



The Crowborough Runner

September 2017



In this issue:

- Official track opening
- Club Handicap results
- Pb's at Barnes Green half
- Volunteers needed for Club 10k, 3 December

Next issue **31 October**. Send me all your news, results and photos
26th of October please. mary.nightingale@hotmail.com

Club Handicap Race 2017

Congratulations Hayley and Kevin



| First Name | Last Name | Finish Time | Position | Race Time |
|------------|------------|-------------|----------|-----------|
| Hayley | Pake | 00:49:34 | 1 | 00:47:21 |
| Sally | McCleverty | 00:51:47 | 2 | 00:38:21 |
| Sarah | Hilliard | 00:54:07 | 3 | 00:44:25 |
| Maggie | Bradgate | 00:55:04 | 4 | 00:47:28 |
| Swati | Patel | 00:55:33 | 5 | 00:42:50 |
| Yulia | Francis | 00:56:03 | 6 | 00:45:01 |
| Kevin | Battell | 00:52:05 | 1 | 00:33:30 |
| Jamie | Woolgar | 00:52:40 | 2 | 00:31:29 |
| Chris | Ashby | 00:52:41 | 3 | 00:32:11 |
| Ollie | Welch | 00:53:12 | 4 | 00:29:51 |
| Ollie | Ashby | 00:56:11 | 5 | 00:39:53 |
| Alex | Cole | 00:56:30 | 6 | 00:36:39 |

Track times

Juniors 800 m:

| First Name | Name | Time | |
|------------|-----------|----------|--------|
| Sam | Alker | 00:03:01 | 1st |
| | Alexandre | | |
| Liam | Pye | 00:03:04 | 2nd |
| Jack | Adams | 00:03:05 | Jt 3rd |
| Jacob | Smith | 00:03:05 | Jt 3rd |
| Jonah | Alker | 00:03:17 | |

| | | |
|-----------|---------|----------|
| Ben | Gustell | 00:03:20 |
| Ella | Bailey | 00:03:25 |
| Jacob | bains | 00:03:42 |
| Marco | | 00:03:56 |
| Jack | Spence | 00:04:00 |
| chloe | Bains | 00:04:11 |
| Heidi | Smith | 00:04:22 |
| Daniel | | 00:04:24 |
| Reuben | Bains | 00:04:38 |
| Ivy | Spence | 00:05:11 |
| Elizabeth | Stewars | 00:05:21 |
| Megan | Smith | 00:05:37 |

1600m:

| Name | First Name | Time | |
|-----------|------------|----------|-----|
| McCarthy | James | 00:05:16 | 1st |
| Bailey | Jack | 00:05:58 | 2nd |
| Battell | Kevin | 00:06:30 | 3rd |
| | Tegan | 00:06:39 | |
| Alker | Sam | 00:07:04 | |
| Whitehorn | Vicki | 00:07:06 | |
| | Luca | 00:07:29 | |
| | Stuart | 00:07:49 | |
| Alker | Joanna | 00:08:45 | |

East Grinstead 10k

Six Crowborough runners lined up with a field of 326 on a bright Sunday morning for the 8th Andy Ripley Memorial 10k race at East Grinstead. The race is a flat, multi-terrain course taking in 7k of the Worth Way before looping back towards Imberhorn school and the finish.

In a great result two of the Crows took home silverware with four Pbs to

add to the haul.

Paul Bailey led the Crow's in with a time of 41.17 pb (17th) followed by Anna Tolmachova, 42.25 pb (23rd) and picking up the trophy for second lady overall. Chris Ashby, 44.11 (33rd) just pipped Jack Bailey to the post, 44.34 pb (40th) Jack picked up the trophy for 1st male junior in only his second race at this distance. Bryan Tapsell came in 48.02 (67th) followed by Bridget Ralph 53.15 pb (128th) a fantastic result for her first ever 10 K!



Barnes Green Half Marathon

On Sunday 24th September and with unseasonably warm temperatures, six Crowborough Runners participated in the 35th Barnes Green half marathon, and three of the club's runners took part in the 10k. The two undulating races are set in the beautiful west Sussex countryside, passing through the historic Christ's Hospital School. A jazz band played at both the start and finish of the scenic routes and several other bands lined the course, as well as lots of locals and spectators lifting the spirits of the runners. First in for the club for the half marathon was Ollie Welch, 1:29:39, then Claire Harvey, 1:48:12, closely followed by Eileen Welch, 1:56:50 and Louise Ellis, 1:57:43 (PB). Becky Pettitt, 2:26:14 and Maggi Bradgate, 2:26:16 crossed the finish line within seconds of each other. The 10K: results saw Joe Harvey crossing the line in 45:42, followed by Terry Harvey, 49:56 (PB) and Vicki Whitehorn 53:35.

Track Opening

After years of campaigning and fundraising Crowborough's new running track was officially opened this month by stars of track and field. The facility was given the seal of approval by former Paralympic 800m champion Danny Crates and British shot putter Vanessa Wallace.

Our thanks again to James for his determination and never giving up on his mission to replace the ancient, soggy, uneven and unfit for purpose cinder surface. Thanks also to everyone who helped at the opening event, which seems to have been a great success.



Update from Tanya Edmondson

I have taken a year out from running the Grand Prix as I have had an Achilles injury, which is just taking forever to repair. After 5 months I can now run short distance twice a week so hopefully will be back for cross country. I have been competing in triathlons, as the most I need to run is 6m for an Olympic distance. I have had a successful year with two more races planned, one in Holland next week and the other in Hever at the end of September.

SGP races remaining this year:

| | | | |
|----|----------|------|---------------------------------|
| 16 | October | 29th | Hove Prom 10k |
| 17 | December | 3rd | Crowborough 10k |

Hello everyone,

It's that time of year when planning for the 10k ramps up another notch and with that comes my plea for marshalling help. The race is on Sunday 3rd December and I would really appreciate it if you can spare the morning on that day to help with marshalling at various points along the route.

So get your best "cheering on" voices ready and please email me to let me know you can help. You will need to be at beacon school at 8.30 in time for marshals briefing and then to get out to your designated point. Usually all finished by midday - free cuppa for those helping too!

Many thanks

Sam <mailto:sammyfee@btinternet.com>

[Christmas Party Survey – last chance!](#)

Alex says: we have had some good responses and if anyone else wants to have their say, then the survey will close on **October 15th** with a view to have some sort of idea of location and date by end of October.

[Membership update from Ron](#)

We welcome the following new or renewed members this month:

Kate Ashwell - kateashwell@me.com

Sam Fee – sammyfee@btinternet.com

Alexa Irving – alexatagg4@gmail.com

Rebecca Pettitt – beckypettitt@btinternet.com

Claire - clairebiddle@me.com

Ian – ianbiddle1@sky.com

Milosz (milosz.piasta@gmail.com)

Rebecca Ellefsen (beckyellefsen@yahoo.co.uk)

Suzanne McIntosh (suzanne.mcintosh@outlook.com)

Gary Callaghan

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. (**Note: all lower case**)

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 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!

Thursday evening new club run: Around 1 hour, leaving 7.30pm, varied routes publicised in advance to anyone who signs up as interested. Contact Eileen and Ollie Welch for more info.

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)

Here's a very strange pic taken on a Sunday morning run.....



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 Managers | Eileen & Ollie | Welch |
| 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

Caption Comp

Last month:



No mention of cho**ers

Club's new Sunday water support transport seems to be a big hit!



Caption suggestions to the editor please.

[Next month:](#)

Results for Lewes 10m, Tonbridge half, Hove Prom 10k

Christmas party update