



The Crowborough Runner

April 2017



In this issue:

- All the latest [Race Results](#); Andrea first CR at London Marathon and Ollie takes 2nd place in TW Park Run; lots of pb's at Paddock Wood
- Our juniors also do well at TW Park run; Jack Bailey and Toby Whitehorn came 1st and 2nd in JM 15-17 category
- New "[Noticeboard](#)" feature – check here to find out what's going on each month
- [Golden Oldies](#): honorary club member Andy Parkin writes about his running life, going back to the 1960's when he was a regular 5 minute miler. (Eat your heart out Ollie!!)
- [Track update](#): Work due to start beginning June! Hurrah! And thank you James.

Next issue end May. Send me all your news, results, and photos by 26 May please. mary.nightingale@hotmail.com

RACE RESULTS

Marathons

London:

Congratulations to this years' marathon runners:

Andrea Battell, 3.05.19. Pete Woodward, 3.07.23. Jamie Woolgar, 3.56.57. Louise Ellis 5.19.16 . Great times, well done! See Lou's report below:

"Sunday was due to be my fourth and final marathon, and from the minute I set off from Blackheath I loved every single minute of the 26.2 mile run. The crowd was phenomenal, and it felt as though I had my best friends cheering me on every single step of the way. I ran with my lovely friend Gina who made the race even more special for me, completing it together in just over 5 hours. It was fitting I ran for Sands (Stillbirth and Neonatal Death Charity) in memory of our baby daughter Joanna, who would have turned 21 exactly one month after I ran the Virgin Money London Marathon. I am very grateful to so many people who have supported me so far and I am proud to have raised over

£2800 for Joanna and a charity that has supported me greatly over the years. Needless to say, I would love to run another marathon, preferably London! “

<https://www.justgiving.com/fundraising/Louise-Ellis11>

Paris:

Tanya did Paris in 4:26.49, on a very hot day. Well done Tanya, you are amazing!

Paddock Wood Half



Crowborough Runners made the most of the glorious spring weather at Paddock Wood with 8 of their 14 strong team producing personal bests for the half marathon distance. Ollie Welch led them in with a pb of 1.27.41 whilst Vicki Whitehorn was first team lady at 1.43, also a pb.

Men: Ollie Welch, 1.27.41pb; Jamie Woolgar, 1.35.13pb; Chris Ashby, 1.39.11pb; Tim Newman. 1.43.48pb; Kevin "hip op PB" Battell, 1.50.22; Iain Watson, 1.50.34.pb; James Welbury, 1.56.29;

Alex Cole 1.59.36; Terry Harvey, 2.09.55 pb.

Ladies: Vicky Whitehorn, 1.43.00pb; Eileen Welch, 1.47.18pb; Sue Newman. 1.51.51; Swati Patel.2.00.36; Sharon Wheeler. 2.01.18; Tanya Edmondson, 2.01.20.

Park Runs



Tunbridge Wells 8 April:

Steve Bolton 21.15, 19th position overall, 25th race

Mary Nightingale 26.28, 10th female, 1st FV 55 -59

Deborah Dixon 30.07, 26th female

Tunbridge Wells 22 April:

Crowborough runners turned out in force for the 3rd anniversary of the Dunorlan Park Run.



With a record turnout of 289 runners, of all ages and abilities, conditions were ideal for some good times and the Crowborough club runners,

both adults and juniors, brought in an impressive number of 1st in age placings and personal bests, whilst Ollie Welch took 2nd place overall in a PB time of 19.05. 1st in age categories went to Ollie Welch (30-44); Paul Bailey (40-44); Chris Ashby (50-54); Jack Bailey (JM 15-17); Mary Nightingale (FV 55-59). Toby Whitehorn took 2nd place JM 15-17 with a PB of 22.11 whilst club juniors Oliver Ashby, Teddy Harvey and Amy Whitehorn all produced PB's.



Ollie Welch	2nd	19.05	1st 30 -34	PB
Paul Bailey	11th	20.25	1st 40 -44	PB
Chris Ashby	18th	21.21	1st 50 -54	PB
Jack Bailey	31st	22.02	1st JM 15-17	
Toby Whitehorn		22.11	2nd JM 15-17	PB
Iain Watson		23.07		PB
Eileen Welch		23.41	3rd FV40 -44	6th woman
Vicki Whitehorn		24.23	2nd FV35-39	10th woman
Mary Nightingale		25.07	1st FV55-59	
James Welbury		25.32		
John Tighe		26.16		
Oliver Ashby		27.18	PB	JM 10
Teddy Harvey		31.16	PB	
Claire Harvey		31.21		
Amy Whitehorn		35.37	PB	JW 11-14
Dominique Welbury		35.55	2nd FV 60-64	

Bordeaux Demi

Probably had a bit too many tipples trying out the various clarets to do a great time but went to enjoy the sights anyway as there were 10,000 in the half 3000 in the mara and 2000 in the mara relay. The start was very tight and it took me over 8 minutes to get over the start line in front of the Grand Place de la Bourse by the Garonne. Took until 12k for the course to be clear enough to get going! By half way it was dark as we started at 8 p.m. with one loop going over the Grand Pont to the south of the river then over the decorative Pont de Pierre back into the old town for a loop, then a final loop like the first one. Got to see all the sights of Bordeaux and the whole city turned out for a big party with a great atmosphere. Had to take care running along tram lines with cobbles and raised lights on the ground too. Hence nearly deux heures.

James



NOTICE BOARD

Help marshalling for South Downs Way Relay

If anyone is willing to help Peri and I marshal at Bo Peep early on Saturday 3rd June, could you please let me know (stone.roger@gmail.com)

A good chance to cheer our team on as they come through and interesting to watch the other teams as well. Thanks, Roger

Track Project Update

Work is due to start on the new track in June this year. It will be a three lane, proper IAAF approved, polymeric surface of 3 lanes x 400 m. Amazing! Who thought this would never happen?! Thank you and well done James who has led this project and stuck with it despite numerous setbacks and over many years.

Nick Anderson Training Session 24 June

Let James know asap if you wish to attend this popular, club funded, training session at the track. Meet 9.45 for a 10 start. James needs to know numbers in case of bad weather in which case a room will be available in the Leisure Centre.

The session will involve warm up drill reminders, running technique, how to run at threshold to improve your speed and times and a Q&A.

We may have to work around the track area or on the fields if the new track is not finished.

CORE training session 18 May

Sue and James will be running a CORE session for runners at the St. Johns Church Hall, St Johns road, on May 18th (Thurs) 7.30 to 8.30. Again I need to know who would like to come as the hall is limited in size and we could take up to 20

Whenever the topic of [strength training](#) and running comes up, most runners tend to respond with, “Wait, I’m supposed to do something other than running?” Supplementing running with strengthening exercises will not only aid in injury prevention but will make you a stronger, faster, and more efficient runner. But runners need a different strength-training program than your standard gym rat. Instead of pushing weight away from the body with bicep curls, leg extensions, and bench presses, runners should focus on targeting the key muscles that will keep them balanced.

Sue and I will go through some key CORE exercises with those who attend.

GOLDEN OLDIES

Andy Parkin: Thoughts on a running obsession!

Mary kindly asked me to jot down a few thoughts about my time with Crowborough Runners and running career.

Well it's been a long time obsession, which started on reading the Eagle comic when I was about 10 years old, in the late 1950's. There was an article about running which caught my interest. As a result I remember organising a road race between my friends' houses.

Onto secondary school – no good at rugby, but on wet afternoons we went on an unsupervised road run (wouldn't happen now) and I found I was good at this sport.

First race for the school was against 3 other schools on our cross country course which ran through Whiteknight's Park, the Reading University site. In those days (mid 1960's) the site was very undeveloped and almost all wild parkland. I came 31st out of 32 having suffered an asthma attack as a result of my mother feeding me a large beef stew for lunch, thinking it would help the running!



Winchester 10 mile road race, 1992

Running improved throughout the rest of school and I ended running in the 1967 and 1968 Berkshire Schools Cross Country team in the English Schools Cross Country in Sheffield and Stoke. Great experiences. In 1967 I joined Reading AC at a time when they had quite a few international runners amongst their number. I started to run in the big Cross Country Events like the Southern at Parliament Hill in London (the course in those days was a real quagmire!) and lots of road relays including a 10 man event run overnight from Cardiff to Caernarvon.

Off to Exeter University in 1968. Running took on a new intensity. This was the era of 100 mile training weeks. I once clocked up over 1000 miles in a 10 week period, which included racing sometimes twice a week. Running for Reading AC, and I remember we came second in the Southern Road Relay on Wimbledon Common (12 man relay, alternative long and short legs). I ran a short leg of about 3 miles in around 15 minutes

In 1973 marriage, and settled in a new home near Southampton, in Fair Oak. I joined Southampton and Eastleigh AC. Managed a PB of 51minutes 20 seconds for Worthing 10 miler in 1975 and still only came about 20th in the race. I was a member for about 3 years before joining Winchester AC and I belonged to them up until 1985, We moved to Crowborough in 1986, and joined Crowborough AC (as it was then) in 1987.

Thoughts on the period since I have been a member:

- A really friendly Club. I recall going to my first training session, and being welcomed so effusively by Club Captain John Chatfield
- Long Wednesday night training sessions over Ashdown Forest and road runs out towards Rotherfield

- Sussex Sunday Cross Country League races in various locations – e.g freezing conditions at Whitbread Hollow with amazing headwinds along the coast
- Running twice in the South Downs 80 miler ultra, being inspired by Dave Crosby. Best time – just under 15 hours.
- Being part of the Club team entered in the Southern Cross Country at Leigh Park Havant
- Period as Cross Country Manager and some very amusing Sunday Cross Country League committee meetings, with a certain gentleman from Hailsham.
- Traveling to Newark (there and back in the day) for the National Cross Country on the Newark Show ground
- South Downs relay team – great camaraderie and some really hard hilly relay legs (see vintage pic below)



South Downs Relay; from l to r:
Sid Smith, Richard Dunn timing; Dave Syms, Andy Parkin, Chris Kirby, Dave Crosby, Ian Coates.

- The Sussex Grand Prix road races – great to be running with so many Club members in these races
- Various Seven Sisters Marathons
- Training on the cinder track at Goldsmiths, running mile intervals
- Hardly racing at all in the period 1997 to 2006 because of work commitments
- Really enjoying getting stuck into running again when I gave up work in 2007. Gradually building up to my last marathon Beachy Head in 2012 and receiving so much support from Crowborough Runners by way of sponsorship.
- Helping Mary Nightingale with the Juniors from 2007 and being part of such a great coaching team



South Downs Relay, Dave Syms passes the baton to Andy; Alan Rutherford is timing

- Although not a usual race for the Club to do, running the Swanage 12 (later Swanage $\frac{1}{2}$ marathon) in various years all the way from 1975 to 2012. One of the last road races to still use main A roads (the last 5 miles was on the 'A' road from Corfe Castle into

Swanage). Its last running was 2012, when it was decided that it was too dangerous to continue.

- Period as Club Secretary, and being part of such a supportive Committee.
- Efforts to gain funding for the track renovation.
- The frustration of back problems in 2013/14 and the end of my running in 2015 after an operation for a slipped disc

Training tip - don't forget the quality speedwork. Thinking back to my best years, far too much time was spent clocking up miles rather than thinking about a mix of tempo, speed work and long runs.

I feel very fortunate to have been able to compete in such a variety of races over a 50 year period and seeing running changing, from a minority sport in the 1950's and 1960's to the present day where it is such a popular mass participation sport for all. Long may it continue!

I am really honoured to be awarded honorary membership and my only regret is that I couldn't have continued to run for an even longer period. Best wishes to the Crows and all success for the future
Andy Parkin

COMING UP.....

Sussex Grand Prix Races, 2017

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

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

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 [here](#) if you don't know what a Hash is/want more details.

Many thanks, Sue

Rother Valley 10k, 17 September

We are setting up a new 10k run on 17th September, following a linear route from Northiam steam railway station to Bodiam Castle, which we think is a bit different! I would be very grateful if you could share

information with your members – and anyone else you feel might be interested!

Our website is rothervalley10k.co.uk which should hold all the information, or you can contact our Race Director, Simon Merrick, on [07976 254247](tel:07976254247).

On some devices the website is a bit slow to load, but we are working on it! I hope we can tempt you to join us

Best wishes

Karen Ayling, Rother Valley 10k
Northiam Bonfire Society

Take a look at our website rothervalley10k.co.uk
<https://www.facebook.com/Rother-Valley-10k-1200956793351780/>

Pub & Grub Runs

The last Wednesday of each of the following months:
(although September's, might need to be pulled forward for failing light reasons.)

May 31th - The Junction, Groombridge - For ease the reverse of last year's route. (Will be marked)

June 28th - The Junction, Groombridge - New route

July 19th - As last Wednesday is July 26th and Bexhill 5k - TBA

August 30th - TBA

September 27th - TBA

Please check your emails as final instructions, timings, food arrangements etc will be advised nearer the time.

Regards, Russell
rgt1@talk21.com

Membership update from Ron

We welcome lots of new members this month: Helen Burdon, Gordon and Marie from the Monday Group have signed up as non-competitive members. Also: Katie Byrom; Bridget Ralph; Yulia Francis; Bernie O' Connor; Steve, Marie and Sam Bolton.

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.

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

COMING SOON.....

Excerpts from “Free and Easy”, the newsletter of Crowborough Athletic Club, dating back to 1982:

