



The Crowborough Runner

February 2017



In this issue:

- Club championship winners' presentation evening
- Peri 1st FV55 at Heathfield Park XC, hurrah!! (And Mother Mary makes a comeback with a PW!).

- Pete Woodward 12th in TW half; PB's for Ollie, Laura and Jamie. Well-done guys.
- 3 Marshals needed for SDWR 3 June, 7.30 -10.30am, Bo Peep car park.
- We need more coaches to help with training – interested? Scroll down to read how you can do your bit to help the club. Time to give something back.
- Calendar of SGP races 2017 – get them in your diary now! Eastbourne Half – this Sunday March 5th.

Next issue end March. Send me all your news, results, and photos by 28 March please. 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. Cups were presented at the Plough and Horses with a celebratory drink and buffet. Pictured below, Chris Ashby, MV50





Nick Apps, MV60



Claire Harvey, 1st Lady

Chichester 10k

Ollie, 40:00; Tim Newman, 42.58; Kevin, 48.53; Sue & Eileen, 49.08.

Heathfield X Country

Seven hardy Crowborough Runners braved the wintery weather for Heathfield Runners' cross-country race, the penultimate of the East Sussex league. The race was held in Heathfield Park, a privately owned estate, which is not normally open to the public but was kindly made available for this event by the owners. The 2 lap scenic course took runners through woodland, over streams and ditches and across hilly, muddy open parkland and was extra challenging in the cold and wet. Despite the conditions we scored some good results with

Roger Watts bringing the team in at 18th place overall in a time of 34.32 and Peri Cheal was first F55 in 41.56. The combined team results put the club in 6th team in the league, out of 12.

	ROGER WATTS	34.32	
	PERI CHEAL	41-56	
	IAIN WATSON	43-09	
	VICKY WHITEHORN	43-23	
	KEVIN BATTELL	45-20	
	MARY NIGHTINGALE	48-29	
	SARAH HILLIARD	56-43	



Tunbridge Wells Half Marathon



There were several personal bests for Crowborough Runners at the Tunbridge Wells half marathon on Sunday. Ollie Welch in 1.31.09, Jamie Woolgar in 1.39 and Laura Boyett in 1.55.10 who was running in support of Cancer Research. For Eileen Welch it was a race best, knocking 6 minutes off last years' time. The club was led by Pete Woodward who took 12th place in the event, followed by Roger Watts in 45th position. First club lady was Claire Harvey in 1.44 with her husband Terry competing at this distance for the first time, in 2.12.46. Also good to see John Tighe back from injury and Deborah running again.

Pete Woodward	1:17:03
Roger Watts	1:25:21
Ollie Welch	1:31:09
Jamie Woolgar	1:39:00
Chris Ashby	1:42:12

Claire Harvey	1:44:00
Nick Apps	1:51:26
Eileen Welch	1:52:15
Laura Boyett	1:55:10
John Tighe	2:02:34
Terry Harvey	2:12:46
Deborah Dixon	2:14:30

Headcorn Half Marathon

Some pictures from the very windy Headcorn half today, it wasn't quite as busy as Brighton but we all enjoyed it - Vicky

Vicki 1:45:29. James 1:54:44 Peter 1:55:43 (*hope you didn't get too cold waiting for the old 'uns to come in Vicki – ed*)



Club Championship and SGP 2017

We are off and running in the new Club Championship. This lasts throughout the calendar year of 2017. Remember that your best times for 5K, 10K and half-marathon are added together to give your total.

As you will have seen at the January awards ceremony, there are trophies for the best (lowest) total times – men's and women's overall + veterans in 10-year age categories.

Even if you will find it hard to win a trophy, competing in the championship gives you a great way of checking your improvements year by year (or for us old 'uns, trying to maintain our standards) as well as comparing yourselves with your friends and rivals.

I will be monitoring the SGP results and other results published in the newsletter. If you have times from other races that you want me to include, please send them to me, preferably with a link to the complete results. Chip times count where these are available.

Talking of the SGP, let me remind you of this year's calendar of races:

1	March	5th	Eastbourne Half
2	March	19th	Hastings Half
3	April	30th	Haywards Heath 10m

4	May	7th	Hastings 5 Mile
5	May	21st	Horsham 10k
6	May	28th	Rye 10m
7	June	4th	Worthing 10k
8	June	25th	Heathfield 10k
9	July	2nd	Bewl 15
10	July	12th	Phoenix 10k (Wednesday)
11	July	26th	Bexhill 5k (Wednesday)
12	August	27th	Will Page 10k, Newick
13	September	10th	Hellingly 10k
14	September	24th	Barns Green Half
15	October	1st	Lewes Downland 10 mile
16	October	29th	Hove Prom 10k
17	November	26th	Crowborough 10k

You can find more details of these races at

<http://www.sussexgrandprix.co.uk/>; Happy running, Roger S

Saturday 3 June 2017: South Downs Way 100 mile Relay

We have another strong team this year for the wonderful SDW Relay: Claire, Natalie, Dave, Paul, Ollie and Eileen, who is also going to be captain this year.

Sarah will be navigator and 2nd driver and Ron has kindly offered to drive again.

Request for Marshals:

The Club always marshalls the Bo Peep car park handover, which is at the end of leg 3, midway between Alfriston and Firle. This is an important role for the club as it helps secure our team place each year in the face of fierce competition from teams on the waiting list. We need 3 marshals to manage this handover point, from 7.30am until around 10.30am, on the morning of 3 June. You will be out in all weather, in your high viz gear, checking the runners in and out and generally making sure the handover runs smoothly. It's a good way to experience a little of the flavour of the event, without having to actually run it! Please contact Roger Stone if you are interested.

We need more Coaches:



Put something back into running and your chance to help the club: coaching.

The Club prides itself on having some experienced, accredited coaches but over the last few years some have moved on and are no longer at the Club. We now need more members to take coaching courses to continue to provide good training sessions. So, this is a call to you all to ask you to consider helping the club and its members both juniors and adults alike and to put something back into your sport. Don't forget, without the good will of volunteers like Kevin, Sid and Sharon amongst others there would be no training sessions!

I did my original coaching assistant course back in 2005 (formerly level 1) and then moved on to do the next level, Coaching (or formerly Level 2) course plus I took the Leadership in Running Fitness (LIRF) course to be able to run the Monday Beginners sessions. I found the courses very interesting, learnt alot about athletics and myself to boot and I now find the sessions rewarding when I see runners improve whether that be from scratch or to improve their PBs.

Having done my first half-marathon back in 1987 and my first London Marathon in 1989 (yes, Sue , the 1980s!!) and not really

having followed any real training plans or coaching sessions, I really started to appreciate Sid's sessions and other training but after being involved for such a long time in the sport I also wanted to give something back and coaching has really helped fulfill that goal. So, why not give it a try as you'll be surprised what you will learn and you will find the courses enjoyable.

We really need another Level 2 Coach and certainly one or two to do the LIRF course plus as many as possible to do the Assistant Coaching course. The next Assistant's course is on July 8th (in the South East), course code SC1095 and the next LIRF course is on 1st and 2nd April this year, code SC 1089. The Club will pay for your course and reasonable travelling expenses to get there so it will only cost you your time. Remember, you could be the next coach to identify a future Mo Farah or Paula Radcliffe!

For more details about coaching and the benefits of becoming a coach

see: <http://www.englandathletics.org/page.aspx?sitesectionid=449§ionTitle=Coaching>

<http://www.englandathletics.org/courses-and-bookings> (You will also need to be DRB checked - see: <http://www.englandathletics.org/athletics-clubs/i-help-to-run-a-club/welfare-everyones-responsibility/ensuring-everyones-safe>)

James

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 Town Council.

Coming Up.....

Hampshire Hoppit Trail half m and marathon

Basingstoke and Mid Hants AC are organising the Hampshire Hoppit trail marathon and trail half marathon on Sunday June 18th, 2017.

Pre-entry numbers are at 190 entrants as of yesterday (February 1st), and we are optimistic that we will reach the capacity of 900 before race day in June. Last years Hampshire Hoppit received some fabulous feedback on Runners World.

I suspect that our South Downs Relay community will find much to enjoy at the Hoppit. The scenery and terrain is very similar.... oh, and like SDR, there is beer at the end, although our beer is free for all finishers! You might wish to forward this email, or perhaps place a link on your club's Facebook page.

Full details including online entry is here... <http://hampshiretrailmarathon.co.uk/>

X Country

Last chance this season to run in the mud for your club:

Sunday 12th March – Pett

Lindfield Village Run, 29 May

See end of newsletter for details

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

Helen Burdon, Gordon and Marie from the Monday Group have signed up as non-competitive members.

CR Club Forum

Just a reminder about the club forum where you can find details of upcoming runs etc and other useful information. Access the forum via the [Crowborough Runners](#) site. Password goldsmith.

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.](#)

<https://iy154.infusionsoft.com/app/linkClick/31662/16df735204c596d0/912020/5991c1899036c2b8>

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
- Become a volunteer coach

Exciting news!

This month is the opening of booking for the 2017 Lindfield Village Run which takes place on Bank Holiday Monday 29th May, in Lindfield as usual.

[**Click Here To Secure Your Place!**](#)

We hope to see you in May, best regards

Ron & The Lindfield Village Run team

P.S. Please share the video or website page with your friends on social media to spread the word! Thank you.

P.P.S Prices are £4 for 5k run entry and £10 for 10k entry.