



# The Crowborough Runner

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July 2017



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In this issue:

- London Tri and local race results; a clutch of PB's at Bewl 15; Louise Ellis 4<sup>th</sup> lady and Paul Bailey 5<sup>th</sup> man at Uckfield 10k; record club turnout on a wet and windy night at Bexhill 5k
- Track official opening on 9 September

- Club championship results

Next issue end August. Send me all your news, results and photos by 28 August please. [mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

## RACE RESULTS

### Bewl 15

Crowborough Runners brought home some great results at the Bewl 15 race, organised by Wadhurst Runners. With Dame Kelly Holmes setting a challenging pace, Ollie Welch was on hard her heels and was first in for the club with a pb of 1.51.23. Claire Harvey was first club lady with a pb of 2.07.50. Vicki Whitehorn and Eileen Welch also achieved pbs and are pictured enjoyed their success alongside Dame Kelly.

Ollie Welch 1:51:23 pb

Jamie Woolgar 1:59:36

Steve Bolton 2:03:02

Claire Harvey 2:07:50 pb

Vicki Whitehorn 2:09:28 pb

Eileen Welch 2:23:05 pb



## Phoenix 10k

Three Crows joined 700 runners on a very warm but rather breezy evening in Brighton. Starting near the I-360 Tower, it is an out to Shoreham power station n back dash. Very flat but the second half was back into a stiff headwind. Winner did 30 mins and a few secs.

Me: 52:06. Theo, 52:43, John, 53.12.

Chips and a beer after!

James the runner

## Uckfield 10k

On Sunday 9th July, three Crowborough Runners participated in the annual Lions Uckfield 10k. Despite the rather hot and humid conditions, the athletes ran well with the undulating route taking them through Buxted Park, passing the hotel, church and looping round the lake twice before returning to the Rugby Club for the finish. First home for the club in 5th place (44.12) was Paul Bailey with Chris Ashby hot on his heels in at 46.41. Louise Ellis was the fourth lady overall, crossing the finish line in a time of 56.24.





## Elmore 7

5 Crows ran the undulating Elmore 7 miler starting at the Chipstead village flower show. The first half is lumpy and a bit of a roller coaster but it flattens out after 4.5.

Nice flower show with a craft fair, a choir, classic cars plus a band. Lovely cakes

Kev. 53.40. Sue N 56.58 James. 60:20. Sharon, 62:46. & Dominique, 84.47.

## Bexhill 5k



Considering the terrible wet & windy weather we had a great turnout of 30 Crowborough runners (2 being juniors). Well done to James for rounding up the Crows!

Chris Ashby & Maggi Bradgate came 2<sup>nd</sup> in their age group

Joe Harvey, Vicki Whitehorn, Sue Newman & Dominique Welbury came 3<sup>rd</sup> in their age group.

James McCarthy 18:39

Oliver Welch 19:28

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

## London Tri

### Our London Triathlon Adventure

Some people may ask why would a bunch of runners really want to participate in the London triathlon, which involves an open water swim in the Thames. It all started because a certain Sue Newman had a big birthday coming up in 2017. Whilst sitting around with some of her fellow Crows after a run in October 2016, she suggested that we consider entering the 2017 London triathlon. Kevin and Sharon didn't take much persuading to participate. I on the other hand was a little reluctant. Although I can swim, I could only do a slow breast stroke and I couldn't put my face in the water for fear of drowning. I'm still not sure how I got talked into it!

Sharon, Sue, Claire Stafford and I all entered the Sprint distance, which involves a 750- metre swim, a 20km bike ride and a 5km run. Kevin clearly decided that this wasn't enough and to "get his monies worth", he opted for the Olympic distance, which involves a 1500 metre swim, a 40km bike ride and a 10K run. We were joined by Annie (a seasoned pro at triathlon who has competed for Team GB in her age category for those who don't know) and Robert, Sharon's son, who also opted for the Sprint distance.

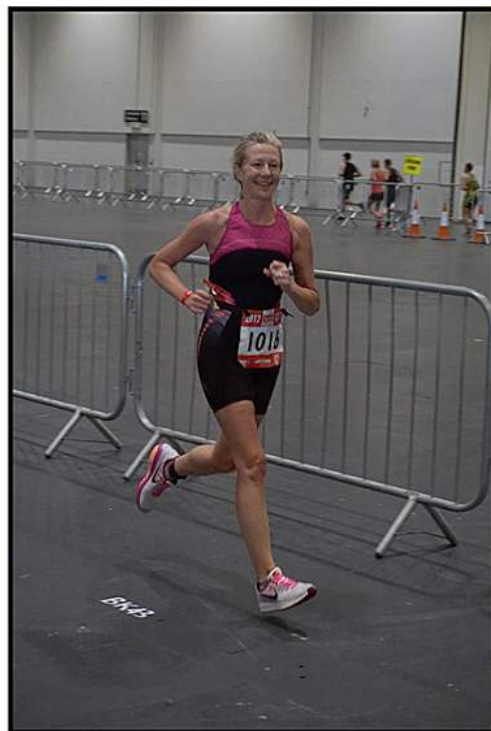




Our road to the start line involved a lot of swimming and cycling, with some runs thrown into the mix in so called “brick sessions”. The first time we ran following a bike ride, our legs were like two lead weights – where had our runners’ legs gone (!). The hardest thing for me personally was overcoming my fear of putting my face in the water and learning how to swim front crawl. All of my training partners encouraged me every step of the way. I will always remember Claire and I swimming at Goldsmiths one day where I started putting my head in the water. That was my first swimming milestone. I also remember the first time we all got into the open water in our wet suits. I was really hoping that wearing a wetsuit would give me some buoyancy as I worried I would drown! Thankfully, it did.

As race day approached, we turned our attention to practicalities, how were we going to get to the Excel Centre in London with our equipment (bikes, wet suits etc). In the end, we hired a mini bus with a trailer, which transported us, all our gear and a band of supporters in the shape of James, Dominique, Brenda and Louise to London. We were all excited but apprehensive about what was to come. Sue was feeling a shade tired and a bit flat but following a cup of Brenda’s special brew, she was raring to get going.

Annie, Sue, Claire, Sharon and I were all in the same wave starting at 11.30am. The mass start swim was an experience. Although we had all swam in open water, I don't think any of us had experienced swimming in such close proximity to so many other people with mixed abilities. The swim was not as bad as I thought it would be and judging by the others around me, I realised that my months of hard work on my swim had paid off. As soon as the swim was over, we had to take off our wetsuits and enter transition to the bike leg.



Sadly, the weather on the bike ride for all of us was not kind (heavy rain showers). It was worse for Kevin who started later and had to witness a number of crashes on the bike route given the surface water on the roads. Entering transition a second time, to rack your bike and start the run, I couldn't find where I had left my things. I finally worked out that I had gone up the wrong lane and had to go all the way to the end and turn around before I found where to put my bike! Hopefully I wouldn't do that again.





We were cheered along the way by James, Dominique, Louise and Brenda who notwithstanding the weather, managed to see us at the swim, during the bike leg and on the run. On behalf of all the participants, I would like to thank our band of supporters again. Your cheers and shouts of support along the way really helped us keep going and you also had a very long day.

We were all elated at the finish and had thoroughly enjoyed the race. Annie came second in her age category – well done

Annie and thank you for all your hints, tips and encouragement. Sharon came in seventh in her age category – well done Sharon in your first open water triathlon and thank you for the reassurance on the swim.

For those who are interested in such things (and really for us, it was about actually doing it than the times (excluding you Kev!)), the results and splits are set out below.

We all enjoyed it so much that we are going to do it again next year. If anyone fancies having a go either individually or in a team relay, you will have a fantastic experience and you will have people to train with so why not give it a go! Its great cross training for runners.

**Sprint Distance (750 metre swim, 20km Bike, 5km run)**

<b>Name</b>	<b>Swim Time</b>	<b>Transition 1</b>	<b>Bike Time</b>	<b>Transition 2</b>	<b>Run Time</b>	<b>Total Time</b>
Sue Newman	17.55	4.51	49.55	3.41	23.26	1.39.46
Sharon Wheeler	18.36	5.02	50.27	3.09	27.00	1.44.13
Annie Sidgwick	17.41	3.54	48.38	3.11	33.53	1.47.15
Swati Patel	22.58	5.56	50.30	6.54	25.37	1.51.55
Claire Stafford	21.39	5.08	48.32	4.30	37.39	1.57.27

**Olympic Distance (1500 metre swim, 40km bike ride, 10K run)**

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Kevin Battell	31.44	4.43	1.27.16	4.47	46.33	2.55.02
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## 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

From this....



To this.....





## Club Championship 2017

Results so far:

		5K	10K	Half	TOTAL
Tolmachova Anna	FS	00:21:30			
Welch Eileen	FV35	00:22:23	00:50:19	01:47:18	<b>03:00:00</b>
Harvey Claire	FV35	00:23:10		01:40:38	
Whitehorn Vicki	FV35	00:22:41		01:43:00	
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	00:56:24		
Patel Swati	FV45	00:25:59		02:00:36	
Stafford Claire	FV45	00:34:38			
Nightingale Mary	FV55	00:25:07			
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			01:35:13	
Bailey Paul	MV40	00:20:11	<b>00:42:08</b>	01:30:58	<b>02:33:17</b>
Newman Tim	MV40	00:20:44		01:43:48	
Box Ashley	MV40	00:22:04			
Harvey Terry	MV40	00:23:09		02:09:55	
Watts Roger	MV40			01:25:21	
Ashby Chris	MV50	00:20:31	00:43:06	01:39:06	<b>02:42:43</b>

Welbury James	MV50	00:25:07	00:52:06	01:54:43	<b>03:11:56</b>
Tighe John	MV50	00:24:20	00:53:12	02:02:34	<b>03:20:06</b>
Battell Kevin	MV50	00:20:59	00:44:29	01:50:22	
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		

### COMING UP.....

#### 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="#"><u>Horsham 10k</u></a>
6	May	28th	<a href="#"><u>Rye 10m</u></a>
7	June	4th	<a href="#"><u>Worthing 10k</u></a>
8	June	25th	<a href="#"><u>Heathfield 10k</u></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.)

August 30th - TBA

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:

Tina Harwood t-harwood72@hotmail.co.uk

## 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.

## 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 now 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!

**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)

Here’s a lovely pic from a recent, all abilities and all ages, Sunday morning run, taken at the Argos Hill Windmill:



**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
	Eileen	
Road Race Manager	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:

- Christmas party news from Alex Cole
- TW Park run club handicap time trial results
- And lots more! Keep the news coming.