June 2026 Newsletter

June has certainly reminded us that we don't always need to travel abroad for warm-weather training. A few weeks ago, most of us were wondering if summer would ever arrive. Now we've all been checking the weather forecast with one eye and wondering whether we should be packing sun cream, a water bottle and perhaps an inflatable flamingo for Tuesday night's club training! Temperatures pushing 35°C have certainly made this one of the hottest spells many of us can remember.

Of course, the heat hasn't stopped Saints and Sinners doing what Saints and Sinners do best. Training nights have still been well attended, parkruns have continued to attract the usual familiar faces, and members have been racing everything from 5Ks to ultras. The only records being broken haven't all been on the stopwatch—I'm sure a few of us have set personal bests for the amount of sweat produced on a single run!

One thing that has stood out, though, has been the way everyone has adapted. Earlier starts, slower paces, plenty of water, and the occasional decision that discretion really is the better part of valour. Running is supposed to be enjoyable, and sometimes the smartest training session is simply the one you finish safely.

As always, this month's newsletter is packed with race reports, parkrun tourism, club news and achievements from across the membership. Thank you to everyone who has taken the time to contribute—it's your stories that make the newsletter such a great reflection of everything that's happening in the club.

Hopefully, by the time you're reading next month's edition, we'll have found the perfect running temperature somewhere between "where's my gloves?" and "my trainers have melted to the pavement!" Until then, enjoy the sunshine while it lasts, look after yourselves, and happy running.

Martyn Flint.

Chairman's Corner

Hi everyone!

Hope you all well and enjoying your running in the heat!

We have a busy season of races, Wednesday 1st July was a WSFRL event and we have the Bewl SGP event to look forward to on Sunday!

A calendar of upcoming races is in the newsletter, it would be great to see as many of you at some of the future races in the calendar!

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.

In the heat, please remember to bring water with you to sessions.

Look forward to seeing you soon

James Mason.

Runner of the Month - June - Andrew Bullock

Congratulations to our latest Runner of the Month, Andrew is a popular regular at our training sessions and races.

I am particularly grateful for him for dragging me round the 2nd lap of the Haywards Heath 10 miler recently. I certainly wouldn't have completed the race without his encouragement!

Thanks again Andrew!

Weakest Link – Wednesday 22nd July.

This is a fun event for teams of 4 runners, each of whom run a 2.5k lap and then the whole team runs a 5th leg of 2.5k. The total finishing time is taken from the last runner in the team to finish, so you are only as good as your team's weakest link!

The course is at Hove Lawns and is flat and all on tarmac. The cost is £20 per team (£5 each) and s Spond invite has already been sent out, so add your name to the invite if you are interested.

There are no prizes, and last year we entered three teams out over 120 teams in the race, despite rain just before the event, once the race started it was bright and sunny, and a couple of our runners even went for a dip in the sea afterwards.

Richard Daniells.

2026 Club Handicap Race – Tuesday August 19th

The 2026 Club Handicap race will take place on Tuesday August 19th at the normal training time of 6.30pm. The winner will receive the Derek Brailsford Trophy, currently held by Martyn Flint who won last year's race.

The route is the normal 5k Tilgate parkrun route, starting and finishing at the Boat House by Tilgate Lake and turning at the mid-point of the walled garden.

A Spond invite will be sent out in the next couple of weeks.

I will work out a handicap time for every member that has run at least 5 parkruns anywhere so far this year (that's including non-Tilgate parkruns) and anyone who is a regular at training.

As I have over 100 handicap times to work out, if you can definitely not make it, it would help me greatly if you could decline the Spond invite so I don't have to work out a handicap time for you.

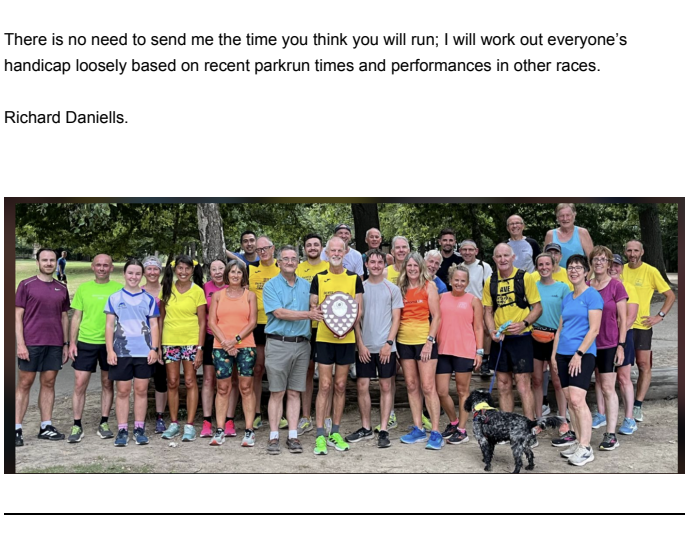
Also, if you are not registered with parkrun as a Saints and Sinners runner, please can you do so. If Saints and Sinners is not your main running club, you can always choose them as your second club on your parkrun page.

The Handicap race is open to all members, first claim, second claim, adult or junior, however, any under 11s running must run with a responsible adult and it will be the junior runner whose time is counted. If you wish, you are more than welcome to run with your dog.

How does it work? If I have given you a handicap time of 40 minutes, you will start ten minutes before someone with a handicap time of 30 minutes, and fifteen minutes before someone with a handicap time of 25 minutes. If all the handicaps work out, everyone should finish at the same time, no matter when they start!

There is no need to send me the time you think you will run; I will work out everyone's handicap loosely based on recent parkrun times and performances in other races.

Richard Daniells.



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

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

When entering SGP races please, during the sign-up process, make sure that you select Crawley Saints & Sinners Running Club from the drop-down menu. This is so that your points are correctly allocated to us in the league table.

Heathfield 10k (SGP) - June 14th.

I can't believe it's midsummer already, but that means it's time for the Heathfield 10k.
This is the sixth race in the Sussex Grand Prix, marking the middle of the year and the mid-point of the season.

Fifteen Saints made the trip to race HQ at Heathfield Rugby Club. We were all present and correct in time to collect numbers, take comfort breaks, pose for the obligatory photos and warm up.

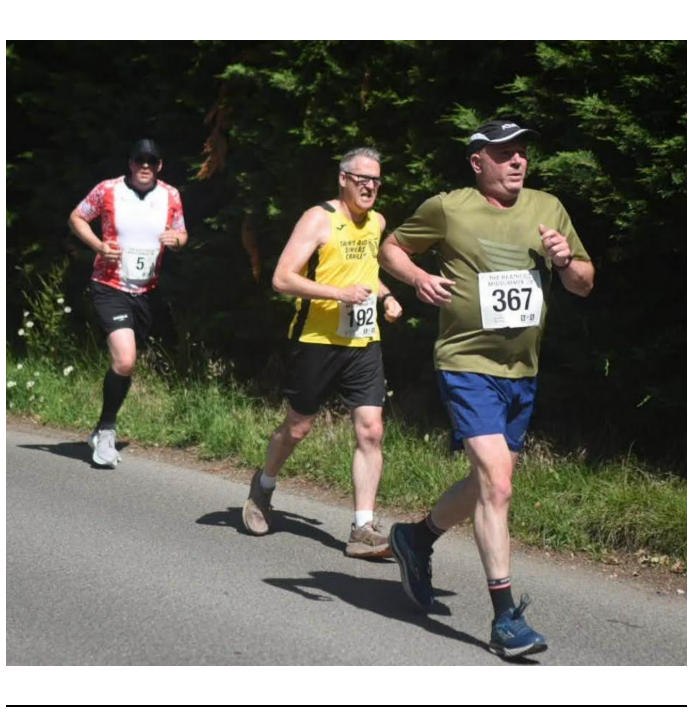
And with the weather warming up nicely, we were soon on the start line.
The race is an undulating loop which starts with a long lane downhill from the village of Cross in Hand, East Sussex.

You then climb up, drop down, climb again and even enjoy bit of flat as you head round via the village of Waldron.

The final three quarters of a mile to the finish on the rugby field is a slow slog back up the steep hill so it's always worth leaving something in the tank.

I thoroughly enjoyed the race this year and even managed a course PB.

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.

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

Hedgehoppers 5 (WSFRL)

While the rest of the Club were racing at Gatwick Half or Horsham 10k, it was left to Ian Greenaway and me to fly the WSFRL flag (not the Saints 2 (flags) 'cos Jim and Luke had them!) at Portslade.

I've rarely missed this one, for apart from a lot of uphill, when you pass Devil's Dyke it has a lovely downhill section across the field. More skylarks singing, and the wind behind you, and a great few miles to the finish with a few undulations.

It was a very windy day up on the downs, really chilly too!

Stella Daff.

Beach Run (WSFRL)

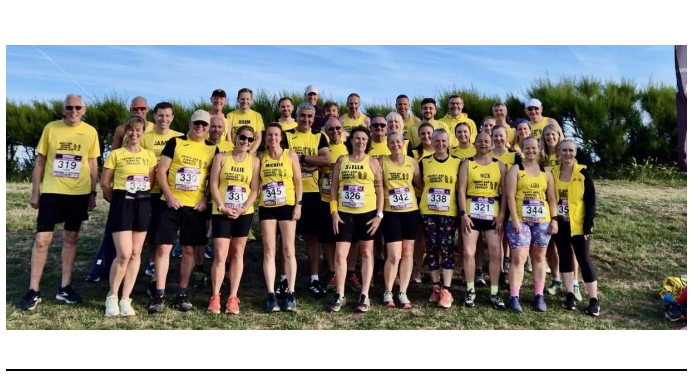
A popular one as always, on a Wednesday evening with the England game (again) 38 hardy Saints decided that the WSFRL was more important than jetting off to Greece, or watching England in a pub.

With the conditions not as windy as they have been in previous years, we were all looking forward to this one! A 5th finish overall is one of the best we have in a few years, so it was a phenomenal team performance!

It is the honestly the best team event and is always well worth the traffic!

The fish and chips are always good too!

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.

Abbot's Wood parkrun tourism,
Saturday 25th July.

Our next club parkrun tourism is at this new Sussex parkrun, it will be run number 12 when we visit.

From shared videos it looks like a lovely course on nice wide woodland paths. It's described as 'undulating' but nothing too dramatic. More details on the event parkrun page.

https://www.parkrun.org.uk/abbotswood/ and see Jim Scott's report further on in this newsletter.

Parking is limited so please car share where possible.

Clare Hall.

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.

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Run Reports

Three Forts Challenge

Over May Bank Holiday weekend, lots of clever (mad) runners do the marathon, including our 2nd claim runner Joe, Daniel did the half, and I did the 5 mile.

It was a pretty hot day, with a start and finish at Lancing Manor, round the field and off up Steepdown. Then over the hills and far away towards Devil's Dyke and Cissbury Ring for the whole and the half, but up a very steep hill to turn back for the 5 mile.

Then with my favourite, long run downhill for a mile or so, which pleases me and my Strava and enables me to catch up with people, before going up through the woods and down full pelt (without the annoying detour we do on the WSFRL Steepdown challenge) before a gallop back to the finish. Where you are presented with your medal by the Town Crier who had also started everyone off.

I managed to shave a few seconds off last years' time coming in at 57.07.

Highly recommended, if you're not involved in the Mid-Sussex Marathon weekend.

Stella Daff.

THREE FORTS CHALLENGE
THREE FORTS CHALLENGE
2026
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5 MILE TRAIL
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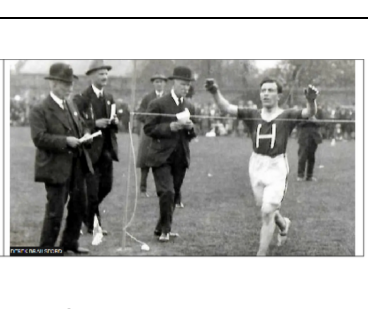

The Hallam Chase

The above photos are of my father winning the 1926 Hallam Chase (Google BBC Hallam Chase – Cheats, Bets and Killer Hills). Look at the crowd in the start / finish ground, and I know that it was just as crowded all along the course.

In 2016 I was allowed (only members of Sheffield Clubs allowed to enter) to run this Handicap Race in honour of my father's victory 90 years before, never imagining that at the age of 81yrs I would run the race to celebrate the 100th anniversary.

The race is the oldest continuous Fell race in the world dating back to 1862 when it was professional only turning into an amateur race in 1925.

The 3.3miles race, is a handicap race, and is basically down a steep hill for ¾ of a mile, then up a steep hill for ¾ of a mile, turn round and run back to the start.

The race starts high up at the Hallam FC football ground and then steeply down to the Rivelin Valley along roads, a rocky bank, fields and tracks, and then it's steeply up the other side of the valley along roads narrow paths, fields and narrow gaps in stone walls.

That is the halfway point, as then you turn around and run the route in reverse. Returning down to the valley is interesting, as the early handicapped runners, like me, meet lots of faster runners going in the opposite direction at the narrow gaps in the wall.

I ran the race in 2016, and for the last four years, and on each occasion, I have been 2nd or 3rd at the valley on the return leg. For the last 4yrs I've won the Trophy for being 1st at the halfway turning point, (I do actually run all the way up the steep hill and to the valley on the return leg). As usual, from the valley I walked up the fields and Rocky Bank but was able to run to the last section.

Unfortunately, my training was terrible in the 4 weeks leading up to the race and added to my age I came 82nd out of 83 even though I had a 7mins 35sec start on the 2nd starter and 29min 30sec on the scratch runner.

The four pictures below are from this year's race.

Derek Brailsford.

THE RIVELIN

Sandhurst Memorial parkrun

Held at Sandhurst Memorial Park, this particular event attracts an average of 163 runners & walkers per week. I came by car with my support crew in tow (Glenn, Molly & Ashlynn). There is a car park next to the start by the toilets and playground, however we parked on the other side of the park as we were running close to time and worried about getting a space.

The course is a scenic, mixed terrain flat course featuring a large pond, bridges, woodland and a field. I don't recall any bottlenecks from my position in the middle of the field on this multi-lap course. It is one smaller and two bigger loops with plenty of turns and a couple of small narrow sections, but I imagine this might be more problematic if it was busier.

I had Heathfield the next day so took it steady so came in at 30:17. Usual friendly feel and picked a nice sunny day. There is a cafe in the park, however we did not stay as Molly had (another) party to rush off to.

Lou Mitchell.

parkrun
Sandhurst Memorial

Weald Challenge - Race 4 of 7

This was hard, with the weather being what it was over the last week or so, I decided that for this I would need my trusty heavy trail shoes. I was not wrong!

14 (not the original 13 that was described) miles of a real mix of terrain and conditions. There were roads, fields, trail paths, alongside lots of steps, 20 odd styles and gates (and 3 styles with gates on top!?!?) I also managed to see a whole farmyard of animals - sheep, cows, horses, chickens, goats and pigs and geese!

It was extremely technical, and I would say it was probably the one of the hardest races I have ran in recent memory, Bewl15 is easy compared to this!

Nevertheless, I put on my big boy pants and finished. Not at the time I was hoping for, but so long as I have a goodish run at Bewl my challenge is still within reach!

Luke Taylor.

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parkrun
Abbot's Wood

Abbot's Wood parkrun

The newest Parkrun in Sussex was always on our radar for an early visit, especially as it meant completing our county set again. So, Nina, Debby and I set off for Polegate on a glorious morning.

The run takes place on Forestry England land so parking must be paid for and we arrived in plenty of time to get a space in the car park. There are loos and a coffee wagon on site for basic post run refreshments.

The briefing took place in a nearby clearing before we set off on an undulating loop on forest paths and open gravel tracks. The first section is downhill, before a fairly long uphill to a turn point. Then it's back down and round a loop before the brief climb to the finish. I can imagine in wet weather the course would be tricky but we had dry conditions.
It's a lovely spot and as I trotted found, I thought how lucky we are - thanks to parkrun and its many volunteers - to be able to run in so many beautiful and varied places.

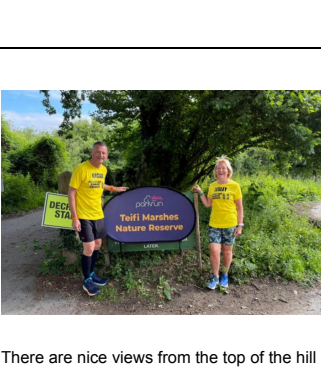
Afterwards we enjoyed a great breakfast and homemade cakes at the nearby Arlington Tea Gardens.

Jim Scott.

Teifi Marshes Nature Reserve parkrun

On holiday near St David's we decided on a trip to Cardigan for their parkrun. The course is run on paths with a small grass section at the finish line.

The first 2.8 miles are on the flat. An out and back from the Wildlife Centre to the Priory Bridge with nice views of the River Teifi. This out and back section is repeated. The final third of a mile is run on an undulating stretch before a hill finish… which was tough!



There are nice views from the top of the hill towards Cardigan though. We both finished #1 in our age category.

Afterwards we headed into Cardigan for brunch and a look around. Overall, a superb morning.

Lesley and Richard Bryant.

Melksham parkrun

Melksham is a small town, south of the M4 and about 15 minutes' drive from Chippenham where my youngest sister lives. My sister is a very reluctant parkrunner and all previous attempts have been when I managed to drag her out to join me on Christmas Day.

Attempt number 1 was to Wotton parkrun which is local to where my parents live. Anyone who has ever been to this parkrun will know that it also is used by the adjacent Comprehensive as part of their cross-country course. As a result, in the winter it is inclined to be muddy, and on this particular occasion, VERY muddy. Fair play, she made it round one lap and then called it a day.

Attempt number 2 came quite a few years later at Shrewsbury parkrun. She was super keen and had gone as far as registering with parkrun and getting a barcode wristband. Super proud of her as she completed this one! Christmas 2025 we visited Street parkrun. Sadly, another DNF.

So, on May 23rd we headed to Melksham Parkrun. The run starts in King George V Park in Melksham and there are plenty of carparks close to the park and toilets right next to the start. It's a two-lap course, a lap of the park followed by a lovely section along the river before a section across some fields, back along the river to the park and then repeat.

It was gloriously hot morning, and I decided that I would stick with my sister. Our goal was to complete the course and get her a PB. Job done!

It's a lovely course on a variety of surfaces. Will probably be muddy in parts when wet and a little narrow in places but well worth a visit if passing.

Clare Hall.

Y Promenâd, Abermaw parkrun

We had a lovely morning for a run in Barmouth. Not too hot and importantly no wind. The meet is opposite the RNLI station with the start / finish and turn points marked on the path. Their parkrun sign placed on the lovely sandy beach for photos.

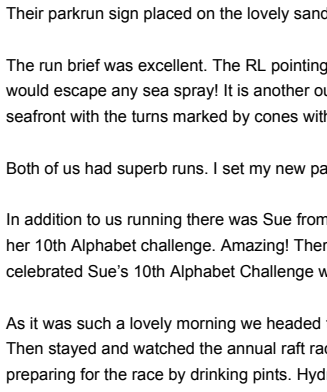
The run brief was excellent. The RL pointing out the nice weather and low tide meant we would escape any sea spray! It is another out and back route on wide paths along the seafront with the turns marked by cones with a Welsh flag.

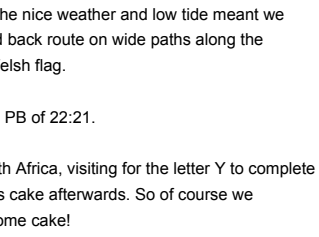
Both of us had superb runs. I set my new parkrun PB of 22:21.

In addition to us running there was Sue from South Africa, visiting for the letter Y to complete her 10th Alphabet challenge. Amazing! There was cake afterwards. So of course we celebrated Sue's 10th Alphabet Challenge with some cake!

As it was such a lovely morning we headed to the Lobster Pot on the quay side for Brunch. Then stayed and watched the annual raft racing. This was a lot of fun with several crews preparing for the race by drinking pints. Hydration is important.

Lesley and Richard Bryant.





Black Rocks parkrun

Another few days took me back to the Peak District, although this time I wasn't staying in my usual location. I was attending a craft course at Godfrey's Hole (a great name for what is literally a hamlet of about three houses) and staying at a hotel in Matlock Bath. Conveniently, the drive from the hotel took me straight past the entrance to the main Black Rocks car park. With only a five-minute drive from there to my course, I didn't really have an excuse not to give the parkrun a go!

Black Rocks is a gritstone outcrop and a popular destination for climbers and walkers. It sits on the High Peak Trail, a walking and cycling trail that runs for 17 miles from just south of Buxton to Cromford. The trail follows the route of the former Cromford and High Peak Railway, one of the earliest railways in the world. Built in the 1820s, it linked the Peak Forest Canal at Whaley Bridge with the Cromford Canal over a distance of 33 miles. The railway was designed rather like a canal: on the level sections, wagons were pulled by horses, while on the steep inclines they were hauled by cables powered by large steam beam engines housed in impressive engine houses. The railway finally closed in 1967, after which the southern section was converted into today's High Peak Trail.

The parkrun route is essentially two and a half out-and-backs along the High Peak Trail and is remarkably flat—well, almost flat, which is a rarity in the Peak District! The start is in the middle of the course, so you first run an out-and-back in one direction, then another in the opposite direction, before finishing with a shorter out-and-back along the original section. Along the way you pass one of the old engine houses and the National Stone Centre (who knew such a place existed?) and, on a clear day, the course promises stunning views across Matlock Gorge. Unfortunately, the weather had other ideas. Heavy rain and low cloud meant the famous views were completely hidden.

Despite the miserable weather, everyone was in great spirits at the start, with plenty of first-time visitors. I chatted with a runner who had driven all the way from Worcester that morning simply to complete event number 71 for his parkrun Bingo Challenge. Underfoot, the trail is very similar to the Worth Way. Much of the route is under tree cover but, thanks to the rain, there was plenty of mud and lots of puddles to negotiate. Even so, there were no issues with congestion and, in dry conditions, I imagine it would be quite a fast course.
As I was running along, my ears pricked up when I heard the ladies behind me mention Tilgate. They were from Brighton and were visiting a friend, who had persuaded them to take part in their very first parkrun. They were clearly enjoying themselves and were already talking about making Tilgate one of their future venues.

I really enjoyed this course. You settle into your running almost immediately and, despite the conditions, the surface is good throughout. I'd love to return on a clear day to enjoy the views and to discover what the National Stone Centre has to offer. The surrounding countryside is beautiful and, if you're interested in industrial history, there's plenty to explore nearby, including Arkwright's Mill at Cromford, recognised as the world's first successful water-powered cotton mill.

With the parkrun completed, I headed off to my craft course where, thankfully, I was able to enjoy a hot shower and change into some dry clothes!

Clare Hall.

Winchester parkrun

I attended this one solo as I was meeting friends in the city afterwards, so I took the opportunity for another spot of tourism. It was a cooler day compared to recent weeks and with cloud cover so ideal conditions for running. I came in bright and early on the train as the only option was the stopping-at-every-station service after changing at Clapham Junction, which took longer than other times I have travelled. Although with a coffee and some homemade flapjack, I was content!

The event is at North Walls Recreation Ground about half a mile from the railway station in one direction and the city centre in another. I gave myself plenty of time so didn't miss the briefing this time and had time for quick warm up jog.

The course is mostly on field (with a bit of tarmac and gravel), with one small and three bigger loops. Again, I took it steady because I wasn't feeling like going for a fast time and came in at 30:33.

There are twists and turns, however plenty of space so this could be done pretty fast if you wanted it, even with a weekly average of 377 other participants. No cafe or public toilets at the park, so I recommend factoring in a comfort stop on your travels beforehand, then leaving a little energy in the tank to walk into the city centre afterwards. I opted for a tasty eggs Florentine and coffee at the Cathedral Cafe.

Lou Mitchell.

Vitality parkrun
Winchester

Dorking 10 mile

I often am the sole Saint at the Dorking 10 miler (they do a 10k option these days too).

A well-attended race in the Surrey hills around Leigh and Betchworth, with a start on the beautiful Brockham village green, and a downhill gallop across the grass to the finish at Dorking Rugby club, where the race village and parking is.

2 laps sort of, with yes, a few steep hills, but it is well marshalled and with several water stops, you feel looked after. It thankfully wasn't as hot as in previous years, and in its 40th year it is a must on the calendar.

Stella Daff.

40 Years
DORKING & MOLE VALLEY AC

Medina IOW parkrun

Waking up to heavy rain and strong winds on the Saturday morning, I briefly questioned whether we should give parkrun a miss, but we knew it was our only opportunity to parkrun during our holiday, so off we went.

Despite being called Medina I.O.W. parkrun (the usual course is located in Newport close to the River Medina), their summer course takes place in Appley Park in Ryde. As we drove across the rolling hills to Ryde, the weather seemed even worse and visibility was poor, but by the time we arrived and parked the rain had eased, the skies seemed brighter and it felt like a comfortable running temperature.

Everyone gathered on the grass to listen to the run briefing, and it was nice to hear several milestones being celebrated. The course started on the grass in park, a lovely wide start reminiscent of the old 'summer start' at Tilgate. After a short loop on the grass, we headed downhill through the park to the promenade and ran west before we turned and ran in the opposite direction, enjoying views of Portsmouth across the Solent.

After running through 'the moat' (thankfully just a few puddles), we tackled what is known (quite aptly) as 'big hill' back into the park and after another short loop on the grass we reached the finish. I found the last mile hard as I had probably started a bit fast but was encouraged by the friendly and supportive marshals around the course.

After the parkrun, we went for a short cool down walk along the seafront to take a closer look at Appley Tower which we had run past, and then to the boating lake to see the geese. Incredibly, the rain and wind didn't resume until we got back in the car – it felt like some sort of parkrun magic!

I would definitely recommend this parkrun if you're visiting Isle of Wight in the summer, but be to check the website for updates as there are frequent changes to location.

Sarah Stanbridge.

Vitality parkrun
Medina I.O.W.

A few other races to consider

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

RISE 8K Undercliff Run for Women 18th October 2026, Brighton.
https://riseuk.org.uk/get-involved/fundraising-events/rise8k

Training

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

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

If there are any particular sessions you would like us to include, or if you are training for a specific event and need help with a plan please speak to a run leader. We have a fully UKA qualified Running Coach in Paul Luttman. He has already helped several members to fantastic performances in their races. Please speak to him to get a personalised training plan for your next big race.

UKA

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

Horley Harriers Track Sessions

S&S members are invited to attend track sessions at K2 organized by Horley Harriers. The sessions are suitable for everyone and are great fun. Sessions take place on Thursday evenings as per the schedule below, meet at the centre by the track at 6:45pm.
If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit the online PARQ form
https://forms.gle/cbsRR3i1ZkcbzPgw6
ahead of attending your first session in 2026. The form just needs to be completed once. Track sessions are £4.00. Please see S&S Facebook group for payment instructions.

Future dates are:

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

Membership

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

Training Support

As a running club we are all here to support each other, whether you need help with a training plan, company on a long run, someone to pace you to a Parkrun PB, a lift to a race or a tourism event etc.
Speak to your run leaders about training plans and goals and they can adapt sessions to suit most needs. Also do you have any tips, pre/post rituals or post-race treats to share?
Please do also let us know what races you have entered.

Our committee:

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

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

Order kit!

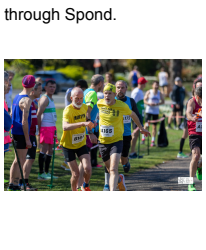
Kit should be ordered and paid for from our website: www.saintsandsinnersrun.co.uk/kitshop (payment is handled securely by our payment provider Stripe). Full details of the styles available and sizing are on the website. Martyn will receive your order and, at the beginning of each month, will send it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

Register for WSFRL

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

Register for XC

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



Register for a Sussex Grand Prix Race

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

Make a suggestion!

Please email thoughts, queries or recommendations to our very own 'Suggestive Stella' info@saintsandsinnersrun.co.uk. You can ask these to be shared anonymously if preferred. Stella brings these comments to the committee meetings and then they can be followed up. The committee need to know what the members want and feel in order to improve.

Check out our site

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