

Welcome to the February 2025 newsletter. And an especially warm welcome to Bill Darbyshire and Jen Perry who joined Saints and Sinners this month.

With the blue skies and bright sunshine we've been enjoying these last few days, it's easy to forget the challenging conditions that faced many Saints' who were racing during February. Conditions at the national XC championships in Hampstead Heath and Riddlestone parkrun were particularly atrocious but this didn't stop our tenacious runners battling through layers of mud and deep puddles, as the run report photos attest. Let's hope the sunny weather continues for our March race participants, as it did last Saturday, when we celebrated Brian's 600th and Katy's 50th parkrun at Tilgate. Congratulations to you both.

Please do keep your reports and photos coming in to social@saintsandsinnersrun.co.uk, we love to hear what you've been up to.

Nicky

Chairman's Corner

Hi All

Hope you are well and enjoying your running.

It was great to see such a good turnout at the recent CRC WSFRL event, so many of you ran well. I really enjoy the track finish at K2 as it's nice to be cheered in, and then in turn cheer in others!

I'd like also to congratulate Luke and Theresa on their recent wedding! And it was amazing to see Brian complete his 600th parkrun at the weekend.

We are going into a busy period now of races, both the SGP and WSFRL ramp up in the coming months!

It was great to see that we finished 2nd in the 2024 Sussex Grand Prix. An amazing achievement from everyone, and thanks once more to Jim Scott.

We have our annual awards do on Sunday 23rd March, look forward to seeing as many of you as possible there!

James



Runner of the Month - February 2025

Runner of the month - Katy Bryant

Katy has been a regular at training on a Tuesday, and has recently joined Martyn's Thursday sessions.

She also regularly takes part at parkrun, she completed her 50th parkrun on Saturday and celebrated in style with a shiny new PB of 27.30.

Well done Katy!

James Mason





Congratulations to **Luke Taylor** and **Theresa Wright** who got married on 22nd February. Saints and Sinners wishes you a lifetime of happiness together as husband and wife.



Run Reports

WSFRL Report - February

Hi Guys,

I think I have just snuck this report under the deadline, been a bit of a whirlwind two weeks for myself after the last league race, I have only managed to run about 10 miles, including the Tolgate Hill 10k (apologies Andrew, I didn't do the Half) and 1 pre-nuptial parkrun.

Anyway, enough about me and the fact I am currently writing this, beer in hand, around the pool while Theresa reads some lovey dovey book!

Run Your Heart Out - League race February 17th

Welcome to the somewhat belated start to the 2025 WSFRL season, after the storm had ruined all my new years day plans, cancelling the parkrun, Crawley game and the Hangover 5, it's about time I did some work that I am on our committee for.

The CRC race is our 2nd most participated event of the year and rightly so! 36 of our runners (2nd by numbers, darn Horsham!) took part in the 4th edition and all did a stellar job! Overall we came joint 4th, only 5 points off 2nd, I fear that Horsham will run away with it again this year!

Thank you all for turning up! You did us proud, whether it was your first post-partum, back from injury or just one of many more planned this year it was good to see you all out there!

Lets turn our attention to the next... Fittleworth Flyers 9.5k (ish)

I wont be there sadly, I have an SGP event!

If someone could sort the numbers as such, message me so I can let the organisers know who to expect!

Pool time!



WSFRL Report - February Cont...

10k plan

As we get into race season, I am putting on a 10k plan for my usual sessions! This is gearing up for the Horsham 10k SGP in May, but don't be alarmed, anyone can still join the session and I'll adapt it!

Back to the pool!

Luke Taylor



XC Report - February

Sussex XC League Race Four

In spite of the late change of date and the wintry conditions a super ten strong Team S&S headed to Stanmer Park on Sunday 9th February for the fourth and final Sussex XC League Race this season.



Tree felling works forced a change to the courses removing the long hilly laps in the woods. However, in spite of my words to the contrary, they managed to create a long rolling lap in the park which still generated plenty of elevation. In the Senior and Vet women's race over their 5km course: Sarah Stanbridge was 7th in the Seniors; Michele Nixon and Chris Bullock were 6th and 10th respectively in the V45s; Valerie Stanbridge was 2nd in the V65s; Cathy Howe was 2nd in the V70s. In the Senior and Vet men's race over their 8km course: Luke Taylor was 19th in the Seniors; Adam Donovan was 9th in the V40s; Matthew Sargent and Andrew Bullock were 8th and 14th respectively in the V45s; Paul Luttmann was 9th in the V50s.

On the basis of their best three league results this season Val was 2nd overall in the V65s and Cathy was 2nd in the V70s. Following in the footsteps of the legendary gold winning V35 team at the 2019 Sussex Masters XC Champs they become our FIRST ever female individual XC medalists.

Congratulations!



XC Report - February Cont...

National XC Champs

After Team S&S were struck down by injuries and work commitments I headed solo to Hampstead Heath in North London for the 137th National XC Champs (my third time) on Saturday 22nd February.

Getting there early on a Spring-like day I met up with Andy Kerr and Team CAC to watch the juniors and Senior women bravely fight their way round their courses. Credit @AC_PHOTOS.



Shortly before 3pm we, the Senior men, got the call up for our 12K race. On the start line I stood shoulder to shoulder with nearly 1800 runners of all abilities from clubs all over England on the longest start line you're ever likely to see ready for the legendary charge up Parliament Hill. On the gun, channelling my inner William Wallace, knowing a first start was essential, I put down my Crawley Lane one rep max to secure the best possible position at the choke point at the top of Parliament Hill.



What followed was brutal; three undulating laps of the wettest, stickiest, muddiest Hampstead Heath I can remember. Drawing on our tempo hills sessions, I hung on and finally after an hour's effort hit the free wheeling descent for home (finishing in 994th place). Post race, buzzing from my efforts and still clad in Hampstead Heath mud, I ventured into civilised Belize Park for what tasted like the best pizza ever. So I survived another epic Nationals and it's an experience I'd recommend to everyone. Just leave your super shoes at home!

XC Report - February Cont...

XC Round Up 2024/25

Thanks to everyone (twenty two of you) who ran for Team S&S at a XC race this season. Given your efforts we were able to field:

- Two and two third teams at the Sussex XC Relays at Goodwood in late September;
- Four teams at the Priory XC Relays at Priory Park in early November;
- Senior and Vet teams in the Sussex XC League which ran from Goodwood in mid October to Stanmer Park in early February;
- Seven runners at the Sussex XC Champs at Bexhill on Sea in early January;
- Three runners at the Sussex Masters XC Champs at Coombes Farm, Lancing in mid January.

Great running everyone. We will announce our XC Runners of the Year at our Awards event in March. These are decided by me (SCAA Rep) on the basis of: the number of runs for the Club; displays of XC spirit; performances at the XC races this season. This year's shortlist, composed of runners who ran three races or more, is as follows:

- Cathy Howe
- Michele Nixon
- Valerie Stanbridge
- Martyn Flint
- Andy Kerr
- Joe Lavery
- Matthew Sargent
- Luke Taylor
- Mark Warwick

Paul Luttmann – SCAA Rep

Dartford Parkrun - February 1st

For our next spot of tourism Debby, Luke and I headed round the M25 to Dartford - home of the Rolling Stones and Strictly Come Dancing star Len Goodman.

As usual we were parked and ready for the pre-run briefing in plenty of time. The course description is a tad confusing but with the help of maps and actually standing at the start we were able to see most of what we had to do.

Although we scoffed at talk of a hill or mud as there didn't appear to be any around. Having said that, all three of us had chosen trails or hybrids as the start and finish is on grass. We would be glad of that later!

From the start you complete a smaller circuit of the town's Central Park before two larger loops which take in an upper section of football pitches. To reach the upper pitches you have to run along a muddy track along the River Darent (only really a stream at this point) and up an even muddier steep slope. We didn't see that coming, literally.

Once back in the lower part of the park you pass the bandstand and one of the remaining arches of the town's medieval bridge.

Yet again this is a great example of squeezing a 5k run into a town centre space and was good fun.

It's only Parkrun but we liked it (obligatory Rolling Stones reference).

And it's an 8 from me (obligatory Strictly reference).

Jim Scott

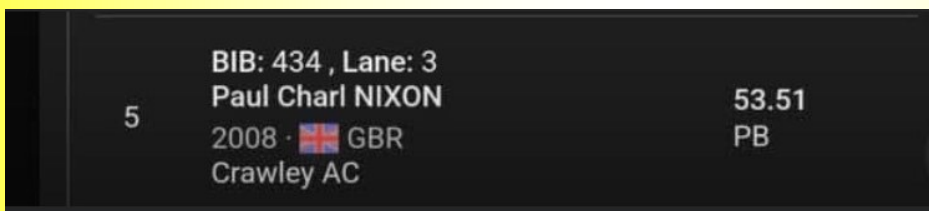
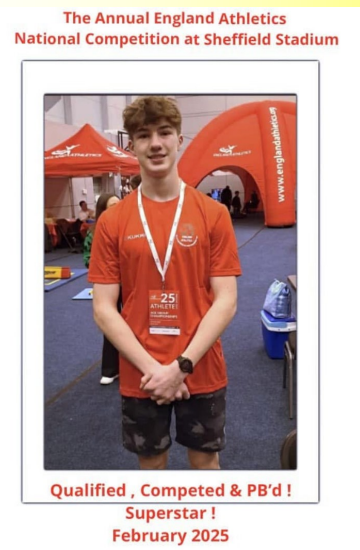
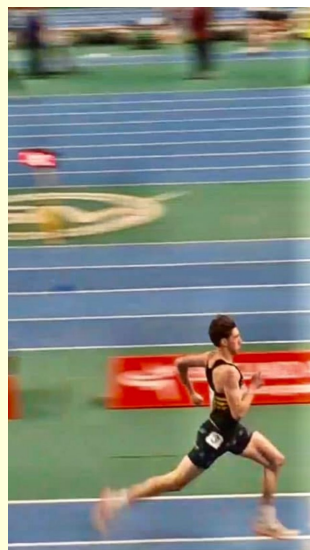
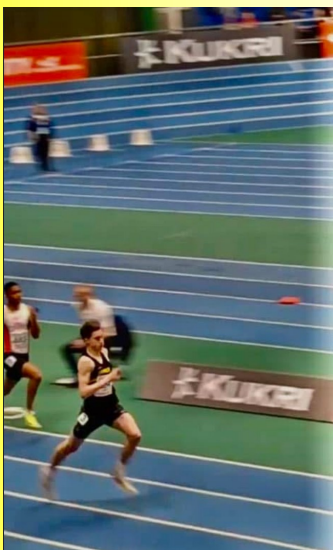


Sheffield National Indoor Athletics Championships - February 8th

An update from last month: with less than two weeks to prepare (following qualification in January 2025), Paul smashed Sheffield on February 8th 2025 achieving his quickest time for the 400m (with a Personal Best Time of 53.51s, and 0.14s off the next round).

Paul thoroughly enjoyed the event and was in awe of the standard of organisation, presentation, professionalism and the level of athletes attending.

Michele Nixon



CRC Run your Heart Out 8km (WSFRL) - February 16th

The 8km "Run Your Heart Out" local league trail event took place on the 16th February 2025. It was the first time (son) Paul had joined in the senior race now that he is 16 (moving up from Juniors). He's been a member of S&S since age 7, bless him.

Thank you CRC club, it was a brilliantly organised event today done at a professional level. It was a great mix of multi terrain and a variety of mud, paths, hills and road with an epic finish and start on the track. On home turf too.

I finished 20th/172 females, in the top 11% (9 points for club), I was quicker this year (2025) than last year (2024), the same finishing time as 2022.

For Paul, it was a new, first time experience racing with experienced men at league level over trail terrain, he was flying and finished in 48th position out of 233. He was a top 20% male finisher, with 8 points for the club. He took it in his stride, enjoyed the challenge, one for the memory album for sure. After we had a visit to Prezzo pizzeria, my treat, with the school holidays commencing for February half term.

Michele Nixon



Horsham Joggers	123
Hove Homets	118
Haywards Heath Harriers	118
Worthing Harriers	114
Saints and Sinners	114
Arunners	114
Worthing Striders	114
Chichester Runners	108
Worthing Gazelles	106
Lancing Eagles	103
Steyning AC	85
Burgess Hill Runners	83
Portslade Hedgehoppers	83
Lewes AC	58
Fittleworth Flyers	39
Henfield Joggers	2
Crawley Run Crew	0

League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
28	34:01	324	Dan	Smiles	Male	27	9
35	34:38	312	Wayne	Kingsnorth	Male	32	9
36	34:40	311	Darren	Hart	Male	33	9
38	34:51	321	Claire	Page	Female	4	10
40	35:00	314	Paul	Lutman	Male	36	9
55	35:54	303	Ed	Duke	Male	47	8
56	36:00	303	Paul	Nixon	Male	48	8
67	36:50	308	Brian	Inard	Male	57	8

League Position	Time	Bib Number	Firstname	Lastname	Gender	Gender Position	Points
75	37:23	326	Luke	Taylor	Male	65	8
83	37:43	317	Anne	Matthews	Female	13	10
104	38:56	319	Michele	Nixon	Female	20	9
123	39:52	296	Steve	Baker	Male	100	6
143	40:50	298	Richard	Bryant	Male	114	6
190	41:12	327	Dave	Tibbals	Male	117	5
170	42:21	313	Mark	Lavender	Male	132	5
187	43:25	316	James	Mason	Male	142	4
189	43:30	322	Mark	Penfold	Male	144	4



Riddlesdown Parkrun - February 22nd

It's your wedding day and you've got a spare hour or two in the morning, what do you do? Parkrun of course.

And it just so happened that the closest one to the hotel where groom Luke and many of the wedding party had stayed the previous night was also one of the muddiest and wettest !

Debby, Luke and I left the hotel for the ten minute drive to Riddlesdown with the strict instructions he was not to look left into the breakfast room and catch a glimpse of bride-to-be Theresa. It also went without saying we should probably try and keep him upright for the next hour or so.

Once there we met up with other club members who had come to help Luke start his special day in style. He even got a shout-out from the run director and a warning not to fall over.

The course is two and bit laps on grass and stony tracks round the South London Downs National Nature Reserve. Although this was more like laps of mud and deep, deep puddles. For those who like a cross country challenge it was great fun.



Luke and I pottered round at a sedate pace enjoying a chat and everyone finished in one piece.

Afterwards we compared mud splashes before it was time to spruce up for the main event - the wedding breakfast.

Congratulations to the new Mr and Mrs Taylor!

Jim Scott



Eastbourne Half Marathon - February 23rd

Vanessa, Stella and I took part in the recent Eastbourne Half Marathon.

I ran this last year, and took advantage of an Early Bird deal to enter this year.

I'd completely forgotten about this until an email popped up a few weeks before the event saying "I hope you're looking forward to our event".....

The event is relatively small (around 1000 runners), but is well supported with lots of supporters en route. It's all on road, with a good chuck along the seafront. It does include a particularly nasty hill at the 3 mile mark, although what comes up must come down!

I enjoyed the race, and used it as part of my training for the Hastings HM at the end of March. The weather was good, except for a nasty head wind on the way back to the finish.

I ran well and finished in 2.04, Vanessa and Stella also had good runs.

I'd recommend this race to anyone, don't let the big hill put you off!

James Mason



Tollgate Hill 2025 - February 23rd

What a weekend for running! While others were off at Parliament Hill for the cross-country or making life-long commitments we had our own personal challenge right here in Crawley.

More than 10 excited runners turned up on Sunday morning for the annual Tollgate Hill half marathon and proceeded to give their best efforts up Tollgate Hill to meet their own challenge. Over the event period we had 18 of you run at least one lap. Well done to you all, this is hard work!



Sunday itself was a bit fresh and we really needed to keep moving to stay warm. The cold wind picked up as we went on but it was good running weather. There were some amazing performances and Sky came very close to the record of the half marathon distance: coming in just 16 seconds off it. Amazing running and that definitely seems like an achievable target for next year.

Personally I loved the opportunity to run with a few of you around this loop. Thank you all for coming and we are all stronger for the experience.

See you next year!

Sky Taylor-O'Neill
Dan Elliott-Wiskin
Ian Blackham
William Mulcahy
Anne Matthews
Joe Lavery
Ed Duke
Sarah Stanbridge
Clare Hall

Darren Hunt
Andrew Bullock
Claire Page
Martyn Flint
Nick Baker
Henry Harris
Chris Bullock
Valerie Stanbridge

Lesley and Nina sneaked some loops in a couple of weeks earlier!

Andrew Bullock



March Activities

- Thursday March 6th, SGP Awards Night, Lower Horsebridge, 6:30pm
- Sunday March 9th, South Downs Trail Run, Castle Inn Hotel, Steyning, 9.25am
- Sunday March 23rd, Fittleworth 5 (WSFRL), Thakeham Village Hall, 10:30am
- Sunday March 23rd, Hastings Half (SGP), St Leonard’s on Sea, 10am
- Sunday March 23rd, S&S Annual Awards, Goff’s Park social club, Crawley, 4pm

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.

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.

06/03	20/03					
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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 kit@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
info@saintsandsinnersrun.co.uk
Secretary - Richard Daniells
info@saintsandsinnersrun.co.uk
Treasurer - Roy Swetman
treasurer@saintsandsinnersrun.co.uk
Membership/UKA secretary – Lesley Bryant
membership@saintsandsinnersrun.co.uk
WSFRL Rep – Luke Taylor
raceentry@saintsandsinnersrun.co.uk
SGP Rep – Jim Scott
raceentry@saintsandsinnersrun.co.uk
XC Rep – Paul Luttman
raceentry@saintsandsinnersrun.co.uk
Kit officer – Martyn Flint
kit@saintsandsinnersrun.co.uk
Suggestions officer – Stella Daff
social@saintsandsinnersrun.co.uk
Social events organiser – Stella Daff
social@saintsandsinnersrun.co.uk
Press Officer – Nicky Wilson
social@saintsandsinnersrun.co.uk
Male Welfare Officer – Dan Smiles
malewelfare@saintsandsinnersrun.co.uk
Female Welfare Officer – Nina Ware
femalewelfare@saintsandsinnersrun.co.uk



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 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:

raceentry@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:

raceentry@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: raceentry@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.

social@saintsandsinnersrun.co.uk