



# The Crowborough Runner

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August 2017

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## In this issue:

- Juniors, James and Joe, lead the club in at Bexhill
- PB's for Chris and Sharon at Newick
- Another Triathlon 1<sup>st</sup> for Annie; a 2<sup>nd</sup> place for Sally
- Christmas party survey:  
<https://www.surveymonkey.com/r/7ZKKHFT>
- Track opening event details, 9 September

Next issue **3 October**. Send me all your news, results and photos by 2 October please. [mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

## Bexhill 5k

Considering the terrible wet & windy weather we had a great turnout of 30 Crowborough runners (2 being juniors), at the Bexhill 5k, the last of the Bexhill Seafront races of this season. First in for the club, in 18.39, was young Biathlete James McCarthy, who started out as a Junior and is now training for the GB team in modern pentathlon. Chris Ashby & Maggi Bradgate came 2<sup>nd</sup> in their age groups while Joe Harvey, Vicki Whitehorn, Sue Newman & Dominique Welbury all came 3<sup>rd</sup> in their age groups. Well done all and great to see so many runners.

James McCarthy	18.39	Junior
Joe Harvey	19:45	Junior
Paul Bailey	20:11	
Christopher Ashby	20:31	
Tim Newman	20:44	
Kevin Battell	20:59	
Toby Whitehorn	21:04	Junior
Anna Tolmachova	21:30	
Ashley Box	22:03	
Eileen Welch	22:23	
Vicki Whitehorn	22:41	
Terry Harvey	23:08	
Claire Harvey	23:10	
Bryan Tapsell	23:06	
Sue Newman	23:36	
Iain Watson	23:37	
Louise Ellis	24:08	
Roger Stone	24:21	
John Tighe	24:40	
Theodora Stewart	25:15	
James Welbury	25:27	
Mary Nightingale	25:37	
Swati Patel	26:18	
Sharon Wheeler	26:46	
Sarah Hilliard	28:21	
Maggi Bradgate	29:47	
Zoey Bailey	31:46	
Dominique Welbury	33:36	
Claire Stafford	34:37	

## Newick 10k

Despite the heat and the hills, there were two personal bests for the Crowborough Runners team at the Newick 10k last weekend. Chris Ashby led the Crows in with a pb of 44.46 whilst Sharon Wheeler knocked two minutes off her previous pb in 57.38. Well done both.

Chris Ashby 44:46, PB

Kevin Battell 48:00

Claire Harvey 49:29

Sally McCleverty 54:59

Sharon Wheeler 57:38, PB

Maggi Bradgate 1:05:15

From l to r in picture:

Sally McCleverty, Chris Ashby, Kevin Battell, Sharon Wheeler, Maggi Bradgate, Claire Harvey



## Bewl Water Triathlon

Sprint Distance:

Swim 750 mts (although some say it was nearer 900)

Cycle 20K all around Wadhurst, Cousley Wood, Ticehurst

Run 5k over across and back across the dam.

Sue Newman      1hr 41.13 - 6th in age group  
Annie Sidgwick      - 1hr 51.47 - 1st in age group

Standard Distance:

Swim - 1500m

Cycle - 40 k

Run - 10 k

Sally McCleverty - 3hrs 16 - 2nd in age group

A beautiful summer morning. An early start at 7am. 6am registration, racking bikes, wet suits on and ready. Lovely swim in very flat calm waters of Bewl. Men set off first in one wave, followed by the women's wave a few minutes later.

A long run up a steep grassy bank to transition to take wet suits off, cycle shoes on, helmets on, number on, and off with the bike for the cycle round Kent. Wadhurst, Cousley Wood, Ticehurst and back.

Into transition, bikes racked, helmets off, change shoes, number to the front, and off on run. Down to the dam and run along below the dam wall and back across the top. Twice!

Everyone did brilliantly. Some getting faster and faster, and better and better.

*Well done everyone. And especially well done Sally and Annie. Again! -  
ed*

## Islay Half

It was a toughie climbing out of Bowmore for 2.5 miles, a little on the flat than up again 4 miles to 6.5 miles turning back as we did towards Bowmore from the airport, along an undulating road with a strong headwind. 1.57 Spectacular views across the Island and also towards the Paps on Jura towards the finish. Wee dram of Ardbeg to numb the pain went down well. Well organised, T-shirt, medal and drink all, plus great atmosphere and support, for £13.

*(That will scotch any rumours about your fitness James- ed.)*



## Park Runs

### Tonbridge

Theo Stewart 25.56

Swati Patel 26.37

Sharon Wheeler 26.56

Annie Sidgwick 34.36

### Tunbridge wells, 29 July:

Ollie Welch 19.19 (4<sup>th</sup>)

Paul Bailey 20.19 (PB)

Chris Ashby 21.02

Roger Stone 25.09

Sally McCleverty 25.49 (PB)

Mary Nightingale 26.23 (PW! aaagh)

John Tighe 27.35 (Even worse PW).

### 26 August:

Mary Nightingale 25.59 (1st V55-60)

## 1 Mile track times

Name	Mile time	Date	Junior
<b>Steve Cram</b>	<b>3.46</b>	<b>27.7.85</b>	
<b>Mo Farah</b>	<b>3.56</b>	<b>6.8.11</b>	
Matt McCarthy	4.59	31.7.17	x
Ollie Welch	5.28	31.7.17	
McKinley Loxton Reed	5.32	31.7.17	x
Paul Bailey	5.4	1.8.17	
Ben Moris	5.46	1.8.17	
Jamie Woolgar	5.52	1.8.17	
Chris Ashby	6.02	31.7.17	
Milosz Piasta	6.03	15.8.17	
Roger Stone	6.05	15.8.17	
Alex Cole	6.09	1.8.17	
Toby Whitehorn	6.10.	31.7.17	x
Anna Tolmachova	6.12	1.8.17	
Dave Stewart	6.14	1.8.17	
Jack Bailey	6.15	1.8.17	x
Steve Bolton	6.18	31.7.17	
Eileen Welch	6.20.	31.7.17	
Claire Harvey	6.36	1.8.17	
Vicki Whitehorn	6.53	31.7.17	
Ollie Ashby	6.56	31.7.17	x
Alex Pond	7.22	31.7.17	x
Mary Nightingale	7.29	2.8.17	
James Welbury	7.31	1.8.17	
Bridget Ralph	7.40.	31.7.17	
Alison Ashby	7.56	31.7.17	
Yulia Francis	8.40.	31.7.17	
Helen Hamilton-Smith	8.56	31.7.17	
Andy Pake	9.20.	31.7.17	
Russell Taylor	9.23	31.7.17	
Julie Harker	9.28	31.7.17	
Michelle Field	9.31	31.7.17	
Tony Field	9.32	31.7.17	
Zoey Bailey	9.38	31.7.17	
Dominique Welbury	10.28	31.7.17	

## Club Championship 2017

Latest club championship update. Note that it does not include the results from Newick and maybe other recent results published in this newsletter.

		5K	10K	Half	TOTAL
Tolmachova Anna	FS	00:21:30			
Harvey Claire	FV35	00:23:10	00:48:10	01:40:38	<b>02:51:58</b>
Whitehorn Vicki	FV35	00:22:41	00:49:17	01:43:00	<b>02:54:58</b>
Welch Eileen	FV35	00:22:23	00:48:36	01:47:18	<b>02:58:17</b>
Stewart Theodora	FV35	00:25:15	00:51:59		
Bailey Zoey	FV35	00:31:47			
Boyett Laura	FV35			01:55:10	
Newman Sue	FV45	00:23:36		01:47:21	
Ellis Louise	FV45	00:24:09	00:56:14		
Patel Swati	FV45	00:25:59		02:00:36	
Stafford Claire	FV45	00:34:38			
Nightingale Mary	FV55	00:25:07			
McCleverty Sally	FV55	00:25:49	00:51:53		
Wheeler Sharon	FV55	00:26:47		02:01:18	
Dixon Deborah	FV55	00:27:42	00:59:25		
Hilliard Sarah	FV55	00:28:22			
Bradgate Maggi	FV55	00:29:47			
Welbury Dominique	FV55	00:33:37	01:10:34		
Sidgwick Annie	FV65	00:34:48			
Welch Oliver	MS	00:19:05	00:40:41	01:27:41	<b>02:27:27</b>
Woodward Pete	MS		00:34:59	01:17:03	
Cole Alex	MS		00:48:43	01:59:36	
Watson Iain	MS	00:23:07		01:50:34	
Woolgar Jamie	MS	00:20:33		01:35:13	
Bailey Paul	MV40	00:20:11	00:42:08	01:30:58	<b>02:33:17</b>
Harvey Terry	MV40	00:23:09	00:58:10	02:09:55	<b>03:31:14</b>
Newman Tim	MV40	00:20:44		01:43:48	
Box Ashley	MV40	00:22:04			
Watts Roger	MV40			01:25:21	
Ashby Chris	MV50	00:20:31	00:43:06	01:39:06	<b>02:42:43</b>

Battell Kevin	MV50	00:20:59	00:44:29	01:50:22	<b>02:55:50</b>
Welbury James	MV50	00:25:07	00:52:06	01:54:43	<b>03:11:56</b>
Tighe John	MV50	00:24:40	00:53:12	02:02:34	<b>03:20:26</b>
Bolton Steve	MV50	00:20:50	00:42:54		
Cutbill Ron	MV50		01:06:50	01:56:52	
Apps Nick	MV60			01:51:26	
Maddison Peter	MV60	00:24:50		01:55:45	
Stone Roger	MV60	00:24:21	00:50:21		
Tapsell Bryan	MV60	00:23:06			
Taylor Russell	MV60		01:30:56		

## NOTICE BOARD

### Track Project Update

It's finished, hurrah!!



We will hold a joint opening ceremony with the Town Council, with an athlete of England Athletics choice, on **Saturday 9 September at 2pm**. The intention is to then hold a Club open day so we can have a couple of junior races plus a 'try a mile' event for non-members. **We will need volunteers to run this so names to me asap please. James the runner**

Chris Jones, Director England Athletics has confirmed EA are able to



provide two representatives for the track opening ceremony as follows:

Danny Crates – former World, Paralympic and European Champion

[www.dannycrates.co.uk](http://www.dannycrates.co.uk)

Nessa Wallace – current Paralympic athlete

<http://www.britishathletics.org.uk/athletes/vanessa-daobry/>

Jane Stewart – Head of 2017 Inspiration Programme

Lucy Broad – 2017 Team Personal Best Coordinator

Danny is a gifted speaker and is particularly motivational in my experience. He is well known across the sporting community in GB and often appears as a pundit and commentator on televised athletics and other sports.

### Christmas Party Survey

It's getting close to that time of year again and we need your feedback and ideas to help give us the best Christmas party to top the busy season off. If you could take a few minutes to complete this survey it will help feed in to our plans.

Thank you!

<https://www.surveymonkey.com/r/7ZKKHFT>

Alex, Claire and Ashley

Christmas Party Committee

### James and Matt McCarthy update

#### **UIPM European Biathle Championships**

James and Matt represented Great Britain in the U19 Men's age group category at the 2017 UIPM European Biathle Championships in Setubal, Portugal earlier this month.

Despite the 2 or 3 days preceding the race seeing temperatures in the high 30's, the day of the race saw the course covered in a thick mist for most of the day and the normally calm sea become very choppy making it very difficult for the athletes to pick their line of sight during the swim

stage.

The start of the race saw the usual pushing and shoving for position take place but thankfully, both boys avoided any incident with Matt taking his position at the front of the run pack and James settling in a little further behind.

Positions remained pretty much unchanged throughout the first mile run and through transition to the sea swim where James gained some time on the rest of the field and exited the water just behind Matt who experienced some problems in transition and subsequently dropped out of the medal places and back into the chasing pack.

The last mile run saw the boys set off together not only in pursuit of the leaders but also in their own race against each other and on this occasion, it was Matt who managed to break-away from James and cross the line just out of the medals in 4<sup>th</sup> with James just a few seconds behind in 5<sup>th</sup>. With 4 of our athletes finishing in the top 5 places, GBR also won the team gold medal.

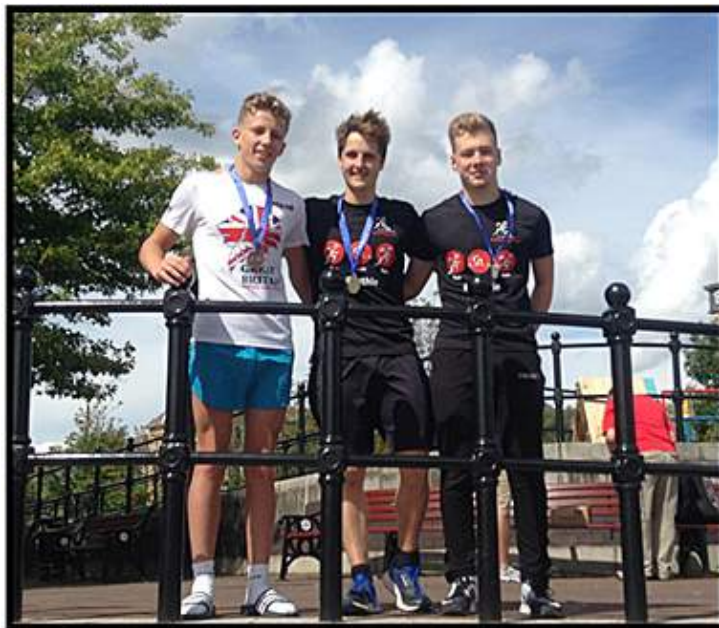
### **Pentathlon GB National Biathle Championships**



James and Matt travelled to Salford Quays at the end of July to take part in the U19 Men's age group category at the National Championships.

With the air and water temperatures considerably cooler than in Portugal the boys raced very hard and again Matt lead the field going from the first run and into the swim with James a few places further down the field. The swim saw most of the pack condense and exit the water together making the final mile run decisive and with all of the medal places up for grabs.

James (on the right) at Salford:



James seized his opportunity with a slick second transition where he pushed hard to start picking off the runners in front of him whilst Matt held back, preferring to go very hard for the last 800m. At the half way stage of the second run, James had made his way up to 2<sup>nd</sup> place and built an unassailable lead over the 3<sup>rd</sup> placed runner behind with Matt running well and continuing to gain places further back.

Ultimately, James finished in Silver medal position with Matt, who was enjoying a great 2<sup>nd</sup> run miss out on bronze by just 0.3 of a second. Both James and Matt have now been selected to represent Great Britain at the World Championships in Viveiro, Spain in September.

## COMING UP.....

### 3 September Cross Country, Newplace Farm

Hope you don't mind me promoting this run but non-race event next Sunday but it is for a good cause. You will probably have already seen this on the Cross Country Facebook page: Uckfield Runners are organising a fund raising off road at Newplace Farm (where cross country is held) run on 3 September 2017 (9am juniors about 1 mile, 9.30am seniors 2.5 miles) for one of our members Kim, whose husband recently tragically died in a motor cycle accident. It is a social run (it is not at race). Refreshments will be available at the end.

For those wanting a longer run you are welcome to do two laps or for those wanting an even longer run I will be organising a very nice off road run of about 5 miles from my house (meet 8am) in Buxted (76 Gordon Road Buxted, TN22 4LN, house with Solar Panels on the roof, if you are coming in the top entrance to Gordon Road it is just before the road goes round to the right) to Newplace Park and back afterwards, so with two laps of the run route you can do 15/16 miles total.

If you are coming to my house it would be useful if you can let me know for numbers. Contact Graham West for more info and an entry form:

<mailto:grahamwest20@btinternet.com>

## Sussex Grand Prix Races, 2017

1	March	5th	<a href="#"><u>Eastbourne Half</u></a>
2	March	19th	<a href="#"><u>Hastings Half</u></a>
3	April	30th	<a href="#"><u>Haywards Heath 10m</u></a>
4	May	7th	<a href="#"><u>Hastings 5 Mile</u></a>

5	May	21st	<a href="#">Horsham 10k</a>
6	May	28th	<a href="#">Rye 10m</a>
7	June	4th	<a href="#">Worthing 10k</a>
8	June	25th	<a href="#">Heathfield 10k</a>
9	July	2nd	<a href="#">Bewl 15</a>
10	July	12th	<a href="#">Phoenix 10k (Wednesday)</a>
11	July	26th	<a href="#">Bexhill 5k (Wednesday)</a>
12	August	27th	<a href="#">Will Page 10k, Newick</a>
13	September	10th	<a href="#">Hellingly 10k</a>
14	September	24th	<a href="#">Barns Green Half</a>
15	October	1st	<a href="#">Lewes Downland 10 mile</a>
16	October	29th	<a href="#">Hove Prom 10k</a>
17	December	3rd	<a href="#">Crowborough 10k</a>

You can find more details of these races at  
[http://www.sussexgrandprix.co.uk/;](http://www.sussexgrandprix.co.uk/)

### [Rother Valley 10k, 17 September](#)

We are setting up a new 10k run on 17th September, following a linear route from Northiam steam railway station to Bodiam Castle, which we think is a bit different!

Our website is [rothervalley10k.co.uk](http://rothervalley10k.co.uk) which should hold all the information, or you can contact our Race Director, Simon Merrick, on [07976 254247](tel:07976254247).

On some devices the website is a bit slow to load, but we are working on it! I hope we can tempt you to join us

Best wishes

Karen Ayling, Rother Valley 10k; Northiam Bonfire Society

Take a look at our website [rothervalley10k.co.uk](http://rothervalley10k.co.uk)

<https://www.facebook.com/Rother-Valley-10k-1200956793351780/>

## Pub & Grub Runs

The last Wednesday of each of the following months:

(although September's, might need to be pulled forward for failing light reasons.)

September 27th - TBA

\*\*\*Please check your emails as final instructions, timings, food arrangements etc will be advised nearer the time.\*\*\*

Regards, Russell

[rgt1@talk21.com](mailto:rgt1@talk21.com)

## Membership update from Ron

We welcome the following new members this month:

The following runners have recently joined the club or have recently renewed their membership.

## CR Club Forum

Just a reminder about the club forum where you can find details of upcoming runs etc and other useful information. Access the forum via the [Crowborough Runners](#) site. Password goldsmith. (*Note: all lower case*)

## Run Together website link

Our new Crowborough Runners "Run Together" web-site is <https://groups.runtogether.co.uk/CrowboroughRunners>

We have a web site for the Monday Beginners on the Run England web pages so anyone wishing to start can look at this site, which will give information about the Beginners group and what sessions are on etc.

## WHAT WE DO TOGETHER

Our weekly events, "rain or shine" ...

**Beginner Mondays:** Every Monday night (Goldsmiths track, 7pm start)

**Tuesday Night Training:** Every Tuesday 18:30 p.m. (interval /speed training at Goldsmiths track)

**Wednesday night club run:** Leaving from Goldsmiths Leisure Centre 19:15 easy pace/ 19:20 middle pace / 19:30 the chasing group/late arrivals!

**Thursday evening new club run:** Around 1 hour, leaving 7.30pm, varied routes publicised in advance to anyone who signs up as interested. Contact Eileen and Ollie Welch for more info.

**Saturday Park Run (Tunbridge Wells, free. 5k)** Usually some Crows do this. 9am Dunorlan Park. Register on line with Park Runs, print off your personal bar code and come along for a friendly, no pressure race.

**Sunday Club runs:** Often take place at 08:30 a.m. Goldsmiths Leisure Centre, coffee at 10am. Please check first. You can use the club's Forum site to post suggestions for runs and invite others to join you.

Hi visibility vests and flashers when it is dark for the Wednesday runs (can be bought cheaply from Kevin/Sharon)

**SGP (Sussex Grand Prix)** - contact Roger Stone. Links to clubs entry forms on SGP website [www.sussexgrandprix.co.uk](http://www.sussexgrandprix.co.uk) Most races can be entered via [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (small charge applies).

**East Sussex Cross Country** contact: Bryan Tapsell. Website at [www.eastsussexcrosscountry.co.uk](http://www.eastsussexcrosscountry.co.uk)

## Crowborough Runners Committee:

Secretary	Swati	Patel
Cross Country Manager	Bryan	Tapsell
Development Officer	James	Welbury
Chairman	John	Tighe
Child Protection & Welfare Manager	Swati	Patel
10K Director	Kevin	Battell
Road Race Managers	Eileen & Ollie	Welch
Membership Secretary	Ron	Cutbill
Treasurer	Sarah	Hilliard
Club Captain	Sharon	Wheeler
Newsletter Editor	Mary	Nightingale
Social Secretary	Sue	Newman
Press Officer	Mary	Nightingale

## HOW CAN I HELP CROW RUNNERS?

In case you were wondering:

- Organise a **Sunday Club run**
- Help the **Juniors**
- Help out at the **10k**
- Help out at our **Cross Country Event**
- Host a Sunday run from your house
- Write an article** for the Newsletter
- Volunteer for a post at the **AGM**
- Recruit a **new member**



- Run a **Cross Country race** as a Crowborough Runner
- Run an **SGP race** as a Crowborough Runner
- Become a volunteer coach

### Return of the popular Caption Comp:

Caption suggestions to the editor please.



**Coming up next month:** Club Handicap results