

# The Crowborough Runner



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March 2017

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In this issue:

- Elaine and Andy awarded Honorary memberships for service to the club. Read Elaine's memories of her running since 1984, the first in a new series of 'Golden Oldies'
- Juniors Toby and Jack win their age categories in X Country final
- Top 3 places for Roger Watts, Vicki and Peri
- We need more coaches – interested? Scroll down to read how you can do your bit to help the club. Time to give something back.

Next issue end April. Send me all your news, results, and photos by 27 April please. [mary.nightingale@hotmail.com](mailto:mary.nightingale@hotmail.com)

[Final race of the Cross Country league at Pett](#)

The final race of the East Sussex Sunday Cross-Country League took place at

Pett on Sunday 12th March hosted by Hastings Runners. It marked the end of another successful season with an average of 200 senior runners at each race and a record number of junior runners taking part.



The race over a varied 5 mile course across fields and through woodland was won by Kieron Booker of Hastings AC in 29:06 and the first lady home was Karen Murdoch, also from Hastings AC in 34:21. Crowborough Runners taking part were : 14th Roger Watts (32:16), 40th Paul Bailey (35:03), 99th Peri Cheal (39:49), 101st Vicki Whitehorn (39:58), 106th Jess Lotter (40:24), 145th Theo Stewart (44:23), 146th Mary Nightingale (44:28), 147th Roger Stone (44:36).

The combined Crowborough/Wadhurst team came 6th on the day, and sixth overall for the season. The team trophy was once again won by Lewes AC with Hastings AC second and Hailsham Harriers third. The top man for the season was Gary Foster of Hastings AC and the top lady Alissa Ellis of Hailsham Harriers.

With prizes being awarded in 5 yr age categories for seniors and for 4 different junior age groups, Crowborough Runners came away with a number of awards: Toby Whitehorn was 1st U15 boy and Jack Bailey 1st U17 boy; Roger Watts 2nd MV45; Vicki Whitehorn 3rd FV35; and Peri Cheal 3rd FV55."

## Lydd 20

Claire Harvey took 5 minutes off her previous 20 mile Personal Best at Lydd on Sunday, coming in at 2.44.58 after a fantastic run in warm, dry conditions.

Claire is preparing for Brighton Marathon and the South Downs Way 100 mile relay event.



### Falesia International 5k, Algarve



Sharon, Kev, Dom, James, Peter and Tanya spent a week training in the sunshine of the Algarve. Their training schedule for the week is included at the end of the newsletter. Whilst there they entered the Falesia 5k in which Tanya won her age category, Kevin was first in for the club, Dom knocked 2 minutes off her previous best for this course and James was overtaken by a beer bottle (see pic below) it is a three lap course with 260 ft of climbing:





Kev Battell, 22.59 (post hip op PB)! James W, 25.07. Tanya Edmondson, 26:22. (1st FV 65). Sharon Wheeler, 27.41. Dominique W, 34:23 (SB) Ray Edmondson, 34:23. 144 entries.



### Monday night runners, timed mile:

Matt M, 5.13, Ollie, 5.41, Chris A, 6.30. Steve, 6.35. Eileen, 6.51 Ashley, 7.03. Darren C, 7.11, Joe C, 7.20. Theo, 7.28. Sam B, 7.42 Bridget, 7.54. Lyndsay, 8.28. Carl W, 8.55, Sarah H, 8.59. Maggi B, 9.37 Adam, 9.53. Marie, 10.04. Helen HS, 10.13, Sue T, 10.30.

## Honorary Memberships:

### Elaine Taylor and Andy Parkin

In recognition of their significant personal contributions to the club, the Club Committee has offered Elaine and Andy Honorary Memberships from 1<sup>st</sup> April 2017.

Since being original members of Crowborough Athletic Club (Elaine from 1984, Andy 1988) they have been active members in club affairs, representing the club in races, supporting the Junior sections and in various events for the past 33 / 29 years.

#### **Just a few of my memories as a member since 1984, By Elaine:**

I would like to thank Crowborough Runners for giving me an Honorary Membership.



I was inspired to run originally by the Women's Own magazine which was encouraging women to get out and run. They were going to set up 10K runs all over the country and our nearest one was Horsham, later to be taken over by the Horsham Joggers as their 10K. They also had a contact system to put you in touch with other women in your area. I met up with 2 other people in Crowborough through this. Before that I already knew some of the Crowborough Members and once I felt happy running 2 miles I joined what was then Crowborough Athletic club. They met at the Aldervale Football clubhouse on Wednesday and Sunday to train together.

Some of the routes we would never do today because of the traffic and, once the club moved to the leisure centre, routes had to be adapted. However some of the circuits are very similar today, all but a bit longer. Wednesday was 5 or

6 miles in the winter and 7 or 8 in the summer. The Sunday runs were variable according to the marathon training.

I completed my first 10k in the June of 1984 in 65.31. I entered again in 85, 86, 87, 88, and 89, gradually improving and my PB for that course was 56.23.

The dream was to run the London Marathon but places were difficult to get and after 5

years of entering I was finally given a club place in 1989, which I did in 4.58.22. The thrill of crossing the finish and achieving the London Marathon, which finished then over Westminster Bridge, is a memory I will never forget. You always say never again but within a few weeks you are planning your next event.

I went on to do the London again in 1992, which was a PB of 4.49.24 and 2001 in 5.11.05.

My PB for 10K is Brighton 53.50, 10 Miles Worthing 1.32.50, Half Marathon Barns Green 2.01.52 and Marathon 4.49.24.

I also took part in the Seven Sisters Marathon 3 times, the last being in 1993 when I was then pregnant with Grant.

I took part in lots of other smaller events but did not compete much more until after having Bryony in 1999.

Russell had started running about 5 years after me and so, while the children were little, we would pack up the picnic to attend events taking it in turns to do the race.

In the early days of the club we would have to do social events to raise money for the club such as fancy dress disco's, quiz nights, BBQ . It was not until we put on the 10 k that funds were not such a problem.

I have always been involved with the running of the club in many ways, serving on the committee several times as an extra member and then as Chairman for several years. With the 10 K I have helped with whatever was needed, doing



the catering for 7 or 8 years with a great team of ladies and gentlemen, Starting the race and now in the last few years handing out the medals.

In the early days of the club we had a junior section, which I helped with but it was a drain on the club financially, as well as not having enough adults to help so it stopped. When the new junior section started I again helped and took my level 1 coaching. I now just do the cancellations as due to work commitments I can no longer attend the meetings.

When I first started running the club colour was a very light blue but this had to be changed after a while to the dark blue. I think clubs had to register their colours. Over the years we have gone through various outfits. I have only just reluctantly thrown away one of my first light blue sweat shirts and I have some treasured t shirts that are very old. At many races they started to give out mugs instead of medals, which we kept on a shelf for a while but when we moved they were put in a box. Not long ago I thought we ought to use them. Its only when my son said do you realise this mug is older than me! (He is nearly 23) that you wonder where the time has gone.

Due to injury I have not been able to run properly for the last two years and really miss the running but hope to do the odd event soon.

From a very small group of friends wanting to run the London Marathon, to today, the club continues to keep people running.

Elaine Taylor

*More 'Golden Oldies' memories from Andy Parkin in the April issue. If you have some old photos or tales of running in the olden days, please share them with the young'uns. Scan them and them on to me please – ed.*

### Save the date:

Another popular training session at the track with Nick Anderson on **Saturday, June 24th**. It will involve some practical training, training tips and a Q&A. Let James know if you would like to attend.

### 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?siteid=449&sectionTitle=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

[Support Your Crowborough Runners Club with donations by shopping online the “easyfundraising way”- shopping the feel good way](#)

Crowborough Runners have been listed since June 2014 on the “easyfundraising” web site. For those of you who are not familiar with this site, the idea is that by accessing your normal on line web site for buying goods and



services, via the Easy fundraising login page, a small commission on the order is paid to your chosen cause at no cost to you. So for example you decide you want to purchase from Amazon. You log into the easyfundraising site with your log in details(see below for how to do this) and having logged in, you then click on the Amazon Website logo and having reached the Amazon site you go ahead and order your goods in the normal way. Your good cause ( Crowborough Runners) receives a small donation ( eg 1% or a small lump sum) on the Amazon order via the Easy funding website.

It's easy to set yourself up on the website:-

Access <https://www.easyfundraising.org.uk>

1. Join: In box half way down the page search for Crowborough Runners and then fill in your details on the "create an account" page
2. Shop: everytime you shop do it the easyfundraising way via your browser and you can also download an App for your mobile or tablet.
3. Collect: Help your club when you checkout at no extra cost to you.

You can get alerts to special offers with retailers and also compare deals eg mobiles, insurance and raise donations that way too.

**How will the club use the donations? Some examples below:**

Track refurb project fundraising

Running Kit

Coaching for adult and junior members

Club events

**Appeal for help from your Club Treasurer, Sarah Hilliard!!**

I registered the Club in 2014 on the site when I received a new cause "welcome pack " but despite a similar article to the above in our newsletter in 2014 we have not made any fundraising progress by this means since then. It would be really helpful if a Club member would volunteer to help me with the task of taking a more proactive approach to our fundraising via this site. It wouldn't take much time and would really help the Club with its fundraising efforts. If you are interested in helping me to administer and/or promote this scheme in anyway, please contact me : [sjhilliard@yahoo.com](mailto:sjhilliard@yahoo.com) or phone/text me on 07867 318619. Thank you.

## 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/>.

Meeting next week with an update in April issue to follow.

Coming Up.....

## SGP Calendar, 2017

1	March	5th	<a href="#">Eastbourne Half</a>
2	March	19th	<a href="#">Hastings Half</a>
3	April	30th	<a href="#">Haywards Heath 10m</a>
4	May	7th	<a href="#">Hastings 5 Mile</a>
5	May	21st	<a href="#">Horsham 10k</a>
6	May	28th	<a href="#">Rye 10m</a>
7	June	4th	<a href="#">Worthing 10k</a>
8	June	25th	<a href="#">Heathfield 10k</a>
9	July	2nd	<a href="#">Bewl 15</a>
10	July	12th	<a href="#">Phoenix 10k (Wednesday)</a>
11	July	26th	<a href="#">Bexhill 5k (Wednesday)</a>
12	August	27th	<a href="#">Will Page 10k, Newick</a>

13	September	10th	<a href="#">Hellingly 10k</a>
14	September	24th	<a href="#">Barns Green Half</a>
15	October	1st	<a href="#">Lewes Downland 10 mile</a>
16	October	29th	<a href="#">Hove Prom 10k</a>
17	November	26th	<a href="#">Crowborough 10k</a>

You can find more details of these races at <http://www.sussexgrandprix.co.uk/>

Happy running, Roger S

- *and please don't forget to send your race results to Roger and to me please, along with photos and any other interesting detail about the event. Thanks, Ed.*

### [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/>

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

SAVE THE DATE:

## **CROWBOROUGH RUNNERS SUMMER PARTY**

**BARNSGATE MANOR THURSDAY 15<sup>TH</sup>  
JUNE 2017**

**ARRIVE 6.30PM FOR A 7PM START FOR  
AGM**

**BBQ FROM 8PM ONWARDS PAID FOR  
BY THE CLUB**

**BE THERE!**



## MEMBERSHIP SUBS ARE DUE IN APRIL

Dear members,

The new Club year starts on 1 April 2017 so your subscription fees for the new Club year are now due. As most of you will know, the Club's main source of revenue is from members' subscription fees and the money we make from the annual Crowborough 10K. From these sources of income, the Club pays:

(i) Club affiliation fees to England Athletics, which provides insurance for the Club's coaches, enables us to run Club Mark accredited junior and adult training sessions as well as giving us access to athletics training courses for coaches;

(ii) to train the Club's coaches and assistants to enable the Club to run a Monday beginners track section, the Tuesday track training session and Saturday juniors; and

(iii) for subsidised running events like the South Downs Relay, social events such as the Christmas party and awards evenings and training events such as a training session with coach Nick Anderson that James has organised previously.

Effective from April 1st 2017, club subscription fees have been set at £30 for adult members and £30 for juniors with a 10% discount for family membership. This single fee includes an individual affiliation fee which the club has to pass on to England Athletics. This individual affiliation entitles each club member to discounted race fees as well as discounts on training gear from New Balance. For more details on the benefits of affiliation, please click on the link below. This is in addition to the benefit of the training sessions and subsidised social events mentioned above. All in all, quite a lot for £30!

<http://www.englandathletics.org/england-athletics/athlete-registration#Benefits>

As the Club has introduced more training sessions in recent years (the Monday beginners section and the Saturday junior section for example), the Committee is no longer able to offer a two tier subscription fee and your membership fee will include the England Athletics affiliation fee as a result (unless you are a second claim member and are already affiliated).

You can pay your subscription fees by cheque made payable to "Crowborough Runners" and handed to Ron Cutbill or by bank transfer to the Club's bank account, details of which can be obtained from Sarah Hilliard. Please ensure

you have paid your subscription fees by no later than 30th April 2017. Thank you

Kind regards, the committee

### Membership update from Ron

Katie from the Monday Group has signed up as a non-competitive member and Ben Morris as a competitive member.

### 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](http://www.sussexgrandprix.co.uk) Most races can be entered via [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (small charge applies).

**East Sussex Cross Country** contact: Bryan Tapsell. Website at [www.eastsussexcrosscountry.co.uk](http://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

## SPRING TRAINING CAMPS – MARCH '17

DATE	MORNING	AFTERNOON	AFTERNOON	EVENING
Thur 9 Mar	Arrivals	Arrivals	4.30pm Meet at front of Alfa Mar for the first steady run	
Fri 10 Mar	8am Steady run	3pm – drills and stride session – cross country course	4pm: After the warm up split into groups for speed work - Tempo running on Cross Country course or track, steady run.	6.30pm Training talk by Mike Gratton – ‘Getting back to Fitness’. Alfa Mar  Pizza night get together in Falesia Pizzeria – we’ll pay for the pizza you pay for drinks and anything else consumed.
Sat 11 Mar	8am Steady run 10am Individual time with coaches by the pool to look at schedules	3pm Core Stability session with Jenny by the pool	4pm: Speed endurance work - Tempo running on Cross Country course or track, steady run.	6.30 Training talk by Nick Anderson.
Sun 12 Mar	7.30am Long Runs	Rest		6pm Nick Anderson interviews Jenny Spink on how she has moved on into International performances. Alfamar
Mon 13 Mar	8am Steady run 10am Individual time with coaches By the pool	3pm Pilates session with Michelle by the pool.	4pm: Time based Tempo running on Cross County course.	6.30pm: Training talk by Tom Craggs – a holistic approach to fitness. Alfamar
Tue 14 Mar	10am Falesia 5km Race – entry fee 5€	3pm Yoga session with Sue by the pool	4pm: Steady run from Alfa Mar	6.30pm: Training talk by Bruce Tulloh. Alfa Mar
Wed 15 Mar	8am Medium long runs 6 to 12 miles 11am Individual Time with coaches	3pm Core Stability session with Jenny by the pool	4pm Tempo and mixed relays – cross country course	7pm BBQ night – meet in Flor de Mar restaurant at Falesia.
Thu 16 Mar	8am Steady run	Airport transfers for arrivals & departures	4.00pm Meet at the front of Alfa Mar for a steady run	Free time
Fri 17 Mar	8am Steady run	3pm Yoga Session with Sue	4pm Tempo Running on Cross Country course	7pm Pizza night get together in Falesia Pizzeria – we’ll pay for the pizza you pay for drinks and anything else consumed.
Sat 18 Mar	7.30am Long Runs			7pm – social get together in a restaurant at Falesia.
Sun 19 Mar	8am Steady Runs 10am Individual time with coaches	3pm Core Stability session with Jenny. Transfer to airport for 10 night clients	Meet at track side - Dynamic warm up. Group speed sessions	7pm – Injuries and prevention by Richard. Alfa Mar