

Welcome to the November 2025 newsletter. And an especially warm welcome to Jessica Hancock who joined Saints and Sinners this month.

December can be one of the hardest months to stay motivated with the cold, wet weather and festive distractions. It's important to keep the running habit alive for our physical and mental wellbeing right up to the big day. To help you stay active our run leaders have plenty of training sessions on offer throughout December. There's also a XC league race on the 6th plus 2 Parkrun tourism events on the 6th and 13th. Last but not least don't forget Tilgate Parkrun on Christmas Day.

We love hearing about your running exploits and have plenty of reports for you to see what fellow runners have been up to, around the UK, Spain, Poland and Australia.

This issue marks my final contribution as the editor of the S&S newsletter. I've enjoyed putting the newsletters together for the past 3 years. Thank you to everyone who has contributed reports and read the newsletter during my time in the role.

Nicky

Chairman's Corner

Hope you're all well and enjoying your running.

I can't believe it's December...

It's been another busy year for the club. We've seen some bumper turnouts at training recently, which has been fantastic to see. Thank you to all for braving the cold and dark nights.

I'd like to thank everyone who's contributed to the club in the last 12 months. Too many of you to mention...

We have our AGM on Monday 8th December. If you can attend please do so.

Wishing you all a happy Christmas and New year.

James



Runner of the Month - November 2025

Runner of the month - Wayne Kingsnorth

I'm delighted to announce that Wayne Kingsnorth is our Runner of the Month.

When Wayne is not under the bonnet fixing cars he can be found with fellow Saints out running.

In preparation for the Greatest Mediterranean Race in Alicante, Wayne executed every training session like it was his last. His reward was a Half Marathon PB clocking 1:26:59 seconds. And in true style, as soon as his race finished, Wayne celebrated with a swim at Santa Pola beach to celebrate a truly outstanding effort.

Dan Smiles



Alphabeteer Challenge

Are you working through your parkrun Alphabeteer Challenge and getting close to completing it? Please get in touch if you'd like to borrow our flag to mark your achievement.

Dickie and Lesley Bryant



Run Reports

Sydney Marathon - August 30th

A 14 hour flight to Singapore with a stop over of 2 nights to look around and getting into the new time zone. Then onto Perth and a stop in Freemantle for 4 nights to visit the prison (British penal colony) and Rottneest island (where prisoners were held and died) on the island.

A 6 hour flight to Sydney for 6 nights. I met up with Caz and Rach. We did a bridge climb, visited Manly island, took a Bondi beach bus tour along some of the marathon route.

The marathon was hard, the weather was getting hot. It ran over and under the harbour bridge, a very long out and back with a camber which my legs didn't appreciate. A lack of support, then going round the outskirts of 2 parks from approximately 19 miles I had my friend jeffing (walk jog) with me. He got me to the finish line that was on a down hill and outside the opera house.

After being filtered through I waited for Rach who was 10 minutes behind me. Back at the hotel I met up with Caz again and her friend. Drinks were had and we went our separate ways.

I flew 3.5 hours to Ayres Rock for 2 nights. I had a bbq in the desert at night and ate kangaroo and crocodile. There was star gazing and I watched the sun rise and sun set. Then a 3 hour flight to port Douglas, a walk through Daintree Forest and visited a crocodile centre, snorkelling on Great Barrier Reef, 52 miles from mainland.

I had recovered from the marathon but the flight back from Port Douglas-Cairns, Cairns to Singapore was 5 hours. Singapore to LGW was 8 hours then a bus to town to meet up with Nick for coffee and breakfast.

It was a great experience but I wouldn't do the marathon again It's not flat!

Ken Tulley



WSFRL Report - November

Hello everyone!

First of all, **CONGRATULATIONS STEVE BAKER.** 2025 completer! Top stuff.

The end of the season has been and gone. And overall we did pretty well. We dropped 3 places overall to 11th. But we still beat CRC so that's something!

We had 25% less runners than our 2024 participation, which led to a drop of 206 points vs last year.

I posted the notes of the recent AGM in the Spond group, but I did miss out on one key fact. I am now the Chairperson for the WSFRL! This comes with extra responsibility for me, alongside the birth of my daughter.

It does also leave all of you with a duty not to show me up! I firmly believe if we can get lots of participation, we may win the improvement trophy! So get your wallets out, trail shoes on and let's make a real effort to run as many races next year as you can!

All the WSFRL races are on Spond now, so keep an eye out for when they get released, I will be pushing this hard next year.

See you at the AGM, and then at the Hangover!

Luke Taylor - WSFRL Rep



XC Report - November

An eight strong Team S&S headed to Stanmer Park near Brighton on Saturday 8th November for the second Sussex XC League Race this season. On a sunny autumnal afternoon, there was great running from everyone over the undulating parkland course at the foot of the South Downs.



In the Senior and Vets women's race over their 5km course: Michele Nixon was 12th in the V45 women age category; Sarah Stanbridge was 6th in the V35s; Nina Ware was 18th in the V50s; Valerie Stanbridge was 4th in the V65s; Cathy Howe was 1st in the V70 women. In Senior and Vets men's race over their 8km course: Matthew Sargent and Nigel Lake were 15th and 18th respectively in the V45 men; Paul Luttmann was 8th in the V50 men.

Next up on the afternoon of Saturday 6th December we head to Ardingly Showground for the third Sussex XC League Race. This is the closest venue for us with a great course on the showground's equestrian XC course. Check out the event on our Spond group for full details.



Paul Luttmann - SCCAA Rep

Downs Link, Shoreham-by-Sea Parkrun - November 1st

New month and a new parkrun. On Saturday 1st November Lesley, Katy, Martyn and I set off to run Downs Link Shoreham by Sea. We arrived around 8:20am and parked on Upper Shoreham Road, where there was plenty of space. Thanks to Richard D, Ness, Nick and Ken for their parking advice.

It is then about a 10+ minute walk to the parkrun by the river. Arriving at the start we saw Tilgate regulars Cathy Holroyd, Julie and Sandy also there for this mornings run. There is space to leave bags at the start/finish area.

The run is out and back along the Downs Link. A flat and sheltered route. It is relatively narrow which made it a slowish start. If you are aiming for a PB you need to be near the start. At the half way point we turn around and head back. At this point you are running single file in both directions for a short while with limited space for overtaking.

It was an enjoyable run along a nice route. Once finished we headed home. Another great morning out at parkrun.

Dickie and Lesley Bryant



Roundshaw Downs Parkrun - November 1st

On a cold but bright morning Debby and I were up to do our Parkrun Nendy at Roundshaw Downs. We were joined by our foster dog Norman the staffie. As he had only been with us for a few days and was suffering separation anxiety we decided he could come along too.

Roundshaw is a two lapper on grass and paths on the nature reserve just off the Purley Way. There are no facilities and parking is on the industrial estate near the old Croydon Aerodrome.

We were there in plenty of time to let Norman have a sniff about and comfort break before the pre-run briefing. We decided he would run with Debby although he was quite keen on pulling her after me to start with!

The run itself was quite tough given the muddy conditions on certain sections.

There's also a bit of a hill to tackle but a lovely downhill towards the start/finish area with great views over Croydon and up to central London.

Afterwards we headed to Starbucks for coffee, tea and a pup cup for Norman.

Jim Scott



Count Down to 100 Parkruns - November 1st, 8th and 15th

No. 98 - Uckfield - November 1st

For my last couple of parkruns leading up to 100, I decided to tick off a couple more letters.

For number 98, I drove the 40 minutes to Uckfield. I got there in good time to ensure that I got a space in the Rugby Club car park and to do a short warm up (the whole body and not just the legs, the weather was dry but fresh).

After the briefing, it was around the rugby field then off through a fence onto trails, past a pond, then onto field again up a hill, a small loop and back again (making a lollipop shape). I found the hill to be alright and easier than Tilgate, however it was grass so it depends what terrain you prefer.

We were told by the run director that the course was 'dry', which actually meant hard ground with a thin layer of slippery mud on top. Trail shoes are a must for this course, even early in the winter season when conditions are okay! I also saw some rubber ducks in fancy dress en-route - not sure whether they're a regular feature but it added to the fun.

Taking caution, I crossed the line in 35:05 then had a sweet treat from the marshals at the end (one of the volunteers was celebrating a milestone). I did a quick cool down, then stopped for a coffee from the outdoor servery and chatted to a few Uckfield regulars.

Another friendly event not too far from home with toilet and changing facilities available at the Rugby Club. The average number of runners is 94 so with the lap of the field there were no bottlenecks getting onto the trails.



No. 99 - Jubilee, Bedford - November 8th

It was an early start, setting off about 6:40ish by car. You can get a direct train but there are two Parkruns in Bedford and Jubilee is 2 miles from Bedford railway station. I briefly considered the train to get the extra mileage, however I was staying with friends in Olney that weekend, and so felt it was logistically easier to drive. Luckily, Glenn didn't need our car and was happy to stay home with the girls - thank you, Glenn.

Parking is available nearby at John Bunyan sports centre. I had a good journey and arrived in plenty of time to loosen my legs for 2 miles before the briefing. Note that if you need the toilet, I presume the nearby Tesco is your best bet as there are none at the park and the sports centre is shut before 9am.

Count Down to 100 Parkruns Cont..

I was surprised to hear that it was only the 21st event, but with an already large gathering of participants (average 239 and 199 when I was there). Well, there aren't too many Js about! The course itself was flat with one smaller and two bigger loops before heading into the finish funnel. I managed a 29:30 finish with the letter J ticked off.

There were chocolates and sweets offered at the end; not sure if this will be a regular feature but was a nice touch. There were some nearby parks and the sports centre for coffee but I don't stay (for once) as had brunch plans!



Parkrun 100 - Tilgate (of course) - 15th November

I put the word out leading up to the event that my 100 as I wanted to celebrate this - it has taken me nearly a decade for various reasons, including 2 pregnancies and a pandemic! I wanted Glenn and the girls with me too so we brought them along in the buggies - Glenn was pushing Molly (our eldest) and myself Ashlynn. This included an out and back 2 miles each way so I was not going for any PBs.

I also felt a little nervous before I came out that morning, maybe because of being unsure who would turn up or because it was a milestone. Anyway, we got there a bit early for a photo and there was a fab turn out of S&S members running, spectating and volunteering.

My siblings and a couple of friends in Horsham Joggers also joined. However, there was a little confusion over as to where we were all congregating so some of those I missed, I caught up with at the finish (apologies to anyone I did miss entirely).

Most of us know the drill for Tilgate so will just say I got a few extra cheers with my sash and a time of 33:37. Glenn came in at 19:45 - he says his buggy running days are numbered with Molly now she's getting bigger. Hopefully she will be running Parkrun herself in the future. She takes part in Junior Parkrun now and got her half marathon wristband the very next day, so a good weekend of running for Team Mitchell.

Last but not least, a big thank you to all that supported me. I really do appreciate it and it really gave me a boost. Next for me is completing the alphabet challenge (2 letters to go- V & Q) and not taking another decade to get to 250 Parkruns!

Lou Mitchell



Crowborough 10k (Sussex Grand Prix) - November 2nd

The 12th, and last, SGP race of the season is the Crowborough 10k.

I last ran this one in 2019 and since its post-Covid return, it has clashed with an annual weekend away.

This year the race was earlier in November than usual and it meant I could take in the self-imposed challenge of running all 12 SGP races this season.

The race is a challenging two-lap course round Crowborough with a lovely downhill start, a tough uphill section and a nasty uphill finish.

I had forgotten how hard the hill is but still thoroughly enjoyed the race - which was in near perfect conditions, dry and cool.

We had a fantastic turnout with 16 runners taking on the point-scoring 10k race and 2 the 5k race.

This has been another great SGP season for the club with what looks like another second place in the overall team contest and some individuals getting top three age category honours (final results to come).

Thanks to everyone who ran for us this season for helping our success.



Jim Scott



Northala Fields Parkrun - November 8th

Our next tourism trip took us to Northolt in West London. And after his Parkrun debut the previous week, Norman was with us again.

We had a good run round the M25 and A40 and were parked up in plenty of time.

The run is a single lap of Northala Fields and Rectory Park. You start next to a small lake, then head up and round three large mounds (made using rubble from the old Wembley Stadium).

The route then passes back past the start point and round some football pitches before heading through a small wooded area then back round the mounds the other way to the finish.

The run was very popular with hundreds in attendance.

Norman ran with Debby again and was very keen to start with but later got distracted by sniffing opportunities!

PS - after two foster breaks with us, Norman has now been homed with a lovely family from Storrington

Jim Scott

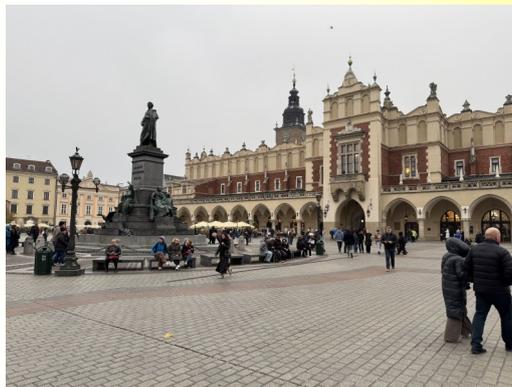


Krakow and Zielony Parkrun, Poland - November 8th

4 Saints, Lesley and Richard Bryant, Nina T. and myself, plus Keith T. and my daughter Rebecca made the trip to Krakow in the hunt for a Z for the parkrun alphabet challenge. I just needed it to complete my first alphabet, Rebecca to get further towards her first alphabet and the other Saints to add towards their second alphabets. Keith was along in the important role of official photographer.

We arrived in Krakow early in the evening on Thursday and after taxis to our hotel, we set off to find a meal. We were staying in Kazimierz, the Jewish quarter, and it seemed that every other premises was a restaurant. So, after peering in a few windows, we picked a suitably local looking establishment. It was a good choice as the food was excellent, which proved to be the case for every meal we had during the stay.

The Friday meant an early start for a trip to Auschwitz/Birkenau. We were all amazed at the number of people visiting, but although it seemed to be utter chaos, the organisation was superb. It was an interesting and sobering day. Arriving back in Krakow mid-afternoon, gave us a chance to sightsee taking in the castle, views of the city and an incredible sunset.



Saturday morning dawned with another early start to ensure we were on the start line of Zielony Jar parkrun. After a recce on the Friday evening, we knew which tram we needed to get for the 45-minute journey. And, arriving at the stop in plenty of time, we found several other park-runners heading in the same direction. The park was about a 10-minute walk from the tram stop and is in the midst of a very austere looking neighbourhood of high-rise flats. The park is quite small and is set in a valley with lots of tall oak trees, which were shedding their leaves, more which later.

The parkrun averages around 70 runners each week, many of them tourists from the UK, and we were greeted by a contingent of Arunners and a neighbour of Nina's, whose home parkrun is Tilgate – small world. The enthusiastic briefing was given in Polish, but with a young lad doing an hilarious translation into English. Alongside me were 10 others finishing their alphabets who had a picture taken before a group photo.

The course is a simple 4 laps of the park, starting off downhill on a path that was so covered in leaves that it was hard to be sure of your footing. This took us to a sharp turn and a steady climb back up through the park and along a short out and back, before descending past the start area with the run director, and his assistant, on hand to high 5 everyone. All in all, a challenging, but enjoyable route, with great runs from all of us.

Krakow and Zielony Parkrun, Poland Cont...

After more photos and cake, it was time to catch the tram back to Krakow. After going back to the hotel for a shower it was time for a well-earned breakfast Polish style, much the same as an English one, but with spicy Polish sausages. Then a bit more sightseeing, before sending Nina and Keith on their way back to the airport for their Saturday evening flight home.

On Sunday, Richard had a trip to the Krakow Aviation Museum planned, after careful consideration Rebecca and I decided that it was probably not for us, although Richard had a wonderful time, and Lesley got several chapters of her book read.

Instead, Rebecca and I made a flying visit to the University Botanic Garden, although not the best time of year, it was interesting to see what was being grown. The layout being very much for education rather than for aesthetics.

A tram and bus journey then took us to the Wieliczka Salt Mine, the walking tour involved 800 steps to descend to 130m below ground (fortunately there is a lift to bring you back to the surface) and a total of 3k of underground passages, This is only a fraction of the total mine length of 300k and over 2000 chambers, all dug by hand starting in the 1500s. Including many rock sculptures, and a full sized cathedral, which is still used for weddings and weekly services.

Monday saw an early taxi ride back to the airport, after a buffet breakfast in the hotel, which included cream cakes and chocolate eclairs, for our flight home. I would thoroughly recommend a trip to Krakow, the city is fascinating with a well-organised, cheap transport system, the food is excellent and the Zielony Jar parkrun was the best parkrun experience any of us have had.

Martyn Flint



Santa Pola Half Marathon, Alicante, Spain - November 9th

Myself, Dan, Coach Ed and Sean ventured off to yet another Spanish race, translated as 'the greatest mediterranean race' half marathon and yet again Spain didn't fail to deliver.

It was a very early start. 5.15am alarm wake up call for 6am leave, it was going to be a bit earlier but I think Ed would have thrown my alarm phone out the window if it was. 1 hour drive superbly driven by Sean to Santa Pola car drop off and bus to the start in Alicante.

The Sun started to rise for a 9am start. The race started in Alicante town, through a few small villages and then mostly along the beautiful palm tree coast line so a flat course near enough. What a lovely route. Sunny and hot but not too hot throughout the course.

Very organised and a nice atmosphere. The race finished in Santa Pola town with beautiful sandy beaches to chill out on with a dip in the sea too which we did apart from Sean who we eventually persuaded the next day to take a plunge. Also there was as much coca cola you could drink free from the coca cola bar. We didn't want to leave.

We all ran well after 12 weeks of hard training, a PB for me which I was over the moon with. We had the sun, sea and sand so next, it was time for San Miguel in the evening.

A great weekend was had by all, full of the best company and constant sunshine. Just like every race in Spain that we have done it's thoroughly recommended. Special thanks to Dan for practically everything over the whole weekend and Sean for expertly driving us everywhere.

Wayne Kingsnorth



Burnham and Highbridge Parkrun - November 15th

Debby and I were in Somerset for our annual trip to see old friends and enjoy Wells Carnival.

Our plans to do Shepton Mallet Parkrun were scuppered by Storm Claudia which flooded the course.

Luckily the run was cancelled on Friday so we started looking for an alternative. We decided on Burnham and Highbridge, 40 minutes' drive away on the coast.

After Friday's torrential rain, Saturday was dry and bright.

We were joined in Burnham by one of my old school friends, his daughter and her boyfriend.

The run takes in a lap of a park next to a Haven holiday camp, then a path along the River Brue to the esplanade at Burnham-on-Sea.

You turn at around 2 miles then head back along the river path, into the park and the finish.

It was a lovely run and we enjoyed a decent breakfast at a nearby cafe afterwards.



Jim Scott



Kingdom Parkrun - November 29th

James and I set off early towards Kent for this trail parkrun, James needing the K for his alphabet challenge.

The car park is on the small side, so we were greeted by a marshal who was fitting cars into every available gap, he said it was like a game of Tetris!

We had a short, but concise, run briefing including a practical demonstration of the effects of water on fallen leaves – it makes them slippery, so take care. The route is three laps of the park, on hard-packed trails, downhill to start and then a steady climb back to the beginning. After the first lap I thought that there seemed to be more down than up, but by lap three I was definitely feeling the effects of the climb, although not steep it was certainly energy sapping.

All in all, a pleasant parkrun, with good views down into the Kentish Weald and a café where, with your parkrun barcode, there was a free hot drink to be had.

Martyn Flint



Victoria Docks Parkrun - November 29th

I woke up early on a dark and drizzly Saturday morning and got the train, tube and DLR to Victoria Docks parkrun for my letter V. I arrived around half an hour early, there weren't any signs set up, so wondered initially if I had come to the right place. Luckily, I found some other tourists to chat to and soon enough the sign was up for a photo and course briefing.

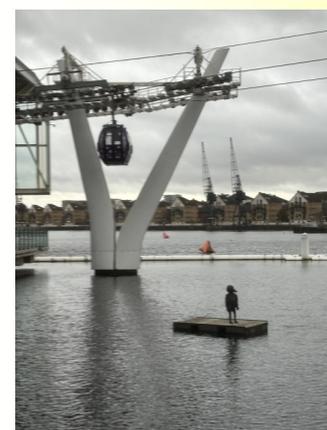
The course is a flat, paved, U-shape going up one side of the river, then the other side, then back to the first side again before coming round to the finish. Well marshalled and well attended (average 180 runners/walkers per event this year), with plenty of space not to get bottlenecked at the start.

The marshal set us off exactly on time and we were off. The weather was blustery as well as drizzly on the docks and I took due caution on the flat square cobbles as these were a bit wet and slippery. The dead flat course meant I kept a good pace though and set myself a post Ashlynn PB of 28:42.

Takeaway coffee and cake (plenty of places to chose from), then a free ride on the cable car over to the O2 (perk for parkrunners) before heading home for Molly's school Christmas fair.

With letter 'V' done I now just have one letter to go! Great one to get your 'V' with views of some London landmarks and potential for a decent time. There are a few turns though so maybe not a PB, but would be interested to see what time I'd get on a dry, still day!

Lou Mitchell



Yarborough Leisure Centre Parkrun - November 29th

We met up with Debby and Jim on the Saturday morning at Yarborough Leisure Centre, Lincoln. The weather was wet. Marti Pellow wet. The top of a nearby block of flats was hiding in the mist. Dreich summed it up perfectly.

We were all there for a spot of sightseeing and parkrun tourism. The letter Y was the prize.

There was plenty of free parking at the leisure centre and warm toilets near the start. It is a 5 min walk from the car park to where the parkrun starts.

The course is a flat figure of eight route on wide, tarmac paths. Three laps with one wee extra loop to make it 5K. After sheltering from the rain as best we could, we readied ourselves for our runs and walks as Debby was volunteering as parkwalker.

After a good RD brief we were set on our way. Splashing through puddles and driving drizzle we wound our way around the course. We all finished wet through but triumphant.

Afterwards we met up in Lincoln City centre for breakfast at the Bread Vault Cafe. We parked at Waitrose and took the park and ride bus into the city centre.

A great spot of parkrun tourism with friends and Lesley completed her namely challenge.

Dickie and Lesley Bryant





December / early January Activities

Saturday December 6th, Parkrun Tourism, Wakehurst, 09:00
 Saturday December 6th, Sussex XC league, Ardingly Showground, 13:00
 Monday December 8th, Club AGM, Northgate Community Centre, 19:00
 Friday December 12th, Christmas Lunch, Goffs Manor, 19:15
 Saturday December 13th, Parkrun Tourism, Downs Link, Shoreham-by-Sea, 09:00
 Sunday December 14th, South Downs Train Run, Castle Hill Car Park, Brighton, 09:30
 Thursday January 1st, Hangover 5 (WSFRL), Worthing College, 10:30

See Spond for more details.

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.

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.

Access to Horley Harriers Thursday track session remains available to all Saints'.

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 or contact Stella at social@saintsandsinnersrun.co.uk.

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.

04/12	08/01	22/01	05/02	19/02	05/03	19/03
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If you intend to participate, by the end of the Wednesday before the session, you will need to complete and submit the **2025** online PARQ form <https://forms.gle/cbsRR3i1ZkcbzPgw6> ahead of attending your first session in **2025**. The form just needs to be completed once in **2025**.

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



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.

KIT

Don't forget that Martyn places the order for kit at the beginning of the month so if you are looking to get a new vest or T-shirt then please make sure you get your order in.

Kit should now be ordered and paid for through the kit shop page on our website, <https://www.saintsandsinnersrun.co.uk/kitshop> (payment is handled securely by our payment provider Stripe).

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 4-5 weeks later.

For more information and questions email Martyn at info@saintsandsinnersrun.co.uk

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 Luttmann
Kit officer – Martyn Flint
Suggestions officer – Stella Daff
Social events organiser – Stella Daff
Male Welfare Officer – Dan Smiles
Female Welfare Officer – Nina Ware



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

Committee members can be contacted at
info@saintsandsinnersrun.co.uk

Press Officer – Nicky Wilson
social@saintsandsinnersrun.co.uk

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 days 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, unless you currently have credit, in which case email Luke on:

info@saintsandsinnersrun.co.uk

As rep, Luke will collect all numbers and distribute on arrival. Do not pick up your race number yourself. Please car share when possible.

Any questions email Luke.

Register for XC

Paul will send out details of upcoming XC races with cost and payment details.

Email Paul and register your intent to run on:

info@saintsandsinnersrun.co.uk

Please, if needed, then transfer money to:

Crawley Saints and Sinners Running Club
Sort Code 20-23-98
Account Number 30434213
Reference: XC(race name)

Register for a Sussex Grand Prix Race

Unlike WSFRL, you must enter any SGP race yourself. Once registered, please inform Jim at: info@saintsandsinnersrun.co.uk and if not done so before, share your **UKA and DOB**. Jim will manage the scores and points.

Make a suggestion!

Please email thoughts, queries or recommendations to our very own '**Suggestive Stella**'. 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.

info@saintsandsinnersrun.co.uk