



The Crowborough Runner

June 2017



In this issue:

- Details of new Thursday night runs and Club Handicap plans
- SDW Relay report and pics and other race results
- Cross country championship results
- Photos from the AGM

Next issue end July. Send me all your news, results, and photos by 26 July please. mary.nightingale@hotmail.com

AGM

Club chairman John Tighe presented Ollie with “Most Improved Runner” and Eileen accepted the Captain’s Cup, on behalf of her and Ollie, which was presented by Sharon for their contribution to the club over the past year.



RACE RESULTS

Marathons

Edinburgh M and 10k

Dom's time for the Edinburgh 10K was 77.07

Peter Madison Marathon – 4.27

James Welbury Marathon – well, lets just say that he finished!



South Downs Way Relay

The club recently competed in the 100 mile South Downs Relay team event, with their mixed team of 6 runners plus driver and navigator, coming a creditable 44th place out of 55 teams, in a total time of 13 hours 19 minutes. As

team 'A' we came 23rd out of 29 teams, 31 teams including the 3 who did not finish/start.

This gruelling annual event covers the full length of the SDW is almost entirely off road and takes in scenic high points such as Beachy Head, Ditchling Beacon and Devil's Dyke, Harting Down, QE Country Park, Butser Hill and Old Winchester Hill. This was the mixed team's best time for several years and the result of hours of hill training and a strong team spirit, which encouraged the best effort out of everyone. Here's team captain Eileen's report:



Thank you for giving me the opportunity of being Captain. Hopefully I did you proud!

We arrived at Beachy Head to a foggy view. Watched the first group go at 6am getting us in the racing in the racing spirit!

Ollie gave us a great start on Leg 1, we were waiting eagerly at Birling Gap to see him come through with a serious face in 3rd place within our time slot group. Paul sped off up the hill on Leg 2, the virgin SDW relay runner! Maintained our place as he finished at Bo Peep. Was nice to see Roger Stone, Peri Cheal & Zoey Bailey who were marshaling here. Especially for Paul to be seen in by his wife.

Claire quick on her feet away on Leg 3, run the leg well considering the heat! Keeping us ahead of our time. Natalie off like a rocket on Leg 4, the longest leg so far at 7.5 miles. Came into meet Dave for a great hand over. Dave set off dodging a tractor on Leg 5, heat was rising as the clouds cleared. Another great finish and still keeping our place.

I set off on Leg 6 knowing what hill was to come! I plodded along thankful for some breeze. I'm ashamed to say I walked the final hill but stormed down the other side! Ron kept his cool driving along the way with Sarah navigator showing the way. A few wrong turns but needless to say nothing got in the way of getting to each leg on time! As the day went on the heat did rise, requiring to drink more to keep us hydrated! Everyone was eating and drinking looking fresh throughout the day even though they said they were feeling tired.



On Leg 17 we stopped to see Dave through, gave water to help him complete the leg. We got back to the minibus and wondered where Nat was to find she got in the wrong bus! (*Doh...nice try Nat...- ed*)

We picked a team at the end of Leg 1 to beat, to motivate us throughout the day! We were back and forth from start to finish but they got us on the last leg. Well done Stubbington Green!

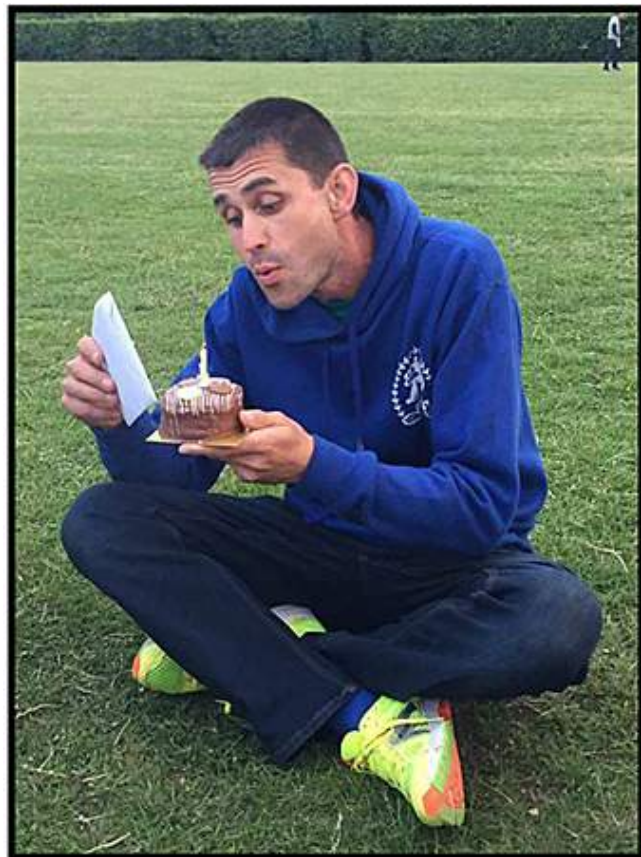
A great day was had by all, the best of which we beat our predicted time coming in at 13 hours 19 minutes 52 seconds!



Thanks to Dave & Nat for providing some grub at the end and Sarah for buying the first round of drinks! I gave out medals to the team for all their hard work. We even sang Happy Birthday to Paul whose birthday was the next day!

My last words I would like to say is how hard a job everyone did on the day! No one left anything in their tank but kept each other's sprints up for their next race. Well done all who ran the race, driver, navigator and marshals. Without you all we wouldn't be able to compete.

Here's to next year! Come on, who dares try beat this time!



Staplehurst 10k

Eileen Welch, 50:18. Theo Stewart, 51:59pb, Dominique Welbury, 70:34 (beating Edinburgh time by nearly 7 mins which was 77:20)

Ollie Welch, 40:41. Paul Bailey, 42:08. Steve Bolton, 42:54. Chris Ashby, 43:00, Kevin (post hip op PB), 44:29. Alex Cole, 48:43pb. Roger Stone, 50:21. James Welbury, 52:21 & John Tighe, 56:55.

A dozen Crows flew over the border to Kent to take on the 9th Staplehurst 10k. Lovely course around pleasant country lanes with undulations at 7.5k and 9k but v warm. Ollie & Eileen led the Crows home doing well despite tired legs from the relay. A few PBs despite the heat including Theo and Alex. My excuse was tired legs following the Edinburgh marathon but Dom improved on her Edinburgh 10k time by nearly 7 mins !!

Great turn out! Well done, all fantastic times considering the heat.



Heathfield 10k

A few people got a course pb. Eileen was the only one to get a pb overall – she took 5 mins off last year's time at Heathfield. –*well done Eileen.*

Ollie Welch 40:57

Paul Bailey 42:44

Christopher Ashby 44:40

Steve Bolton 44:45

Joe Harvey 46:18 (junior)

Toby Whithorn 48:07 (junior)

Claire Harvey 48:10

Eileen Welch 48:36 (10k pb)

Kevin Battell 48:42

Vicki Whitehorn 49:17

Roger Francis Stone 52:52

Jack Bailey 55:16 (junior)

Louise Ellis 56:14

John Tighe 57:33

Terry Harvey 58:10



Crowborough Runners Cross Country champions 2017

Roger Watts - Male champion - 749 points - also M40 3rd

Peri Cheal - Female champion - 737 points - also F55 3rd

Peri just pipped Vicki (735) by two points

Vicki was our third runner awarded a prize from the ESSXCL - F35 3rd

Congratulations to all three

Gold Star - two CR's ran in all six races - Peri and Roger W

Silver Star - two other runners ran in five - Paul Baily and Roger Stone

Bronze star to all the others who ran one to four races this season

Wooden spoon to BT who ran in none.

Park Runs

Tonbridge Park Run Sat 3rd June:

2	Steve	20:50	VM5	75.04	M	2	Crowborough	First Timer!	31
7	BOLTON		5-59	%		5	Runners		
1	Sam BOLTON	24:46	JM1	60.03	M	1	Crowborough	First Timer!	4
2			1-14	%		1	Runners		
3						1			

1	James WELBURY	25:17	VM	62.36	M	1	Crowborough	New PB!	36
3			55-	%		1	Runners		
5			59			8			
2	Deborah DIXON	27:42	VW	67.15	F	6	Crowborough	First	12
6			55-	%		0	Runners	Timer!	
3			59						
4	Dominique WELBURY	33:53	VW	56.47	F	1	Crowborough	New PB!	20
7			60-	%		7	Runners		
5			64			3			

Claire Stafford's results:

Tillgate Park, 20.5.17, 38:14. Tonbridge, 27.5.17, 37.13 and Tonbridge, 3.6.17, 35.48.pb Claire is doing the London Tri on July 22nd along with Kev, Sharon, Sue n Swati. Claire did a PB

Tonbridge Park Run, 17 June:

John Tighe 26:02. James W, 26.27. Sally McCleverty, 27.56, Annual Sidgwick, 34.28 & Claire Stafford, 35.31.

[Social Run, Groombridge](#)

Thanks to Russell for organising a picturesque route and a truly beautiful English summer evening for our social run to and from the Junction pub in Groombridge. Next one, same place, same time, Weds 5 July.



[Track update:](#)

The new track is slowly taking shape but the Town Council are now saying it will take between 8 to 12 weeks. There will be a new fence but no lockable gates. The Club is going to look into the possibility of adding LED lights to the existing light stantions. The netball and basketball areas will also be resurfaced

COMING UP.....

Club Handicap Trial Run, 29 July

We are holding the Handicap Race on Wednesday 23rd August 2017 @ 7:30pm. The race starts at Goldsmiths Leisure Centre down at the entrance of the track. The route is 4 miles.

Each person starts at a set time dependant on their own current timed pace. Due to the staggered start, the aim is that everyone will complete the race around the same time.

To enable us to get an accurate start time we would like everyone that wishes to compete to have run Dunorlan Park Run 5k race, listed as Royal Tunbridge Wells Park Run on line, known to most as Dunorlan Park Run.

This is a free race and held every Saturday at 9am.

To enable you to do the Park Run, you would need to register on-line and print off your bar code. This bar code is required at the end of the race to be scanned with your token you are given on completing the race.

We are planning to race the Dunorlan Park run on Saturday 29th July 2017 and would like anyone free to join us. We have asked if the juniors are available to also compete on this date.

If you have any questions regarding any of the above please do e-mail us at eileen336@btinternet.com. Please do let us know if you are intending to compete in the Handicap Race.

Kind regards, Eileen & Ollie

NEW: Thursday Night Runs

Following the AGM held on Thursday 15th June 2017, it was agreed following me (Eileen) not being able to keep my mouth shut, that I would run a Thursday Running session.

I am aiming to lead a 10k run every Thursday from Goldsmiths Leisure Center at a pace of 6:30 minutes to 8:30 minutes per mile, which is Intermediate to Fast Group, Starting at 7:30 pm.

On the odd occasion will look at different start locations. If you are interested to meet for the Thursday runs, please let me know by emailing eileen336@btinternet.com so I can add you to my messaging list.

[Purbeck 16](#)

To all Crowborough Runners:-

This is a great race we have just entered for the Purbeck 16.....

<https://t-pow.co.uk/enter-purbeck-16-2017/>

Would be great to see you guys and gals.....

Cheers, Nat and Dave

[Sussex Grand Prix Races, 2017:](#)

1	March	5th	Eastbourne Half
2	March	19th	Hastings Half
3	April	30th	Haywards Heath 10m
4	May	7th	Hastings 5 Mile
5	May	21st	Horsham 10k
6	May	28th	Rye 10m
7	June	4th	Worthing 10k

8	June	25th	Heathfield 10k
9	July	2nd	Bewl 15
10	July	12th	Phoenix 10k (Wednesday)
11	July	26th	Bexhill 5k (Wednesday)
12	August	27th	Will Page 10k, Newick
13	September	10th	Hellingly 10k
14	September	24th	Barns Green Half
15	October	1st	Lewes Downland 10 mile
16	October	29th	Hove Prom 10k
17	November	26th	Crowborough 10k

You can find more details of these races at

<http://www.sussexgrandprix.co.uk/>; Happy running, Roger S

9 July, Hash

Date: Sunday 9th July 2017

Time: 10am

Place: The Greyhound Car Park (next to The Greyhound Inn)

Afters: Barbecue at The Greyhound Inn (approx cost £5)

Runners and Walkers welcome.

A friend of James is leading a Hash around Wadhurst in July and would like to invite the Crows. The last one was held on the Forest was great

fun and all a bit of a laugh. It involves runners of all ages and speeds and you follow trails, false trails etc.

The date is 9th July and it will be held in Wadhurst. The Waddies have also been invited so will be a fun day out with our buddy running club.

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! I would be very grateful if you could share information with your members – and anyone else you feel might be interested!

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

Pub & Grub Runs

Wednesday 28th June - Pub run from The Junction - Groombridge
Re-scheduled for next Wednesday - 5th July @ 7.15

The last Wednesday of each of the following months:
(although September's, might need to be pulled forward for failing light reasons.)

July 19th - As last Wednesday is July 26th and Bexhill 5k - TBA

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

Membership update from Ron

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

Zoey Bailey, Anthony Field ,Michelle
Field, Hayley Pake, Julie Harker

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.

Junior News

Matthew and James McCarthy have been awarded £750 towards their training and equipment costs. The 17 year-old twins are among the first UK winners of the Persimmon Homes Healthy Communities campaign. The scheme will see Persimmon give away more than £600,000 to sporting causes across the UK over the next 10 months.



Support Your Crowborough Runners Club with donations by shopping online the “easyfundraising way” - shopping the feel good way

Crowborough Runners have been listed since June 2014 on the “easyfundraising” web site. For those of you who are not familiar with this site, the idea is that by accessing your normal on line web site for buying goods and services, via the Easy fundraising login page, a small commission on the order is paid to your chosen cause at no cost to you. So for example you decide you want to purchase from Amazon. You log into the easyfundraising site with your log in details(see below for how to do this) and having logged in, you then click on the Amazon Website logo and having reached the Amazon site you go ahead and order your goods in the normal way. Your good cause (Crowborough Runners) receives a small donation (eg 1% or a small lump sum) on the Amazon order via the Easy funding website.

It’s easy to set yourself up on the website:-

Access <https://www.easyfundraising.org.uk>

1. Join: In box half way down the page search for Crowborough Runners and then fill in your details on the “create an account” page
2. Shop: everytime you shop do it the easyfundraising way via your browser and you can also download an App for your mobile or tablet.
3. Collect: Help your club when you checkout at no extra cost to you.

You can get alerts to special offers with retailers and also compare deals eg mobiles, insurance and raise donations that way too.

How will the club use the donations? Some examples below:

Track refurb project fundraising

Running Kit; Coaching for adult and junior members; Club events

Appeal for help from your Club Treasurer, Sarah Hilliard!!

I registered the Club in 2014 on the site when I received a new cause “welcome pack “ but despite a similar article to the above in our newsletter in 2014 we have not made any fundraising progress by this means since then. It would be really helpful if a Club member would volunteer to help me with the task of taking a more proactive approach to our fundraising via this site. It wouldn't take much time and would really help the Club with its fundraising efforts. If you are interested in helping me to administer and/or promote this scheme in anyway, please contact me : sjhilliard@yahoo.com or phone/text me on 07867 318619. Thank you.

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 night: new club run, organised by Eileen and Ollie. 7.30 start with a new route each week, details circulated on Facebook or Whats App. Let Eileen know if you want to be on the circulation list.

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 Most races can be entered via www.runnersworld.co.uk (small charge applies).

East Sussex Cross Country contact: Bryan Tapsell. Website at 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