January 2026 Newsletter

Welcome to the new look January edition of our newsletter!

As we kick off a brand-new year, it's the perfect time to reflect on recent achievements, set fresh running goals, and look ahead to what's coming up for the club. Whether you're chasing PBs, building consistency, or just enjoying the miles with great company, January is all about new beginnings.

Martyn.

Hi everyone!

Hope you all well and enjoying your running.

We had our first committee meeting of the year last week. Lots of planning underway for both our awards do, and for the Tilgate 5.

We are enjoying good numbers at training which is wonderful to see. If you have any feedback on sessions, please let any of the run leaders know.

Look forward to seeing you soon

James.

Runner of the Month - December - Andy Gardiner

Congratulations to December's Runner of the Month, Andy is a popular regular at our training sessions, with his laid back approach to running. He has recently completed a gruelling 100 mile ultra on the South Downs, see his run report further on in this newsletter.

Runner of the Month - January - Nigel Lake

Since joining the club last year Nigel has thrown himself into a range of our club activities. He has participated in our training sessions, trailruns, SGP and XC races. In January he had strong runs at both the Sussex XC Champs and the Sussex Masters XC Champs. Great running Nigel!

SUSSEX GRAND PRIX

After another great Sussex Grand Prix season in 2025, we're fast approaching the start of this year's competition.

Last year Saints and Sinners came a superb 2nd again out of 23 teams, with a number of individual category winners and I hope we can maintain that success this time.

The SGP offers runners of any ability the chance to score points individually and for the club. For each of the 13 races throughout the season points are awarded according to the runner's finishing position. First place earns 500 points, second place 499, and so on.

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

I'm already training for the first race of the season, the Hastings Half Marathon on Sunday, March 22th, and hope to see as many of you as possible there.

Jim Scott

Link to this year's races
https://sussexgrandprix.co.uk/races-2026/

West Sussex Fun Run League

So, as we start the New Year and have had an influx of new members - I thought I would explain the WSFRL to you all - sorry if you are a long serving member. you have my permission to skip this!

The West Sussex Fun Run League (WSFRL) is a group of 17 Running Clubs within West Sussex (and 1 in Lewes). Throughout each year, all 17 clubs host a race. starting with the Hangover 5 on New Year's Day, and finishing with the Gunpowder Trot on bonfire weekend.

The aim of the league is Fun! You do not have to be a quick runner, it's all about participation.

Each race is roughly between 4.5 and 6 miles, usually 5, these will vary in terrain and elevation. They are also no more than £7 a race, however usually they are £5. with most clubs also hosting a 1-mile junior race for £1 a child.

When the host club has informed me, I will open the Spond link for you to sign up! I will put in the description, the terrain, how hilly it is and the distance. As I said they are all tough - but every one of you is capable of doing them all! I have already added the events to Spond so you can add all of them to your calendar!

All you must do is sign up and wear Yellow!

On the day, as your representative, I will collect and distribute the race numbers. please DO NOT collect them yourselves.

After the race, when the results are published, I will post them on Spond for you all to see!

The points system is a bit complex, so if you want more information please do ask!

I highly recommend giving them a go if you can!

The next race, on 15th February, is our version of the Bristol Derby. The Crawley Run Crew's Run Your Heart Out - its local, starting at K2, and all on paths that we run regularly for parkrun!

See you there, Luke.

Winter on the Downs 100 mile race

At mid-day on 5th December 2025, I set off on my first 100-mile race. I was nervous but was happy to have had a good night sleep the night before, which was surprising due to my apprehensions. My nerves were quickly settled after talking to so many incredible people at the start line and I was ready for what was to come… And at mid-day we set off.

The first seven miles were lovely rolling hills over the seven sisters. The excitement and amazing views meant this first section flew by. Me and my brother Joe had planned to run the first 35miles together, but we both quickly knew this would detriment both of us, so we parted ways after about 2 miles. After running up the Cookmere I made it to the first aid station.

After leaving Lillington, full of water and electrolytes, I made my way onto the next section, a 9 mile of mostly uphill, past a chalk horse. This is where I met two amazing women, Becky and Hannah who were well clued up on the 100-mile distance. They ended up being one of my saving graces of this race. After talking with them I was filled with confidence and knowledge and eager to get into the night, which looking back is a stupid thing to have thought! On the tops of these hills the wind was beginning to pick up, but it was still warm and comfortable. Before I knew it I was on my final decent into Southese aid station. A cruisy mellow downhill. After fuelling up with marmite sandwiches and unholy amounts of Mars bars I was ready to make my way to Housedean farm. A nice 7-mile stretch that was familiar as it was the same route as the 100k I did in the summer. This section my legs started to tire a lot, and I did get a little worried that I went out too fast. On this section my ankle started hurting briefly as it has done before but the pain quickly went and luckily didn't come back, which was one of my main worries before the race. On the final decent into Housedean farm, the light faded quickly and by the time I got there I was in darkness.

After another refuelling, and my first of many doses of caffeine, I was off into the darkness and heading for Ditchling beacon. As I was climbing, I felt the drizzle start to come in with the wind, but I was ignorant to how bad it would be. Once we got onto the ridge the wind tore through us, it was the type of wind that you had to lean into, if you stood up straight you would run sideways, but at least it wasn't raining right? RIGHT? Of course it was, and heavily. The course markers were spinning around, you couldn't see 10ft in front of you and it was cold and miserable. But at least you weren't running into the wind, right? RIGHT? Not at first but just after Ditchling beacon we took a sharp left and headed straight into the wind. I could only look down, or my hood would fly off taking my hat and headtorch with it. The only saving grace was that this section was downhill, although it didn't feel like it with the wind resistance. Eventually, after what felt like hours, we made it low enough to be sheltered by the wind. But at this point the damage had been done, I was soaked through, miserable and frozen to the bone, the type of cold that it feels impossible to get warm again. The jog to the next aid station my mood kept worsening as I got colder and colder and I was battling heavily with pulling out of the race. But finally, I got to the next aid station at Saddlescombe farm. Even though it was outside, the shelter allowed me to strip down, have a warm drink and get into some dry, warm clothes I was carrying, my mind kept telling me to quit, but I told myself I only needed to get to the next aid station, which luckily was only 4.5 miles away.

With a great deal of will power I left the warm and cosy shelter and headed out into the night and the rain again. This section was all good, apart from some mud but I couldn't stop my mind telling me to quit. And I was so close to giving in until I managed to catch up to Hannah and Becky again. Somehow, they pulled me out of that cave and in an instant, I was full of optimism again and feeling good. It was either them or the Christmas spirit because as we ran on the beautiful tarmac streets of Mile Oak the streets were alive with Christmas lights, like they were cheering us into the aid station!

It was in this aid station where I managed to properly regroup and sort my head out, after accepting there wasn't much I could do about the weather and mud I had a newfound energy. I left the aid station with Becky and fuelled with gels (as my body was rejecting solid food at this point) we got our poles out and cruised to the halfway point and our first drop bag. This was maybe my favourite section, great company, less wind and steady declines made this section fly by, and before we knew it, we were halfway.

The Findon aid station was a real boost, having some dry shoes and socks lifted my spirits. And there was soup! I swear I have never had soup like it, it was amazing, the heat, the taste, the saltiness was giving my body a warm hug from within. But all good things must come to an end and before I knew it, it was time to leave into the cold.

The next section was not very eventful. It was a big climb to the top of Bramber and a smooth decent into the village. Then a mile on glorious tarmac. Tarmac became a real treat after the halfway mark, and it allowed your brain and legs to rest and go into auto pilot. Then from Bramber we ascended to Truleigh Hill hostel and ran a section I was very familiar with as its where I did many of my training runs. But as we descended into Fulking, the conditions underfoot took a turn for the worst. In this section we had shin deep mud and knee-deep water, but it turns out the cold was like a mini-ice bath and gave welcome relief to my sore calves. Due to this deep, chalky sludge a form of rocky, sandpaper like paste seemed to form in my shoes luckily it didn't cause any blisters but for the next 20 miles this would be a large point of discomfort.

After leaving Fulking we were back on the hills, looking over Brighton from the summit of Devil's Dyke. Again, I was familiar so charged this section to Ditchling which then marked the furthest I have ever run. The rest of the race was an unknown. As I left Ditchling there were signs of sunrise which temporarily gave my brain a break to relax, and some of the pain and loneliness I was feeling faded as I welcomed in a new day. It also became a bit dryer, and as I neared Offham my spirits were high.

After I left Offham aid station, again filled with gels and coke, the sun was up, and I cruised along beside a canal and into the town, where people were out beginning their day. It was so welcome to see people and normality as the past few hours I was running on my own. At this point I called my parents, whose support and optimism gave me yet another boost. Here I did get lost and ended up running a few hundred meters in the wrong direction. But after realising my mistake I double backed and got on the correct route. Then I was back in the hills and on the final hill before Glynde and my second drop bag I saw a familiar figure on the hill. So, I started jogging towards it and he ran towards me. It was one of my closest friends Connor. And when we reached each other, we gave each other a big hug. His company for the next half hour gave me welcome relief to the pain in my legs. It worth mentioning that before the race I gave him strict instructions to bring pastries and force me to eat them, even if I didn't want too. But he didn't know that my body wasn't friends with solid food, so, like a good friend he made me eat it. That is until I gagged and was on the verge of vomiting every time I tried to swallow. So, after this he allowed me to take a gel. He also welcomed me with some great news, that all the people he saw in front of me were walking and looking in a bad way. And, although I don't want to see others suffer, it gave me huge confidence about my condition and mental state. So, I came into the Glynde aid station in high spirits. And to add dome more great news, I had more dry socks at this aid station, the remainder of the race would be without the sandpaper slime.

When I left, I knew it was only 8 miles to Alfriston, which would mark the 90 mile point of the journey. So, I set off to reach this milestone. The weather turned good and the rolling hills became joyous to run on again. But all good things come to an end. Where I was a bit tired at this point, I took a wrong turn and ended up at the bottom of the hill, where I was meant to be at the top, at this point, turning back was not an option, so I opted for getting on all 4s and climbing up a very steep grass bank. Where when I reached the summit, I was met by a group of Shetland ponies. But I had made it and cruised down into Alfriston and towards finally counting down in single digits.

In Alfriston, one of my other closest friends Jack stood outside of the church. This took me so off guard as I had no idea he was coming to see me. This gave me yet another huge boost and walking with him gave me all the confidence I needed to finish the race, also in that aid station, I saw the people Connor was talking about, they seemed broken and my upbeat energy at that point seemed to almost be mocking them. They left the aid station about 10 minutes before me but now I had my goal to overtake them in the next ten miles. It turns out I overtook them within the next 2 miles which again gave me a huge boose of confidence, so the next 3 miles past the Long Man, I just relaxed and enjoyed the run.

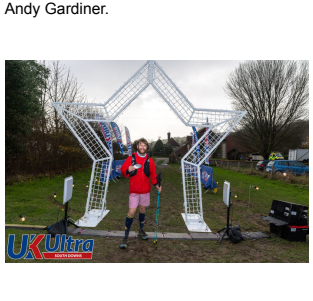
Then I hit Jevington. This is where it sunk in that I was going to make it. But my mind was numb at this point, and it seemed I wasn't really feeling emotion, but after slamming 4 gels and more caffeine, I set off on the last big climb of the race. When I reached the top of the hill it's like I had new legs. The pain stopped and it seemed like I could run like I was on fresh legs again. So, I used this on the last massive, tarmac decent into East Dean, overtaking 2 more people in the process. Then I started noticing the familiar scenery of where I drove in, excitement building I ran faster, then I saw the UK Ultra banners, and more people gathered around! And then the finish line. It was amazing and seeing the UK Ultra rep holding my buckle I crossed the line. Still emotionally numb I gave her a big hug and took my buckle and waddled into the town hall where dry cloths and my toothbrush were waiting. Turns out 100 miles of eating sticky goo made your teeth feel like they were made of fir.

Then I saw my parents, and that was the only time I got emotional. Their support in everything I do and instilling in me that I can do everything I put my mind too, was the reason I have the confidence and the attitude to be able to do this type of event, and I am so lucky to have had the upbringing I have had, and I will never take that for granted. Also, my brother Joe, without whom I would never have the competitive spirit which drives me to do these events, and there is no one I would rather do these events with than him. After this some old family friends turned up and it was amazing to see them. And having the support from so many people is truly heartwarming. Also, to everyone from Saints and Sinners run club, who throughout the event were so supportive and encouraging.

After about a week of being ill and my body not recovering, the magnitude of the race seemed to sink in, but so did the dilemma I think every ultra runner has, that I want to do another one…

So, what did I learn from this event? The main lesson, was to let go of things you can't control. When things are shit you can only change the things that are changeable, it sounds simple, but being pissed off at the weather, or your wet feet will bring no benefit to you, so it's so important to control the thing you can control. And let the other things go.

Andy Gardiner.



UK Ultra website

Great Salterns Parkrun

A Saturday off work means the chance for tourism a little further afield.
So on a bitterly cold day, Debby and I were up before dawn to head for Portsmouth and Great Salterns Parkrun.
After a good run down towards Worthing and along past Chichester we arrived in plenty of time.
Free parking is available half-a-mile from the start, at Ocean Retail Park.
We then made our way to the nearby recreation ground - which was sodden after a lot of recent rain.
The course is three fairly flat laps around the perimeter on paths and grass.
And thanks to the recent wet weather is was muddy and slippery.
Luckily we both had trail shoes, which were much needed.
Great Salterns was set up to alleviate the pressure on nearby Southsea but as it's effectively a cross-country course numbers are small and we were among 53 hardy souls on the day we visited.

Despite that, I loved the run and Debby volunteered to Parkwalk.
The volunteers were incredibly helpful and friendly and there was even cake afterwards.
We then enjoyed a hot drink and snack at Starbucks before a shopping trip to Gunwharf Quays.

Jim Scott.

Sussex XC League

A seven strong Team S&S headed to Ardingly Showground on Saturday 6th December for the third Sussex XC League Race this season. Under a grey winter sky in super muddy conditions, we galloped our way through the showground's equestrian XC jumps on the rolling 'grassland' courses.

In the Senior and Vets women's race over their 5km course: Sarah Stanbridge was 6th in the V35 category; Nina Ware was 15th in the V50s; Valerie Stanbridge was 4th in the V65s; Cathy Howe was 1st in the V70s.

In Senior and Vets men's race over their 8km course: Matthew Sargent and Nigel Lake were 10th and 12th respectively in the V45s; Paul Luttman was 7th in the V50s.

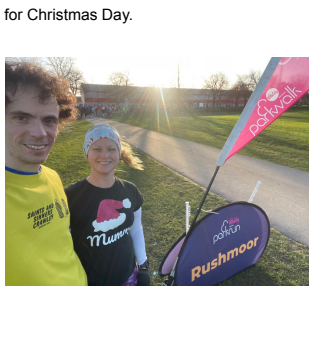
Paul – SCAA Rep

Rushmoor Parkrun

We spent Christmas with Glenn's parents and so of course a bit of Parkrun tourism was in order. So whilst the girls stayed warm with their grandparents on a chilly Christmas morning, Glenn and I set off for Rushmoor. It was about 20 mins from his parents, on Queen's Parade opposite the Army Rugby Stadium in Aldershot. It consisted of two flat laps of gravel, tarmac and canal towpath. The first bit (the gravel path) is quite exposed and when runners spread out on the second lap, I felt that crosswind, which was very bitter that morning! I wasn't going for a time so was happy with a sub-30 with Glenn in just under 19 mins.

Lou Mitchell

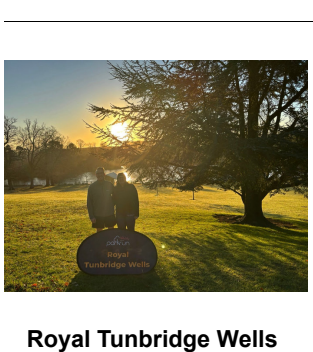
It was quite busy with 707 in attendance (average 524), but plenty of space for everyone at the start. Potential for a decent time, worth checking out if you're in the area. Parking at the army rugby stadium and toilets available, however these were closed for Christmas! Nearest coffee spot was at Tesco in Aldershot but again, closed for Christmas Day.



Queen Elizabeth Parkrun

Still at Glenn's parents in Woking after Christmas, Queen Elizabeth country park (near Petersfield) was closer to get to in the morning than from home, so a perfect opportunity to complete my alphabet. I set off with my father-in-law Colin on another chilly morning. It was just off the A3 with parking by the visitor centre (and toilets!) close to the start. Two trail laps, starting on a hill, so I'm glad I warmed up first. On the first lap we turned off downhill before the top and along an undulating track, back up the same hill (but continuing to the top this time) then down another hill and along the undulating track into the finish funnel. Colin managed 29:52 and I finished in 32:31. Added note, the volunteer giving the briefing was very funny. Coffee was also available at the visitor centre, but I only stopped for my photo with the alphabet banner (thank you for lending team Bryant). I actually dropped my barcode when putting it back in my pocket but luckily someone contacted Glenn (my ICE) and it was returned in time for New Year's Day!

Lou Mitchell



Royal Tunbridge Wells Parkrun

What better way to try and burn off some of the festive flab than a Parkrun.
After running at Tilgate on Christmas Day, Debby and I decided to head over to Tunbridge Wells a couple of days later.
It was a beautiful, bright and freezing cold day when we arrived at Dunorlan Park on the edge of town.

There is paid parking just minutes walk from the start - which has beautiful views over the boating lake.The two-lap course takes you downhill to the lake and along a footpath into fields.
You then climb steadily to the highest point at the far side of the park before a lovely downhill to the end of the lake.
The route then climbs through some ornamental gardens before you set off for a second loop and a sharp uphill finish.
It's a tough course but the views are stunning.
Given the conditions in the fields, trail shoes were definitely needed again.
There is a cafe in the park but we headed into town for refreshments and shopping.

Jim Scott.

Bognor Regis Parkrun

With the West Sussex Fun Run League Hangover 5 back after being cancelled last year, we were on the lookout for a warm-up Parkrun.
Having done the job two years ago, we again decided on Bognor Regis.
This year I was running and Debby was Parkwalking with our latest foster dog, Chief.
Bognor is a four-lap course (one short, three long) in Hotham Park.
The start can be quite bunched with big numbers but I wasn't that bothered as I was saving myself for the later race.
There were icy sections on the course which the marshals did a great job of clearing, steering us round.

We all made it round safely and Chief (who has now been homed) certainly enjoyed himself.
Afterwards there was time for a hot drink stop before heading to Worthing for the Hangover 5.

iJim Scott.

Littlehampton Prom parkrun

I had already entered the WSFRL Hangover 5 and couldn't resist squeezing in a Parkrun beforehand (and knowing I couldn't do one the coming Saturday). The nearest to the league race (Worthing and Lancing) weren't on so Littlehampton it was (plus another 'L' for the namely challenge). The close by parking is the preferred parking for the Beach run, but not free this time. I wasn't going for any PBs on my first flat, paved, coastal Parkrun because of the aforementioned Hangover 5 and frost on the ground. So, I was happy to get a time of 29:18 on the 2x out and back course, and to see Mary and Steve, who were also doing a double bill. I had plenty of time after to get to the league race, which was starting at 11:30am. So, I could pick a Parkrun slightly further away if it's the same again next year…As for Littlehampton, one to come back to in warmer conditions to see where I'm at pace wise!

Lou Mitchell

Hangover 5 - WSFRL

aannd we are back!

18 yellow Saints braved the cold temperatures and the New Year hangovers to complete this 5 mile quite tough course.

Finishing 12th overall we have started off reasonably well!

I look forward to seeing MOST of you at the RYHO on Valentines Weekend!

Luke Taylor.

Banstead Woods Parkrun

With the big freeze continuing there was no surprise that a large number of Parkruns - including Tilgate - were cancelled.
Luckily Banstead was on, so I joined James, Nina, Martyn and Rebecca for an icy odyssey.
We were all wrapped up well for the journey and arrived to find a car park which was more like a skating rink.
James managed to get a spot near the exit and we gingerly made our way up to the start.
Although there was snow and ice on the ground, in the woods the course itself was pretty clear.
Numbers were boosted by cancellations so there were plenty lined up for the briefing - including some familiar faces from Crawley.
Given the conditions we all took it very easy for a pleasant potter round the two-lap course.
The most treacherous bit was the return to the car with a couple of us almost going over on the ice.
And I later took a tumble on black ice just yards from my front door on the way to work. No real damage, just a bruised bum and pride..!

Jim Scott.

FAbbey' at Fountains Abbey Parkrun

To start the New Year we decided to stop and take in a new parkrun on the way home from Scotland. We settled on a parkrun and pub near the A1. The Black A Moor Inn near to Ripon race course was a great stop, good food, beer and a proper log fire.

On Saturday morning we drove the short distance through Ripon to Fountains Abbey, a National Trust property. I like to arrive early but even I thought 8am was a bit keen. Although we were not first onto the car park with other tourists already parked and waiting.

One of the benefits of a National Trust property is the loos. The loos here were nice and bright and most importantly warm. It is a 15 minute walk to the parkrun start from the car park and my word it was cold. With a breeze from the East making it feel even colder. If we could have run with a hot water bottle we would have!

The parkrun follows the path around the paths on either side of the Abbey. Road trainers are perfect. There was no mud and thankfully no ice either. The RD described the course as flat…. for Yorkshire. The scenery certainly takes your mind off the inclines with the Abbey, waterfalls, lakes and a canal all pleasant distractions. All in all a marvellous parkrun and a great start to 2026.

Afterwards we celebrated with coffee and an Empire Biscuit before continuing our journey home.
Dickie & Lesley Bryant.

Sussex XC Champs.

Three hardy Saints headed to a chilly Bexhill on Sea on Saturday 10th January for the Senior XC Champs.

Great running against some of the top Senior men in Sussex over the heavy going 10K parkland course saw our Saints home in good time before the start of the Senior Women's race with Paul Luttman 48th , Nigel Lake 51st and Andrew Bullock 62nd.

Sussex Masters XC Champs.

Four worldly Saints travelled to Coombes Farm near Lancing on Saturday 17 th January for the Sussex Masters XC Champs.

Racing in their age categories over the 8K South Downs course: Michele Nixon was 8th in the V45 Women; Nigel Lake was 9th in the V40 Men; Matthew Sargent was 9th in the V45 Men; Frank Stone was 25th in the V60 Men. Great running everyone.

Santa Pola half marathon

The Santa Pola half has become a fixture for a number of people in the club, but this was my first time joining the S&S runners in an international event and what an event it was!

Whilst my hope of some January sun didn't entirely come true with a bit of a gloomy Saturday and Monday, the weather for the race itself was glorious. Bright sun and clear skies made for a great running conditions, but it never got too warm.

The race is fast and flat with much of the course along the palm tree lined seafront with views out to Tabarca island. The course then turns back and takes you through the town and past the castle which was the location for the sign-in the day before. Because the race is fast it attracts professional athletes who I saw running past me in the opposite direction at astonishing speed (Brian Kibor finished in 1:00:49 for the men and Daisilah Jerona in 1:07:27 for the women, both Kenyan). There are also a lot of running clubs, most from Spain but I spotted a few UK shirts as well.

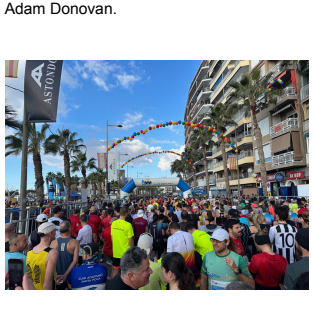
What I loved most though was the atmosphere and the carnival feeling. There were plane fly-bys (incredibly low), people landing on the beach by parachute before the race started and lots of music and ballons at the start. The support around the course was amazing too. At a rough count, there where 4 bands, 3 drumming squads and a dance group plus I lost count of the high-fives I got from the crowd. I didn't indulge in the free beer being handed out, but I saw a lot of people who did!

I was personally coming back from injury so was just happy to be running an event with the Saints, but you couldn't help but be swept along with the enthusiasm of the event and, as always, the support of the other club members. I ran a pretty good race and even managed to run the last 5km quicker than the preceding 16km which felt nice. Although, there were so many inflatable arches and ballons at the end of the race, I completely misjudged the final sprint and was nearly fainting by the time the finish line did arrive! Luckily the free Coke bar and the goody bag which included cake soon had me feeling better.

After the race, we had a fantastic Spanish meal (including paella of course) with the sun glinting off the sea and even had our photo taken with the Mayor of Santa Pola (although at the time we were slightly confused who we were having out photo taken with!). We also managed some paddling in the sea, I couldn't quite face a full swim, but the cold water was not enough to stop Wayne!

Overall, a brilliant race, good company and a great atmosphere. I hope to be back in the future to beat my 2026 time. Big shout out to all the other S&S runners who made the weekend so much fun – Ed Duke, Sean Heard, Wayne Kingsnorth (with a well-deserved PB), Paul Luttman (another PB), Dan Smiles, Martyn Flint, Nina Trevarthen, Lesley Bryant, Richard Bryant, Gasper Campello Fuentes, Steve Baker and Mary Freestone. Not forgetting Keith Trevarthen in the role of transport manager and team photographer.

Adam Donovan.



Kingdom Parkrun

I took a last-minute decision to check out a nearish Parkrun that I hadn't yet visited (40-minute drive). A great team of volunteers gave us a briefing of the 3-lap undulating trail course. They promised free coffee with a breakfast bap purchase for finishers at the café next to the finish (with both items free for milestones)- my motivation found, then!

The course was indeed undulating - no steep hills but a steady mostly uphill slog towards the end of each lap which provided a little challenge on the third lap especially! However, it wasn't too muddy when I completed this course which helped at least (bet it can get some pretty muddy spots after lots of rainfall, though).

The laps were also very contained almost like a race circuit so you could see runners behind and in front of you on other sections of the lap. I took things steady as I normally do on trails and completed the course in 32:01.

I did visit the café afterwards, however after seeing the price of the baps, I decided to get my coffee on my errands in East Grinstead instead! Another point to note is that the car park is small so be prepared to walk a bit if you're not early (parking along the entrance road and main road).

Would do this one again, even though I'm personally not keen on courses with more than two laps!

Lou Mitchell.

Pippingford Park Forest

This is a 8km race trail, which was hilly and muddy2nd Female winning a £30 voucher.

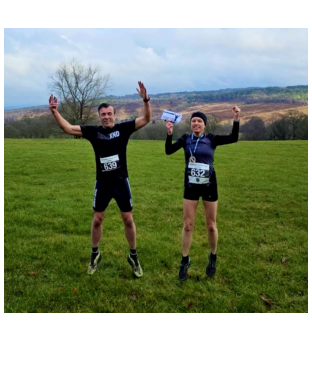
There is also a 5 mile and 10 mile option, well done to Ness (Vanessa Harrold) for smashing the 10miler!

The highlight was approx. 20 deer running across the road 10 metres before the finishing line, a little sign from above!

This was my first time participating in this event - last time here - Spartan Obstacle Race 5 years ago, good to be back weaving through this fabulous forest, immersed in this prestigious & historical estate spanning as far as the eyes can see.

Congrats Frank finishing the 5 miles strong.

Michele Nixon.



From Nicework's Races Website:
"For the Guts, Grit & Glory!
This stunning race route is not designed for the meek... a brutal but beautiful race that will test your limits with tough, tasty climbs"
The Ashdown Forest (Historic Winnie Pooh land) 5 Mile is a test of endurance at its purest. Challenge yourself to conquer the 527ft elevation and earn the unrivalled reward of breathtaking views across The Downs. The route explores hard packed trails through Ashdown Forest so it's perfect for those who enjoy a trail run . The race is tough but achievable and once you've reached the top of the climb, you'll understand why we love it. And, what goes up... the downhill trail is spectacular too! If you enjoy honest racing with a great community of runners & volunteers and electric race day vibes then this is the challenge for you"

Osterley Parkrun

With a second alphabet nearing completion Debby, Luke and I headed an hour round the M25 past Heathrow to Osterley.

This is a two lap course on a National Trust estate - a real oasis sandwiched between the M4 and A4 in West London.
Parking near the start is free until 10.30am.
The run starts outside the beautiful Georgian mansion house and heads round the perimeter of the grounds.
We had a beautiful sunny day for our visit and, as always, the core team and marshals were very welcoming.
The course is pretty flat so there's a potential for quick times.
Afterwards we had a good breakfast at the nearby Park Cafe.

Jim Scott.

Sussex XC League

On Saturday 14th February we head to Glyndebourne for the fourth and final league race this season. The venue is Glyndebourne near Lewes which sits in the South Downs National Park.

This is a grassland course within the grounds of the opera house and on its surrounding hills. There is free parking on site. This race is suitable for all abilities and is no tougher than autumn/winter WSFRL races. The only requirement is a S&S top. Check out the Spond event for full details.

Paul – SCAA Rep

Saints and Sinners 2026 Annual Awards - Sunday 8th March, 4-6pm

We are looking forward to seeing you all on Sunday 8th March at Goffs Park Social Club.
We have lots of awards to give out including those that have been nominated as our runner of the month throughout the year.
Glenn and Lou will be leading the entertainment once again with their popular quiz.
Following the success of last year's raffle to help raise funds for the club London Marathon runner's charity, we will be doing the same again this year.
Club place winner Martyn Flint will be raising cash for St Catherine's Hospice. If anyone would like to donate prizes for the afternoon raffle please let prize co-ordinator Debby Scott know.
An invite to the Annual Awards is in Spond now.

Brighton Marathon

We have received this offer from a local charity, offering free places in the Brighton Marathon in return for fundraising. If you are interested please contact them directly.

Hello, my name is Emily, and I work for a small local charity called Jigsaw South-East. We support children and young people facing or coping with the death of a loved one.
We have 2 places left for the Brighton Marathon and I was hoping you might be able to share the opportunity with your members in case anyone is looking for a place?
The places are free, but we ask for each runner to aim to raise £500 to help us support more bereaved children.
If anyone would like to find out more, please email emilylyle@jigsawsoutheast.org.uk or visit our website https://www.jigsawsoutheast.org.uk/event/brighton-marathon/

Thank you so much for your help with this, Emily.

London Landmarks Half Marathon

We have also received this offer from the The Children's Trust, who have places to fill for London Landmarks Half Marathon 2026 on 12th April. The registration fee is £25 covered by the runner and then they pay the cost of the place, which this year is around £150, and they ask that a minimum of £350 is raised by fundraising.

The below link is to their website with all the information needed:

https://www.thechildrenstrust.org.uk/events/landmarks

Training

We've returned to the streets of Crawley for our winter training sessions. The first Tuesday of the month we meet at Crompton Way, Manor Royal. All other Tuesday's we meet at Tilgate Parade. Thursday sessions will start at different locations, run leaders will specify the meeting point in Spond where more details of the training sessions can be found.

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

05/02/26 19/02/26 05/03/26 19/03/26

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
Secretary - Richard Daniells
Treasurer - Roy Swetman
Membership/UKA secretary – Lesley Bryant
WSFRL Rep – Luke Taylor
SGP Rep – Jim Scott
XC Rep – Paul Luttman
Kit officer – Martyn Flint
Suggestions officer – Stella Daff
Social events organiser – Stella Daff
Male Welfare Officer – Dan Smiles
Female Welfare Officer – Nina Ware
Press Officer – Martyn Flint

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

Order kit!

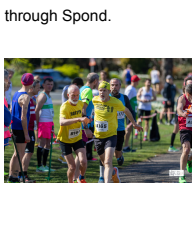
Kit should be ordered and paid for from our website: www.saintsandsinnersrun.co.uk/ kitshop (payment is handled securely by our payment provider Stripe). Full details of the styles available and sizing are on the website. Martyn will receive your order and, at the beginning of each month, will send it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