

# The Crowborough Runner



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## November 2015

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Hello everyone, this is Mother Mary in her new role as Newsletter ed, trying her best to produce something which you will enjoy reading and which hopefully won't be too disappointing after Tony's high standard of production. Well, I must admit to having had a few issues with tabs, tables, fonts and photos but with some patient tuition from Tony and a steep learning curve under the belt, here it is.....

In this autumn issue:

- PB's for the ladies at Brighton 10m
  - Audrey gets great results in Germany, at last
  - Annie reports from the World Tri Championships in Chicago
  - Lydia does a sub 4 hour Beachy Head Marathon (and anyone who has done this race will know how tough it is)
  - Dan's double page magazine spread
  - Juniors represent GB in Georgia and bring back a bronze medal
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- Race results, social news and lots more!!

# Brighton 10m pbs all round, yay!



Rocky Clitheroe  
1:06:17  
(new member),  
Ollie Welch 1:14:33,  
Eileen Welch  
1:24:59, Sue  
Newman 1:19.49,  
Louise Ellis  
1:26:35, Swati  
Patel: 1:28:14,  
Sharon Wheeler  
1:30:54

Perfect conditions on the seafront at Brighton on Sunday led to a record number of Personal Bests for Crowborough Runners. It was a debut club run for new member Rocky Clitheroe who led the team in just 1.06.17 and was followed by 10 mile pb's from all the other team members. WOW!

## Beachy Head Marathon

Sub 4hrs for Lydia; Speedy walking from Liz

Lydia said: *Liz and I were the only Crowborough runners! Really enjoyed it! Not as much while I was running it as last year but that was because I was pushing myself harder! Only London next, though still would like sub 1:30 half marathon :-).*

*My time was 3:55:35 so very happy especially as training didn't start until after kids went back to school and nothing like London! I was 20th women and 106th overall.*

Liz Davies walked it in 7 hrs 17mins, which is an impressive average speed of 16.68 min miles.

# Annie at the Chicago World Championships



My first experience of a World Championship overseas.

What an amazing city. Beautiful buildings clean streets, huge roads, Grant Park and fabulous fountain! A must to visit.

A very restless night before the race, and wondering what on earth I was doing to put myself through all this angst. It's meant

to be for fun after all. At least that is what I told myself!

Day of the race. Beautiful morning. Straight to transition with kit. Bike was still there where I left it! All going well so far. Shoes x 2, race belt, and helmet all in place. Time to leave transition, and head off for breakfast with two hours to wait.

Time to go. Down to waters edge. Lake Michigan, I was told the third largest body of fresh water. Weather was brilliant sunshine and very hot. High 20 degs, maybe even 30 degs. People sitting in the shade given by small trees/bushes in the small bit of park. Now into wetsuit, and clasping goggles and swim hat went to the start pens. All very scary, is everyone feeling as nervous as I am - they don't look it. Keep calm.

After a short and rather gabbled briefing we were ushered onto pontoon. Into the water of Lake Michigan, which was wonderfully cool and fresh (not salt). 1 min to prepare, and then we were off.

A fair swim following the line of the promenade. Around the big buoy at the end of 750 m (or was it more like 800). Just heading towards the blue steps to climb out and was jumped on by a man who was being sent back in to retrace his swim round the buoy, marshal shouting "sorry" to me as I climbed out. What idiots - both of them. Why not a 2 min penalty?

300 m or more to transition. Bike had been bumped and jostled. Helmet on ground with straps entangled with the spokes of bike. Finally got sorted

and out onto bike course. The road surfaces were appalling with gaps just the size of the tyres, potholes, bumps; so staying safe was the name of the game. I did stay safe but realised that I was overheating on the bike as the sun was now beating down and humidity was rising. Drank all my bottle. Back to transition and out on the run.

First part of the run was tough. Were my legs still working, was my stomach going to behave? Wide roads baking in the heat. The run route took us around the magnificent fountain in Grant Park, and back out onto the roads. No shade. People were slowing up some having difficulty with the heat. I found I had to walk in a couple of places, and then joy oh joy I found myself coming round the fountain for the second and last time to the finish. How wonderful it was to run down the blue matting with all the cheering and encouragement. I had made it! Some didn't, some crawled over the line, someone was even rolled over, and one was pulled.

Having crossed the finish line there was a man with a hose spraying people with cold water to cool down. Another man with wet towels for the neck. The medal. Chip taken off, then an array of paddling pools with grown men and women lying about in them. I joined in and discovered they were ice baths. Glorious. Picked up a bottle of water, banana and found my family. All very emotional.

The medical tent was full, mainly with dehydration cases, one GB woman had crashed on the bike, nothing broken. I was so thrilled I had managed to stay upright, safe and finish the race.

What an experience. Proud to wear a GB suit. I came 21st out of 35 in my age group. 2 didn't finish, due to extreme weather conditions - full sun, and high humidity. A very tough race. My time was 1hr 53 - 750 swim, 18k on bike, 5k run.

## Audrey at Dresden Marathon

18th October

So, the marathon was today! We traveled on Saturday to Dresden and stayed in a hotel about a mile from the start/finish. Dresden is beautiful with lots of amazing old buildings, which obviously got missed during the war. But on Saturday the weather was rainy so we didn't do much sight seeing, and anyway I didn't fancy walking all day either. Talking about the weather, it had been raining all week and I was seriously concerned about the race! But luckily, we didn't have a drop on Sunday, it was cloudy with temperatures

around 9°C: frankly perfect for me. I hadn't slept very well the night before but it didn't really matter as for once, I felt ready and did everything by the book (well the internet!) I had visualized my race, when would I drink, take a gel, pace etc. and felt quite confident I could do it. Pete and the kids came with me to the start and after a quick loosening warm up and stretches I was in my starting block. Because of my good training (thanks to the German fellow club members giving me advice-->they can't help it!) I was really concentrated and checking my pace and managed another negative split (although I thought I'd do an even paced race).

My splits are:

1st half : 1h43min18

2nd half: 1h41min42

1st 10k 48min52

2nd 10k 48min55

3rd 10k 48min47

5k 24min05

Last 7k 34min19

As you can see, this is how I broke up the big task ahead.

So my total is 3hrs 25min exactly. I am so pleased! (Frankly I could put a million exclamation marks I am so pleased!)

I trained hard (8 long runs of 25 to 36k, speed work and long intervals trainings every week), it wasn't easy

to juggle training with intense German course and family life, but it paid off. Only if I ever do it again (btw I didn't get a place in London marathon) I want to add strength training as I felt my body crumbling very early on! My hip was sore only after 15k... Not too good.

The good news is we're flying tomorrow for Gran Canaria, and staying in a spa hotel for a week: 1st thing I'll do is book a massage

And...a pb Half M for Audrey too:

A quick word about my PB today at a local half marathon: (Teltowkanal) it was a 3 laps race around along a canal, 1500 participants, mainly flat although there was 3 or 4 short inclines and a set of stairs. The weather was really nice, in fact, even too hot! Blue skies and temperature around 19°C in



full sun. I wished I had stopped at the first water table, I felt thirsty very quickly. I tried the tactic suggested by Alexander (German running fellow) of starting fast, but although I got a PB, I am still unconvinced it is the best strategy as I really slowed down at the last quarter. Anyhow, I finished 3rd lady and 1st of my age group in 01:35:26. The great news is my hip flexor didn't hurt (it had been a bit worrying after the marathon but yoga seems to have helped).

Next weekend I am listed to run a "team" half Marathon. We're a team of 4 runners and our finishing position is calculated with the average of our times. After that I must hit a few hills to train for Tübingen (near Stuttgart) half marathon the first weekend of December, it is apparently a bit hillier than what I've run so far...

## Double Page Spread Dan

Our very own Dan Aubrey, ultra runner extraordinaire, is featured in the pages of Ultra Runner magazine for his great running, determination and support for fellow runners in the 100 Mile, Race for the Stones. Nice one Dan. Dan is fast becoming a bit of an expert on seriously long distance events. Here is his schedule for 2016:



Jan 16th country 2 capital 44 miles, Feb (training), March (training), April 9th south downs way 50 miles, May 14th north downs way 50 miles, June 25th race to the kings 52 miles, July (training), August 13th Windsor ultra 44 miles, October 15th centurion autumn 100 miles

Phew! So what have you got planned for next year?!

Well there's the 100 mile, South Downs Way relay on Sat 4 June (more on this in a later issue) or why not give the SGP (Sussex Grand Prix) a go? Scroll down to 'Coming Up...' for more information.

## Tonbridge Half

Sue Newman Female Vet 45-54 01:51:10  
 Vicki Whitehorn Female Vet 35-44 01:52:16  
 Theodora Stewart Female Vet 35-44 02:02:42  
 Catherine Beltrami Female Vet 35-44 02:52:03

## High Weald Challenge

Two tough club runners from Crowborough took on the High Weald 50K cross-country challenge at the weekend, (up hill, down dale and across many stiles). Coming in 27th was Jamie Woolgar in 6hrs.02.22; Dan Aubrey not far behind in 6hrs.19.39.

Thank you to everyone who helped marshall at this event, you helped earn £1000 for club funds.

## Barnes Green Half

At the Barnes Green Half Marathon on Sept 27th were Anna Tolmachova, 1.32.05. Lydia Godfrey, 1.34.39 and Vicky Whitehorn in her first ever half Marathon, 1.53.20. Well done Vicky.

## Hove 10k

A fast and flat SGP race, this is good for points, sea views and cash prizes! Mary Nightingale was the only CR. 48.03. 1st V5

## Potts go Titsey

Yes, we both ran the Titsey trail 10k.

Having both worked seven days a week for six weeks. We were both feeling a bit jaded on the start line. Some really good runners attended from far and wide. Over 300 runners completed the race. Worth running for the cake and coffee afterwards.....

Dave, 18th 42.15

Nat, 90th 49.00

## Bexhill Poppy Run

Half M and 5k (rescheduled SGP race)

Just 4 of us battled the wind along the seafront for the super flat and fast 5k whilst poor Sharon had to wait for the rain to roll in before starting her half marathon. This is another flat course, good for PB's and SGP points, sweeties at the finish, a great medal and a nice trip to the seaside.



5k Results:

Alan Stewart 20.22

Mary Nightingale 23.35

Roger Stone 23.52

Louise Ellis 26.38

Half M; Sharon Wheeler 2.08.45

## Country Season Gets off to a Great Start

It was a great start to the cross-country season for Crowborough Runners who, combined with Wadhurst club runners, fielded a strong team at Warren Hill, taking 6th place out of 9 teams. Last year's ESSCCL Men's champion Peter Woodward had to settle for 2nd place whilst Andrea Battelli put in a great performance returning from injury, completing the hilly downland course in under 31 minutes. Peri Cheal was 2nd FV55, Peter Woodward was 2nd MS and 2nd place overall in a time of just over 28 minutes and Bryan Tapsell was 3rd MV60



- Record attendance of 16 Crowborough Runners at an ESSCCL race
- Record total attendance at an ESSCCL race
- 6th place for Crowborough/Wadhurst Runners team out of nine
- Top three category places for Peri 2nd FV55, Peter 2nd MS and Bryan 3rd MV60

		Time
2	Peter Woodward	28:15
16	Andrea Batteli	30:48
37	Dave Potts	32:20
50	Toby Bull (W)	33:02
55	Daniel Hassett	33:09
74	Bryan Tapsell	34:21
85	Tim Clements (W)	34:55
94	Alan Stewart	35:20
134	Nathelie Welch	37:26
139	Roger Stone	37:42
145	Peri Cheal	37:56

156	Rachel Dodd (W)	38:44
160	Peter Burfoot (W)	38:58
174	Vicky Whitehorn	40:15
189	Ron Cutbill	41:22
190	Brian Mead	41:23
193	Rod Chin	41:32
194	Carol Woodward	41:36
197	Albert Kemp (W)	41:50
220	Theo Stewart	43:58
255	Sarah Hilliard	48:56

## Junior News

### McCarthy Boys GB Bronze in Georgia



Matt and James McCarthy, 15, from Crowborough flew out to Georgia to represent Great Britain at the 2015 UIPM Biathlon World Championships in Batumi where they had a very successful weekend, winning bronze medals in this Modern Pentathlon discipline. The Twin brothers who study at Beacon Academy and who compete for Beacon Swimming Club and Crowborough Runners were selected to represent Great Britain after their success at the National Championships in Salford last month and so, made the journey to

Georgia where over 500 athletes from 28 different countries were competing across a number of age groups.

The boys were competing in the U16/U17 category where a large field of qualifying athletes meant that unusually for an endurance event, they had to first come through their respective heats if they were to qualify for the final.

Matt completed his heat finishing the continuous 1000m run, 200m open water swim and 1000m run in 9:43.84 to take 7th place out of a field of 22 to automatically qualify and then James duly followed suit by also finishing 7th in his heat of 19 athletes in a time of 9:49.68 to secure his passage through to that evening's final.

The final proved to be a very exciting affair and despite all of the athletes having only had a few hours rest, was raced at a very vast pace. Matt and James both raced hard and were the first two Great Britain athletes home, completing the course in quicker times than their respective heats in 9:33.04 and 9:33.23 respectively.

Whilst the individual medals went to Egypt, Russia and Portugal, the boys' finishing times, along with fellow Great Britain athlete, Michael Sallis, did contribute toward the Age group team competition where the three of them won the bronze medal for Great Britain behind Russia and Georgia who won Gold and Silver respectively.

The boys' running Coach, Dave Hynes said "Since joining Crowborough Runners two years ago both Matthew and James have made tremendous progress. With improved fitness and running technique, both boys have achieved a great deal in that time including gaining Cross Country caps for Sussex, reaching National finals and now, International selection and medals. With dedication to training and a desire to fulfil their potential, both boys have proved what can be achieved by hard work and a willingness to succeed. James and Matt have been an inspiration to the younger members of the Running Club and what I find exciting is their future potential as they gain strength, maturity, experience and knowledge in the sport of Athletics. As their coach I have no doubt they will continue to improve and with a more structured training programme now in place the future looks very exciting for both of them"

## Coming Up...

### XC Races:

22 Nov 2015    Snape Wood, Wadhurst, 2 lap course: woods. Likely to be muddy Suitable for spikes but there is some gravel path.

13 Dec 2015    New Place Farm, Framfield, 1 lap, undulating suitable for spikes. Can be very muddy.

17 Jan 2016 Ashdown Forest, 2 lap course woodland trails. Likely to be muddy. Suitable for spikes.

31 Jan 2016 Firle Beacon, 1 lap, hilly suitable for spikes. Not usually muddy

21 Feb 2015 Pett Village Hall, Pett, 1 lap course: fields and woods. Likely to be muddy. Suitable for spikes. Refreshments and Season awards presentation afterwards.

## Sussex Grand Prix

This competition for Sussex clubs runs from January to December with the Crowborough 10k generally being the last in the year and Chichester 10k the first. There are plenty of races to choose from throughout the year. Run a minimum of 8, including 2 of 10 miles or over, for your points to qualify for team and individual places. Roger Stone is our SGP rep and will have next season's dates available shortly. [www.sussexgrandprix.co.uk](http://www.sussexgrandprix.co.uk)

*“As from 2015, all members of participating clubs will be eligible to score points at any of the races that form the series.*

*Points are awarded according to the runner's finishing position, 1st place earns 500 points, 2nd place 499, and so on. The scoring is separate for males and females. Individual's points totals are obtained from a runner's best 8 scoring races.*

*These 8 races must include at least 2 races of 10 miles or more (runners over 70 and under 18 will not have to run 2 long races).*

*Runners' individual points allocation also form the team scores for each club; the top 10 men and 10 ladies (vets top 5 men, top 5 ladies) are counted.”*

## Bruges 10m March 2016

The Club has often taken part in the fast and flat Ostend to Bruges ten-mile race down the Nord canal (traffic free). Definite PB potential. Next year's event is on Sunday, March 6th. See: <http://www.oostendeburgetenmiles.be/> Bruges is a beautiful historic Flanders town and well worth a visit - see: <https://www.google.co.uk/search?q=bruges&biw=1257&bih=676&tbm=isch&tbo=u&source=univ&sa=X&sqi=2&ved=0CCMQsARqFQoTCIKH09D878gC-FYFvFAodcxoAPg>

Alternatively, watch “In Bruges” starring Colin Farrell and you'll see what I mean. We normally take a few cars and car share (ferry plus fuel will cost

you about £30 (unless you are Kevin and drive back to Calais twice) and stay the Saturday evening before the race and enjoy a few Belgian beers! If ten runners attend we get a group discount but in any case the race is only about £12 and that includes a bus ride to the start, a free T-shirt, and a free Belgian beer. Staying in Bruges is not expensive either, especially if we use an Ibis or similar. After the race we have traditionally relaxed in the chocolate laden Bruges cafes enjoying fresh, steaming hot chocolate.

## Social Diary

### News from Sue, Our New Social Sec:

*Wednesday 16th December* - Christmas lights run then meet up afterwards at the Plough and Horses for mulled wine, mince pies etc. - kindly funded by the club.

Christmas eve run, Boxing Day run and, for you hard core runners, a New Years day run! - details to follow. The Christmas party tickets have now sold out - so thanks to all who are coming along and have booked their place.

The quiz night was a huge success with over 50 people attending! Thanks to all who came along and supported the event, and to James for being our very own and amusing super quiz master!

### Mother Mary Says... (in a very stern voice)

In case you hadn't noticed, it's very dark out there now on our evening runs and, unless you are on a death wish you should come properly equipped for night running with reflective bibs or jackets and arm flashers. High vis leggings and hats, reflective stripes on clothes and head torches are all good ideas as well. Don't rely on other runners around you to be seen – your personal safety is your own responsibility. You know who you are!! Arm flashers available at very little cost from Sharon.

Pete Woodward has a good tip too:

*I got clipped by a van a few weeks ago whilst running on the road and was sent sprawling into the hedge. Fortunately, no damage other than a stiff arm. However, it did make me think twice about better hi-vis kit now it is dark in*

the evenings. I did some research and found the Proviz Reflect 360+ range. I bought a gilet for running and cycling. It is absolutely brilliant - a step change compared to a yellow jacket. The whole thing is made from a material related to the strips that you see on industrial hi-vis jackets. They have made it breathable and comfy. The material really lights up when headlights shine on it. I'm so impressed that I thought I'd send the link and ask you to circulate to the club for anybody else looking for kit at this time of year:

[http://www.provizsports.com/en\\_gb/catalog/category/view/s/reflect360/id/133/](http://www.provizsports.com/en_gb/catalog/category/view/s/reflect360/id/133/)

Also, if you dither about on the website for a bit as I did, they send you an invitation for a 10% off voucher. Pete.

## Club News

Beginners & Improvers group going from strength to strength:

Recent 1-mile Time trials:

Ollie Welch – 6.28; 6.26

Eileen Welch – 7.12; 7.18

Frances Hardy – 7.35

Theo Stewart – 8.24

Sammy Fee – 8.29; 9.07

Sarah Hilliard – 8.42; 9.39

Russ Taylor – 8.39

Helen Hamilton-Smith – 8.49

Amanda James – 9.28

Dominique Welbury – 10.58

Claire Stafford – 10.58

Casey Carson – 6.27

Ashley Box – 6.59

Becky Ellis – 10.38

Lindsey Black – 8.42

Ann Watson – 9.43

Alison Behan – 12.48

Silvie Puddick – 13.00

I think there are a few ringers in this group! Good times guys - Ed

## Changes To The Club Championship

The club championship has traditionally been based on the sum of your best times for 10K, 10M and half marathon races during the year. But at the club

AGM on September 24th, two important changes were made:

1. The championship will now be decided on the total of each runner's best times over 5K, 10K and half-marathon. The 5K distance has been added in place of 10M to encourage more participation since it is much easier to find 5k runs to enter (park runs, for example)
2. To tie in with SGP (Sussex Grand Prix), each championship will take place from the beginning of January to the end of December. However, since the last championship ended on 31st August 2015, this current one will run from 1st September 2015 to 31st December 2016; after that it will be for calendar years. Please note that there was a mistake in these dates in the email I sent out earlier.

Any races you compete over 5K, 10K and half-marathon can count. I will automatically pick up results from SGP races. If you run races further afield, please let me know your result - ideally copy me on the race report you send to Mary for the newsletter & local press.

For those who do not know, there are championship trophies for men and women in different age-groups (for the ladies: seniors, V35, V45 and V55; for the men: seniors, M40, M50 and M60) as well as overall men's and women's trophies, so there are always lots of winners.

Please let me know if you have any questions about the championship (or the SGP)

Roger Stone

## AGM Prize Winners

Chairman John Tighe awarded prizes to category winners after this year's AGM in September. Congratulations everyone and, if you missed out this year, well get training - there's always another year.

Ladies cross country - Anna Tolmachova  
 Mens cross country - Pete Woodward

Ladies handicap - Vicky Whitehorn / Theo Stewart  
 Mens handicap - Andrea Battelli

Ladies champion - Mary Nightingale  
Ladies senior - No winner  
Ladies V35 - Laura Boyett  
Ladies V45 - Sharon Wheeler  
Ladies V55 (from 2012) - No winner

Mens champion - John Tighe  
Mens senior - No winner  
Mens V40 - Steve Hickey  
Mens V50 - James Welbury  
Mens V60 - No winner

Most improved runner - Lydia Godfrey

Captain's cup - Elaine & Russell Taylor  
Services to the club - Katerina Clarke

From l to r below: John Tighe; Laura Boyett; Sharon Wheeler



## Crowborough 10k, November 29

Your Club Needs You...

If you haven't already offered, please spare a few hours on the morning of the race to help – let Sam, Chloe or Steph know. This is the Club's big fundraiser and we rely on lots of help to make the event a success. As well as needing marshalls on the morning we are grateful for donations of cakes and raffle

prizes – please either bring along on the day or drop off in advance at Louise’s house.

## Wanted: Volunteer Fundraiser

We need someone to help research and apply for grants and sponsorship to help bring in much needed funds. Can you help with:

- Community and other grants for the Running track and Club activities
- Identifying potential business funding partners for the track project
- Approaching charities and helping bids for cash for the track.
- 10K Sponsorship officer - to explore potential new 10K race sponsors and liaise with existing sponsors

Give something back to your club – don’t leave it all to the same old folk!

## New Contacts

Ron is the club membership secretary. To contact him please use his new email address:

ron.crowboroughrunners@btinternet.com

And for Club Captain, Sharon:

sharon.wheeler60@yahoo.co.uk

And for Social Secretary, Sue:

sue.crowboroughrunners@btinternet.com

## Brain Teaser: Guess Who???

Tie your car keys onto your shorts draw cord with a double bow, run, get soaking wet and then try and undo the knots without your glasses!

I couldn’t, then you have to get into the car to come home, got in ok, but the key wouldn’t reach the ignition switch, and the rest is with your imagination! Thank goodness for the long tee-shirt and reflective bib.

## 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)

## Crowborough Runners Committee:

Secretary	Swati Patel
Cross Country Manager	Bryan Tapsell
Development Officer	James Welbury
Chairman	John Tighe
Child Protection & Welfare Manager	Julie Harker
10K Director	Kevin Battell
Road Race Manager	Roger Stone
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

And Finally....

Everyone loves a wedding: Congratulations Peter and Joy Maddison



Clearly Peter is buckling at the knees because Joy, who is looking absolutely gorgeous, has transformed into a 25 year old! Congratulations to you both xx