



The Crowborough Runner

January 2017



A happy new running year to you all, let's hope 2017 will be happy, healthy and full of running success. In this issue:

- A puntastic report from James on the Tadworth 10.
- PB's galore at Farnborough Half
- Club Championship results

Next issue end February. Send me all your news, results, and photos by 24th Feb please. Reach me at mary.nightingale@hotmail.com

Club Championship Results, 2016

Congratulations to all the category winners: Claire, Sue, Peri, Annie, Pete, Chris and Nick and the runners up, Eileen, Swati, Sharon, Ollie and John.

	CATEGORY	5K	10K	Half	TOTAL	Races run
Lotter Jess	FS	00:23:24		01:47:40		2
Lotter Georgia	FS	00:23:59	00:55:15			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
Welch Eileen	FV35	00:23:04	00:50:37	01:53:30	03:07:11	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
Boyett Laura	FV35	00:24:48	00:51:23			2
Black Lyndsey	FV35	00:27:29	01:00:27			2
Newman Sue	FV45	00:23:16	00:46:43	01:46:56	02:56:55	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	00:46:41	01:45:30	02:54:24	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
Watson Ann	FV55	00:31:27				1
Sidgwick Annie	FV65	00:30:58	01:05:36	02:37:04	04:13:38	3
Woodward Pete	MS	00:16:27	00:34:25	01:16:43	02:07:35	3
Welch Oliver	MS	00:19:26	00:42:12	01:36:35	02:38:13	3
Woolgar Jamie	MS	00:20:51	00:44:55	01:39:00	02:44:46	3
Stewart Dave	MS	00:24:42				1
Watson Iain	MS	00:26:09				1

Matthew McCarthy	MJ	00:18:35				1
James McCarthy	MJ	00:18:20				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	MV40			01:34:40		1
Battelli Andrea	MV40	00:18:45				1
Harvey Terry	MV40	00:24:13				1
Ashby Chris	MV50	00:22:39	00:45:52	01:45:11	02:53:42	3
Tighe John	MV50	00:23:29	00:47:51	01:47:40	02:59:00	3
Cutbill Ron	MV50	00:25:31	00:52:18	01:57:16	03:15:05	3
Battell Kevin	MV50	00:23:02	00:49:45	02:08:54	03:21:41	3
Stewart Alan	MV50	00:20:22	00:41:38			2
Welbury James	MV50	00:23:44		02:01:20		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
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

Cross Country Results

Ashdown Forest

Many thanks to Bryan, Roger, Russell, Elaine, the volunteer marshalls and everyone who helped set up, run and clear down our annual cross country event. Conditions were...well, lets just say 'challenging', but the hardy XC league runners are used to tough going at our event and this year was no exception. First in through the sloshy, icy mud was Ashley Humphries, with our Pete Woodward not far behind in 3rd place.

Winner of the U13 Juniors lap was Ziggy Henry of Hastings AC with Hector Ellis , Hailsham, coming first in the U17, 2 lap course. Crowborough Juniors, Jack Bailey and Toby Whitehorn, were 4th and 5th respectively.

The 5 mile adult race was won by Ashley Humphries (Eastbourne) in 29.59; 2nd was Gary Foster (Hastings AC) 30.24, 3rd was Crowborough Runner Pete Woodward in 30.30. First lady was Stacy Clusker (Hastings AC) 35.17, 2nd Alissa Ellis (Hailsham) 35.39, 3rd Claire Burnham (Hastings AC) 35.58. First Crowborough lady was Jess Lotter in 41.28.

This was the 4th of 6 races in the East Sussex Sunday Cross Country League and puts Crowborough Runners into 7th place out of 12 teams, with Lewes AC currently holding first team place. For more information see www.eastsussexcrosscountry.co.uk

Rod:



Peri:



3rd place winner Pete:



Paul:



ESSLXC NEW PLACE FARM 18 DEC 2016

It was a mild day but a little foggy. The course was relatively dry this year compared to previous years. The race was followed by MINCE PIES and BEER in the barn. MINCE PIES and BEER are always welcome at the end of race. We were 8th team out of 12 at the New Place Farm race . We are 6th team overall after three races.

POS	NO.	NAME	TIME	CAT	PTS
1	526	PETER WOODWARD	28-02.	SM	200
17	118	ROGER WATTS	31-33	M45	185
47	105	PAUL BAILEY	33-42	M40	159
80	85	ED McKINNEY	36-29	M45	132
106	627	VICKY WHITEHORN	38-14	F35	187
115	506	ILLEGIBLE	38-47	M45	109
117	106	KEVIN BATTELL	38-53	M50	108
118	81	PETER BURFOOT	38-57	M60	107
123	109	PERI CHEAL	39-16	F55	182
145	113	SUE NEWMAN	41-20	F45	174
156	115	ROGER STONE	42-55	M60	87
161	619	JAMES WELBURY	43-39	M55	82
169	83	ALBERT KEMP	44-57	M70	79
183	112	SARAH HILLIARD	49-24	F55	158
199	78	BONITA BACKHOUSE	68-48	F45	147

Peter 1st SM
 Albert 1st M70
 Roger W 3rd M45
 Peri 3rd F55
 Vicki 4th F35



A Tad hard, but worth it.....

Half a dozen Crows took on the tough Tadworth Ten at the start of their 2017 training and waited impatiently for the starters orders. Starting as the race does on the Epsom Downs race course, where the going was soft to good, and taking in two big hills in the challenging two lap course, Sue soon galloped off and gained a furlong over the other Crows trotting along behind. The runners climbed over 700 feet along the way on a gruelling part road, part race-course and part off road course. Conditions were good although in some parts slippery under-hoof, but nowhere near as bad as last year's driving wind, deep mud and rain.



Sue led the Crows home and was already in the race enclosure when the other Crows came in despite James trying to rein her in. Kevin and John limped home a wee bit lame due to calve issues (I didn't want to nag Kev about it but he did have a long face at the finish....) with Swati and Sharon having a solid canter. Dominique came to support but was a little horse at the end shouting at us on the way past as she did. No post race hay for the Crows, but some very large and fine hot pasties in their nose bags!

Times were as follows: Sue Newman, 1.24.46. James Welbury, 1.30.20. Kevin Battell, 1.36.95. Swati Patel, 1.36.38. John Tighe 1.41.27. Sharon Wheeler, 1.47.48

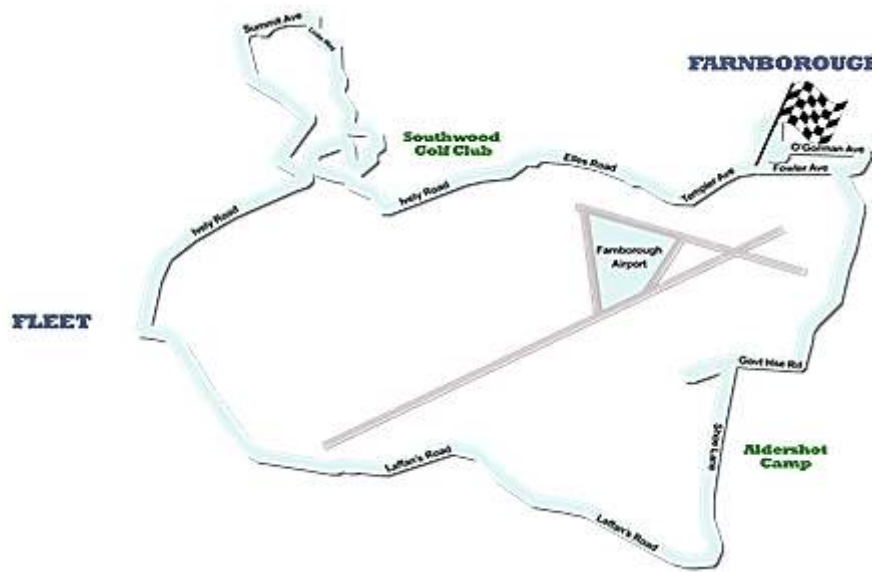


Flippin' freezing first Farnborough Half Marathon & 5K

Fourteen Crows got up at silly o'clock and had themselves a convoy heading to the inaugural Farnborough Half & 5K at just after 6 a.m. on Sunday 22nd Jan (yes, 6 a.m.) which Eileen really appreciated. The hardy Crows arrived next to Farnborough Airport in minus 4 with very white verges with even the chemicals in the portaloos being frozen solid. (Nice early morning aroma as a result with no flushing.....) Most couldn't feel their toes by the time we were on the start line!

They ran off with 2000 others on a small and then bigger loop with cobbled sections around Farnborough before heading past the airport then into some pleasant woods along stony trails. After some undulations the course looped down the frozen solid Farnborough canal on a narrow to path. Peter got barged out of the way by a rude runner along the Frozen path so I said "Let it go".....

We went along some pleasant woody lanes before heading up a nice wee hill at 12 then down past the end of Farnborough runway to the finish. Beautiful, crisp sunny, bright day and a well organised but slightly more twisty and undulating course than we had been expecting. Five PBs though! Dominique completed the 5K too and enjoyed the shorter distance.



Full results below, positions, gun time and chip time. Commiserations to Terry Harvey who puled out injured and to John who was resting his calf after an injury at Tadworth. PBS for Paul, Chris, Claire, Ollie, Eileen and Vicki. Dom thinks she did about 35 for the 5K.

125.	Paul Bailey.	1:31:10.	1:30:58.	Pb
134.	Oliver Welch.	1:31:33.	1:31:26.	Pb
262.	Chris Ashby.	1:39:24.	1:39:06.	Pb
330.	Claire Harvey.	1:41:25.	1:40:38.	Pb

456. Vicki Whitehorn. 1:45:09. 1:44:19. Pb
 557. Sue Newman. 1:48:12. 1:47:21
 661. Eileen Welch. 1:51:59. 1:51:10. Pb
 829. James Welbury. 1:57:18. 1:56:29
 830. Peter Maddison. 1:57:19. 1:56:30
 845. Ron Cutbill. 1:57:42. 1:56:52
 1020. Swati Patel. 2:02:34. 2:01:45
 1077. Kevin Battell. 2:05:34. 2:03:32
 1220. Sharon Wheeler. 2:11:49. 2:10:00

DNF Terry Harvey. Stopped due to injury.

Park Runs

TW 31 December

19	Jamie WOOLGAR	21:53	V M3 5-39	60.2 4 %	M	19	Crowborough Runners	PB stays at 00:20:51	58	
75	Roger STONE	26:13	V M6 0-64	61.7 3 %	M	69	Crowborough Runners	PB stays at 00:25:15	3	

1	James MCCARTHY	18:20	JM1 5-17	74.73 %	M	1	Crowborough Runners	New PB!	6	
20	Jamie WOOLGAR	21:22	VM3 5-39	61.70 %	M	20	Crowborough Runners	PB stays at 00:20:51	58	
71	Dave STEWART	24:42	VM4 0-44	55.26 %	M	65	Crowborough Runners	PB stays at 00:21:37	18	
92	Sue NEWMAN	25:59	VW4 5-49	63.76 %	F	8	Crowborough Runners	PB stays at 00:23:55	10	
32	Chris ASHBY	22:39	VM5 0-54	66.74 %	M	31	Crowborough Runners	First Timer!	1	
150	Swati PATEL	28:25	VW4 5-49	57.01 %	F	24	Crowborough Runners	PB stays at 00:26:47	7	
63	Vicki WHITEHORN	24:20	VW3 5-39	61.85 %	F	5	Crowborough Runners	PB stays at 00:24:17	13	

39	Peri CHEAL	23: 21	VW5 5-59	77. 52 %	F	2	Crowborough Runners	PB stays at 00:22:30	4	
217	Oliver ASHBY	31: 42	JM1 0	53. 68 %	M	16 3	Crowborough Runners	First Timer!	1	
218	Ann WATSON	31: 47	VW6 0-64	61. 93 %	F	55	Crowborough Runners	First Timer!	1	
114	John TIGHE	26: 50	VM5 0-54	55. 84 %	M	99	Crowborough Runners	PB stays at 00:23:37	34	
7	Andrea BATTELLI	19: 03	VM4 5-49	76. 20 %	M	7	Crowborough Runners	PB stays at 00:18:45	3	
16	Oliver WELCH	20: 37	SM3 0-34	63. 06 %	M	16	Crowborough Runners	PB stays at 00:20:34	4	
98	Iain WATSON	26: 09	SM3 0-34	50. 16 %	M	90	Crowborough Runners	First Timer!	1	
4	Matthew MCCARTH Y	18: 35	JM1 5-17	73. 72 %	M	4	Crowborough Runners	New PB!	5	
43	Kevin BATTELL	23: 36	VM5 0-54	64. 55 %	M	41	Crowborough Runners	PB stays at 00:21:21	18	
108	James WELBURY	26: 37	VM5 5-59	59. 24 %	M	96	Crowborough Runners	PB stays at 00:24:29	30	
130	Roger STONE	27: 29	VM6 0-64	58. 88 %	M	11 2	Crowborough Runners	PB stays at 00:25:15		

TW Park run results from Xmas eve. James and Matt McCarthy were 1st and 4th. Andrea was 7th overall. New member Chris Ashby's son also ran - 31.42 as did Vicki's, Toby Whitehorn in 24.48 so four juniors that I know of. First lady was Perry. Results from today's Tillgate Park run near Crawley also below (there were 517 runners there today and it was Dominique's first for a while). Eileen did a Park Run PB in Preston Park on Christmas day - yes, Christmas day!! 23:04 . Positions in race are on the left but the list doesn't come out in time order .

25	John TIGHE	25:09	VM5 0-54	59.58 %	M	103	Crowborough Runners	PB stays at 00:24:49	34	
84	Kevin BATTELL	23:43	VM5 0-54	64.23 %	M	72	Crowborough Runners	First Timer!	18	
153	James WELBURY	26:04	VM5 5-59	60.49 %	M	123	Crowborough Runners	PB stays at 00:25:43	30	
252	Sharon WHEELER	28:46	VW5 5-59	62.92 %	F	61	Crowborough Runners	First Timer!	1	
443	Dominique WELBURY	37:24	VW5 5-59	50.45 %	F	174	Crowborough Runners	First Timer!	15	

86	Eileen WELCH	23:04	VW3 5-39	65.90 %	F	13	Crowborough Runners	New PB!	
54	Georgia LOTTER	23:59	SW2 0-24	61.71 %	F	4		First Timer!	6

Rowing

Members of Crowborough Runners had a good day at the British Indoor Rowing Championships at the Lee Valley Velodrome on 10th December. Carol Woodward took gold in the W55 LWT and Mark Chapman bronze in the M55 LWT, narrowly squeezing out Rod Chinn for 4th.

Festive Season Runs

A big thank you to Ashley and Jolene (mostly Jolene!) For hosting the Christmas lights run on Wednesday 21st December and to Peri for hosting New Year's Day. Both cooked lovely treats, which were very much appreciated by all after our runs.



Saturday 3 June 2017: South Downs Way 100 mile Relay

This fantastic team event follows the South Downs Way from Beachy Head to just outside Winchester, and must be completed within 14 hours. A team comprises 6 runners plus at least one driver and captain/navigator and the runners each have 3, non consecutive, legs to complete, which totals around 15 - 18 miles each over the course of the day. They face 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. Last year we set off in the first wave of 17 teams at a hazy 6am from Beachy Head with the last runner arriving at the finish at 19.46, having run an average of 8.5 minute miles. This was 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'.

Here is Natalie handing the baton to Claire at the end of leg 15 last year:



So, do you fancy being part of this amazing event? Here is the deal:

- It's a very long day – we leave Goldsmiths around 4.30am for a 5.30 briefing and 6am start at Beachy Head. We usually don't get home until around midnight.
- It is mostly off road running on tracks and paths and is, in parts, very hilly! You need to be happy running off road and on hills, on your own.
- Each of your 3 allocated legs will need to be practiced in advance so you are confident you will know your way. The team organises practice days but you will need to put some time in yourself.
- It is a race, we are under a time constraint and must finish within 14 hours eg if we get a 6am start that means 8pm at Winchester. Last year we had 14 minutes to spare. Average pace needs to be about 8 – 8.5 minute miles over the course of the day.
- The cost to the club is £100 per team entry plus minibus (£135) and fuel. The charge to each runner is £30 with the club subsidising the difference.
- Your volunteer driver and navigator/captain will make sure you get to the start of each leg safely and in the comfort of your team minibus. You take your own food, drink, plasters and wet wipes!
- It is a great day, full of camaraderie, friendly competition between teams and ups and downs in every sense! The day finishes with a prize giving, food and liquid refreshment, in a sports ground outside Winchester.

Interested or not sure and would like more information? Contact Roger Stone or Mary Nightingale (**by 10 Feb latest**) and we'll tell you more. The club has been competing in this event for many years and we have even had some success in the past, so lots of good experience to pass on. For more info:

<http://www.southdownsrelay.co.uk>

<https://www.facebook.com/SouthDownsWayRelay/>

[Deadline: 10 Feb for expressions of interest from male and female runners, and anyone interested in driving the mini bus or being a reserve \(both great ways to find out more about the event for another year\)](#)

Email to mary.nightingale@hotmail.com, copying stone.roger@gmail.com

Track Project Update

Here is a link to an article in Crowborough Life about the track which sums up what the Council are promising to do: <http://crowboroughlife.com/running-track-netball-basketball-goldsmiths-crowborough-19728/>

In addition, the Council now has an advert tendering for the work at: <http://www.crowboroughtowncouncil.gov.uk/> (scroll down to bottom of H page)

We are waiting for a formal request for a Club contribution from the T Council

Coming Up.....

XCountry

Sunday 12th February - Heathfield Park

Sunday 12th March – Pett

Headcorn Half:

Anyone wanting a cheaper alternative to the Brighton half marathon on 26 Feb. might like to consider the Headcorn Half instead.

According to James it has quiet, flat, country lanes....

<http://runningandridding.co.uk/the-headcorn-half>

9 July, Hash

A friend of James is leading a Hash around Wadhurst in July and would like to invite the Crows. The last one was held on the Forest was great fun and all a bit of a laugh. It involves runners of all ages and speeds and you follow trails, false trails etc.

The date is 9th July and it will be held in Wadhurst. The Waddies have also been invited so will be a fun day out with our buddy running club.

If anyone would be interested please save the date - further details will be sent out in due course. However please see the [here](#) if you don't know what a Hash is/want more details.

Many thanks

Sue

Membership update from Ron:

Hi everyone,

I hope you have enjoyed your Christmas break possibly bringing more running opportunities.

Please be advised that Ann Watson and Deborah Dixon have now joined the club as a competitive member and Julie Harker as non-competitive.

Run Together website link

Our new Crowborough Runners "Run Together" web-site is <https://groups.runtogether.co.uk/CrowboroughRunners>

We have a web-site for the Monday Beginners now on the Run

England web-pages so anyone wishing to start can look at this site which will give information about the Beginners group and what sessions are on etc. .

Please share the link on Facebook.

Whatever next!

Nike has created a stadium in the Philippines where runners can track their run times and race against their avatars to win limited edition rewards. the Nike Unlimited Stadium—a collaboration between agency BBH Asia Pacific and Nike—was launched to celebrate the spirit of breaking limits, and to foster a space that inspires you to go beyond your best. With the use of RFID tagged to a runner's shoe (chip), the stadium automatically tracks the pace of a runner's initial round and creates an avatar of the runner along the walls of the stadium. With this visual representation of themselves, runners are encouraged to outrun themselves, with each successful round earning them rewards that are unavailable from stores. Users are also able to customize their avatars through a mobile app and receive a daily challenge which encourages runners to overcome themselves.

For Nike's plans to beat the Marathon World Record and to go below that magic two-hour time see: <http://www.runnersworld.com/marathon/nikes-audacious-plan-break-the-2-hour-marathon-barrier-in-2017>

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