

Welcome to the January 2025 newsletter. And an especially warm welcome to Ben Harrington, Carolyn Hartfield, Hayley Howick, Sam Kerbey, Caroline Robins and Maria Weatherstone who joined Saints and Sinners this month.

I hope everyone's winter training is going well in preparation for the spring race calendar, including the 2025 season's WSFRL and SGP league races. We have plenty of run reports to inspire you in this double issue, including a report on the Valencia marathon, which did manage to go ahead in December despite the devastating earthquake just a few weeks earlier. Also in Spain, we have a report on the Santa Pola Half Marathon which 11 of our Saints' entered, and which is fast becoming a favourite in the race calendar. Plenty of Parkrun reports for you to enjoy, and do check out the details of all the events coming up, personal coaching with Paul and a kit update from Martyn.

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.

I can't believe it's February already! And that means it's time for the CRC West Sussex Fun Run league race on the **16th February**. Let's try and turn the race yellow and make Luke happy!

One thing I did find amazing was us finishing 2nd in the Sussex Grand Prix in 2024. That's a fantastic achievement given the number and quality of the other clubs in the league. Thanks to Jim for geeing everyone up. The 1st race of the new season is on **Sunday 23rd March** - the Hastings half.

Two dates for the diary:

Saturday 1st March - Brian's 600th parkrun - Tilgate
Sunday 23rd March, our club awards do, 4-6 at Goffs Social club

Hope to see as many of you as possible at these events.

See you soon.

James



Runner of the Month - December 2024

Runner of the month - Cathy Howe

Cathy has been a regular at training and Sky's Core Fitness sessions in 2024. She regularly participates in WSFRL, SGP and cross country events, achieving several top 3 finishes in her age category.



A keen parkrunner, Cathy completed her 250th parkrun in August 2024. She can often be spotted in club colours at Tilgate parkrun.

Well done Cathy, our December runner of the month.

Lesley Bryant



Runner of the Month - January 2025

Runner of the month - Martyn Flint

Martyn recently ran his first overseas half marathon after flying out to Spain to take part in the 33rd edition of the International Santa Pola Half Marathon.

Martyn completed the race in a fantastic time of 1:41:26, finishing in 10th place out of a staggering 90 runners in the M65 age category.

In May 2024, Martyn was about to commence his training for the Great North Run and he heard Paul Luttmann was looking for volunteers to help him achieve his coaching qualification so of course Martyn agreed to assist him.

Martyn had a fantastic run in Newcastle, coming in bang on his target time so continued to work with Paul in his preparations for Santa Pola. His hard work and Paul's great coaching advice definitely got him the result he wanted.

Well done Martyn, our January runner of the month.

Lesley Bryant



La tecnología más avanzada a su alcance

CERTIFICA

MITJA MARATÓ INTERNACIONAL SANTA POLA 2025

CERTIFICA QUE EL CORREDOR:
FLINT, MARTYN
 DORSAL: 1405
 TIEMPO OFICIAL: 1:43:39
 TIEMPO REAL: 1:41:26
 POSICIÓN GENERAL: 1845
 CATEGORÍA: M-M65
 POSICION CATEGORÍA: 10
 PROMEDIO: 4,55

SOL - PLAYA - ROCK N' ROLL

ENERO 2025

00:59:09

01:07:18

OPEN ENTRY JUNE, 1st

1 JUNIO

LA CLÁSICA QUE NO TE PUEDES PERDER

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Logos: Joma, Coca-Cola, etc.





Saints and Sinners 2025 Annual Awards - Sunday Match 23rd, 4-6pm

We are looking forward to seeing you all on **Sunday March 23rd at Goffs Park Social Club**. We have lots of awards to give out including those that have been nominated as our runner of the month throughout the year.

Glenn and Lou will be leading the entertainment once again with our popular quiz.

Following the success of last year's raffle to help raise funds for London Marathon runners, we will be doing the same again this year.

Club place winner Sean Heard will be raising cash for St Catherine's Hospice.

If anyone would like to donate prizes for the afternoon raffle please let prize co-ordinator Debby Scott know.

An invite to the Annual Awards will be sent out via Spond in the coming weeks.

Debby Scott and Nicky Wilson

Some of last year's awards winners



Ten years of Tollgate Hill Half Marathon

February 22nd/23rd 2025 !

Come and join the fun! One loop, three (and a half) loops (5k), seven loops (10k) or the full fifteen loops to complete the Tollgate Hill Half Marathon.

First run ten years ago as a bit of silliness with friends it continues to be exactly that! To complete the event you can run it anytime during the week of 22/23 Feb, to fit your schedule. It can be run alone or in a group. There is no official start time but usually between 9-11 on Sunday is a popular time for running together (ask on chat if you want company).



The route is simple. Always start and finish your distance at the bus stop, but not each lap. Straight up Tollgate Hill, along the top and back down the cycle route and through the houses to the bottom. Repeat. (<https://www.strava.com/segments/7953734>). The route is very accessible, only 30m elevation, great views to Gatwick and the North Downs from the top and a lovely long down-hill to recover.

Andrew Bullock



Interested in working with a coach towards your 2025 running goals?

I obtained the British Athletics Coach in Running Fitness qualification in September which now enables the Club to offer personal coaching towards your running goals

If you are a regular at training and are interested in working with a coach over a two to three month period (Mesocycle) towards a specific running goal please complete the questionnaire accessible via the link below which captures the basic information required to start your personal training plan.

<https://forms.gle/UupFEuMRhAw3Qeum9>

If you have any queries please feel free to contact me

Paul Luttman



Kit Update

After several months struggling to find a reliable supplier of the new Joma kit, I have now found one who looks like being able to fulfil our orders.

Our website kit page is now updated with the new designs

<https://www.saintsandsinnersrun.co.uk/kitshop>

As before, please order, and pay, through the website and your order will come to me. I will place it with the supplier at the beginning of each month and will distribute the kit, either at training or Tilgate Parkrun.

Please note that it can take 4-5 weeks for the kit to be delivered, so get your orders in, in plenty of time before a race.

Men's sizing seems to be as expected however, with the ladies kit, it does seem that you need one size larger than you would normally go for. Ask me if you are not sure, as I have some samples for you to try. This is especially important if you are having your name on the kit, as we cannot refund you if it does not fit.

Martyn Flint

Run Reports

Guildford Parkrun - November 30th

Fairly close to home, but unfairly sidelined as Debby and I completed our Sussex runs, it was time to cross the border into Surrey.

Oh, and we happened to need a G to complete our Parkrun alphabet challenge! So with Lesley and Dickie for company we headed to Stoke Park on a cold but dry day.

We took in a very detailed pre-run briefing, including claps for each and every volunteer by name and set off for two laps of the park.

The course is undulating with the first half of each lap on grass and the second on paths.

After some wet weather the grass sections were very muddy and slippery so we were pleased to have trails/hybrids to cope.

It's a pretty park and the run was challenging but fun - I'd like to come back in the summer. We celebrated with a good breakfast in a nearby cafe and are already plotting our second alphabet!

Jim Scott



XC Report - December

Sussex XC League

An eight strong Team S&S headed to Ardingly Showground on Saturday 30th November for the third Sussex XC League Race this season. On a grey but mild afternoon we galloped through (not over!) the showground's equestrian XC jumps on the rolling grassland courses.



In the Senior and Vets women's race over their 5km course: Valerie Stanbridge was 3rd in the V65s; Cathy Howe was 2nd in the V70s.



In Senior and Vets men's race over their 8km course: Adam Donovan was 12th in the V40s; Matthew Sargent was 10th in the V45s; Paul Luttmann and Joe Lavery were 6th and 13th respectively in the V50s; Mark Warwick was 7th in the V60s; Martyn Flint was 8th in the V65s.

Paul Luttmann – SCAA Rep

XC report - January

Sussex XC League

Seven hardy Saints battled through the frozen plains of the Low Weald to Bexhill on Sea on Saturday 4th January to race against some of Sussex's top runners / clubs at the Senior XC Champs.



Whilst compared to the other Sussex XC venues the course is relatively flat it historically throws up super muddy conditions. However this year we were blessed with conditions on the lighter side of muddy and a super fast 10K course. Great running from our men's team saw them pretty much safely home before being flattened by the front of the women's race and in 8th position overall with Paul Luttmann 50th; Mark Warwick 67th; Joe Lavery 75th; Luke Taylor 83rd; Richard Bryant 84th; James Mason 89th; Jim Scott 90th.

Sussex Masters XC Champs

A small but select band of Saints took on some of the top Vet runners in Sussex at the Masters XC Champs at Coombes Farm near Lancing on Saturday 18th January.



Sussex Masters XC Champs Cont..

Racing in age categories over the 8K South Downs course Michele Nixon was 8th in the V45 Women and Matthew Sargent was 7th in the V45 Men. Unfortunately Joe Lavery in the V50 Men had to pull up with an injury. Great running everyone and speedy recovery Joe.

Sussex XC League

Join our XC stars Cathy and Val in their bid for SCAA medals at the fourth and final league race this season at Stanmer Park on Sunday 9th February. With three races to count Cathy currently has two 2nd places in the V70 Women and Val has two 3rd places in the V65 Women.



Stanmer Park near Brighton sits at the foot of the South Downs with the course a mix of parkland and woodland trails.



This race 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 Spond event for full details.

Paul Luttmann – SCAA Rep

Valencia Marathon, Spain - December 1st

The first Sunday in December is the Valencia Marathon. This is a fast, flat road race that attracts a number of elite runners and hosts some of the fastest marathon times recorded.

This event was very close to being cancelled. In November, the city was devastated by the flooding 5km from south of the city. Whilst the city was largely unaffected, the transport network including the regional trains and city metro system (including Trams) was significantly damaged.

With 2 weeks until race day, the event organisers finally declared the marathon would go ahead. 35,000 runners descended to Valencia, with over half of those coming from overseas.

Sean Heard, Ed Duke, Wayne Kingsnorth and I travelled to Alicante on Friday. Flights to Valencia were in high demand and therefore too expensive. We then travelled 2 hours on a bus from Alicante to Valencia. It's a good bus journey (only stopped twice). With the city metro system down, taxis and uber were in high demand and local buses were packed. We squeezed onto a bus and made our way to the hotel. Wayne was like Mick Dundee in New York City!!!!

The following day we headed to the ExPo. Fortunately the ExPo was being held at a location where there was a tram line in service. We queued over an hour to get into the ExPo, but it was worth it as the ExPo was good with lots of photo opportunities, goody bags and race pack. Shortly afterwards we attended the Paella Party. This was a lovely way to spend the afternoon at the ExPo, sitting outside in the sunshine, eating good food, drinking and chatting about preparations for the race, and how fast Wayne could run in super shoes. The Paella Party was pre-booked, cost 6€, and included a fizzy drink, water, bread roll, fruit, paella and an ice cream. Great value.

Sean, Ed, Wayne and I all had the same starting time of 8:45am. Our hotel was circa 1km from the start. We had breakfast and headed out at 7am. It was dark. Lots of runners around but very quiet. It was a nice walk along Turia Park to the start. Finding bag drop was hard, and we managed a few nervous toilet stops in between. Finally dropped bag and headed for the start only to find out we missed our wave and therefore started 10 mins later.



Valencia Marathon, Spain - Cont..

The atmosphere for a Spanish race was different, large crowds, party atmosphere but the start was sombre, reflective and paying respect to those that lost lives due to the floods. After an emotional start the race was underway. It was a busy start and the four of us inevitably split. I could see Wayne up the road, and Sean and Ed were right behind me. The race had plenty of fluid on course (every 5km) and gels and electrolytes were available at various points. After 10km Ed cruised up beside me, and we managed to run together for 21 km. For most of that time we could see Wayne 100 metres ahead of us. There was plenty of music, crowds cheering and support along the way. Other than London I have never experienced better support.

We all finished the marathon which is a great achievement. Wayne and Sean finished in a respectable time of 3:26. Wayne's second marathon—a fab effort. They didn't get the time that their training richly deserved, but as most of us know that can happen with running. Ed and I both achieved a PB of 3:12, and that time is a reflection of the hard training that we all did together for 15 weeks. A real team effort!

Post race we were provided with refreshments, and snacks. We stayed in Valencia on Sunday night and celebrated finishing the marathon with lots of food and drink in the city bars and restaurants proudly wearing our medals before returning home on Monday afternoon.

Despite the transport issues, I thoroughly recommend Valencia marathon and I will definitely return. The city is fantastic, it's great running weather in December, the course is fantastic, it's fast and the crowds are incredible. If you decide to give it a go you will need to be quick and enter on the same day registrations are made available. 35,000 places went in 24 hours, so get in there quickly!

Buena Suerte.

Dan Smiles

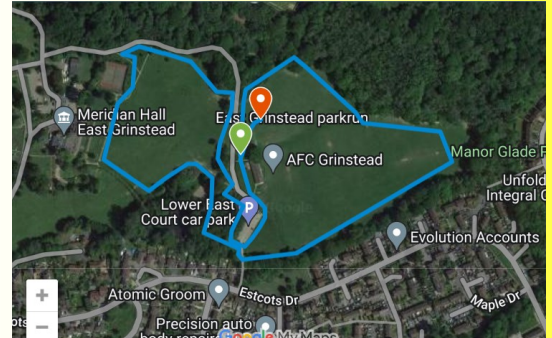


East Grinstead Parkrun - December 28th

Between Christmas and New Year, with my daughter at home, we decided to travel the short distance to East Grinstead for Parkrun. Both of us needed the "E" for the alphabet challenge and it also provided the East for the compass challenge.

East Grinstead has a reputation for being a muddy course, and it did not disappoint! The walk from the car park to the start, on a murky, damp and chilly morning, made us realise that keeping clean running shoes was not going to happen. Opting for the deepest lugged trail shoes was definitely the right option.

The run director gave a very thorough briefing, emphasising that the course was going to be challenging and not a day for PBs, just try to stay upright! A short walk then, through angle deep mud, to the start line and we were off.



The course is three laps, one small and then two longer ones. It was well marshalled, and sign posted, taking us around a rugby pitch and through a wooded area. Much had been made of the HILL, which you tackle twice on the long laps. Although it was fairly short and not particularly steep the main problem, especially at the bottom, was getting enough traction in the soft ground.

51 brave souls completed the course, including one from Western Cape, South Africa who, despite slipping over, seemed to enjoy the experience. Tea, coffee and cakes were on offer at the finish and the team of marshals were very friendly and welcoming.

Definitely one to try again in the summer.

Martyn Flint



Lockend Woods Parkrun, Dunbar - December 28th

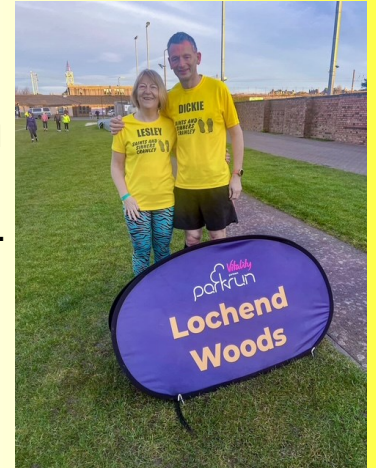
Our annual Christmas visit to The Borders included a trip to Dunbar and Lochend Woods parkrun.

We set off on a chilly morning with a spectacular sunrise. The familiar parkrun signs and high viz greeted us when we arrived at Hallhill Sports Centre. There is a car park beside the start with toilet facilities a short walk away in the Rugby Club. We were both pleased the toilets were open after our 75 minute drive.

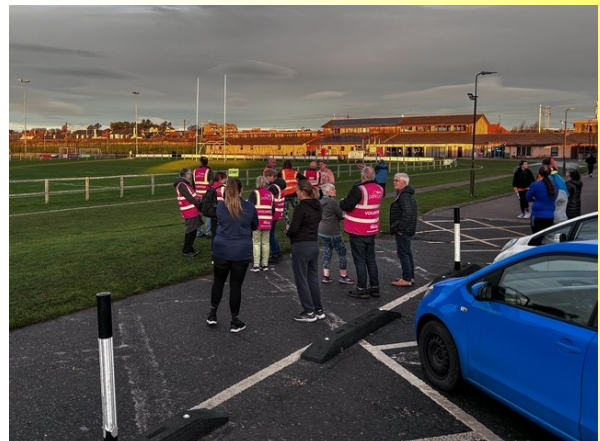
A two lap course is run on a mixture of tarmac paths, trail and grass. The route takes you around the rugby pitches before winding through woodland. On the day we wore trail shoes even though the route in the woods was surprisingly dry.

The Run Director and volunteers were all super friendly and helpful. Post race we headed into Dunbar for a spot of breakfast and walk by the beach.

Another great start to our Saturday.



Dickie and Lesley Bryant



Cockermouth Greenway Parkrun - January 18th

As I was back up in the Lake District I decided to give the new parkrun at Cockermouth a try and take my total number of different events visited up to 64. I was there on 18th January for event #8; the previous two weeks had been cancelled due to icy paths.

The course is run on a fairly narrow tarmac path which follows the line of the old Keswick to Cockermouth railway with out and back sections to complete 3 laps. It is very similar to Ifield Mill Pond although with longer stretches between the turnround points so there were more opportunities for faster runners to pass.

This is a smaller venue with 91 parkrunners when I visited. The highest number they've had so far was 178 for event #2 which is probably close to what they could comfortably manage particularly as there were also a number of other path users on the course.

Parking is at the nearby rugby club which is about 10 minutes walk away. The start is in a residential area so parking there is discouraged out of consideration for residents.

Post parkrun coffee and bacon rolls are provided in the rugby club café by the local WI and very good they were too! Some great views across to the fells from the rugby club too.



Janet Doyle



Sussex Masters XC Champs, Coombes Farm, Lancing- January 18th

Some pics from the Masters Sussex Cross Country Championships on the 18th January 2025 at Coombes Farm, Lancing. It was cold, 3 degrees C and hilly.

It's a special and super event, my 6th year of racing here. Stunning views and scenery.

Michele Nixon



Timetable

12.00 Numbers available for collection by team managers.

1.00pm Masters Men – over 50, over 60 & over 70 approx 5 miles (8,000m)

1.40 Masters Women – 35-49, over 50, over 60, over 70 approx 5 miles (8,000m)

2.25 Masters Men – , 35-49 approx 5 miles (8,000m)

3.20 Cut off time for course marshalling & recording



Santa Pola Half Marathon, Spain - January 19th

This event has attracted several S&S runners over the years and has been growing in popularity recently, the chance of some winter sun and the enthusiasm of last year's team made the decision to join an easy one.

The course is fast and flat, looping around the town of Santa Pola, with just one small incline and descent. Plenty of sea views, even touching a 50m section of sandy path right at the top of the beach and very enthusiastic crowds.

My target was to try and improve on my Great North Run time of 1:45:16, this following the successful training plan from Paul Luttmann. Paul had devised a plan for Richard Bryant and our chairman James to follow for Santa Pola, so I joined up with them for our specific half marathon Sunday runs. Sadly for James his half marathon was to be at the less glamorous setting of Dorney Lakes!



Paul's other suggestion for me to show an improvement was to start some leg exercises, at the gym, to help strengthen my running efficiency. After a demonstration from Paul, I started twice weekly sessions in mid-September. The exercises included weighted squats, leg press, leg curl, calf raise, hip abductor and adductor. I feel that these sessions have improved my stability and leg strength and, along with Sky's core fitness classes, have helped with my running.

Leaving the dull, cold weather in the UK and travelling to warmer and sunny Spain in the third week of January was a real boost to the spirit. I had a couple of days to acclimatise and met up with the other S&S runners for walks around Santa Pola and some great meals.

Santa Pola Half Marathon, Spain Cont..

The day of the race dawned sunny and cool, but with the promise of ideal running conditions, not too hot (around 16C) and no wind. I met up with Nina, Lesley, Richard and Keith in the main square ready to drop our bags and get into the start pens. Unfortunately, we mis-timed this and ended up way too far back with no hope of getting through the crush of runners to be nearer the front.

The start had a real carnival atmosphere, with balloons, fireworks and loud music to send us on our way. Being farther back did remove the danger of starting too fast, but for the first mile I was weaving through quite heavy traffic. However, after that I managed to settle into a good, steady pace.

With lots of support around the course, bands playing and even a stall handing out cups of beer, the miles ticked by and soon I was approaching the blue carpeted finish line. Stopping my watch at 1:41:26, I was happy to have achieved my goal.

After collecting the various goodies on offer at the finish and having spent a good while debriefing, it was off to a fantastic seafront restaurant for a well-earned tapas and paella meal, washed down with a few beers.

All in all, a great weekend, a very enjoyable race and a good personal achievement. I am sure there will be a strong S&S attendance in 2026, and I would recommend adding it to your diary.

Great running from all the other S&S runners (in no particular order), Nina Trevarthen, Lesley Bryant, Mary Freestone, Dan Smiles (a PB), Ed Duke, Paul Luttmann, Wayne Kingsnorth, Sean Heard, Steve Baker and Richard Bryant. Not forgetting Keith Trevarthen doing sterling work as team photographer.

Martyn Flint



Kingston Parkrun - January 25th

Debby and I had planned on a trip to Kingston before Christmas but were thwarted by one of the regular storms sweeping the country.

This time the weather was on our side and after a good run round the M25 and into South West London we were parked up near the start in plenty of time.

The course, with a fairly congested start, takes in a loop of a field next to the Thames before hitting the towpath past Teddington Lock.

At the furthest point you make a small loop of a grassy area known as Hamlands (I would imagine very muddy in winter) before returning the same way.

It was a cold and sunny day and lovely to be running next to the river.

As always everyone - runners and volunteers - were very friendly.



Jim Scott



London Indoor Games U13/U15/U17, Lee Valley Stadium - January 25th

We are a proud family ! Son Paul (age 16) achieved his first athletics national qualifying time (in the 400m sprint in a time of 53.66) at Lee Valley stadium, London racing on the 25th January 2025

It's taken him ages to achieve this, his goal to get to National UK level.


It's been a great start to 2025 and he's received an invite to compete at the Championships being held at Sheffield next month.

Bravo, Boy'tjie



Michele Nixon




ENGLAND ATHLETICS

U20/U17/U15 Indoor Championships entry standards 2025

Male			Event	Female		
U20	U17	U15		U15	U17	U20
7.15	7.50	8.20	60m	8.45	8.20	7.95
22.80	23.60	25.50	200m	27.50	26.50	26.00
		41.50	300m	44.00	42.20	
52.00	53.70		400m			59.20
1:56.00	2:00.00	2:10.00	800m	2:26.00	2:19.00	2:16.00
4:02.00	4:13.00		1500m		4:54.00	4:50.00
9.00	9.10	10.40	50m Hurdles	10.30	9.50	9.50
1.90	1.81	1.60	High Jump	1.51	1.60	1.63
3.90	3.30	2.40	Pole Vault	2.30	2.90	3.00
6.50	6.20	5.30	Long Jump	4.80	5.20	5.50
13.30	12.50	10.50	Triple Jump	10.00	10.60	11.00
13.00	12.50	11.00	Shot Put	10.00	11.50	11.00

- Entry Standards must be achieved between 1 January 2024 and 26 January 2025.
- Entry standards must be obtained at a licensed competition, which is a level 2 or level 2 competition held within the UK or an event with a World Athletics permit if the standard is obtained abroad. Times in italical italics competitions.
- Wind Assisted times will not be accepted.
- There are no entry standards for Combined Event Championships.
- There will however be minimum starting heights in the vertical jumps:

	U15G	U15B	U17W	U17M	U20W	U20M	SW	SM
High Jump	1.11	1.20	1.24	1.38	1.26	1.45	1.30	1.45
Pole Vault			2.00		2.50			2.90

Version 2 (November 2024)

Qualifying for national athletics competitions is considered **very difficult** as it requires achieving a high level of athletic performance, often needing to meet strict entry standards set by the governing body, meaning only the top athletes in each event from a country will qualify, making it a highly competitive process. 🏆

Key points about qualifying for nationals:

Entry Standards:
Athletes must achieve specific performance times or distances, known as entry standards, to qualify for national competitions, which are designed to select only the best athletes. 🏆

Competition Level:
To reach the required standards, athletes need to consistently compete at a high level, often participating in regional and national-level events throughout the qualification period. 🏆

Selection Process:
Depending on the country, the selection process might involve not only meeting entry standards but also considering an athlete's overall performance, ranking, and recent competition results. 🏆



February Activities

Sunday February 9th, Sussex XC League, Stanmer Park, Brighton, 1:30pm

Saturday February 15th, Parkrun Tourism, Southwater Country Park, Horsham, 9am

Sunday February 16th, WSFRL Run your heart out, K2 Crawley, 10:30am

Saturday February 22nd, National XC Championships, Parliament Hill, London, 12:30pm

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.

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.

06/02	20/02	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