



The Crowborough Runner

May 2016

Here comes the summer.....well it's starting to feel like it anyway and in this issue there are some lovely photos taken in the Sussex countryside last month:

- Great team turnout at Hastings 5m and 1st age placing for Nick
- Good age placings for Peri and Bryan at Haywards Heath 10m
- Sunday morning 'run for the train'
- AGM club run across the cow fields (see below)



Important notices:

- The club needs more runners to volunteer to help with junior runners on Thursday evenings – just 1 hour, for the summer only; it doesn't need to be every week; no training necessary. Contact Katarina: barryandkaterina@hotmail.co.uk
- Alan Edney has provided instructions on how to access the club's 'Forum' page, which is a useful way of communicating with other club members about getting to races or weekend runs for example. It's worth taking a few minutes to set it up and log on – it's easier than it reads. I've done it so it must be!
- If you want to continue to receive this quality publication, you must pay your subs, which are now seriously over due. And that includes Committee members .You know who you are...

Reach me at mary.nightingale@hotmail.com. Next issue mid July (ed on hols from 24 June) Send me all your news, results, and photos by 15 July please.

Hastings 5m, 8th May

It was a strong team turn out for Crowborough Runners at the SGP Hastings 5 mile race. In unusually hot conditions Pete Woodward led the team in again, in 28.11. It was also a good result for Kevin Battell, getting back on form after a long period of injury. Claire Harvey was first in for the ladies in 37.45.

Pete Woodward, 28.11. Ollie Welch, 34.25. Nick Apps, 36.52 (1st in age). Kev Battell, 38.20. Roger Stone, 39.41. James W. 41.05. Ron Cutbill, 42.10. Peter Maddison, 42.55. Rus Taylor, 60.16.

Claire Harvey, 37.45, Sue Newman, 38.21, Eileen Welch, 41.08. Swati Patel, 43.10. Sharon Wheeler, 46.20. Sarah. Hilliard, 46.40.

Picnics on the beach and a spot of paddling followed, (cold sea water, very good for tired muscles).



Haywards Heath 10m, 1st May

Five club runners competed at the Haywards Heath 10 mile event, bringing home a 2nd and 3rd in age placing for Peri Cheal and Bryan Tapsell: *(sorry I've lost the pic for this race; gremlins at work)*

Ollie Welch 1.15.07; Bryan Tapsell 1.16.40 (third v60)

Peri Cheal 1.25.53 (second v55); Eileen Welch 1.28.37; Rocky Clitheroe 1.38.31

Rye 10m, 29 May



Rod Chinn, 1.18.23. Kevin Battell, 1.31.52. Claire Harvey, 1.19.10.
Peri Cheal, 1.21.31. Sue Newman. 1.26.27. Swati Patel, 1.30.08.
Sharon Wheeler, 1.38.29

Weald Challenge, 29 May



Three wise Crowborough Monkeys completed the gruelling Weald Challenge half mara (plus a bit). 746 ft of ascent in the race, 13.7 undulating miles, 80 % off-road. Up the Weald Way then down the Vanguard Way with loads of free tea and cakes (including at the supply stations on the way round). Countless stiles and gates, great weather for it and very warm on the run.

James Welbury & Peter
Maddison, 2.24.42. John Tighe,
2.25.10



SDW Relay team practise

The 2016 relay team, comprising Eileen, Natalie, Claire, Peri, Ollie and Dave, were out practising their legs in May and can be seen here enjoying the camaraderie, the lovely scenery and the even more fantastic flat routes. Dave didn't think leg 17 was long enough so added another 3 miles to make it a bit more challenging at the end of the day. The team is now raring to go and looking forward to the big day, next Saturday June 4th, when Ollie will be leading the way with a 6.00 am start at Beachy Head, across the cliffs, to Exceat.



Sunday morning runners let the train take the strain:

It was race for the train again, but this time they caught it! Peri explains:

The doughty Sunday runners met at Eridge Station at 8am on 22 May to run a hilly ten miles to Tunbridge Wells West Station. We ran via Ham Bridge and Stone Cross where, having accidentally strayed from the path, we nipped through successive fields of tents, sheep and frisky horses. To quote Bryan's report, captured from dictation to his phone: "He saw sis wouldn't leave us alone." One took a fancy to Ashley. I've never seen Ash sprint so fast, not even when he passes me in the last 100m of an xc race. Alan and I enjoyed the spectacle from the safe side of a five-bar gate and it was just as funny watching the others figure out how to escape the horses' affection. Whispering didn't work, apparently. On to Langton where we found a surreally long twitten that avoided the main road and took us to Rusthall. Bryan again: "And then threw it Wyton. I through another tweeton. And another twit on." From there we then ran over Rusthall Common to Happy Valley (wonderful rocks), High Rocks Lane (no rocks), Cabbage Stalk Lane (no cabbages) and surge over Tunbridge Wells Common to reach the station well in time for the 10.10 steam train back to Eridge.

Clad in lycra and all smelly, we were an incongruous lot among the Victorian railwaymen and the happy families but we enjoyed the ride back as well as any child. Cheers to Tony for the cuppa!





Half Iron Man

Tanya was Ist Lady 65 at her Half Iron Man UK tri. in 7:26 – *well done Tanya!*

Club Championship Update

In the last month Sue has completed her 3 races and set the mark for all the other ladies to try to beat. Pete has improved his overall times just to further strengthen his lead in the men's competition, while Sarah and John have each now completed two of the three distances. Remember that there are prizes for all vets categories and don't forget to send me any other results, especially 5K times since otherwise I am likely to miss these.

	CATEGORY	5K	10K	Half	TOTAL	Races
Tolmachova Anna	FS			01:30:24		1
Jess Lotter	FS			01:52:19		1
Whitehorn Vicki	FV35	00:52:11		01:51:11		2
Godfrey Lydia	FV35			01:34:39		1
Harvey Claire	FV35			01:42:50		1
Welch Eileen	FV35			01:55:55		1
Stewart Theodora	FV35			02:02:42		1
Harrison Laura	FV35	00:45:45				1

Newman Sue	FV45	00:23:50	00:48:22	01:50:38	03:02:50	3
Welch Nathalie	FV45	00:22:38	00:49:00			2
Patel Swati	FV45	00:25:01		01:54:17		2
Ellis Louise	FV45	00:26:38				1
Nightingale Mary	FV55	00:23:35	00:48:03			2
Cheal Peri	FV55	00:22:30		01:45:30		2
Wheeler Sharon	FV55		00:54:51	02:04:35		2
Hilliard Sarah	FV55		00:57:56	02:04:43		2
Woodward Carol	FV55		00:50:47			1
Sidgwick Annie	FV65		01:05:36	02:37:04		2
Woodward Pete	MS	00:16:52	00:35:11	01:16:43	02:08:46	3
Woolgar Jamie	MS	00:21:30		00:46:48		2
Clitheroe Rocky	MS			01:34:24		1
Welch Oliver	MS			01:36:35		1
Matthew McCarthy	(Jun)	00:20:10				1
James McCarthy	(Jun)	00:20:22				1
Potts Dave	MV40	00:20:04	00:42:15			2
Watts Roger	MV40			01:29:19		1
Callaghan Gary	MV40			01:33:26		1
Box Ashley	MV40	00:25:01				1
Tighe John	MV50		00:50:25	01:47:40		2
Cutbill Ron	MV50			01:57:16		1
Chinn Rod	MV50		00:48:09			1
Hickey Steve	MV50		00:51:18			1
Stewart Alan	MV50	00:20:22				1
Stone Roger	MV50	00:23:52				1
Battell Kevin	MV50	00:33:43				1
Apps Nick	MV60		00:45:24	01:43:57		2
Maddison Peter	MV60	00:26:16		01:51:34		2
Tapsell Bryan	MV60	00:21:04	00:44:13			2

Coming Up.....

SGP

We still have 11 races to go, so plenty of time to get your 8 in before the end of the year. The next race, Worthing 10k, is a good, fast, flat route, by the seaside. Great for pb's. This is followed by Heathfield 10k on June 26th – our local and very pretty run around the (hilly) country lanes starting from the rugby ground at Cross in Hand. Bewl 15 counts as one of the two required long races and is a very popular and well organised route around the lake path with just a couple of miles on lanes.

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

The SGP website is now showing results up to the Rye 10M. Ollie and Eileen are encouraging everyone who can to race the Heathfield 10K and make it a record attendance. Sign up for the race to support the club and show how we can turn out in force. Hope to see you there.

Roger S.

Handicap – 6 July

The annual handicap race will be held on Wednesday 6th July. It will be run on a course of about 4 miles. Starting times will be arranged so that, in theory, everyone should arrive at the finish at the same time. So everyone has the chance to win by running out of their socks.

Mark the date in your diary and I will confirm the course and starting time nearer the date.

Roger S.

June 19th, Hampshire Hoppit

Hello to the South Downs Relay teams, and I look forward to seeing you on 4th June. If you enjoy running the South Downs, then I'd be very grateful if you could consider entering our trail race in the North Downs in Hampshire that has some similar terrain and views. It is 2 weeks after the South Downs Relay (June 19th), so you should be recovered by then (?), and there is a choice of a trail marathon or a trail half marathon. Basingstoke and Mid Hants Athletics Club are organising the two races, with further details here <http://hampshiretrailmarathon.co.uk/>

Bruges Relay, May 2017

We (the lads) are thinking about doing this relay race in Brugge next May (2017). You need six in a team. Could be a good challenge - two teams lads vs ladies!

On Whit Monday May 16 2016 ABAV Bruges will organize the seventh Crelan Ekiden Brugge A Ekiden is a relay marathon, which is run by a team of six people. The runners alternate by passing a sash, and make a different distance.

ONLY PRE-REGISTRATION: Prior to Wednesday, May 11th, 2016.
The registration fee is Euro 50 per team. For this amount each team member will receive an exclusive T-shirt.

CR Forum - update

Following the AGM in May, here's a quick reminder about the forum where anyone from the club can discuss race plans, co-ordinate club events, arrange casual runs and car sharing plus general chat about ideas for the club and running stuff like exercise, nutrition, injuries etc.

The forum is located via a link on the Crowborough Runners website (www.crowboroughrunners.org.uk) and it's a small blue square next to the Facebook logo.

The general access password to view the messages is "goldsmith". Please don't share this with anyone outside of the club.

For security reasons you cannot write a message or reply without setting up an account with Muut, the forum provider.

The process of joining the forum is very easy and needs to be done only once.

Click the Log In link at the top right of the forum webpage.

A login window pops up where you can login in future. To register, click the JOIN tab.

Choose a username that you'll remember.

Enter your email address.

Enter your chosen password. Choose goldsmith if you don't want to have to remember 2 different passwords.

Tick the box to accept the terms and conditions.

Click the JOIN button at the bottom of the form.

Wait 5 minutes for a confirmation email to arrive and click the link in the email to activate your account. If the confirmation email doesn't arrive, try looking in your email spam folder. This will take you back to the webforum and prompt you for the club password (goldsmith).

You can now post messages. This process only needs to be done

once, from then on you can just click the "log in" link at the top right of the webforum and it'll prompt you to enter your email address and the password you chose. Simple.

You may get an email if someone responds to a message you've written. You can turn this off by clicking the eye icon in the message heading or to turn off all email notifications click your name (top right of the forum) and remove the tick from "Watch for all new posts". While you're in that area (name clicked top right) you can also click on the "M" icon to choose your own photo to use alongside your messages like I've done.

Once on the forum website, I added a shortcut to the page on my phone so it's only one tap to load the forum which makes it really easy to use.

Any problems just drop me an email (alan.edney@outlook.com) or give me a bell/SMS on 07759 713437 and I'll talk you through it.

Club Membership Subs **ARE OVERDUE:**

Club Membership subs due 1 April; £28 including EA Competition licence.

You can pay by :-

1. BACS direct credit from your bank account. Please get payment details from Sarah (details below).
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.crowboroughrunners@btinternet.com.

Sarah Hilliard, Treasurer: sjhilliard@yahoo.com

Coaches Corner



Four more coaches are in the limelight this month. These ones contribute so much to the club – Kevin and Sharon have taken over running the Saturday Junior group, and help out on Mondays, Katerina organises and coaches the Thursday Junior group during the summer, and James runs the beginners group on the Monday.

The juniors and beginners really add to the club – encouraging youngsters and newcomers to have a go and enjoy running. Thanks to these coaches for all their work and the inspiration they give to others – and good luck to Kevin and Sharon for their Level 2 coaching qualifications.

Social diary

Next pub run: **Wednesday 29 June**; details to be advised

August 21st: Sunday morning run and family gathering at Mother Mary's house with bring your own bbq brunch, swimming and garden games for all the family.

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!

Enjoy a cuppa in the leisure centre café after the run and have a chat with the other runners.

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 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 on Thursday evenings in summer**
- 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