



THE CROWBOROUGH RUNNER

DECEMBER 2010

www.crowboroughrunners.org.uk

THE START

Well winter arrived with vengeance (picture right of our garden boy "Phil"). So having been hard at work from home for a couple of days, I've managed to almost get the newsletter out on time this month!

Looking touch and go for Sunday's Crowborough 10K race – please keep an eye on the club website (link above).

Please see the Club section below for an update on the Christmas Special Runs.

See you all at the Christmas Dinner next Friday, if not before!



Ed
Articles for the January Runner by 2nd January 2011 please.
(<mailto:iangowing@gmail.com>)

EVENTS PAST

Strictly Come Orienteering, Ashdown Forest, Saturday November 13th

Hi Tony!

Thanks so much for organising it. Peri and I had a great time and would definitely be 'up for it' again!! Perhaps once we're used to the symbols we might even improve our position! Ok, I know the only way is up- from last, but at least we finished!

Liz

Thanks for yesterday Tony – it really was a lot of fun and not something I would have really tried without your introduction. The kids (both mine and Ash's) had a great time and Daniel is still carrying around the finishing print out. The dog looks and smells a lot better after a bath too!

Certainly up for it on 11th Dec probably with more offspring as they all sound enthused.

Obviously things were quite straightforward on the (orange) junior course – the symbols on the more advanced courses look like something that you'd see on the walls of an Egyptian pyramid but I suppose it's all part of the learning curve.

ATB – J.

And thanks from me too, Tony. Liz and I were very happy with our hilariously bad time and, of course, we got LOTS of running in. It was so nice to be on the Forest that I headed there yesterday for a very wet bike ride.

I am sorry that I shan't be able to make the next one as I'll be in Hong Kong, missing the club dinner.

Peri

Mine's a pint of the best please! We may have come 52 out of 55 finishers but we completed it!

Ed

Orange Course	Team Box & Tighe	29:33	2 nd
Blue Course	Ian & Jack & Meg	1hr23:38	52 nd
	Peri & Liz	2hrs20:27	55 th

(2 hrs - surely a typo? Nope! Ed)

Pheonix Races, Sunday 14th November

*****James Beats John Lowden*****

Thought I was going down with something as I did a poor time at Pheonix, (37.11) but was first Crowborough man home and Sharon was first Crowborough lady in 50.50 (OK, I think we were the only two Crowborough Runners for the new five miler which has that hill in it four times, but it sounds good). The best bit, however, was **beating John Lowden - yes, I beat John!** (He did 42.38) I appreciate he had had a car crash the week before but so had I!

JTR

Brighton 10K, Sunday 21st November

Name	Cat.	Cat. Pos.	o/a Pos.	Time
John Tighe	M40	200	637	00:45:42
Mary Nightingale	F45	22	745	00:46:43
Teresa Sedge	F35	108	1277	00:51:59
Paul Hynes	M40	415	1700	00:55:54
Annie Sidgwick	F55	17	1705	00:56:04
Brenda Styles	F65	7	1835	00:57:14
Maggi Bradgate	F55	20	1737	00:57:28

2461 finishers.

Crowborough Runners Diary

Date	Day	Race Events	Water Duty
05 December	Sunday	SGP - Crowborough 10K	----
10 December	Friday	Christmas Party	Santa Claus
12 December	Sunday	Club Run	Phil Gaisford
19 December	Sunday	Club Run	Dominique Welbury
24 December	Friday	Christmas Eve Run	----
26 December	Sunday	Boxing Day Run - tbc	----
01 January	Saturday	New Years Day Run	----
02 January	Sunday	XC - Pett	----
09 January	Sunday	Club Run	Jeff Collier
16 January	Sunday	Club Run	Mary Nightingale
23 January	Sunday	XC - Ashdown Forest	----
30 January	Sunday	XC - Abbots Wood	----
06 February	Sunday	SGP - Chichester 10K	----
13 February	Sunday	Club Run	Peter Maddison
20 February	Sunday	SGP - Brighton ½M	----
27 February	Sunday	Club Run	Sharon Wheeler
06 March	Sunday	SGP - Eastbourne ½M	----
13 March	Sunday	XC - Cross In Hand	----
20 March	Sunday	SGP - Hastings ½M	----
27 March	Sunday	Club Run	Brenda Styles
03 April	Sunday	Club Run	Russell Taylor

10 April	Sunday	Club Run	Ron Cutbill
17 April	Sunday	London Marathon	----

Plus Every Week:

Tuesday (interval /speed training at 18:30 Goldsmiths track) and **Wednesday** night club runs (leaving from Goldsmiths Leisure Centre at 19:30)

See below for more information on race events:

SGP - contact Bryan T. Links to organising clubs and to download entry forms visit SGP website <http://www.sussexgrandprix.co.uk/races.php> Also gives information for other running events in Sussex. Alternatively, most races can be entered via Events tab on <http://www.runnersworld.co.uk> (small charge applies).

XC – or the ESSCCL - contact Roger Stone and check out the website <http://www.eastsussexcrosscountry.co.uk> for all the info and loads of photos from each event.

OTHER EVENTS AHEAD

Orienteering Challenge No.2, Ashdown Forest, Saturday December 11th

With the rave reviews above, who can resist the next adventure on Ashdown Forest on 11 December. Next Broadstone Warren event is on Dec 11th - details: <http://www.southdowns-orienteers.org.uk/index/events/detail/broadstone-warren5>

Or Contact Tony (tony@hufflett.com) for more details. *(Such a cool email address! Ed)*

Ostend to Bruges 10M, 6th March 2011

Link to the Ostend to Bruges race:

<http://www.oostendebruggetenmiles.be/CMSPage.aspx?lng=EN&content=18>

Let me know if interested. **Open to all sexes!**

JTR (jamestherunner@tiscali.co.uk)

Boys Weekend Away, May 2011

Come on, let's not be out done by them girls - next year's White Peak Marathon and Half Marathon will be on the 21st of May 2011.

Full details will be posted by mid November on <http://www.matlockac.org> along with entry forms.

There will be a closing date for entries, and this will be announced as it becomes apparent on <http://www.matlockac.org> and updated as needed. **Last year entries for the half closed at the end of January and for the full in February.** To avoid disappointment, please post your entry early.

Big Ron has volunteered to organize this for us – please confirm your interest to him (ronnie.cutbill@btinternet.com) **Men only need to reply!**

CLUB NEWS

It was with great sadness that we heard the news last week that Brenda's husband Mike had died. Our thoughts and condolences are with Brenda and her family.

Crowborough Juniors

New (Trainee) Coaches: Alan Dodd & Dave Hynes

A big thank you to juniors' parent and keen runner Alan Dodd and our very own triathlete supremo, Dave Hynes, for volunteering to join the Junior Runners squad. They are currently going through the CRB checking procedures and will be attending a course early next year in preparation for the start of the Junior season after Easter. Anyone else interested in training for coaching young athletes should speak to Mary. We appreciate as much support as possible to ensure that we can continue to provide a high standard of coaching in running, throwing and jumps, in a safe environment, for at least 50 boys and girls every year (aged 8 and over). You don't have to be an expert yourself in any of these disciplines, just share an enthusiasm for sport and be willing to undertake a one day course to acquire basic coaching skills.

Special Festive Season Runs



Christmas Eve Run – Mary will be hosting this one. 09:00 start at Mary's place (more details will follow).

Boxing Day – event unlikely to go ahead due to lack of numbers. If you are keen to get out and run off the turkey, John T recommends the Turners Hill Fun Run (application form at end of newsletter)

New Year's Day Run/Walk – we are still looking for a volunteer to host!

Please can everyone let Teresa know if they are planning to attend the Christmas Eve and New Year's Day events (by 20th December please) or if you would like to volunteer to host NYD social.

We will also be doing the usual Crowborough Christmas Lights run on a Wednesday evening run. Let's hope some more around than last year's showing!

SAFETY REMINDER:

We are now officially in winter running mode with dark evenings – please could all runners wear their flashers and reflective gear etc. Flashers can be obtained from club Captain Sharon Wheeler.

Members Directory

It would be very useful to update and re-issue our directory so members can contact each other more easily. The directory will just include members name, email address and telephone number(s). Should you wish not to be included please contact CR Subscriptions - Julie H (julie.harker4@btinternet.com)

Mother Mary saystake care of your body:

Soft Tissue Release & Trigger Point Therapy

Trigger Points are a common source of tension and pain. They feel like small knots in your muscles that don't go away. But many people don't know that trigger points can be 'turned off' using some simple techniques.

Many athletes are already using foam rollers or other massage aids to work out tightness in muscles and back etc. These simple self-help techniques are of vital importance in keeping your body in optimum condition to train or recover from post training tightness. Even things like a hockey ball or a cricket ball can be used to work on the trigger points. By applying a steady pressure on the area of tightness the affected area can be 'released' of tension.

Although there is plenty of good reading material on this subject it is advisable to see a professional practitioner for help and assistance before embarking on a self help programme.

(Courtesy of Allan Williams of the National coach Development Programme)

Flexibility & Mobility

Apart from restricting good joint movement there is a danger in muscles not being conditioned and prepared well to perform the demands of your event.

No matter how strong and powerful you become through hours spent in the gym, if muscles are not supple and responsive then they will not fire efficiently and their overall effectiveness is greatly reduced. Also they will not recover well from periods of hard work.

If you have not recovered sufficiently from your last session it will undoubtedly compromise the next session and so on until you end up with a possible problem or injury.

A good stretching and mobility programme will ensure that you get the most out of your training. In terms of flexibility and joint movement it is so often a case of 'use it or lose it!' Cover ALL areas when addressing your stretching and mobility work. Use it to improve your current physical status as well as an active recovery strategy.

Muscles as we know respond well to regular and progressive stretching. Despite the ongoing debate that prolonged static stretching prior to performance reduces muscular strength and effectiveness. I think we would all agree that it is advantageous to improve flexibility and range of movement.

MM

And Finally Mother Mary says.....you can't be serious.....

Baikal Ice Marathon In this month's interview, Alexei Nikiforov is presenting one of these crazy races we endurance runners seem to appreciate.

The race consists of running 42 km across the frozen surface of the Baikal lake in Siberian Russia. Here is the interview - <http://ahotu.us1.list-manage1.com/track/click?u=36e621014c270d3f0da6af63c&id=b3ef1df8b2&e=2b90387c77> . Are you tough enough for such a freezing race? *(No, but expect Dave H is!, Ed)*

Mind you, there's always the half m, and it surely can't be colder than last Sunday's club run?

CAPTION COMPETITION

Last month's picture:



A bumper entry for last month's piccie:

Winner

Jackie's usual inane chatter was boring the men stiff!

Pick of the Rest

"Jackie quickly quelled the alien invasion and was made Queen of Scotland by a grateful nation."

"It's true, the men up in Scotland are hard!!"

"Sharon send me up 10 more of those new Crowborough runners ladies vests, they seem to be doing the trick with the men up here!"

This Month's Caption Competition Picture:



Please send captions on an email to the Ed iangowing@gmail.com

**TURNERS HILL
CROSS COUNTRY RUN/WALK**

**4½miles (approx) off road – some grass – tracks - undulating
(Course record 25.16)**

BOXING DAY

Sunday, 26th December 2010

START – 11.00am (please allow plenty of time to get to the start – 5 /10 minute jog/walk)

St Leonard's Church, Turners Hill, West Sussex

Limited Parking at Church/Village/Facilities at Church

Winners Cups/Medals/Prizes - Refreshments

Enquiries/registration to: Barbara Podbury
The Rayces, Church Road
Turners Hill, West Sussex, RH10 4PA
Tel: 01342 714899 email: barbarapodbury@aol.com
Entry form available from www.stleonard-turnershill.org.uk

Names of **ALL RUNNERS** required. Please indicate category. Forms can be copied.

NAME: MALE FEMALE

ADDRESS:

Tel No: Email:

Club Name if any.....

Junior (under17) Senior (17-40) Veteran 40+ 50+ 60+

Runners will be required to wear numbers, which can be posted if **stamped addressed envelope** is enclosed, or collected on the day (please indicate).

£5.00 per runner, £5.00 per family walking, £3.00 per runner U17
(Cheques payable to Friends of St Leonard's) all proceeds to St Leonard's Church

Disclaimer: I agree that the organisers of this fun event shall not be liable for any accident, injury, loss or damage to me or my property arising from participation in this event.

SIGNED.....

Signature of parent or guardian required if under 17 on race day