

Welcome to the October 2024 newsletter. And an especially warm welcome to new member Simon Pickles. S&S is celebrating the arrival of a potential future member: Ashlynn Mitchell. Many congratulations to Lou and Glenn on the safe arrival of your baby girl, check out page 3 for photos and birth announcement.

The physical health benefits of running are well documented. Running improves cardiovascular health, develops stronger bones, strengthens muscles and improves physical endurance. Running also boosts our mental wellbeing, improving mood, reducing stress and anxiety and aiding better brain function. In this month's report Dan Codrington writes about how running and the running community has helped him to successfully navigate through periods of depression.

We also have this month's SGP and WSFRL reports as the season draws to a close for the short winter break. Conversely XC is just kicking off and Paul reports on the first events of the season. As usual we have our Parkrun tourism reports and other events.

Thank you to everyone who has contributed to October's newsletter.

Please send your run reports and photos to social@saintsandsinnersrun.co.uk, we love to hear what you've been up to.

Chairman's Corner

Hi All

Hope you are well and enjoying your running.

I can't believe it's November already! The long summer nights at Tilgate Park seem a long time ago. As a club we've been really busy. We're planning for the AGM and for the 2025 Tilgate 5!



Races are still coming thick and fast. Keep up to date via Spond. The XC season is well underway. It was great to see 18 of us, and 3 dogs at Reigate today for the XC relays. Thanks as ever to Paul for organising us so well!

The end of the SGP season is at Crowborough on Sunday 17th November. All welcome, we're 2nd in the table at the moment. Hopefully the weather will be kinder than it was at Hove for the last race!!!

Finally it's Jim's 250th parkrun on Saturday 9th November at Tilgate. Let's hope we can get a turn out for Jim and the sash!

See you soon

James

Runner of the Month—October

Runner of the month - Joe Lavery

In the six or seven months Joe has been with the club he's already tackled some SGP races and the season's first X/C fixture at Goodwood.

He's also recently completed the Isle of Wight Marathon and Beat Box Hill 50k.

Well done Joe, you look great in yellow!

Jim Scott



CONGRATULATIONS

It's a Baby Girl!



Welcoming Ashlynn Violet Mitchell, who made a speedy arrival into the world on the morning of Monday 14th October, weighing 6lb 12oz (3.06kg). She was slightly earlier than her due date, but not quite as keen as her big sister Molly (1 vs 6 weeks!).

We are all doing well and adjusting to being a family of 4; Molly has definitely taken it all in her stride and is proving to be a very adoring big sister.

Ashlynn herself is a hungry little milk monster, so she must be fuelling ready for all the running she is going to do when she is older, hopefully as a future S&S junior member!

Lou, meanwhile, is recovering well and hoping to resume running by the end of the year! We will be sure to bring Ashlynn along to support an event soon!

Lou, Glenn & Molly Mitchell



Mental Health Benefits of Running

I just wanted to share with the club and the wider world my experience of mental illness in the past and more recently, to hopefully maybe inspire and help anyone else who ever feels depressed, down or low in their lifetime however you want to call it, and how running and the community have helped in this as well as Saints and Sinners.

I have been diagnosed with depression for over five years, and actually thinking back, how I probably had it for well over 20 years back when I was a teenager in the late 90s early 2000s, but back then it wasn't so much spoken and campaigned about like it is now, particularly among young people.

Exercise has been an increasingly important part of my life and I have in the past been a member of gyms, however I would find I would get bored of attending after a while and lose motivation and enthusiasm.

All the time I was exercising regularly it was helping me physically but just as much mentally if not more. So when I stopped after a while I would see my depression gets worse and then I would be stuck in a cycle.

However since getting into running the last few years I finally found a sport and an exercise which I never bore of, mainly due to the great running community who I'm pleased to regard as good friends. I cannot underestimate how much running, be it with others or on my own, has made a big difference in my life and soul.

So no matter what your passions are be it running or anything else I firmly believe it's so important to make time for that in your life. Don't forget to always make time for yourself, in this increasingly busy and chaotic world.

Look after yourself and one another.

Daniel Codrington



Future Events

Worth Way Charity run in aid of The Brompton Foundation Children's charity.



Pound Hill Pounders
Running Since 2011

The Brompton Fountain
CHILDREN'S CHARITY

WORTH WAY CHARITY 5K & 10K RUN

Join us to make a difference and
support a great cause!

SUNDAY 24TH NOVEMBER
9AM START

- Meet at the Coaching Halt Pub (Free Parking)
- Course refreshments available
- Donations can be made on the day or via the link below
- Suitable for all!

WWW.JUSTGIVING.COM/TEAM/RUNNING-BUDDIES

Run Reports

XC Report - October

Sussex XC Relays

Two and two third S&S teams headed to Goodwood Racecourse on the South Downs on Saturday 28th September for the Sussex XC Relays. Given the number of S&S canine supporters we had enough for a canicross team too! We had a super afternoon, running and cheering on our team mates on the challenging 4km course.



Great results too with our V45 women's team Michele Nixon, Cara Law and Clare (V55) 6th and our V40 men's team Andy Kerr, Matthew Sargent, Joe Lavery (V50) and Paul Luttmann (V50) 4th. An honourable mention too to our two thirds of a V60 men's team Dave Tibbals and Mark Warwick who were in 3rd place at the end of the second leg.

Sussex XC League Race One

A four strong Team S&S were back at Goodwood Racecourse on Saturday 12th October for the first Sussex XC League Race this season. Super running from everyone. In the Senior and Vets men's race over their 8km course: Luke Taylor was 27th in the Senior men; Matthew Sargent was 5th in the V45 men; Paul Luttmann and Joe Lavery were 8th and 16th respectively in the V50 men. Thanks to @AC_PHOTS for the photo.



Next up on the afternoon of 9th November we head to Glyndebourne for the second Sussex XC League Race. This is a super venue near Lewes which sits in the South Downs National Park. It is a grassland course within the grounds of the opera house and on its surrounding hills. It is suitable for all abilities and is no tougher than autumn / winter WSFRL races. The only requirement is a S&S top. Check out the event on our Spond group for full details.

Paul Luttmann—SCAA rep

WSFRL update - October

Great Walstead 5 - October 13th

Hey again! Two reports for you this month as we approach the end of my season.

The GW5 is a two lapper starting and finishing in Great Walstead School. This year it was muddy and wet, more so than the cross country the day before!

We had 17 runners and they all performed admirably with no casualties and we finished a credible 9th.

Great work everyone!



Steepdown—October 27th

This was a little lower on numbers but a very strong 14 runners turned up (quite literally) with this, almost half up and half down, just over 8k, race. It was also slippery in places, usually this is bad on the downhill section, but it was the uphill that I couldn't get my feet to stay straight!

Well done to everyone, especially Janet and Nina T, who I know hate mud!

We finished 11th overall with some very strong performances!

See you all at Gunpowder!

Luke Taylor



Barns Green Half - September 29th

I'd been looking forward to Barns Green Half for a while as this was the first year I'd had the day off to enable me to run it.

Having spent the first few months of the year training for the London Marathon I then eased back during the summer with the intention of ramping up my training in July/August. Unfortunately that was just about the time my old nemesis the niggly achilles popped back to say hello.

As a result I had ten days off running and then went back to Parkruns and light training. So I was apprehensive about the thought of a half marathon but decided I'd run steady as it would serve me well for the Lewes Downland 10-mile the following week.

Race day came and it was dry and mild as I joined a decent S&S contingent tackling the half and 10k.

I set off planning on taking things easy and enjoying the day.

And that's just what happened.

The course - consisting of two country lane loops north and south of Barns Green village - is lovely with just enough climbing to make things interesting.

Part of the route, albeit in reverse, was recognisable from the Horsham Round while the rest was all new to me.

I thoroughly enjoyed my race and was pleased with my time.

Job done.

Jim Scott



Lewes Dowland 10-mile (SGP) - October 6th

The tenth race of the Sussex Grand Prix season is one I particularly enjoy.

Last year I ran with Debby as she had decided to take on the challenging route as one of her six SGP races. This year I was on my own (metaphorically) and hoping to put in a good time.

Eager as ever, Luke, Dickie, James and I were at race HQ in very good time so amused ourselves with chat about how the weather/wind/mud compared to previous years.

Again, Saints and Sinners put in a great show with 15 of us on the start line.

As for the race itself, it's a challenging climb from Landport Bottom Meadow, on the edge of Lewes, up to Blackcap and Mount Harry on the top of the South Downs.

There's then a giddy gallop down to Ashcombe Bottom and the lung-bursting climb back up to Blackcap.

After the water station at eight miles it's an undulating return before a lovely downhill to the finish.

Dry conditions meant I was just one minute off my PB for the race - a good day on the Downs.

Jim Scott



Commando Obstacle Course Fun Event, Hever Castle - October 12th

I took part in Commando 2024 with my friend Alissa and her 15 year old son William who has plans to go to Sandhurst (British army). We've known each other for 16 years, both our older and younger sons are similar ages.

We enjoyed this non competitive 6km obstacle course, Commando fun event starting at 9am at Hever castle. Lots of adventures in a historical stunning setting, catering for younger children right up to the older generation. It was a very welcoming and friendly event.

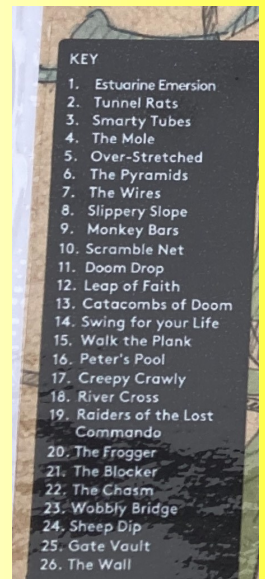
<https://www.hevercastle.co.uk/whats-on/commando-series/>

It was a 26 obstacle, 6km course. Having woken up at 6am, we were off with the 9am, first wave, around the stunning ancient grounds of Hever castle! Last time I did this was approximately 7 years ago, it was a different layout this year.

I went from hesitating doing it after a full on, busy, packed week to feeling elated afterwards after completing it.

I lost count of the amount of times we had to go through refreshing and chilly water features including a rope guided swim through a deep lake, and later, a shallow one.

We were climbing through muddy tunnels, there were raft pulls, boat rides, full water head immersion through a sheep trough, hopping on floating tyres over the river (with the goal of not falling in). There was hiking and trail jogging through streams, a waterslide (this one was quite dry), a rope swing over a pond and loads more creative slightly drier challenges!



Commando Obstacle Course Fun Event Cont...

The man powered hot bucket, outside showers were very much welcomed at the end. It was wonderful to do this with my friend Alissa and her son William. It was their first time and they smashed it. They were chilled, relaxed and took it in their stride the whole way, up ahead of me. This was a fun event organised by the actual Royal Marines (enrolled trainers were from the base in Lymstone in Devon).



Here attached a write up from the Castle Series page:

“Hever Castle Commando Race. Be transported into the military world from the moment you step into our Commando base camp complete with Field Kitchen. Fortified with crenellations, a moat, portcullis, this 400 year old defensive structure and British icon, creates the perfect backdrop for Commando. Hever Castle represents challenge, heritage, success, and military excellence. Think mud runs and epic cargo climbs, tunnels and tubes, stretcher manoeuvres and river crosses, slippery slopes and dramatic drops, planks and pools.”

Thank you Frank Stone for initiating this event and sorting tickets.

Michele Nixon



Hogmoor Inclosure Parkrun, Liphook, Hants - October 12th

Hogmoor Inclosure is a large wooded area in Hampshire, just off the A3 south of Guildford. It was used as an army camp and for military training. There is still a large military presence in the area but military training was relocated away from Hogmoor Inclosure in 2010, which put the area at risk of being built on.

Thankfully, it is now a lovely country park, with lovely trails and public art and, a Parkrun. On Saturday 12th October, a small but enthusiastic group of five Saints met up to give it a go. This was event number 272 with 252 finishers.

We paid good attention to the First Timers briefing. A very interesting description of the course, 'High 5', 'Little Steep' 'Costa del Sol' (more later) with a fair amount of jeopardy, a broken bridge and a risk of unexploded bombs!!!

They also had a fair number of pacers ranging from 20 to 39 mins (I wish we had these at Tilgate more often). The start was a bit low key. Nicky and I were busy chatting and then realised people were running.

It really is a lovely course consisting of two laps entirely under the pine trees. The surface is largely a mix of gravel, pine needles and sand and was largely dry (although trail shoes recommended). One section, Costa Del Sol, is entirely sand.

Its undulating but nothing too challenging. Also get to run to the sound of artillery fire in the background.

I really enjoyed this run. It is a bit of a drive (just over the hour) but definitely worth considering. Plenty of free parking, lots of toilets and what looks as though it will be a lovely café once they have finished refurbishing it

Clare Hall



Zielony Jar Parkrun, Krakow, Poland - October 12th

What to do when a weekend walking in Yorkshire falls through due to unforeseen circumstances? Well, Debby and I decided a city break was in order so started checking out cheap easyJet flights from Gatwick. And the result - two nights in Krakow and a chance to grab our second Z parkrun of the year.

What a great weekend it was. Sobering trips to Auschwitz and Schindler's factory; hearty grub and more than a few Polish beers.

As for the Parkrun, it was one of the highlights of the trip. We booked a taxi to pick us up from our Old Town hotel at 8am and were on our way by 8.05am. Despite my Polish being as limited as the driver's English, Google maps saved the day and 20 minutes and £10 later we were deposited next to a block on flats on an estate in the eastern suburbs.



Thanks to Google Streetview (I'm not sponsored by Google - honest) I knew we were close and just around the corner was a small amphitheatre, the core team of Green Park Parkrun and other keen runners.

I would say at least three quarters of the runners were tourists chasing a Z - including a member of Somerset's Somer AC who I had been told to look out for by a friend. Thanks to the powers of social media, Barry and I were besties before 9am!

As for the parkrun itself, the team were so friendly and welcoming with a brilliant bilingual lad who translated the run briefing from Polish into English. Briefly, the course is four undulating laps round a small park. Signage was ample as there are no marshals on the course. But there were plenty of photos - before, during and after - by the volunteers.

Afterwards we used Bolt (Eastern Europe's Uber) to return and were back at the hotel by 10.30am for a shower and then out for brunch. Krakow has three parkrun with the one closest to the city centre getting around 300-400 runners. There were less than 100 at Zielony Jar but it was well worth the effort to visit.

Jim Scott



Hove Prom 10k (SGP) - October 20th

It was all about singing in the rain (and wind). Hove's competitive 10km seafront race, (part of the Grand Prix series) took place in a storm today. Very high winds were blowing from all directions and rain and shard-like bulleted, seawater spray from the adjacent sea was very refreshing to say the least.



The popular Great South Run in Portsmouth and the Windlesham Pulborough trail league race were both cancelled today (amongst others) due to the treacherous weather conditions.

Hove was still deemed as safe, due to minimal risk of flying objects (excluding humans). Those crosswinds today !

I finished 18th female /109 and 3rd in my age category and crossed the line in 45min 45secs, @7:18min/mile pace. A mix of elements and emotions this morning.

At the start a special tribute was made to Robbie Fitzgibbon (only aged 28) and a Brighton Phoenix and international athlete (who ran at this event and locally) who passed away 2 weeks ago. Thoughts and prayers for his family.

Michele Nixon



00:45:45
Chip time 00:45:43
Finished 10.0 KM
Speed 13.13 km/h
Pace 04:34 min/km
Overall position
77
Out of 267
Women
18 <small>Top 17% Female</small>
Out of 109
Female Vet 45
3
Out of 15



Hove Prom 10k (SGP) - October 20th

The 11th and penultimate race in this year's Sussex Grand Prix was the fast and furious Hove Prom 10k.

Last year we ran in brilliant sunshine on a bitterly cold day. This year we battled Storm Ashley! Predicted strong winds and heavy rain had already caused the Great South Run and Windlesham Whip (WSFRL) to be cancelled.

But Hove was on and as the race director explained as we lined up at the start, this was because there was very little infrastructure to blow away. At some points though there did seem to be a danger of being blown into the sea.

During the first couple of miles of the two-lap prom course we had strong and swirling winds to contend with.

Then the rain came - and the hail - and the shards of freezing sea spray....

This was some of the worst conditions I have raced in but we persevered and all 14 S&S runners made it safely back.

Well done to all in extremely challenging conditions!

Jim Scott



HYROX Fitness Racing, Birmingham - October 26th

I had a brilliant time at Hyrox (Fitness Racing) in Birmingham at the NEC, with approximately 8000 entrants, this last weekend on the 26th October.

I entered as a Mum and Son duo in the mixed doubles category. This was Paul's first official Hyrox in the main arena and he smashed it, dragging me around the course, the lad was skipping and whistling around.



We finished in 1hr 13mins (we came 146/614 racing in the age category 30-39, our ages combined, and averaged, placed us in this group). We finished 300/1389 racing in the mixed doubles overall. This was a PB for me in the mixed doubles category. We finished in the top 8% running, and the top 73% of the workout stations. It's a journey in progress, I'm loving and learning through it all. Most of all it's lots of fun, and Paul is already planning his next one.

First and foremost thank you to Frank Stone for all the driving (busy traffic) and taking care of everything. He was our number 1 supporter, especially in the build up to the event today. To Xendurance Europe and to Chrissy Harper WTF classes of top class training. Thanks goes to S&S (Martyn Flint and Paul Luttmann run leaders) and to Paul and Crawley Athletics (Teen) Club (Martin Airey) + K2. Also to Andrew Dunn for having Barney.

And although a cliché, it rings true again today " Stay Strong, Never give up ".

I'm enjoying this journey of fitness together.

Michele Nixon





November Activities

Saturday November 9th, Glyndebourne, (Sussex XC), 1:30pm

Sunday November 10th, South Downs Trail Run, Stanmer Park, Brighton, 9:25am

Sunday November 17th, Crowborough 10k (SGP), 9:30am

Saturday November 23rd, Parkrun Tourism at Riddlesdown, 9am

Saturday November 30th, South of England Showground, 1:30pm

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

07/11	21/11	12/12 *	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.

*date subject to change, TBC nearer the time.



Horley Harriers Track Sessions Cont

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

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