



The Crowborough Runner

October 2017



Yes, it's back, yes the start of the new Cross Country season with a record, 24 runner, turn out at Snape Wood. And we took 1st place!

In this issue:

- Club championship and SGP race results and important changes to the Sussex Grand prix for 2018
- Ollie takes 4th place at Tonbridge 10k and too many pbs this month to mention!
- London marathon draw details
- Nutrition advice; 25 November, after yoga session

Next issue end November. Send me all your news, results, and photos by Tuesday 28th please. mary.nightingale@hotmail.com

RACE RESULTS

ESSLXC SNAPE WOOD, WADHURST, 15 OCT 2017

The combined Crows and Waddies Cross country team made a fine turn out at the debut race of the season, held at Snape Wood. There were 275 finishers in total, with our Pete Woodward taking 4th place in 31.08 with Roger Watts and Ollie Welch hard on his heels. Anna Tolmachova was first lady in for the club (39.14) followed by Eileen Welch and Claire Harvey. Youngsters Matt McCarthy and Joe Harvey also produced great times of 36.23 and 37.21 respectively. Well done to everyone; your contribution helped the team take first place out of 12 teams.



There are 6 races in total, the next one being on November 12th at Warren Hill. If you are interested, haven't yet signed up and want to find out more, contact Bryan Tapsell. bryantapsell@outlook.com



POS	NO	NAME	TIME	CLUB	PTS
3	415	SCOTT RICHARDSON	30-48	WAD	198
4	122	PETER WOODWARD	31-08	CROW	197
8	42	JAMES CLARKE	32-12	WAD	193
15	458	STEPHEN HUDSON	33-55	WAD	186
19	115	ROGER WATTS	34-18	CROW	182
24	119	OLLIE WELCH	35-05	CROW	177
25	495	ALAN BUCKLE	35-07	WAD	176
27	414	EWAN ROSS	35-14	WAD	174
30	483	KEVIN PEREZ	35-43	WAD	171
31	94	PAUL BAILEY	35-44	CROW	170
38	49	MICHAEL PAIN	36-08	WAD	163
42	474	MATTHEW MCCARTHY	36-23	CROW	160
59	105	JOE HARVEY	37-21	CROW	148
64	484	MATT GREEN	37-29	WAD	145
65	496	ALI FARRELL	37-30	WAD	196
68	373	JON JAMES	37-44	CROW	142
70	43	TIM CLEMENTS	37-48	WAD	141
87	97	STEVE BOLTON	38-44	CROW	128
89	434	LAURA DOUSE	38-50	WAD	190
93	113	ANNA TOLMACHOVA	39-14	CROW	189

107	95	KEVIN BATTELL	40-05	CROW	114
119	98	ASHLEY BOX	41-25	CROW	107
124	114	IAIN WATSON	41-42	CROW	103
127	480	HANNAH DAVIES	42-08	WAD	180
130	112	BRYAN TAPSELL	42-10	CROW	99
136	481	CHRIS JAQUES	42-42	WAD	95
139	116	EILEEN WELCH	42-48	CROW	177
142	104	CLAIRE HARVEY	43-11	CROW	174
143	121	VICKI WHITEHORN	43-14	CROW	173
147	109	MILOSZ PIASTA	43-34	CROW	90
160	100	ALEX COLE	44-32	CROW	83
167	445	JENNY DAVIDSON	44-53	WAD	165
174	106	TERRY HARVEY	45-19	CROW	74
182	111	ROGER STONE	46-06	CROW	68
200	103	LOUISE ELLIS	47-18	CROW	157
206	44	SALLY DENBIGH	47-32	WAD	152
229	120	SHARON WHEELER	50-07	CROW	140
238	478	PETER CLARK	52-49	WAD	46
245	101	RON CUTBILL	53-40	CROW	43
248	107	SARAH HILLIARD	53-54	CROW	129
255	38	BONITA BACKHOUSE	57-03	WAD	124
268	40	EMMA BIRKE	62-27	WAD	115



Tonbridge 10k

There were 5 personal bests for Crowborough runners at the Tonbridge 10k on Saturday, along with 4th place won by Ollie Welch in 38.49. The steady course and good conditions encouraged good times from everyone, with two of the ladies securing top ten positions out of 110 runners in total; Eileen Welch was 8th lady and Sue Newman 10th. Ollie and Sharon were both 2nd in their age groups and Paul and Eileen 3rd in theirs.

Ollie Welch 38.49, pb, 4th; Paul Bailey 40.52; Tim Newman 41.36 pb; Kevin Battell 44.05 pb; Chris Ashby 44.08; Eileen Welch 48.29 pb; Sue Newman 49.14; Sharon Wheeler 53.31 pb.



Hove 10k

There were more personal bests for our local running team, Crowborough Runners, at the Hove 10k on Saturday. Despite the blustery conditions Iain Watson, Eileen Welch and Terry Harvey all produced pb's along the flat seafront course, with Ollie Welch again first in for the club in this penultimate SGP event (Sussex road racing Grand Prix).

Ollie Welch. 39:18
Claire Harvey. 46:34
Iain Watson. 46:40. Pb
Eileen Welch. 47:59. Pb
Terry Harvey. 49:06. Pb
Roger Stone. 52:25



There is just one more race left this season in the Sussex Grand Prix and that is Crowborough's own 10k, to be held on Sunday 3rd December, at 10am from Beacon Academy.

[Crowborough Runners Championship](#)

With only 2 months to go here is the list so far of this years championship results. Please check and forward any amendments or updates to eileen336@btinternet.com or stone.roger@gmail.com of your time and race competed. Good luck to all competing! Keep up the good work.

Club Championship Update (up to 22/10/17 inc. Tonbridge 10K)

Known results to 22/10/17		5K	10K	Half	TOTAL
Tolmachova Anna	FS	00:21:30	00:42:25	01:34:41	02:38:36
Harvey Claire	FV35	00:23:10	00:48:10	01:40:38	02:51:58
Whitehorn Vicki	FV35	00:22:41	00:49:17	01:43:00	02:54:58
Welch Eileen	FV35	00:22:23	00:48:29	01:47:18	02:58:10
Stewart Theodora	FV35	00:25:15	00:51:59		
Bailey Zoey	FV35	00:31:47			
Boyett Laura	FV35			01:55:10	
Newman Sue	FV45	00:23:36	00:49:15	01:47:21	03:00:12
Ellis Louise	FV45	00:24:09	00:56:14	01:57:43	03:18:06
Patel Swati	FV45	00:25:59		02:00:36	
Ralph Bridget	FV45		00:50:33		
Stafford Claire	FV45	00:34:38			
Wheeler Sharon	FV55	00:26:47	00:53:32	02:01:18	03:21:37
Bradgate Maggi	FV55	00:29:47	01:05:14	02:26:16	04:01:17
Nightingale Mary	FV55	00:25:07			
McCleverty Sally	FV55	00:25:49	00:51:53		
Wheeler Sharon	FV55	00:26:47		02:01:18	
Dixon Deborah	FV55	00:27:42	00:59:25		
Hilliard Sarah	FV55	00:28:22			
Bradgate Maggi	FV55	00:29:47			
Welbury Dominique	FV55	00:33:37	01:10:34		
Sidgwick Annie	FV65	00:34:36			
Woodward Pete	MS	00:17:26	00:34:59	01:17:03	02:09:28
Welch Oliver	MS	00:19:05	00:38:50	01:27:41	02:25:36
Woolgar Jamie	MS	00:20:22	00:45:11	01:35:13	02:40:46
Cole Alex	MS		00:48:43	01:59:36	
Watson Iain	MS	00:23:07		01:50:34	
Bailey Paul	MV40	00:20:11	00:40:52	01:30:58	02:32:01
Newman Tim	MV40	00:20:44	00:41:37	01:43:48	02:46:09
Harvey Terry	MV40	00:23:09	00:58:10	02:09:55	03:31:14

Watts Roger	MV40				01:25:21	
Box Ashley	MV40	00:22:04				
Ashby Chris	MV50	00:20:31	00:43:06	01:39:06	02:42:43	
Battell Kevin	MV50	00:20:59	00:44:08	01:50:22	02:55:29	
Welbury James	MV50	00:25:07	00:52:06	01:54:43	03:11:56	
Tighe John	MV50	00:24:40	00:52:38	02:02:34	03:19:52	
Bolton Steve	MV50	00:20:50	00:42:54			
Cutbill Ron	MV50		01:06:50	01:56:52		
Tapsell Bryan	MV60	00:23:06	00:48:02	01:52:06	03:03:14	
Apps Nick	MV60			01:51:26		
Maddison Peter	MV60	00:24:50		01:55:45		
Stone Roger	MV60	00:24:21	00:50:21			
Taylor Russell	MV60		01:30:56			

5K 10K Half TOTAL

Sussex Grand Prix

Here is the latest up date of the Sussex Grand Prix with only 2 races to left to be logged. Well done to the following listed in the top 10 in their category; Maggi 3rd, Vicki 6th, Eileen 7th, Kevin 9th & Claire 9th.

Name	Sex	Club	SGP Id	Cat	No. of Races	SGP TOTAL
Claire Harvey	F	CROWB	7157Har	V2	7	3387
Vicki Whitehorn	F	CROWB	6896Whi	V1	5	2420
Eileen Welch	F	CROWB	6781Wel	V1	5	2351
Sharon Wheeler	F	CROWB	1363Whe	V5	4	1831
Deborah Dixon	F	CROWB	6105Dix	V5	4	1735
Louise Ellis	F	CROWB	1375Ell	V3	3	1364
Theodora Stewart	F	CROWB	4365Ste	V2	3	1357
Maggi Bradgate	F	CROWB	1366Bra	V6	3	1253
Sue Newman	F	CROWB	6674New	V3	2	939
Sally McCleverty	F	CROWB	7659McC	U	2	921
Swati Patel	F	CROWB	5704Pat	V3	2	913
Anna Tolmachova	F	CROWB	4998Tol	S	1	489
Liz Davies	F	CROWB	7866Dav	U	1	458
Mary Nightingale	F	CROWB	1390Nig	V5	1	455
Sarah Hilliard	F	CROWB	1381Hil	V5	1	435
Zoey Bailey	F	CROWB	7795Bai	U	1	423
Dominique Welbury	F	CROWB	1407Wel	V5	1	420
Claire Stafford	F	CROWB	7796Sta	U	1	419
Kevin Battell	M	CROWB	1373Bat	V3	5	2174
John Tighe	M	CROWB	1404Tig	V3	5	1970
Oliver Welch	M	CROWB	6792Wel	S	4	1877

Chris Ashby	M	CROWB	7337Ash	V3	4	1791
Steve Bolton	M	CROWB	1183Bol	V4	3	1330
James Welbury	M	CROWB	1406Wel	V4	3	1153
Terry Harvey	M	CROWB	7336Har	V2	3	1147
Peter Woodward	M	CROWB	7167Woo	S	2	960
Paul Bailey	M	CROWB	7380Bai	V1	2	919
Joe Harvey	M	CROWB	7734Har	U	2	893
Roger Stone	M	CROWB	1398Sto	V5	2	800
Ron Cutbill	M	CROWB	1371Cut	V4	2	771
James McCarthy	M	CROWB	7797McC	U	1	481
Jamie Woolgar	M	CROWB	7750Woo	U	1	448
Tim Newman	M	CROWB	7800New	U	1	445
Ashley Box	M	CROWB	1365Box	V2	1	428
Bryan Tapsell	M	CROWB	1400Tap	V5	1	411
Iain Watson	M	CROWB	7803Wat	U	1	410

Changes to the Sussex Grand Prix

At this year's Annual General Meeting, discussion centred on improvements to the Sussex Grand Prix. Specifically: making it more inclusive, fair, and engaging. Consequently, the following changes have been made. Some work remains in refining these changes for the 2018 series and further details will be published soon.

The decision was taken to cut the number of races in any given year from 17 to 10.

The decision was taken to cut the number of scoring races in any given year from 8 to 6.

It was decided to score on a race-by-race basis, with points allocated to clubs according to their performance at each race.

In summary, the changes will be:

- individuals – best 6 from 10 to score
- teams – each race scored as a team race

Runners should not assume that any specific race from this year's competition will be part of the Sussex Grand Prix in 2018.

More details to follow, the priority is on publishing the diary for 2018 as soon as possible.

COMING UP.....

Calling all runners!

I'm Izabela, a nutrition advisor and I want to talk to you about how I can help Crowborough runners meet their running goals. Now we're heading into winter, your energy levels and vitality are even more important for your running.

I can help you

- improve your half marathon times
- recover quicker and reduce aching after a run
- keep up your energy levels for longer, and
- lose weight through running.

How?

Not many people realise how important good nutrition is for a good performance. By understanding what to eat and when, you can maximise the benefits of your exercise time.

I offer one-to-one or group sessions to discuss what your goals and issues are and advise you on a structured nutrition plan to achieve your goals. It's not just about cereal bars and supplements!



Join me for a Free Session

I'm running a free Q&A session on the benefits of nutrition on:

Saturday 25th November, 12.30pm – 1.30pm, at St John's Church Hall (near the Horder Centre Hospital), St John's Road, Crowborough (after Crowborough runners yoga session). No need to come to the yoga session beforehand.

Register to join in this free Q&A session by:

Email: izabela@izabelatolowinska.co.uk

Website: www.izabelatolowinska.co.uk

Tel: 07909 976586

If you can't make the session date, don't worry, just register for future offers and one-to-one sessions.

London Marathon Draw

As many of you know, the Club is allocated London marathon places. At this stage I am uncertain exactly how many places the club will receive as Club applications can only be made in mid-November. However, it is highly likely that the Club will only receive one place for the London marathon 2018 as per the one place we received last year. I will be holding a draw for the London Marathon place(s) we receive on Sunday 3rd December at the end of this year's Crowborough 10K. I have set out below the eligibility criteria for the draw. **If you would like to enter the London Marathon draw, please ensure that you send me an email to this email address or swati.patel1@btinternet.com by no later than Saturday 2nd December together with evidence of your failure to be allocated a place through the London Marathon ballot process.** Please note as per last year, I will not be drawing any reserves.

Eligibility Criteria:

- You must have been a full member of the club for at least one year prior to the draw
- You must have paid your club membership fee for the current club year, which started in April 2017. Please ensure that you have paid your fees
- You must provide evidence that you have entered the London Marathon ballot for 2018 and have not received a place. This can either take the form of an email from the London Marathon organisers saying that you have not received a place or a letter / front page of the

rejection magazine showing that you have not received a place. Please ensure that you include this in your email. If you don't, your name will not be included in the draw.

- You must help out at the Club's 10K race on Sunday 3rd December. If you don't yet have a role (marshalling, handing out numbers etc.), please let myself, Kevin, Sue Newman or Sam Fee know and we will find you a role

- You must not have received the Club's place last year

If you have any questions on the above, please let me know. Thanks!

Regards,

Swati Patel

Club Secretary

Membership update from Ron

We welcome the following new or returning members this month:

Amanda and Jonathan James – invadingcelt@yahoo.co.uk

Leanne Picco – leanne.picco@btinternet.com

James Duggan j.duggs@gmail.com

Russell Beckett Russell.Beckett@hse.gov.uk

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!

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)

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

Caption comp

Thanks to Mark and Russell for the following contributions:

"James - please can you start a campaign for a water jump on that new track? Steeple chasers have needs too" Mark Chapman.



"Save water, bath with a fellow running friend, so who's next then?"

Cheers, Russell

Sorry, no photo for this month's caption comp.