



The Crowborough Runner

February 2016

This issue is dedicated to Jane Boulton, a much loved and admired former club runner who passed away on 8 February, aged 59. What an amazing runner she was and an inspiration for so many of us. We share our memories of Jane at the end of this newsletter.



Coming up in this issue:

- **Congratulations** to the Bryan and the Cross Country Team who managed to secure a fantastic final position of 3rd in the ESCC league after a close battle with Uckfield at Pett last weekend.
- Bryan was 1st M60 and Peri 3rd F55 in the XC overall - very well done. Hope it was worth the mud, the cold, the wind and rain and Bryan's nagging.
- A stonking PB for Claire Harvey at TW Half in her debut race for the club and yet another PB for Vicki at Headcorn Half. Go Girls!
- Dan goes 'Beyond Ultra' to *The Dark Side*.
- STOP PRESS: CLUB AGM - **Wednesday 18 May**.
- Club Membership subs due 1 April; £28 including EA Competition licence. See notice and payment details from Sarah, within.
- Help needed with Sports Relief event at Goldsmiths on **20 March**. Let James know if you can help for an hour or two.
- The first SGP races of the season are fast approaching: Eastbourne Half on March 6th, Hastings Half March 20th.

Reach me at mary.nightingale@hotmail.com. Let us all know what you've been up to. Next issue end of March. Send me all your news, results, pics and gossip by 21 March please.

The XC season draws to a close

Firle:

The cross-country stalwarts managed to retain their 3rd place in the penultimate ESCCL race, despite tough conditions at Firle on 31 January. Dave Stewart led the combined Wadhurst and Crowborough team in, taking 41st place in 39.38 with Georgia Lotter first female in 46.46 (Peri's daughter). Well done Peri and both daughters, Georgia and Jess, for a combined family effort to help bring in the points in this crucial race.

POS		TIME	CAT	POINTS
41	DAVE STEWART	39-38	SM	166
65	BRYAN TAPSELL	41-34	M60	150
91	OLLIE WELCH	44-04	SM	133
98	ROGER STONE	44-28	M60	128
123	GEORGIA LOTTER	46-46	SW	177
125	PERI CHEAL	47-22	F55	176
136	JESS LOTTER	48-04	SW	172
160	BRIAN MEAD	51-37	M60	91
164	EILEEN WELCH	52-08	F35	161

Pett Woods:

A strong performance by Crowborough Runners and Wadhurst secured them 3rd place in the league at the final race of the ESCCL season at Pett Woods on 21 February. Team captain Bryan Tapsell was 1st in his age category, M60, in 36.10; Peri Cheal 3rd F55 in 42.13 . Crowborough and Wadhurst managed to scrape in just 1 point ahead of Uckfield who took 4th place. Lewes were jubilant in taking 1st place.

53	ALAN STEWART	35.15	M50	155
65	BRYAN TAPSELL	36.10	M60	146
68	DAVID POTTS	36.25	M40	143
92	ROGER STONE	38.44	M60	125
135	ASHLEY BOX	41.43	M40	98
142	NATHALIE WELCH	42.11	F45	173
143	PERI CHEAL	42.13	F55	172
156	CAROL WOODWARD	43.46	F55	165
157	ROD CHINN	43.47	M50	88
177	BRIAN MEAD	46.10	M60	80
192	ALBERT KEMP	47.51	M65	73
203	LOUISE ELLIS	51.34	F45	144

In the final team results for the season:

Men overall: 1st Scott Richardson (Wadhurst) (Senior);

3rd Peter Woodward (Senior)

Male 60: 1st Bryan Tapsell; Female 55: 3rd Peri Cheal



Ash – are you doing your Sandie Shaw impression or did you lose them in the mud?

Marathon debut for the Welch's:

Ollie and Eileen Welch completed their first marathon at Ashurst, near Groombridge in 5 hour 5 minutes. This was one of four events taking place on disused railway lines in the area and was described as “a gruelling slog through the mud”. Fairly typical of conditions everywhere this year it seems. Hope you got those trainers clean.



Headcorn Half

Three Crowborough Runners braved the winter weather on 13 February to tackle Headcorn Half Marathon. Sticking together for most of the race, Club Chairman John Tighe was first in, closely followed by Vicki Whitehorn with a PB and Peter Maddison less than half a minute later. Times were: John Tighe 1.50.54, Vicki Whitehorn 1.51.12, Peter Maddison 1.51.34. Vicki is training for Brighton Marathon and fundraising for the RSPCA.



Correction:

Canterbury 10mile - sorry, Sharon and Swati's times were swapped in the last issue. Ed.

Gary Callaghan 1:12:18, Vicki Whitehorn 1:23:20, Sue Newman 1:25:27, Sharon Wheeler 1:35:18, Swati Patel 1:36:47

Tunbridge Wells Half Marathon, 21 February

Perfect, cool and damp conditions led to some excellent performances from club runners at the ever popular TW half. Roger Watts led the club in, just breaking the 1.30 barrier, with Anna close on his heels and bagging a fantastic 2nd in age and 9th lady overall in 1.30.28. Well done Anna (20 seconds slower than last year though...you really must get out and train Anna.....). Claire Harvey also ran a great race with a PB of 1.42.50 (an improvement of 7 minutes on last year) and Nick Apps secured an excellent 14th in age in 1.45.50. Well done everyone.

Roger Watts 1.29.46

Anna Tolmachova 1.30.38, 2nd in age, 9th female

Gary Callaghan 1.37.15

Oliver Welch 1.37.49

Claire Harvey 1.42.50, 19th in age category PB

Nick Apps 1.45.50, 14th in age category

Alex Cole 1.56.07

Eileen Welch 1.58.16

Sarah Hilliard 2.10.04

Sussex Grand Prix 2015: Mother Mary retains FV 55

Here I am at the prize giving a few weeks ago, having collected my trophies: joint 19th woman overall (prizes awarded to the 1st 20 men and women) and 1st FV55. I'm hanging up my race shoes now so I hope that lots more of you will be inspired to give the SGP a go this year and that we have more prize winners at the presentation in 2017. It was a bit lonely this year!

Get your 8 races in your diary NOW!



SGP race dates 2016:

1	March	6th	Eastbourne Half
2	March	20th	Hastings Half
3	May	1st	Haywards Heath 10m
4	May	8th	Hastings 5 Mile
5	May	15th	Horsham 10k
6	May	29th	Rye 10m
7	June	5th	Worthing 10k
8	June	26th	Heathfield 10k
9	July	3rd	Bewl 15
10	July	13th	Phoenix 10k (Wednesday)
11	July	27th	Bexhill 5k
12	August	28th	Will Page 10k, Newick
13	September	11th	Hellingly 10k
14	September	18th	Hove Prom 10k
15	September	25th	Barns Green Half
16	October	2nd	Lewes Downland 10 mile
17	November	27th	Crowborough 10k

Notes from Roger: these races also provide great opportunities to compete in the club championship. Remember that for the current championship you need to do a 10K, 10M and half-marathon between 1st Sep 1st 2015 and 31st Dec 2016 and results are based on the sum of your times in the 3 races. Please ask Mary or myself if you want advice on the best courses for doing good times.

Dan: Country to Capital

Hello again!

First of all due to all my training and shift work I have been trying my hardest to make a Wednesday night club run and should be around soon.

On January 16th myself and a mate Lee, took on another ultra run in preparation as a training run for my target race in October. The route is an interesting one with the first twenty miles through some stunning undulating Chiltern countryside from Wendover, through The Lee, to the Chalfont's and Chorleywood, before reaching

the canal at Denham, where the last half of the route is along the pancake flat canal to Paddington.

The night before we went to a friend's house for the big carb load up and a cheeky glass of wine, discussing times and tomorrow's plans. Jess was planning a top five, I was just planning to finish..

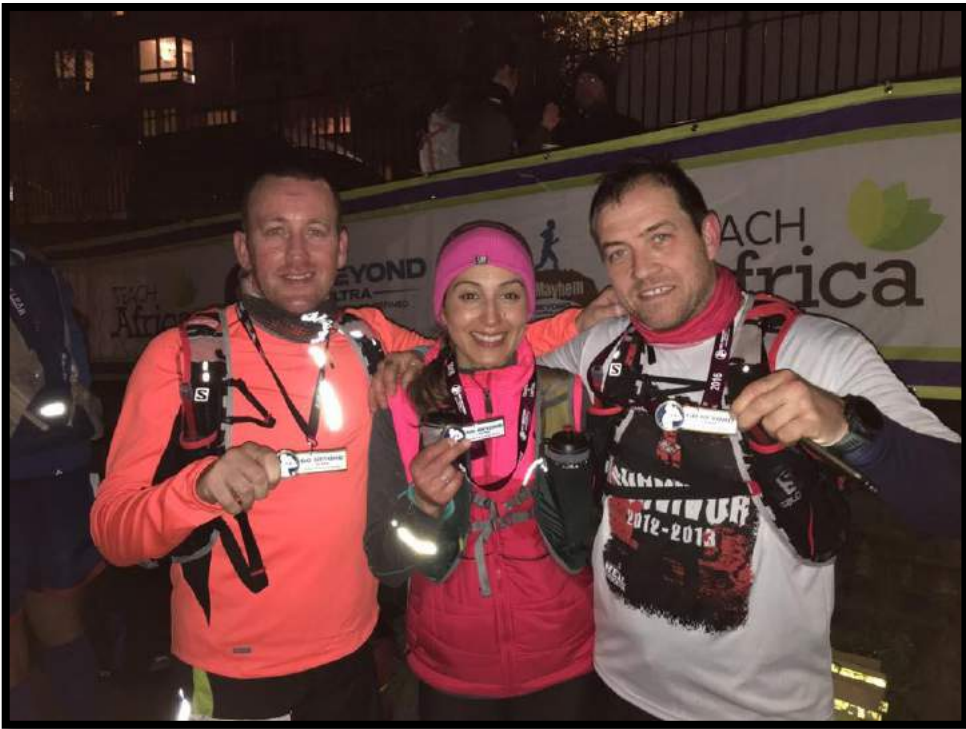
The conditions were perfect; nice and dry, cold and sunny. The first part of the route was off road for 20 miles passing two checkpoints. After checkpoint two my quads were feeling it a bit after all the hills and muddy climbs, we then headed on pass Denham along to the canal for the last 23 miles to Paddington station.



When I was at mile 37, along the grand union canal, I can tell you anyone who has run the forest way and thinks that route is mind bending, try 23 miles along the mind bending canal. After running 20 miles off road this was another mental training test for me. Of course I was having a slight wobble, the brain was telling me to stop, I kept looking ahead to see endless towpaths, but kept digging in.

Finally the last checkpoint, mile 41, which you had to be paired up, as it was getting dark now. We took a young girl with us, Mandy, as she was alone. Strangely this was getting easier now and I was feeling stronger as well; the chocolate coffee beans were working and the head torch was nice and bright but giving off some weird images from the mist off the canal as it was moving across the water.

The last three miles were so easy as Mandy was talking about her marathon des sables training and passed the time away which helped, I could see the finish now and crossed the line in 9 hours 2 minutes. Jess was third lady 5 hours 42 minutes; outstanding.





Copy and paste this below into your browser to see my stats

<https://connect.garmin.com/modern/activity/1017047488>

I learnt even more from this race which will all go in the bank for October's target race. My next race is the Moyle man marathon on march 13th then the south downs way 50 miler in April. Please don't hesitate to contact me if anyone would want a midweek long run, I've got some lovely routes off road now which I can navigate from my watch, so we won't get lost. Also, if anyone would like a night run, which is different and fun, just let me know and I can organise one from Crowborough.

Don't be afraid to come over to the dark side with me!

Date for the Diary - AGM – Wednesday 18th May 2016

The Club's AGM will be on Wednesday 18th May at the WI Hall in Ghyll Road. There will be a short Wednesday evening run prior to the AGM. We will be discussing the Club's current training days / sessions and asking for your feedback amongst other things so please do make an effort to attend.

Sport Relief, March 20th

Volunteers needed to help Freedom Leisure's Sport Relief events, which will include 1, 3 and 6-mile fun runs. FL is our major 10k sponsor and this will be a good opportunity to raise club profile locally by getting involved. From 10am Sunday March 20th.

<http://my.sportrelief.com/search/event/result?id=3928&location=tn6%202tn>

Mother Mary says....

Katarina is still looking for help with the Junior section this year, Thursday evenings, from Easter to summer holidays, approx. 6.15 – 7.30pm. Coach training available.

Club Membership Renewal due 1st April 2016

To all club members,

You may recall that the current club "year" is actually an interim period from 1st September 2015 until 31st March 2016, so that we can start a new club year 1st April 2016-31st March 2017.

At the AGM September '15, it was agreed that club membership would be £10 for this interim period then £15 for 2016-17 for the full year, plus England Athletics affiliation fee due to be paid from 1st April 2016. It has now been decided by EA that the affiliation fee is £13 (up £1) for the year ahead.

Club membership for 2016-17 will be £28 per member including EA competition licence, or if non competitive, then £15.

This is still really good value at not much more than £2 per month.

Your subs are payable from 1st April and latest by 18 May 2016 please.

You can pay by :

1. BACS direct credit from your bank account to Crowborough Runners account. Please contact Club Treasurer Sarah Hilliard on sjhilliard@yahoo.com for payment details.
2. Cheque payable to Crowborough Runners handed to Ron or Sarah or posted to Sarah at 90 Milbrook Road, Crowborough, TN6 2SA.

3. Cash (least preferred!) in named envelope handed to Ron or Sarah.

We do hope you will all renew and choose to affiliate if you are running any road, off road or cross country races.

Any qs please do ask one of us.

Thank you

Ron Cutbill, Membership Secretary: ron.crowborough@btinternet

Sarah Hilliard, Treasurer: sjhilliard@yahoo.com

Message from Sarah Hilliard:

I am running the Brighton Marathon on 17 April 2016 in aid of MS Society. It's my 5th marathon and my first Brighton marathon event. I want to make a difference to people with MS, it's a life changing condition with no cure. I have a close friend and a relative, both ladies, and my age, who have MS. I can run and donations to this worthy cause will help keep me motivated to complete the training and finish the race, which at my age is no mean feat! (pun intended!). I have set a target of £1000, but I don't like asking for sponsorship when there are so many demands on your hard earned £ and many club runners are taking part in this event and others, so any donation is so welcome to help me reach my goal."

My justgiving page is at: <https://www.justgiving.com/sarah-hilliard2/>

Yoga for Runners: Hero Pose

This simple pose will help you to gently stretch your quads. There is also some evidence that 'loading' your knee joint in this way stimulates cartilage growth.

Come onto all fours with the tops of your feet lying flat on the floor and lower your bottom back to your heels.

Sit up straight without over-arching through your lower back and think about the crown of your head being lifted upwards by a thread. Your shoulders should be moving out the side and your shoulder blades moving down in a 'V' towards small of your back.

Turn your thoughts to your breath, concentrating on filling your lungs to the very bottom, causing your rib cage to expand and your diaphragm move down and your tummy to rise. Sit here for 30 seconds and gradually build up to five minutes.

Come out of the pose the same way you went into it, and stretch your legs back alternately to get the blood flowing again.

If you can't get your bottom back onto your heels then use a rolled up blanket or towel between them to support your weight – don't strain your knees! You will probably need less padding as you practice this more and your muscles loosen.

If you'd like to do more yoga for runners, I run sessions at the WI Hall in Ghyll Road on Mondays and Thursdays at 7.30pm for an hour. Please mail: Francesca.Nelson@me.com for details.

The illustration is taken from Pinterest.



[More races coming up:](#)

Mel's Milers Multi-Terrain 10k - 3rd April 2016

We would like to invite your club members once again to partake in what will be the fourteenth running of Mel's Milers Multi-Terrain 10k, which will take place at 10.00am on Sunday 3rd April 2016, at Christ's Hospital School, Horsham, West Sussex.

The event benefits from a fast, flat /undulating course over pathway, track & trail in tranquil N Sussex countryside, with approx 250 metres run-through residential area

& 3 road crossings. It is a friendly, informal affair ideal for marathon tapering, entrants looking for PB or for those looking for their first race experience.

Entry can be processed on line via the Events registration system at Runners World (www.runnersworld.co.uk), or by post by means of an entry form which can be downloaded from the Mel's Milers website (www.melsmilers.co.uk) (look for 'Mels Milers 10k' in the menu block on the left hand side).

12th Poppy Country Races France – 11th September 2016

Sports event:

The “**Mitraille**” (Trail running) 37,7 km of dirt tracks

The “**Stélia Trail**” (trail running) 12,4 km

Half Marathon (road race)

10 Km (300 bib numbers limited) ; **5 Km (200 bib numbers limited)** , and **races for children**

Walk **11 km**

Memorial event 1916 – 2016 : 100th Anniversary of World War (Battles of the Somme) You will run through the **Circuit of Remembrance** (you run into the **Somme 1916 Museum** which is set in an underground tunnel , through the Franco-British Memorial of Thiepval and the Ulster Tower, you will run under the railway through a tunnel that soldiers used to join the front and you will finally cross a river...)

Festive event : Enjoyment and meals at the “Velodrome Stadium” with the **Digger Côte 60** . **How to contact us: Website** : www.coursesducoquelicot.com;

Mail: coursesducoquelicot@orange.fr Phone: + 33 644 89 01 49

[Brighton Marathon Charity Place](#)

We can offer you a place in our team for Brighton Marathon on Sunday, 17th April 2016. And we promise that 100% of what you raise will be used at the point-of-need in Kabubbu, Uganda.

If you love running, please contact sarah@quickenstrust.com or share this.

With so much crisis happening on our European doorstep, it's not so easy for us to find support for far-away causes, but the trouble in Uganda hasn't gone away. When you run for Quicken Trust you will raise vital funds to support children and their mothers suffering violent abuse from fathers and husbands - and help them to a better life. We have some corporate sponsorship already in place.

Sponsors of children and elderly, and generous donors have achieved so much across 15 years in the knowledge that Quicken Trust's frugally-run East Sussex office does what it says it will. Visit www.quickentrust.com to find out more.

Some of the earliest sponsored orphan children in primary school (built by QT) in 2002 have now graduated from university. They're returning to contribute to a local Kabubbu economy which is edging towards sustainability with its schools, maize mill, volunteer-built houses, a health centre and thriving productive acres.

We think that's amazing - and we'd love you to join us with your energy and effort. Please join us on 17th April in Brighton: sarah@quickentrust.com or 01323

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.

Saturday morning Juniors: 9.45- 10.45, Goldsmiths track. Ages 8 and over.

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 . 2015-16 season now finished. Will resume late 2016.

Crowborough Runners Committee:

Secretary	Swati	Patel
Cross Country Manager	Bryan	Tapsell
Development Officer	James	Welbury
Chairman	John	Tighe
Child Protection & Welfare Manager	Nicky	Darien-Smith
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

Remembering Jane

Jane Boulton joined the club in the mid 1990's at around 35 years old. She had no previous running experience but went on to become one of the best runners we have ever had. As Sid said " she was a natural". You will see her name engraved on all the club cups and her race successes are too many to list. But just to give you an idea, here are some race times from summer 1994, when she was just getting started:

Chichester 10k: 40.14

Brighton half: 1.26.20

Tunbridge Wells half: 1.35.52

Hastings Half: 1.30.14

London marathon: 3 hours 6 minutes

She went on to achieve a sub 3 hour London Marathon, winning her age category, and, in 2003, she competed for team GB at the Hawaii Iron Man (within 12 hours). Her love of swimming led her to get involved with setting up the Crowborough Tri Club and she coached and competed in various tri and swim events.

Many of us would agree with Ian when he says "she was a great mentor and influence on me when I first joined the club". Here are just some of our memories, from back in the day:

Jeff: I have some great memories of Jane, a lot to thank her for. We once did a 45 mile training run on the Downs pre the south downs 80; chased her to a near pb at Hastings, resulting in my best ever; dragged her over the Jog Shop 20 when she was feeling a bit rough, but Jane pushed me through a lot more races than I can think of, resulting in a lot of fast times. Some great memories I'm sure we all have.

Peter: I remember asking Jane advice on my 1st attempt at Beachy Head Marathon. How should I manage the hills? I asked Jane and, with her normal good advice, she said "walk them". Jane always liked to hear of runners' personal achievements and was always supportive even though Jane was an elite athlete.

With a wicked sense of humour Jane was great fun to be with.

Sarah: I met Jane on only a handful of occasions in the past since I joined the club in 2006, but just to say I always found Jane an inspiring, enthusiastic, encouraging person, and I do remember her advice to just go out and enjoy running. And recall her getting lost on leg 17 of SDR one year and being so upset about it! She was not alone in doing that- it happened to many of us!

Mary: She was my inspiration to run and race and nurtured me through my first South Downs Way Relay and many an SGP race. Most of all I remember her dedication to training and just getting on with it in a no fuss, no nonsense sort of way. I met her pre the start of the Hastings Half one year when she had cycled down, was obviously going to cycle back to Crowborough again after the race, after which she went straight to the pool and swam, probably for an hour or two. Made me feel quite lazy!

She was a great SDWR team captain and was always ready with the right words of encouragement and support, tasty snacks or perhaps a bottle of bubbly at the finish.

In the vintage 1992 team photo below, you can see a young Jane sitting in the middle, surrounded by some rather dodgy moustaches (yes Russell; Sid), a shiny tracksuit and unflattering sweatshirts. But hey, this was 24 years ago and CR had won the SGP for the year. Jane took 1st FV1 and 5th lady overall, Anne Chapman was 1st FV5 (4th from right at the back; ran for GB at Commonwealth Games); Chris Kirby was 1st MV2 (lying down, front right) and Sid 2nd MV2. You can also see a young Lyn and Ian Coates, Mark Taylor and some fab hair Elaine!



Fran: I didn't know Jane in her glory days as a runner. The first time I spoke to her was in the café at Freedom Leisure, when she was having a coffee with her friend Claire Pardo, after a swim.

I was training for my first marathon and had hit my own personal wall with three weeks to go before the race itself. "Excuse me, but you run, don't you? I wondered if I could ask your advice?"

Jane looked at me and gave me her lovely, level smile. "Yes, I do, but I think you know me from church."

And, of course, I did. Jane sat a few pews ahead of me each week in the comfortable silence of the 8am 1662 Prayer Book service. At 8am none of us went in much for small talk, so we'd just smiled at each other for several years.

So Jane and I had running and a love of traditional church services in common. But it took many months before I realised that, when it came to running, Jane was pretty much in a league of her own.

Not that I got that from her, of course. While most people who'd come first in their age group at the London Marathon, and run 26.2 miles in 2 hours and 52 minutes, would have had their achievements printed on a series of t-shirts, if not actually

tattooed on their forearms, Jane never really owned up to her prowess. I found out about most of her achievements from other, awed runners.

Instead, she occasionally give you an insight into the fabulous athlete she was, with an anecdote about driving straight from a conference on a Friday, pitching a tent alone on the Pembrokeshire coast and then doing an Ironman challenge the next day.

For anyone not into triathlons, an Ironman is a 2.5mile swim, followed by 112 miles on a bike and finished off with a marathon (26.2miles). Jane finished them in under 12 hours, and competed in the invitation-only Hawaiian Ironman. Not bad for a woman who started running in her mid-30s and decided to give up smoking around the same time.

A year ago last September Jane and I, with two other friends, went on an organised swimming weekend in the Lake District. Jane was the best swimmer in the party, unconsciously causing some of the younger men to almost faint with the effort of trying to keep up with her, as she ploughed effortlessly across Buttermere and Crummock Water. "Don't worry," I told them, as they looked disbelievingly at this chirpy-looking lady with the grey hair and a twinkle in her eye, "She used to represent Great Britain at triathlon."

Being Jane she'd taken it upon herself to both plan the route to the Lakes and do the driving. We stopped somewhere near Scotch Corner to eat the delicious Scotch Eggs she'd bought from a local farm shop just for the journey. I've never met anyone who took so much pleasure in taking care of people.

With Jane looking after you, you felt as though nothing could go wrong. Having Jane as a friend was like being having the best big sister in the world.

How will we do without her?

