



The Crowborough Runner

July 2016

Ladies bring in the medals at
Heathfield – good on ya girls!



Also in this issue:

- Bewl, Badgers, Bears and Bees
- Congratulations Sharon and Kevin, newly qualified full coaches
- Annie Tri's hard and features in the tabloid press
- Lyndsey and Alan win the Club handicap. Well done both.

Reach me at mary.nightingale@hotmail.com. Next issue end August.
Send me all your news, results, and photos by 27 August please.

South Downs Way: team success



Crowborough Runners fielded a strong team the 30th annual South Downs Way Relay. This 100 mile team event follows the SDW from Beachy Head to just outside Winchester and must be completed within 14 hours. Each of the 6 team runners had 3 non consecutive legs to run, which totalled around 15 - 18 miles each over the course of the day. They faced a gruelling total climb of 3491 meters and a descent of 3532m across some of the finest scenery in Sussex and Hampshire, taking in highlights such as The Seven Sisters, Firle Beacon, Devil's Dyke, Ditchling Beacon, Chanctonbury Ring, Harting Down, Queen Elizabeth Country Park, Butser Hill and Old Winchester Hill. Setting off in the first wave of 17 teams at a hazy 6am from Beachy Head, the last runner arrived at the finish at 19.46, having run an average of 8.5 minute miles and a fabulous 13 hour 46 minutes completion time which won the team a creditable place of 39th out of 62 finishing teams and 6 'DNF'. This

year's team comprised Ollie and Eileen Welch, Peri Cheal, Claire Harvey, Dave Potts and Nathalie Welch with drivers Ron Cutbill and Roger Nightingale and team captain Mary Nightingale.

The very clever Roger Champion has posted a great collection of all the SDWR photos, in a slideshow, on the club website. It's worth a look: www.crowboroughrunners.org.uk



Heathfield 10k

Ollie Welch was first in for the club in 42.47 with Dave Potts second in 44.11. However it was the ladies who stole the day with Lydia Godfrey leading the way in 44.36. Lydia, Natalie Welch and Claire Harvey picked up the first Ladies team prize whilst there were firsts in age categories for Peri Cheal (FV5) and Lydia Godfrey (FV2); a 2nd for Natalie Welch (FV3); 3rd for Claire Harvey (FV2) and 3rd MV5 for Bryan Tapsell.

Oliver Welch	42:47
David Potts.	44:11
Lydia Godfrey	44:36
Rod Chinn	45:20

Bryan Tapsell	46:43
Natalie Welch.	47:15
Claire Harvey	47:49
Ashley Box.	49:02
Peri Cheal	49:43
Tony Hufflett.	50:36
Carol Woodward	51:43
Eileen Welch	53:46
Sue Newman	53:51
John Tighe	54:54
Ron Cutbill	56:31
Sharon Wheeler	1.00:49



Bewl 15

Some great times at Bewl this year and special congratulations to Pete Woodward; 9th in 1.35.09. And we got him in a picture!

Pete Woodward, 1.35.09; Ollie Welch 2.03.08; Claire Harvey 2.12.23;
Nick Apps 2.22.58; Eileen Welch 2.32.51.



Five go mad in Gloucestershire: The Maverick 17k

4th Bryan, 1.42; 12th Tony 1.53; 18th John 1.59; 25th Peter 2.20; 26th Jeff 2.20; 31st Russell, 3.01

Sorry, I know nothing more!- ed



Phoenix 10k

Here's Nick's report on the Phoenix 10k, and results:

I know it's a PB for Sue. She's also beat her pb that she had the previous Sunday! I was 5th in V60 and my fastest 10k since 2006.

It was a flat fast course, running into a low sun on a wet surface and the torrential rain had stopped just before the start on the way out and the wind behind on the return. Interesting smell through the race from beach BBQ's to fish to something awful. Everybody seemed to enjoy the evening as a glorious sunset as a finale.

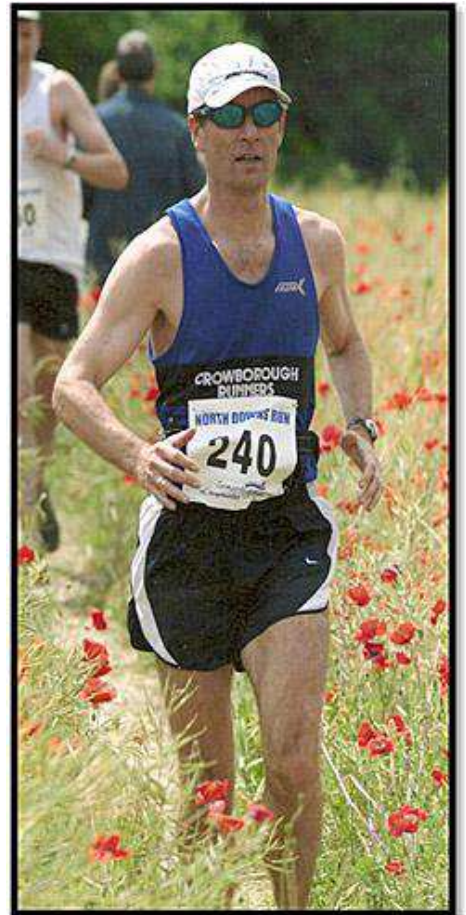
Nick

 [Sussex Sports Photography](#)

Place	Time	Name	Team	Category	Number	Chip
20	00:34:25	Pete Woodward	Crowborough Runners	Senior Men	403	00:34:23
171	00:41:38	Alan Stewart	Crowborough Runners	Vet Men 50-59	736	00:41:30
257	00:44:34	Nick Apps	Crowborough Runners	Vet Men 60-69	4	00:44:17
336	00:46:43	Sue Newman	Crowborough Runners	Vet Women 45-54	707	00:46:24
346	00:46:59	Peri Cheal	Crowborough Runners	Vet Women 55-64	570	00:46:41
380	00:48:21	John Tighe	Crowborough Runners	Vet Men 50-59	643	00:47:51
461	00:52:18	Theodora Stewart	Crowborough Runners	Vet Women 35-44	9229	00:51:43
462	00:52:18	Ron Cutbill	Crowborough Runners	Vet Men 50-59	656	00:51:47
470	00:52:42	Swati Patel	Crowborough Runners	Vet Women 45-54	588	00:52:11
530	00:56:54	Sarah Hilliard	Crowborough Runners	Vet Women 55-64	642	00:56:11
557	00:58:56	Sharon Wheeler	Crowborough Runners	Vet Women 55-64	745	00:58:22

North Downs 30

Not a race for the faint hearted this grueling off-road, hilly trail race taking in part of the Pilgrims and North Downs way from the outskirts of Gravesend was nearly 90% muddy this year (and lots of it). So plenty of slipping and sliding and scurrying around along with 2000ft + of ascent but plenty of lovely countryside views and a great view of the Thames estuary on the way back and some great poppy bedecked fields. James & Peter - 3.39



Surrey Badger Half Marathon

John had been badgering me to enter this trail half mara for some while. So, after an early start we got to the start at Denbies vineyard near Dorking below Box Hill. We are all "set" when the gun went and 500 runners wound their way around the UK's biggest vineyard, on undulating and rough ground which I was moaning about when John said "stop whining". (*OMG James*) After a drag up towards the Surrey Hills further north we did a series of loops on some lovely but very hilly and picturesque stony trails completing the distance billed as thirteen badgers and a badger's behind as a training run (see T shirt). Enjoyable and no pressure to do a time but good endurance



training.

Bedgbury Pinetum Park Run

Here's James' race report, in full: Hilly trail race but lovely course.



Amazing Annie

I have just come back from Lisbon, racing in the European championships, sprint distance triathlon:

Another amazing place to visit, another competition!

The venue was in the old working part of Lisbon which was refurbished for the Expo 97. We had an Air bnb apartment on the 18th floor next to the Team GB hotel away from the hype and organised chaos.



Race day - fine weather, not too warm but high winds. Swim was all rather sudden only given one minute in the water to acclimatise; suddenly we were off. Took a while to get my breathing under control, then the second half of the swim was great. Cycle started off on a short piece of cobbled road, with speed humps! Once onto the main road it was fast and furious. All seemed to be going well; a dead turn at the top of the road and then we were on our way back. Encountered a strong headwind. No wonder those strong young men were going slower than usual. Had to fight the wind all the way back.

The run was short bursts of energy, with the route winding in and around buildings, and in and out of the arena. Easy flat run, but on tired legs it could have been uphill for all I knew. The finish was inside the arena on the blue carpet, traditional, with masses of

cheering for all GB athletes! Made my way through the maze of competitors from all over Europe, and found family and friends. 9 in all. Now time for a big mug of tea, followed swiftly by a beer.

Lisbon is an amazing place to visit; so much to see and do. A must.



Chatsworth July 2016

Qualifier for 2017 Europeans in Dusseldorf

Arrived on the Saturday to register and get numbers, stickers and final information for racing the next day. Walked the run course - didn't realise it was a XC. Uphill and mud.

Well, what can one say? Raced Chatsworth on Sunday. Hardest yet. River swim at 12 degs. With water flowing quite fast due to heavy rain on the Saturday.

Cycle was uphill for the first 5k and then across moorland, before heading back down to Chatsworth, but the local council had decided to take the surface off the road ready for work the following week!

Run was uphill through forest, but the equestrian event had been up ere the day before so the ground was well and truly muddied up! I finished dirty but in one piece. 5th in age group. Now for a flat local one please!



Click on this link to see Annie looking ***absolutely fabulous***

<http://www.dailymail.co.uk/health/article-3625177/The-baby-boomers-prove-fit-fabulous-60s.html>

England Athletics Visit and new track project

England Athletics Chief Executive Chris Jones and Board member Tim Soutar visited Crowborough Runners to meet the athletes and volunteers braving the elements on a wet training night. Chris and Tim met the club's Development Manager, James Welbury and started talking under shelter of the leisure centre balcony as other runners and coaches gathered for a session on the puddle-strewn track.

James explained that the club has been trying to improve its facilities and upgrade a virtually unusable cinder track and is now looking at a solution with four lanes for a 100m straight and two lanes for the full 400m plus jumps.

Chris commented "I know James and the other volunteers at the club have been speaking to staff at England Athletics and others about the

ways in which they can look to improve the facilities available to the club and local community. We were able to discuss some of the options available. The appropriate facilities are important for the work of volunteers being effective as possible and enhancing the experiences of people at the club. We'll continue to support the volunteers at Crowborough in this process.

“It was good to hear about the wide range of volunteers who are putting their skills and time to good use in the running, and we trust growing, of Crowborough Runners.

“The volunteers are the single most important factor in making our sport what it is.”

See the article in full on EA website:

<http://www.englandathletics.org/england-athletics-news/ceo-club-visit---crowborough-runners>



Handicap Results

Well done to all the runners who completed the challenging handicap route last Wednesday and congratulations to this year's female and male winners: **Lyndsey Black** and **Alan Stewart**.

The full results are:

First Name	Last Name	Finish Time	Position	Race Time
Lyndsey	Black	00:42:34	1	00:42:34
Theo	Stewart	00:43:38	2	00:42:01
Fiona	Hartland	00:43:46	3	00:43:46
Claire	Harvey	00:44:46	4	00:35:31
Sarah	Hilliard	00:46:38	5	00:46:08
Alan	Stewart	00:43:06	1	00:32:10
Kevin	Battell	00:43:20	2	00:36:00
Jamie	Woolgar	00:43:44	3	00:33:02
Ollie	Welch	00:45:08	4	00:32:12
Nick	Apps	00:45:45	5	00:36:03

TIMES FOR NON-COMPETITORS

Eileen	Welch	00:43:46	00:43:46
Anna	Tolmachova	00:43:02	00:35:42

Coming Up.....

SGP

There are 7 races to go, (including our own 10k, as long as someone can cover your role as a race helper please) so still plenty of time to get your 8 races in before the end of the year. The next race, Bexhill 5k, is a short, fast, flat route, by the seaside. Great for pb's. This is followed by Newick 10k- a local and very pretty run around the country lanes.

1	March	6th	<i>Eastbourne Half</i>
2	March	20th	<i>Hastings Half</i>
3	May	<i>1st</i>	<i>Haywards Heath 10m</i>
4	May	8th	<i>Hastings 5 Mile</i>
5	May	<i>15th</i>	<i>Horsham 10k</i>

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

Club Membership Subs:

Club Membership subs were due 1 April.

Ron Cutbill, Membership Secretary:

ron.crowboroughrunners@btinternet.com.

Sarah Hilliard, Treasurer: sjhilliard@yahoo.com

Social diary

News from Sue, our social sec:

The first pub run on the 29th June had a large (hard core) turnout despite the torrential rain, we went to The Boars Head afterwards and put the world to rights over some good pub grub!

James tried to tell us some funny jokes!?!?!?. Thank you to all that attended.

NEXT PUB RUN 3RD AUGUST - JUNCTION INN, GROOMBRIDGE TN3 9RB

Meet at 7.00pm sharp for a 7.10pm start.

SUNDAY 31ST JULY BEWL PICNIC RUN/WALK - BEWL RESEVOIR

Meet at Bewl at 9am for a run/walk (families welcome) round the reservoir - then picnic afterwards (depending on weather).

Further details will be sent nearer the time

SUNDAY 21ST AUGUST - SUNDAY RUN/walk THEN BACK TO MOTHER MARYS FOR A BBQ

Mary has very kindly offered to host a Sunday morning run and walk from hers, finishing with a BBQ brunch in the garden. Her pool could be available and are families welcome, we may also set up a up a few games like badminton. Mary will not, of course, be providing all the food so you will need to bring some food!

Further details will be sent nearer the time and the BBQ will be subject to weather

CLUB CHRISTMAS DINNER - will be held on Saturday 3rd December - details to follow nearer the time.

Sue

Can you Bee Helpful?

Tony Hufflett keeps bees and asked if we could put the word out ...

If anyone has some land that might be suitable in our area (a small field) or knows of someone who might have land with easy access where we could keep our association bees that would be great. Bees are of course wonderfully helpful in pollination and they need our help. The association apiary (that's bees not apes!) is used to keep bees centrally for members and especially for training course where folks learn about beekeeping.

HIGH WEALD BEEKEEPERS ARE LOOKING FOR A NEW ASSOCIATION APIARY, CAN YOU HELP?

The basic criteria are:

a) geographically a good central location within the High Weald (e.g.

Crowborough, Rotherfield, Mayfield are the sort of areas we are looking in)

b) from a practical point of view any site would need to be fairly flat, not prone to flooding, have reasonable access from a parking area and not be too close to people or large animals (e.g. horses). Vehicular access to the apiary (not necessarily for all participants) is desirable as beekeeping equipment can be quite heavy.

c) we certainly don't need something the size of a football pitch and likewise we would probably need something more than the size of a small back garden. For training purposes we need sufficient space for a number of individuals (possibly ~25; as an example we have ~20 beginners on our course this year plus instructors) to gather round the hives. Numbers of hives varies during the course of the year but could be as high as 20 at peak times - if we were to say 20sqm per hive (which is quite generous) then we might be looking for a space of ~400sqm. I don't want to rule out smaller spaces though.

d) the criteria I have stated are the ideal - we would be more than happy to consider anything you might be able to offer as we can frequently overcome any problems.



Bear walk

Walk like a bear for better glutes

This edition's yoga pose isn't really a yoga pose at all, but it is a really good way of activating your glutes. (If your glute muscles are not firing properly you put a lot of strain on your hamstrings and this can lead to pulled muscles, tight tendons and a sore lower back.)

To do the bear walk, start off kneeling on all fours. Tuck your toes and lift your knees, keeping your lower legs parallel with the floor. Slide your feet forwards, keeping your hips level (imagine you're balancing a glass of water on the small of your back and if you lift your bottom up it will spill). Use alternate hands and arms as you move along.

Take a few 'steps' forward and then do the same thing backwards. It's quite a lot of effort, but you will reap the rewards with better glute muscles in a matter of days. This is also a great exercise for the cyclist in your life.

If you would like to do more yoga there are weekly sessions at 7.30pm on Thursdays at the WI Hall in Ghyll Road aimed at runners and cyclists who want to improve core strength and flexibility.



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 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**
- Train to be a Coach**

- 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.....

What a great image this is. Claire Harvey giving it her all on her last leg of the SDWR, up to Winchester Hill. If you want to join the team for the best event of the off road racing calendar, then save the date: Saturday 3 June, 2017. And get some hill training in before then!

