



The Crowborough Runner

October 2016



Welcome to the Halloween issue:

- SGP and Club Championship news and the 1st XC results of the season
- Natalie wins Lewis 5 miles; Pete gets a marathon 3rd; Gary wins Gold at London Ultra Duathlon
- Juniors get fantastic results
- **Have you booked your place at the Christmas party, December 3rd? Don't miss your chance to see club members strutting their stuff on the dance floor and generally letting their hair down (well, those that have any). There's a £15 club subsidy for members, £10 for non-member partners, making it a great value evening. See Sue's section.**
- Crowborough 10k, 27 November – we need you to marshall please. Contact Sam Fee if you haven't already volunteered. sammyfee@btinternet.com

Next issue end November. Send me all your news, results, and photos by 25th November please. mary.nightingale@hotmail.com

Crowborough 10k

Mara Yamauchi is starting our annual 10k road race on Sunday 27 November at 10am. She is one of our best lady marathon runners. Now retired from elite competition, she finished 6th at the Beijing Olympics.

Don't forget cakes and raffle prizes please and, more importantly, "Marshal Duty" – your club needs YOU.

Pete Woodward Marathon 3rd place

Pete Woodward of Crowborough Runners ran the Kent Coyote Marathon and came third in a surprise PB of 2:52:34. It was 21 laps of the cyclopark in Gravesend and was supposed to be a steady effort to put some miles in the legs as a foundation for his London Marathon training. It started like that and then became a progressive effort when he got a sniff of hunting third place down. Pete's previous best was 2:53:40 from 2008 and his time from this weekend was

2:52:31, thus shaving just over a minute off. Race highlights included good banter, free beer and an enormous medal! Pete is competing in two more marathons Beachy Head and Portsmouth Coastal, before the final intense training period in the run up to London where he is hoping that he will be able to achieve an even better pb.



Lewes 5 and 10 miles – Natalie 1st Lady

Other club runners competed in Lewes Downland 10 and 5 mile off road events, securing a fantastic first lady place and 16th overall, for Natalie Welch in 37.19, and 12th overall for Dave Potts. Theo Stewart completed in 44.17. In the tough 10 mile event Roger Watts led the club with an impressive time of 1.10.06, followed by Ollie Welch in 1.18.35 and first club lady, Peri Cheal, in 1.26.03. Full results: Roger Watts 1.10.06; Ollie Welch 1.18.35; Peri Cheal 1.26.03; Claire Harvey 1.27.58; Nick Apps 1.32.57; Eileen Welch 1.38.11.



Snape Wood Cross Country Race

Great news the combined team of Crowborough/Wadhurst runners came **second** out of 12 teams in the Snape Wood Cross Country Race FANTASTIC.

What a tremendous result for us in this race, there was great turn-out of Crowborough runners and a lot of personal battles going on in the race. Roger verses Carol, Vicki verses Perry, Ian verses himself, Paul verses Dan.... and what an incredible race from Roger Watts, who came fifth in the race, out of a field of 156 of Sussex's is finest cross country runners!

...also Vicky celebrated her birthday with a little run round Snape Wood and gaining third in her category, that shows dedication to Crowborough Runners.

All of the Crowborough Runners said that they loved it, except Iain only loved the first lap and Perry, who only loved the downhill bits. Keep it up. We need to turn-out our runners as the season progresses, when other teams runners start to drift away

Some great individual performances:

Roger W 1st M45
Peri 1st F55
Vicki 3rd F35

	TIME	CLUB	CAT	PTS
ROGER WATTS	33-26	CROW	M45	195
<i>TOBY BULL</i>	<i>33-56</i>	<i>WAD</i>	<i>M40</i>	<i>190</i>
<i>STEPHEN HUDSON</i>	<i>34-27</i>	<i>WAD</i>	<i>SM</i>	<i>187</i>
<i>ALAN BUCKLE</i>	<i>34-46</i>	<i>WAD</i>	<i>M55</i>	<i>183</i>
DAN HASSETT	36-00	CROW	M40	168
PAUL BAILEY	36-06	CROW	M40	166
<i>PEREZ-DIAZ</i>	<i>36-25</i>	<i>WAD</i>	<i>M45</i>	<i>164</i>
DAVE STEWART	38-50	CROW	SM	150
<i>ED MARRIACE</i>	<i>39-30</i>	<i>WAD</i>	<i>M40</i>	<i>143</i>
ROD CHINN	40-14	CROW	M55	138
NATHALIE WELCH	40-27	CROW	F45	186
<i>DEZ GORRINGE</i>	<i>42-17</i>	<i>WAD</i>	<i>M45</i>	<i>126</i>

VICKY

WHITEHORN **42-31** **CROW** **F35** **183**

PERI CHEAL **42-34** **CROW** **F55** **182**

IAIN WATSON **43-05** **CROW** **SM** **124**

ROGER STONE **44-53** **CROW** **M60** **114**

CAROL

WOODWARD **45-06** **CROW** **F55** **174**

PETER CLARK *49-11* *WAD* *M40* *102*

ED GRIMES *49-12* *WAD* *M40* *100*

SARAH HILLIARD **52-18** **CROW** **F55** **166**

BONITA

BACKHOUSE *66-17* *WAD* *F45* *156*

Wadhurst in

italics

156 runners



CHAMPIONSHIP & SGP UPDATE

Club Championship

In the ladies championship, Claire has tightened her grip on the overall trophy. Vicki, Peri and Annie have strong leads in their age categories as has Sue in the LV45s, although she needs to watch out for Natalie posting a half marathon time.

For the men, Ollie has leapt into the lead for the men's senior trophy, with Pete Woodward practically certain to win the overall trophy. In the MV40 category, three people (Roger Watts, Dave Potts and Ashley) need just one more distance to complete the set and snatch the trophy. Ron is in the lead in the MV50s but there are four people who might yet pip him if they post their third time; and in the MV60s Nick's position looks strong as long as Bryan remains injured.

We're into the last 2 months of what has been a very long championship. Please let me know as quickly as possible of any new results in November and December so that I can calculate the final table and the prize winners at the end of the year.

The updated championship table below has results up to the 22nd October:

Jess Lotter	FS	00:23:24		01:47:40		2
Tolmachova Anna	FS			01:30:24		1
Hartland Fiona	FS	00:26:00				1
Harvey Claire	FV35	00:22:10	00:46:25	01:42:50	02:51:25	3
Whitehorn Vicki	FV35	00:24:14	00:52:11	01:51:11	03:07:36	3
Stewart Theodora	FV35	00:25:43	00:51:43	02:02:42	03:20:08	3
Welch Eileen	FV35		00:50:37	01:55:55		2
Black Lyndsey	FV35	00:27:29	01:00:27			2
Boyett Laura			00:51:23			1
Newman Sue	FV45	00:23:16	00:46:43	01:50:38	03:00:37	3
Patel Swati	FV45	00:25:01	00:52:42	01:54:17	03:12:00	3
Welch Nathalie	FV45	00:22:07	00:47:15			2
Field Marije	FV45		00:54:19			1
Ellis Louise	FV45	00:26:38				1
Cheal Peri	FV55	00:22:13	00:46:59	01:45:30	02:54:42	3
Wheeler Sharon	FV55	00:27:38	00:54:51	02:04:35	03:27:04	3
Hilliard Sarah	FV55		00:56:54	02:04:43		2
Nightingale Mary	FV55	00:23:35	00:48:03			2

Davies Liz	FV55	00:29:23					1
Welbury Dominique	FV55	00:34:56					1
Woodward Carol	FV55		00:50:47				1
Sidgwick Annie	FV65	00:30:58	01:05:36	02:37:04	04:13:38		3
Woodward Pete	MS	00:16:52	00:34:25	01:16:43	02:08:00		3
Welch Oliver	MS	00:20:34	00:42:12	01:36:35	02:39:21		3
Woolgar Jamie	MS	00:21:30	00:46:48	01:39:00	02:47:18		3
Matthew McCarthy	MJ	00:20:10					1
James McCarthy	MJ	00:20:22					1
Watts Roger	MV40		00:40:18	01:29:19			2
Potts Dave	MV40	00:20:04	00:42:15				2
Box Ashley	MV40	00:25:01	00:49:02				2
Callaghan Gary	MV40			01:33:26			1
Bailey Paul				01:34:40			
Harvey Terry	MV40	00:24:13					1
Cutbill Ron	MV50	00:25:31	00:52:18	01:57:16	03:15:05		3
Stewart Alan	MV50	00:20:22	00:41:38				2
Ashby Chris	MV50		00:45:52	01:45:11			2
Tighe John	MV50		00:48:21	01:47:40			2
Battell Kevin	MV50	00:23:02	00:49:45				2
Stone Roger	MV50	00:23:52	00:53:19				2
Chinn Rod	MV50		00:43:47				1
Hufflett Tony	MV50		00:50:36				1
Welbury James	MV50	00:25:20					1
Apps Nick	MV60	00:21:57	00:44:34	01:43:57	02:50:28		3
Tapsell Bryan	MV60	00:21:04	00:44:14				2
Maddison Peter	MV60	00:26:16		01:51:34			2
Taylor Russell	MV60	00:32:39					1

SGP Update

We now have 9 runners in top 10 places in their categories. There is only one more race to count towards the 2016 SGP championship which is our own 10K. But the places could still change significantly since some runners from other clubs have not yet completed 8 races.

Current positions are:

- Peri 1st LV5
- Eileen 3rd LV1
- Sue 4th LV3
- Nick 4th MV5
- Claire 5th LV2

- Sarah 5th FV5
- Annie 7th LV7
- Ollie 8th MS
- Vicki 9th LV1

Well done also to Crowborough Ladies Vets team (Claire, Peri, Sue, Eileen and Sarah) who are 2nd overall.

You can see all the individual results at

<http://sussexgrandprix.co.uk/news/races-2016/Sussex-Grand-Prix-Individual-Points-2016/>

and the team results at:

<http://sussexgrandprix.co.uk/news/races-2016/Sussex-Grand-Prix-Team-Points-2016/>

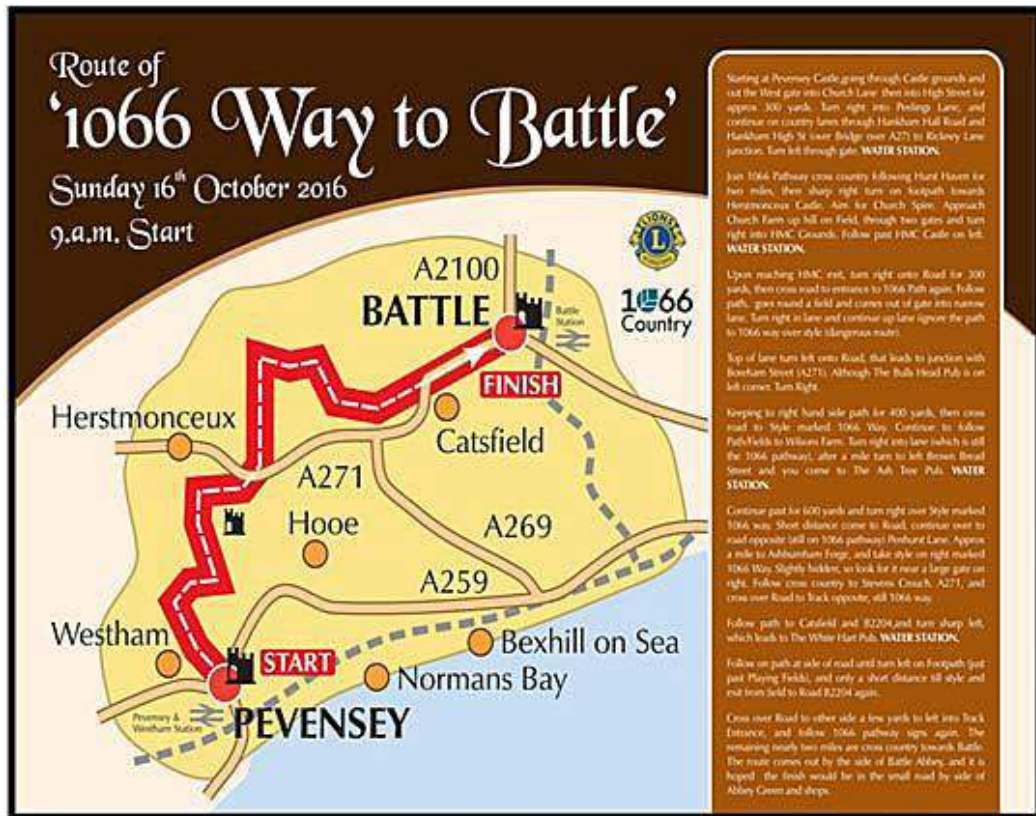
Crows Conquest



Four of us ran the 17m+ from Pevensey Castle to Battle Abbey via Hestmonceaux yesterday as part of the 950th Norman conquest anniversary celebrations. The race was part road, part off-road but included a lot of pleasant trails but a few styles which led to the odd queue for the 900 or so runners, some dressed in battle attire and

nearly 1200 ft of ascent.Route map etc attached.

John and Sue - 3:05:14. James & Peter, 3:11:22



Forest Row 10k

Dominique completed the Forest Row 10k today in 76 mins as part of her Porto race training. It's an out and back race, including a junior mile, a 5 and 10k almost entirely on the Forest Way.

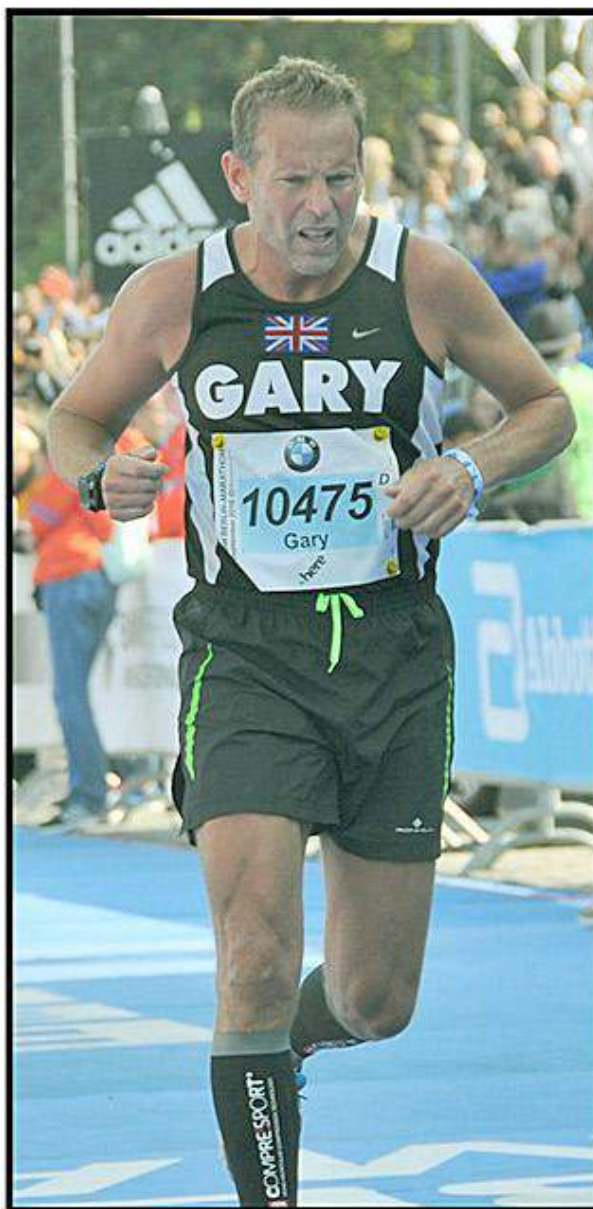
Only a few weeks to go to the Porto marathon and 15k! 8 Crows doing the 15k and 4 the marathon

James the runner

Gold for Callaghan

Gary bags Gold in London Ultra Duathlon and qualifies for World Championships in Switzerland. Gary recently won his category at the London Ultra Duathlon race and has qualified for the World Championships in Switzerland next year.

Team GB duathlete Callaghan was delighted to take Gold in such a major race. It was his penultimate event of a busy sports year and he considered it a great way to bring the season to a near close. His 20th and



last event of the year was the Berlin marathon - see photo - in which Callaghan came in two minutes quicker than the time required to auto qualify for the London Marathon. "That really did round off an amazing week for me. Back to back long distance endurance events on consecutive Sundays and I couldn't have hoped for a better outcome from two major iconic qualifying races".

Callaghan beat his friend and fellow team GB duathlete Chris McCormick in the London Ultra Duathlon in Richmond Park by 56 seconds, coming in [at 4hrs](#) 53mins, beating the 2015 winners time by some 3 minutes. Both of them are now set to compete in the ITU

World Long Distance Duathlon Championships in Switzerland in 2017.

Callaghan decided to take the summer off to train and compete in numerous endurance events - to celebrate his 50th birthday year - and raced London, Stockholm and Berlin marathons, the Pru Ride London 100mile bike ride, some [iron man](#) swims, ultra runs, various triathlons, cycled some Tour de France routes in the Alps, and disappeared for a month to Portugal and then Monte Carlo for warm weather training ahead of these two major events. "It seems to have worked out fine this season, and I'm grateful to the Crowborough Runners, and to Rebel Triathlon for the support and training." A well-earned rest over the winter is likely although he has just accepted a 5 year project overseas and so can embark upon some warm weather training in Dubai all year round.

Junior News

Kevin and Sharon report that Juniors is going well, with a Saturday squad of about 25 between the ages of 8 and 16.



Twins, James and Matt McCarthy (pictured above and below during the run), have just competed at the world Biathlon finals in Florida.

They finished 11th and 13th overall and collected a Bronze for team GB. McKinley is also running very well and recently ran the Tunbridge Wells 3 mile Park Run in 19.56 (not bad for a 13 year old).

He also competed at the national Biathlon championships and won his age group in the Brighton Triathlon.

Another budding young CR junior runner is Tegan who also competed at the National Biathlon Championships.

“Sharon and I are really enjoying coaching Saturday Juniors. They are a really good group of enthusiastic athletes” – all credit to you two, Sharon and Kevin. Thank you for giving your time at the weekends to run the Juniors and congratulations on getting such great results. Does anyone else fancy giving coaching a go? Contact Sharon or Kevin to find out how you could get involved.

Junior sessions are now held every Saturday morning at Goldsmiths, from 9.45 -10.45 am.



Sport Relief Mile

A big thanks to all the Crows who volunteered to help out on the

track for the Sport Relief mile earlier in March of this year:

“.....Thank you for the part you played in raising so much for Sport Relief – your contribution will help to transform lives both at home in the UK and across the world.

Thank you for your patience while we got the final numbers confirmed but I am now very pleased to confirm that the total amount raised by The Crowborough Mile is £791.53.

Thank you once again for your incredible support and please pass our thanks on to everyone else that helped stage the event.

We'll be back in touch in 2016 to tell you all about our plans for Sport Relief 2018 and hope you'll want to be involved again. “

Many thanks,

Sian Hill

On behalf of the Sport Relief Team

Red Nose Day is back on Friday 24th March 2017

To get involved go to

[www.rednoseday.com](http://www.rednoseday.com?utm_source=email&utm_medium=signature&utm_campaign=rnd17)<http://www.rednoseday.com/?utm_source=email&utm_medium=signature&utm_campaign=rnd17> and get your free

Fundraising Kit

From our Berlin correspondent

Audrey reports: “Berlin marathon was only 28.7km for me. I had made the decision beforehand to stop near home and not to run the whole course as I wasn't trained for it. I definitely think it was the right choice as even though I only run 28k (in 2h30min) I got a pain in the right knee since then. ☹ Nevertheless I ran a 10k last weekend, it's called the Great 10k, and goes through the Berlin zoo. I ran in 43:54. I had no expectations; it was enjoyable. I felt I should do more races. Tristan did his first race (800m only). He said: "when I was running, I felt like I'd never want to do it again but when it finished I really wanted to do another one!" Rings the bell anybody??!

So this weekend coming I'll run a cross country 10k and I'm trying to convince him to enter the kids race, although it's 1.8k, so he's feeling intimidated" *Good luck Tristan!*

Coming Up.....

London Marathon Places 2017

Important info from Swati:

As many of you know, the Club is allocated London marathon places. As per last year, the Club will only receive ONE place for the London marathon in 2017. I will be holding a draw for the London Marathon place we have on Saturday 4th December at the Club's Christmas party. I have set out below the eligibility criteria for the draw. **If you would like to enter the London Marathon draw, please ensure that you send me an email to swati.patel1@btinternet.com by no later than Friday 3rd December together with evidence of your failure to be allocated a place through the London Marathon ballot process.** Please note as per last year, I will not be drawing any reserves.

Eligibility Criteria:

- You must have been a full member of the club for at least one year prior to the draw
- You must have paid your club membership fee for the current club year, which started in May 2016. Please ensure that you have paid your fees
- You must provide evidence that you have entered the London Marathon ballot for 2017 and have not received a place. This can either take the form of an email from the London Marathon organisers saying that you have not received a place or a letter / front page of the rejection magazine showing that you have not received a place. Please ensure that you include this in your email. If you don't, your name will not be included in the draw.
- You must help out as the Club's 10K race on Sunday 27th November 2016. If you don't yet have a role (marshalling, handing out numbers etc.), please let either myself, Kevin or

Sam Fee know

-
If you have any questions on the above, please contact me via email.
Thanks, Swati.

MARSHALS REQUIRED PLEASE

**CROWBOROUGH RUNNERS CROSS COUNTRY RACE - SUNDAY
15th JANUARY 2017 - ASHDOWN FOREST**

**Hello ALL Crowborough Runners
Hot on the heels of the Crowborough 10k, we are asking for your
help please, to marshal at our x/c event, for a couple of hours of
free Ashdown Forest fresh air.**

Event starts at 10.30am with the Junior races and the adult race
starts at 11.00am - although we would like marshals to arrive by
9.30am or earlier if you are on car park duty please.

Could you please let me know asap if you are available to help.

Russell Taylor, rgt1@talk21.com, Tel no. 01892-663222

If you wish to run we would ask that you be available to help with car
park marshalling before the race and we will make sure you are
finished in time to register and warm up.

**This is an all members approach for help, so please can you let
me know if available asap. Also we would ask if you could donate
cakes, mince pies etc for runners and marshals alike.**

**Thank you
Crowborough Runners Cross Country Organising Team**

POPPY HALF MARATHON, 10km and 5km 2016, 12 November

POPPY HALF – Well done! Entries to date 53% women and 47% men

We have only 5 weeks to go before our main charity event of the year. It's really interesting how times have changed. At our first 5k some 15 years ago, 70 people turned up, 69 men and 1 woman. What a massive move, in the right direction I must say 53% women, 47% men registered so far.

Thank you to GMP Accountants who will be sponsoring our main Aid Station. Their staff will be helping to hand out food and water to all the runners. Yazoo milk drinks will once again be at the finish line handing out a range of their milk products. Try the chocolate its yummy!

We are very lucky, once again Hannah Bradbeer (from the X Factor) will be singing the National Anthem. This takes place just before the start of the Poppy Half Marathon.

Dean Baker is training hard to run the 13.2 miles in memory of his Grandad who fought in WW1. Tough guy Dean will be carrying a WW1 Army backpack weighing in at 50lbs. Anybody can join him, [Alan Bennett](#) has already signed up and I am very tempted myself. Raise or donate a minimum of £100 and receive FREE the Army Issue Back pack, Charity sports bag and charity Beanie, or simply support Dean in his efforts by [DONATING HERE](#)

Remember only 4 weeks of hard quality training and one week taper. Use this time to get in those last long runs, decent tempo work and quality intervals. Easy last week. At the end of it all this medal will be yours:



Lee Holdaway, Race Director

Teetotal member turns to the bottle to improve track session speed!

So it's Monday's track session and as a warm up, I ran out of Goldsmith's down Pilmer Road to the bottom and then back up the hill to warm up before we start.

Left my Highland Spring clear plastic water bottle on the concrete box at trackside, got back and took a swig before spitting it out again, "I know that's not water!"

James what do you think? - smells like Vodka!

Kevin what do you think? - smells like and tastes like neat Vodka!

And it was! I understand!

My lovely daughter Bryony had swapped the water for neat Vodka to take to VFest (music festival) to smuggle it in, then brought it back and left it in her bedroom, Elaine had tidied her room and left it on the kitchen surface along with the other water bottles, which I grab for track or dog walking sessions.

When I asked Bryony to tell me if you could taste any difference between the new water bottle and this one, she said "Oh! I wondered where that was."

And no it didn't make me go any faster.

Russell (trying to cope with our teenage daughter) Taylor.

Social diary

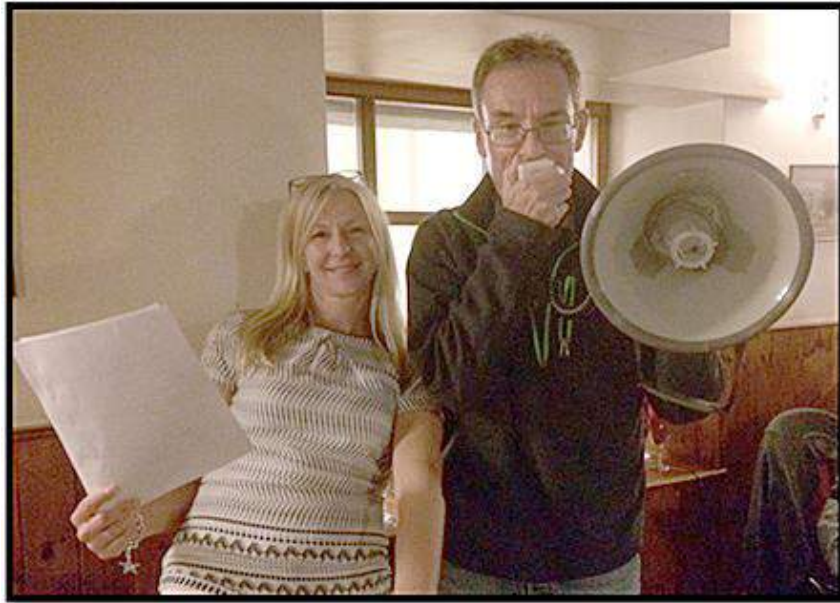
News from Sue, social sec:

Crowborough Runners Christmas dinner - Saturday 3rd December 2016, at the East Sussex National, near Uckfield - £44.50 per person, less a club subsidy of £15 for club members and £10 for non members, making this a fantastic evening for just **£29.50 or £34.50** for non member partners. The package includes: A glass of bubbly, three-course dinner with coffee, DJ and disco, crackers and novelties.

- click [here](#) for details.

Please let me know if you would like to attend - a £10 deposit is required per person please.

(if you have already let me know for sure you are attending no need to respond again). Thanks, Sue.



Spooky Quiz night success

Thanks to Sue and James and all the contestants for another fun night at the Plough and Horses. Obviously the best team won (again) ahem, due mainly to our outstanding knowledge of chocolate bars, food and drink but also helped by Swati and Liz's good geography. They were tough questions so well done everyone and better luck next year!



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**
- 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

For Sale:

Two pairs brand new Asics Running Shoes UK size 7.5.

£40.00 per pair. Wrong size bought!

8" Massage Roller - free to a good home.

Nick 07711619890 or nickapps@live.co.uk

Caption Comp

There seems to be a bit of a theme running through our caption pics this year...ie food/cakes? A particularly scary pic this month, in keeping with Halloween.....Captions to me please:
mary.nightingale@hotmail.com

