

Welcome to the November 2024 newsletter. In this month's edition we have an end of year update from Luke as the WSFRL and SGP seasons come to a close. The break will be short, don't forget Hangover 5 on January 1st ! The XC season continues, see Paul's write up on November's races.

We have a small selection of Parkrun tourism and race reports this month and a shout out to Ken Tulley who took part in a trek across the Saghro mountains in Morocco, to raise vital funds for St Catherine's Hospice.

I look forward to seeing many of you at the S&S Christmas party on the 14th, thank you to Stella for organising.

I will be taking a break for Christmas and New Year so the next newsletter will be January 2025, published early February. However please do keep your reports and photos coming in to [social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk), we love to hear what you've been up to.

Merry Christmas and a Happy New Year.

**Nicky**

## Chairman's Corner

Hi All

Hopefully you are all well and enjoying your running.

I can't believe it's nearly Christmas again. More importantly that means it's AGM time again!! (on 12th December to be precise).

Joking aside, if you can make it, do come along. It's your chance to feedback any issues or concerns you have to the committee.

November has been another busy month. We've had parkrun milestones to celebrate and the end of the SGP season. I've loved taking part in the SGP this year. There is such a variety of races, some tough, some easier! There has been a great team spirit at all of the races. As a club we've had a fantastic year in the SGP.

Thanks to Jim for organising us throughout the year.

Thanks also to all of the committee, run leaders, and most importantly to our members for another memorable year!

**James**



## Runner of the Month—November

### Runner of the month - Andy Hale

Andy has competed in a number of SGP events this year and has been a regular at the Tuesday technical training sessions throughout 2024.

His hard work is really paying off which was evidenced when he recently took part in the Hayling 10 mile race on Sunday 3rd November and beat his time from 2023 by nearly 12 minutes!!

Well done Andy

### **Lesley Bryant**



## **Personal News—Lawrence Knight**

Some people already know but my wife and I started the adoption process in 2023 and on 3rd November 2024, 2 half-sisters aged 2 and 5 moved in to become part of our family. They have to live with us for 10 weeks before we can apply for the adoption order and full parental responsibility but they are settling in well so far.

I will miss running with the club and parkrun for a bit whilst the girls settle and we get into a routine but they are keeping me on my toes and keeping me fit and I hope to see you all in the New Year if not before.

### ***Lawrence Knight***





**2025 race**  
**2nd March**

## **Volunteers Needed**

### **Brighton Half Marathon March 2nd 2025**

#### **Keen to volunteer in 2025?**

Like so many races, the Brighton Half Marathon wouldn't exist if it wasn't for the goodwill and support received from generous groups and individuals. 450+ volunteers support the event each year in many different roles.

Brighton Half Marathon require lots of volunteers on race day, helping out with road marshalling to helping with drinks at the drinks stations, medals at the finish line and helping in the baggage facility.

#### **Sign up to volunteer**

If you'd like to join the team and volunteer on either Saturday 1st or Sunday 2nd March 2025, please register online via <https://brightonhalfmarathon.com/take-part/volunteers/>





## Run Reports

### **WSFRL Report - November**

#### **Gunpowder Trot**

Well, its already that time of year!

The last race brings us to the end of this years WSFRL.

The Horsham Joggers Gunpowder Trot, which took place on November 3rd, is a particular favourite of mine, especially the sharp up hill start, and downhill finish.

This 4.5 mile trip has got a bit of everything I love about the WSFRL. Although it isn't my favourite, it's in the top 5.

All of our runners did exceptionally well and we finished 9th!



### **End of year report**

Now that the season is over, I thought I would sum up the last year.

Overall we came 9th, which is 6 places lower than last year, but we did in fact end up with more points. Just goes to show how competitive the 'Fun Run' League has become.

I would like to thank all of you who took part in a race, and for those that stood in for my absences.

Congratulations to Nick Baker for completing them all! Your t-shirt, along with mine and our page 7 fellas from last year may or may not be with us soon - who knows at this point!

**Luke Taylor**

## **XC Report—November**

### **Priory XC Relays**

Four S&S teams took part in the Priory XC Relays in Reigate on Saturday 2nd November. On a super autumnal afternoon we raced against clubs from Surrey, Sussex and South London.



Great running by our teams over the dry but challenging 4km parkland and woodland course:

- 1:09:43 (17th) Michele Nixon - Cara Law - Clare Hall
- 1:18:35 (22nd) Andy Kerr - Mark Warwick - Richard Bryant - James Mason
- 1:19:50 (24th) Glenn Mitchell - Joe Lavery - Mark Lavender - Jim Scott
- 1:24:07 (29th) Paul Luttmann - Luke Taylor - Martyn Flint - Ian Gurling

### **Sussex XC League**

A nine strong Team S&S headed to Glyndebourne on Saturday 9th November for the second Sussex XC League Race this season. On a grey autumnal afternoon our S&S kit shone brightly.

## XC Report Cont...



Grand running from everyone over the challenging grassland courses and through the grazing sheep in the grounds of the opera house and on its surrounding hills. In the Senior and Vets women's race over their '5km' course:

- Michele Nixon was 7th in the V45 women age category;
- Valerie Stanbridge was 3rd in the V65 women;
- Cathy Howe was 2nd in the V70 women.

In Senior and Vets men's race over their '8km' course:

- Andy Kerr and Matthew Sargent were 10th and 13th respectively in the V45 men;
- Paul Luttman, Joe Lavery and Ian Gurling were 8th, 16th and 20th respectively in the V50 men;
- Martyn Flint was 7th in the V65 men

By the time you read this the next, fourth and final Sussex League Race this season will be at Stanmer Park near Brighton on the afternoon of Saturday 8th February 2025. Check out the Spond App for full details in due course.

***Paul Luttman – SCAA Rep***



## **Bushy Parkrun, November 2nd**

With a Half Cowell (50 different locations) and 250 Parkruns looming, number 48 for me (and 249 in total) was a pilgrimage to Bushy, the home of Parkrun. Debby and I were joined by Luke and Theresa, James, Lesley and Dickie.

After a good run up the M23 and round the M25 we were in Bushy Park in plenty of time for comfort breaks, obligatory photos and the first-time briefing.

As you would expect many, many tourists made for a bumper crowd of nearly 1,500 runners. The start is over a wide grassy area before you all come together for a single, figure of eight, lap of the park.

Despite the numbers it didn't feel overly crowded although the finish funnels are definitely needed to sort everything out. The system - where you are split at the line and held in separate pens until you reach the finish tokens - works as my time was almost spot on the same as Strava.

We took it easy, apart from a sprint finish, to save ourselves for that afternoon's Reigate Relays. And a bonus was spotting regular volunteer and EastEnders star 'Nasty' Nick Cotton out on the course.

### **Jim Scott**

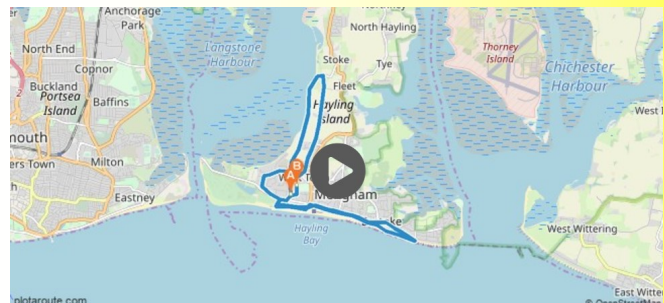




## Hayling Island 10 Mile, November 3rd

For the third time I decided to venture to Hayling Island for their 10 mile race. Last year was really windy, and as it involves running along the front, much of the buildup involved looking at the weather forecast! I need not have worried as the weather was kind, chilly but dry and a very gentle breeze, almost perfect for running.

This race is run by Havant AC, I first ran it 2019 and the added interest in this years race after the Great South run was cancelled meant that it was full a few days before hand. It certainly felt busier, and as I was waiting to start, I met someone from Lingfield Running Club and someone else from Crawley Down where I live, who had both signed after GSR was cancelled.



The race is a loop around Hayling Island, along the front and back again. It is flat, bar a few speed bumps, I cannot recall anything else really that resembles a slope! There were some seriously quick runners at the race and it forms part of the Hampshire League races I think, but having spent all summer training under the watchful eyes of Richard and James I was hopefully of getting a decent time.

We were off, most of the course is on road or pavement. There is a little bit of trail which probably gets a bit muddy after significant rain and about a mile on an old railway line, similar to Worth Way between Crawley Down and East Grinstead. Yes evidently the railway did venture south to Hayling Island back in the day.

The first five miles were relatively straightforward and to my surprise, well shock to be honest, I was doing rather well. Second half I slowed down, well at my age you need to watch yourself(!) but as I got nearer the finish I realized I was going to not only beat my 2019 time but get a time I could only have dreamed of. For those speedy folk in the club I appreciate my time of 1 hour 37:45 is probably slow, but to me I was super happy, 7 minutes quicker than 2019 and 12 minutes quicker than 2023.

HQ is a hall near the start where you can change, leave kit safely and get coffee and cake after. It is a well run event and seems to always be on the first Sunday in November. I appreciate it clashes with other events but as someone who isn't great with hills and has to be careful running on wet grass and mud it is perfect for me and a cheaper alternative to GSR, plus helping a local Athletics club. Parking around is easy as well and in reality it isn't that far to go.

I will be back and if anyone wants to find out more the clubs website is [www.havantac.co.uk](http://www.havantac.co.uk).

**Andy Hale**

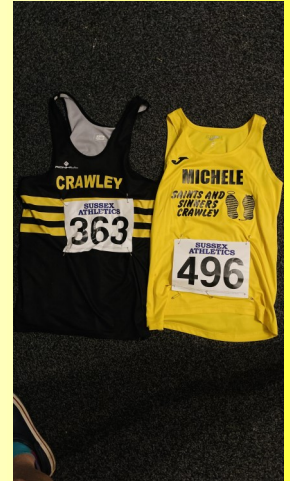
## Glyndebourne Cross Country - November 9th

Golly Gosh Glyndebourne ! The run took place near Lewes in East Sussex on the 9th November 2024. Part of the Cross Country (XC) League, it felt like the coldest day of 2024. Brrrr.

It was my first XC of the 2024 Winter Season and it was so good to take part with Master Paul, mum and son duo, both of us racing here for the first time (it's only the 2nd year it's been held).

We both ran the same 5.5km route. Paul finished in approximately 23 minutes and I ran it in 29 minutes. We set off in different groups (men and women; old rules of course). I added red to my yellow kit today; with it being Remembrance Sunday the following day.

All the Summer track athletes now race at these events during the XC season, very high level top tier county runners take part, so a competitive field. However this was a very welcoming event and it's open to all club runners, whatever age and ability. Hats off to those who pitch up and just finish it - fantastic.



The course included that HECTIC HILL, twice, and with a view to die for at the top literally. Oh my word it took it out of all us. I want to know who did not walk even for a second, super steep on a short fast course !



It was a memorable moment in time to set foot in running shoes on this historical land, last time I was here was approximately 2003 watching opera, "Carmen", sipping champagne and I had a cream tea in the gardens. This was a perk of a job placement years back when working as a health PA for aristocratic families on short term contract placements around the UK.

Paul's last time here was in 2023 as part of a music student class initiative to introduce youngsters to the world of global stage opera and orchestra.



## **Glyndebourne Cross Country - Cont..**

Thank you Frank for cheering at heavenly heights accompanying us today, for your support, photos and videos.

Well done to team Saints and Sinners, especially to Paul Luttmann for organising and Team Crawley AC.

I enjoyed homemade Bolognese and hot drinks in the evening !

### ***Michele Nixon***





### **Chatham Maritime 10k - November 10th**

On a cold November morning we set off to Kent for the Chatham Maritime 10k. Ian and I were both signed up to run, unfortunately Ian had picked up a niggle and made the sensible decision not to run, but he was joined by his niece for cheerleading duties.

The course is two laps around St Mary's Island, including scenic views of Upnor Castle and the River Medway. I had run this course once before in 2022 and this year we were told that the course had changed slightly as the board walk was closed due to low water levels.

As it was Remembrance Sunday we observed two minute's silence before the race started. Then we were set off in small waves which avoided any congestion in the early part of the course.

Despite it being mostly flat (with a couple of small inclines), its not a particularly fast course as there's a fair few twists and turns and bollards to be careful of! There was a marshall at every turn though, offering lots of encouragement.

I was pleased to complete the course faster than I did in 2022 and collect a nice medal (which I wore with pride to the local pub for Sunday roast!).

Overall this was an enjoyable, well organised and well supported event, I would recommend.

### ***Sarah Stanbridge***



## Street Parkrun - November 16th

It was our annual trip to Somerset to see old friends and enjoy the Friday night spectacle of Wells Carnival. And of course, top level discussions had taken place over which Parkrun Debby and I would do.

We eventually decided on a 20-minute drive to Street with the added attraction of a visit to Clarks Village outlet shopping afterwards.

The morning after the night before was cold and dry - perfect for clearing any woolly heads. The course itself is three laps of two connected fields at Millfield School, with a narrow gateway between the two. In the second field you run around the edge and in a V shape up the middle to make up the distance. It's not as tricky as it sounds and allows a fair bit of interaction with other runners at varying points.

There's also some great views over to Glastonbury Tor.

Afterwards I treated myself to some M&S socks and a new North Face coat at the outlet stores. Win win!

### **Jim Scott**





### **Crowborough 10k (SGP) - November 17th**

It was a very cool but happy day running in Crowborough on the 17th November, the very location where my eldest son Luke was born 18 years ago here in the heart of this lovely village (at their midwifery led cottage clinic).

The was the last Sussex Grand Prix (SGP) race of the 2024 season (out of the 12), Crowborough 10km is in its 30th year of tradition. It was an awesome autumn morning with an evening of steak and whiskey still to come.



I had been doing less run mileage these last few months but had increased the strength training. I was slightly quicker than last year, averaging the same finishing time of 47—48 minutes every year in 2019/21/23/24. I'd raced three times previously in this 10km hilly circular road race with a puddle halfway, each year getting wet shoes.

I finished 16th of 100 ladies overall today, I was 3rd in my age category /19 . After arriving home I received a message from the organisers that a trophy was on route to me which was an unexpected surprise. Well done also to Nina Trevarthen, fellow club member, for her 3rd place age category and to Mary Freestone. And also to Frank Stone for his 1st in age category in the 5km today.

Earlier this week I received an email from Jim Scott, our SGP rep, informing me that in 2024 I made the top 10 females overall (I was 8th) and 3rd overall in my age category in the SGP series of the ladies competing via their clubs. A minimum of 6 races was required to qualify, and the quickest 6 races were taken into account. I completed 8 of the 12 varied trail and road events over varied terrains, distances and locations around Sussex county from February to November 2024.

It's been another very good year of fitness and health thankfully, and for the friendships in the sports circles. And well done to all the runners who participated in this challenging SGP county series, it takes some commitment and planning, endurance and stamina.

Bring on 2025. Boom. Keep doing what gives you energy.

### ***Michele Nixon***





## **Saghro Mountain Trek, Morocco - November 18th-22nd**

It was an early start. I was up at 3am and caught the bus to the airport to meet up with the team. I had breakfast, then got onto the plane. Approximately 4 hours later we were in Morocco, at the Marrakesh hotel for the night, sorting our bags for the next day and a bus trip of around 4.5 hours to the start of the trek.

It was raining at the start of the trek but it soon cleared. The short day involved trekking over rocky ground which was to be the norm through out each of the 5 days. We trekked for approximately 12 miles, going over and around mountains, some steep inclines and descents.

It got hotter as the week went by. It was a maximum elevation of 2000 ft, some had nose bleeds due to the altitude.

The meals were lovely, animals carried all the tents, kitchen items and food. We camped by rivers on flat plains and beside hills. Being off grid was great, it was so peaceful in the desert. No washing allowed as water was limited so wet wipes were helpful.

We met villagers and nomads in the middle of no where. There were children selling home made gifts. A dog followed us for some miles picking up scraps we gave it. Stopping for water and lunch each day, towards the end we were all getting tired and tripping up.

All 20 of us stayed together and kept up a good pace. The final camp was just past Ali Baba's gate. The following morning we were up very early to strike camp and then a 40 minute walk to the pick up point and then an 8 hour bus ride to Marrakesh.

After a wonderful shower we were out for a meal, dancing with belly dancers then onto a night club. We all had a good time, the girls, Lily and Monica, had to have escorts back to their rooms as there was too much falling down.

Next day we had a walk to the square and markets. We split into groups of 4, taking in the sights and lunch then back to the hotel. Bags packed and then a bus to the airport, landing at 12:30am, pitch black and raining. I got into bed around 3am.

What a great experience and raising much needed money for **St Catherine's Hospice**.

Would I do it again ...hell yes.

### **Ken Tulley**



### **Cross de los Dolores UCAM Cartagena, Spain - November 22nd**

I spotted this race on the local Runners World website and saw that it was free to enter, but there would be no age category prizes. It was a trail run of 4.5k taking place in the grounds of the university of Cartagena. On the campus there was a tiny, beautiful chapel which I popped into afterwards and the stained glass windows were really stunning.

It ended up being a lovely little run, 3 laps of stony but not too bumpy paths, chip timing and all participants got a bottle of water and a t-shirt after. The 12pm start meant that the sun was out in its full glory and we ran in 26 degree heat which was really warm for this time of year.

My friend Gaspar decided he would run with me as he wanted an "easy run" - cheeky! I didn't distinguish myself, coming 47th out of 55, but a lot of the runners were very lean and very mean university students!



Afterwards we enjoyed exploring the beautiful city of Cartagena, found a great place to have a paella, and as the weather was so warm we went onto the coast and had ice cream.

An excellent way to spend a lovely day after a short race!

### ***Nina Trevarthen***





## Los Montesinos 10k, Spain - November 24th

This was a real gem of a race and not one I had previously done. There were 3 options, the 10k, the 5k and a 5k walk and the event was organised to raise awareness and funds against domestic violence. This was reflected in all the podium prizes which were moulded in the shape of a hand, to symbolise the desire to end violence.

The weather was a perfect 18 degrees, part sunshine, part cloud and the route was very flat, along quiet country paths and was completely traffic free even in the town parts of the course. Located in the south of Alicante province, you could see, in the far distance, both the Mediterranean sea and the mountains.



I was very pleased to get third in age group and to receive such a unique trophy. All participants received a technical t-shirt and drinks and nibbles after. Then there was the biggest Spanish omelette I'd ever seen, being cooked - we all queued up and received a decent portion in a baguette.

Speaking to one of the volunteers I learned that it required nearly 500 eggs to make - Martyn Flint you need to get your hens trained up to produce one of these delicious tortillas for after one of our races!!

### ***Nina Trevarthen***







### **December and January Activities**

Thursday December 12th, S&S AGM, Three Bridges Community Centre, 7pm

Wednesday January 1st, Hangover 5, Worthing College, 10:30am

Saturday January 4th, Sussex XC Championships, Bexhill Leisure Centre, 1pm

Saturday January 18th, Sussex Masters XC Championships, Coombes Farm, 12:30pm

Sunday January 26th, South Downs Trail run, Maharajah, Steyning

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](mailto:social@saintsandsinnersrun.co.uk)

05/12	09/01	23/01	06/02	20/02	06/03	20/03
-------	-------	-------	-------	-------	-------	-------

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 their online PARQ form <https://forms.gle/W8EfSja9t5UeRn2z7> (first session only).

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 28 days later.

For more information and questions email Martyn at [kit@saintsandsinnersrun.co.uk](mailto: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](mailto:info@saintsandsinnersrun.co.uk)  
Secretary - Richard Daniells  
[info@saintsandsinnersrun.co.uk](mailto:info@saintsandsinnersrun.co.uk)  
Treasurer - Roy Swetman  
[treasurer@saintsandsinnersrun.co.uk](mailto:treasurer@saintsandsinnersrun.co.uk)  
Membership/UKA secretary – Lesley Bryant  
[membership@saintsandsinnersrun.co.uk](mailto:membership@saintsandsinnersrun.co.uk)  
WSFRL Rep – Luke Taylor  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
SGP Rep – Jim Scott  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
XC Rep – Paul Luttman  
[raceentry@saintsandsinnersrun.co.uk](mailto:raceentry@saintsandsinnersrun.co.uk)  
Kit officer – Martyn Flint  
[kit@saintsandsinnersrun.co.uk](mailto:kit@saintsandsinnersrun.co.uk)  
Suggestions officer – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Social events organiser – Stella Daff  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Press Officer – Nicky Wilson  
[social@saintsandsinnersrun.co.uk](mailto:social@saintsandsinnersrun.co.uk)  
Male Welfare Officer – Dan Smiles  
[malewelfare@saintsandsinnersrun.co.uk](mailto:malewelfare@saintsandsinnersrun.co.uk)  
Female Welfare Officer – Nina Ware  
[femalewelfare@saintsandsinnersrun.co.uk](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto:social@saintsandsinnersrun.co.uk)