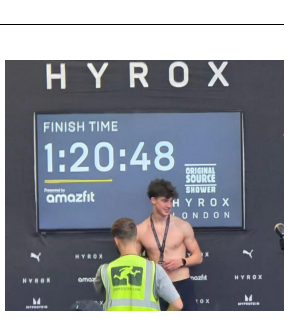
HYROX Olympia

Congrats Paul (17) smashed his first Men's Solo Hyrox this month. He set a personal baseline and had a blast out there smiling, skipping (and a bit of a struggle of course but survived)! Already planning his next one.

Joining the ranks of enthusiastic, eager and energetic, up and coming youngsters embracing the world of fitness! Proud of them all!

Michele Nixon.





RACE FORMAT

Ladies Solo HYROX Race Olympia

My turn at HYROX came on the 29th March, the journey up to London was easy, the roads were clear, no traffic. Hooray!

I set a PB time of 1 hour 18 minutes 59 seconds, over the moon!

Approximately 50,000 people participating over 8 days, the biggest HYROX to date. Impressive organisation - the event went like clockwork.

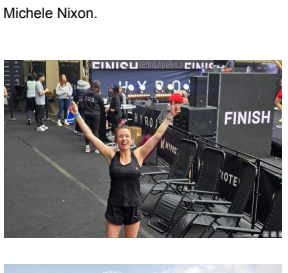
I want to say a special thanks to Chrissy and Sarah Bailey of Witness the Fitness who run the Wednesday classes.

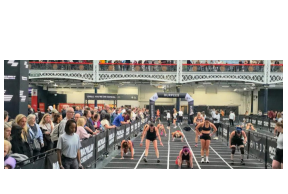
Also, to S&S run coaches Martyn Flint, Paul Luttman & Ed Duke. Training no matter what the weather - power hours twice a week! And Horley Harriers track sessions at K2 twice a month.

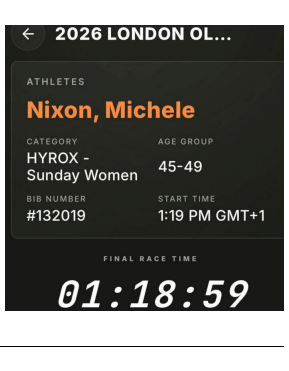
And, of course, partner in life Frank Stone and super sons Luke and Paul. Sharing this fitness journey together - love it!

With the live new upgraded quick tracker tech in place it's been so inspirational and so much fun. Everybody following each other (fellow Hyroxers online) in real time and as a group over this period encouraging, spurring each other on. High vibes and camaraderie as everybody conquered 8 stations/8 runs and everything connected! Amazing!

Michele Nixon.







2026 LONDON OL...

ATHLETES
Nixon, Michele

CATEGORY
HYROX - Sunday Women

AGE GROUP
45-49

BIB NUMBER
#132019

START TIME
1:19 PM GMT+1

FINAL RACE TIME
01:18:59

Hastings half-marathon

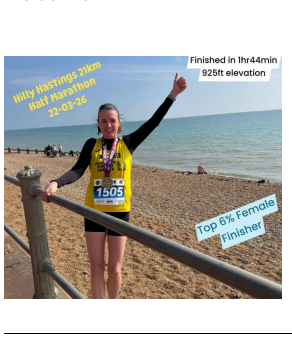
On the 22nd of March I enjoyed racing in the Hastings Half (hilly, 925ft elevation) Marathon, in its 41st year. It was great to travel together as a group from S&S - good company on a relatively long journey from Crawley.

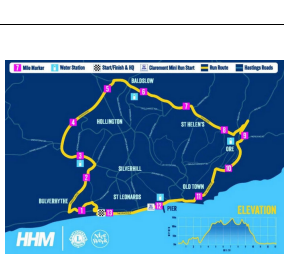
Finished in 1 hour 44 minutes - top 6% females (55/929) 8th/136 in age category and 473/2614 overall.

Perfect weather conditions - cool with sunshine, great course and fantastic local support enroute including local bands.

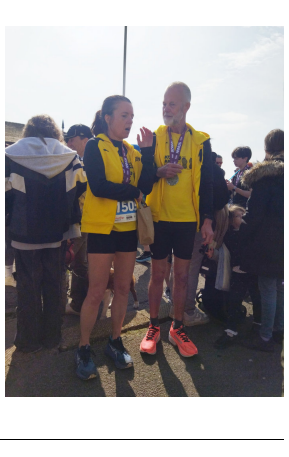
First race on the Sussex Grand Prix calendar, representing S&S it was my 4th time competing here. Quicker, fractionally, than 2 years ago (the event was postponed last year due to a bomb scare). I enjoyed the warmth and just loved it all!

Michele Nixon.


Hilly Hastings 21km Half Marathon 22-03-26
Finished in 1hr44min 925ft elevation
Top 6% Female Finisher



HASTINGS HALF MARATHON



Hastings half-marathon

En 2025 no sabemos como podria haber sido. Lo que si es cierto es que en este 22 de marzo de 2026 hemos disfrutado de una excelente temperatura para correr la Hastings Half Marathon.

En mi opinion, ha sido una carrera fantastica, con mucho publico animando durante todo el trayecto y muy bien organizada.

Con el fin de no tener problema a la hora de aparcar hemos llegado con una hora y media de antelacion.

En un coche hemos viajado James (conductor), Michele, Nina y Gaspar. Alli nos hemos encontrado con los otros participantes del Crawley Saints and Sinners, Martyn, Andrew, Jim, Luke y Janine.

En lo que respecta a mi, he tenido muy buenas sensaciones durante todo el recorrido. Tal vez en la que mejor me he encontrado, y eso que son cerca de 100 las disputadas. Es la unica que no he experimentado ese ultimo muro que se nos suele presentar en los ultimos km, tal vez por la excelente compañia y simpatia de los compañeros.

Muchas gracias a todos.

Gaspar Campello Fuentes.

For those, like me, whose Spanish is limited to Hola and Gracias here is Google's go at a translation. I should have asked Ellie Smiles really, but I'm sure she will have her opinion of Google's efforts!

We don't know what 2025 might have been like. What is certain is that on March 22, 2026, we enjoyed excellent weather for running the Hastings Half Marathon.

In my opinion, it was a fantastic race, with a large crowd cheering throughout and very well organized.

In order to avoid any parking problems, we arrived an hour and a half early.
James (the driver), Michele, Nina, and Gaspar traveled in a car. There we met the other participants from Crawley Saints and Sinners: Martyn, Andrew, Jim, Luke, and Janine.

As for me, I've had a great feeling throughout the entire route. Perhaps this is the one where I've felt my best, and that's saying something considering I've ridden nearly 100 kilometers.

It's the only one where I haven't experienced that final wall that usually appears in the last few kilometers, perhaps due to the excellent company and friendliness of my fellow runners.

Thank you all very much.

Surrey half-marathon

On Sunday 22nd March myself, Adam, Sean and coach Ed travelled to Woking for the Surrey half-marathon. We had a very cold, foggy and early morning start, thanks to me insisting on an extra early start - sorry guys, especially to you Ed. He loves an early start - NOT. Apart from Adam, we had done it last year, so he was very keen on giving it a try after missing out last year.

As before a very chilled and organised build up to the start with a great team of volunteers making sure everyone was where they should be. 9am came and the fog cleared with the sun making an appearance. Off we went around the lanes of Woking. Nice area with a route that had few inclines. Slight change from last year but pretty much the same. Good support around the route.

The race went well from start to finish for all of us. Well-deserved and long awaited PB for Adam, PB for me somehow? Still buzzing over it. I think new carbon plated shoes could have helped, a good run from Sean on tired marathon training legs and a pleasing run from Ed as he was feeling good through and after the race with a respectable time, so we were all happy.

Plenty of goodies were on offer for us at the end which we made the most of. A few photos, ate our snacks, cup of coffee and soaked up the chilled atmosphere with a live band to help with it all.

It was a great morning had by all and I encourage anyone to give it a go, as I know we will again. One to put in your calendars.

Wayne Kingsnorth.

A few other races to consider

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

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 (starting on 31st March) 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.

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 £3.50. Please see S&S Facebook group for payment instructions.

The next date is:

09/04/2026

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.

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!

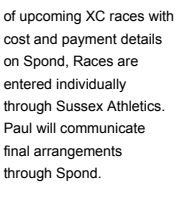
Kit should be ordered and paid for from our website: www.saintsandsinnersrun.co.uk/ kitshop (payment is handled securely by our payment provider Stripe). Full details of the styles available and sizing are on the website. Martyn will receive your order and, at the beginning of each month, will send it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